

Newsletter March 2015



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

March's Speakers:

**Sharon Lipford, LCSW-C, Deputy Director,
Harford County-Department of Community Services**

**Paula Nash, LCSW-C, Director of Social Work
Harford County Health Department**

Topic: Depression: Causes, Triggers and Treatment

Publisher
The Chesapeake
Professional Women's
Network

Editor
The CPWN Newsletter
Committee

CPWN
P.O. Box 654
Bel Air, MD 21014
www.cpwnet.org



Sharon M. Lipford, LCSW-C

Sharon Lipford has been the Deputy Director at the Harford County Department of Community Services for the past four years. The Department of Community Services oversees five divisions including: Citizen Services, Community Development, Office on Aging, Office of Drug Control Policy, and Human Relations. Ms. Lipford was previously the Executive Director at the Office on Mental Health/Core Service Agency in Harford County overseeing the public mental health system. She serves on numerous advisory councils and boards for system development, collaboration and integration. Ms. Lipford holds a master's degree from the University of Maryland at Baltimore, and is a licensed clinical social worker with over 24 years of experience in the behavioral health and criminal justice fields. She serves on the Harford County Sheriff's Office Crisis Negotiation Team and Critical Incident Stress Management Team as the mental health professional.

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Paula M. Nash, LCSW-C

Paula Nash has been the Director for the Harford County Health Department Social Work Division for the past one and a half years, although she has been with the Health Department for over 20 years. The Social Work Division consists of three programs which serve youth and families: Teen Diversion Program, School Health Readiness Program and the Health Department portion of the Infants and Toddlers Program. Additionally she is the workgroup chairperson for the Suicide Prevention project for the Local Health Improvement Coalition. Ms. Nash also has experience with the Veteran's Administration, with hospice and home care social work and with domestic and international adoption work. She has served in her parish working with young people in youth ministry. Ms. Nash holds a master's degree from the University of Maryland at Baltimore, and is a licensed clinical social worker with over 20 years of experience in psychotherapy and behavioral health.

March's Sponsor: Melissa Scholnick, CABI Clothes



Melissa Scholnick was born and raised in Baltimore and is currently a part time practicing registered nurse for over 30 years. She has been married to her husband, Jeff, for 25 years and is raising their son, Andrew, soon to be 18 years of age.

After being a long time fan of the CABI clothing line, Melissa decided to become an independent sales consultant for this fashion forward, price point friendly, in home sales business. She is deeply committed to sharing this unique shopping experience with women who have not the time, energy or desire to visit the mall for their clothing needs. Melissa provides the personalized shopping service in the home environment or party atmosphere. As a CABI consultant she is able to build her own business and be completely autonomous!

Dear CPWN Members:

This year CPWN's Fall Fashion Show will be held on Tuesday, October 13, 2015 at Richlin Ballroom.

PLEASE SAVE THE DATE!!!!

Our first Fashion Show Planning session is fast approaching.

We would love nothing more than to have you join us on

Thursday, March 19th at Richlin Ballroom at 4:30 p.m.

Bring a friend along with any ideas and suggestions for a fabulous event!

Annual Fashion Show

MaryAnn Bogarty, Chair



CPWN's

Calendar of Networking Events

March 10, 2015

CPWN Meeting—11:30-1:30

Location: Waters Edge Corporate Center, 4678 Millennium Dr. Belcamp

Speakers:

Sharon Lipford, LCSW-C, Deputy Director, Harford County-Department of Community Services

Paula Nash, LCSW-C, Director of Social Work, Harford County Health Department

Topic: Depression: Causes, Triggers and Treatment

Sponsor: Melissa Scholnick, CABIClothes

Members: \$25 / Nonmembers: \$40 / Walk-In Fee: \$10 (subject to availability)

March 19, 2015

CPWN Fashion Show Planning Session 4:30 pm

Location: Richlin Ballroom, 1700 Van Bibber Rd. Edgewood

March 24, 2015

Happy Hour Networking Event—4:00-7:00

Location: Libertore's Restaurant, 562 Baltimore Pike, Bel Air

Proceeds benefit charitable giving

In conjunction with the Women's Giving Circle

April 14, 2015

CPWN Networking Breakfast—8:00-9:30 am

Location: Richlin Ballroom, 1700 Van Bibber Rd. Edgewood

Sponsor: Wendy Wright, The Wright Fit

Members: \$25 / Nonmembers: \$40 / Walk-In Fee: \$10 (subject to availability)

Event Registrations Close on the Friday before the event at 4:00 PM.

Cancellation Policy: Please remember it is CPWN policy that change to an event registration must be made NO LATER THAN the Friday before an event. If you do not notify CPWN by this date, you will be responsible for the full registration fee.



CPWN partners with Habitat for Women's Build scheduled for May 2 – 10, 2015. CPWN Day is May 7! The location of the home is 518 N. Adams St., Havre de Grace.

*SAVE THE DATE!
More information to come soon!*

Items for Member News can be submitted by the
15th of each month to Carolyn Evans at:
cevens321@aol.com

CPWN is growing every month! Please take a moment to meet our newest members!

Amy Heim
Employer: Katz Abosch
Position: Manager

Lori Hill
Employer: Self Employed
Position: Health Coach

Kelli Clawson
Employer: Greene Turtle
Position: Marketing Director



CPWN member **Andrea Kirk** was recently recognized as a **5 Star Wealth Manager** in the February 2015 issue of the *Baltimore Magazine*.

Andrea is a financial advisor with Ameriprise Financial Services, Inc. in Bel Air.

In order to continue holding our top-notch events, CPWN will be raising the cost of our organization's dues and fees starting next year.

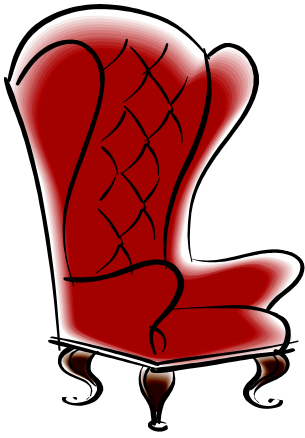
As of January 1, 2015:

Yearly Membership Fee will be \$95.00

Day Of/Walk In Registrations will be an additional \$10.00 on the event fee.
Walk in registration will be subject to availability.

Guests will pay \$15.00 more than members for all events.

Thank you in advance for your continued support of CPWN.



Patty's Corner

Happenings In and Around CPWN

Dear CPWN Members:

This month's topic: Some tips for dressing for success! Do you work in an office with no dress code? Tips also apply if you are in outside sales, or own a business!

Before you play fast and loose with workplace attire, follow these 4 rules to make sure you come across as a professional, even when you're dressing casually.

1. Dress like your superiors, not your peers. Even if your company doesn't have a list of rules dictating how you should dress, there are other ways to gauge what's acceptable. One of the best ways is to take note of what your coworkers are wearing. For example, if no one is wearing Crocs, you definitely should not. Those casual Fridays and flip flops are a no-no. Even with beautifully painted toes. If you are out making sales calls, or own a biz, the same rules apply. Take note of what others are wearing.

2. Stay clean and crisp, even when casual. Remember that casual and sloppy are not the same thing. You should take the same care with your appearance as you would if you were following a strict dress code. That means your clothes should always be clean (and spot free) and in good condition. Your hair should be cut and styled, your nails should be trimmed and neat and yes, you should iron your clothes. Wrinkled looks sloppy!!

3. Just because you can doesn't mean you should. Do you hope to advance in your company? Think about the specific promotion you want and then ask yourself which qualities a person would need to succeed in that position. Do you hope to land that big account? Think about your attire at all times. Even with a trip to the grocery store. You never know who is standing in line behind you. It might be the President of that big account you are trying to land. Leave the RAG-WEAR home where it belongs.

4. Wear something that will get people talking. If you buy the same bland department store clothes as everyone else in the office, don't expect to get noticed. To separate yourself from the crowd, choose unique pieces that are eye-catching without being inappropriate. Accessories are a great way to do this. For example, a statement necklace, or earrings.

First impressions count, whether on a sales call, at a business meeting, a networking event or fundraiser.

Let's talk Spring colors! Pantone Fashion Color Report for spring 2015 is Marsala (which is a Burgundy). Pair it with toasted Almond (deep beige). Also featured is Strawberry Ice (deep Mauve). A fun mix of cool tone pastels are in this spring!!!

Sincerely,

Patty Desiderio



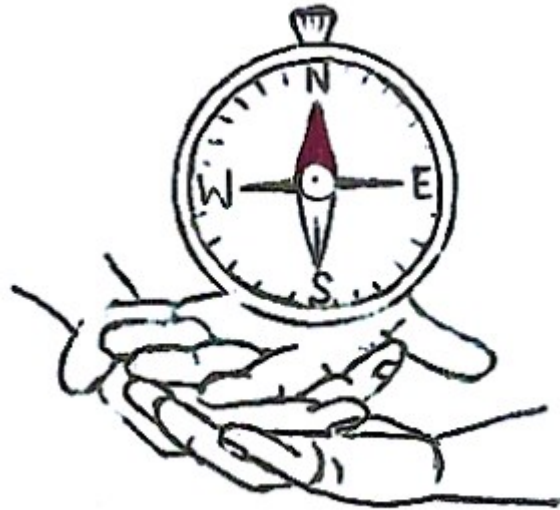
P.S. Next month's topic – Fashion Show News (time to get started for annual fundraiser)



CPWN is seeking an event planner to assist with all aspects of planning and implementing its 20th anniversary celebration in 2016. The appointed must be a CPWN member in good standing.

Please send resume, celebration ideas, references, and costs for service, to: CPWN 20th Anniversary Committee, Barbara Pryzbylski, Chair, at rebarb1434@aol.com, no later than March 13, 2015. The Committee reserves the right to make additional inquiries to RFP responders prior to making a decision. Although cost is most important, the committee will also place heavy consideration upon experience.

Friends R Family
Danyelle Filiaggi
Memorial 5k/Family Walk



From eliteracemanagement.com

5k Race & Family Walk

Date: Sunday, March 29, 2015

Location: The Bel Air Athletic Club in Bel Air, MD

Time: 9:00 AM

Race Limit: 350 for 5k, 1 Mile Walk is unlimited

The 1st Annual Friends R Family 5k/Family Walk is designed to bring greater awareness to mental health in our community and honor Danyelle Filiaggi. Mental illness affects 1 in 5 people directly and critical information is needed to help everyone navigate a crisis, seek treatment and recover. Our goal with the Friends R Family Foundation is to bring more attention to this health concern and change the stigma often associated with mental illness.

For more information, race details, or to register, please visit

<http://eliteracemanagement.com/friends-r-family-5k/>

Board and Committee Directory

Board of Directors

President

Carolyn W. Evans, Esquire
Sengstacke & Evans, LLC
cevens321@aol.com

Vice President

Patty Desiderio
Patty's Promotions
pattygiftbaskets@comcast.net

Treasurer

Melissa Harbold, CFP®
Merrill Lynch
melissa_harbold@ml.com

Secretary

Wendy Lee
Susquehanna Spine & Rehab
wendy@susquespine.com

Immediate Past President

Renee McNally
Leadership Matters!
renee@leadershipmatter.guru

Board Members At Large

Mary Ann Bogarty

Harford Bank
mabogarty@harfordbank.com

Kim Zavrotny

McComas Funeral Home
kzavrotny@mccomasfuneralhome.com

Jeannette Stancill

FitzGerald Financial Group
jstancill@monarchmtg.com

Kelly Bedsaul

Weyrich, Cronin & Sorra, Chartered
KellyB@wcscpa.com

Bev Smith

The Lee Tessier Team,
Keller Williams American Premier Realty
Beverlybsmith@aol.com

Carla Sparrow

Havre de Grace Housing Authority
sparrowcarla@gmail.com

Barbara Przybylski

Absolute Investigative Services
Barbara.P@absoluteisi

Meggin M'Gonigle-Reeder

Bank of America
Meggin.m'gonigle-reeder@bankofamerica.com

Lisa Fuller

Fuller & Associates Insurance
Lisa.fuller@insurewithfuller.com

Ronnie T. Davis

Principal, Longstream Coaching and Training LLC
RonnieDavis@LongstreamCT.com

Committee Chairs

Ambassador & Membership

Bev Smith
The Lee Tessier Team,
Keller Williams American Premier Realty
bev@leetessier.com

Events

Kim Zavrotny
McComas Funeral Home
kzavrotny@mccomasfuneralhome.com

Fashion Show

Jeannette Stancill
FitzGerald Financial Group
jstancill@monarchmtg.com

Newsletter Editor

Jordan Williams
CPWN Intern
jordan.williams4@comcast.net

Social Media

Meggin m'Gonigle-Reeder
Bank of America
Meggin.m'gonigle-reeder@bankofamerica.com

Website

Carolyn W. Evans, Esquire
Sengstacke & Evans, LLC
cevens321@aol.com

Meeting Sponsorships

Kelly Bedsaul
Weyrich, Cronin & Sorra, Chartered
KellyB@wcscpa.com

CPWN

P.O. Box 654
Bel Air, MD 21014
www.cpwnet.org

2013-2014 CPWN Sponsorship Guidelines

Regular Monthly Meetings

- Must be a member in good standing (annual dues paid, no outstanding invoices).
- Your sponsorship may be used to promote the business that employs you or that you own (in whole or in part) and that is the business you are registered with in CPWN's records.
- Sponsorships fee is \$150 (unless designated a special event) and includes 1 event registration (**please do not register for the event**, as your 1 event registration is done automatically).
- Sponsorship fee is to be paid in advance of the sponsored event.
- 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.
- All sponsorships are subject to approval of the Board of Directors of CPWN.
- Sponsorship guidelines are subject to change by the Board of Directors of CPWN.
- All meeting locations, speakers, etc., are subject to change by the Board of Directors of CPWN.
- No co-sponsorships are available.

Happy Hours

- Must be a member in good standing (annual dues paid, no outstanding invoices).
- Your sponsorship may be used to promote the business that employs you or that you own (in whole or in part) and that is the business you are registered with in CPWN's records.
- Sponsorships fee is \$50 and includes 1 event registration (**please do not register for the event**, as your 1 event registration is done automatically).
- Sponsorship fee is to be paid in advance of the sponsored event.
- You have exclusive use of table tops to put marketing material, promotional items, etc. Please arrive early to distribute the material. You may put up a banner advertising your business.
- You have **5** minutes to speak/present. Please do not go over this time limit.
- All sponsorships are subject to approval of the Board of Directors of CPWN.
- Sponsorship guidelines are subject to change by the Board of Directors of CPWN.
- All meeting locations, speakers, etc., are subject to change by the Board of Directors of CPWN.
- No co-sponsorships are available.

Contact: Kelly Bedsaul KellyB@wcscpa.com, to arrange your sponsorship. Sponsorships are offered on a first come-first served basis.



***Building Relationships.
Growing Businesses.***

www.cpwnet.org
Membership Dues: \$95

CPWN 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

CPWN's Membership Policy

- ◆ Membership with CPWN is by individual and not by company.
- ◆ It is not transferable.
- ◆ When a member leaves, transfers or changes employment, the member carries her membership to her new place of employment, or it may simply lapse.
- ◆ An unexpired membership is not transferred to the member's replacement at her prior employment.

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