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June 2011 Newsletter

Future Meetings

July 14, 2011

"Girls Night Out"

5:00 pm departure from
Frederick for
"Wicked"

at the Kennedy Center
Tickets Still Available

September 16, 2011

Lunch

Dutch's Daughter
**"What will drive Business
for the next Five Years"**

WBN presents

**Constant Leadership
Boss or Role Model,
It's a BIG Job!**

Friday, June 10, 2011

8:00 am to 9:30 am

Dutch's Daughter Restaurant

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](#)

Leaders lead intentionally and often unintentionally. Being in a leadership position puts you in a spot light. As Fort Detrick's mayor, manager and commander, Col.

Robinson has much to share about the skills and techniques we can comfortably and confidently use to influence, direct, guide, correct, and acknowledge others.

Colonel Judith Robinson Garrison Commander, Fort Detrick

Col. Robinson is a Medical Service Corps Officer with 26 years of active duty service. She has served at every level from Platoon Leader to Army Staff. In addition to a multitude of leadership positions, she has been awarded with a Bronze Star Medal, seven

Public Relations[Jane Helm](#)**Special Events**

Coordinator

[June Melvin](#)

Meritorious Service Medals, three Army Commendation Medals, a Joint Service Achievement Medal and three Army Achievement Medals.

Quick Links

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**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

Please RSVP by June 6.

Send registration form and check to:

Women's Business Network, P.O. Box 3032,

Frederick, MD 21705-3032

[WBN Registration Form](#)

President's Message

Summer Business

Do we ever outgrow that summer vacation expectation we developed in third grade? The days get warmer and longer and we wistfully wish for more time to play.

A few years ago, one of our speakers reminded us that we need to do just that - find more time to play. She gave us several "coupons" to exchange for an hour, a day, a weekend and two weeks which we were to spend on recreation to re-create ourselves.

Studies show that when we take long breaks from work our productivity and creativity increase. Going out to play is good for business! So this month, I'm giving you all "Summer Playtime Coupons" to re-energize your mind and soul. It will make you more productive and creative, remember?

5-10 minutes to: Go outside. Soak up some Vitamin D. Take a deep breath and really look around you. Notice things you usually overlook. Pick one thing and redesign or repurpose it.

15-30 minutes to: Put on some tunes and your comfy shoes. Turn up the volume and dance! Pay attention to how each part of your body is moving and how great it feels. Loosen up and let your spirit soar.

1 hour to: Buy a hoola-hoop or a badminton set and play with it. Dust off the basketball or your bike and use it. Build sand castles or wade in the creek at the park.

An afternoon to: Plan a playful summer of re-creation.

I'm going to start with the dancing, then maybe I'll try to recover those hoola-hoop moves. I'm heading for the sunshine, because play is good for my business!

Karen Justice, President

**Welcome to our newest members!
We appreciate you joining (or re-joining us!)
We look forward to a great year:**

D. Yvette Shirey

Jennifer Smuller

Kara Vittetoe

**WBN Board Member Spotlight
Jane Helm**

Jane Helm serves on the Board of the WBN as Marketing Chair. She is responsible for getting the word out to the business women in the community about this dynamic organization. She also is on the WBN Special Events committee.



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Jane is thrilled to be the Senior Paraplanner at Moore Wealth, Inc., a boutique financial planning firm which specializes in small business planning and individual wealth strategies. With over a decade in the financial services arena, she oversees client service, maintains all of the files and assists with marketing. Jane is a graduate of Salisbury State College, having earned a

degree in Social work with a concentration in psychology. Her professional passion is educating people about the basics of investing and helping clients to develop behavioral changes and teaching them communication strategies that facilitate positive fiscal change in their lives.

Jane is also the co-founder of the Build Your Own Business Success Group, which meets monthly in Frederick and offers relevant business and professional growth tips.

While at home in Emmitsburg, Jane enjoys gardening, decorating and eating her husband's culinary delights! She has two daughters, Emma & Megan and recently became a grandmother to Moira Aileen.

Contact:
Jane Helm
Moore Wealth, Inc.
jane@moorewealth.com
301-631-1207

May Meeting Re-Cap

On May 13, Barbara Roman, CPA, of Linton Shafer Warfield and Garrett, presented valuable information on being a board member of a nonprofit. She shared an intriguing story of what can go wrong and underlined the responsibilities of board members for overseeing all business conducted by nonprofit boards.

All attendees at the meeting were given a 10 question quiz testing their knowledge of board member responsibilities and most found it very challenging and enlightening. Did you know that the generally recognized standards of conduct that board members must follow are: duty of care, duty of loyalty, and duty of obedience? Barbara, as well, provided a checklist on how to minimize nonprofit board member liabilities in the areas of board operations, financial and tax management, personnel, fundraising, and insurance. Barbara's overriding message was to be aware of the responsibilities as a board member of a nonprofit.

**Free Events, Special Offers, and Newsletters from
WBN Members**

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

**The latest news from Morber Marketing Group --> Jeannine's Blog,
Training, Workshops, & The Quiz Question**
[Read it here](#)

**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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