

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 29, Number 3, January 2016

Upcoming Programs

February 17

Andrea Willetts – Healing and Loss

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

March 16

Information: What is it Good For?

Member Karen Martin, also known as “The Business Whisperer,” will be explaining ways to approach information and communication that may assist the way we work, and making use of different lenses and perspectives to view and present information to assist and enhance business processes, objectives and goals.

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January Luncheon

Networking Event

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

Join us for Fun, Games and Networking!

Attendees will answer questions at their table pertinent to their business and needs, and then move to another group to meet and network further with other members and guests. Each table captain will put together a list of the things members have stated they need for their business.

Network members and guests are encouraged to arrive at **Langley’s Restaurant** in Waterford at 11:30 am for registration and networking, lunch

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



at 12 noon. The public is welcome. **Reservations are required. Please make your reservations** or cancellations for the Wednesday, **January 20** luncheon online 24/7 at www.sectwomensnetwork.org **by 10 am, Monday, January 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.**



Network @ Night evening gatherings are held every other month on Monday nights at various locations. Make a reservation online www.sectwomensnetwork.org The cost is \$7 payable at the door. Please check the website for more details, future dates and locations.

• **January 4, 2016 – Network @ Night**, 6:00-8:00 pm at Connecticut Humane Society, 169 Old Colchester Road, Quaker Hill, CT 06375. Kerry Garofano will be hosting this “**Mutt Mingle**” event. The link below is provided for those who would like to bring an item from the Connecticut Humane Society’s “Wish List” to the event. http://www.cthumane.org/site/c.8qLKK1MELj2F/b.7656971/k.F666/Wish_List.htm Light hors d’oeuvres and drinks will be served. Snow date: January 11, 2016.

Upcoming Events...from page 1

April 20, 2016

Tourism and Marketing

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



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 next page.

Featured Business at Cameo Table

Debra Eddy will be showcasing her business at the January 20, 2016 Luncheon. Please stop by the table and learn more about Rodan+Fields, and visit www.futureredefined.com

President's Message

Thoughts on Setting Goals for the New Year

I am a goal setter and a list maker. I am all about new beginnings and starting over, and there are a few times during the year that seem perfect to work on my mindset of self-improvement. These times are Spring, with everything new; September, with the traditional start of educational activities; and of course January, the start of a new year. I also celebrate my birthday in January, so it makes it easy for me to approach it with anticipation and with an eye to reaching for a new level in my life.

I start with a look back and determine what was good and what needs change, in my personal life, my relationships and in all areas in which I work and serve. I look at what is worth

doing again and with whom, and what new places I might want to see. I also reconfirm the commitments I have made. This helps me to refocus and renew my passion for them so I can put away staleness or the problem of being stuck in a rut with my thinking and my activities.

How do you see the new year? Does my method help you in the way I described it helping me? What approach works for you? I will start a thread on our Facebook page for everyone to share their ideas on making the most of the first 31 days of 2016. I look forward to reading your ideas!

Have a very prosperous 2016!

Phyllis Nelson
President

Spotlight Article

Kimberly Marino — Artfultouch Massage Therapy

Kimberly is owner of Artfultouch. She has been a massage therapist for fifteen years. She earned her massage certification from Connecticut Center for Massage Therapy, and went on to be certified in medical massage at Norwalk Hospital. She believes that to be an effective health care professional, you must always continue your education and stay current with the times to effectively help meet your clients needs.



Kimberly works with clients who have all kinds of needs, that vary from medical, emotional, psychological or a combination. Massage is an effective tool in healing from any medical issue

or trauma, as well stress relief.

Kimberly has worked in many settings—medical, clinical and spa oriented. In the fall of 2013, she opened a small space in Uncasville. In November of 2014, the spa at Jon Robertos in New London was opened. This newest venture is collaborative with salon owner, Becky Brown.

Kimberly can be reached directly at 860-319-7513 or artfultouch@hotmail.com. Like her Facebook page Artfultouch Massage Therapy <https://www.facebook.com/ArtfultouchMassageTherapy/?fref=ts> or call Jon Roberto Salon and Spa 860-447-1771. ■

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



[Like us on Facebook](#)

Special Insert—for Our 40th Anniversary Celebration

**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

Special Insert--for Our 40th Anniversary Celebration

A Look Back at the Year 1976

For some of you this may be a walk down memory lane, and for the “youngsters” in our group this will be a look at history. Please click on the links that I have included in here for a little fun. The year was 1976. It was the year of the 200th anniversary of the signing of The Declaration of Independence. Gerald R. Ford was the President of the United States and Nelson A. Rockefeller was the Vice President. Let’s take a look at few things that happened in January of 1976.

11th - Dorothy Hamill, future Olympic Medal winner, won her 3rd consecutive national figure skating championship

13th - Sarah Caldwell was the first woman to conduct at NYC Metropolitan Opera House as she led the orchestra in a performance of [“La Traviata”](#)

14th - [“The Bionic Woman”](#) with Lindsay Wagner premiered on ABC (later NBC)

16th - The [“Donny & Marie”](#) [Osmond] musical variety show premiered on ABC TV

16th - Peter Frampton released his platinum live album [“Frampton Comes Alive”](#)

17th - The song [“I Write the Songs”](#) by Barry Manilow hit #1

24th - 33rd Golden Globes: [One Flew Over the Cuckoo’s Nest](#), with Jack Nicholson, & Louise Fletcher won best picture. It also won the Oscar for best picture in 1976.

27th - The [“Laverne & Shirley”](#) spinoff from “Happy Days” premiered on ABC TV

30th - George H W Bush became the 11th director of the CIA (until 1977)

31st - [“Love Rollercoaster”](#) by Ohio Players hit #1

In other relevant news throughout the year, the US Supreme Court ruled that blacks and other minorities were entitled to retroactive job seniority (March 24), Richard Leakey discovered a 1.5 million year old [Homo erectus](#) skull in Kenya, and the first marital rape law was enacted in Nebraska, making it illegal for a husband to rape his wife.

Millions of people watched in awe as 14-year old Romanian gymnast Nadia Comaneci had a flawless performance in the Summer Olympics in Montreal, Canada.

In music Grammys, Captain and Tennille won Record of the Year [“Love Will Keep Us Together”](#), Paul Simon’s album [“Still Crazy After All These Years”](#) won Album of the Year, and the Song of the Year was [“Send in the Clowns”](#), by songwriter Stephen Sondheim

And, while all of these events were taking place in 1976, a young professional named Millie Devine was told that she could not eat at the same club as her male colleagues. If the men’s clubs did allow women in their buildings, they usually required women to enter through the back door or some entrance other than the main entrance or front door.

In this year of celebrating our Independence, this independent trail blazing woman decided that she didn’t need these clubs and contacted other female professionals. They started meeting monthly for a one hour lunch to network and discuss professional experiences and goals. After a few months of discussion, they developed their mission statement. “The purpose of the ‘NETWORK’ shall be to provide its members the opportunity to meet other professional and executive women, to communicate and exchange general and career information, to promote personal visibility and to develop a constituency for the purpose of examining and speaking out on issues of concern to the membership.” And with this, the Southeastern Connecticut Women’s Network was formed!

40th Celebration Tickets

Tickets are available to purchase at the monthly luncheons.

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

New Members

Tracy Lewis, Core Plus Federal Credit Union, 202 Salem Tpke, Norwich, CT 06360, Phone: 860-886-0576, Email: tlewis@coreplus.org
Website: www.coreplus.org

Tracy is the Branch Manager of the Groton branch of Core Plus FCU. She has worked at CorePlus for fourteen years, starting as a part-time teller and working her way up to her current position. She has been married for thirteen years.

Tricia McAvoy, Blissworks Yoga & Healing Arts, 228 State Street, New London, CT 06320, Phone: 860-448-9642, Email: tricia@blissworksyoga.org
Website: www.blissworksyoga.org

Second Business: trishbliss.com, 228 State Street, New London, CT 06320, Phone: 860-448-9642, Email: trishbliss@me.com, Website: www.trishbliss.com

Tricia was certified to teach yoga in 2000 through Kripalu Center for Yoga & Health in Lenox, MA. She opened Blissworks Yoga & Healing Arts in New London in 2004. Having made a radical shift in her own health, naturally healing from both Rheumatoid Arthritis and Lupus, she decided that the path of natural medicine was the best way to vibrant living.

Currently enrolled in the Institute of Integrative Nutrition, Tricia will be training as a holistic health coach, teaching and lecturing on healing with whole foods. She is a distributor for Plexus Worldwide, an all-natural plant-based supplement company, as well as a certified Thai Massage Therapist and Reiki Master Practitioner.

Gail McCool, Miss Connecticut Scholarship Corporation, 72 Cambridge Drive, Southington, CT 06489, Phone: 860-861-8261, Email: edemisctamerica.org
Website: www.missctamerica.org

Gail has served on the Board of Directors for six years, has held the position of Board President, and currently serves as Vice-President and Executive Director of Miss Connecticut Scholarship Corp. Gail was the Business Manager for eight Miss Connecticut state title holders, and was the former Executive Director of the Miss New London County Scholarship Program. She is an Army veteran and former military wife. Gail is an artist and writer and is currently working on a multimedia timeline project of her own history and experiences.

Lynn M. Mei, Core Plus Federal Credit Union, 202 Salem Tpke, Norwich, CT 06360, Phone: 860-886-0576,

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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

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 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. 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 789+ friends. If you have questions about how to post, contact Denise Howard, our Publicity Chair bestwellness4you@gmail.com.

New Members...from page 3

Email: lmei@coreplus.org
 Website: www.coreplus.org

Lynn is the Branch Manager of the Waterford branch of Core Plus FCU. She started her career at The Savings Bank of New London. Lynn has been in banking for over 40 years, and in management for over 30 years.

Jessica Vargas, Cumulus Media, 7 Governor Winthrop Blvd., New London, CT 06320, Phone: 860-443-1980,
 Email: jessica.vargas@cumulus.com
 Website: www.102.3thewolf.com

Jessica is currently VP/Market Manager for Cumulus Media in New London. She graduated from Southern Methodist University in Dallas, TX in 2007 with a Bachelor's Degree in Advertising and a Bachelor's Degree in Spanish. Shortly after, she started her career with Cumulus Media in Bridgeport, CT as a sales representative. Her career progressed from Director of Non-traditional Revenue and Director of New Business Development to her current position. She oversees all aspects of the business operations for the four Cumulus radio stations in the New London market: Q 105, 102.3 The Wolf and News/Talk 980 WXML.

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

Cameo Display Table at Monthly Luncheons

Members attending the monthly luncheons are able to enter their business card for a special drawing to win the **Cameo Display Table to feature their business**. The winner may set up an entire display table at the following month's luncheon to showcase their business, products and services.

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
 FB: www.facebook.com/denise.imobhowardclatt

Find us on LinkedIn:

Sharon Lewis Certified Value Builder®
 860-876-6199
 E-mail: sklewis@advicoach.com
www.sklewis.advicoach.com

Do these challenges sound familiar?
 Decreasing sales and eroding profits...
 Disorganized or nonexistent systems...
 Underperforming team...
 No strategic plan...
 Not enough time...

Find us on Facebook:

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

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, January 15**

The next Network Board Meeting is Friday, January 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, January 20 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org no later than 10 am, Monday, January 18. Reservations are required.

Reservation no-shows and late cancellations will be billed.