



**NETWORK OF
EXECUTIVE
WOMEN INC.**

Contact

Women Helping Women Succeed

May 2004

From the President~

Happy Birthday To You
Happy Birthday To You
Happy Birthday Dear Network
Happy Birthday To You

That's right, Ladies, The Network of Executive Women is having a birthday. We are 25 years old, and we are having a party to celebrate. So, won't you please join us to celebrate our birthday bash on May 5th at 5:30 at Stonebridge Restaurant. This evening will not just be a celebration for Network, but a fabulous opportunity to network with your fellow members and an opportunity to really get to know the ladies of Network. Also, the evening is also dedicated to increasing our membership. So, bring a friend because any lady who joins that evening will get two free months for the price of her annual dues. What a deal that is. The dead line is drawing close, so please R.S.V.P to BJ at 203-397-8469 or register on line at www.networkofexecutivewomwn.net. Stonebridge plans to prepare some delicious food and we need to tell them how many will be attending by the 30th so that there will be plenty of gourmet delights for all of you who will be attending. There's also going to be a great big birthday cake, and you will want to dress your best because my sources tell me that there will be a photographer from Milford Living doing a photo shoot of Network members to be featured in their July issue. There is no charge for this event so hurry and sign up today and remember to bring plenty of business cards to Network's Birthday Bash.

Our Scholarship luncheon was a huge success with 53 attendees. I think the emotional impact of the luncheon and the overwhelming recipients' gratitude can be best summed up by a quotation from Martin Luther King. "Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart." For those of you who were unable to attend this luncheon, you missed truly what Network is all about: "Women Helping Women."

As the winter fades behind us, and spring emerges with its rebirth, often times, our attention turns to our own rejuvenation. This month's luncheon will focus on health issues particular to our gender. Dr. Mary Battilocchi will speak on the use of natural hormone replacement and how it compares to synthetic hormone replacement. She will also discuss various herbals and mineral supplements beneficial to women in menopause and how exposure to certain environmental toxins can contribute to menopausal symptoms and what you can do about it. Another topic will include menopause and the "osteoporosis connection."

Karen Dobosz, owner of Shoreline Physical Therapy and Sports Medicine, LLC & Womens Health Center will speak on the importance and relationship of exercise and menopause. Also, she will discuss the topic of how to prevent and

See President on page 2

Luncheon Meeting

May 4, 2004

Aldario's • 12:15 PM

Women's Health Issues

presented by

**Dr. Mary Battilocchi,
Karen Dobosz, P.T. (Shoreline Physical Therapy)
and Trish Kramer, RN**

**\$15.00 per member if your registration is
received before 5 PM, Friday, April 30, 2004.**

**Late registrations and walk-ins are welcome at the cost
of \$20. Non-members can come to Network luncheons as a guest
a maximum of 2 times, after which they must become a member
in order to attend.**

*(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

Dr. Mary Battilocchi, N.D.

Dr. Mary Battilocchi, N.D. is a Naturopathic Doctor, trained in the practice of natural therapies and also in diagnosing illness and conditions, much the same as an M.D. However the therapy of the Naturopathic Doctor is to give natural remedies rather than drugs. Dr. Battilocchi attended the Bastyr University of Naturopathic Medicine, in Washington State, a four year post-graduate school of medicine. She has been practicing naturopathic medicine for ten years. Her practice includes herbal medicine, homeopathy (a therapy which uses very small doses of a natural substance to activate the body's own vital force), clinical nutrition, acupuncture, and physical therapy including normalizing cellular fields. She specializes in allergies, women's health, children's health and both acute and chronic conditions and does health exams and lab tests in her office.

Her Women's Health Talk will focus on the use of natural estrogen and progesterone for menopausal women and how they compare in strength to synthetic estrogens and progesterones. She will also discuss the dangers and side effects of synthetic estrogen and progesterones and various herbals and mineral supplements beneficial in women who are menopausal. Additional topics will be How exposure to certain toxins can contribute to menopausal symptoms, what you can do about it, and menopause and the "osteoporosis connection."

Welcome New members

Please add these names to your NEW Directory.

- Carole A. Beckerer, Owner/Photography LLC
Driftwood Photographic
1097Bridgeport Avenue Milford 06460
Tel: 203-882-9424 Fax: 203-878-6542
E-mail: caroleann@opton.ine.net
Website: www.driftwoodphotography.com
- Suzanne Manning, President/Publisher
Milford Living Magazine
PO Box 2387 Milford 06460
Tel: 203-876-8618 Fax: 413-638-8244
E-mail: suzanne@milfordlivingmagazine.com
www.milfordlivingmagazine.com
- Miriam Sirkin, MD, Co-Pres. Obstetrician/Gynecologist
Southern CT Women's Health Care Associates
247 Broad Street Milford 06460
Tel: 203-783-0543 Fax: 203-874-5728

Please update your membership information

Look for the feature article on Network in the July issue of Milford Living.

Thank you, Susan Manning

Register for the May 5th Birthday Bash

President cont'd from page 1

control incontinence. (Not exactly one of our favorite subjects to think about, but definitely an important topic for women to learn more about and what they can do to prevent it.)

Trish Kramer R.N. from Southern Ct. Womens Healthcare Association will conclude the program with a discussion on the emotions of menopause and balancing the transitions of menopause. I understand that Trish is also quite an aerobics instructor and used to be a bodybuilder.

Ladies: Let's face it. We never get any younger. Even if you feel that you are too young to be interested in these topics, someday you will be there. We all grow older, (take it from someone who has just celebrated a milestone birthday and I'm not telling the number) so I am sure that these topics will be of interest to you someday in the future. For those of you who are already there, I think you will find this program stimulating and highly informative. As Richard Fuller said, "Don't fight forces, use them.

I hope all of you enjoy the beautiful spring weather with the buds blooming and the birds chirping. May all of you continue to plant your seeds, sow your oats, and may your business grow and bloom with plenty. Please, continue to network throughout this spring season and remember to attend our grand networking event on May 5th.

Happy Birthday Network!

Harriet

Scholarship Recipients

Our scholarship recipients this year were most deserving of these awards. They struggle to obtain that ticket to success, their diploma from college, in order to have a better life for themselves and their children. All of them work, manage families and still find the time to attend school.

Each recipient received a \$500 scholarship to the college of their choice. They will be spotlighted during the year individually in our newsletter.

Your participation in Network's events during the year helps raise the money for the scholarships which in turn benefits these women. Those who attended the luncheon know how much each woman appreciated your efforts.

These are the 2004 Network Scholarship Recipients:

Name	School	Degree
Deborah Black	Housatonic	Human Services
Marisol Diaz	Housatonic	Computer Science
Jan Ferraro	Quinnipiac	Diagnostic Imaging
Elaine Groth	Gateway	Legal Assistant
Madelyn Kinchen	Housatonic	Spec. Education Teacher
Ella Lee	Housatonic	Human Services
Arelis Maldonado	Univ. of Bpt.	Human Services/Psychologist
Elizabeth Ratliff	Univ. of Bpt.	Teacher

Chris Gonillo and I would like to thank the members of the Scholarship Committee, Joan Heybruck, Carrie Jayne and Victoria Rothenhausen for the many hours spent during the year preparing the new application forms along with total selection and interviewing process. They gave unconditionally of their time and expertise to make this event so rewarding.

Virginia Allen, co-chair.

Voting Ballot

Last chance to vote. Bring ballot to luncheon or mail before May 11.

The following is a list of proposed officers for 2004-2005. To vote these individuals into office, please return this ballot immediately. If you wish to vote in a different manner, write the member's name under the corresponding office and return this ballot.

PRESIDENT

Helen Moser

Other: _____

VICE PRESIDENT

Christine Gonillo

Other: _____

TREASURER:

Karen White

Other: _____

RECORDING SECRETARY

Debra Woodcock

Other: _____

CORRESPONDING SECRETARY

Carol Raffone

Other: _____

PLEASE RETURN THIS BALLOT TO:

Network of Executive Women, PO Box 3171,
Milford, CT 06460

Your name please _____

About Our Members:

- Our prayers are with Sally Van Hise to get well soon.

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 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 - 203 878 4191 or e-mail: carole@lifevisionscoach.com
- **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
- **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.

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



NETWORK OF
EXECUTIVE
WOMEN INC.

Women Helping Women Succeed

PO Box 3171
Milford, CT 06460-0971

**Luncheon May 4th
Birthday Bash May 5th
Time to Renew**



Mark your calendars!

Luncheon Programs

JUNE 1, 2004

Installation of Officers

Network Name Badges

A BIG thank you to Carrie Jayne for taking the time to sort and arrange our name badges into alphabetical order. Please ladies, return your badge into the proper folder.

If anyone needs a badge made, please contact Virginia Allen who has so graciously offered to make badges for new members and anyone without one.

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 you can contact Cathy Gorman who will send you one.

Renewal Forms are attached

It's that time of the year again. Don't forget to renew!!

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



**NETWORK OF
EXECUTIVE
WOMEN INC.**

MEMBERSHIP RENEWAL APPLICATION

**P.O. Box 3171
Milford, Connecticut 06460**

Your membership renewal form and dues of \$50.00 must be received by Network of Executive Women no later than June 30th in order for your profile to be included in the Membership Directory and Website. If your form is received after June 30th, the Directory will have gone to print, so it will not be possible to include you; and 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	Publicity	Membership	Scholarship
Newsletter	Telephone	Historian	Sunshine	

What would you hope to get out of your Network membership in the coming year?

Signature	Date
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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 DESIGN	CATERERS/EVENT PLANNERS/HOTEL
FINANCIAL SERVICES	IT/ COMPUTER SERVICES	INSURANCE AGENTS
HEALTH SERVICES	HOME DECORATION	MORTGAGE BROKERS
PERSONAL COACHES	PROFESSIONAL ORGANIZERS	REAL ESTATE AGENTS/BROKERS
RETIRED	RETAIL CLOTHING SALES	OTHER SALES
		SECURITY/RESIDENTIAL SERVICES

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

Revised 4/04

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