

A DASH OF NUTMEG

Nutmeg Chapter

Executive Board 2013-2014

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NUTMEG

Waterbury, CT

A Chapter of the American Business Women's Association

The Mission of the American Business Women's Association is to bring together businesswomen 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.

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Program Speaker: Thomas Vannini

March 3rd

Topic: Disaster Preparedness for Small Businesses

The Nutmeg Chapter will hold its next meeting on Monday, March 3rd at Santos restaurant in Naugatuck. Please join our dynamic group filled with learning and valuable networking opportunities with local professional women, working women, and women business owners.

Our speaker for this evening is Thomas Vannini with the Department of Emergency Services & Public Protection. Thomas attended Northwestern Community College and the University of Connecticut. He holds a degree in Criminal Justice.

*Police officer for City of Torrington for 28years

*Volunteer Firefighter for 11 yrs.

*EMT 11yrs.

*Emergency Management Director for City of Torrington

*Hired in 2007 by State of Connecticut Department of Emergency Management & Homeland Security to administer School Security Grant

*Became a Regional Planner for this department in 2009

*Became Regional Coordinator for Region 5 I in 2010 currently based in Waterbury. Office is responsible for assisting 43 communities with their plans, funding, and regional responses to major incidents. Have been involved with 5 presidential disaster declarations.

*Serve as Co-Chair for Child Emergency Preparedness Committee for State of Connecticut

*Serve on Committee that was responsible for the writing of the All-Hazard School Emergency plan template that was produced after Newtown Tragedy

*Lead for the development of an All Hazard School training program, due for release in February 2014

Thomas Vannini
Department of Emergency Services & Public Protection
Division of Emergency Management & Homeland Security
Region 5 Coordinator

March 3, 2014 Dinner Meeting

Network 6:00pm Dinner 6:30pm

Santos Restaurant

152 Church St Naugatuck, CT 06770

Phone: (203) 729-7850

Buffet Dinner Cost: \$25:00 pp

To RSVP Email of call Anne

Email: annedy611@yahoo.com

Phone: 203-753-5343

Reservation deadline—Feb. 26th

Cancellations after this date/No shows are billed.

Speaker: Thomas Vannini



President's Message

"No winter lasts forever; no spring skips its turn." Hal Borland

With a winter that seems to be never ending this quote reminds me that spring is around the corner. For us it means our spring membership drive will be getting under way in March. I look forward to everyone participating in our membership drive.

Thank you to Fascia's Chocolates for the use of their conference room at our February meeting as well as providing the delicious cake and chocolates.

Thank you to Jorge Dias on our enlightening WIN program at this meeting and to Betsy Conway assisting Jorge with the WIN navigation. Jorge is looking forward to having more members utilize WIN and I know he will be encouraging us at every meeting.

Welcome to our newest member Amy Griswold. Installing new members is always a fun part of my job.

Well wishes to Louise Romeo for a speedy recovery and hope to see her back at our meetings soon.

Finally, thank you to Doreen Dilger for working with Judit Paolini on the newsletter.

March 3, 2014 Meeting

THINGS TO REMEMBER

QUORUM NEEDED

*Vote to elect Women of the Year candidate Julie Clark or Member of the Year Jorge Dias.

*Vote to determine spring conference reimbursement for cost of registration.

*Elect Nominating Committee.

SPRING FUNDRAISER : April 5th

The Mohegan Casino bus trip is set for Saturday April 5, 2014. The cost is \$35 per person. Bus will leave the commuter parking lot across from NVCC in Waterbury at 3:00 PM and leave Mohegan Sun at 10:30 PM. Please save the date and please ask your family and friends to do the same. Details will be available soon.

March 1 - May 30, 2014 is ABWA Spring Membership Recruitment Campaign



EDITOR'S NOTE

The new layout of A DASH of NUTMEG enhances the chapter's potential to attract women in our local community as we nurture and grow our local membership. This issue highlights our most recent member and will continue to highlight others. I've also downloaded and utilized newsletter templates and jpeg items available on WIN intended for use by local chapters.

A thank you goes to Doreen Dilger for her enthusiasm and collaboration on the newsletter.

ABWA changes the lives of women one woman at a time. A brief essay on page 5 reveals the woman who was instrumental in changing mine! In celebration of ABWA's 65th Anniversary, the newsletter will feature essays written by our membership about women who have changed their lives! I encourage you to submit your essay to me. In addition, members wishing to submit items (business: events, seminars, business tips, etc.) to the newsletter please email them to me, Judit Paolini.

Email: 154sparrows@sbcglobal.net

Vocational Speaker: Jorge Dias

Jorge Dias, a Financial Advisor in Southbury, CT, Office of Merrill Lynch, has been with the firm since 2003.

Jorge has a passion to assist clients as is evidenced by his service, advice and advocacy. In addition to his position at Merrill Lynch, Jorge works with seniors at a local retirement community that allows him insight into the retirement needs of seniors. By utilizing the Merrill Lynch Wealth management Process, he specializes in helping you:

- *identify your financial goals
- *formulate a strategy to aid in accomplishing your goals
- *help implement an appropriate solution (based on your risk tolerance, time horizon, liquidity needs and overall investment goals)
- *monitor progress that guides you to a financially secure future

Jorge cultivates a deep understanding of your needs and concerns through a collaborative effort. No matter what your stage of life, your retirement plan must reflect your specific personal or business situation and must highlight those financial products that best fit.

Jorge helps to build personalized portfolio strategies and retirement plans for:

- Business Owners
- Families
- Individuals
- Retirees
- Seniors

In 2012, Jorge obtained the Certified Special Needs Advisor (CSNA) designation. By working closely with families and their attorneys, he develops action plans for the ever changing life of a special needs child. This may include providing Estate Planning services, Family Protection, Liability & Lifestyle Management. Certified Special Needs advisor (CSNA) designation, which is an internal Merrill Lynch self-study curriculum based on a variety of wealth management topics and a course exam.

Jorge, a lifelong Connecticut resident graduated from Central Connecticut State University in 2002, with a B.S. in Management Information Systems.



Jorge Dias
 Financial Advisor
 108 Main Street North
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 Southbury, CT 06488
 Phone: (203) 573-5796
 Email: Jorge_dias@ml.com

I have learned as a rule of thumb, never to ask whether you can do something. Say instead, that you are doing it. Then fasten your seat belt. The most remarkable things follow.

Julia Cameron



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.



RECOGNITION

Well wishes go to Julie Clark.

Well wishes go to Louise Romeo.

Congratulations to Julie Clark who is a nominee for Woman of the Year also Jorge Dias who was nominated Member of the Year.

Congratulations to Amber Palomba on her lateral move as Store Manager of New York & Co. to Yonkers, NY.

Congratulations to Amy Griswold on her upcoming wedding in April.

Spice up your life with a little Nutmeg!

Our chapter offers numerous opportunities for you to connect with our membership of professional women and women business owners—

*Monthly Dinner Meetings

*Monthly Newsletter

*Website

(Members' Directory displays one's business information)

*Business Associates Night

(members showcase their business)

*Email/USPS

Approved 2-10-2014

NUTMEG CHAPTER STANDING RULES 2013-2014

- 1) The designated dinner meeting night is the first Monday of the month unless the first Monday is a holiday in which case the meeting will be held the following Monday. The Executive Board may vote to change or eliminate the meeting date for special circumstances (ex. inclement weather). Members notified via radio, email/text, or phone call. There is no meeting in January. The annual chapter picnic is in August.
- 2) Dinner reservations are to be made by 5:00 pm the Wednesday prior to the monthly meeting unless otherwise noted in save the date notification. The deadline for dinner cancellations is Friday noon prior to the monthly meeting. Any member or guest who does not cancel by deadline will receive a statement from the Treasurer which is to be paid by the next meeting.
- 3) An Invocation, Pledge of Allegiance, and Benediction will be recited at each meeting.
- 4) Any member being nominated for the office of Vice-President, Secretary or Treasurer must be a member in good standing for twelve consecutive months prior to the date of nomination or have chaired a committee or a project. Any member being nominated for the office of President must be a member in good standing for twenty-four consecutive months and must have chaired a committee or served on the executive board one year prior to the date of nomination.
- 5) Chapter minutes and the Treasurer's report will be voted on at the next monthly dinner meeting.
- 6) Annual chapter dues will be \$30; dues for members who are 70+ will be \$20. Dues are payable by July 31st. Failure to pay Chapter dues by the due date will result in a non-active status. A member will be reinstated upon payment of dues. A member's dues must be up to date both nationally and locally to be a member in good standing.
- 7) The Chapter will purchase a Past President's trophy, plaque or pin to be presented to the outgoing Chapter President at the July meeting. Upon an additional term of service, an appropriate gift may be presented.
- 8) Standing Rules will be reviewed annually by a committee which will be appointed by the President and begin their work in September. Proposed changes and/or additions will be presented for approval at the February Members Only Business Meeting. Any changes will be conveyed to National Headquarters via the Chapter minutes. Revised Standing Rules will be posted in the Team library on WIN. It will be emailed to members and mailed via the USPS to members without email access.
- 9) March will be the month for the Chapter's Woman of the Year election. The Chapter will purchase an official "Woman of the Year" trophy, plaque, or pin to be presented to the member elected for this honor. All nominees must be members in good standing and have held a chapter office or chaired a committee or a project. March will be the month to elect a member Top Ten. All nominees must be members in good standing and have met eligibility requirements set by ABWA National.
- 10) The "Scholarship Recognition Meeting" will be held at the June meeting. Scholarship recipients will be invited guests and the cost of their dinner will be borne by the Chapter Education Fund. In the event a recipient is unable to attend that meeting, this rule will apply at the first meeting the recipient is able to attend following the award of the scholarship. Family members and invited guest(s) of the attending recipients will be advised of and required to pay for their meals.
- 11) The Executive Board is authorized to approve payment of any one bill up to \$500.00 (Dinner meeting excluded). NO member is authorized to spend association funds without prior Executive Board approval. All checks must be signed by two officers.
- 12) The Education Fund can be used for scholarships and the following membership/education expenses: library, regional and national conference registration, seminars/speakers for the benefit of membership as a group, program (guest) speakers' fees/dinner and expenses related to Education fund raising and scholarship. When an educational speaker is scheduled, with the board's approval, members' dinner may be at a reduced cost.
 - a. Registration will be covered for the President to attend the National Convention and Regional Conference. If the President cannot attend, the same expense will be paid for the Vice President to attend in place of the President. These expenses will be reviewed annually.
 - b. Annually, the chapter members will decide prior to the National Convention or Spring Conference the amount which members will be reimbursed to defray the cost of registration fee, upon proof of attendance and paid registration.
- 13) Funds from the Education Fund will be spent in the following ratio: 51% of the money is to be spent on the education of the membership and 49% on scholarship. Based on the Chapter yearend balance on July 31st allocation for the education fund for the following chapter year will be determined.
- 14) Annually our Chapter members will vote on the amount to be contributed to Steven Bufon Memorial Fund (SBMEF).
- 15) Recognition of members' achievements will be made in the chapter newsletter. The Executive Board will determine the appropriate gift to a member for illness, death, or death of family members (e.g. spouse, partner, children, parents, and siblings).
- 16) The Nutmeg Chapter elects to adopt the ABWA Proud Code of Conduct, and it will be printed in each issue of the Chapter's newsletter.



The Woman Who Changed My Life

By

Judit Paolini

In celebration of Women's History Month, I'd like to pay tribute to my mom. She was a simple, slightly plump, woman whose grand character charmed everyone. People listened attentively when she spoke for they admired and respected this woman who did not speak English very well and whose expressions in turn were quite humorous. On some occasions, her misspoken language made the listener laugh and we certainly did. In turn, she looked at us bewildered; but once we explained what was so funny she joined in our laughter.

Mother's formal education ended with the sixth grade. Yet, she had great wisdom and understanding about life. Her insight came not from history books but from the pages of life itself. It is one thing to sit in one's living room and read about World War II but quite another to have endured the horrific devastation firsthand!

In the fall of 1956, the pages of history with their indelible ink touched her life once again. The Russian Army had crushed the Hungarian Freedom Fight. Food was oh so scarce. We were almost completely out of bread when word reached our apartment complex that the local bakery in Budapest would be selling bread but would stay open only until it ran out. It was horrifyingly unsafe for anyone to walk the streets. Yet, Mom knew what she had to do and hurriedly set forth on her simple mission. My sister Roza and I (ages 6-8) joined her scurrying along.

Waiting in line at the bakery proved to be very anxious. Suddenly, the terrible clanking noise as metal was hitting the pavement making its way toward us made everyone very uneasy for we all surmised it had to be a Russian tank! Then the noise became menacingly loud, and the massive steel dragon appeared! Oh, my gosh! We were all sitting ducks standing outside waiting for our turn! There was no place to run or hide as it hovered like a giant monster ready to strike. Surely, mother was terrified but didn't show it to her little ones standing in front of her! On the other hand, Rose and I (the youngest among the shoppers) were petrified but did exactly as mother had instructed—"Don't turn around to look at the tank. Don't move at all. Just look down."

No mother wants to put her children in harm's way. Yet, there was no other choice. We were needed to help Mom carry home as many loaves of bread that she could purchase. During this time, the Russian Army did not hesitate to shoot any Hungarian if they perceived them a potential threat. People knew the soldiers were especially suspicious of men in their prime and boys in their teens. So, the shoppers were mostly women. None were men like my dad who was in his early thirties and with whom Mom desperately pleaded to stay home.

The fall of 1956, Austria opened its borders and welcomed Hungarian refugees. It was then that Mom convinced Dad that escaping Hungary was not simply the right thing to do but the only thing to do in order to provide a better life for the children. Not knowing whether they would succeed or die in their courageous quest, Mom and Dad embarked on their daring escape with their only valuable possession—my two brothers, two sisters and me. Our ages ranged from three to nine years. On a brisk and chilly night, we succeeded the arduous flight to freedom once we crossed the border into Austria.

My family arrived to American in the spring of 1957. Mom's heroic action under God's watchful eye lifted us from the gripping clutches of poverty and transplanted us where we could flourish! So, Mom is the woman I credit for changing my life!

ABWA Spring Membership
Recruitment Campaign
March 1-May 30, 2014

Starting today, make a commitment to grow both your league and your Association by sponsoring or recruiting a new member. When you make an investment in our Association through recruiting, you inspire your community to continue *changing women's lives one woman at a time!*

Inspire other women through ABWA and be inspired by your league, your fellow members, and your community.

What better time than the 65th year of ABWA to sponsor or recruit a new member? It's the perfect opportunity to share the history of your Association and invite someone new to help us shape the future of ABWA! During the Spring Membership Recruitment Campaign, you can find inspiration and recruit new members by:

- inviting a co-worker to your local league's monthly meeting
- hosting a luncheon for recent graduates or college alumni
- becoming a mentor to a woman just entering, or re-entering, the workforce
- sponsoring someone looking for new ways to connect, learn, and grow.

Imagine inspiring someone you know to continue working toward her dream—a big promotion, the corner office, starting her own business. As a member of ABWA, you have a myriad of resources to share with others who could benefit by joining a strong and vital community committed to learning, to mentoring, and to growing stronger together.



Recruit one new member during the ABWA Spring Membership Recruitment Campaign, from March-May 2014, and you will receive this commemorative button celebrating our Association, our members, and our future!

ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION
800-228-0007 • www.abwa.org

JOIN THE NUTMEG CHAPTER of ABWA TODAY!

WWW.abwanutmeg.org

New Member Spotlight



Amy Griswold
Liberty Mutual
751 Straits Turnpike, Suite 1000
Middlebury, CT 06762
Cell: 203-215-0409
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Hello, my name is Amy and my career with Liberty Mutual began in May of 2012. I graduated from the University of New Haven and majored in Hotel and Restaurant Management. My fiancé and I enjoy spending time with our families, hiking and fishing! I am involved with The Greater Tribury Chamber of Commerce as well as the Greater Waterbury Board of Realtors. In addition, I am involved with several charity events for the Cystic Fibrosis Foundation. At Liberty Mutual, we are committed to offering affordable insurance programs to help you lead a safer more secure life.

Upcoming Events

April 7th—Business Associates Night
 this event is sure to inspire you—it provides a terrific venue for you to showcase your business/ profession. It provides the opportunity for you to attract new clients/customers. Furthermore, the chapter has another occasion to increase its membership by attracting new members.

FOOD DRIVE: Please bring nonperishable foods to April 7th meeting.



April 24-26, 2014 Eastern Regional Conference in Roanoke, VA at the Sheraton Roanoke Hotel & Conference Center. Enjoy two full days of sessions, networking, and recognition.

Register online at: www.abwa.org
 Or charge by phone (800) 228-0007

District conferences foster learning, enable you to discovery something new, and have fun! It's a great opportunity for you to meet your ABWA friends from near and far. It's networking your looking for...there's plenty of that!

Meet and greet ABWA Executive Director, René Street. Get to know members of the National Executive Board: National President, Lorie Burch; National VP, Nancy Griffin; and National Secretary-Treasurer, Gaylyn DeVine. Chat with District IV Vice President, Tracy Jackson, Ph. D. who especially looks forward to chatting with all District IV Sisters!

Committee Chairs /Co-chairs Hospitality

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A DASH of NUTMEG

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Spice up your life with a little Nutmeg! Contact the Nutmeg Chapter on our website.
www.abwanutmeg.org

ABWA's Proud Code of Conduct

Ethical dilemmas occur as a result of values in conflict. It is important the values of the American Business Women's Association are communicated to all members. Leaders of the Nutmeg Chapter are asking its membership to support, reinforce, and uphold ABWA's Proud Code of Conduct.

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and Express Network Bylaws.
5. Members will not use their personal power to advance their personal interests.
6. 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.