

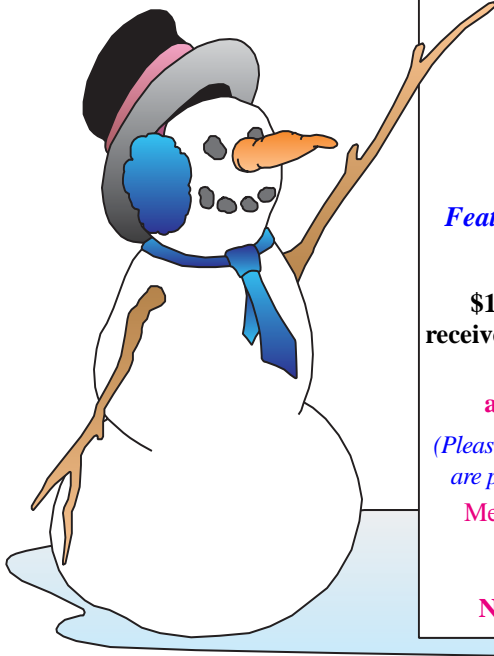


NETWORK OF  
EXECUTIVE  
WOMEN INC.

# Contact

*Women Helping Women Succeed*

January 2006



Luncheon Meeting

January 3, 2006

Aldario's • 12:15 PM

Luncheon "tabletop"  
focusing on  
"New Year / New You"

*Featuring all of our members who are involved in  
personal care and wellness.*

**\$15.00 per member if your registration is  
received before 5 PM, Friday, December 30, 2005.**

**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**

## From the President~

As we look back on 2005 and transition into the New Year, Network has never been in better shape!

Monthly luncheon attendance has been excellent, and each meeting offered facilitated networking opportunities. Programs and speakers have been diverse and educational, heartwarming and entertaining. The Open House at Al Dente's provided a relaxed networking atmosphere and gained us five new members in one evening. Our gifts of "holiday warmth" expanded to include women from three area nursing homes.

From a fundraising perspective, we added a special luncheon event in partnership with the Milford Chamber Trust. That awesome presentation by the dynamic Sarano Kelley was well attended and highly successful! Separate from that joint venture, Network also received \$1,000 for our scholarship fund from the Chamber Trust Fund. Girls Night Out exceeded previous years in size and scope. Moving GNO to the larger Grassy Hill Country Club venue was definitely worthwhile. 2005 was the most successful fundraising year in our 26-year history!

We awarded scholarships to nine deserving women attending eight distinct educational institutions in a variety of fields. (Be sure to attend our 2006 Scholarship luncheon in April. It's a wonderful opportunity to reap the rewards of your fundraising efforts first-hand and to personally experience the satisfaction of "women helping women.")

Perhaps most amazing is the fact that Network achieved all of this without a single employee! We could not accomplish our tremendous success without the countless hours contributed by our knowledgeable and dedicated group of volunteers. Please join me in thanking every one of them:

- Ann Anderson, Vice President
- Karen White, Treasurer
- Deb Woodcock, Recording Secretary
- Carol Raffone, Corresponding Secretary
- Joan Heybruck, Director at Large
- Carrie Jayne, Director at Large
- Chris Gonillo, Director at Large
- Sue Kasmin, Activities (and the force behind Girls Night Out)
- Mary Algiere, Historian
- Suzanne Manning, Marketing
- Carol Faruolo, Membership
- Judy Gould, Newsletter (and e-mail communications)
- Trish Stott Summers, Programs (including the Sarano Kelley presentation)
- Jocelyn Murray, Publicity

*President cont'd* ♡

*President cont'd*

## President cont'd from other side

- Virginia Allen, Scholarship
- Maria Vodola, Sunshine
- Mary Jo Romano, Telephone Captain

As you plan your New Year's resolutions, keep in mind that you've already decided to grow your business through networking with other women. If you believe – as I do – that what you get out of any situation is in direct proportion to what you put in, consider increasing your involvement in Network! To discuss volunteer possibilities, contact me at 377-3036 or hbmoser@WebmasterWebsites.com.

Plans for the coming year are evolving and exciting. Our first meeting on January 3rd is an innovative luncheon “table-top” focusing on “New Year / New You.” Featured will be all of our members who are involved in personal care and wellness. I look forward to seeing you there!

Wishing every one of you a healthy, joyous, and prosperous N.E.W. Year,

~Helen

---

## N.E.W. 2005-06 Directories Have Arrived

The Network Directories will be available at the luncheon. Members, be sure to pick one up.

---

## 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.

---

## 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.

---

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

---

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)



*Women Helping Women Succeed*

PO Box 3171

Milford, CT 06460-0971

Visit us online at:

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

Luncheon  
Tuesday, January 3  
Register Today!

## Spotlight on

### BJ Frazier

#### *Just For The Health Of It*

Most people put something about improving their health on their list of resolutions for the New Year. It might be getting more exercise, losing weight or eating better, but one thing is certain; nothing in life becomes more enjoyable with poor health.

According to medical research, all adults should take a vitamin supplement. However, not all supplements are beneficial. You should look for three things when selecting a supplement.

- **Is it safe to take?**
- **Does the supplement get absorbed?**
- **Are there proven health benefits?**

There is a difference between proven ingredients (such as vitamin C, E, Calcium) and a proven product, which may contain several ingredients (such as Centrum or One A Day).

My company, Pharmanex, is the global leader in the nutrition industry. We have been endorsed by the Olympics and the National Science Foundation to name a few. We have over 135 PhD scientists on staff in 3 research facilities around the world. It is our unprecedented science and unique ability to measure results that sets us apart.

The top two things my clients say they notice are more energy and better sleep. I have a wonderful woman who tells me she has been enjoying an increase in her libido since using Pharmanex. Another client who contracted Lyme disease says she believes that the brevity of her illness was due to the improved function of her immune system from taking LifePak.

Pharmanex products are 100% money back guaranteed, so before you visit the health food store give me a call. Oh, by the way, if you are already taking a supplement, check out the label. If it doesn't have a phone number so that you can call the company to inquire about safety, absorbability and proven health benefits, stop taking it.



## Weather Alert!

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