



**NETWORK OF  
EXECUTIVE  
WOMEN INC.**

# Contact

*Women Helping Women Succeed*

August 2007

**Network of Executive Women addresses the common business interests and issues of women in executive, professional and entrepreneurial roles through the exchange of ideas, information, and experience.**

## From the President~

I just can't believe that it's already August! Where does the time go—and how do we make sure to savor the great weather, the color of our gardens and the pleasure of outdoor cooking, entertaining and just doing whatever it is that allows us to most embrace the summer season? Tomato sandwiches? Walking on the beach? Reading novels outdoors?

Whatever it is: just do it—my September calendar is already filling up!

Since our July luncheon coincided with the Independence Day holiday, we haven't met since June. That's not to suggest that there haven't been many behind the scenes activities going on related to the planning for Girls Nite Out 2007 and for our luncheon speakers. Michele Kelly and Ann Anderson respectively have been providing excellent leadership already so that we can all look forward to some great opportunities to meet, mingle, network and raise scholarship funds to support women in transition.

Our August luncheon is next Tuesday; I hope it's already on your calendar. In addition to our speaker, nurse, nutritionist and management coach Loretta Tafuri, we'll also be discussing plans for next month's Dress for Success speaker and the associated suit drive that will occur simultaneously with our September meeting.

We were notified in June of a price increase at Aldario's. As with all businesses they have experienced increased costs and need to reflect some of those in their banquet pricing. As a result our luncheon price per member is going to \$17, and for non-members and guests it is moving to \$22. I have discussed the menu and explored lightening it up a bit, so I'm hopeful that we'll see some new approaches with the price change. To my knowledge we have not had a price change in several years, so I am hoping that our membership understand the necessity of it.

That's all I have to report. Hope to see you all next week—keep cool!

*Joanne*

## Luncheon Meeting

**August 7, 2007**

**Aldario's • 12:15 PM**

**Speaker: Loretta Tafuri, Ph.D., MBA, RN**

*Consultant and Director, Behavior, Nutrition and  
Wellness Programs  
Integrative Medicine Practitioner  
Temple Health Services  
New Haven, Connecticut*

**Topic: Promoting Health And Balance  
With Holistic Nutrition**

*Simple Ways to Incorporate Holistic Nutrition  
into One's Daily Lifestyle*

**\$17.00 per member if your registration is  
received before 5 PM, Friday, August 3, 2007.**

**Late registrations, non-members (guests),  
and walk-ins are welcome at the cost of \$22.**

*(Please have check written out before coming  
to meeting. If you are paying cash, please have  
the exact amount. Thank you.)*

**Members with e-mail: Please RSVP to our  
website: [www.networkofexecutivewomen.net](http://www.networkofexecutivewomen.net)**

**or e-mail: [NEW\\_since1979@yahoo.com](mailto:NEW_since1979@yahoo.com)**

**No e-mail: call Mary Jo Romano at 257-9208**

## Sunshine News

If you know of a happy or sad event in a member's life and feel that the Network should acknowledge it, please send the information to our Sunshine Chair Wanda Carlson. You can e-mail her at [wanda@wandacarlson.com](mailto:wanda@wandacarlson.com). Please reference sunshine in the subject line.

## Welcome New Members

*Please make a note of this until the NEW Membership Directory comes out.*

- Laura Rasmussen  
Life Coach  
Integrative Life Coach  
51 River Street, #211  
Milford, CT 06460  
Tel: 203-878-7261  
E-mail: [Laura@Laurarasmussen.com](mailto:Laura@Laurarasmussen.com)  
Web: [www.laurarasmussen.com](http://www.laurarasmussen.com)
- Terry Wright  
Sales  
Cabi (Carol Anderson by Invitation)  
25 Brightwood Drive  
Woodbridge, CT 06525  
Tel: 203-314-6625  
E-mail: [terrywright@optonline.net](mailto:terrywright@optonline.net)  
Web: [terrywright.cabionline.com](http://terrywright.cabionline.com)

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## Need a nametag?

Contact Virginia Allen ([ginnieallen@aol.com](mailto:ginnieallen@aol.com) or 203-795-0305) and give her your Name, Company Name and Title. She will have it ready for the next meeting.

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Newsletter designed and edited by Judith Gould & Associates. Please send all Network newsletter information two weeks prior to the next meeting, to Judith Gould at e-mail: [judygould@sbcglobal.net](mailto:judygould@sbcglobal.net)

## Speaker's Bio

*Loretta Tafuri, Ph.D., MBA, RN*

Dr. Loretta Tafuri has been actively involved in the field of Holistic Nursing and Energy Medicine for over 20 years. She has worked extensively as a nurse consultant, educator and international speaker. Her focus is on disease prevention and health maintenance through weight management and holistic nutrition. Dr. Tafuri has conducted extensive research in the area of anti-inflammatory nutritional therapy and the reduction of cardiovascular disease risk factors. Her passion is working with individuals in the process of integration and balance in their lives through the use of holistic nutrition, behavior modification and personal coaching. Dr. Tafuri is a resource for corporate clients in assisting with the assessment and development of wellness programs and health and productivity management. Dr. Tafuri has earned a PhD in Natural Health and Holistic Nutrition as well as additional training as an Integrative Medicine Practitioner and Executive Leadership Coach.

*Enjoy the remaining days  
of summer!*



[www.networkofexecutivewomen.net](http://www.networkofexecutivewomen.net)



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Visit us online at:  
[www.networkofexecutivewomen.net](http://www.networkofexecutivewomen.net)

**Next Luncheon  
August 7th  
Register Today!**