

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 33, Number 1, November 2019

Upcoming Programs

December 18

3rd Annual Holiday Event & Yankee Swap

Be sure to join us for our 3rd Annual Holiday Event Luncheon!



We are returning to our Old Fashioned Yankee Swap with a twist. If you would like to participate, bring a gift (\$10.00 value). **Also, be prepared to purchase tickets for drawings. We will have member give-a-ways including:**

- Free annual membership!
- Luncheon gift certificates
- Holiday gift bag for all guests, *and...*
- Gift Basket Drawing: proceeds to benefit Safe Futures

Wait ... there's more ...

- **Ugly Sweater Competition!**
1st and 2nd Winner Prizes!

Would you like to donate a gift basket or gift certificate for the fundraiser, or items for the gift bags? Please contact Kate Bellandese, mskateabcco@outlook.com or Denise Howard, bestwellness4you@gmail.com.

Amazing New "Spread the Love" Program!



We are starting a fabulous new program at the November Luncheon that will culminate with drawings at the February "Bring a Friend" Luncheon.

November 2019 Luncheon — Military Appreciation

Women and War — Regina Rush Kittle, Acting Director, CT Homeland Security

Join us Wednesday, **November 20**, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Women have been involved in military conflicts from the beginning of time—some as warriors, some as spies and others who made the munitions or simply called for peace. Connecticut women are among the finest and bravest who have stood for their cause – sometimes defying gender norms, and often without



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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 **November 20** luncheon online 24/7 **by 12 midnight, Sunday, November 17.** 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.**

Any member who brings a guest to any lunch in Nov., Dec., Jan. or Feb. will be entered into a drawing to win a free lunch. Those guests will be entered into a drawing to win a free membership and any new members joining during Nov., Dec., Jan. or Feb. will be entered to win a free newsletter ad!!!

Don't Miss Out — Bring a Friend to Lunch this Month!!!

N@N December 5 — Paint Your Own Wine Glass

Paint Your Own Wine Glass, Hosted by The Art House of Norwich. Create a wine glass with a snow covered pine trees theme for the holidays or to give as a gift. \$20 in-

cludes wine glass, paint supplies, wine and appetizers.

Members bringing a guest will be entered into a drawing to win a free lunch. Guests will be entered into a drawing to win a free membership and new members joining between now and Feb. will be entered to win a free newsletter ad, drawings in Feb.

This event will be hosted at Putnam Bank in Gales Ferry.

Advance registration is required. Register now, limited attendees. To register click www.sectwomensnetwork.org/events



Women and War...from page 1
the recognition they deserved. Connecticut Women's Hall of Fame Inductees prove that women are just as tough as men and will inspire others to shatter gender barriers. Learn about a teenager who helped save Danbury during the Revolutionary War, how Harriet Beecher Stowe sowed the seeds of conflict leading to the Civil War, and how Margaret Bourke-White's photography brought civilians face to face with the war front for the first time. To register click www.sectwomensnetwork.org/events ■

Spotlight Article

Luanne Hespeler- Integrated Dermatology

Let's face it ladies, we are all aging, but we don't have to go down without a fight. At Integrated Dermatology & Medspa of Groton I have perfected a Soft & Subtle approach to address all aspects of aging. I view facial rejuvenation as a journey to continually address the dynamic aging process. Skin laxity, textural changes of the skin, fine lines and wrinkles have all been earned through the phases of our life, be it climbing the corporate ladder, overcoming the challenges of motherhood or many times both. Aging can be a beautiful process, but if you don't recognize who you see in the mirror, or you are tired of looking tired all the time, come see me! From facials to peels and Botox, fillers and thread lifts at IDG we have it all. This is not vanity but reality. When we look better, we just feel better and more confident. The



President's Message

Feeling Thankful for November

Hello everyone! We had a great start to our return to "Network at Night" (N@N) series on October 3rd at CorePlus Credit Union. It was great to see so many familiar faces and meet new people. Our next event is a Paint Party at Putnam Bank on December 5th. The last time that we had a paint party with our Network, it was a lot of fun! I look forward to seeing many of you there.

Everyone seemed to enjoy the new addition to our monthly luncheons "Let's Talk" (10 minutes of hyper-speed networking at the table), and we have ideas to make it even better. If you have suggestions or ideas for our luncheons or N@N, please let us know. The board welcomes your ideas and suggestions, and we welcome you to join one of our committees or serve as a board member.

November is a big month for most people. It is the last month of Autumn,

recognition of those who have served our country in the military, and Thanksgiving, to name a few. Personally, I prefer the warmer weather, but I am looking forward to some nice hikes in the cooler weather. Most importantly, November reminds us to be thankful for those positive things in our lives.

I wanted to find a happy quote about November, but only found this short poem by Jean Hersey. "November is chill, frosted mornings with a silver sun rising behind the trees, red cardinals at the feeders, and squirrels running scallops along the tops of the gray stone walls." I think that is appropriate for the month!

I'll see you at our next luncheon: Military Appreciation and "Women and War" with Regina Rush Kittle.

Happy November!

Denise Howard
President

horrors of fillers and Kardashian duck lips belong in Hollywood. We women in the real world just want to tweak and soften a few lines and like what we see in the mirror.

As a Physician Assistant in clinical practice for over thirty years, my professional journey has been challenging and gratifying. As a woman, mother and wife, I get it. I am proud of where I've been and how I have achieved my personal and professional goals. I've earned every scar, line and wrinkle. My furrowed brow began over thirty years ago during exams and all night study sessions, then continued on with the nonstop worry of raising three children into adulthood. We all survived as did my furrowed brow that developed into a constant deep line between my eyes—even when I wasn't

stressed, so a little Botox now and then removes my constant angry look and allows me to project the confidence and happiness I feel today.

At Integrated Dermatology & Medspa of Groton staying beautiful has never been easier. We are always accepting new patients and can service all of your skin care needs from yearly skin cancer screenings to treatments of chronic skin conditions such as Psoriasis or a new irritating rash. Facial rejuvenation is my passion and my signature style is "Soft and Subtle". Come see me for a consult today and follow us on instagram @grotonderm to see many of my before and after images and all that we have to offer.

Contact, Luanne Hespeler MPAS, PA-C, at Integrated Der-

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Luanne Hespeler...from page 2
matology & Medspa of Groton,
481 Gold Star Highway, Suite 201,
Groton, Ct 06340, phone, 860
445-8020 ■

WE Want YOU!

We Need Your Help! Join the Luncheon Committee! What is it? It is a great way to finally "put a name with the face"! We



are the people who sit at the front table checking luncheon registrations. If we have enough people, you would only need to help at the front table every few months. Will you accept the challenge? Put a name to that face and meet more Network members! Please reach out to Kate Bellandese or any board member if you would like to join the Luncheon Committee!

22nd Heron Award (2019)

As presented by Kathleen O'Beirne at the September luncheon.

"Named in honor of the heroine of my book, *Birds of a Feather: Lessons from the Sea*, this award is presented to Denise Howard.



"The Great Blue Heron is a bird of great stature, elegance, and patience. She is known for her vision, diplomacy, and her creativity. For the Heron, commitment to tasks and goal focused activity is a hallmark, as is maintaining her appearance of optimism and well-being.

"The Heron is collegial in her relationships. She leads by her presence, not by control of others. She is, in summary, a superb role model for women and men

in the workplace.

"Denise Howard embodies the behavior pattern of the Great Blue Heron. She stands tall and proud, fishes in deeper waters than most, and is not upset by the presence of other species. Her leadership style is androgynous—choosing the interface that works best with those in her crew. (A side note - even ornithologists have a hard time deciphering the heron's gender in the wild.)

"Denise's military service came in the early days of women's service in some of the combat-related specialties. As a female Army helicopter pilot, she was truly a pioneer. Successful integration of women like her opened the doors for others to follow. She lived in a fishbowl, with others taking her measure all of the time. She did her sisters proud!

"How fortunate Women's Network is to have her continu-

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Looking for a new bank?

Contact **Deb** today!

Deb Tavernier AVP & Area Manager
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Heron Award...from page 3

ing her leadership in our setting today. Congratulations, Denise!

"P.S. The pin awarded this year was found in the gift shop at the Butchart Gardens in Vancouver, British Columbia, Canada—an indication that this bird is beloved internationally!"

New Members

Jan Mallett, Mallett's Rings & Bling, 52 Lakeview Dr., Preston, CT 06365, Phone: 860-884-1145 Email: janmallett01@gmail.com Website: www.Tocara.com/mallett

Jan retired after working 35 years as a full-time Realtor and Marketing Consultant in the Norwich area. She is passionate about working with other business professionals to collaborate on events and charities that enhance the way of life in Southeastern Connecticut. Because she worked previously by commission only, she woke up "unemployed" everyday, and had to find ways to help clients and customers get the results they were looking for. At the same time, she had to find ways to promote her services to gain new business all the time. Jan loves working with people and is looking forward to meeting more like-minded professionals and helping to support their various projects.

Members on the Move

Judy Ricketts-White will be featuring the Slater Mountain Book Series and signing books at Equine Affaire on Friday 1-4 & 5-7 pm & Saturday 1-7 pm, November 8-9 in West Springfield, MA. She will be in the Better Living Center at the Taborton Books booth (900A)! Judy will also be signing books at the Holiday Market at High Hopes on Sun., Nov., 17, 3-4pm.



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!** ■

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.

New! Table-Top Advertising at the Monthly Luncheons

Table-Top advertising at luncheons is now available. \$50 will purchase a full-color 3.5" wide x 4" high ad on the luncheon tables for one year! The limited spots are going fast! For information contact Judy at jwhite5506@sbcglobal.net.

Network @ Night Looking for Hosts/Sponsors

We are looking for members (or their businesses) who would like to host or sponsor a Network @ Night evening after-hours networking event.

Hosting or sponsoring is a great way to let members and guests learn more about your products and services.

For more information contact Denise Howard at bestwellness4you@gmail.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. Attend a luncheon and enter to win!

Must be present to win.

Featured Business at Cameo Table

Geri LaForte will be showcasing her talents as a Professional Human Resource (aPHR) Operations Customer Service Manager at the November 20th luncheon. Please stop by the table to meet Geri and learn more about the services she offers. Contact her at gerilaforte@gmail.com.

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!

October Drawings

Lisa Giordano won article in *The Resident* newspaper. Luanne Hespeler won the Spotlight Article in our *Network News*.

Geri LaForte won the Cameo Table at the November 20 luncheon.

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.



[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.

For more Network information and articles see our website: www.sectwomensnetwork.org

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.

Network Board Meeting Friday, November 8

The next Network Board Meeting is Friday, November 8, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. All members are welcome to attend.

All Attendees: make reservations online for the **Wednesday, November 20, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at**

**www.sectwomensnetwork.org/events
no later than 12 midnight, Sunday,
November 17, Reservations are required.**

Reservation no-shows and late cancellations will be billed.