

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 32, Number 4, February 2019

Upcoming Programs February 2019 Luncheon

March 20, 2019

Denise Howard—Taking Flight, A Woman in the "Boys Club"

Denise will discuss the history of female warriors along with her time as a female in the military. When she attended basic training in 1982, the females had to attend "make-up classes" while her male counterparts learned how to defend themselves and conducted combat training. On January 24, 2013, just a few months before she retired, they [click to read more...](#)



Eat, Stay, Love to Know You Better —Networking & Friends

Join us Wednesday, February 20, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

At our upcoming networking luncheon, "Eat, Stay, Love to Know You Better", each table will have a jar of fun and enlightening questions to ask each other. You'll walk away having a greater understanding and connection with your lunch mates than you thought possible!

February is *Friendship Month*, so remember to bring a friend!

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**

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



required.

All attendees: please make your reservations or cancellations for the Wednesday, **February 20** luncheon online 24/7 **by 12 midnight, Sunday, February 17.** www.sectwomensnetwork.org/events

Cash or checks for **\$25** made out to the Women's Network will be collected at the door. **Reservations after 12 midnight on Sunday will pay \$30. Reservation no-shows and late cancellations will be billed.**

Member



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

As a Network member you may:

- **Attend and enjoy** a deliciously prepared lunch at monthly meetings in an uplifting atmosphere for a very reasonable luncheon fee.
- **Take advantage** of the dynamic speaker program at the monthly luncheons that provides valuable information, networking and entertainment.
- **Choose** to attend Network Mastermind Group meetings – be mentored and mentor others.
- **Display** marketing materials on the

member marketing table at the monthly luncheons.

- **Enter** our monthly luncheon drawings to win free advertising.
- **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.
- **Give back** to the community

through supporting Safe Futures with donations of food and gifts for use by residents of both the Genesis House Women's Shelter and Phoenix House transitional housing.

- **Support** our student scholarship program. The Network awards annual scholarships to students needing financial assistance to continue their education and has helped students from each of the three local public colleges/universities: The University of Connecticut at Avery Point, Three Rivers Community College, and Eastern Connecticut State University.
- **Get involved** by volunteering on a

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Member Benefits

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committee and help to create the Network of the future. The Network needs your talents.

• **Enjoy a Lifetime of Fantastic Friends, Fun and Fulfillment!** ■

New Members

Bridget K. Brown, StoryMatters, LLC, 135 Pennsylvania Ave., Niantic, CT 06357

Phone: 314-221-1411

Email: Bridget@StoryMattersCompany.com

Website: www.StoryMattersCompany.com

C-suites, HR teams, sales teams and entrepreneurs hire Bridget K. Brown to increase their expertise and the skills of their employees by empowering them to craft the right message for the right audience and deliver it with confidence.

Bridget is a public speaking, storytelling coach and facilitator who specializes in making the complex clear and coaching the right story out of people. Her super power is coaching and being a passionate cheerleader for her students and clients, AND her workshops are always a lot of fun!

Geri LaForte, 64 Scotch Cap Road, Unit 151, Quaker Hill, CT 06375

Phone: 201-981-3289

Email: gerilaforte@gmail.com

Geri recently relocated to South-eastern Connecticut and found, after one visit, that the Women's Network was a place that she could contribute to the community and begin a new job search while networking with a warm and welcoming group.

Geri is an Operations and Project Management professional. She held several positions with Bank of America as Primary Liaison to Financial Center Associates and

Happy February and Happy Valentine's Day to All!

President's Message

Please spread the **love** and bring a friend to this month's luncheon event on February 20th, 2019 at Langley's and be entered to win a free lunch!

We love meeting new people and welcoming new members, so be sure to spread the word and let your friends and co-workers know that you are part of a great organization.

We look forward to seeing you soon!



Kate Bellandese
President

Managers; Analyst Retail Consumer Deposits; and Analyst in Fraud Claims and Recovery. Previously, she worked with Sallie Mae, Inc, as a Manager supervising the development of 25 Loan Officers, and as a Contact Center Manager with Prudential Financial.

January Drawings

Julie Brousseau won the cash. Bridget K. Brown's name was drawn for the Ha Ha lunch - and she was there to win a free lunch! Shirley Zaccheo won the *Spotlight* article and Judith M. Jenks won the *Resident* article. Bridget K. Brown won the Cameo Table to showcase *StoryMatters*, at the February 20th luncheon.

Mastermind Groups for Network Members

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

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bring to Mastermind, 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 an evolving program giving members an opportunity

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Mastermind...from page 2

nity to connect and support each other more intimately in achieving personal and professional objectives.

Mastermind groups meet once a month. Pavé Group meets the second Monday of the month (time varies) in Waterford. A second Mastermind group has formed and meets on the fourth Wednesday of the month at 7 a.m. in Gales Ferry.

Those interested in Mastermind are encouraged to visit a group meeting, an RSVP is required.

For more information or to visit the Monday Mastermind group, please contact Judy Ricketts-White jwhite5506@sbcglobal.net.

For information or to visit the Wednesday morning group, contact Carol Burgess cburgess0@snet.net.

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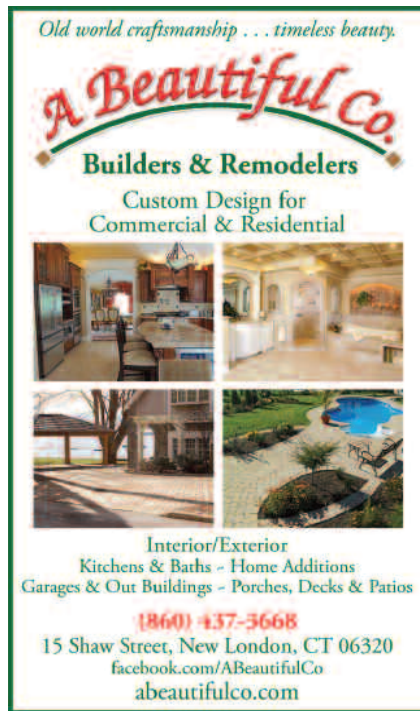
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*Members Enter to Win Free Advertising

The drawing basket for free advertising will be placed at the registration table. Members only may place their business card in the basket for a chance to win free advertising. Attend a luncheon and enter to win! *Must be present to win.*



Call for 2019 Women's

Nonprofit Event Information

If you are an employee or a member of a non-profit entity that benefits women, and wish to have a SECTWN presence at one or more of your events in 2019, we want to know. The Admin Committee is currently compiling a list of these events with the goal of identifying those which we intend to fund and open for Network attendance in 2019. The number of events selected will depend on the donation requirements and SECTWN budget. If interested, please send your list of events by February 28, 2019 to Nancy Motola at ncmotola@pharmaregconnection.com and include information regarding donation requirements, date, venue, and a description of the event. **Please note** that any organization which benefits women qualifies. It does not have to be an organization exclusive to women.

Safe Futures – Giving Basket

A purple basket will be available at the monthly luncheons to donate much-needed items for 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://www.safefuturesct.org/giving/our-wish-list>

Thank you for your generosity!

Featured Business at Cameo Table

Bridget K. Brown will be showcasing *StoryMatters* at the February 20, 2018 luncheon. Please stop by the table to meet Bridget and learn more about the services she offers by contacting her at www.StoryMattersCompany.com.



[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.

Email information to Judy 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.

Network Board Meeting Friday, February 15

The next Network Board Meeting is Friday, February 15, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. All members are welcome to attend.

For more Network information and articles see our website: www.sectwomensnetwork.org

All Attendees: make reservations online for the **Wednesday, February 20, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, February 17, Reservations are required.**

Reservation no-shows and late cancellations will be billed.