

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 31, Number 10, August 2018

Upcoming Programs

September 19

Laughing Matters - Gigi Little



Stressful times call for "Laughing Matters". Join us as Gigi Little, founder of the non-profit, *A Good Laugh, Inc.*, will incorporate her experiences as a corporate VP, stay-at-home mother, and stand-up comedian to provide some greatly needed comic relief. Strategies for reducing stress, improving relationships, and increasing positivity will be presented, along with a healthy dose of laughs.

October 17

Ground Breaking Women Series, Part 1 - Julia Chase Brand



The SECT Women's Network provides great value to its members!
As a Network member you may:

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August 2018 Luncheon

Thinking Outside the Box

Join us Wednesday, August 15, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Gregg T. Barratt is an experienced Human Resources leader and a nationally recognized professional in the training and organizational development field. He is certified in the use of the Myers-Briggs Type Indicator, The Career Architect, Situational Leadership, Thomas Kilman Conflict, and in the Rummler-Brache Process Mapping Method, as well as in an extensive range of professional and personal development programs. He is also certified as an alternative dispute mediator.

Gregg is highly proficient in developing and implementing innovative recruitment and retention strategies.

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



21st Heron Award

Now named the Kathleen P. O'Beirne Leadership Award

Kathleen O'Beirne presented this year's award at the June 20, 2018 luncheon.

"Named in honor of the heroine of

my book, *Birds of a Feather: Lessons from the Sea*, this award is presented to JoAn Collins.

"The Great Blue Heron is a bird of great stature, elegance, and patience. She is known for her vision, diplomacy, and her creativity. For the Heron, commitment to tasks and goal-focused activity is a hallmark, as is maintaining her appearance of optimism and well-being. The Heron is collegial in her relationships. She leads by her presence, not by control of others. She

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Membership Renewal Time 2018-2019! (most members)

Renew Now! The renewal date for most members is July 1st. Please click, login and renew today. www.sectwomensnetwork.org

Heron Award 2018...from page 1

is, in summary, a superb role model for women and men in the workplace.

"Jo An is a young Heron, growing in stature and professional skills. Her strong moral compass and goal orientation are feathers in her cap. She has a nice sense of life balance, recognizing that her young family needs her focus and guidance as much as her career. Her persistence in refining registration hospitality and service gives the Network a great first impression for newcomers and regulars alike. As she spreads her wings in other Network domains, we look forward to her leadership.

"Congratulations, JoAn!

"P.S. The pin awarded this year was found in the gift shop at the Butchart Gardens in Vancouver, British Columbia, Canada - an indication that this bird is beloved internationally!" ■

Member Benefits

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- **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.
- **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

President's Message**We Want You!**

The Southeastern Connecticut Women's Network runs on the dedication and talent of its membership. We are looking for current members to join our committees and become part of the team that makes this outstanding organization thrive. Please consider reaching out to one of the committee chairpersons below for more details.

Luncheon Committee:

- Bring your social skills and enjoy an opportunity to meet with a large portion of our membership during our luncheon events.

• Contact: Carol Little carolgigi.little@gmail.com

Program Committee:

- Party planning skills a must! Be a part of shaping our network events and enjoy an opportunity to meet fantastic speakers.

• Contact: Angela McGuirk, VP
angela_McGuirk@navyfederal.org

Membership Committee:

- Join the team and help introduce new members into our group and

help manage our growing database.

• Contact: Kathy Pooler
kathy@publicationsplus.com

Public Relations/ Social Media:

- If Facebook and Instagram are your thing ... we have a job for you!

• Contact: Denise Howard bestwellness4you@gmail.com

Website and Newsletter:

- Calling all tech savvy members to become part of the digital team. Help create our online image!

• Contact: Judy Ricketts-White
jwhite5506@sbcglobal.net

Hospitality:

- Be part of our "Welcoming Committee" and enjoy meeting and greeting our membership during network events.

• Contact: Beth Markowski-Roop
beth@servicemasterbymason.com

We truly hope to hear from you! Have a wonderful summer!

Sincerely,
President

Kate Bellandese

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!** ■

Network Mastermind Groups

The concept of the Mastermind Group originated in the early 1900's 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

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Mastermind Groups

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as catalysts for professional growth.

Participation in the Network Mastermind program is voluntary and free as part of your Network membership. It is a growing, evolving program intended to give members an opportunity to connect and support each other even more intimately in achieving personal and professional objectives.

Mastermind groups meet once a month. Pavé Group meets the second Monday of the month from 5:30 p.m. - 7:30 p.m. in Waterford. A second Mastermind group has formed and meets on the fourth 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 evening Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.

For information or to visit the Wednesday morning group, contact Angela McGuirk angela_mcguirk@navyfederal.org.

July Drawings

Angela McGuirk won the cash. Judy Jencks won the *Spotlight* article and D'mitra Gomez Waheed won the *Resident* article. Jean Wilczynski won the Cameo Table to showcase *Exencial Wealth Advisors* at the August 15th luncheon.

*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.

Renew or Purchase Ads Now 2018-2019!

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

Tech Tips

When you register and pay online for a luncheon and the WA system is telling you that you owe for more than that luncheon fee.

1. Click "cancel" (out of the payment screen);
2. On the next screen, click "pay invoice online", the button on the right, then the system will allow you to pay only that luncheon invoice; or
3. You can go to your profile by clicking on your name in the upper right corner. Click the far right tab "payments/invoices", scroll down and click on the invoice you want to pay.

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 multi media 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

Ads will be published after they are purchased.

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WE NEED YOU

We need you!

Join the Public Relations Committee! Calling all Social Media gurus! Do you have a strength in Instagram,

Facebook, Twitter or LinkedIn? We need your help on the Public Relations Committee. We also need help with Press Releases, Chamber Updates, and interaction with other media outlets. Pick one and volunteer your assistance! Contact: Denise Howard bestwellness4you@gmail.com.

PROVIDER MARKET AND SHOWCASE

SEPT 28, 2018

•
GROTON
SENIOR CENTER



Something for everyone – we all are looking to help others and raise awareness about our businesses

Join us for this event where

- We'll hear from up to 40 businesses telling us about themselves, their companies and programming they want to offer to the public.
- You'll have opportunities all day to approach the businesses, ask questions and schedule different new activities for your facilities. A great chance to fill up your 2019 calendar!



A day where you can...

1. Promote your ideas and business
2. Schedule programming for your senior center, rehab or housing residents

Visit
SeniorCenterCt.org
for more details or call
860-822-8712

Hospitality Committee Accepting Items

The Hospitality Committee is now accepting items from Network members for the drawings at the luncheons. It's a great way to promote your business

and be recognized at the monthly luncheons. All proceeds from the raffle support Safe Futures and the SECT Women's Network Scholarship Fund. If you'd like to donate an item, contact Beth Markowski-Roop at 401-640-8431. ■



Women Supporting Women!!
Your business is unique.

Your insurance needs to protect you!
Whether you are a business owner working from your home or a small business owner in your community, SAVA can help you!



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Featured Business at Cameo Table

Jean Wilczynski will be showcasing *Exencial Wealth Advisors* at the August 15, 2018 luncheon. Please stop by the table to meet Jean and learn more about the products and services she offers, www.exencialwealth.com.



[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.

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

Network Board Meeting Friday, August 10

The next Network Board Meeting is Friday, August 10, 8 am, at Groton Inn & Suites, 99 Gold Star High. 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 15, 2018 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, August 12, Reservations are required.

Reservation no-shows and late cancellations will be billed.



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