



# CPWN Member News

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

October 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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## October - CPWN 8th Annual Fashion Show!

Please join us for an elegant evening of fashion, food, friends and fun at CPWN's Annual Fall Fashion Show!

This year's event will be held on Tuesday, October 10, 2006, 6:00 p.m. to 10:00 p.m. at Richlin Ballroom. Tickets are \$30.00 for Members, \$35.00 for Non-members, Tables of Ten \$270.00 and are on sale now through October 4th.

Fashion from Talbot's, Heartbeat, Priceless Moments - The Bride's Palace, and Ulla Popken will be shown.

To order tickets, please call 410-297-9722 or email [cpwn@getbenchmark.com](mailto:cpwn@getbenchmark.com).

(A few pics from the 2004 Fashion Show...)



## Heartbeat Showing at CPWN Fall 2006 Fashion Show

We at Heartbeat are honored to be a part of the CPWN Fashion Show.

We hope you enjoy a taste of our new fall collections. From Nic + Zoe, Isda & Co., and Eileen Fisher to Boho Chic and Christopher Blue, our collections are rich in color, texture and style.

We also offer Cole Haan and Brighton footwear to complete the wardrobe along with a great assortment of distinctive jewelry and handbags. We are proud to be the only authorized Brighton retailer in Harford County and feel our assortment is unrivaled in the area.

Stop by for a taste of Heartbeat, located at 13 N. Main St. in Bel Air.

Store hours: Tuesday - Friday 10-6, Saturday 10-4 Closed Sunday and Monday  
Phone: 410-420-0425

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



*Laura Henninger*

On Maryland's recent primary election day, CPWN was pleased and honored to have Mrs. Kendel Erlich, the First Lady of Maryland, as our meeting speaker. Mrs. Erlich spoke eloquently and passionately about the causes and initiatives she supports, and shared with us her tips on balancing work and family. It reminded me that, no matter what your politics may be, and no matter what job you may have, we're all in this balancing game together! Mrs. Erlich is truly a role model for managing it all with grace and aplomb!

The September meeting was one of our most well attended events – almost 170 members and guests were on hand. As with all of CPWN's events, this event would not have been possible without a lot of hard work behind the scenes. Special thanks is due to Theresa Wiseman, for initiating the process of contacting Mrs. Erlich's office, coordinating a date and time for the event, and for handling many other details along the way.

It's that time of year again – CPWN's 8th annual fashion show will be held on Tuesday, October 10, 2006 at the Richlin Ballroom. This year's event will feature fashions by Talbot's, HeartBeat, Priceless Moments – The Bride's Place, and Ulla Popken. Hope to see you there!

*Laura*

### GENERAL INFORMATION

**MEETING RESERVATIONS:**

Tel: 410-297-9722  
Fax: 410-420-2749  
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

**October 10, 2006**

CPWN Annual Fashion Show  
Richlin Ballroom

**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  
Beechtree Golf Club

## CPWN, MY FONDEST MEMORIES - THE EARLY YEARS

My earliest memory of CPWN was the meeting at the Bel Air Athletic Center 10 years ago. A friend of mine from the Chamber of Commerce suggested I come with her for a networking get together of women. This was the first time I met Marianne Dixon (our first President), however, I recognized some of the others who were there. Before we left that morning, we decided as a group to draft those who planned this first get together to establish a legal entity and set in motion agendas for the Chesapeake Professional Women's Network. We planned to meet monthly.

I was already active with the local Financial Women's International (FWI) organization and enjoyed our meetings and business discussions which I found helpful as we all had many things in common as we helped our clients with their financial needs. My corporation is in the financial services, investment business. What I liked about FWI was that we could communicate as women dealing with our business concerns.

My experiences with the Chamber and FWI helped me decide that this new organization would be very helpful to business women in Harford County for two reasons. It was specific to women and was an expansion of our ability to learn more about other women in business in the county.

I am happy to say many of the women who attended that first get together 10 years ago are still very active in CPWN. Most of



***Peggy A. Meyers, Vice President,  
Roy J Meyers & Associates, Ltd.***

them have been our Board of Directors and Officers over the years. They have encouraged new members to move into leadership positions, which was one of the early goals set by CPWN. Another accomplishment has been our sponsorship of the many activities to help women in the community. It is good to see the recognition CPWN is receiving. The growth of our membership over the years has been great. Our members as individuals have contributed much of their time to activities in the community. They are truly leaders and we are lucky to have them in our membership.

I have grown professionally and personally with CPWN through networking with members. The many interesting speakers we have had over the years have offered interesting topics and ideas to help us with our professional and personal life. I have incorporated many of their ideas in my business. I have met so many interesting women in CPWN, many of whom I feel comfortable referring clients who have need of the services they provide.

It seems my earliest and fondest memories have meshed together into just good memories. The best part of my experience is that through all this, I had a great time. I've met a lot of new friends. I'm looking forward to many more happy and informative years with CPWN.

Thank you all.



## CPWN Member News & Announcements

### **Longaberger Basket Bingo**

William S. James Elementary School in Abingdon is having a Longaberger Basket Bingo on Friday, November 10, 2006. Tickets are \$12 in advance and \$15 at the door; and sponsorships are still available also. Contact Jennifer Lewis at 410-569-9963 for more information or to get tickets.

### **Greater Edgewood Education Foundation's 2nd Annual Gala and Silent Auction**

Please join us on Wednesday, October 18, 2006 from 6:30 - 9:30 p.m. at Richlin Ballroom for Dinner and our Silent Auction. Keynote speaker will be Jeffrey S. Reznick, Ph.D., Senior Curator, National Museum of Health and Medicine. RSVP by October 4, 2006. Business attire. Proceeds from the Gala support the Edgewood Community Schools. If you are able to donate to the Silent Auction, please contact Jennifer Lewis at 410-569-9963. Sponsorships are also available. Visit our website for more information at [www.geefinc.com](http://www.geefinc.com).

### **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.

### **VISIT HOLIDAY INN**

Join the Upper Chesapeake Chorus of Sweet Adelines for a light-hearted musical look at the Holidays. This exciting musical event will include a delicious spaghetti dinner as well as visiting guests, Vogue (SAI Region 19 2nd Place Medalist Quartet), TAG (SAI Region 19 5th Place Medalist Quartet), and Kalliope (a mixed-voice a cappella quartet from SE Pennsylvania).

You won't want to miss this taste of the holidays. Saturday, October 28th at 8 p.m., St. Patrick Hall in Havre de Grace, MD (600 block of Pennington Avenue). Tickets are \$20.00 per person, \$17.00 for seniors, and \$10.00 for children under ten. For more information, call Fran King at 410/575-7602 or Vicki Walton at 410/569-2104.

### **Sondra Starleper Elected to Mason Dixon Business Association Board**

Sondra Starleper, Owner of Jellybean Printing, was recently elected to the Board of the Mason Dixon Business Association. The association holds monthly luncheon meetings which include

guest speakers as well as networking opportunities. MDBA also has happy hours every other month. If you would like more exposure in the northern part of the county, this is an opportunity for you.

In addition to the business opportunities, Mason Dixon Business Association is involved with the community. In September, \$500.00 was donated to "Ready 2 Learn," which is a brand new service offered by Mason-Dixon Community Services. "Ready 2 Learn" is a school supply school store for teachers. If a teacher sees a student in need, they may order any supplies needed free of charge for the student. Supplies are given to teachers only. If you know any teachers, please help spread the word. This is a great way to make sure all students in Harford County have what they need to learn! The phone number for "Ready to Learn" is 410-452-0077.

For further information about Jellybean Printing, the Mason Dixon Business Association, or Ready 2 Learn, please contact Sondra at 410-557-8684.

## **WINGS – Women's Initiative Next Generations**

When United Way of Central Maryland Women's Initiative was founded in 2000, it was one of the first United Ways nationally to engage women as philanthropists. Now, with more than 24,000 members nationally and \$63.1 million raised last year, United Way's national women's leadership program is no longer an initiative: it is a sweeping movement for community change.

Women's Initiative Next Generations, (WINGS), the giving program for women who donate \$1000 to \$9,999, extends beyond just writing a check. These are United Way donors who want to lead and advocate on behalf of building a stronger community.

The Harford County chapter of WINGS, established in 2004 by Debi Williams (chair), Kim Wagner, Libby Plunkett, and Pat Boyle, all of whom serve as the executive committee, has already reached out to the community in several ways by actively helping local United Way agencies. Underprivileged families were adopted during the holiday season, clients of SARC were treated to a "day of beauty", and members of ARC spent a fun afternoon ice skating- all with participation from our local WINGS members. Upcoming projects include a children's play therapy room makeover, working with teenage mothers, and sponsoring a program for adolescent girls, in addition to our annual signature events.

The Harford County chapter of WINGS sponsors an annual breakfast, which also benefits local women and children at various United Way agencies, where you can learn more about this dynamic program. This year's event will be held on Wednesday, October 18, 2006, at 8:00 am at Maryland Golf and Country Club. Please consider joining this network of women who use their hands and their hearts to improve lives in Central Maryland.



## **Welcome New CPWN Members!**

**Brenda Blackburn**

Vice President

**Harford Community College**

401 Thomas Run Road

Bel Air, MD 21015

Phone: 410-836-4409

Fax: 410-836-4251

Email: bblackbu@harford.edu

Web: www.harford.edu

Business Description: Education

CPWN Member Category: Education

**Joann Blewett**

Executive Director

**Harford Habitat for Humanity**

205 South Hays Street

Bel Air, MD 21014

Phone: 410-638-4434

Fax: 410-420-8843

Email: jblewett@covad.net

Web: www.harfordhabitat.org

Business Description: Non-profit Organization

CPWN Member Category: Non-profit Organization

**Barbara Burdette**

Account Executive

**Coffey & Company, Inc.**

53 Loveton Circle, Suite 120

Sparks, MD 21152

Phone: 410-472-1620

Fax: 410-472-1897

Email: bburdette@coffeyco.com

Web: www.coffeyco.com

Business Description: Insurance

CPWN Member Category: Insurance

**Christine Coudon**

Principal Human Resources Generalist

**Constellation Energy**

750 East Pratt Street

Baltimore, MD 21202

Phone: 410-864-6425

Fax: 410-596-3149

Email: Christine.coudon@constellation.com

Web: None given.

Business Description: Human Resources

CPWN Member Category: Utilities

**Dawn DeVoe**

Owner

**DeVoe Creative**

1104 Leeswood Road

Bel Air, MD 21014

Phone: 410-952-3607

Fax: None given

Email: dawn@devoecreative.com

Web: www.devoecreative.com

Business Description: Advertising/Graphic Design

CPWN Member Category:

**Mary P. Harris**

Senior Associate

**Clifton Gunderson LLP**

15 North Bond Street

Bel Air, MD 21014

Phone: 410-879-3535

Fax: 410-879-4528

Email: mary.harris@cliftoncpa.com

Web: www.cliftoncpa.com

Business Description: Accounting Services

CPWN Member Category: Accounting Services

**Lauren Manning**

Executive Administrative Assistant

**SAIC**

3465A Box Hill Corporate Center Drive

Abingdon, MD 21009

Phone: 443-402-9191

Fax: 443-402-9683

Email: Lauren.l.manning@saic.com

Web: www.saic.com

Business Description: Government Services

CPWN Member Category:

**Kim Parks-Bourn**

LCSW-C

**Private Psychotherapy Practice**

PO Box 1692

Bel Air, MD 21014

Phone: 410-459-7609

Fax: None given.

Email: kbourn@stompit.net

Web: None given.

Business Description: Private Psychotherapy Practice

CPWN Member Category: Healthcare

**Beth Roney**

Sales Director

**The Arena Club**

2304 Churchville Road

Bel Air, MD 21015

Phone: 410-734-7300 X103

Fax: 410-734-7371

Email: broney@thearenaclub.com

Web: www.thearenaclub.com

Business Description: Fitness

CPWN Member Category: Fitness

**Lisa S. Sparr**

**Helping Hands by Lisa**

11010 Raphael Road, Box 128

Upper Falls, MD 21156

Phone: 410-262-5871

Fax: None given

Email: lsparr@pngusa.net

Web: None given.

Business Description:

CPWN Member Category:



## Carpal Tunnel Syndrome...By Lisa Brown, D.C.

Carpal tunnel syndrome, (CTS), a repetitive motion injury, involves entrapment of the median nerve as it passes from the forearm into the hand at the carpal tunnel. The carpal tunnel is formed by the carpal bones of the wrist as the basement, and the roof is a sheet of connective tissue or ligament called the flexor retinaculum. Housed within the carpal tunnel are the flexor tendons that allow us to flex our fingers and the median nerve. The median nerve stimulates the muscles in our forearms to contract so that we can flex our fingers. So when the median nerve is entrapped these functions are impaired.

Who gets CTS? People who hold jobs that require repetitive motions such as computer operators, typists, writers, musicians and people who work on cash registers, only to name a few. Also, the playing of certain sports such as tennis, golf and cycling can create an entrapment of the nerve.

CTS results in pain or burning in the wrist, numbness or tingling sensations in the hand and fingers, or stiffness of fingers resulting in clumsiness when trying to perform fine motor movements such as buttoning or tying shoe laces. These symptoms may increase at night, disrupting sleep.

The onset of CTS is usually insidious unless trauma is the cause. It affects women more than men. It is the most common nerve entrapment in the upper extremity and is the most common injury of workers compensation claims. It affects 230,000 people every year and costs the economy nearly \$800 million in benefits and rehabilitation.

CTS is a preventable condition providing people take an active role. This is very important because it can lead to disability. It responds well to conservative therapy which would include rest, ergonomic changes in the work place, physical therapy modalities, manipulation or mobilization of the area, stretching and vitamin therapy specifically with vitamin B-6. Prognosis is good if therapy is instituted in the early stages, thus the longer one has CTS the poorer the prognosis.

If you or someone you know is needlessly suffering with this or similar problems they should contact their physician.

*This article was contributed by Dr. Lisa Brown, who may be reached on this subject at 410-420-0200. Source: ACA letter entitled, Don't Let Office Work Be A Pain In The Neck Or Back, and Class of 1996 noteservice New York Chiropractic College.*

## Getting to Know You...Marge Pearce, Owner, A Polished Image

After much deliberation, Marge Pearce decided to start her own business. "A Polished Image" was born in 1999. Because Marge enjoys working with people it was an excellent occupation for her to choose. Marge combined all her experience and training to develop a business plan to help people look better and feel good while saving them time and money. Marge knows how good it feels to assist people in discovering their own personal style. She believes it is essential for her clients to look and feel their very best while offering them a practical approach to fashion and style.

While Marge enjoys helping others she also has many diverse interests and volunteer commitments. Marge is a charter member of CPWN and volunteers on the Newsletter Committee. She's a member of the Downtown Bel Air Alliance, a member of YMCA Board of Managers, and newly elected President of the Paint & Powder Club. Marge enjoys her diverse volunteer activities because she feels it is important to give back to her community. Fundraising for local Harford County charities has become her mission. As Chair of Corporate Sponsorship in the Paint & Powder Club, Marge has succeeded in raising needed funds for Open Doors and the Harford County Family Branch YMCA in the past few years.

Marge has lived in Harford County for 30 years and loves its small town flavor and especially her wonderful friends. Her children thrived growing up in Harford County, but have now gone off to follow their careers. Melinda, the oldest, is an attorney in Tampa, FL and Erica is working in the field of bio-terrorism at UVA, in Charlottesville VA. Marge's husband passed away in 1994. After her husband's death and the girls moved away, Marge likes to keep busy with her many activities and pursuits.

To get to know Marge better, contact her at 410-272-3929 or by email [polishedyou@aol.com](mailto:polishedyou@aol.com)



**Marge Pearce**

## BRIDES AGAINST BREAST CANCER

A busy woman bustles through her local strip mall on a chilly early October day. As she throws open the door of her familiar Curves she is startled to find a lobby filled with bridal gowns. Has the world's largest fitness chain lost its mind, she wonders? She might expect to find future brides at Curves getting rid of those unwanted pounds and inches. But bridal gowns??

No cause for alarm, she discovers, as she learns that the Mid-Atlantic Curves ([www.midatlanticcurvescoop.com](http://www.midatlanticcurvescoop.com)) are once again collecting gently used bridal gowns from October 2-14, 2006 in conjunction with this year's Brides Against Breast Cancer Charity Bridal Gown Sale. Last year the Mid-Atlantic Curves clubs and Mix 106.5 collected the largest number of gowns ever collected for this worthwhile cause.

The Mid-Atlantic Curves have embraced the event which donates a 100% of the proceeds to the Making Memories Breast Cancer Foundation. This foundation is dedicated to fulfilling wishes of terminally ill breast cancer patients. This wish granting service helps put the realities of this terminal illness aside, if just for a few days, while providing the opportunity for a family to spend quality time together. Your gown donations may be dropped off at Curves of Abingdon, Bel Air (near post office), or Aberdeen.

Mid-Atlantic Curves in their ongoing support of women's causes is offering to waive the service fee on annual memberships to women who donate a dress during the October 2-14, 2006 drive. Additionally, for those who do not have a gown to donate, this same offer applies to those who make a \$50 donation to the Pink

Envelope Project. Pink Envelope Project also directly supports the Making Memories Breast Cancer Foundation.

The kickoff event will begin on Thursday, October 19th from 7 p.m. – 10 p.m. with a \$50 Admission (\$75 for a bride and guest). This night of fun will allow attendees to preview and purchase the gowns prior to the public sale. Even if you don't intend to buy a gown, enjoy an evening of champagne, hors d'oeuvres, silent auction, bridal registry and more!

The Hilton Baltimore BWI Airport will host the Preview Party as well as the Brides Against Breast Cancer Bridal Gown Sale which begins on Friday and Saturday, October 20th -21st, 10 AM- 6PM, free admission on both days. Mid Atlantic Curves, Mix 106.5 and the Maryland's Nurses Association invite you to support this worthwhile endeavor by donating a gown, buying a gown, attending the preview party or making a cash donation to the Pink Envelope Project.

The program partners invite you to join us in helping women in need to create a lasting memory for themselves and their families.

For more information, contact Nancy Laudenslager at 443-350-0524 or [nlauden@crosslink.net](mailto:nlauden@crosslink.net) or the Mid Atlantic Curves website [www.midatlanticcurvescoop.com](http://www.midatlanticcurvescoop.com).

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## Winter Squash Recipe by Grace De Bruyne

### Winter Squash

Winter squashes are native to the Americas. Butternut, Hubbard, Acorn and pumpkin are types of winter squash. They are picked when their flesh is fully ripe.

### Easy Baked Winter Squash

Winter squash

Preheat oven to 350°F

Wash surface of squash. Cut the squash in half lengthwise. Remove seeds. Place cut side down in a baking pan. Add about an inch of water to pan. Bake in oven until tender, about 1 hour.

### Ideas for the cooked squash:

- After squash is cooked, remove from pan carefully. Put some brown sugar or maple syrup, add a little butter and return to oven. Bake an additional 5 minutes. Serve.
- Remove from baking pan. Scoop out the flesh. Mash or puree with a little butter, and salt and pepper.

- Mash the cooked squash and use it instead of pumpkin, make squash pie!

- Chop up the squash, sauté some garlic and onions, add the squash, serve as a side dish with a little shredded Parmesan cheese.

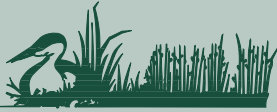
- Puree or mash the squash, add to homemade chili to thicken it.

- Top the cooked squash with some crumbled bacon and serve.

- Add some to your soup

- Use instead of sweet potatoes

*This recipe was contributed by Grace De Bruyne, owner, Tastefully Done Personal Chef Service. For more information on this and other recipes, or to arrange for Grace to cook for you, please contact her at 410-679-3957 or email [tastefullydone@verizon.net](mailto:tastefullydone@verizon.net).*



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

**CPWN Member News**

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

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## **From the Desk of Daniele Fleischer...**

### ***The Arc Project: Helping People Build Better Lives***

I am working with many volunteers, including Habitat for Humanity, remodeling a small house in Aberdeen -- the home of Richard Curtis and Tony Perry.

I am working on the inside of the house with functional designs to suit the needs and taste of the residents. They both have different challenges. Tony is in a wheelchair. Habitat has built a new addition to include a special shower. Both are charming people and are anxious to be in their new home. The original plan had to be expanded, from mold removal to complete remodeling.

We need your help. Please call me at 410-879-4664 or email me at [pouliguen@aol.com](mailto:pouliguen@aol.com). Your donations to this worthwhile project would be greatly appreciated.






## 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



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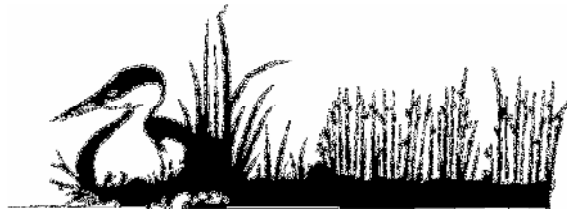
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## Chesapeake Professional Women's Network, Inc.

### November 2006 Meeting

Tuesday,  
November 14, 2006

11:30 am—1:30 pm

The Bayou Restaurant  
927 Pulaski Hwy  
410-939-3565

Members \$18  
Non-Members \$23

**Register by Noon,  
November 10, 2006**  
Call 410-297-9722,

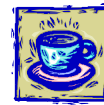
Email: [cpwn@getbenchmark.com](mailto:cpwn@getbenchmark.com),  
or register on-line at [cpwnet.org](http://cpwnet.org).



#### Meeting Speaker

Melanie Parrish  
Upper Chesapeake HealthLink

**"Happier Holidays-Less Stress"**



#### Meeting Sponsor

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*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.*

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#### CPWN November 2006 Meeting Reservation Form



Mail form and payment to: CPWN \* P.O. Box 1264 \* Abingdon, MD 21009

☐ Yes, I would like to attend the November 14th meeting

\$18.00 Members/\$23.00 Non-members

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

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

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

Company\_\_\_\_\_

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

**REGISTRATION DUE BY NOON, November 10, 2006.**

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