

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 7, May 2017

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.

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Upcoming Programs

June 21

Installation of Officers and Presentation of Awards

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

July 19

Courtney Biddle — Music and the Mind

Courtney is actively engaged in promoting music therapy as a versatile treatment method across a varied spectrum of applications. "Educating fellow



May 2017 Luncheon



Join us Wednesday, **May 17** 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, **May 17** luncheon online 24/7 **by 12 midnight, Sunday, May 14.** <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.**

professionals, parents, administrators, community advocates, and the general public about music therapy's amazing potential is among the most important work we can do as music therapists," Courtney says. "I've seen first-hand how transformational and effective music therapy can be in real, measurable ways. I love to introduce my emerging field to new audiences and share how it can make a difference in their lives." Courtney has developed numerous individual and group treatment programs. **Programs continued on page 2**

Travel Alert May 17

President Trump will be attending the US Coast Guard Academy graduation ceremony on May 17 (same day as our luncheon). Be aware of the possible closing of the New London bridge and traffic congestion in the area. Please adjust your travel time and route accordingly.

Thank you!

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

Langley's Restaurant, a Lovely Venue for Network Luncheons

Each month in the newsletter we have been highlighting the benefits of membership in the Network. One of those benefits is our monthly meeting site. The SECT Women's Network is quite fortunate to meet each month at Langley's Restaurant at Great Neck Country Club.

July will mark our second anniversary at Langley's. What a lovely venue. As soon as you walk into the dining room, with the great light from all the windows, you suddenly feel more at ease. Looking out at the golf course and the trees is a wonderful view to have during the luncheon meeting. Brian and Bev Langley make it so easy to be there each month. Everything is beautifully prepared and everyone is

treated like family. Cindy, Raul and José are there each month to make sure all our needs are met. Their courtesy and professionalism are evident every month. For all these reasons and more, the Network will be renewing their contract with Langley's for two more years. With the new contract, there will be changes in the luncheon prices. Starting in July, the luncheon will be \$25 for reserved and \$30 for late reservation or walk-in.

The Network has been meeting for 41 years and we are currently so fortunate to continue meeting in a place that treats us with such respect.

President
Kathy Greene

Upcoming Programs...from page 1

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 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 size \$25; half page \$50; full page \$100.

A package deal will still be offered.
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Grow Your Business...from page 2
ferred 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 1, ads will start July 1. More information on website.

New Members

Monica Smith, Massage Therapy with Monica, 110 Leafwood Lane, Suite 196, Groton, CT 06340
Phone: 860-501-2737 Email: monicasmith8464@gmail.com
Website: www.mystictherapeuticmassage.com

Monica began practicing massage therapy in 1994 after graduating from Connecticut Center for Massage Therapy. She offers deep tissue and relaxation massage. Monica works on a wide variety of clients and customizes the massage therapy according to each person's needs. She also offers Holistic Health Consulting and coaches people with diet and fitness goals. Monica finds her work extremely rewarding.

Members on the Move

Diane Mathison announces that Qivana has partnered with Zija International. Diane's Qivana products will now be a brand under the Zija business. She now offers non-toxic personal care, clinical grade essential oils, weight management systems with several options, and it's vegan friendly. This opens her business up in 56 countries, and removes the third party factor of running the business. The company owns their own manufacturing plant, shipping department and corporate office all in Utah. Diane's title is now a Zija Distributor.

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!

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!

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.

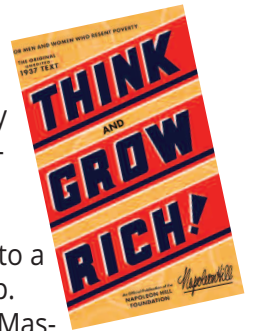
Network members who are unable to attend regular luncheon meetings find the Network Mastermind groups a great way to connect and participate with other Network members. The only cost is the price of your meal and drinks.

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 fifteen 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.



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.

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 - May 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 May 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.

May Drawings

Ken Duenzl won the cash and he donated it back to the Network. Monica Smith won the *Resident* article. Emma Palzere-Rae and Sherree Wujtewicz won flower arrangements donated by Susan Baroni-Schaeffer.

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, May 12

The next Network Board Meeting is Friday, May 12, 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, May 17, 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, May 14, Reservations are required.

Reservation no-shows and late cancellations will be billed.

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