

American Business  
Women's Association



ABW Day September 22

**Nutmeg Chapter**  
**Executive Board 2013-2014**

**President: Barbara Houle**

(203) 560-0837

LTFBMH@aol.com

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(203) 560-0835

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**Treasurer: Jan Baltrush**

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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.



### Kudos to YOU!

A Congratulatory note from Rene' Street to the Nutmeg Chapter Team Board. Have you seen it!!!

Rene' Street congratulated the Executive Board and the members of the Nutmeg Chapter of the American Business Women's Association for having achieved the status of Striving for Best Practices for the 2012-2013 Award Year. Julie Clark will represent our Chapter at the National Women's Leadership Conference in Little Rock, Arkansas to accept this award. You can join her. Make your reservation today! Info available on WIN. Also, log in on WIN to read Rene's message in full!

# A DASH of NUTMEG

Nutmeg Chapter  
Waterbury, CT

A Chapter of the American Business Women's Association

September, 2013



## Message from the President

"Nothing is impossible, the word itself says 'I'm possible!' .... Audrey Hepburn

Our chapter kicked off the new award year with a fun picnic. It was a great opportunity to just enjoy networking and socializing that evening. The feedback from those in attendance was very positive.

In recognition of ABW Day (September 22) and our fall membership drive, we will again be sponsoring a booth at the Watertown Fall Festival on September 21<sup>st</sup>. Please support the membership committee and volunteer some time on that day.

We are looking forward to another year of "fun" fundraising, performing community service projects, awarding an Impact scholarship in June 2014, increasing membership through networking and continuing to educate our chapter members.

As we inspire one another this new award year remember nothing is "impossible".

**September 21st—Membership Drive at Veterans' Memorial Park in Watertown, CT.** Promote the Nutmeg Chapter by volunteering at our membership recruitment table. Enjoy the fall festival at Veterans' Memorial Park in Watertown. Contact Rita or Doreen to sign up.

Rita DiMaria--Email: LTFBMH@aol.com Phone: 203- 560-0835.

Doreen Dilger-- Email: doreendilger@yahoo.com Phone: 203- 910-0587

**Flaunt Your Purse-ontology:** Our chapter is looking to support this event by donating a purse filled with \$100 worth of gift certificates to brand-name stores. Proceeds to benefit the ABW Foundation. This event will be held at the ABWA Leadership Conference. Our chapter supported this event last year and will do so again with your help. We are seeking donations: one purse and gift certificates to brand-name stores. Please contact Barbara. Email: LTFBMH@aol.com Phone: 203-560-0837



**Save the Date: Sept. 9th, 2013**

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

Mona Lisa Restaurant 203-879-7300

10 Wakelee Rd (off RT 69)

Wolcott, CT 06716

**Menu:** Shrimp Francaise, Veal Marsala, or Pasta Primavera **Cost: \$25 per person**

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

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

The deadline for reservations is Sept., 4th. Cancellations after this date are billed.

## Committee Chairs /Co-chairs

**Hospitality** Anne Drost 203-753-5343  
Email: annedy611@yahoo.com

## Fundraising

Nina Laudano 203-755-3756  
Email: nina.laudano@snet.net  
Lynne Lund 203-755-9207

## Membership

Rita DiMaria 203- 560-0835  
LTFBMH@aol.com  
Doreen Dilger 203-910-0587  
Email: doreendilger@yahoo.com

## Professional Dev. Program

Rita Lombardi 860-978-4922  
Email: ritalombardiimt@gmail.com

## Publicity

Helen Fascia 203- 879-3259  
Email: fasciasweets@gmail.com

## Recognition

Dolores Yerger 203-267-4270

## Scholarship Betsy Conway

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

## Webmaster

Jorge Dias 203-706-2999  
Email: Jorge\_dias@ml.com

## Vocational Speaker: Jan Baltrush

Jan is the treasurer on the Executive Board. She is the Nutmeg Chapter Woman of the Year 2013.

## Program Speakers for Oct. & Nov.

**October 7-** Karen Gregaitis, MS - Empowerment Training, Therapy & Coaching, Owner of Creating Transformations, LLC

**November 4-** Diane J. Ploch, Writer & Communications Specialist, Owner of Ploch Creative Communications and Administrator, Arts & Culture Collaborative, Waterbury Region.



## A DASH of NUTMEG

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# A DASH OF NUTMEG

**Save the Date:** September 9, 2013 (second Monday in September)  
**Program Speaker:** Sharon Dawid Massafra **Topic:** Multilevel Marketing

Sharon Dawid Massafra - Owner of Home Instead Senior Care & Independent Consultant, Arbonne International Sharon is a health, wellness and aging professional with nearly 30 years experience in the health care field. She has worked or volunteered in hospitals, hospices, skilled nursing homes and in home care. Currently, Sharon is the franchise owner of Home Instead Senior Care and is an independent consultant with Arbonne International.

## Things to remember.....Quorum needed!

- >**Audit:** Sandra Harrison, committee chair, will present the audit report to our members.
- >**Fundraising Committee:** Committee co-chairs, Nina Laudano and Lynne Lund are looking for your approval and support. Come and cast your vote at the September dinner meeting. Tentative fundraising events & dates: Oct. 5th-Mohegan Sun Bus Trip; Nov. 1st-Food, Fun & Games at the AOH in Wtby.; Dec. 1st-Shopping at Elizabeth Richard Gifts.
- >**September 21st,—Nutmeg Chapter Fall Membership Drive and ABW Day Recognition**
- >**October 3-5, 2013:** ABWA National Women's Leadership Conference in Little Rock, Arkansas. Julie Clark is attending. How about you? Log on WIN to learn more. Make your reservation today and encourage others to do the same.



## Hospitality invites you to mark your calendar

**Oct. 7th** — dinner meeting at Jesse Camille's in Naugatuck, CT

**December 2nd** — chapter Holiday Party at Juniper's Restaurant in Middlebury, CT

## 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.



## Nutmeg Chapter Vision Statement

We are **Aspiring, Bright, Women Achieving** 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: inspire one another, respect for all, a thirst for knowledge, and a taste for success. We aptly utilize networking, business, and communication skills as we cultivate our future.

## American Business Women's Association Annual Theme for 2013-2014



*"Like ripples emanating when a stone hits the water, the effects spreading wider and wider as they change the face of the entire pond, you too can change the world when you get involved with ABWA."*

(Women in Business, Summer 2013.  
A Publication of the American Business Women's Association)