



**NETWORK OF
EXECUTIVE
WOMEN INC.**

Contact

Women Helping Women Succeed

December 2003

From the President~

Thanksgiving is here. I hope all of you have a wonderful and delicious dinner. At Network's last luncheon, all of us who attended, learned from the Invisible Chef, Joe Callaghan, how to create the perfect bird and how to carve it without slaughtering the poor turkey. Now it is that crazy time of year, with so much to do and so little time to do it in. But please try to fit into your busy schedules, our December luncheon because our guest speaker, Kim Bakoledis, might just be able to help you maintain a positive approach to life during this hectic holiday time. Kim will show us how to build successful business relationships, be more effective in the workplace and to bring your best self forward. She also will show us how to think "outside the box". (And I am not referring to all those holiday boxes that have to be wrapped.)

It is so hard to believe that the holidays are upon us and another calendar year is coming to a close. For Network, we are half way through our fiscal year.

Our membership has grown to 70 members. (Please remember that if you need a directory, you can contact Cathy Gorman who will be glad to mail one out to you.) We have already had a very successful event for our scholarship fund and at this moment, B.J. Frasier and her committee are working on our next event, which will be held on March 17th. At this time, I am not at liberty to disclose any of the details but B.J. tells me that this event will probably surpass GNO. So stay tuned for the details that will be in next month's Contact. (However, I will let one cat out of the bag: the event will be held at Laurelton Hall). Also, a BIG BIRTHDAY BASH is being planned for Network in May at a local restaurant. Would you believe that our Network will be 25 years old next year. You will be hearing a lot more about our birthday celebration in the next couple of months. B.J. is always looking for volunteers to assist her, so if you are interested in helping to plan our birthday celebration or our last fundraiser for scholarship in March, please contact her.

The Board of Directors has also been busy. At present, we have filed application with the IRS for tax- exempt status. Also, the Board is considering a liability and/or a D&O insurance policy to provide all of us protection.

We, as an organization, are definitely growing by leaps and bounds. Often times with growth, change must come. All

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Reminder:

Table introductions must be limited to 30 seconds.

Luncheon Meeting

December 2, 2003

Aldario's • 12:15 PM

Kim Bakoledis

Courageous Enterprise

Motivational Speaker

Kim Bakoledis is a Motivational Speaker/Self-esteem Coach and founder of Courageous Enterprises. She is the Connecticut Coordinator for the International Self-Esteem Project, co-founder and Vice President of the Association of Women Business Leaders, founder and President of the Single Parent Association and a member of the Society for Research in Child Development.

The 9 Journeys program is a guide for expanding your self-esteem, seeing the value in yourself and your relationships and achieving a positive approach to life! Do you have the courage to be successful and happy?

Kim works with children and teenagers and discusses issues of self-esteem, peer pressure, bullying and tolerance for multicultural environments.

Topic for meeting:

- Be #1!
- Build successful business relationships
- Be more effective in the workplace
- Bring your best self forward
- Think outside the box

\$15.00 per person advanced reservations

Deadline for response

5 PM, Friday, November 28, 2003.

\$20.00 per person non-reserved luncheon seat

(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

or e-mail: kasparian2@hotmail.com

No e-mail: call Kim Kasparian at 203-333-2452

Welcome New members

Please add these names to your NEW Directory.

- Victoria Hughes, President
AdmoreEyes
15 Ashley PO Box 4310 Wallingford, CT 06492
Tel: 203-269-5869 Fax: 203-679-0130
E-mail: Victoria@Admoreeyes.com
Website: www.Admoreeyes.com
- Mary-Ann White, Realtor
Beazley Co.
185 Boston Post Road, Orange CT 06477
Tel: 203-795-2348 Fax: 203-795-2701
E-mail: mwhite@beazleyregional.com
Website: maryannwhite.Beazleyregional.com
- Judith Ehrenfeld Zucker, Agent/President
Ehrenfeld Financial, Inc.
144 W. River Street, Milford CT 06460
Tel: 203-878-4798 Fax: 203-878-2198
E-mail: Judiez1@hotmail.com

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of you should be commended for your commitment and contribution to Network in helping to bring about this growth. I hope that with the coming of the New Year, all of you will continue your support and commitment to Network and to each other. I know, that during the holiday time, we can all get a bit frantic and not have enough time in the day. I am very sorry that we have not had the time to plan a holiday party, but I promise you that we will try not to let that happen next year. I invite all of you to contact me, if you would like to get together for an informal holiday gathering. We can choose a convenient location and date, or better yet, all of you can feel free to stop by my home for a little "holiday cheer." My door is always open to all of you. As Diane Ackerman said, "I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well."

Wishing all of you, your families and loved ones, Happy Holidays! May all of you have a happy, healthy and prosperous New Year! Let's make 2004 the Best year ever for Network, and let us continue to exemplify our motto: "Women Helping Women Succeed".

HAPPY 2004

And

HAPPY 25TH BIRTHDAY NETWORK

See all of you in January.

Harriet

We want to thank Jocelyn Murray for the wonderful photos of Girls' Night Out.

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Spotlight on

Ann Swaller

BODYWISE Spa & Wellness Center

Health and Beauty "its time has come."



Donna Sommers and Ann Swaller have combined their efforts into one. They continue to offer client centered attention for their revitalizing, rejuvenating and healing therapies.

Dr. Jenn Krebs, Naturopathic Physician is available through BODYWISE as well Marin Pavia, LMT (on site) who offers Swedish Massage and Hot Stone Massage.

Donna Sommers, RN, is a Reiki Master, Esocen Energetic Healer and Holistic Counselor. Donna provides therapies that allow the client to experience life from very different perspectives while making the process comfortable and life enhancing. Working with Donna is unique because you gain techniques for a lifetime to help cope with future stressful times in your life and maintain healthy body, mind and spirit. She assists you in making 'Choices for Healthy Living.'

Ann Swaller, Certified Aesthetician, provides a variety of facial and body therapies to 'bring new life to your skin'. The variety of services offered by Ann not only revitalizes your skin but she educates you to maintain it with the use of Yon-Ka of Paris Skin Care products and healthy skin care regimes.

With Christmas approaching BODYWISE Spa & Wellness Center makes it possible to give a truly unique gift package this year to someone special, yourself included.

Gift certificates for facials and/or stress releasing sessions are received with delight and joy. Combining a facial and stress relieving session (1 or 2 1/2 hour) not only gives a momentary delight but one that lasts for days! The comments of clients having experienced this is "I feel as though I was away for a weekend!" This Mini Escape provides the therapies with nurturing time for relaxation with tea and....

It is just that response that is the fulfillment of these therapists.

BODYWISE Spa & Wellness Center has two locations 2068 Bridgeport Avenue, Milford and 99 Durham Road in Madison CT.

The Madison office is truly a *One Stop for Alternative Health Care* with Facials & Skin Care, Counseling & Energy Healing, Nutritional Consultations, Naturopathic Health Care, Massage and Foot Reflexology.

Please call 203 877-5200 (Milford) or 203 245-3339 (Madison) for appointments and all occasion gift certificates.

Visit us at our new web address:
www.networkofexecutivewomen.net

We Want to Say Thank You

Will the member who volunteered to play the piano for the Laurel Gardens show please let us know who you are. Network thinks it is wonderful that you will do this and want to recognize you and say thank you.

Changes for your Directory:

Here are some revised e-mail addresses. Please make the changes in your NEW Directory.

Marion Ahrens - marionahrens@sbcglobal.net

Donna Sommers - body.wise@sbcglobal.net

Ann Swaller - body.wise@sbcglobal.net

For Members Only:

You could save hundreds on products and services simply because you are a Network member. The **Contact** will list the names of member companies offering this discount. The following members have agreed to offer a discount to members.

- Judith Gould & Associates Desktop Publishing- 10% discount on typesetting- call 876-2355.
- Helen Moser – A Certified Internet Webmaster Discount: 10% – call 377-3036
- Jocelyn Murray – Marketing & Event Resources 20% off press release writing and distribution package – call 377-9980.

If you are interested in placing your discount in the newsletter, please contact Judy Gould at judygould@sbcglobal.net or 203-876-2355.



Mark your calendars!

Luncheon Programs

JANUARY 6, 2004

Topic: Hiring

Cathy Gorman, *Advanced Placement*

FEBRUARY 3, 2004

Topic: 10 Common Decorating Mistakes

Ann Anderson, *Rooms Reborn*

MARCH 2, 2004

Topic: Marketing

Lee Ann Youngquist, *Barnum Financial Group/MetLife*

APRIL 6, 2004

Scholarships Awarded

MAY 4, 2004

TBA

JUNE 1, 2004

Installation of Officers

Buy Network Shirts to Help Our Scholarship Fund

Network of Executive Women golf shirts are once again available at our luncheon meetings. They are now only \$15 each. Supply limited. Buy one now.

Network Directories

The new Directories are available either at the luncheon or contact Cathy Gorman who will send you one.

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 (fax) 878-9613 or e-mail – judygould@sbcglobal.net



Women Helping Women Succeed

PO Box 3171

Milford, CT 06460-0971

*Register now for the
December 2 luncheon*