



ROCHESTER
WOMEN'S
NETWORK

CONNECT. GROW. SUCCEED.



News from the RWN President, Linda Heeler

It was wonderful to see so many of you at the Spring Symposium on June 13th. We experienced a day of personal and professional development and a chance to build and grow relationships in an intimate setting. I continue to hear about the impact the speakers had on those attending.

Instead of standing and lecturing, you asked for more interactive opportunities with the speakers and attendees. You wanted practical tips and actions that you could put into practice immediately.

Our Symposium committee, led by Jill Wesley, took this into account as they considered topics to be offered and in finding speakers. They worked to not only create an atmosphere that was welcoming, conducive to learning and connecting but the vendors were carefully chosen as well.

I was grateful to work with such professional and dedicated committee members. Everyone pulled together and did their job which was reflected in the high ratings that we received from the attendees.

Our workshop leaders, Jennifer Leonard, Milo Primeaux, Yversha Román and Carrie LaDue were outstanding.

Our keynote, Eliza VanCort, engaged with the audience for 90 minutes sharing, modeling and teaching us how to be more effective communicators. She demonstrated how pitch, enunciation and body language all play an important role in how we are perceived. She answered questions and offered tips on how we could immediately begin to make a difference at work and at home. The following day, at an RWN SIG meeting, I witnessed a member use tips that Eliza shared. Her 60 second interaction with the group was so impactful, the room broke into applause! We can all benefit from learning to communicate more effectively and Eliza's content is

July/August, 2019

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her website, elizavancort.com, and follow her on LinkedIn.

Thank you to the entire Symposium Committee led by Jill Wesley, Cynthia Ely, Erin Garrett, Jane Elliott, Jillian Jones, Melanie Watson, Michelle Wescott, Miranda Wilcox, Sara Bennett, Coleen Honeywill, Megan Flanagan Mills and our VP of Major Events, Susan Jefferson for a job well done!

Thank you to our many sponsors and vendors. Without your support, RWN couldn't have provided such a quality event.

If you have ever considered chairing a committee or serving on the board, we are currently looking for the next generation of RWN leaders. Please take a moment to fill out the 2020 Leadership Application that will be emailed in August. Reach out to me or a Board member if you have any questions about serving. We would love to have you join us as we continue our mission to lift the women of our community.

Enjoy your summer,

Linda Heeler

News from the Office

The marketing Committee has been developing an on-line store for RWN – **this will launch Friday, July 19, 2019**. Thank you to this group for conceiving & executing this brilliant idea.

More from the Marketing Committee:

How do you spread the word about RWN and have fun at the same time?

Announcing the Rochester Women's Network Online Store, opening Friday, July 19, 2019 at <https://rwn.org/shop/> !

Here's how it works:

For two weeks every season, a variety of RWN-branded merchandise will be available for purchase online. Each season the selections will change, offering you new and fun ways to spread the word about RWN. But don't worry, popular items may make regular appearances!

Throughout the year, RWN will host "spirit events" where you will be encouraged to show off your RWN pride. However, this merchandise has been specially selected with versatility in mind, so you can wear it, carry it, use it anytime.

The store will also offer a signature graphic T-shirt each season. Designed by members of RWN, these shirts will be available for a limited time only and replaced with a new graphic tee each season, so don't wait to place your order!

All proceeds benefit RWN and its ongoing commitment to strengthening women's skills in leadership, business, and life management. Items can be shipped to an address or picked up at the RWN office.

Connect. Grow. Succeed . . . And get your RWN on!

A special thank you to RWN's Spring Symposium sponsors:



The art of representing people®



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Elizabeth Wendt
Breast Care
Breast Imaging Excellence



Dawn Hampsey
Certified Public Accountant



The College at
BROCKPORT
STATE UNIVERSITY OF NEW YORK
Office of Career Services



If not now, when?



Thank you to our event Vendors:

DeJoy, Knauf & Blood, LLP
Carla Morris, Edward Jones
Farmers Insurance Agency – Megan Flanagan Mills
Junior League of Rochester
Kc Rossi, Inc
Jane Elliott, Keller Williams
Kelly Kester Photography
Leadership Logic
Midtown Athletic Club
Perinton Family Acupuncture
The Refinement Studio, LLC

RWN's 2019 Women Inspiring Women Award Celebration will be held at the Woodcliff on Thursday, October 24, 2019.



Who's your heroine? Does she go above and beyond to help other women succeed in their professional and personal lives? Is she an inspiration to all, exceeding expectation and achieving her goals? Have you thought about her, "This woman really deserves an award"?

Now's your chance to nominate her for the Women Inspiring Women Award, RWN's highest honor and a cornerstone of the organization's mission to bolster and celebrate women.

Nominations will be accepted through 08.19.19, so don't hesitate to act. It's time to nominate a deserving woman for 2019! Download a [nomination form](#) and submit your heroine's name to RWN today!

For more information about this award & event please visit [RWN's website](#).

RWN is looking for a member to sponsor the August Monthly networking event on August 28, 2019. This is a great opportunity to showcase your business. If you are interested please contact Sandy Richardson at 585.383.8080 OR rwn@rwn.org. There is a \$100 fee to sponsor the event. Thank you!

Educational
Partner Network
NAZARETH COLLEGE

RWN continues their partnership with Nazareth College, a significant opportunity for members interested in pursuing a master's degree. The

Nazareth College Educational Partnership provides RWN members with a 20% tuition discount and opportunities for professional development, career advancement, network building, and acquisition of necessary, relevant skills that benefit our members.

Members receive the tuition discount for graduate degrees in education, human resources, management, or marketing at Nazareth, in addition to any employer tuition benefits. Please visit the [Nazareth Partnership Network Webpage](#) for more details and how to apply.

Reminder: **RWN has a new phone # 585.383.8080.**

RWN New Members and Renewals

Renewals

Michelle Ames
Rochelle Fields
Sarah Marche
Rosemarie Lester
Lori Sussle Bonanni
Katie Rudow
Alyson Orr
Jennifer Cave
Renee Veniskey
Gidget Hopf
France MacDonald
Linda Heeler
Dee Alexander
Ben Lee
Patricia Beaumont
Cassandra Moffitt
Coleen Honeywill
Ashley Probst

Welcome

June Cotton
Tressi Daymon
Molly Rush
Jamie Winnick
Melissa Davis
Elissa Mesler
Kate Miller
Annabella Kajtezovic
Julie Morgan
Laura Kline Taylor
Carly Lauricella
Sarah Bauman
Barb Klein
Pam Sauve
Melissa Newcomb

RWN Member News



Buon Giorno Tutti

As everyone knows, ANGELINAVAGABONDA GROUP, LLC, has been bringing **Italy** and her fine craftsmanship to Rochester for past decade. Angela LaVecchia announced earlier this month, with huge regrets, that she will no longer be bringing in any Leather Goods or Silks from Italy. Her suppliers have aged out and have sold their businesses.

With this announcement, she shared that she is hosting a **SALE** on all inventory – Last Date for Sale is 07.23.19. IF YOU WOULD LIKE TO HAVE A PERSONAL SHOPPING EXPERIENCE, CALL FOR AN APPOINTMENT: 585-261-7194.

Location: 1071 Long Pond Road, Rochester, NY 14626 (You may park in my driveway as well as the Meeson Funeral Home Parking Lot next door.)

Special Opportunity for RWN members from RWN member Mary Therese Friel.

Mary Therese Friel & her husband Kent produce a radio program a couple of times a month on specific Tuesdays.

Welcome to ROC Image! They broadcast positive accomplishments of Rochestarians and promote

awareness and action for charities and causes that are enriching the Greater Rochester Community. ROC Image showcases great people in our community and provides a positive forum for listeners to hear about the many opportunities to make a difference that exist here.

On any given Tuesday they host multiple guests and lead a discussion where everyone participates. It is fun, good PR and an opportunity to get your name out into the community, pitch your business & upcoming events!

Here is some info on the program:

<https://wayofm.org/shows/roc-image-radio>

Tuesdays

12:00pm - 1:00pm

Music/Talk

ROC Image Radio

with [Mary Therese Friel, Kent Friel](#)

ROC Image Radio

Hosts: Mary Therese Friel & Kent Friel

If you are interested please reach out to Mary Therese directly at mail@MTFMODELS.com

Job opportunities in the Rochester Area

The RWN Office continues to get Job listings from the following organizations. If you are looking for a new position consider these resources.

For employment opportunities go to [EXCELLUS](#)

HR WORKS: Various Opportunities: <http://www.hrworks-inc.com/careers/job-opportunities>

Delibert Employment Solutions: Various Opportunities: <http://www.delibertemployment.com/Careers.aspx>

Public Relations Society of America Rochester

<https://prsarochester.org/classifieds.php?type=job>

Upcoming Events

Explore RWN: Information Session for RWN

Date: Monday, July 30, 2019

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

Location: Perkins Mansion/AAUW, 494 East Ave, Rochester, 14607

Price: FREE

RSVP: [Register online NOW](#)

The Establishment

Topic: Female and Finance

Guest Speaker: Eric Palumbo

Date: Wednesday, August 21, 2019

Time: 5:30 pm

Location: TRATA, Culver Road Armory, 145 Culver Rd. Rochester, 14620

Event Details: [Click here](#)

RSVP: [Register online NOW](#)

RWN SIG Spotlight: Referral SIG 2

Date: Thursday, July 25, 2019

Time: Noon to 1:30 pm

Location: Browncroft Family Restaurant, 2501 Browncroft Blvd, Rochester, 14625

Price: Included with RWN Membership, Non-member \$10.

RSVP: [Register online NOW](#)

SIG Spotlight: Wine SIG – more details coming soon!

Save the Date” Tuesday, August 20, 2019 5:30 pm

RWN Committee Announcements

Marketing and Newsletter Committee

Over the past six weeks, member **Adriana Skura-Palmer** identified, applied for, and secured the Google AdWords Grant for RWN! Two huge benefits of this grant are free access to Google business tools, and \$10,000 per month in free advertising. As Adriana stated in her proposal, “This is an excellent opportunity for RWN to increase visibility, gain targeted traffic, and increase our goals for 2019.” Thank you, Adriana!

New member opportunity – Write for RWN’s Blog!

If you are interested in submitting a blog post, please contact Terra Osterling at terra@suddenwriteturn.com to discuss topics and timelines. Guidelines are available to help you format and organize your post! Need ideas? Read our past posts at RWN.org for inspiration, ask your RWN co-members to help you develop your blog post idea, or get in touch to discuss.

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](#), and [Twitter](#). Join our committee to share your marketing talents with RWN!

Date: FIRST Thursday of the month.
Next meeting August 1st

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave

RSVP: No Registration Required. For more information, contact Clarissa Markiewicz at cjimage79@gmail.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.

Date: Meet Quarterly. Next meeting: TBD

Time: 9:00 am

Location: Brueggers, Monroe Ave

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

Membership Committee

HELP RWN CONNECT. GROW. SUCCEED! As a membership run organization, you are the backbone of RWN. In order to continue to CONNECT, GROW, and SUCCEED, RWN needs your help. Please encourage your friends and colleagues to join RWN and enjoy the same benefits and opportunities you do.

Member Testimonial: [featuring Megan Flanagan Mills](#)

After college I moved to Los Angeles and then Northern New Jersey, when I came home to the Rochester area after 7 years, I joined Rochester Women's Network. It was a great opportunity to meet some really wonderful women. I didn't really see the full benefit of my membership until I switched careers from Corporate America to a small business owner. As I had additional time to invest I became more involved in Special Interest Groups and Committees. An obvious benefit is to grow my business but I also started to become more involved with the organization because I am very fond of many of

our members and it is nice seeing and working on projects with everyone. I originally joined RWN as a way to network for business opportunities but have quickly realized that the more valuable part for me are the long lasting friendships I am making along the way, and for this, I am so grateful to RWN.

PLEASE consider sharing your "RWN story" by submitting it to me at: lynn@bookkeepkerr.com

Please contact Sandy at (585) 383.8080 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 is 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.

New Member Benefit: As a benefit of membership, all RWN members are invited to submit blog posts about work life, business/professional education, and advancement.

Need ideas? Read our past posts at [RWN.org](#) for inspiration, ask your RWN co-members to help you develop your blog post idea, or get in touch to discuss. If you are interested in submitting a blog post, please contact Terra Osterling at terra@suddenwriteturn.com to discuss topics and timelines. Guidelines are available to help you format and organize your post!

Reminder: SIGs are a member benefit. Please keep your membership current.

Remember your loyalty card when attending RWN events. Once you have had your loyalty card signed for attending twelve different RWN events in one year, you are entitled to get 20% off your next year's membership dues, whether you stay at the same level or upgrade to a 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 will have card signed for each new member.

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

Date: Fourth Wednesday of the month. Next meetings: July 24, & August 28, 2019

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.

Date: July 30, 2019

Time: 7:30 to 8:30 am

Location: Conference Call: contact Cindi for details

If interested in joining our committee, contact Cindi Crowley at 585.329.9079 or 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: July 30, 2019.

Please note location: Perkins Mansion on East Ave. 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.

2019 Program Committee

Develop programs to engage RWN members on a professional and personal level. We reach out to cultural organizations, corporations, and 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 online at [RWN Upcoming Calendar of Events](#)

Date: First Thursday. Next meeting: August 1st

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave Irondequoit, 14617

RSVP: Come join us! For more information, please contact Holly Hewins or Carol Kennedy: hollish@frontiernet.net OR carol@carolkennedylmt.com

Monthly Free Networking Committee

RWN is looking for a member to sponsor the August Monthly networking event on August 28, 2019. This is a great opportunity to showcase your business. If you are interested please contact Sandy Richardson at 585.383.8080 OR rwn@rwn.org. There is a \$100 fee to sponsor the event. Thank you!

Enjoy RWN's monthly Free Networking event? The committee is looking for members to participate on the committee. Great opportunity to be on the front line to meet members and event attendees. Greet our guests, help develop & execute the ice breaker, identify members interested in sponsoring and share information about RWN. If you are interested please contact Sandy Sloane at sandy.sloane@solutionsbysloane.com or Sandy Richardson at rwn@rwn.org.

Community Service Committee

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

Date: First Monday of the month, next meeting August 5, 2019

Time: 6:00 p.m.

RSVP: Please contact Brigid Ryan at brigidsryan@gmail.com

Revenue Development Committee

Seeking additional committee members – see committee information below...

Next Meeting: August 1, 2019 @ Noon

Please call or email Jillian Jones at 716-397-8932 or jillianj@supportivedivorcesolutions.com

What are the benefits of serving on the Revenue and Development Committee?

1. Going to meetings where you see the same group of women means you get to know about their business and/or profession on a deeper level. That is how real relationships are made both personally and professionally.
2. Committees are a friendly, safe environment to practice skills that you want to build up such as leadership, marketing, public speaking, to name a few.
3. Feeling like you should volunteer more but just don't "have the time"? Well yes, you are volunteering your time but serving on a committee does more than just putting in volunteer hours and making your heart warm. While giving back to your community you also get to have fun with other like-minded women and your marketing yourself and/or your business at the same time! Triple whammy!

Why is this committee important to RWN?

1. Revenue and development is closely intertwined with our other committees such as: major events, programs, marketing - we support them and work together for success.
2. We are a nonprofit and need to ensure that our programs and events are successful so that we have funds to run RWN; from SIG's to running our website. We want to continue to offer members what they are asking for and we can't do that without a healthy bottom line.

Are you interested in learning more?!

Please call or email Jillian Jones at 716-397-8932 or jillianj@supportivedivorcesolutions.com

I'm looking forward to reconnecting with you or speaking with you for the first time!

Together, 2019 is going to be one of the biggest years yet for RWN and YOU – connecting, growing and succeeding together!!!

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.

Career Transition SIG – Summer Hiatus resumes in September

Is a change in your future? Exploring new professional opportunities? Find new paths with us! Discuss how to take advantage of current opportunities and move forward in a way that honors you and your skills. Share, learn, and listen to make the most of this time for professional growth, realizing opportunities, and reaching goals.

This SIG will be facilitated by Teresa Delibert, Certified Personnel Consultant & Miranda Wilcox, Professional Certified Coach.

Please reserve your attendance by contacting Teresa at teresa@delibertemployment.com If you have questions please contact Sandy at RWN 585.383.8080. **Regular meeting times will be the SECOND Wednesday of the month at 5:30 in our office building at 2509 Browncroft Blvd.**

Date: NEXT meeting: Wednesday, September 11, 2019
Time: 5:30-7:00 p.m.
Location: RWN Office - 2509 Browncroft Blvd, Suite 106 (conference Room) Rochester, 14625
Pricing: Included with our RWN membership
RSVP: Teresa Delibert Teresa@delibertemployment.com

RWN Leadership SIG: Leading with a purpose

FACILITATORS: Cynthia Ely, Michelle Wescott

Cynthia Ely MissCynthia@rochester.twcbc.com; Michelle Wescott mwescott@gillespieassociates.com

Purpose: To help each member become conscious of his/her leadership skills, provide support and peer guidance, provide a forum for problem-solving, and share best practices.

Group Demographics: We welcome members who are in leadership positions, transitioning into leadership positions, or have knowledge and experience to share.

Description: We are an interactive group. We provide peer support, conscious leadership development, and problem-solving. Members are encouraged to: ♣ Request help and/or encouragement. ♣ Share leadership or management challenges. ♣ Be open to receiving thoughts, ideas, and suggestions from members.

*Members are required to maintain confidentiality.

Format: Our group utilizes a variety of methods to increase learning and develop conscious leadership skills: books and articles, videos, panel discussions, speakers, and experiential learning activities. At each meeting, we will select three members who are seeking help with a problem or challenge. Our intent is to have them leave the meeting with possible solutions and/or a plan they feel good about.

Group Size: 15

Day, Time & Meeting **Third Friday** - Rochester Research Associates, 1115 East Main Street, Rochester, 14609
Enter through Door 7, Suite 311: 7:30 a.m. to 9:00 a.m.
Networking 7:30 a.m. to 8:00 a.m., Meeting 8:00 a.m. to 9:00 a.m.

New format for 2019! Relax & Renew (replaces Destress for Success) Summer Hiatus resumes in September

Contact: Alana Cahoon: alana@grow2bu.com

Learn relaxation tips from fellow members, gain support on your current path, and top it off with a glass of wine or cup of tea.

Women often carry responsibilities in the house and on the job. Balancing your career and home life is vital to your health. This SIG offers to inspire and revitalize your body, mind and soul. Mindfulness coach, Alana Cahoon leads the 2019 series and is excited to learn about your relaxation tips. Think knitting, journaling, breath techniques, massage. What's yours?

Date: Third Wednesday of the Month, next meeting will be September 18th

Time: 4:30 pm

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

Pricing: Included with RWN Membership

RSVP: Alana Cahoon alana@grow2bu.com

Board of Advisors SIG (BOA)

Contact: Dawn Hampsey: dawn@hampseycpa.com

Meet the first Wednesday of each month from 3:00 p.m. to 5:00 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

Support Imparting Growth (SIG) SIG (New Name! Same great group 😊)

Contact: Jodi Atkin jodiatkin@gmail.com

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

Date: August 1 & 15

Time: 8:00 a.m. to 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.

Restauranteers SIG – Summer Hiatus resumes in September

Contact: Joanne Madonia, jmmral@rit.edu

Date: September 11, 2019

Time: 6:00 p.m.

Location for September : TBA

RSVP: If you wish to attend, please sign up online at www.rwn.org once you are logged in as a member. Questions? Contact Joanne Madonia, SIG Chair, at 585-475-7456 or by email: jmmral@rit.edu

Rochester Women Refer SIG

Contacts: Lauren Goetz: lauren@everydayhandshelp.com

OR April Wiesner: april@RocCityPopALock.com

RWN Rochester Women Refer SIG **meets the second and fourth Fridays of the month at noon** (due to the holiday schedule only once in Nov & Dec). Only one representative from each industry is allowed. 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, July 26 & August 9, 23

Time: Noon

Location: Perkins Mansion, East Ave

RSVP/More Information: Lauren Goetz – Lauren@everydayhandshelp.com

NEW! RWN is announcing a second referral SIG, Rochester Women Refer SIG II

SIG Spotlight 07.25.19 – see events above for details – everyone is welcome to attend!

Within the SIG, the purpose will be for members of each

industry to support each other by passing leads and referrals to the other SIG members to increase sales for everyone within the room. This is a strategic networking group that meets 12:00 - 1:30PM the 2nd and 4th Thursday at the Irondequoit Public Library. Regular, on time attendance is expected and only one person from each industry will hold a spot. **This is a first come, first serve SIG membership!**

SIG: Rochester Women Refer SIG II

Leaders: Meg Leonard & Erin Garrett

Purpose: Create a place for business owners and salespeople to gather for the sole purpose of business development opportunities.

Requirements: Only one person from each industry will be allowed in the group to avoid overlap. Format: Networking, 60 second introduction with ideal client request, one 10 minute formal presentation by the members (rotating), one business topic, 5 minutes and review of group leads.

If you're interested, please email SIG chair, Meg Leonard coachmegleonard@gmail.com with your name, business name, industry and industry niche (I.E. Banking would be the industry but it could cover several niches: savings and checking, loans, mortgages, 401K, financial advice, etc.). Our purpose is to get as many people within the room as possible so narrowing our niches will be important. We will follow up with a preliminary list.

Please Remember: This is a FIRST COME, FIRST SERVE group and we anticipate industries and niches will get locked out quickly so send us your interest ASAP.

Sales & Marketing SIG

Contact: Jackie Johnson: Jackie@offsitaccounting.co

Meets the third Thursday of every month. Please send an email to jackie@offsitaccounting.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: Third Thursday of every month. Next meeting: 08.15.19

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

Location: Browncroft Family Restaurant

Pricing: Members pay for their own meals and drinks.

Finance SIG

Contact: Holly Hewins, hollish@frontiernet.net

Date: 3rd Wednesday of the month, next meeting August 21, 2019

Time: Noon to 1:00 p.m.

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

Wineauxs SIG, Part Deux (A Drinking group with a networking problem)

Meeting **tonight**, 07.18.19, at 5:15 pm, at Bitter Honey

Location:

Bitter Honey
127 Railroad Street, Suite 110
Rochester, NY 14609

PARKING – There are private parking lots just down the block from Bitter Honey. One is at the corner of 4th and Railroad and one is at the corner of 1st and Railroad (where you'd park to go to the market). These should be free on weeknights. Street parking is also available.

WHAT TO EXPECT:

Pay-your-way with your choice of drink and snack this time. This will be less organized than you're used to due to my hectic schedule over the last month. I have only put in for a drink request as below...

DRINK - Pitchers of a few different drinks to share. I am hoping we can share a pitcher or two of some of their specialty drinks. This will be a shared expense. If you'd prefer to choose your own, no problem! We can just enjoy each other!!

FOOD - Your choice this month.

PRICE – Pay-your-way for what you choose to drink and snack on this time.

Please reply TO ME: kar4333@gmail.com or text my cell (585-414-4333) to let me know if you'll be able to make it, and with your preference above. Thank you!

Looking ahead in 2019...here's a tentative schedule. Suggestions are always welcome!

Please Note in August we will meet on TUESDAY, 08.20.19 – location to be determined – please watch for an email. Thank you!

7/18/2019	Bitter Honey
8/20/2019	New date! Location to be determined.
9/19/2019	A Gust of Sun?
10/17/2019	The Reserve
11/19/2019	Lemoncello

Contact: Katie Rudow, Katie.Rudow@morganstanley.com

Date: Third Thursday of the month, Next meeting:
TONIGHT - July 18, *August event will be August 20th!*

Time: 5:00 p.m.

Location: Confirm by contacting Katie for details

Pricing: Please bring cash or check to cover expenses.

New SIG for 2019! Young Professional – Please note: NO evening meeting on July 25th

Contacts: Carly Rohlin: alana@grow2bu.com
Or Lauren Drohr LaurenDrohr@gmail.com

Purpose: Networking dedicated to the personal and professional growth of today's modern young professional woman.

Because YP's of today are heavily focused on a work/life balance, we decided we would like to have two meetings a month: one will focus on professional growth and one will be more of a fun, networking opportunity. Our goal is to create a variety of events for young professional women to grow and network, opportunities that move beyond traditional bar "meet-ups".

Place: Will vary with each meeting

Time: 2nd Tuesday of the Month for lunch - 12:30 – 1:30 pm & 4th Thursday of the Month – NEW TIME – 4 pm.

More Information please contact Carly Rohlin at carly@missioncommercialrealty.com

SIG Co-Chairs: Lauren Drohr – LaurenDrohr@gmail.com
Carly Rohlin – carly@missioncommercialrealty.com

Community Connections

Opportunity from the National Women's all of Fame:



National Women's Hall of Fame induction ceremony takes place every two years to recognize 8 to 12

American women whose lives and ground breaking work add chapter upon chapter to centuries of women making history.

The National Women's Hall of Fame is offering tickets to the Induction Ceremony, on **Saturday, September 14th** at the del Lago Resort to members of Women's Organizations (including RWN!) at a greatly reduced rate: **Buy one get one, the cost will be 2 for \$150.** This offer will only be available by calling Rebecca at the Hall and mentioning the code **womenbogo2019.** This offer is only good in groups of two (**one ticket will not be sold for \$75**) and there is a limited quantity.

Rebecca's phone number is 315-568-8060, ext. 101.

Join us for the induction to recognize these women history makers!

The 2019 Inductees include:

- Gloria Allred, Attorney and Activist (Roe v. Wade)
- Angela Davis, Professor and Author
- Sarah Deer, Professor, Lawyer and Advocate
- Jane Fonda, Activist and Actress
- Nicole Malachowski, USAF, Retired and Advocate
- Sonia Sotomayor, US Supreme Court Justice
- Laurie Spiegel, Composer
- Diane VonFurstenburg, Fashion Designer and Philanthropist
- Flossie Wong Staal, Biologist

Deceased: (family and/or friends will accept on behalf of these inductees)

- Rose O'Neill, Artist and Activist
- Louise Slaughter, Former US Member of Congress, Advocate

Gretchen Carlson is the Mistress of Ceremonies.

All events will take place at the del Lago Resort
1143 NY-414, Waterloo, NY 13165

Additional information: www.womenofthehall.org

SCORE of Greater Rochester - Upcoming Workshops:

For more opportunities please go to <https://greaterrochester.score.org/>

Kiwanis Club of Greece

Kiwanis Club of Greece is partnering with Veterans Plus Assistance Corporation (V.P.A.C.) to bring to the Greece and Rochester community, **Combat Comedians Dinner Show on Thursday, August 15, 2019**. Doors open at 5:30. Dinner at 6:30. Show at 7. This will be located at the Barnard Restaurant & Party House, 360 Maiden Ln, Rochester, NY 14616. Tickets are \$22 through Aug 12, then they will be \$25 til night of show (and at the door). Cash Bar. 50/50 Raffle. Raffle Baskets.

Here is the link for the Kiwanis Club of Greece Facebook event...to view, share, and purchase tickets: <https://www.facebook.com/events/440436583442425/>

Here is the link for Eventbrite event...to view, share, and purchase tickets: <https://combatcomedians.eventbrite.com>

To learn more about V.P.A.C. and Combat Comedians, please visit their site: <https://www.vpacworks.org/combat-comedians>

Combat Comedians is a program that teaches creative writing and trains Veterans to perform in LIVE Comedy shows (if so desired) to help them overcome their PTSD (Post Traumatic Stress Disorder), while giving them the tools and opportunity to earn money.

Kiwanis Club of Greece has a mission to change the world, one community and one child at a time. They offer a variety of programs that help with character building, teaching leadership skills, how to fundraise, bring up grades, etc.

If you have any questions, please do not hesitate to contact Heather Henderson, President of Kiwanis Club of Greece @ 706.331.1022 or Dave DiFranco, President of V.P.A.C and Founder of Combat Comedians @ 585.545.5897

St. Ann's Community

Please join us for our monthly Wisdom Workshop, with guest speaker Jonathan Gartner with AVO Solutions. Jon will present on the benefits of personal home care services.

Jon Gartner is the Director of Business Development with AVO Resource Solutions. Jon began working with AVO Resource Solutions roughly four months ago embracing new adventures and challenges after working in retail for the past 16 years. Jon has always had a passion for helping and serving others! Jon has

moved on from helping customers purchase appliances to helping seniors and their loved ones thrive and prosper happily in their own homes.

This is a FREE workshop but reservations are required. Light refreshments will be served.

Wisdom Workshop: AVO Resource Solutions, Jon Gartner

Location: St. Ann's Adult Day Services, 4250 Culver Road

Date: 08/08/2019

Time: 2:00pm-3:00pm

RSVP By: 08/06/2019

Presented By: St. Ann's Adult Day Services at Durand Senior Apartments

Contact: Kathleen Washington

E-mail: kwashington@mystanns.com

Phone : 585-450-8003

Open Access

Sadly, 12% of all New Yorkers over 11 years old experience addiction or abuse disorders every year. The Monroe County Medical Examiner's Office released preliminary numbers stating there were 766 opioid-related overdose reports in 2017, 220 of which were fatal. Alcoholism and other substance use disorders continue to hurt individuals and families in our community every day.

When you or a loved one is ready to seek treatment, call or go to Open Access at 1350 University Avenue, Rochester (585-627-1777). Open Access is staffed 24/7 and welcomes all ages. There will be an evaluation and a connection to an appropriate level of care. Families seeking guidance can call a Recovery Support Navigator at 855-778-1200.

RWN member Erin Egloff, the Finger Lakes Addiction Resource Center Coordinator at the National Council on Alcoholism & Drug Dependence, can also guide you to the right resources.

Call her at 585-719-3485 or email eeegloff@depaul.org.

Recovery IS possible.