



Southern Maryland  
**WOMEN'S LEAGUE**

*Linked by More than Community*



January

Southern Maryland Women's League | P.O. Box 2511, Waldorf, MD 20601 | 301-643-0556, Fax: 240-607-2259 | 1/5/2013



Laura Forbes-Brown

*President's Message*

Happy New Year league sisters!!! I must start by saying I gladly welcome the new year 2013. As the Christmas season comes to a close and the new year begins I find myself spending much needed time reflecting on the year in passing.....I do this purposely, accessing my life and my decisions and how I effect those around me. I think about

where and who I have spent my time, areas where I have grown and matured and my failures and shortcomings. I access my relationships, with my heavenly father, family and friends. How many new people have I added to my inner circle or has the inner circle tightened? I think about others I have helped and could I have done more? Did I hug my children enough? Did I tell my husband how amazing he is when he really needed to hear it? I reflect on the struggles of being a small business owner and the hard work that is required to keep it growing. Remembering the wonderful people who have passed on and the family they leave behind still coping, trying to move forward....We have new life to come, children and grandchildren growing up learning to drive, graduating from high school or college, sickness and accidents, new engagements, renewal of vows and marriage. Sadly, my heart breaks for the separations and divorces. I'm sure all of you can relate and share in my thoughts. I also want you to know, I pray for all of you and ask God to bless you with the very best He has to offer.

The Southern Maryland Women's League has had an incredible year! We have continued the good work that was started over 7 years ago and have grown to become an organization that is honored and respected within the Southern Maryland region. Our fundraiser continues to grow by leaps and bounds, our membership has added several new members this year with a few returning charter members, we have continued our work with The Angels Watch Shelter by meeting the needs of the residence and forming new relationships with its residence. One of our proudest moments as we began our first Capital Campaign with the New Hospice House in Charles County, adding our name to one of the patient rooms. We continue our scholarship program with The College of Southern Maryland.  
- continued page 3

Programs & Events

*Overview of our December Meeting!*



**MEETING DATE: Saturday, December 8, 2012**  
**LOCATION: Sherrie & Larry Sanders Beautiful Home**

The perfect way to start the holiday season -- beautiful cocktails, yummy food, shared laughter, on-the-stairs caroling and ugly...errr festive sweaters -- our annual SMWL Christmas party was a blast!

Special thanks to Larry & Sherri for hosting this lovely event at their beautiful home, and Chef Gary Fick (Blue Dog Restaurant) for his exceptional catering and culinary skills!

In this issue...

- President's Message .... 1
- Our Next Social ..... 2
- Member Spotlight ..... 3
- Calendar of Events..... 4

*Women are like roads.  
The more curves they have,  
the more dangerous they are.*



We are...

An organization of women dedicated to promoting, strengthening and supporting women and issues of importance through fellowship, education, service and mentoring programs.

The **Southern Maryland Women's League** provides women with a wide range of opportunities to help each other succeed through the exchange of information, services, mentoring, charitable actions, shared experiences, friendship and motivational support.

We are a dynamic group of Southern Maryland business owners, entrepreneurs, managers, homemakers and people from all walks of life with a wide variety of life experiences.

We are dedicated to helping each other grow and support our community through fundraising, special events, volunteer efforts, shared experiences, and more.





President's Message continued...

Our second year, we participated in the Walk to End Homelessness and move forward in our relationship with The Charles County Community Foundation. Let's not forget all the wonderful 501c3 organizations we contribute too and donations given to help the homeless and working poor.

Moving forward we have a few new items we as a board want to implement. Andy and I are currently working on a survey for each member to fill out. This will help us as a board to determine how you view SMWL and give us an idea of what direction and/or course we are heading. We hope to have this emailed to you in February. Another new program for 2013 is a mentoring program through the Angels Watch shelter. I have met with the directors of Angels Watch and discussed how we as an organization would be of assistance to the residence if desired. I call this an accountability partner. Would you be willing to:

- Make a phone call once or twice a week or as needed
- Give a ride to job interview, doctor appointment, grocery store or church
- Take out to lunch or dinner
- Help give guidance, organization skills, parenting advice, job skills etc.

If you answer "Yes" to any of these, we could use your help. The famous saying, "It takes a village to raise a child" this is true and we can do this one person at a time. There will be more information to come, if you have any interest, please see me. I am hoping to have the first meeting with the directors of Angels Watch in the next few weeks.

In the midst of all this good work we manage to still come together and break bread, laugh, build friendships, have a drink or two or three.....lol and yes....we also support one another, share our hardships and cry together.

In a world today that is quickly changing and moving fast, information and distractions are daily and minute by minute.....2012 was a very challenging year for many individuals, families and businesses. I hope this New Year will bring you prosperity, peace and love. I hope you know The Southern Maryland Women's League is place where you belong. Your league sisters have your best interest in mind and in heart and we continue to stand together and beside you.

Once again, it's been my true pleasure in serving you. --**Laura**

Membership Report | Helen Heier



# Our Numbers...

The newest Membership Directory, Membership Birthday List, and Membership E-mail lists were sent out November 12, 2012 to all members. As of today, January 9, 2013, our membership number is now stands at 52.

Shelly will be getting the new membership notebooks and name tags for our newest members.

We still have some perspective members who have attended two meetings, needing one more. If anyone needs an application, please contact Helen.

I would like to thank all the members of SMWL for their efforts in bringing in new members.

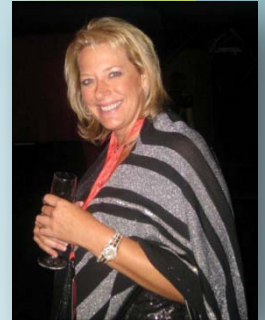
We will be having a Diva's Do's and Don'ts meeting January 31, 2013 at Rona Kelley's home. More details to come.

To contact Helen directly, please email her at [helen@bridgett-mock.com](mailto:helen@bridgett-mock.com)

# Member Spotlight!

To help us learn more about our SMWL Sisters, each month we randomly select (pick names out of a hat) one lucky member to highlight and share!

For January 2013, we are excited to highlight SMWL member...



# Tessa Echols

**Occupation/Business:**  
Yoga Instructor  
Social Director/Event Planning

- Are you married?** Yes to Duke!
- Do you have any children?** No, but I have a beautiful new great niece!
- What do you do now for a living?** Yoga Instructor, Social Director, Event Planner
- What do you want to be when you grow up?** A Lawyer
- What is the one thing that your SMWL sisters may be surprised to learn about you?** I am a great nurse!
- Do you have a tattoo?** No, but if I did it would be a low back Namaste Symbol
- What is your favorite sweet treat?** Anything
- In your birth order, are you first/second/third...?** FOURTH, out of six siblings!
- What is something you are most proud of?** Saving someone's life!
- What color are your eyes?** Blue
- What is your favorite meal?** Surf & Turf
- What motivates you to succeed?** My friends and clients
- What TV character best describes you?** Shirley Temple
- If you could play hookie for one day -- where would you want to go?** Spa Always

# 2013 SMWL Calendar of Events...

## 2013: Wednesday, January 9

SMWL General Meeting, Re-Gift Auction!  
\$25/members; \$30/non-members,  
Martini's Prime Rib Room

## Wednesday, January 23

BOD Meeting, Re/Max 100 Building

## Wednesday, February 6

Event for National Heart Month,  
Celebrate Body, Mind & Soul, TBD

## Wednesday, February 20

BOD Meeting, 5:30pm Re/Max 100

## Wednesday, March 6

SMWL Meeting: **Mystery Night**, TBD

## Wednesday, January 24

Diva's Do's and Don'ts, Hosted  
at the home of Rona Kelley

## Wednesday, March 20

BOD Meeting, 5:30pm Re/Max 100

## Wednesday, April 3

Decoration Workshop for Fundraiser

## Wednesday, April 19

BOD Meeting, 5:30 pm Re/Max 100

## Friday, April 25

SMWL Annual Club Fundraiser

## Wednesday, May 1

SMWL Meeting: **Minute to Win It!!**

## Wednesday, May 15

BOD Meeting, 5:30pm Re/Max 100

## Wednesday, June 5<sup>th</sup>

Annual Business Meeting @ Martini's

## Wednesday, June 19<sup>th</sup>

BOD Meeting: Transitional meeting  
of current and new BODs

## This is your newsletter!

Send your information, By-the-Ways  
or Pet Projects in to our league  
President so we can include them in  
our next newsletter! Space is limited,  
so expect editing and submissions are  
first come-first served.



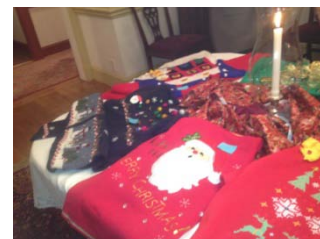
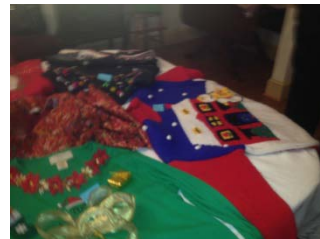
SMWL Board members presented a \$25,000 check to the Charles County Hospice House for the new Southern Maryland Women's League Room. We are proud to provide a lasting legacy for families in need within our community.

## SMWL Christmas Party!

Special thanks to everyone who brought their own UGLY...errr Festive Sweaters to The annual Christmas Party!

It was so much fun to see just how creative (and tacky) our amazing members can be!

We really loved our matching elves, Becky and Andy! (and no they didn't plan it!)



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## 2012/2013 SMWL Board of Directors

President: **Laura Brown** (2011/14)

[laura\\_forbes@comcast.net](mailto:laura_forbes@comcast.net)

Vice President: **Brenda Lowe** (2012/14)

[ahloweha@aol.com](mailto:ahloweha@aol.com)

Secretary: **Cindy Lantz** (2012/14)

[cynlantz@yahoo.com](mailto:cynlantz@yahoo.com)

Foundation Treasurer: **Brenda Lowe**

(2012/14), [ahloweha@aol.com](mailto:ahloweha@aol.com)

League Treasurer: **Rona Kelley** (2012/14)

[rona@heatbyfire.com](mailto:rona@heatbyfire.com)

Program/Event Chairs

**Vickie Johnson** (2011/13)

**Diana Rucci** (2010/14)

Vicki: [vjohnson7775@aol.com](mailto:vjohnson7775@aol.com)

Diana: [diana.n.rucci@wellsfargo.com](mailto:diana.n.rucci@wellsfargo.com)

Membership Chairs

**Helen Heier** (2011/13)

**Diana Rucci** (2012/14)

Helen: [heier2@comcast.net](mailto:heier2@comcast.net)

Diana: [diana.n.rucci@wellsfargo.com](mailto:diana.n.rucci@wellsfargo.com)

CSM Grant Project

**Carole Lewis** (2011/13)

[icare4faces@yahoo.com](mailto:icare4faces@yahoo.com)

Care Committee

**Donna Ellis** (2011/13)

[donnajellis@hotmail.com](mailto:donnajellis@hotmail.com)

Media/Public Relations/Newsletter

**Andy Sanford** (2012/14)

[asanford12@gmail.com](mailto:asanford12@gmail.com)

Angel's Watch Grant Liaison

**Laura Forbes-Brown**

[laura\\_forbes@comcast.net](mailto:laura_forbes@comcast.net)

## PAST PRESIDENTS

**Rona Kelley: 2006-2008**

**Diana Rucci: 2008-2010**

**Doris Folineo: 2010-2011**

**Terry Davis: 2011-2012**