

# Balancing Act

## Our Next Event!

**Where:** Holiday Inn Express -Kent Narrows

**What:** Breakfast - 8am February 8, 2007

**Program:** This is a networking meeting with 2 minute introductions.

**Cost:** \$12 to include Omelette's by the Omelette Chef w/ bagels, juice and Coffee.

This is always a great event to attend!

**RSVP: By February 6th to**  
**tad@mrisc.com**  
**or call 410-310-4148.**

**Do not RSVP to the website or you will miss out!**

**NO SHOW**—If you make a reservation for a networking even and do not cancel with a 24 hour notice, you will be **BILLED**. CWN has to pay for the number of people we reserve.

**Door Prize**—if you would like to bring a door prize, please contact **Gail Ruppe at 443-249-0697**.

**To Stay a member in Good Standing with CWN:** Attend at least 3 functions over the course of our year from September to June. Pay your dues. We love to have guests—however, guests are not permitted to at-

## Network News

### CWN Scholarship Update

Well, it appears that community involvement overload is taking its toll on CWN. You see, most of our Scholarship Fund Raiser Committee members are also very involved in other activities in the community and, in 2007, some events usually held later in the year (like the Black-Tie-White Boots Event) have moved up to March and April. As a result, I have recommended to the CWN Board - and they have concurred - that we cancel our proposed dance-a-thon fund raiser until next January. In its place, I suggest - and the Board agrees - that during the month of March every one of us CWN members who have not donated to the CWN Scholarship Fund as yet, donate \$50.00 to the cause.

I hope you all understand that things were not coming together in a timely fashion due to everyone's many commitments to other good works in the community. In an effort to help my sister members manage stress better in 2007, I have made this recommendation to you all.

Finally, the CWN 2007 Scholarship Application has been available on our website since December 1st. Please, if you know of any woman who has or is preparing to return to college, is 22 years of age or older and is a Queen Anne's County resident and can use some financial help, urge her to apply. The application deadline is March 31st, 2007. We have an opportunity to help change the lives of women and their families in a very significant way and we don't want those who could use the help to go unaided.

R. Patricia Morris  
**The Denbeigh Group, Inc.**  
240-988-8955  
[pmorris@denbeighgroup.com](mailto:pmorris@denbeighgroup.com)

**NEXT BOARD MEETING**  
**February 7, 2007 at 8:00 (Holly's)**





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# What is Your Commitment??

Got a minute? That's enough time to renew your commitment

Great idea: Go back to the beginning

For thousands of people, this is diet drop-out week!

Research shows that most people average just three to four weeks on a diet before they fall off the wagon. So if you started a diet or weight-loss plan or exercise program as part of your New Year's resolutions, you could be at a high risk time in your program.

You've probably been through this before. When you first start a life-style change, you feel strong, motivated and determined that you will reach your goal. For the first few weeks, everything goes well. You meticulously count food points, drink your nutritional shakes, exercise daily or write down everything you eat.



But real life didn't change just because you went on a diet. People still bring cookies to work and invite you to birthday parties, and suggest something else to do besides hit the gym. Others entice you to share a dessert. And somewhere around week four, you may start to weaken.

Perhaps you get tired of planning, becoming intimate with the treadmill and recording what you eat. Or you get side-tracked by stress, fatigue or work challenges. Next thing you know, you give into temptation and eat six cookies or have a couple glasses of wine.

In reality, falling off your diet isn't the end of the world. Unless -- you can't get back on it again. That's what makes this such a critical point in your health plan. What you do this week can affect the outcome of the entire year ahead.

The late Robert Cavett, founder of the National Speakers Association, once said, "You don't drown from falling in the water. You drown because you don't get back out."

So if you've slipped up, don't give up on your goals. Just get back out of the water! And if you haven't slipped, make sure you prevent this by staying focused in the days ahead.

Here are a few ideas to help you stay on track with your goals of losing and maintaining your weight.

**Go back to what works** - When you first started your diet plan, what helped you make it work? What tricks did you use to drink enough water or avoid food temptations? Was there a certain time of day that you did your exercise? Make a list of things that contributed to your ability to stay on track. Then put these ideas back in place and use them to make your program successful again.

**Deepen your commitment** - To strengthen your motivation, remind yourself of all the reasons WHY you want to lose or maintain your weight. Then spend an entire day giving extra attention, thought and effort to creating these outcomes. At the end of the day, you will have deepened your commitment to your program just by focusing harder on your goals.

**Do one more day!** - Any time you're tempted to give up on your dieting efforts, think about how much progress you've made so far. Then tell yourself this:

**DON'T STOP NOW!** Just do one more day! By following through with that simple message, you'll immediately be another day closer to achieving your healthy life goals. And each time you stay on track for one more day, you'll have moved further on the road toward a healthier life.

# Pictures from the Wine Tasting



Welcome New Members!

Pam Bolig, Arbonne International  
 Melissa Knotts, Lia Sophia Jewelry  
 Deborah L. Latham, Bay Enterprise Services  
 Erin Brunst, Rams Head Shore House

Welcome to you and we are happy you  
 are a part of Chesapeake Women's  
 Network!

## The Purpose of CWN

According to our by-laws, the purpose of CWN shall be to:

Facilitate personal enrichment and professional growth through communication, support, and to stimulate business opportunities for professional women in the community. CWN is not a service organization; however, members are welcome to express social and civic concerns at meetings or to make announcements about community services.



## 2006/2007 BOARD OF DIRECTORS

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## CHESAPEAKE WOMEN'S NETWORK

P.O. Box 678

Stevensville, MD 21666

[www.chesapeakewomensnetwork.org](http://www.chesapeakewomensnetwork.org)



### EVENTS

Tammy Rosendale -  
Century 21/Rosendale Realty

[A look ahead on events](#)

March meeting will be at BankAnnapolis and will be catered  
by Lisa's Small Plates

# *News from* Chesapeake Women's Network

#### YOUR AD CAN NOW APPEAR IN COLOR!

#### NEWSLETTER ADVERTISING RATES

- Business card size for a year (10 issues) = \$80, or \$10 per month
- 5 months = \$50 (Two business cards size is 2x cost, etc.)

PLEASE SPECIFY AD and how many months you are purchasing, and send check to:

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Stevensville, MD 21666

Email in graphic format (pdf, jpeg, tif,) to [jody@corsicatech.com](mailto:jody@corsicatech.com)

#### MEMBERSHIP DIRECTORY

#### ADVERTISING RATES

- Half a page for \$25 All ads should go to Sandra. Email in any graphic format (pdf, jpeg, tif, gif) to [Sandra.early@verizon.net](mailto:Sandra.early@verizon.net) or call to arrange delivery.

## CWN SCHOLARSHIP FUND

Please contribute to the most helpful fund.  
You can make a donation or participate in  
the monthly 50/50.

Member Name

Member Business

Donation Amount

Please mail to: CWN P.O. Box 678, Stevensville, MD 21666