

American Business Women's Association



A DASH of NUTMEG

Nutmeg Chapter
Waterbury, CT

A Chapter of the American Business Women's Association

July, 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.



July 8th Dinner Meeting

We will recognize members with special anniversaries. Can you guess who celebrates 40 years with ABWA, 35, 30, 25...5?

- Dolores Yerger.....40th
- Rosemary Vincitorio.....35th
- Nina Laudano.....30th
- Marie Tomasiello.....30th
- Helen Fascia.....25th
- Nicole Maiorano.....5th
- Holly Wrenn.....5th



New Executive Board

The new officers for 2013-2014 will be installed at the July 8th meeting. Their term begins August 1, 2013.
Barbara Houle—President
Rita DiMaria—Vice President
Linda Jacovino—Secretary
Jan Baltrush—Treasurer



Message from the President

“Commitment leads to action. Action brings your dream closer.” - Marcia Wieder

At our June dinner meeting we showed how our commitment and action in updating our Nutmeg Chapter website lead to our dream.

Many thanks to Jorge Dias and Betsy Conway for helping us realize our dream. Visit our updated website (www.abwanutmeg.org) and let Jorge and Betsy know what you think. Also I extend a very special thank you to our past president, Judy Breiner, for her vision to see the need in having a chapter website.

It was my pleasure to install our newest member, Jenna Fiore, and I look forward to installing Wendy Haskell and Doreen Dilger at our July meeting.

Our June speaker, Caryn Vincent, was enlightening and fun in her presentation. Personally I gained some insight in running our future meetings.

Hope everyone has a wonderful 4th of July holiday and I look forward to seeing you at the dinner meeting on July 8th.



Save the Date: July 8, 2013

Note: This is the second Monday in July.

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

Place: Mona Lisa Restaurant 203-879-7300
10 Wakelee Rd (off RT 69)
Wolcott, CT 06716

Cost: \$25

Menu Choices

Filet of Sole Francaise, Chicken Marsala, or Cavatelli with Broccoli Rabe & Sausage

To R.S.V.P Email or Call Betsy with your reservation

Email bjnocera@aol.com **Phone:** 203-910-7231

The deadline for reservations is July 3rd. Cancellations/no shows after this date are billed.



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.



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.



NEW MEMBERS

We welcome Jenna Fiore who was installed in June. We also welcome Wendy Haskell and Doreen Dilger who will be installed at the July 8th meeting.



August 5th Picnic.

Mark your calendar to save the date; details will follow. The executive board encourages members to invite their spouses, family, friends, and colleagues to join us for this event!



A DASH of NUTMEG

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A DASH OF NUTMEG



Next Meeting—July 8, 2013

Program Speaker: Maureen Wilson Your Simple Feast, A Personal Chef Service

Description of talk:

*Would you like to know what you can do to improve immune function, lower blood pressure, build muscle, strengthen bone and promote weight loss? *Incorporating what we call **power foods** regularly into your diet can help you towards all these goals. *We will give you some tips on how to start eating better and improve your health and wellbeing.

BIO:

Maureen comes from a family of cooks, where food is a passion. She has been cooking for the past 30 years, and has enjoyed traveling around the world to appreciate the food and wine of other countries.

She first recognized the need to prepare meals for her mother who was diabetic and no longer able to cook for herself. Maureen's clients and her Mom have benefited from her approach to a healthy and delicious menu.

She is a member of the American Personal and Private Chef Association and holds a certificate in Dietary Supervision from Naugatuck Valley Community College.

Maureen Wilson Your Simple Feast, LLC Newtown, CT
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THINGS to REMEMBER

July 8th: Dinner Meeting **Note: this meeting is the second Monday in July.**
We will install the new officers for 2013-2014: Barbara Houle, President; Rita DiMaria, VP; Linda Jacovino, Secretary; and Jan Baltrush, Treasurer.

October 3-5, 2013

The ABWA National Women's Leadership Conference will be held in Little Rock, Arkansas. Log on WIN to learn more.

Chapter Website

Nutmeg Chapter website has been revised thanks to the diligent efforts of Jorge Dias and Betsy Conway. You may access it by logging on www.abwanutmeg.org The chapter website has a new inviting appearance, is very user friendly, and meets ABWA National requirements. At a viewing shared at the last meeting, members present were very excited and impressed...the members' business directory allows viewers to click on a member's email address and be in direct contact with that individual via email. Oh there is so much more. Do take a look for yourself and be informed and IMPRESSED!

- ~ Information regarding meeting, events, dates, times and locations will be constantly updated. It will be kept current for members to reference or newcomers to learn more.
- ~ Members' Business Directory allows all who access the website to learn more about our member's businesses.
- ~ Program tab will show the programs for the year, once we have that list completed.
- ~ The newsletter can be accessed from the website.
- ~ Announcements for upcoming events or changes.