We Are Moving!
Starting on July 15, 2015, luncheons will be held at Langley’s Restaurant at Great Neck Country Club, 28 Lamphere Road, Waterford, CT 06385.
- Price Increase - The cost will be $22 for reserved luncheon starting July 15, 2015, (the increase was unavoidable whether we moved or not).

Reservations are required.

The Network has a very bright future! We hope you will join us in this lovely country club setting, where the food is delicious, the service is great, the views are beautiful and there is plenty of free parking.

Upcoming Programs

August 19
Your Next Big Adventure!

This luncheon will feature a panel discussion geared to people who may be looking toward the next chapter in their lives. Discussion will include resources, opportunities for employment with re-training education, work at home opportunities and new business startups. The focus will be on four areas that would most likely be of interest to our members. There will be an open Q&A afterward.

- Marinello – educational re-training.
- CTWorks – employment opportunities, resources for resume writing, etc.
- Network Marketing/Direct Sales – a generic overview will be given about the benefits of working from home.

- CT Small Business Development Center (CTSBDC) – new business startup with Matthew Nemeth.

July Luncheon

Bare, Bold & Beautiful

Join us Wednesday July 15, at 11:30 am at Langley’s Restaurant at Great Neck Country Club for our monthly luncheon meeting.

Shakia Seabrook, will share her vision for a movement she founded in March of 2013, “Bare. Bold. Beautiful” is the movement, and its purpose is to encourage girls and women to take back the definition of beauty and to redefine it. Now some of us seasoned ladies might be thinking, “Oh, I am just fine in my skin, so this isn’t really for me,” but our Program Committee wants to challenge all of us to think beyond that. Who do you know and what young woman in your life needs to hear such a message?

The media and celebrities work overtime, and get paid boatloads of money, to promulgate a message that has for a long time undermined young women. Conscientious parents have their hands full supporting their daughters in the face of this daily cultural barrage that they are just not pretty or good enough. With this in mind, what young lady could you invite to the July luncheon that would benefit from a great day out with you, a delicious lunch at Langley’s, and an uplifting, life affirming message that might make a difference for them? We thought that a good age guideline for our young ladies would be 10 years and up, on the cusp of adolescence, and able to sit and be attentive.

Again, who comes to mind – a daughter, a granddaughter, a niece, the daughter of a friend, a favorite high school or college student, maybe a new young mom? It is our hope that the July luncheon will be a difference-maker for us and for a group of young ladies we care about.

In addition, professional headshots will be offered by Sheree Sipinski at the July luncheon. The photography cost will be $26.59 per person, cash (exact change please), check (made out to Sheree Sipinski Photography LLC) or credit card.

Network members and guests are encouraged to arrive at Langley’s Restaurant in Waterford at 11:30 am for registration and networking, lunch at 12 noon. The public is welcome. Reservations are required. Please make your reservations or cancellations for the Wednesday, July 15 luncheon online anytime 24/7 at www.sectwomensnetwork.org by 10 am, Monday, July 13.

Cash or checks for $22 made out to the Women’s Network will be collected at the door. Reservations after 10 am on Monday will pay $27. Reservations no-shows and late cancellations will be billed.

September 16
Women in Government
Spotlight Article
Carol Ryall – The Pink Mermaid
...a Mastectomy Boutique

The Pink Mermaid was opened in January of 2013 by Carol Ryall. Carol is a BOC Certified Mastectomy Fitter and has wanted to open a shop that was designed with women in mind for quite some time. The store is welcoming and painted in beautiful feminine colors of aqua, purple and pink.

This is the best spot locally for ladies to visit and discuss upcoming breast surgeries. They can see everything they may need! Right after surgery they may want a post surgical camisole which comes complete with a “puff” for the surgical side, so they can look nice in their clothing during recovery. This garment comes with drain pockets to hold their surgical drains which may be in place for several days following surgery. If they are considering reconstruction they can take a look at the softest compression bras and straps to be worn during that process.

If they are having a mastectomy they can take a look at the variety of breast forms and bras that are available. Gone are yesterday’s boring M-frame bras! Mastectomy bras now are beautiful and range from lacy camisoles to racey colored sports bras. The Pink Mermaid carries all types of breast prosthesis forms - foam forms for immediate use after surgery, silicone forms, lumpectomy forms and swim forms. There is always something new to take a look at!

Currently, The Pink Mermaid is busy selling mastectomy bathing suits. When a woman wears a breast prosthesis form it is important to have a special swimming suit top to hold the form in place.

continued on page 3

President’s Message
Thanking So Many and Looking to the Year Ahead
Phyllis Nelson’s inaugural address as President of SECT Women’s Network.

“Deb McGrath, you did an outstanding job this past year as President, and those of us who served beside you on the board and our entire membership thank you for your dedication to and love for the SECT Women’s Network.

“Thank you all for your vote of confidence. I am honored to be chosen as the new president of this wonderful organization and I will work to represent the SECT Women’s Network with excellence.

“There are a couple of others I want to thank.

“First, my mom Iva, whom we welcomed into membership today. She set an example of responsible, accomplished leadership from my youngest days. Thank you mom for adding to who I am today.

“My wonderful husband Kirk has encouraged me to be all that I am called to be, in every leadership role I have had the privilege of serving. He has always been there to support me. He is the great man behind the good woman.

“It is amazing to me to be here doing this. I came to a luncheon about nine years ago. I saw a blurb in the paper for a special speaker that I thought might be interesting. I have no memory of that speaker, but I do remember that I knew that day that this was the organization I needed to be a part of. The quality of the membership was apparent to me from that one visit.

“It came back. I joined. I got involved. I saw that the depth of the value of my membership and my relationships would be found in putting both feet in. From there I was invited to be an alternate on the board and then I was asked to help fill the very accomplished shoes of Kasey Goss, a former membership chair. Wow! I had the privilege of spending a couple of years working on the membership table, then a year as VP/Program Chair and now this. Who would have thought?

“This year we will be embarking on our 40th year. What an achievement! One of our first actions as a new board will be to appoint a task force that will plan the wonderful ways in which we will celebrate this milestone and celebrate those, like our founder Millie Devine who had the vision to create a network that supports us professionally and personally. This is a network which may begin for many of us as a simple business activity, but grows into a network of friendships and collaborations that crosses all kinds of societal and cultural lines.

“We have a very exciting year ahead, with interesting programs, a brick pathway dedication at Safe Futures, more scholarships, new members, new friendships and partnerships, a new luncheon location beginning next month (July), and special ways we will commemorate 40 years of women helping and supporting women.

“If you haven’t jumped in with both feet yet, do it now! We need the unlimited skills and talents found in our membership to make it so. Find your niche, make your mark. Become part of the history of the SECT Women’s Network! Thank you for being part of our organization. Don’t forget, next month (July), we will be lunching at Langley’s at the beautiful Great Neck Country Club in Waterford.”

Phyllis Nelson
President
Carol Ryall...from pg. 2

All of the forms contain some air and are buoyant - nobody wants it to float out of the bathing suit! The swimsuits are kept in stock all year so ladies traveling south can always find a swimming suit. They can choose their style and even order their fabric choice if they do not like the colors that are in stock!

The store consists of four main spaces. The front of the store features many gift items, swimsuits, Hawaiian dresses, jewelry, Lindi Skin lotions and handmade cards. The Living Room area is where meetings and informational seminars are held. It is also a nice comfortable spot for their guests to wait! There is a private Hat Salon for ladies who are dealing with hair loss, where they can try on a large assortment of head coverings which includes pre-tied scarves, turbans, hats and ties. The Pink Room is where ladies are fit with the breast prosthesis forms, post surgical garments and bras that they need.

Carol Ryall is also a BOC Certified Orthotic Fitter. She can fit ladies - or gentlemen - with compression stockings or lymphedema garments. Both of these items are offered in off-the-shelf styles and custom garments when needed. She also carries Swell Spots and specialty bras for lymphedema.

The Pink Mermaid is currently branching into Plus Size bras. They will be carrying bras from several manufacturers to meet the needs of ladies who need an excellent supportive bra!

Medical insurances usually cover the cost of forms and bras. The Pink Mermaid is enrolled with Medicare, Medicaid, Connecticut, CTCARE VIP Medicare, United Healthcare, Tricare and MultiPlan policies. Stop in and see what they can do for you!

The Pink Mermaid offers confidential and private fittings that will make a difference in your life! Contact Carol at: The Pink Mermaid, 1313 Gold Star Hwy, Groton, CT (860) 865-0825.

Network @ Night

Network @ Night evening gatherings are held every other month on Monday nights at various locations.

Make a reservation online www.sectwomensnetwork.org

The cost is $7 payable at the door. Please check the website for more details, future dates and locations.

• July 6, 2015 – Network @ Night, 5:30-7:30 pm at Stonington Natural Health Center, 107 Wilcox Road, Suite 103, Stonington, CT 06378. Dr. Megan Marco will be hosting this event.

• September 14, 2015 – Network @ Night, 5:30-7:30 pm at Pape Chiropractic & Wellness Center, 305 Flanders Road, Suite 6, East Lyme, CT 06333. Dr. Tianne Pape will be hosting this event. Light refreshments will be served.

※ Important Network Notices

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• **Price Increase** - The cost will be **$22 for reserved luncheon** starting July 15, 2015, (the increase was unavoidable whether we moved or not).

• **Membership renewals** were available at the May Luncheon and sent via Constant Contact email and US mail. **Please renew promptly.**

• Consider advertising in the Network printed directory, the monthly newsletter and on our website.

• The July 15th luncheon is the deadline for membership renewals to appear in the printed directory. Thank You for Your Membership and Support!
New Members

Cora Abbiati, Student, 15 Porter Street, Quaker Hill, CT 06375, Phone: 860-857-76437, Email: abbiati@sbcglobal.net

Cora is currently a student at Three Rivers Community College majoring in Exercise Science. She is pursuing a career in Occupational Therapy. Cora is the 2015 SECT Network scholarship recipient from TRCC.

Iva Arpin, Family & Historical Research, 113 Victoria Drive, Norwich, CT 06360, Phone: 860-822-6304, Email: namabear39@live.com

Iva has been a volunteer librarian for 22 years at the Family History Center in Groton, CT, and an archivist for 14 years with the Daughters of the American Revolution (D.A.R.) in Norwich, CT. Iva is Phyllis Nelson’s mother.

Stephanie Efthimiou, Rodan + Fields, Plainfield, CT 06374, Phone: 860-303-0329, Email: steph-0603@yahoo.com Website: www.sefthimiou.myrandf.biz

Stephanie was an elementary school teacher for two years. She loved being in the classroom and working with the kids; however, she did not like the amount of work she had to bring home at night and on weekends, when she felt her time should be spent with her family. After having her first child in April 2014, she decided to look for an opportunity that would allow her to work on her terms, around her family’s schedule, in very part-time hours. She became an Independent Consultant for Rodan + Fields. R+F has allowed her to step away from teaching to become a stay-at-home mom and business owner. She will surpass her monthly teaching income by the end of this year.

Price Increase for Luncheon

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Reservations are required.

June Drawings

Casey Saunders’s name was drawn for the Ha Ha Lunch – and Ha Ha, she wasn’t there! Camilla Ross won the cash and donated it back to the scholarship fund. Kathleen Kennedy won the Spotlight article and Gail Weber won the Resident article. Barbara Ashley won the Cameo Table to showcase her business at the July luncheon.

Network Board Meeting

Friday, July 10

The next Network Board Meeting is Friday, July 10, 8 am, at the Hampton Inn, 300 Long Hill Road, Groton, Connecticut. All members are welcome to attend.

Reservations are required. Make reservations online for the Wednesday, July 15 luncheon at Langley’s Restaurant, Great Neck Country Club in Waterford, CT at www.sectwomensnetwork.org no later than 10 am, July 13

Reservation no-shows and late cancellations will be billed.