



February 2011 Newsletter

The Women's Business Network of
Frederick

presents

Living the Exceptional Life

In life and in business, how we honor our values affects the quality of our lives and our satisfaction with our success. When we live by our values, we enjoy unique harmony rather than internal tension. Discover and explore what you value and how that is affecting your choices, decisions and satisfaction with life. Walk away with specific actions that will help you live those values and create a life you can consider exceptional.

Friday, February 11, 2011

11:30 a.m. - 1:30 p.m.

Dutch's Daughter

Speaker:

Lisa DiSciullo

2011 Future Meeting Schedule

March 11, 2011

11:30 am

*"Integrating Change with
Minimal Pain"*

Dutch's Daughter

April 8, 2011

8:00 am

*"Little Things Make a Big
Difference"*

Dutch's Daughter

WBN Officers and Directors

President

[Karen Justice](#)

Vice President/ Co-chair Programs

[Lisa DiSciullo](#)

Secretary/Treasurer

[Be Cranford](#)

Committee Chairs:

Electronic

Communication

[Amy Pujols](#)

Membership

[Lori Follmer](#)

Past President

[Janice Rockwell](#)

Programs

[Jeannie Fawley](#)

Public Relations

-WBN Registration Form-

Please R.S.V.P. by Monday, February 7, 2011

Member \$25, Nonmember \$40

Annual Dues \$75

January President's Message

Although many women make plans in January to reduce and lose (reduce stress, lose weight, etc.), the Women's Business Network can help you GROW and INCREASE this year. Our programs will help you GROW your business and career options with new information and insight. They'll provoke new ways of thinking, help INCREASE your focus and INCREASE your network. Check out our Program Calendar on our website. [WBN Programs](#)

INCREASE your business by using the newsletter to connect other members to any special news or information you provide. The policies are on the website. [Policies & Procedures](#) Practice a skill you want to learn by volunteering on one of our committees without work related consequences. Talk to June, Lori, Jane, Amy or Jeannie about working on their committees. For example, if you like to write, but have very little opportunity to do so, we need one or two women to help synopsise each month's program for the newsletter. There's a link to their email in the Board list to the right.

REDUCING clutter and MINIMIZING stress may be great objectives for 2011, but plan to GROW and INCREASE with the Women's Business Network of Frederick. As I said at January's meeting, "You don't want to miss anything and you don't want to miss out!"

To enhance our January intentions, our February program will help us discover ways to live an exceptional life. Isn't that what you want; exceptional success with exceptional opportunities to enjoy it?

See you at the next meeting.

[Jane Helm](#)

Special Events
Coordinator
[June Melvin](#)

WBN Membership Information

Join us for our next
program.

Review the Program
Calendar above and be
sure to save the dates on
your calendar.

Fill out the [Registration
Form](#), send it in, and we'll
see you there!

Call Membership Chair Lori
Follmer with any questions

301-471-0923

Have You Visited Our Web Site?

You can find more detailed
information and a
downloadable Registration
Form on the site.

www.wbnfrederick.org

Karen Justice
President

January Meeting Synopsis

"Getting a Grip on 2011" Facilitated by Judy Deluca, Business and IT Training Program Manager, Frederick Community College

by Jane Helm

Before facing the daunting thoughts of what we want and need to accomplish in 2011, Ms. Deluca asked us to write five things we accomplished or are grateful for from 2010 on the fingers of cut out hands. With the confidence of success buoying our spirits, she asked us to turn the hands over and record five things we want to accomplish in 2011.

Because success is proven to improve when we share our goals with others, Judy asked us to convene with others whose "hand" colors matched ours. Within the new table groups, we each shared at least one of our new goals and were supported by the suggestions, referrals and resources of others. All participants were asked to save their "hand," and bring it back to the February meeting.

Election of 2011 Board of Directors

The Nomination Committee Chair, Janice Rockwell, restated the Nominating Committee slate of officers for 2011 and introduced the candidates. As there were no write-in candidates, the slate was unanimously elected.

The Women's Business Network of Frederick's Board of Directors for 2011 is:

President - Karen Justice
Vice President - Lisa DiSciullo
Secretary/Treasurer - Be Cranford
Committee Chairs
Electronic Communication - Amy Pujols
Marketing - Jane Helm
Membership - Lori Follmer

Programs - Jeannie Fawley
Special Events - June Melvin
Past President - Janice Rockwell

Help Wanted

WBN works for you when you help WBN. Get involved and build your network. Would you like to meet more WBN members?

Are you a regular at WBN programs? How are your photography skills? Interested in taking photos at WBN events? Contact Public Relations Chair, Jane Helm (jane@moorewealthinc.com, 301-631-1207)

Are you a people person with an eye for detail and accuracy? Could you arrive early for at least two WBN meetings to help with check in and registration? Contact WBN Secretary/Treasurer, Be Cranford (301-606-6520be@bes-homestaging.com)

Needed for 15 - 45 minutes a month: Program flyer designer. Take information provided by the Program Committee chair and create an advance promotion flyer. Contact Programs Chair, Jeannie Fawley (jeannie.fawley@pnc.com, 301-668-0044)

Needed - ladies interested in assisting with our Steps to Success and special events for the WBN. For more information please contact Special Events Coordinator, June Melvin (www.briarwoodclassics@gmail.com)

Free Events, Special Offers, and Newsletters from

WBN Members

Your Living Well Newsletter by
Be's Home Staging and Redesign
[Read it here](#)

Gift Certificates are available for your Charity Event from
[DanceWorks, Ballroom and Latin](#)

Have some exciting business news to share?
Showcase it on the WBN Newsletter!

Please send your information to [Amy Pujols](#), our Web/Newsletter committee chair. The Executive Committee will review your submissions and approve them for publication.

WBN's detailed guidelines for promotional newsletter submissions can be found at
[Newsletter Submission Guidelines](#)

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