



CPWN Member News

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

April 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

In This Issue:

- April Meeting Speaker: Gary Eifried — EAI "Emergency Preparedness"
- April Meeting Sponsor: Vicki McGraw — Mercantile Bank
- Presidents Message
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- Interior Design
- Ready 2 Learn

Gary Eifried - VP/Chief Technical Officer at EAI - "Emergency Preparedness"

Gary Eifried has over 40 years experience in chemical, biological and radiological weapons employment and defense. During 27 years service in the U.S. Army Chemical Corps, he was assigned to posts in Germany, Turkey, Vietnam and the United States. As a senior instructor at the Center for Domestic Preparedness, and Vice-President / Chief Technical Officer, EAI Corporation, he is responsible for terrorism response programs, and has been intimately involved in training over 80,000 emergency responders in over 200 locations in the U.S. and overseas in combating chemical, biological and radiological terrorism.



Sponsor - Vicki McGraw - Mercantile Bank

For nearly 100 years, Mercantile County Bank has been committed to providing the highest level of personal attention and service available for our customers. With 17 offices throughout northeastern Maryland and northern Delaware, they offer convenience, capacity, and resources to serve your interests better and faster.

Mercantile County Bank is also proud of a long and distinguished history of service to the communities we serve that encompasses direct monetary gifts, assistance through leadership positions on non-profit boards and committees, employee contributions, and employee volunteerism that includes both community service and fundraising.

Along with Vicki, there are 3 other CPWN members who are with Mercantile Bank - Lorrie Schenning, Sharon Bittner, and Judy Button. They all feel that CPWN has given them the opportunity to grow professionally through networking, learning more about the business women in our community and the opportunity of exchanging referrals with the many women who support this group. They continue to look forward to this unique group of professional women!

Vicki DeGraw can be reached at vicki.degraw@mercantile.com



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COMMITTEE CHAIRS

Ambassador & Membership

Kim Schmidt
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kim-schmidt@hesshotels.com

Events & Meeting Speakers

Mary Ann Bogarty
Bay First Bank
mabogarty@bayfirstbank.net
and
Lorrie Schenning
Mercantile County Bank
lorrie.schenning@mercantile.com

Fashion Show

Llby Plunkett
A.G. Edwards & Sons, Inc.
elizabeth.plunkett@agedwards.com

Publicity

Renee McNally
HR Solutions, LLC
renee@hrsolutionsource.com

Newsletter

Daniele Fleischer
Lemarie Interieurs
pouliquen@aol.com

Website

Jennifer Lewis
Lewis Web Creations
jlewis@lewiswebcreations.com

A Word from Our President ... Laura Henninger



Laura Henninger

Welcome to Spring! As I write this, we've just started daylight savings time. These longer days are just the thing to help us emerge from our winter cocoons!

The start of Spring is a great time to refocus our networking efforts and hone our networking skills. CPWN was formed in 1996 to help our members grow their businesses by building relationships with other professional women. Although networking has always been a hallmark of CPWN and its members, it never hurts to get an update on successful networking practices.

At CPWN's March meeting, guest speaker Lorainne Jackson shared her secrets for being a "networking queen." Lorainne was particularly enthusiastic about the importance of joining organizations and becoming active in them. As Lorainne pointed out, a great way to enhance your involvement in an organization is to join a committee or otherwise volunteer your time. You can start with CPWN – our committees are always looking for volunteers. We are sure you will find your CPWN committee work very rewarding, both personally and professionally.

In our April meeting, we switch gears to focus on a timely topic of interest to all families and businesses. Gary Eifried from EAI will present the topic of "Disaster Preparedness." Recent national and world events have taught us that disasters, whether natural or manmade, can happen to any of us. Join us in April to learn some practical tips for planning for the unexpected. Hope to see you there!

Laura

GENERAL INFORMATION

MEETING RESERVATIONS:

Tel: 410-297-9722
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:

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

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

CPWN 2007 Event Calendar

April 10, 2007

GARY EIFRIED
VP/CHIEF TECHNICAL OFFICER AT EAI
"EMERGENCY PREPAREDNESS"
BULLE ROCK, 320 BLENHEIM LANE,
Havre de Grace
11:30am
SPONSOR: VICKI MCGRAW,
MERCANTILE BANK

May 8, 2007

WOMEN & WINE NETWORKING EVENT
MD GOLF & COUNTRY CLUB
5:30 – 8:30PM
SPONSOR: ANDREA KIRK,
AMERIPRISE FINANCIAL SERVICES, INC.

Juice Fasting & Detoxification

Using the Healing Power of Fresh Juice to Feel Young and Look Great
The fastest way to restore your health
By Steve Meyerowitz

Prior to this Lenten season, I began to read Juice Fasting & Detoxification. Use the Healing Power of Fresh Juice to Feel Young and Look Great. The fastest way to restore your health by Steve Meyerowitz. Steve is known as the "Sproutman". He had a lifelong chronic condition of severe allergies and asthma. In 1975, he began his journey to better health through a personal readjustment in purification, exercise, fasting, juicing, and eating living foods/vegetarian diet. After two months, his symptoms disappeared. This event developed his passion for "whole" living. I thought to myself, "I can do the same".

The book came as a recommendation from a staff member at a natural food store, The Health Concern in Towson, MD. It is a great read for beginners. I love a book with a table of contents, resource materials, and an index. Thus, these elements make the book a resource in its self. One can easily flip to a topic of personal interest at a glance.

What are the reasons for fasting? The reasons for fasting could be detoxification, medical procedures, spiritual reflection, political/social actions, breaking addictive habits, healing and weight loss. Do you read the labels on the foods you purchase and eat? There are additives, preservatives, artificial colors and flavors that overload our organs. Our bodies are crying out for help. Fasting is a way to rest our bodies from food. Our bodies are natural healers. Another way to rest is from outside stimulants, such as reading the newspaper, watching television, internet surfing/cruising, oh yeah and shopping too! Our world is fast moving and moving faster each day. We need to STOP and rest for a moment. Lent Season is a great time to give up something. Dr. Cousens of the Tree of Life Rejuvenation Center states, "Fasting is the "Elixir of Life". This book is a classic on juice fasting. It shows you how to enjoy this delicious and wonderful elixir."

This article was contributed by Lisa D. Fisher, M.Ed., GRI. For more information, please contact Lisa D. at LisaFisherHomes@yahoo.com or call 410.515.7584



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Ann Davidson

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Linda Bunce
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Financial Advisor
CERTIFIED FINANCIAL PLANNER™ practitioner

Ameriprise Financial Services, Inc.
Suite 108
2225 Old Emmorton Road
Bel Air, MD 21015-6122
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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.

Thank you!
CPWN Newsletter Committee

Interior Design

Interior design and the decorating industry as a whole has been getting a lot of attention with HGTV and others....it looks so easy ...and in 30minutes and a few dollars (they say) a new room is created ...The magic of television! We are going to ask some of our CPWN members who are practicing within the industry to give you some realistic ideas about what it takes to accomplish different projects. Caity Lovett is the first to give us some ideas...

Working with interior design professionals can help you live in the home of your dreams and save you money. Yes, working with a designer can save you money!

Many times, we think we can select all the components that go into a living space by following the latest look on HGTV or home magazines. Interior design is not a "cut and paste" technology. It is a discipline based on principles and proven theories which when applied accurately, results in a truly comfortable, functional and pleasing space.

Within the realm of interior design, there are several categories of professionals. Interior designers have been educated in the principles of design and space planning. They have a working knowledge of all aspects from color theory, to lighting, floor plans and furniture, to name a few. Some designers work independently, while others choose to work as part of a team. Design teams can be found in a design studio, a furniture store or a wallcovering store. An independent designer will sometimes call upon other design specialists, such as a window treatment consultant.

Window treatment consultants specialize in all window fashions from drapery panels to shutters and blinds. These designers are educated in textiles, colors, pattern making and hard treatments. Some consultants may also create the very treatments they have designed. They are well versed in the issues of light control and energy saving with window treatments. The custom treatments they offer are superior in quality to any ready-made or made to measure products available in stores or on the internet and a consultant will help you select the most appropriate designs and products for your needs. They usually offer bedding, tablecloths and pillows to complement their designs. Like interior designer, they work independently or as part of a team, especially with professional installers, guaranteeing that the products will be properly installed to function and look beautiful for years to come.

Custom framers, flooring consultants, faux finishers and kitchen and bath specialists are just a few of the other specialty groups of interior decorating professionals.

So how do you save money by working with these professionals? If you have been shopping for furniture, lighting, artwork or window treatments lately, you are aware of the wide range of quality and cost in each of these categories. How do you select the product that will serve you best, keeping in mind issues like energy savings, function and style? Work with a professional! They can guide you to a product which will meet your needs, work with your lifestyle and respect your budget. They can guide you to the right sources; no more running around town fruitlessly wasting precious time and gasoline! No more wrong or unnecessary purchases; a framed picture for the fireplace that is too big or too small and poorly framed, a plantation shutter that doesn't allow you to open your new tilt-in, easy to clean windows or a decorative lamp where you needed lighting to read are all avoidable mistakes. Interior design does not have to be expensive to look great!

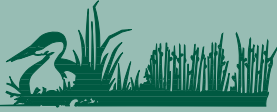
This article was contributed by Caity Lovett of Shades of Shamrock. You can reach her at 410-836-8241.

Ready 2 Learn

Ready2Learn, a free school supply warehouse service available to Harford County teachers, is offering scholarships to help defray college application fees for low income students. Thanks to a grant from the Mid Atlantic Distribution Center of the Rite Aid Corporation, low income students wishing to apply to college can receive help from Ready2Learn to cover college application costs. Guidance counselors, teachers, or other school personnel can simply call the Ready2Learn hotline (410) 452-9025 and upon recommendation and income qualification can secure funds to cover costs on behalf of student. In addition, the grant also covers registration fees for the SAT.

Ready2Learn carries a large variety of school and office supplies available at no charge to teachers. The inventory is regularly updated and provides a safety net for those students who are unable to afford school supplies, backpacks, clothing or just about required to succeed in school. Ready2Learn is supported through donations from local businesses, civic organizations, churches and individuals.

Ready2Learn is accepting orders for the current school year through Friday, May 26, 2007. The warehouse will close for re-stocking during the summer months and will reopen on Monday, August 20 for a week long browse and shop extravaganza. For additional information about Ready2Learn, please call the hotline at (410) 452 – 9025.



**Chesapeake Professional
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Publisher

The Chesapeake
Professional Women's
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Assistant Publisher

Daniele Fleischer

Editor

The CPWN Newsletter
Committee

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Address editorial and other
inquiries to:

The Editor
CPWN Newsletter
Chesapeake Professional
Women's Network, Inc.
P.O. Box 654
Bel Air, MD 21014
pouliguen@aol.com

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Welcome New CPWN Members!

Torri Dietrich

Director of Development
The Arc Northern Chesapeake Region
4513 Philadelphia Road
Aberdeen, Maryland 21001
410-688-1633
Fax: 410-893-3909
Torri333@msn.com
www.arcncr.org

Jennifer Kahoe

Owner
Vision Title, LLC
1220 E. Churchville Road, Suite 300
Bel Air, Maryland 21014
410-420-2738
Fax: 410-420-0594
jkahoe@visiontitle.net
www.visiontitle.net

Kelly Jara

Executive Director
Harford Cable Network
399 Thomas Run Road
Bel Air, Maryland 21015
410-638-3899
Fax: 410-638-3830
kajara@harfordcountymd.gov
www.harfordcable.org

Linda I. Trotsky

Marketing Rep/Settlement Officer
North American Title Corp.
307 South Tollgate Road
Bel Air, Maryland 21014
410-879-7020
Fax: 410-893-1055
ltrotsky@nat.com

Phylise Poole

Healthy for Life Certified Team Leader
USANA Health Sciences
130 Wheaton Lane
Churchville, Maryland 21028
410-734-6567
Fax: 410-734-6563
pspoole@usnana.com
www.pspoole.usana.com

Traci Espey

Financial Analyst
Harford Bank
P.O. Box 640
Aberdeen, Maryland 21001
410-272-5000 x 2144
Fax: 410-272-0533
tespey@harfordbank.com
www.harfordbank.com

Julie Parker O'Brien

Paralegal
Law Offices of Parker & Pallett, LLC
11450 Pulaski Highway
White Marsh, Maryland 21162
410-335-3800
Fax: 410-335-3096
julie@parker-pallett.com
www.parker-pallett.com