



**NETWORK OF  
EXECUTIVE  
WOMEN INC.**

*Women Helping Women Succeed*

# Contact

January 2005

## From the President~

The New Year is a time for reflection, planning, and resolution...and Network excels in all three areas!

2004 – our 25<sup>th</sup> year – was filled with evolution and accomplishment. We adapted to our growth by revamping our luncheon agenda. We responded to our membership by increasing the number of structured networking programs. Speakers have been a diverse mix of in-house expertise and dynamic women from outside our Network. Programs have been powerful, educational, and entertaining.

Luncheon attendance has almost doubled, and we're experiencing an interesting phenomenon: We're keeping to our timeframe...but you're getting so much out of our meetings that many of you are staying much later simply because you don't want to leave!

Scholarships were awarded to eight dedicated and deserving women. Girls Night Out...On the Town was the most successful fundraising event in our history, raising over \$6,000 (more than 5 times our first such event!). Gifts of holiday warmth were shared with women in a local nursing home.

As a totally volunteer organization, Network could not have achieved this great success without countless hours contributed by a talented and enthusiastic group of volunteers. Please join me in thanking and recognizing the contributions made by each of them:

- Christine Gonillo, Vice President
- Karen White, Treasurer
- Deb Woodcock, Recording Secretary
- Carol Raffone, Corresponding Secretary
- Joan Heybruck, Director at Large
- Carrie Jayne, Director at Large
- Mary Birarelli, Director at Large
- Ann Anderson, Activities
- Mary Algieri, Historian
- Suzanne Manning, Marketing
- Wanda Carlson, Membership
- Judy Gould, Newsletter (and e-mail communications)
- Joanne Walsh, Programs
- Jocelyn Murray, Publicity
- Virginia Allen, Scholarship
- Maria Vodola, Sunshine
- Mary Jo Romano, Telephone Captain

You, too, can experience first hand the rewards of Network involvement through volunteering. Call me at

*See President on page 2*

## Luncheon Meeting

January 4, 2005

**Aldario's • 12:15 PM**

**Speaker: N.E.W. Member  
Attorney Christine Gonillo**

### Topic:

## *“Is Your Legal House in Order?”*

Attorney Gonillo is a partner in the Milford law firm Cody and Gonillo, LLP. Members and guests will get an overview of the basic documents every woman should have in place to protect our personal and business assets.

Join your colleagues for an interesting and pertinent topic, along with lunchtime networking.

**\$15.00 per member if your registration is received before 5 PM, Friday, December 31, 2004.**

**Late registrations, non-members (guests), and walk-ins are welcome at the cost of \$20.**

*(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 783-5782

## 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 the Sunshine Chairman, Maria Vodola. You can e-mail her at [mvodola@mccuemortgage.com](mailto:mvodola@mccuemortgage.com). Please reference sunshine in the subject line.

## President cont'd

377-3036 (or email [hbmoser@WebmasterWebsites.com](mailto:hbmoser@WebmasterWebsites.com)) to discuss your interests!

Plans for the coming year are innovative and exciting. Our first luncheon meeting features long-time Network member Attorney Christine Gonillo. Chris, a past N.E.W. President and current Vice President, is a partner in the law firm Cody and Gonillo, LLC. Her topic – “Is Your Legal House in Order?” – will help each of us plan for a safe and successful future by discussing the basic legal documents each of us must have in place if we are to protect our personal and business assets.

At February's luncheon, Network member Shauna Sottery will focus on attitude and the impact of mind-set. The topic is how to harness the Power of Positive Thinking in our personal and business lives. Shauna is a psychotherapist, Life Coach and Confidence Coach. Her therapy/coaching practice is “Balanced for Success.”

Both meetings will conclude with a brief structured networking exercise.

As for resolutions, that's easy! A resolution is simply a firm decision to do something. By virtue of your N.E.W. membership, each of you has already resolved to grow your business through networking with other women! Those of us who have been members for a while can attest to Network's benefits: the wonderful friendships, the increased business, the personal and professional support of other women, and the comfort of knowing you can rely on the services of every other member by simply placing one phone call. Whatever your personal and business resolutions for this New Year, your continued membership and your active participation in Network is certain to help you meet your 2005 goals!

I look forward to seeing all of you at our luncheon on January 4<sup>th</sup> and wish each of you a New Year that exceeds your greatest expectations.

*Helen*

P.S. Remember to request seating at the Network table when you register for the Milford Chamber of Commerce 50<sup>th</sup> Annual Meeting to be held 11:30 a.m. Wednesday, January 19<sup>th</sup>, at Grassy Hill Country Club. Call Connie Smith at the Chamber (878-0681) or email [csmith@milfordct.com](mailto:csmith@milfordct.com). (Registration is required by January 12<sup>th</sup>.)



**Mark your calendars!**

**FEBRUARY 1, 2005**

**Network Member Shauna Sottery**

**Topic: “The Power of Positive Thinking in our Personal and Business Lives”**

*More information concerning this event will be found in the President's column*

## Spotlight on

### Harriet Haggerty Shamrock Financial Services



Shamrock Financial Services is an independent insurance agency specializing in the design, implementation and servicing of employee, executive and individual benefit plans. SFS takes pride in providing the highest possible level of service for the lowest cost of all the insurance programs and individual policies that they offer to their clients. For their business clients, SFS views themselves as an extension of the human resource department. For their individual clients, SFS represents them in the insurance marketplace and uses their expertise to meet the clients' unique needs. SFS offers a variety of life and health insurance plans. They represent over 100 insurance companies and SFS specializes in disability income protection plans for both companies and individuals.

For businesses, they offer a variety of medical insurance plans, dental plans, short and long term disability plans, life and AD & D plans, payroll deduction disability and life plans, voluntary benefit programs and retirement plans. Also offered are salary continuation plans, bonus 162 plans, deferred compensation plans and long term health insurance. In addition, key person insurance, buy/sell insurance and business overhead.

For individuals, SFS offers life, disability, specific disease and major medical plans, as well as long term care insurance, dental and medical supplements. Estate planning, client need analysis and wealth transfer planning is also offered to individuals.

Harriet C. Haggerty, principal of SFS, has over 23 years experience in the insurance industry. Prior to forming Shamrock Financial Services in 1998, she was the sales supervisor for Paul Revere Insurance Group, which was the leading disability carrier in the industry. She holds a B.S. and M.S. degree in Elementary Education from Southern CT. State University, and has earned the designation of RHU (Registered Health Underwriter) from the American College. Also, she is a member of the Society of Financial Service Professionals and serves on the Board of Directors of NAIFA, New Haven Chapter (National Association of Insurance and Financial Advisors).

Knowledge, expertise, creativity and integrity are the foundations upon which Harriet continues to build her business. She takes great pride in providing quality service to her clients and promises to always keep them in the green.

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

- **Donna Daley – Precision Hearing** – \$400 off on a pair of hearing aids to members and their families – call 381-9555.
- **Judith Gould & Associates Desktop Publishing** – 10% discount on all typesetting – call 876-2355.
- **LifeVisions – Personal Coaching** – 10% discount, Organizational Coaching – 15% discount for coaching within your company including individual and group coaching, consulting, workshops and/or retreats. Workshops and Retreats – 10% discount for individuals attending an event. Call Carole Jacoby – 203-389-4191 or e-mail: [carole@lifevisionscoach.com](mailto:carole@lifevisionscoach.com)
- **Celebrate Your Light**, Maia Lynd Certified Hypnotherapist and a Reiki Master – \$10 off a one hour session of one of the following; Reiki, Hypnotherapy, Cellular Healing, Past Life regression. Call 203-543-5670
- **Reflexions for Health**, Pat Pere McCarthy, Certified Reflexologist – 10% discount on Reflexology services for members. Call 301-0600 (by appointment only).
- **Helen Moser – A Certified Internet Webmaster**  
Discount: 10% discount on website design, re-design, or maintenance fees. Call 377-3036 or e-mail [hbmoser@WebmasterWebsites.com](mailto:hbmoser@WebmasterWebsites.com)
- **Fitness For Women and Not Just Yoga** will give a 10% discount for yearly memberships to the fitness circuit or 3-month memberships to yoga, pilates programs. Call Andrea Mullen 203-878-9642, visit the website for schedules [www.notjustyoga.com](http://www.notjustyoga.com) or e-mail [notjustyoga@usadatanet.net](mailto:notjustyoga@usadatanet.net)
- **Paula Murphy – Mary Kay Cosmetics** – \$20 free products for initial visit for complimentary Skin Care and Color Makeover with your photo in Women's Networking Book or \$100 off with 5 friends\*\* and \$25 to \$50 cash for referrals- please call 203-393-3938 or visit [www.marykay.com/pmurphy](http://www.marykay.com/pmurphy)
- **Jocelyn Murray – Marketing & Event Resources** 20% off press release writing and distribution package – call 377-9980.
- **Trish Stott Summers** – Smart Choice Mortgage Corporation –\$200.00 refund after closing on your mortgage. Call 203-876-4748

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

## Network Nametags

**Do you have a nametag  
for our Network luncheon meetings?**

If you don't, please contact Ginnie 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.

## 2004-05 Network Directories Are Available

The NEW 2004-2005 Directories will be available at the luncheon or you can contact Wanda Carlson 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](mailto:judygould@sbcglobal.net)



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**PO Box 3171**

**Milford, CT 06460-0971**

*Luncheon – January 4  
"Is Your Legal House in Order?"  
Register today!*