

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 33, Number 5, March 2020

Upcoming Programs

N@N March 19 — The Light House Voc-Ed Center and Susan Napiany of Pampered Chef

The Lighthouse and Susan Napiany of Pampered Chef will co-host our next Network at Night. Learn to Cook and Eat Healthy — Susan will have a Pampered Chef demonstration. Plus, attendees can learn more about the programs The Light House Voc-Ed Center offers to educate and prepare individuals with disabilities for living a better life. Event will be held from 6-8pm at The Light House, 58 Pennsylvania Ave., Niantic, CT (next to CVS) and will benefit The Light House.

Registration is required. Click to register, www.sectwomensnetwork.org/events

April 15 Luncheon Elaine Bentley Baughn — "Why Does Everyone Lean on You?"

Hairdressers, insurance agents, bartenders, body workers and all sorts of professionals sometimes get used as therapists and feel challenged to handle it. Here are some strategies that can help keep you sane.



With a Master's from the University of Bridgeport, nearly 30 years as a psychotherapist, licensed in Marriage and Family Therapy,

March 2020 Luncheon

Lottie B. Scott — Civil Rights and Liberties Leader and Advocate

Join us Wednesday, March 18, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Lottie B. Scott, author of "Deep South, Deep North—A Family's Journey," has been involved in Civil Rights and Civil Liberties as a Leader and Advocate for sixty years in Norwich and Connecticut. She worked for the Connecticut Commission on Human Rights and Opportunities (CHRO) for twenty-two years. She currently serves as Vice Chair of the Norwich Race Equity Committee and on the City of Norwich Sachem Fund. In 2017, she received the Willard M. McRae Community Diversity Award and a Writer's Block Ink Humanitarian ACE Award. Books will be available at the luncheon.

Click to register, www.sectwomensnetwork.org/events ■

Elaine Bentley Baughn holds a certification in EMDR, a brain-based rapid-processing therapy for trauma and is the author of a self-help book called 5 Rules for Drama-Free Living. Books will be available at the luncheon.

Additionally, she is certified in Feng Shui, an energy-based therapy for the spaces in which humans live. A life-long writer and poet, she maintains a blog called, "Toward a Drama-Free Life."

She will talk about how to manage the pressure of other people's problems.

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 **March 18** luncheon online 24/7 **by 12 midnight, Sunday, March 15.** www.sectwomensnetwork.org/events

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

Click to register, www.sectwomensnetwork.org/events

N@N May 5 — Medi-Relief with Dr. Tianne A. Pape

The May 5 N@N will be hosted by Medi-ReLeaf, a Medical CBD Health and Wellness Center with Dr. Tianne A. Pape. Learn about the many CBD products available and their uses. Event will be held

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Upcoming Programs...

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from 6-8pm at Medi-Releaf, 305 Flanders Road, Suite #8, East Lyme, CT.

Registration is required. Click to register, www.sectwomensnetwork.org/events

May 20 Luncheon

Denise Nappier — Former Treasurer of the State of Connecticut

Denise Nappier was the 82nd Treasurer of the State of Connecticut and retired last year after 20 years. She was elected in 1998 and was re-elected to four consecutive terms. She oversaw \$65 billion in state funds. Denise was the first African American woman to hold this position.



Click to register, www.sectwomensnetwork.org/events

Members on the Move

Judy Ricketts-White, announces the publishing in March of "Count Me Never Lost." The book contains poems of love, loss and the indomitable human spirit written by her mother, Elizabeth M. Ricketts, a *New York Times* published poet. www.mecatepress.com.

Judy will also be signing her own books on March 29, 10-2 at the RIFRC's Horseman's Bazaar, at Metcalf Elementary School in Exeter, RI.

Nancy D. Butler, CFP®, CDFA®, CLTC®, owner of

President's Message

Happy Women's History Month!

Hello Everyone!

As you know, March is Women's History Month. On March 3rd, 1913, thousands of women gathered in Washington, DC, to call for a constitutional amendment guaranteeing women the right to vote. Women had already been fighting hard for suffrage for over 60 years, but this was the first major national event for the movement.

This parade was spearheaded by Alice Paul and the National American Woman Suffrage Association. Inez Milholland, who was a lawyer and activist, lead over 5,000 suffragettes down Pennsylvania Avenue.

Marchers were jostled, tripped, and violently attacked while police on the parade route did little to help. By the end of the day, over 100 women had to be hospitalized for injuries. These brave women did not give up and finished the parade.

While I have seen many advancements for women during my time in the military, I grew up with the right to vote. In fact, it is something many now take for granted. It is unbelievable to think that women in some

countries still do not have the right to vote. Although there is still much to do to achieve equality, I feel fortunate to be in a country where women before us have fought for our rights.

This year is the celebration of 100 years since the ratification of the 19th amendment that guaranteed women the right to vote. There are many great events recognizing these accomplishments this year. I urge you to attend some of these events and reflect upon the accomplishments of the many brave women in our history.

Our speaker for the March luncheon is Lottie B Scott, who will talk about her experiences as a female and her experiences working for civil rights and women's rights.

Our next Network at Night (N@N) event, hosted by Susan Napiany and The Light House, will be at The Light House in Niantic on March 19th, 6-8 PM.

I look forward to seeing you at our next event! Have a great month!

Denise Howard
President

Above All Else, Success in Life and Business®, was recently honored to be appointed for the third year in a row as a delegate to The United Nations for The Commission on The Status of Women. Nancy will attend sessions at the UN in March 2020 with approximately 10,000 women from all over the world coming together to share challenges and solutions to overcome them. With over 30 years of experience as a successful entrepreneur, Nancy, a national professional motivational

speaker and award-winning author, will use the information she learns to educate businesses and individuals on important issues. To learn more view www.aboveallemore.org.

Laurie Warshavsky, formerly of William Raveis Real Estate, has recently opened her own real estate brokerage, LJ Shoreline Realty. Based out of Niantic, LJ Shoreline will serve clients along the CT shoreline.

She can be reached at 860-205-6321 or laurie@ljshoreline.com

“Spread the Love” Program — 4 Months of New Faces and Fun!!!

Kathy Pooler, Membership Chair, compiled names of attendees since November at our luncheons and Network @ Nights. Winners of the “Spread the Love” Program were drawn at the February luncheon:

From the “new member” drawing, **Leah Goldenthal** won a Free ad.

From the “guests attending” drawing, **Clare Sheridan** won a Free membership.

From the “members who brought guests” drawing, **Millie Devine** won a Free lunch.

“Holiday Donation to Safe Futures

Over \$200 was collected from drawings and donations at the Holiday luncheon and donated to Safe Futures. Thank you everyone for your generosity! ■

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 ads and package deals must be prepaid.

Members can login to view and/or purchase ads:

www.sectwomensnetwork.org/events

WE Want YOU!

We Need Your Help! Join the Luncheon Committee! What is it? It is a great way to finally “put a name with



the face!” We are the people who sit at the front table checking luncheon registrations. If we have enough people, you would only need to help at the front table every few months. Will you accept the challenge? Put a name to that face and meet more Network members! Please reach out to Kate Bellandese or any board member if you would like to join the Luncheon Committee. Thank you!

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New! Table-Top Advertising at the Monthly Luncheons

Table-Top advertising at luncheons is now available. \$50 will purchase a full-color 3.5" wide x 4" high ad on the luncheon tables for one year! Only a couple spots left! For information contact Judy at jwhite5506@sbcglobal.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.

*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.

Featured Business at Cameo Table

Leah Goldenthal will be showcasing her business at the March 18th luncheon. Please stop by the table to meet Leah and learn more about Goldenthal Investment Group. Visit the website at www.goldenthalinvestmentgroup.com.

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!

February Drawings

Saralyn Kerrigan won the article in *The Resident* newspaper. Barbara Dennison won the Spotlight Article in our *Network News*.

Leah Goldenthal won the Cameo Table to showcase Goldenthal Investment Group at the March 18th luncheon.

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.



[Like us on Facebook](#)

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.

For more Network information and articles see our website: 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@sbcglobal.net. The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

Network Board Meeting Friday, March 13

The next Network Board Meeting is Friday, March 13 8 am, at 914 Hartford Tpke, Waterford, CT. All members are welcome to attend.

All Attendees: make reservations online for the Wednesday, March 18, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at

**www.sectwomensnetwork.org/events
no later than 12 midnight, Sunday,
March 15, Reservations are required.**

Reservation no-shows and late cancellations will be billed.