

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 29, Number 12, October 2016

Upcoming Programs

November 16 **Military Appreciation** **Luncheon**



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 Patriot Guard, SubVets Honor Guard and Honor and Remember. Our National Anthem will be sung by Krystan Terrell, USN...and much more.

If you would like to sponsor a veteran by paying for their lunch, donations will be collected at the October luncheon, or mail donation to PO Box 921, Groton, CT 06340-0921 by October 21, checks made payable to SECT Women's Network.

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. This is the same Yankee Gift Swap we have en-



October Luncheon

The Power of the Inbox

Join us Wednesday, **October 19** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

April Woodcock will speak on "The Power of the Inbox: Tips and Tricks for Successful Email Marketing".

What is the first impression you give when they see you in their email inbox? And when they see you there, what do they do?

This powerful seminar takes you step-by-step through the keys to effective email marketing:

- What it really is (and isn't)
- What it can do for your business
- The five easy steps you must take to harness the power of the inbox!
 - ~ Grow a healthy list
 - ~ Create great content
 - ~ Customize a beautiful, mobile-friendly template that matches your brand
 - ~ How to get your emails opened
 - ~ Tracking your results

From revealing why regular email doesn't work, to insider tips and techniques like automated list building tools and the design elements that

joyed for many years.

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!** ■

work (and those that don't!), this seminar will give you the keys to the most effective marketing you can do – email marketing. Join us!



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, **October 19** luncheon online 24/7 **by 12 midnight, Sunday, October 16.** <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.**

January 18, 2017

Boundaries and Kindness —
Karen C L Anderson

February 15, 2017
Networking

Wawa Report – October 2016

Great progress is being made in all areas 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 75% complete. The whole system will be entirely completed very soon.

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

New Members

Lyle F. Eastman II, Smith Brothers Insurance Agency, One Fort Hill Road, Groton, CT 06340,
Phone: 860-445-5626
Email: leastman@smithbrothersusa.com

Website: www.smithbrothersusa.com

Lyle is a Sales Executive with Smith Brothers Insurance, based in Glastonbury, currently working in their Groton office. Lyle started his insurance career in 1989, after attending the Aetna Insurance Institute Prime Program. He has worked with several insurance companies in Manchester and East Hartford, and now with Smith Brothers.

Mindy Uttley, Salvation Army Norwich CT, 262 Main Street, PO Box 707, Norwich, CT 06360,
Phone: 860-889-2329
Email: muttley@use.salvationarmy.org
Website: www.ctri.salvationarmy.org/SNE/Norwich

Mindy is a Pastor/Minister with the Salvation Army Norwich CT. She has been with the Salvation Army for 13 years and loves to meet people who share common goals. Mindy and her husband have two sons. They have worked in other areas of the country and have been in Norwich for five years.

President's Message

Women Empowering Women

There are so many young women in our own Network, in our region and throughout the world, who are making such a difference in empowering the next generation of women. I meet these young women and read about them on a daily basis and it is so positive to see. This month's message came to mind when I recently read a news story about Serena Williams. She had just finished the semi-finals in tennis at the U.S. Open in New York, and days later was presenting her third fashion line for the Home Shopping Network during Fashion Week in New York. The fashion line's focus was the "Power of Women". It was not only affordable, but also immediately available online.

What was different about her show, was the personal poem she read to start the show. It was:
"All women are her inspirations.
She is unapologetically bold and beautiful.

She turns her disappointment into triumph,
Her grief into joy,
Her rejections into approvals.
If no one believes in her, it does not matter.
She believes in herself.
Nothing stops her.
No one can touch her.
She is woman."

Ms. Williams said that she wrote the poem to empower women and give them strength. It came about after Wimbledon and the Olympics, when a reporter asked her, "How do you feel about being the greatest female athlete?" Then she said, "They never ask men that." (Associated Press)

Thank you to all the women who have empowered us and to those who continue to empower us.

President
Kathy Greene

Members on the Move

Cecelia Sullivan was at Quinnipiac University on September 16 as an Advocacy Participant in the CT Center for Patient Safety Forum "Patients as Partners" presented by QU's Frank H. Netter, MD School of Medicine Center for Interprofessional Healthcare. Students from various health care disciplines were in attendance to learn how "To advance the culture of person-centered care through interprofessional education".

Emma Palzere-Rae premiered a new one-woman play, "The Woodhull Project", at the Providence Fringe Festival this summer. Developed at Judith Clinton's retreat The Way of the Labyrinth, the play explores what Victoria Woodhull, who ran for president of the U.S. in 1872, would say about the state of women's rights today.

Judy Ricketts-White, author of "Slater Mountain: The Journey," a

fictional adventure for readers ages nine and up, will be doing a book signing at Lord & Taylor, West Farms Mall on Saturday, October 8, from 11 am-3 pm. [Click here for book info.](#)



[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.

September Drawings

Carol Burgess won the cash. Louisa Ketron's name was drawn for the Ha Ha lunch, and guess what she was there! Diane Mathiason won the *Spotlight* article and Nancy Butler won the *Resident* article.

Save the Date

Women's Leadership Forum

Honoring our Past, Empowering our Future

This day-long event features a brunch honoring the 40th Anniversaries of women entering the Corps of Cadets, the SECT Women's Network, and Safe Futures; a keynote address by Oscar-winning producer of documentary films, GERALYN WHITE DREYFOUS; and a panel of women trailblazers speaking to the importance of ethical leadership for a sustainable future.

Program

Morning Brunch

With table discussions on women's leadership - past, present and future.

Panel Discussion

The USCG's Vice Admiral Sandra Stosz, the first woman superintendent of a U.S. military academy; Grace Jones, past president of Three Rivers Community College; Maryam Elahi, President and CEO of the Community Foundation of Eastern CT; and Attallah Sheppard, a passionate spoken word poet, teacher and community 'artist' will focus on the topic of "Ethical Leadership for a Sustainable Future."



Keynote Address by GERALYN WHITE DREYFOUS

Oscar-winning Producer of the documentary film "Born into Brothels - Kids With Cameras" and Executive Producer of many award-winning films will speak on "Evidentiary Truths and Cultural Beliefs: Film as a Tool for Social Change."

When

Sunday, October 2, 2016

9:00 a.m. - 4:00 p.m.

Where

**U.S. Coast Guard Academy
Leamy Hall**

New London, CT

Who

All are welcome!

All students are invited to attend the afternoon program for free.

Additional Information

Ticket prices: \$55 for the whole day, \$35 for the afternoon program only, \$30 for brunch only

Sponsorships are also available.

**Learn more at www.cgaalumni.org/WLF
or call (860) 861-3743 / (860) 442-2683**

Brought to you by:



Women's Leadership Forum

"Honoring Our Past, Empowering Our Future"

www.cgaalumni.org/WLF

It is not too late to join us on Sunday, October 2, 2016 for the first Women's Leadership Forum, which will be held at Leamy Hall at the U.S. Coast Guard Academy (USCGA). Registration begins at 9:00 a.m., and the main event runs from 10:00 a.m. to 4:00 p.m. The title of the forum is "Honoring Our Past, Empowering Our Future," and our SECT Women's Network Founder, Millie Devine will be given a special leadership award.

Academy Award winning producer, GERALYN WHITE DREYFOUS will be the keynote speaker during the afternoon program. The title of her address is *"Evidentiary Truths and Cultural Beliefs: Film As A Tool For Social Change."* After Ms. Dreyfous gives the keynote address, a panel of trailblazers will lead a discussion on the topic "Ethical Leadership for a Sustainable Future." Panelists include: USCG's Vice Admiral Sandra Stosz, the first woman superintendent of a U.S. military academy; Grace Jones, past president of Three Rivers Community College; Maryam Elahi, president and CEO of the Community Foundation of Eastern CT; Attallah Sheppard, National Award-winning poet and leadership teacher, and Chris Soto, Founder and Director of High Edge in New London.

Students from the area are invited to attend the afternoon program free of charge, and high school senior and junior girls will have the opportunity to apply for a college scholarship sponsored by the Women's Leadership Forum. Freshmen and sophomore girls, and junior high school girls may apply for book scholarships as well.

Tickets are \$55 for the entire day, \$35 for the afternoon program only, and \$30 for the brunch only. Students are welcome to attend the afternoon program free of charge, but must register for the event. For more information please go to www.cgaalumni.org/WLF or call (860) 442-2683.

Key Dates and Information

What: Women's Leadership Forum – "Honoring Our Past, Empowering Our Future"

When: Sunday, October 2, 2016 from 9:00 a.m. to 4:00 p.m.

Where: U.S. Coast Guard Academy, Leamy Hall, 31 Mohegan Ave. Pkwy, New London, CT 06320

How: Tickets are \$55 for entire day, \$30 for Brunch Only and \$35 for the Afternoon Program Only and are available online at www.cgaalumni.org/WLF or call (860) 442-2683. Please purchase tickets before 10/2/16, or you can purchase tickets on line only at the website on the day of the Forum. All students may attend the Afternoon Program free of charge and may register the day of the Forum on October 2, 2016. ■

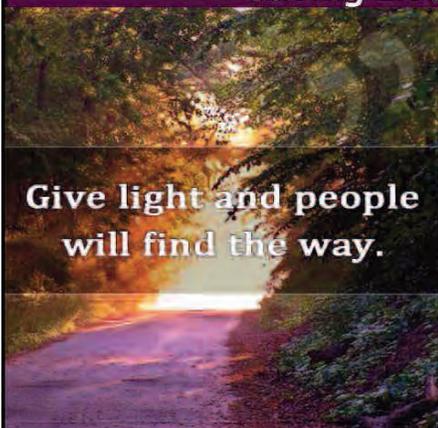
You are invited to Light the Way



a fundraising breakfast to benefit

Safe Futures

Saving Lives • Restoring Hope • Changing Futures



Give light and people
will find the way.

Save the Date

Thursday, October 6th - 8:00 - 9:00 a.m.
(registration begins at 7:45 a.m.)
Latitude 41 - 105 Greenmanville Ave.

(off I95, Exit 90) • Mystic

Contact Susan Dombrowski

860-886-0576 x 3171, sdombrowski@coreplus.org

Network Board Meeting

Friday, October 14

The next Network Board Meeting is Friday, October 14, 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. 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, October 19 luncheon at Langley's
Restaurant, Great Neck Country Club in
Waterford, CT at**

**<https://sectwn.wildapricot.org/events>
no later than 12 midnight, Sunday,
October 16, Reservations are required.**

Reservation no-shows and late cancellations will be billed.

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