

Accounting & Bookkeeping  
Acupuncture/ Advertising  
Advocate/ Aquariums  
Arts, Music & Theater  
Attorneys/ Banking  
Beauty/ Business Development  
Carpet Cleaning/ Clinical Research  
Consulting/ Disaster Restoration  
Dermatology/ Education/ Employee Benefits  
Fashion & Clothing  
Financial Planning/ Fitness  
Food & Nutrition/ Government  
Graphic Design/ Health & Wellness  
Health Care/ Holistic Practitioners/ Home Care  
Homebuilding/ Home Improvement  
Human Resources/ Human Services  
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Landscaping & Design/ Life Coaching  
Marketing & Sales/ Massage Therapy  
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Senior Services/ Skin Care  
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Travel, Tourism, Lodging & Dining  
Wealth Management/ Website Development  
Writers, Authors & Speakers

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*Southeastern Connecticut*  
WOMEN'S  
NETWORK



# *The History of* Southeastern Connecticut Women's NETWORK

The Southeastern Connecticut Women's Network was organized in early 1976 by Mildred Devine, then Trust Officer at Connecticut National Bank in New London. The group consisted of six or seven professional women in New London who wanted to meet once a month and share with each other their professional experiences, setbacks, goals, and hopes for the future.

The group grew to approximately 40 members by 1978 when discussion began as to the purpose and goals of the group. After some months of debate, the Network membership of 1978 concluded that:

*The purpose of the Network shall be to provide its members the opportunity to meet business and professional people in our community, to communicate and exchange general and career information, to promote personal visibility and to develop a constituency for the purpose of examining and speaking out on issues of concern to the membership.*

Today the Network has grown to over 150 members. It meets the third Wednesday of every month for lunch at Langley's at Great Neck Country Club in Waterford to network and hear guest speakers. The membership includes individuals from a diverse range of businesses and professions.

The Network provides support throughout the year to Safe Futures (formerly Women's Center of Southeastern Connecticut) with donations of food and gifts for use by residents of both the Genesis House Women's Shelter and Phoenix House transitional housing.

The Network also awards annual scholarships to returning female students needing financial assistance to continue their education at each of the three local public colleges/universities: the University of Connecticut at Avery Point, Three Rivers Community College, and Eastern Connecticut State University.

The Network conducts a variety of special events, including Network @ Night, which provides networking opportunities to individuals who are

unable to attend the lunches. The Network’s primary activity, however, remains the monthly luncheon meetings during which members take the opportunity to acquaint themselves with other professionals in an informal and congenial atmosphere. This regular occasion offers an effective way for members to assist one another in networking for professional and personal gain and enrichment.

The Network maintains a cooperative relationship with the Chambers of Commerce of Mystic, Norwich and Eastern Connecticut.

***This directory is for the use of Network members only. Any reproduction or publishing of this directory for commercial advertising or mailing lists is strictly prohibited. The Network assumes no responsibility for the accuracy of the directory’s contents.***

**For more information about the Network visit  
[www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)**

**Find us on Facebook  
[www.facebook.com/SECTWomensNetwork](http://www.facebook.com/SECTWomensNetwork)**



**YouTube link “HerStory”  
<https://youtu.be/T0EKE4VfJc>**

**Southeastern Connecticut Women’s Network  
PO Box 921  
Groton, CT 06340-0921**

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*Southeastern Connecticut*  
**WOMEN'S  
NETWORK**



Founded in 1976, we meet on the  
third Wednesday of the month  
for a luncheon at Langley's at  
Great Neck Country Club in Waterford.

Inspiring talks are offered  
by guest speakers.

Members and guests are welcome.

For reservations visit our website  
anytime (24/7) before  
midnight of the preceding Sunday.

For Powerful, Personal & Professional  
Relationships

[www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)

## Past Presidents

Kate Lee Bellandese .....	2018-2019
Patti Rodgers-Longo.....	2017-2018
Kathy Greene .....	2016-2017
Phyllis Nelson .....	2015-2016
Deb McGrath .....	2014-2015
Susan Dombrowski.....	2013-2014
Leslie Karen Hammond.....	2012-2013
Denise Nott.....	2011-2012
D'mitra Gomez Waheed .....	2010-2011
Barbara "BB" Smith .....	2009-2010
Chris Lautz.....	2008-2009
Jill Adams .....	2007-2008
Kasey Goss .....	2006-2007
June Strunk.....	2005-2006
Susan Pochal .....	2004-2005
Cora Murphy.....	2003-2004
Trina McCandless.....	2002-2003
Connie Plessman .....	2001-2002
Ellen Bothamly-Fossum.....	2000-2001
Linda Mariani.....	1999-2000
Donna Kirby-Reynolds .....	1998-1999
Vicki Anderson.....	1997-1998
Kathleen O'Beirne .....	1996-1997
Joyce Schmidt.....	1995-1996
Marjorie Taggart Dedrick .....	1994-1995
Lois Palmer-Alderson .....	1993-1994
Linda Mariani .....	1991-1992, 1992-1993
Barbara Gager.....	1989-1990, 1990-1991
Nan Crowley .....	1987-1988, 1988-1989
Dr. Margaret Mummert .....	1986-1987
Faye Vathauer .....	1985-1986
Barbara Quinn .....	1983-1984, 1984-1985
Mildred Devine.....	1981-1982, 1982-1983

For our 30th Anniversary, in 2006, we created a DVD history of the Women's Network which is available for purchase at our luncheons. For our 40th Anniversary, in 2016, we celebrated with a special evening and recognized our founder, Millie Devine, with The Mildred E. Devine Lifetime Achievement Award. "The Millie" will be the SECT Women's Network most prestigious award to honor an individual who has reached the pinnacle of her career in the Network. It recognizes a current or former organization member who has made extraordinary contribution to the Network over a sustained period of time; therefore, it may not be awarded annually.

***Officers and Board of Directors for the  
Southeastern Connecticut Women's Network  
2019-2020***

**Officers**

Denise Howard, President - Best Wellness 4 You  
Deb Tavernier, Treasurer - Putnam Bank  
Carol Burgess, Secretary - Primerica

**Board Members**

***Three Year Terms***

Holly DePerry - Charter Oak Federal Credit Union  
Geri LaForte - Service Operations Manager  
Denise Ogden - Dime Bank  
Kathy Pooler - Publications Plus

***Two Year Terms***

Marielle Winkelman - Chelsea Groton Bank  
Brittni Oxendine - Edward Jones  
Judy Jenks - Jenks Network LLC

***One Year Term***

Susan Baroni-Schaeffer - Channel 3 Kids Camp  
Sheree Wujtewicz - Sheree Sirpenski Photography LLC  
Lisa Giordano - Emerson Theater Collaborative

***Members at Large***

Nancy Motola - Pharma Regulatory Connection  
Judy Ricketts-White - Ricketts-White Design

## *Committees & Liaisons*

Administration/Business Office .....	Kate Bellandese
Budget .....	Deb Tavernier
Community Outreach.....	Kathy Greene
Directory .....	Kathy Pooler
Historian.....	Cora Murphy
Mastermind .....	Judy Ricketts-White
Membership .....	Kathy Pooler
Newsletter Editor .....	Judy Ricketts-White
Nominating Committee.....	Kate Bellandese
Photography .....	Sheree Wujtewicz
Program .....	Denise Howard, Kate Bellandese
Safe Futures Liaison .....	Connie Plessman
Scholarships .....	Denise Nott
Woman of the Year.....	Emma Palzere-Rae

### **Southeastern CT Women’s Network Mastermind Groups** *Network Support for Achieving Your Dreams*

The concept of the *Mastermind Group* originated in the early 1900’s in Napoleon Hill’s book “Think and Grow Rich”. He defined the Mastermind principle as: “coordination of knowledge and effort by two or more people, who work toward a definite purpose in the spirit of harmony.”

The Network Mastermind program began in 2004. Participation is voluntary and free as part of your Network membership. It is a growing, evolving program intended to give Network members an opportunity to connect and support each other even more intimately in achieving personal and professional objectives.

Network Mastermind Groups generally meet once a month and have numbered as few as three members and as many as fifteen. Each Group chooses a name for itself, its own agenda, time and place to meet. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. A commitment is important.

Additional groups will be formed in different locations as demand and desire indicate. If you would like to visit a group, please call the host of the meeting to determine if that group is accepting visitors and to confirm place and time. Further information is on our website.

## *Woman of the Year*

The Network's Woman of the Year is nominated from the membership at large, and selected by a committee made up of previous recipients. She must be an active member of the SECT Women's Network, attending luncheons and participating in other functions. She must be active in her community and within other professional organizations and must express an interest in helping other women and men achieve professional status and public exposure through networking in the community.

2019	Kathy Greene
2018	Emma Palzere-Rae
2017	Susan Dombrowski
2016	Donna Yother
2015	Louisa Ketron
2014	Connie Plessman
2013	Camilla Ross
2012	Chris Lautz
2011	Gail Weber
2010	Jane Moriarty
2009	Kasey Goss
2008	Beth Glynn
2007	Susan Pochal
2006	Cora Murphy
2005	Elaine Bono
2004	Lois Andrews
2003	Marjorie Taggart Dedrick
2002	Vicki Anderson
2001	Kathleen O'Beirne
2000	Millie Devine
1999	Judy Woodman
1998	Joyce Schmidt
1997	Barbara Quinn
1996	Lois Palmer-Alderson
1995	Linda Mariani
1994	Barbara Reed Collins
1993	Barbara Gager
1992	Nancy Hillery
1991	Nan Crowley



## *Heron Award*

The Heron Award was established in June of 1996 by Kathleen O'Beirne to honor women who have exemplified outstanding leadership skills. The Great Blue Heron is the hero/heroine of Kathleen's book, *Birds of a Feather: Lessons from the Sea*, which examines behavior patterns in the workplace, as well as in family and volunteer settings. Fishing in deeper waters than others, the Heron often has the company of many smaller birds, because she is not in competition for their food and they enjoy what she stirs up. Her patience and collegial bearing make her a metaphor for remarkable leadership.

### Award Winners:

2019	Denise Howard
2018	JoAn Collins
2017	Kathy Greene
2016	Phyllis Nelson
2015	Deb McGrath
2014	Judy Ricketts-White
2013	Patti Rodgers-Longo
2012	Susan Dombrowski
2011	Marilyn Dayton
2009	Chris Lautz
2008	Susan Pochal
2007	Kasey Goss
2006	Jane Percy
2005	Marjorie Taggart Dedrick
2003	Connie Plessman
2002	Jean Caron
2001	Vicki Anderson
2000	Linda Mariani
1999	Barbara Ross
1998	Nan Crowley
1997	Joyce Schmidt
1996	Pam Griffin

# A

**ANDERSON, Karen C.L.**

*Writer and Master-Certified Life Coach*

**KCLAnderson.com**

PO Box 899

Waterford, CT 06385

Cell: 860-912-8810

Email: [Karen@KCLAnderson.com](mailto:Karen@KCLAnderson.com)

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

**ANN, Alexis**

*Editor & Publisher*

**Alexis Advertising / The Resident**

PO Box 269

Stonington, CT 06378

Phone: 860-599-1221

Fax: 860-599-1400

Email: [alexis@theresident.com](mailto:alexis@theresident.com)

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

# B

**BARONI-SCHAEFFER, Susan**

*Corporate Relations Manager*

**Channel 3 Kids Camp**

73 Times Farm Road

Andover, CT 06232

Phone: 860-742-2267 ext. 120

Cell: 860-918-0857

Fax: 860-742-3298

Email: [s.baronischaeffer@channel3kidscamp.org](mailto:s.baronischaeffer@channel3kidscamp.org)

[www.channel3kidscamp.org](http://www.channel3kidscamp.org)

**BARRON, Andrea L.**

*A.V.P./Branch Manager*

**Dime Bank**

18 Chesterfield Road  
East Lyme, CT 06333  
Phone: 860-739-2192  
Email: [abarron@dime-bank.com](mailto:abarron@dime-bank.com)  
[www.dime-bank.com](http://www.dime-bank.com)

**BLANCHARD, Cheryl A.**

*Financial Advisor*

**Dime Investment Services**

290 Salem Turnpike  
Norwich, CT 06360  
Phone: 860-859-4308  
Fax: 860-823-1787  
Email: [cblanchard@dimeinvestmentservices.com](mailto:cblanchard@dimeinvestmentservices.com)  
[www.dimeinvestmentservices.com](http://www.dimeinvestmentservices.com)

**BROUSSEAU, Julie M., FSS, CLU**

*President*

**Hourglass Insurance Services, Inc.**

1649 Route 12, Suite 2  
Gales Ferry, CT 06335  
Phone: 860-464-0121  
Cell: 860-857-5752  
Fax: 860-464-0773  
Email: [JulieB@HIS-biz.com](mailto:JulieB@HIS-biz.com)  
[www.HIS-biz.com](http://www.HIS-biz.com)

**Second Business:**

*Chairman of the Board*

**Community of Hope**

Same address, fax & cell  
Phone: 860-912-8983  
Email: [juliebcob@4coh.com](mailto:juliebcob@4coh.com)  
[www.4coh.com](http://www.4coh.com)

**BROWN, Bridget**

**StoryMatters, LLC**

135 Pennsylvania Avenue

Niantic, CT 06357

Phone: 314-221-1441

Email: [bridget@storymatterscompany.com](mailto:bridget@storymatterscompany.com)

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

**BROWN, Roberta**

**JuicePlus+**

268 Godfrey Road

Mystic, CT 06355

Phone: 970-290-7621

Email: [robertabrown.juiceplus@gmail.com](mailto:robertabrown.juiceplus@gmail.com)

[www.robertabrown.juiceplus.com](http://www.robertabrown.juiceplus.com)

**BURGESS, Carol Jean**

**Primerica Financial Services**

14-4 Masons Island Road, Suite 4A

Mystic, CT 06355

Cell: 860-303-7267

Fax: 860-311-8599

Email: [cburgess0@snet.net](mailto:cburgess0@snet.net)

[www.primerica.com/cburgess](http://www.primerica.com/cburgess)

**BUTLER, Nancy D., CFP®, CDFP, CLTC**

*National Speaker/ Author/ Business Coach*

**Above All Else, Success In Life & Business**

PO Box 494

Waterford, CT 06385

Phone: 860-444-0535

Fax: 860-444-0535

Email: [nbutler@aboveallemore.org](mailto:nbutler@aboveallemore.org)

[www.aboveallemore.org](http://www.aboveallemore.org)

# C

**CEIL, Nicole**

*NTP*

**Nicole Ceil, NTP LLC**

266 S. Broad Street

Pawcatuck, CT 06379

Phone: 860-415-1155

Email: nicoleceilntp@gmail.com

www.nicoleceilntp.com

**COWSER, Nancy**

*Executive Director*

**seCTer**

19-B Thames Street

Groton, CT 06340

Phone: 860-437-4659 Ext. 201

Email: ncowser@secter.org

www.secter.org

**CUNNINGHAM, Tricia**

*Director of Community Relations*

**Fairview, Odd Fellows Home of CT**

235 Lestertown Road

Groton, CT 06340

Phone: 860-445-7478 Ext. 1503

Cell: 860-514-2562

Email: cunninghamt@fairviewct.org

www.fairviewct.org

# D

## **D'AMATO, Elizabeth**

*Vice President - Commercial Loan Officer*

### **Dime Bank**

131 Franklin Street

Westerly, RI 02891

Phone: 401-596-4742

Email: [bdamato@dime-bank.com](mailto:bdamato@dime-bank.com)

[www.dime-bank.com](http://www.dime-bank.com)

## **DEMPSEY, Michelle**

*Owner*

### **Title XIX Specialist, LLC**

12 Roosevelt Avenue

Packer Business Suites 6

Mystic, CT 06355

Phone: 860-245-8165

Email: [title19help@hotmail.com](mailto:title19help@hotmail.com)

[www.title19help.com](http://www.title19help.com)

## **DENNISON, Barbara**

*Senior Loan Officer*

### **iServe Residential Lending LLC**

23 Woodland Road, Suite A3

Madison, CT 06443

Phone: 877-486-2083

Cell: 860-304-3000

Fax: 203-680-9887

Email: [bdennison@iservelending.com](mailto:bdennison@iservelending.com)

[www.barbaradennison.iservelending.com](http://www.barbaradennison.iservelending.com)

## **DePERRY, Holly**

*Business Lender*

### **Charter Oak Federal Credit Union**

1055 Hartford Turnpike

Waterford, CT 06385

Phone: 860-446-3313

Email: [hdeperry@cofcu.com](mailto:hdeperry@cofcu.com)

[www.charteroak.org](http://www.charteroak.org)

**DEVINE, Mildred E.**  
**Founder of the Women's Network**  
*Retired Trust Advisor*  
**Dime Bank**  
290 Salem Turnpike  
Norwich, CT 06360  
Phone: 860-442-2030  
Email: devine.planning@snet.net

**DOMBROWSKI, Susan M.**  
*Member Experience Liaison*  
**CorePlus Federal Credit Union**  
202 Salem Turnpike  
Norwich, CT 06360  
Phone: 860-886-0576 ext. 3171  
Cell: 860-334-0943  
Fax: 860-886-4812  
Email: sdombrowski@coreplus.org  
www.coreplus.org

# E

**EATON, Rachel**  
**We Let the Dogs Out, LLC**  
PO Box 1419  
Guilford, CT 06437  
Phone: 203-710-2037  
Email: rachel@thedogsout.com  
www.thedogsout.com

# G

**GANNOTTI, Mary Lou**

*Public Relations and Communications Director*

**Coastal Connecticut Research, LLC**

342 Montauk Avenue

New London, CT 06320

Phone: 860-437-7092

Fax: 860-442-7270

Email: marylou@ccrstudies.com

www.ccrstudies.com

**GARLAND, Anne**

*Creative Director*

**Anne Garland Enterprises, LLC**

303 Westchester Road

Colchester, CT 06415

Cell: 860-575-4970

Email: anneg@annegarlandenterprises.com

www.annegarlandenterprises.com

**GAROFANO, Kerry, CFRE**

*Assistant Director of Development*

**Connecticut Humane Society**

701 Russell Road

Newington, CT 06111

Phone: 860-594-4502 ext. 6328

Cell: 860-214-8224

Email: kgarofano@cthumane.org

www.cthumane.org

**GEER, Teresa**

**Self-Employed**

Norwich, CT 06320

Phone: 860-886-8296

Cell: 860-884-5458

Email: tlgeer@hotmail.com



**GIORDANO, Lisa**

*Writer, Artist*

**Self-Employed**

New London, CT 06320

Cell: 860-861-3743

Email: ldgldg7@gmail.com

**GLYNN, Beth A.**

*A.V.P./Mortgage Specialist*

**Chelsea Groton Bank**

904 Poquonnock Road

Groton, CT 06340

Phone: 860-448-4177

Fax: 860-448-4173

Email: bglynn@chelseagroton.com

www.chelseagroton.com

**GOOGINS, Gail P.**

*President*

**Oakdell Motel**

983 Hartford Turnpike

Waterford, CT 06385

Phone: 860-442-9446

Fax: 860-444-9243

Email: sales@oakdellmotel.com

www.oakdellmotel.com

**GREENE, Kathy**

*Executive Director*

**The Light House**

PO Box 271

Old Mystic, CT 06372-0271

Phone: 860-445-7626 ext. 115

Cell: 860-367-4583

Fax: 860-449-1378

Email: kgreene@lhcampus.com

www.lhcampus.com

# H

## **HACKETT, Susan**

*Program Coordinator*

### **Women's Business Development Council**

300 State Street

Suite 419

New London, CT 06320

Phone: 860-574-9246

Email: shackett@ctwbdc.org

www.ctwbdc.org

## **HESPELER, Luanne**

*Physician Assistant*

### **Integrated Dermatology & Medspa of Groton**

481 Gold Star Highway

Suite 201

Groton, CT 06340

Phone: 860-445-8020

Email: lhesperer@mydermgroupp.com

www.integrateddermatologyofgroton.com

## **HOWARD, Denise**

*Owner*

### **Best Wellness 4 You**

12 New London Turnpike, #188

Norwich, CT 06360

Phone: 860-222-9013

Email: bestwellness4you@gmail.com

www.ahealthyhome.org

### **Second Business:**

*Author*

*Jameela's Big Adventure*

Same address & phone

Email: jameelastory@gmail.com

www.jameelasbigadventure.com

# J

**JENCKS, Judy**

*President/Owner*

**Jencks Network, LLC**

155 Preston Allen Road

Lisbon, CT 06351

Phone: 860-822-8712

Cell: 860-884-4263

Email: [jmjencks@yahoo.com](mailto:jmjencks@yahoo.com)

[www.seniorcenterct.org](http://www.seniorcenterct.org)

# K

**KENNEDY, Evelyn Siefert**

*Textile Appraiser and Specialist*

**Evelyn of Sewtique**

PO Box 424

Gales Ferry, CT 06335

Phone: 860-464-2001

Cell: 860-460-2796

Email: [sewtique@aol.com](mailto:sewtique@aol.com)

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

**KERRIGAN, Saralyn**

*Executive Director*

**Guest House Retreat and Conference Center**

318 West Main Street

Chester, CT 06412

Phone: 860-322-5770

Cell: 860-319-1479

Email: [saralyn@guesthousecenter.org](mailto:saralyn@guesthousecenter.org)

[www.guesthousecenter.org](http://www.guesthousecenter.org)

**KETRON, Louisa**

*Realtor*

**Berkshire Hathaway-  
New England Properties**

15A Main Street

Essex, CT 06426

Phone: 860-767-2133 ext. 14

Cell: 860-395-7967

Fax: 860-767-2135

Email: louisaketron@bhhsNE.com

**Second Business:**

*Property Manager*

**Schedule Masters, LLC**

20 Brooks Lane

Ivoryton, CT 06442

Phone: 860-395-7967

Email: LouisaKet@comcast.net

# L

**LaFORTE, Geri**

*Operations and*

*Project Management Professional*

Quaker Hill, CT 06375

Phone: 201-981-3289

Email: gerilaforte@gmail.com

**LARKIN, Pamela**

**Quality Dog Trainer**

6 Avebury Berwick

Ledyard, CT 06339

Phone: 860-625-9114

Email: calvynandhobbs@aol.com

**LEE, Carleen**

*Branch Manager*

**Chelsea Groton Bank**

One Montauk Avenue  
New London, CT 06320

Phone: 860-448-4251

Cell: 860-460-1309

Email: clee@chelseagroton.com

www.chelseagroton.com

**LEE, Kathryn**

*Founder, CEO*

**Mid Life Rising**

Phone: 860-857-1925

Email: kateleeco@outlook.com

**Second Business:**

*Owner*

**Riverly Handcraft Company**

Same phone & email

**LEE, LaKisha**

*Property Manager*

**Bethsaida Community, Inc.**

120 Cliff Street

Norwich, CT 06360

Phone: 860-886-0622 ext. 10

Email: lakishalo@bethsaidact.org

www.bethsaidact.org

**LINDER, Deborah R.L.**

*Life & Health Insurance Agent*

**Linder Insurance Sales**

16 Colonial Drive

Waterford, CT 06385

Phone: 860-444-0111

Cell: 860-877-4255

Email: deborahlinder29@yahoo.com

www.linderinsurancesales.com

**Second Business:**

*Writer*

Same address, phone & email

**LITTLE, Gigi**

*Founder/President*

**A Good Laugh, Inc.**

19 West Mystic Avenue

Mystic, CT 06355

Phone: 860-245-5840

Cell: 508-579-8395

Email: [carolgigi.little@gmail.com](mailto:carolgigi.little@gmail.com)

[www.facebook.com/agoodlaughinc/](http://www.facebook.com/agoodlaughinc/)

**Second Business:**

*Owner*

**Gigi Marie Designs**

Same address, phone, cell & email

[www.etsy.com/shop/gigimariedesigns](http://www.etsy.com/shop/gigimariedesigns)

# M

**MALLETT, Jan**

*CEO*

**Mallett's Rings&BLING**

52 Lakeview Drive

Preston, CT 06365

Phone: 860-884-1145

Fax: 860-536-3064

Email: [janmallett01@gmail.com](mailto:janmallett01@gmail.com)

[www.Tocara.com/mallett](http://www.Tocara.com/mallett)

**MARCO, Megan**

*Doctor of Acupuncture, Licensed Acupuncturist*

**Stonington Natural Health Center**

107 Wilcox Road, Suite 103

Stonington, CT 06378

Phone: 860-536-3880

Fax: 860-536-3064

Email: [info@meganmarco.com](mailto:info@meganmarco.com)

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

**MARINO, Kimberly A.**

*Massage Therapist*

**Artful Touch**

60 Orchard Drive

Uncasville, CT 06382

Phone: 860-319-7513

Email: artfultouch@hotmail.com

artfultouch@facebook.com

**Second Business:**

*Lead Massage Therapist*

**Jon Roberto Salon & Spa**

196 Montauk Avenue

New London, CT 06320

Phone: 860-447-1771

Cell: 860-319-7513

**MARKOWSKI-ROOP, Beth**

*Marketing Manager*

**ServiceMaster By Mason**

12 Gavitt Avenue

Westerly, RI 02891

Phone: 860-455-1249

Cell: 401-640-8431

Fax: 401-709-0383

Email: office@servicemasterbymason.com

www.servicemasterbymason.com

**Second Business:**

PO Box 85

Hampton, CT 06247

**MATTA, Diane**

*Owner*

**Diane's Tax Services**

5 West Main Street

Clinton, CT 06413

Phone: 860-306-0947

Email: dmatta1@live.com

**McDONALD, Kate**

*Executive Director*

**Girls on the Run  
of Southeastern Connecticut**

PO Box 455

Waterford, CT 06385

Email:

[kate.mcdonald@girlsontherun.org](mailto:kate.mcdonald@girlsontherun.org)

**McGRATH, Deborah**

*Director*

**Honor and Remember, CT Chapter**

25 Olive Street

Waterford, CT 06385

Cell: 860-961-2814

Email: [debbiegraff1@gmail.com](mailto:debbiegraff1@gmail.com)

[www.honorandremember.org](http://www.honorandremember.org)

**Second Business:**

*Sales*

**Nutmeg Building and Remodeling**

4 Blacksmith Drive

Ledyard, CT 06339

Phone: 860-572-9606

Cell: 860-961-2814

Email: [debbiegraff1@gmail.com](mailto:debbiegraff1@gmail.com)

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

**McGUIRK, Angela**

*Branch Manager*

**Navy Federal Credit Union**

24 Sailfish Drive

Groton, CT 06340

Phone: 860-445-3204

Cell: 860-449-6735

Email: [angela\\_mcguirk@navyfederal.org](mailto:angela_mcguirk@navyfederal.org)

[www.navyfederal.org](http://www.navyfederal.org)



**MILSTEIN, Ceseli**

*Certified Health Coach*

**cOMe hOMe to OM**

12 West Mystic Avenue

Mystic, CT 06355

Phone: 860-912-9411

Email: ceselimirilstein@gmail.com

www.comehome2om.com

**MODZELEWSKI, Patricia H.**

*Attorney, Mediator*

**Peck & Tuneski, P.C.**

10 Pearl Street

New London, CT 06320

Phone: 860-447-3370

Fax: 860-447-3150

Email: pat@peck-tuneski.com

www.Peck-Tuneski.com

**Second Business:**

**Peck & Tuneski, P.C.**

139 Mill Rock Road, Suite 104

Old Saybrook, CT 06475

Phone: 860-395-1811

Fax: 860-395-1812

Same email & website

**MORIARTY, Jane M.**

*Vice President*

**Charter Oak Federal Credit Union**

1055 Hartford Turnpike

Waterford, CT 06385

Phone: 860-446-3381

Cell: 860-984-9821

Fax: 860-437-2360

Email: jmoriarty@cofcu.com

www.charteroak.org

**MOSHIER-DUNN, Deb**

*Vice President*

**Soroptimist International CT Shoreline**

PO Box 344

Groton, CT 06340

Phone: 914-456-3069

Email: debm0727@sbcglobal.net

**Second Business:**

*Vice President*

**Save the River-Save the Hills, Inc.**

PO Box 505

Waterford, CT 06385

Email: vp@savetheriversavethehills.org

**MOTOLA, Nancy C.**

*Principal Consultant*

**Pharma Regulatory Connection**

210 Niantic River Road

Waterford, CT 06385

Phone: 860-461-5487

Fax: 860-772-2283

Email: ncmotola@pharmaregconnection.com

www.pharmaregconnection.com

**MOWER, Pamela**

**Savings Institute Bank & Trust Company**

*Assistant Treasurer/Branch Manager*

63 Norwich Avenue

Colchester, CT 06415

Phone: 860-537-8022

Email: pamelamower@banksi.com

www.savingsinstitute.com

**Second Business:**

50 East High Street

East Hampton, CT 06424

Phone: 860-267-0231

Same email & website

**MURPHY, Cora**

*Travel Agent*

**Cora's Awesome Travel**

Groton, CT 06340

Phone: 860-445-8458

Email: [jmu1981@aol.com](mailto:jmu1981@aol.com)

[www.ytbtravel.com/jmu1981](http://www.ytbtravel.com/jmu1981)

# N

**NAPIANY, Susan**

*Independent Consultant*

**Pampered Chef**

7 Barone Road

Niantic, CT 06357

Cell: 860-460-3390

Email: [suenapchef@gmail.com](mailto:suenapchef@gmail.com)

[www.pamperedchef.biz/suenapiany](http://www.pamperedchef.biz/suenapiany)

**Second Business:**

*Aquarium Assistant*

**Simply Aquariums**

Niantic, CT 06357

Cell: 860-367-5700

Email: [rnapman1@aol.com](mailto:rnapman1@aol.com)

**NELSON, Phyllis**

*Independent Consultant*

**Arbonne International**

282 High Street

Baltic, CT 06330

Phone: 860-917-0868

Email: [balancedliving45@gmail.com](mailto:balancedliving45@gmail.com)

[www.phyllisnelson.arbonne.com](http://www.phyllisnelson.arbonne.com)

**NOTT, Denise M., CGR, CAPS**

*Owner, Certified Green Professional,  
Certified Aging in Place Specialist*

**Nutmeg Building & Remodeling LLC**

*Construction & Remodeling*

4 Blacksmith Drive

Ledyard, CT 06339

Phone: 860-449-4641

Email: dm.nott@gmail.com

www.nutmegbuildingremodeling.com

# O

**O'BEIRNE, Kathleen P.**

*Owner*

**Lifescape Enterprises**

PO Box 218

West Mystic, CT 06388

Phone: 860-536-7179

Fax: 860-536-2288

Email: kathleenobeirne@aol.com

**OGDEN, Denise**

*Corporate Office - Commercial Loan Officer*

**Dime Bank**

290 Salem Turnpike

Norwich, CT 06360

Phone: 860-859-4381

Cell: 860-227-3035

Fax: 860-885-1468

Email: dogden@dime-bank.com

www.dime-bank.com

**OXENDINE, Brittni**

*Financial Advisor*

**Edward Jones**

24 Elm Street

Old Saybrook, CT 06475

Phone: 860-388-6266

Email: brittni.oxendine@edwardjones.com

www.edwardjones.com

# P

**PALZERE-RAE, Emma**

*Associate Director*

**Artreach, Inc.**

401 W. Thames Street

Unit 702

Norwich, CT 06360

Phone: 860-887-0014

Cell: 860-961-6067

Email: emmapalzererae@gmail.com

www.artreachheals.org

**Second Business:**

**Provincetown Tennessee Williams Theater Festival**

*Development Manager*

Cell: 860-961-6067

www.twptown.org

**PLESSMAN, Connie K., Ph.D.**

*Professor Emerita, SIU*

*Performance Improvement/Talent Development*

**Growth Dynamics**

Mystic, CT 06355

Cell: 860-710-1373

Email: plessman@siu.edu

**POCHAL, Susan B.**

*Attorney*

**Pochal & Pochal, LLC**

*Estate & Tax Planning/Probate/Real Estate*

86 Denison Avenue

Mystic, CT 06355

Phone: 860-536-1632

Fax: 860-536-1724

Email: susan@pochallaw.com

**POOLER, Kathy**

*Owner*

**Publications Plus**

5 Melody Lane

Norwich, CT 06360

Phone: 860-889-2893

Cell: 860-961-8261

Email: kathy@publicationsplus.com

www.publicationsplus.com

**PORTER ZAITCHIK, Melissa**

*Development Coordinator*

**Safe Futures, Inc.**

16 Jay Street

New London, CT 06320

Phone: 860-447-0366 Ext. 220

Email: mzaitchik@safefuturesct.org

www.safefuturesct.org

# R

**REED, Lorrie**

*Catering Sales & Event Manager*

**Groton Inn & Suites**

99 Gold Star Highway

Groton, CT 06340

Phone: 860-445-9784

Cell: 860-208-9552

Email: [lorriereid23@gmail.com](mailto:lorriereid23@gmail.com)

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

**RICKETTS-WHITE, Judy**

*Owner/Graphic Designer*

**Ricketts-White Design**

103 Butlertown Road

Waterford, CT 06385

Phone: 860-439-1854

Cell: 860-912-0239

Email: [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net)

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

**Second Business:**

*Author/Publisher*

**Mecate Press**

Email: [mecatepress@gmail.com](mailto:mecatepress@gmail.com)

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

Same address, phone & cell

**RODGERS-LONGO, Patricia M.**

*Assistant Vice President/Mortgage Specialist*

**Chelsea Groton Bank**

2 Water Street

Mystic, CT 06355

Phone: 860-572-4044

Fax: 860-572-4021

Email: [rodgers-patricia@sbcglobal.com](mailto:rodgers-patricia@sbcglobal.com)

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

**ROSS, Barbara**

*Director*

**Fleet & Family Support Center**

Box 93, Naval Submarine Base

Groton, CT 06349

Phone: 860-694-3067

Fax: 860-694-4695

Email: barbara.ross@navy.mil

**ROSS, Camilla**

*President*

**Emerson Theater Collaborative**

PO Box 633

Mystic, CT 06355

Phone: 860-705-9711

Email: cross@emersontheater.org

www.emersontheatercollaborative.org

**Second Business:**

*President*

**Emerson Theater Collaborative**

25 Long Shadows Court

Sedona, AZ 86351

**RYALL, Carol**

*BOC Certified Mastectomy Fitter*

**Pink Mermaid**

1313 Gold Star Highway

Groton, CT 06340

Phone: 860-865-0825

Email: ctppinkmermaid@yahoo.com

www.pinkmermaidct.com



# S

**SANDOSS, Dawn**  
**Charter Oak Federal Credit Union**  
1055 Hartford Turnpike  
Waterford, CT 06385  
Phone: 860-446-3318  
Email: dsandvoss@cofcu.com

**SCHAEFER, Patricia M.**  
*Principal*  
**Front Porch History**  
8 Prospect Street  
Mystic, CT 06355  
Phone: 860-572-9081  
Fax: 860-572-9081  
Email: pmschae@99main.com

**SEDENSKY, Susan**  
*Executive Director*  
**Pawcatuck Neighborhood Center**  
27 Chase Street  
Stonington, CT 06379  
Phone: 860-599-3258 ext. 14  
Email: susan@thepnc.org

**SISLEY, Amanda**  
**Block, Janney & Sisley, LLC**  
138 Main Street  
Norwich, CT 06360  
Phone: 860-886-6352  
Email: asisley@bjplawyers.com  
www.bjplawyers.com

**SMITH, Heide**

*Realtor*

**Priority Real Estate Group LLC**

17A River Road

Lisbon, CT 06360

Phone: 860-908-6041

Email: heide@priorityregroup.com

www.priorityregroup.com

**STETLER, Laura**

*Program Manager*

**Women's Business Development Council**

300 State Street, Suite 419

New London, CT 06320

Phone: 860-574-9246

Email: lsetler@ctwbdc.org

www.ctwbdc.org

**STRUNK, June**

*Executive Vice President*

**Janney Montgomery Scott**

60 Willow Street

Mystic, CT 06355

Phone: 860-245-2085

Cell: 860-235-0677

Fax: 860-245-3638

Email: jstrunk@janney.com

www.mysticharborgroup.com

# T

**TAVERNIER, Deb**

*Branch Manager*

**Putnam Bank**

2 Chapman Lane, Unit #13

Gales Ferry, CT 06335

Phone: 860-464-2247

Cell: 860-428-0508

Email: [debt@putnambank.com](mailto:debt@putnambank.com)

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

**TIFT, Denise**

*Director of Community Outreach*

**The Arc Eastern Connecticut**

125 Sachem Street

Norwich, CT 06360

Phone: 860-889-4435 Ext. 116

Cell: 860-213-1045

Email: [dtift@thearcct.org](mailto:dtift@thearcct.org)

[www.thearcct.org](http://www.thearcct.org)

**TODD, Patricia A.**

*President*

**Blu-Prints Unlimited Inc.**

20 Howard Street

New London, CT 06320

Phone: 860-444-6564

Fax: 860-444-6089

Email: [plots@bpurepro.com](mailto:plots@bpurepro.com)

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

# V

## **VERANO, Katherine**

*Executive Director*

### **Safe Futures**

16 Jay Street

New London, CT 06320

Phone: 860-447-0366 ext. 242

Cell: 860-705-9756

Email: [kverano@safefuturesct.org](mailto:kverano@safefuturesct.org)

[www.safefuturesct.org](http://www.safefuturesct.org)

# W

## **WAHEED, D'mitra Gomez**

*Independent Beauty Consultant*

### **Mary Kay**

Phone: 860-912-9057

Email: [dmitrawaheed@yahoo.com](mailto:dmitrawaheed@yahoo.com)

[www.marykay.com/dwaheed](http://www.marykay.com/dwaheed)

### **Second Business:**

*Notary Public of Connecticut*

Same phone & email

## **WAKELY, Julie**

*President*

### **Julie Wakely Enterprises, LLC**

31 Bushnell Road

Lisbon, CT 06351

Phone: 860-334-3907

Email: [jwakely@sbcglobal.net](mailto:jwakely@sbcglobal.net)

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

**WARSHAVSKY, Laurie**

*Realtor*

**LJ Team William Raveis Niantic**

Niantic, CT 06357

Phone: 860-205-6321

Email: laurie.warshavsky@raveis.com

**WELSCH, Melissa**

*Owner*

**Be The Light Designs LLC**

195 Boston Post Road

Waterford, CT 06385

Phone: 860-917-8640

Email: bethelight195@gmail.com

www.bethelight195.com

**WHITWORTH, Mary**

*Owner*

**Whitworth Real Estate**

4 Indian Hill Road

Norwich, CT 06360

Phone: 860-222-0797

Email: whitworthrealestate@gmail.com

**WILCZYNSKI, Jean**

*Financial Advisor/Certified Financial Planner Professional*

**Exencial Wealth Advisors**

PO Box 623

Old Lyme, CT 06371

Phone: 860-434-5999

Cell: 860-304-5725

Fax: 860-434-4075

Email: jwilczynski@exencialwealth.com

www.exencialwealth.com

**WINKELMAN, Marielle**

**Chelsea Groton Bank**

157 Boston Post Road

Waterford, CT 06385

Phone: 860-448-4256

Email: [mwinkelman@chelseagroton.com](mailto:mwinkelman@chelseagroton.com)

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

**WUJTEWICZ, Sheree**

*Owner/Photographer*

**Sheree Sirpenski Photography LLC**

Uncasville, CT 06382

Cell: 860-303-6090

Email: [sheree.sirpenski@yahoo.com](mailto:sheree.sirpenski@yahoo.com)

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

**Y**

**YOTHER, Donna**

*President*

**Sava Insurance Group Inc.s**

750 Broad Street

Waterford, CT 06385

Phone: 860-437-7282

Cell: 860-625-1396

Fax: 860-447-5656

Email: [dyother@savainsurance.com](mailto:dyother@savainsurance.com)

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

# Z

**ZACCHEO, Shirley**

*Marketing & Digital Branding Consultant*

**Cumulus Media, New London**

7 Governor Winthrop Boulevard

New London, CT 06320

Phone: 860-443-1980

Cell: 860-514-1012

Email: shirley.zaccheo@cumulus.com

**Second Business:**

*Owner*

**True Colors Image Consulting**

Same cell

Email: sazzac68@gmail.com

[www.colormedirect.com/tcic](http://www.colormedirect.com/tcic)

# Business Categories

For more complete information refer to the alphabetical listing of member's names.

## ACCOUNTING & BOOKKEEPING

**MATTA, Diane**

*Owner*

**Diane's Tax Services**

Phone: 860-306-0947

## ACUPUNCTURE & CHINESE MEDICINE

**MARCO, Megan**

*Doctor of Acupuncture,*

*Licensed Acupuncturist*

**Stonington Natural Health Center**

Phone: 860-536-3880

## ADVERTISING

**JENCKS, Judy**

*President/ Owner*

**Jencks Network, LLC**

Phone: 860-822-8712

**TODD, Patricia A.**

*President*

**Blu-Prints Unlimited Inc.**

Phone: 860-444-6564

## ADVOCATE

**PORTER ZAITCHIK, Melissa**

*Development Coordinator*

**Safe Futures, Inc.**

Phone: 860-447-0366 Ext. 220

## ANIMALS

**EATON, Rachel**

**We Let the Dogs Out, LLC**

Phone: 203-710-2037

**GAROFANO, Kerry, CFRE**

*Stewardship Manager*

**Connecticut Humane Society**

Phone: 860-594-4502 ext. 6328

Cell: 860-214-8224

**LARKIN, Pamela**

**Quality Dog Trainer**

Phone: 860-625-9114

## AQUARIUMS

**NAPIANY, Susan**

*Aquarium Assistant*

**Simply Aquariums**

Cell: 860-367-5700



**ARTS, MUSIC, &  
THEATER**

**GIORDANO, Lisa**

*Writer, Artist*

**Self-Employed**

Cell: 860-861-3743

**LEE, Kathryn**

*Owner*

**Riverly Handcraft Company**

Phone: 860-857-1925

**PALZERE-RAE, Emma**

*Associate Director*

**Artreach, Inc.**

Cell: 860-961-6067

**Second Business:**

**Provincetown Tennessee Williams**

**Theater Festival**

*Development Manager*

Cell: 860-961-6067

www.twptown.org

**ROSS, Camilla**

*President*

**Emerson Theater Collaborative**

Phone: 860-705-9711

**ATTORNEYS**

**MODZELEWSKI, Patricia H.**

*Attorney, Mediator*

**Peck & Tuneski, P.C.**

Phone: 860-447-3370

Phone: 860-395-1811

**POCHAL, Susan B.**

*Attorney*

**Pochal & Pochal, LLC**

Phone: 860-536-1632

**SISLEY, Amanda**

**Block, Janney & Sisley, LLC**

Phone: 860-886-6352

**BANKING**

**BARRON, Andrea**

*A.V.P./Branch Manager*

**Dime Bank**

Phone: 860-739-2192

**D'AMATO, Elizabeth**

*Vice President - Commercial Loan Officer*

**Dime Bank**

Phone: 401-596-4742

**DePERRY, Holly**

*Business Lender*

**Charter Oak Federal Credit Union**

Phone: 860-446-3313

**DOMBROWSKI, Susan M.**

*Director of Marketing & Public Relations*

**CorePlus Federal Credit Union**

Phone: 860-886-0576 ext. 3171

**GLYNN, Beth A.**

*A.V.P./Mortgage Specialist*

**Chelsea Groton Bank**

Phone: 860-448-4177

**LEE, Carleen**

*Branch Manager*

**Chelsea Groton Bank**

Phone: 860-448-4251

Cell: 860-460-1309

**McGUIRK, Angela**

*Branch Manager*

**Navy Federal Credit Union**

Phone: 800-531-7174 ext. 27545

Cell: 860-449-6735

**MORIARTY, Jane M.**

*Vice President*

**Charter Oak Federal Credit Union**

Phone: 860-446-3381

Cell: 860-984-9821

**MOWER, Pamela**

**Savings Institute Bank & Trust Company**

*Assistant Treasurer/Branch Manager*

Phone: 860-537-8022

Phone: 860-267-0231

**OGDEN, Denise**

*Corporate Office - Commercial Loan Officer*

**Dime Bank**

Phone: 860-859-4381

Cell: 860-227-3035

**RODGERS-LONGO, Patricia M.**

*Assistant Vice President/Mortgage Specialist*

**Chelsea Groton Bank**

Phone: 860-572-4044

**SANDOSS, Dawn**

**Charter Oak Federal Credit Union**

Phone: 860-446-3318

**TAVERNIER, Deb**

*Branch Manager*

**Putnam Bank**

Phone: 860-464-2247

Cell: 860-428-0508

**WINKELMAN, Marielle**

**Chelsea Groton Bank**

Phone: 860-448-4256

**BEAUTY**

**ZACCHEO, Shirley**

*Owner*

**True Colors Image Consulting**

Cell: 860-514-1012

**BUSINESS  
DEVELOPMENT**

**COWSER, Nancy**

*Executive Director*

**seCTer**

Phone: 860-437-4659 Ext. 201

**DePERRY, Holly**

*Business Lender*

**Charter Oak Federal Credit Union**

Phone: 860-446-3313

**HACKETT, Susan**

*Program Coordinator*

**Women's Business Development  
Council**

Phone: 860-574-9246

**PALZERE-RAE, Emma**

*Nonprofit Consultant*

Phone: 860-961-6067

**PORTER ZAITCHIK, Melissa**

*Development Coordinator*

**Safe Futures, Inc.**

Phone: 860-447-0366 Ext. 220

**STETLER, Laura**

*Program Manager*

**Women's Business Development  
Council**

Phone: 860-574-9246

**ZACCHEO, Shirley**

*Marketing & Digital Branding Consultant*

**Cumulus Media, New London**

Phone: 860-443-1980

Cell: 860-514-1012

**CARPET CLEANING &  
FLOORCARE  
SERVICES**

**MARKOWSKI-ROOP, Beth**

*Marketing Manager*

**ServiceMaster By Mason**

Phone: 860-455-1249

Cell: 401-640-8431

**CATERING**

**REID, Lorrie**

*Catering Sales & Event Manager*

**Groton Inn & Suites**

Phone: 860-445-9784

Cell: 860-208-9552

**CLINICAL RESEARCH**

**GANNOTTI, Mary Lou**

*Public Relations and Communications*

*Director*

**Coastal Connecticut Research, LLC**

Phone: 860-437-7092

**CONSULTING**

**BROWN, Bridget**

**StoryMatters, LLC**

Phone: 314-221-1441

**DEMPSEY, Michelle**

*Owner*

**Title XIX Specialist, LLC**

Phone: 860-245-8165

**MOTOLA, Nancy C.**

*Principal Consultant*

**Pharma Regulatory Connection**

Phone: 860-461-5487

**WELSCH, Melissa**

*Owner*

**Be The Light Designs LLC**

Phone: 860-917-8640

**ZACCHEO, Shirley**

*Branding & Sales Representative*

**Cumulus Media**

Phone: 860-443-1980

Cell: 860-514-1012

**DERMATOLOGY**

**HESPELER, Luanne**

*Physician Assistant*

**Integrated Dermatology & Medspa  
of Groton**

Phone: 860-445-8020

**DISASTER  
RESTORATION**

**MARKOWSKI-ROOP, Beth**

*Marketing Manager*

**ServiceMaster By Mason**

Phone: 860-455-1249

Cell: 401-640-8431

**EDUCATION**

**CUNNINGHAM, Tricia**

*Director of Development*

**Denison Pequotsepos Nature Center  
& Coogan Farm Nature & Heritage  
Center**

Phone: 860-536-1216 ext. 22154

**O'BEIRNE, Kathleen P.**

*Owner*

**Lifescape Enterprises**

Phone: 860-536-7179

**PALZERE-RAE, Emma**

**Provincetown Tennessee Williams  
Theater Festival**

*Development Manager*

Cell: 860-961-6067

**PLESSMAN, Connie K., Ph.D.**

*Professor Emerita, SIU*

**Growth Dynamics**

Cell: 860-710-1373

**SCHAEFER, Patricia M.**

*Principal*

**Front Porch History**

Phone: 860-572-9081

**WAKELY, Julie**

*President*

**Julie Wakely Enterprises, LLC**

Phone: 860-334-3907

**EVENT  
MANAGEMENT &  
PLANNING**

**REID, Lorrie**

*Catering Sales & Event Manager*

**Groton Inn & Suites**

Phone: 860-445-9784

Cell: 860-208-9552

**FASHION &  
CLOTHING**

**KENNEDY, Evelyn Siefert**

*Owner*

**Evelyn of Sewtique**

Phone: 860-464-2001

Cell: 860-460-2796

**LITTLE, Gigi**

*Owner*

**Gigi Marie Designs**

Phone: 860-245-5840

Cell: 508-579-8395

**MALLETT, Jan**

*CEO*

**Mallett's Rings&BLING**

Phone: 860-884-1145

**FINANCIAL  
PLANNING**

**BLANCHARD, Cheryl A.**

*Financial Advisor*

**Dime Investment Services**

Phone: 860-859-4308

**BROUSSEAU, Julie M., FSS, CLU**

*Owner*

**Hourglass Insurance Services**

Phone: 860-464-0121

Cell: 860-857-5752

**DEVINE, Mildred E.**

*Vice President & Trust Officer*

**Dime Bank**

Phone: 860-859-4308

Cell: 860-823-7223

**HACKETT, Susan**

*Program Coordinator*

**Women's Business Development  
Council**

Phone: 860-574-9246

**OXENDINE, Brittni**

*Financial Advisor*

**Edward Jones**

Phone: 860-388-6266

**STETLER, Laura**

*Program Manager*

**Women's Business Development  
Council**

Phone: 860-574-9246

**STRUNK, June**

*Executive Vice President*

**Janney Montgomery Scott**

Phone: 860-245-2085

**WILCZYNSKI, Jean**

*Financial Advisor*

**Exencial Wealth Adisors**

Phone: 860-434-5999

Cell: 860-304-5725

**FITNESS**

**HOPKINS, Nicole**

**Empower Fitness**

**FOOD & NUTRITION**

**NAPIANY, Susan**

*Independent Consultant*

**The Pampered Chef**

Phone: 860-460-3390

**GOVERNMENT**

**ROSS, Barbara**

*Director*

**Fleet & Family Support Center**

Phone: 860-694-3067

## GRAPHIC DESIGN

### **POOLER, Kathy**

*Owner*

#### **Publications Plus**

Phone: 860-889-2893

Cell: 860-961-8261

### **RICKETTS-WHITE, Judy**

*Owner/Graphic Designer*

#### **Ricketts-White Design**

Phone: 860-439-1854

Cell: 860-912-0239

### **TODD, Patricia A.**

*President*

#### **Blu-Prints Unlimited Inc.**

Phone: 860-444-6564

### **LITTLE, Gigi**

*Founder/President*

#### **A Good Laugh, Inc.**

Phone: 860-245-5840

Cell: 508-579-8395

### **MILSTEIN, Ceseli**

*Certified Health Coach*

#### **cOMe hOMe to OM**

Phone: 860-912-9411

### **NAPIANY, Susan**

*Independent Consultant*

#### **The Pampered Chef**

Phone: 860-460-3390

### **NELSON, Phyllis**

*Independent Consultant*

#### **Arbonne International**

Phone: 860-822-6416

## HEALTH & WELLNESS

### **BROUSSEAU, Julie M., FSS, CLU**

*Chairman of the Board*

#### **Community of Hope**

Phone: 860-912-8983

Cell: 860-857-5752

### **BROWN, Roberta**

#### **JuicePlus+**

Phone: 970-290-7621

### **HOWARD, Denise**

*Owner*

#### **Best Wellness 4 You**

Phone: 860-222-9013

### **LEE, Kathryn**

*Founder, CEO*

#### **Mid Life Rising**

Phone: 860-857-1925

## HEALTH CARE

### **MOTOLA, Nancy C.**

*Principal Consultant*

#### **Pharma Regulatory Connection**

Phone: 860-461-5487

### **RYALL, Carol**

*BOC Certified Mastectomy Fitter*

#### **Pink Mermaid**

Phone: 860-865-0825

## **HOLISTIC PRACTITIONERS**

### **MARCO, Megan**

*Doctor of Acupuncture,  
Licensed Acupuncturist*

**Stonington Natural Health Center**

Phone: 860-536-3880

## **HOME IMPROVEMENTS**

### **MARKOWSKI-ROOP, Beth**

*Marketing Manager*

**ServiceMaster By Mason**

Phone: 860-455-1249

Cell: 401-640-8431

## **HOMEBUILDING**

### **McGRATH, Deborah**

*Sales*

**Nutmeg Building and Remodeling LLC**

Phone: 860-572-9606

Cell: 860-961-2814

### **NOTT, Denise M., CGR, CAPS**

*Owner, Certified Green Professional,  
Certified Aging in Place Specialist*

**Nutmeg Building & Remodeling LLC**

Phone: 860-449-4641

## **HUMAN RESOURCES**

### **ELDRIDGE, Annette**

*Executive Director*

**Community of Hope Inc.**

Phone: 860-912-8983

### **LITTLE, Gigi**

*Founder/President*

**A Good Laugh, Inc.**

Phone: 860-245-5840

Cell: 508-579-8395

## **HUMAN SERVICES**

### **DEMPSEY, Michelle**

*Owner*

**Title XIX Specialist, LLC**

Phone: 860-245-8165

### **LITTLE, Gigi**

*Founder/President*

**A Good Laugh, Inc.**

Phone: 860-245-5840

Cell: 508-579-8395

### **MODZELEWSKI, Patricia H.**

*Attorney, Mediator*

**Peck & Tuneski, P.C.**

Phone: 860-447-3370

Phone: 860-395-1811

### **PALZERE-RAE, Emma**

*Associate Director*

**Artreach, Inc.**

Cell: 860-961-6067

**TIFT, Denise**

*Director of Community Outreach*

**The Arc Eastern Connecticut**

Phone: 860-889-4435 Ext. 116

Cell: 860-213-1045

**VERANO, Katherine**

*Executive Director*

**Safe Futures**

Phone: 860-447-0366 ext. 242

Cell: 860-705-9756

**LINDER, Deborah R.L.**

*Life & Health Insurance Agent*

**Linder Insurance Sales**

Phone: 860-444-0111

Cell: 860-877-425

**YOTHER, Donna**

*President*

**Sava Insurance Group Inc.**

Phone: 860-437-7282

Cell: 860-625-1396

**IMAGE CONSULTING**

**ZACCHEO, Shirley**

*Owner*

**True Colors Image Consulting**

Cell: 860-514-1012

**INTERIOR DESIGN &  
DECORATING**

**WELSCH, Melissa**

*Owner*

**Be The Light Designs LLC**

Phone: 860-917-8640

**INSURANCE**

**BLANCHARD, Cheryl A.**

*Financial Advisor*

**Dime Investment Services**

Phone: 860-859-4308

**BROUSSEAU, Julie M., FSS, CLU**

*Owner*

**Hourglass Insurance Services**

Phone: 860-464-0121

Cell: 860-857-5752

**LIFE COACHING**

**ANDERSON, Karen C.L.**

*Writer and Master Certified Life Coach*

**KCLAnderson.com**

Cell: 860-912-8810

**GARLAND, Anne**

*Creative Director*

**Anne Garland Enterprises, LLC**

Cell: 860-575-4970

**BURGESS, Carol Jean**

**Primerica**

Phone: 860-245-0027

Cell: 860-303-7267

**LEE, Kathryn**

*Founder, CEO*

**Mid Life Rising**

Phone: 860-857-1925



**PALZERE-RAE, Emma**  
*Nonprofit Consultant*  
Phone: 860-961-6067

## **MILITARY ORGANIZATIONS**

**MCGRATH, Deborah**  
*Director*  
**Honor and Remember, CT Chapter**  
Cell: 860-961-2814

## **MARKETING & SALES**

**GARLAND, Anne**  
*Creative Director*  
**Anne Garland Enterprises, LLC**  
Cell: 860-575-4970

## **MORTGAGES**

**WHITWORTH, Mary**  
*Owner*  
**Whitworth Real Estate**  
Phone: 860-222-0797

**DENNISON, Barbara**  
*Sr. Loan Officer*  
**iServe Residential Lending LLC**  
Phone: 877-486-2083  
Cell: 860-304-3000

**ZACCHEO, Shirley**  
*Marketing & Digital Branding Consultant*  
**Cumulus Media, New London**  
Phone: 860-443-1980  
Cell: 860-514-1012

**DOMBROWSKI, Susan M.**  
*Director of Marketing & Public Relations*  
**CorePlus Federal Credit Union**  
Phone: 860-886-0576 ext. 3171

## **MASSAGE THERAPY**

**MARCO, Megan**  
*Doctor of Acupuncture, Licensed Acupuncturist*  
**Stonington Natural Health Center**  
Phone: 860-536-3880

**GLYNN, Beth A.**  
*A.V.P./Mortgage Specialist*  
**Chelsea Groton Bank**  
Phone: 860-448-4177

**MARINO, Kimberly A.**  
*Massage Therapist*  
**Artful Touch**  
Phone: 860-319-7513  
*Lead Massage Therapist*  
**Jon Roberto Salon & Spa**  
Phone: 860-447-1771  
Cell: 860-319-7513

**RODGERS-LONGO, Patricia M.**  
*Assistant Vice President/Mortgage Specialist*  
**Chelsea Groton Bank**  
Phone: 860-572-4044

## **NON-PROFIT**

### **BARONI-SCHAEFFER, Susan**

*Corporate Relations Manager*

#### **Channel 3 Kids Camp**

Phone: 860-742-2267 ext. 120

Cell: 860-918-0857

### **BROUSSEAU, Julie M.**

*Chairman of the Board*

#### **Community of Hope**

Phone: 860-912-8983

Cell: 860-857-5752

### **COWSER, Nancy**

*Executive Director*

#### **seCTer**

Phone: 860-437-4659 Ext. 201

### **CUNNINGHAM, Tricia**

*Director of Development*

#### **Denison Pequotsepos Nature Center & Coogan Farm Nature & Heritage Center**

Phone: 860-536-1216 ext. 22154

### **GAROFANO, Kerry, CFRE**

*Stewardship Manager*

#### **Connecticut Humane Society**

Phone: 860-594-4502 ext. 6328

Cell: 860-214-8224

### **GREENE, Kathy**

*Executive Director*

#### **The Light House**

Phone: 860-445-7626 ext. 115

Cell: 860-367-4583

### **HACKETT, Susan**

*Program Coordinator*

#### **Women's Business Development Council**

Phone: 860-574-9246

### **KERRIGAN, Saralyn**

*Executive Director*

#### **Guest House Retreat and Conference Center**

Phone: 860-322-5770

Cell: 860-319-1479

### **LEE, LaKisha**

*Property Manager*

#### **Bethsaida Community Inc.**

Phone: 860-886-0622 ext. 10

### **LITTLE, Carol**

*Founder/President*

#### **A Good Laugh, Inc.**

Phone: 860-245-5840

Cell: 508-579-8395

### **McDONALD, Kate**

*Executive Director*

#### **Girls on the Run of Southeastern Connecticut**

### **McGRATH, Deborah**

*Director*

#### **Honor and Remember, CT Chapter**

Cell: 860-961-2814

### **MOSHIER-DUNN, Deb**

*Vice President*

#### **Soroptimist International CT Shoreline**

Phone: 860-456-3069

### **MOSHIER-DUNN, Deb**

*Vice President*

#### **Save the River-Save the Hills, Inc.**

Phone: 860-456-3069

**PALZERE-RAE, Emma**

*Associate Director*

**Artreach, Inc.**

Cell: 860-961-6067

**Second Business:**

**Provincetown Tennessee Williams  
Theater Festival**

*Development Manager*

Cell: 860-961-6067

**ROSS, Camilla**

*President*

**Emerson Theater Collaborative**

Phone: 860-705-9711

**SEDENSKY, Susan**

*Executive Director*

**Pawcatuck Neighborhood Center**

Phone: 860-599-3258 ext. 14

**STETLER, Laura**

*Program Manager*

**Women's Business Development  
Council**

Phone: 860-574-9246

**TIFT, Denise**

*Director of Community Outreach*

**The Arc Eastern Connecticut**

Phone: 860-889-4435 Ext. 116

Cell: 860-213-1045

## **NOTARY**

**WAHEED, D'mitra Gomez**

*Notary Public of Connecticut*

Phone: 860-912-9057

## **OFFICE SUPPORT SERVICES**

**POOLER, Kathy**

*Owner*

**Publications Plus**

Phone: 860-889-2893

Cell: 860-961-8261

## **PHOTOGRAPHY**

**WUJTEWICZ, Sheree**

*Owner/Photographer*

**Sheree Sirpenski Photography LLC**

Cell: 860-303-6090

## **PRINTING & PUBLISHING**

**ANN, Alexis**

*Editor & Publisher*

**Alexis Advertising / The Resident**

Phone: 860-599-1221

**POOLER, Kathy**

*Owner*

**Publications Plus**

Phone: 860-889-2893

Cell: 860-961-8261

**RICKETTS-WHITE, Judy**

*Owner/Graphic Designer*

**Ricketts-White Design**

Phone: 860-439-1854

Cell: 860-912-0239

**RICKETTS-WHITE, Judy**

*Author/Publisher*

**Mecate Press**

Phone: 860-439-1854

Cell: 860-912-0239

**TODD, Patricia A.**

*President*

**Blu-Prints Unlimited Inc.**

Phone: 860-444-6564

## **PROPERTY MANAGEMENT**

**KETRON, Louisa**

*Property Manager*

**Schedule Masters, LLC**

Phone: 860-395-7967

## **REAL ESTATE**

**KETRON, Louisa**

*Realtor*

**Berkshire Hathaway-**

**New England Properties**

Phone: 860-767-2133 ext. 14

Cell: 860-395-7967

**WARSHAVSKY, Laurie**

*Realtor*

**LJ Team William Raveis Niantic**

Niantic, CT 06357

Phone: 860-205-6321

**WHITWORTH, Mary**

*Owner*

**Whitworth Real Estate**

Phone: 860-222-0797

## **RETAIL STORE**

**RYALL, Carol**

*BOC Certified Mastectomy Fitter*

**Pink Mermaid**

Phone: 860-865-0825

**WELSCH, Melissa**

*Owner*

**Be The Light Designs LLC**

Phone: 860-917-8640

## **SENIOR SERVICES**

**BROUSSEAU, Julie M., FSS, CLU**

*Owner*

**Hourglass Insurance Services**

Phone: 860-464-0121

Cell: 860-857-5752

**DEMPSEY, Michelle**

*Owner*

**Title XIX Specialist, LLC**

Phone: 860-245-8165

**JENCKS, Judy**

*President/Owner*

**Jencks Network, LLC**

Phone: 860-822-8712

Cell: 860-884-4263

**NOTT, Denise M., CGR, CAPS**  
*Owner, Certified Green Professional,  
Certified Aging in Place Specialist*  
**Nutmeg Building & Remodeling LLC**  
Phone: 860-449-4641

**LEWIS, Sharon K.**  
*Business Development*  
**Advi Coach**  
Phone: 860-876-6199

**PLESSMAN, Connie K.**  
*Professor Emerita, SIU  
Performance Improvement/Talent  
Development*  
**Growth Dynamics**  
Cell: 860-710-1373

## **SKIN CARE**

**NELSON, Phyllis**  
*Independent Consultant*  
**Arbonne International**  
Phone: 860-822-6416

**WAHEED, D'mitra Gomez**  
*Independent Beauty Consultant*  
**Mary Kay**  
Phone: 860-912-9057

## **TRAINING, DEVELOPMENT, & COACHING**

**BROWN, Bridget**  
**StoryMatters, LLC**  
Phone: 314-221-1441

**LARKIN, Pamela**  
**Quality Dog Trainer**  
Phone: 860-625-9114

**LEE, Kathryn**  
*Founder, CEO*  
**Mid Life Rising**  
Phone: 860-857-1925

## **TRAVEL, TOURISM, LODGING & DINING**

**GOOGINS, Gail P.**  
*President*  
**Oakdell Motel**  
Phone: 860-442-9446

**KERRIGAN, Saralyn**  
*Executive Director*  
**Guest House Retreat and  
Conference Center**  
Phone: 860-322-5770

**MURPHY, Cora**  
*Travel Agent*  
**Cora's Awesome Travel**  
Phone: 860-445-8458

## **WEALTH MANAGEMENT**

**WILCZYNSKI, Jean**

*Financial Advisor*

**Exencial Wealth Advisors**

Phone: 860-434-5999

Cell: 860-304-5725

**GARLAND, Anne**

*Creative Director*

**Anne Garland Enterprises, LLC**

Cell: 860-575-4970

**PALZERE-RAE, Emma**

*Producer/ Actor/ Playwright*

**Be Well Productions**

Phone: 860-961-6067

## **WEBSITE DEVELOPMENT**

**RICKETTS-WHITE, Judy**

*Owner/ Graphic Designer*

**Ricketts-White Design**

Phone: 860-439-1854

Cell: 860-912-0239

## **WRITERS, AUTHORS & SPEAKERS**

**ANDERSON, Karen C.L.**

*Writer and Master-Certified Life Coach*

**KCLAnderson.com**

Cell: 860-912-8810

**BUTLER, Nancy D., CFP®, CDFA, CLTC**

*National Speaker/ Author/ Business Coach*

**Above All Else, Success In Life &  
Business**

Phone: 860-444-0535

## **WOMEN'S EVENTS**

**HACKETT, Susan**

*Program Coordinator*

**Women's Business Development**

**Council**

Phone: 860-574-9246

**GIORDANO, Lisa**

*Writer, Artist*

**Self-Employed**

Cell: 860-861-3743

**STETLER, Laura**

*Program Manager*

**Women's Business Development**

**Council**

Phone: 860-574-9246

**HOWARD, Denise**

*Author*

*Jameela's Big Adventure*

Phone: 860-222-9013

**LINDER, Deborah R.L.**

*Writer*

Phone: 860-444-0111

Cell: 860-877-4255

**O'BEIRNE, Kathleen P.**

*Owner*

**Lifescape Enterprises**

*Writer-Consultant: Education and Military  
Families*

Phone: 860-536-7179

**RICKETTS-WHITE, Judy**

*Author/Publisher*

**Mecate Press**

Phone: 860-439-1854

Cell: 860-912-0239

**SCHAEFER, Patricia M.**

*Principal*

**Front Porch History**

Phone: 860-572-9081

**WAKELY, Julie**

*President*

**Julie Wakely Enterprises, LLC**

Phone: 860-334-3907

