



CPWN Member News

The Newsletter of the Chesapeake Professional Women's Network, Inc.

February 2006

CPWN

Member Benefits:

- *Monthly meetings to network and promote your business*
- *Topical meeting speakers on issues pertaining to women and business*
- *Special Events*
- *Meeting Sponsorship*
- *Monthly Newsletter*
- *Role Models and Mentors*
- *CPWN Website*

CPWN Sponsors:

- *Anna's House*
- *Bridge to Success Program*
- *Open Doors of Harford County*
- *New Visions for Women*
- *The Athena Award*

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February Meeting: Branding and Marketing for Small Businesses

Brand image, marketing, and the sales/service experience are crucial components of the overall brand of every business. Michael Hill, Principal, Hillustration New Media Services, will speak on branding and marketing for small businesses at CPWN's February meeting being held at Maryland Golf & Country Club on February 14th.

Michael has been involved in the marketing business for over 20 years, first as an illustrator and since 1995 as a web designer and developer. He was the Creative Director for AmericasDoctor.com and helped launch the first Latin American health care portal, Buena Salud, in 2000. His clients have included Time-Life, Northrop Grumman, and ViPS Healthcare.

Recently, Michael has focused on helping clients use new media solutions like the web to build and communicate their brand message. Michael has taught classes in a variety of subjects at several local colleges including the Maryland Institute College of Art, Loyola College, and Harford Community College.

Michael lives in Bel Air with his wife and two children.



Michael Hill

February Meeting Sponsor: Angela Bancroft

Angela Bancroft is the District Director of Family and Children's Services of Central Maryland. Family and Children's Services is a 501 (c) (3) non-profit that has been providing services to the residents of Harford County for over 45 years. Current programs include the School Outreach and Advocacy Program (SOAP), Intensive Outreach Program for at-risk teens, General Counseling with sliding scale fees and the Sexual Abuse Treatment Center.

SOAP provides individual and group counseling, as well as, case management services to at-risk elementary students that attend Roye Williams Elementary, Lisby Hillsdale Elementary and Bakerfield Elementary (all in Aberdeen) and Churchcreek Elementary in Riverside. The Intensive Outreach Program provides case management and therapeutic services to adjudicated or pre-adjudicated teens through direct referrals from the Department of Juvenile Services. The Sexual Abuse Treatment Center provides individual and group counseling services to child victims of sexual abuse, their families and adult survivors.

Ms. Bancroft is a Licensed Clinical Marriage and Family Therapist, Certified Counselor, Art Therapist and Certified Trainer with over 16 years of experience. As an international trainer, she has provided presentations and workshops for the National Association for Social Workers, the American Counseling Association- European Division, American Art Therapy Association, Maryland Children's Alliance private businesses and county child abuse agencies. Currently, Ms. Bancroft is the only certified trainer in Maryland for Stewards of Children, a nationally recognized program on child sexual abuse prevention.

*Happy
Valentine's
Day!!*

**FY 2006
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A Word from Our President ... Laura Henninger



Laura Henninger

As we've mentioned many times in the past, CPWN has experienced tremendous growth over the past several years. In January, we welcomed our 200th member, Charyn Marshall of Travel Concepts. January also marked the highest monthly attendance of any regular monthly meeting since CPWN's inception in 1996. Only our annual fashion shows have exceeded January's attendance of 115 members and guests.

Of course, all organizations can sometimes experience growing pains. CPWN is no exception. At our January meeting at the Outback Steakhouse, we faced what can only be described as an overflow crowd. We have been going to Outback Steakhouse every January since 1997 and have always fit comfortably into the area of the restaurant reserved for us. This year, we had to "spill over" into other areas of the restaurant. The staff of Outback was

tremendously accommodating, and all of the attendees found seats, but some seats had more of a tight fit than others. I want to apologize to any member or guest that found their seating arrangements less than desirable. We are continually reviewing our list of meeting locations to make sure we provide a comfortable environment for our members and guests.

One factor in January's overflow crowd was the overwhelming number of last minute reservations we received. We have always required advance reservations - CPWN's meeting flyers state that "advance reservations are required to guarantee a meal" and provide for an R.S.V.P. deadline. Admittedly, in our attempts to be accommodating, we have not always enforced those deadlines. As CPWN has grown, however, it has become apparent that advance reservations are an absolute necessity. The Board of Directors has decided that beginning with the February meeting, no reservations will be accepted after 12:00 Noon on the Friday prior to the meeting. This will allow us to be adequately prepared to welcome all members and guests to each meeting, and to provide the facility with an accurate head count.

If you have any questions or concerns about this new policy, please feel free to contact me at laura@henningerslaw.com or at 410-836-5300. I would welcome any suggestions and feedback you can provide.

Please join us for the February meeting on February 14, 2006 from 11:30 a.m. to 1:30 a.m. at Maryland Golf and Country Club. Our speaker will be Mike Hill, who will discuss "Branding and Marketing for Small Businesses." We look forward to seeing you there!

Laura

Charter Member Laura Henninger Remembers CPWN's Early Days

CPWN has been an important part of my life since 1996. Over the years, I have made many friends and have many, many, fond memories. I always look forward to our monthly meetings and am thankful that I have had the opportunity to be a part of CPWN.

One memory that always makes me laugh occurred at one of our very first meetings. Our first President, Marianne Dixon, was a dedicated networker! She decided that it was imperative that all those who attended the meeting had the opportunity to network and to converse with a lot of people. The meeting was structured as a business card exchange. Every five minutes or so, Marianne

would tap on a glass to get the group's attention. At that point, everyone in the room was supposed to "switch partners". In other words, stop talking to whoever you were in conversation with, and move to another person or conversation group. As you can imagine, this met with some resistance!

Although we never used this method again, it did highlight one of the main purposes of CPWN - to encourage members to network, even when it is difficult or when it forces you to step outside your comfort zone. It also set the tone for CPWN to be more than just another social club. For me, CPWN has consistently been the perfect blend of business and pleasure!

Member News & Announcements!

“Performance Management” and “Manage and Recruit for Retention” Courses at HCC February 8 & 22, 2006

Renee McNally, SPHR, Human Resources Consultant, will teach “Performance Management” on February 8th and “Manage and Recruit for Retention” on February 22nd at Harford Community College. To register, contact Harford Community College at 410-836-4376. For information contact Renee at 443-243-4031, email: renee@hrsolutionsource.com, or visit www.hrsolutionsource.com.

Upper Chesapeake Chorus Sponsors Travel Raffle February 14, 2006

Pack your bags and get ready to go! The Upper Chesapeake Chorus of Sweet Adelines is sponsoring a Travel Raffle with a prize of \$2,500 in AAA travel vouchers. The tickets are \$10 each and there will only be 500 tickets sold. The drawing will be held on February 14, 2006. (What a great Valentines' Day gift!) To purchase a ticket, please call Fran King at 410/893-6779 or e-mail fking@getbenchmark.com.

YMCA Infant Toddler Open House February 15, 2006

The YMCA Campus Preschool will be holding an open house on February 15th from 3:00 P.M. to 7:00 P.M. for its new Infant/Toddler Program that will be opening in March of 2006. Stop by for refreshments and a tour of the new Infant/Toddler rooms! For information, contact Suzanne Green at 410-803-2025 or suzannegreen@ymcamd.org.

Paint & Powder President's Ball February 18, 2006

Save the date! The Paint & Powder President's Ball benefits the Harford County Family Branch YMCA and will be held February 18th at 6:00 P.M. at the Baltimore Country Club in Roland Park. Entertainment, dancy, food stations, open bar, live and silent auction will be held. For more information, please contact Marge Pearce at 410-272-3929.

CPWN Women's Personal Protection Workshop February 19, 2006

Save this date, too! Back by popular demand --Women's Personal Protection Workshop instructed by Rick Harding -- a 90-minute workshop consisting of expert instruction of realistic personal defensive techniques for women. Please see the flyer in this issue or check the CPWN website, www.cpwnet.org for more information.

“Smart Women Finish Rich” Seminar February 23, 2006

Melissa Heller of Morgan Stanley will hold a complimentary seminar discussing the seven steps to crossing the financial finish line on Thursday, February 23, 2006 at 6:30 P.M. at Giovanni's Restaurant, 2101 Pulaski Highway in Edgewood. Please RSVP by February 16th to Melissa Heller at 410-229-8220 or melissa.heller@morganstanley.com.

Emmorton Rec Council Seeks Corporate Sponsors Deadline March 1, 2006

Emmorton Rec. Council is currently seeking corporate sponsors for its spring baseball season. Emmorton is one of the largest recreation councils in the state of Maryland, and through corporate sponsorships is able to offer kids ages 4 and up the opportunity to participate in team sports. Sponsorships begin at \$100, which will include printing your company name on each of one team's jerseys. Deadline for sponsorships is March 1st. For information, please contact Jennifer Lewis at (410) 569-9963 or the Emmorton Rec. Council at (410) 638-1713 or email emmortonbaseball@yahoo.com.

Women's Leadership Breakfast March 3, 2006

The ATHENA Award will be presented at the Women's Leadership Breakfast on Friday, March 3, 2006 at Richlin Ballroom from 7:30-9:15 A.M. Cathy Riley will be the speaker. All are welcome! The cost is \$25.00. For information and reservations, call 410-836-4176.

“After dArc” Celebrity Chef Event for The Arc March 4, 2006

Save this date! The Arc Northern Chesapeake Region will be holding After dArc, A Celebrity Chef Event, on Saturday, March 4th from 7:00 p.m. to Midnight, at Maryland Golf & Country Club. American and International menus, silent and live auction, wine tasting, martini bar, music, dancing, and a Solstice car raffle will be held! For information call Anna Lambdin at 410-836-7177, ext. 337 or email alambdin@arcncr.org.

22nd Annual Women's History Month Luncheon March 5, 2006

The 22nd Annual Women's History Month Luncheon will be held on Sunday, March 5th from 12:15 to 2:30 p.m. at Richlin Ballroom (Van Bibber Road, Edgewood). Mentoring... filling baskets with Promise will be highlighted. For more information, contact Melissa Barnickle by e-mail at Melissa@compltc.com.

More Member News & Announcements!

21st Annual Maryland Women's Hall of Fame Induction March 9, 2006

You are cordially invited to join CPWN members Mary Pat Koscher and Theresa Wiseman at the 21st Annual Maryland Women's Hall of Fame induction ceremony on Thursday, March 9, at 5:30 p.m. in Annapolis. Mary Pat and Theresa, both commissioners on the Maryland Commission for Women, served on the 2006 Hall of Fame Selection Committee.

The ceremony will be held in the President's Conference Center East in the Miller Senate Office Building in Annapolis. A reception will follow at Government House. The cost to attend the festivities is \$25 per person. For an invitation or more information, call the Maryland Commission for Women at 410-260-6047.

"Spring Time in Tuscany" Wine Tasting Event March 26, 2006

Family and Children's Services of Central Maryland will be hosting, Spring Time in Tuscany, wine tasting fundraiser at Fiore Vineyards on Sunday, March 26, 2006 from 2 p.m. to 5 p.m. The event will include wine tasting, heavy hors'dourves, vineyard tours, wine info sessions and music by the Maryland Conservatory. Fiore Winery is located on Route 136 in Pylesville, Maryland. Tickets are \$45 per person. Funds raised will be unrestricted funds to benefit the programs of Family and Children's Services. To purchase tickets or to learn about corporate sponsorship opportunities, please contact Angela Bancroft at 410-838-9000 x 222.

9th Annual Caregivers Conference "Caring for Those Who Care" April 1, 2006

GAIN (Geriatric Assistance and Information Network) will be sponsoring the 9th Annual Caregivers Conference on Saturday, April 1, 2006 at the McFaul Activities Center at 525 W. MacPhail Road in Bel Air from 8:30 a.m. until 3:00 p.m. This is a free event for the community and it is a wonderful information resource for anyone caring for a loved one. To register, please call Jan Barnes at the Office on Aging at 410-638-3025.

6th Annual Taste of Harford April 2, 2006

The 6th annual Taste of Harford will be held on April 2nd from 12:00 to 3:00 p.m. at Ripken Stadium. The yearly food extravaganza features samplings from over 25 of Harford County's finest eateries and vendors. There will be plenty of entertainment for all ages plus the Annual Harford County Chef's Competition. Proceeds from the event will benefit Harford Community Action Agency, Inc., for the Fuel Fund and Emergency Food Pantry, as well as the Harford County Restaurant Association in order to strengthen alliances between local businesses, promote tourism, and Harford County's great restaurants. Tickets cost \$20 prepaid. For more information, call 410-638-3240 and ask for Pat Harkins.

"Let Go of Clutter" and "Don't Let Time Manage You" Courses April, May 2006

Rose Zappa-Jehnert, President of Get It 2gether, will teach "Let Go of Clutter" April 5th, 7:00 to 9:00 p.m. and May 6th, 10:00 a.m. to 12:00 p.m. She will also teach "Don't Let Time Manage You" April 19th, 7:00 to 9:00 p.m. The cost for each class is \$19.00. To register, call 410-836-4376. For more information, contact Rose at 410-557-0497 or email rose@getit2gether.com.

2006 HCPL Reading Sponsorship Opportunities Available

The Harford County Public Library has sponsorship opportunities available for their 2006 Summer Reading Program. For information on how you can help sponsor this worthwhile program (and get your name on the backpacks that will be given out to all of the successful summer readers) contact Vanessa Milio at (410) 273-5601 ext.283 or email milio@HCPLonline.info.

Mary Ann Cochran Appointed as Business Banker



Mary Ann Cochran of Susquehanna Bank has been appointed as Business Banker for the Harford County region. As a Business Banker, Mary Ann will be based in the Bel Air Financial Center, 2101 Laurel Bush Road, Bel Air, MD. She is responsible for developing new business for Susquehanna Bank, while providing service to existing business customers and expanding banking relationships, as well as staying involved in the community and assisting with the local

Susquehanna Bank branches when needed. Mary Ann joined Susquehanna Bank as a Branch Manager in 1997 and has 14 years of banking experience. Congratulations Mary Ann!

Four CPWN Members Named to Harford County Advisory Board of the Family and Children's Services

Patty Desiderio, Owner of Patty's Gifts and Baskets, LLC; **Nancy Laudenslager**, Owner of Curves Aberdeen, Abingdon, and Bel Air; **Rose Zappa-Jehnert**, owner of Get It 2gether Organizational Services; and **Andrea Kirk**, Certified Financial Planner and Chartered Retirement Planning Counselor, Shuck and Associates, were recently named to serve on the Harford County Advisory Board of Family and Children's Services of Central Maryland. Congratulations ladies!!

Greta Brand Featured in HBL Managers-Entrepreneurs Column

Greta Brand, President of Greta S. Brand & Associates, a private health consulting firm was recently featured in the January issue of the *Harford Business Ledger*. Congratulations Greta!!



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Human Resources Advice – Be Aware!

How do you ensure your business's protection in a litigious society? Employment related lawsuits can kill your business with a price tag ranging from \$250,000 just to defend a case, to millions of dollars in potential damages. Violations and fines from the Department of Labor can also cost your organization money. There are steps you can take to help prevent fines and litigation.

The most important thing you can do is BE AWARE. Be aware that employment regulations do exist and even businesses with ONE employee are obligated to comply with them. Different laws have different thresholds, however:

Do you have at least one employee? Among other laws, you need to be aware that you are bound by the FLSA, or the Fair Labor and Standards Act, which governs what and how you pay your employees. In 2004, over 31,000 claims were filed under the FLSA and this only counts the ones that actually made it to the Dept of Labor. Do you have at least 15 employees? Now you must also comply with the ADA (Americans with Disabilities Act) and Title VII of the Civil Rights Act, which governs discrimination laws. When you grow to 50 employees, throw in the FMLA – the Family Medical Leave Act, which has resulted in more complexities than President Clinton ever imagined. Once you're above 100 employees and/or you are a federal contractor, you can pile some more laws on top of all that.

Be aware that employment regulations do exist and even businesses with ONE employee are obligated to comply with them.

How about your employee files? What is in them and where are they kept? Have you ever had to discipline or fire someone, or ever considered it? Before you did that, did you consider all these laws and the impact that termination could have on you and your company? If you didn't, you are putting yourself at risk.

Confused? Overwhelmed? It is confusing and overwhelming. But realize that you don't need to know and understand everything about every law. You just need to be aware that they exist and when an issue arises, that you need to ask questions, do research, or just know where to go for resources and answers. Some helpful websites you may wish to visit for more information include:

U.S. Department of Labor - www.dol.gov
 U.S. Equal Employment Opportunity Commission - www.eeoc.gov
 Maryland Department of Labor, Licensing & Regulation - www.dlir.state.md.us
 Susquehanna Workforce Network - www.swnetwork.org

You can also utilize the services of a human resources consultant.

This article was contributed by Renee McNally, SPHR, Human Resources Consultant, HR Solutions, LLC. To obtain more information regarding human resource issues, contact Renee at 443-243-4031 or renee@hrsolutionsource.com.

Going Places ... The All Inclusive Vacation Phenomenon

Whether your choice is Cancun, Punta Cana, Jamaica, St. Lucia or any other number of exotic islands, there is an all inclusive vacation waiting for you.

The tropical Caribbean boasts hundreds of all inclusive resorts catering to your every need. Gourmet restaurants abound in cuisine and service. Some of the hotels boast more than one pool, several restaurants, spa facilities and more. Entertainment is included in the price as well.

You can lie on the beach all day and chill out, or for the more active traveler there are water sports, tennis, etc. Check out information on the various resorts through Apple Vacations Website and make sure that the one you choose has everything you would want in a vacation.

Golf enthusiasts can find some resorts with on-site golf courses. Horseback riding is another popular sport. Not every resort offers every amenity -- you have to check them out. Non-stop charter flights from Baltimore to both Cancun and Punta Cana are a wonderful value. The rates are usually considerably less than the regular commercial air flights. Flights sell out quickly, so advance planning especially around holidays is a must. Check your Sunday paper each week for some of the exciting sales being offered by Apple Vacations and other travel vendors. There are restrictions and space is limited -- so don't delay.



Today's travel tip is to remember that beginning January 2006 passports will be required for all travelers to the Caribbean.

This article was contributed by Ellen Haley, Carlson Wagonlit Travel. For more information, contact Ellen at 410-569-0400 or email ellenhaley90@hotmail.com.

New Visions for Women Conference at HCC - February 11th

The New Visions for Women Conference for Women is Saturday, February 11th from 8:30 a.m. – 3:10 p.m. at Harford Community College. The cost to attend is only \$30.00. Enjoy a continental breakfast, lunch, great workshops, and the opportunity to be a part of women coming together. Give the gift of this day to yourself and bring a girlfriend, sister, mother, aunt, or co-worker!

This year's theme -- True Love! You can't be truly good to others until you learn to know and love yourself. It's true! Ginny Robertson from On Purpose Networking for Women will be the keynote speaker. Take time for yourself and enjoy an amazing day of workshops sure to suit your taste. Workshops offered include The Enneagram, Heart Health Meets Holistic Medicine, Salsa Dance Lessons, Gardening, Belly Dancing Lessons, Local Travel, Tai Chi, Window Magic and a Taste of Neuro-Linguistic Programming. Pre-registration is required. For more information, call Harford Community College Non-Credit Class Registration at 410-836-4376.

Committee Corner

CPWN Newsletter Committee News

May We Have Your Opinion???

How can we improve CPWN's monthly newsletter to make it an even better publication for you? What would you like to see in future issues? How you would prefer to receive your newsletter – in hard copy by U.S. Mail or in Adobe PDF format by e-mail? We'd like to have your opinion.

Look for our brief questionnaire at the February CPWN Members Meeting and let us know what you think! The February meeting will be held on Valentine's Day, 11:30 a.m. to 1:30 p.m., at Maryland Golf & Country Club. See you there!

MEETING RESERVATIONS REQUIRED

Just a note to confirm our monthly meeting reservation policy -- advance reservations **are required**. Reservations will not be accepted after 12:00 Noon the Friday prior to the meeting date. Meeting accommodations will not permit us to accept "walk-ins" at CPWN monthly meetings. Thank you in advance to everyone for cooperating with this policy!

MEMBER NEWS & ANNOUNCEMENTS

What's happening in your world? Let your fellow CPWN members know!

Please forward promotions, announcements, member news, non-profit events, business-related classified ads, anniversaries, sales and promotional events and other news of interest to our members to Suzanne Green at suzannegreen@ymcamd.org or call her at 410-803-2025.

You may also forward announcements to cpwnnews@getbenchmark.com.



CPWN Event Calendar

MARK YOUR CALENDARS!

March 14, 2006

Bayou Restaurant
Speaker: Chris Sopa
"Stress-Free Living"
11:30 a.m. - 1:30 p.m.

April 11, 2006

Wetlands Golf Club
Speaker: Harford County Executive, David Craig
"Update on Harford County"
11:30 a.m. - 1:30 p.m.

May 9, 2006

Vitali's Restaurant
"Meet the Authors Night"
A Variety of Local Authors
5:30 - 7:30 p.m.

June 16, 2006

CPWN 10th Anniversary Gala
Dinner Dance
Maryland Golf & Country Club
7:00 - 11:00 p.m.

July 11, 2006

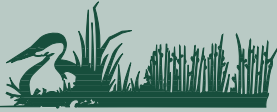
Speaker: Dr. James LaCalle
Dean of Harford Community College
Ripken Stadium
11:30 a.m. - 1:30 p.m.

August 8, 2006

Networking Event!
Clarion Hotel
(Formerly 4 Points Sheraton)
11:30 a.m. - 1:30 p.m.

September 12, 2006

Speaker: Kendra Fujiwara
Topic: TBD
Maryland Golf & Country Club
11:30 a.m. - 1:30 p.m.



Chesapeake Professional Women's Network, Inc.

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Web: www.cpwnet.org

**NEW MEMBERS
ALWAYS
WELCOME!**

**GENERAL
INFORMATION**

MEETING RESERVATIONS:
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On-line: www.cpwnet.org

MEMBERSHIP DUES:
\$60 Per Year

MEETING SPONSORSHIP:
\$40 plus Door Prize

BUSINESS CARD ADS:
3 Consecutive Months - \$45
1 Year - \$150

NEWSLETTER DEADLINE:
20th of the month

CPWN welcomes member articles, news announcements, and non-profit event announcements. Items will be placed in the newsletter as space permits.

Send all submissions to cpwnnews@getbenchmark.com or fax to 410-420-2749. For information call 410-893-6779.

Welcome New CPWN Members!

We would like to extend a warm welcome to the following new members:

Nancy Spence
Manager of Community Relations
Beacon Associates
9004 S. Main Street
Suite 102
Bel Air, MD 21014
Phone: 410-638-7279
Fax: 410-638-7662
Email: nspence@beaconassociates.net
www.beaconassociates.com
Business Category: Consulting

Terri Kearney
Account Manager
Beacon Staffing
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Aberdeen, MD 21001
Phone: 410-297-6600
Fax: 410-297-6601
Email: terri@beaconstaffing.com
Web: www.beaconstaffing.com
Business Category: Employment Services

Carmela Boyle
Financial Center Manager, A.V.P.
BB&T Bank
3891 Jarrettsville Pike
Jarrettsville, MD 21084
Phone: 410-557-7642
Email: cvaccarino-boyle@bbandt.com

Web: www.bbandt.com
Business Category: Financial Services

Sherrie G. Holler
Financial Center Manager
BB&T Bank
2900 Churchville Road
Churchville, MD 21028
Phone: 410-734-6951
Fax: 410-734-9056
Email: sholler@bbandt.com
Web: www.bbandt.com
Business Category: Financial Services

Barbara Williams
Owner/Photographer
BK Williams Photography
202 Finney Avenue
Churchville, MD 21028
Phone: 410-399-4940
Web: www.bkwilliamsphotography.com
Business Category: Photography

Charynn Marshall
Travel Agent
Travel Concepts
5 Bel Air South Parkway
Suite 1335
Bel Air, MD 21015
Phone: 410-638-1907

Fax: 410-569-4010
Email: charylar@verizon.net
Web: www.travelconceptsint.com
Business Category: Travel Agency

Lynn Betzold
Owner, Accredited Jewelry Professional
Prestige Gems & Jewels, LLC
P.O. Box 371
Bel Air, MD 21014
Phone: 410-638-2973
Cell: 410-322-1479
Fax: 410-638-2973
Email: prestige.gj@comcast.net
Business Category: Retail

Cindy Hanley
Volunteer Coordinator
Anna's House/Catholic Charities
P.O. Box 88
Bel Air, MD 21014
Phone: 410-803-2130
Fax: 410-638-1753
Email: chanley@cc.md.org
Business Category: Non-Profit



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Chesapeake Professional Women's Network, Inc.

February 2006 Meeting

**Tuesday,
February 14, 2006
11:30 – 1:30 p.m.**

Maryland Golf and Country Club
1338 E. MacPhail Rd.
Bel Air, MD
410-838-5022

Members: \$20
Non-Members: \$25

Register Today:
Call 410-297-9722,

Email: cpwn@getbenchmark.com,
or on-line at cpwnet.org.

Registration must be received by
Noon, Friday, February 10, 2006

**Please Note: Advance reservations are
required to guarantee your meal!**



Speaker:

Mike Hill
Hillustration New Media
will present
*"Branding and Marketing
for Small Businesses"*



Meeting Sponsor:

Angela Bancroft
**Family & Children's
Services**

For additional information call (410)297-9722 or email: cpwn@getbenchmark.com.



CPWN February 2006 Meeting Reservation Form

Mail form and payment to: CPWN * P.O. Box 1264 * Abingdon, MD 21009

Yes, I would like to attend on February 14th

\$20 Members/\$25 Non-members

Payment Enclosed \$ _____ Ck.# _____ (Make check payable to CPWN.)

Vegetarian meal requested _____

Member Name _____

Company _____

Guest Name(s) _____

REGISTRATION DUE BY FEBRUARY 10, 2006.



Chesapeake Professional Women's Network, Inc.

March 2006 Meeting

Tuesday,
March 14, 2006
11:30 – 1:30 p.m.

Bayou Restaurant
927 Pulaski Hwy
Havre De Grace, MD
410-939-3565

Members \$18
Non-Members \$23

Register Today:
Call 410-297-9722,
Email: cpwn@getbenchmark.com,
or on-line at cpwnet.org.

Registration must be received by
Noon, Friday, March 10, 2006

**Please Note: Advance reservations are
required to guarantee your meal!**



Speaker:

Chris Sopa
Inspirational Speaker
& Wellness Consultant
Chris Sopa International, Inc.
www.chrissopa.com



Meeting Sponsor:

Lauren Thomas
Thomas Benefit Services, Inc.
www.thomasbenefitservices.com
410-939-0000

CPWN March 2006 Meeting Reservation Form

Mail form and payment to: CPWN * P.O. Box 1264 * Abingdon, MD 21009



Yes, I would like to attend on March 14th

\$18 Members/\$23 Non-members

Payment Enclosed \$ _____ Ck.# _____ (Make check payable to CPWN.)

Vegetarian meal requested _____

Member Name _____

Company _____

Guest Name(s) _____

REGISTRATION DUE BY NOON, MARCH 10, 2006.

Please provide 24-hour notice of cancellation to avoid being billed for your reservation.

Women's Safety Defense Seminar



For **CPWN** Members

Sponsored by:

American Academy for Public Safety

This is a must do for women of all ages! Think of all the times in your average day that you are alone, or just with your children. It could be something as simple as dropping off your children at soccer, or picking up a few things at the grocery store. Every time you are out alone, you are opening yourself up for possible attack.

This course consists of 2 hours of expert instruction of realistic personal defensive techniques, with special emphasis on the needs and concerns of women. The topics below are covered:

- ❖ How Victims are Selected -- What Options are Available -- Personal Defense Techniques
- ❖ Having a Plan -- Taking Action -- Personal Defense Tools -- Attack Situations

About the instructor: *Rick Harding is a retired police detective with an expertise in the areas of street crimes, defensive tactics and martial arts. His more than 20 years of "Street Survival" lectures and instruction provides a defensive tactics learning program with humor, compassion and knowledge to enhance your personal skill in defending yourself. This hands-on program will have you apply techniques learned in a "mock-attack" session.*

The tuition is \$30 per person which includes handouts and certificate upon completion.
Make checks payable to American Academy for Public Safety.

DATE & TIME: Sunday, February 19, 2006, 1:30 p.m. to 3:30 p.m.
LOCATION: Curves of Bel Air, 201 Gateway Drive, Bel Air
TO REGISTER: Email CPWN@getbenchmark.com or call 410-893-6779

Class Size Limited to Only 16 Participants

Register Today!

All participants will be required to sign a liability waiver. Registering for course is a commitment of payment.