



CHESAPEAKE WOMEN'S NETWORK  
TALBOT

Professional Networking for Women

P.O. Box 62 | Easton, Maryland 21601

# STAYING CONNECTED

March/April 2011

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## Next Meeting Highlights

### February 15th Meeting:

CWN Mixer 5:30-7pm  
Scossa Restaurant  
\$17.00 per person (\$5.00 to CWN)

BodyWatts to be featured speaker  
Bonnie Scott, ACE certified Personal Trainer and ACE certified Weight Management Consultant and Manager of BodyWatts will be the featured speaker at the next CWN meeting. Scott will be presenting an educational and entertaining slide show that encompasses the health of our nation, her personal journey and the science of weight loss. Bonnie lost 50 lbs. more than 17 years ago and has kept it off. She now enjoys sharing her success with women just like herself. Lorri Wilson-Clarke, owner of BodyWatts, will be giving attendees special incentives for the new BodyWatts Weight Loss Program. You won't want to miss it!

### RSVP

to **Marcia, mburgoon1@hotmail.com**  
by **February 11th**

## 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.*

## January CWN Meeting at the Talbot Country Club

The first meeting of the 2011 year took place on January 18th at Talbot Country Club. 30 guests dined on salads while enjoying the wintery views that the club had to offer. Jane Bailey who is a Financial Advisor with Morgan Stanley Smith Barney in Easton spoke on Taking Control of Your Financial Future. While financial planning is important for both men and women, it is especially important for

women. Why? Women may spend less time in the work force, women still tend to earn less than men for the same work and fewer women are covered by pensions. That leaves them with fewer resources both now and in the future. At the same time women are often held back from investing because they fear making a mistake. But failing to plan may be the biggest mistake of all.

### There are some basic steps women can take to get started:

1. Have the desire to do it. It's your future. You need to own it.
2. Assess: take stock of your current assets including IRA's, 401k's, and other retirement plans and other investment accounts. As people change jobs they sometimes forget about retirement accounts they left behind.
3. Identify your Goal: know the cost to achieve it. There are on-line calculators that help you plan for everything from college to retirement costs.
4. Plan: Once you know how much you need you can see what it will take to achieve it. Or you may realize that you need to adjust your goals.
5. Stay committed: Review your investments at least on an annual basis and make adjustments if necessary. As with so many other things, the investments you chose a few years ago may not be the ones that are appropriate today. If you can't do it alone find a friend or professional that can help you do it.



If you have any questions you can contact Jane at 410.770.6152 or email Jane at [jane.m.bailey@smithbarney.com](mailto:jane.m.bailey@smithbarney.com).

## A Note from Co-President Kari Rider



I don't know about anyone else but I am really over winter and it's only the first week in February!

I can only dream of warm beaches and

boat trips this summer. This month's speaker

could not be more fitting as I am thinking about how I should start to eat better, exercise and get "toned". I find this easier said than done. I know I am not alone when it comes to working out and I pretty much would rather go to the dentist (sorry to any dentist or hygienist) than go to the gym! I am

sure Bonnie and Lori from BodyWatts will

have lots of great tips and fun ways to get back to healthy living. Looking forward to spring and sharing a glass of wine with you all in February at the mixer. Wine is healthy right????

Sincerely,  
Kari Rider

# Ladies Save The Date, April 19th

April 19th will be our first fund raiser for 2011. We are sponsoring a **Clothing Exchange**. This is your chance to donate a new (the size 4 purple sweater your mother-in-law gave you) or gently worn item. We are asking for donations of adult women's clothing, jewelry, or accessories in good condition. Guests will pay a nominal fee to "shop" and then each item or items will be priced accordingly. This a fun way to clean out the closet, score a new fashion item, and donate to our scholarship fund.

More information at our February mixer. See you then!

### Membership Dues

*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.*

### Talbot CWN website

Talbot CWN's website can be found at [www.talbotcwn.com](http://www.talbotcwn.com). On our website you will find our past newsletters, our yearly meeting schedule, scholarship applications, membership applications and a members only secure site to view our membership list and member information. If you've paid your dues for this year, you will need to email me at [krider@eastonclub.com](mailto:krider@eastonclub.com) to receive the password to the password protected membership list. If not, it will be sent upon payment. If you notice that your information is not current or needs an update please contact me.



## SPOTLIGHT on Sharon Harrington



Sharon Harrington, one of our newer board members, is an eastern shore native retired to the shore after completing a successful career as a social worker in Baltimore City. Sharon's career focused on the treatment of substance abuse at Johns Hopkins Program for Alcoholism and other Drug Dependencies and was Clinical

Director of the Center for Addiction Medicine, a methadone clinic. In preparation for retirement Sharon opted to follow her passion for cooking and started taking classes at L'Academie de Cuisine. This fall she completed a life-long dream and took a class at The Cordon Bleu in Paris. Sharon is happy to be a member of the dynamic CWN team.

## 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@pixelpost.com and we will include it in an upcoming newsletter.*

## CWN Meetings for 2011

(as of 9/2/10)

DATE	LOCATION	PROGRAM	SPEAKER	THEME
Feb. 15 Dinner- 5:30 pm	Scossa	A Healthier, Happier You!	Lorri Wilson-Clark - Demonstrations, Healthy foods, & Other topics	Healthier Happier Lifestyles
March 15 Breakfast 8 am	Tidewater Inn	"Women to Women Relationships" Also - Women & Girls Fund of the Mid-Shore	Jane McCauley	Personal Relationships
April 19 Dinner	TBD	Polishing Your Leadership Role in Business (Joint program with QA CWN)	Peg Long	Business Leadership Skills
May 17 Lunch	Masons	Enhancing our Business Skills	Mary Ellen Carter	Skills Employees Want
June 21 Lunch-Noon	Scossa	"CELEBRATE US!" Recognition of Scholarship Recipients	Everyone!	Recognition of Recipients plus honors of many CWN members throughout the year

## Upcoming Event Policy

**NO SHOW POLICY:** If you make a reservation for a networking event and do not cancel within a 24 hour notice, you will be BILLED. CWN has to pay for the number of people that we reserve. Members are responsible for guests costs.

## Staying Connected



## Quote of the Month

*"To handle yourself, use your head: to handle others, use your heart"*

~Anonymous

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

**CWN Board Members 2010-2011**



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Rosemary Fasolo, Owner & CWN Member since 2006 [rosemary@pixelprintpost.com](mailto:rosemary@pixelprintpost.com)

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## CWN Annual Dues Form

September 7, 2010

Dear CWN Member,

The 2010 – 2011 CWN annual dues are \$50. In addition, if you would like to make an optional contribution of \$50 toward the scholarship fund you may do so at this time.

Dues.....\$50  
 Contribution..... \$50  
 Total enclosed\_\_\_\_\_.

Please submit a check **payable to:**

**CWN**  
 PO Box 62  
 Easton, MD 21601

If you have any questions or concerns, please do not hesitate to contact me at 410-763-9222 x141 or email [llednum@tgakcpa.com](mailto:llednum@tgakcpa.com). Also, please take a moment to update your contact information below.

Thank you,  
 Leah Lednum  
 Treasurer

Name: \_\_\_\_\_  
 Company: \_\_\_\_\_  
 Title: \_\_\_\_\_  
 Business Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Business Phone: \_\_\_\_\_  
 Business email: \_\_\_\_\_  
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