



Southern Maryland
**WOMEN'S
LEAGUE**

Connections

NEWSLETTER
AUGUST
2024

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and Monster Mash Sponsors!

WE ARE THE SOUTHERN MARYLAND WOMEN'S LEAGUE.

We are a dynamic group of women dedicated to helping each other succeed through the exchange of information, services, mentoring, charitable actions, shared experiences, friendship and motivational support.



PRESIDENTS MESSAGE

By Andy Sanford

Welcome Ladies to the Summer edition of the *SMWL Connections Newsletter*. So many things have happened since our last newsletter and I'm excited to have this opportunity to share.

In May we hosted our first *Designer Purse & Gift Bag Bingo with Friends*. In June we visited Swan Point Country Club for the *Annual Member Appreciating Meeting and Elections*. In August, members enjoyed a *Hawaiian Luau-themed Sip & Swim Social*.

Speaking of elections... I'm deeply honored to serve as your 16th League President and extremely grateful to have the opportunity to work together with our amazing Board Members: **Pam Frank** - Vice President and League Treasurer, **Brenda Lowe** (Past President) - Secretary and Scholarship Chair, **Ruth Mudd** - Foundation Treasurer, **Laura Bryant** (Past President) - Grants Chair, **Katie Pierce** - Programs Chair, **Tequila House** - Membership Chair and Treasurer in Training, **Candice Kelly** (Founding Member/Past President) - Care Committee, **Patricia Sommers** - Treasurer in Training, and **Becky Hoffman** - (Past President) and Key Advisor.

I send a special thank you to **Becky Hoffman**, for her outstanding service as League President and continued service as Key Advisor. And I'd like to thank every member of the SWML for your involvement, participation and commitment to our League and the mission we serve.

We have so many great things planned for the upcoming months, and your continued membership and participation is paramount to our overall success.

Our new Programs Chair, **Katie Pierce** has already shared invitations for you to attend the *Crab/Seafood Feast* at Capt. Johns, on September 11th, and marketing materials and a **member call-to-action** has been shared for our *5K Monster Mash Fundriaser* scheduled for Saturday, October 19th at the Indian Head Rail Trail. Please read through this newsletter for more details and ways that you can help ensure the upcoming programs and our important Fundraiser is an amazing success.

If you have any questions, comments or concerns, please feel free to call or text me personally at 301-399-0583



MAY PROGRAM EVENT

By Andy Sanford



WEDNESDAY, MAY 15, 2024 | We had a FULL HOUSE with 34 members and guests at our first-ever *Designer Purse & Bag Bingo with Friends*. Thanks to the generosity of our members who sponsored the bags and prizes, we had a fantastic time together, and we raised over \$2,000! The purses and bags were beautiful and the Lucky Duck and Pink VIP scratch-off cards for prizes were a big hit! We can't wait to plan another Bingo and have everyone come together again.

Thank you to our amazing Purse & Gift Bag Sponsors:

- Linda Cox
- Becky Hoffman
- Tequila House
- Michelle Kelly
- Robin Magoon
- Diana Rucci
- Andrea Sanford
- Lisa Wills
- Candice Kelly
- Candy Meyers
- Becky Hoffman
- CHOPZ Salon (via Becky Hoffman)
- Jessica Brueckner
- Tracey Messick

Our gratitude goes out to **Laura Forbes-Bryant** and her awesome Team at A|R Workshop in La Plata for hosting us, and to **Katie Pierce** and her Grille 13 & Sugar Lips Cakery for catering the fabulous food.

If you'd like to join the *Programs Committee* to help plan a fun event, please let us know!

WANT MORE? Visit our Website to see additional event Photos, our Calendar of Events, past Newsletters, Grant Support and so much more!
www.smwl.org

OUR 2024 FUNDRAISER

*We are excited about our 2024 Fundraiser...
and we hope you are too!*

The SMWL Monster Mash is a Family Fun Costume Contest, Fun Walk/Run and Food Drive. The overall planning is going well as we have the Logistics worked out at the White Plains entrance of Indian Head Rail Trail. We have our first Sponsorships starting to come in, families have begun to Register to join us to walk and race, and we hear creative costume designs have already started!

We are only 50 days away from the starting line -- we still have a LOT of work to do -- and we need YOUR HELP!

As a member of the SMWL, there are very few requirements for membership. First, you were invited by a current member to attend three programs/events to learn about us and for us to learn about you. An application was then submitted for membership consideration, and we voted to invite you into the League.

For the League to provide continuous donations in support of our charitable obligations (2-Year Program Support, CSM Scholarships, and a variety of Grants), all members historically, have come together to plan, implement and host an ANNUAL FUNDRAISER through our 501c3 non-profit SMWL FOUNDATION. **Your participation in this Annual Fundraiser is a requirement of membership.**

Ways that you can help are easy...

1. Share the flyer and information with your friends, family and co workers – and personally invite them to join you.

2. Register to participate in the Walk/Race.

Southern Maryland Women's League

MONSTER MASH & 5K RUN/WALK DASH!

On-Site & Virtual Race



Saturday, October 19th
8:00 am to Noon 2024

INDIAN HEAD RAIL TRAIL
WHITE PLAINS MARYLAND ENTRANCE
Registration & Race Day Shirts/Packets Available at 7:00 AM

3. Ask for Sponsorship support from your employers and your favorite businesses. We'll highlight the Sponsors on our Race Shirts, Race Signs, Website, Race Swag, Race Tents and so much more!
4. Select the committee where you'd like to share your time and talents: THE COMMITTEES ARE:
 - Logistics: **Darlene Breck**
 - Event Systems & Security: **Becky Hoffman**
 - Sponsorships: **Andrea** AND Co-Chair NEEDED!
 - Marketing: **Andrea Sanford**
 - Food & Entertainment: **Katie Pierce**
 - Treasury & Finances: **Pam Frank**
 - Race Management: Bishops Events (*We need YOU to be there and we need 8 additional Race Day Volunteers - please ask friends & family to help!*)
5. Join us at our next Fundraiser meeting on Tuesday, September 3rd, 2024 at 5:30 pm. We'll meet at the Indian Head Rail Trail White Plains Entrance and then continue to the Southern Maryland Business Center.

SEE THE FLYER ON THE NEXT PAGE AND DOWNLOAD THE SPONSORSHIP KIT ON THE WEBSITE: www.smwl.org/5k Or, email me for the Writable PDF forms!

The SMWL Mōnster Mash is a Family Fun Costume Cōntest, Food Drive, & 5K Run/Walk!



5K Run/Walk...

- ★ \$45 Per Person Adults
\$25 Kids 7 to 17
Kids under 7 FREE!
- ★ REGISTRATION INCLUDES:
Race Bib/Number, Admission,
Pre-Race Workout, Course
Hydration Stations, Post-Race
Awards & Celebrations.
 - 1st Place (Male & Female)
 - 1st Place Teen (17 - 15)
 - 1st Place Kids (14 - 8)
 - 1st Place Kids under 7
 - 1st Place Team

Costume Awards

- ★ Most Creative Ghoul
- ★ Monster Mash TEAM
- ★ Frightfully Fun Family
- ★ Kreative Kids

Food Drive...

- ★ Bring a Donation of a
Canned Food Item for the
Grace Lutheran Food Bank
in support of families
in need.

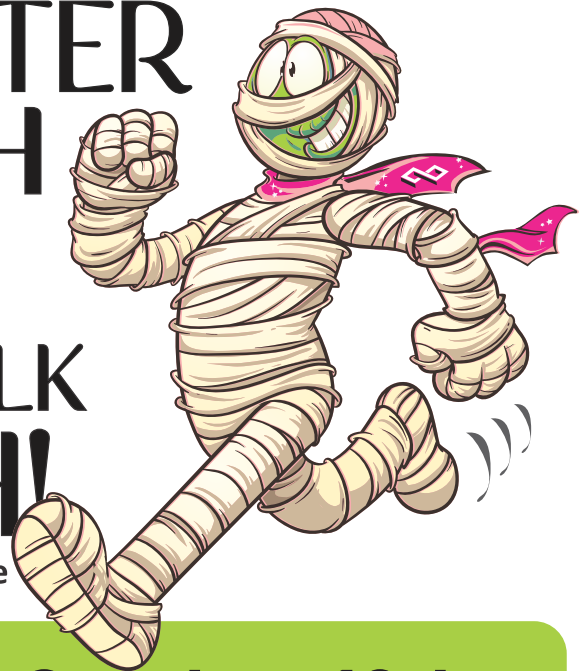
Sponsor-A-Mōnster...

- ★ Gather your Team, dress in a theme and join in the fun!
UNIQUE SPONSORSHIP OPPORTUNITIES INCLUDE: Race Shirts,
Raceway Signs, Rest Stops & Shops, Race & Dash Prizes, Photo Booth,
Awards & Announcements, After Race Celebrations Hosting, and more!

Southern Maryland Women's League

MONSTER MASH & 5K RUN/WALK DASH!

On-Site & Virtual Race



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2024

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SMWL SUPPORTS OUR COMMUNITY

During the past 15 years, through our fundraising efforts of our Members, the SMWL Foundation has donated \$425,000+ for programs, non-profit organization grants, scholarships and educational and support resources for women, children and families within our community. Your participation in this event supports these positive programs.

Get in the Spirit! Register to Walk & Sponsor Now! www.SMWL.org/5K

SPONSORSHIP COMMITMENT FORM

Please select from the sponsorship package listed below and return the enclosed commitment form by September 1, 2024 to ensure delivery of your sponsor benefits. If you wish to discuss an alternative level of support or provide an in-kind donation or service, please contact the Sponsorship Chair:

- **ANDREA SANFORD**
asanford12@gmail.com

★ SPONSORSHIP LEVELS

Sponsorship Levels:

\$2,000 GOLD

- Event Raceway Tent Site
- 1st Tier Race Shirt Logo
- 8 Race Registrations
- Event Swag Share Opportunity
- Raceway Sign
- Event Marketing

\$1,000 SILVER

- Event Raceway Tent Site
- 2nd Tier Race Shirt Logo
- 4 Race Registrations
- Event Swag Share Opportunity
- Raceway Sign
- Event Marketing

\$500 BRONZE

- 3rd Tier Race Shirt Logo
- 2 Race Registrations
- Raceway Sign
- Event Marketing

\$250 SMWL Sister Spirit*

- 3rd Tier Race Shirt Name
- 1 Race Registration
- Group Raceway Sign
- Event Marketing
- *A Benefit of Membership for SMWL Members Only**

\$100 Vendor Tent Opportunity

IN-KIND SPONSOR

- _____
- _____
- _____

Southern Maryland Women's League

MONSTER MASH & 5K RUN/WALK DASH!



SATURDAY
OCTOBER 19, 2024
8:00 AM to NOON
Indian Head Rail Trail

★ SPONSOR INFORMATION

BUSINESS NAME (if applicable)

CONTACT

CELL PHONE

EMAIL

WEBSITE

Do you plan to attend the event or do you wish to donate your tickets?

★ PAYMENT INFORMATION

AMOUNT \$ _____

CHECK ENCLOSED (made payable to the SMWL Foundation)

MC Visa AMX Discover

NAME ON CARD

CARD NUMBER

EXPIRATION DATE

CSV CODE

BILLING ZIP

SEND PAYMENT TO:

SOUTHERN MARYLAND WOMEN'S LEAGUE (SMWL)
P.O. Box 2511, Waldorf, MD 20604



Care Committee

By Candice Kelly

We have several Birthdays to celebrate in August & September...

HAPPY BIRTHDAY wishes to:

Darlene Breck - August 8
Patricia Sommers - August 12
Vickie Johnson - August 16
Candice Kelly - August 24
Diana Rucci - September 2
Michelle Kelly - September 4
Laura Bryant - September 8
Becky Hoffman - September 16
Natonya Thomas - September 16

Healing thoughts and prayers are shared with **Natalie McKinney** as she continues to recover from a foot injury. Good luck with your Physical Therapy!

We are excited that **Pam Frank's** surgery went well and she is finally pain free— we look forward to seeing her run, skip and dance in the near future!

If you are in need of CARE, or know of a members who is, please reach out to me personally.

Scholarship Committee

 | By Brenda Lowe

TUESDAY, AUGUST 20 | The Scholarship Committee is in the process of reviewing the submitted essays for scholarship consideration. There were a total of 110 new applicants this year. Scholarships are awarded in September.

We renewed three of the four recipients from last year for 2024-25 at \$1,000 each to continue our support and help them graduate. The fourth recipient graduated. The beginning balance of the funds stands at \$8,321.00. After we award the three renewed scholarships to help them graduate... it leaves a remaining \$5,321.00. However, SMWL Foundation still owes \$1,000.00 of our \$3,000.00 annual commitment... and we will pay that at **Giving Tuesday** in early December. Therefore, \$6,321.00 can be awarded at \$1,000 each to six students for the 2024-2025 School Year.

The scholarships we provide each year help local students in need pay for their education and necessary expenses to help them attain their goals and improve theirs and their families lives.

Please take a moment to read the THANK YOU NOTES from Scholarship recipients sent to SMWL on pages 13, 14, 15 and 16.

Since 2006, our commitment to the College of Southern Maryland, and the SMWL Scholarships truly makes a difference in the lives of so many! Thank you for your support of our important programs, grants, and scholarships.

To learn more about the *College of Southern Maryland Foundation* and our Scholarships, please speak with our Scholarship Chairwoman, Brenda Lowe, or visit the **CSM website**: www.csmd.edu, or the **Scholarship Finder** link at <https://www.csmd.edu/costs-aid/scholarships-financial-aid/scholarships/scholarship-finder.html>

Mark your calendars for December 3, 2024 – Giving Tuesday is the ONE day that donations made to CSM scholarships will be matched (up to \$1,500 by corporate donors). So your donation to the SMWL scholarships may go twice as far! Learn more here now: <https://www.givecampus.com/xnp9bb>

Treasurers Reports

SMWL FOUNDATION BUDGET 2024-2025

INCOME

• Fundraiser Projected Income	\$15,000.00
• Carry over – Checking	\$12, 222.23
<i>*Balance as of 7/8/24</i>	
• Transfer from Certificate of Deposit	\$34,895.64
Total Projected Income	\$62,117.97

EXPENSES

Administrative Expenses	
• Insurance G/L	\$ 872.00
<i>Total: \$1,547.00 (\$872.00 Found.+ \$675.00 League)</i>	
• Bridgett & Mock Accounting	\$ 400.00
• Administrative: Postage	\$ 200.00
• P.O. Box Pay Half Annual Rental	\$ 101.00
Total Administrative	\$ 1,573.00

FUNDRAISER

• Estimated Fundraiser Costs	\$ 2,000.00
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SCHOLARSHIPS

• CSM Scholarship	\$ 3,000.00
<i>- \$1,500 – 2nd Part Due Giving Tuesday</i>	
Total Scholarships	\$ 3,000.00

GRANTS

• 2-Year Grant	\$11,250.00
<i>- Poiema Movement Commitment</i>	
• Small Grants	\$ 250.00
<i>- Wayside Food Bank</i>	
• Small Grants	\$ 1,750.00
<i>- Hold until after October Fundraiser</i>	
• Memorial Grants (Based on Need)	\$ TDB
Total Grants	\$13,250.00

Total Projected Income	\$62,117.97
Total Projected Expenses	\$19,823.00

Projected Balance	\$42,294.97
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Draft submitted by Ruth Mudd – 7/8/2024
Approved by BOD – 7/16/2024

SMWL LEAGUE BUDGET 2024-2025

REVENUE

• Annual Dues Membership	\$ 9,250.37
<i>Members X \$250 Per Member</i>	
• Heads & Tails	\$ 1,000.00
Total Projected Revenue	\$10,250.00

EXPENSES

Administrative Expenses	
• Insurance G/L \$	\$ 675.00
<i>- Total: \$1,547.00 (\$872.00 Found + \$675.00 League)</i>	
• Bridgett & Mock Accounting	\$ 400.00
• Administrative: Postage	\$ 200.00
• P.O. Box Pay Half Annual Rental	\$ 100.00
Total Administrative Expenses \$	\$ 1,375.00

COMMITTEE EXPENSES

• Programs & Social Activities	\$ 4,950.00
• Holiday Party	\$ 2,775.00
<i>- Est. 37 Members X \$75 Per Member</i>	
• Member EOY Appreciation Gifts	\$ 750.00
• Membership & Care	\$ 400.00
<i>- Cards, Postage, Diva's Do's & Don'ts</i>	
Total Committee Expenses	\$ 8,875.00

Total Projected Expenses	\$10,250.00
Total Projected Expenses	\$10,250.00

Projected Balance	\$0
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Draft submitted by Pam Frank – 7/11/2024
Approved by BOD – 7/16/2024

CALL TO ACTION:

In order for us to continue to provide grants, scholarships, and support of programs for those in need within our community, we need all members to assist and participate in our annual fundraiser.

This is a requirement of membership. Please make your preferred committee selection, and reserved spot today!





JUNE PROGRAM EVENT | By Andy Sanford

Member Appreciation Dinner & Elections

WEDNESDAY, JUNE 12, 2024 | Swan Point Country Club

Appreciation of Current Board Members: President, **Becky Hoffman** named all the current members of the Board and thanked them for their dedication and service. She also thanked all SMWL members in attendance for their league membership and revealed her end-of-year gifts. Members were given pink tinted SMWL branded wine and cocktail glasses filled with pink M&M's – each, beautifully wrapped in pink boxes with ribbons and cards featuring a variety of positive quotes. Members were provided with one gift and the extras will be shared by Becky in the future to the members who were not able to attend.

Special Presentations: President **Becky Hoffman**, presented **Helen Heir** with a very special *Emeritus Membership Chairwoman Award*, honoring Helen for her years of unparalleled dedication to the League and our mission to serve. The Board joined in the celebration and presented Helen with a pink Ambassador lapel pin to celebrate her new status as *Membership Ambassador*.



Vice President **Andrea Sanford** presented **Becky Hoffman** with a President's Gavel & Plaque for her exceptional work, dedication, and service as our President. The **SMWL Board** joined us in honoring Becky, as the ceremonial gavel represented not only her leadership and service but also the countless lives that she has touched and the positive change she has affected here through the Southern Maryland Women's League, through her efforts with the Grace Lutheran School, and the entire Southern Maryland Community. Becky and the current Board continued to serve through June 30, 2024.

ELECTIONS: In accordance with the *Nominating Committee Standard Operating Procedures* and the *League, and Foundation Bylaws*, SMWL League President, **Becky Hoffman** and her nominating committee (consisting of **Darlene Break, Candice Kelly, and Brenda Lowe**) presented a slate of nominees with their Bios on May 15, 2024, via email; and again, this evening to include the following:





Thank you: Our gratitude goes out to **Becky Hoffman** for the beautiful membership gifts, and to *Michelle Kelly* for her expertise in planning this special event and working together with the Swan Point Country Club staff to create such a lovely meal and special evening to celebrate the success of our leadership and our members.

If you wish to get more involved in your League and serve on a Committee or begin training for a Board position, please reach out to any board member now. We'd love for you to share your time, talent and expertise.

Ballot information: The five members as listed below are currently serving their second year of their two-year terms (no vote necessary):

- **Andy Sanford - President**
- **Brenda Lowe**
- **Laura Forbes**
- **Candice Kelly**
- **Ruth Mudd**

Names added to the Ballot are:

- **Tequila House (current SMWL BOD member)**
- **Katie Pierce Rose**
- **Patrica Sommers**
- **Pam Frank, 4th Term special exemption by the BOD to ensure Treasurer consistency and experience (current SMWL BOD member)**

The Board of Directors voted for the following:

- **Becky Hoffman** will serve as Past President (Key Advisory Role/Non-voting Member)

Congratulations - New Baby Boy!

Welcome little Weston... such a blessing! Baby Gillentine #3 has arrived. Both Momma Paige and the baby are healthy and doing well! Born on Wednesday, August 28, Paige arrived at the hospital at 1:14 pm, and Baby Weston was born at 2:00 pm on the dot! Big Brother and Big Sister – and GiGi Brenda are very much on love! Congratulations to all!





AUGUST PROGRAM EVENT

By Katie Pierce

Let's Make A Splash

Sip, Swim & Social Celebration!

WEDNESDAY, AUGUST 15, 2024 | Katie & Royce's Home
Our Luau-themed programs event was so much fun.

Not only did we have a great time together, we donated a car-full of
diapers and laundry detergent to the Wayside Food Bank!

Our gratitude goes out to our new Programs Chairwoman, **Katie Pierce** and her husband **Royce** for hosting the event at their home and to the Grille 13 & Sugar Lips Cakery staff for catering the fabulous food and desserts. Thank you to **Becky Hoffman** and **Vickie Johnson** for donating the beautiful gift baskets for the Luau Dance Competition and the Heads & Tails Game!

Please mark your calendars now to join us on Wednesday,
September 11 at Capt John's for our **Annual Crab Feast Social**.

If you'd like to join the Programs Committee to help plan a fun event,
or wish to donate a Heads & Tails gift items, please let us know!



WANT MORE? Visit our Website to see additional event Photos, our
Calendar of Events, past Newsletters, Grant Support and so much more!
www.smwl.org

Calendar of Events

September 11: Annual Crab Feast, Capt. John's Crab House, Cobb Island, 5:30 pm (\$5 Members/\$10 Guests - Order off the Menu) RSVP to Katie Now!

October 9: Fun-driaser Work Party at the Southern Maryland Business Center

October 19: 5K Monster Mash Run/Walk at the Indian Head Rail Trail

November 6: Dinner & a Show - More to Come

December 6: SMWL Annual Holiday Party, hosted by Lisa Wills.

January 8: After-Holiday Re-Gift Party at Szechuan Garden, Waldorf

February 5: Queen of Hearts at A|R Workshop

March 5: Mystery Trip???

April 2: Rum Tasting/Carrinnean Night: TBD

WAYS THAT YOU CAN HELP...

Volunteer for the Programs Committee: Love to plan a party? Have great ideas? Like to Shop for a bargain? Love it when a plan comes together? Then you are the perfect fit – call Katie and let her know that you are interested.

Ideas and location, location, location... Have a great place or idea for an interactive meeting? If you have a great place or an interesting program that you think would be a great idea for one of our monthly meetings – and that can hold 40/50 guests, please send us a message and we'll share with our Programs Committee for a site visit or program overview.

WED - SEPTEMBER - 11TH

SMWL CRAB FEAST

BRING A
GUEST,
YOUR DATE
OR BOTH!

DON'T FORGET TO
BRING A DONATION
OF DETERGENT &
DIAPERS

CAPTIAN JOHN'S 16215
COBB ISLAND RD,
NEWBURG, MD 20664

Registration begins: 5:30 PM

\$5 for members and \$10 for guests

Plus \$5 for Heads and Tails

(Thank you to Linda Cox for donating our gift basket!)

Join us in the Private Room upstairs
at Captain John's in Cobb Island.
All guests will order off the menu
and have separate checks.

BY-THE-WAY... Contact either Lisa Case & Katie Pierce for Tickets!



Rotary Club of
CHARLES COUNTY, LA PLATA

SUNDAY • RAIN OR SHINE!
September 29, 2024
Charles County Fairgrounds
8440 Fairgrounds Road • La Plata, MD 20646
Gates Open 12 noon - 6pm
Food Served 1-5pm

Advanced Ticket Price: **\$85/adult**
(*\$30 is tax-deductible.)
***95 at the Door**

\$20/children ages 5-12. Free for kids under 5.



ADULT TICKET INCLUDES:
2 Lobsters
(available for take-out)
Clams

You Can Also Eat:

- Hot Dogs
- BBQ
- Side Dishes
- Water
- Soda
- Beer
- +
- Live Entertainment
- Games, Silent Auction,
- Children's Activities
- All Day






Contact Member-Lisa Case at 301-643-8888 or Lisa.Case@C21NM.com

NEW PURCHASE
ONLINE
SCAN QR CODES TO BUY TICKETS

GENERAL
TICKETS



CAN'T ATTEND BUT
WOULD LIKE TO
DONATE

BY-THE-WAY... Contact either
Lisa Wills or Candy Meyers to Play!

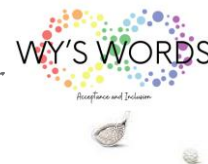
Barbie and Ken

Par Tee Golf Tournament

FRIDAY, OCTOBER 11, 2024

WHITE PLAINS GOLF COURSE
1015 St. Charles Parkway
REGISTRATION BEGINS AT 8:30 AM,
SHOTGUN START AT 9:30 AM
Coffee, Donuts & Lunch Included
Sponsorship Opportunities Available

Barbie & Ken Themed
Have Fun - Wear Your Pink
Barbie Selfie Box Photos
Cash Prizes: Best Theme
Dressed Individual, Foursome
& Best Decorated Cart!



SOUTHERN MARYLAND WOMEN'S LEAGUE SCHOLARSHIP

• Thank You •

Dear SMWL,

I would like to take the time to give a sincere thank you for awarding me the SMWL Foundation Scholarship. This scholarship will help me in so many ways. As an older student going back to school after 19 years is a struggle on its own. To have the financial backing and not have to take it out of our paychecks is a huge blessing. To have been raised by a single mother and to have watched her struggles. I wish I could share this with her, but she has now passed. My mother would be tinkled to know that I was awarded a scholarship in her honor.

A little background, I am 37 years old, have been married 13 years to a US veteran with 2 beautiful children. I am originally from Charles County but when we came back home after my husband's tour was over, we decided to move to St. Mary's County. I have been a stay-at-home mom most of my kids' lives, going on 12 years now. I am now ready to venture out into the world with a career of my own. It is time.

I chose CSM because it was financially the right idea at the time. When I signed up and took my first 3 classes I did not receive financial aid. I selected my major which is Human Services because I want to be a substance abuse counselor. This degree is close to my heart because I struggled with drug addiction too. And so did my mother who was a single mother my whole life. I have been clean and sober for over 9 months now and I want to eventually give back to the community, give back to people like me. I plan on finishing my degree at CSM and transferring to Salisbury for a bachelor's in social work through their transfer agreement. I think this is the best idea for me because Salisbury has a satellite program for social work in Hollywood, MD. If that fails, then I will apply to Old Dominion University or Stevenson's because they have transfer agreements with CSM also.

I was in total shock when I was awarded this scholarship. It made this old lady so happy and made me feel important. Your money is going to be put to great use. Look out for me in the community in four years guys. Thank you for this huge opportunity.

Sincerely, Megan L. Williams



COLLEGE of SOUTHERN MARYLAND
FOUNDATION



SOUTHERN MARYLAND WOMEN'S LEAGUE SCHOLARSHIP

• Thank You •

Dear Southern Maryland Women's League,

Thank you very much for selecting me as a recipient for the Southern Maryland Women's League Scholarship. I am deeply grateful to receive your support. I am divorced, since 2012, after being married for twenty years and, as a single woman, dealing with today's economic climate can be challenging at times.

I am an older student who graduated from CSM in 2012 with a Journalism degree. I am back, this time working on an Exercise and Sport Science degree as I have been a chiropractic assistant these past ten years, already doing a little bit of rehab work with some patients. I love learning about the human body and biomechanics. I did ballet when I was little, so stretching has always been part of my life. I enjoy riding my bike on sunny days, going to the gym, and hiking with my children when they visit. I am a mom of three grown children, and I have a 21-month-old grandson.

I do feel very fortunate to be able to go back to school and further my knowledge in exercise science with the goal of transferring in 2025 after completing my associate degree in Exercise and Sport Science at CSM. After graduating from CSM this time, I would like to pursue the online Bachelor of Science in Sports and Health Sciences (with a concentration in exercise science) that the American Public University System offers. The more classes I can take online, the easier it is for me, as I am working full time. I would like, down the road, to be able to work as a physical therapist, maybe in a hospital.

Thank you again so very much for selecting me as a recipient for the Southern Maryland Women's League Scholarship. It will help me a great deal toward my academic and career goals in exercise science.

Sincerely,

Corinne Dehn



COLLEGE of SOUTHERN MARYLAND
FOUNDATION



SOUTHERN MARYLAND WOMEN'S LEAGUE SCHOLARSHIP

• Thank You •

Dear College of Southern Maryland Scholarship Committee,

I really wanted to take the time to thank you all for this scholarship and this opportunity. Southern Maryland Women's League Scholarship has made a huge impact in my life. One reason is this is my first college scholarship; in addition, I have been also going through financial issues dealing with the inflammation in everything from food to rent. I have been struggling to pay those bills, let alone school. This is why this scholarship helping me so much; I would take more classes if I had the financial stability, but that is not reality. This scholarship will be so beneficial to myself and my career, this letter cannot possibly show how thankful I am.

A little bit about myself is I am 19, I turn 20 this Sunday. My whole life I played lacrosse, but now I have shifted all my focus into work, school, and volunteering to help with the substance use disorder and mental health crisis.

I started going to CSM in 2020 while I was still in high school. January of this year, I walked across the stage to get my associate degree; I still attend CSM, I am working on getting all of my prerequisites for Salisbury's Social Work program. My goal is to get my master's degree in social work. I am currently a primary therapist at Recovery Centers of America, and I want to continue to go higher in this field. In my childhood I dealt with a lot in my life dealing with substance use and mental health. Thankfully through these dark times, I had social workers help me get through it. There is a crisis going on right now, the number one cause of death for people under 50 is overdose. People are dying due to a disease, and it is not getting the attention it needs, or the help. If this many people were dying from cancer, everyone would be trying to put a stop, but there is so many inaccurate stigmas around addiction. We are losing so many people to this; it is my passion and my goal to continue schooling to be able to open my own treatment house or center to help these people who need it. The company I work for kick out patients the same day if insurance does not approve coverage their stay, I want to find a way to help people that is not just about money or insurance. CSM is genuinely helping me make this dream come true, even before this scholarship. For example, Professor Tatiana has taught me so much and made my passion even stronger.

I could not thank you enough for this opportunity and this blessing. I am so grateful to be chosen for the Southern Maryland Women's League Scholarship, it will be a huge impact in my for both my schooling and my career.

Sincerely,

Anela Yusuf



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SOUTHERN MARYLAND WOMEN'S LEAGUE SCHOLARSHIP

• Thank You •

To the people of the Southern Maryland Women's League,

Thank you all so much for this donation and opportunity to fund my education. I really appreciate the time, funds, and thought of this scholarship and for considering me as worthy of your support. I truly appreciate it and could not be more excited to use this towards my books for the start of Nursing school.

Thank you!
Briana Rivera



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