



**Nutmeg Chapter
#4244**

Waterbury, CT

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

Inside this issue:

President's Message	1
Vision Statement	1
Guest Program Speaker	2
Benefits of Business Networking	3
Are you on LinkedIn.com?	5
Executive Board	6
Upcoming Events	7
Nutmeg Chapter Standing Rules	8



President's Message



As our President, Sandra is spending time with her Dad setting up hospice in her home we send her and her family our thoughts and prayers.

Our April meeting is our Annual Business Associate's Night where members can showcase their business. We are grateful for those who have agreed to showcase their business. If you haven't already done so, you still have time, please contact Doreen.

We want to thank everyone for making Mohegan Bus Trip a Success! We will learn the amount raised at April's meeting.

We look forward to seeing you in April!

Doreen Dilger



HAPY BIRTHDAY!!:

Judy LaCapra – April 7th

Vision Statement

At the **Nutmeg Chapter**, we are **Aspiring, Bright, Women Achieving** goals and dreams. Spice up **your** life with a little Nutmeg! The Chapter's recipe for success includes some key ingredients from our garden: **Respect, Inspiration, Ambition, a Thirst for Knowledge, and a Taste for Success.** Our garden thrives through networking and education while cultivating our communication skills to **Grow You and Grow Together** in business and friendship.

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.

April Program Speaker:

Lynn Ward



Quoted as “Super Woman” by the Republican-American in 2006, Lynn Ward has more than 30 years of experience in the nonprofit chamber industry, having begun at the Greater Waterbury Chamber of Commerce as bookkeeper and subsequently working her way up to become the organization’s first female president and chief executive officer.

She is also responsible for leading the chamber’s affiliate organizations: Greater Waterbury Chamber of Commerce Foundation, Business Women’s Forum, Naugatuck Chamber of Commerce, and Watertown-Oakville Chamber of Commerce. Since being named president in April, 2009, Lynn has led with an emphasis on public policy, economic development, and member services for businesses in the 13-town region the chamber serves.

Lynn has become recognized for her business savvy and results-oriented leadership style. She led the development of the Naugatuck River Duck Day and Race to help fund area nonprofit organizations and provide an exciting family event in downtown Naugatuck. In the last 10 years, this event has raised nearly \$300,000 for nonprofits in the region. Lynn also led the nationally registered Business Women’s Forum to significant growth and statewide visibility. The event is now Connecticut’s largest and longest running full-day conference for women, showcasing nationally acclaimed speakers such as Paula Abdul, Goldie Hawn, Jane Seymour, Robin Roberts and Barbara Corcoran.

Lynn serves as a board member of the Connecticut Regional Institute, Waterbury Development Corp., Connecticut Metropolitan Regional Chambers Alliance, the Naugatuck Valley Community College Foundation and the leadership council of the United Way of Greater Waterbury. She is an executive committee member of the CT Association of Chamber of Commerce Executives, and past board member of Easter Seals of Greater Waterbury and Jane Doe No More. Her professional memberships include the American Chamber of Commerce Executives, Connecticut Business & Industry Association, and United States Chamber of Commerce. She studied accounting in the School of Business at Western New England College and is a graduate of Leadership Greater Waterbury. She resides in Wolcott with her husband Fraser and children.

ABWA Nutmeg Chapter hosts
BUSINESS ASSOCIATE'S NIGHT April 4th!



9 Benefits of Business Networking

Business Networking is a really valuable way to expand your knowledge, learn from the success of others, attain new clients and tell others about your business.

Here are some benefits for business owners of getting involved in networking:

1. **Generation of referrals/Increased business-** This is probably the most obvious benefit and the reason most business owners decide to participate in networking activities and join networking groups.
2. **Opportunities** - With a motivated group of business owners comes an abundance of opportunities! There are always lots of opportunities that come from networking and in fact this is where the benefits of business networking are huge! Opportunities like joint ventures, client leads, partnerships, speaking and writing opportunities, business or asset sales... the list goes on, and the opportunities within networking are really endless.
3. **Connections** - "It's not WHAT you know, but WHO you know". This is so true in business. If you want a really successful business, then you need to have a great source of relevant connections in your network that you can call on when you need them. Networking provides you with a great source of connections, and really opens the door to talk to highly influential people that you wouldn't otherwise be able to easily talk to or find. It's not just about who you are networking with directly either – that person will already have a network you can tap into as well. So ask the right questions to find out if the person you are networking with knows who you want to know!

4. Advice - Having like-minded business owners to talk to also gives you the opportunity to get advice from them on all sorts of things related to your business or even your personal life and obtaining that important work-life balance. Networking is a great way to tap into advice and expertise that you wouldn't otherwise be able to get hold of. Just make sure you are getting solid advice from the right person – someone that actually knows about what you need to know and is not just giving you their opinion on something that they have no or very little experience in.

5. Raising your profile - Being visible and getting noticed is a big benefit of networking. Make sure you regularly attend business and social events that will help to get your face known. You can then help to build your reputation as a knowledgeable, reliable and supportive person by offering useful information or tips to people who need it. You are also more likely to get more leads and referrals as you will be the one that pops into their head when they need what you offer.

6. Positive Influence - The people that you hang around with and talk to do influence who you are and what you do, so it is important to be surrounding yourself with positive, uplifting people that help you to grow and thrive as a business owner. Networking is great for this, as business owners that are using networking are usually people that are really going for it, positive and uplifting.

7. Increased confidence - By regularly networking, and pushing yourself to talk to people you don't know, you will get increased confidence the more you do this. This is really important as a business owner, because your business growth is very dependant on talking to people and making connections. Networking is great for people that aren't confident as it really pushes them to grow and learn how to make conversations and lasting connections with people they don't know.

8. Satisfaction from helping others - Networking is a fantastic way that allows me easily help people. Networking is full of business owners that have problems or issues within their business that need solving, and there is great satisfaction from helping someone to solve a problem they have and get a fantastic result from it.

9. Friendship - Many friendships form as a result of networking because (mostly) you are all like-minded business owners that want to grow your businesses, and you meet and help each other regularly, so naturally strong friendships tend to form. Some of my strongest friendships have been started from networking.

Source : Kim Baird: <http://amazingbusiness.com/top-9-benefits-of-business-networking/>

Are you on **LinkedIn**.com



What is linkedin.com? LinkedIn.com is the world's largest professional network that consists over 400 million strong.

Connect. Find. Be Found.

Build you professional identity online and stay in touch with colleagues and classmates.

Power your career.

Discover professional opportunities, business deals, and new ventures.

Learn and Share.

Get the latest news, inspiration, and insights you need to be great at what you do.

Professionals are signing up to join LinkedIn at a rate that is faster than two new members per second.

What can you do with LinkedIn

Establish your professional profile - career info, position, experience, skills

- Check a persons career you met
- Offering job, look for talents
- Follow your interesting companies' hiring info
- Show your careers on your profile
- Your profile is searched
- Get recommendations and make your profile more trustful

Explore opportunities

- See detail statistical information on the companies' business page
- Find experts and ideas and resolve a unique business challenge
- Ask to professionals on a tool "Answers"
- Follow fresh topics on the unique professional groups
- find professionals with the skill you need

Stay in touch with colleagues and friends

HINT
Custom public profile URLs are changeable on a first come, first served basis.

HINT
You can also discover which skills you'll need to succeed on a tool "Skills".

If YOU

- Find interesting companies with Advanced Search (NAME, INDUSTRY, COMPANY, LOCATION)
- Ask professionals what skills you will need in addition on "Answers"
- Check information of the company's recruiting timing or tendency on its profile pages
- Find connection reaches to the company's person or its business partners

InMail to the company and got a change to have an interview
Succeed to change your job and rise your salaries

If your COMPANY

- Set up your LinkedIn business account
- Join industry groups
- Invite prospects into your network
- Encourage staff to join LinkedIn
- Engage around key dates, events and profile changes

Get opportunity to have new ideas and business development through your staff's internal connection
Get new talented staff
Get the opportunities through your staff's external connection

Executive Board



President

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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.



**Ignite Your
Dreams**
in ABWA

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Chapter President

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*A League of the
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ABWA
AMERICAN BUSINESS WOMEN'S ASSOCIATION

Events

April 4th, 2016 – Nutmeg Monthly Meeting

BUSINESS ASSOCIATES NIGHT!

Verdi Restaurant @ Western Hills Golf Course
660 Park Road
Waterbury, CT 06708

Buffet Dinner: \$25 per person.

**Please RSVP as soon as possible to register@abwanutmeg.org or call Jane Polacco at 860-274-5050 or Judy LaCapra at 203-592-7003 by this Wednesday, March 30th.

Dinner will be served at 6:30 and for those setting up a membership table or exhibit, setup will be between 5-5:30

Please bring a guest and let them see what we are all about.

This would be a fantastic meeting to showcase our members and attract new members.

Also, we will be honoring our Man of the Year!!

May 13th 2016 – May Seminar!!

Crowne Plaza

Southbury, CT

Doors open 5pm

No cost for members

\$35 other attendees

Dinner choices:

Chicken or salmon. Tickets will be available during our April meeting.

Speakers:

Laurie Acosta – Entrepreneur

Stephanie J. Coakley – Director of Education at Mattatuck Museum

Marge Piccini – Life & Legacy Designer and Author



NUTMEG CHAPTER

STANDING RULES 2015-2016

- 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. The annual chapter picnic in August will have a guest speaker.
- 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 nominated for the office of Secretary or Treasurer must be a member in good standing for twelve consecutive months prior to the date of nomination and have chaired a committee. Any member being nominated for the office of President or Vice-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 a minimum of one year prior to the date of nomination.
- 5) Executive Officers of the Nutmeg Chapter who miss three dinner meetings will be asked to resign from Executive Office.
- 6) Chapter minutes and the Treasurer's report will be voted on at the next monthly dinner meeting.
- 7) 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.
- 8) 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.
- 9) Standing Rules will be reviewed annually by 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.
- 10) 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, pin to be presented to the member elected for this honor. All nominees must be members in good standing for a minimum of three years and have held a chapter office or chaired a committee. 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.
- 11) 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.
- 12) 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.
- 13) 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/or Regional Conference. If the President cannot attend, the same expense will be paid for the executive board beginning with the Vice President, then the Treasurer, and then the Secretary 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.
- 14) 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.
- 15) Annually our Chapter members will vote on the amount to be contributed to Steven Bufton Memorial Fund (SBMEF).
- 16) 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).
- 17) The Nutmeg Chapter adopts the ABWA Proud Code of Conduct, and it will be printed in each issue of the Chapter's newsletter.