

# Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 34, Number 12, October 2021

## Upcoming EVENTS LIST

- **October 20, Wednesday, 11:30 am -1:15 pm - Monthly Luncheon!** – Toastmasters with Eva Menon and Darlene Hayes, In-Person at Filomena's Restaurant in Waterford. See info on page 1.
- **October 28, 7-8:30 pm - Virtual Panel Discussion Series – Building Bridges** See pgs 1, 2 & 3.
- **November 8, Monday, 12:00-1:30 pm – Mastermind Group Virtual Meeting** See pages 1 & 2.
- **November 17, Wednesday, 11:30 am -1:15 pm - Monthly Luncheon!** – Military Appreciation Luncheon and Victory for Veterans with Lori Marriott, location TBD. See info on pages 1, 3 & 5. Descriptions in this newsletter. Click link below to read and register. [www.sectwomensnetwork.org/events](http://www.sectwomensnetwork.org/events)

## October 20, Monthly Luncheon Meeting

### Toastmasters: Eva Menon and Darlene Hayes

Join Us Wednesday, October 20, 2021 at 11:30 am for our monthly luncheon meeting at Filomena's Restaurant in Waterford, for Ms. Eva Menon, President, Niantic Toastmasters and Network member Darlene Hayes out under the tent. **\$20** members and non-members, includes gratuity and tax. Register online and pay cash only at Filomena's.

This presentation will be to help you craft a 30 second commercial that leaves people wanting more. The format is story telling, How can you tell your story in under 1 minute with passion and impact?

Each of you will leave with a better idea of what should be included, what makes an impact, and what is just hot air....

We know our members shine; we want to be sure they are communicating as best they can. Toast-

masters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs.



Click below to read more, add event to your calendar or register. <https://sectwomensnetwork.org/event-4470126>



### Panel Discussion Virtual Series – “Domestic Violence Prevention Awareness”

**Oct. 28, 2021...** The Southeastern CT Women's Network is sponsoring a virtual panel discussion on the topic of “Domestic Violence Prevention Awareness, 45 Years of Saving Lives”

as part of the Building Bridges-Resolving Unconscious Bias series, which was formerly the Unconscious Bias – Unveiling Racism” series. This is a free Zoom event on Thursday, October 28, 2021 from 7:00 p.m. to 8:30 p.m.

Panelists will be Millie Devine, Founder, The SECT Women's Network, Co-Founder, Safe Futures and Katherine Verano, Executive Direc-

*continued on page 2*

### Zoom Network Mastermind Meeting Monday, Nov. 8, at 1pm via Zoom

Visiting a Network Mastermind group is a great way to get to know Network members better and build relationships and connections. If you would like to

*continued on page 2*

### Upcoming Events

#### Building Bridges...from page 1

tor, Safe Futures.

The Moderator will be Kathryn Greene, SECT Women's Network Past President and Board Member.

Ms. Mildred Devine received a Bachelor of Arts with honors in Business Administration. Click to read more or register.

<https://sectwomensnetwork.org/event-4512462>

#### Mastermind...from page 1

attend the next meeting on **Monday, November 8 at 12-1:30pm.** Click and please register.

<https://sectwomensnetwork.org/event-4512540>

### November 17, Luncheon - Military Appreciation Luncheon and Victory for Veterans with Lori Marriott

Join Us Wednesday, October 20, 2021 at 11:30 am for our monthly luncheon, \$20 for members, \$20 for non-members, includes gratuity and tax.

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### President's Message

## Happy Halloween!

It is mid-September as I write this and I just do not want to accept the fact that the days are getting shorter and the weather is getting cooler. Personally, it is just too soon for me. I just came back from South Carolina where they have a kinder, gentler winter. In many cases, they can grow some type of vegetable all year long!

I am a born and raised New England girl, but that gentler winter and longer growing season is certainly appealing. Now, granted, one of the days that I was there was a typical summer day of stifling hot and humid weather. I also got bit by a fire ant (I have the nasty red bump to prove it)! I guess that regardless of where one lives, there is always an upside and downside to living in that location. If you know of a true "goldilocks" location (other than San Diego, which is probably in the top 5) where you can get the best of all weather, please let me know!

I had gone to South Carolina to attend a reunion for the sailors of the USS Parche, the most decorated ship in Naval history. This submarine had been in service for 30 years, from 1974 to 2004, and there were sailors from each of those decades at the reunion. It was so impressive to see such a group. They all had a common bond; the ship on which they served and the missions they completed.

While I cannot relate to their bond specific to the ship, I can understand and relate to their bond of serving together. I still have a strong bond with those with whom I served and deployed to Iraq.

It may not be the same, but we, as members of the Southeastern Connecticut Women's Network, all share a bond. As women, we should be lifting each other up and cheering on each other's accomplishments. This is our bond; mutual support and friendship. This was evident at last month's luncheon, seeing so many long-time members attend Millie's presentation. It was great to see so many members that we have not seen in a long time!

*continued on page 3*

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## President's Message


...from page 2

In the month of November, we will be celebrating Veterans and their bonds with each other. Lori Marriott of Veteran's Rally Point is our guest speaker. Prior to that, our Network is supporting Veteran's Rally Point in Norwich by collecting critically needed clothing items for local Veterans. We will have a "collection box" for our Veterans Clothing Drive at our next luncheon. If you feel so inclined, please look at the list and bring some gently used clothes or new socks & underwear for the collection box.

Would you like to improve your public speaking skills? Join us at the October luncheon as Darlene Hayes and Eva Menon from Toastmasters discuss public speaking.

We will also have another bin for Halloween candy for the kids at Safe Futures, so please bring your individually wrapped candy or small toys if you wish to donate for their Halloween fun.

We will continue to maintain a virtual presence, allowing our members to join in from work or home. Building Bridges continues on the second Thursday of the month, and Safe Futures will soon have more virtual presentations. We also plan to start additional



**Southeastern CT Women's Network sponsors**

**A Virtual Panel Discussion**

**Katherine Verano and Millie Devine**  
**Domestic Violence Prevention Awareness**  
**45 Years of Saving Lives**


**Thursday, October 28, 2021**  
**7:00 P.M. – 8:30 P.M.**  
**Open to the public. Free event**

**MODERATOR**  
**Kathryn Greene, SECT Women's Network Board Member**

**PANELISTS:**  
**Millie Devine, Founder, The SECT Women's Network,**  
**Co-Founder, Safe Futures**

**Katherine Verano, Executive Director, Safe Futures**

**To join the panel discussion, go to the Zoom Link:**  
<https://us02web.zoom.us/j/83365019987?pwd=eWRWUVIxSHZFTm1Zc2lnMnhyeVZhdz09> Or go to <https://sectwomensnetwork.org/events>



**<https://sectwomensnetwork.org/event-4512462>**

short term virtual series, such as leadership and women's wellness. Do you have ideas for a new series? Would you like to be a speaker or host a "Network at Night"? Let us know!

Have a great month!

Denise Howard  
President

**It's Spooktacular!!!**

# IT'S TIME FOR TRUNK OR TREAT

We are collecting wrapped Halloween candy and small toys at our October 20th Luncheon for the kids at Safe Futures.

*Thank you in advance for your donations.*



**Join the SECT Women's Network Team for the "4K Safe Walk 2021" to raise funds for Safe Futures**

Click link below:

<https://secure.frontstream.com/safe-futures-annual-4k-safe-walk-2021>



## Upcoming Events...(cont.)

### Military Appreciation...from page 2

Lori Marriott serves as Senior Director of Military Services at East-seals – Veterans Rally Point. She was the first member of the Veterans Rally Point team in March 2018.

She oversees the Women’s Veterans Initiative, The Peer Support Programs, and the Caregiver Retreats for our Military & Veteran Family programs. She is a key player in the process surrounding the \$2.5 million state bond grant for the build-out of an 18,000 sq ft “Veterans Rally Point Center of Excellence” in Norwich, CT.

### “Victory for Veterans” Program

Please bring your donation items to the November 17th luncheon. All items will be donated to Easter Seals Veterans Rally Point for distribution to local Veterans in need.

All items are needed for both men and women:

- Socks
- Packages of underwear
- Belts – all sizes
- Joggers (sweatpants)
- Dockers casual pants
- Polo shirts – long & short sleeve – variety of colors
- Sleepwear
- Athletic wear

Click to read more or register.

<https://sectwomensnetwork.org/event-4512561>

## New Members

**Chevelle Moss-Savage,**  
H.E.A.L.-LLC, 300 State St., Suite 422A, New London, CT 06320  
Phone: 804-621-2603  
Email: [cmoss-savage@healconsulting.org](mailto:cmoss-savage@healconsulting.org)  
Website: [www.healconsulting.org](http://www.healconsulting.org)

Chevelle Moss-Savage is a Licensed Psychotherapist and the founder of “Helping Everyone Accept and Adapt to Life”, (H.E.A.L.-LLC). She has more than twenty years of experience working in mental health as a therapist, group facilitator, trainer/instructor, and diversity and inclusion consultant. She holds a master’s degree in Human Services Clinical Counseling from Lincoln University; is a Certified Grief Counseling Specialist and a Human Services-Board Certified Practitioner. Chevelle has been recognized for her amazing work to further social justice and equity for LGBTQIA+ and Black and Brown folk.



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

**As a Network member you may:**  
• **Attend and enjoy** a deliciously pre-

## Grow Your Business with Network Advertising SPECIAL OFFER!!!

### Buy 1 year, get 3 months Free (15 months total)

**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!” 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** are 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](http://www.sectwomensnetwork.org/events)

pared lunch at monthly meetings in an uplifting atmosphere for a very reasonable luncheon fee. *See more benefits* [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)

# Nutmeg Building & Remodeling, LLC

*continued on page 3*

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[www.NutmegBuildingRemodeling.com](http://www.NutmegBuildingRemodeling.com)

## WE Want YOU!

### *We Need Your Help!*

Please 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 meeting virtually and we want to be ready now that we are having luncheon meetings again in person. Thank you!



**Email information to Judy Ricketts-White 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 any reason) for inclusion in the newsletter.

**For more Network information and articles see our website: [www.sectwomensnetwork.org](http://www.sectwomensnetwork.org)**

## 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/item-donations/>

*Thank you for your generosity!*

## **\*Important Network Notice!**

The updated printable online membership directory with business categories is now available.

Please check out and use this fabulous membership benefit!

 [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](mailto:bestwellness4you@gmail.com).

## Network Board Meeting Friday, October 15

The next Network Board Meeting is Friday, October 15, 8 am, via Zoom.com. All members are welcome to attend.

## In Person - Monthly Luncheon Toastmasters with Eve Menon and Darlene Hayes

Wednesday, October 20, 2021  
at Filomena's, 11:30am,

*Please register online and pay cash at  
Filomena's .*

***Click to register***

**[https://sectwomensnetwork.org/  
event-4470126](https://sectwomensnetwork.org/event-4470126)**