



NETWORKING *News*

Women helping women through networking to achieve their personal and professional goals

SUCCESS *Story*

Ellen DiVietro

—Nancy Passow, Write for You in NJ,
201-541-9702, www.write4unj.com



Join us as we talk with Ellen DiVietro, Independent Consultant and Team Mentor with Tastefully Simple (www.tastefullysimple.com/web/edivietro), and learn about her business and how the company's three principles – The Law of Abundancy, The Law of Magic, and the Law of Realness – can apply to all of our businesses.

forward, and thinking about others before you think about yourself.

Q. Tell us briefly about your business, *Tastefully Simple*.

Ellen: The company motto says it all, "The food you love, the time you deserve." Founded in 1995, we're the nation's first home taste-testing company, offering a variety of easy-to-prepare gourmet foods. Our products are sold primarily through home tasting parties by consultants who offer samples, easy meal ideas, recipes, and fun. But the company is about more than just food – it is also about people and business.

Q. Tell us about *Tastefully Simple's Three Principles*.

Ellen: The three principles are the "why" behind how we do business. Jill Blashack, founder of *Tastefully Simple*, says about The Law of Abundancy, "If we believe there is more than enough to go around, there will be". If someone wants to book a party and my schedule is full, I introduce her to another consultant. The Law of Magic means enjoying what we're doing and sharing that joy with others. When we feel positive, we feel energized. Jill explains The Law of Realness as "If we are authentic and humble, we build trust in ourselves and others." This means admitting mistakes, so you can move

Q. What led you to go into business for yourself and what inspired you to choose this business?

Ellen: After leaving my twenty year career as a buyer with Sterns Department Store to be home with my family (husband Peter, daughter Samantha, now 14, and son Jonathan, now 9), I felt I needed to do something for me. There had to be a middle ground between a full-time career and a stay-at-home mom. Then I attended a *Tastefully Simple* party. Everyone was having a great time, the food was delicious, and the consultant was having lots of fun, too. My original thoughts were – I'm too shy and too busy to try something like this. But then I decided to give it a shot – after all, it was food, everyone eats, and it would be a chance to get out and socialize. After seven years, I have grown through six levels of leadership to become a Team Mentor.

Q. What has been your greatest success and what led to it?

Ellen: My greatest success has been growing and maintaining my personal sales volume while building an awesome team. As a brand new consultant seven years ago, I watched many top achievers receive on-stage recognition at national conference and I wanted it too! I set my goal to be on-stage the following year and have made it every year since then.

Q. What has been the greatest obstacle you've had to overcome?

Ellen: Balance! Having a home-based business is great because it's twelve steps to the office – but that also means you can find yourself working 24 – 7. I strive to have my business revolve around my life – I write my family commitments on the calendar first and then determine when I can work.

Q. What do you enjoy most about your business?

Ellen: There are many things I love. Flexibility is the main thing. I've met so many people because of my business – the friendships are priceless. I love receiving recognition for a job well done. Working with my team members to help them achieve success in their businesses has helped me grow my leadership skills. I enjoy helping others through

cont'd on Page 3...

IN THIS ISSUE

President's Perspective	2
Board Members	2
New Members	3
Notebook	2
Taking Care of Business	4
Taking Care of You	5
What's New	6
Directory	7

**ROCKLAND BUSINESS
WOMEN'S NETWORK**

2006-2007 Board

President

Liz Benuscak
Bl-Coastal845-708-9134

Executive Vice President

Lizanne Fiorentino
* * *845-357-3312

Vice President Programming

Lynn Teger
Teger Commercial845-947-7118

Vice President Membership

Fran Reinstein
Mortgage World Bankers . .845-639-0240

Vice President Marketing

Jeanne Struck
JSGGroup, Inc.845-620-9852

Vice President Fundraising

Beth Blecker
Eastern Planning Inc.845-627-8300

Treasurer

Phyllis Galimi
Ira Wickes Arborists845-354-3400

Secretary

Judith Bachman
Attorney at Law845-356-6492

Past President

Michele Philips
Key Seminars845-398-0934

Members at Large

Barbara Boggan, Rona Brand
Ginny Hall-Apicella, Dorothy Gandy,
Susann Heller, Jeryl Kronish

Newsletter

Editor-in-Chief,
Nancy Passow
Write for You in NJ201-541-9702

Design & Layout,
Aparna Mulchandani
Two By Two201-684-1515

Proofreading,
Phyllis Galimi
Ira Wickes Arborists845-354-3400

Networking News is published four times per year by the RBWN, printing news about members' personal and professional successes, women's career-oriented activities, and issues of concern to women. Articles of interest to women may be submitted by any member. Submissions may be edited. All articles and member news should be sent to Nancy Passow at write4unj@att.net (e-mail for schedule, article length, etc.) Information submitted by members and appearing in Networking News does not constitute the organization's endorsement.

Printed by Minuteman Press, Northvale
Contact Vivian Abitabilo at 201-767-6504



The President's

Perspective

The Season of Giving!

—Liz Benuscak, President

If you are a regular reader of this newsletter you have seen our two columns – Taking Care of Business and Taking Care of You. The latter is something that many of us do all too infrequently. The holidays are now upon us, so we are heading into a very hectic time of year. For many of us, business and social calendars fill up in the blink of an eye and the world doesn't stop to let us step into that Rockwell Holiday Portrait. In the meantime, life continues to go on...clients are calling, business is happening, families need tending too, shopping must get done and oh yes – somewhere in there we should find some time for ourselves. The old work /life balance issue rears its head again.

Recently, Lizanne Fiorentino and I interviewed Jonathan Fanning, of the GrowthCoach.com, on our radio show, "We Need to Talk... About Business" (on RocklandWorldRadio.com). One of the key points of his message was that professionals today – both women and men – need to look at the bigger picture and address the challenges in their personal and professional worlds in order to achieve their goals. I think this is never clearer than when we are pulled in numerous directions during busy times in our lives. The holidays are a prime example of this challenge. When asked what one thing could be done to ensure advancement with career and personal goals, Jonathan suggested that people take 15 minutes a day to review

their progress and paths and make the necessary readjustments in strategy. Fifteen minutes – with no cell phones, e-mail, IM's or any other distractions. Let me ask you this... when was the last time you spent 15 minutes – with ZERO DISTRACTIONS -- thinking about yourself and your goals?

So here is my challenge to you -- put aside 15 minutes a day – FOR YOU – in this season. And now take it one step further. Try to be aware of the inspirational moments going on around you during the hustle and bustle. Take a moment each day and reflect on where you derive your strength. Is it the example that was set by a family member, friend, or a colleague? Was it the twinkle in your child's eye as they said something profound in only the way that a child can? Is it the support that you receive from your spouse or significant other or close friend? Even on the worst days we all have something to be grateful for – even if it is only the fact that we are still alive and kicking enough to complain about our bad day!

"They" call this the "Season of Giving". So in this season of giving, I wish you all peace, happiness, and the gift of 15 minutes a day – just for you!

Happy Holidays!

RBWN



New Members

Welcome

Denise DeMilio
Esquire Title Agency, Inc.
New Windsor, NY
(845) 561-3500
denise@esquiretitleagency.com
www.esquiretitleagency.com

Kerry Burnett
Cambridge Brokerage
Nanuet, NY
(845) 627-5111
burnett@cambridgeinsurance.com
www.cambridgeinsurance.com
INSURANCE

Irene Gutman
Eagle Life Coaching
Suffern, NY
(845) 357-4191
irene@eaglelifecoaching.com
www.eaglelifecoaching.com
LIFE COACH

Nancy Goldsmith
Organized by Us, LLC
New City, NY
(845) 352-7632
organizedbyus@aol.com
www.organizedbyus.com
PROFESSIONAL ORGANIZER

Arlene Rodgers
HSBC Mortgage Corp.
Nyack, NY
(845) 353-7404
arlene.r.rodgers@us.hsbc.com
www.us.hsbc.com
MORTGAGE BANKER

Ronni Lederman
Vocal Focus
West Nyack, NY
(845) 548-9308
ronni@vocalfocus.com
www.vocalfocus.com
VOICE TEACHER

Debi Singho
Cessaira
Nanuet, NY
(845) 548-3520
debra@cessaira.com
www.cessaira.com
HOLISTIC HEALTH
COUNSELOR

Roseann Styczyndki
Global Nerds, LLC
Pearl River, NY
(845) 365-7974
roseann@globalnerds.com
www.globalnerds.com
WEB DESIGN AND HOSTING

Dara Onofrio, Esq
Onofrio Law
Piermont, NY
(845) 613-0880
dara@onofriolaw.com
www.onofriolaw.com
ATTORNEY (INTELLECTUAL
PROPERTY LAW)

Vicki Schwaid
The Mac Shack
Nyack, NY
(845) 821-0019
info@themacshackinnyack.com
www.themacshackinnyack.com
MACINTOSH COMPUTER
CONSULTING

Karen Zdanis, Esq.
Karen Zdanis, Esq.
Chestnut Ridge, NY
(845) 356-0855
law@karenzdanis.com
ATTORNEY

Michelle Grondahl-McCarthy
Bark Busters Home Dog Training
Nyack, NY
(845) 405-1484
barkbustersmm@optonline.net
www.barkbusters.com
DOG TRAINER

Success Story... cont'd from Page 1...

fund-raising efforts. I've helped raise funds for Juvenile Diabetes, the American Cancer Society, and my daughter's high school marching band, to name a few. And I have the ability to make someone's day a bit brighter with just some food and fun!

Q. How has RBWN helped you?

Ellen: RBWN has enabled me to associate with a wonderful group of business women. I've made many new friends, which in itself is valuable. I've even had the pleasure of "partying" with some fellow members and growing a reorder business.

Q. What advice would you give to other women starting a business?

Ellen: Pursue what you love. Don't be afraid to try something new. Be persistent. Be patient. Be confident. Dream big, but start small. Develop your plan to get where you want to go -- if you don't know where you're going, any road will get you there. There will be people who will put down what you want to do -- stay away from them and strive to prove them wrong. Most importantly -- have fun!

Q. What are the future plans for your business?

Ellen: My team is on the way to achieving a major milestone -- \$1,000,000 in sales! This is just the beginning; my goal is to reach our highest level of leadership, Senior Team Mentor, by June 2007.



Taking Care of Business

Promoting Your Web Site

--Patricia Mc Dow, *Tricia Business Image.Com*,
Web Site development, 914-447-1089, www.triciabusinessimage.com

Building a Web site and not promoting it is like posting a billboard in the back of your garage. You're just not going to generate a lot of traffic to your Web site. To get potential customers to visit your Web site, you need to let people know it exists.

Having a Web site is the same as having a store. You must have a marketing plan that includes your target market and how you will reach them. For a store, you advertise in your window, place advertisements in newspapers, in the yellow pages, etc. The more you advertise the greater chance to increase your sales. The same is true for a Web site. Try these six, free, or low cost, ways to promote your Web site.

1. **Add Your Web Site on Printed items.** Your Web site address should be included on your letterheads, envelopes, seminar folders, promotional materials, fliers, and business cards.
2. **Include your Web Site Address in answering machine or voice-mail messages.** For those who call your office outside of office hours, spell out your Web address in your message, so that they can immediately help themselves to the information they need.
3. **Develop a link network.** Visit non-competing Web sites in your area of expertise and ask the owners to add links to your site in exchange for adding them to your Web site.
4. **Start an e-mail newsletter.** Some say that showing up in your customers' mailboxes every week or month with updates, schedules, sale prices, or industry news is even more valuable than the Web site itself. Somewhere in the newsletter, tell readers to check out your Web site for more information on related subjects.
5. **Add an e-mail signature file.** At the end of every e-mail message you send, attach your contact information and a line about what's new at your Web site.
6. **Print T-shirts.** Order custom-made shirts and wear your Web address on your back. For even more visibility, sponsor a softball team who will wear them or use them as giveaways for a promotional mailing.



Member

Updates

Ellen and Glenn Arkin, owners of Strawtown Jewelry, recently received a Regional Award from Vesid and Rockland Employment Network for their contributions in furthering employment opportunities for individuals with disabilities. Each year selected businesses are recognized for the hiring of people with disabilities. www.strawtownjewelry.com

Laurie Macomber, Blue Skies Marketing, reports she is alive and well and living in the foothills of Colorado. She and her husband Tim fell in love with Fort Collins, CO, after visiting friends there over the years, and made a life-changing decision a year ago to move there. After selling their house this past September, they set off on October 1 for the cross-country move. Laurie's new office is in downtown Fort Collins. laurie@blueskiesmktg.com

Dara Onofrio, Onofrio Law, recently moved her business from New York City to Piermont, NY, in a beautiful top-floor office overlooking the Hudson River. Onofrio Law is the only female-owned law firm in Rockland County offering patent, trademark, and copyright services. www.onofriolaw.com

Taking Care of You

A Healthful Holiday Season

--Sharon Saka, RD, CDN is a Registered Dietitian and Certified Nutritionist in private practice in both Rockland and Orange Counties
845-357-0166, sharonsakaassociates@hotmail.com

Women in business -- we've cornered the market on pride of our accomplishments. But holiday time is rapidly approaching and, besides dealing with work, family and friends, we need to get ready for the holidays. This is often the time that women try to fit too many errands on their "to do" list and tend to put themselves on the bottom of the list, if they include themselves at all. After all is said and done, we end up feeling unhealthy and out of shape.

What is the answer? Just as you plan ahead to accomplish all of your holiday necessities, plan what you need to bring with you. Do not put yourself into a situation where you are forced to find healthful alternatives in a fast food restaurant. Remember to have a good start to your day before you pack in all that you need to do. We usually recommend a protein and carbohydrate combination in the morning. Some examples are low fat cheese on whole grain toast, peanut butter on a multi-grain English muffin, or a handful of nuts in your cereal. Prepare healthy snacks that are "grab and go". Good choices include a low-fat granola bar and fresh fruit, soy chips, or

a quick mixture of raisins, nuts, and dry cereal. Cheese and whole grain crackers or low-fat yogurt with fresh fruit are also good.

Most people that we see in our practice have the idea that they should eat "carb free" at mealtimes. This is not the case. Make sure when you have a meal that it includes a fiber source such as fresh fruit, whole-grain bread, a multi-grain wrap, or a sweet potato. And make sure that you do not go to a holiday party or dinner hungry. Eat a small snack two hours before so you can be more selective. If you are too hungry, you will want to eat in excess and will not always make the healthiest choices.

If you are hosting the meal or party, offer food choices that are also lower in fat. Most chips are offered in a baked or low-fat form. Salsa contains no fat and dips can be made with reduced-fat sour cream or low-fat mayonnaise. Veggie platters are always a popular choice, as well as Bruchetta, which contains very little fat. Always remember that if a recipe calls for oil or butter, it can usually be made with less. Many homemade

bakery products can be made with half the amount of oil, using applesauce as a replacement.

As holiday time approaches, just remember that a few smart selections can go a long way. Simple planning can help you to have a healthful attitude during the holiday season.



New Lunch Location

Comfort Inn, Nanuet NY

Join us each month from 12 to 2pm for networking and topics that will enhance your professional & personal lives.



**FLACKMAN
GOODMAN &
POTTER, P.A.**
CERTIFIED PUBLIC ACCOUNTANTS

106 Prospect Street
Ridgewood, NJ 07450-4430
Tel. (201) 445-0500
Fax (201) 445-8939
www.fgpcpa.com
pciardullo@fgpcpa.com

Patricia B. Ciardullo
CPA

With our humble apologies

(Corrections and updates to the October newsletter)

- Liz Benuscak's web site address is www.bi-coastalresumes.com
- Contact information for Patricia Ciardullo (as shown in the Networking Directory) is phone number 201-445-0500, fax number 201-445-8939, and zip code 07450.
- Contact information (in the Networking Directory) for Lynn Teger, for Spotlights and Door Prizes, is 845-947-7118 (as shown elsewhere in the issue)
- Ira Wickes/arborists business card ad in the Networking Directory, see this issue for correction
- Updated contact information for new member Joan Koppel, The Invitation Station, (received too late for inclusion in last issue) is phone number 845-358-0696, www.invitationstationhome.com

Member

Updates

Pattie Simone, President of Write-Communications and founder of **WomenCentric**, has landed the exciting job of planning and placing a nation-wide ad campaign for a large client. Pattie will be handling the promotion for two businesses – one of the largest couture bridal “destinations” and the largest Vera Wang salon in the country. write-communications.com and www.womencentric.org

Patti Stone, Angel-Kissed Impressions, is looking for help and support from business owners and individuals for the American Heart Association auction to be held in May, 2007. Donations of products, gift certificates, tickets to sporting events and performances, unused time shares, hotel/rental accommodations, etc., would be greatly appreciated. For further information contact Patti at 845-558-8809.

Judi Thomases, Wisdom Path, is continuing to publish a quarterly bi-lingual (English/Spanish) astrology column in two magazines. In addition her book, *Wisdom's Game*, is an award-winning finalist in the Spirituality category of the Best Books 2006 Book Awards. USABookNews.com said, “Rich, original and timely, *Wisdom's Game* offers channeled information to better our lives in all areas. Sure to resonate with fans of the Seth material.” www.WisdomPath.com



RBWN

What's New



New Web Site to Debut in January '07

The new RBWN Web site, due to launch in January 2007, will showcase our fresh logo and brand (designed by TwoByTwo Design), helping to solidify RBWN as a top-notch business networking resource for women in Rockland County and beyond. The revamped site will offer expanded information to help support our members, facilitate business opportunities, and encourage site visitors and prospects to join our growing organization. Not only will it cover the who, what, when, where, and why, it will also include a valuable new Resources page. The Calendar Page will feature a comprehensive listing of upcoming programs and the new Directory Page will offer several different listing options. Members and visitors will also be able to download membership forms and access the current newsletter as well as archived editions.

The revamped site will offer a host of exciting new advertising options. See the enclosed flyer for details – remember to send your request to Jeanne Struck at jsgroup@optonline.net by December 22 in order to have your ad up and running when the new site debuts.

RBWN Annual Awards Dinner June 14, 2007

While most of us haven't even started thinking about our New Year's resolutions yet, the RBWN awards committee is already hard at work planning our spectacular Annual Awards Dinner, which will be held on Thursday, June 14, 2007, at the Nyack Seaport and Cultural Center. In addition to the High School scholarship recipients, to be selected in the spring, our 2007 honorees are two wonderful women who demonstrate success, determination, and a dedication to community service.

Marilyn Davis, Esq., our 2007 Woman of the Year, is a partner with her husband Charles in the law firm of Davis & Davis. She is one of Rockland County's leading attorneys in the field of Family Law. Marilyn is very active in the community, including ten years as the Deputy Supervisor of the Town of Ramapo. She has been a member of numerous social, educational, and religious committees as well as committees and caucuses relating to the rights of women under the law. **Nancy Passow**, the recipient of the Service to RBWN Award, is the owner of Write for You in NJ, providing freelance copywriting and technical writing. She is also an adjunct instructor at Fairleigh Dickinson University (Metropolitan Campus), teaching Technical Communications to engineering and technology students. Within RBWN, Nancy is editor-in-chief of the newsletter and a member of both the Marketing and Membership Committees.

The Annual Awards dinner is a very special event, the culmination of our networking season. There is networking, music, great food, wonderful people, and the now famous “Raffle in a Bag” with amazing prizes. We encourage you to not only attend the dinner, but also to consider joining a committee (Journal, Sponsorship, Raffle, Invitations, Public Relations, etc). There's a lot to do but many hands make light work and the committees offer a wonderful opportunity to network with other RBWN members in a smaller, more informal setting. To get involved, contact Lizanne Fiorentino at Lizanne@ignitetheflame.net or 845-357-3312.

Women Helping Women...

Contribute your articles!

We welcome your news and updates as well!

Please contact Nancy Passow via e-mail: write4unj@att.net for more information.

The Networking

Directory

Advertising Opportunities for RBWN Members

Classified Ads: Business-card-size B&W ads are \$30 per issue or \$100 for 4 issues. Call 201-684-1515 for more information. **Networking Spotlights:** are free for members only. **Door Prizes:** A raffle will be held at each monthly meeting. Donations can be brought to an event or arrangements can be made. The value should be \$15-\$25. Contact Lynn Teger 845-947-7118.

ADVERTISE YOUR BUSINESS HERE



Rona Brand
120 5th Ave
Nyack, NY 10960

T 845.353.3210
F 845.353.2929

www.color-consults.com
rona@ronathalerbrandinteriors.com



Beth L. Blecker, RFC
Certified Senior Advisor (CSA)[®]



Nancy Passaro

701 Central Avenue
Roseland, NJ 07068
Tel: 201-981-6000
Tel: 201-981-3400
Email: napa@writeforu.com
www.writeforu.com

Website: www.writeforu.com and www.nancy.com



www.leevazquez.com
845.353.0000
www.leevazquez.com



Jeryl Kronish
Senior Financial Specialist
Vice President

WACHOVIA

Marwah Financial Center
177 Franklin Turnpike, NJ1100
Morristown, NJ 07430
Tel: 201-884-2100, Fax: 201-529-4128
24 Hour Service 800-WACHOVIA (322-6864)



GAIL BOHNE
Licensed Architect & Interior Designer

Hand Healy
268 South Main Street
New City, NY 10956
Tel: 845-770-1240 Fax: 845-634-0579
Mobile: 845-556-5858



Remodeling
Kitchens
Baths
Decks
Painting
Power Washing

JILL SEWARD 845.356.4342



**FLACKMAN
GOODMAN &
POTTER, P.A.**
CERTIFIED PUBLIC ACCOUNTANTS

106 Prospect Street
Ridgewood, NJ 07450-4430
Tel. (201) 445-0500
Fax (201) 445-8939
www.fgpcpa.com
pciardullo@fgpcpa.com

Patricia B. Ciardullo
CPA



Santi Express, Inc.
Professional Moving & Storage

SHERYL SANTI LUKS
President

Tel: 845-662-0880
Tel: (845) 362-9681
FL Tel: (904) 667-3818
santiprev@aol.com
www.santiprev.com

MOVING • PACKING • STORAGE • INSURED
LOCAL • REGIONAL • DISTANCE • FREE ESTIMATES



MARY KAY

Dorothy Gandy
Independent Sales Director

13 Fox Hill Road
Jonestown Ridge, NY 10807
845-423-4809
845-423-2895
dazzling@optonline.net
www.marykay.com/dorothygandy

RESIDENTIAL



Ira Wickes Arborists
Tree & Lawn Care

- Specialists in full arboricultural care
- Certified Arborists & Licensed Technicians
- Integrated Pest Management (IPM)
- Consultation and Diagnosis
- Insect & Disease Control
- Pruning, Cabling & Bracing

"Your property is our branch office"

11 McNamara Rd., Spring Valley, NY 10977-1499

1-800-428-GROW

845-354-3400

FAX: (845) 354-3475

www.irawickes.com • email: info@irawickes.com

CORPORATE

TEGER
Commercial Real Estate Services

Lynn Teger
President

P.O. Box 588, West Haverstraw, New York 10993
845-947-7118 (Office) • 845-708-0909 (Cell)
Lteger@TegerCommercial.com (Email)
TegerCommercial.com (Website)

**WRITE-1
COMMUNICATIONS**
NIMBLE SOLUTIONS AT WORK

Consultant • Writer • Speaker

Pattie Simone

845.362.7880

info@write-communications.com
www.write-communications.com



Liz Benuscak, CPRW, JCTC
Executive Director

32 Old School Road • New City, New York 10956
Phone 845-440-1500 • 800-813-1643 • Fax 914-708-9208 • 800-8131898
www.bi-coastalresumes.com • E-mail: lizb@bi-coastalresumes.com



Arlene R. Rodgers
Senior Mortgage Consultant

HSBC Mortgage Corporation (USA)
17 South Broadway, Nyack, New York 10960
Tel: (845) 353-7404 Fax: (845) 351-7411
Cell: (201) 280-7353
arlene.rodgers@usa.hsbc.com
Website Application Code: usdga-N



1-800-764-8905
Tel: 201-767-8604
Fax: 201-767-8471

Vivian Abitabilo

www.minutemanpress.com
www.pressprintonline.net

166 Paris Avenue • Northvale, NJ 07647
www.minutemanpress.com

TWOBYTWO

Logos • Stationery • Brochures • Advertising • Websites • Packaging • Invitations
FULL SERVICE DESIGN AND PRINTING

201-684-1515 • www.TwoByTwoDesign.com
200 Route 17 South, Mahwah, NJ 07430



Rockland Business Women's Network

PO Box 182, Tallman, NY 10982-0182

www.RBWN.org

RETURN SERVICE REQUESTED

Mission

Mission

The Rockland Business Women's Network (RBWN) supports and empowers women by providing networking and educational opportunities. This non-profit organization focuses on leadership and professional development, building personal and professional relationships, and community support through scholarships and training. Rockland Business Women's Network is dedicated to women helping women.



2006-2007

Calendar

LUNCHEONS

Join us each month from 12 to 2 pm at Comfort Inn, Nanuet, New York for networking and topics that will enhance your professional and personal lives.

December 13, 2006
Holiday Party

March 14, 2007
Leadership

January 10, 2007
Goal Setting

April 11, 2007
Sales & Marketing 101

February 14, 2007
Emotional Eating

May 9, 2007
Procrastination



\$25 for pre-registered members

\$35 for walk-ins and non-members

For more information visit www.RBWN.org

Save the Date!

Annual Awards Dinner—Woman of the Year
June 14, 2007—Nyack Seaport Center