

American Business
Women's Association



A DASH of NUTMEG

Nutmeg Chapter
Waterbury, CT

A Chapter of the American Business Women's Association

May, 2013

Nutmeg Chapter

President: Barbara Houle
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Vice President: Jan Baltrush
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Secretary: Linda Jacovino
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Treasurer: Rita DiMaria
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ABWA Mission

The mission of the American Business Women's Association is to bring together business women of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.



May 22, 2013 MEMBERSHIP DRIVE

Thomaston Savings Bank
Watertown Avenue in Waterbury
Time: 6:00 - 9:00 pm
Refreshments will be provided.
Invite friends/colleagues!
Co-chairs: Jan Baltrush, Betsy Conway, and Jorge Dias.
RSVP—Contact Jan.
Phone (203) 592- 3645
Email findyourstuff@att.net

SPRING FOOD DRIVE

Please bring nonperishable items to the May 6th dinner meeting. Items collected will be donated to the local food bank.



Message from the President

You can't build a reputation on what you are going to do. - Henry Ford

We are in the middle of our membership drive and I am pleased to introduce two new members. Rita Lombardi and Marita Calabro were installed at last month's meeting. I'd like to welcome them into our ABWA family. Let's continue our recruiting efforts to make this year's membership drive a success.

Business Associates Night was a great opportunity to learn more about our members' businesses. Thank you to members who participated and donated door prizes and to Betsy Conway for chairing the event.

Jan Baltrush was awarded Woman of the Year at the April meeting. We also honored our Past Women of the Year. Congratulations to all.

The May meeting will include the election of the officers. Please join us for our 36th chapter anniversary celebration.



Nutmeg Chapter Vision Statement

We are **A**spiring, **B**right, **W**omen **A**chieving goals and dreams. Spice up *your* life with a little Nutmeg! The Chapter's recipe for success to empower its members includes some key ingredients: respect for all, a thirst for knowledge, and a taste for success. We aptly utilize networking, business, and communication skills. *TOGETHER* we will build our future!



Save the Date: May 6, 2013

Networking 6:00pm * Dinner meeting 6:30 pm

Nutmeg Chapter Celebrates its 36th Anniversary!

Juniper's Restaurant (Phone: 203-598-0422) 1383 Whittemore Rd Middlebury, CT

Menu Choices: Roast pork, stuffed chicken breast, and swai. **Cost** is \$25 pp.

Email annedy611@yahoo.com **Phone: 203-753-5343**

The deadline for reservations is May 1st. Cancellations after this date are billed.

Come celebrate the chapter's 36th anniversary with us at Juniper's in Middlebury! Congratulations to charter members Irene Lepi and Maria Ruta. Past Presidents will be honored at this meeting. Ask colleagues/friends to join us for a great evening!



ABWA PROUD CODE OF CONDUCT

All members will serve as goodwill ambassadors for the American Business Women's Association.

Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.

Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness and in good faith.

Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.

Members will not use their personal power to advance their personal interests.

Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills and by encouraging the professional development of other members.



RECOGNITION

Our GOOD WISHES go out to Irene Lepi.

CONGRATULATIONS to Marie Tomasiello upon becoming a great-grandmother with the birth of twins—a little girl and a little boy.



ABWA

Congratulations to Judy Paolini who recently received an APEX in Personal Marketing certificate for successfully completing "Creating Your ABWA Experience" on WIN.



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A DASH OF NUTMEG

Save the Date: Next Meeting—May 6, 2013

Program Speaker: Julie Ostuno, *LMT, RMT, CLDT* Email earthelementctm@sbcglobal.net
Topic: Earth Element Clinical & Therapeutic Massage

Earth Element Clinical & Therapeutic Massage was founded in July, 2004 for the distinct purpose of relieving pain.

Owner, Julie Ostuno, is a Licensed Massage Therapist in Connecticut and New York. She is also Nationally Certified in Therapeutic Massage and Bodywork, and is a Professional member of the AMTA (American Massage Therapy Association). Julie is also a Reiki Master/Teacher, completing her training in 2004. Massage education consisted of 1048 classroom hours at Connecticut Center for Massage Therapy in Westport, CT in conjunction with many clinic and hands-on hours.

In 2007, Julie completed a certification course in manual lymph drainage/decongestive therapy which is helpful for patients suffering from lymphedema.

Julie earned a Bachelor's Degree in Health Sciences in 2010, and is currently working toward her MBA in Health Management.

She strives to diminish the effects of pain in all areas of the body; whether due to injury, surgery, strain, or disease. Massage, along with Reiki and Acupressure, allows her to blend many facets of the mind/body connection.

In conjunction with primary care physicians, specialists and chiropractors, she can work on many diverse illnesses including Fibromyalgia, Multiple Sclerosis, post surgery and scar work, rotator cuff, back pain, whiplash, repetitive injuries, structural inconsistencies, and headaches. The benefits of massage are quite extensive and not restricted to these disorders.



THINGS TO REMEMBER.....May 6th

- > Past Presidents will be honored.
- > Vote for dollar amount to be donated for SBMEF.
- > Elect Officers. Come & cast your vote to elect new officers for 2013-2014. Slate of officers are President-Barbara Houle; VP-Rita DiMaria; Treasurer-Jan Baltrush; Secretary-Linda Jacovino.
- > Bring a friend or colleague



Today is a great day to start something new...Just *think* of the seemingly endless possibilities. Be a leader, a team player, or a motivator. The outcome is sure to please you!

