

# Connections

Sept/Oct 2018 Newsletter | [www.smwl.org](http://www.smwl.org) | Follow on Facebook



Southern Maryland  
**WOMEN'S  
LEAGUE**

*Linked by More  
than Community*



## President's Message | Suzanne Wible

Happy Fall SMWL!

I hope that everyone survived damages from hurricane Florence. Between basement floodings and taking in family and friends who drove from the south, it proved to be a hectic time for many of us. My hopes are that you and your family members are safe.

Speaking of hurricane Florence, it was unfortunate that we had to cancel our Meet, Greet & Mingle social scheduled at the Blue Dog. Our next event is scheduled for October 10th at Rucci's Deli. I encourage you to stop by and get to know one another on a more social level. This is also a great opportunity for you to invite perspective new members to meet members and learn more about the SMWL. I hope you'll take time to swing by and join the fun at one of our future socials.

I am very excited about the awesome Fall event line up that the Membership and Program committees have put together for us. Keep reading your newsletter to get the latest scoop on 'What's Happening with SMWL!'

Ladies, please remember to keep Tessa and Brenda in your daily prayers for healing, peace and comfort.

Wishing you all the best and I look forward to seeing you at our next gathering!



### A LOOK INSIDE

Page 2: Annual Crab Feast Fun

Page 3: SMWL Foundation Budget

Page 4: Birthdays, Mix & Mingle

Page 5: Calendar of Events

Page 6: Center for Children Program

### SMWL MISSION STATEMENT

To promote, strengthen and support women in our community through fellowship, education, service and mentoring programs.

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

Serving Southern Maryland and its Communities.

## PRESENTATION OF 'JACKI' JACKETS *in Honor of Tessa Echols*

**OCTOBER 9, 2018 - 1:00 pm at the Charles Regional Medical Center Lobby**

The Southern Maryland Women's League will present the University of Maryland Charles Regional Medical Center with 'Jacki' Jackets that benefit breast cancer patients in their journey.

The SMWL Mission Statement is to promote, strengthen and support women in our community. The donation of these "Jacki" jackets will support and benefit cancer patients for many years to come.

Join your Board of Directors -- every club member is encouraged to attend this meaningful presentation. Please RSVP to Michele Jones if you are planning on attending so she'll know how many to expect. [michellejones02@comcast.net](mailto:michellejones02@comcast.net)



## SMWL BOD -2018/2019

President: Suzanne Wible

Vice President: Ann Seely

Secretary: Michelle Jones

Treasurer: Pam Frank

Foundation Treasurer: Pam Frank  
and Rona Kelley

Program Chairman: Becky  
Hoffman and Carole Lewis

Membership Chairman: Teresa  
Klopper

Care Chairman – Carla Kemp  
Newsletter/Media Chairman  
Rona Kelley

CSM Scholarship - Brenda Lowe

2-Year Grant - Tammy Semega

Nominating Committee - Ann  
Seely

## PAST PRESIDENTS

### League

2006-2007 Rona Kelley

2007-2008 Rona Kelley

2008-2009 Diana Rucci

2009-2010 Diana Rucci

2010-2011 Doris Folineo

2011-2012 Terry Davis

2012-2013 Laura Brown

2013-2014 Laura Brown

2014-2015 Brenda Lowe

2015-2016 Diana Rucci

2016-2017 Diana Rucci

2017 Mia Allen-Ananyan

### Foundation

2006-2007 Candice Kelly

2007-2008 Candice Kelly

2008-2009 Mollie Gieseman

## Annual Crab Feast | By Rona Kelley

The annual crab feast was a crackin' success. SMWL sisters, along with guests, enjoyed fellowship and a spectacular array of seafood.

We enjoyed a beautiful view of the Port Tobacco River and Maryland steamed crabs, steamed shrimp, potato salad, cole slaw, green beans and, of course, hush puppies. On every table for us to use were new SMWL logo koozies. The feast sweetly ended with brownies and pumpkins spice cupcakes! This is really one of the best crab feasts in the County.

President Suzanne Wible conducted a brief meeting. Members were excited to hear about the upcoming Night at the Theater Steel Magnolia's on October 5th! Guests receive a teaser of information for the upcoming fundraiser and we will hear more over the next few weeks. Watch for upcoming announcements for the first committee meeting and how you can help share your time and talents. The Board encouraged and invited members to sign-up for committees.

If you didn't make it this year, make sure you attend next year. Special thanks to Celene and the staff at Captain Billy's and Becky Hoffman and Carole Lewis and the entire program committee members for a great evening.



## SMWL Foundation Budget | By Rona Kelley

At the first two meetings of the new Board of Directors in June, an important topic for discussion was the Foundation Budget. We are presenting to you an abbreviated version.

**Administrative expenses includes:** Insurance, Accounting Fees, possible storage unit, PO Box, Office Supplies and a few other misc. items.

**Small Grants from Last year:** Were the two payments from the Small Grant presenters that the board voted to send each a \$500 donation but were not paid before June 30, 2018 when this budget was created.

The Small Grants are no more than \$500 and you as a club member may submit a request to help or sponsor an organization you support. This is our way of giving back to you: the membership. These grants requests must be to a registered 501(c)3 organization. Send in your request as early as possible as they are reviewed and voted on only at the board of director meetings. The form is on the SMWL website.

This year, the board adapted a new plan to budget small grants quarterly, so that the entire fund is not spent in the first quarter and then there is nothing available for later in the year. Any grant request over \$1000 must be voted on by the membership.

Long Term Investment and/or Reserve is designated for just that. If this money is not needed, it might go into either the CD or the Community Foundation. The goal is to keep building a little at a time for that "big" thing that we'll need one day. That special something that will have a huge impact – like naming rights. In the meantime, let's earn some interest on it!

If you have questions or comments – please let me know at rona@heatbyfire.com or talk with other Board members. It's important that everyone understand.

See Foundation Budget to the right > > > > > > > > > >



### BUDGET JULY 1, 2017 - JUNE 31, 2018

Beginning Balance in Checkbook  
 June 1, 2018

\$ 24,937.21

Total estimated administrative  
 expenses (7%)

\$ 1,719.00

CSM - Scholarship

\$ 3,000.00

Available balance

\$ 20,218.21

2 year grant - Center for Children  
 60%

\$12,000.00

Small Grants \$1,000 or less  
 15%

\$ 5,000.00

Long Term Investment and/or Reserve  
 15%

\$ 3,000.00

Balance if stay in budget

\$ 218.21

Adopted at BOD Meeting 6/26/2018



Share your time and talents...  
 Join a Committee and learn more about SMWL!





### OCTOBER BIRTHDAYS

Carole Lewis - October 11

Rona Kelley - October 14

Paige Blankenship - October 14

Maryanna Lanham - October 21

### NOVEMBER BIRTHDAYS

Kimberly Roper - November 27

### DECEMBER BIRTHDAYS

Larisa Pfeiffer - December 2

Andrea Sanford - December 25

Becky Humbert - December 27

Ann Seely - December 31

This is your SMWL Newsletter!  
Please share your good news,  
By-the-Ways, special events  
and more today! Newsletters are  
generally published each month  
and shared the Monday  
before our general meetings.  
Email info to Newsletter Chair,  
Rona Kelley  
rona@heatbyfire.com

*Special thanks to*  
**Rona Kelley**  
**& Andy Sanford**  
*for our SMWL Newsletter!*



## Steel Magnolias

We often forget just how great it is to have such a wonderful local theater right in our very own backyard. Those who were able to join us last Friday night know the Port Tobacco Player's 70th Season Opener of "Steel Magnolia's" featured an extremely talented cast and crew!

Thank you to our exceptional Programs Committee for planning another amazing evening for our members and their guests. The speciality pizzas, salads and refreshments at Blue Dog Saloon & Restaurant were wonderful, the performance was so much fun, and having the opportunity to meet the cast and crew after the show was icing on the cake!

Our gratitude also goes out to Gary Fick and his Blue Dog Team for once again, taking such good care of us, and thank you to Port Tobacco Players for providing us with an evening to remember.

Our Programs Committee members are Becky Hoffman, Carole Lewis, Michelle Jones and Helen Heier. Please take a moment and thank them in person for their hard work and dedication to our League.

Membership Committee reminds everyone that the next meet and mingle will be held at  
**Rucci's Deli on Oct 10th, 2018**  
**from 5:00pm to 7:00pm**

Stop by, have a happy hour cocktail - or not. Have a bite to eat - or not. Just chat time. Meet someone new, invite a friend

**Save the date for Divas do's and dont's**  
**Nov 14th, 2018 6:00pm to 8:00pm.**

**NOVEMBER 7th MEETING**  
**Grille 13, Waldorf, MD**  
5:30 cocktails, 6:00 dinner  
Meeting to follow

**DECEMBER - HOLIDAY PARTY**  
**Saturday, December 1st**  
at the home of Darlene Breck  
in Port Tobacco, Maryland

*Meet  
Greet &  
Mingle*

## CALENDAR OF EVENTS

### OCTOBER

10/16/18 5:45 Board Meeting  
Babes Tavern/Lions Club Meeting Room

**MIX& MINGLE: Rucci's Deli on Oct 10th, 2018  
from 5:00pm to 7:00pm**

### NOVEMBER

11/7/18 5:30 General Meeting Grille 13  
Waldorf, 5:30 Cocktails 6:00 Dinner  
Meeting to Follow

**Save the date for Divas Do's and Dont's  
Nov 14th, 2018 6:00pm to 8:00pm.**

11/20/18 5:45 Board Meeting  
Babes Tavern/Lions Club Meeting Room

### DECEMBER

Saturday December 1 - Annual Holiday  
Party *at the home of Darlene Breck*  
in Port Tobacco, MD

12/18/18 5:45 Board Meeting  
Babes Tavern/Lions Club Meeting Room

2019 - Calendar under development  
watch here for updates.



# The 12th Annual Breast Cancer Awareness Luncheon

Wednesday, October 10, 2018 | 11:00 a.m. – 1:30 p.m.  
at the Waldorf Jaycees Community Center

University of Maryland Charles Regional Medical Center and the Sisters at Heart breast cancer support group are proud to come together to host the Breast Cancer Awareness Luncheon at the Waldorf Jaycees Community Center.

The luncheon is free and registration is required by 10/5/18.

Visit [UMCharlesRegional.org/Healthy](http://UMCharlesRegional.org/Healthy)  
or call 888.332.4847 to register.



## Committee Volunteers Needed

**Annual Fundraiser Event:** We're in the beginning planning stages for our upcoming SMWL MAJOR 2019 FUNDRAISER! Think Preakness. Think May. Think Mint Juleps. Think Bourbon. Think Horse Races. Think Off-Track Betting. Think Colorful Hats. Think Sponsorships. Think lot's of fun for you and your guests! Think about volunteering your time and talents with a group that's ready to race ahead and cross the finish line with enthusiasm and excitement! If you're interested in helping plan the details and get this annual party started contact Pam Frank ([pam@phfservices.net](mailto:pam@phfservices.net)), Rona Kelley ([rona@heatbyfire.com](mailto:rona@heatbyfire.com)) and Andy Sanford ([asanford12@gmail.com](mailto:asanford12@gmail.com)) today.

**By-Law Review Committee:** Bylaws are an organization's operating manual. They define the size, duties and roles of its officers; rules and procedures for holding meetings, electing and appointing leaders; contenance of the mission statement, vision and much more. As a 501(c)(3) nonprofit association, we are required to review our structural and operational guides and advise the IRS of any bylaw changes on our annual report (990). If you wish to learn more about our By-Laws, how we operate, and share your expertise, we'd love to have you join our Committee -- Contact Candice Kelly ([candiceqk@gmail.com](mailto:candiceqk@gmail.com))

## Center for Children Healthy Families Southern Maryland | By Andy Sanford

The Center for Children offers a **Healthy Families Southern Maryland** program that provides **one-on-one support for first-time mothers and their families**. *Healthy Families* is a nationally recognized program that supports teen parents and parents expecting their first baby from birth to five years of age.

### Participants are generally:

- Expectant teens and teen parents age 19 and younger that live in Charles and St Mary's Counties.
- First time expectant and new parents age 20 and older that live in Charles and St. Mary's Counties.

Families participate voluntarily in this positive program, and receive weekly in-home visits and on-going support from professionally trained staff over a five-year period. *Healthy Families* provides expectant and new parents with the education and support they need to succeed. Services are provided at no cost to families that qualify.

### Participants learn how to:

#### Prepare for the birth of their baby

- What to expect in labor and delivery
- What they will need for the baby
- Build confidence as a new parent

#### Enjoy being with their child and feel successful as a parent

- How to care and bond with their baby
- How to make routines like mealtime, bath time, and diaper changing enjoyable
- How to have more fun together during playtime
- How to help their baby get over being fussy and learn ways to help their baby get to sleep
- How to make their home safe for their baby

#### Understand what their child is telling them

- How to understand when your child wants to be held/needs attention
- How to tell when your child is playful, curious, hungry or tired

#### Promote healthy brain development and school readiness

- What to expect and anticipate in the early years of their child's development
- Select toys and activities that are right for their child's age
- Get connected to community services
- Learn how interacting with their baby helps them become ready to learn and to be ready for school and ready for a successful future

### How can you help the Center for Children and their Healthy Families program?

**SPREAD THE WORD:** share this program with every expectant teen and first-time mom in-need within our community.

**Have them call:** 301-392-9332 or email to [healthyfamilies@center-for-children.org](mailto:healthyfamilies@center-for-children.org)

**DONATE** any of the following items to help the new moms and their babies who participate in this outstanding program:

#### Everyday essentials:

- Wash cloths and towels
- Baby soap, lotion, oil, shampoo
- Booties and socks
- Onesies - all sizes
- Receiving blankets
- Diapers pull-up (all sizes) and Wipes
- Bottles, pacifiers
- Teething items (Cool & Chew type)

#### Safety items:

- Baby gates
- Outlet covers
- Bath Tub thermometers

#### Educational Toys (age birth to five):

- Lacing Toys, Lacing Beads
- Sorting Items: First Blocks, Counting Toys,
- Go Fish Card Games, Puzzles

#### Board Books (English & Spanish):

- Everywhere Babies
- Brown Bear, Brown Bear what do you see?
- Sleep Baby Safe and Snug
- Any Dr. Seuss Book
- Pat the Bunny *and other sensory books.*

**Donations can be dropped off to Pam Roberts at the Galleria Spa & Salon in Waldorf, brought to the next meeting, or call/text Andy Sanford 301-399-0583 and she'll be happy to pick them up!**