



Southern Maryland WOMEN'S LEAGUE

Linked by More than Community

October/November

Southern Maryland Women's League | P.O. Box 2511, Waldorf, MD 20601 | 301-643-0556, Fax: 240-607-2259 | 11/2/2012



Laura Forbes-Brown

President's Message

The first look of fall has just begun; soon we will be raking leaves and planting mums! One of my favorite times of the year and the big anticipation of the holiday's right around the corner. I am planning my mother's retirement from the Federal Government. Over 30 years of superb service. Making it through Alyssa's Homecoming and teaching her to drive....OMG! I swear my heart is going to pop out of my chest. I wish I had a break petal on the passenger side seat!!!!

October was a busy month for our league... CSM Scholarships were awarded, we held a tour at Angel's Watch and we had a great general meeting!! Thanks to Andy for planning and hosting the program. It was a fantastic opportunity to learn more about each other and discover exactly what we "do" for a living, or about special charities that are close to our hearts. If you didn't see it, she also put together a SMWL Membership Business Guide and distributed to each member in attendance. The guide provided everyone with business and contact information, which I'll be sure to reference before I purchase anything.

I would also like to welcome our newest members Beverly Lahman (returning Charter Member), Tracy Harris and MeMe Ellis. I am so excited to have you ladies be part of this extraordinary organization.

Angels Watch: Becky Humbert and I visited with the Angels Watch Directors and were informed there are no plans to move the shelter at anytime soon. Catholic Charities' time frame is at least 7 years out. For the members who have volunteered at, or toured the facility you know the building is in poor condition. But, thanks to our efforts the facility is much more safe and secure now, and a home to several women and families. SMWL has made such an impact, we have left our mark!

Last Tuesday (October 23rd) we held our SMWL Angel's Watch Tour. Desserts were donated by Chef Gary Fick and enjoyed by all participants who gathered together to view the all of the updates provided by SMWL and to meet and visit with the staff and residents. One of the most amazing points during the visit was the opportunity to talk and interact directly with the residents where we learned that these ladies want to work!!! One young woman who is there with her mother is a student at CSM. She was so impressive and so was her mother - *continued page 4*

Programs & Events

Overview of our Sept & Oct. Meetings...



MEETING DATE: Wednesday, September 5th
LOCATION: Swan Point Yacht & Country Club

Chicks with sticks is exactly who we were!!! I think we may have experienced one of the hottest and stickiest days all summer. But it didn't stop our SMWL ladies and guests from having a blast. Several of our golfers were "first time virgins" to the golf course, and let me tell you, they all
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How important it is for us to recognize and celebrate our heroes and she-roes!

--Maya Angelou



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.

Don't miss our next event...



Special Guest Speaker

Holly Dunbar

Holistic Health and You!

Wednesday, Nov. 7, 5:15 to 8:30 p.m.

at Martini's in White Plains

General membership meeting with special guest speaker.
\$25 member/\$35 guest. **RSVP NOW!**



Holly Dunbar is the Owner and Operator of New Moon Bodyworks & Botanical. Please see the details of her presentation and her Bio below. Along with all of these wonderful attributes she is also the sister of our "SMWL Sister" Brianna Bowling.

Essential Oils for Health, Beauty, and Wellness -- Licensed Massage Therapist and Herbalist Holly Dunbar will introduce the healing art of essential oil therapy, also known as aromatherapy. She will explain the properties of 5 common plant oils used in the medicinal, food, and cosmetic industries and demonstrate how easily they can be incorporated into daily routines to enhance health and well-being. Samples from her own product line and testers of the plant essences will accompany her presentation. **Don't miss out RSVP now!!!!**

Message from the Editor | Andy Sanford

Networking? We DID that!



In case you missed it last month, this edition of our Newsletter is actually a combined October/November issue!

I apologize for the delay in information and materials -- but to be honest -- I have literally been swamped!

Not only did I have the opportunity to plan and present the October meeting which featured SPEED NETWORKING and Membership BINGO, but I left the very next morning to drive to Savannah, Georgia for a week to take part in my son Jacob and new daughter-in-law Samantha's WEDDING! (see photo... so beautiful, right?)

I must say, I am extremely proud to be part of our amazing organization -- during our speed networking -- I learned so much about each of the ladies in attendance! Who knew that Bonnie Baldus-Grier has an ENTIRE GARAGE FILLED with Christmas Ornaments that she will use for this year's Hospice Festival of Trees (which, at its 25th year will be the very last Hospice of Trees event); that Lyn Bell is a Reverend with SLS Ministries; or that Patty Harris is a Purdue University graduate and Veterinary Manager for a four-location Veterinarian Clinic! WOW!!



Care Committee |
Donna Ellis



We Care!

We held our first Care Committee meeting!

In attendance were Cindy Lantz, Shelley Reed, Lisa Wills, Lyn Bell, Ruth Mudd, Dawn Howdyshell and Sherrie Sanders plus myself naturally.

We discussed different ways to send out cards and formulated a plan to get together to prepare dinners for members who may be in need due to certain circumstances. **If anyone knows of someone needing a card for some reason please either send me an email or call me.**

This month I sent out birthday cards to Diana, Laura, Rebecca Hoffman and Dawn Howdyshell. Also a sympathy card for Laura as her Grandfather passed away, and a get well card to Lyn Bell who was in the hospital for a couple of days (and she's much better now!) I wish each and everyone much happiness and the best of health.

Happy Birthday

OCTOBER BIRTHDAYS

- Flower : Marigold
- Birthstones: Tourmaline and Opal
- October 1: **Amy Eastburn Gallo**
- October 11: **Carole Lewis**
- October 14: **Rona Kelley**
- October 16: **Martina Arnold**

NOVEMBER BIRTHDAYS

- Flower: Chrysanthemum
- Birthstones: Topaz and Citrine
- November 7: **Rita Shane**
- November 14: **Meme Ellis**
- November 16: **Beverley Lahman**



Now that summer is over; vacationing has slowed down and children are back in school; the real business of the Foundation will swing into gear. The Foundation already has several requests to participate in and requests for support of charitable organizations within our community.

The Board approved a \$500 Grant for a Hospice Festival of Trees tree sponsorship in Honor of Lisa Joson; a \$100 Donation toward Lisa's name being included in the Civista Honor Roll of Women; a \$500 Sponsorship of the Walk to End Homelessness, and \$500 for a Sisters Lifting Sisters sponsored Women's Therapy & Retreat. It is exciting and rewarding to be a part of a group of women that participate and give back to the community.

Foundation Support | Laura Brown

Our CSM Scholarship

The Grant selection committee reviewed all applications this summer provided by CSM. From those applications 23 in all, we selected two ladies who will both be awarded \$1,500 each semester our two grant awardees will receive \$750. For our newer members, SMWL has worked together with The College of Southern Maryland. Every year we award \$3,000 to go towards a student who is a single parent or was raised by a single parent. We have experienced great success and to date have awarded over \$12,000 in scholarship grants to hopeful students of CSM.

On Sunday October 21st, League President, Laura Forbes-Brown and Board Members Brenda Lowe, Donna Ellis and Andy Sanford attended the Scholarship Award Ceremony on behalf of the Southern Maryland Women's League. It was an honor to represent our League and see the difference we make each day in the lives of women within our community!



It was a great SPA NIGHT at the Galleria Spa & Salon

Thank you to SMWL sister and Galleria Owner, Pam Roberts and Dr. Chiarmonte, renowned Plastic Surgeon for an opportunity to mingle, relax and participate during our annual SMWL Spa Night held October 10, 2012.

Members in attendance enjoyed special pricing for luxury services including Dash-In Peel and/or Aromatherapy Massage, manicures and pedicures, and of course Dr. Chiarmonte's exceptional services!

If you missed this annual event but would like to speak with Pam about her exceptional services, please feel free to contact her directly at 301-645-5999. The Galleria Spa & Salon is located at 161 St. Patrick's Drive in Waldorf!

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 October 2012, we are excited to Highlight SMWL member...

Margie Earnshaw

Occupation/Business:
Bookkeeper for Earnshaw Bros., Inc.
Independent CAbi Consultant



Are you married? Yes, to Rick

Do you have any children? Two: Carmel and Craig

What do you want to be when you grow up? I would like to be a wonderful Grandmother to my Grandchildren

What is the one thing that your SMWL sisters may be surprised to learn about you? I love to FISH

Tattoos? No, but would love one

Favorite sweet treat? Chocolate Ice Cream

In your birth order, are you first, second...? 3rd in birth order

Most proud of: Being married 40 yrs

Eye color: Brown

Favorite meal:anything with Pasta

What motivates you to succeed: I want to succeed so I can retire early and enjoy....life is too short

What TV character best describes you? Meryl Streep...just because I love her

If you could play hookie for one day –where would you want to go? I would go fishing and boating and end up on a beach



Visit our Facebook Page and LIKE us and you could win a prize!

<https://www.facebook.com/pages/Southern-Maryland-Womens-League/113078255376018>

President's Message continued...

Their situation was domestic violence. Mom is a veteran and has an impressive job back ground, she has even counseled juveniles. Two other young women were students at CSM last year and are eager to continue in their education. I took all of their information and told these ladies I would share their information to try and help them get back into the work force.

Well, a few days later, three of the young women called me seeking my assistance. I spoke to their case worker from social services and he mentioned to me these ladies are a part of a program called Temporary Cash Assistance (TCA).

What does this mean? Any company or business can bring these ladies on for 20 hours per week, you do not pay them, you treat them as an employee helping and teaching them office skills, work ethic and accountability. The program is designed to get them back out in the work force. If you like to hire any of these ladies you can or you can simply help them help themselves by mentoring. The money the ladies receive is not much but child care is also provided.

I love what this program is doing for families and single mothers. This is another opportunity for you to help make a difference for someone in need.

If any of you or someone you might know is interested, please contact me and I will pass on the necessary information to you. Please feel free to pass this information on to anyone you may know, I will be happy to direct them.

My hope is to see every one of these residence regain their self confidence, build up their self esteem, know that they are important and loved by their community.

Other items of needed at Angel's Watch:

- Pillows, Twin Sheet Sets, and Comforters

The winter months are coming and the shelter is out of these items.

I am looking for donations of these items, please let me know if you would like to help. Oh, and cleaning supplies are ALWAYS in need.

Our last two meetings continued...

they all raved about the great time they had experienced. We only had time to play three holes of golf and I think I can speak for all the golfers (experienced and not), we wanted to play more!!!! Swan Point Pro Robbie was helpful and great with all the ladies. As we first arrived Swan Point had complimentary cocktails and snacks, provided the golf game on the house and gave us an amazing dinner. Swan Point was a perfect host, they rolled out the red carpet and would love to have us back....we did have a lot of discussion on playing 9 holes in the future.....

NETWORKING MEETING Wednesday, October 3 At Martini's



All members in attendance (and those who responded to the networking survey) had an opportunity to promote their business and share their passion about favorite charities in a fun and unusual way!

October's meeting featured SPEED NETWORKING!! Participants were grouped together by color coded name tags and tables, and were given 5 minutes to quickly share their information with each person at their table. The timer added an element of urgency and forced everyone to have fun and quickly practice their own "elevator pitch." Not only did members share information about their "real jobs", but many offered special SMWL Sister2Sister Discounts! Member's memory skills were tested as the evening ended with a few rounds of membership BINGO! A special thanks to Andy and the office of Dr. Karl A. Smith for providing all of the great door and Bingo prizes!

A copy of the SMWL Membership Business Guide is attached to this email. We will also have copies available at our regular meetings.

If you have not yet responded to the business to business survey, but would like to be included, please contact Andy directly and she can add your important information at the printing of the next issue.

Thank you to everyone who attended our last two meetings. We have a great time planning and preparing these events and your participation is the key to our overall success. If you have an idea for a meeting theme or special event, please be sure to share it with us! We'd love to work together to bring new things to our club!

Membership Report | Helen Heier



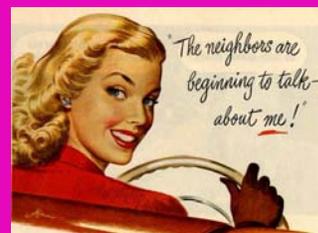
Our Numbers...

The first meeting for the new Membership Committee was on August 29, 2012. We had a great response from the new Committee members on volunteering for certain tasks along with new ideas which we will be implementing this year. We look forward to all the new members helping on this Committee.

New Membership Directory, new Membership Birthday List, and new Membership E-mail lists were sent out September 12, 2012 to all members. As of today, September 19, 2012, our membership number is 48, and continuing to grow.

We have members who have attained the 3-meeting requirement and have received some applications for membership. We look forward to their membership. We also have some perspective members who have attended two meetings, needing one more. If anyone needs an application, please contact Helen.

Diana has volunteered to take on the task of creating the new membership notebooks and getting name tags for our new members.



2012/13 SMWL Calendar of Events...

Wednesday, November 7

SMWL Meeting w/Special Guest Speaker
\$25/members; \$35/non-members, Martini's

Wednesday, November 21

BOD Meeting, 5:30pm Re/Max 100 Building

SATURDAY, DECEMBER 8TH – NEW DATE!

SMWL Christmas Party @ Sherrie's Home

Wednesday, December 19

BOD Meeting; info TBD

2013: Wednesday, January 9

SMWL General Meeting, \$25/members;
\$35/non-members, Location TBD

Wednesday, January 23

BOD Meeting, Re/Max 100 Building

Wednesday, February 6

Event for National Heart Month, Celebrate
Body, Mind & Soul, info. to follow

Wednesday, February 20

BOD Meeting, 5:30pm Re/Max 100

Wednesday, March 6

SMWL Meeting: **Minute to Win It**
\$25 members/\$35 non-members

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's Mystery Night

Wednesday, May 15

BOD Meeting, 5:30pm Re/Max 100

Wednesday, June 5th

Annual Business Meeting @ Martini's

Wednesday, June 19th

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.

By-the-Ways...

Sisters Lifting Sisters COAT DRIVE

Our league sister, **Lyn Bell of Sisters Lifting Sisters** is collecting winter coats or jackets that will go to help needy families and the homeless. New and gently used in all sizes!! Let's pull together our friends, family and resources and see how many coats we can collect!!! Thank you in advance for the gift of giving that you all display!!! If you are not attending next week's meeting, you can drop off to the See-Thru Windows Showroom in Waldorf.

WALK TO END HOMELESSNESS

Saturday, November 17th is the Walk to End Homelessness in Charles County. Proceeds from this event benefit the "Safe Nights" Program. The walk starts at 9 am in front of the Town Hall in La Plata and is 3 miles. Your SMWL Board voted to provide a \$500 donation to sponsor this event providing us with exposure and an opportunity to walk and help. Please contact CINGY LANTZ if you would like to join Rona Kelley, Andy Sanford, Laura Brown, Helen Heier, Terry Davis, Carole Lewis and Cindy Lantz in the walk!

HOSPICE FESTIVAL OF TREES EVENTS

The 25th annual and FINAL Festival of Trees event – don't miss your opportunity to support this amazing cause and bring in the holidays with style! Events: Friday, Nov 23 – Dueling Piano Night, Saturday, Nov 24 – General Admission & Santa's Village, Lunch with Santa, and the Black Tie and Blue Jeans Ball. Sunday and Monday are general admission and Santa's Village.

To sponsor, please contact Christy Dickerson at 301-751-2807 or to purchase a Tree call 301-609-TREE or contact SMWL sisters, Bonnie Grier and Diana Rucci.

NEW JERSEY – HURRICANE SANDY DONATIONS

Connie Fuksa is collecting donations of ANYTHING, sheets, towels, blankets, clothes for any age, shoes, toiletries, cleaning supplies or anything you have to share. If you have things you would like to donate she will be taking a tractor trailer up on Nov 17th that was generously donated by Tracey Messick and her family. Donation drop off spots: Foote Title in Waldorf, World Gym in La Plata or the Cobb Island Fire Dept.

For additional info, contact Connie directly via email
Connie@footetitle.com



Southern Maryland
WOMEN'S LEAGUE
Linked by More than Community

2012/2013 SMWL Board of Directors

President: **Laura Brown** (2011/14)
laura_forbes@comcast.net

Vice President: **Brenda Lowe** (2012/14)
ahloweha@aol.com

Secretary: **Cindy Lantz** (2012/14)
cynlantz@yahoo.com

Foundation Treasurer: **Brenda Lowe**
(2012/14), ahloweha@aol.com

League Treasurer: **Rona Kelley** (2012/14)
rona@heatbyfire.com

Program/Event Chairs

Vickie Johnson (2011/13)

Diana Rucci (2010/14)

Vicki: vjohnson7775@aol.com

Diana: diana.n.rucci@wellsfargo.com

Membership Chairs

Helen Heier (2011/13)

Diana Rucci (2012/14)

Helen: heier2@comcast.net

Diana: diana.n.rucci@wellsfargo.com

CSM Grant Project

Carole Lewis (2011/13)

icare4faces@yahoo.com

Care Committee

Donna Ellis (2011/13)

donnajellis@hotmail.com

Media/Public Relations/Newsletter

Andy Sanford (2012/14)

asanford12@gmail.com

Foundation Grant Liaison

Patty Harris pj.harris@juno.com

Angel's Watch Grant Liaison

Laura Forbes-Brown

laura_forbes@comcast.net

PAST PRESIDENTS

Rona Kelley: 2006-2008

Diana Rucci: 2008-2010

Doris Folineo: 2010-2011

Terry Davis: 2011-2012