

Balancing Act

Happy St. Patrick's Day!!

Our Next Event!

March meeting

Where: BankAnnapolis

Cost: \$25.00 per person

Catered by: Lisa's Small Plates

When: March 8th at 6 PM

Speaker: BankAnnapolis

Be prepared for: Your 30 seconds of fame!

If you have not been to Lisa's Small Plates, you cannot miss this meeting. The food is some of the Island's best.

RSVP: By March 5th 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 event 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 attend more than one function.

Network News

BANKANNAPOLIS HOLDS SECOND COMMUNITY CHANGE DAY AT KENT ISLAND BRANCH

*Public invited to exchange loose change to
Benefit United Way*

BankAnnapolis will hold its second Community Change Day at its Kent Island branch on Tuesday, March 13, 2007. Community Change Day will benefit the United Way of Queen Anne's County.

The public is invited to bring in loose change to exchange for cash. At the end of the day, the dollar amount of change counted, up to \$650.00, will be matched by BankAnnapolis and donated to the United Way of Queen Anne's County. The first Community Change Day recipient was the Foundation for Community Partnerships.

BankAnnapolis is located at Kent Island Shopping Center, 1245 Shopping Center Road, Stevensville, MD. For more information, call 410-643-4191.

Inclement Weather Policy

If a CWN breakfast or luncheon event should fall on a morning when Queen Anne's County Public Schools are delayed or closed, the event will be cancelled. If an evening CWN event falls on a day where Queen Anne's County Public Schools are closed, the event will be cancelled.

If there are any questions or concerns about the cancellation please call the CWN President, Vice President or Events Coordinator.

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

A Note From the President



Hi Girls,

You know those days when you feel like everything that could possibly come up has come up, and that everything that could possibly need to be done needs to be done like yesterday! I've felt like I've had a whole month of those days. One thing right after another, now don't get me wrong, being busy is great because if we weren't busy we wouldn't have a job but sometimes you just have to step away and breathe. It really does make a world of difference when you just leave the office on time and put the laptop away at home for the night. I've realized that just like we need sleep at night to keep going our minds also need stimulation that is "unwork" related if that makes sense. For example, I look forward to Monday nights at 9:00 to watch 24, it's like a whole other world outside of mine that I can hop into for a little while and not worry about anything else. For any of you who watch it, you know what I'm talking about! It's a tad stressful but at least it's not stress I have to carry with me after it ends at 10:00! Between that and the occasional bubble bath and glass of wine, that is genuinely what keeps me going...it's the me time that we all need. Here's to a full glass of wine, a good book and the celebration of ourselves....we deserve it!!

I hope everyone is planning on attending the event this month. It will be catered by Lisa's Small Plates and held at the new BankAnnapolis building on Kent Island courtesy of our treasurer, Carllene Hurd!! It should be a great evening as usual. I hope that everyone plans on attending. It was fantastic to see the turnout at the breakfast last month, many thanks to Holiday Inn Express for their wonderful hospitality and to the Omlette Man for a perfect start to the day!

Happy St. Patrick's Day!!

Jody

P.S. Don't forget to "Spring Forward" early this year....March 10th! J



GAIL RUPPE

*Chesapeake Life Magazine
CWN member for 12 years*

DELUXE COBBLER

1 cup flour
1 cup sugar
 $\frac{1}{4}$ tsp. salt
2 tsp. baking powder
 $\frac{3}{4}$ cup milk
1 stick butter, melted
2 -2 $\frac{1}{2}$ cups blackberries

Mix the dry ingredients together in the baking dish, then stir in milk. Pour melted butter over the dough and spoon blackberries on top. Bake at 350 degrees for 45 minutes or until dough rises to top and browns.

MMMMMMMMMMMMMM, SO SIMPLE, and SO GOOD!!
(You can also use blueberries or peaches) Bon appetite'



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Great idea: Exercise Time Instead of Couch Time

As I settled into a booth at the coffee shop, a cheerful voice announced, 'Good Morning! My name is Marilyn and I'll be serving you today.'

And she did! Marilyn filled my coffee cup again and again. She took my order and a few minutes later brought a steaming plate of scrambled eggs and toast. As I watched her, I noticed that at the same time Marilyn was serving me, she was also taking care of a lot of other customers in the busy restaurant.

When she gathered my empty dishes, I commented, 'You sure are running a lot. You must get really tired.'

Her response was quick. 'I sure do. And with all of this work, you'd think I'd be skinny. But for some reason, I never lose a pound!'

'Frustrating, isn't it?' I replied. 'It drives me nuts,' she said. 'My doctor told me I've got to lose some weight. Then he actually suggested I exercise after I get off work. Can you believe that? Even though I run all day long, he says that's not enough. But once I get home after a ten-hour day, I'm dead on my feet. There's no way I'll go take a walk or do his stupid exercise program!'

'But you're not losing weight?' I asked. Marilyn responded, 'Not a pound! And I can't figure out why not. I'm really good most days here at work. In fact, lots of times I don't eat anything during the day, hoping that will work like a diet. But once I get home, all I want to do is eat junk food. Plus, I'm so tired that I just flop down in front of the TV and grab what's handy. I know I shouldn't do this, but I certainly don't feel like fixing a meal. So I nibble all evening, flip through the channels, then finally go to bed. The next day, I just do the whole thing all over again.'

Then she looked at me and asked the critical question, 'What am I doing wrong? Why am I not losing anything?' The answer is simple. Marilyn was operating on three big misconceptions about what it takes to drop some pounds.

Later that week, she came to see me in person, and we worked on ways she could fix this dilemma.

Being on your feet all day is NOT exercise.

This type of activity doesn't energize you or help you lose weight. It simply makes you tired. First of all, your body adapts to the activity level, and it no longer views it as a challenge to your system. Secondly, those 'start and stop' movements don't build muscle or raise your heart rate enough to result in weight loss.

It's not that 'work activity' doesn't count. Any time you move your body it's still better than not moving it. But to actually lose weight, you need activity that's both rhythmic and sustained over a period of time. This includes walking, running, biking, swimming or other aerobic activity that you do for at least fifteen to twenty minutes or longer.

Marilyn confessed that when she got home from work, she would usually lie down on the couch to rest before thinking about what to have for dinner. Of course, once she was ON the couch, it felt almost impossible to get back OFF the couch. So instead of exercising, she just stayed there.

Here's the plan I laid out for Marilyn:

1. Create a system. Set out your workout clothes and shoes each morning before you leave for work. Also, make sure there's a bottle of water in the refrigerator. That way everything you need is right there, ready to go.
2. Don't go near the couch when you get home. Instead, throw the mail on the counter, say hello to your dog, and head straight to the bedroom. Strip off your uniform and put on your exercise clothes.
3. Do your activity right away. On nice days, head out the door for a walk. If the weather's bad, do something indoors such as ride your exercise bike. Aim for at least ten minutes, because that's long enough to perk up your energy. Stretch it to twenty or thirty minutes, and you'll start seeing progress with your goal of losing weight.

I suggested that she tell herself, 'I can do whatever I want, including lie on the couch, AFTER I finish my exercise.' Within just a few days of her new plan, Marilyn called me and said the most amazing thing happened. Exercising actually gave her back some energy instead of making her more tired. It didn't take long for her to realize she didn't need the couch to recover from her day.

Experience Charitable Dining March 8th, 2007 5 to 10 pm

10% of all proceeds will be donated to: Chesterwye Center.

Annie's Paramount Steak House
Blue Water Tavern
Fisherman's Inn
Harris Crab House
Hemingway's
Kent Manor Inn
Kentmorr Restaurant
Lisa's Small Plates
The Narrows
Sarah's Restaurant
Sheridan's

Enter to win a \$100.00 gift card to the participating restaurant of your choice

Word of Mouth Sharing from Gail Ruppe

FEMAIL CREATIONS

Periodically I receive in the mail a catalog called "Femail Creations" that I just love. It wasn't until I received the most recent one that I learned of some things to share with you ladies.

"Femail Creations/Making a Difference

Giving back is at the heart of Femail Creations. It is our goal to make a difference in the lives of women and children and to leave the planet a better place. One of the ways we reach out is through our featured Making A Difference charity in each edition of the catalog. We donate a portion of our proceeds from every issue. If you are aware of an organization worthy of our support, please let us know. Information can be sent to us at the Review Department address listed below."

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You can shop the entire catalog on-line, create your own wish list to send to friends and family, request a catalog, find bargains galore at the Clearance Sale section, read Girl Talk, enter a monthly drawing for FREE stuff, and much more.

March Scholarship Check Challenge

March is CWN Scholarship Fundraiser month. In lieu of one more fund raising event for us to plan, set up and attend, as Scholarship Chair, I am personally inviting...and challenging..all CWN members to match me in donating \$50.00 each to the CWN 2007 Scholarship Fund. I made my donation at the January meeting when I launched the campaign. March is the month! Please send your check to our Treasurer, Carlene Hurd, or bring it to the March meeting. Carlene is tracking all donations (as she always does) and when the Challenge ends on March 31st, She will give me a list of everyone who has donated to the cause. For my part, during the month of April I will personally call everyone who has not as yet donated to the scholarship fund to extend a personal initiation to help our philanthropic cause.

Don't hesitate. Send your check today to Carlene Hurd at the CWN P.O. box, or drop it off to her at Bank Annapolis in Stevensville. Together we can help women finish the education that can change the economic outlook for them and their families. Thank you, in advance, to all of you for your continued generosity.

CWN SCHOLARSHIP DEADLINE APPROACHES!!

Just a reminder that the deadline for submission of scholarship applications for the CWN 2007 Scholarships is March 31st. and it is fast approaching. Please help us make a difference!! If you know of a woman who is a resident of Queen Anne's County, over 22 years of age, and continuing her college education (Associate's, Bachelor's or Master's degree candidates) who can use some financial assistance, please urge hereto apply for a CWN Scholarship. We do not require financial records like many other scholarship programs. We simply require a short essay on need as part of the complete application process. In April we will hold interviews with each candidate.

If your candidate cannot download the application from our website, please download it and give her a copy to complete and submit.

Please support this worthy philanthropic effort to help women in Queen Anne's County better themselves and their families through continued education. Thank you all for your support.

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.



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EVENTS

Tammy Rosendale -
Century 21/Rosendale Realty

[A look ahead on events](#)

April 12th is still to be announced.

May 10th will be a bus tour, a local pub crawl, at 6pm.

June 7th, the final event of the season, will be at the Kent Island Yacht Club Pavilion at 6pm.

News from **Chesapeake Women's Network**

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