



# CPWN Member News

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

November 2006

## 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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Upper Chesapeake Healthlink

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## November Meeting Speaker: Melanie Parrish

November's Meeting speaker will be Melanie Parrish of Upper Chesapeake Healthlink. Melanie will be speaking to us on the timely topic, "Happier Holidays -- Less Stress." Please join us at The Bayou Restaurant in Havre de Grace on Tuesday, November 14th, from 11:30 a.m. to 1:30 p.m. for an enjoyable lunch with your fellow CPWN members.

Reservations may be made on CPWN's website at [www.cpwnet.org](http://www.cpwnet.org), and must be in by 12:00 Noon on Friday, November 10th. See you there!



## November Meeting Sponsor: Mary Romeo, Coffee Coffee

After 17 years in corporate life with a prominent shopping center developer, Mary Romeo decided it was time to do something on her own. So on a July day in 1993, Coffee Coffee opened its doors as Harford County's first gourmet coffee shop. Now 13 years later, Coffee Coffee, in The Festival at Bel Air, has been voted Harford County's Best Coffee Shop numerous times.

Mary's love of coffee and passion for great retail was her vision in creating a store that's become a destination for hundred of regulars each day. If you haven't been in, you'll find that a visit to Coffee Coffee proves quite tasty. Freshly brewed coffees and teas as well as every imaginable espresso drink, hot or iced, frozen or frothy, are lovingly created by the Coffee Coffee baristas.

A scrumptious assortment of breakfast sweets, scones, desserts, cookies and brownies will tickle your taste buds. On a trip to NYC in 2002, Mary discovered a great idea for an oatmeal bar and voila! you can now have a breakfast bowl of slow cooked oatmeal with a choice of cranberries, raisins, apples, walnuts or brown sugar. "So healthy, you'll feel smug all day!" Mary says as she admits that one of the best parts of her job is all the taste-testing she has to do to find the best food items. "It's a tough job, but somebody's got to do it"



**Mary Romeo  
Coffee Coffee**

Offering over 60 different varieties of coffees that are freshly roasted locally, Mary states emphatically that "Really GOOD coffee is truly the nectar of the gods and life is way to short to drink anything but Great brews are only part of the fun of this

store though as Mary also searches for unique and unusual gifts, gourmet goodies, candy, chocolates and books that aren't found anywhere else. Incredible packaging, gift baskets that are custom created for each customer as well as gift collections that highlight the best of the best are the usual at Coffee Coffee.

You'll get a chance to see all this and have a fun evening as well as put a dent into your holiday shopping at the private CPWN Holiday Event at Coffee Coffee on Tuesday, November 28, 3 - 8 p.m. Come to the

CPWN meeting on November 14 for all the details as well as your personal shopping surprise!

For more information, contact Mary at 410-515-2060 or visit the Coffee Coffee website at [www.coffeecoffee-online.com](http://www.coffeecoffee-online.com)

**A Word from Our President ... Laura Henninger**



*Laura Henninger*

CPWN's Annual Fashion Show was bigger and better than ever! Many thanks go to the Fashion Show Committee, led by Libby Plunkett, for all of their hard work. The Fashion Show Committee began its work last Spring to get ready for the October event. The Fashion Show planning involves many different tasks, including coordination of the fashions and models, soliciting and organizing the silent auction and Chinese auction donations, publication of the fashion show program, collecting and organizing the "goodie" bag donations, centerpieces and other decorations, and much more. It truly requires a dedicated committee with diverse talents. Thank you!

As has been said many times before, you can get the most out of your CPWN membership by becoming involved in the various committees – Membership, Newsletter, Website, Fashion Show, and Events. CPWN continues to grow in size (we expect to welcome our 250th member soon), and committee work is the best way to get to know your fellow members on a more intimate basis. The members who are involved in committee work reap many benefits, both personally and professionally. Please feel free to contact me or any of the committee chairs for more information.

CPWN's November meeting will be a luncheon at the Bayou Restaurant. Melanie Parrish from Upper Chesapeake Health Link will speak on "Happier Holidays, Less Stress". We all have so many responsibilities during the holiday season. Now is the time to step back, take a deep breath, and plan ahead for stress-free holidays. Hope to see you there!

*Laura*

**FY 2006  
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**GENERAL INFORMATION**

**MEETING RESERVATIONS:**

Tel: 410-297-9722  
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Email: cpwn@getbenchmark.com  
On-line: 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:**

20th of the month

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

Send all submissions to cpwnnews@getbenchmark.com or fax to 410-420-2749. For information call 410-893-6779.

**CPWN  
2006 Event Calendar**

**November 14, 2006**

Speaker: Melanie Parrish,  
Upper Chesapeake HealthLink  
"Happier Holidays –  
Less Stress"  
The Bayou Restaurant  
11:30 a.m. - 1:30 p.m.

**December 12, 2006**

CPWN Holiday Party  
5:30 p.m. - 7:30 p.m.  
Beechtree Golf & Country Club

## Charter Member Dr. Dahlia Hirsch - My Fondest CPWN Memories, The Early Years

When I started my practice in 1982, I immediately joined the Harford County Chamber of Commerce. I was completely surprised when 10 years later, in 1992 at a meeting with hundreds of men and only a handful of women, they announced an award that I had never heard of, the Athena Award, and myself as its recipient. I was most surprised that the recognition for my work in medicine and the community was coming from a group of businessmen. In spite of the fact that I had built a successful Ophthalmology practice, started outpatient eye surgery at Harford Memorial Hospital, taught at University of Maryland Hospital, while juggling a family life with three kids ages, 12, 11, and 6, a marriage, and launched the Sight for Life program to provide free eye surgery for the needy in our community, I still felt as if I was working in a man's world. I had just been invited to be the keynote speaker at a symposium of the U.S. Army to increase awareness for bosses of what it is like for women employees. That talk was entitled "Women Working in a Man's World". There were "almost no bosses" in the government. As many of you may have experienced as business women, to be assertive was considered aggressive, and to be successful was seen as a threat. So receiving this award, from the Chamber of Commerce, was both a surprise and an enormous honor.

The need for collegial relationships, the effectiveness of a support network, and validating communications led a handful of female Ophthalmologists in the mid-1970's to meet for 6:30 am meetings, noon-time luncheons, speakers, and networking at the Annual Meeting of the American Academy of Ophthalmology (AAO). In 1991 we started the International Women in Ophthalmology Organization, with female ophthalmologists who included Danielle Aron-Rosa from Paris, the inventor of the pulsed YAG laser, and Dr. Marguerite McDonald, who performed the first excimer laser eye surgery. I was honored to be a part of that small group and its contributions to my profession. The early women in ophthalmology were few in their respective departments and worked on such challenging issues as gender equity in pay, academic promotion and opportunities, and the need for recognition of academic achievement as well as the issue of balancing family and profession. I was just as honored when I got a call suggesting that I help organize CPWN- I saw it as an opportunity to really share what I had learned about business and to gain acceptance for women in business just as the WIO had done. I was the 1st female Ophthalmologist in Harford County, and one of very few surgeons at the hospital. I remember everyone trying to tell me I should wear blue suits ("Power Suits") whenever I gave a public speech, and to always wear a lab coat in the office to look "masculine and believable". It was my mom, who was one of the 1st women to be allowed into the AIA (Architecture Association), and a wonderful architect, builder and businesswoman who told me to dress with fashion, and I would set a new standard for women in medicine. That was wonderful advice. Being a part of CPWN we often laughed at how we were told how to fit into the mold, rather than create a new mold. We allowed each other to have sensitivities, and learn how to bring them into our businesses. We supported each other in following our heart, doing what we enjoyed, excelling in our fields, and learning how to do public relations to enhance our businesses.

I believe the CPWN has really kept to its mission well, and that the camaraderie, shared experiences, advice, and networking that is accomplished makes it a nurturing place for new business women, and a place for friends with shared experiences to meet. During my years as a practicing Ophthalmologist, then owner of a Holistic Healing Center and founder of Help, Consulting for Practice Management and patient advocacy, as well as my favorite mission as Facilitator of "A Course in Miracles" reading group at Upper Chesapeake, I always looked forward to the opportunity to be with so many accomplished and kind women, and I appreciate the officers for their dedication and hard work to help sustain the mission.



*Drs. Hirsch and Wohl dancing on the "West Wing" Show.  
(Above) Teaching and enjoying the dance. (Below)*



## CPWN Member News & Announcements

### **Rose Zappa Jehnert Teaching Courses at HCC**

Rose Zappa Jehnert, President of Get It 2gether Organizational Services, will be instructing several classes this fall at Harford Community College. Sessions being offered include:

Get Organized - Change Your Life - 11/15/06, 6-8 PM  
Letting Go of Clutter - 11/28/06 6-8 PM

You can register online at [www.harford.edu](http://www.harford.edu) or call 410-836-4376 for further information.

### **Geriatric Assistance & Information Network Longaberger® Basket Bingo November 11, 2006**

The Geriatric Assistance & Information Network is holding a basket bingo at the Aberdeen Fire Hall, Rogers Street, Aberdeen, at 7:00 p.m. on Saturday, November 11th. Doors will open at 6:00 p.m. Tickets are \$10.00 in advance, \$12.00 at the door. Proceeds will benefit the Harford County Senior Emergency Fund. Food, dessert table, and drinks available. For tickets and information, please call Barbara (Home Instead Senior Care), 410-420-7950, Jean (Senior Move, Ltd.) 443-375-8679, or Karen (Family & Children's Services) 410-838-3222.

### **Prestige Gems & Jewels, LLC Celebrates 1st Anniversary**

Lynn Betzold, Owner of Prestige Gems & Jewels, recently celebrated one year in business. The Harford Business Ledger ran a feature article on Lynn in their June issue. Lynn is an Accredited Jewelry Professional and offers fine quality jewelry through personal meetings and jewelry parties. For more information, contact Lynn at 410-322-1479 or email [prestige.gj@comcast.net](mailto:prestige.gj@comcast.net). Visit her website at [www.stuller.com](http://www.stuller.com).

### **Havre de Grace Haunted History Tours November 3rd and 4th**

Havre de Grace Haunted History Tour  
Public Tours at 7:00 and 8:30 p.m.  
November 3 and 4

Meet at the Lurrappin Grill, 209 N. Washington Street. Arrive 15 minutes before the tour starts.

Tour prices, Adults \$13.00, Children \$11.00  
For information, call 410-939-8111 or log on to [www.mainstreethdg.org](http://www.mainstreethdg.org)

### **Wedding Bells!!**

CPWN wishes to congratulate Vicki Mentzer on her recent marriage to Mike DeGraw. Vicki's new information is as follows:

Vicki A. DeGraw  
Mercantile County Bank  
VP/Branch Manager, Jarrettsville Branch  
410-638-2064/443-417-8359

Email: [vicki.degraw@mercantile.com](mailto:vicki.degraw@mercantile.com)

Congratulations and best wishes to Vicki!!

CPWN also would like to extend best wishes to Melissa Heller on her recent wedding to high school sweetheart Brad Harbold. Congratulations Melissa!!

### **Lauren Thomas Achieves Chartered Benefit Consultant Designation**

Lauren Thomas has achieved the prestigious Chartered Benefit Consultant (CBC) advanced insurance designation, with an exam passing score of 96%. The training program is developed by the National Association of Alternative Benefit Consultants, and specifically recognizes and trains insurance professionals dealing in Consumer Driven Health Plans. Lauren is President of Thomas Benefit Services Inc. and specializes in the development, implementation and administration of Employee Benefit Programs. Lauren will now be listed and linked for Consumer Driven Health Plan inquiries on the US Treasury and HSAInsider website.

### **Paint & Powder Club Designates The Maryland Conservatory of Music as 2007 Recipient**

Marge Pearce, President of the Paint & Powder Club, is proud to announce the Maryland Conservatory of Music is the club's designated charity for 2007. The Paint & Powder Club has raised significant funds in the last three years, including \$19,000 for Open Doors and \$25,000 for the Harford County Family Branch YMCA. This year Paint & Powder hopes to donate to The Maryland Conservatory of Music.

Save this date -- Paint & Powder's President's Ball, March 3rd, 2007, which is the "kick-off" fundraising event!!

For more information, please contact Marge at A Polished Image, 410-272-3929 or email [polishedyou@aol.com](mailto:polishedyou@aol.com).

## CPWN COMMITTEE CORNER

### **Greetings from the Membership Committee!**

The committee meets on the 4th Wednesday of each month.... all are welcome...please contact Kim Schmidt for more details at 410-679-2997 ext. 253. The Membership Committee wishes everyone a Happy Thanksgiving!!! Gobble-gobble-gobble!

### **Message from Sharon Epple, Newsletter Committee**

Many apologies to all of you for the late publication of the October issue. As many of you know, we moved the Benchmark office to its new location at 608 South Main Street. The move and our workload were major factors in the publication date of this issue. The Committee can use your help! If you would like to give us a hand, please contact our Chairperson, Daniele Fleischer, at 410-879-4664 and join us!

**Welcome New CPWN Members!**

**Lynn Dymond**

**Franchisee—Maui Wowi Hawaiian**

**Ono-Licious Blends**

1116 Bernadette Drive

Forest Hill, MD 21050

Phone: 410-838-9581

Fax: None provided

Email: [lynn@onoliciousblends.com](mailto:lynn@onoliciousblends.com)

Web: [www.onoliciousblends.com](http://www.onoliciousblends.com)

**Cathy Salamone**

**Owner**

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Phone: 410-838-9299

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**Attorney**

**Shaffer Law Office, LLC**

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Fax: 410-420-7566

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Web: [www.shafferlegal.com](http://www.shafferlegal.com)

Business Description: Elder Law

CPWN Member Category: Legal Services

**Debi Stephens**

**Home Loan Consultant**

**Countrywide Home Loans**

36 McCormick Drive

Port Deposit, MD 21904

Phone: 410-688-0903

Fax: 866-241-0066

Email: [Deborah\\_Stephens@Countrywide.com](mailto:Deborah_Stephens@Countrywide.com)

Web: None given.

Business Description: Residential Loans

CPWN Member Category: Financial Services

**Cheryl Streett**

**District Manager**

**Arbonne International**

723 Bedford Road

Bel Air, MD 21014

Phone: 410-879-3448

Fax: 410-879-3448

Email: [cherylstreett@comcast.net](mailto:cherylstreett@comcast.net)

Web: None given.

Business Description: Skin Care and Wellness

CPWN Member Category: Beauty

**Jennifer Redding**

**District Director**

**Family & Children's Services of Central Maryland**

44 East Gordon Street

Bel Air, MD 21014

Phone: 410-808-7623

Fax: 410-838-8953

Email: [jredding@fcsmd.org](mailto:jredding@fcsmd.org)

Web: [www.fcsmd.org](http://www.fcsmd.org)

Business Description: Non-profit Counseling

CPWN Member Category: Non-profit Organization



## An Evening with the Former White House Pastry Chef

Ever dream about being wined and dined at a formal state dinner at the White House? Daniele Fleischer and Theresa Wiseman lived that very experience, well, sort of.

Chef Roland Mesnier, who served as White House pastry chef for 25 years, was the special guest at a gathering at The Center Club in Baltimore on September 29. A gourmet dinner was served, finishing with a dessert Chef Mesnier created for a White House event in years' past.

At the start of the evening, Chef Mesnier, in his white chef's hat and jacket, spoke with guests while they sampled hors d'oeuvres (smoked salmon profiterole, blini with caviar and crème fraiche, crab balls) and a selection of wines.

From there Chef Mesnier and guests moved into the Harborview Room for a spectacular view of the Inner Harbor and a sumptuous meal of lobster veloute with asparagus and chive oil; gathered greens with warm chevre strudel, assorted berries and black raspberry vinaigrette; and pan roasted loin of veal on butternut squash risotto and black truffle. The grand finale was pears in red wine sauce with rum raisin ice cream, a recipe from Chef Mesnier's cookbook, *Dessert University*.

Daniele had the opportunity to speak with chef in their native language—French. Like Daniele, Chef Mesnier was born in France, but that's where the comparison ends.

Chef Mesnier has worked at the Savoy in London, the Princess in Bermuda, and at The Homestead in Hot Springs, Va. He was hired by First Lady Rosalynn Carter in 1979 and prepared delicious desserts for state and less formal occasions at the White House for 25 years.

One of his most interesting accomplishments at the White House was serving a different dessert on each state occasion. Never during his 25-year tenure on Pennsylvania Avenue did he serve the same sweet ending at state events.

After the meal in Baltimore, Chef Mesnier reminisced about each presidential household for which he served. (If you want details, see Daniele or Theresa.) At the end of the evening, chef autographed a copy of his cookbook for each person in attendance. It was a magical evening in the company of friends.

*This article was contributed by Theresa G. Wiseman, Director of Media Relations, College of Notre Dame of Maryland, 4701 N. Charles Street, Baltimore, MD 21210, 410-532-5546, www.ndm.edu.*

## Caribbean Shrimp with Fruit Salsa by Grace De Bruyne

### Caribbean Shrimp with Fruit Salsa - Serves 10

#### Marinade

1 teaspoon allspice, ground  
1 teaspoon cinnamon  
1 teaspoon black pepper, ground  
1/4 teaspoon nutmeg  
1/2 small red onion  
4 each scallion, chopped  
2 cloves garlic, peeled  
1/2 jalapeno pepper, seeds removed  
1 1/2 teaspoon kosher salt  
2 tablespoons soy sauce  
1/4 cup vegetable oil

10-12 wood or bamboo skewers  
1 pound shrimp, large, peeled and deveined

#### Fruit Salsa

3 cups, of any ripe fruit (pineapple, melon, mango, papaya, pears, apples), peeled and cut into 1/4" cubes  
1/2 jalapeno pepper, seeded and finely chopped  
1/2 small red onion, finely chopped  
4 tablespoons of cilantro, chopped  
zest of one lime  
juice of two limes  
1 teaspoon sugar

In a food processor or blender, puree together all the marinade ingredients, to form a thick paste. Coat the shrimp well with the marinade, up to 12 hours.

Meanwhile make the fruit salsa: Toss all ingredients together gently in a non-reactive bowl, cover and refrigerate. Serve within 12 hours.

Soak 10-12 skewers in water for 20 minutes. Place 3 shrimp on each skewer and cook on a very hot grill or grill pan for 1 1/2 minutes on each side.

Serve warm or at room temperature with Fruit Salsa.

#### Notes:

Substitute 1 pound chicken breast, sliced into strips. Cook 3 minutes on each side.

Light Version: Reduce the vegetable oil to 2 tablespoons.

*This recipe was provided by Grace De Bruyne, Chef/Owner, Tastefully Done Personal Chef Service, 601 Falconbridge Drive, Joppa, MD 21085, 410-679-3957.*

Some Photos from the 8th Annual CPWN Fashion Show...more next month!





**Chesapeake Professional Women's Network, Inc.**

**CPWN Member News**

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The Chesapeake Professional Women's Network, Inc.

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Sharon B. Epple

**Editor**

The CPWN Newsletter Committee

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## Getting to Know You...Melissa Heller Harbold

Melissa Harbold, is a Financial Advisor with Morgan Stanley. Melissa knew that when she began her career, this was the perfect path for her to take. She has always had a desire to help others, a passion for finance and the entrepreneurial spirit to have her own business. Being a Morgan Stanley Financial Advisor, she found, is the perfect match.

Melissa views herself as a "financial architect." She begins each new relationship with an interview of the client to gain specific understanding of their financial needs and wants. Melissa, the architect, then creates a custom plan to help her clients reach what she refers to as their "point B" or their financial finish line. She is often heard saying that while each client's portfolio uses the same investment philosophy, (long-term, consistent growth, combined with the principals of asset allocation) that no two clients have the exact same portfolio.

On a more personal note, last month, Melissa married her High School Sweetheart, Brad Harbold. Melissa and Brad spend much of their spare-time restoring their 150 year old historic home in Port Deposit. When Melissa is not working, or restoring her home, she finds time to participate in many volunteer activities, including acting as a Historic Area Commissioner for the Town of Port Deposit.

Please feel free to call Melissa directly at 410-229-8220.



**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). You may also email [CPWNNews@getbenchmark.com](mailto:CPWNNews@getbenchmark.com).

Thank you!  
CPWN Newsletter Committee



**Deborah Betkey**  
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## National City. Mortgage



**Teresa Truckenmiller**  
Certified Mortgage Consultant

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Toll Free: (800) 333-0709  
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# Chesapeake Professional Women's Network, Inc.

## December 2006 Meeting

Tuesday,  
December 12, 2006  
5:30-7:30pm

Beechtree Golf & Country Club  
811 S. Stephney Rd.  
410-297-9700

Members \$25  
Non-Members \$30  
*Price includes heavy hors d'oeuvres.  
Cash bar only.*

**Register by Noon,  
December 8, 2006**

Call 410-297-9722,  
Email: [cpwn@getbenchmark.com](mailto:cpwn@getbenchmark.com),  
or register on-line at [cpwnet.org](http://cpwnet.org).



### **HOLIDAY PARTY**

**Don't miss our  
Annual Holiday Party  
at the beautiful  
Beechtree Golf & Country Club**



**Music by  
Chris Sengstacke**

**Representatives from Anna's  
House will have the popular  
Lucinda "House Pins" available  
for sale.**

*Advance reservations are required for all CPWN meeting events and must be received by 12:00 Noon the Friday before the meeting. We regret that meeting accommodations will not allow us to accept walk-ins and reservations received after the reservation deadline.*

### CPWN December 2006 Meeting Reservation Form

Mail form and payment to: CPWN \* P.O. Box 654 \* Bel Air, MD 21014

**Yes, I would like to attend the December 12th meeting**

\$25.00 Members/\$30.00 Non-members

Payment Enclosed \$ \_\_\_\_\_ Ck.# \_\_\_\_\_ (Make check payable to CPWN.)

Vegetarian meal requested \_\_\_\_\_

Member Name \_\_\_\_\_

Company \_\_\_\_\_

Guest Name(s) \_\_\_\_\_

**REGISTRATION DUE BY NOON, December 8, 2006.**

**Please provide 24-hour notice of cancellation to avoid being billed for your reservation.**

