

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 am writing this letter on a very historic day, January 20th 2009, Inauguration Day. This is an incredible day and if I may paraphrase a quote from Astronaut Neil Armstrong, this is one small step for a man, one giant leap for America.

Whether or not you agree or disagree with the politics of President Obama, it is an exciting First. I hope all of us get to see another exciting First someday; that of a woman President.

And as exciting as First's are, the true First will be the day when it doesn't matter anymore. The day that the best person is chosen for whatever job without mention of sex, race, religion or nationality; however, for now let us all be proud of this First.

This young President will have a lot of weight on his shoulders and I hope we all pray for him to be able to find the right direction.

As business women we all know that the economy is affecting many of us and is also a big issue on most American's minds. We all know that perception is a big motivator and I hope that even though things can't change overnight that the perception of change and the feeling of hope will help all of us in our businesses and in our daily lives.

We have some exciting events coming up in Network. On January 29th from 5-7 p.m. we have our Girls After Hours at Johnny Rays Restaurant on Bridgeport Ave. Milford. It will just be a fun networking event so bring your business cards. Also, if anyone would like to bring a little raffle gift to highlight their business, that would be appreciated. Carol Faruolo is also starting to plan another Long Wharf Theatre outing for us in March.

We also have some great programs coming up at our monthly luncheons. February's luncheon will feature Wendy Battles, the founder of the Take Your Health to Heart challenge, speaking on the subject of the Ecstasy of Eating. So I hope you will try to be there and enjoy an interesting presentation, good friends and a wonderful lunch.

Our Scholarship Committee members have started their very important job of choosing our 2009 scholarship recipients. We all worked hard to raise the money to give to these

See President on next page

NEW Luncheon

February 3, 2009

12:15PM at Aldario's Restaurant

Topic: *The Ecstasy of Eating: 6 Steps for Satisfying Self-Nourishment*

Speaker: *Wendy Battles, founder of the Take Your Health to Heart Challenge*

Go to: www.networkofexecutivewomen.org

or call Donna Marino at 203-430-6702 to register today.

\$17.00 per member or guest if you register by
5 PM on Friday, January 30, 2009.

Late registrations, and walk-ins are welcome –
\$22 per person.

(Cash or check– please have your check ready to make registration easy!)

Reminder:

Happy Hour Event

Thursday, January 29, 2009

5:00 - 7:00 p.m.

at Johnny Rays Restaurant

1015 Bridgeport Avenue, Milford

877-2200

(across the street from Johnny's Apizza)

Cash Bar • Munchies

Bring Your Business Cards

NEW February Luncheon

Tuesday, February 3, 2009

12:15 PM at Aldario's Restaurant

Topic: *The Ecstasy of Eating: 6 Steps for Satisfying Self-Nourishment*

with Wendy Battles

Remember when you had time to enjoy and savor a good meal? What made it special and memorable? With whom did you share it? Rediscover the pleasure of eating. Not eating on the run as you work or drive, but taking the time to taste your food, appreciate your surroundings, and revel in an extraordinary eating experience. This interactive presentation introduces six easy steps to bring greater awareness, joy and fulfillment to nourishing your body, delighting your senses and stimulating your mind.

After spending too many years with "over-commitment" issues, Wendy figured out an approach to a life that's fun, balanced, fulfilling, and most importantly, healthy. Ms. Battles studied nutrition at the Institute for Integrative Nutrition in NYC and is certified as a Holistic Health Counselor by the American Association of Drugless Practitioners. She has a background in Sociology and Anthropology and Community Psychology and has worked as a consultant, coach, manager and trainer in the corporate arena. Wendy is the founder of the Take Your Health to Heart challenge and is looking to find one million women to participate in this vital challenge to stay healthy. www.TakeYourHealthToHeart.com

Advanced Luncheon Head Count Needed!

Please remember to register online at www.networkofexecutivewomen.org so we can give Aldario's an accurate head count for lunch. Pay \$17 if you (and your guests) register by 5 PM Friday, January 2nd. Important Note: late registrations or walk-ins will be charged \$22 per person.

Need a nametag?

Contact Virginia Allen (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.

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 at wanda@wandacarlson.com.

www.networkofexecutivewomen.org

President cont'd

smart deserving women and we look forward to our Awards Luncheon in April.

Exciting things are happening for Network and for our beloved country. Today for about 1 hour I felt the whole world stood still and I would like to end by saying God Bless America.

Maria

Welcome New Members

Please welcome our newest members.

- Nancy Hammett, Owner
Sound Mind & Body/Fitness of Women
213 Cherry Street, Milford, CT 06460
Tel: 203-878-9642
E-mail: niasmb@aol.com
Web: www.fitnessandyogaforwomen.com
- Sushma Sharma, Agent
New York Life
99 Hawley Lane, Suite #1400,
Stratford, CT 06614
Tel: 203-385-5176
E-mail: SharmaS@ft.newyorklife.com
- Daniela Wetherall, Owner
Daniela of Milan
7 Central Avenue, Milford, CT 06460
Tel: 914-826-6643
E-mail: UNHAE@optonline.net
Web: www.DanielaofMilan.com
- Lynne Marino, Financial Advisor
Merrill Lynch
157 Church Street, New Haven, CT 06510
Tel: 203-216-2355
Web: Lynne_Marino@ml.com
- Kristin Huffman, CEO - Cause Advocate
Power Image Events
20 Pond Street, Milford, CT 06460
Tel: 646-342-3200
E-mail: huffmankristin_@hotmail.com
Web: www.kristinhuffman.com

Weather Alert!

In the event of severe weather conditions, meeting cancellations will be announced via e-mail.