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## Next Meeting Highlights

### January Meeting:

Please join your fellow members at the: Inn at Perry Cabin at 5:30 p.m. on January 19, 2010.

Please arrive at 5:30 p.m. Dinner will be served at 5:45 p.m. in the Admiral's Room. The speakers are Denise Haddaway and Lauren Drew from the Inn. We'll be learning more about the Linden Spa and the InnSiders Program.

Cost: \$25

Contact Suzanne Pittenger-Slear for reservations at 410-745-9620 or [admin@wetland.org](mailto:admin@wetland.org).

## THE MISSION

*of the Talbot Chesapeake Women's Network (CWN) is to foster personal enrichment and professional growth among women of the Mid-Shore region through an active network of collaboration, communication and support.*

## Marine Engineers Beneficial Association (MEBA) Tour

Thirty-five members braved the wind and cold to join fellow CWN members at the Calhoon Marine Engineers Beneficial Association (MEBA) Engineering School. As we all found out (the hard way!) the facility is expansive. A few members (including me) drove around the parking lot, and ended up at the entrance again! In addition to a large classroom building, there is an Olympic swimming pool, a diesel engine lab (three stories high!), a dormitory, a propulsion building, manor house, several guest houses, a cafeteria and several administrative office buildings.

The evening began in the Newberry Auditorium, where we were treated to a fascinating presentation about the history of the school. MEBA has achieved a level of excellence in quality engineering education that is quite impressive. Approximately 100 "students" are housed at the school at any time during the year. Spouses and children of students are welcome at the school.

Our journey continued with a stop at the

simulators. We broke up into two groups. Each group marched into one of two simulators. Our Captain motioned to the rescue boat sitting next to our boat, visible from the bridge through the windshield. The other group was in the simulator looking back at us (although we could not see anyone...we just had to imagine that they were there). We did see the shoreline of the Inner Harbor through threatening clouds, wind, rain, snow, sleet, 30 foot waves and a very big boat aimed right at us. It was as real as if we were in the harbor – you had to be there to experience the fear, excitement and anxiety. When Kelley Cox rammed a freighter... we knew it wasn't too dangerous – we didn't feel a thing, not even a bump. After the exciting "tour" of the simulators, we dined in the cafeteria. We were offered a choice of three entrees, lots of veggies, salad fixings, desserts and drinks. Everything was delicious. The evening ended with a short meeting, and our 5 minute elevator speeches. It was a memorable experience.



## A Note from President Kari Rider



Dear CWN Members,  
First, I would like to thank everyone for the well wishes on the birth of our son. We are having a blast adjusting to our new life!

I hope everyone had a great holiday and I hope your new year got off to a great start. I love the new year because it's a chance to evaluate what I've accomplished in the previous year, but more importantly, I like to plan out goals for the year. It's always good to have a game plan and the New Year is a great time to make one both personally

and professionally. Some of CWN's main goals for 2010 are to raise money for our scholarship fund, continue to grow our membership and encourage members to use other member's services.

Suzanne has been busy planning an exciting 2010 for CWN. She has booked some amazing locations and speakers. If you did not make a new years resolution I encourage you to bring a guest to the next meeting. Hopefully we can make 2010 a successful year and I and look forward to seeing everyone at the exciting up-coming CWN events.

Warm regards, Kari

## RISING STARS

*This is your time to shine!*

Have you been recently promoted or been honored in the community? Are you proud of a recent accomplishment and want to share it with other members? Our members accomplish amazing things in our community, and we want everyone to know about it!

Please send along your news to [rosemary@pixelprintpost.com](mailto:rosemary@pixelprintpost.com) and we will include it in an upcoming newsletter.

## CWN Notes

Adopt-a-Bear served 1990 children this year. Unfortunately we had over 419 children not adopted. But thanks in part to the CWN folks who contributed to the generic shop, we were able to serve those children as well. This year presented a lot of new challenges, but the Adopt-a-Bear volunteers are happy to say all received Christmas. The donations were very good this year, so the funding to support this year was successful. We are already working on our 20th year.

Debbie Walsworth is hosting a Cookie Lee "Shop for the Bling" fundraiser in the CBIZ Beatty Satchell Conference Room located at 125 Bay Street in Easton on February 11, 2010 from noon to 1:30 p.m. Jen Batchelder will be setting up her jewelry during that time, and she has agreed to donate 25% of sales to the Talbot CWN Scholarship Fund. Stop by, pick up some bling for Valentine's Day, and help out our scholarship fund all at the same time!

## Networking Tip

Follow through quickly and efficiently on referrals you are given. When people give you referrals, your actions are a reflection on them. Respect and honor that and your referrals will grow.

## Quote of the Month

*"Life is for service. We human beings meant to be helpers. In fact, the greatest thing we can do in life is to help our neighbors come to know that they are lovable and capable of loving. Anyone who knows this will not lose hope."*

Fred Rogers

## Upcoming Events

**FEBRUARY 16** 5:30PM at Clay Baker's, Easton FUNdraiser - Silent Auction  
Items Needed

**MARCH 16** 12 Noon at Waterview Grille  
Speaker Eleanor Magee

For details, contact Suzanne Pittenger-Slear at [admin@wetland.org](mailto:admin@wetland.org)

## Staying Connected



If you know a CWN member who is not receiving a newsletter, please e-mail Kari at [krider@eastonclub.com](mailto:krider@eastonclub.com)

## Professional Networking

### Steps to Success

*Jack Canfield, co-creator of Chicken Soup for the Soul, is one of America's leading peak performance experts. In the next couple issues of our newsletter, we'll share some of his best strategies for accomplishing what you want in life.*

**1. Decide What You Want** - Scientists now know how the brain works. You must first decide WHAT you want, before your brain can figure out HOW to get it. As soon as you commit to a big dream and really go after it, your creative mind will come up with big ideas to make it happen.

Dream big dreams. Big dreams require you to grow in order to achieve them. They not only inspire you, they compel others to want to play big, too. When your dreams include service to others, it accelerates the accomplishment of that goal. People want to be part of something that contributes and makes a difference.

Turn your dreams into measurable goals and objectives. What do you want – exactly – and when do you want it by?

**2. Believe in Yourself: Use Positive Self Talk** – Develop an unshakeable belief in your worthiness to have what you desire – and in your ability to achieve what you set out to accomplish. Learn to control your self-talk, eliminate any negative and limiting beliefs, and maintain a constant state of positive expectations.

The average person thinks as many as 50,000 thoughts a day... many of which are negative:

*"I'm not management material...I'll never lose weight...It doesn't matter what I do...nothing ever works out for me."* This is known as "victim language" which keeps you in a victim state of mind. It is a form of self-hypnosis that lulls you into a belief that you are unlovable and incompetent. In order to live your dreams, you need to give up this victim language and start talking to yourself like a winner: *"I can do it...I know there is a solution...I am smart enough and strong enough to figure this out."*

Your subconscious mind is like the crew of a ship. You are its captain. It is your job to give the crew orders. Be vigilant and pay careful attention to your spoken and internal statements. One of the most powerful tools for building worthiness and self-confidence is the repetition of positive statements until they become a natural part of the way you think.

These "affirmations" act to crowd out and replace the negative orders you have been sending to your crew (your subconscious man) all these years.

## Welcome New CWN Members

**TANYA BOWSER**

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Business coach, trainer, facilitator,  
seminars & workshops

*Membership dues for this year are \$50.00. Please pay at the next meeting or mail them to CWN PO Box 62 Easton, MD 21601. If you are a new member and need a membership application please contact or see Sabine Simonson.*

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