



**NETWORK OF
EXECUTIVE
WOMEN INC.**

Contact

Women Helping Women Succeed

September 2004

From the President~

How do you react to change? Some of us embrace change. Others vehemently resist. Perhaps the only constant is that, in the end, we all must adapt. Even as far back as 500 BC, the Greek Philosopher Heraclitus is quoted as saying, "Nothing endures but change."

Change is often precipitated by growth; and NEW is no exception. We have all applauded our increased membership and attendance at luncheons ...yet that very growth presents intrinsic dilemmas. How can we possibly fit our standard format into our allotted timeframe if "30-second-commercials" alone consume almost half an hour?...and how can we, at the same time, accommodate members asking for more, not less, networking time?

Growth also means that the number of members in any given field has increased ...and that creates a significant challenge for the selection of luncheon speakers. Further, some of you prefer members-only speakers; while others believe non-member speakers expand our horizons and provide additional publicity, guest attendance, and membership growth.

It's interesting to note that of the 12 monthly meetings held during calendar year 2003, there were 3 non-speaker meetings (scholarship, installation of officers, and 1 networking meeting) and 9 speaker meetings. Even more interesting to me when I researched this was that, of those 9 speaker meetings, only 3 were presented by members and 6 were presented by non-members!

Recognizing the dichotomy of exciting growth and ostensibly conflicting requests, the Board listened carefully to your input and seriously considered your requests and ideas. Board members and Committee Chairs have worked diligently to arrive at solutions that keep our focus on networking, while maintaining as much tradition as feasible, showcasing as many members as possible, and keeping the door open for non-member speakers who have important and relevant information to impart.

I wish all of you could have witnessed our August Board meeting! I was impressed by the understanding, creativity, and thoughtfulness with which your Board considered various options. New members and long-term members were equally respected and "heard;" and many points of view were carefully weighed and discussed. The principle of "women helping women" was evident...and I believe the Board's decision combines the best of the old and the new, adapting to evolution without ever losing focus: the recognition, support, and growth of our membership and their businesses. Here is their decision:

- The "10-minute presentation" by a member will be suspended after our September meeting.
- "30-second-commercials" will be shortened to "name-and-company-only" intros beginning in September.
- In lieu of the 10-minute presentation and "commercials," we will institute a 10-15 minute structured networking exercise at every speaker's meeting, with a facilitator assigned to each table to ensure its focus and effectiveness.
- The number of structured networking-only programs will be increased (see our agenda for the September meeting)

See President on page 2

Luncheon Meeting September 7, 2004

Aldario's • 12:15 PM

It's Time to Network

In response to strong member feedback about the July Networking Round Robin, our September 7th meeting will focus on giving members an opportunity to increase their business contacts over lunch. Table conversation will be facilitated by a Board member seated at each table. Members will be encouraged to sit with a group that is "N.E.W." to them—with the intention that they will have the initial groundwork laid for seven new contacts and/or leads when they leave Aldario's.

Plan for some stimulating conversation and new avenues to get your business more widely known. Bring your business cards, a guest if you wish and join us September 7th!

Also, cast your vote on the Board's recommendation to make Ginnie Allen our newest Honorary member.

\$15.00 per member if your registration is received before 5 PM, Friday, September 3, 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: NEW_since1979@yahoo.com

No e-mail: call Mary Jo Romano at 783-5782



Mark your calendars!

OCTOBER 5, 2004 - Luncheon

Speaker: Neysa Stallman-Gaurino,

Executive Director of the South Central CT Agency on Aging

Topic: Caring for (or managing the care of) elderly parents



NOVEMBER 3, 2004

**Girls Night Out...on the Town,
at the Courtyard Marriott in Orange**

*More information concerning these events
will be found in the President's column*

Visit us online at:
www.networkofexecutivewomen.net

President cont'd

- Whenever humanly possible, speaker programs will be announced in Contact and on our website at least 1 month prior (please note our October speaker and topic).
- While we will always consider members first, we will continue to schedule non-member speakers whenever they provide insight, credentials, expertise, or breadth of knowledge not provided by members ...but effective immediately, we will also highlight and recognize those members who provided a resource or service related to the speaker's topic (a new and exciting addition!).
- Each member will be personally responsible to note future months' topics in Contact or online – and to notify the President and Program Chair (by e-mail or phone) whenever they believe their business directly relates to that topic. They will also be responsible to (a) provide a few written sentences that can be used by the President to recognize them, and (b) bring related handouts to that meeting.
- Those members who comply with the above will be individually introduced at the meeting by the President; and literature related to their business will be distributed to all in attendance.

Here's a practical example of how this will work:

- Our September meeting will include the last 10-minute member presentation, introductions by name and company (only), and a structured networking program (no speaker).
- Our October meeting will consist of introductions by name and company, followed by a 10-15 minute structured networking exercise at your table (be sure to sit with "new" members – not friends). Our speaker is Neysa Stallman-Gaurino, Executive Director of the South Central CT Agency on Aging. Caring for (or managing the care of) elderly parents affects many of us personally and impacts our business by contributing to absenteeism and other workplace issues. Neysa is known for her *extensive* knowledge on the subject...and with our new approach, we will also recognize those members who provide resources on aging and the elderly and distribute their program and contact information – something that has not been addressed in the past!

I hope you will join us as we implement our innovative agenda...and that you will both recommend – and keep an eye out for – future meeting topics. Your continuing input is requested. Help us keep our programs current, relevant, and interesting...and take advantage of our increased opportunities to highlight your business. Contact Joanne Walsh, Program Chair, by e-mail (jwalsh@vnascc.org) or phone (203-777-5521).

I'm also delighted to share two additional items:

1. Network's bylaws state, "Honorary Membership shall be bestowed on a member who becomes inactive by reason of her withdrawal from her place of employment only upon recommendation of the Board of Directors and a majority vote of the members-at-large so voting." In our 25th anniversary year – in recognition of her 25 years of active and faithful service to Network – your Board of Directors has unanimously voted to recommend Ginnie Allen for Honorary Membership. Ginnie, now retired, is one of the very first women to join our founders and help build our Network. For a quarter of a century, she has worked tirelessly to promote and support our goals, most notably as Chair of Network's Scholarship Committee. In accordance with our bylaws, the Board's recommendation will be presented to the membership for a vote at our September meeting, so please plan to attend and cast your vote.
2. Activities Chair, Ann Anderson, and her Committee are kicking our annual fundraiser up a notch. You won't want to miss **Girls Night Out...on the Town**, scheduled for **November 3rd** at the Courtyard Marriott in Orange. With all net proceeds of the

evening benefiting our Scholarship Fund, the evening offers multiple opportunities for each of you:

- a. Invite your friends, moms, sisters and daughters and enjoy a great Girls Night Out. The evening is full of fun, fashion, food, friendly networking, and fundraising in the true sense of sisterhood and "women helping women." Tickets go on sale at our September luncheon ...so bring your checkbook!
- b. Apply for a tabletop before they're sold out. Take advantage of this limited opportunity to market your business to members and non-members alike. Applications are available from Ann Anderson or online at www.networkofexecutivewomen.net.
- c. Contribute a service or product to our silent auction. This is a new addition to Girls Night Out...and an easy way to support our scholarship program and showcase your business at the same time! [Alternatively, you can donate any item with a minimum retail value of \$25].
- d. For questions, tickets, applications, or contributions, contact Ann Anderson by phone (203) 459-8901 or e-mail ann@roomsreborn.com.

Looking forward to seeing you all at lunch on the 7th and to your active participation in Girls Night Out,

Helen

Spotlight on

Pat Pere McCarthy –
Certified Reflexologist

Its NOT about FEET!



The Holistic practice of Reflexology has less to do with the feet than poetry has to do with the paper it is written on.

During a session the foot is where healing begins. However the true art in experiencing Reflexology is in the balance that comes from within.

• Not Born yesterday

Called many things since its beginning in time, 2300 BC. Reflexology through the years has been tried and true to many well-known people *Princess Diana, Muhammed Ali, Christopher Reeves* to name a few. The media has exposed, researched, tested, and used it as subject matter in soap operas, and movies. Many articles have been published by magazines all embracing Reflexology as a calming, relaxation technique.

• Guaranteed Stress less

Clients have come to me with varied health concerns ranging from brain tumors and cancer to stress. What has been presented to each client is Whole Body Reflexology, an alternative and complementary therapy. It is not a way to replace a doctor's visit, physical therapy or massage, but complements it. Always check with your physician especially if there is a pending health concern. Reflexology should not be painful in any way. It's a way to ease stress, increase circulation, and decrease symptoms of pain. This is necessary to truly let healing begin.

• It's not your Mom's massage

Remember how mom use to massage your back or rub your feet! It felt good didn't it? Reflexology is not massage; it feels good, is relaxing and healthful. What makes it different is the acupressure type techniques applied primarily by thumbs to points on the feet. Reflexologists use pressure, stretch and movement techniques methodically to work the Whole Body that is mirrored on the feet. This influences each of the body's internal organs and systems as well as impacting symptoms of illness.

Balance your life, Energize your spirit, Improve your health and leave your feet to me!

Reflexions for Health, 112 Broad Street, Milford, CT

By appointment Only 203.301.0600 www.Reflexforhealth.com

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 – 203-878-4191 or e-mail: carole@lifevisionscoach.com
- **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
- **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 or e-mail 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
- **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 or 203-876-2355.

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

American Red Cross Urges Families, Businesses To Prepare In Wake Of Changing Threat Levels

Following the announcement on August 1st that the terror threat level has been raised to “High/Orange” for the financial sector in New York City, northern New Jersey, and Washington, D.C., the American Red Cross is urging individuals, families, and businesses across the nation to make appropriate preparations according to the Red Cross recommendations for the Homeland Security Advisory System.

Public preparedness needs to become a priority for the American public not only for the protection it can offer in the event of a disaster, but also for the sense of calmness it can provide even in incredibly troubling times.

“There is a confidence that comes when you know what to do if you are told to respond to a disaster” American Red Cross President Marty Evans said in a recent interview on “Good Morning America.”

Experts agree with Evans that preparedness can lend an additional element of support in what could normally be a very stressful time. Unfortunately a recent Red Cross/ Wirthlin Worldwide report found that only 20 percent of the American public feels adequately prepared to deal with another terrorist attack or natural disaster

“Our goal is to make sure that everyone is prepared, wherever they may be-work, home or school.” said Red Cross Vice President of Response Joe Becker. “We don’t want the public to live in fear, but we do want people to recognize that we live in a different world, and it’s always best to be prepared.”

Whether your community is under a heightened security alert or at risk for flash flooding finding out what can happen where you live or work is the first step. Once you have determined the events possible and their potential damage to your community, it is important that you discuss them with your family, household, or colleagues and develop a disaster plan together.

There are many other positive steps you can take to feel prepared, including anything from taking a basic first aid course so that you can help your neighbors if needed to becoming a regular blood donor to help ensure a readily available blood supply.

Detailed information is available regarding a Personal Disaster Plan, Disaster Supplies Kit for individuals, Families, Businesses, Neighborhoods, and Schools is available on our local web site of www.milfordredcross.org or our National web site.

You may also call your local Red Cross in Milford at 203-874-2531.

Welcome New Members

Please add this information to your NEW Directory.

- Lynne McNamee, President
Wine Tasting Planners
27 Anderson Avenue Milford, CT 06460
Tel: 203-218-9061
info@winetastingplanners.com winetastingplanners.com



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PO Box 3171

Milford, CT 06460-0971

Girls' Night Out is November 3rd

Invite friends

Apply for a Tabletop

Contribute to our Silent Auction

Buy your tickets!