

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 32, Number 8, June 2019

Upcoming Programs June 2019 Luncheon

July 17

Second Annual SECT Women's Network Picnic

Enjoy a taste of summer! A fun picnic is being planned with a cook-out on the covered patio. Join us for this special event which will include the presentation of the SECT Women's Network Annual Awards. ■

Member Benefits

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.

A Life of Leadership

Join us Wednesday, **June 19**, 11:30 am at Langley's Restaurant at Great Neck Country Club for our monthly luncheon meeting.

From Eagle Scout to USCG Sector Commander of Long Island Sound, Retired Captain Edward Cubanski III has exhibited a natural affinity for leadership. A Norwich native, Ed has handled such challenges as drug interdiction and being a helicopter pilot with the Coast Guard, as well as being Commanding Officer for Air Station New Orleans during the Deepwater Horizon oil spill catastrophe. He is currently the Chief Operating Officer for the Red Cross Regional Office. Ed and his wife Shirley Cagle are the parents of two fantastic daughters, Zoe and Lily.

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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, **June 19** luncheon online 24/7 **by 12 midnight, Sunday, June 16.** 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.**

- **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 committee and help to create the Network of the future. The Network needs your talents.
- **Enjoy a Lifetime of Fantastic Friends, Fun and Fulfillment!** ■

June Luncheon...from page 1

Also at June Luncheon – Installation of Officers

Meet your new Officers and Board Members for the coming year.

2019-2020 Proposed Slate of Officers and Directors

<i>President</i>	Carol Little
<i>Vice President</i>	Denise Howard
<i>Secretary</i>	Carol Burgess
<i>Treasurer</i>	Deb Tavernier
<i>Immediate Past President</i>	Kate Bellandese
<i>Three Year Term</i>	Holly DePerry
<i>Three Year Term</i>	Geri LaForte
<i>Three Year Term</i>	Denise Ogden
<i>Three Year Term</i>	Kathy Pooler
<i>Two Year Term</i>	Marielle Winkelman
<i>Two Year Term</i>	Brittni Oxendine
<i>Two Year Term</i>	Judy Jenks
<i>One Year Term</i>	Susan Baroni-Schaeffer
<i>One Year Term</i>	Sheree Wujtewicz
<i>One Year Term</i>	Lisa Giordano
<i>Member At Large</i>	Nancy Motola
<i>Member At Large</i>	Judy Ricketts-White

President's Message

It's Been a Memorable Year!

June marks the final month of my presidency for SECT Women's Network and I'd like to take this opportunity to thank everyone who has made this journey remarkable and memorable for me. Thank you to the Board of Directors and the Executive Committee for your dedication, selflessness and advice – your input has been invaluable. Thank you to the

membership for your enthusiasm about not only enriching your own knowledge and experience, but also for sharing your talent and gifts with your fellow members. As is often heard among many of us in the Network, "I'll always have your back" are words that have always rung true and I thank you all for that support.

Kate Bellandese
President

May Drawings

Carol Burgess won the *Spotlight* article and Pat Todd won the *Resident* article.

Kerry Garafano won the Cameo Table to showcase *Connecticut Humane Society*, at the June 19th luncheon.

Mastermind Groups for Network Members

The concept of the Mastermind Group originated 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 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

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part of your Network membership. It is an evolving program giving members an opportunity to con-

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Renew or Purchase Ads Now 2019-2020!

Renew or Purchase Ads Now!

The renewal date for most ads is July 1st. Please click, login and renew or purchase new ads today! There are a variety of website and newsletter ads to choose from. Click and login www.sectwomensnetwork.org/events



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Mastermind...*from page 2*

nect 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 tba) in Waterford. A second Mastermind group meets on the last 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.

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.



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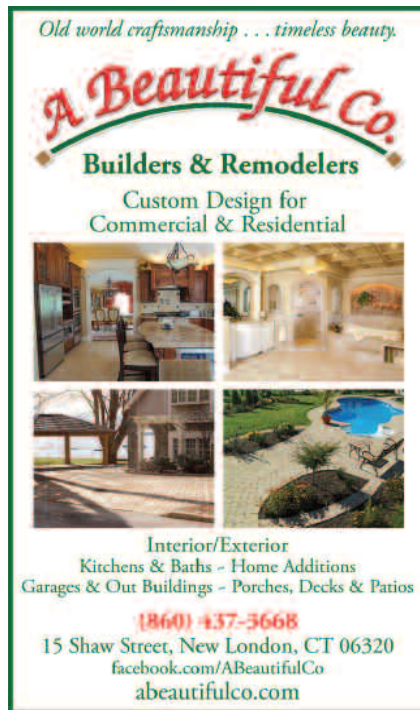
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*Members Enter to Win Free Advertising

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 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

Kerry Garafano will be showcasing *the Connecticut Humane Society* at the June 19, 2019 luncheon. Please stop by the table to meet Kerry and learn more about the services offered by visiting the website at www.cthumaneorg.



[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.

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

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, June 14

The next Network Board Meeting is Friday, June 14, 8 am, at Groton Inn & Suites, 99 Gold Star Highway. All members are welcome to attend.

All Attendees: make reservations online for the Wednesday, June 19, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, June 16, Reservations are required.

Reservation no-shows and late cancellations will be billed.