

Accounting & Bookkeeping
Acupuncture/ Advertising
Advocate/ Aquariums
Arts, Music & Theater
Attorneys/ Banking
Beauty/ Business Development
Carpet Cleaning/ Clinical Research
Consulting/ Disaster Restoration
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
Image Consulting/ Insurance
Landscaping & Design/ Life Coaching
Marketing & Sales/ Massage Therapy
Military Organizations/ Mortgages/ Non-Profit
Notary/ Office Support/ Photography
Printing & Publishing/ Property Management
Psychology/ Psychotherapy/ Real Estate
Senior Services/ Skin Care
Training, Development & Coaching
Travel, Tourism, Lodging & Dining
Wealth Management/ Website Development
Writers, Authors & Speakers

2021
2022

D
I
R
E
C
T
O
R
Y

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**

**Find us on Facebook
www.facebook.com/SECTWomensNetwork**



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

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

DISCLAIMER: Any dealings you may have with any of the businesses or individuals listed herein, or participation in promotions that may be offered, including the delivery of and the payment for goods and services, and any other terms, conditions, warranties, or representations associated with such dealings or promotions, are solely between you and the individuals and/or business entities or other third parties. The SECT Women's Network shall not be responsible or liable for any part of any such dealings or promotions and, accordingly, disclaims all warranties and conditions with regard to any product or service provided, including all express warranties or implied warranties and conditions of merchantability and fitness for a particular purpose.

Southeastern Connecticut
**WOMEN'S
NETWORK**



Founded in 1976, we meet on the
third Wednesday of the month
for a luncheon

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

Past Presidents

Denise Howard.....	2019-2021
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
2021-2022***

Officers

Denise Howard, President - Best Wellness 4 You
Susan Domrowski, Vice President - Entrepreneur
Susan Hackett, Treasurer - Women's Business Development Center
Carol Burgess, Secretary - Primerica
Kate Lee Bellandese, Immediate Past President

Board Members

Three Year Terms

Susan Napiany - Pampered Chef
Deb McGrath - Backyard Bracelets

Two Year Terms

Kathy Greene - Kathy Greene LLC
Judy Jenks - Jenks Network LLC

One Year Term

Holly DePerry - Charter Oak Federal Credit Union
Lisa Giordano - Emerson Theater Collaborative
Kathy Pooler - Publications Plus

Members at Large

Sheree Wujtewicz - Sheree Wujtewicz Holistic Nutritionist
Judy Ricketts-White - Ricketts-White Design

Committees & Liaisons

Administration/Business Office	Kate Lee
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 Lee
Photography	Sheree Wujtewicz
Program	Susan Dombrowski
Publicity	Lisa Giordano
Safe Futures Liaison	Connie Plessman
Scholarships	Denise Nott
Woman of the Year Committe	Deb McGrath

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.

2020	Deb McGrath	2005	Elaine Bono
2019	Kathy Greene	2004	Lois Andrews
2018	Emma Palzere-Rae	2003	Marjorie Taggart Dedrick
2017	Susan Dombrowski	2002	Vicki Anderson
2016	Donna Yother	2001	Kathleen O'Beirne
2015	Louisa Ketron	2000	Millie Devine
2014	Connie Plessman	1999	Judy Woodman
2013	Camilla Ross	1998	Joyce Schmidt
2012	Chris Lautz	1997	Barbara Quinn
2011	Gail Weber	1996	Lois Palmer-Alderson
2010	Jane Moriarty	1995	Linda Mariani
2009	Kasey Goss	1994	Barbara Reed Collins
2008	Beth Glynn	1993	Barbara Gager
2007	Susan Pochal	1992	Nancy Hillery
2006	Cora Murphy	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, Vicki L.

Vice President

Auxiliary of L&M Hospital

365 Montauk Avenue

New London, CT 06320

Cell: 860-460-6926

Email: backfromahike@gmail.com

ATKINS, Rebecca

Special Education Teacher

The Light House

125 Shaw Street

New London, CT 06320

Phone: 860-445-7626 ext. 114

Email: ratkins@lvecenter.com

www.lhcampus.com

B

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

www.dime-bank.com

BLANCHARD, Cheryl A.

First Selectman

Town of Sprague

Sprague, CT 06360

Phone: 860-822-6961

Email: wblanchard02@snet.net

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

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

www.4coh.com

BROWN, Bridget

StoryMatters, LLC

135 Pennsylvania Avenue

Niantic, CT 06357

Phone: 314-221-1441

Email: bridget@storymatterscompany.com

www.storymatterscompany.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

www.primerica.com/cburgess

BUTLER, Nancy D., CFP®, CDFA, 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

www.aboveallemore.org

C

CLARKSON, Gay

Retired

Phone: 860-574-9507

Email: willypetey15@gmail.com

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

www.dime-bank.com

DAYTON, Marilyn

Author/Novelist

Marilyn Wright Dayton, Author

174 Long Wharf Drive

Mystic, CT 06355

Phone: 860-389-2521

Email: maredayt@yahoo.com

www.marilyndayton.com

DELORIMIERE, Debbie

Real Estate Agent

Randall, Realtors

15 Chesterfield Road

East Lyme, CT 06333

Phone: 860-204-1206

Email: ddelorimiere@randallrealtors.com

www.debbiedelorimiere.randallrealtors.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

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

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

www.charteroak.org

DEVINE, Mildred E.

Founder of the Women's Network

Retired Trust Advisor

Dime Bank

Phone: 860-442-2030

Email: millie.devine@snet.net

DOMBROWSKI, Susan M.

Franklin, CT 06254

Cell: 860-334-0943

Email: susan06254@yahoo.com

DONAHUE, Helene

Financial Representative

National Financial Network

555 Long Wharf Drive, 11th Floor

New Haven, CT 06511

Cell: 860-961-7388

Email: helene.donahue@natfin.net

E

ENGLE, Angela

Program Coordinator

Women's Business Development Council

Phone: 203-764-2356 Ext 114

Email: aengle@ctwbdc.org

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

GERE, Joanne

Executive Director

Westchester Biotech Project

333 Mamaroneck Avenue 340

White Plains, NY 10605

Cell: 914-719-2226

Email: jgere@westchesterbiotechproject.org

www.WestchesterBiotechProject.org

GIORDANO, Lisa

Co-Founder and Co-Vice President, Resident Playwright

Emerson Theater Collaborative

PO Box 655

Mystic, CT 06355

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

GOLDENTHAL, Leah

Financial Advisor

Stifel

38 East Main Street

Mystic, CT 06355

Phone: 860-440-3373

Email: leah.goldenthal@stifel.com

www.goldenthalinvestmentgroup.com

GOLDSTEIN, Darlene

Tax Manager

Garvey, Steele & Bancroft, LLP

86 Denison Avenue

Mystic, CT 06355

Phone: 860-536-1040 Ext. 108

Fax: 860-536-0716

Email: darlene@gsb-cpas.com

www.gsb-cpas.com

GOMEZ, D'mitra

Independent Beauty Consultant

Mary Kay

Phone: 860-912-9057

Email: dmitragomez1@gmail.com

www.marykay.com/dwaheed

Second Business:

Notary Public of Connecticut

Same phone & email

GRAYSON, Harriet

Ocean Breeze Press

48 Spring Street

Westerly, RI 02891

Cell: 914-325-5404

Email: graysonharriet@gmail.com

www.oceanbreezepress.net

GREENE, Kathy

Non Profit Consultant

Kathy Greene LLC

294 New London Turnpike

Stonington, CT 06378

Phone: 860-367-4583

Email: kgreene@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

HAYES, Darlene

Broker

Hourglass Insurance Services

Gales Ferry, CT 06335

Phone: 215-294-0492

Email: darlene@his-biz.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

J

JENCKS, Judy

Owner/ Collaborative Website Master

Jencks Network, LLC

155 Preston Allen Road

Lisbon, CT 06351

Phone: 860-822-8712

Cell: 860-884-4263

Email: jmjencks@yahoo.com

www.seniorcenterct.org

K

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

www.guesthousecenter.org

KETRON, Louisa

Realtor

Coldwell Banker Realty

15A Main Street

Essex, CT 06426

Cell: 860-395-7967

Email: louisaketron@cbrealty.com

Second Business:

Property Manager

Schedule Masters, LLC

20 Brooks Lane

Ivoryton, CT 06442

Phone: 860-395-7967

Email: LouisaKet@comcast.net

KOPTONAK, Imelda

CEO

Koptonak Agency

184 Mile Creek Road

Old Lyme, CT 06371

Phone: 860-389-6610

Email: info@koptonakagency.com

www.kotonakagency.com

L

LAMSON-ROCKWELL, Judith

Business Counselor

Southeastern CT Enterprise Region

19-B Thames Street

Groton, CT 06340

Phone: 860-437-4659

Email: jrockwell@secter.org

www.secter.org

LEE, Kathryn

Business Operations

A Beautiful Company, General Contractors LLC

Phone: 860-857-1925

Email: mskateabcco@outlook.com

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

M

MARIANI, Linda L.

Attorney/Owner

Mariani & Reck, LLC

83 Broad Street

New London, CT 06320

Phone: 860-443-5023

Fax: 860-443-8897

Email: l.mariani@marianireck.com

www.marianireck.com

MARINO, Kimberly A.

Massage Therapist

Artful Touch

60 Orchard Drive

Uncasville, CT 06382

Phone: 860-319-7513

Email: aartultouch@hotmail.com

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

MARSHALL, Joan

Social Worker

Senior Resources - Agency on Aging

19 Ohio Avenue, Suite 2

Norwich, CT 06360

Phone: 860-887-3561

Email: marshall@seniorresourcesec.org

www.seniorresourcesec.org

McDONALD, Kate

Executive Director

Girls on the Run

of Southeastern Connecticut

PO Box 455

Waterford, CT 06385

Email:

kate.mcdonald@girlsontherun.org

McGRATH, Deborah

Owner

Backyard Bracelets

25 Olive Street

Waterford, CT 06385

Cell: 860-961-2814

Email: debsbackyardbracelets@gmail.com

Second Business:

Administration

GEM Mechanical

13 Colton Road

East Lyme, CT 06333

Cell: 860-961-2814

Email: debbiegraff1@gmail.com

www.askgem.com

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

MOSS-SAVAGE, Chevelle

Owner/Therapist/Consultant

H.E.A.L.-LLC (Helping Everyone Accept and Adapt to Life)

300 State Street, Suite 422A

New London, CT 06320

Phone: 804-621-2603

Email: cmoss-savage@healconsulting.org

N

NAPIANY, Susan

Independent Consultant

Pampered Chef

7 Barone Road

Niantic, CT 06357

Cell: 860-460-3390

Email: suenapchef@gmail.com

www.pamperedchef.biz/suenapiany

Second Business:

Aquarium Assistant

Simply Aquariums

Niantic, CT 06357

Cell: 860-367-5700

Email: rnapman1@aol.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

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:

Be Well Productions

Theater Artist

Cell: 860-961-6067

PETERSON, Elizabeth

Engineering Risk Manager

General Dynamics/Electric Boat

Pequot Avenue

New London, CT 06320

Cell: 860-389-2532

Email: epeters3@gdeb.com

www.gdeb.com

Second Business:

Partner

Charles Peterson Hardwood Floors

Cell: 860-389-2532

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

POOLE, Kathleen

Senior Acupuncture

Mystic River Acupuncture

167 Broad Street

Groton, CT 06340

Cell: 860-448-6766

Email: mra89@mac.com

www.mysticriveracupuncture.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

RICKETTS-WHITE, Judy

Owner/Website Developer/Graphic Designer

Ricketts-White Design

103 Butlertown Road

Waterford, CT 06385

Phone: 860-439-1854

Cell: 860-912-0239

Email: jwhite5506@sbcglobal.net

www.rickettswhitedesign.com

Second Business:

Author/Publisher

Mecate Press

Email: mecatepress@gmail.com

www.mecatepress.com

Same address, phone & cell

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

S

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

STEINHAUS, Meghan

Active Duty Member

United States Coast Guard

New London, CT 06320

Phone: 860-625-8066

Email: mksteinhaus@gmail.com

STETLER, Laura

Program Manager

Women's Business Development Council

300 State Street, Suite 419

New London, CT 06320

Phone: 860-574-9246

Email: lstetler@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

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

www.bpusigns.com

V

VACHE, Marilyn

Manager

Marilyn J Vache' MD LLC

142 Plant Street

New London, CT 06320

Cell: 512-458-1000

Email: marilyn.vache@gmail.com

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

www.safefuturesct.org



WAKELY, Julie

President

Julie Wakely Enterprises, LLC

31 Bushnell Road

Lisbon, CT 06351

Phone: 860-334-3907

Email: jwakely@sbcglobal.net

www.juliewakelyauthor.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

Customer Solutions Manager

Chelsea Groton Bank

157 Boston Post Road

Waterford, CT 06385

Phone: 860-448-4256

Email: mwinkelman@chelseagroton.com

www.chelseagroton.com

WOODS, Alison

Vice President and Chief Development Officer

Community Foundation of Eastern CT

New London, CT 06320

Phone: 860-442-3572

Email: alison@cfect.org

www.cfect.org

WUJTEWICZ, Sheree

Owner/Practitioner

Sheree Wujtecwicz Holistic Nutritionist

Uncasville, CT 06382

Cell: 860-303-6090

Email: holisticsheree@gmail.com

www.holisticsheree.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

www.savainsurance.com

Z

ZACCHEO, Shirley

Image Consultant

You & Improved

Waterford, CT 06385

Cell: 860-514-1012

Email: info.you.m.improved@gmail.com

Second Business:

Owner

True Colors Image Consulting

Same cell

Email: sazzac68@gmail.com

www.colormedirect.com/tcic

Business Categories

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

ACCOUNTING & BOOKKEEPING

GOLDSTEIN, Darlene

Tax Manager

Garvey, Steele & Bancroft, LLP

Phone: 860-536-1040 Ext. 108

ADVOCATE

PORTER ZAITCHIK, Melissa

Development Coordinator

Safe Futures, Inc.

Phone: 860-447-0366 Ext. 220

ACUPUNCTURE & CHINESE MEDICINE

POOLE, Kathleen

Senior Acupuncture

Mystic River Acupuncture

Cell: 860-448-6766

ANIMALS

GAROFANO, Kerry, CFRE

Stewardship Manager

Connecticut Humane Society

Phone: 860-594-4502 ext. 6328

Cell: 860-214-8224

ADVERTISING

JENCKS, Judy

President/ Owner

Jencks Network, LLC

Phone: 860-822-8712

AQUARIUMS

NAPIANY, Susan

Aquarium Assistant

Simply Aquariums

Cell: 860-367-5700

TODD, Patricia A.

President

Blu-Prints Unlimited Inc.

Phone: 860-444-6564

ARTS, MUSIC, & THEATER

GIORDANO, Lisa

Co-Founder and Co-Vice President, Resident Playwright

Emerson Theater Collaborative

Cell: 860-861-3743

Email: ldgldg7@gmail.com

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

MARIANI, Linda L.

Attorney/Owner

Mariani & Reck, LLC

Phone: 860-443-5023

POCHAL, Susan B.

Attorney

Pochal & Pochal, LLC

Phone: 860-536-1632

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.

Home Loan Specialist

CorePlus Federal Credit Union

Phone: 860-886-0576 ext. 3171

Cell: 860-334-0943

GLYNN, Beth A.

A.V.P./Mortgage Specialist

Chelsea Groton Bank

Phone: 860-448-4177

OGDEN, Denise

Corporate Office - Commercial Loan Officer

Dime Bank

Phone: 860-859-4381

Cell: 860-227-3035

WINKELMAN, Marielle

Customer Solutions Manager

Chelsea Groton Bank

Phone: 860-448-4256

BEAUTY

ZACCHEO, Shirley

Owner

True Colors Image Consulting

Cell: 860-514-1012

BUSINESS DEVELOPMENT

DePERRY, Holly

Business Lender

Charter Oak Federal Credit Union

Phone: 860-446-3313

ENGLE, Angela

Program Coordinator

**Women's Business Development
Council**

Phone: 203-764-2356 Ext 114

HACKETT, Susan

Program Coordinator

**Women's Business Development
Council**

Phone: 860-574-9246

LAMSON-ROCKWELL, Judith

Business Counselor

Southeastern CT Enterprise Region

Phone: 860-437-4659

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

CARPET CLEANING & FLOORCARE SERVICES

MARKOWSKI-ROOP, Beth

Marketing Manager

ServiceMaster By Mason

Phone: 860-455-1249

Cell: 401-640-8431

CLINICAL RESEARCH

GANNOTTI, Mary Lou

Public Relations and Communications

Director

Coastal Connecticut Research, LLC

Phone: 860-437-7092

GERE, Joanne

Executive Director

Westchester Biotech Project

Cell: 914-719-2226

CONSULTING

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

DEMPSEY, Michelle
Owner
Title XIX Specialist, LLC
Phone: 860-245-8165

ZACCHEO, Shirley
Image Consultant
You & Improved
Cell: 860-514-1012
Second Business:
Owner
True Colors Image Consulting
Same cell

DISASTER RESTORATION

MARKOWSKI-ROOP, Beth
Marketing Manager
ServiceMaster By Mason
Phone: 860-455-1249
Cell: 401-640-8431

EDUCATION

ATKINS, Rebecca
Special Education Teacher
The Light House
Phone: 860-445-7626 ext. 114

GERE, Joanne
Executive Director
Westchester Biotech Project
Cell: 914-719-2226

O'BEIRNE, Kathleen P.
Owner
Lifescape Enterprises
Phone: 860-536-7179

PALZERE-RAE, Emma
Be Well Productions
Theater Artist
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

STEINHAUS, Meghan
Active Duty Member
United States Coast Guard
Phone: 860-625-8066

WAKELY, Julie

President

Julie Wakely Enterprises, LLC

Phone: 860-334-3907

**FASHION &
CLOTHING**

MALLETT, Jan

CEO

Mallett's Rings&BLING

Phone: 860-884-1145

McGRATH, Deborah

Owner

Backyard Bracelets

Cell: 860-961-2814

ZACCHEO, Shirley

Image Consultant

You & Improved

Cell: 860-514-1012

Second Business:

Owner

True Colors Image Consulting

Same cell

**FINANCIAL
PLANNING**

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

DONAHUE, Helene

Financial Representative

National Financial Network

Cell: 860-961-7388

GOLDENTHAL, Leah

Financial Advisor

Stifel

Phone: 860-440-3373

HACKETT, Susan

Program Coordinator

**Women's Business Development
Council**

Phone: 860-574-9246

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

FOOD & NUTRITION

NAPIANY, Susan
Independent Consultant
The Pampered Chef
Phone: 860-460-3390

WUJTEWICZ, Sheree
Owner/Practitioner
Sheree Wujtecwicz Holistic Nutritionist
Cell: 860-303-6090
Email: holisticsheree@gmail.com
www.holisticsheree.com

GOVERNMENT

BLANCHARD, Cheryl A.
First Selectman
Town of Sprague
Phone: 860-822-6961

GRANT WRITERS

GRAYSON, Harriet
Ocean Breeze Press
Cell: 914-325-5404

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

HEALTH & WELLNESS

BROUSSEAU, Julie M., FSS, CLU
Chairman of the Board
Community of Hope
Phone: 860-912-8983
Cell: 860-857-5752

HOWARD, Denise
Owner
Best Wellness 4 You
Phone: 860-222-9013

NAPIANY, Susan
Independent Consultant
The Pampered Chef
Phone: 860-460-3390

POOLE, Kathleen
Senior Acupuncture
Mystic River Acupuncture
Cell: 860-448-6766

VACHE, Marilyn
Manager
Marilyn J Vache' MD LLC
Cell: 512-458-1000

HOLISTIC PRACTITIONERS

WUJTEWICZ, Sheree
Owner/Practitioner
**Sheree Wujtewicz Holistic
Nutritionist**
Cell: 860-303-6090
Email: holisticsheree@gmail.com
www.holisticsheree.com

HOME IMPROVEMENTS

LEE, Kathryn
Business Operations
**A Beautiful Company, General
Contractors LLC**
Phone: 860-857-1925

MARKOWSKI-ROOP, Beth
Marketing Manager
ServiceMaster By Mason
Phone: 860-455-1249
Cell: 401-640-8431

PETERSON, Elizabeth
Partner
Charles Peterson Hardwood Floors
Cell: 860-389-2532

HOMEBUILDING

LEE, Kathryn
Business Operations
**A Beautiful Company, General
Contractors LLC**
Phone: 860-857-1925

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

HUMAN SERVICES

DEMPSEY, Michelle
Owner
Title XIX Specialist, LLC
Phone: 860-245-8165

MARSHALL, Joan
Social Worker
Senior Resources - Agency on Aging
Phone: 860-887-3561

MOSS-SAVAGE, Chevelle

Owner/Therapist/Consultant

**H.E.A.L.-LLC (Helping Everyone
Accept and Adapt to Life)**

Phone: 804-621-2603

PALZERE-RAE, Emma

Associate Director

Artreach, Inc.

Cell: 860-961-6067

VERANO, Katherine

Executive Director

Safe Futures

Phone: 860-447-0366 ext. 242

Cell: 860-705-9756

IMAGE CONSULTING

ZACCHEO, Shirley

Owner

True Colors Image Consulting

Cell: 860-514-1012

**INFORMATION
TECHNOLOGY**

PETERSON, Elizabeth

Engineering Risk Manager

General Dynamics/Electric Boat

Cell: 860-389-2532

INSURANCE

BROUSSEAU, Julie M., FSS, CLU

Owner

Hourglass Insurance Services

Phone: 860-464-0121

Cell: 860-857-5752

BURGESS, Carol Jean

Primerica

Phone: 860-245-0027

Cell: 860-303-7267

HAYES, Darlene

Broker

Hourglass Insurance Services

Phone: 215-294-0492

KOPTONAK, Imelda

CEO

Koptonak Agency

Phone: 860-389-6610

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

LIFE COACHING

GARLAND, Anne

Creative Director

Anne Garland Enterprises, LLC

Cell: 860-575-4970

PALZERE-RAE, Emma

Nonprofit Consultant

Phone: 860-961-6067

MARKETING & SALES

GARLAND, Anne

Creative Director

Anne Garland Enterprises, LLC

Cell: 860-575-4970

WHITWORTH, Mary

Owner

Whitworth Real Estate

Phone: 860-222-0797

MASSAGE THERAPY

MARINO, Kimberly A.

Massage Therapist

Artful Touch

Phone: 860-319-7513

POOLE, Kathleen

Senior Acupuncture

Mystic River Acupuncture

Cell: 860-448-6766

MILITARY ORGANIZATIONS

McGRATH, Deborah

Northeast Regional Director

Spartyka Foundation

Cell: 860-961-2814

PETERSON, Elizabeth

Engineering Risk Manager

General Dynamics/Electric Boat

Cell: 860-389-2532

STEINHAUS, Meghan

Active Duty Member

United States Coast Guard

Phone: 860-625-8066

MORTGAGES

DENNISON, Barbara

Sr. Loan Officer

iServe Residential Lending LLC

Phone: 877-486-2083

Cell: 860-304-3000

GLYNN, Beth A.

A.V.P./Mortgage Specialist

Chelsea Groton Bank

Phone: 860-448-4177

NON-PROFIT

BROUSSEAU, Julie M.

Chairman of the Board

Community of Hope

Phone: 860-912-8983

Cell: 860-857-5752

GAROFANO, Kerry, CFRE

Stewardship Manager

Connecticut Humane Society

Phone: 860-594-4502 ext. 6328

Cell: 860-214-8224

GERE, Joanne

Executive Director

Westchester Biotech Project

Cell: 914-719-2226

GREENE, Kathy

Non Profit Consultant

Kathy Greene LLC

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

McDONALD, Kate

Executive Director

**Girls on the Run
of Southeastern Connecticut**

McGRATH, Deborah

Northeast Regional Director

Spartyka Foundation

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:

Be Well Productions

Theater Artist

Cell: 860-961-6067

ROSS, Camilla

President

Emerson Theater Collaborative

Phone: 860-705-9711

STETLER, Laura

Program Manager

**Women's Business Development
Council**

Phone: 860-574-9246

WOODS, Alison

Vice President and Chief Development Officer

**Community Foundation of Eastern
CT**

Phone: 860-442-3572

NOTARY

GOMEZ, D'mitra

Notary Public of Connecticut

Phone: 860-912-9057

McGRATH, Deborah

Notary Public of Connecticut

Phone: 860-961-2814

OFFICE SUPPORT SERVICES

POOLER, Kathy

Owner

Publications Plus

Phone: 860-889-2893

Cell: 860-961-8261

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

LEE, Kathryn
Business Operations
**A Beautiful Company, General
Contractors LLC**
Phone: 860-857-1925

REAL ESTATE

DELORIMIERE, Debbie
Rest Estate Agent
Randall, Realtors
Phone: 860-204-1206

KETRON, Louisa
Realtor
**Berkshire Hathaway-
New England Properties**
Phone: 860-767-2133 ext. 14
Cell: 860-395-7967

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

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

SKIN CARE

GOMEZ, D'mitra
Independent Beauty Consultant
Mary Kay
Phone: 860-912-9057

**TRAINING,
DEVELOPMENT,
& COACHING**

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

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

**TRAVEL, TOURISM,
LODGING & DINING**

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

**WEALTH
MANAGEMENT**

GOLDENTHAL, Leah
Financial Advisor
Stifel
Phone: 860-440-3373

WILCZYNSKI, Jean
Financial Advisor
Exencial Wealth Advisors
Phone: 860-434-5999
Cell: 860-304-5725

**WEBSITE
DEVELOPMENT**

JENCKS, Judy
President/Owner
Jencks Network, LLC
Phone: 860-822-8712

RICKETTS-WHITE, Judy
Owner/Website Developer
Ricketts-White Design
Phone: 860-439-1854
Cell: 860-912-0239

WOMEN'S EVENTS

HACKETT, Susan
Program Coordinator
Women's Business Development
Council
Phone: 860-574-9246

STETLER, Laura
Program Manager
Women's Business Development
Council
Phone: 860-574-9246

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

HOWARD, Denise
Author
Jameela's Big Adventure
Phone: 860-222-9013

PALZERE-RAE, Emma
Producer/ Actor/ Playwright
Be Well Productions
Phone: 860-961-6067

LINDER, Deborah R.L.
Writer
Phone: 860-444-0111
Cell: 860-877-4255

**WRITERS, AUTHORS
& SPEAKERS**

**BUTLER, Nancy D., CFP®, CDFA,
CLTC**
National Speaker/ Author/ Business Coach
**Above All Else, Success In Life &
Business**
Phone: 860-444-0535

O'BEIRNE, Kathleen P.
Owner
Lifescape Enterprises
*Writer-Consultant: Education and Military
Families*
Phone: 860-536-7179

DAYTON, Marilyn
Author/Novelist
Marilyn Wright Dayton, Author
Email: maredayt@yahoo.com

RICKETTS-WHITE, Judy
Author/Publisher
Mecate Press
Phone: 860-439-1854
Cell: 860-912-0239

GIORDANO, Lisa
*Co-Founder and Co-Vice President, Resident
Playwright*
Emerson Theater Collaborative
Cell: 860-861-3743
Email: ldgldg7@gmail.com

SCHAEFER, Patricia M.
Principal
Front Porch History
Phone: 860-572-9081

GRAYSON, Harriet
Ocean Breeze Press
Cell: 914-325-5404

WAKELY, Julie
President
Julie Wakely Enterprises, LLC
Phone: 860-334-3907

NOTES

