

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 33, Number 12, October 2020

## OCTOBER EVENTS LIST

- October 1, Thursday, 6-8 pm – Virtual N@N, Susan Napiany and Pampered Chef
- October 1-4, Thursday-Sunday, 7am-11pm – Safe Futures 4K Virtual Walk, Cycle, Ride
- October 8, Thursday, 7-8:30 pm – Unconscious Bias, Women Voting – Virtual Panel Discussion Series
- October 12, Monday, 1-2:30 pm – Mastermind Group Virtual Meeting
- October 21, Wednesday, 11:30-1:30 pm – Masterclass Series Virtual Luncheon – Lottir B. Scott – Civil Rights and Liberties Leader and Advocate
- October 22, Thursday, 8-9 am – Coffee Connections, Virtual Breakfast, Meet & Greet & Networking
- October 29, Thursday, 5:30-7 pm – Mastermind Group Virtual Meeting

Descriptions in this newsletter. Click link below to read, register or add to your calendar.  
[www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

## Virtual N@N — Thursday, Oct. 1

Thursday, October 1, will be a Zoom Virtual Network @ Night, 6-8pm. Join us for a fun cooking demo with **Susan Napiany** and Pam-



## October 21, Free Zoom Meeting Masterclass Series

### Lottie B. Scott — Civil Rights and Liberties Leader and Advocate

Join Us Wednesday, October 21, 2020 at 11:30 am for our monthly Zoom meeting. *An email link will be sent prior to the meeting.*

Lottie B. Scott, author of “Deep South, Deep North—A Family’s Journey,” has been involved in Civil Rights and Civil Liberties as a Leader and Advocate for sixty years in Norwich and Connecticut. She worked for the Connecticut Commission on Human Rights and Opportunities (CHRO) for twenty-two years. She currently serves as Vice Chair of the Norwich Race Equity Committee and on the City of Norwich Sachem Fund. In 2017,

she received the Willard M. McRae Community Diversity Award and a Writer’s Block Ink Humanitarian ACE Award. Books are available on amazon. [Click this link.](#)



Click below to read more, add event to your calendar or register.  
<https://sectwomensnetwork.org/event-3998573>

pered Chef! Susan will show us a quick and easy one-pot meal and some great kitchen tools to make

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## Safe Futures 4K Virtual Walk — Oct. 1-4

*Join the SECT Women’s Network Team and walk for Safe Futures!*

This year to keep the community safe, the Safe Futures Annual 4K Safe Walk will occur virtually from a location of your choice starting on Thursday, October 1 to coincide with the start of National Domestic Violence Awareness Month. Click link for more information and to register.

<https://sectwomensnetwork.org/event-3998534>

## UNCONSCIOUS BIAS Unveiling Racism

### Panel Discussion Virtual Series – Women Voting, Oct. 8

**Oct. 8, 2020...** The Southeastern CT Women’s Network in collaboration with the National Council of Negro Women (NCNW) of CT is sponsoring a panel discussion on the topic of “Women and Voting” - a free Zoom event on Thursday, October 8th from



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**Women Voting...from page 1**

7:00 p.m. to 8:30 p.m. The panel will discuss the history of voting, the suffrage movement and the voting rights act of 1965. The event will feature panelist, Janice Mathis, Esq, the Executive Director of The National Council of Negro Women. Other panelists will represent the NAACP, and League of Women Voters. Kia Baird, CESP, NCNW of New London County and Job Developer with the State of CT will moderate the panel. Please join us for this special and timely event. This panel is the 2nd in a series of monthly panels focusing on Unconscious Bias – Unveiling Racism.

See flyer on next page.

Open to the public. To join the panel discussion, go to the Zoom Link:

<https://us02web.zoom.us/j/83365019987?pwd=eWRWUVVlSHZFTm1Zc2lnMnhyeVZhdz09>

<https://sectwomensnetwork.org/event-3987036>

## Two Zoom Network Mastermind Meetings Scheduled

Network Mastermind groups have been meeting via Zoom throughout this year. Mastermind is a great way to get to know Network members better and build relationships and connections. If you would like to attend the next meeting on **Monday, October 12 at 1pm** Click and please register.

<https://sectwomensnetwork.org/event-3998588>

A second Mastermind meeting will be held **Wednesday, October 29, at 5:30pm**. If you would like to attend this meeting, click and please register.

<https://sectwomensnetwork.org/event-3998594>

**President's Message**

## New & Exciting Autumn Activities Offered to Network Members

Hello, friends!

I hope that you enjoyed your summer! It is hard to believe that October is here already!

The board has been remarkably busy pivoting and fully incorporating our online visibility with virtual lunches, special N@N events, virtual networking meetups, and a special "Unconscious Bias" series – this month "Women Voting." Join our team for the virtual Safe Futures 4K Walk Oct 1-4. Stay tuned for a new book club, featuring books on leadership! Lastly, we are looking forward to meeting "in person" again in the not-too-distant future.

As a member, you should be taking advantage of sharing your business on our Facebook Group Page. This is a great place to get more visibility for your business.

As I mentioned, our board has been working extremely hard on multiple projects, and we would really like your participation in our committees. Serving on a committee is a great way to contribute your talents and meet other members!

Committees and positions include Videographer, Public Relations, Social Media, Programming, Sales and Marketing, Membership, Community Outreach, and Master Class Series. Do you have an interest such as Facebook, Instagram, LinkedIn, or YouTube? Join us on a committee!

I look forward to seeing all of you again, preferably in person, but Zoom is a good "second best."

Have a great month, everyone!

Denise Howard  
President

## Coffee Connections! Thursday, October 22 – Free Virtual Breakfast – Meet, Greet & Networking, 8-9 am

Join Us!...For a Virtual Breakfast – Meet & Greet & Networking Event, Thursday, October 22 at 8:00 am. This is a chance to say "Hi" to your Network friends, do a little networking, let others know if you need anything, or offer help to others. Advanced registration required. To read more or register.

<https://sectwomensnetwork.org/event-4004649>

## N@N, Susan Napiany...from page 1

It is easy and fun!  
She also will be showing lots of NEW products just introduced in the new Fall catalog. October is Breast

Cancer Awareness month. A portion of all sales in October will be donated to Breast Cancer research and the annual Teri Brodeur Breast Cancer walk.

Susan is a long time member of the SECT Women's Network. She is active in her church and a volunteer cuddler in the NICU at L&M Hospital.

She lives in Niantic with her husband, Ralph. They love to travel, sail and ride bikes (both motorcycle and pedal bikes). Susan has a love of quilting and she wants to have quilting and cooking classes when we can get together again. She moved her Pampered Chef business to online parties, let her know if you would like to host a party! [www.pamperedchef.biz/suenapiany](http://www.pamperedchef.biz/suenapiany)

An access link will be emailed prior to the event. Click to add to your calendar or register.

<https://sectwomensnetwork.org/event-3929760>

# **UNCONSCIOUS BIAS** **Unveiling Racism**

***Southeastern CT Women's Network sponsors***

***"Unconscious Bias – Unveiling Racism"***

**WOMEN & VOTING**

***A Virtual Panel Discussion***

**October 8, 2020  
7:00 P.M. – 8:30 P.M.**

**Open to the public. Free event**

**FEATURING PANELIST:**

**Janice L. Mathis, Executive Director,  
The National Council of Negro Women (NCNW)**

**OTHER PANELISTS INCLUDE**

**Jean M. Jordan, President of the New London, CT Chapter of the  
NAACP and Joanne Moore, Vice President of SECT League of  
Women Voters**

**PANEL MODERATOR:**

**Kia Baird, CESP, NCNW of New London County**

**To join the panel discussion, go to the Zoom Link:**

**<https://us02web.zoom.us/j/83365019987?pwd=eWRWUVIxSHZFTm1Zc21nMnhyeVZhZdz09> Or go to <https://sectwomensnetwork.org/events>**

**Please join us for a dynamic and engaging evening.**

*This panel is part of a series of monthly panels focusing on Unconscious Bias.*

## Member Benefits

The SECT Women's Network provides great value to its members!

**As a Network member you may:**

- **Take advantage** of the dynamic speaker program at all events that provides valuable information, networking and entertainment.
- **Choose** to attend Network Mastermind Group meetings – be mentored and mentor others.
- **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...and much more!

## How Can We Help Each Other?

During this first-ever "work from home" and "stay home" virus crisis, what can we do to help each other? As SECT Women's Network members, it's in our motto to help each other — "For Powerful, Professional and Personal Relationships."

Here are just a few examples — we can be creative and think of at least a hundred more ways. Members who have lots of time on their hands can offer to grocery shop for members who shouldn't go out at all.

Those who have been furloughed can offer help to essential workers who now have children at home. Those who are now working from home can offer free phone consultations in their area of expertise.

Members who need help, **please reach out** to your Network friends and ask them to lend you a hand. Use our online directories for phone numbers and emails. Members can also post on our **Facebook Group** page to offer help and ask for help, [click here](#).

We are here to help each other! ■

## Please Remember to Patronize Our Members' Small Businesses and Other Local Businesses

The last six months have been a particularly difficult time for our local small businesses. Many of these may never be able to recover and will be forced to close forever, so **please** remember to patronize our local businesses: shops, restaurants, services, organizations, hair salons, garden centers and farmers markets, as soon as they open back up! The large chain stores will survive — **the small businesses need our help!**

**Grow Your Business with Network Advertising SPECIAL OFFER!!!**

**Buy 1 year, get 3 months Free (15 months total)**

**Take this opportunity to boost your business as restrictions and the economy open up.**

Online advertising is worth more than ever now that people are purchasing online constantly. **Use this Special Offer to "Grow Your Business Now!"**

**Rates are a Great Value** for newsletter ads and website ads. All ad rates listed are for one year (includes 3 Free additional months).

**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 ads and package deals must be prepaid.

**Members can login to view and/or purchase ads:** [www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

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## WE Want YOU!

**We Need Your Help!** Join a committee! Committees are a great way to finally “put a name with the face!” Committees and positions include Videographer, Public Relations, Social Media, Programming, Sales and Marketing, Membership, Community Outreach, Master Class Series, Facebook, Instagram, LinkedIn and YouTube. Will you accept the challenge? Please reach out to any board member if you would like to join a committee. Committees are currently meeting virtually and we want to be ready when we start meeting again in person. Thank you!



**Email information to Judy Ricketts-White to be included in the upcoming newsletter, [jwhite5506@sbcglobal.net](mailto:jwhite5506@sbcglobal.net).**

**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)**

## During this Time, Keep Safe Futures in Mind

Please go online to see if you can help 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://safefuturesct.org/giving-your-things/>

*Thank you for your generosity!*

## \*Important Network Notice!

Please check your emails for your annual dues renewal notices. The updated online membership directory will be available in late October, please keep your membership current to be included and visible to the public.



[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](mailto:bestwellness4you@gmail.com).

## Network Board Meeting Friday, October 16

The next Network Board Meeting is Friday, October 16, 8 am, via Zoom.com. All members are welcome to attend.

## Free Event

**Masterclass Series – Lottie B. Scott  
Civil Rights Leader & Advocate  
Author of “Deep South, Deep North –  
A Family’s Journey”**

**Wednesday, October 21, 2020**

**“Brown Bag” Luncheon at  
11:30am, via Zoom**

**Link will be emailed to you.**

**Click to register**

**<https://sectwomensnetwork.org/event-3998573>**