

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 10, August 2017

*** Important Notices!** **Membership Renewal** **July 1, 2017!**

1. Renew Now. The renewal date for most members is July 1st*.

Please click, login and renew today. <https://sectwn.wildapricot.org/Sys/Profile>

* Members must renew by July 31 to be included in the printed Directory.

* Those who wish to pay by check, click on "Invoice me" instead of "pay online", print out and mail with check to PO Box 921, Groton, CT 06340-0921

* Members who became members after July 2016, do not need to
continued on page 2

Upcoming Programs

September 20

Nancy Butler — Living Life to the Fullest

Nancy will share "Tips and Tricks" to make your life the best it can be.

October 18

Speed Networking

Bring your business cards and make some new contacts at this event!!!

November 15

Military Appreciation Luncheon

We will be honoring our Veterans, Active Duty and Fallen Heroes

August 2017 Luncheon

Sleep, Stress and Memory!

Join us Wednesday, **August 16** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Jo Anne Harrison-Becker will focus on how stress and the lack of sleep affect our overall health, including memory.

Jo Anne has a Master of Science degree in Gerontology and a Bachelor of Science degree in Human Services.

She has worked for over 28 years in the field of therapeutic recreation, in a variety of settings.

As founder and CEO of Therapeutic Recreation Services, Jo Anne performs a variety of services including:

- Consulting (with recreation/activity professionals)
- Keynote speaking for state therapeutic recreation conferences
- In-service training in long term care settings, adult day services and assisted living communities

· Presenting wellness, mindfulness meditation, motivational and memory programs.

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 16** luncheon online 24/7 **by 12 midnight, Sunday, August 13.**

<https://sectwn.wildapricot.org/events>

*** Note price change.**

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.**

with our Military Appreciation Luncheon.

December 20

Holiday Party and Yankee Gift Swap

Join us for our annual Holiday Party and share in the hilarious fun of our old-fashioned Yankee Gift Swap.

Luncheon Price Change **

We work hard to keep the luncheon cost from increasing and to ensure a quality meal. At this time, we have no choice and must increase the price to \$25/reserved and \$30/unreserved. This took effect for the July 2017 luncheon.

We appreciate your support!

* Important Notices

...from page 1

renew now. Their renewal date will be their anniversary date.

2. Stay logged in and update your profile information. The online directory will go public on September 1st. Make sure the public sees the information you want them to see.

3. Stay logged in, go to the "Events" tab/page to review and purchase some of the great advertising opportunities available. See panel on page 3 for more info.

4. Check out and join our new Facebook Group page. Those who've joined will be able to post news and events immediately. <https://www.facebook.com/groups/SECTWomensNetwork/>

President's Message

This is the Best Organization!

Our Board Members work many hours behind the scenes each month, to make this an organization we can all be proud of. We are respectful of your time away from work and understand that sometimes it can be stressful trying to schedule the time away from your business. We want to make attending our luncheons worth your while. We hope that it will be a welcome and refreshing break in your day, and when you leave you are already looking forward to the next time.

The Board tries to create an engaging environment and give you something different each month. Sometimes the speakers' topics are business related, and sometimes they are not. We like to have varied

topics that you will find interesting. Our Program Committee, chaired by our new V.P., Kate Bellandese of A Beautiful Company, will work hard to find speakers that cover a wide range of topics to make your luncheon experience a compliment to your day. Kate will begin working on the 2018 speakers very shortly. Please reach out to share your ideas for topics with us!

We hope that you enjoyed Courtney Biddle's presentation on "Music and The Mind" and are looking forward to JoAnne Harrison-Becker's presentation this month.

Thank you and see you soon!

President

Patti Rodgers-Longo

Woman of the Year 2017 – Acceptance Speech

Susan Dombrowski spoke these words at the June luncheon when accepting the 2017 Woman of the Year Award.

"I am full of gratitude for the Nomination, and for the Members of the Network, past and present. This was not earned alone. I'm grateful for my husband Tom for encouraging me to participate in anything and everything, and my Mom and Dad for setting examples of how to be a good person in life. I am thankful for my selection by past *Woman of the Year* recipients, and I am humbled to be counted amongst them. I am surprised, as I know there are so many deserving candidates each year, however I am not unprepared. You see I've been dreaming of this for 10 years, and I don't want to forget

anything!

"I joined the Network in May 2007, the month they revealed the video "Her Story" outlining the 30 year history of the Network. I learned about Millie Devine and her struggles as a woman in business within my lifetime. I saw her and dozens of women in the video, smiling, cheering each other on, and making a difference in Eastern CT. I said to myself, I want to be like that.

"Fast forward just one month – June 2007, awards and officers. The Heron Award went to Kasey Goss, the WOY was Susan Pochal, and our newly inducted president was Jill Adams. Again, I said to myself, I want to be like them.

"Since that time, I have surrounded myself with women and men who live our motto: For powerful personal and professional relationships. They are the leaders of our Network and of our community. I'd like to briefly share just 3 (of the million) things I have learned over

the past 10 years through the Network.

"1. Those who can, should. Get involved, be a do-er, make a difference.

"2. 'When someone reaches for your hand to pull you up, be a pal... reach your other hand behind you and bring along the next person.'
US Coast Guard Admiral Sandy Stosz.

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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.

Woman of the Year...from page 2

"3. Don't ever be afraid to ask for help, or a hug. It's okay to not be okay. The people in this room care about YOU as a person, not just what your bizz card says. They will pick you up if you stumble.

"So, follow these 3 bits of Susan's Wisdom, and soon enough, you will be standing here like I am today.

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 1 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.

Printed Directory ad prices stay the same as last year: business card size \$25; half page \$50; full page \$100. *Printed Directory ads must be purchased by July 31st.

Package deals will still be offered when purchasing multi media ads. Choose any 2 different media (ie. directory & website) = 20% off. Choose 3 different media (ie. directory, newsletter & website) = 30% off. All package deals must be prepaid.

Members can login to view and/or purchase ads: <https://sectwn.wildapricot.org/events>
Ads will be published after they are purchased.

"Thank you all for 10 years of being (as Tom says) 'My Network Girls', and thank you for this amazing honor today." ■

July Drawings

Tatum Grant's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! Kathy Pooler won the cash. Amanda Boaz won the *Spotlight* article and Vincent Tuckwood won the *Resident* article. Beth Markowski-Roop won the Cameo Table to show-case ServiceMaster by Mason at the August 16th luncheon.

Members on the Move

Emma Palzere-Rae is appearing as Essie Miller in Eugene O'Neill's "Ah, Wilderness!" at East Lynne Theater Company in Cape May, NJ. The show runs from July 26 through September 2. www.eastlynne-theater.org

Megan Marco, Licensed Acupuncturist, of Stonington Natural Health Center, was recently certified in Neuro Acupuncture. Neuro Acupuncture helps with brain injuries, Parkinson's Disease, MS, PTSD, and other brain-related issues. In addition, she is now trained in understanding Essential Oils from a Chinese Medicine perspective.

New Members

Lisa Maloney, Care Net Pregnancy Resource Center of SE CT, 32 Huntington St., New London, CT 06320
Phone: 860-449-0386
Email: lisa@carenet.org
Website: www.carenetsect.org

Second Business: Lighthouse Counseling, 611a Long Hill Rd, Groton, CT 06340

Lisa is a licensed Family Therapist and the Executive Director at Care Net Pregnancy Resource Center of SE CT. They provide free medical services to people facing a pregnancy decision.

Pamela Mower, Savings Institute Bank & Trust Company, 180 River Road, Lisbon, CT 06351
Phone: 860-376-7100
Email: PamelaMower@yahoo.com
Website: www.savingsinstitute.com

Established in 1842, Savings Institute Bank & Trust offers a full range of financial services to individuals, businesses and municipalities throughout Eastern CT and Southern RI. The primary product offerings include savings, checking and deposit accounts, certificates of deposit, residential and commercial mortgage loans, commercial business loans and consumer loans.

Susan Sedensky, Pawcatuck Neighborhood Center, 27, Pawcatuck, CT 06379
Phone: 860-599-3258 x14
Email: susan@thepnc.org
Website: www.the-pnc.org

Susan is the Executive Director for the Pawcatuck Neighborhood Center. For the past 10 years, she has worked as the Director of Adoption Services at Catholic Charities, Diocese of Norwich. Prior to that she worked for 5 years for Big Brothers and Big Sisters of SECT. Susan practiced employment and labor law as an attorney prior to working for non profits.

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, then their news will reach our 800+ friends. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.

Featured Business at Cameo Table

Beth Markowski-Roop will be showcasing ServiceMaster by Mason at the August 16, 2017 luncheon. Please stop by the table to meet Beth and learn more about this business. Visit www.servicemasterbymason.com.

Upload Your Avatar!

Now you can upload your photo on the new website — your very own Avatar (or profile photo)! An-

other benefit of being a member is the "Featured Member" — a revolving program that shows your photo and business information.

Instructions: Go to website <https://sectwn.wildapricot.org> and log in. Click your name in the upper right corner which takes you to "My Profile." Once there, click on "Edit Profile." Scroll part way down after "business mobile phone" and before "send mailings to." Find "Avatar", click next to it, it should say "add" or "upload." Then the system will give you the "browse" option to select a photo on your computer. Select the photo you want.

Voilà, you have an Avatar!

 [Like us on Facebook](#)

Please join our new [Facebook Group](#). You'll be able to post events directly on the group page. Remember to post your events on the Network [Facebook Group](#) page, then email information to Judy to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.

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for a new bank**

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Network Board Meeting Friday, August 11

The next Network Board Meeting is Friday, August 11, 8 am, at Chelsea Groton Bank, 904 Poquonnock Road, Groton, Connecticut. Attendees must be prompt for admittance, door is kept locked. All members are welcome to attend.

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.

For more Network information and articles see our website: www.sectwomensnetwork.org

All Attendees: make reservations online for the Wednesday, August 16, 2017 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at <https://sectwn.wildapricot.org/events> no later than 12 midnight, Sunday, August 13, Reservations are required.

Reservation no-shows and late cancellations will be billed.

Letter presented at the June 2017 luncheon meeting by Emily Boushee, Outreach Assistant for Senator, Christopher Murphy.

United States Senate
WASHINGTON, DC 20510

June 21, 2017

Dear Friends:

I wish I could join the Southeastern Connecticut Women's Network today as you honor your organization's exemplary leaders and celebrate the network's 41st anniversary.

Although we as a nation have come a long way since the Network's inception in 1976, we know that we still have a long way to go toward true equality in our country. That is why we keep up the fight for equal pay, access to safe and affordable health care, and safeguarding against the erosion of civil rights. Despite our challenges, organizations like the Southeastern Connecticut Women's Network are helping empower women and foster meaningful personal and professional connections between the leaders of Connecticut's past, present, and future.

As you know, one of the greatest predictors of future success for young people is an ability to see adults and leaders who look like them achieving their dreams. When young women have an opportunity to see trailblazing female leaders growing their businesses and thriving in the professional world, they know they are capable of anything. While you may not always think of the role you play in helping to galvanize the next generation of female innovators, your daily dedication to advocacy and leadership sets an example for the young women who draw inspiration from your success.

Thank you for the work you do in Connecticut. For the last forty-one years, Southeastern Connecticut Women's Network has brought tremendous pride to our state. I am proud to help honor your awardees today, as well as the women who came before you. Your legacy will continue to motivate others, and I look forward to working hand-in-hand with you for years to come.

Sincerely,



Christopher S. Murphy
United States Senator