

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 32, Number 1, November 2018

Upcoming Programs **November 2018 Luncheon**

December 19

Holiday Party

Join us for our annual Holiday Party. We will have member give-aways including: One Year Paid Membership, Free Luncheon Certificate, Gift Basket Raffle and more ...

We will be collecting donations for the folks at Safe Futures during our luncheon. Please [click here](#) for a list of items. ■

January 16, 2019

Healing from the Inside — Dr. Kendra Becker

Join Dr. Becker and learn how to heal your body from the inside, and begin your journey of healing and resilience, starting with your cells. Learn how food can be your medicine or your poison and that your genes do not define you, but certainly help guide the way of your healing.

Safe Futures – Giving Basket

A purple basket will be available at the monthly luncheons to donate much-needed items for Safe Futures and their residents. **Please donate cleaning supplies...** or any item listed on their wish list. Click on link to view their entire wish list. <https://www.safefuturesct.org/giving/our-wish-list>

Thank you for your generosity!

Military Appreciation Luncheon

Join us Wednesday, **November 21**, 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.

Our guest speaker, Jess Smith, is an Air Force veteran with 21 years of communications experience. She is the owner of Roots to Thrive, a newly opened business that blends private yoga and massage sessions in Mystic. She is also the Director of Communications at JANSON Communications, a company out of Manassas, Virginia.

Jess recently returned to Connecticut. She works from home and travels to the Pentagon to support the Army's 3-Star General responsible for the network of the Army.

She has extensive experience providing strategic communications support, including crisis, strategic, planning and internal communications, media relations, community relations, speechwriting and event planning.

Jess previously worked at Sikorsky, Lockheed Martin where she supported communication efforts focused on Future Vertical Lift and autonomy integration into helicopters as well as all internal and external public relations for the

Engineering and Technology Division of Sikorsky.

Throughout her career, Jess has led communications programs for general officers as well as corporate executives. Her support to military programs both in and out of uniform has brought her from the U-2 program at Beale Air Force Base in California, to Langley Air Force Base where she was the Public Affairs



Continued on page 4

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 21** luncheon online 24/7 **by 12 midnight, Sunday, November 18.** www.sectwomensnetwork.org/events

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.**

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.
- **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

Attend these Great Events!

A big thank you to everyone who attended the **Safe Futures Annual 4k Walk** on October 14th. We had a great time supporting a great cause. The Network is still collecting donations and working towards our \$5000 goal. Donations can be made by going online and contributing to the Network team: www.firstgiving.com/event/4133648/safe-futures-annual-4k-walk.com

This month's luncheon event will celebrate our armed services. Please join us for the **Annual Military Appreciation Luncheon on November 21st, 2018**, starting at 11:30 am at Langley's. Do you know a veteran you would like to invite?

Coming soon ... **the Well Healed Woman**: Sunday, November 4th from 11 – 3 pm at the Mystic Marriot.

Please contact Connie Plessman or myself and we will save you a seat! You can find our contact information in the online directory.

It's also time to start planning now for our **2nd Annual December Holiday Event!** Ugly sweater shopping takes time and perseverance if you want to win! We will be collecting gift basket donations for our drawings and prizes. If you or your company would like to donate please contact our Program Committee Chair, Angela McGuirk, or myself. We will be donating all proceeds to Safe Futures!

See you at the luncheon!

Kate Bellandese
President

New Members

Dorothy Bratchell, Women's Business Development Council, 300 State Street, Suite 419, New London, CT 06320
Phone: 860-574-9262
Email: dbratchell@ctwbdc.org

Website: www.ctwbdc.org
Dorothy is COO at the Women's Business Development Council (WBDC). They support economic prosperity for women and strengthen communities through entrepreneurial and financial education services that create and grow sustainable jobs and businesses across Connecticut. From starting or growing a business to increasing income, the WBDC drives business success in a tangible and accessible way.

Through workshops, one-on-one coaching and training programs, the WBDC is making a difference in people's lives. They help women and men reach beyond and grow to the next level.

Rachel Eaton, We Let the Dogs Out, LLC, P.O. Box 1419, Guilford, CT 06437
Phone: 203-710-2037
Email: rachel@thedogsout.com
Website: www.thedogsout.com

Rachel was formerly in the legal field for 17 years and has owned a pet care company for 3.5 years.

Kaelyn Graveline, NAK Solutions, LLC, 152 James Rd, Voluntown, CT 06384
Phone: 860-230-7272
Email: kaelyn@nakbusiness.com

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New Members...from page 2

Kaelyn has been working in the field of Business Management & Organization for several years. She is very excited to take her expertise to the next level with her new business venture NAK Solutions, LLC. This is a company that provides not only Business Solution services, but also serves as a Property Management and Home Solutions service as well.

Annie Kaye Nowak, Coldwell Banker Residential Brokerage, 132 Boston Post Road, East

Lyme, CT 06333

Phone: 860-460-6859

Email: annie_nowak@hotmail.com

Annie is a Realtor with Coldwell Banker and is a returning member.

Cheryl Plush, Cheryl Plush Health Coaching, 17 Blue Heron Lane, Clinton, CT 06413

Phone: 484-459-1920

Email: cheryl.plush@gmail.com

Cheryl has always had a passion for health, fitness and wellness and became a Certified Health Coach after studying at the Institute For Integrative Nutrition. Her goal is educate the world one person/organization at a time to change the current epidemic of unhealthy eating into take charge clean eating.

Mastermind Groups for Network Members

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 an evolving program giving members an opportunity to connect and support each other 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 has formed and meets on the fourth Wednesday of the month at 7 a.m. in Gales Ferry.

Those interested in Mastermind are encouraged to visit a group meeting, an RSVP is required.

For more information or to visit the Monday evening Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.

For information or to visit the Wednesday morning group, contact Angela McGuirk angela_mcguirk@navyfederal.org.

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Jess Smith – Military Appreciation...from page 1

Officer for the Commander of Air Combat Command (ACC), to working at the Air Force Press Desk in the Pentagon directly following 9/11. She also spent time in Haiti and Afghanistan in uniform in joint environments as a public affairs officer.

Jess lives in Mystic now and is looking forward to a good balance between growth of roots to thrive, support to the Army and lots of time with her family and friends now that she's back where she belongs!

there to win a free lunch!

Andrea L. Barron won the *Spotlight* article and Kate McDonald won the *Resident* article.

Diane Matta won the Cameo Table to showcase *Diane's Tax Services*, at the November 21st luncheon.

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Call for 2019 Women's Nonprofit Event Information

If you are an employee or a member of a non-profit entity that benefits women, and wish to have a SECTWN presence at one or more of your events in 2019 we want to know. The Admin Committee is compiling a list of these events with the goal of identifying those which we intend to fund and open for Network attendance in 2019. The number of events selected will depend on the donation requirements and SECTWN budget. If interested, please send your list of events by December 1, 2018 to Nancy Motola at ncmotola@pharmaregconnection.com and include information regarding donation requirements, date, venue, and a description of the event.

September Drawings

Carol Ryall won the cash. Kathy Greene's name was drawn for the Ha Ha lunch – and she was

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.

*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.

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Members on the Move

Judy Ricketts-White will be featuring the Slater Mountain Book Series and signing books at Equine Affaire on Friday 1-7 pm & Saturday 2:30-4:30 pm, November 9-10 in West Springfield, MA. She will be in the Better Living Building at the Taborton Books booth! Judy will also be signing books at the Tack and Treasure Event benefitting Yellow Horse Equine Therapy Program on Sunday, November 18, 10 am-5 pm, in Exeter, RI.

Featured Business at Cameo Table

Diane Matta will be showcasing *Diane's Tax Services* at the November 21, 2018 luncheon. Please stop by the table to meet Diane and learn more about the services she offers by contacting her at dmatta1@live.com.



[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.

Network Board Meeting Friday, November 16

The next Network Board Meeting is Friday, November 16, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. 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, November 21, 2018 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, November 18, Reservations are required.**

Reservation no-shows and late cancellations will be billed.



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MAKING SENSE OF INVESTING

Hospitality Committee Accepting Items

The Hospitality Committee is now accepting items from Network members for the drawings at the luncheons. It's a great way to promote your business and be recognized at the monthly luncheons. Proceeds from the drawing support the SECT Women's Network Scholarship Fund. If you'd like to donate an item, contact Beth Markowski-Roop at 401-640-8431. ■