

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 29, Number 4, February 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 fourth page.**

## Upcoming Programs

**March 16**

**Information: What is it Good For?**

Karen Martin is a multifaceted business and technology professional with broad experience in finance, accounting, and



## February Luncheon Loss and Healing

**Join us** Wednesday, **February 17** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

February speaker Andrea Willets will share helpful information and experiences dealing with loss and healing.

Andrea Willets, CPCC, is a Certified Professional Co-Active Coach, Social Artist and Founder of Andrea Willets Productions, an innovative coaching and leadership company. Special focus areas are coaching women in transition and helping them to reveal their greatest selves, facilitating systems work for non-profits and businesses as well as facilitating workshops in leadership development, and keynote speaking.

Andrea is also a co-founder at The Revelation Project (TRP), a project that uses coaching, photography, social media, and journaling to inspire a woman to reveal her greatest self with full permission without editing anything about herself. Between her coaching practice and TRP she



information systems. She has worked in for-profits and not-for-profits and, in both public-sector and private-sector organizations. She is a versatile strategist with a business focus first, using

**Bring a Friend to Lunch, and be entered into a drawing to win a free lunch.**



performs a one woman show, "Sorry, NO MORE!" inspiring women of all ages to stop apologizing for their lives!

"The importance of people and community, and my belief in the process of self discovery and transformation in all areas of life, have coalesced into a career that feels more truly like a calling."

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, **February 17** luncheon online 24/7 at [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org) **by 10 am, Monday, February 15.**

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.**

technology, process and systems perspective to enable efficient and effective business. Karen holds a BA in Economics, a Master of Science in

*continued on page 2*

**Karen Martin**...from page 1

Computer Information Systems and a Masters in Business Administration with a management concentration. As the Business Whisperer for Martin Business Advisors, LLC, she seeks to bring that experience, expertise and perspective to small businesses needing assistance with process, strategy, planning, perspective, and business systems.

**April 20, 2016**

### **Tourism and Marketing**

This event will feature members from the travel, tourism, lodging, dining and marketing industries.

### **Featured Business at Cameo Table**

Kathryn Bellandese will be showcasing her business at the February 17, 2016 luncheon. Please stop by the table and learn more about A Beautiful Company, and visit [www.abeautifulco.com](http://www.abeautifulco.com)

**Please remember to post your events on the Network Facebook page, then email information to Judy, [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net) to be included in the newsletter.**

 [Like us on Facebook](#)

### **Testimonial in Honor of Our 40th Anniversary**

I was honored to be selected for a scholarship from the Southeastern Connecticut Women's Network. I left my job at 51 to pursue my lifelong dream of becoming a nurse. I realized that dream in December, thanks in part to the support of the SECT Women's Network. The group is full of women of all backgrounds and passions, supporting and empowering one another to be the best they can be. I've met women who are excited

### President's Message

## **Encourage Success – Make Meaningful Connections**

Thank you to all who attended the January Networking luncheon. Wasn't it fun to move around meeting new people during the program? Who did you meet that was new and interesting to you? Did you make a connection to help someone or to maybe fill a need you may have?

We are facing some challenging times in our beautiful state and I believe we need each other more than ever. I am committed to the premise that it is "we the people" who always make the difference. I think our Network is a wonderful place to lock arms with one another as we encourage

each other on to success in the work we each do, whether in our paid positions or in all of our volunteer work. Every bit of it matters and I believe we will make a difference here in Southeastern Connecticut.

Let's continue to be known as the place one can come to make the meaningful connections that help us as individuals and as a community. I think our January luncheon highlighted this well and I am looking forward to February 17th!

*Phyllis Nelson*  
President

about their journeys and enjoy helping enable other women to pursue their dreams. What this group does for the community is amazing and I'm so proud to be a part of their efforts.

— Christine Jost, BSN

### **Special 40th Anniversary Event**

**Emma Palzere-Rae –**  
Playwright and  
Actor – **Aunt  
Hattie's House,**  
March 18

Emma will be doing a fundraiser for our 40th Anniversary.

The setting will be: 1864, Oakholm, Harriet Beecher Stowe's new home in Hartford, Connecticut. Harriet has returned to the land of her childhood an international celebrity, looking for quieter times. The audience is invited to assume the role of a biographer, just one of the curious who still seek her out.

Harriet Beecher Stowe (1811-1896) is best known for her influential novel *Uncle Tom's Cabin*, despite penning over 30 other novels. As the primary

breadwinner in her family, she was truly one of the first "working moms."

Emma Palzere-Rae has appeared in regional, stock and off-Broadway theater, as well as in film, television and radio. She has been portraying Harriet Beecher Stowe since 2000, when "Aunt Hattie's House" premiered at the Heartland Chautauqua touring throughout Missouri. She founded Be Well Productions in 1989, touring several critically acclaimed one-woman plays on characters as diverse as Emily Dickinson and Gilda Radner. In 1990, she banded together with other female solo artists to create New York City's *Womenkind Festival*. A graduate of Emerson College, Ms. Palzere-Rae is an active member of Actor's Equity, SAG-AFTRA and the Dramatists Guild. Currently, she serves as the Director of Development and Communications for Safe Futures (the former Women's Center of Southeastern CT), is the former Executive Director of the Chorus of Westerly, and former Artistic Director for New York City's touring company PlaysforLiving.

*Please see the flyer on the next page.*



Southeastern CT Women's NETWORK



*is pleased to present*

# *Aunt Hattie's House*

Written and Performed by Emma Palzere-Rae

*Friday, March 18th*

*7:00 p.m.*

Networking begins at 6:00 pm.  
Limited menu and cash bar available.

Travel back to 1865 and find out what compelled **Harriet Beecher Stowe** to pen *Uncle Tom's Cabin*, the novel that changed our nation's history.



**Filomena's**  
**262 Boston Post Road**  
**Waterford**

*Suggested Donation - \$10.00*

Proceeds to benefit the Network's Scholarship program & The Pathway to a Safe Future campaign.

*The Public Welcome*

For information / RSVP required:

[www.SECTWomensNetwork.org/calendar.php](http://www.SECTWomensNetwork.org/calendar.php) or <http://bit.ly/AuntHattiesHouse>

## **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** \_\_\_\_\_

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**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](mailto:mildred.devine@snet.net)**  
**Telephone: 860-442-2030**

## A Look Back at the Years 1977 & 1978



The years of 1977 and 1978 gave us many "firsts", as well as many memorable events, songs and movies. The Cold War was still going strong.

**The year was 1977.** President James Earl Carter, Jr. was elected President with Vice President Walter F. Mondale.

- New York City was thrown into darkness and chaos during the New York City Blackout, which lasted 25 hours and resulted in looting and disorder. The World Trade Center in New York was completed later that year.
- Egypt's Leader President Anwar El Sadat broke ranks with other Arab nations and recognized the state of Israel.
- The first Apple II computers went on sale.

In the entertainment world, "The King" Elvis Presley died at the age of 42 from a heart attack on August 16th. Many people can remember exactly where they were when they heard this news.

Star Wars opened with filmgoers lining up for hours to see it, and the TV Mini Series "Roots" was aired on ABC winning top audience figures, 9 Emmys and a Golden Globe.

Other popular movies in 1977 were Rocky, Smokey and the Bandit, A Star is Born, Saturday Night Fever, King Kong, Close Encounters of the Third Kind, The Deep, and Annie Hall.

**In the year 1978,** NASA selected its first American women astronauts!

- Other significant events that year include:
- The blizzard of '78 snowstorm hit New England, yielding 54" of snow. The roof of 3-yr-old Hartford Civic Center collapsed early in the morning on January 18th, thankfully with no injuries.
  - The "Framework for Peace" in the Middle East was signed by Egypt's President Anwar El Sadat and Israeli Prime Minister Menachem Begin after a 13-day conference at Camp David led by President Jimmy Carter.
  - The US Senate approved the Panama Canal "Neutrality Treaty," voting to turn the canal over to Panama by the year 2000.
  - On July, 9, 1978 feminists made history in the largest march for women's rights in the nation's history – nearly three times the size of the largest suffrage parade. One hundred thousand supporters of equality took to the streets of Washington, D.C. to call for an extension of the deadline for ratification of the Equal Rights Amendment.
  - The first Susan B. Anthony Dollar was minted on De-

ember 13th.

- In **International News**, Sweden outlawed aerosol sprays due to their harmful effect on the ozone layer, becoming the first nation to enact such a ban.
- Cardinal Karol Wojtyla of Poland became Pope John Paul II.
- The Cult leader Jim Jones instructed over 900 members of his church, "People's Temple", to commit suicide in Guyana.

### Science & Technology

Balloon angioplasty was developed to treat coronary artery disease and recombinant DNA techniques were first used to produce human insulin.

- Louise Brown, the first test-tube baby, (in-vitro fertilization) was born at Oldham Hospital in London.
- Sony introduced the Walkman, the first portable stereo, and Illinois Bell Company introduced the first ever Cellular Mobile Phone System.
- Three American balloonists made history with the first crossing of the Atlantic by hot air balloon in Double Eagle II.

### The Entertainment Industry

Grease and Saturday Night Fever were extremely popular movies. Other movies in 1978 were National Lampoon's Animal House, Jaws 2, Heaven Can Wait, Star Wars Episode IV: A New Hope, Revenge of the Pink Panther, and The Deer Hunter.

In music, the Bee Gees' "Saturday Night Fever" album was #1 for 24 weeks. Other popular musicians were Paul McCartney and Wings, John Travolta and Olivia Newton-John, Rolling Stones, and the Commodores with "Three Times a Lady."

Steve Martin's "King Tut" and The Blues Brothers both debuted on Saturday Night Live that year.

Popular TV shows in 1978 included: Happy Days, Little House on the Prairie, The Rockford Files, Saturday Night Live, Charlie's Angels, Quincy, M.E., The Muppet Show, CHiPs, The Love Boat, and Three's Company.

### In Sports

The first Iron Man Triathlon (swim, bike ride, marathon) was held in Kona, Hawaii. At Super Bowl XII, the Dallas Cowboys beat the Denver Broncos, 27-10 in New Orleans.

## A Look Back at the Years 1977 & 1978...from pg. 5

### Meanwhile.... At the Network

While all of these significant events and amazing firsts were happening in 1977 and 1978, the Network continued to grow quietly and slowly to approximately 40 members. In 1978 they began talking about formalizing the group and started talking about their real purpose and goals. This is when they incorporated their mission statement. They also agreed that they should be able to meet once a month for an hour and a half. The first officers in the new "formalized" informal gathering were Millie Devine as President, Barbara Quinn as Vice President, Susan Ebersole as Treasurer and Barbara Kleeman as Secretary.

Their luncheons were held at the Ship's Wheel on State Street in New London, which was basically within walking distance for most of them. So, with their executive board



members in place and the mission statement adopted in 1978, they officially became the Southeastern Connecticut Women's Network.

**More to follow next month and at our monthly luncheons! ■**

## New Members

**Barbara Dennison**, iServe Residential Lending, LLC, 23 Woodland Rd., Suite A-3, Madison, CT 06443, Phone: 877-486-2083,

Email: [bdennison@iservelending.com](mailto:bdennison@iservelending.com)

Website: [www.barbaradennison.iservelending.com](http://www.barbaradennison.iservelending.com)

Barbara has over 25 years experience in mortgage lending, including all aspects of the home buying process, loan processing, underwriting and as a Loan Officer. Barbara prides herself in giving her clients the best possible customer service and the time and attention they deserve. She feels especially fulfilled helping people achieve their dreams of homeownership.

## 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](mailto:JulieB@HIS-biz.com)

[Charlene@HIS-biz.com](mailto:Charlene@HIS-biz.com)

## 40th Celebration Tickets

Tickets are available to purchase at the monthly luncheons.

**\$40 per person, cash or check only**

**Please see Deb McGrath**



## NETWORK News Display Ads

Advertising in the Southeastern Connecticut Women's NETWORK News is an inexpensive way to reach a select group of professional business people.

Rates: NETWORK members: \$15/month; \$40 for 3 months. Non-members: \$25/month; \$70 for 3 months. Ad size: 2" h x 3.5" w. Double-size ads 4" w x 3.5" h, double the price.

See the website [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org) for more information on advertising opportunities with the Network.

Send check payable to SECT Women's Network to Judy Ricketts-White, 103 Butlertown Rd., Waterford, CT 06385. Send artwork to: [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net). For info call 860.439.1854

## Posting to the SECT Women's Network Facebook Page

One fairly untapped member benefit is the Network Facebook page. We want to hear from you. We encourage you to share your business and personal news on the Network page. Members must post their event or information on the Network Facebook page themselves, then their news will be shared and will reach our 800+ friends. If you have questions about how to post, contact Denise Howard, our Publicity Chair [bestwellness4you@gmail.com](mailto:bestwellness4you@gmail.com).

## Meet New Members and Welcome New Friends

by Patti Rodgers-Longo

The Membership Committee offers the perfect opportunity to meet your new fellow members and make them feel welcome. At our monthly luncheons, we greet each new member with their welcome package and we welcome guests. If you would like to become part of the Membership Committee team, please contact Patti Rodgers-Longo at [prodgers@chelseagroton.com](mailto:prodgers@chelseagroton.com), or call 860-572-4044.

February 17th is our "Friendship Month" luncheon. This is a great time to bring a friend, introduce them to Network members and be part of this special luncheon. You will also be eligible to enter into a drawing to win a free lunch by bringing a friend. Don't forget to register early for our "Bring a Friend to Lunch". ■

## Remember to Check Out Luncheon Photos on Facebook

See photos of your friends having fun at the luncheons on our Facebook page and also on our website.

Many thanks to Photographer Sheree Sirpenksi for taking these memorable photos.



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## January Drawings

Louisa Ketron's name was drawn for the Ha Ha Lunch – and guess what, she was there! Kerry Garofano won the *Spotlight* article and Ken Duenzl won the *Resident* article. Kathryn Bellandese won the Cameo Table to showcase her business at the February 2016 luncheon.

## I Need Your Help!

**Do you like social media?**

**Do you like writing or marketing?**

**The Public Relations Committee needs YOU!**

I was told that many people think that PR involves a lot of public speaking. That's not the case. If that is not your "forte", no problem! I am looking for people who want to join our team and be a valuable part of promoting and helping grow the SECT Women's Network. If you have some great ideas, have social media "savvy", like public relations, or have a talent for writing, your valuable contribution of talent & effort could really help the Public Relations Committee. Let's talk!

*Denise Howard, PR Committee Chair*

Please contact Denise at 860-222-9013 or

[bestwellness4you@gmail.com](mailto:bestwellness4you@gmail.com)

FB: [www.facebook.com/denise.imobhowardclatt](http://www.facebook.com/denise.imobhowardclatt)



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Find out how coaching can help with your business challenges.  
Call for your complimentary coaching session today!

Find us on LinkedIn:   
Find us on Facebook: 

**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, February 12

The next Network Board Meeting is Friday, February 12, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

**Make reservations online for the Wednesday, February 17 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)**

**no later than 10 am, Monday, February 15  
Reservations are required.**

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