



# CPWN Member News

*The Newsletter of the Chesapeake Professional Women's Network, Inc.*

June 2007

## CPWN

### Member Benefits:

- Monthly meetings to network and promote your business
- Topical meeting speakers on issues pertaining to women and business
- Special Events
- Meeting Sponsorship
- Monthly Newsletter
- Role Models and Mentors
- CPWN Website

### CPWN Sponsors:

- Anna's House
- Bridge to Success Program
- Open Doors of Harford County
- New Visions for Women
- The Athena Award

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Carol Bowman  
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## Dr. Carol Bowman brings over 10 years of experience



Holistic medicine is the art and science of healing that addresses the whole person - body, mind and spirit. The practice of holistic medicine is inclusive and comprehensive, employing both conventional western (or allopathic medicine) and all of the more common therapies that most people think of as alternative or complementary medicine to promote optimal health and to prevent and treat disease.

Dr. Carol Bowman has dual board certification in both Internal and Holistic Medicine. She brings to Harford Holistic Center over 10 years of experience in the practice of Holistic Internal Medicine, combining the best of Western conventional medicine with time honored alternative therapies. She specializes in Energy Medicine and hands on energy healing, using both research based therapies and intuition. Dr. Bowman is a member of the American Holistic

Medical Association and serves on the American Board of Holistic Medicine. She works with a team of skilled professionals to create the ideal environment for treating a wide array of medical conditions as well as enhancing health and well being.

Dr. Bowman says that Holistic Medicine is just good medicine. "It makes no sense given all the knowledge we have these days regarding healthy nutrition, stress and the connection to illness, and environmental toxins, to exclude this from a health plan. We cannot simply treat large global and personal health issues with pharmaceuticals alone." Dr. Carol Bowman will speak about incorporating nutrition, mind body medicine, supplements and energy medicine into treatment of illness and wellness.

## Coral Landis – Allied-Phillips, Inc.

Coral Landis is the President of Allied-Phillips, Inc., a family owned and operated heating and air conditioning company. Allied-Phillips, Inc. was started in 1990 under the ownership of her brother Michael C. Phillips, however the roots of the company started even further back in 1958 with N. M. Phillips Co., Inc., by their father, Norman M. Phillips Sr., which started merely as a sheet metal fabrication company.

Norman Phillips Sr. was the father of eight children, four of which were boys. The intention was for the boys to run the family business, and the girls were to take no part. With this mind Coral was determined to be a woman of business some day in her life.

In 1990 when Michael C. Phillips purchased Allied Refrigeration and renamed it Allied-Phillips, Inc. it was a subsidiary of N. M. Phillips Co., Inc. Allied-Phillips, Inc. became the service, repair and installation portion of the company. In 2002, Allied-Phillips, Inc. was no longer a subsidiary it then became its own corporation.

In March 2005 Coral finally began to take a part in the family business as the Director of Marketing. In preparation for retirement, Michael C. Phillips, sold the company to his sister, Coral.

In the past she has taken on careers such as full time mom, cosmetologist, cleaning business owner, director of Environmental Services for Upper Chesapeake Health systems, Harford Memorial Hospital and Fallston General Hospital, as well participating in the construction, design and opening of Upper Chesapeake Medical Campus. She served Upper Chesapeake Health Systems for 15 years, and in doing so learned the proper mechanics of running and operating a 24-Hr business.



(Continued on Page 3)

**FY 2006  
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## A Word from Our President ... Laura Henninger



*Laura Henninger*

As I write my final President's letter, I can't help but reflect on the many opportunities CPWN has provided me. I have gained many, many friends and business associates, not to mention clients, over the years. These last two years as President have given me the chance to step out of my comfort zone, and to take over the leadership of a growing, vibrant organization. It has definitely been an invaluable learning process! There have been challenges along the way, but overall I have reaped a tremendous sense of pride in CPWN and my fellow members.

I want to especially thank my fellow board members, committee chairs, and volunteers. CPWN could not function without the input of many, many people, and I could not have accomplished my job as President without your help and support. As you may know, Lauren Thomas will be taking over as President on July 1st. Lauren has

been a wonderful asset to CPWN for many years. She has served as chair of the Membership committee, as an at-large Board member, and as Vice-President. We will all benefit from Lauren's enthusiasm and leadership as President!

CPWN's June meeting will be held on Tuesday, June 12th at 11:30 a.m. at Mountain Branch Country Club. Our speaker will be Dr. Carol Bowman, who will present the topic of Holistic Health. Hope to see you there!

*Laura*

### GENERAL INFORMATION

**MEETING RESERVATIONS:**

Tel: 410-297-9722

On-line: [www.cpwnet.org](http://www.cpwnet.org)

**MEMBERSHIP DUES:**

\$60 Per Year

**MEETING SPONSORSHIP:**

\$40 plus Door Prize

**BUSINESS CARD ADS:**

3 Consecutive Months - \$45

1 Year - \$150

**NEWSLETTER DEADLINE:**

10th of the month

CPWN welcomes member articles, news announcements, and non-profit event announcements. Items will be placed in the newsletter as space permits.

Please send all submissions to Renee McNally at [renee@hrsolutionsource.com](mailto:renee@hrsolutionsource.com)

Don't forget our reservation deadline is the Friday before the event at noon.

### CPWN 2007 Event Calendar

**JUNE LUNCHEON**

**JUNE 12, 2007**

DR. CAROL BOWMAN

"HOLISTIC HEALTH"

MOUNTAIN BRANCH COUNTRY CLUB,  
JOPPA

11:30 AM - 1:30 PM

MEMBERS - \$20, NON MEMBERS - \$25

**JULY LUNCHEON**

**JULY 10, 2007**

LOIS ELKIN

"WOMEN & ENTREPRENEURSHIP"

MARYLAND GOLF AND COUNTRY  
CLUB, BEL AIR

11:30 AM - 1:30 PM

MEMBERS - \$20, NON MEMBERS - \$25

## **10 Year Journey – A Survivor’s Story by Patty Desiderio**

April is National Cancer Control Month. April 14, 2007 marked my 10th Anniversary as a cancer survivor.

I was diagnosed at the age of 42 with a gynecological cancer – uterine. My doctor was looking for something else when he found it. I was very lucky!! With the help of a staff of 10 doctors I had a radical hysterectomy at Washington Medical Center on April 14, 1997. It had not spread and I did not need chemo or radiation.

Am I grateful? Have I learned to treasure every moment? Sure – I think about it often lately..... my 10th anniversary as a survivor.

Cancer prevention tips:

Exercising regularly: Minimum of 30 minutes a day

Eat sensibly: low fat, high fiber, lots of fruits and veggies

Limit use of alcohol

Quit smoking, or even better, don’t start smoking

Maintain regular gynecological exams

It’s easy to dismiss the first signs of gynecologic cancer. A diagnostic evaluation can determine whether symptoms such as pelvic pain or abnormal bleeding are actually an early sign of cancer.

Each year, 82,000 cases of gynecologic cancer are diagnosed, but detecting cancer in its earliest stages offers the best chance for cure.

Women can significantly reduce their risk of cervical cancer by seeing their gynecologists regularly for Pap smears and physical examinations.

Some gynecologic cancers, especially ovarian cancer, tend to run in families. For this reason, if your mother, sister or daughter has been diagnosed with certain types of cancer, this may place you at an increased risk for developing the disease. Participating in screening and early detection examinations annually is your best bet against cancer.

September has been designated as Gynecological Cancer Awareness Month. We wear the peach ribbon proudly.

This article was contributed by Patty Desiderio, Founder and President of Patty’s Gifts and Baskets LLC. Contact info: 410-638-6918

PS-Thank you to all my friends at CPWN for their concern during my recent surgery. I appreciate all the warm wishes, gifts, cards, visits and phone calls.

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## **Coral Landis – Allied-Phillips, Inc.** (Continued from front cover)

Aside from being a business owner she continues to actively participate in the community with Upper Chesapeake Health Systems, as well as sponsor organizations like Habitat for Humanity and the National Multiple Sclerosis Society.

Coral is also an extreme supporter of women in the business world, and believes in giving women the skills to be successful in life as well as work. As a mother of two aspiring young women, ages 21 and 25, she has felt it important to give them the ability to be strong and successful in the business world.

As a female owner of an HVAC company, as well as the first V.P. of ACCA (Air Conditioning Contractors of America), Coral Landis has once again made a place for herself in the world of business.

## AMC Garden Tour

On June 24th 2007, one of the most anticipated events in horticulture will take place in our area. The AMC Garden Tour will include 12 magnificent gardens. The tickets are \$20.00 presale and \$25.00 the day of event. They will be available in many locations in Bel Air - Prestons , Tea by Two and Richardson Florist.

If you have the chance to take the garden tour ,you will have the privilege to visit my favorite garden The" Tieckert Gardens" located at 2404 Laurel Bush Rd in Abingdon owned by Lorraine and Carvel Tieckert. This magnificent 3 acre woodland garden named "Holly Oaks" was designed and created by Lorraine over a period of time, each year bringing new visions. She worked up to 8 to 10 hours a day creating this labor of love.

30 years ago Lorraine and Dr. Tieckert designed, and Carvel and his brother built, the Japanese style home. Every detail in the home was overseen by Lorraine's critical eye for beauty and serenity. A couple of years ago with the help of a local builder, they added a Garden room to the existing home allowing them to enjoy the garden year around from the inside of the new space.

In the garden you can walk under 100 year old, red and white oaks, poplars, beeches, ash, pines, Japanese maples, and dogwoods. Taking a most pleasant and relaxing stroll through the many areas filled with Nandina, Hostas, Hydrangeas, Rhododendrons, Late Azaleas, Hollies, Fothergilla, Enkianthus, and Osmanthus.

On the many paths, you will discover ponds, water falls, and a garden house where the owner can relax with a book or a cup of tea. During your walk you can take a break and relax in the Machia, a tea garden waiting bench which was built in the Japanese tradition with simple and elegant materials.

When you think of design in any form, it always starts from a vision. For Lorraine, who is a perfectionist, the many years of hard work and the passion, has brought joy for the many people who have and will have the pleasure to visit this little piece of heaven.


This article was contributed by Daniele Fleischer, IDS IFDA CID, of Lemarie Interieurs. You can reach Daniele at 410 879 4664.

## 2007-2008 Slate of Board Nominees

The nominating committee of the Board of Directors hereby presents the following slate of Directors for the 2007/2008 fiscal year:

Lauren Thomas, President and Board Member  
 Lorrie Schenning, Vice-President and Board Member  
 Mary Ann Cochran, Treasurer and Board Member  
 Jennifer Lewis, Secretary and Board Member  
 Laura Henninger, Past-President and Board Member  
 Sandra Glock, Board Member  
 Nancy Laudenslager, Board Member  
 Renee McNally, Board Member  
 Rose Zappa Jehnert, Board Member  
 Kimberly Schmidt, Board Member  
 Patricia Desiderio, Board Member

Voting on the slate of Directors will take place at CPWN's July meeting. Copies of CPWN's By-Laws are available to any CPWN member upon request. Please contact Laura Henninger at 410/836-5300 or [laura@henningerslaw.com](mailto:laura@henningerslaw.com).



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***"THREE PATHS TO ENTREPRENEURSHIP"***

Friday June 15, 2007  
7:15 AM – 2:30 PM  
Martin's West

Do you want to run your own business, but don't know which path is right for you? Mentor Capital Partners, The Baltimore Business Journal, and Baltimore City Community College will present a workshop entitled "Three Paths to Entrepreneurship" on June 15 (7:15 AM to 2:30 PM) at Martin's West. The program will describe the rewards, requirements and risks of buying an existing business, acquiring a franchise, or starting a new business. Successful entrepreneurs will discuss why they chose the path they followed as well as the pleasant surprises and unexpected challenges they faced along the way. Professionals from DBED, TEDCO, and the private sector will offer tips on accessing capital and other resources needed to help entrepreneurs begin and thrive in business ownership. During lunch, P. J. Richardson, Chairman, Extol Group, Inc., will describe his journey from corporate executive to entrepreneur and angel investor. Breakfast, lunch & parking are included in the registration fee of \$15 for students and \$60 for the general public (\$75 at the door). For additional information and to register, visit [www.bccc.edu/3paths](http://www.bccc.edu/3paths) or call Charles Moorer at 410-986-3226.

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***FAMILY AND CHILDREN SERVICES FUNDRAISER***

The Ironbird Crab Feast will be held on Wednesday, June 20th, the gates open at 6:05 p.m. and food will be served from 6:30 p.m.- 8:30 p.m. Tickets are \$65 per person, this includes a free baseball cap, all you can eat crabs, hot dogs, hamburgers and the 'fixins.' Tickets may be purchased by contacting Lotte at Family & Children's Services - 410 838-9000, ext. 221.

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***ANNIVERSARY***

Patty's Gifts and Baskets LLC is pleased to announce the start of its 5th year in business May 1st. A corporate gift service with over 500 products to include flowers, gourmet foods, promotional gifts and themed gift baskets. The company services the needs of their clients by providing a quarterly newsletter, offering consulting advice on marketing their business and provides advice and etiquette tips on gift giving. Patty Desiderio wants to thank CPWN members for their support and patronage!

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***FASHION SHOW COMMITTEE***

Fashion Show Update: The committee held their first meeting on May 1st and we're off to a great start to offer the most exciting and fun filled fashion show ever! However, we still need volunteers for two of the sub-committees - Program Ads and Silent Auction. In addition, we need 2-3 volunteers to accept donations of clothing the evening of the event. If you are interested in serving on one of the sub-committees listed above or on the Goodie Bag/Decorations committee, Fashion/Jewelry/Hair committee, or Set up and Clean Up committee, please email Rose Zappa-Jehnert at [rose@getit2gether.com](mailto:rose@getit2gether.com) or Patty Desiderio at [pattygiftbaskets@comcast.net](mailto:pattygiftbaskets@comcast.net). Our next meeting is scheduled for June 12th at Key Title in Bel Air.

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***HIRING AND FIRING WORKSHOP***

Renee McNally will be presenting a half day workshop on "Who to Hire, How to Fire" on June 8th from 8:30 – 11:30. For more information, go to [www.cecilchamber.com](http://www.cecilchamber.com).



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## Furry Friends Safety Tips

Summer, summer, summer is coming. Yep!!! Winter has left us. We are now enjoying the cool temperatures of spring. However, there is no doubt this summer's temperatures will reach the lower to mid 90's and above. We have had HOT summers in the past and should expect one this year. So, let us not forget the ones that love us so much ...your favorite pet(s). By taking precautions, we can decrease the chance of a disaster from happening during those summer months. Here's a few summer pet safety tips that can help us keep your best friends healthy and enjoy the months of fun and sun.

- Roasted Duck!!! Never leave a pet in a car. Temperature inside a vehicle can quickly soar to 120 degrees Fahrenheit in a matter of minutes even in the shade with the windows open. If you do, heatstroke, brain damage, or death.
- Water, please. Make sure you have plenty of fresh, clean H<sub>2</sub>O for your dog or cat whether indoors or out. If your best friends like it cold, keep a jug in the refrigerator especially for them.
- Hold tight!!! Keep your buddy on a leash. It will keep your dog or cat (you got to train them for this exercise) from getting lost, eating or drinking things that could make them sick, and fighting with other animals.
- Antifreeze. What? When you are out walking, your pet may be tempted to drink from puddles in the street, which can contain antifreeze and other chemicals. Antifreeze has a sweet taste that animals like. This substance is extremely toxic.
- Want a ride? Fleas and ticks like to free ride. Check with your veterinarian for new, easy-to-use flea and tick products. Check your pet's reaction and adjust accordingly. Furthermore, keep your pet vaccinated. There are vaccines that will help reduce the risk of various "dis-ease" against your pet.
- Exercise early in the morning or evening hours. Remember, the asphalt gets very hot and can burn your pet's paws.
- If you plan on traveling with your pet during the summer, plan in advance. Check with the transportation (air, train, bus, ship) to see what regulations they have in place.
- Visit the kennel you plan to board your best friend if you decide to leave the cutie home. Check out the space inside and out, cleanliness, customer service to you and your buddy, and rates. Some rates go up peak season.
- Watch the noise level and crowded summer events. Those two combined with heat, can be very stressful for your pet.
- Have fun this summer and be safe.

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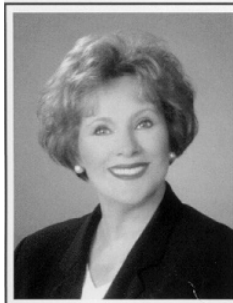
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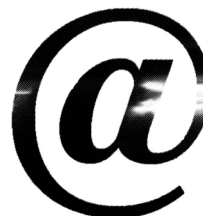


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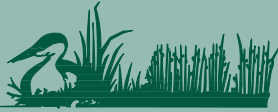
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**Enhancing the personal and professional growth of women in the Harford County area.**

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## **CPWN Member News Business Card Ads**

Please utilize the wide variety of CPWN Member services and products. CPWN would like to thank the members who support CPWN activities and the publication of this newsletter by advertising in the *CPWN Member News*!

Business card ads are \$45.00 for three months and \$150.00 for 12 months.

To place your business card ad, please contact Renee McNally at 443-243-4031, or email [renee@hrsolutionsource.com](mailto:renee@hrsolutionsource.com).

Thank you!  
CPWN Newsletter Committee