

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 34, Number 3, January 2021

## JANUARY 2021 EVENTS LIST

- Date TBD, Network @ Night Media Class Series, 6pm — Using Canva with Judy Jencks
- January 11, Monday, 1-2:30 pm – Mastermind Group Virtual Meeting
- January 14, Thursday, 7-8:30 pm Panel Discussion Series. See flyer on page 4.
- January 20, Wednesday, 11:30-1:30 pm - Zoom Brown-Bag Luncheon Meeting – Renovation Workshop! See flyer on page 3.

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

## Network@Night, Date TDB, Media Class Series, 6pm – Using Canva with Judy Jencks

Network @ Night: Zoom, Date TBD, 6 pm, \$5 – Media Class Series: Using Canva with Judy Jencks. This event is being rescheduled.

During this event you will sign up for a personal free Canva account and then be guided through creation of your first social media post. Click for more info. <https://sectwomensnetwork.org/event-4075358>

## January, Zoom Brown-Bag Luncheon Meeting - 45th Anniversary Renovation Workshop

Join Us Wednesday, January 20, 2021 at 11:30 am for our monthly Luncheon Zoom meeting, \$10.

The SECT Women's Network is updating and rejuvenating in 2021. Join the party and share your ideas as we expand and build an even better Network!

### **Let's Build! Help Us Celebrate!**

This will be a fun, interactive event, so rev up your inspiration and get those ideas percolating!!!

The Zoom link will be included in your confirmation email, after you have registered and paid.

See flyer on page 3



Click below to read more, add event to your calendar or register.  
<https://sectwomensnetwork.org/event-4075371>

## Zoom Network Mastermind Meeting Scheduled – Monday, January 11 at 1pm

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, January 11 at 1pm** Click and please register. <https://sectwomensnetwork.org/event-4090424>

## UNCONSCIOUS BIAS Unveiling Racism

### Panel Discussion Virtual Series – LatinX, Latino/Latina, Hispanic: A Multiplicity of Racial, Cultural, and Linguistic Identities

**January 14, 2021...** The Southeastern CT Women's Network is sponsoring a virtual panel discussion on the topic of "LatinX, Latino/Latina, Hispanic: A Multiplicity of Racial, Cultural, and Linguistic Identities, Unconscious Bias – Unveiling Racism" - a free Zoom event on Thurs-

continued on page 2

**Panel Discussion**...from page 1

day, January 14th from 7:00 p.m. to 8:30 p.m.

**Panel Moderator:**

**Migdalia Salas**, Vice President, Advancement and Programming, Hispanic Alliance of Southeastern Connecticut. Republic of Panama  
Panelists:

**Maria Gallagher**, Licensed Clinical Social Worker, Psychological Health and Traumatic Injury, Naval Branch Health Clinic, Groton, Connecticut. Colombia

**Judelysse Gomez, Ph.D.**, William Meredith Assistant Professor of Psychology Connecticut College. Dominican Republic

**Ninon Guinassi**, School Based Wellness Interventionist, New London Public Schools and Special Populations Case Manager for the Hispanic Alliance of Southeastern Connecticut. Peru

**Jose Ortiz, Ph.D.**, Principal of the New London High School Multi Magnet Campus New London Public Schools. Puerto Rico

**Free Event.** Open to the public. To join the panel discussion, read about other panel members, for more information, or go to the Zoom Link, click link below.

<https://sectwomensnetwork.org/event-4086943>

## February, 2021, Date TBD, 6 pm, Mixology, with Teresa Jolly, via Zoom

Mixology, February, 2021, Date TBD, 6pm, \$10. Learn how to make the standard cosmopolitan and a cinnamon maple whiskey sour. Click for more info and ingredients. <https://sectwomensnetwork.org/event-4105843>

*President's Message*

## Wishing Everyone a Happy and Healthy New Year!

We are all looking forward to 2021 and a return to some form of normalcy. This year marks the 45th Anniversary of the Southeastern CT Women's Network, founded in 1976 by Millie Devine. We are planning a celebration "as if" we will be back to normal meetings sometime this year. If you are interested in being a part of the 45th Anniversary planning committee, please contact me or any other board member.

We are also looking for members who would like to volunteer their time as a board member or serve on a committee. Join a committee and share your ideas! Help us make your Network even better for our members!

We have many more fun and informative events coming up this year. Our Unconscious Bias series continues this month. Join us for our brown bag virtual luncheon and Renovation Workshop this month. Don't miss Canva for business and Mixology 101 in February!

May we all be inspired with the wisdom, grace, positivity, and motivation to have our best year yet!

"With the new day comes new strength and new thoughts."

– Eleanor Roosevelt

Have a Great New Year!

Denise Howard  
President

## Victory for Veterans Program Update

We are so pleased to announce that the Victory for Veterans Program was a huge success!

We delivered items to the Veterans Rally Point and put together 24 buckets of jackets, warm shirts, gloves, hats, socks, scarves and personal hygiene products on December 11.

There were so many items donated that we had bags of clothing left over that we donated to the Rally Point!

Thank you to all our members and supporters for this generous and amazing response!



We are planning to make this a yearly event!

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# LET'S BUILD!

45TH ANNIVERSARY RENOVATION WORKSHOP

## **FRESH NEW LOOK**

SECTWN is updating and rejuvenating in 2021. Join us and share your ideas as we expand and build an even better network!

Wednesday, January 20, 2021 • 11:30 am

**VIA ZOOM**



**REGISTER ONLINE!**  
[SECTWOMENSNETWORK.ORG](https://sectwomensnetwork.org)

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

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

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

***A Virtual Panel Discussion***

***LatinX, Latino/Latina, Hispanic:  
A Multiplicity of Racial, Cultural, and Linguistic Identities***

**Thursday, January 14, 2021**

**7:00 P.M. – 8:30 P.M.**

**Open to the public. Free event**

## **PANEL MODERATOR:**

**MIGDALIA SALAS**, Vice President, Advancement and Programming, Hispanic Alliance of Southeastern Connecticut. Republic of Panama

## **PANELISTS:**

**MARIA GALLAGHER**, Licensed Clinical Social Worker, Psychological Health and Traumatic Injury, Naval Branch Health Clinic, Groton, Connecticut. Colombia

**JUDELYSSE GOMEZ**, Ph.D., William Meredith Assistant Professor of Psychology Connecticut College. Dominican Republic

**NINON GUINASSI**, School Based Wellness Interventionist, New London Public Schools and Special Populations Case Manager for the Hispanic Alliance of Southeastern Connecticut. Peru

**JOSE ORTIZ, Ph.D.**, Principal of the New London High School Multi Magnet Campus New London Public Schools. Puerto Rico

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

**<https://us02web.zoom.us/j/83365019987?pwd=eWRWUVIySHZFTm1Zc21nMnhyeVZhdz09>** Or go to **<https://sectwomensnetwork.org/events>**

## 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 nine 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!

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 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, January 15

The next Network Board Meeting is Friday, January 15, 8 am, via Zoom.com. All members are welcome to attend.

**Virtual Event**  
**Renovation Workshop**  
**Wednesday, January 20, 2021**  
**"Brown Bag" Luncheon at 11:30am, via Zoom**  
**Link will be emailed to you after registration and payment.**  
**Click to register**  
**<https://sectwomensnetwork.org/event-4075371>**