



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

Newsletter

SEPTEMBER 2009

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 Month -

Working Mom's

CPWN Member News

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The Chesapeake Professional Women's Network

Assistant Publisher
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Editor
The CPWN Newsletter Committee

CPWN
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Susan G. Koman: Pink Bag Lunch

Robin Prothro



Out of one woman's battle against breast cancer has grown a national organization dedicated to improving the lives of those facing this disease.

Since its inception in 1982, Susan G.

Komen for the Cure® has invested more than \$1 billion in the breast cancer movement. As the world's largest grassroots network of breast cancer survivors and activists, the organization works to save lives, empower people, ensure quality care for all and energize science to find the cures.

The Race for the Cure began in Maryland as a 500 participant 5K in 1992 and has blossomed into the largest footrace in the State. The Maryland Affiliate of Susan G. Komen for the Cure was established in 1993. Up to 75% of the money raised by the Race for the Cure Maryland each year stays in Maryland for local program funding. The remaining 25% supports national research to find the cures for breast cancer.

Con't page 3

SPONSOR—Greta Brand— Greta S. Brand & Associates

Forget all about the research; forget about what companies everywhere have demonstrated. Just ask yourself one question: how can my organization or my company save money on health care? Because you know that only a few things fulfill the promises. And you know that scoring real success is just so sweet..

Greta S. Brand & Associates began in 2002. Greta and her Associates have helped people from Delaware, Maryland and Virginia to make real changes in their lives and achieve real savings in Long-Term Disability, Short-Term Disability, absenteeism and health insurance costs.

So how can you save? Here's the answer. Forget the low-hanging fruit. Focus on the least favorite issues: tobacco, exercise and eating. They're the big three.

Want programs that deliver what they promise? Choose those that have proven success. Look for the ones that measure their results. Not just the ones that have a success here or there.

Greta's professional career began at Johns Hopkins Medical Institutions, followed by corporate experience at Blue Cross Blue Shield of Maryland. Questions about wellness or disease management? She knows what works and what misses the mark

Call Greta at 410-399-2001 or email her: greta@gretabrand.com. She and her team of Registered Dietitians (RDs), Exercise Physiologists (EPs), Physical Therapists (PTs), Psychologists, and Health Educators will be there to help you choose your best way to changing lives and achieving true savings. And you'll know that you have done your best to boost those around you.

Fashion Show Update!

BOARD OF DIRECTORS

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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.

Work on the CPWN Fashion Show is well underway by the Fashion Show Committee, chaired by Wendy Lee. Our 11th annual fundraiser is scheduled for October 13th. Our Emcee this year is Bob Bloom from WXCY Radio. Our venue: The Maryland Golf and County Club. Our retailers: The Pink Silhouette, B. Fabulous, Heartbeat, Dick's Sporting Goods, and accessories from Two Sisters.

Our menu: Hors d'oeuvres: Tempura Veggies, Mushrooms Stuffed with Spinach, Toasted Pine Nut and Goat Cheese Phyllo Rolls. Dinner: Salad and rolls, Chicken Marco Polo, Twice Baked Potato, Sugar Snap Peas and Carrots, and for dessert: Chocolate cake. Refreshments: Cash bar.

Tickets on sale now on the website: www.cpwnet.org. Tickets: \$40.00 members, \$45.00 non-members, Table of Ten \$400.00.

Now is the time to donate items for the Silent Auction

We are asking for your assistance in collecting Silent Auction items for our annual fundraiser. Any and all donations will be greatly appreciated. Deadline for Silent Auction items, and door prizes is September 25th. We are looking for a wide variety of auction items including but not limited to, gift certificates, gift baskets, cultural event tickets, home décor, and memorabilia, whatever your imagination provides! This is a fantastic way to market your business. Amie Chapman is the Silent Auction Committee Chair. Contact info: amie.j.chapman@gmail.com or 443-866-5669.

Another fantastic way to market your business is in the Fashion Show program. The event is attended by over 250 women who live, work and shop in Harford County. Business card size ad - \$30.00; Half Page ad - \$60.00; Full Page ad - \$110.00. Premium ad space is also available. Please remember to include a coupon or a special savings certificate in your ad if possible.

Jessica Whittington is the Program Ad Committee Chair. Contact info: jwjewelry@yahoo.com. Deadline for Ad Space in Program is Friday, September 4th.

Raffle tickets are on sale now. \$1.00 each, 6 for \$5.00. Jeannette Stancill is the Raffle Ticket Committee Chair. Please see Jeannette and the fashion show committee members to purchase raffle tickets. Raffle tickets will be available the evening of the away for Two, two night stay at the Hotel Ride in Style for Romantic Dinner at Pazo's value. 2nd (#2) Fabulous Jewelry ,sterling topaz necklace - \$260 value.

Don't forget our contests! The member items and the member that sells the most free advertising (business card size ad) in lecting and selling, Ladies!!!!

Bring your gently used business attire to the Center. We will donate these items to their Women's Employment Program. These items will be used by Open Doors clients for job interviews. This year, we will give everyone who donates items an extra door prize ticket.

Con't page 3



even as well. Prizes: 1st - Spa Get-Hershey, Pa- \$1,400 value. 2nd (#1)- in Baltimore, with limo service - \$250 silver & 14K gold genuine swiss blue

that collects the most silent auction raffle tickets will both get 3 months our monthly newsletter. Happy col-

fashion show for Open Doors Career

Fashion Show Update! con't

Favors for this event will be provided by Doug Robinson, founding partner and President of Douglas Bradley, LLC. Douglas Bradley is an independent financial planning and investment management firm dedicated to providing comprehensive financial advice. Thank you for your generosity!

We would like to take this opportunity to thank our sponsors:

Platinum Sponsor - Evans Funeral Homes

Bronze Sponsors – Gold Medal Physical Therapy, Mason-Dixon Arrive, Patty's Promotions & Patty's Gifts and Baskets LLC, PNC Bank, Powerhouse Title Group, LLC, Richlin Catering, and Utopia. Thank you for your support!!!

Thank you to Kathy and George Heidelmaier, owners of It's PayDay, payroll processing and payroll tax filing services for sponsoring our raffle tickets. It is greatly appreciated!!!

Thanks to UPS Store (Bel Air) owner, Cathy Salamone, for printing the flyers and save the date cards once again this year and donating those services for us.

Thank you in advance for participating in our annual fundraiser. Proceeds from this event will be donated to various Harford County charities, including but not limited to Open Doors Career Center, a non-profit organization providing a variety of services to women in the area who are in personal need and SARC, an organization that is working to end domestic and sexual violence in our area and create a society free from abuse and fear.

Please support our fundraiser! These organizations need much needed funds to keep these programs going.

Wendy Lee

Fashion Show Committee Chair 2009

Con't from page one

Join us for our September Networking Executive Director of the Maryland Affiliating this "Pink Bag Lunch," you will learn Komen for the Cure, as well as the pro-Maryland. You will also receive information about breast cancer, screening recommendations, and tips for a healthy "think pink" bag of educational materi-



luncheon, featuring Robin Prothro the ate of Susan G. Komen for the Cure. Durabout the history and mission of Susan G. grams and services provided by Komen tion about breast cancer, screening rec-lifestyle. All attendees will receive a als.

COMMITTEE CHAIRS

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Membership Dues: \$85
Meeting Sponsorship:
\$100
plus door prize

www.cpwnet.org

MEMBER NEWS & ITEMS OF INTEREST

Harford House: Bring personal items to the September Meeting for donations to the Harford House. These items could be toiletries, shampoo, soap etc.

Andrea Kirk: Congratulations to Andrea and Mike Kirk on their baby Ashley Paige Kirk born August 7, weighing 5lbs. 12 oz.

Healthy Harford has the goal is to make the 3rd week in September a week-long opportunity for companies to get their employees moving. You may want to have 'walking meetings' or encourage your employees to go to the gym at lunch time. Or you may want to host or sponsor community events that week, to let the community know about your commitment to fight obesity in our county. For more information, please contact Greta Brand at 410-399-2001 or greta@gretabrand.com.

Hope In Handbags fundraiser being held at the Armory in Bel Air September 17-20th.

It benefits three organizations who assist homeless and the poor in Harford County. For more information contact Sue Rice at 410-420-7950

HR Solutions LLC will be holding September classes.

Topic: The Family Owned/Run Business - Resolving the Conflict

September 17, 2009

8:00 AM - 10:00 AM

The Open Door Cafe, Bel Air, MD

For more information contact Renee McNally at HR Solutions LLC at 443-243-4031

Member New's And Anouncements Continued on page 6.

Tips for Working Moms

With everything that goes on in a working mom's life, it's easy for our needs to fall to the bottom of the priorities list. Here are four reasons for working moms to take care of ourselves:

1) If Mama Ain't Happy, Ain't Nobody Happy

When mom's stressed or burnt out, everyone in the house suffers. If you take an hour or two to yourself, the rest of the day will be easier and more fun. Your family will enjoy having a refreshed mom. Bottom line: by paying attention to your own needs, you'll actually be better at meeting everyone else's.

2) Stress and Sleep Deprivation Make You Fat

Stress and sleep deprivation release cortisol into your bloodstream, which triggers fat storage around your waist. Not only is it demoralizing to carry more weight than your ideal, it increases your risk of developing heart disease, diabetes, cancer, and arthritis, among other conditions. So the next time you're tempted to stay up until midnight folding laundry, go to sleep instead. Just dress the kids out of baskets of clean laundry.



3) Other People Are Capable, Too

Many working moms fall into the Superwoman trap, thinking we have to be in charge of everything because we're the only one who will do it right. That mentality not only overloads you with work, it doesn't give enough credit to other family members and prevents them from learning skills that can lighten your load and make them feel more capable.



Leave the kids with their dad one Saturday morning and have brunch with your girlfriends. He may not change the diapers as often as you would, or feed them perfectly balanced meals, but I bet they'll have fun. And not only will he feel rightly proud of his caregiving ability, your children will develop independence, seeing that they're all right without mom hovering nearby.

4) Life Is for Living

This is your life, right now. Would you rather spend it rushing around to finish your to-do list, or actually enjoying yourself? Don't fall into the trap of thinking you'll relax once you reach the bottom of the list – there will always be something more to do. Instead, ruthlessly prioritize and eliminate tasks that don't absolutely have to get done.

Start small. Wake up five minutes early for some deep breathing and visualization, or schedule a once-a-week power walk during lunch. If it's on your calendar, you can plan work around it. And the next time you have some breathing space, just breathe.

Top Ten Ways Working Mom's Take Care of Themselves

1. Get Enough Sleep: Get the kids to bed early and keep up the routine
2. Eat Well: Grab a piece of fruit instead of a basket of fries
3. Exercise: I know you are exhausted, but take a class, better yet with the kids
4. Look your best: When we look good, we feel good
5. Smile: You automatically feel better
6. Count your Blessings: Mother was right count your blessings
7. Ask for Help: We don't have to do it alone
8. Help Others: Nothing feels as good as service
9. Connect to your spirituality: Whatever that is, church, nature, or gardening

Lower your expectations: Cut yourself some slack!

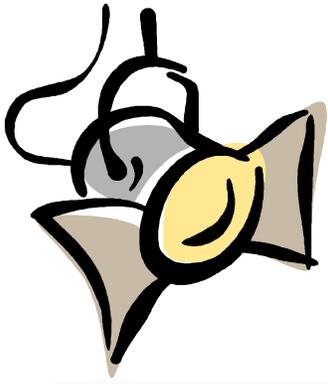
Jean Johnson of Streetdictionary.com

Member News and Announcement Con't

NAWBO Baltimore Meeting: September 22 from 11:30 to 1:30 at the Sheraton, Towson 903 Dulaney Valley Road. Email info@nawbomaryland.org

Harford Family House: Networking in Blue Jeans, Saturday, October 17th 8am-10am @ Applesbees in Bel Air. Call Lisa Fuller at 410-914-5467 for information.

Open Doors: Open Doors celebrates 30 Years. The celebration will be October 20th, 2009 from 5:00 to 8:00 pm at Maryland Golf and Country Club. Contact Robyn Burke for information. 410-297-6590



New Member Spotlight

Lisa Fuller of Fuller & Associates Insurance

Graduating class of '78 from the old Bel Air High, Lisa briefly moved away and then back home and into the insurance industry in the mid 90's when she found herself as a single mom of three children, one that was severely disabled. Having this child gave her the perspective of what is important in life. Becoming an advocate for a handicapped child taught her so many things- how one person can make a difference and that she had strengths.

Unable to work full time she started working in her brother's insurance agency "as needed". (Around her daughter's doctor visits.) She worked for Nationwide, then an Erie Insurance agency. Lisa found herself working part time to full time (after her daughter passed away) and loving insurance. (she initially thought would be very boring). She outgrew the agency and began to work for a very large firm in Baltimore. Lisa found a better fit when she was offered a position as District Sales Manager for Erie Insurance. She worked for Erie Insurance for over 4 years overseeing agents from DC to Elkton. During that time, she trained new agents, worked closely with Erie Insurance staff, became a Certified Insurance Counselor and helped agents market themselves. She now owns her own Erie Insurance agency and is dedicated to helping people understand their coverage, protect their assets and save money. She is involved in CPWN and BNI and is interested in helping other people in business promote themselves.



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.



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Key Title




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Adrienne Weber
Independent Health Coach



Take Shape For Life
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For by Medifast

UPCOMING EVENTS

September 8, 2009
11:30am– 1:30 pm
Pink Bag Lunch
Maryland Golf & Country Club
Cost: \$20/\$25

October 13, 2009
6:00pm - 9:00 PM
CPWN Annual Fashion Show
Maryland Golf & Country Club
Cost: \$40/\$45

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

Welcome

New Members!

Jackie Guidera

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