

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 34, Number 10, August 2021

Upcoming EVENTS LIST

- August 18, Wednesday, 11:30 am -1:15 pm - Monthly Luncheon! - Dr. Rosemary Ostfeld of Healthy PlanEat and a Summer Barbecue, In-Person at Filomena's Restaurant in Waterford.

See info on pages 1, 4 & 5.

- Coming this Fall, Date TBD, 6pm - N@N - Atty. Linda Mariani - Forget What Lawyers Tell You!

See info on page 1.

- * September 26, Sunday, 11-2 pm 45th Anniversary Celebration! - See info on pages 1 & 3.

Descriptions in this newsletter. Click link below to read and register. www.sectwomensnetwork.org/events

Coming this Fall, Date TBD, 6pm, N@N - Atty. Linda Mariani - Forget What Lawyers Tell You!

Network @ Night, rescheduled Date TBD at 6pm, Free. "Forget What Lawyers Tell You! The divorce process can be easy and affordable." with Attorney Linda Mariani at Mariani, Reck, Lane LLC, 83 Broad Street, New London, CT 06320. Learn how mediation and resolution can make divorce less stressful.

<https://sectwomensnetwork.org/event-4338708>

August 18, Monthly Luncheon Meeting

Dr. Rosemary Ostfeld of Healthy PlanEat and a Summer Barbecue - In-Person

Join Us Wednesday, August 18, 2021 at 11:30 am for our monthly Luncheon meeting at Filomena's Restaurant in Waterford, \$20 members and non-members, includes gratuity and tax. Register online and pay either online or cash at Filomena's.

Dr. Rosemary Ostfeld is the founder of Healthy PlanEat, an online platform where people can order food directly from local farmers that use sustainable growing practices and local food artisans. Rosemary also teaches at Wesleyan University in the College of the Environment and Patricelli Center for Social Entrepreneurship. She grew up in Connecticut and is excited to be working with farmers and food artisans in the area.

Please register early so we can



have a head count, and pay online or cash at Filomena's. This will help us all get back in the swing of dining out.

Click below to read more, add event to your calendar or register. <https://sectwomensnetwork.org/event-4432150>

45th Anniversary Champagne Brunch

Please join us on Sunday, September 26, 11am-2pm, as we celebrate the 45th Anniversary of the Network. We will enjoy a champagne brunch, each other's company and exciting activities in the beautiful atmosphere at Langley's Restaurant.

Each month we will reveal some of the exciting features

and surprises of this celebration.

Menu includes: omelet station, waffle station with fresh fruit, waffle cones drizzled with chocolate & filled with fresh

Click below to read more, add event to your calendar or register. <https://sectwomensnetwork.org/event-4237228>

Grow Your Business with Network Advertising SPECIAL OFFER!!!

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

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!" 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 are 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

President's Message

Enjoy the Barbecue Luncheon this Month as Summer is Flying By!

Happy August, everyone! Can you believe that it is already August? Personally, I think that this summer is going by entirely too quickly.

I hope that you have had a chance to enjoy the summer and do all your favorite activities this year.

Our in-person meetings have been a lot of fun, and it is great to see everyone. After such a long period of isolation, the outdoor meetings are a welcomed change.

Now is the time to register for our 45th Anniversary Celebration in September. The menu looks fantastic! I hope that you will join us for this momentous event!

Join us at the August luncheon for Dr. Rosemary Osfeld of Healthy PlanEat and some barbecue food at Filomena's!

Just a quick note: we always



welcome members to serve on committees, and we need your help. Please contact a board member if you have any interest - we'd love to hear from you!

Denise Howard
President

Your marriage was complicated... Divorce doesn't have to be.



**Attorney
Linda L. Mariani**

All our divorce attorneys are licensed by the State of New York.

**Mediation services
that work**

The right lawyer makes a BIG difference!



Marianimediator.com/Marianirecklane.com
860-443-5023 | 83 Broad Street, New London

JOIN US FOR THIS VIRTUAL EVENT

10 in an ongoing series of masters sharing expertise
A different topic each month

**SPEAKER
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SERIES**

**MASTERING
LEADERSHIP**

SEPTEMBER 28

3 Masters • 1 Session
90 Minutes of Pure Power

REGISTER NOW
annegarlandenterprises.com





45th Anniversary Party!

Southeastern CT Women's Network

September 26th, 2021 - 11 am Brunch

Langley's Restaurant - Waterford, CT

Award Presentations

***The Mildred E. Devine Lifetime Achievement Award**

***The Kathleen O'Beirne Leadership Award**

***SECTWN Woman of the Year 2021**
***SECTWN Unsung Heroes**

We're getting a new look! Join us to celebrate our 45th and see the ***Big Reveal!***

Event Ticket:
\$45 per person



Register on our website
www.sectwomensnetwork.org

45th Anniversary Party!

Southeastern CT Women's Network

September 26th, 2021 - 11 am Brunch

Langley's Restaurant - Waterford, CT

Menu

omelet station

waffle station with fresh fruit

waffle cones drizzled with chocolate & filled with fresh fruit

salad station with grilled chicken

bacon & sausage

garlic smashed potato

croissants & scones

mini crab cakes with chipotle sauce

vodka rigatoni

assorted juices, coffee, tea

mimosa & Bloody Mary station



Become a sponsor!

\$100 - Event ticket - Patron Listing in Event Program.

\$150 - Event ticket, 1/4 page ad in Event Program.

\$250 - 2 Event tickets, 1/2 page ad in Event Program.

\$350 - 2 Event tickets, Full page ad in Event Program, table display. Limited availability.

\$500 - 2 Event tickets, Option of back page, inside front cover, inside back cover ad in Event Program, table display.

To be a sponsor contact:

• Judy Jencks
jmjencks@yahoo.com

• Kate Bellandese
mskateabcco@outlook.com

Register on our website
www.sectwomensnetwork.org

<https://sectwomensnetwork.org/event-4235652>



HOW TO EAT FARM FRESH ALL YEAR LONG!

Join Dr Rosemary Ostfeld, owner of Healthy PlanEAT as she discusses seasonal eating and the benefits of connecting with your local farmers and food artisans. @healthyplaneat



Bring a friend!

SECTWN MONTHLY LUNCHEON - AUG 18, 2021

Filomena's/ Under the Tent

Waterford, CT

11:30 am - 1 pm \$20

Register online:

www.sectwomensnetwork.org

or

\$20 (cash only) at the door

SOUTHEASTERN CT WOMENS NETWORK

 www.sectwomensnetwork.org

 sectwnbiz@gmail.com



@sectwomensnetwork

Members on the Move

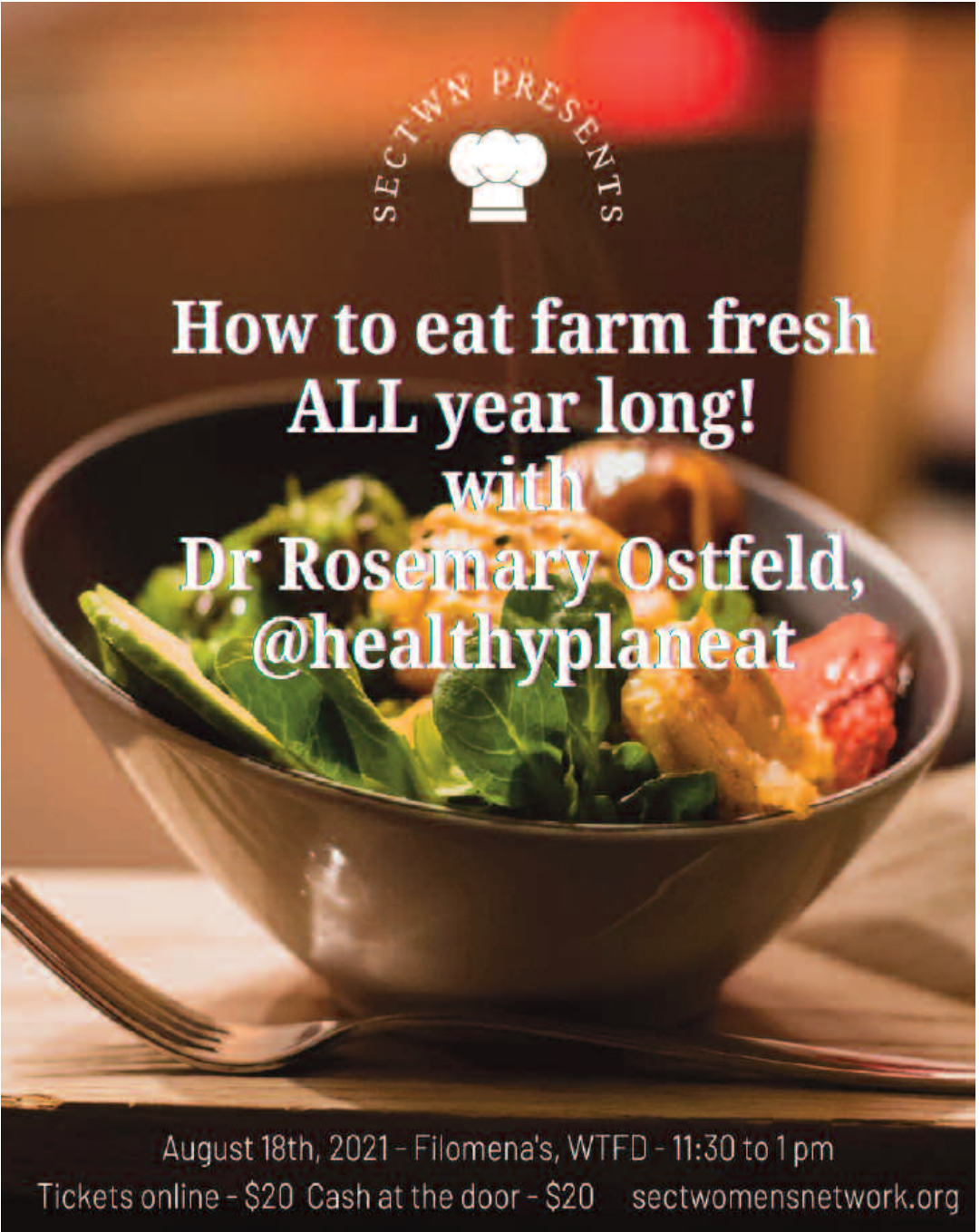
Harriet Goodman Grayson and **Judy Ricketts-White** will be signing books at the Groton Open Market being held at the Groton Public Library on Saturday, August 7 from 9am-1pm.

They will also be at the Literary Salon meeting at the Malted Barley in downtown Westerly, RI, Monday, August 23 at 7 pm. Stop by for readings and good eats.

Harriet will be signing her new book "Rockaway Riptides," the story of high school seniors, students and musicians, finding their way through the turbulent 1960's.

Judy will be signing her "Slater Mountain" books, fun fictional adventures about a girl, her horses, family and friends, and "Count Me Never Lost," poems of love, loss and the indomitable human spirit by Elizabeth M. Ricketts.

For more information, contact harriet@ocean-breezeexpress.net or jwhite5506@sbcglobal.net.



SECTWOMEN PRESENTS

**How to eat farm fresh
ALL year long!
with
Dr Rosemary Ostfeld,
@healthyplaneat**

August 18th, 2021 - Filomena's, WTFD - 11:30 to 1 pm
Tickets online - \$20 Cash at the door - \$20 sectwomensnetwork.org

Nutmeg Building & Remodeling, LLC

continued on page 3

— *Making your dream home a reality.* —

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www.NutmegBuildingRemodeling.com

WE Want YOU!

We Need Your Help!

Please 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 meeting virtually and we want to be ready now that we are having luncheon meetings again in person. Thank you!



Email information to Judy Ricketts-White to be included in the upcoming newsletter, 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. 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

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/item-donations/>

Thank you for your generosity!

***Important Network Notice!**

The updated printable online membership directory is now available. Please keep your membership current to take advantage of this benefit and be even more visible to the public.

 [Like us on Facebook](#)

Join and Post to the Network's 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.

Network Board Meeting Friday, August 13

The next Network Board Meeting is Friday, August 13, 8 am, via Zoom.com. All members are welcome to attend.

In Person – Monthly Luncheon Rosemary Ostfeld of

Healthy PlanEat and a Summer Barbecue"

Wednesday, August 18, 2021 at Filomena's, 11:30am,

Confirmation will be emailed to you after you register and pay.

Click to register

<https://sectwomensnetwork.org/event-4432150>