



**NETWORK OF
EXECUTIVE
WOMEN INC.**

Contact

Women Helping Women Succeed

July 2003

From the President~

I'M BACK!

And proud and honored to be your President for the 2003-2004 fiscal year. I am also proud to present to you the following officers:

Vice-President	Christine Gonillo
Treasurer	Karen White
Rec. Secretary	Debra Woodcock
Corres. Secretary	Carol Raffone



And

Directors At Large

Carrie Jayne Jody Culmone Kim Kasparian

Also the following Committee Chairpersons:

Activities	BJ Frasier
Historian	Joan Heybruck
Membership	Helen Moser/Cathy Gorman
Webmaster	Helen Moser
Newsletter	Judy Gould
Nominating	Harriet Haggerty
Publicity	Toni Gelineau
Sunshine	Carrie Alonzo
Marketing Programs	Tina Ostrowski/Jocelyn Murray Donna Daley

My mission this year will be to carry out the mission of the Network. "Women Helping Women Succeed." I hope to accomplish this mission by setting three goals.

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DEADLINE TO RENEW – JUNE 30
LAST CHANCE TO RENEW AND
BE LISTED IN THE DIRECTORY.
AFTER JUNE 30, \$5 LATE CHARGE TO
BE INCLUDED ON THE WEBSITE.

Luncheon Meeting

July 1, 2003

Aldario's • 12:15 PM

**Don't just manage stress –
transform it for success!**

*presented by our own Donna Sommers
(see bio below)*

\$15.00 per person advanced reservations

Deadline for response 5 PM, Friday, June 27, 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: newluncheon@aol.com

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

Donna Sommers

Donna will define how stress reduces vitality and stamina. Alignment and focus doubles your energy output, increases your business profit and doubles your leisure time! Learn to transform stress with simple techniques through the use of energy sciences and breath exercises. Damage control in just five minutes!

Participate and experience the effect Reiki Energy and Integrated Energetic Sciences have on the balance of the body/mind.

Donna Sommers, RN, BS is a Holistic Psychotherapist and Energetic Practitioner (Reiki Master/Teacher and Integrated Energetic Specialist). Her expertise is in the focusing and healing of emotional, physical and mental congestion that ultimately becomes a physical ailment. She will lighten it up by having the group participate in creating energy and experiencing the reality of this unseen world of energetic healing. It will be fun and enlightening.

Donna has been in the healing arts field for 30 years when it was more curious than it is now. She is the founder of The Balance Center of New Haven and Milford. The Balance Center (1982) was the first Holistic Center in Connecticut. Her commitment is to the awareness and wellness of humanity by providing the tools and knowledge to create healthier environments in the body, home and work place. Assisting women to grow and heal and be powerful is a special area of interest.

Remember it is only energy and **everything is energy!**

Welcome New members:

- Ann Anderson
Interior Redesign Specialist
Rooms Reborn
218 Turkey Roost Road, Monroe, CT 06469
Tel: 459-8901 Fax: 459-0004
E-mail: ann@roomsreborn.com
Web site: www.roomsreborn.com
- Jocelyn Murray
President
Marketing & Event Resources, LLC
P.O. Box 1352, Stratford, CT 06614
Tel: 377-9980 Fax: 380-9757
E-mail: jocelynm@marketingandeventresources.com
Web site: www.marketingandeventresources.com
- Millie Grenough
President
Grenough, LLC
200 Orchard Street, Suite 301, New Haven, CT 06511
Tel: 789-2191 Fax: 789-2191
E-mail: mille@grenough.com
Web site: www.grenough.com
- Patricia Rua
Co-owner (Partner)
Deb's Cooking & Catering
154 New Haven Avenue, Milford, CT 06460
Tel: 877-3676 Fax: 877-3826
E-mail: debscookingandcatering@hotmail.com
- Laurel Ellson
Attorney
Cody & Gonillo, LLP
185 North Broad Street, Milford, CT 06460
Tel: 878-7491 Fax: 876-2295
E-mail: lellson@optonline.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

2003-2004 NETWORK SURVEY

1. Of the luncheons that you attended in 2002-2003, which one did you enjoy best?
2. Which EVENTS did you attend and which ones did you like or dislike?
3. What would you like Network to do for you?
4. How can Network help increase your business?
5. How can you help Network raise funds for scholarship?

Name: (optional) _____



Women Helping Women Succeed

**PO Box 3171
Milford, CT 06460-0971**

RENEW NOW!!

President cont'd from page 1

First, is to increase the amount of scholarship money that we raise by actively seeking sponsors and attendees for our events.

Second, is to increase the amount of business that we bring to each other by encouraging members to use each other services and/or to bring business to each other by the way of referrals.

Third, is to increase Network's membership by personally recruiting appropriate women to join our organization.

I know that with the support and cooperation of my Executive Board, Committees and Membership, I will be able to accomplish these goals and bring Network "Back to the Future" (In order to carry on all the good that Phyllis Holt, our founder, intended Network to do.)

The Board and Committees are already working on some exciting programs and events to be announced at a later date.

If any of you have any suggestions or ideas for programs or events to raise money for our scholarship fund, please don't hesitate to contact the appropriate committee chairpersons or myself. We want to give all of you what you want. So, I encourage you to take a few minutes from your busy schedules and to complete the attached survey. You can bring it to the fabulous luncheon that will feature our own great Reiki Master Donna Sommers who will impart more energy to us. Or mail the survey to our P.O. Box (3171). Your kind completion of this survey will be most appreciated by the Executive Board and myself. I thank all of you for your cooperation.

With your continued support, I am looking forward to a very positive, exciting and productive year for all of us and for Network. I know that if we support each other and support our Network, we will have a GREAT year and will continue to exemplify our motto: "WOMEN HELPING WOMEN."

*Thank you,
Harriet*

About our members:

- Condolences to Donna Sommers on the loss of her sister. Our thoughts are with you.
- Get well wishes go out to Ginnie Allen. We hope she will soon be on the mend from her back problems.

*Save the Date ~
Next Meeting
August 5, 2003*

Spotlight on

Cathy Gorman, CPC

Advanced Placement

Advanced Placement, located in downtown Milford, handles both temporary and permanent office staffing in New Haven and Fairfield counties.

Advanced has been in Milford for 17 years and Cathy Gorman, CPC has been with Advanced for 11 years this July.

Advance's mission is to treat people as people, not as numbers; provide flexibility and choices and keep the door open for comments, questions and suggestions. A commitment to community is essential for all of the staff at Advanced. Affiliations include Milford Chamber of Commerce, New Haven Chamber of Commerce, Rotary International, United Way of Milford, Network of Executive Women, Human Resources Association, Connecticut Association of Personnel Services and the National Association of Personnel Services. It has been recognized as an outstanding service organization to both the individuals and the businesses it serves. The staff volunteers much of its time back to the community to thank them for their support.

The Advanced staff are trained and carry the highest industry honors. Cathy Gorman, as well as the other Placement professionals on staff, have earned the prestigious Certified Personnel Consultant (CPC) designations from the National Association of Personnel Services. This certification and the continuing education required to maintain it, assure that the staff at Advanced remain current in today's employment issues, trends and laws.

"I am honored and proud to be working with the finest professionals in our industry and one of the most respected agencies in the area. When we receive testimonials and thank you notes from our candidates and our client companies, it just proves that being compassionate and listening to people's needs... works!" says Gorman.

Please visit the web site at www.apinc.com to get to know the staff at Advanced!



Enjoy Your Summer



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



**NETWORK OF
EXECUTIVE
WOMEN INC.**

MEMBERSHIP RENEWAL

Please mail to:
PO Box 3171
Milford, Connecticut 06460

Your membership renewal form and dues of \$50 **MUST** be received by Network of Executive Women no later than **June 30, 2003**, in order for your profile to be included in the **membership directory and Website**. **If your form is received after June 30 IT WILL NOT** BE POSSIBLE TO INCLUDE YOUR PROFILE IN THE MEMBERSHIP DIRECTORY. There will be a \$5.00 late charge if you wish your profile to be included on the Website.

NAME:	COMPANY NAME:
¹ HOME ADDRESS:	ADDRESS:
CITY, STATE,,ZIP:	CITY, STATE,,ZIP:
	POSITION/TITLE:
TELEPHONE:	TELEPHONE
FAX:	E-MAIL:
WEBSITE:	
Please indicate one or more of the following committees on which you are willing to serve:	
Activities	Program
Newsletter	Telephone
Publicity	Historian
Membership	Sunshine
Scholarship	
What would you hope to get out of your Network membership in the coming year?	

Signature	Date

Please check a maximum of two of the following categories that best describe your profession and/or business. This information is used for indexing purposes on the Website and the Membership Directory.

ACCOUNTANTS/CPAs	ATTORNEYS	BANKERS
BEAUTY SERVICES	BUSINESS SERVICES	EDUCATION
CHILD DAY CARE	DESKTOP PUBLISHING/GRAPHIC DESIGNERS	CATERERS/FOOD/EVENT PLANNERS/HOTEL
FINANCIAL SERVICES	IT/ COMPUTER SERVICES	INSURANCE
HEALTH SERVICES	HOME DECORATION	MORTGAGE BROKERS
PERSONAL COACHES	PROFESSIONAL ORGANIZERS	REAL ESTATE AGENTS/BROKERS
RETIRED	RETAIL CLOTHING SALES	OTHER SALES
		SECURITY/RESIDENTIAL SERVICE

Please submit this application with a check in the amount of **\$50**, payable to **Network of Executive Women**. Please mail the application with your check to **Network of Executive Women, PO Box 3171, Milford, CT 06460**.

¹ Home phone and address are only for emergency purposes and will not be published in the membership directory.