

Success Connection

A publication of the Women's Success Network

February 2008

Women's Success Network

P.O. Box 372
Franklin, MA 02038-0372

For on-line information about Women's Success Network, check out our website:

www.wsninc.org

Women Helping Women - Professionally and Personally

Tri County Regional Vocational Technical High School
147 Pond Street
Franklin, MA 02038
508-528-5400

Hot Mulled Cider

Salad with Balsamic Vinagrette

Choice:
Roast Sirloin
Chicken Piccata
Oriental Stir-fry (vegetarian)

Winter Vegetable Medley

Twice Baked Potatoes

Cherry Pie with Vanilla Ice Cream

Choose your topic(s) at the February 6 WSN meeting

One of WSN's most popular meetings, Table Topics, features WSN members leading discussions about their vocations or avocations. Instead of one speaker for the evening, our members lead table discussions on different topics of interest. Members pick the topic they want to hear about.

This year we have a wide variety of topics, appealing to personal and professional issues. And new this year: The program is being divided into two 25-minute segments - so you'll be able to select two sessions.

This February 6 meeting is being held at a new venue - The Tri County Vocational High School on Pond Street in Franklin. The evening's menu promises to be an outstanding gourmet meal. Anyone who has had the pleasure of dining at Tri County will attest that this will be an exceptional meal (see menu elsewhere in this issue). Note: Alcohol will not be served at the school.

Come and enjoy one of the following presentations: (subject to changes and additions)

Wine Basics - Nancy Cassano, Executive Director, *The Traveling Vineyard*

Nancy will cover the basics of wine tastings and food and wine pairing. Learn what to have with fish, chicken and beef. Impress your customers with your wine knowledge and never be caught off guard when ordering dinner.

Color in Design and Decorating - Jane Curran, Owner, *Jane's Frames*

We all use color everyday, creating an atmosphere that may contain hidden messages. This seminar will help you know the moods and feelings that you are evoking, while learning how to use color contrasts, create the ambiance you wish, and allow you to use color more effectively.

Continuing Education - Renee Vachon Danho - Director, *School of Professional & Continuing Studies, Dean College*

Renee will be speaking about the role of professional and continuing education in the business environment.

What Every Woman Should Know About The Law - Michelle M. Raymond, Esq. & Jennifer D. Taddeo, Esq.

Sign up for your "Yearly Legal Checkup." Discover the practical tips and learn to avoid the pitfalls of how the law can affect your roles as a business owner, employee, mother, daughter and homeowner.

Ways to Get Exposure for Your Business - Pamela Johnson,

Scholarship Donors:

The January scholarship raffle brought in \$290. Thanks to the following donors:

Judy Alfred (Dean Bank), Lu-Anne Beers, (Arbonne), Carla Cataldo (Jafra), Nancy Dayian (California Closets), Suzanne Ferrantino (Indymac Bank), Stacey Hiltner (Community VNA), Claudette Kokolski (Made to Order), Barbara Manuelpillai (Mary Kay), Joyce Parlapiano (High Note Realty), Cheryl Reed (Silpada), Roxanne Richard (Attorney), Deet Turnage (Assist2Sell), Christine Weigel (Arbonne), and Martha Whyte (The Whyte Knight).

Congratulations

... to Amy Buliung, who has a new daughter

... Jane Curran and Barbara Manuelpillai who have just become grandmothers!

If you have some wonderful news to share, please let us know.

WSN Board

Chair:
Candace Sallale:
chairperson@wsninc.org

Vice Chair:
Roxanne Richard:

publisher of The Local Woman's Guide and The Bellingham Bulletin
Pam will discuss how to expose your business to the public in a positive way via advertising and other methods, based on the size of the ad budget you have to work with (the emphasis being on smaller businesses). Topics will include defining/refining your message; selecting media (TV, radio, print, internet); using an ad agency; making adjustments to your plan; and gauging results.

Be Beautiful Inside and Out - *Claudette Kokolski, unFranchised Owner of Marketamerica*

The Beauty from within comes from tranquility, good nutrition, and great health. Timeless beauty that shows comes from radiant and well cared for skin and taking care of ourselves in general. My topic not only focuses on beauty inside and outside but timeless beauty regardless of age.

Fitness - the Real Fountain of Youth - *Andrea Longo, Personal Trainer and Fitness Consultant, Fitness a la Carte*

Yes, boomers don't want to age. Well, how we age is a choice we make every day based on what we eat, how we move our bodies, and how we handle stress. Learn some tips that may help to lengthen your life and vitality!

Stress reduction - *Barbara Manuelpillai: Mary Kay and Juice Plus Consultant*

Physical, mental, spiritual impacts of and solutions for stress (including instruction on some simple meditation techniques)

Hypnosis for Living Your Full Potential - *Kathryn McGlynn, Certified Hypnotist*

If you were to write the story of your life today, would you be pleased with the conclusion? You'll explore some common blocks to expressing your greatness, you'll discover limiting beliefs, and you'll let go of the past in order to choose to be happy now. You deserve to enjoy your life fully.

Nutrition: The Good, The Bad, and The Ugly - *Maureen Meyer, Juice Plus, Wellness Coach*

Join Maureen for a fun and interesting look at the food we should and should not be eating. Diet and disease are connected and my visuals will open your eyes to why we need to pay more attention to reading labels and what to look for.

Small Business Banking, the 5 C's of Credit - *Deborah J. Smith, Business Development Sales Manager, TD Banknorth*

Finding your "True North" - *Linda Waters, President, Back to Business LLC*

Tips on how to define and execute a strategy for a career that will work for you. We'll cover some self-assessment techniques, how to construct your value statement, and what HR Directors are looking for. I'll share resume writing and interviewing tips. Topics covered can apply to women re-entering the workforce, in career transition, and those with college students choosing a major or gearing up for a job search.

Learn about the Arbonne Difference - *Christine Weigel, Independent Consultant, Arbonne International*

Christine will discuss how to balance your hormones naturally and what to look for in your nutritional supplements.

To register for this meeting - and to make your menu selection, click on this link www.wsninc.org/reservation/reservation.html. You may register on line using PayPal - or print out a copy of the form and send it to the post office box (address above). [The](#)

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[deadline to register is January 25 for mail registrations and January 29 for online reservations.](#)

Directions to Tri County High School, 147 Pond Street
From Route 495:
Take the RT-140 S exit- EXIT 17- toward FRANKLIN / WRENTHAM.
0.3 miles
Turn LEFT onto OLD WEST CENTRAL ST. 0.1 miles
OLD WEST CENTRAL ST becomes POND ST.



From the Chair

Wow - it's hard to believe that the 2007-2008 WSN program year is already half over! Now that we've all firmly settled back into our post-holiday routines and commitments (including lots of snow-shoveling and ice-scraping!), I wanted to share with you the informative and exciting programs we have in store for the rest of the year.

We have the ever-popular Table Topics - where you can decide the topic you want to learn about - on February 6, followed by "Speed Networking- Part 2" on March 5. April brings a Spring feeling with our annual WSN Fashion Show, and in May, we'll enjoy our first ever WSN "Time, Talent, and Treasures" Auction to benefit the Elizabeth F. Wajer Scholarship fund. (See article below.) Our season finale, on June 4, is our Scholarship Event, where we hear the compelling stories of our current and past scholarship recipients.

It takes a lot of hard work to put this type of quality programming together year after year, and WSN can use your help. For the 2008-2009 program year we'll be looking for help in many areas, including scholarships, publicity, programs, and ambassadors. Please email me at chairperson@wsninc.org or Roxanne Richard at vicechairperson@wsninc.org if you are interested in helping out.

Happy New Year!

Candace Sallale
WSN Chair

**Time, Talent, and Treasures
Auction will be held on May 6**

In May, WSN will be holding our First Annual "Time, Talent, and Treasures" Auction to benefit the Elizabeth F. Wajer Scholarship Fund. We had previously told you to save March 20 as the date of this live and silent auction event, but we've changed the date to May 6, and will be holding the auction as part of our regular monthly meeting. Our own Candace Sallale will serve as our guest auctioneer, so you know that we're in for a fun and exciting evening!

We're looking for donations of your time, talent, and treasures. This is a great way to promote your business, products, and services! Whether you donate a two-page newsletter (Linda Hilliard, Hilliard Communications) or a one-hour therapeutic massage (Kathy Hinds, Touch Peace Massage), you'll be promoting your business -and your talents- to WSN members, guests, and visitors.

We also need volunteers to help with this event. So if you're looking for an opportunity to promote your business and have some fun, all while supporting a great cause, please contact Candace Sallale at chairperson@wsninc.org.

Elizabeth F. Wajer Scholarship Fund Update

Just a quick update on where we stand with our scholarship fund. As we enter 2008, we currently have accrued a little over \$2,690 for our scholarship awards. This includes all monies collected at the monthly dinner raffles, the Mohegan Sun Trip, the Holiday Bazaar, the Holiday Social, and from member donations. Our goal is to have \$15,000 to award in June.

We still have one very special fund-raising event to come this year: Our first annual Time, Talent, and Treasures Auction will be held at our May meeting. We encourage you to bring your family and friends to this fun and exciting event.

Scholarship Challenge

In addition to special events, we continue to raise scholarship funds throughout the WSN program year. As you know, we hold a scholarship raffle at our dinner meeting each month. A special THANK-YOU to everyone who donates to make this possible. We continue to encourage members to participate in the "Scholarship Challenge," where WSN members pledge a portion of the proceeds of their business activities to the scholarship fund. And finally, we offer the opportunity - all year long - for members to make cash donations through the "We Take Cash, Too!" program, where donors are recognized for their support of the scholarship fund.

We Take Cash, Too!

There are four different levels of support in the "We Take Cash, Too!" program:

Platinum (\$500 and up)
Gold (\$200-\$499)
Silver (\$100-\$199)
Bronze (up to \$99)

As a cash donor, you'll receive special recognition for your support, including being introduced at the annual June scholarship awards dinner, and having your name, business, and donation listed on a special page in "the Connection," WSN's annual member directory.

Providing scholarships to deserving women through the Elizabeth F. Wajer Scholarship Fund is the primary charitable focus of WSN. As business and professional women, we are proud to help others achieve their career goals and dreams. Together I am confident we will reach our \$15,000 goal by June 2008.

Barbara Manuelpillai, Scholarship Co-Chair

P.S. - Any donations, questions, or suggestions regarding scholarships should be brought to WSN Scholarship Co-chairs Cheryl Reed or Barbara Manuelpillai. Cheryl and Barbara can be reached by email at scholarships@wsninc.org