

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 5, March 2017

Member Benefits

The SECT Women's Network provides great value in benefits to our 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.

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Upcoming Programs

April 19, 2017

Meredith Diette, Esq. – Dos and Don'ts of Being an Employer

In employment law there is no magic formula for success and no good deed goes unpunished. All employers wish that there was a specific course of action to take for all employment and personnel issues...but such is not the case. Although Meredith cannot offer any easy solutions, she can suggest that employers take a pro-active, diligent, thorough and informed approach to employment matters. With that in mind, this presentation will offer dos and don'ts to provide an employer with general guidance and describe typical obstacles related to employment law.

March 2017 Luncheon

Speed Networking Event!

Join us Wednesday, **March 15** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Bring your business cards and enjoy making new friends and business connections. This program will help you perfect your networking skills — during several rounds of **Speed Networking!**

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, **March 15** luncheon online 24/7 **by 12 midnight, Sunday, March 12.** <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.**

May 17, 2017

Gregg Barratt – Thinking Outside the Box

Gregg T. Barratt is an experienced HR leader and a nationally recognized professional in the training and organizational development field. He is certified in the use of Myers-Briggs Type Indicator, The Career Architect, Situational Leadership, Thomas Kilman Conflict, and in the Rummeler-Brache Process Mapping Method, as well as in an extensive range of professional and personal development programs. Additionally, he is certified as an alternative dispute mediator.



Gregg utilizes a wide range of experiential, action-learning, and interactive learning approaches to captivate his audiences. He has researched, designed and conducted high impact training programs throughout the United States as well as in global locations for a wide expanse of leadership, behavioral, and skills educational initiatives for large corporations as well as for dynamic entrepreneurial firms.

June 21, 2017

Installation of Officers and Presentation of Awards

Member Benefits...from page 1

- **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

Leah Lopes, UP Fitness, 12 Coogan Blvd., Mystic, CT 06355, Phone: 860-451-4080

President's Message

Celebrating Spring, Women and Faith

March is one of my favorite months. It is full of events that recognize our faith, the world around us, the caregivers among us and our rights as women.

The month starts, on March 1st, with Ash Wednesday and the beginning of Lent. Purim, the Jewish holiday follows on the 9th to celebrate the Jewish people in Persia who were saved from extermination.

Then, our days start to stay light longer on the 12th, when we change the time and spring ahead one hour. Yay! Spring is not far behind on the 20th. I always know when spring is close, because a pair of mallard ducks faithfully appears on my pond each March. Of course, we cannot forget St. Patrick's Day on the 17th, for the wearing of the green.

There are two other important dates to remember. March 3rd is International Caregiver's Day, to recognize those who selflessly care for others. Women are the majority of caregivers. The Department of Labor states that 29% of the population or 65 million Americans are caregivers. The Department also states that 40 million Americans, age 15 and older, provide



unpaid care for the elderly. These are remarkable figures. We, as women, need to celebrate ourselves and others for all the care that is given on a daily basis.

International Working Women's Day is March 8th. It was started in 1911 to support working women and continues today to support women's rights in the workforce, government and society. We, as a Network, have worked to support and empower women for over 40 years and continue to do so. Thank you for being a member of the Southeastern CT Women's Network and for all you do.

*President
Kathy Greene*

Email: leahlopes1030@gmail.com

Leah is the Membership Coordinator for UP Fitness in Mystic, CT. As a part of the UP Team, she embodies a passion for overall health and wellness, mind, body & soul!

Vincent Tuckwood, View Beyond LLC, 20 Maple Terrace, Waterford, CT 06385, Phone: 646-824-5145
Email: contact@theviewbeyond.com

Website: www.theviewbeyond.com

Vincent is a life, business and career coach, and founder of View Beyond, LLC. He works to promote, encourage, and accomplish meaningful change - all while building powerful, collaborative relationships based on trust, growth and fun.

Upload Your Avatar!

Add Your Photo to Your Member Profile

Now you can upload your photo on the new website — your very own Avatar (or profile photo)! Another benefit of being a member is the "Featured Member" — a revolving program that shows your photo and business information.

Instructions: Go to website <https://sectwn.wildapricot.org> and log in. Click your name in the upper right corner which takes you to "My Profile." Once there, click on "Edit Profile." Scroll part way down after "business mobile phone" and before "send mailings to." Find "Avatar", click next to it, it should say "add" or "upload." Then the system will give you the "browse" option to select a photo on your computer. Select the photo you want.

Voilà, you have an Avatar!

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.

February Drawings

Carol Ryall's name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn't there! Lora Thompson won the cash. Angela Lawrence won the *Spotlight* article and Tricia McAvoy won the *Resident* article. Susan Baroni-Schaeffer won the Cameo Table to showcase Channel 3 Kids Camp at the March 15 luncheon.

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. A second group is forming and will meet on the second

Thursday 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 15 members. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. A commitment is important.

Anyone interested in Mastermind is encouraged to visit a group meeting. An RSVP is required.

For more information about or visiting a Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.



Members on the Move

Dr. Megan Marco is a contributing author once a month on the Health & Wellness page found Tuesdays in The Day newspaper. Please check out this great information.

Louisa Ketron attended the National Convention in Phoenix, AZ for Berkshire Hathaway Home Services Realtors.

Featured Business at Cameo Table

Susan Baroni-Schaeffer will be showcasing Channel 3 Kids Camp at the March 15, 2017 luncheon. Please stop by the table to learn more about this program, and visit www.channel3kidscamp.org.

NETWORK News Display Ads

Advertising in the SECT Women's *NETWORK News* is an economical way to reach a select group of professional business people. Rates: NETWORK members: \$15/mo; \$40 for 3 mos. Nonmembers: \$25/mo; \$70 for 3 mos. Ad size: 2" h x 3.5" w. Double-size ads 4" w x 3.5" h, double the price. Members may purchase a full page advertisement/insert in the newsletter for \$100/month.

Visit www.sectwomensnetwork.org for more information on advertising opportunities with the Network. Contact Judy Ricketts-White for more information, jwhite5506@sbcglobal.net 860-439-1854.

Help Wanted

The Luncheon Registration Table and Hospitality Committees are great ways to have fun, meet members and help the Network. If you are interested in being on one of these committees contact: Patti Rodgers-Longo (Luncheons) prodgers@chelseagroton.com or Nancy Motola (Hospitality) ncmotola@pharmaregconnection.com.

Remember to Check Out Luncheon Photos on Facebook

Not able to attend a luncheon? Now you can see photos of your friends having fun at the luncheons on our Facebook page and through our website.

Many thanks to Photographer Sheree Sirpenksi for taking these memorable photos.

Wawa Report – March 2017

The new website has been completed. Fantastic progress has been made in every area of our new Wawa complete online system. All processes will continue to be tweaked and refined: membership accounts and information; accounting and banking files; online membership renewal and self-service member accounts information; and registration for luncheons and events. Additional systems being refined are payment processing via credit cards, invoices and receipts. We hope to provide additional features to the whole system during the month of March 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.

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, March 10

The next Network Board Meeting is Friday, March 10, 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, March 15, 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, March 12, Reservations are required.

Reservation no-shows and late cancellations will be billed.

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