MESSAGE FROM THE PRESIDENT

Congratulations! Women’s Transportation Seminar of Connecticut Valley, Inc. was born on Friday, January 31, 1992. We are now formally incorporated in Connecticut. Following acceptance by National, we will begin collecting dues and compiling our membership list, preparing for official installation at the Annual Meeting in April.

The coming year will be challenging, but exciting, as we strive to increase our membership and membership participation. We are here for you and want to hear from you. Please feel free to contact me or any Board member with your ideas and interests.

—M. Christina Olson, Acting President WTS Connecticut Valley, Inc.

BREAKING THE STRESS HABIT

February 19, 1992
12:00 Noon Holiday Inn-Cromwell
Sponsored by Women in Transportation Seminar

ECaP staff member, Catherine Spagnola, will explore the concept of stress: how to recognize, change, or take charge of those stresses in your life so that you may become healthier, happier, and more self-fulfilled.

Catherine Spagnola RN, MS, CS is a nurse certified specialist in adult psychiatric and mental health nursing. She has been a staff psychotherapist for ECaP (Exceptional Cancer Patients) for more than five years. She also maintains a small private practice in Madison, CT specializing in women’s personal growth and relationship issues.

ECaP is an independent non-profit organization in New Haven, CT. ECaP was founded by Dr. Bernie Siegel in 1978 to provide group and individual therapy to people with cancer, AIDS, and other chronic or life-changing illnesses. ECaP serves over 30,000 people nationwide through its many services (help and referral, workshops, books and tapes). The ECaP philosophy includes a belief in the body/mind connection as a part of the healing process, and that the balance between body, mind, and spirit is vital for everyone on a healing journey. ECaP is committed to bring healing to all people through love.
WTS MEMBER BENEFITS

WTS offers its members a place to grow personally and professionally. Benefits of WTS membership are:
- Regular chapter meetings and educational programs to learn about and discuss critical and timely transportation issues.
- Professional growth by networking with transportation professionals from all over the nation.
- Regular newsletters highlighting current legislative issues, new transportation regulations, industry innovations, chapter news and member activities.
- Access to a job bank which contains information on job opportunities nationwide.
- Annual awards programs recognizing individual and employer achievements in transportation.
- Access to a national network through a directory of members.
- Benefits such as road service, eye care and lost property identification at a reduced cost.

HOW TO JOIN WTS

Anyone with a professional interest in transportation is encouraged to become a WTS member. WTS is a non-partisan, non-profit organization. For further information, please write to: WTS Connecticut Valley Inc., c/o Greater Hartford Transit District, One Union Place, Hartford, Connecticut 06103.

STAND UP STRAIGHT

Susan Craig, etiquette, image and protocol adviser with offices in Wethersfield, Connecticut and New York City, was guest speaker at our December Meeting held at Holiday Inn, Hartford. Susan marveled the audience with tips on everything from proper introductions in business to what color nail polish to wear when giving a presentation. Her vast knowledge in the area of business and dining etiquette, international protocol, successful public appearances, and effective presentation skills kept all who attended captivated. She scolded people who smoke, chew gum, or open mail while having a telephone conversation, explaining that such behavior displays a lack of interest in what they have to say. “If the conversation gets too stressful, stand up straight and let the blood and oxygen flow,” she further commented. Below are a few tips you may find interesting:
- when introducing your employer to a client, the client is always introduced first.
- in business, introductions should include affiliation (ie: Tom Jones, Head of Sales).
- when introducing people on the same level, the older person should be introduced first.
- in a social situation introduce women first.
- smile ahead to avoid embarrassment when paying for a meal with a male companion.
- Stay away from pink or red attire. Pink implies femininity; red is too sexy.
- Keep your shoes polished. Shoes complete the outfit.
- Wear clear nail polish. Keep hands and nails in good condition.
- When going to an important business meeting, wear colors that contrast such as navy blue and white.

PARTICIPATION REPORT

WTS Connecticut Valley welcomes the following new participants:

Nancy Hadley .............................................. Conn D.O.T.
Mary Kelly .............................................. Newtown Board of Education
Susan Prosi ............................................. Susan Prosi Associates
Sharon L. Speed ....................................... Cheshire Dept. of Education
Cheryl Wallace ........................................... Conn D.O.T.
Women’s Transportation Seminar
Connecticut Valley, Inc.
(Developing Chapter)

* February Meeting *

Sherlock’s Luncheon Buffet
Cash Bar

* Wednesday February 19, 1992
12:00 noon — 1:30 pm

* Holiday Inn
4 Sebethe Drive
(I-91, Exit 21, turn right)
Cromwell, CT

* "Wellness in Your Life"
Guest Speaker: Catherine Spagnola

ECaP staff member, Catherine Spagnola, will explore the concept of stress: how to recognize, change, or take charge of those stresses in your life so that you may become healthier, happier, and more self-fulfilled.

Please make advance reservations. All reservations must be honored since WTS is responsible for no shows. Please send checks payable to WTS Connecticut Valley, Inc. by February 17, 1992, c/o Greater Hartford Transit District, One Union Place, Hartford, CT 06103.

Cost: $15.00 per person
Name: ____________________________________________
Affiliation: _________________________________________
Phone: _____________________________________________
Guests: ____________________________________________

Total Attendees: ___________________________________