

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 1, November 2016

## Upcoming Programs

**December 21**

### **Holiday Party and Yankee Gift Swap**

Join us for our annual Holiday Party and share in the hilarious fun of our old-fashioned Yankee Gift Swap. If you would like to participate, bring a wrapped gift (\$10-15).



The Master of Ceremonies for this year's festivities will be Board Member JoAn Collins, who will call the numbers. We will celebrate the holiday spirit as gifts change hands, sometimes unexpectedly... **And Remember, It's Just A Game!** ■

**January 18, 2017**

### **Healthy Boundaries for Kind Business People — Karen C L Anderson**

**February 15, 2017**

### **Speed Networking**

**Bring a Friend to  
Lunch, and be**

**entered into a drawing  
to win a free lunch.**



## **Evening Event**

**February 24, 2017**

### **Drunken Palette – Mardi Gras Night – 7-9 pm – New London**

This promises to be a fun evening! Cost is \$35 per person plus gratuity. Food & Drinks will be provided.

## **November Luncheon**

### **Military Appreciation Luncheon**

**Join us** Wednesday, **November 16** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

We will be honoring our Veterans, Active Duty and Fallen Heroes with our Military Appreciation Luncheon on November 16, 2016. Our program will include the Connecticut Patriot Guard, SubVets Color Guard and special flag presentations with Honor and Remember. Our National Anthem will be sung by Krystan Terrell, US Navy.

There will be Military Stories shared and Recognition of our Veterans in attendance. The Flag Poem will be shared by Archie Elam, US Army.

Do not miss this opportunity to honor the Military Veterans and families in our community.



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, **November 16** luncheon online 24/7 **by 12 midnight, Sunday, November 13.** <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.**

## **Spotlight Article**

**Diane Mathiason – Qivana**

As I continue my life's journey, I reflected back on my past accomplishments. I raised a son, Adam who is now 35 years of age. He in turn gave me the most beautiful granddaughter, Gia. I held a career for nearly 30 years with SNET-AT&T. As this career ended,

I needed to work and found another job.

I've always put other people before me. I love seeing people smile. I love helping in whatever way I could to make their lives easier. I began to ask myself "Hey, where did I go? Who will take care of me?" I found myself looking for another way to help people while helping myself. I needed a change. I needed

*continued on page 2*

**Diane Mathiason**...from page 2



more purpose in my life. I decided to leave my comfort zone. This was a scary thought, but could not resist the opportunity presented to

me. Starting a business at my age was not what I had in mind.

I had arthritis in my right knee, and taking Aleve every 12 hours was working. The doctor gave me a prescription to try. I did and by the 4th day the side effects kicked in. While looking for a natural path, my friend gave me a little green package to try. It was a powdered substance which you pour on your tongue. I'm thinking, "Really? What the heck it's all natural." Well within the next hour I was bending my knee farther than I had in a while. No pain to speak of and the swelling had gone down. Okay, I'm hooked, what is this? The product is called "essentials" and helps rid your body of inflammation. Who makes this and how do I get it?

Qivana is pioneering a revolutionary approach to natural products, bringing to market only a handful of breakthrough products that are backed by world-class scientists, Nobel prize-winning research, peer reviewed studies and recognized by the top nutritional institutions.

Each product contains technology so advanced they are years ahead of the competition. Qivana is unique in this industry because of our approach to product development. While other companies have limited science behind their products, from their own employed researchers, Qivana partners with the world's best researchers, universities and scientists in our product development process and we leverage their decades of in-depth, specific research on natural solutions to healthier living. The results of that approach are cutting-edge products that provide unparalleled results.

President's Message

## Feeling Thankful for All We Have

November is the last full month of fall. What a lovely fall it has been. This month has three important dates.

**November 8th is Election Day.** I vote early, before work so that I can wear the "I Voted" sticker all day. I like to remind people to vote. When I hear, "I do not vote," I remind folks of how many people fought and died so that we had the freedom to vote. It is a privilege that was spoken about in my house throughout my childhood. In high school a civics class was required to learn about how our government works. We would then go to the town hall and learn how to use the voting machines. It was a rite of passage to vote for the first time. I was so proud then and now, to vote. Thank you to those for voting and to those who work the polls to make sure that our election process is safeguarded.

**November 11th is Veteran's Day.** Three days after the nation votes, we honor our Veterans. This seems a perfect time, since because of their sacrifices, we

are able to maintain a democracy and the freedoms we have under our Constitution. In our region we have the military presence of the Navy, Marines, Coast Guard and National Guard. Many of our Network members are Veterans or families of Veterans. Please take the time on the 11th to say thank you to our Veterans for their service to our country.

**November 24th is Thanksgiving Day.** This is a day to say thank you for all our blessings. We are fortunate if we can share a wonderful meal with family and friends. Many in our region are not as fortunate and rely on many non-profit agencies for a meal. Thank you to all who help prepare, serve, donate and/or collect food for meals.

What a month! As John F. Kennedy said, "We must find the time to stop and thank the people who make a difference in our lives."

President  
*Kathy Greene*

Our Chief science officer is Dr. Donald K. Layman. Dr. Layman is a world-leading weight loss scientist. He took the food pyramid and redesigned it to the plate, which is now used nationwide as a standard for balanced eating. He also created the world's first weight management system scientifically engineered to correct the underlying cause of weight gain – your metabolism. A quote from Dr. Layman, "I partnered exclusively with Qivana to bring decades of discoveries from my laboratory to the world."

Qivana is located in Provo, Utah. It's a company whose passion is to bring quality products for a quality of life. We grow our herbs and mushrooms under controlled, organic conditions. They are designed in systems to work with one another, with no side effects. Most products are Gluten free and GMO free. Each of our product systems have passed a rigorous evaluation process and exceeded our high standard of science

that demonstrates both the safety and efficacy of the product.

We stand behind our products 100%. If you are not satisfied with your results please contact me within the first 30 days for a full refund.

*Qivana – Quality products for a Quality of life*

For information contact Diane Mathiason, 860.391.2292, [qidianegale@gmail.com](mailto:qidianegale@gmail.com), [www.dianegale.myqivana.com](http://www.dianegale.myqivana.com) ■

## October Drawings

Carol Burgess won the cash. Ellen Bothamly Fossum's name was drawn for the Ha Ha Lunch, and Ha Ha she wasn't there! Maureen Giambattista won the *Spotlight* article and Shirley Zaccheo won the *Resident* article. Robin Smith won the Cameo Table to showcase Robin G. Smith Consulting at the November 16 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.

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 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 our Mastermind group, please contact Judy Ricketts-White [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net).

## Featured Business at Cameo Table

Robin Smith will be showcasing Robin G. Smith Consulting at the November 16, 2016 luncheon. Please stop by the table to learn more about her business, and visit [www.robingsmith.com](http://www.robingsmith.com).

## Gift Card Collection for Safe Futures

At the **November** luncheon, we will be collecting gift cards for the women and children at Safe Futures, just in time to make the holidays a little brighter for those living at the Safe House. Gift cards empower Safe Futures' clients to make their own choices and provide for their children. Grocery stores, drug stores, gas cards, Walmart, Target, etc. Small denominations please. Visit <http://www.safefuturesct.org/our-wish-list> for item donations.

*Thank you for your generosity.*



## New Members

**Karen Barthelson**, Barthelson Fine Art Appraisal, LLC, 35 Langworthy Avenue, Stonington, CT 06378, Phone: 860-235-8030  
Email: [karen.barthelson@gmail.com](mailto:karen.barthelson@gmail.com)

Karen became a Fine Art Appraiser after completing the USPAP (Uniform Standards of Professional Appraisal Practices) course and receiving her certificate at Rhode Island School of Design (RISD). She then joined the American Society of Appraisers (ASA). Karen previously worked at the Mystic Arts Center both as an Exhibit Director and Executive Director.

**Tatum Grant**, Bethsaida Community, Inc., 120 Cliff Street, Norwich, CT 06360, Phone: 860-886-7511 x216  
Email: [tatumg@bethsaidact.org](mailto:tatumg@bethsaidact.org)  
Website: [www.bethsaidact.org](http://www.bethsaidact.org)

Tatum is a Case Manager with Bethsaida Community, Inc. She manages a transitional house for women recovering from domestic violence, homelessness and recovery called the Katie Blair Program. She is passionate about working with women to provide ongoing support in emotional health, stable employment and

life skills.

**Patricia LaPierre**, Mohegan Sun, 1 Mohegan Sun Boulevard, Uncasville, CT 06382, Phone: 860-862-7785  
Email: [plapierre@mohegansun.com](mailto:plapierre@mohegansun.com)  
Website: [www.mohegansun.com](http://www.mohegansun.com)

Pat LaPierre is the Vice President of Human Resources at Mohegan Sun. She has worked there for 14 years in many capacities in HR and has currently been the VP for a year. Pat is a member of the Human Resources Leadership Association and serves as Chairperson of the Public Health and Safety Committee for the Town of Griswold.

**LaKisha Lee**, Bethsaida Community, Inc., 120 Cliff Street, Norwich, CT 06360, Phone: 860-886-0622 x10  
Email: [lakishalo@bethsaidact.org](mailto:lakishalo@bethsaidact.org)  
Website: [www.bethsaidact.org](http://www.bethsaidact.org)

Lakisha is the Property Manager at Bethsaida Community, Inc. in Norwich, Connecticut.

**Liz Wescott**, Sound Career Services, 12 Clark Lane, Waterford, CT 06385, Phone: 860-440-0888  
Email: [liz@soundcareerservices.com](mailto:liz@soundcareerservices.com)  
Website: [www.soundcareerservices.com](http://www.soundcareerservices.com)

Liz is a Career Counselor and Consultant. She helps clients access rele-

## New Members...from page 3

vant information about themselves and the labor market so that they can make solid educational and career decisions.

**Shirley Zaccheo**, Cumulus Media, New London, 7 Governor Winthrop Boulevard, New London, CT 06320, Phone: 860-443-1980

Email: [shirley.zaccheo@cumulus.com](mailto:shirley.zaccheo@cumulus.com)

Website: [www.soundcareerservices.com](http://www.soundcareerservices.com)

**Second Business:** True Colors Image Consulting, Phone: 860-443-1980,

Email: [sazzac68@gmail.com](mailto:sazzac68@gmail.com)

Website: [www.colormedirect.com/tcic](http://www.colormedirect.com/tcic)

Shirley helps businesses succeed through the use of radio advertising as a Branding & Sales Representative. As an Image Consultant, she helps people and businesses improve their "7 second image" through color, clothing, makeup and etiquette skills.

## Members on the Move

Past President **Chris Lautz** is on the move. Mid-December, she will be moving to Traverse City, Michigan. FUNCTIONAL ADVERTISING will still be available to you for any promotional product needs. Chris also plans on opening a yoga studio and will be able to share Svaroopa® Yoga with people.

**Judy Ricketts-White's** book "Slater Mountain: The Journey," is now available at both L&M Hospital and Backus Hospital gift shops. [Click here for info.](#)

## 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](mailto: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](mailto:jwhite5506@sbcglobal.net).**

## Wawa Report – November 2016

Fantastic progress is being made in every area of our new Wawa complete online system. All processes are being 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. The new website is about 95% complete. The whole system will be entirely completed by January 1, 2017.

We are grateful to all our members for their patience during this transition.

## Network Board Meeting Friday, November 11

The next Network Board Meeting is Friday, November 11, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. 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](mailto: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](http://www.sectwomensnetwork.org)**

**All Attendees:** make reservations online for the **Wednesday, November 16 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at <https://sectwn.wildapricot.org/events> no later than 12 midnight, Sunday, November 13, Reservations are required.**

**Reservation no-shows and late cancellations will be billed.**

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