



News from RWN President, Holly Hewins



Sometimes hitting the pause button is a great thing. For me, going to the Summit is similar to hitting the pause button for a day. Yes, a full day away from work, even for professional development at times can seem self-indulgent. However, the benefits far outweigh any work guilt or the glut of emails I had to deal with the next day.

This year's Summit offered so much, from the panel discussion in the morning, the keynote speaker at noon and the breakout sessions before and after lunch. I came away being motivated, inspired and self-reflective. I thought about personal future goals and how much time I waste, professionally how far we have come and how much farther we still need to go and how I can change my communications to be more effective. The Up and Coming Honorees were both motivating and inspirational and I am so proud to be able to call some of them my friends. This year, I had the chance to be facing all of the families and friends while each honoree spoke, a sea of love.

There are many people who helped make the Summit a success and hopefully I thanked you all at the event. If I missed you, please know you have my heartfelt thanks. A special thank you to Miranda Wilcox for all the work she put in this year and in prior Summits. Fantastic job Miranda!

Finally, when was the last time you hit the pause button? Let's hit the pause button together at next year's Summit.

Best,
Holly

OCTOBER/NOVEMBER 2017

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News from the RWN Office

2018 Election for RWN Board of Directors and Nominating Committee: The 2018 RWN Board of Directors Proxy may be submitted until 11.14.17. Submission may be electronic, mail or in person (on 11.14.17). [For a copy of the proxy please click here.](#)

Congratulations again to our 2017 Up&Coming Honorees!



Megan Flanagan Mills Erin Garrett Linda Heeler Randi Proukou Mercedes Vazquez Simmons Ashley Wyand
2017 Up and Coming Businesswoman Award Honorees

Thank you to the Summit and U&C Committees:

Miranda Wilcox	Susan Jefferson
Cassandra Moffitt	Jodi Atkin
Coleen Honeywill	Cynthia Ely
Linda Murphy	Teresa Delibert
Diana Powell	Erin Garrett
Terra Osterling	Michelle Ames
Amanda Williams	Jennifer Watson
Rochelle Fields	Zelma Collazo
Dawn Hampsey	Laura Parker
Carol Kennedy	

Thank you to our Summit Event Sponsors

Farmers Insurance Agent Megan Mills
ESL Federal Credit Union
Four Bridges Financial Group; Paula Rogala
Woods Oviatt Gilman. LLP
Dawn Hampsey, CPA
Carol Kenedy Massage Therapy
Elizabeth Wende Breast Care
Thrive Potential, Miranda Wilcox

RWN New Members and Renewals

Renewals

Jodi Atkin
Jill Bates
Deborah Cox
Cindi Crowley
Maria Darby
Erin Garrett

Welcome

David Cobrin
Mary Jo Colligan
Lisa Critchley
Jessica Kamens
Kasey Mortimer
Joy Piccolo

Donna Hall
Dorothy Holmes
Jillian Jones
Kelly Kester
Lori Ritzel
Michelle Roberts
Rachel Wiener

RWN Board Member Spotlight: Paula Rogala Financial Advisor CFP, Member FINRA, SIPC



Paula endeavors to know and understand your financial situation and provide you with only the highest quality information, services, and products to help you reach your goals. She enjoys working with women in particular as she recognizes how difficult it is to attend to all aspects of their busy lives.

Paula is an RWN Board member, chair of the membership committee, co-chair of the "W" Award, Women Inspiring Women, Event and is involved on the Community Service and Orientation & Recruitment committees. She also is an active participant in several SIGs

A special thank you for hosting our member volunteer event! Your hospitality is always warm and inviting.

Member news

Brittany Brandt and her Urban Chic Event Space were featured in an article in the D&C on Sunday, October 22, 2017. [Click here for the story.](#)

Looking for a new position here are some sites or links to current openings:

[Delibert Employment](#)

Excellus :
https://re12.ultipro.com/EXC1006/JobBoard/ListJobs.aspx?__VT=EXTCan

MCC: <https://jobs.monroecc.edu/>

HR Works: <http://www.hrworks-inc.com/careers>

Up & Coming Events

RWN Free (to Members) Monthly Networking

Sponsors: Rachel Wiener, PrimeLending

Date: Tuesday, November 14, 2017

Time: 5:30 p.m. to 7:30 p.m.

Location: Sea Her Shine, 15 S. Main St, Pittsford

Price: Members: FREE, nonmembers \$10

RSVP: [Register on-line NOW](#)

RWN Fundraiser at One World Goods

Date: Monday, November 20, 2017

Time: 6:00 p.m.

Location: OWG, Pittsford Plaza, Monroe Ave

More Information: [Register on-line NOW](#)

RWN Tales from the Age of Mastery Series,

Speaker: Shirley King

Date: Wednesday, November 29, 2017

Time: 5:30 p.m.

Location: 5 Star Community Room located in the City Gate Branch, Costco Plaza on Westfall Rd.

More Information: [Register on-line NOW](#)

Explore RWN: Information Session for RWN

Date: Thursday, November 30, 2017

Time: 5:30 p.m. to 7:00 p.m.

Location: RWN Office, 1598 Penfield Road, Suite 3

RSVP: [Register on-line NOW](#)

RWN Committee Announcements

Marketing and Newsletter Committee

The Marketing Committee is committed to getting the news out about all of the amazing things that RWN has to offer...but we can't do it alone! We need you to share our posts, forward the emails, and invite friends and colleagues to our events and to membership. Follow us on [Facebook](#), [LinkedIn](#) and [Twitter](#). Join our committee to share your marketing talents with RWN!

Date: Thursday, November 30, 2017

Time: 4:30 p.m.

Location: RWN Office, 1598 Penfield Road, Suite 3

RSVP: No Registration Required. For more information, contact Susan Jefferson at

susan@techcreativewebdesign.com

Ambassador Committee

Ambassador Committee Members mentor new RWN members to help them maximize their RWN experience. Committee members contact new members to explain their own RWN experience and how it has benefited them as well as finding the right SIG and/or Committee that matches the new members' goals and purpose for joining RWN. The Ambassador Committee is always looking for new volunteers to share the benefits of their RWN experience with new members. Our group generally meets quarterly. Our next meeting is in Winter/Spring.

For more information, contact Nancy Woolver at newoolver@ft.newyorklife.com or (585) 683-2981.

Membership Committee

RWN "60 second" by Membership Committee members 1-4

The mission of Rochester Women's Network is to enhance the professional and personal lives of women, in all stages of their careers, by affording them opportunities to support, empower and inspire each other.

Vision: Rochester Women's Network is a premier networking organization for career-minded women that represents the diversity and uniqueness of our community. We foster the personal and professional growth and advancement of women in the workplace and community. We are an authoritative and respected voice of and for professional women, regularly sought out by our peers, the community and business.

1. Meeting professional women who help me with all aspects of my life
2. It is a group of professional women who engage in programs and small groups to support one another in our professional growth. For me, it's not about finding clients, it's about having a group of supportive women to learn with and from.
3. RWN to is a professional women's organization that provides women with a safe and comfortable place to network, learn and further themselves while supporting each other in the same regard.
4. To meet and become friends/acquaintances with other women in my community. It is my hope that RWN will be a place where I can find other women in my line of work to share industry ideas

and news. More so, I hope to build friendships over the years with women that I meet through RWN and join special interest groups to participate in what I enjoy. As a very new member, I chose RWN as it is an established network of women that has a reputation of working in the community and fostering relationships for women. I have met several RWN members throughout the past year and through being introduced to these women and finding out more about them I thought that RWN would be the right group for me to belong to.

If you'd like to share your story of why you joined RWN, please email Lynn Kerr at lynn@bookeepkerr.com.

New member application

link: <https://www.runmyclub.com/RWN/application.asp>

Membership Renewal

Link: <https://www.runmyclub.com/RWN/renewal.asp>

Please contact Sandy at (585) 271-4182 or at rwn@rwn.org if you have any questions.

The Membership committee works on developing strategies to retain current members, and recruit new members. New committee members are always welcome to attend our meetings and share growth opportunities, retention initiatives, and explore potential RWN opportunities. If you can't make a meeting, suggestions for membership initiatives are always welcome via email.

The Membership Benefits document has been updated and posted on the RWN website

<http://www.rwn.org/levels.html>. We encourage members to review the benefits of different levels of membership and determine which level best suits their needs.

Reminders - SIG's are a member benefit – please keep your membership current and don't forget your loyalty card when attending RWN events. Once you have had your loyalty card signed for attending 12 different RWN events in one year – you are entitled to get 20% off your next year's membership dues, whether you stay at same level or upgrade to higher membership level!

LOYALTY Cards – Everything you always wanted to know but were afraid to ask!

1. They do not expire
2. Free networking events do not apply
3. Member can have card signed once per year by committee chair or co-chair, for each committee they participate in
4. Member can have card signed once per year by SIG leader for each SIG they participate in.

5. Member who brings in new paid member can have card signed for each new member

We meet the 4th Wednesday of every month at noon. If you have any questions, or want more information, please contact Lynn Kerr at lynn@bookeepkerr.com.

Date: Wednesday, November 22, 2017

Time: Noon

Location: 1115 East Main St (Old Hungerford Bldg)
Rochester, NY 14609

RSVP: Contact Lynn Kerr if you plan to attend at lynn@bookeepkerr.com.

Finance Committee

Have you ever thought about where RWN's revenue comes from or where it goes in a non-profit organization? Now is a good time to join our Finance committee and learn more about our financial obligations. Our committee works behind the scenes in areas that keep RWN running to include; providing annual budgets, reviewing contracts and supporting other committees as the financial liaison. I am confident that the knowledge you acquire from this committee will benefit your own career (or personal) success. Come join our group, no financial experience required.

If interested in joining our committee, contact Cindi Crowley at 585 329-9079 or cindi@rochester.rr.com.

Next Meeting Date: Tuesday, November 28, 2017

Time: 7:30 am - Conference Call for details please contact Cindi Crowley at cindi@rochester.rr.com.

Explore RWN - Orientation & Recruitment Committee

The Explore RWN committee is seeking volunteers to share their RWN experiences and their enthusiasm about RWN. The Committee organizes and holds orientation and recruitment sessions approximately every six weeks for potential members, new members and members who just want to find out more about RWN. This is a great opportunity to practice your public speaking skills. This is also a great opportunity to network with potential and new RWN members.

Next Explore RWN November 30th – see event details above to register.

For more information or to join the committee, please contact Amy Varel at avarel@mccmlaw.com or (585) 546-2500.

Board Connections Committee

The Board Connections Committee promotes Board of Director and volunteer openings for Not-For-Profit Organizations as well as offering programs around serving on a Not-For-Profit Board including the Board Excellence Seminar. For more information for current Not-For-Profit openings, please visit our website at www.rwn.org. Once logged in as a member, see Resources/Job Postings.

Contact rwnboardconnect@rwn.org for more details.

2017 Program Committee

Develop programs to engage RWN members on a professional and personal level. We reach out to cultural organizations, corporations & individuals to achieve goals and objectives of RWN in a fun, relaxed environment.

We welcome all RWN members to stop in for one of our programming meetings to see what it's about, and see if it's something for you! I look forward to seeing new faces at our next meeting.

Please join us for our upcoming programs – details are available on line at [RWN Upcoming Calendar of Events](#)

Date: Thursday, November 2, 2017

Time: Noon

Location: East Ave Wegmans

RSVP: Come join us! Email Kathy for August details For more information, please contact Kathy Pottetti, Program Chairperson at kathyp@wab.org

Community Service Committee

Network while giving back to the community. For more information, contact Brigid Ryan <mailto:brigidsryan@gmail.com>

Date: Monday, November 6, 2017

Time: 6 pm

Location: RWN Office within ROC City Wellness
1598 Penfield Road, Rochester, 14625

RSVP: Brigid Ryan at brigidsryan@gmail.com

Special Interest Groups (SIGs)

One RWN member benefit is the opportunity to participate in our SIGs. If you are interested in attending a SIG please join RWN - Click [here](#) for the link to our membership page.

New SIG! Destress for Success

Meditation is becoming a popular resource for stress reduction in the workforce and at home. The 24/7 culture that we live in takes a toll on our body, mind and spirit. This offers a way to rejuvenate and relax, plus it's relatively easy!

Different forms of meditation like mindfulness or creative visualization, train your mind to focus, to clear your thoughts, and experience inner peace. It is key to building a career that suits you. It helps you to establish healthy relationships not only in your career, but with family, friends and yourself. Each session will explore this tool and how to apply it to your leadership skills and daily life.

Date: Tuesday, November 21, 2017

Time: Noon

Location: Grow 2 B U Office, 11 N. Goodman, Rochester, 14607

Pricing: Included with RWN Membership

RSVP: by to Alana Cahoon at alana@grow2bu.com

Board of Advisors SIG (BOA)

RWN's Board of Advisors SIG is a group for small business owners. BOA SIG members act as a confidential advisory board for each other. We meet monthly to discuss our goals, track our progress, and talk through any business question a group member needs advice or input on.

We meet the 1st Wednesday of each month from 3 p.m. to 5 p.m. Membership is restricted to individuals who are business owners working full time at their business. Attendance at meetings is required, with two absences a year allowed. Members can call in for a meeting if they are unable to attend in person.

If you are interested and would like more information, contact Dawn Hampsey at dawn@hampseycpa.com.

Success in Giving (SIG) SIG

Part referral group, part peer support, and part professional development, the SIG SIG will provide a forum and inspiration for RWN members to contribute to each other's success by sharing referrals, best practices and strategic connections in a safe and supportive environment.

Members who naturally give to others—without compromising their own success—will be the best fit for this group. A group of people who want to give help and receive contacts and information to achieve their professional goals will fulfill the SIG's purpose.

The group will meet on the first and third Thursdays of the month, with networking at 8:00 - 8:30 a.m. and the formal agenda at 8:30-9:30.

Date: Thursday, November 2 & Thursday, November 16

Time: 8:00 a.m. - 9:30 a.m.

Pricing: Included with RWN membership

RSVP: Interested members must contact SIG chair to seek group approval in order to maintain a safe environment that is free of competition.

Info: Contact Jodi Atkin jodiratkin@gmail.com.

Restauranteers SIG

Trio is our next stop for the Restauranteers. Over the years, this location has been a number of restaurants/diners, but this time it might be right. When you walk in you are greeted by the owners of the restaurant. The dance floor is to the left and the restaurant section is to the right. Garage doors open to a great outdoor patio. They offer special drink and appetizers prices during happy hour from 4:00 – 7:00 p.m. Wednesdays are Wine Up Wednesday where they offer HALF PRICE WINE BOTTLES all night!

Date: Wednesday, November 8, 2017

Time: 6:00 p.m.

Location: Trio, 3423 Winton Place, Rochester, NY 14623

Pricing: Members pay for their own meals and drinks.

RSVP: If you wish to attend, please sign up on line at www.rwn.org. Questions? - Contact Joanne Madonia – SIG Chair – 585-475-7456 or by email: jmmral@rit.edu

Rochester Women Refer SIG

RWN's Referral SIG is looking for women business owners who want to foster relationships, build their businesses and become brand advocates for their fellow members.

We still have room for a few people within the group. If you'd like information, please contact the leaders, Megan Mills mmills1@farmersagent.com or France MacDonald at info@FranceMacDonald.com.

The RWN Rochester Women Refer SIG meets the 2nd and 4th Fridays of the month at noon. Only one representative from each industry is allowed but a second group will be created if we have enough interest. Attendance is required with an occasional sub when you can't make it. This is to ensure that the group stays robust and interactive with the members.

Date: Friday, November 10, 2017

Time: Noon

RSVP: Megan Mills at mmills1@farmersagent.com or France MacDonald info@FranceMacDonald.com.

Sales & Marketing SIG

Meets the 3rd Thursday of every month. Please send an email to jackie@offsiteaccounting.co if you are planning to attend, we have to give a count to the restaurant. This is a free event - but you do have to purchase lunch.

Date: Thursday, November 16, 2017

Time: 11:45 to 1:00 p.m.

Location: Browncroft Family Restaurant

Pricing: Members pay for their own meals and drinks.

RSVP: Jackie Johnson jackie@offsiteaccounting.co

Finance SIG

For women with careers that deal with some aspect of finance. We are all about networking and sharing information pertinent to our profession. The world of finance is rapidly changing and we help keep each other current.

Date: Wednesday, November 15, 2017

Time: NOON - 1:00 p.m.

Location: The King & I, 1455 E. Henrietta Road

Info: For more information, please contact Holly Hewins at Hollis.Hewins@FNFG.com.

Community Connections



NOVEMBER 2-6, 2017
at The Little Theater

[CLICK FOR MORE DETAILS!](#)

**Women's Foundation of Genesee Valley -
Annual Grant Awards Luncheon**



The Board of Directors of the Women's Foundation of Genesee Valley invites you to join us for our Annual Grant Awards Luncheon. Learn about the programs and people that are improving the lives of women and girls in Monroe and the surrounding counties.

Please invite a guest who would like to learn more about the Foundation and the needs of women and girls in our community.

Date: Wednesday, November 8, 2017

Time: 11:30 – 1:00 PM

Location: Temple B'rith Kodesh

Pricing: \$25

Tickets can be purchased online at:
womensfoundation.org/grant-awards-luncheon

Individuals: \$25; Table of 10: \$250

Or, call the office at: 585.242.0940

Please RSVP before Wednesday, November 1, 2017.

For additional information visit

www.womensfoundation.org or contact Alyssa Belasco

abelasco@womensfoundation.org



Angels of Mercy

Tickets: \$50.00

Available online (see below) or contact our office at angelsofmercyny@aol.com.

[Register Here](#)