

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 31, Number 12, October 2018

Upcoming Programs **October 2018 Luncheon**

November 21 **Military Appreciation** **Luncheon**

We will be honoring our Veterans, Active Duty and Fallen Heroes with our Military Appreciation Luncheon.



The guest speaker will be Jess Smith.

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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. ■

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. **September 19, 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!

Ground Breaking Women Series, Part 1

Join us Wednesday, **October 17**, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Stories of women who made important contributions and were the first in their achievement.

Julia Chase-Brand, MD, PhD was brought up in Groton and was a pioneer distance runner. As a 19 year old Smith college sophomore, she successfully challenged the AAU ban on women's distance running in the 1961 Manchester road race. Three months later, the AAU changed its rules, and for the first time, allowed cross-country running for American women.

Julia's PhD research on bats was done in Trinidad, and later Australia, and demonstrated that bats aren't blind. Julia has also studied behavior in gorillas, migrating shorebirds, and bandicoots. At 49, she walked away from tenure at Barnard College and entered Albert Einstein College of Medicine, becoming its oldest graduate. She

worked as a psychiatrist at L&M before retirement and lives in New London.



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 17** luncheon online 24/7 **by 12 midnight, Sunday, October 14.** 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.**

Membership Renewal **Time 2018-2019!** *(most members)*

Renew Now! The renewal date for most members was July 1st. If you have not renewed your membership dues by the October luncheon, your

name and contact information will be removed from the online Member Directory. Please click, login and renew today. www.sectwomensnetwork.org

Member



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

Upcoming Events!

I want to take just a moment to invite you to our exciting line up of fall events.

Wednesday, October 10, 2018, the Southeastern CT Women's Network, along with Dime Bank and the Ocean Chamber Young Professionals Network will be co-hosting a **Business After Hours** event at the Westerly Dime Bank. There will be live music, drinks, hors d'oeuvres, and lots of great people to meet.

Sunday, October 14th, 2018, Safe Futures will be holding their **Annual Safe Futures Walk** at the Crystal Mall, starting at 9 am. This year your very own Network community has set a goal to raise \$5000.00 for Safe Futures. We need your help, visit www.firstgiving.com/event//413648/Safe-Futures-Annual-4k-Walk and sign up to walk or donate. No donation is too large or too small! We will be walking 2.48 miles inside the Crystal Mall, and we hope to see you there!

Sunday, November 4th, 2018, Lawrence and Memorial Hospital will be hosting their annual **The Well Healed Woman Conference** at the Mystic Marriot from 11 am to 3 pm. Health, Healing, and Humor will be the topics for this one day conference. Of special note, Network member Nancy Butler will be presenting during the morning segment! We are excited and proud that one of our own members will be presenting. Nancy and fellow guest speaker Gina Barreca will be sure to provide a day filled with fun and laughs! Click for information: <http://wellhealedwoman.org/>

You can find additional details about each of these events in this newsletter and also on [Facebook](#), [Instagram](#), and our [website](#). We can't wait to have you join!

Most Sincerely,
President
Kate Bellandese



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Spotlight Article

Nancy Butler – Above All Else, Success in Life and Business

After building a business from scratch while a single parent with no alimony, child support or other source of income, and only \$2,000 to her



name, to two hundred million in assets under management, Nancy sold her practice to become the founder of "Above All Else, Success in Life and Business®", an organization focused on helping individuals live a happy and successful life and realize their dreams and helping businesses do a better job for their clients while improving their bottom line.

As a national professional motivational speaker, award winning author and business coach, Nancy has motivated, inspired, educated and entertained individuals and businesses on a variety of topics for over 30 years. Her background, training and personal experience provide a wealth of insight and information as a backdrop for a very successful, motivational presentation.

In March of 2018 Nancy was honored to be appointed a delegate to The United Nations for The Commission on The Status of Women. She has integrated motivational and educational stories from this experience into several of her presentations.

On November 4, 2018 Nancy will be the morning speaker for "The Well Healed Woman", an event attended by over 400

women each year, put on by L&M Hospital. For information on this amazing event go to <http://wellhealedwoman.org/>.

For information on how Nancy can help make your event a huge success for your association, organization, school or company, see her web site at: www.aboveallelse.org ■

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 a growing, evolving program intended to give mem-

bers an opportunity to connect and support each other even 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 McQuirk angela_mcquirk@navyfederal.org.

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Music by Patrick Kirker.

Wednesday, October 10, 2018, 5:00pm – 7:00pm

Dime Bank: 131 Franklin Street, Westerly RI

Guests should RSVP to Dime Bank: 401.596.4742

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Jess Smith – Military Appreciation...from page 1

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 after moving back home from New Hampshire. She works from home and travels to the pentagon to support the Army's 3-star general officer responsible for the network of the Army – the Chief Information Officer, G-6.

She has extensive experience [click to read more...](#)

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.

September Drawings

Dawn Sandoss won the cash. Susan Baroni-Schaeffer won the *Spotlight* article and Pamela Larkin won the *Resident* article. Amanda Sisley won the Cameo Table to showcase *Block, Janney & Sisley, LLC*, at the October 17th luncheon. Pamela Larkin won a bouquet of flowers donated by Service Master by Mason.

*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.

What's important to you? Let's talk.



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Tech Tips When you register and pay online for a luncheon and the WA system is telling you that you owe for more than that luncheon fee.

1. Click "cancel" (out of the payment screen);
2. On the next screen, click "pay invoice online", the button on the right, then the system will allow you to pay only that luncheon invoice; or
3. You can go to your profile by clicking on your name in the upper right corner. Click the far right tab "payments/invoices", scroll down and click on the invoice you want to pay.

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Members on the Move

Judy Ricketts-White will be signing books with other CAPA authors at Agway's Customer Appreciation Day in Norwich on Saturday, October 20 from 10-5. There will be big sales, PAWS of New England Pet Adoption and lots more! Judy will also be signing books at the Tack and Treasure Event benefiting Yellow Horse Equine Therapy Program on Sunday, November 18, 10-5, in Exeter, Rhode Island.

Featured Business at Cameo Table

Amanda Sisley will be showcasing *Block, Janney & Sisley, LLC*, at the October 17, 2018 luncheon. Please stop by the table to meet Amanda and learn more about the services she offers, www.bjplawyers.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, October 12

The next Network Board Meeting is Friday, October 12, 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, October 17, 2018 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, October 14, Reservations are required.**

Reservation no-shows and late cancellations will be billed.

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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 Safe Futures and the SECT Women's Network Scholarship Fund. If you'd like to donate an item, contact Beth Markowski-Roop at 401-640-8431. ■