

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 34, Number 6, April 2021

## April 2021 EVENTS LIST

- April 7, 6-8pm, Network@ Night - "Cooking with Susan" - Susan Napiany See pg 1.
- April 8, 7-8:30pm - Virtual Panel Discussion Series - Unconscious Bias See info on pgs 1 & 4.
- April 9, 6pm - Virtual N@N Mixology 101 - with Teresa Jolly See pg 2.
- April 12, Monday, 1-2:30 pm - Mastermind Group Virtual Meeting See pg 2.
- April 21, Wednesday, 11:30-1:30 pm - Zoom Luncheon Meeting - Learn About the WBDC - with Angela Engle See pages 1 & 2.
- April 28, 1-2:30pm, "Walk, Talk and Network" In-Person at Rocky Neck State Park See pg 2.
- Date TBD, 6pm, Network@ Night - Covid Art with Kate Lee
- May 19, Wednesday, 11:30-1:30 pm - Welcome Back Luncheon! - In-Person at Filomena's restaurant in Waterford. See info on pg 3.
- \* September 29, Sunday, 11-2 pm 45th Anniversary Celebration! - See info on page 3.

Descriptions in this newsletter. Click link below to read and register. [www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

**April 7, 2021, 6pm, Virtual N@N - "Cooking with Susan"**

## April, Zoom Brown-Bag Luncheon Meeting

### WBDC's Blue Stream Program with Angela Engle - Partner Event

Join Us Wednesday, April 21, 2021 at 11:30 am for our monthly Luncheon Zoom meeting, **Free** members, **Free** non-members.

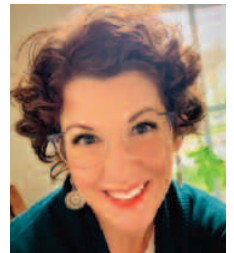
Angela Engle from the WBDC (Women's Business Development Council) will talk about the Blue Stream program

Launched earlier this year, the innovative Blue Stream program is a multi-phase project offered by WBDC in conjunction with CTNext and the Thames River Innovation Place (TRIP) that offers a customized curriculum catered to individuals that are mobile due to

being a trailing spouse.

The Blue Stream program helps to support entrepreneurial ambitions of those who relocate and for whom traditional jobs do not provide an effective professional trajectory by offering group training sessions and indiv-...partner event on pg 2.

Click below to read more, add event to your calendar or register. <https://sectwomensnetwork.org/event-4192871>



April 7, 2021, 6-8pm, \$5 members, \$10 non-members. "Cooking with Susan," Chef Susan Napiany will do a cooking demonstration as well as a Pampered Chef demonstration. An ingredients list is provided so those who want can follow along at home. Click for more info.

<https://sectwomensnetwork.org/event-4238170>

### Panel Discussion Virtual Series - Equity in Education

April 8, 2021...The Southeastern CT Women's Network is sponsoring a virtual panel discussion on the topic of "Equity in Education" as part of the Unconscious Bias - Unveiling Racism

## UNCONSCIOUS BIAS Unveiling Racism

series - a free Zoom event on Thursday, April 8, 2021 from 7:00 p.m. to 8:30 p.m.

Members of the panel include Dr. Carrie McWilliams, a Senior Associate at The Great Schools Partnership, a 501(c)(3) nonprofit school-support organization working to redesign public education and improve learning for all students. **Free Event.** Open to the public. For more information and Zoom Link, click link.

<https://sectwomensnetwork.org/event-4231451>

**Partner Event**...from pg 1

## April 21, 2021, 10am, Celebrate CT Women- Owned Businesses – WBDC Partner Event

Join Us Wednesday, April 21, 2021 at 10 am for this Partner Event Zoom meeting with WBDC, Free for members and non-members.

After a year of social-distancing, come get connected. Join other CT-based entrepreneurs and our legislative hosts for a once-a-year virtual celebration recognizing the real impact women-owned businesses have on Connecticut's economy, employees and environment.

<https://sectwomensnetwork.org/event-4245471>

## April 9, 2021, 6pm, N@N Mixology 101, with Teresa Jolly, via Zoom

Mixology, April 9, 2021, 6pm, \$10. Hello Spring! Learn how to make Spring Creamsicles – Three Ways! Click for more info and ingredients list.

<https://sectwomensnetwork.org/event-4192889>

## Zoom Network Mastermind Meeting Scheduled – Mon- day, April 12 at 1pm

Visiting a Network Mastermind group is a great way to get to know Network members better and build relationships and connections. If you would like to attend the next meeting on **Monday, April 12 at 1pm** Click and please register.

<https://sectwomensnetwork.org/event-4212861>

*President's Message*

## Join Us As We Spring Forward Into Exciting Events!

Hi everyone!

I hope that you are looking forward to the spring and summer as much as I am!

We have many more virtual events in April, including our Unconscious Bias series. Please join us for our virtual luncheon on April 21, as Angela Engle tells us about the programs offered by the WBDC.

I am excited to announce our first in person meeting in well over a year! We will have our first live in person meeting for our May luncheon at Filomena's in Waterford!

On another note, our virtual meetings and panel discussions have been so successful that we plan to continue with a virtual component in addition to in-person meetings. This will be a



great added benefit to those members who may not be able to make it to our monthly luncheon events.

Planning for our 45th Anniversary is moving along with a Champagne Brunch Celebration in September. See more information on page 3.

Please stop by our growing YouTube channel and check out our past panel discussions and presentations. If you like what you see, please like it and subscribe to our YouTube channel!

I am looking forward to seeing many of you in May! If not, then then we will see you virtually at some of our other meetings.

Have a Great Month!

Denise Howard  
*President*

## Walk, Talk & Network - April 28, 1-2:30pm at Rocky Neck State Park

Join Us!...For an in-person "Walk, Talk and Network" fun outside event, Wednesday, **April 28** at 1:00-2:30 pm at Rocky Neck State Park in East Lyme.

This is a great chance to walk at this beautiful beach park with WPA Pavilion. Get some exercise and fresh air while meeting new members and seeing long-time friends! We will meet in the parking lot and will social distance, but please bring a mask (wearing a mask may be your

choice), as it is a public place. This is a level area. People can walk a short or long walk, and at whatever pace they choose. There are more challenging trails in wooded areas. Click for information and to register.

<https://sectwomensnetwork.org/event-4237267>

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## Virtual N@N Date TBD 6pm – Covid Art with Kate Lee

Virtual Network@Night, Date TBD at 6pm, **\$10** members, **\$15** non-members.

Join us for a fun night of art! Grab your favorite beverage to sip and follow Kate Lee as she leads us through painting a wine glass and a mask!

<https://sectwomensnetwork.org/event-4189433>

## Welcome Back Luncheon! – In-Person at Filomena's Restaurant in Waterford, Program TBD – May 19, 11:30 am

**Join Us, May 19, 2021** at 11:30 am, at Filomena's Restaurant in Waterford. \$15 members, \$15 non-members.

We are so excited to announce our first in-person luncheon since February of 2020!

There will be a choice of several entrees. Speaker TBD.

Please register early so we can have a head count, but pay at Filomena's. This will help us all get back in the swing of dining out. Click link to register.

<https://sectwomensnetwork.org/event-4235652>

## 45th Anniversary Celebration Sunday Brunch!

**Please join us on Sunday, September 26, 11am-2pm, as we celebrate the 45th Anniversary of the Network.**

We will enjoy a champagne brunch, each other's company and exciting activities in the beautiful atmosphere at Langley's Restaurant.

Each month we will reveal some of the exciting features and surprises of this celebration.

There are opportunities to support this event and our organization with sponsorships when you register for and purchase your meal tickets.

### Sponsorship levels (all ads are first come, first serve!)

\$45 - meal ticket

\$100 - meal ticket, Patron listing

\$150 - meal ticket, ¼ page ad in program booklet

\$250 - 2 meal tickets, ½ page ad in program booklet

\$395 - 2 meal tickets, Whole page ad in program booklet, Table Stand

\$500 - 2 meal tickets, Back page or inside front cover or inside back cover ad in program booklet, Table Stand

*Click link to register.*

<https://sectwomensnetwork.org/event-4237228>



## SECT Women's Network Woman of the Year 2020

Kathy Greene stated, "In 2019, I was fortunate to be recognized by the Southeastern CT Women's Network as their 2019 Woman of the Year. It is a wonderful honor to be included with the past 27 recipients. Since the first award was given in 1991, the awardees have chosen the next year's recipient — someone who has distinguished

themselves within the Network and the community.

This year I am pleased to tell you about someone who was chosen unanimously by the award committee.

When I think of this person, I smile. She lights up a room with her larger than life personality. Once she sees you, her eyes will light up, her smile gets bigger and she will hug you in a minute. She is an individual that you can count on to follow through with

what she says. She does not waiver from her commitments. Every weekend she generously donates her time and her dime to benefit others.

By now you must know that I am describing Deb McGrath of Waterford. Deb is a shining example of someone who serves as a role model for service and is always striving to make Eastern CT and yes, the world, a better place. She has a legitimate passion for

*continued on page 6*



# UNCONSCIOUS BIAS Unveiling Racism

*Southeastern CT Women's Network sponsors*

*"Unconscious Bias – Unveiling Racism"*

*A Virtual Panel Discussion*

**EQUITY IN EDUCATION**

**Thursday, April 8, 2021**

**7:00 P.M. – 8:30 P.M.**

**Open to the public. Free event**

## **PANEL MODERATOR:**

**Elijah Manning**, Activist and CEO, Inclusive Education, LLC – a company that does anti-racism/racism awareness workshops in schools.

## **PANELISTS:**

**Dr. Carrie McWilliams**, a Senior Associate at The Great Schools Partnership, a 501(c)(3) nonprofit school-support organization working to redesign public education and improve learning for all students.

**Attallah Sheppard**, Dean of College and Career Services at Achievement First Amistad High School in New Haven, CT

**Maya Sheppard**, Organizational Director, Hearing Youth Voices, New London, CT

**To join the panel discussion, go to the Zoom Link:**

<https://us02web.zoom.us/j/83365019987?pwd=eWRWUVlxSHZFm1Zc21nMnhyeVZhdz09>

**Or go to** <https://sectwomensnetwork.org/events>



# We Need Your Help!

## Woman of the Year Award Nominations

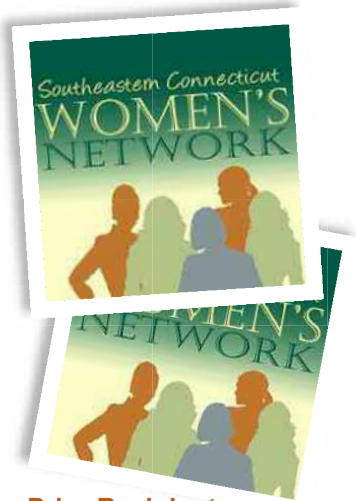
The **Woman of the Year Award** is presented annually, the 2021 Award will be presented at the 45<sup>th</sup> Anniversary Brunch. It is presented to a member of the NETWORK who meets the following criteria:

- The Candidate must be an active member of the Southeastern Connecticut Women's NETWORK, attending luncheons and participating in other functions.
- The Candidate may be a former, but not a current member of the Board of Directors or its Executive Board.
- The Candidate must be active in her community and within other professional organizations.
- The Candidate must express an interest in helping other women and men achieve professional status and public exposure through networking in the community.
- Deadline for nomination submissions is **JULY 15, 2021**.
- Please send all nominations to Debbie McGrath via email or mail:

**debsbackyardbracelets@gmail.com**  
**25 Olive Street Waterford, CT 06385**

THANK YOU IN ADVANCE!

**Southeastern Connecticut Women's  
Network**



### The Prior Recipients are:

- 1991. Nan Crowley
- 1992. Nancy Hillery
- 1993. Barbara Gager
- 1994. Barbara Reed Collins
- 1995. Linda Mariani
- 1996. Lois Palmer-Alderson
- 1997. Barbara Quinn
- 1998. Joyce Schmidt
- 1999. Judy Woodman
- 2000. Millie Devine
- 2001. Kathleen O'Beirne
- 2002. Vicki Anderson
- 2003. Marj Taggart Dedrick
- 2004. Lois Andrews
- 2005. Elaine Bono
- 2006. Cora Murphy
- 2007. Susan Pochal
- 2008. Beth Glynn
- 2009. Kasey Goss
- 2010. Jane Moriarty
- 2011. Gail Weber
- 2012. Christine Lautz
- 2013. Camilla Ross
- 2014. Connie Plessman
- 2015. Louisa Ketron
- 2016. Donna Yother
- 2017. Susan M. Dombrowski
- 2018. Emma Palzere-Rae
- 2019. Kathryn Greene
- 2020. Deborah McGrath

## Woman of the Year...from page 3

helping others in her community, and when her heart gets into it, watch out! These are just some examples of Deb's involvement:

- Past President of the SECT Women's Network 2014-2015
- Heron Award Recipient 2015
- Eastern Chamber of Commerce 40 under 40 Award
- Builders & Remodelers Eastern Ct. Assoc. Community Service Award
- Board of L&M Auxiliary
- Member & Volunteer: VFW Auxiliary Waterford, Til Duty is Done, Run for the Fallen CT. Chapter, Patriot Guard Riders, USO and Safe Futures
- CT Director of Honor and Remember, whose mission is to create, establish and promote a nationally recognized flag that would fly continuously. This would be a visible reminder to all Americans, not only for those lives lost in active service, but to all military service for the United States.

Deb is a self-described Army brat. Her dad served 20 years, and his family followed, blowing around the USA like a dandelion seed. Through her K-12 school years, there was only one time when she started and finished the year at the same school. She has lived in a dozen different states. We are lucky that she landed in Eastern CT and chose to make our community her permanent home.

Deb McGrath clearly exemplifies the standards for the SECT Women's

Network Woman of the Year.  
**Congratulations Deb!**

*...The SECT Women's Network sincerely apologizes that this article was not included in the December 2020 newsletter after Deb McGrath received the Woman of the Year Award on Veteran's Day, November 11, 2020. In light of the events of this past year, we hope that Deb and everyone will forgive this omission. The presentation was, however posted on both our Facebook pages, in video format, which was a first-ever for our Network.*

## Members on the Move

**Emma Palzere-Rae** was awarded an Artist Fellowship from the Connecticut Office of the Arts for 2021 for her work in theater. Funding will help her develop a new solo theater work. In celebration of Women's History Month, Emma presented two virtual programs: The Woodhull Project on Saturday, March 20; and Aunt Hattie's House: Reconstructed on Saturday, March 27, with the support of a grant from the Culture-SECT Economic Recovery Fund of the Southeastern CT Cultural Coalition and Community Foundation of Eastern CT. For more information follow her Facebook page <https://www.facebook.com/BeWellProductions>.

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**Rates are a Great Value** for newsletter ads and website ads. All ad rates listed are for one year (includes 3 Free additional months).

**Newsletter advertising:** \$100 small ad and \$200 large ad.

**Website advertising:** \$275 small side ad or a bottom banner; \$550 for a large side ad.

**Package deals** will still be offered when purchasing multi-media ads (i.e. newsletter & website) = 20% off.

All ads and package deals must be prepaid.

**Members can login to view and/or purchase ads:**  
[www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

# Nutmeg Building & Remodeling, LLC

continued on page 3

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## WE Want YOU!

**We Need Your Help!** Join a committee! Committees are a great way to finally “put a name with the face!” Committees and positions include Videographer, Public Relations, Social Media, Programming, Sales and Marketing, Membership, Community Outreach, Master Class Series, Facebook, Instagram, LinkedIn and YouTube. Will you accept the challenge? Please reach out to any board member if you would like to join a committee. Committees are currently meeting virtually and we want to be ready when we start meeting again in person. Thank you!



**Email information to Judy Ricketts-White to be included in the upcoming newsletter, [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net).**

**Copy Deadline** is the 20th of the month to appear in the next month's issue. Email copy to Editor Judy Ricketts-White at [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net). The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

**For more Network information and articles see our website: [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)**

## During this Time, Keep Safe Futures in Mind

Please go online to see if you can help Safe Futures and their residents. Please donate cleaning supplies...or any item listed on their wish list. Click on link to view their entire wish list. <https://safefuturesct.org/giving-your-things/>

*Thank you for your generosity!*

## \*Important Network Notice!

The updated printable online membership directory is now available. Please keep your membership current to take advantage of this benefit and be even more visible to the public.

 [Like us on Facebook](#)

## Join and Post to the Network's Facebook Group Page

One fairly untapped member benefit is the Network Facebook Group page. We encourage you to share your business and personal news on the Network Group page. Members must post their event or information on the Network Facebook Group page themselves. If you have questions about how to post, contact Denise Howard, Publicity Chair [bestwellness4you@gmail.com](mailto:bestwellness4you@gmail.com).

## Network Board Meeting Friday, April 16

The next Network Board Meeting is Friday, April 16, 8 am, via Zoom.com. All members are welcome to attend.

## Virtual Event

**Learn About the WDBC's Blue Stream Project with Angela Engle**

**Wednesday, April 21, 2021**

**"Brown Bag" Luncheon at**

**11:30am, via Zoom**

**Link will be emailed to you after registration and payment.**

**Click to register**

**<https://sectwomensnetwork.org/event-4192871>**