

## WRN Executive Board

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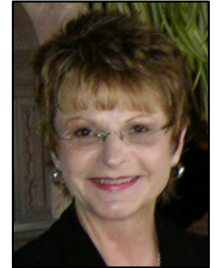
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## President's Message

Hard to believe that the first half of my term as President of WRNMontco is nearly over; for that matter, the first half of my life might be over, too. I have learned a lot in my life and in my term as WRN President. I just wanted to share thoughts that have traveled through my mind over the past year. You might think my "Top 10" are silly (see #9); I hope you take a moment to think about them (see #4); or... just continue reading the remainder of the newsletter and have the HAPPIEST OF HOLIDAYS!



Cher Frederick  
President

1. President of anything can be a lonely place at times
2. People do not remember what you wore last New Year's Eve – they only remember what they wore
3. When I was 40 years old it did not matter how much the shoes hurt my feet as long as they matched my outfit
4. People always have enough time to do what they really want to do
5. Technology has gotten more technical in the last ten years
6. When I was 20 I couldn't imagine having a friend that was 50; now I don't think of age when choosing friends
7. Nobody cares how long "it" takes or what time of night you do "it" as long as "it" gets done and they do not have to do "it"
8. Almost everyone is nicer during the holidays
9. It is easy to criticize others for their thoughts or actions when the only effort expended is the wagging of the tongue
10. And my personal favorite, "Nobody cares how much you know until they know how much you care"

Blessings to you and yours,

~Cher

## The December Program 2<sup>nd</sup> Wednesday of the Month

### "Bring a Bra" Holiday Luncheon- December 13, 2006

Plan to join us for networking and a focus on the spirit of giving. We will be presenting our annual donation to **Laurel House**, the only emergency domestic violence shelter in Montgomery County. Many of the women coming to **Laurel House** flee their homes in the night with just the clothes on their backs. Donations of personal items are the most needed. Please bring new, unwrapped, personal items (larger sizes most needed) or gift cards. Tommie Wilkins, a representative from Laurel House will be present to accept our gifts and offer insight into Laurel House's mission. The meeting will be held **Wednesday, December 13<sup>th</sup>** at the Bay Pony Inn at Lederach on Route 113 in Lederach. Registration and networking at 11:30 am; lunch will begin at noon; \$15 for members, \$20 for guests. **Pre-registration deadline is December 10<sup>th</sup>**. If you have not been receiving a luncheon e-vite, please contact Tracy McGovern at [wrnmontco@comcast.net](mailto:wrnmontco@comcast.net) to be added to the invitation list.

The Women's Referral Network (WRN) of Montgomery County introduces you to fellow professional women in your community and serves to promote business opportunities among and for women. Network to make the connections you need to propel your business or career. Learn from others and share your success.



### Scholarship Reminder

We are looking for candidates for our Scholarship. Check out details and download the application from our website: [wrnmontco.com](http://wrnmontco.com).



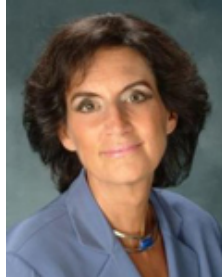
We want to remind WRN Members that we have a beautiful brochure that allows potential members to request information about our organization. Please take a handful of brochures and several WRN directories out wherever and whenever you participate in vendor/exhibit events or wherever you do business. Thank you for helping get the word out about WRN!



Bring your empty ink cartridges and old cell phones to the monthly luncheon. Recycling is good for WRN's Scholarship Fund as well as for our earth!

## November's Speaker – Susan Silberstein, PhD

### Kitchen Chemotherapy: Eating for Cancer Prevention and Control



Susan Silberstein has served as Executive Director of the Center for Advancement in Cancer Education since she founded the organization in October of 1977. She is a national speaker on nutrition, cancer prevention, and complementary and alternative medicine. She also serves as Educational Advisor to the National Foundation for Alternative Medicine and as trainer for Ultimate Health Group, Inc. At the WRN luncheon in November she highlighted a dozen advantages of implementing nutrition in a traditional cancer treatment program, outlined the various foods that promote and suppress tumor growth, and explained the connection between cancer and biological terrain.

## The January Program - January 10, 2007

### 7 Tips for Getting Organized in 2007

Make 2007 the year to regain control of your home and home office! January is the perfect time to take control of the mountains of paper that creep in and take over. Start the new year with fresh, new systems that work for you and your family and eliminate the frustration we all feel when we simply can't find what we are looking for. Learn valuable tips on decreasing clutter and implementing systems to streamline your home life. Reducing clutter will reduce your stress level and transform your home into a place where you feel energized.

Bring your toughest organizing dilemmas and together we can brainstorm solutions to get you started on the path to a simplified way of living that gives you more time for the things that you enjoy!

### Join or renew your WRN membership in December and save \$10

Membership dues for 2007 are \$65  
Pay dues at the December 13, 2006, "Bring a Bra" Holiday Party and you pay only \$55!

**2007****Programs/Schedule****January 10, 2007**

"7 Tips for Getting Organized in 2007" - Jill Kaercher, Professional Organizer

**February 14, 2007**

"Get the BUT Out of Your YES" – Mary Jan Saras, Creative Energy Options

**March 14, 2007**

"Computer Issues for Small Businesses" – Jennifer Schauler, Christo Consulting

**April 11, 2007**

"Marketing" - Laura Edwards, Infusion Marketing

**May 9, 2007**

"Basket/Gift Certificate Raffle and Networking"

**June 13, 2007**

"Summer Book Reviews"

**July 11, 2007**

"WRNMontco 14<sup>th</sup> Anniversary Celebration"

**August 2007**

No Meeting

**September 12, 2007**

"Stress Management" - Mary Rotondi, Trager Practitioner

**October 17, 2007**

"5<sup>th</sup> Annual Meg Whalen Health Fair"

**November 14, 2007**

"Tax Tips for the Self-Employed" – Mary Alice Moroz

**December 12, 2007**

"Bring a Bra Holiday Party"

**What is a WINNER?**

**WINNERS** take chances.

Like everyone else, they fear failure, but they refuse to let fear control them.

**WINNERS** do not give up.

When life gets tough, they hang in until the going gets better.

**WINNERS** are flexible.

They realize there is more than one way and are willing to try others.

**WINNERS** know they are not perfect.

They respect their weaknesses while making the most of their strengths.

**WINNERS** do not blame fate for their failures, nor luck for their successes.

Winners accept responsibility for their lives.

**WINNERS** are positive thinkers who see good in all things.

From the ordinary, they make the extraordinary.

**WINNERS** believe in the path they have chosen.

Even when it is hard, even when others cannot see where they are going.

**WINNERS** are patient.

They know a goal is only as worthy as the effort that's required to achieve it.

**WINNERS** are never victims.

Winners decide what their future will look like and hold the image close – and never let anyone steal their dream!

**2007 Luncheon Sponsorship Program****Take advantage of this way to promote YOUR business!**

Beginning with our January 2007 luncheon, an individual or a corporation will be able to sponsor a monthly luncheon for \$200 (first come, first serve basis). The Sponsorship Program proceeds will go to furthering WRNMontco philanthropic efforts and to an increased marketing budget, used to better promote WRNMontco. As a sponsor, you or your corporations are allowed:

- Display of your company banner in a notable location at the luncheon
- Full-size sponsor table for your materials/display
- Privilege of preparing and presenting a Speaker Basket filled with items specific to your business. You can prepare the basket yourself or make your own arrangements with a gift basket business (might we suggest Rosemary Roynan of Gift Baskets From Heaven)
- Display of your brochures/hand-outs on each luncheon table or on the chairs
- 3-minute sponsor promotion of your business

If you are interested in being a luncheon sponsor, please contact Dawn Schlichter (610-112-3884) to reserve your month as soon as possible.

Sponsorships reserved for 2007 are:

January - Laverne Scheetz of Healthy Interior Solutions  
 February - Dawn Schlichter of Fruta Vida International  
 April – Deb Cenci of Cencible Marketing

WRN Connection is a monthly publication of the Women's Referral Network of Montgomery County. It is available as a PDF via email or on our website:

[www.wrnmontco.com](http://www.wrnmontco.com)

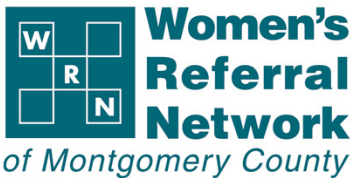
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[deb@hartcen.com](mailto:deb@hartcen.com)

All articles, news, information, thank you's and advertising should be submitted by the Friday after the monthly luncheon meeting via phone or email (preferred) to the Associate Editor, Cheryl Messum, Minuteman Press no later than the Friday after the luncheon.  
[eagleville@minutemanpress.com](mailto:eagleville@minutemanpress.com)  
610-539-6707

### Newsletter Submissions

Please send Member News or Recognition to the associate editor by the Friday after the monthly meeting.

Articles submitted must have a general interest and are subject to editing if accepted for future publication.



PO Box 388  
Harleysville, PA 19438-0388

**Women Connecting  
For Success**

## Member Highlight

**Linda Dobra, Community Banking Manager, Assistant Vice President, Sovereign Bank**

Linda began her career in banking over 25 years ago and brings a very high level of both banking experience and personal commitment to providing superior customer service. She has been employed with Sovereign as the Community Banking Manager and Assistant Vice President in the Collegeville office for almost 2 years. The office is located on route 29 in The Marketplace at Collegeville, in Collegeville, PA. In her spare time Linda enjoys reading, long walks and caring for her "Himys". Linda and her husband, Ron, recently celebrated their 35<sup>th</sup> wedding anniversary and have twin daughters who are both married and living locally.

On behalf of Sovereign Bank, Linda is pleased to help you with all of your business banking needs. Sovereign Bank's new program, **Business Owner Banking**, offers a very attractive set of services that work to accommodate the financial needs of your business and your personal life. The program addresses the time constraints business owners face, and rewards you for bringing your banking to Sovereign.

Linda would welcome the opportunity to help you or your business with any financial needs you have. Reach Linda in the office at 610-409-9320 or on email [ldobra@sovereignbank.com](mailto:ldobra@sovereignbank.com).

## 2007 WRNMontco Business Excellence Award

WRNMontco is proud to announce their first annual **Woman's Business Excellence Award**. WRNMontco is offering an award of \$500 worth of services or supplies to a deserving woman who has owned her own business for at least 5 years. Women who reside in or do business in Montgomery County are eligible to apply for or be nominated for this award. (Current members of WRNMontco must provide services/supplies utilized for this award.) This award will be given on an annual basis and will be awarded at our 2007 13<sup>th</sup> Anniversary Party to be held in July. Applications are due May 31, 2007, and the WRN Executive Board will select the winner. If you are interested in receiving this award or wish to nominate someone to receive this award, please complete the 2007 Business Excellence Award application on the website (beginning in January 2007) and return the completed form to:

Women's Referral Network of Montgomery County  
Business Excellence Award  
P. O. Box 388  
Harleysville, PA 19438

If you wish to donate services/supplies utilized for the Business Excellence Award, please contact Cher Frederick by e-mail ([CherFrederick@comcast.net](mailto:CherFrederick@comcast.net))

## Membership

Everyone should be aware that it is time to renew your membership!

And don't forget to volunteer for a committee. We need help with the **Membership Committee** – Can you help with greeting or signing in people? Can you help with our raffle tickets? What about helping maintain the member database?

The **Program Committee** needs help with developing new ideas for programs at our monthly meetings, with contacting speakers, planning and holding special events, writing thank you notes, coordinating speaker gifts.

The **Communications Committee** needs help with writing, proofreading, producing newsletters, event flyers, and the annual directory.

The **Publicity Committee** needs help with producing monthly press releases, contacting newspapers, radio, and TV stations.

The **Outreach Committee** needs assistance in exploring ways to grow our membership and ways in which WRN can be a source of philanthropy in our communities.

The **Memories Committee** needs your help in developing write-ups and maintaining a Memory Book to share at meetings & outreach events.

**Sign up to help a committee today!**

**Helping out helps you!**

## Member Highlight

**Cindy Manero, ReMax Services, Inc.**



After 17 years of marriage, Cindy was going through a divorce with three young children to support. Being a stay at home Mom, she had nothing to fall back on. Cindy chose a career in real estate, and has been thankful ever since. Since 1988 Cindy has been a full time real estate professional. In 1992 she took 16 additional credits and another state exam to become an Associate Broker. During her real estate career, she has gained experience in both the mortgage and title insurance industries. Cindy has served on the Montgomery County Association of Realtors (MCAR) Grievance Committee, the Standards and Practice Committee (both of these uphold the Code of Ethics of the National Association of Realtors), and as Chair of the Community Service Committee. She has been on the Towamencin Township Parks and Open Space Committee, and is currently a co-sponsor of the Nor Gwyn Hawks American Legion baseball team. Cindy takes great pride in helping Buyers and Sellers with all of their real estate needs, and her service does not stop at the settlement table. Please view her website at [www.cindymanero.com](http://www.cindymanero.com).

### UPCOMING PROGRAM FROM SMALL BUSINESS ADMINISTRATION

**Saturday, March 24, 2007**

**10 am**

**Arbour Square**

**(695 Main Street, Harleysville, PA 19438)**

We are excited to share an important program with our WRN Membership as well as other woman in our community owning small businesses. This special program will feature a presentation by **Ana Gallardo**, Business Opportunity Specialist, Women Business Ownership Representative for the U. S. Small Business Administration. Ms. Gallardo's presentation is entitled "**MARKETING & TECHNICAL ASSISTANCE FOR YOUR SMALL BUSINESS**".

Please help us get the word out by sharing this advance notice with all the women you know who would benefit. Watch for additional information coming up next month...

### Door Prize Thank You!

Each month we have two door prizes and a 50/50 drawing with proceeds used to support our Scholarship Program. Members are encouraged to sign up to donate product(s) or service(s) specific to their business. Please contact **Peg Elliott** of *Century 21 Alliance* to donate door prizes during 2007. Thank you for your continued support of our WRN Scholarship Program.

## Politically Correct Version of 'The Night Before Christmas!'

'Twas the night before Christmas and Santa's a wreck...

How to live in a world that's politically correct?  
His workers no longer would answer to "Elves"  
"Vertically Challenged" they were calling themselves  
And labor conditions at the north pole  
Were alleged by the union to stifle the soul

Four reindeer had vanished, without much propriety  
Released to the wilds by the Humane Society  
And equal employment had made it quite clear  
That Santa had better not use just reindeer  
So Dancer and Donner, Comet and Cupid  
Were replaced with 4 pigs, and you know that looked stupid!

The runners had been removed from his sleigh;  
The ruts were termed dangerous by the E P A  
And people had started to call for the cops  
When they heard sled noises on their roof-tops  
Second-hand smoke from his pipe had his workers quite frightened  
His fur trimmed red suit was called "Unenlightened"

And to show you the strangeness of life's ebbs and flows  
Rudolf was suing over unauthorized use of his nose  
And had gone on Geraldo, in front of the nation  
Demanding millions in over-due compensation

So, half of the reindeer were gone; and his wife  
Who suddenly said she'd enough of this life  
Joined a self-help group, packed, and left in a whiz  
Demanding from now on her title was Ms

And as for the gifts, why, he'd ne'er had a notion  
That making a choice could cause so much commotion  
Nothing of leather, nothing of fur  
Which meant nothing for him. And nothing for her  
Nothing that might be construed to pollute  
Nothing to aim. Nothing to shoot

Nothing that clamoured or made lots of noise  
Nothing for just girls. Or just for boys  
Nothing that claimed to be gender specific  
Nothing that's warlike or non-pacific

No candy or sweets ... they were bad for the tooth  
Nothing that seemed to embellish the truth  
And fairy tales, while not yet forbidden  
Were like Ken and Barbie, better off hidden  
For they raised the hackles of those psychological  
Who claimed the only good gift was ecological

No baseball, no football ... someone could get hurt;  
Besides; playing sports exposed kids to dirt  
Dolls were said to be sexist, and should be passe;  
And Nintendo would rot your entire brain away

So Santa just stood there, dishevelled, perplexed;  
He just could not figure out what to do next  
He tried to be merry, tried to be gay  
But you've got to be careful with that word today  
His sack was quite empty, limp to the ground;  
Nothing fully acceptable was to be found

Something special was needed, a gift that he might  
Give to all without angering the left or the right  
A gift that would satisfy, with no indecision  
Each group of people, every religion;  
Every ethnicity, every hue  
Everyone, everywhere ... even you  
So here is that gift, it's price beyond worth ...  
"May you and your loved ones enjoy peace on earth"

*Based on an unoriginal earwig from P Halliwell  
<p.halliwell@x400.icl.co.uk>, December 1996.*

*Have a happy and safe Holiday season! We hope to see you at December's "Bring a Bra" Holiday Luncheon and don't miss "7 Tips for Getting Organized in 2007" at our January 10, 2007 Luncheon.*