



## Upcoming Programs **March 2019 Luncheon**

**April 17, 2019**

**Frank Jarvis — Cyber Security  
in a Wired World**

Do you ever worry about the safety of your online information – especially when the headlines bring news of a major security hack on a regular basis? Please join us for our April 17th luncheon as we welcome Frank Jarvis, an expert in cyber security.

Frank Jarvis, the Manager of Corporate Security for the past five years for the Charter Oak Federal Credit Union, has plenty of seasoned advice for staying safe in our increasingly online lives.

## **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

**Ground Breaking Women Series:**

## **Denise Howard — Taking Flight, A Woman in the “Boys Club”**

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

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 removed the military's ban on women serving in combat.

Denise will discuss her own experiences and how things progressed during her 31-year career in a male dominated profession.

[click to register...](#)

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, **March 20** luncheon online 24/7 **by 12 midnight, Sunday, March 17.** [www.sectwomensnetwork.org/events](http://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 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 leader-

ship 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

## Member Benefits

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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!** ■

## New Members

**Susan Hackett**, Women's Business Development Council, 300 State St., Suite 419, New London, CT 06320

Phone: 860-574-9246

Email: [shackett@ctwbdc.org](mailto:shackett@ctwbdc.org)

Website: [www.ctwbdc.org](http://www.ctwbdc.org)

Susan holds a Bachelor of Fine Arts Degree from Emerson College and has also studied writing, speaking and arts administration. When not working at Women's Business Development Council (WBDC), you will find Susan directing and performing in theater productions, and serving as a museum docent.

**Deb Moshier-Dunn**, Soroptimist International Connecticut Shoreline, PO Box 344, Groton, CT 06340

Phone: 914-456-3069

Email: [debm0727@sbcglobal.net](mailto:debm0727@sbcglobal.net)

Website: [www.facebook.com/soroptimistinternationalconnecticutshoreline](http://www.facebook.com/soroptimistinternationalconnecticutshoreline)

*Second business:* Save the River-Save the Hills, Inc., PO Box 505, Waterford, CT 06385

Phone: 914-456-3069

Email: [vp@savetheriversavethehills.org](mailto:vp@savetheriversavethehills.org)

Website: [www.savetheriversavethehills.org](http://www.savetheriversavethehills.org)

Deb Moshier-Dunn is an energetic continuous learner who is currently Vice President of two non-profits — using her degrees in

### President's Message

## Women Supporting Women is What it's All About!

On behalf of the Board of the Southeastern Connecticut Women's Network I would like to wish all of our fabulous members a very happy **Women's History Month!**

The Southeastern Connecticut Women's Network is built on a foundation of women helping women. We are here to benefit each other as business associates, mentors, and most importantly ... as friends! We can support each other by remembering that Network members provide an abundance of resources with so many of the products and services you need,

both in business and in life! Be sure to start with your fellow Network members when you find yourself in need!

And finally, be sure to join us as we celebrate at this month's luncheon on **March 20th, 2019!** We will continue our ongoing series "Ground Breaking Women" by welcoming our very own **Denise Howard** as she shares her personal story in her presentation: **Taking Flight, A Woman in the "Boy's Club!"**

I hope to see you there!

Most Sincerely,  
Kate Bellandese  
President

nursing (RN), sociology (BA) and business (MBA) to help local women and girls, and to be an environmental advocate on local issues. She and her husband, Mike, own East Lyme and Crossroad Rent-A-Space self storage properties, as well as other local real estate. She lives in Waterford with her husband, their two daughters, and their two Havanese fur-babies.

## February Drawings

Susan Pochal won the cash and donated it to Safe Futures.

MaryLou Gannotti won the *Spotlight* article and Melissa Porter Zaitchik won the *Resident* article.

D'Mitra Gomez Waheed won the Cameo Table to showcase *Mary Kay*, at the March 20th 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

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Stonington Borough | Westerly, RI







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

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**Mastermind**...from page 2

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 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 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](mailto:jwhite5506@sbcglobal.net).

For information or to visit the Wednesday morning group, contact Carol Burgess [cburgess0@snet.net](mailto:cburgess0@snet.net).

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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](mailto: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

D'Mitra Gomez Waheed will be showcasing *Mary Kay* at the March 20, 2019 luncheon. Please stop by the table to meet D'Mitra and learn more about the services she offers by visiting her website at [www.marykay.com/dwaheed](http://www.marykay.com/dwaheed).



[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).

*Email information to Judy 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.

## Network Board Meeting Friday, March 15

The next Network Board Meeting is Friday, March 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](http://www.sectwomensnetwork.org)*

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

**Reservation no-shows and late cancellations will be billed.**