

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 34, Number 7, May 2021

May 2021 EVENTS LIST

- **May 10, Monday, 1-2:30 pm – Mastermind Group Virtual Meeting** See pg 1.
 - **May 13, 7-8:30pm - Virtual Panel Discussion Series – Unconscious Bias** See info on pgs 1 & 2.
 - **May 14, 6pm - Virtual N@N Mixology 101 - with Heather** See info on pg 2.
 - **May 19, Wednesday, 11:30-1:30 pm - Welcome Back Luncheon! – In-Person at Filomena’s restaurant in Waterford.** **This will also be available as a virtual event.* See info on pg 1 and 2.
 - **May 26, 1-2:30pm, “Walk, Talk and Network” In-Person at Hole-in-the-Wall, McCooks, Niantic Boardwalk** See pg 2.
 - **Date TBD, 6pm, Network@ Night – Covid Art with Kate Lee**
 - ★ **September 29, Sunday, 11-2 pm 45th Anniversary Celebration!** – See info on page 3.
- Descriptions in this newsletter. Click link below to read and register. www.sectwomensnetwork.org/events

Zoom Network Mastermind Meeting Monday, May 10, at 1pm via Zoom

Visiting a Network Mastermind group is a great way to get

May 19, Also Offered as a Virtual Meeting

Welcome Back Luncheon! May 19, In-Person with Bridget Brown, “Getting Back Out There!”

Join Us Wednesday, May 19, 2021 at 11:30 am for our monthly Luncheon meeting at Filomena’s Restaurant in Waterford, \$15 members and non-members.

We are so excited to announce our first in-person luncheon since February of 2020!

There will be a choice of several entrees. Please register early on our website so we can have a head count, but pay at Filomena's. This will help us all get back in the swing of dining out.

Bridget K. Brown is a public speaking, storytelling coach, instructional designer and master facilitator who specializes in making the complex clear and coaching the right story out of



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Click below to read more, add event to your calendar or register. <https://sectwomensnetwork.org/event-4235652>

to know Network members better and build relationships and connections. If you would like to attend the next meeting on **Monday, May 10 at 1pm** Click and please register.

<https://sectwomensnetwork.org/event-4283653>

UNCONSCIOUS BIAS Unveiling Racism

Panel Discussion Virtual Series – Students Speak Out

May 13, 2021... The Southeastern CT Women’s Network is sponsoring a vir-

tual panel discussion featuring local youth-“Students Speak Out and Speak Up” as part of the Unconscious Bias – Unveiling Racism” series – a free Zoom event on Thursday, May 13, 2021 from 7:00 p.m. to 8:30 p.m. The panel will be moderated by Kolton Harris, Program Associate at The CT Office of The Arts responsible for the Poetry Out Loud program, Arts Workforce Initiative and COA’s “READI-branded” programs for young creatives. Students from Writer’s Block, Ink and S.T.E.P.S. will be the panelists.

For more information and Zoom Link, click link.

<https://sectwomensnetwork.org/event-4279365>

Bridget Brown...from pg 1

people. She is an expert in science communication, especially in the area of technology, data and cyber security.

Bridget has worked for three different Fortune 500 companies including Monsanto and a small beer company called Anheuser-Busch. She has trained at the Alan Alda Center for Communicating Science at Stony Brook University, is a former Adjunct Instructor in the School of Engi-

Click link to read more and register...

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

May 14, 2021, 6pm, N@N Mixology 101, with Heather, Zoom

Mixology 101, May 14, 2021 at 6pm, \$5. Celebrate Cinco de Mayo with Heather.

Join us as we shake up a Margarita, a Skinny Margarita and Tequila Sunrise. A zoom access link will be emailed to you in your confirmation email after you register and pay.

<https://sectwomensnetwork.org/event-4283604>

Walk, Talk & Network - May 26, 1-2:30pm at Hole-in-the-Wall, McCooks, Niantic Boardwalk

Join Us!...For an in-person "Walk, Talk and Network" fun outside event, Wednesday, **May 26** from 1:00-2:30 pm at Hole-in-the-Wall, McCooks, Niantic Boardwalk in Niantic.

This is a great chance to walk at this beautiful beach and boardwalk. Get some exercise and fresh air while meeting new members and seeing long-time friends! We will meet in the parking lot at Hole-in-the-Wall and will social dis-

<https://sectwomensnetwork.org/event-4285595>

President's Message

So Much is Opening up in May Besides the Flowers!

I hope that you are enjoying this warmer weather!

The first in-person walking meetup was a big success and gave many members a great chance to see each other for the first time in over a year and chat in the beautiful weather. I think that these walking meetups will continue to grow and be fun for everyone. Continue to check Facebook and your email for updates!

Over the past year, many people have become more self reliant and started their own vegetable gardens. Some of us thought that it may be fun to start a group to share information about gardening, self reliance, herbal remedies, wild edible and medicinal plants, seed and food preservation, and more. This will be a great place for exchange of ideas for all experience levels, from beginner to expert. Look for more details from "Green Goddesses" coming soon!

Join us in May for "Mixology 101" and Cinco de Mayo themed drinks. It's fun to learn from a mixologist, network, and just have fun laughing! The Unconscious Bias series also continues this month.

Our 45th Anniversary Champagne Brunch Celebration is scheduled for September 26th. Save the date! Tickets and advertising opportunities are now available online.

Coming soon... the SECT Women's Network podcast channel. You will now be able to download past presenta-

tions as audio files and listen to them while driving, working out, or just relaxing. Added member benefit: our members will be able to post their own podcasts and stream their own live podcasts. Please also stop by our growing YouTube channel and check out our past panel discussions and presentations. If you like what you see, please like it and subscribe to our YouTube channel.

Finally, but certainly not least, I am looking forward to our big "Welcome Back" event in May. This is our first in person event in over a year! The dynamic Bridgette Brown will be speaking about getting "out there" again, after a year or more of being locked down. We will also attempt to livestream this event. Attempt is the key word, so please be patient! :)

I have missed you all and look forward to seeing your beautiful friendly faces!

Denise Howard
President

JOIN US FOR THIS VIRTUAL EVENT

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

SPEAKER MASTERY SERIES

MASTERING YOUR SPIRITUAL WOO

MAY 25

3 Masters • 1 Session
90 Minutes of Pure Power

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Virtual N@N Date TBD 6pm - Covid Art with Kate Lee

Virtual Network@Night, Date TBD at 6pm, **\$10** members, **\$15** non-members.

Join us for a fun night of art! Grab your favorite beverage to sip and follow Kate Lee as she leads us through painting a wine glass and a mask!

<https://sectwomensnetwork.org/event-4189433>

Walk, Talk & Network - Date/Time TBD at Mohegan Park, Norwich

Join Us!...For an in-person "Walk, Talk and Network" fun outside event, date/time TBD at Mohegan Park in Norwich.

This is a great chance to walk at this pond and park. Get some exercise and
Click link to read more and register...

<https://sectwomensnetwork.org/event-4245471>

45th Anniversary Celebration Sunday 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.

There are opportunities to support this event and our organization with sponsorships when you register for and purchase your meal tickets.

Sponsorship levels (all ads are first come, first serve!)

- \$45 - meal ticket
- \$100 - meal ticket, Patron listing
- \$150 - meal ticket, ¼ page ad in program booklet
- \$250 - 2 meal tickets, ½ page ad in program booklet
- \$395 - 2 meal tickets, Whole page ad in program booklet, Table Stand
- \$500 - 2 meal tickets, Back page or inside front cover or inside back cover ad in program booklet, Table Stand



Click link to register.

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

New Members

Melissa Glassman, Hartford Healthcare at Home Center for Hospice Care, 227 Dunham St., Norwich, CT 06360, Phone: 860-381-9235
Email: Melissa.Glassman@hhhealth.org

Second Business: Haven Holistic Arts & Massage, 11 Bishop Lane., Groton, CT 06340, Phone: 860-381-9235

Email: havenholisticartsandmassage@gmail.com

Melissa has been a licensed massage therapist

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**Your marriage was complicated...
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UNCONSCIOUS BIAS Unveiling Racism

Southeastern CT Women's Network sponsors

"Unconscious Bias – Unveiling Racism"

A Virtual Panel Discussion

STUDENTS SPEAK OUT AND SPEAK UP

Thursday, May 13, 2021

7:00 P.M. – 8:30 P.M.

Open to the public. Free event

PANEL MODERATOR:

Kolton Harris, Program Associate at The CT Office of The Arts responsible for the [Poetry Out Loud](#) program, [Arts Workforce Initiative](#) and COA's "READI-branded" programs for young creatives.

PANELISTS:

STUDENTS from **Writer's Block, Ink** <https://www.writersblockink.org>

and

S.T.E.P.S. <https://www.stepsct.org>

To register for the panel discussion, go to <https://sectwomensnetwork.org/events>



We Need Your Help!

Woman of the Year Award Nominations

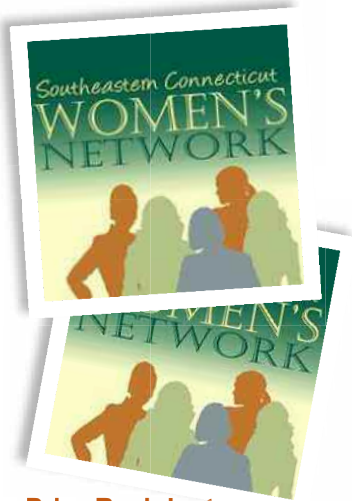
The **Woman of the Year Award** is presented annually, the 2021 Award will be presented at the 45th Anniversary Brunch. It is presented to a member of the NETWORK who meets the following criteria:

- The Candidate must be an active member of the Southeastern Connecticut Women's NETWORK, attending luncheons and participating in other functions.
- The Candidate may be a former, but not a current member of the Board of Directors or its Executive Board.
- The Candidate must be active in her community and within other professional organizations.
- The Candidate must express an interest in helping other women and men achieve professional status and public exposure through networking in the community.
- Deadline for nomination submissions is **JULY 15, 2021**.
- Please send all nominations to Debbie McGrath via email or mail:

debsbackyardbracelets@gmail.com
25 Olive Street Waterford, CT 06385

THANK YOU IN ADVANCE!

**Southeastern Connecticut Women's
Network**



The Prior Recipients are:

- 1991. Nan Crowley
- 1992. Nancy Hillery
- 1993. Barbara Gager
- 1994. Barbara Reed Collins
- 1995. Linda Mariani
- 1996. Lois Palmer-Alderson
- 1997. Barbara Quinn
- 1998. Joyce Schmidt
- 1999. Judy Woodman
- 2000. Millie Devine
- 2001. Kathleen O'Beirne
- 2002. Vicki Anderson
- 2003. Marj Taggart Dedrick
- 2004. Lois Andrews
- 2005. Elaine Bono
- 2006. Cora Murphy
- 2007. Susan Pochal
- 2008. Beth Glynn
- 2009. Kasey Goss
- 2010. Jane Moriarty
- 2011. Gail Weber
- 2012. Christine Lautz
- 2013. Camilla Ross
- 2014. Connie Plessman
- 2015. Louisa Ketron
- 2016. Donna Yother
- 2017. Susan M. Dombrowski
- 2018. Emma Palzere-Rae
- 2019. Kathryn Greene
- 2020. Deborah McGrath

New Members...from page 3

since 2016. She began volunteering with hospice that same year doing friendly visits, massage, reiki, and vigils. She started working per diem in the Volunteer Office and is now the Volunteer Coordinator. She has volunteered massage services at many events in the area and is also the current chair for the CT Chapter of the American Massage Therapy Association Community Service Massage Team.

Darlene Goldstein, Garvey, Steele & Bancroft, LLP, 86 Denison Ave., Mystic, CT 06355, Phone: 860-536-0716
Email: darlene@gsb-cpas.com
Website: www.gsb-cpas.com

Darlene Goldstein is a CPA with 25 years of experience in public accounting. She lives in Waterford and is married with two college-aged children. She is currently a tax manager for Garvey, Steele & Bancroft, LLP in the Mystic area concentrating on tax preparation, bookkeeping and accounting services.

Darlene Hayes, Hourglass Insurance Services, 1649 Route 12, Suite 2, Gales Ferry, CT 06335, Phone: 860-464-0121
Email: dhayesaug10@gmail.com
Website: www.HIS-biz.com

Darlene is currently working at

Hourglass Insurance Services and recently passed her insurance agent's test. She holds a Bachelor's Degree in Criminal Justice and Masters Degree in Legal Studies. Darlene retired from the Philadelphia Police Dept. after 20 years, 17 of which she served in the Community Relations Unit, earning many Community Service Awards. Darlene has a large family including four adult children. She moved to Niantic in 2020.

Imelda Koptonak, Koptonak Agency, 184 Mile Creek Road., Old Lyme, CT 06371, Phone: 860-389-6610
Email: info@koptonakagency.com
Website: www.kotonakagency.com

Imelda is the CEO of a fast growing nation-wide insurance agency. She looks forward to networking with other professional and entrepreneurial women.

Judith Lamson-Rockwell, Southeastern CT Enterprise Region, 19-B Thames St., Groton, CT 06340, Phone: 860-437-4659
Email: jrockwell@secter.org
Website: <https://www.secter.org/>

Judith is a Business Counselor with Southeastern CT Enterprise Region and is looking forward to meeting everyone.

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

Nutmeg Building & Remodeling, LLC

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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.

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

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 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, May 14

The next Network Board Meeting is Friday, May 14, 8 am, via Zoom.com. All members are welcome to attend.

Virtual Event

Welcome Back In Person Luncheon with Bridget Brown, "Getting Back Out There!"

Wednesday, May 19, 2021
at Filomena's, 11:30am,
presentation also offered virtually.
Link will be emailed to you after registration. [Click to register](#)

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