

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 24, Number 5 March 2011

Upcoming Speakers

April 20

Dr. Regina (Gina) Barreca
—“She Who Laughs, Lasts:
Humor, Strength, and
Community.”



We need laughter in our lives. We can and should choose laughter at moments of crisis, during times of change, and whenever we need a new perspective.

The stories we tell ourselves and the ones we tell each other give us a way to understand and change the world. Laughing together is as close as you can get to somebody without actually giving that person a hug—and sometimes laughter can bring you even closer.

Deemed a “feminist humor maven” by Ms. Magazine, Gina Barreca is the author of “It’s Not That I’m Bitter: How I Learned to Stop Worrying About Visible Panty Lines and Conquered the World.” She has appeared on 20/20, 48 Hours, NPR, the BBC, The Today Show, CNN, Joy Behar, and Oprah to discuss gender, power, politics, and humor.

Her earlier books include the best-selling “They Used to Call Me Snow White But I Drifted: Women’s Strategic Use of Humor,” as well as “Perfect Husbands and Other Fairy Tales: Demystifying Men, Marriage and Romance,” and “Sweet Revenge: The Wicked Delights of Getting Even.” She’s the editor of seventeen books, including “The Signet Book of American Humor”

March Luncheon...

Fitting in Fitness

Join us Wednesday, **March 16**, at 11:30 am at the Groton Inn & Suites for our monthly luncheon meeting.

We all lead busy lives with family, work and community obligations, but seldom give the time necessary to keep ourselves healthy and strong. To maintain our health, experts recommend that we do at least 30 minutes of exercise most days of the week, but fitting in fitness is challenging to all of us. So where do we begin? Axel Mahlke, NASM Certified Personal Trainer and owner of Anytime Fitness in Niantic and Charlotte Malavenda, AFAA, Certified Personal Trainer and owner of Pivotal Fitness in Waterford will talk about how easy it is to fit fitness into our daily lives and how you can create your own fitness plan.

They will motivate and inspire you to take your health and fitness goals to a new level.

Network members and guests are encouraged to arrive at the **Groton Inn & Suites** at 11:30 am for registration and networking, lunch at 12:00 noon. **Please make your reservations** or cancellations for the Wednesday, **March 16** luncheon by phone, 860-437-7448, anytime 24/7 **by 10 am, Monday, March 14.**

Checks for \$19 made out to the Women’s Network will be collected at the door. Anyone without a reservation made by the 10 am March 14 deadline will be charged \$23. **Reservation no-shows and late cancellations will be billed.**

and “The Penguin Book of Women’s Humor” as well as “The Erotics of Instruction” and “A Sit-Down With the Sopranos.” She writes for the “Brainstorm” section of The Chronicle of Higher Education, blogs for Psychology Today, does a weekly column for The Hartford Courant, a monthly column for Principal Leadership, and occasionally spars with her co-author of “I’m With Stupid: One Man. One Woman. 10,000 Years of Misunderstandings Between the Sexes Cleared Right Up,” Gene Weingarten, in his “Below the Beltway” column in The Washington Post. With degrees from Dartmouth College, Cambridge University, and the City University of New York, Barreca is Professor of English and Feminist Theory at the University of Connecticut.

May 18

**Lesley Ingves—C.L.E.A.R.
the Way to a Smooth
Life Transition**

Utilize the C.L.E.A.R. method toward strategic change:

- C** – Clarify present abilities and take ownership of personal greatness
- L** – Leverage this information by exploring resources and reasons why change is desired
- E** – Establish a goal plan
- A** – Act on your plan and create motivation techniques to progress
- R** – Realize your goals and Reward yourself!

Learn the five-step method to create a

continued on page 2

Lesley Ingves...from page 1

clear course toward creating life change. We all have areas of our life we wish to change, but it's often difficult to determine where to begin.

This presentation is designed to help participants clearly identify and define their desired outcome when planning a life change.

Spotlight Article

Francine Schwartz — Pathfinder Counseling, LLC

Finding the right college match is one of the most important decisions you will ever make. It's not only about being accepted by a college. More



importantly, it is about finding a fit that provides the best environment for your educational, social and personal growth; where you can thrive and be successful.

With colleges becoming more expensive and competitive, families and students feel increased pressure to make the right college choice. Pathfinder Counseling is committed to meeting student's individual needs and maximizing your investment. You can rely on the unbiased help and expertise of Pathfinder Counseling to get to the heart of your student's personality, interests and aspirations, and make the best possible college match. Empower your student to be successful, happy and ready for the next step in life.

Francine Schwartz, M.A., LPC, NCC, Founder and President of Pathfinder Counseling LLC is a caring, highly respected and knowledgeable expert, with over thirty years experience in education and counseling. Her proven track record and passion for helping young people achieve their highest aspirations led her to form Pathfinder Counseling.

Francine has guided numerous students and families through the sometimes stressful and confusing college search, application and selection process. She is a former Assistant Profes-

President's Message

I Assumed

In February, I brought a few friends to the Network luncheon. One of my friends had never heard of the SECT Women's Network and didn't know that I was the President. I *assumed* she knew. I blame myself for this. I failed to network about our great organization.

Of course, I always discuss my Mary Kay business. Mary Kay Ash had a saying, "Every woman that comes within three feet is a possible

customer." You can apply this principle to any business. I need to make an effort to discuss the Network as often as I do my business. Until recently, I only discussed the Network in traditional business settings.

I now realize I have limited my outreach potential. I believe all women can benefit from our organization, so please remember to tell your friends about the Network.

Sincerely,

D'mitra Gomez Waheed
President

and Co-Director of Financial Aid at the college level and has assisted families with the complex steps involved in obtaining financial aid and scholarships. As the College Consultant for The Norwich Free Academy, she personally visited schools and established excellent working relationships with hundreds of representatives from a wide range of colleges and post-secondary programs.

Francine earned her Bachelor of Arts in Psychology from The Pennsylvania State University. She holds a Master of Arts in Education and Counseling from the University of Kentucky, and completed her Sixth Year Diploma in Educational Psychology at the University of Connecticut. She is a Nationally Certified Counselor, Licensed Professional Counselor and a Certified School Counselor with the State of Connecticut.

Francine is an Associate Member of The Independent Educational Consultants Association. IECA was founded in 1976 as a non-profit, professional association of established educational consultants. As the nation's respected voice of the profession, IECA membership assures families that the consultant they have chosen is experienced, highly trained and committed to honest and ethical practices.

Let Pathfinder Counseling LLC serve as your guide, interpreter and facilitator every step of the way. A variety of services are offered, customized to fit individual student and family requirements. Examples include assistance with: exploring interests, majors and careers; essay writing; college visits and interviews; managing the application process; and

financial aid and scholarships. Comprehensive all-inclusive packages can begin as early as the summer prior to 9th grade. Private one on one counseling, phone, email, and video consultations are available to fit your busy schedule. Initial inquiries are free of charge.

For additional information contact Francine at: 860-460-8829, Email: fschwartz@pathfindercounselingllc.com web: www.pathfindercounselingllc.com

Read the survey results at end of newsletter.

February Drawings

Jennifer Sampson won the Ha Ha Lunch — and Ha Ha she wasn't there! The *Spotlight* article was won by Francine Schwartz, the *Resident* article was won by Dr. Tianne Pape and the cash was won by Kip Gienau. Cora Murphy won the Cameo Display Table to showcase her business in March.

Cameo Display Table at Monthly Luncheons

Members attending the monthly luncheons are able to enter their business card for a special drawing to win the **Cameo Display Table to feature their business**. The winner may set up an entire display table at the following month's luncheon, to showcase their business, products and services.

Members on the Move

Tianne A. Pape, C.D., M.S., of Pape Chiropractic & Wellness Center, LLC in Niantic, is now certified in custom- t orthotics. Tianne offers orthotics in addition to her services as a Chiropractic Physician and Clinical Nutritionist. For more information contact her at 860-739-3600.

Susan Epstein became President of the Waterford/NL BNI in January. The group meets at the Radisson in New London at 7:15 am Thursday mornings. For more information, email her at susan@gethealthywithsusan.com.

Tara George is leaving Brio Academy and is taking the position of Office Manager at The Baker's Dozen in Brooklyn, CT

Cynthia Mostowy is now an Independent Consultant with Scentsy, a company that sells candles, warmers, scents and sprays. Call her at 860-961-7557 for information.

Kathleen O'Beirne is chasing away the winter blues, singing in the Mystic River Chorale concert, "Feel the Spirit!" on March 13, 2:30 p.m., Mystic Congregational Church.

Advertising Deadline is the 20th of the month to appear in the next month's issue.

Mastermind Meetings

Expand your SECT Women's Network support and networking experience. Women's Network sponsored Mastermind groups are based on the success and wealth building premises found in Napoleon Hill's classic book, *Think and Grow Rich*.

Pavé Group will meet Monday, March 14, 5:30-7 pm in Mystic. Serendipity Group will meet Monday, March 28, 5:30-7 pm in Mystic. For information and to confirm dates and locations, call Jill Adams 860-572-9341.

Scintillation Mastermind Group will meet Monday, April 4, 5:30 pm in Mystic. This group has a focus to support women locally and globally. Attendees are responsible for the price of their dinner. RSVP and Information: Pat Clark 860-917-3942, balancebychoice@comcast.net.

Membership — To obtain a membership application or to report an address change, please contact NETWORK membership co-chairperson:

Susan Dombrowski
SECT Women's Network
PO Box 1448, New London, CT 06320
860-572-2519, sdombrowski@hiltonmystic.com



Friend us on Facebook

NETWORK Board Meeting – Friday, March 11

The next NETWORK Board Meeting is Friday, March 11, 8 am, at the Groton Inn & Suites, 99 Gold Star Hwy., Groton, CT. All members are welcome to attend.

LOUDEN LEGAL GROUP



Kristi Hanney
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Southeastern Connecticut Women's
NETWORK

c/o Judy Ricketts-White
103 Butlertown Rd.
Waterford, CT 06385

**For Powerful, Personal
& Professional
Relationships**

**For Wednesday, March 16 luncheon
reservations at the Groton Inn & Suites, call
860-437-7448 no later than 10 am, March 14**

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

SECT Women's Network
Response to Survey Comments
February 2011

Several months ago the Southeastern Connecticut Women's Network requested comments from our membership. Thank you to everyone who responded. We have selected comments representative of the ones that we received and a committee of our Board members has responded.

Please continue to let us know what you love about membership and share with us the ways we can continue to improve. We thank those who recognize and appreciate what the Network is all about. Someone said it well very well in a response: friendly, fun and fabulous.

Survey Comment (SC): The nurturing atmosphere, the relationships, the empowerment; more organized networking activities.

Network Response (NR): We are so happy that our Network has achieved an atmosphere of such empowerment. Each and every one of our members makes it possible. We will continue to explore opportunities for more organized networking.

SC: Would recommend doing the networking labeled tables every meeting to have the opportunity to sit with different people AND consider handing out different color slips of paper monthly, so individuals can network with someone new monthly.

NR: We plan to do this several times during the year. Every month would be too much because people want to be able to sit with their friends and colleagues too and members that bring guests also like to sit together. Please feel free to switch it up regularly on your own and join a different table to sit with new people!

SC: Energy of the room, connections you can make, diversity of business represented, the location easy access, always feel welcome and enjoy seeing friends here month to month.

NR: Many comments, like this one, confirm that SECTWN is doing a great job providing a wonderful venue for professionals to network and get to know each other.

SC: Networking opportunities great speakers. Everyone is supportive and helpful. I love that we meet every month, with no summer break. Opportunities for mastermind groups. Occasional evening events, maybe a breakfast event. I know there are members who just can't do lunch.

NR: Thank you for the positive response to our speakers. As to a breakfast or evening networking event -- we have done evening events in the past and probably will do more in the future, however they have not been well attended. The only events that have been well attended are the larger fund-raising/entertainment type events like "Arabian Night" and "Louisa May Alcott." Mastermind groups meet in the evenings and one group met at breakfast for a time. Members might consider joining or starting a Mastermind group. We haven't had a breakfast event recently but would be happy to consider it. We will continue to look for additional options and we welcome suggestions from members.

SC: Meeting such dynamic, powerful women. Great speakers. Consistently excellent. The menu-same for too long.

NR: It is an honor to be called "consistently excellent"! Groton Inn & Suites provides an excellent, healthy and delicious meal with enough choices to please the majority of attendees. However, we could request a few changes to the entrées, veggies and salads from time-to-time to provide a little more variety.

SC: More networking at monthly meetings...

NR: We are addressing the fact that networking is a key component of our organization, therefore have implemented "Networking Months"- programs are planned a full year in advance, however, next year's committee can suggest more events/meetings for networking only.

SC: Networking, opportunities, educational, speakers; need more membership involvement – there is a small group consistently involved need more membership buy in

NR: Everyone at the network has the opportunity to be involved. We would suggest looking at the committees that interest you and contacting the chair of the committee to see how you may get involved. If you aren't sure exactly what you are interested in but want to know how you can get more involved please chat with a Board member – we can brainstorm opportunities and try to point you in the right direction.

SC: I love the personal and professional resources and the energy that I gain as an independent contractor. The program has improved a great deal in the last 2 years. Please keep it up. When you introduce guests, please point them out from the podium and give 5 seconds before announcing the next guest--- we're missing them.

NR: Thank you for bringing this to our attention. We have already begun working on this to make sure that the people introduced are found before moving on!

SC: Meeting a diverse group of women that are always a joy to talk to, also love Jose and Raul; maybe add mimosas and bloody Marys to menu.

NR: The staff at Groton Inn & Suites works very hard to make sure our luncheons go smoothly. In regards to the drink comment, there is a bar right outside the room. Members and guests are welcome to purchase any beverage on their own and bring it into the room.

SC: Having the excellent excuse to get together with a group of powerful wonderful women every month; when having a speaker, if someone in the network does the same occupation, the network member should be the speaker. I would prefer if speaker were Network member all the time so that we can get to really know each other and to financially support each other unless the speaker is a politician or someone more global for us to reach out to.

NR: Our Program Committee meets regularly and consistently works to address membership concerns and information requests regarding the process of selecting and organizing speakers. For the past two years the committee has used membership comments and requests to come up with a theme for the year and address specific topics/issues that will be useful for the majority of members. We make every attempt to approach Network members first when filling these spots. However, we also have a "Request for Proposals" process for anyone interested in suggesting a program. The information is available on the Network website. The Program Committee is always seeking new members and welcomes anyone that would like to be part of the process.