



Member Benefits

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.

continued on page 2

Upcoming Programs

July 19

Courtney Biddle - Langley's is Alive With the Sound of Music

On July 19, 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.

While the ancient Greeks and Romans wrote about the healing power of music, the formal field of music therapy came about as WWII



June 2017 Luncheon

Installation of Officers and Presentation of Awards

Join us Wednesday, **June 21** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Join in the fun as awards for this year are presented, and meet your new Officers and Board Members for the coming year.

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, **June 21** luncheon online 24/7 **by 12 midnight, Sunday, June 18.** <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.**

veterans were coming back home with "shell shock" which we now know as Post-Traumatic Stress Disorder (PTSD.) Since the 1940s, there have been many exciting developments in music therapy, and it is now both a successful treatment modality for many types of illnesses and disabilities and something uti-

continued on page 2

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!

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.

Directory ad prices stay the same as last year: business card

continued on page 3

Member Benefits...from page 1

- **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!** ■

President's Message**A Wonderful Year!**

I cannot believe that 12 months have gone by so quickly. It feels like just yesterday that, then President Phyllis Nelson was passing the “torch” to me. What a wonderful year it has been. I was fortunate to be President of the Network during the 40th Anniversary. First there was the Gala in September that honored our founder, Millie Devine. She was presented with the information that a “Millie Award” had been created in her name. Past President, Kathleen O’Beirne was given a beautiful metal heron sculpture to thank her for the “Heron Award,” she had created. Both were told that these awards would be given in perpetuity. It was a magical evening for the Network.

This event was followed by the Women’s Leadership Forum that was initiated by member Lisa Giordano. She brought together the Network and Safe Futures, both celebrating 40 years and the Coast Guard Academy celebrating 40 years of women entering the academy. This was a tremendous amount of work, but when you bring women together, all things are possible! I was fortunate to be on the vendor committee with member Emma Palzere-Rae. I met and learned about so many interesting organizations, supporting women and girls, in our region. The forum at the Coast Guard, had discussions, a luncheon, a panel discussion concerning women’s issues and awards to honor women who have blazed a trail for other women. Millie Devine received one of these awards. Having her recognized again was

certainly gratifying.

The Board of Directors worked this year on the Network’s by-laws to make sure they were up to date and that all officers and directors were aware of their responsibilities. It was also time to renew our two year contract with Langley’s. A committee worked on the new luncheon prices that would be in place with the new contract. Karen Martin and Judy Ricketts-White continued to work on the Network’s website to make it as user friendly as possible for members. Going paperless this past year has been working well. An important accomplishment that has taken two years is the digitizing of 40 years of Network records. Thank you to Ken Duenzl and Claire Silva for making this happen.

I have loved every minute as President – what an honor. This is the most efficient and hardest working Board I have seen. Each person truly works to benefit the Network. Committees are formed, people initiate meetings and decisions are made. If you are asked to serve on the Board, say yes. I was so fortunate to have Patti-Rodgers-Longo as my Vice-President. She has a wonderful sense of humor and we have had more “Lucy/Ethel moments” than I can count. She will be a President that will bring not only a sincere commitment to help members be successful, but also great joy to the Network.

Thank you all for a wonderful year. It does take a “Network” to make things work.

*President
Kathy Greene*

Courtney Biddle...from page 1

lized 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 injuries.

continued on page 3

Courtney Biddle...from page 2

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!**

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 care settings, adult day services and assisted living communities
- Presenting wellness, mindfulness meditation, motivational and memory programs.

Grow Your Business...from page 2

size \$25; half page \$50; full page \$100. **A package deal** 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 prepaid.

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>

New Members

Nicole Dagle, Plimoth Investment Advisors, 107 Wilcox Road, Suite 101, Stonington, CT 06378
Phone: 860-334-2874
Email: ndagle@pliadv.com
Website: www.plimothinvestmentadvisors.com

Nicole is an Account Officer with Plimoth Investment Advisors and responsible for new business development and administration of trust accounts, as well as monitoring investment portfolio performance. A graduate of Bentley University, Nicole has several years of experience in trust administration and holds her FINRA Series 7 and 66 licenses, as well as a Connecticut Life Insurance and Variable Annuities license. Nicole is currently pursuing a Master's Degree in Finance with a concentration in Investments and Securities through Southern New Hampshire University Online.

Dorothy A. Martin-Neville, PhD, Dorothy A. Martin-Neville, PhD, LLC, 6 Blue Heron Way, Old Saybrook, CT 06475
Phone: 860-543-5629
Email: dorothy@askdrdorothy.com
Website: www.askdrdorothy.com

As a psychotherapist in private practice for 25 yrs., the founder of a nationally recognized institute in holistic health care, The Institute of Healing Arts and Sciences, an international speaker, author, and past president of the National Speakers Association in CT, Dr. Dorothy now brings all her skills and experience to her work as a strategic partner and coach to leaders who are ready to expand their leadership skills, their purpose, and their impact.

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 five

Mastermind Group...from pg. 3

teen members. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. 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.

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.

Wawa Report – June 2017

The new website has been completed. Fantastic progress has been made in every area of our new Wawa complete online system. All processes are being tweaked and refined. We hope to provide additional features to the whole system during the month of June 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.

June Drawings

Beth Glynn's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! D'mitra Gomez Waheed won the cash. Deb Tavernier won the *Spotlight* article and Debra Eddy won the *Resident* article. Krystal Livingston won the Cameo Table to showcase Hampton Inn at the June 21st 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, June 16

The next Network Board Meeting is Friday, June 16, 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, June 21, 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, June 18, 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.*



*Whether you are a business owner working
from your home or a small business owner in
your community, we can help you.*

Call SAVA Insurance.
*The results will help you protect
what you value the most!*

SAVA
Insurance Group

Call Today! 860-437-7282
www.savainsurance.com