

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 29, Number 6, April 2016



Save the Date

"Through the Years"

40th Anniversary Celebration

September 30, 2016

Friday, 6-10 pm

at Langley's

at Great Neck Country Club

**Tickets are available to purchase at
the monthly luncheons.**

\$40 per person

Cash or check only

Please see Deb McGrath

**To purchase Sponsorships or Ads
for this event, please see the
Schedule Form on the third page.**

April Luncheon

Tourism in Southeastern Connecticut

Join us Wednesday, **April 20** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Members from local businesses representing the tourism, travel, sales and marketing industries will present a panel discussion addressing the importance of tourism in Southeastern Connecticut, the necessity of marketing your business to tourists and to the local community alike, and some important facts and figures to keep in mind as the tourism season approaches. You'll also see a short video and slideshow highlighting some of the areas that make our region so spectacular!

The panel will consist of:

Barbara Ashley, Director of Catering, Hilton Mystic

Kate Bellandese, Business Operations Manager, A Beautiful Company

Anne Garland, Executive Managing Director, eWomenNetwork

Callie Manwaring, Senior Account Executive, Cumulus Media New London

Cora Murphy, Owner, Cora's Awesome Travel

Network members and guests are encouraged to 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. Please make your reservations** or cancellations for the Wednesday, **April 20** luncheon online 24/7 at www.sectwomensnetwork.org **by 10 am, Monday, April 18.**

Cash or checks for **\$22** made out to the Women's Network will be collected at the door. **Reservations after 10 am on Monday will pay \$27. Reservation no-shows and late cancellations will be billed.**

Upcoming Programs

May 18, 2016

Smart Money for Today and Tomorrow

This presentation will feature a panel discussion concerning financial planning for three stages of one's financial life. Each of the three panelists will represent one of those stages.

The panelists are Network members:

- Pam Atkins of Bayberry Insurance who will discuss the planning needs for ages 20-35
- Jean Wilczynski of Exencial Wealth for ages 35-50
- Carol Burgess of Primerica for ages 50 plus.

Vendor space is still available for members of the financial planning and insurance fields. Please email kgreene@lhcampus.com by April 20th. ■

June 15

Installation of Officers and Presentation of Awards

Join in the fun as awards for this year are presented, and meet your new Officers and Board Members for the coming year.

Network Woman of the Year – A Call for Nominations

The Woman of the Year Award is an annual award. It will be presented this year at the June Luncheon to a member of the Network who meets the following criteria:

1. Candidates must be active members of the Southeastern Connecticut Women's Network, attending luncheons and participating in other functions.
2. Candidates may be former, but not current members of the Board of Directors or its Executive Board.
3. Candidates must be active in their community and within other professional organizations.
4. Candidates must express an interest in helping others achieve professional status and public exposure through networking in the community.

Please submit nominations by April 30, 2016 to:

Louisa Ketron
c/o SECT Women's Network
PO Box 1448, New London, CT 06320
for more information 860-395-7967,
LouisaKet@comcast.net

New Members

Sara Connolly, Temple Media, LLC,
23a Manwaring Road, Niantic, CT
06357,
Phone: 850-558-0293,
Email: sara.connolly@sbcglobal.net
Website: www.templemediallc.com

Sara is a Managing Partner at Temple Media and has been in marketing and advertising for over ten years. She absolutely loves what she does! Sara is able to use her creative and business skills to help others with their businesses.

Continued on page 4

President's Message

Plans for Our 40th Anniversary Celebration

What a wonderful time we had at Aunt Hattie's House last week! Emma Palzere-Rae did an outstanding job of introducing us to the wonderful Harriet Beecher Stowe for our first official 40th Anniversary Celebration event. The play was engaging and oh, so interesting! Aunt Hattie even answered a number of questions after the show, much to our delight. Filomena's was warm, inviting and the food was really good. Member Iva Arpin said the Bloody Mary was the best she's ever had!

I tell you all of this to convey to you how excited I am for the 40th Anniversary plans our committee has put together. The next event is June 13th at Filomena's and will be a great evening

of being able to give back. The beneficiaries will be Safe Futures (also celebrating their 40th) and our own scholarship fund. It will be a great time to come out and be with friends while making a difference. Please, join us!

If you have someone in mind who you would like to nominate for Woman of the Year, please submit your nomination as soon as possible.

Don't miss the April luncheon. Members who specialize in hospitality and tourism in Southeastern Connecticut have a unique presentation for us and they have some wonderful drawings for us to participate in. Remember to get your reservation in by 10 am April 18th!

Phyllis Nelson
President

Special 40th Anniversary Event

The 40th anniversary committee is hosting a "Give Back Fundraiser" on Monday, June 13th at Filomena's. This will be a raffle basket fundraiser with networking.

We are looking for 30 members to



donate a raffle item (less than \$250 value). Raffle baskets cannot contain alcohol, firearms or tobacco per Connecticut law.

Please email Deb McGrath debbiegraff1@gmail.com if you are interested in donating a raffle item.

More details will be posted at the April Network Luncheon, on social media and in the next newsletter. ■

40th Celebration Tickets

Tickets are available to purchase at the monthly luncheons.

\$40 per person, cash or check only
Please see Deb McGrath



SOUTHEASTERN CONNECTICUT WOMEN'S NETWORK MEMBER SPONSORSHIP & AD SCHEDULE 40TH ANNIVERSARY YEAR-LONG CELEBRATION

\$1,000 Sponsorship Benefits:

- Priority reserved table for 10 people at Gala with business name on table
- Company logo displayed on PowerPoint presentations during events
- Priority recognition with logo in publications and marketing materials
- Company logo on event program
- Full page ad in event program (5" W x 8" H)

ADS:

- | | |
|--|---------|
| • Full page (5" W x 8" H) Camera ready | \$80.00 |
| • One-half page (5" W x 4" H) Camera ready | \$40.00 |
| • Business Card size Camera ready | \$25.00 |

Business Name: _____

Contact Person: _____

Business phone _____ **Cell phone** _____

Address _____

NOTE: All ads and sponsorships DEADLINE: September 9, 2016

Checks Payable to: SECT Women's Network



Send to: Mildred E. Devine
Box 42
Quaker Hill, CT 06375-0042
Email: mildred.devine@snet.net
Telephone: 860-442-2030

New Members...from page 2

Diane Mathiason, Qivana, Old Lyme, CT 06371,
Phone: 850-391-2292,
Email: qdianegale@gmail.com
Website: www.dianegale.myqivana.com

Diane worked for years in corporate management. Now she runs her own business. This is a new journey in her life. She is dedicated to helping people improve their health with quality natural products.

Lora Thompson, Mary Kay Cosmetics, 142 Deerwood Dr., Groton, CT 06340,
Phone: 912-674-0737,
Email: lora125@hotmail.com
Website: www.marykay.com/lthompson6276

Lora has been an Independent Beauty Consultant for Mary Kay for twelve years. She is originally from Memphis, Tennessee. The Navy brought her family to Connecticut. Lora loves working with women to help them look beautiful on the outside, and feel beautiful and more confident on the inside!

Featured Business at Cameo Table

Emily Lerner will be showcasing her business at the April 20, 2016 luncheon. Please stop by the table to learn more about Craniosacral Therapy, and visit www.emilylernerlmt.com



[Like us on Facebook](#)

March Drawings

Susan Epstein's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! Nancy Motola won the cash. Anne Garland won the *Spotlight* article and Lora Thompson won the *Resident* article. Emily Lerner won the Cameo Table to showcase her business at the April 2016 luncheon.

Members on the Move

Chris Lautz, RYT 200, Talk of the Town Yoga, has just completed Level 3 teacher training in Svaroopa® yoga. Between 6:30 am and 9:30 pm for 10 days in Pennsylvania, she learned about Forward Bends, Neck & Shoulders and Balance & Inversions. Chris also completed her training in Introduction to Gentle Yogis. This spring she will complete level 4 teacher training and the class plan mentoring program and will then be qualified to apply for the RYT 500 hour registration (Registered Yoga Teacher). Currently she is teaching at Niantic Yoga Center.

Judy Ricketts-White, recently published author, will be working with students at Eastford School in Eastford, Connecticut on April 5. She will be encouraging and advising students who are in the process of writing books and plan to self-publish.

Please remember to post your events on the Network Facebook page, then email information to Judy to be included in the newsletter, jwhite5506@sbcglobal.net.

860-445-5625
www.bayberryinsurance.com
ONE FORT HILL ROAD, GROTON, CT

Advertising Deadline is the 20th of the month to appear in the next month's issue. The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

Network Board Meeting Friday, April 15

The next Network Board Meeting is Friday, April 15, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

Make reservations online for the Wednesday, April 20 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org no later than 10 am, Monday, April 18. Reservations are required.

Reservation no-shows and late cancellations will be billed.

HOURLASS INSURANCE SERVICES



Julie Brousseau & Charlene Perry

Health Insurance & Medicare Related Plans
(Individual, Exchange & Sm. Group)

Long Term Care Insurance, Disability

1649 Route 12, Ste 2 Gales Ferry, CT

860-464-0121

We answer our phones!

JulieB@HIS-biz.com Charlene@HIS-biz.com