



## Renewals Are Due ★ ★ Renew With Our ★ ★ ★ ★ New Network ★ ★ ★ ★ Online System! ★ ★

**Membership Renewal Notices** have been emailed to members. The first email contains online instructions and the second email contains your login and password information. You will need this information to login.

Please use these as your guide to renew your membership, purchase ads, and reserve and pay for the July luncheon. You can register and pay for a guest also. The new system and payment processing is extremely secure. The renewal deadline to appear in the printed directory is July 20.

**Please renew your membership online by clicking the orange link.**

<https://sectwn.wildapricot.org/join-us>

Also, add this link to your contact list to be sure to receive mailings.

If you have problems, contact [SECTwa\\_Admin@SECTwomensnetwork.org](mailto:SECTwa_Admin@SECTwomensnetwork.org). There will also be help to walk you through the process at the July luncheon.

**No paper renewals will be mailed via regular mail.**

There will be a drawing held to win a web ad for three months. Members who renewed *online* by the last luncheon are entered to win.

*Thank you for your membership and your help during this transition!*

## July Luncheon

# Non-Verbal Communication – Understanding It to Help Your Business

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

Can Understanding Body Language and Culture Help You Get More Customers?

Everyone wants more customers/clients, but we often shy away from those with limited English, or those that are harder to communicate with. Understanding body language, knowing cultural differences and tuning in to our own instincts can help us break down barriers and quickly build relationships. Claire Silva will present this topic and help us provide one more way to better customer service.

Claire Silva will explain the importance of body language, and help participants read messages while monitoring communications we give to others. Claire is sure to make this a fun, interactive and entertaining presentation by incorporating some funny life lessons learned.

Claire is the Executive Director of Bethesda Community Inc. (a nonprofit in Norwich CT that provides housing for homeless women). She and her hus-

band own Big Al and Sons LLC (landscaping and lawn care).

As the author of "A Child's Heart Speaks: Surviving Sexual Abuse," she appeared on the Montel Williams Show in 2008. She serves as a spiritual medium, and is fluent in 4 languages (English, Portuguese, Cape Verdean Creole, and Spanish).

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, **July 20** luncheon online 24/7 **by 12 midnight, Sunday, July 17.** <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.**



## Upcoming Programs

### August 17 Branding Workshop – Jessica Vargas

Jessica Vargas is providing a presentation on the basic principles of marketing and branding for small to medium sized businesses. She takes the principles that larger companies use and



## 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 third page.**

## Upcoming Programs

### **Branding Workshop**...from page 1

shows how local companies can make those principles work for them. The four key elements to making any advertising and marketing campaign successful will also be addressed. Learning how to continue to grow our businesses through this Branding Workshop is important in today's economic climate.

## September 21, 2016

### **Speed Networking**

Members will participate in two rounds of speed networking.



**[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](mailto:jwhite5506@sbcglobal.net).**

### President's Message

## Kathy Greene's Inaugural Address

"First, I wish to thank President Phyllis Nelson and the board for an incredible year of accomplishments. Phyllis has led the board with clear direction, conviction and humor, to prepare the Network for the next 40 years. I am honored to have been selected to be the 2016-2017 SECT Women's Network President.

"So how did I arrive here? As those philosophers the Beatles have said, "It was a long and winding road!" Finding the right road, path or purpose is what it is all about. Sometimes it is clear, sometimes the path chooses you and sometimes you can choose the path.

"29 years ago, the path was clear to me and I found my passion working with children and adults with disabilities. Five years later, I took a leap of faith and started a non-profit, The Light House, to provide community based special education schools. Those who start a business, know it is a 24/7 endeavor. There is little time to network or have a life.

"Then, 13 years ago the road changed and the universe chose a path for me. A friend called to let us know she was dying of cancer and was putting me on the bottom of a list of potential guardians for her six year old daughter. Somehow I rose to the top of the list and in March of 2003, this young lady arrived in Connecticut. The universe seemed to know that this would make her life and mine better, and it has.

"We never know when our paths will change and the road takes a sudden detour. Having a network of women makes a difference. The women who were my mentors and friends, found a pediatrician, a family therapist, an afterschool program and time on their schedule to help me. My sisters found time on weekends to have their children and grandchildren available for activities.

"This is what networking is all about. I have seen this many times in the Women's Network. Someone will express a need and there is an outpouring of resources, referrals and help. I believe this stems not only from the mission of the Network but also from our founder Millie Devine, who set the standard to treat

others the way you wish to be treated.

"Five years ago, I needed help with my social and networking skills, but I had no idea where to start. I saw an ad in the paper for a speaker that I wanted to hear and guess what, it was being sponsored by an organization that had the word network in it. I entered the luncheon, not knowing anyone or where to sit. But there was Deb McGrath who made me feel welcome. I returned again and joined.

"I realized that becoming a member was important to help me get back in shape, socially. When you do not use your networking skills, they weaken like your muscles. I joined a mastermind group that Past President Leslie Hammond taught. This was also a first for me. It was a small group of women working to strengthen their voices. From there, I was asked to join the board, first as an alternate and then for a three year term. Once on the board, I had a choice of committees to join. I joined the program committee, because it was a speaker that had brought me to the Network. I have loved being on this committee. Helping to plan the monthly presentations and getting to know each of the speakers, I have learned so much. You truly discover what a wealth of knowledge and resources we have in this Network. I chose this path to join the Network and try new things, because like everything else in life you get out what you put in.

"There is so much to be involved with at the Network. You can join committees, or a mastermind group, perhaps be asked to present at a monthly luncheon, learn new information for your business, make valuable connections and friendships and get in shape socially, as I did.

"This year we will continue to work with Wild Apricot and look at all the available options it offers. Having everything online will continue to make us more accessible for a new generation of members and will add to all the benefits the Network offers. Promoting those benefits is important so that more women are aware of all the resources available for them.

*continued on page 3*

## President's Message...from page 2

"Member Claire Silva will speak at the July 20th luncheon, about non-verbal communication and how it can help your business. Later that evening we will dedicate the brick pathway at Safe Futures. Details will be on Safe Futures website. Member Jessica Vargas will have a branding workshop at the August 17th luncheon. Our 40th Anniversary Gala is on September 30th and Deb McGrath has tickets available. I welcome and look forward to everyone's ideas, support and help. This kind of positive collaboration, is what keeps this organization continually moving forward. This is the long and winding road I took to get here today. I am honored to be your President.

"Thank you all."

President

*Kathy Greene*

## 19th Heron Award

Kathleen O'Beirne presented the 19th Heron award at the June luncheon. Following is her presentation.

"Named in honor of the heroine of my book, 'Birds of a Feather: Lessons from the Sea,' this award is presented to Phyllis Nelson.

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

"Phyllis truly feeds in deep water. This year as president of the SECT Women's Network, she has reached out to experts in the fields of management and technology. She has patiently worked through the endless details necessary to transition the Network Board operations from a series of stove-pipes to an integrated on-line system, easily accessed by all officers and committee leaders for their pieces of the pie, and shortly, easily accessed by all members for member-

# Women's Leadership Forum

## "Honoring Our Past, Empowering Our Future"

On Sunday, October 2, 2016 the first Women's Leadership Forum will be held at Leamy Hall at the U.S. Coast Guard Academy (USCGA). Registration begins at 9:00 a.m., and the main event runs from 10:00 a.m. to 4:00 p.m. The title of the forum is "Honoring Our Past, Empowering Our Future." Network member, Lisa Giordano is founder of the forum and is co-chairing the event with Commander Erica Mohr of the Coast Guard Women's Leadership Initiative.

The morning program will begin with a brunch in recognition of the 40th Anniversaries of women being accepted into the first class at the USCGA, the founding of the SECT Women's Network and the founding of Safe Futures. A presentation by Network Founder, Millie Devine as well as a Coast Guard Alumna will be followed by table discussions on women's leadership – past, present and future.

Oscar-winning producer, GERALYN White Dreyfous will be the Keynote Speaker during the afternoon program. Dreyfous has produced countless award-winning documentary films including: "Born Into Brothels," "Miss Representation," "Kick Like A Girl," "The Hunting Grounds," "The Square," "The Invisible War," and the critically acclaimed "Beauty in Truth: Alice Walker," and many more. The International Documentary Association honored Dreyfous with the Amicus Award in 2013 for her significant contribution to documentary filmmaking, and Variety recognized her in their 2014 Women's Impact Report highlighting her work in the entertainment industry.

A panel discussion on the topic "Ethical Leadership for a Sustainable Future" will follow the keynote speaker and in-

clude women trailblazers including the USCG's Vice Admiral Sandra Stosz, the first woman superintendent of a U.S. military academy, Grace Jones, past president of Three Rivers Community College, Lynn Malerba, the first woman Chief of the Mohegan Tribe and Maryam Elahi, President and CEO of the Community Foundation of Eastern CT. Additionally, a Resource Fair made up of organizations from the area that support leadership initiatives for women and girls will be held throughout the day.

High School Junior and Senior girls from the area will be invited to attend the afternoon program for free, and will have the opportunity to apply for a college scholarship sponsored by the Women's Leadership Forum. Sponsorships and donations are being accepted to support Pathway to a Safe Future, the Coast Guard Women's Leadership Initiative, the college scholarship for High School Girls, as well as scholarships for women of limited means to attend the Women's Leadership Forum. If you would like to be a sponsor or to make a donation, please contact Lisa Giordano at (860) 861--3743, or [ldgldg7@gmail.com](mailto:ldgldg7@gmail.com), or Jean Wilczynski at [jwilczynski@exencialwealth.com](mailto:jwilczynski@exencialwealth.com). Also, there will be an opportunity to make a donation when registering for the Forum on line.

Tickets go on sale June 27th and are \$55 for the entire day, \$35 for the afternoon program only and \$30 for the brunch only. For more information please go to [www.cgaalumni.org/WLF](http://www.cgaalumni.org/WLF) or call (860) 442-2683 or (860) 861-3743. See flyer on the next page also for more information. ■

ship renewals and luncheon registration & payment. Complicated, yes, but it will pay huge dividends for the future. And, in her spare time, she serves her community in

three volunteer leadership positions. We are truly blessed to have had you at the helm this year!

"Congratulations, Phyllis!" ■

# Save the Date

# Women's Leadership Forum

*Honoring our Past, Empowering our Future*



## Program

### Morning Brunch

Honoring the 40<sup>th</sup> Anniversaries of women being accepted into the US Coast Guard Academy and the founding of SECT Women's Network and of Safe Futures with table discussions on women's leadership - past, present and future.

### Keynote Address

#### Geralyn White Dreyfous

Oscar-winning producer of the documentary film, "Born into Brothels" and Executive producer of many award-winning films including: "Miss Representation," "Kick Like A Girl," "The Hunting Grounds," "The Square," "The Invisible War," and the critically acclaimed "Beauty in Truth: Alice Walker"

### Panel

Women Trailblazers will focus on the topic of "Ethical Leadership for a Sustainable Future"



## When

**Sunday, October 2, 2016**

**9:00 a.m. - 4:00 p.m.**



## Where

**U.S. Coast Guard Academy  
Leamy Hall**

**New London, CT**



## Who

**All are welcome!**

High School Junior and Senior Girls may attend the afternoon program for free.

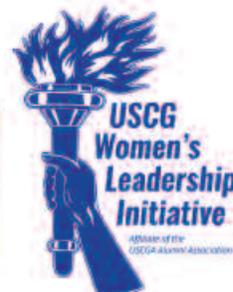
## Additional Information

[www.cgaalumni.org/WLF](http://www.cgaalumni.org/WLF)

**or call (860) 861-3743 / (860) 442-2683**

Ticket prices: \$55 for the whole day, \$35 for the afternoon program only

**Brought to you by:**



## **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**

## Woman Of the Year Award

Louisa Ketron presented this year's Woman of the Year Award at the June luncheon with these words.

"This year's recipient of the Woman of the Year Award is a Board Member of the Center of Hospice Southeastern Connecticut from 2014-2016. She is Co-Chair of the Development Committee, Circle Member, Hospice House Steering Committee and Past Walk Committee Member.

"She is a Board Member of the Terri Brodeur Breast Cancer Foundation since 2012, Past Vice President, Marathon Walker for eight years. Together with her mother and sister, she started the TBBCF volley ball tournament to raise money for TBBCF. She is the Co-Chair of the Beach Volley Ball Tournament Fundraising Committee.

"She is a United Way of Southeastern Connecticut Board Member and Co-Chair of the Campaign Committee.

"She is a Past Board Member of Big Brothers Big Sisters.

"She is a Southeastern Connecticut Chamber of Commerce Trustee.

"She is an L&M Hospital Lambs Member and L&M Auxiliary Lifetime Member.

"She received the 2015 Connecticut River Valley Boys Scouts Community Service Award.

"She has volunteered for Safe Futures and as President of Sava Insurance Group, Inc., has gotten the agency involved in sponsoring families throughout the year and helping set up apartments for families at the shelter. She believes strongly that we should give back to our local community by volunteering, sponsoring or supporting local businesses. She is a great inspiration not only to her sister and me, but to the entire Sava team. She has taught the Sava team what it means to give selflessly to others.

"Congratulations to Donna Yother, this year's SECT Women's Network Woman of the Year."

### In Memoriam

#### Barbara Gager

Waterford—Barbara J. Gager, 83, formerly of Waterford and Seminole, Fla., died Wednesday, April 20, 2016, in Nashville, Tenn.

Barbara served as President of the SECT Women's Network for two terms, 1989-1990 and 1990-1991.

She was born in New London on Aug. 26, 1932, the daughter of George Phillips and Hellen (Dubrowski) Phillips. She attended local schools and was the widow of Robert L. Gager. Mrs. Gager had been employed in various positions at the U.S. Submarine Base in Groton until her retirement in 1995.

A memorial was conducted at 10 a.m. on Monday, June 20, at Cedar Grove Cemetery, New London.

The Thomas L. Neilan & Sons Funeral Home, 12 Ocean Ave., New London, assisted the family with local arrangements.

### Network Board Meeting

#### Friday, July 15

The next Network Board Meeting is Friday, July 15, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

## 40th Celebration Gala Tickets

Tickets are available to purchase  
at the monthly  
luncheons for the  
September 30 event.

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



## New Members

**Rhonda Spaziani, LPC**, Spaziani Therapy,  
180 State Street, Suite C, New London, CT 06320,  
Phone: 860-912-2397

Email: [rhonda@spazianitherapy.com](mailto:rhonda@spazianitherapy.com)

Website: [www.spazianitherapy.com](http://www.spazianitherapy.com)

Rhonda is a counselor with over 20 years of counseling experience with diverse populations. She is also a State of Connecticut Administrator and Educator.

## June Drawings

Denise Nott won the cash. Lindsay Savona-Donka's name was drawn for the Ha Ha lunch, and Ha Ha she wasn't there. Mary Fabrykiewicz McTeague won the *Spotlight* article and Cora Murphy won the *Resident* article. Diane Mathiason won the Cameo Table to showcase her business at the July 20th luncheon.

**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.

**All Attendees: make reservations online for the Wednesday, July 20 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at**

**<https://sectwn.wildapricot.org/events>  
no later than 12 midnight, Sunday, July 17,  
Reservations are required.**

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