

Newsletter September 2016



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

September's Speaker: Lynne Brick, RN
Founder/Co-Owner Brick Bodies Fitness Services, Inc.

Publisher
The Chesapeake
Professional Women's
Network

Editor
The CPWN Newsletter
Committee

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



Lynne is the founder and co-owner of "Brick Bodies Fitness Services, Inc." which owns and operates a chain of co-ed and "Lynne Brick's" women-only health clubs in the Greater Baltimore area. She is also a partner in Planet Fitness Growth Partners, LLC which owns and operates Planet Fitness a budget health club chain throughout Maryland, Tennessee and Florida.

Lynne is an internationally acclaimed fitness expert and is considered one of the leading group exercise instructors in the world earning the 1990 IDEA (The

Association for Fitness Professionals) Instructor of the Year. She has been featured in over a dozen exercise videos including the highly acclaimed Buns of Steel series.

In 2004 Lynne was recognized as the Ernst and Young Maryland Entrepreneur of the Year. In 2008 Lynne was the first woman to be inducted into the Baltimore County Chamber of Commerce Business Hall of Fame.

In 2011 Lynne was recognized by the American Red Cross as a Hometown Hero Honoree for her on going support & effort in the community. In 2014 Lynne and Victor were both named to the Top 50 Influential Marylanders according to the Daily Record. Prior to her career in fitness, she practiced nursing for seven years at the Maryland Shock Trauma Center, the first shock trauma unit in the world.

Lynne has traveled the world training group-exercise instructors and has conducted workshops for fitness professionals in more than 25 countries. She is the author of *Fitness Aerobics*, published by Human Kinetics and a contributing author for *Fitness Theory & Practice*, a comprehensive resource for fitness instruction published by the Aerobics and Fitness Association of America.

Lynne was the technical advisor for BodyVive™, a group exercise program distributed by LMI and formerly a member of IHRSA's board of directors. Lynne speaks regularly to women's groups, businesses, schools, hospitals, civic groups, universities and non-profit organizations about the benefits of a healthy active lifestyle.

Lynne has been married to her business partner, Victor Brick for 36 years. She has two children, Vicki, age 35, who played basketball at Maryland and professionally in Australia and the Philippines and Jon, age 30, who played basketball at The Citadel and professionally in Peru. Vicki is the CEO of Brick Bodies and Jon currently consults for the company.

Inside this issue:

September Sponsor	2
Calendar of Events	3
Member News	4-5
Hope in Handbags	6
Committee and Board Directory	7
Sponsorship and Membership Details	8-9

September's Speaker: Vicki Brick
CEO Brick Bodies Fitness Services, Inc.



Vicki Brick became the CEO of Brick Bodies Fitness Services, Inc in April of 2015. In her short time as CEO, she has moved the company forward by creating strategy and vision to meet the wants of the millennial clientele.

Prior to succeeding her father, Victor Brick, as CEO, she was the Vice President of Brand Management. In that role, she assisted with marketing and branding decisions as well as strategic planning. During her two years in that position, EBITDA increased 55% and Revenue increased 32% across the company. She was also the General Manager of the newly located, 58,000 square foot Brick Bodies Padonia. In two years she helped to grow the membership from less than 4,000 members at the original site to almost 11,000

members at the new club.

Vicki is very active in giving back to her community. She currently sits on the board for the John W. Brick Mental Health Foundation, which is raising funds to develop a study to show conclusive correlations between exercise and improved mental health. The foundation is very near and dear to the Brick family's heart - it was created by them and is in honor of Vicki's late uncle, John W. Brick. Vicki also sits on the Terrapin Club Scholarship Fund Board, which helps to raise money for athletic scholarships at the University of Maryland and is a member of the Visitors Board at McDonogh School. She also helps raise funds for the BWC (Baltimore Women's Classic) and the Filipino Festival.

In 2016 Vicki was named an Influential Marylander Honoree by the Daily Record and in 2015, she was named a Top Executive by Smart CEO. Prior to that, Vicki was named as one of the "50 Women to Watch" by the Baltimore Sun and a "Leading Women" by the Daily Record in 2013. Vicki was a scholarship point guard at the University of Maryland College Park and was the captain of a team that reached the second round of the NCAA tournament her senior year. After graduating from UMDCP with a Bachelor of Science in Kinesiology and Communications, she played professional basketball in Australia while pursuing a Master's Degree in International Communication from Macquarie University.

September's Sponsor: Wendy Lee
Susquehanna Spine and Rehab



Wendy Lee and her husband Shawn opened Susquehanna Spine & Rehab ten years ago. They offer a variety of services such as chiropractic, physical therapy, massage therapy and acupuncture to help patients achieve their health care goals. Wendy has mastered techniques critical to running a chiropractic office so well that she also works for Breakthrough Coaching where she coaches chiropractic offices all over the country. Wendy's first priority and full time passion is being a mother to Angelina (14), Mya (11) and Gianna (10.). You will frequently see them "dancing" all over the county.

Wendy is an active member of the community it is the goal of her and her husband to make Harford County the healthiest and happiest community around by treating all manners of pain and injuries, while promoting overall health and wellness. Wendy's husband, Dr. Shawn Lee and their highly trained staff have treated patients as young as a few days old to patients who have hit the century mark in their lives. Dr. Lee treats patients suffering from back and neck pain, headaches, knee and shoulder pain, car accidents, sports injuries, work accidents, chronic ear infections, colic, arthritis, weight loss and nutritional issues, carpal tunnel syndrome, TMJ, thoracic outlet and more.

Wendy was not only Dr. Lee's first patient but also his inspiration for becoming a doctor. Wendy was suffering from severe pain from a four year old injury when they met and married in undergrad. Dr. Lee was deciding his career path and chose chiropractic with the goal of finding the cause and eliminating Wendy's pain, which he did!

Wendy says the best part about her job is telling people about the miracles that happen in their practice. We believe in waking up without pain, we believe in super mom, we believe in playing hard, we believe in eliminating stress, we believe in a pain free life.

CPWN's

Calendar of Networking Events



September 13, 2016

Networking Luncheon—11:30—1:30 p.m.

Speaker: Lynne Brick: Brick Bodies “Be Your Brand”

Sponsor: Wendy Lee: Susquehanna Spine and Rehab

Location: Vandiver Inn, 301 S. Union Avenue, HDG, MD 21078

October 11, 2016

18th Annual CPWN Fashion Show

All proceeds to benefit Harford County charities serving women.

Tickets: \$50 Members / \$60 Guests / \$500 Table

Pre-registration required—no registration or walk-ins at door.

Richlin Ballroom 1700 Van Bibber Rd. Edgewood, MD 21040

December 3, 2016

Holiday Bus Trip to New York City!

Sponsor: Bev Smith: Realtor with Keller Williams American Premier Realty

Early Bird Rate \$55 (deadline November 1) / Regular rate \$65



Event Registrations Close on the Friday before the event at noon.

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.



Items for Member News can be submitted by the
15th of each month to Melissa Harbold at:
melissa_harbold@ml.com

CPWN New Members

First Name	Last Name	Employer	Position
Terri	Bostock	FIRST NATIONAL BANK	BRANCH MANAGER
Shari	DiMeo	Saxon's Diamond Centers	Store Manager
Sara	Garbarino	The Arc Northern Chesapeake Region	Director of Resource Development
Nicole	Gorski	Alzheimer's Association	Development Coordinator
Kelly	Haggerty	Saxons Diamond Center	Manager
Allison	Hansen	Mobile Auto Service	Self Employed
Sandra	Hopkins	Keller Williams American Premier Realty	
Paula	Lucas	PeoplesBank	Merchant Services Officer
Andrea	Lynn	The Arc Northern Chesapeake Region	Assistant Director of Marketing & Development
Val	Mills	Executive Coffee Service, Inc.	President
Tobias	Musser	MNS Group	CEO
Diana	Pinargotte		Owner
Erin	Shara	EKS Boutique	CEO
Christy	Silverstein	self	owner Josephs Department Store
Leslie	Stein	First National Bank	Assistant Vice President/Branch Manager
Robin	Tomechko	Harford Family House	Executive Director/CEO
Kristy	Verschoore	Self	Womens Empowerment/Mindset Coach
Richard	Wilmore	Street Boutique	Owner
Dawn	Wise	Country Britches Consignment Boutique	Owner

MEMBER ANNIVERSARIES

Congratulations

18 Years

Lorrie Schenning

17 Years

Claudia Holman

14 Years

Ann Davidson

12 Years

Gail O'Keefe, Shirley Brunkhorst

11 Years

Andrea Kirk, Melissa Harbold

10 Years

Cathy Salamone

9 Years

Diane Woish

8 Years

Lesley Lookingbill

6 Years

Denise Dregier, Traci Petty, Shobita C. DuBois, Michelle Kahl

5 Years

Meggin M'Gonigle-Reeder, Mary Hastler, Diane vanVugt

4 Years

Colleen Dombroskie, Joyce Duffy, Lorene Drabo, Cindy Hanley, Annie Brock

3 Years

Eliner Tryon Elgin, Karen Carey, Ellie Lindung, Diane Moore, Judy Fritz

2 Years

Kathy Smith, Lisa Gerber, Michele Alessi, Laura Rowland, Nichole Speck
Aubrey Schwartz, Kathy Wise

1 Year

Tamara Phillips, Cindy Truax, Cassandra Whited, Kelly Griebe, Dawn Harman,
Allison McCord, Christine Sullivan, Karen Ciampaglio, Malia Chapman, Peggy Burkhardt,
Christina Knapp, Candice Hennessey, Coral Pross, Elaine Quinn, Bridget Moore,
Jane Hardwick, Heidi Fletcher, Theresa Cavey, Brandy Norkitis, Erika Lukens,
Julie Chmura, Carol Kiple, Barbara Lash, Laura Musser, Stacia Cook, Stacey Andon,
Trisha Muth, Marjorie Bernat

DON'T MISS THIS GREAT EVENT!!!

SAXON'S
DIAMOND
CENTERS

**8th Annual Hope in Handbags
Silent Purse Auction
& Retail Sale**



Featuring Honorary Chair
Deborah Owens
The Wealth Coach™

Financial Expert • Critically Acclaimed Author
CEO of Owens Media Group

To learn more visit deborahowens.com
or follow her on Twitter @deborahowens
and Facebook [deborahowenspage](https://www.facebook.com/deborahowenspage)



Deborah Owens is a former Vice President with Fidelity Investments, a consultant to the Insurance Industry, a media personality and a sought after public speaker. She is the author of three books; most recently, the critically acclaimed, *A Purse of Your Own: An Easy Guide to Financial Security*. She holds a Master of Business Administration degree from Loyola University of Maryland.



Drop off Locations:
Arena Club, Greenfield Senior Living,
Freedom Federal, Merle Norman, Rapid Refill,
XO Saxons, Jones Junction, Sweet Eats Cakes,
Harford Family House, K&B Bridal & NVS Salon



www.facebook.com/HopeInHandbagsPurseAuction

**A Purse
of Your
OWN**



**Exclusive
Preview Event**

**Friday, September 9th
6:00 pm - 8:30 pm**

\$10 Donation

to have 1st choice of designer handbags,
door prizes, and special book signing and
talk by Honorary Chair, Deborah Owens,
plus complimentary food and drink.

Saturday, September 10th

10:00 am - 3:00 pm

**Bel Air Reckord Armory
on Main Street**

Featuring:

**Designer Handbags Filled
with Valuables**

Cash & Carry:

**Designer, New, Gently-Used
& Vintage Handbags**

For more information call Kelli:

410.273.6700

www.harfordfamilyhouse.org

Board and Committee Directory

Board of Directors

President

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

Vice President

Bev Smith
The Lee Tessier Team,
Keller Williams American Premier Realty
bevsmith0712@gmail.com

Treasurer

Wendy Lee
Susquehanna Spine & Rehab
wendy@susquespine.com

Assistant Treasurer

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

Secretary

Kim Zavrotny
McComas Funeral Home
kzavrotny@mccomasfuneralhome.com

Immediate Past President

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

Board Members At Large

Jeannette Stancill

FitzGerald Financial Group
jstancill@monarchmtg.com

Ronnie T. Davis

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

Jody Youll

Coffee News Harford
jody@coffeenewsharford.com

Board Chairs

Fashion Show

Mary Ann Bogarty
Harford Bank
mabogarty@harfordbank.com

Social Media

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

Sponsorship Chair

Lisa Fuller
Fuller & Associates Insurance
Lisa.fuller@insurewithfuller.com

Membership Co-Chair

Wendy Wright
The Wright Fit
wendy@thewrightfit.net

20th Anniversary Chair

Barbara Przybylski
Absolute Investigative Service
rebarb1434@aol.com

CPWN

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

Newsletter Editor

Jordan Williams
CPWN Intern
jordan.williams4@comcast.net

2015-2016 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: Lisa Fuller at Lisa.Fuller@insurewithfuller.com , to arrange your sponsorship.
Sponsorships are offered on a first come-first served basis.*



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

www.cpwnet.org
Membership Dues: \$75

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.

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.

*Newsletter Copyright 2015,
Chesapeake Professional Women's Network*