

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 31, Number 8, June 2018

Upcoming Programs June 2018 Luncheon

July 18

First Annual SECT Women's Network Picnic

A fun, summer picnic is being planned including a cookout and special activities. Join us for this *first ever event!* ■

August 15

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. ■

September 19

Back to Business: Networking Event

October 17

Ground Breaking Ladies - Julia Chase

Installation of Officers and Presentation of Awards

Join us Wednesday, **June 20**, 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.

Officers 2018-2019

Kate Bellandese, President
Angela McGuirk, Vice President
Carol Burgess, Secretary
Deb Tavernier, Treasurer

Board Members 2018-2019

Three Year Term
Kim Marino
Beth Markowski-Roop
Anna Staley
Marielle Winkelman
Two Year Term
Susan Baroni-Schaeffer
Carol Little
Sheree Wujtewicz
One Year Term
Ken Duenzl
LaKisha Lee

Kathy Pooler
Members at Large
Denise Howard
Nancy Mottola
Judy Ricketts-White

Immediate Past President
Patti Rodgers-Longo

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 20** luncheon online 24/7 **by 12 midnight, Sunday, June 17.** www.sectwomensnetwork.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.**

Tech Tips

When you register and pay online for a luncheon and the WA system is telling you that you owe for more than that luncheon fee.

1. Click "cancel" (out of the payment screen);
2. On the next screen, click "pay in-

voice online", the button on the right, then the system will allow you to pay only that luncheon invoice; or **3.** You can go to your profile by clicking on your name in the upper right corner. Click the far right tab "payments/invoices", scroll down and click on the invoice you want to pay.

Celebrating Two Network Members

Two Network members, Nancy Butler, owner of *Above All Else, Success in Life & Business*, and Joanne Moore, owner of *Shoreline Physical Therapy, LLC*, were invited to attend the United Nations' Commission on the Status of Women earlier this spring. They attended as members of Soroptimist, a volunteer service organization working to improve the lives of women and girls. The group is one of many non-governmental organizations to attend the commission's meeting.

After a series of workshops and learning sessions, the commission drafts recommendations and reports to the UN on women's rights, the advancement of women and gender equality.

Congratulations ladies on your amazing work and volunteerism! ■

Budget Approved for 2018-2019 Includes Dues Increase

The newly approved budget for 2018-2019 includes a dues increase. Membership dues will be \$95 per year, as of July 1, 2018. The increase will allow the Network to continue providing quality programs and lunch for our members and guests.

Member Benefits

The SECT Women's Network provides great value to its members!
As a Network member you may:

- **Attend and enjoy** a deliciously prepared lunch at monthly meetings in an uplifting atmosphere for a very reasonable luncheon fee.

President's Message

Moving Forward...

It is hard to believe that twelve months have gone by and it is time again to introduce your 2018-2019 Board of Directors! Your Board is made up of many community-minded leaders in your area. Each one has taken time away from their own business to help make this organization something that you want to be a part of. We hope that we have been able to contribute something that has made the Network a little better and forward moving, all while honoring our history. It has taken over 40 years to get here and we are committed to keeping this organization going for another 40 years. The Network has a bright fu-

ture ahead, and we will all benefit as members.

It has been such a rewarding experience and my sincere pleasure to serve as your President. This will forever be one of my proudest accomplishments and treasured times. The best part of this role was developing new relationships with many of you and your organizations, and I look forward to continuing them.

Thank you for supporting the Network.

Warmest Regards,
 President
 Patti Rodgers-Longo

- **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!** ■

New Members

Dorothy Adams, cabi, 89 Diamond Hill Rd., Bradford, RI 02808
 Email: dorothyadams.wardrobe@gmail.com

Dorothy fell in love with cabi's beautiful clothing line and their revolutionary way to shop. She decided to put her love of fashion to work as an Independent cabi Stylist. She enjoys helping women look their best, feel confident and most

Continued on page 3

New Members...from page 2

of all, comfortable in all facets of their lives.

Nicole R. Hopkins, Empower Fitness, 11 Main Street, Mystic, CT 06355

Phone: 401-622-2632

Email: nicole@empowerfitness.com

Website: www.empowerfitness.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. 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 (i.e. newsletter & website) = 20% off.

All single ads and package deals must be prepaid.

Members can login to view and/or purchase ads: www.sectwomensnetwork.org/events

Ads will be published after they are purchased.

www.sectwomensnetwork.org

Nicole has been in the fitness industry over 10 years. Her focus is to help her clients get stronger, leaner and reach their fitness goals. An all women's gym, their motto is, *"Exercise and fitness bring success, happiness and health."*

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 Mastermind, 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 members an opportunity to connect and support each other even more intimately in achieving personal and professional objectives.

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. A second Mastermind group is forming and will be a morning meeting, details to be announced.

Those interested in Mastermind are 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.

May Drawings

Heather Robert's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! Beth Markowski-Roop won the cash. Nancy Butler won the *Spotlight* article and Mary-Lou Gannotti won the *Resident* article. Kerry Garofano won the Cameo Table to showcase *Connecticut Humane Society* at the June 20th luncheon.

We need you!

Join the Public Relations Committee! Calling all Social Media gurus! Do you have a strength in Instagram,

WE NEED YOU


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 bestwellness4you@gmail.com.

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Featured Business at Cameo Table

Kerry Garofano will be showcasing *Connecticut Humane Society* at the June 20, 2018 luncheon. Please stop by the table to meet Kerry and learn more about all that *Connecticut Humane Society* does, www.cthumane.org.



[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.

Email information to Judy to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.

What's important to you? Let's talk.



Brittini Oxendine
Financial Advisor
24 Elm Street Suite 1
Old Saybrook, CT 06475
860-388-6266
www.edwardjones.com

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MAKING SENSE OF INVESTING

Network Board Meeting Friday, June 15

The next Network Board Meeting is Friday, June 15, 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 20, 2018 luncheon** at **Langley's Restaurant, Great Neck Country Club** in Waterford, CT at www.sectwomensnetwork.org/events **no later than 12 midnight, Sunday, June 17, Reservations are required.**

Reservation no-shows and late cancellations will be billed.



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