



Newsletter

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

JUNE 2011

WELCOME ..

to the all new
E-Newsletter!
We welcome your
input and ask that
you send any
feedback to the
editor at
Melissa_harbold@ml.com

Want the hard copy??
Just hit PRINT!

This Issue: Getting Ready for Summer

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The Chesapeake
Professional Women's
Network

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The CPWN Newslet-
ter Committee

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Women's Health Panel

Chesapeake Professional Women's Network's June meeting will showcase a first ever panel discussion, highlighting women's health. The panel will feature four health care professionals from Upper Chesapeake Health speaking on a variety of women's health issues and concerns. We welcome you to join us June 14th for this exciting meeting format, however in the meantime read on, to meet the health professionals that will lead the discussion.



Dr. Sankari Sivasailam

After finishing her Chief Residency in internal medicine, Dr. Sankari Sivasailam completed her hematology and oncology training at the University of Maryland Greenebaum Cancer Center in Baltimore, MD. Dr. Sivasailam is board certified in hematology and medical oncology. She attends at both Franklin Square Hospital and Upper Chesapeake Medical Center. At the latter site, she serves as Director of the Breast Cancer Care Program and also coordinates the multidisciplinary breast and gynecologic malignancy tumor board. She is also active in community affairs, promoting awareness of breast cancer and oncologic issues as they relate to women's health. (Con't Page 3)

June Meeting Sponsor

Andrea Kirk, Ameriprise Financial Services, Inc.

Andrea Kirk has been an active member of CPWN for seven years and a member of the CPWN board for the past two years. She is a 13 year veteran advisor of Ameriprise Financial Services, Inc. and a CERTIFIED FINANCIAL PLANNER™ practitioner. Andrea is a member of the Financial Planning Association and an Advisory Board Member for Family and Children's Services of Harford County.

She was recently accepted as a member of the Million Dollar Round Table, the Premier Asso-

ciation of Financial Professionals. Andrea and her husband, Mike, are the proud parents of an energetic toddler named Ashley.

As an Ameriprise financial advisor, she believes success should be measured not just by your financial well-being, but by how confident you feel about (Continued on Page Seven)



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

President's Message

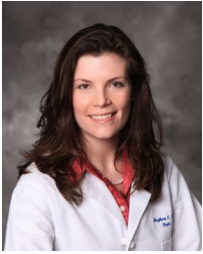
I am pleased to share that our second annual Women's Night Out event at the Maryland Golf and Country Club was a success! I would like express my sincere gratitude to Maryland Cosmetic Surgery Center, Jordan Thomas, Anytime Fitness, Susquehanna Spine and Rehab, Upper Chesapeake Health, Flavor Cupcakery, Coffee Coffee, BK Williams Photography, and Parris-Castoro Eye & Laser for the wonderful services they provided to our members and their guests. I would also like to thank Lucie Snodgrass as well as the other vendors who were kind enough to bring an array of products and services for our buying pleasure. We appreciate the generosity of all who donated items, made contributions for our raffle and most of all, our media sponsor, Harford Style Magazine. With everyone's support of this event we were able to make a generous donation to Family and Children's Services. Again, thank you for helping to make this event a success!

As summer approaches often times we don't do as much networking as we would like so it is important to make sure you make the most of the opportunities that you do have. Even if you are only able to make a quick networking breakfast or the last thirty minutes of a happy hour, it can be well worth your time. That one contact you made could be you biggest success of the year and all because you made the time. It is easy to get caught up in summer fun and lose focus but I think that you can you can still have summer fun as well as focus as long as you take a few minutes each day to review your goals and accomplishments.

Chesapeake Professional Women's Network is an organization that strives to enhance the personal and professional growth of women in our area which is just one of the reasons you should try and fit one of our summer events into your busy schedules. We are not only a great outlet for networking but we are also a fun group of women looking to build new partnerships and make friends along the way. If you were unable to make our Women's Night Out at Maryland Golf and Country Club we will be back there for our June 14th luncheon from 11:30-1:30. This should be a very informative luncheon as we have partnered with Upper Chesapeake Medical to provide a health care panel to include health related issues for women. Our sponsor will be Andrea Kirk of Ameriprise Financial Services. Our July event will be back at Bonefish Grill. Our speaker is the dynamic financial speaker, Eleanor Blayney. We hope to see you at one of our summer events.

Mary Ann Bogarty

Women's Health Panel



Dr. Milburn is the current Breast Surgical Oncology Fellow at the Anne Arundel Medical Center (AAMC) Breast Center. She will be joining the University of Maryland, Division of Surgical Oncology as an Assistant Professor and Director of Breast Surgery at Upper Chesapeake Medical Center in August 2011. She is a native of Baltimore, Maryland and received her B.A. Degree with Distinction in Molecular Biology from Goucher College in Towson, Maryland and her medical degree from the University of Virginia School of Medicine. She completed her general surgery residency at the University of Maryland Medical Center and Shock Trauma Center where she was Administrative Chief Resident and a recipient of the Shock Trauma Center Hero Award. Dr. Milburn also completed a 2-year post-doctoral research fellowship with the Division of Plastic and Reconstructive Surgery jointly at University of Maryland and Johns Hopkins Hospitals. She has authored multiple peer-reviewed papers and presented her work at national and international meetings. Her academic interests include oncologic and minimally invasive techniques to treat breast cancer, high-risk breast cancer screening and treatment including bilateral prophylactic mastectomies, as well as breast cancer gene expression and tumor biology. She is actively involved in research and clinical trials and will be presenting her findings at several national meetings this year. She is a candidate member of the American College of Surgeons, American Society of Breast Surgeons, and Society of Surgical Oncology. She is board-eligible in general surgery.

Megan Combs-Beck graduated from Union Memorial Nursing School in 1994 with an RN diploma in Nursing. She later attended Chamberlain College in 2010 receiving her Bachelor's degree in Nursing. Megan has worked as a case manager as well as a clinical nurse within the Oncology specialty at Upper Chesapeake Medical Center. Megan is currently employed by Upper Chesapeake Health in their Oncology Services Division as the Breast Care Nurse Navigator.



Kelly Huestis Graduated from the University of Scranton in 2002 with a Masters in Physical Therapy, worked as an advanced therapist at University of Maryland Medical Center, worked most recently as a senior therapist at Kernan Rehabilitation Hospital coordinating their pelvic floor program, have a Certification of Achievement in Pelvic Floor Physical Therapy from the APTA and am a certified prenatal/postpartum exercise instructor, currently employed by Upper Chesapeake Health as the Clinical Coordinator of the Pelvic Floor Physical Therapy Program

Summer Reading List

FROM NPR'S SUMMER BOOKS 2010, SEE THE COMPLETE LIST AT WWW.NPR.ORG/2011/03/10/127404457/SUMMER-BOOKS-2010-THE-COMPLETE-LIST

RECOMMENDED BY JANE CIABATTARI
(BEST OF THE BESTSELLERS: WISDOM OF THE CROWDS)

[*Island Beneath the Sea*](#) by Isabelle Allende (translated from the Spanish by Margaret Sayers Peden), Hardcover, 464 pages, Harper, list price: \$26.99

[*The Lake Shore Limited*](#) by Sue Miller, Hardcover, 298 pages, Knopf, list price: \$25.95

[*House Rules*](#) by Jodi Picoult, Hardcover, 532 pages, Atria, list price: \$28

[*The Imperfectionists*](#) by Tom Rachman, Hardcover, 288 pages, The Dial Press, list price: \$25

[*The Immortal Life of Henrietta Lacks*](#) by Rebecca Skloot, Hardcover, 384 pages, Crown, list price: \$26

MEMBER NEWS & ITEMS OF INTEREST

COMMITTEE CHAIRS

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Open Door Café
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Fashion Show

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Membership Dues: \$85
Meeting Sponsorship: \$150
Plus door prize

www.cpwnet.org



Lisa Fuller of Fuller & Associates Insurance in Churchville has successfully completed the annual continuing education requirement of The Society of Certified Insurance Counselors. To earn this prestigious designation, Lisa Fuller attended five courses covering all phases of the insurance business and passed five comprehensive examinations. Additionally, The National Alliance requires annual attendance in the program to maintain the designation.

Lisa, a 16 -year veteran of the industry, has been a CIC since 2007. Lisa believes the insurance profession is best served by those who acquire and maintain a high standard of professionalism by meeting the continuing education requirements of the Certified Insurance Service Representatives

Lisa Fuller, Certified Insurance Counselor
Fuller & Associates Insurance
2830 Churchville Rd Suite #B
Churchville, MD 21028
(410) 914-5467

Point Breeze Credit Union

Where's Joe?? He will be at his birthday party on June 11th at our Bel Air Branch, 410 S. Atwood Rd, from 9a.m.-1p.m. for sure....but where is he now? Follow Joe around Harford County and enter your guess for a chance to win an Ironbirds Bobblehead from May 9th through his party on June 11th. All correct guesses will also be entered for the GRAND prize of the Ultimate Ripken Experience to be awarded at Joe's Birthday party! Visit www.facebook.com/pointbreezecreditunion for clues!

Joe the Monkey's Birthday Bash—Please join Joe the Monkey at his Annual Birthday Bash at Point Breeze Credit Union. Joe is the lead singer in the Money Mammals band that teaches children to “Share and Save and Spend Smart Too”. First 100 children receive a goody bag, available while supplies last. Point Breeze Credit Union, Bel Air Branch, 410 S. Atwood Rd, Bel Air, MD 21014, June 11, 9a.m.-1p.m. Ages:

Remember to “like” CPWN on
Facebook



Staying Safe this Summer

Memorial Day weekend ushers in the season of lazy days at the beach, dining alfresco and afternoons in the park. But all that fun comes with some risks. Here are some tips from the Centers for Disease Control and Prevention for staying safe and healthy this summer.

Guard against sun

To protect against skin cancer, use sunscreen with at least SPF 15 and seek shade from 10 a.m. to 4 p.m., when the sun's ultraviolet rays do the most damage. Don a hat and wear sunglasses that block UVA and UVB rays.

Why? While some common forms of skin cancer are highly curable, about 50,000 Americans a year are diagnosed with melanoma, a more dangerous form of the disease. About 8,000 people a year die from melanoma.

Keep bugs away

Spritz on insect repellent containing DEET or Picaridin, and wear clothing with long-sleeved shirts and pants tucked into your socks to protect against mosquitoes and ticks.

Why? Mosquitoes can spread infections. Of particular concern is West Nile Virus. People 50 and older are at greatest risk of serious illness from the virus. Ticks can cause other infections, including Lyme disease.

Don't breed bacteria

Keep hot foods hot and cold foods cold. Bacteria can grow quickly at room temperature. Keep raw foods -- and cooking utensils that touch them -- separate from cooked foods to avoid cross contamination.

Why? An estimated 76 million American suffer from food-borne illnesses each year. More than 300,000 are hospitalized and 5,000 die.

Keep cool

As temperatures soar, drink plenty of water and avoid strenuous activities during the hottest part of the day. Wear lightweight clothing.

Why? Heat-related illness and death most often occur among the elderly, young children and people with chronic health problems. But even healthy people can fall victim to the heat.

Get a tetanus shot

If you haven't had one in 10 years, it's time for a booster shot. As an added bonus, adults younger than 65 also can increase their protection against whooping cough if their doctor gives them a new vaccine formula that protects against both diseases.

Why? Running barefoot, digging in the garden and other outdoor activities increase the chances getting cut by something jagged. Tetanus, also called lockjaw, is caused by bacteria that live in the soil. It is fatal in about one out of every 10 cases.

http://articles.chicagotribune.com/2008-05-28/news/0805280622_1_west-nile-virus-lyme-disease-skin-cancer

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.

Open Doors Career Center – A not-for-profit social services agency, whose mission is to empower individuals in need of life and employment skills by providing opportunities and resources to encourage them to discover the keys to their success. CPWN founded the "Bridge to Success" program and CPWN members donate appropriate business clothing to Open Doors. For information contact Robyn Burke at 410-638-0187.

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 safehouse. 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 – 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.

Bridge to Success – This program was created by CPWN in conjunction with Open Doors to establish and maintain a fund used by Open Doors' clients to help them pay for unsupported expenses, such as child care, transportation, etc., in order to help them in their job search. Attractive "Bridge" Pins are available at \$20 each to support this program.

Something Different For Grads This Year

Think beyond the gift card. You can always find unique gifts at these cool sites.

For something personalized try: Red Envelope: <http://www.redenvelope.com/graduation>

For some unique ideas and a helping hand in matching gift to personality type try: <http://www.gifts.com/ideas/graduation>

There is always cool stuff on: <http://www.etsy.com/storque/shop/etsy-finds-gift-ideas-for-dads-and-grads-8667/>

For donated gifts to give back to the world try: <http://www.treesforlife.org/>

For donated gifts to give back to America try: <http://www.oxfamamericaunwrapped.com/home.php>

Our choose a local community charity and make a donation in the grads name.

Whatever you are looking for a high school or college graduation give them something they can treasure for years to come.

Submitted By Genie Briggs, Point Breeze Credit Union

Meeting Sponsor: Andrea Kirk (Continued from Page One)

your future. Her mission is to help you reach your financial goals through a personal relationship based on personalized, knowledgeable advice. This focus is designed to help you reach your goals, helping to give you confidence regarding your financial future.

Whether you're looking for investment strategies, retirement income, funding for your child's education, estate or tax planning strategies, she will work with you on your terms. A broad range of financial products and services is offered including mutual funds and certificates, as well as brokerage services and financial planning.

Andrea can be reached by the following contact information:

Ameriprise Financial Services, Inc.

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Office: 410.569.9694 | Fax: 410.569.2457

Andrea.n.kirk@ampf.com

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New Members

Board Members At Large

Board Members At Large

Sandy Glock

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Melissa Harbold

Merrill Lynch
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Andrea Kirk

Ameriprise Financial
Andrea.n.kirk@ampf.com

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Www.abetteransweronline.com

Tracy Wonder

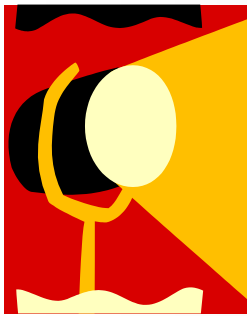
2729 Parallel Path
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443-512-0827
tawonder@verizon.net



Member Spotlight

With Katie Rash

1. What do you like to do in your "me" time? Walk or Garden
2. Have you ever traveled abroad? Yes, several places, my dream is to visit Greece
3. If you had your choice of one superpower, what would you choose and why? I would like to fly so I could get places faster.



4. Do you like to be in pictures or would you rather be the person holding the camera? Holding the camera, I love to take pictures.
5. When did you last have the hearties laugh? Always with my kids.

Katie Rash

Realtor, Team Leader of Katie Rash & The Rash Team, 410-879-0900, Kathryn.rash@longandfoster.com

Fashion Show Corner

It has been another busy month for the fashion show committee. We have ended our sponsorship campaign and would like to say "Thank You!" to all of our 2011 sponsors. Your support will greatly support our efforts to provide donations to our selected charities.

The silent auction committee is hard at work gathering great items and services to be sold. If you could donate an item, service, gift card or cash, any of this would be greatly appreciated. Some of the best baskets are those that we bundle together with lots of smaller items. So put your thinking cap on and remember no item or donation is too small (or too big)!

New this month, program ads & raffle tickets! Program ads are now available, starting at just \$45. We will have forms available at our June meeting as well as on the website. These ads are just one more way that you can help support the CPWN Fashion Show. All the raffle prizes are lined up and the tickets will be available at our June meeting also! Once again the cost is \$1/each or 6 for \$5, a minimal investment for some great prizes! We would ask that each member take a bundle to sell.

We are looking for some members that would like to help us out by volunteering to be a model the night of the fashion show. This is a small commitment of time, but a great way to enjoy the evening. Please contact Kim Zavorotny or Marilyn Eben if you are interested.

Lastly, remember to "like" us on facebook at CPWNFashionShow to help us get the information out not just to our members, but all of their "friends"!



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

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.



UPCOMING EVENTS

June Networking Meeting

6/14/2011, 11:30-1:30

Maryland Golf & Country Club

Women's Health Panel

Sponsor: Andrea Kirk,

Ameriprise Financial Services, Inc.

\$20Mbrs/\$30 Non-Mbrs

July Networking Meeting

7/12/2011, 11:30-1:30

Bonefish

Speaker: Eleanor Blayney

Sponsor: Vicki Franz, Mason Dixon Arrive

\$20Mbrs/ \$30 Non-Mbrs

August Networking Meeting

8/9/2011, Breakfast

Sponsor: Mary Ann Bogarty, PNC Bank

\$18 Mbrs/ \$25 Non-Mbrs

rsvp at www.cpwnet.org or 410-297-9722
Deadline is Friday before the event at Noon.

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