



## Nutmeg Chapter

Waterbury, Connecticut

*A Chapter of the  
American Business  
Women's Association*

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## President's Message

### Happy New Year to Everyone!

At the February dinner meeting the Nutmeg Chapter will accept nominations for ABWA Woman/Man of the Year. To be eligible, a member must be in good standing with ABWA National and the Nutmeg Chapter. The chapter's standing rules requires that a member must have held a chapter office, have been a committee chair or chaired a project. We will also take nominations for Top Ten. Eligibility requirements set forth by ABWA National are included in this newsletter along with the requirements for Woman/Man of the Year.  
(See page 4 & 7)

In the winter issue of Women in Business Magazine I am pictured holding the Striving for Best Practices 2013-2014 awarded to the Nutmeg Chapter. (See page 2)  
Congratulations to Barbara Hoyle, her executive board and all of you in achieving this honor.

At the February dinner meeting our chapter will welcome and install Desiree La Fontairie as our newest member.

Please know that Rene' Street is unable to attend the February 2nd dinner meeting. Her attention is needed elsewhere, and she has contacted me to cancel her visits with us.

Looking ahead, the Eastern Regional Conference will be held in Safety Harbor, FL on April 16-18. Mark your calendar and join me. You are sure to be inspired.

**Judy Paolini**

# National Leadership Conference 2014



Left: Judy Paolini, CT Nutmeg Chapter President

## 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—

**\*Dinner Meetings-**

**Meeting on the first Monday of each month**

**\*Monthly Newsletter**

**\*Website- [www.abwanutmeg.org](http://www.abwanutmeg.org)**

**\*Business Associates Night**

**\*Email/USPS**

### *Nutmeg Chapter Vision Statement ~*

*Our members relish and celebrate 65 years with ABWA. We are **Aspiring, Bright, Winners 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:*

*Respect for all, inspire and connect, a thirst for knowledge, a taste for success and make new friends!*

*We aptly utilize networking, business and communication skills as we cultivate our future.*

*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.*

## Nutmeg Chapter 2014-2015 Executive Board

**President:** Judit Paolini

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**Vice President:** Doreen Dilger

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**Secretary:** Amber Palomba

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**Treasurer:** Rita DiMaria

Email: [LTFBMH@aol.com](mailto:LTFBMH@aol.com)

Phone: (203) 560-0835

## Upcoming Meeting Information

**February 2, 2015**

### **Vasi's Restaurant**

1700 Watertown Ave. Waterbury, CT 06708

**6 p.m.** Networking **6:30 p.m.** Dinner Meeting

The cost is \$25.00 Per Member/Guest

#### **Dinner choices are:**

- 1. Chicken Francaise-Egg battered chicken sautéed in a white wine lemon sauce**
- 2. Seafood Stuffed Sole-Drizzles with a creamy white wine lemon sauce**
- 3. Pasta Europa- Sautéed onions, capers, artichokes, black olives, roasted peppers & plum tomatoes in a white wine sauce topped with Gemelli pasta sprinkled with Feta cheese**

**Please RSVP by January 26, 2015 to:**

**[cristine.hakim@edwardjones.com](mailto:cristine.hakim@edwardjones.com) or call Jessica at 203-758-1396  
You may also place your order by going to [www.abwanutmeg.org](http://www.abwanutmeg.org)**

**Cancellations and No shows after January 28th are billed.**

**Program Speaker- Caryn Vincent**

**Vocational Speaker- Julie Clark**

The Program Speaker topic is: **Going with the F.L.O.W.**

## ***Focus.Love.OnPurpose.Wellness***

In this workshop we will look at the F.L.O.W. of our lives. What we are Focusing on? Are we coming from a place of Love or fear? Are we living our life On purpose? How much time are we committing to our own Wellness? In today's world of constant change and movement, it is easy to get lost in the craziness of it all. How many of us have had one week, one month or even a year pass by and wonder where you were and where it went. Why do we spend so much time and energy worrying about and fighting the changes around us? When we have the power within us, to create our ideal life and embrace the changes and obstacles that stand in our way!

## Women/Man of the Year Award Information

Yes, you saw that right! ABWA National has changed its Woman of the Year Award to be Woman/Man of the Year Award. So each chapter may elect a Woman of the Year or a Man of the Year. At the February dinner meeting the Nutmeg Chapter will accept nominations for Woman of the Year or Man of the Year.

Please know the criteria for this award is...a member must be in good standing. So, a member must have an active status which means that her/his membership dues to ABWA National and to a local chapter must be paid up to date. In addition, the Nutmeg Chapter Standing Rules require that a member must have held a chapter office or chaired a committee or a project.

The Nutmeg Chapter will elect its Woman/Man of the Year at the March dinner meeting.

## February Meeting Program Speaker Bio

### **Caryn Vincent, Success Coach with Vincent Coaching**

Caryn Vincent has been wowing audiences for the past 20 years! Her intuitive nature allows her to tune into what is unique within each group or individual and tailor her message on the spot to hit home. In her coaching relationships, she is ultra-focused and determined to create the best environment to support the growth and development of her clients. One of the main beliefs Caryn lives by is, "if it isn't FUN, why bother?"

She brings that energy and enthusiasm to all she does. Her greatest passion comes to life when her clients "see" what they couldn't "see" before, thus opening up new possibilities within themselves and their worlds. When she isn't working with her clients, she is passionately involved in the activities of her two children; sitting on many boards and coaching multiple sports. She is a member of BNI.

Accreditations include a Bachelors of Arts in Communications from Marquette University, completion of courses towards a Masters in Organizational Communication, ongoing qualification as a certified Dale Carnegie Course and High Impact Presentation and Leadership Program Trainer; Certified Empowerment Coach through the Institute for Professional Empowerment Coaching; International Coaching Federation Associate Certified Coach.

## Member Spotlight

# This could be YOUR name



The Nutmeg Chapter Board is looking for members, newer and older, to submit their information if they would like to be spotlighted in an upcoming newsletter! It is a great way for your fellow members to get to know you better and to highlight some of the services you offer or just express something's about yourself that we may not have known!

If you are interested, please contact our editor: [Amy.Varza@LibertyMutual.com](mailto:Amy.Varza@LibertyMutual.com)

**Committee Chairs & Co-Chairs**

**Education**

Betsy Conway (203) 910-7231  
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**Fundraising**

Barbara Houle (203) 560-0837  
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**Membership**

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**Recognition**

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Jan Baltrush (203) 592-3645  
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**Newsletter**

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[Amy.Varza@LibertyMutual.com](mailto:Amy.Varza@LibertyMutual.com)

**Things/Dates to remember**

Gain extra exposure by putting a business AD in our monthly Newsletter! Please complete the form on page 6, if interested!

**March 2<sup>nd</sup> Meeting**

**Member's only meeting-Elections will be made for Women/Man of Year and Top Ten as well as our proposed Standing Rules will be voted on**

**Have an announcement to make to the Nutmeg Chapter?**

**Submit it to our editor @ [Amy.Varza@LibertyMutual.com](mailto:Amy.Varza@LibertyMutual.com)**



**Recognition**

*Sandie Harrison has informed us that her 12 year old niece, Angela DeFeo, was diagnosed with a very rare and aggressive form of non-Hodgkin's Lymphoma. They are asking for lots of prayers for Angela and the family. She has begun chemotherapy at Sloan Kettering in Manhattan on January 5<sup>th</sup> and will hopefully be receiving a bone marrow transplant at some point soon. She is currently a student at Swift Middle School in Watertown.*

*Your prayers will be greatly appreciated.*

*Congratulations to Julie Clark, she and her husband welcomed their new Granddaughter on December 23rd!*

*Warm wishes and prayers going out to Julie Clark as she recovers from surgery.*

### ABWA Newsletter Ad Form

Date: \_\_\_\_\_

ABWA Member Name: \_\_\_\_\_

Business Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Number: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Please COMPLETE and hand it to the Newsletter Chairperson or Executive Board Member or mail this FORM with your CHECK made payable to ABWA Nutmeg Chapter to:

ABWA Nutmeg Chapter  
C/o Rita DiMaria  
PO box 7175  
Prospect, CT 06712

Please email a camera ready ad (JPG format, High resolution file in color) to:

Amy Varza, Newsletter Chairperson  
Email address: [amy.varza@libertymutual.com](mailto:amy.varza@libertymutual.com)

Newsletters are distributed monthly via email to ABWA members and potential members, posted on our local website, placed on the ABWA WIN team board as a monthly post an in the library; a link of the newsletter posted to Facebook and LinkedIn, hard copies are distributed in membership and ads are placed on the Website for no additional charge.

TERMS:

- Ads cost is \$100.00/YEAR Paid in Full
- Ads are all the same size and the price is for one year (from the month purchased; i.e. placed in June expires in May of the following year)
- Ads are approximately the size of a business card (approximately 1/8 of a page)
- Payment with ads must be placed no later than the 10<sup>th</sup> of each month to be put into the next month’s newsletter.

## Newsletter Ad Section

**Cristine M Hakim**  
Financial Advisor  
850 Straits Tpke, Suite 202  
Middlebury, CT 06762  
203-758-1398  
[www.edwardjones.com](http://www.edwardjones.com)

**Edward Jones**  
Member Since 1974

**YOUR AD CAN BE HERE!**

**PLEASE SEE AD FORM ABOVE!**

**SUBMIT COMPLETED FORM TO**

**AMY.VARZA@LIBERTYMUTUAL.COM**

## 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.

### Eligibility Requirements for Top Ten:

- Be a female and currently employed (part or full-time)
- Have been a member in good standing for at least 3 consecutive years as of May 15, 2015
- Have a primary affiliation with the sponsoring league for at least 1 year as of May 15, 2015
- Have served on the Nation Board of Directors and/or on the national/regional conference team and/or served as an officer, committee chair, league advisor for her sponsoring league in the past three years (2012-2015)
- Have sponsored at least 3 members in the past three years (2012-2015)
- Have earned at least one Apex Award as of May 15, 2015
- Have attended at least 1 national ABWA event (Regional Conference and/or the National Women's Leadership Conference) in the past three years (2012-2015)
- Submit her application to the league's President or Top Ten Nominating Committee Chair for final review and signature

Nutmeg Chapter  
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