

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 32, Number 10, August 2019

## Upcoming Programs August 2019 Luncheon

### September 18

**Bridget K. Brown — Perfecting Your Networking Speech: How to be remembered from one networking event to the next.**

This will be an interactive mini-workshop from which you will leave with the beginnings of a more interesting way to answer the eternal question: "What do you



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The SECT Women's Network provides great value to its members!

**As a Network member you may:**

- **Attend and enjoy** a deliciously prepared lunch at monthly meetings in an uplifting atmosphere for a very reasonable luncheon fee.
- **Take advantage** of the dynamic speaker program at the monthly luncheons that provides valuable information, networking and entertainment.
- **Choose** to attend Network Mastermind Group meetings – be mentored and mentor others.
- **Display** marketing materials on the member marketing table at the monthly luncheons.

## Peggy Roberts, President of Mystic Chamber and Pulitzer Prize Winner

**Join us** Wednesday, August 21, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Peggy Roberts, President of the Greater Mystic Chamber of Commerce and Pulitzer Prize winner will speak at our August luncheon.



Some of Peggy Roberts' most notable professional accomplishments have been as part of a team. She currently serves as President of the Greater Mystic

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Network attendees should arrive at **Langley's Restaurant** in Waterford at 11:30 am for registration and networking, lunch at 12 noon. The public is welcome. **Reservations are required.**

**All attendees: please make your reservations** or cancellations for the Wednesday, August 21 luncheon online 24/7 **by 12 midnight, Sunday, August 18.** [www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

Cash or checks for **\$25** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$30. Reservation no-shows and late cancellations will be billed.**

- **Enter** our monthly luncheon drawings to win free advertising.
- **Receive** our monthly newsletter.
- **Be listed** in the Network Directory and gain "Featured Member" exposure.
- **Increase** business with affordable advertising and marketing opportunities.
- **Connect** with others on a personal and business level and form mentoring relationships.
- **Gain** professional skills and leadership experience.
- **Give back** to the community through supporting Safe Futures with donations of food and gifts for use by residents of both the Genesis

House Women's Shelter and Phoenix House transitional housing.

- **Support** our student scholarship program. The Network awards annual scholarships to students needing financial assistance to continue their education and has helped students from each of the three local public colleges/universities: The University of Connecticut at Avery Point, Three Rivers Community College, and Eastern Connecticut State University.
- **Get involved** by volunteering on a committee and help to create the Network of the future. The Network needs your talents.
- **Enjoy a Lifetime of Fantastic Friends, Fun and Fulfillment!** ■

**Peggy Roberts**...from page 1

Chamber of Commerce, but has also won a Pulitzer Prize as part of a team of reporters in Alabama for their series of stories on infant mortality in 1988. Peggy is a University of Connecticut graduate and former senior director of communication and media for the Altria Group. She grew up in Norwich and took her first job as a reporter covering Franklin, Bozrah and Lebanon for the Norwich Bulletin.

**Members on the Move**

Long time Network member Susan Dombrowski has taken on a new role at CorePlus Credit Union. Susan has completed a 3 month training and licensing program to become a Home Loan Specialist (NMLS #1835648). She can help home buyers to become pre-qualified and approved for the credit union's various mortgage programs, offer credit counselling and coaching to become homeowner ready, and offer advice and strategies on saving for a down payment. Susan also conducts Home Buyer workshops that are free and open to the community. Susan joined the CPCU team in 2011 as Director of Marketing. She is a Past President of the Network, has received the Heron Award for leadership, and the 2017 Woman of the Year Award. Susan can be reached at 860-886-0576 x 3171, or email at [sdombrowski@coreplus.org](mailto:sdombrowski@coreplus.org).

**Featured Business at Cameo Table**

Susan Dombrowski will be showcasing the *CorePlus Credit Union* at the August 21, 2019 luncheon. Please stop by the table to meet Susan and learn more about the services offered by visiting the website at [www.coreplus.org](http://www.coreplus.org).

*President's Message***Adventure ... or Safe Harbor?**

*"A ship in port is safe, but that's not what ships are built for."*

— Grace Hopper

As we enjoy the summertime activities of swimming, biking, hiking and sailing, we take a long needed break to relax from the stresses of the previous winter and our everyday responsibilities; but as September approaches and

we gear up to take on the rest of the year, we need to shake off the easy slumber of summer and plot our course of action. Take with you a remnant of this summer and remember to unfurl your sails – great journeys and adventures await for those willing to leave the safety of the harbor.

Gigi Little  
President

**July Drawings**

Julie Brousseau won the *Spotlight* article and Bridget K. Brown won the *Resident* article.

Susan Dombrowski won the Cameo Table to showcase *CorePlus Credit Union*, at the August 21 luncheon.

**Mastermind Groups for Network Members**

The concept of the Mastermind Group originated 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."

There is synergy of energy, commitment and excitement that participants bring to Mastermind, by supporting each other to achieve professional objectives, brainstorm ideas, and support each other with total honesty, respect and compassion. Mastermind participants act as catalysts for professional growth.

Participation in the Network Mastermind program is voluntary and free as part of your Network membership. It is an evolving program giving mem-

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**Membership Renewal Time 2019-2020!**

*(for most members)*

**Renew Now!** The renewal date for most members was July 1st. If you have not renewed your membership dues by the August Luncheon, your name and contact information will be removed from the online Member Directory. Please click, login and renew today. [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)

**Renew or Purchase Ads Now 2019-2020!**

**Renew or Purchase Ads Now!** The renewal date for most ads is July 1st. Please click, login and renew or purchase new ads today!

There are a variety of website and newsletter ads to choose from. Click and login [www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

**Mastermind...from page 2**

bers an opportunity to connect and support each other more intimately in achieving personal and professional objectives.

Mastermind groups meet once a month. Pavé Group meets the second Monday of the month (time tba) in Waterford. A second Mastermind group meets on the last Wednesday of the month at 7 a.m. in Gales Ferry.

Those interested in Mastermind are encouraged to visit a group meeting, an RSVP is required.

For more information or to visit the Monday Mastermind group, please contact Judy Ricketts-White [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net).

For information or to visit the Wednesday morning group, contact Carol Burgess [cburgess0@snet.net](mailto:cburgess0@snet.net).

**Network @ Night Looking for Hosts/Sponsors**

We are looking for members (or their businesses) who would like to host or sponsor a Network @ Night evening after-hours networking event.

Hosting or sponsoring is a great way to let members and guests learn more about your products and services.

For more information contact Denise Howard at [bestwellness4you@gmail.com](mailto:bestwellness4you@gmail.com).

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



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## Spotlight Article

### Julie Brousseau - Hourglass Insurance

## Why Do I Need A Health Insurance Agent?

I know people ask themselves this question all the time, whether they are seniors or they are under 65.



Here are some answers to that question:

1. Having a health insurance agent does not cost you one penny extra!
2. A caring agent can look out for your best interests.
3. They can share with you the different options available and make suggestions, based on your circumstances, as to what might fit your needs most closely.
4. If you have an issue that cannot be solved with one simple phone call to the number on the back of your card, I and my staff go to work for you. I have spent many hours doing appeals and fixing other issues because somebody at the insurance company misunderstood the situation and entered some data incorrectly. An appeal may be necessary because the insurance company does not necessarily understand the full set of circumstances involved. I am a bulldog and have won the majority of the appeals that I took on. I will let you know up front whether or not it is a legitimate claim.
5. Another benefit is that you speak to the same small group of people whenever you have a question or a concern.
6. When I am sitting with a client I

speaking understandable language, not insurance-eze. Seniors love me because I explain things in a way they can understand. That is true for younger people to, LOL.

7. At Hourglass Insurance Services you do not have to push any buttons! We answer our phones or it goes directly to voicemail.

Call us today to get peace of mind about your health and life insurance needs. Julie B and her staff are available to help you.

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### **Bridget Brown**...from page 1

do?" that is powerful and, more importantly, memorable!

Known as the "Geek Translator", C-suites, HR teams, sales teams and entrepreneurs hire Bridget K. Brown to increase their expertise and the skills of their employees in making the complex clear in the stories they tell themselves and others. She is a public speaking, storytelling coach and master facilitator who has worked for three different Fortune 500 companies including Monsanto and a small beer company called Anheuser-Busch. She has trained at the Alan Alda Center for Communicative Science at Stony Brook University, is a former Adjunct Instructor in the School of Engineering and Applied Science at Washington University in St Louis where she taught Public Speaking, and has coached three TEDx talks.

Bridget is the owner of Story-Matters, LLC, a communications training company which focuses on uncovering the powerful stories which create organizational connection and the hidden stories which create bias and disconnection.

She is a Certified Applied Im-

provisation Instructor and a member of the Southeastern Connecticut Women's Network. ■

## Grow Your Business with Network Advertising

New advertising opportunities have opened up with the creation of our new website system!

Now members can take advantage of the **new economical rates** to help **"Grow Your Business!"**

**Rates have been cut in half** for newsletter ads and website ads. All ad rates listed are for one year.

**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 multimedia ads (i.e. newsletter & website) = 20% off.

All single 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)  
Ads will be published after they are purchased.

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Stonington Borough | Westerly, RI







## \*Members Enter to Win Free Advertising

The drawing basket for free advertising will be placed at the registration table. **Members only** may place their business card in the basket for a chance to win free advertising. Attend a luncheon and enter to win! *Must be present to win.*

## Call for 2019 Women's

### Nonprofit Event Information

If you are an employee or a member of a non-profit entity that benefits women, and wish to have a SECTWN presence at one or more of your events in 2019, we want to know. The Admin Committee is currently compiling a list of these events with the goal of identifying those which we intend to fund and open for Network attendance in 2019. The number of events selected will depend on the donation requirements and SECTWN budget.

If interested, please send your list of events to Nancy Motola at [ncmotola@pharmaregconnection.com](mailto:ncmotola@pharmaregconnection.com) and include information regarding donation requirements, date, venue, and a description of the event. **Please note** that any organization which benefits women qualifies. It does not have to be an organization exclusive to women.

## Safe Futures – Giving Basket

A purple basket will be available at the monthly luncheons to donate much-needed items for 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://www.safefuturesct.org/giving/our-wish-list>

*Thank you for your generosity!*

**Janney**

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## Join and Post to the Network's New 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).

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

**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@sbcbglobal.net](mailto:jwhite5506@sbcbglobal.net). The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

## Network Board Meeting Friday, August 15

The next Network Board Meeting is Friday, August 15, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. All members are welcome to attend.

**All Attendees:** make reservations online for the **Wednesday, August 21, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at**

**[www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events) no later than 12 midnight, Sunday, August 18, Reservations are required.**

**Reservation no-shows and late cancellations will be billed.**