

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 9, July 2017

*** Important Notices!** **Membership Renewal** **July 1, 2017!**

1. Renew Now. The renewal date for most members is July 1st*.

Please click, login and renew today. <https://sectwn.wildapricot.org/Sys/Profile>

* Members must renew by July 31 to be included in the printed Directory.

* Those who wish to pay by check, click on "Invoice me" instead of "pay online", print out and mail with check to PO Box 921, Groton, CT 06340-0921

* Members who became members after July 2016, do not need to

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Upcoming Programs

August 16

Jo Anne Harrison-Becker — Sleep, Stress and Memory

Jo Anne will focus on how stress and the lack of sleep affect our overall health, including memory.

Jo Anne has a Master of Science degree in Gerontology and a Bachelor of Science degree in Human Services.

She has worked for over 28 years in the field of therapeutic recreation, in a variety of settings.

As founder and CEO of Therapeutic Recreation Services, Jo Anne performs a variety of services including:

- Consulting (with recreation/activity professionals)
- Keynote speaking for state therapeutic recreation conferences
- In-service training in long term

July 2017 Luncheon

Langley's is Alive with the Sound of Music!

Join us Wednesday, **July 19** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Courtney R. Biddle, MMT, MT-BC, will give an interactive presentation about the history and applications of music therapy.

Courtney, a Board Certified Music Therapist (MT-BC) will focus on the effects of music on the mind, body, and spirit and how music therapy differs from listening to or playing music. Music therapy is a treatment modality for many types of illnesses and disabilities and something utilized for self-care by many people around the world.

As the founder and director of Progressions Music Therapy Services, Courtney has worked with people of all ages and ability levels, including children and teens on the autism spectrum, adults with substance abuse disorders, older adults with dementia, and people of all ages with neurological impairments such as traumatic brain

care settings, adult day services and assisted living communities

· Presenting wellness, mindfulness meditation, motivational and memory programs.

Programs continued on page 2



injuries.

Courtney will demonstrate how music is processed differently than anything else we do, and participants are encouraged to sing and play along. **No Musical Experience Necessary!**

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 19** luncheon online 24/7 **by 12 midnight, Sunday, July 16.** <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.**

Luncheon Price Change **

We work hard to keep the luncheon cost from increasing and to ensure a quality meal. At this time, we have no choice and must increase the price to \$25/reserved and \$30/unreserved. This will take effect for the July 2017 luncheon. **We appreciate your support!**

* Important Notices

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renew now. Their renewal date will be their anniversary date.

2. Stay logged in and update your profile information. The online directory will go public on September 1st. Make sure the public sees the information you want them to see.

3. 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.

4. Check out and join our new Facebook Group page. Those who've joined will be able to post news and events immediately. <https://www.facebook.com/groups/SECTWomensNetwork/> Please continue to post to our regular Facebook page as well.

Certificate of Appreciation Awarded!

To show our gratitude for her exemplary skill and effort taking photos at Network luncheons, a Certificate of Appreciation was awarded to **Sheree Wujtewicz** at the June luncheon. *Thank you, Sheree!*

Photo Op with Sheree!

Photographer extraordinaire, **Sheree Wujtewicz**, will be taking "Heads Shots" at the July 19th luncheon. Take this opportunity to have a professional photo for all business purposes. The cost is \$25 + \$1.59 tax = \$26.59. Credit cards accepted.

Upcoming Programs...from page 1

September 20

Nancy Butler — Living Life to the Fullest

Nancy will share "Tips and Tricks" to make your life the best it can be. ■

President's Message

This is the Best Organization!

First, my gratitude and appreciation to my friend, Kathy Greene. She has led us through an eventful year with grace and calmness.

This is such an honor and I will do my best to carry the torch that you have passed. I joined the Network in 2008 at the urging of a friend and colleague, and was so impressed, that I began my Board career as Treasurer in 2009. I served in that role until 2014. From there, on to Membership Chair, then Vice President/Program Chair, now President.

Throughout our business careers, many of us have had opportunities to get involved with different organizations and serve on Boards. I have served on many throughout my banking career, but this organization has always held a special place. It has never been a chore to complete my duties and never an inconvenience to get to a meeting or a luncheon. I always looked forward to seeing my friends again.

At our Board dinner last week, each of us talked about the accomplishments throughout the year and what we had personally gained from it. I wish that I could have recorded all of the comments we shared. There was passion and commitment to the Board, and for each other. We even had a laugh about being the best Board with the Best President, to which there were many responses from previous Board Presidents stating that THEY had the best Boards. This commitment to each other and our members is why so many of us stay connected long

after our "duties" are completed.

Networking is about building relationships and this organization epitomizes that philosophy. I hope that you feel the warmth and excitement when you enter this beautiful room, just as I do.

Our membership is full of extremely talented people, from such a wide variety of industries. You never know who is going to stop in at a luncheon to learn about us. Our own Kathy Greene wandered into a luncheon one day to check us out ...and look what happened to her!

I have formed relationships from this organization that I will treasure long after my work career has ended. Please think about inviting a friend, a colleague, or someone that you would like to get to know better in business, and introduce them to our membership. We have heard so many wonderful stories about new friendships and business relationships that have started because of this organization and have continued for many years.

I look forward to getting to know you better and growing the Network, all while keeping in mind the reason we fill this room each month.

Please join us this month on July 19th when Courtney Biddle will be teaching us about the influence of music on the mind. Remember to register by the Sunday before to get your luncheon discount.

Thank you so very much and see you at the luncheon!

*President
Patti Rodgers-Longo*

Network's Woman of the Year 2017

As presented by Donna Yother at the June luncheon.

"Good Afternoon.

"Before we move on to announce

this year's Women of the Year- I want to extend a big Thank you to the Network for honoring me as your 2016 Woman of the Year.

"I am very excited to be announcing the Network's 2017 Woman of

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Woman of the Year...from page 2
the Year.

"This year's recipient has spent many years involved with The Network and serving as Membership Chair, Vice President and President. She is a true mentor and leader in every group that she participates in. She is passionate about her country and her commitment to community service. Her selflessness transcends

everything and everyone she comes in contact with.

"The Network has become a better organization because of her, and so has her community.

"She is someone who is clearly passionate about everything she undertakes. Whether it is for our Network, a member in need, the Chamber that she represents, a government position that she has been elected to serve and/or her family, the community she lives in and her country. This super woman knows all the history of the Network and knows each member and their businesses. She truly represents the SECT Women's Network, more than anyone else and she clearly could be our Woman of the year - every year.

"Besides her commitment to the network and working a full time job, she also devotes her time to:

- Planning and Zoning Commission Member, Franklin, CT- since 2009
- Board of Finance Member, Franklin, CT - since 2009
- Greater Norwich Area Chamber of Commerce - Membership Education Committee
- Northeast Connecticut Chamber of Commerce
- Greater Mystic Chamber of Commerce
- Women of the Moose Chapter #124 Bozrah, CT

"Our 2017 Women of the Year was quoted as saying "I would say that one of my passions is redefining our Government. My role in local government is truly to listen, learn, think, and act as I were living next door to my decision. To be completely transparent, objective, and truly act in the best interest of our citizens, community, and future.

"I am pleased to announce our 2017 Woman of the Year — Susan Dombrowski!!!!" ■

New Members

Lynda Rizzo-Stowe, State of Connecticut Commission on Human Rights and Opportunities, 100 Broadway, Second Floor, Norwich, CT 06360
Phone: 860-886-5703
Email: lynda.rizzo-stowe@ct.gov
Website:

Lynda serves as the Regional Manager of the Eastern Region Office of the Connecticut Commission on Human Rights and Opportunities (CHRO). The mission of the Commission is to eliminate discrimination through civil and human rights law enforcement and to establish equal opportunity and justice for all persons within the state through advocacy and education.

Lynda is a graduate of the University of Connecticut and the University of Connecticut School of Law. She has worked for the Commission (CHRO) for nine years.

Carole A. Otto, OTTO Educational Consulting, LLC, 116 Meadow Woods Road, Deep River, CT 06417
Phone: 860-767-0755
Email: ottocarole@gmail.com
Website: www.caroleotto.vpweb.com

Carole is the Owner/Director of OTTO Educational Consulting, LLC. She is a Special Education Consultant and Advocate for parents.

Carole has been in private practice for over 20 years. She was a teacher, special education specialist, school administrator and education director for a private school and an adjunct professor at St. Joseph University. Carole holds two graduate degrees and is passionate about helping children and their parents.

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 1 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.

Printed Directory ad prices stay the same as last year: business card size \$25; half page \$50; full page \$100. *Printed Directory ads must be purchased by July 31st.

Package deals will still be offered when purchasing multi media ads. Choose any 2 different media (ie. directory & website) = 20% off. Choose 3 different media (ie. directory, newsletter & website) = 30% off. All package deals must be pre-paid.

Purchase ads on website beginning June 5, ads will start July 1. For information visit:

<https://sectwn.wildapricot.org/Advertising> or members can login to purchase: <https://sectwn.wildapricot.org/events>

Featured Business at Cameo Table

Chuck Fetters will be showcasing Conscious Capital Wealth Management at the July 19, 2017 luncheon. Please stop by the table to meet Chuck and learn more about this business. Visit www.consciouscapitalwm.com.

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.

Help Wanted

The Luncheon Registration Table, Program Committee and the Membership Table are great ways to have fun, meet other members and help the Network. If you are interested in being on one of these committees, contact: Patti Rodgers-Longo (Luncheon/Program) prodgers@chelseagroton.com or Kathy Pooler (Membership) kathy@publicationsplus.com.

June Drawings

Megan Marco's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! Angela McGuirk won the cash. Anna Staley won the *Spotlight* article and Kathryn Bellandese won the *Resident* article. Chuck Fetters won the Cameo Table to showcase Conscious Capital at the July 19th luncheon.

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.

Network Board Meeting Friday, July 14

The next Network Board Meeting is Friday, July 14, 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, July 19, 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, July 16, Reservations are required.

Reservation no-shows and late cancellations will be billed.

*As a career woman, you are unique!
So, your insurance protection should be
matched to your needs.*



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from your home or a small business owner in
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