

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 31, Number 3, January 2018

## Upcoming Programs

**February 21, 2018**

***A Year of Giving - Kathy Verano and Pam Atkins***

Kathy Verano, Executive Director of Safe Futures, and Pam Atkins, President of L&M Hospital Auxiliary, will speak on ways to donate your time, talent and treasure to make a difference. ■

**March 21, 2018**

***Thinking Outside the Box - Gregg Barratt***

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, researching and implementing human resource information systems, developing employee policies and procedures, managing employee relations, developing competency frameworks, performance management and measurement systems, compensation and benefits systems and recognition programs, safety and security programs, con-

## **January 2018 Luncheon**

### **"Corporate Soul" - You are Here for a Reason**

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

Larry Ford is an author, speaker and international thought leader on conscious business, investing, and the human spirit. As founder and CEO of Conscious Capital Wealth Management, he is redefining the financial advisory industry. Dubbed the "Shaman of Wall Street" by the Washington Post, The Economist Magazine referred to him as a "Man of Two Worlds". NPR named him "The Finance Guru" and the Retirement Income Journal named him "The Spiritual Advisor".

Leveraging the power of money to help make the world a better place, he started an advisory firm in 1998 that sold to a major financial company in 2000. He was appointed to the Citigroup Advisors Committee during the historic merger, he led one of the first "Robo Advisor" firms in 2001, and subsequently worked with Dr. Harry Markowitz (Nobel Prize: Modern Port-

folio Theory) to help democratize financial advice for retirement plan participants.



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, **January 17** luncheon online 24/7 by **12 midnight, Sunday, January 14.** <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.**

ducting labor negotiations and relations, business process redesign, call-center development, and critical incident stress response. ■

**April 18, 2018**

***Ground Breaking Ladies - Julia Chase***

**May 16, 2018**

***Dr. Stephania Sciamano***

Dr. Sciamano will speak on "The Secret to Doubling Your Energy Without Burning Out." ■

## Holiday Party Luncheon Event

The Holiday Party luncheon held on December 20th was an absolutely lovely event. We are proud to announce that \$918.00 was donated to Safe Futures from our members and guests attending the luncheon.

Those who donated drawing items for the luncheon were: Kim Marino - Artful Touch, Deb Tavernier - Putnam Bank, Heidi of Heidi's Creations, Denise Nott and Deb McGrath - Nutmeg Building and Remodeling LLC, Beth Markowski-Roop - Service Master, Susan Baroni Schaeffer - Channel 3 Kids Camp, Kate Bellandese - A Beautiful Company, Connie Plessman, Kathleen O'Beirne and Pamela Atkins.

Donations for gift bags were from: Susan Dombrowski - Core Plus Credit Union, Kathy Greene, Judy Ricketts White - Rickettswhitedesign.com, Susan Baroni Schaeffer - Channel 3 Kids Camp, Denise Nott - Nutmeg Building and Remodeling LLC, Beth Markowski-Roop - Service Master and Kate Bellandese - A Beautiful Company.

Winners for lunches were: Annette Eldridge, Denise Nott, Nancy Butler, Callie Manwaring and Susan Dombrowski.

The winner for the annual membership was Jami Mantani.

The Ugly Sweater contest winners were: Beth Markowski-Roop and Sharon Lewis

Thanks to all those who attended, donated and helped make this luncheon such a beautiful event. ■

## Featured Business at Cameo Table

Susan Sullivan will be showcasing Bookkeeping & Beyond at the January 17, 2018 luncheon. Please stop by the table to meet Susan and learn more about her business, Bookkeeping & Beyond, 860-608-1609.

### President's Message

## Happy New Year Everyone!

Here's to another year ahead, and maybe another resolution. The definition of resolve is: a decision or determination, perseverance, tenacity, strength, and fortitude. When it is put that way, perhaps a "resolution" is a good idea!

The Network looks forward to making this year's luncheons a great experience for you. We welcome your ideas and input. Over the years, we have listened and made changes along the way based upon your requests. We are all here to enjoy our time together each month. Please let us know if you want to be part of the "Behind The Scenes"

events that continually occur. We are all volunteering our time and always looking for fresh ideas on our Board or Committees.

A parting quote to take you into 2018:

*"Enjoy the little things, for one day you may look back and realize they were the big things."*

- Robert Brault

Thank you for sharing your time in 2017 and helping to make the Network luncheons a bright spot in my day.

Warmest regards,  
President

*Patti Rodgers-Longo*



The SECT Women's Network provides great value in benefits to its members!

### **As a Network member you may:**

- **Attend** events at both the Chamber of Commerce of Eastern CT and the Greater Mystic Chamber of Commerce at chamber member prices.
- **Enjoy** a deliciously prepared luncheon 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 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!** ■

## Spotlight Article

### Lora Thompson - Mary Kay

I started my Mary Kay business in January 2004. I am from Memphis, Tennessee, and I had just married and moved to Kingsbay, Georgia, to be with my husband Noel, who is in the Navy. I began my Mary Kay jour-

ney to meet people and fill my spare time while my husband was at sea. I was also teaching in a local private school. I very quickly fell in love with the high-quality skin care and color cosmetics. We moved to Connecticut in 2008, and I had my first daughter, Lillian. Since then, I have been a work-from-home mom. We relocated again to Washington, and back to Connecticut in 2015. I have two children - Lillian is 9 and Grace is 5. I enjoy the flexibility that my Mary Kay business has given me. Every time we have moved, I have taken my business with me, and gained new customers and team members at each location.



As a Mary Kay Beauty Consultant, I offer skin care consultations one-on-one, or in a party setting with 3-5 girlfriends. I love working with women to help them look and feel beautiful. We offer a variety of products for both men and women. We have five different

skin care lines: Timewise Repair, for advanced signs of aging, Timewise, to prevent and fight early signs of aging, Clear Proof, for acne-prone skin, Botanical Effects, for sensitive skin, and MK Men. We also have a variety of skin supplements, several different foundations, color cosmetics, perfumes, and body care. All of the products are satisfaction guaranteed, and many have the Good Housekeeping seal.

Mary Kay is a global company, started in Houston, Texas in 1963 by Mary Kay Ash. She had a vision to create a company that would enrich women's lives, allowing them to put God first, family second, and career third. She wanted to give women an opportunity to run a business without sacrificing family. Part of Mary Kay's legacy includes the Pink Doing Green campaign and the Mary Kay Ash Charitable Foundation. Through Pink doing Green, the company plants a tree for every plastic eye shadow case recycled. We are on track for the goal of one million trees planted by 2018. The Mary Kay Ash Charitable Foundation has given more than \$26 million to cancer research, and more than \$50 million to domestic vio-

*continued on page 4*

### \*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.*

### 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. Choose any 2 different media (ie. directory & website) = 20% 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.

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**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  
[bestwellnes4you@gmail.com](mailto:bestwellnes4you@gmail.com).

## Members on the Move

**Judy Ricketts-White** announces a book signing at the "Literary Salon - Books and Brews" at the Malted Barley in downtown Westerly, RI on Wednesday, January 17 at 7:00 pm. The Malted Barley offers craft beers and pub fare. Judy and two other CAPA authors will be doing readings and signing their books. Judy will feature "Slater Mountain: The Journey", a fun fictional adventure for readers ages 9 and up [www.rickettswhitedesign.com](http://www.rickettswhitedesign.com).

### \* Network Notices

**1. Please click, login and update your profile information today.** <https://sectwn.wildapricot.org/Sys/Profile>  
Soon the online directory will go public. Make sure the public sees the information you want.

**2. 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.

### Lora Thompson...from page 2

lence prevention and awareness programs. Our own Safe Futures received a \$20,000 grant two years ago. I am very proud to represent such an amazing company, and blessed to be a part of the SECT Women's Network.

Feel free to contact me at [lora125@hotmail.com](mailto:lora125@hotmail.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](mailto:bestwellness4you@gmail.com).

*Email information to Judy to be included in the upcoming newsletter, [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net).*



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## Network Board Meeting Friday, January 12

The next Network Board Meeting is Friday, January 12, 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](mailto: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](http://www.sectwomensnetwork.org)**

**All Attendees:** make reservations online for the Wednesday, January 17, 2018 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at <https://sectwn.wildapricot.org/events> no later than 12 midnight, Sunday, January 14, Reservations are required.

Reservation no-shows and late cancellations will be billed.

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