

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 30, Number 2, December 2016

Upcoming Programs

January 18, 2017

Healthy Boundaries for Kind Business People — Karen C. L. Anderson

Healthy boundaries are the container for all of the work you do – they are the infrastructure for your life and relationships. You want them to be healthy, easily



articulated, clear, and kind (to both others and yourself). Traditional advice about boundaries has, perhaps, failed you (especially in business) because it doesn't feel like an extension of you and your values. This can lead to the angst of resentment, the feeling of being overwhelmed, and feeling like your business has more control over you than you do over it.

Karen C.L. Anderson will help you get clear about cultivating, honoring, and articulating healthy, kind boundaries so your work (and life) has deeper and longer-lasting impact — and even better, your clients, customers, and coworkers will get your best and you will enjoy your work more than ever.

Karen is a life coach, writer, and author of *The Peaceful Daughter's Guide To Separating From A Difficult Mother*. When she writes about her life and experiences, in an effort to explain them to herself, she finds that it resonates with others. She is dedicated to the concept that the truth never creates suffering and that all stories can be told through the lens of truth.

December Luncheon

Holiday Party and Yankee Gift Swap

Join us Wednesday, **December 21** at 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Join us for our annual Holiday Party and share in the hilarious fun of our old-fashioned Yankee Gift Swap. This is the same Yankee Gift Swap we have enjoyed for many years. If you would like to participate, bring a wrapped gift (\$10-15).



The Master of Ceremonies for this year's festivities will be Board Member JoAn Collins, who will call the numbers. We will celebrate the holiday spirit as gifts change hands, sometimes unexpectedly... **And Remember, It's Just A Game!** ■

There will be a special drawing for a **FREE Network membership at the Holiday Luncheon!**

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 Wednesday, **December 21** luncheon online 24/7 **by 12 midnight, Sunday, December 18.** <https://sectwn.wildapricot.org/events>

*** Note change in time for deadline.**

Cash or checks for **\$22** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$27. Reservation no-shows and late cancellations will be billed.**

February 15, 2017

Bring a Friend to Lunch, and be entered into a drawing to win a free lunch.



Business Improv—Amp Up Your Confidence and Lead! —Ellen Ornato

Our best and brightest leaders think on their feet, adapt to change, and engage effectively with others in a variety of situations. Learn how it's done!

Call for Donations!

Would you like to have your business recognized at the holiday lunch? Donate a door prize item (suggested value \$50) and we'll be sure to let the entire Network membership know about your generosity! All attendees will receive a door prize ticket upon entry, we'll be calling these special numbers during our gift swap! E-mail Past President Susan Dombrowski at sdombrowski@coreplus.org with details about your donation item by Friday, 12/16 and we'll promote you in advance on social media, and during the lunch! Thank you!

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Upcoming Programs...from page 1

March 15, 2017
Speed Networking

Evening Event
February 24, 2017

Drunken Palette – Mardi Gras Night – 7-9 pm – New London

This promises to be a fun evening! Cost is \$35 per person plus gratuity. Food & Drinks will be provided.

Spotlight Article

**D'mitra Gomez Waheed –
Mary Kay Independent
Beauty Consultant**



I am a Mary Kay Independent Beauty Consultant! I was introduced to Mary Kay while working with the Girl Scouts. I was

in a room full of women from different backgrounds, discussing dreams and ambitions. I remember making a simple statement, "I would like a job where I can work around my family's schedule. I don't want to miss any school events." One of the women in the room was a Mary Kay Consultant named Sheila. The following week, Sheila invited me to her home to discuss the Mary Kay business opportunity.

God first, family second, and career third. These are the order of priorities Mary Kay Ash encouraged her company consultants to follow. This was very appealing to me. I have never worked in a corporation or school district that supported these ideals. Because of Mary Kay, I never missed a school event or bedtime story.

Working as a Mary Kay consultant al-

President's Message

40 Years of Professionalism

As we near the end of 2016 and the Network's 40th year, I must acknowledge all that has been accomplished over all those years by a group of dedicated volunteers. The volunteers each year added one more layer to the strong foundation of the SECT Women's Network. Think of all the volunteer hours, the committee meetings, the difficult decisions, the program planning, the work with Safe Futures, the lifelong friendships, collaborations and most importantly, the steadfast commitment to the mission of the Network. That commitment to the mission each year, for forty years, has kept this organization strong and flexible in understanding the

needs of each generation of women, and enthusiastic in support of all members. What I also love about the Network and the reason I not only joined, but stayed, was the kindness, respect and professionalism I have continually seen.

As we end this remarkable 40th year, I make a toast to all those who have made these 40 years possible and a toast to the generations of women who will make the next 40 years possible!

Thank you to all and have a wonderful holiday.

*President
Kathy Greene*

lows me to operate as a small business owner, with a tremendous amount of company support. I love sitting down with people, mainly women, to discuss their skincare needs, which can be dull skin color to a new lipstick shade. Personalizing a person's skincare makes them feel special — Empowered! When you feel good, you smile and laugh more.

In the year to come, I'm looking forward to expanding my business, and of course, becoming a Mary Kay Sales Director in a Pink Cadillac. ■

Network Directories are Ready

The printed directories for 2016-2017 are ready. If you didn't pick yours up at the November luncheon, please pick it up at the December luncheon. Also, if you know of a friend or co-worker that cannot attend, please pick their directory up for them and save us postage.

Gift Card Collection for Safe Futures

At the **December** luncheon, we will be collecting gift cards for the women and children at Safe Futures, just in time to make the holidays a little brighter for those living at the Safe House. Gift cards empower Safe Futures' clients to make their own choices and provide for their children. Grocery stores, drug stores, gas cards, Walmart, Target, etc. Small denominations please. Visit <http://www.safefuturesct.org/our-wish-list> for item donations.

Thank you for your generosity.



Network Mastermind Groups

The concept of the Mastermind Group originated in the early 1900's in Napoleon Hill's book "Think and Grow Rich." He defined the Mastermind principle as: "coordination of knowledge and effort by two or more people, who work toward a definite purpose in the spirit of harmony."

There is synergy of energy, commitment, and excitement that participants bring to a Mastermind Group. The beauty of the Mastermind format is that participants raise the bar by supporting each other to achieve professional objectives, brainstorm ideas, and support each other with total honesty, respect and compassion. Mastermind participants act as catalysts for professional growth.

Participation in the Network Mastermind program is voluntary and free as part of your Network membership. It is a growing, evolving program intended to give Network members an opportunity to connect and support each other even more intimately in achieving personal and professional objectives.

Network members who are unable to attend regular luncheon meetings find the Network Mastermind groups a great way to connect and participate with other Network members.

Mastermind groups meet once a month. Pavé Group meets the second Monday of the month from 5:30 p.m. - 7:30 p.m. in Waterford. Meeting dates are standing dates, but are subject to change.

Groups range from three to 15 members. Participants support each other to achieve professional objectives and brainstorm ideas with total honesty, respect and compassion. A commitment is important.

Anyone interested in Mastermind is encouraged to visit a group meeting. An RSVP is required.

For more information about or visiting our Mastermind group, please contact Judy Ricketts-White jwhite5506@sbglobal.net.

New Members

Dr. Sally Machin, Natura Medica, 12 Roosevelt Avenue, Mystic, CT 06355,
Phone: 860-572-9566
Email: drmachin@naturamedicamystic.com
Website: www.naturamedicamystic.com

Dr. Sally Machin provides holistic health care to her patients at Natura Medica, a Naturopathic Medicine clinic.

Ceseli Milstein, cOMe hOMe to OM, 12 West Mystic Avenue, Mystic CT 06355,
Phone: 860-912-9411
Email: ceselimilstein@gmail.com
Website: www.comehome2om.com

Ceseli has been an RN in the Cardiology Department at L+M Hospital for over 20 years with a passion for Integrative Health and Wellness.

After pursuing a Masters in Integrative Health and Healing, she has become a Certified Health Coach with an added passion to help men and women become the best version of themselves. She is a Master of Habit Change and assists in weight loss, energy gain, stress management and Total Transformation! All of this is done with the great spirit of Aloha, the "breath of life" which she embodies from her birth place, beautiful Hawaii.

Kathy Thomas, Shoreview Travel, 6 Cardinal Lane, Gales Ferry, CT 06335,
Phone: 860-861-1986
Email: kathy@shoreviewtravel.com
Website: www.shoreview.com

Shoreview Travel is an independently owned Cruise Planners franchise. Don't let the name fool you. Kathy plans both LAND & CRUISE vacations! She has access to hundreds of great suppliers, which means more choices and better pricing for her clients. With 30+ years in the travel industry, Kathy

strives to make travel easier and more memorable for her clients. The services are FREE, too!

Members on the Move

Judy Ricketts-White will be doing a book signing December 3-4, 11am-3pm at [Drafty Pines Farm 9th Annual Holiday Ride](#) in Plainfield, featuring her book "Slater Mountain: The Journey." Come enjoy fun for the whole family — treats to eat, horses to ride, hot chocolate and hot cider. Proceeds to benefit the rescue horses at Drafty Pines Farm.

Network Member Donna Yother Received 2016 Well-Healed Woman Award

Karen Neilan, President of The Auxiliary of L+M Hospital and Co-Chair of the Well Healed Woman, announced the winner of the 2016 Well-Healed Woman Award at this year's event with this speech:

"My dear friend Donna Yother has given countless hours of service to our community, participating with many non-profits and working so diligently to empower and inspire women in our region.

"She is the owner of a very successful women-run business, SAVA Insurance Group in Waterford.

"Over the years, Donna has mentored many young women including her two daughters who are here with her today — daughters every mother would be proud to call their own, Diana Buscetto and Debbie Kane.

"Donna once said: 'Being a woman-owned agency, I tend to be guided by my heart. I recognize that family comes first, then your career. Providing flexibility and having open communication with my employees about their needs, results in longevity at our agency.' Such a powerful and important message about what makes a business thrive!

"Donna has been a tireless volunteer for many organizations, including L+M Hospital. She is a Life Member of the Auxiliary, has served on the Hospital's Gala Committee

Donna Yother...from page 3

and has many times sponsored various events, including the Well Healed Woman. She has always been an advocate for the Hospital, recruiting support from her friends and associates for its programs. Still, there is so much more to this beautiful woman. Donna is a dedicated volunteer for Center for Hospice Care of SECT, Terri Brodeur Breast Cancer Foundation, United Way, Big Brothers Big Sisters, SECT Chamber of Commerce, and the list goes on.

"Working with her SAVA team, Donna has also volunteered for Safe Futures, getting her agency involved in sponsoring families and helping set up apartments for families at the shelter.

"Donna has been a valuable and valued ambassador for many of the non-profit organizations in this region. She is highly respected by her peers and greatly admired by many.

"I am honored to call her a dear and devoted friend. One who is not even embarrassed to fitness walk with a friend in a crazy straw hat!

"Girlfriend, you are truly a well-healed woman...and I love you! You richly deserve this award and have our most heartfelt congratulations!" ■

Wawa Report – December 2016

Fantastic progress is being made in every area of our new Wawa complete online system. All processes are being tweaked and refined: membership accounts and information; accounting and banking files; online membership renewal and self-service member accounts information; and registration for luncheons and events. Additional systems being refined are payment processing via credit cards, invoices and receipts. The new website is about 95% complete. The whole system will be entirely completed by January 1, 2017.

We are grateful to all our members for their patience during this transition.

Upload Your Avatar!

Now you can upload a photo on the new website — your very own avatar! Another benefit of the site and being a member — the "Featured Member" (a revolving program) will show your photo.

Posting to the SECT Women's Network Facebook Page

One fairly untapped member benefit is the Network Facebook page. We encourage you to share your business and personal news on the Network page. Members must post their event or information on the Network Facebook page themselves, then their news will be shared and will reach our 800+ friends. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.



[Like us on Facebook](#)

Please remember to post your events on the Network Facebook page, then email information to Judy to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.

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Network Board Meeting Friday, December 16

The next Network Board Meeting is Friday, December 16, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

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**

All Attendees: make reservations online for the Wednesday, December 21 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at <https://sectwn.wildapricot.org/events> no later than 12 midnight, Sunday, December 18, Reservations are required.

Reservation no-shows and late cancellations will be billed.