

October 2008

# Balancing Act

NETWORKING NEWS FOR THE CHESAPEAKE WOMEN'S NETWORK

**AUTUMN IS UPON US!**

## *Kentmorr Restaurant*

(Stevensville)

October 9<sup>th</sup> – Noon Luncheon

\$18 per person

A choice of:

Crab Cake Sandwich or

Grilled Chicken Caesar Salad.

**Please RSVP with food choice to Jody Walls by October 6th at [jwalls@corsicatech.com](mailto:jwalls@corsicatech.com) or 410.490.0092... Don't forget to give your menu choice! (Do not RSVP to the website!)**

**Please plan to pay annual dues at this event which remain at the same low price of \$40!**

**NO SHOW:** 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.

**DOOR PRIZE:** If you would like to bring a door prize, please contact Gail Ruppe at 443-249-0186.

**KICK OFF A NEW SEASON WITH CWN BY BRINGING A GUEST!** We love guests – however, guests are not permitted to attend more than one function.

Next Board Meeting is October 8<sup>th</sup> – 8 AM at Holly's

## Network News



**(L to R - Back)** Tammy Rosendale (Rosendale Realty), Beth Poulsen (Chesapeake Bay Environmental Center), Susan Vianna (Fishergate), Lisa McCarthy (Homeland Title and Escrow), Jen Batchelder (Cookie Lee), Merry Tobin (Chesapeake Real Estate), Patricia McGlannan (Key One Properties), Pat Morris (LiveInTheSeason.com)

**(L to R Front)** Carleen Hurd (BankAnnapolis), Jody Walls (Corsica Technologies), Marlene Davis (R&D Electric), Gail Ruppe (Cookie Lee Jewelry)

**Not pictured:** Jennifer Voshell (Lundberg Builders, Inc.), Dorothy Klages (Russell Klages Surveying Services)

### 2008-2009 CWN Board

The new board is excited about the year ahead under the leadership of President, Lisa McCarthy and Vice President, Merry Tobin!

Thank you to everyone on the board who goes above and beyond to make the Chesapeake Women's Network (Queen Anne's County) the fantastic networking group that it is!

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

## A Note from the President

### Greetings!

Wow, what a great turnout at our first event. Lola's is always such a beautiful setting and the evening was gorgeous. Biana, as usual, you are a wonderful hostess. The food was sensational and the wine—well, what more do I have to say—WINE! It was great. We had 37 attend the event AND two new applications to join. Great job making everyone feel welcome. One of the new applicants just happened to be at Lola's that evening, and inquired about the meeting. She commented about how nice everyone was to her.

Well, some of you witnessed my grace on crutches...NOT! I broke a bone in my leg near my ankle on Labor Day night. It's actually a pretty boring story. I just slipped going down some stairs on the boat, and my foot landed the wrong way on the next step. No exciting details, although I seem to have quite a reputation for doing crazy things like trapeze swinging, which was a blast by the way. You can take a lesson right at the Baltimore Inner Harbor. Jim and I were there over July 4<sup>th</sup>, so I finally did it. Their t-shirts say "Forget the fear, worry about the addiction". I was hooked after two hours of swinging through the air. Now I guess I'll have to wait until next year to go again, as they close in November. The instructors were great and it was reasonable, too. Kids would love it I'm sure, and what a fun thing to do with your children. You'd be the coolest Mom.

My Mom came over this past weekend to help me decorate my boring black walking cast. I'm just grateful not to be in a real cast. This one can be removed for short periods of time. Next time you see me, you'll see a boot with *BLING!* We went crazy with the hot glue gun. I know five more weeks will go by quickly, but at least I'll enjoy wearing my boot a little bit more.

I hope to see you at our next event on October 9<sup>th</sup> at the Kentmorr Restaurant. Please be there by noon, as our time is somewhat limited at our luncheons. We'll need to keep to our "30 Seconds" of FAME so that everyone has a chance to introduce themselves. I want to extend a sincere "Thank you" to our team of Tammy, Jody and Carllene who manage the event and greet you at the door. We all appreciate their hard work and efficiency!

Signing off for now, Kick Stand McCarthy



## Brownie Tiramisu

1/2 c Chopped Pecans

1/3 c Coffee Liqueur

1/3 c Strong Brewed Coffee

4 oz. Semi-sweet Chocolate Bars, Divided

3/4 c Butter

2-1/4 c Sugar, Divided

3 Large Eggs

1 c All-purpose Flour

1 (8 oz.) Container Mascarpone Cheese

1 tsp Vanilla Extract

1 c Whipping Cream

1. Preheat oven to 350. Arrange pecans in a single layer on a baking sheet. Bake 5 - 7 minutes or until lightly toasted and fragrant.
2. Stir together coffee liqueur and coffee.
3. Coarsely chop 1 chocolate bar. Microwave chopped chocolate and butter in a large microwave safe bowl at Medium (50%) power for 1 - 1.5 minutes, stirring at 30 second intervals, or until melted and smooth. Whisk in 2 cups sugar and eggs until blended. Stir in flour just until blended. Spoon batter into lightly greased 11 x 7 inch pan.
4. Bake at 350 for 35 minutes or until center is set. Remove from oven and cool in pan on wire rack 10 minutes. Pierce brownie multiple times using the tines of a fork. Pour coffee mixture over brownie. Let cool on wire rack 1 hour or until completely cool.
5. Whisk together remaining 1/4 cup of sugar, mascarpone cheese, and vanilla in a large bowl. Beat whipping cream at medium speed with electric mixer until stiff peaks form. Fold whipped cream into mascarpone mixture.
6. Crumble half of brownies and divide evenly among 6 (8 oz) glasses. Spoon half of mascarpone cheese mixture over brownies. Repeat procedure with remaining brownies and mascarpone cheese mixture.
7. Chop remaining half of chocolate bar into thin shreds. Sprinkle chocolate and pecans over mascarpone cheese mixture. Serve immediately, or cover and chill up to 24 hours.

Serves 12

WARNING: Very decadent, especially when served with sparkling champagne.

Bon Appetite!

\* Mascarpone give the topping a special flavor but an equal amount of softened cream cheese may be substituted.

\*\* Almond flavored liqueur makes a delicious substitute for coffee liqueur.



### WE'RE IN THE BAG!

It was decided at the September board meeting that new members will now receive a CWN Goodie Bag which will be filled with information about your business. Carllene Hurd donated the bags and Gail Ruppe is collecting items. They can be an advertising specialty item, a flyer, a brochure, a coupon or a business card. The purpose of the bag is to provide a useful tool for new members to learn about your business and encourage doing business together.

To get your items in the bags, call Gail at 443-249-0186. To start, plan enough items for 12 bags. They will be presented at the October meeting.



CHESAPEAKE WOMEN'S NETWORK—Growth through cooperation

## 2008-2009 BOARD OF DIRECTORS

- President:** LISA MCCARTHY  
Homeland Title & Escrow - 410-544-6700
- Past President:** TAMMY ROSENDALE  
Rosendale Realty – 410-643-2166
- Vice Pres:** MERRY TOBIN  
Chesapeake Real Estate – 410-310-3183
- Treasurer:** CARLENE HURD  
Bank Annapolis – 410-643-4191
- Secretary:** SUSAN VIANNA  
Fishergate, Inc. – 410-643-8646
- Events:** MARLENE DAVIS  
R&D Electric – 410-827-7469
- JODY WALLS  
Corsica Technologies – 443-262-9290
- Newsletter:** JENNIFER VOSHELL  
Lundberg Builders, Inc. – 410-643-3334
- Membership:** PATRICIA MCGLANNAN  
Key One Properties
- Scholarship:** PATRICIA MORRIS  
LiveInTheSeason.com – 240-988-8955
- Public Relations:** GAIL RUPPE  
Cookie Lee Jewelry - 443-249-0186
- Sunshine:** DOROTHY KLAGES  
Russell Klages Surveying Services  
410-763-6869
- Members at Large:** JEN BATCHELDER  
Cookie Lee Jewelry – 410-758-6586
- BETH POULSEN  
CBEC – 410-827-6694



## October is Fire Safety Month

### HOME FIRE SAFETY CHECKLIST:

Simple changes that could save your life

#### CHANGE YOUR SMOKE ALARM BATTERIES

The IAFC and fire experts nationwide encourage people to change smoke alarm batteries at least annually. An easy way to remember to change your batteries is when you turn your clock back in the fall. Replace old batteries with fresh, high quality alkaline batteries, such as Energizer brand batteries, to keep your smoke alarm going year long.

#### CHECK YOUR SMOKE ALARMS

After inserting a fresh battery in your smoke alarm, check to make sure the smoke alarm itself is working by pushing the safety test button.

#### COUNT YOUR SMOKE ALARMS

Install at least one smoke alarm on every level of your home, including one in every bedroom and one outside each sleeping area.

#### VACUUM YOUR SMOKE ALARMS

Each month, clean your smoke alarm of dust and cobwebs to ensure their sensitivity.

#### CHANGE YOUR FLASHLIGHT BATTERIES

To make sure your emergency flashlights work when you need them, use high quality alkaline batteries. Note: Keep a working flashlight near your bed, in the kitchen, basement and family room, and use it to signal for help in the event of a fire.

#### INSTALL FIRE EXTINGUISHERS

Install a fire extinguisher in or near your kitchen and know how to use it. Should you need to purchase one, the IAFC recommends a multi or all purpose fire extinguisher that is listed by an accredited testing laboratory such as Underwriters Laboratory.

#### PLAN AND PRACTICE YOUR ESCAPE

Create at least two different escape routes and practice them with the entire family. Children are at double the risk of dying in a home fire because they often become scared and confused during fires. Make sure your children understand that a smoke alarm signals a home fire and that they recognize its alarm.



716 Goldsborough Street, Easton, MD 21601 · 410-822-1935 Fax: 410-822-1971 · www.countryschool.org

## **The Country School Speaker Series for 2008-2009**

**Date: Thursday, October 16, 2008**

**Time: 7:00-8:30 p.m.**

**Speaker: Kate Clifford Larson, PhD., historian and author, on the life of Harriet Tubman**

**Location: The Country School Auditorium, 716 Goldsborough Street, Easton**

**Contact: Carol Britten, Director of Advancement (410) 822-1935**

**Kate Clifford Larson, PhD.** is a historian and author of [Bound For the Promised Land: Harriet Tubman, Portrait of an American Hero](#), one of the first non-juvenile Tubman biographies published in six decades. With degrees from Simmons College and Northeastern University, and a doctorate in history from the University of New Hampshire, Larson serves as the historical consultant and advisor to the Harriet Tubman State Park and Underground Railroad Center museum project in Dorchester County, MD, and is a member of the Management Board of the Harriet Tubman Underground Railroad Byway. Dr. Larson has been actively involved in a variety of public history initiatives related to Harriet Tubman and the Underground Railroad, including consulting with the National Park Service on the Harriet Tubman Special Resource Study; the State of Maryland's *Underground Railroad Map and Guide*; and is serving as an interpretive specialist for *Heritage New York* to provide new interpretive programming for the Harriet Tubman Home in Auburn, NY. She lectures widely on Harriet Tubman, the Underground Railroad, and American Slavery, and has been a guest instructor at numerous professional development workshops for teachers, including National Endowment for the Humanities and Teaching American History programs. She has received numerous awards, grants, and fellowships for her work on Harriet Tubman. She also serves on the Advisory Board of Governors of the National Underground Railroad Freedom Center, and is an adjunct faculty member at Simmons College. Her most recent book, *The Assassin's Accomplice: Mary Surratt and the Plot to Kill Abraham Lincoln*, was released in June, 2008.



Dr. Larson's talk on Harriet Tubman introduces the new and continuing research into Harriet Tubman's long and complicated life. Focusing more specifically on Tubman's life as a slave on the Eastern Shore of Maryland and her on work on the Underground Railroad, Dr. Larson brings to life fairly unknown details of Tubman's life and times, revealing a rich and far more compelling and dramatic story of this remarkable woman than has been previously told. From the maritime world of the Great Choptank River, Madison Bay, and the Blackwater River, to the fields of Peter's Neck and Bucktown in Dorchester, and Poplar Neck in Caroline, to the streets of Cambridge and East New Market, we will follow the struggles of Harriet Tubman, her family, and community. Myths will be dispelled; new stories will be explored and enjoyed as a way to reintroduce Harriet Tubman, a true American Hero.

**This program is open to the general public and is free of charge. Donations will be accepted at the door.**

## *Accentuate the Positive*

Submitted by Eileen Nonemaker

In this multimedia age it is no surprise that there are many thousands of books, tapes, DVDs, seminars and websites that can help us be a better person and have a better life. It's easy. Just think positive thoughts and have a yes attitude. Believe in yourself. Think "can do". There are formulas for success and pointers for each of us.

When I was a teenager, my father was into the writings of Dr. Norman Vincent Peale and *The Power of Positive Thinking*. According to his website, "Dr. Peale has spent a lifetime teaching the values of Positive Thinking, a philosophy of success that works by teaching you how to discover your hidden inner strengths, overcome life's obstacles, and reach your full potential." It seems easy enough.

The tough part is to maintain that positive attitude when things just aren't going the right way!

You forget to set the alarm, it's a bad hair day, the kids just won't cooperate, you get a flat tire or the bridge traffic is backed up and you'll be late. The news is blasting horror stories about the weather or how many points the market has dropped.

Not only is it difficult to be positive, it's hard to be nice to those around us.

It's a downward spiral...and we can't control it. Or can we?

In reality we may not be able to control many of these circumstances, but what we can control is how we react to them. We can control *our* behavior. We can control *our* attitude...if we really want to.

While attending high school I worked in an office covering while others went on vacation. Linda, the office manger was a young, but wise lady who was always happy. She loved Monday's. At that point in my experience Fridays were great but Monday morning was what people dreaded. Anyway, Linda would use Sunday evening to plan her clothes for the week, give her-

self a manicure, take stock of food plans and relax knowing she was embarking on a new adventure. Instead of wallowing in the knowledge that the weekend was over- she relished that a new week was to begin.

There were those in the office that didn't like Linda because she was always happy. They told her to get real. But Linda did not waiver. We never knew that her mother was ill or that she was on the outs with her boyfriend. What we did know was that Linda tried to help everyone on the team and was always there when a kind word was needed. What we did know was that Linda made Monday mornings around the office a great place to be. The enthusiasm became contagious and others wanted to be around her - instead of the other more negative folks.

Have you ever called a company to complain about a product or service? Of course you - we all have. What happens when the person answering the phone is really pleasant, despite the fact that we are perturbed, maybe even curt with them? We wonder how they can deal with our negative energy and maintain their positive energy. They can do this - because they choose to, they want to be pleasant. Maybe they had the same bad morning we did...we just won't know about it.

I learned a valuable lesson from Linda and many years later I still consider Sunday evenings a special time to prepare for a new week, a new beginning. I also learned that people like to be around happy people. We choose our attitude and energy is contagious, so we may as well make it positive. It can be powerful.

*Eileen Nonemaker is Regional Director for Paradigm Associates LLC, an executive leadership development firm. She coaches individuals and organizations to achieve success by integrating her background in education and teaching with her professional business and sales experience to meet the needs of her clients.*

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[enonemaker@paradigmassociates.us](mailto:enonemaker@paradigmassociates.us)

**CHESAPEAKE WOMEN'S NETWORK**

P.O. Box 678  
Stevensville, MD 21666

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



**EVENTS**

Jody Walls, Cosica Technologies

Marlene Davis, R & D Electric

(Information more than one month out is subject to change!)

**Oct. 9<sup>th</sup> – Noon Lunch at Kentmorr**

Nov. 13<sup>th</sup> – TBA

Dec. 10<sup>th</sup> – TBA

Jan. 8<sup>th</sup> – TBA

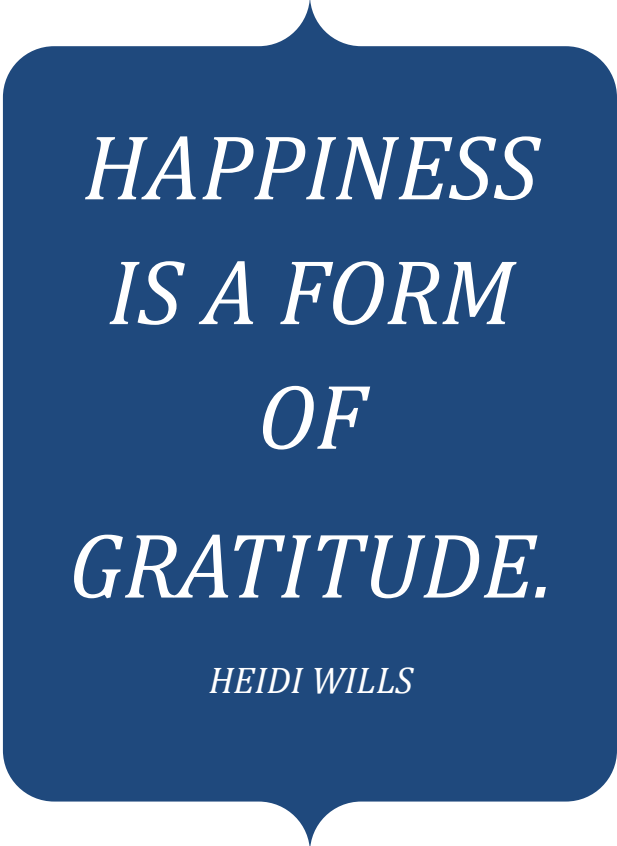
Feb. 12<sup>th</sup> – TBA

March 12<sup>th</sup> – TBA

April 9<sup>th</sup> – TBA

May 13<sup>th</sup> – TBA

June 11<sup>th</sup> – TBA



*HAPPINESS  
IS A FORM  
OF  
GRATITUDE.*

*HEIDI WILLS*

*News from* **Chesapeake Women's Network**

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