

SUCCESS CONNECTIONS

A publication of the Women's Success Network

February 2005



WSN's 2005 Membership Directory, The Connection, is now available. Copies were handed out at the January meeting and will be again on February 2. You may have your Connection mailed to you for \$2.00. Contact Candace Sallale (Membership) membership@wsninc.org

Upcoming meetings

March 2 - Lafayette House
April 6 - Glen Ellen Country Club
May 4 - Sapphire Manor
June 1 - Sapphire Manor



Women's Success Network

Women's Success Network
P.O. Box 372
Franklin, MA 02038-0372

For on-line information about Women's Success Network, check our website: www.wsninc.org

February 2 meeting

Our members lead Table Topics

WSN's February 1 meeting is one of our most popular each year – *Table Topics*. WSN members lead discussions about their vocations or avocations. Members pick the topic they want to hear about. This is one meeting where you'll want to arrive early and claim your seat before you start networking (table leaders will have place cards so you can save a spot). Don't worry - if the table you want is filled, you can pull a chair over once the discussions begin.

ACT! Contact Management (Jan Turner)

Jan will do a software demonstration introducing ACT! Contact Management software and how it could be beneficial to a business.

Diet and Self Esteem (Linda Hilliard)

Linda, who has lost 140 pounds but still struggles with weight, will have an interactive discussion about how the Madison Ave/Hollywood perception of beauty keeps women with low self esteem/weight issues from achieving professional and life goals.

Faux Painting (Caterina Colson)

Cat will demonstrate various faux finishes such as sponging, ragging, dragging and marbleizing, as well as a discussion on tools, materials and choosing colors for faux finishes.

Financial Planning (Joan Gagnon)

Joan will talk about the ten most important financial issues for your well being.

Wednesday, February 2
Networking: 6:00; Dinner: 6:30
Florentina Ristorante
Rte 140, Franklin
Menu appears on page four

Grammar Goddess (Susan Rooks)

Susan will give you a chance to pick her brain about grammar: word usage (affect and effect), pronouns (who and whom), and punctuation (what about that comma with items in a series, and where does the period go with final quotation marks – inside or outside?).

Make-Up (Donna Waugh)

Donna will be teaching the leadership keys from the book *More than a Pink Cadillac. Mary Kay Inc's 9 Leadership Keys to Success* by Jim Underwood. Open yourself to a new way of thinking that is guaranteed to inspire top performance from yourself and those around you.

Jewelry Design (Margot Rivelis)

The owner of Dazzle Me!, Margot, a beaded jewelry designer, will teach you how to make your own wonderful beaded creations.

Pampered Chef (Nancy Parchesky)

Nancy will provide an overview of "The Kitchen Store That Comes to Your Home." This will not be a product demonstration; however, she will also describe Pampered Chef business opportunities.

From Your Chair

The beginning of the New Year traditionally presents us an opportunity to reach out and learn new things that may enhance our business knowledge and our personal lives. Now is the time to start mapping our goals for 2005. Is there a new skill that you could use to grow professionally or maybe attract new customers? Is there a hobby you've thought about taking up, a class you wanted to take, or maybe something you want to do just for yourself, for someone in your family, or for a friend?

Our February meeting is a great forum to take advantage of learning new things from our members. The format is table topics, where you have the chance to pick a topic of interest for your business or you personally. WSN has so many talented members and this is your chance to learn from some of the best in their fields. I have been a presenter at one of the tables in the past, and it is a good feeling to pass your knowledge onto other members. As an attendee, I have also taken advantage of other members' knowledge. Space is limited at each table, so make sure to review the topics for the evening and come early to reserve your chair.

We will be continuing with our scholarship raffle, so please think about bringing a raffle donation to the meeting. WSN is hoping to increase our scholarships this year with your help. See you at Florentina's February meeting.



Marleen Wolfe, Chair, WSN Board

Networking at WSN

- There are numerous opportunities to network at WSN.
 - During the reception period (don't sit down - talk to people)
 - At your table during dinner
 - After dinner
 - Arrange to get together with a member outside of the meeting.
- Remember to bring your business cards to WSN meetings.
- Take advantage of the Resource Table to display your literature.
- WSN is about supporting one another. If you need a product or service, check out the WSN membership roster first.
- The Success Connection welcomes information about our members. If you have received an award, have a promotion, are active in some organization, or have an upcoming activity that would interest members - send the information to the About Us feature (newsletter@wsninc.org).

From the editor

All contributions to our newsletter are welcome. Let us know of your personal and professional changes, calendar events, and general items of interest.

Articles and suggestions may be sent to:
Linda Hilliard
Hilliard Communications
newsletter@wsninc.org
P.O. Box 2111
Framingham, MA 01701
(508) 879-5943

Board of Directors

Chairperson

Marleen Wolfe
508-528-1261
chairperson@wsninc.org

Communications

Linda Miller-Foster
508-520-7864
communications@wsninc.org

Membership

Candace Sallale
508-222-7105
membership@wsninc.org

Programs

Christine Asmus
401-351-0892
Nancy Cantor
508-231-0791
programs@wsninc.org

Publicity

Sharon Savage
508-226-2638
publicity@wsninc.org

Reservations

Jennifer Taddeo
508-520-2200
reservations@wsninc.org

Scholarship

Donna Goulart
508-520-1755 x 212
scholarship@wsninc.org

Treasurer

Judy Switzer
508-533-5415
treasurer@wsninc.org

Executive Directors

Bonnie Barnett
508-520-4043
execdir1@wsninc.org
Susan Russo
508-429-5588
execdir2@wsninc.org

Ambassadors

Carla Cataldo 508-533-3822
ambassadors@wsninc.org

Newsletter/Database

Linda Hilliard 508-879-5943
newsletter@wsninc.org

Tables

Betty Kushner 508-520-3295
displaytables@wsninc.org

Webmaster

Jan Turner 508-520-1549
webmaster@wsninc.org

Meet Our Members

Interview with Barbara Cappadona, The Healing Space

Barbara Cappadona isn't your average massage therapist. Working out of her home full time since 2002, Barbara is a massage and polarity therapist who offers a variety of holistically applied treatments. In this interview, Barbara explains how her treatments can relieve stress and help achieve better balance in life.

How is a holistic practitioner different from a traditional massage therapist?

As a holistic massage therapist, I integrate energy work into a traditional massage. My clients come in and talk about what is going on in their life and their body. Depending on what they say, I determine what kind of session they will have—holistic massage or full energy [polarity]. A holistic session focuses primarily on the body—very much like traditional massage, but because I incorporate energy work, the session becomes a much deeper experience. I use hot stones, essential oils and crystals regularly in both holistic and energy sessions. During a full energy session the client remains fully clothed. Clients who see me for full energy sessions are generally dealing with more profound issues—a transition in their life, relationship or job concerns—or they may be questioning the meaning of life.

How do you get clients to open up to you, so they are completely relaxed?

They enter a room filled with soothing music—settle into a

comfortable chair—begin to soak their feet in a basin filled with my own specially formulated bath salts. After a few gentle probing questions, they begin to open up about their lives.

What are the benefits of using hot stones, essential oils, etc.?

Hot stones, crystals and essential oils provide therapeutic and energetic value to the session. A hot stone is placed on the client's chest, just below the rib cage and navel and under each palm. The stones have tremendous energy and power. The

warmth [from the stones] is very comforting and nurturing. In addition to harvesting my own stones, I also create my own essential oil blends. The oils have the power to create their own energy; they bring calmness to the body. Crystals amplify energy and move it more quickly. During energy sessions, I frequently lay crystals along the front and back of the body.

What drew you to this work?

The desire to heal the world, one person at a time.

Donna Sussman

WSN Snow Policy

WSN was "lucky" for it's January meeting. Our monthly meeting fell neatly between two snow storms so that more than 75 members attended without any weather worries.

However, knowing New England winters, we can't assume that Mother Nature will space out her storms for our meetings.

Often restaurants do not close for bad weather. This creates a problem for the WSN Board. We would never want to see a member risk dangerous travel to get to a meeting; however, if the Board cancels a meeting and the restaurant is still open - then WSN is obligated for the price of the dinners, unless other

terms have been negotiated. This means members cannot be reimbursed for a weather-canceled meeting if the restaurant remains open.

If it is a stormy day and dubious travel conditions exist, please contact the restaurant (the phone number appears in the newsletter and on the website). If possible, we will post an update on our website if there is a question about the meeting being cancelled. Then use common sense regarding traveling in inclement weather.

The Board is now negotiating a snow policy with each restaurant and will do its best on behalf of the members. Meanwhile - hope for an early spring.



Note of appreciation from New Hope

At WSN's Holiday Party in December, members donated \$355 in store gift cards and checks to be sent to New Hope, a non profit women's support organization in Attleboro.

Executive Director Dianne L. DePippo, LICSW, writes:

"We would like to extend a heartfelt thank you for your generous donation(s) towards gift certificates for our battered women's needs. We appreciate being the recipient of your donation(s). Please know these items will be put to very good use and are sincerely appreciated at New Hope.

"Your generosity and support

will help us to carry out our mission "Making Women and Children Safer . . . Making Families Stronger.

"Domestic and sexual violence continues to escalate, as do the number of troubled families. Meeting the challenge with limited resources is always a concern as we try to keep pace with demand. Again, thank you for your valued support."

Additional donations may be sent to New Hope, 140 Park Street, Attleboro, MA 02703. The website is www.new-hope.org The Hotline is 1-800-323-HOPE

February 2 Meeting
Florentina Ristorante
348 East Central Street
Franklin • 508-528-1186

Fresh Garden Salad, Fresh Hot Rolls & Butter

Choice of:

- Grilled Salmon, Potato and Vegetable
- Roasted Red Pepper & Proscutto Stuffed Chicken with Garlic Mashed Potato and Vegetable
- Vegetable Lasagna

Coffee or Tea, Apple Pie a la mode

Raffle donations

Thanks to the following members who donated items to the January raffles. We brought in \$338 for our scholarship fund.

Claudette Kokolski (Made to Order); **Teresa Rizzo** (Officebees, Inc.); **Margot Rivelis** (Dazzle Me!); **Joyce Parlapiano** (High Notes Realty); **Martha Whyte** (Whyte Knight).

Membership Update

For more information about these new members, check out the membership listing on the WSN website: www.wsninc.org.

Jean Erickson
26 Claire Drive
Attleboro MA 02703
(508) 222-2647
jean_erickson@hotmail.com

Alisa Katz Campbell
Attorney
Alisa Katz Campbell, P.C.
7 Cabot Place, Suite #1
Stoughton, MA 02072
781-297-5190

Sandy O'Keefe
Partners HealthCare, Inc.,
569 North Main Street
Mansfield, MA 02048
(617) 877-4832
sm_okeefe@yahoo.com

Ellen Perlin
Attorney
Perlin and Perlin
15 Blueberry Lane
Sharon, MA 02067
781-784-6867

Susan Rooks
Grammar Goddess
Grammar Goddess Seminars
PO Box 126
North Easton, MA 02356
508 238-8664
Cell: 508 272-5120
SusanR@GrammarGoddess.com
www.GrammarGoddess.com

Shannon Roy
PolyCleaners
705 Main Street
Walpole, MA 02081
(508) 668-1636
shnnylou_37@yahoo.com

Joanie Winberg
Business Building Strategist
JLW Enterprises, Inc.
2 Pickens Street
Lakeville, MA 02347
jw@joanwinberg.com
www.successandlifecoaching.com

Interested in joining WSN?
There's an application on the website at www.wsninc.org or contact Candace Sallale at membership@wsninc.org

Connectively Speaking



Patty Nameishi of Marketing Concepts Asia and CABI fashions, would like to thank **Maureen O'Connor** of Weekenders for her business in ordering Digital Memories Movie Magic DVDs.

Patty also thanks **Linda Hilliard** of Newsletters Plus for "her wonderful job in ad copywriting. Linda was very resourceful, creative, quick and extremely reasonable. I highly recommend her services."

Wish to acknowledge a WSN member for his/her support or services? Send your thanks to newsletter@wsninc.org