# 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.

### Don't miss our next event...



### 1st Annual SMWL Re-Gift Exchange

Wednesday, January 9, 2013 5:30 Cocktails & Social, 6:00 Brief Meeting & Dinner 6:45 Let the Games Begin, Martini's Prime Rib Room Members \$25, Guests: \$30

I know we all just "love" everything we receive for Christmas but maybe it's just not what you really needed. So let's have some fun in a Chinese Style Re-Gift Exchange with a SMWL Twist! If you would like to participate please bring a NEW, Wrapped Gift at a value of approximately \$20 to \$25. We will supply the "rules" & the fun! This would be a perfect meeting for your guest to truly enjoy the jolly spirit of our club!

Our Next SMWL General Membership Meeting – February 6<sup>th</sup> and our Focus is to Celebrate National Heart Month by focusing on our Mind, Body and Soul... watch for details and please be sure to RSVP as soon as you receive the official email invitation, this helps us to better prepare for our exciting meetings!

Message from the Editor | Andy Sanford

### A New Year - Let's Connect!

It's a New Year and with it brings new possibilities, new goals, new opportunities. And, our first goal is to work to ensure that all of

our members are CONNECTED! Invitations to join and LIKE our page on Facebook have been sent in each newsletter and mentioned at each meeting – and it really is important for you to join in as we share news and information on our page and encourage responses from our members. If you do not have a Facebook page, I would love to help you. I can set one up for you, show you how to use it and share the power that social media can give to you and your business or charitable organization. Just call me and we can spend some time together!

Last year we also created a SMWL Business2Business Guide which listed many of members and their business contact information, if you didn't get a chance to respond and weren't included, or you didn't get a copy of the guide at our meeting, please be sure to contact me directly. This year, we're planning a membership survey to help us learn more about you and what type of things you enjoy the most about your membership! Watch for it soon!

In closing, this is YOUR newsletter and YOUR club, so if there is something that YOU would like to see included, or expanded, please let us know! Oh, and I need pictures. Yes, pictures! Everyone loves photos in newsletters, on Facebook, and within our website – so be sure to send them to me. Captions or brief description are also much appreciated as it helps to inform the reader and to archive the history of our activities. Submit info to: asanford12@gmail.com

Visit our Facebook Page and LIKE us and you could win a prize! https://www.facebook.com/pages/Southern-Maryland-Womens-League/113078255376018



Care Committee | Donna Ellis

### We Care!

Welcome 2013! December was a busy



Month as we had six members celebrate their birthdays! Cards were also sent to league sisters who may have just needed a lift or a note to let them know that we are thinking about them.

Remember, if anyone knows of a member in need, please send me an email so we can send them a card or offer additional support services.

### January Birthdays!

Flower: Carnation, Birthstone: Garnet Patty Harris - January 20 Susan McClanahan - January 20 Doris Folineo - January 25 Rebecca Martin - January 30

Foundation Report | Brenda Lowe, VP

### Foundation News

During the last half of December through now, no formal requests for disbursements of money have been received.



We funded our \$3,000 commitment to College of Southern Maryland for our single parent scholarships and we sent the check for \$5,000 to Hospice House for the first of five payments on the bedroom suite for terminal patients to be named after the Southern Maryland Women's League. As the new year gets into gear and projects commence, we will continue to diligently examine requests for funding and do our best to accommodate those requests that best exemplify the SMWL Foundation Mission. Happy New Year to All!

triends

### Continued from Page 1

#### 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

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

Membership Report | Helen Heier





### 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

## Member Spotlight!

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 SWWL 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 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.



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!)











#### 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

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