



January 2011 Newsletter

2011 WBN Membership

Join now for \$75

[Click here for membership form](#)

Membership Celebration Lunch

January 14, 2011

Even though it is free, please RSVP by Monday, January 10.

President Message

Board Elections at January Meeting

Help Wanted Section

Membership Celebration Networking Party and 2011 Elections

"Get a firm Grip on your

2011 Future Meeting Schedule

February 11, 2011

11:30 am

"Constant Leadership"

Dutch's Daughter

March 11, 2011

11:30 am

*"Integrating Change with
Minimal Pain"*

Dutch's Daughter

WBN Officers and Directors

President

[Janice Rockwell](#)

Goals for 2011"

Friday, January 14, 2011

11:30 am - 1:30 pm

Maryland National Golf Club*

*Note Special Location this Month

8836 Hollow Road
Middletown, MD

Free for members

R.S.V.P. by Monday, January 10, 2011
to be@bes-homestaging.com

Guests welcome at guest rate

[Click here for WBN Meeting Registration Form](#)

January 2011 President's Message

Swan Songs and Resolutions

Out with the old and in with the new. January is a time to assess the past year (or sometimes simply be rid of it) and to resolve to achieve new heights. Resolutions have acquired a bad rap. I guess because they sound so official, legalistic even, that if they aren't met with perfection, it is believed that all is lost. Instead of setting yourself up for failure, it's tempting not to make resolutions at all. Perhaps if we called "Resolutions" "goals," we'd have a positive outlook on the ritual. After all, that's what New Year's Resolutions are. One year, I resolved to stay in better touch with my friends and relatives by sending birthday cards, get-well wishes, etc. Karlys Kline I'm not, but I did get better at it because I was conscious of that goal. Then there's the favorite: "I will lose weight and get in better shape." Let's just say I didn't gain weight. That's something, right? I will be a better parent; I will laugh more; I will take time to smell the roses; I will finally clean out my basement; I will do something nice for

**Vice President/
Co-chair Programs**
[Karen Justice](#)

Secretary/Treasurer
[Be Cranford](#)

Directors:

Membership
[Lori Follmer](#)

Programs
[Jeannie Fawley](#)

Public Relations
[Jeanne Hall](#)

Webmaster
[Amy Pujols](#)

Past President
[Shabri Moore](#)

**Special Events
Coordinator**
[June Melvin](#)

Committees:

Newsletter
[Lee Ann Wolff](#)

**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

others; I will learn a foreign language, I will try to catch up with technology, etc. You get the picture. Your list can be as long as your arm.

[Form on the site.](#)

www.wbnfrederick.org

One of my goals as President of WBN was to make WBN the "go to" women's networking group in Frederick. I hoped to achieve this goal by making our organizational practices and structure more professional, delivering superior programs which engaged our members, and by having fun at our meetings. With the support and hard work of a top-notch Board of Directors, we made great strides towards achieving this goal. Are we there yet? No, but as any parent has told a child on a long car ride: "Almost, we're getting closer." For my swan song, I'd like to say thank you to all the wonderful people I've gotten to know through WBN. Our members are so talented and positive, come what may, that it is a true joy to keep company with you. Best wishes to you all for a healthy, happy and prosperous 2011.

Janice Rockwell
President

Women's Business Network of Frederick

Board Election

The Women's Business Network Board of Directors has nine members with rotating terms. In January, 2011, the President moves to the role of Past-President and a new President and Vice-President are elected, as is the Marketing Committee Chair. Elections will be held at our January 14, 2011, meeting: Celebration of Membership.

The Nominating Committee has presented the following nominations for the openings. Nominations may be presented from the floor the day of the election.

- Past-President: Janice Rockwell, Janice B. Rockwell Law, LLC
- President: Karen Justice, The PowerHouse

- Vice-President: Lisa DiSciullo, Certified Personal Coach
- Marketing Committee Chair: Jane Helm, Moore Wealth Management

Returning Board members include:

- Secretary/Treasurer: Be Cranford
- Electronic Communication Chair: Amy Pujols
- Membership Committee Chair: Lori Follmer
- Program Committee Chair: Jeannie Fawley
- Special Events Chair: June Melvin

WBN members are encouraged to become involved in growing the Women's Business Network by sharing your time and talents. If you are interested in working on a committee or special project, please contact the new President, Karen Justice. (Karen@the-powerhouse.com)

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 WBN Marketing/Publicity Chair, Jeanne Hall (jhall@LSWGcpa.com, 240-379-6314) for more info.

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 (be@bes-homestaging.com, 301-606-6520) for more info.

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 Jeannie Fawley (jeannie.fawley@pnc.com, 301-668-0044) for more info.

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](#)

[Forward email to a friend](#)



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Women's Business Network of Frederick | 50 Carroll Creek Parkway, Ste 33 | Frederick | MD | 21701