



Newsletter

OCTOBER 2012

Chesapeake Professional Women's Network, Inc.
Building Relationships. Growing Businesses.

CPWN Fashion Show

The 14th Annual Fashion Show

October 9, 2012

5:30 – 9:00 p.m.

Richlin Ballroom

With our annual Fashion Show just days away, do you have your tickets? It's not too late to purchase tickets for this signature events packed with fashion, food and fun! Tickets are \$45 for members, \$55 for guests and \$450 for a table and are available at www.cpwnet.org.

The main event of the evening is a fashion show emceed by Baltimore Sun columnist Sloane Brown. Escorted by Members of the 175th Wing Maryland Air National Guard, CPWN members will model the latest styles from vendors Heartbeat, Tiger Lily, K&B Bridals, Cabi, Dress Barn, Dress Barn Woman and jewelry styles by Cookie Lee (Jessica Whittington Consultant). A special thanks to this year's models, including Patty Desiderio - Patty's Promotions, Luisa Caiazzo-Nutter – SARC, Kelly Burk, DDS, Jaime Moehlenkamp - McGladrey LLP, Lisa Randlett - healthier Homes by Design, Jody Youll – CoffeeNews, Angela King - PNC Bank, Kathy Walsh - Jigsaw Marketing, Diane Woish – CRS Flooring, Diana Hirschorn - Long & Foster Realtor, Jodi Davis - The Kelly Group, Maria Schnople - Richlin Ballroom, Tessa Modiri – Dentist, Emily Shackleford - Daughter of Bev Smith, Nicole Markopolis, Peggy Meyers - Roy Meyers Associates, Libby Plunkett – Wells Fargo, Konnor Ashley Randlett - Daughter of Lisa Randlett.

CPWN's Annual Fashion Show

In addition to fashion, the event will also feature:

Silent auction with great items from dozens of area vendors

Amazing raffle prizes including a \$1500 Harford County Shopping spree, a Lagos Rope Bracelet courtesy of Smyth Jewelers, and a dinner for 6 at The Rumor Mill. Tickets are \$1 each or 6 for \$5 and will be available at the event

Hors d'oeuvres, a delicious dinner of chicken and shrimp scampi rice pilaf and sautéed snow peas, and apple pie drizzled with caramel and whipped cream for dessert (vegetarian entrée available upon request – must email wendy@susquespine.com by Friday 10/5 to request)

A cash bar with beer, wine and our signature drink, Cosmopolitans!

Last year's event raised more than \$18,000, with all proceeds going to benefit local non-profits including SARC, a non-profit that works to end domestic violence, sexual violence and stalking and to aid its victims and the CPWN Harford Community College scholarship.

We welcome your input and ask that you send any feedback to the editor at averbeten@gmail.com

Want the hard copy?
Just hit PRINT!



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EVENT CHECK IN

For record keeping purposes, please remember to check in at all events, even if you have pre-paid.

President's Message



It's that time of year again! Time for our annual Fashion Show fundraiser! Our Fashion Show Committee works over 8 months out of the year to put this fantastic event together and they do a fabulous job.

Volunteerism: the policy or practice of volunteering one's time or talents for charitable, educational, or other worthwhile activities, especially in one's community. CPWN was built on volunteerism. Women, who together, built an organization for women to network, build business and meet new friends. But without women volunteering their time, we wouldn't exist. We wouldn't be able to provide the opportunities we provide and support the women of Harford County through other charitable organizations the way we do. Giving back is a big part of our community and a big part of our organization. What does CPWN mean to you? Have you made new connections? Have you found new customers? Has someone in the organization made an impact on your life? Have you thought about committing some time to help grow and strengthen our organization? Please give this some thought as we have committees looking for help –Newsletter, Web Site, Membership, and of course The Fashion Show Committee.

Get involved!

Renee McNally

The board would like to remind our members of the Event Pay Policy.

- ◆ Members and Guests must register for events by 12 noon the Friday prior to the event.
- ◆ Members and Guests must also cancel their reservations by this time as well if they are unable to attend.
- ◆ We apologize for any inconvenience, however the restaurants and locations where we hold our monthly meetings require a firm headcount by the Friday before the event.
- ◆ Thank you for your understanding and cooperation.





Chesapeake Professional Women's Network, Inc.
Building Relationships. Growing Businesses.

14th Annual Fashion Show

Tuesday Oct 9, 5:30 – 9pm

Proceeds to benefit local women's charities.

Hors d'oeuvres, dinner, dessert, fashion, fun, silent auction, raffle, cash bar

Tickets can be purchased in advance by going to www.epwnet.org

Anyone wishing to provide a donation for the silent auction email Lisa@healthier-homes-by-design.com

Sponsored by:



Flyers courtesy of the UPS store at Fountain Green and Churchville Rds.

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www.cpwnet.org
Membership Dues: \$85

Meeting Sponsorships
\$150 Plus door prize

Last Chance to Register:

Shopping in New York with CPWN and Friends

Friday Dec 7 at 7:00am from the Clarion Hotel in Aberdeen with a scheduled return by 11:00pm. \$55.00 per person cash or check is due by 30 September.

Contact All About Travel for payment and further information.

All-about-travel@comcast.net
410-838-9472

Make sure to mention you are with CPWN when you register



Sponsorship Available for 2013

CPWN has openings for the upcoming 2013 Networking Events
This is a great opportunity to gain extra exposure for your business

If you are interested please contact Carolyn Evans

cevans321@aol.com

CPWN Sponsorship Guidelines

- ◆ Sponsorships cost \$150 and includes 1 event registration (please do not register for the event, as your 1 event registration is done automatically)
- ◆ You need to provide a door prize.
- ◆ You have exclusive use of table tops to put marketing material, promotional items, etc. Please arrive early to distribute the material.
- ◆ You have 5 minutes to speak/present. Please do not go over this time limit.
- ◆ Sponsors are featured in CPWN's newsletter. Please provide us with 250-300 words about your company. Someone from the newsletter committee will contact you the month prior to the event.

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Colors For Clothing Success

By Mia T Lee

Believe it or not, the color of our clothes we choose to wear everyday affect our mood. The color of our clothes can even affect us physically. Have you ever noticed restaurants years ago decorated with a lot of the orange color? It's because the color orange promotes feelings of hunger. Restaurants used this color in the hopes that their patrons would purchase more food than they intended, hence more money for the restaurant.

Accenting our clothing with certain accessories can also have an affect on our mood and performance throughout the day. For men, a yellow tie can contribute to concentration. For women, a purple scarf can increase mental clarity. Light blue and turquoise jewelry can improve communication. A red brooch to project dynamism and leadership. For a celebration, deep purple, navy, or magenta can improve energy levels. In an exercise class, reds, blues, and whites help power you up for action. For an end of the day event, such as night school, wear the colors green or blue to promote growth. For just relaxing around the house wear blue, it brings a sense of peace and mental clarity. Purple instills spiritual peace, green promotes balance in your life and turquoise surrounds you with a sense of calmness.

The colors we choose to wear from day to day can make us or break us. Here are some ideas on what to wear and when to wear... or not.

- ◆ Red is for stability, don't wear red if you have high blood pressure.
- ◆ Green is for those days when you can't seem to sit still. Avoid green if you are experiencing boredom or lethargy.
- ◆ White is when you want to explore new possibilities. Avoid white when your feeling lonely.
- ◆ Black is a in control feeling color. Avoid black if your depressed or are in self-denial.
- ◆ Lavender/Mauve is a calming color sense. Avoid these two colors when you don't have any support from anyone.
- ◆ Violet/Purple is spiritual peace on inner level. Avoid these two colors when your feeling oversensitive.
- ◆ Gold Yellow/Yellow is expressing your true self. Avoid wearing these when you are feeling unstable within your life.
- ◆ Orange/Apricot for when you want to rise above depression. Avoid wearing when your feeling sick, frustrated or claustrophobic.
- ◆ Pink/Peach is when you want to feel universal love. Avoid if feeling overwhelmed by people or events
- ◆ Blue battles mental fatigue, avoid this color when your nervous or depressed.

The next time you have a presentation, important interview or just want to make an impression, remember you are what your wear. What we decide to wear affects us and others in a more profound way than we can ever imagine. Dress smart and dress happy!

Article Source: http://EzineArticles.com/?expert=Mia_T_Lee

SARC Candlelight Vigil commemorates victims celebrates survivors.

SARC will hold its annual Candlelight Vigil, on October 16, 2012 at 6:00 p.m., at the Frederick Ward Park of the Bel Air Armory (37 N. Main St. Bel Air MD0. "This is a very moving event which celebrates domestic violence survivors while also highlighting the ongoing need for our services," says Executive Director Luisa Caiazzo-Nutter. "We are always appreciative of the number of community members who attend to support us and our work."

The Candlelight Vigil is an annual event held to commemorate those who lost their lives to domestic violence, to celebrate those who have survived, and to energize those who work to end this violence. SARC will display their Clothesline Project – tee-shirts made by both adult and child survivors of domestic violence. A Silent Witness silhouette will be on loan from the Unitarian Universalist Fellowship of Harford County will also be on display.

This year SARC will also present The 3rd Annual Safehouse Silhouette Project which strives to create a physical representation of the women currently seeking shelter in our confidentially located Safehouse. Survivors tell their stories of abuse and /or hope for the future through artwork created on life-size cardboard cut-outs. Although their identities must be kept undisclosed, these silhouettes prove that safety does not have to equal silence.

SARC is a local, private non-profit, dedicated to aiding local victims of domestic and sexual violence, and stalking. Services that are provided include counseling, legal advocacy and representation, a 24 hour Helpline, crisis intervention, community education, and a confidentially located Safehouse. For more information on this event or SARC services, contact Stacie Beard at 410-836-8431.

Fourth Annual Heather L. Hurd 5K Run and 1 Mile Fun Walk

Looking for a way to get some exercise and also support a good cause? Come to the Fourth Annual Heather L. Hurd 5K Run and 1 Mile Fun Walk at Harford Community College Saturday, November 10, at 9 a.m.

The race, on a USA Track and Field Certified Course, honors the memory of Heather L. Hurd, a history major at Harford Community College from 1999 to 2003, who was killed in 2008 by a distracted driver who was texting.

On-site race registration takes place in the newly renovated Susquehanna Center auxiliary gymnasium from 8 to 8:45 a.m., with the race starting at 9 a.m.

Tim Hartley of WXCY-FM will serve as master of ceremonies. The Ravens' mascot, Poe, will also be on hand for the festivities.

The walk/run was established by the Hurd Family and Harford Community College in 2009 to raise funds for book scholarships for HCC students and to raise awareness of traffic accidents, their consequences and what can be done to prevent them.

The registration fee for the race is \$20 per person in advance and \$25 on race day. The cost is \$10 for those under 18 years of age accompanied by a registered adult.

Each participant will receive a T-shirt and refreshments after the race. Runner's gloves will be given to the first 200 registrants. Awards will be presented based on age groups and final times. Participants may pre-register for the race by visiting harford.edu/heather.

Harford Community College is located at 401 Thomas Run Road in Bel Air. For more information, visit harford.edu/heather or call 443-412-2449.

Harford Land Trust to Host First Annual Harvest Moon Dinner and Auction

The Harford Land Trust (HLT), a non-profit organization that helps protect farms and forests and create community parks in Harford County, will hold its first annual Harvest Moon Dinner and Auction fundraiser on October 27, 2012, at the Bel Air Armory in Bel Air, Maryland.

The Harvest Moon Dinner and Auction will begin at 5:30 p.m. with cocktails, hors d'oeuvres and a silent auction. The silent auction will close just before dinner is served at 7:30 p.m. and will be followed by a live auction and live entertainment from The Wallis Brothers Band with Dar Coomes.

“Through relationships with local residents, like organizations and businesses, HLT’s board financially ensures the long-term effectiveness of preservation efforts throughout Harford County,” says Harry Webster, HLT president.

Donations of goods and services for the evening’s auctions are still being accepted. Items already secured for the silent and live auctions include a 2012 "Wilderness 125" series kayak, four club-level Ravens tickets, custom tailored clothing from Tom James, vacation getaways, a Madison Mitchell decoy, an Ann Gaver watercolor painting and more. Harvest Moon Dinner and Auction sponsors include MacGregor’s Restaurant, Lassen, Marine & Webster, Inc., Autumn Sky Outfitters, Jeff Vaughn Auctions, Rigdon Farms, Bob Ward Companies, Greene Construction Company, Vision Associates, Tom James of Baltimore, Saxon’s Diamond Centers, H. P. White Laboratory, Country Life Farm, Archer Farms, and Atlantic Tractor.

Tickets to the Harvest Moon Dinner and Auction are \$60 per person and include dinner, wine, beer and entertainment. All proceeds collected from the event will be used to further the mission of the HLT and aid in the perpetuity of an important ecosystem and one of Maryland’s diverse and productive landscapes for future generations to enjoy.

To purchase tickets to the HLT’s first annual Harvest Moon Dinner and Auction or to learn more about the HLT, please visit www.harfordlandtrust.org. To become an event sponsor, please contact Peg Niland at 410.836.2103 and to donate auction items, please contact Jeff Vaughn at 410.399.4222.



Do you know of a non-profit event?

Contact Amy Verbeten
averbeten@gmail.com
CPWN Newsletter Editor

WOMEN HELPING WOMEN: A List of Organizations that CPWN Supports

Athena Award – CPWN is a sponsor of the Athena Award, which is an award recognizing women who demonstrate excellence in their business or profession, devote time and energy to the community and generously assist women in attaining their full leadership potential. Of the Harford County recipients of the Athena Award, we are proud that four are members of CPWN (Kim Wagner, Debi Williams, Sheryl Davis-Kohl and Content McLaughlin). For information, contact Pat Hogan at 410-836-4713.

New Visions for Women – A fun, power-packed day of workshops and sessions designed to energize and invigorate you and to celebrate women as unique individuals and as a collective force in the community. The annual event is held at Harford Community College. CPWN is a sponsor and member of the Committee, often our members are presenters.

Anna’s House – A non-profit organization that provides transitional housing for women and their children and also offers case management, counseling, career skills training and employment assistance. To support Anna’s House, CPWN sells the “Lucinda” Women and House Pins as a fundraiser at CPWN events.

SARC – “We work to end domestic violence, sexual violence and stalking to aid its victims and to create a society free from abuse and fear.” We are Harford County’s lifeline to both adult and child victims by providing: counseling, legal representation and a 28 bed safe house. Over 2000 people a year turn to SARC for help. Call our 24 hour helpline at 410-836-8430 or learn how you can help at www.sarc-maryland.org

Scholarship Fund – CPWN sponsors a \$1000 scholarship for Harford Community College, to be awarded annually to a “female student who exemplifies professionalism and commitment to the community”, and who meets certain academic criteria. Funding is from special raffles and events. For information contact Mary Ann Bogarty at 410-638-2037.





Member Benefits

- ◆ Monthly meetings to network and promote your service or product.
- ◆ Advertising in our online membership directory with website and e-mail links.
- ◆ Varying meeting dates, times, and locations to meet your busy schedule.
- ◆ Topical speakers on issues pertaining to women and business.
- ◆ Opportunities for women to support and mentor each other in both business and personal aspects of our lives.
- ◆ Special events & Meeting Sponsorship
- ◆ A monthly newsletter with calendar of events, networking tips, member updates, and articles of interest.



Upcoming Events

October Fashion Show
Richlin Ballroom -Edgweood
October 9, 2012
5:30 p.m. to 8:00 p.m.

November Business Card Exchange
Dark Horse Saloon -Bel Air
November 1, 2012

November Luncheon
Bayou Restaurant - Havre De Grace
November 13, 2012

Opinions expressed by the authors do not necessarily reflect those of the Publisher or the Board of Directors of The Chesapeake Professional Women’s Network, Inc. Reproduction or use of material in whole or part is forbidden without prior, written permission of CPWN.

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