

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 4, February 2017

Upcoming Programs

March 15, 2017

Speed Networking

Bring your business cards and enjoy making new friends and business connections. This program will help you perfect your networking skills — during several rounds of ***Speed Networking!***

April 19, 2017

Meredith Diette, Esq. – Dos and Don'ts of Being an Employer

In employment law there is no magic formula for success and no good deed goes unpunished. All employers wish that there was a specific course of action to take for all employment and personnel issues...but such is not the case. Although Meredith cannot offer any easy solutions, she can suggest that employers take a pro-active, diligent, thorough and informed approach to employment matters. With that in mind, this presentation will offer dos and don'ts to provide an employer with general guidance and describe typical obstacles related to employment law.

Evening Event



February 24, 2017

Drunken Palette – Mardi Gras Night – 7-9 pm – New London

This promises to be a fun evening! Join us! Sample the beignets, explore your artistic talents and make new

February 2017 Luncheon

Business Improv—Amp Up Your Confidence and Lead!

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

Our best and brightest leaders think on their feet, adapt to change, and engage effectively with others in a variety of situations. Learn how it's done!

During this fun, interactive introduction to Business Improv you'll participate in exercises and discussions that will help you to connect more easily with others, think creatively, and engage with boldness and laughter.

Join Ellen Feldman Ornato, co-founder of ConnectAnd Improv for this energizing, out of the box experience.

ConnectAnd Improv is a personal and professional development company that marries principles and skills from improv with business skills development. ConnectAnd is on a mission to infuse more human connection and clear communication into the business world!

Ellen Feldman Ornato is a skilled Improviser and upbeat, compassionate facilitator who leads engaging conversations about challenging and rich content. She has 20+ years of facilitation and training experience in workplaces,

friends! This is a wonderful opportunity for those who cannot attend the luncheons. Cost is \$35 per person plus gratuity – \$25 if registered by 2/15. Register

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



schools, and on university campuses. Ellen holds a BS in Sociology & Spanish and an MA in Urban Planning. She has worked in city planning, economic development, event PR & marketing and community relations for a variety of organizations including a large regional retailer.

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, **February 15** luncheon online 24/7 **by 12 midnight, Sunday, February 12.** <https://sectwn.wildapricot.org/events>

*** Note change in time for deadline.**

Cash or checks for **\$22** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$27. Reservation no-shows and late cancellations will be billed.**

early and save \$10. Food & drinks will be provided. This is a BYOB event.

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

Spotlight Article

Dr. Megan Marco – Licensed Acupuncturist, Doctor of Acupuncture

People often ask "Why are needles used for Acupuncture?" The body runs on electricity. The nerves are like wires that conduct electricity. The electricity or energy



that the body runs on is called Qi (chee), and it exists in every living cell. Over thousands of years, the largest flows of Qi have been mapped out. Since the Qi flows like rivers, the flows of energy are called channels or meridians.

The location of Acupuncture points themselves are like eddies in the rivers, at places like bones and joints where the energy swirls and pools. With acupressure, when you press on these spots, you can change the flow of the energy and send a signal to the brain. Acupressure is limited by the number of points that can be activated by the therapist's fingers and how long the spots can be pressed.

One of the benefits of Acupuncture is that we are not limited by how many fingers can press on spots or how long we are able to press. Instead we are able to "press" on a specific combination of spots to get a whole combination of specific points communicating with each other.

The Acupuncture points are like buttons on your personal circuit board, and pressing on them reprograms the body and sends specific signals to the brain. With the Balance Method of Acupuncture, that Megan practices, there are specific protocols to change the circuitry of the brain. This process will help heal the body, reduce pain and stress, and bring balance to your body, mind, and spirit.

The term Acupuncture comes from acu, which is the Greek word for needle, added to the word "puncture." Megan wishes that there was a different term for the profession that focused on the outcome, rather

President's Message

The Gifts Around Us

I was recently watching the television show Better Connecticut. There was an interview with two young ladies who were exchange students from China. They were asked what impressed them about this country. Both agreed that it was being able to see the stars each night. In China, they said, the pollution is so bad that they have not seen the clear night sky. I thought, "how sad." We are so fortunate to have simple pleasures available to us. I love going outside in the late or early hours to look for the Big Dipper, see what the moon looks like or see if there are clouds. This helps me feel content.

Being very busy in our lives, we sometimes forget how fortunate we are to have so many wonderful gifts around us. I remind myself of those gifts each morning when I walk to the mailbox to get the newspaper. I will look to the east to see what color the sky is, as the sun starts to rise and marvel at all the possi-

ble colors. Sometimes at dusk, when I am driving over the Gold Star Bridge, I cannot help but notice the sky as the sun starts to set. The young ladies from China have reminded me not to take the world around us for granted.

As I was writing this month's message, I googled a TEDx talk I had viewed many times, about gratitude by Louie Schwartzberg. He is a time lapse photographer and he talks about all the beauty he has seen through his lens. Part of his talk includes an interview called "Happiness Revealed" with a child and an elderly gentleman describing what makes them happy. It is truly lovely to listen to and watch. Please click this link, https://www.youtube.com/watch?v=gXD_MoiEkyuQ and enjoy Louie Schwartzberg's view of the world.

Thank you all. Stay well, slow down and look up at the stars.

President
Kathy Greene

than on the technique. She would like to call the profession "acubliss" since healing occurs due to the bliss and deep relaxation experienced during the treatments. During treatments, as endorphin production increases, a euphoric happiness comes over the body. During this relaxation, inflammation decreases, the "clean-up crews" come in, tissue repair happens, and the body heals itself.

In the treatment, the body is reprogrammed to increase endorphin production, increase production of other neurotransmitters and biochemicals, and tell the "clean up crews" where to go to heal the body. In addition, the mind relaxes and thoughts are able to sort themselves out. Megan likes to say that it's "like the Cliff's Notes to meditation." People leave with more clarity, relaxation, and vibrancy. If there is ever a gentle pinch, that should go away

quickly; good sensations include warmth, tingling, sometimes a little zing of energy. Many people are uncomfortable with the word "needle," associating it with uncomfortable experiences like getting immunized or having blood taken. For this reason, Megan likes to call the instruments "points" instead.

The second most common question is, "Does it hurt?" Megan's specialty is to be as gentle as possible, so that you can be relaxed and experience the blissful euphoria of the endorphins and healing. If there is any discomfort, it means the point is in the wrong spot and needs to be adjusted or removed.

The third most popular question is, "Do I need to have anything wrong to benefit from Acupuncture?" The answer is a definite, "No." Acupuncture is good for everyone. Organs are always working, and Acupuncture gives a tune-up to all your organs, like bringing your car in for a

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Megan Marco...from page 2

tune-up. It helps your body to function better. Also, it puts you in a meditative state to heal your body, mind, and spirit.

Lastly, the most popular question is, "How did you get into Acupuncture?" From a young age, Megan knew that she enjoyed helping people. She worked in hospitals, in research labs, and was a Neuroscience Premed major at Bowdoin College. She took a detour into Wilderness Emergency Medicine and ski patrol, then out west to Oregon to ski patrol on Mount Hood. Megan fell in love with the city of Portland, and studied at the epitome of the mind-body connection, the Oregon College of Oriental Medicine. She had a thriving practice for four years in downtown Portland, then decided to move back east to be near her family in Mystic. In December 2005, Megan opened Stonington Natural Health Center (SNHC). Now 11 years later, Megan has helped thousands of people and the awesome SNHC family is flourishing. Many Network members have been to SNHC, and the rest are invited to come!

To learn more or see a demonstration of Acupuncture, go to the Practitioners page of the website, www.snhc.com/practitioners.htm, and go to Movie 1 or Movie 2.

Experience the deep relaxation and healing of Acupuncture. Dr. Megan Marco enjoys helping people with all health concerns, including pain, stress, fertility, depression, anxiety, and digestion. She looks forward to helping you, your friends, and family. She has been helping people with Acupuncture and Chinese Medicine since 2000 and is here to help you.

Dr. Megan Marco, Doctor of Acupuncture, Licensed Acupuncturist, Owner, Clinic Director. Stonington Natural Health Center, Your Place for Health, Healing, and Happiness. 107 Wilcox Road, Suite 103, Stonington, CT 06378, www.snhc.com, 860.536.3880 ■

Free Advertising Basket

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.

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 a Mastermind Group. The beauty of the Mastermind format is that participants raise the bar by supporting each other to achieve professional objectives, brainstorm ideas, and support each other with total honesty, respect and compassion. Mastermind participants act 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 Network members an opportunity to connect and support each other even more intimately in achieving personal and professional objectives.

Network members who are unable to attend regular luncheon meetings find the Network Mastermind groups a great way to connect and participate with other Network members. The only cost is the price of your meal and drinks.

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. Meeting dates are standing dates, but are subject to change.

Groups range from three to 15 members. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. A commitment is important.

Anyone interested in Mastermind is encouraged to visit a group meeting. An RSVP is required.

For more information about or visiting our Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.

Upload Your Avatar!

Now you can upload your photo on the new website — your very own avatar! Another benefit of being a member is the "Featured Member" — a revolving program that shows your photo and business information.

Add Your Photo to Your Member Profile

**January Drawings**

Louisa Ketron won the *Spotlight* article and Susan Baroni-Schaeffer won the *Resident* article. Emma Palzere-Rae won the Cameo Table to showcase Safe Futures at the February 15 luncheon.

NETWORK News Display Ads

Advertising in the SECT Women's *NETWORK News* is an economical way to reach a select group of professional business people. Rates: NETWORK members: \$15/mo; \$40 for 3 mos. Nonmembers: \$25/mo; \$70 for 3 mos. Ad size: 2" h x 3.5" w. Double-size ads 4" w x 3.5" h, double the price. Visit www.sectwomensnetwork.org for more information on advertising opportunities with the Network. Contact Judy Ricketts-White for more information, jwhite5506@sbcglobal.net 860-439-1854.

Help Wanted

The Luncheon Registration Table and Hospitality Committees are great ways to have fun, meet members and help the Network. If you are interested in being on one of these committees contact: JoAn Collins (Luncheons) mrsjoancollins@gmail.com or Nancy Motolo (Hospitality) ncmotola@pharmaregconnection.com.

Remember to Check Out Luncheon Photos on Facebook

Not able to attend a luncheon? Now you can 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.

Wawa Report – February 2017

The new website has been completed. Fantastic progress has been made in every area of our new Wawa complete online system. All processes will continue to be tweaked and refined: membership accounts and information; accounting and banking files; online membership renewal and self-service member accounts information; and registration for luncheons and events. Additional systems being refined are payment processing via credit cards, invoices and receipts. We hope to provide additional features to the whole system during the month of February 2017.

This new system is making information about our Network and events more accessible to more people.

We are grateful to all our members and friends for their patience during this transition.

Posting to the SECT Women's Network Facebook Page

One fairly untapped member benefit is the Network Facebook page. 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, Publicity Chair bestwellness4you@gmail.com.



[Like us on Facebook](#)

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

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Network Board Meeting Friday, February 10

The next Network Board Meeting is Friday, February 10, 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, February 15, 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, February 12, Reservations are required.

Reservation no-shows and late cancellations will be billed.