



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII April 2009

CALENDAR

TUESDAY, APRIL 14, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "Service With a Heart"

Luncheon Sponsor: Childs Law Group

Speaker: Cindy Merzon, Merzon Consulting

Location: Love & Garlic at Diana Court
(5351 N. Diana, East of Barstow, off Blackstone)

April Community Connection:

Sisterhood of Survivors (see pg 3)

More details available on our website

TUESDAY, MAY 12, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "Social Security: With You All the Way"

Luncheon Sponsor: Fresno Memorial Gardens

Speaker: Patricia Nicasio

TUESDAY, JUNE 9, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "Get into the Game....of Networking"

Luncheon Sponsor: TBA

Coordinated by the Membership Committee

Reservations & Payment

Payment for April 14 Luncheon-Due April 9

\$16 for current members & their first time guests

\$21 for non-members

with late fee of \$3 after April 9, (if seating is available).

Payments received date of luncheon, add \$5 each

(if seating is available)

Visa, MasterCard and American Express accepted for all Network events. Unless noted, additional information for these events, including membership, can be obtained by contacting the Network Office at:

(559) 450-2102 Fax: (559) 450-2041

Register on-line with credit card:

www.fresnowomensnetwork.org

or

Call to make your reservation, and

Mail check to:

Fresno Women's Network

NEW Mailing Address:

1303 E. Herndon Ave. Mail Stop 55

Fresno, CA 93720



"Service with a Heart"

How do you make a positive first impression? How do you turn that first impression into a lasting and memorable experience? How do we provide not only

good service, but caring service, service with heart, to our customers? Join us in April when Cindy Merzon shares her expertise on these topics.

Ms. Merzon is the founder and principle consultant of Merzon Consulting; a management-consulting firm dedicated to using a customer-driven improvement approach to help businesses and communities achieve the next level of success. Her firm provides planning and management consultation, meeting and retreat facilitation, public speaking, customized training and individual and workplace image consultations.

She offers expertise from over thirty years of business experience as an executive, manager, management consultant and community leader in public and private for profit and non-profit businesses. She has both corporate and field experience in the areas of customer service, economic development, financial management, human resource management, marketing, policy development, public relations, sales, strategic planning, support services, technology oversight, and utility operations. Cindy is also a certified image consultant and has extensive training and facilitation experience.

Come make a positive first impression on someone you don't know (yet!) at our April luncheon, enjoy the luxury of networking with fellow members, and learn more about Service with a Heart.

Speaker gift generously provided by
Karen Bowser, Creative Memories Consultant.

April Luncheon Sponsor: Childs Law Group



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PRESIDENT'S MESSAGE

Carole Laval
Laval & Associates

Join In

We have just enjoyed our most successful Net at Night ever! A fabulous night of food, wine, and networking! We are only able to do the many things we do because of your support. We are a formidable force when we join together!

I have gone back to The 29% Solution, by Ivan Misner and Michelle Donovan, which is a 52 week guide to successful networking.

Their Week 2 recommendation is block out time to network.

In order to become an exceptional networker and reap the benefits of successful networking, you may need to change what you're doing.

The authors talk about the 4 steps to changing behavior: want it, learn it, try it, and live it.

Our Network takes you directly to Steps 3 and 4.

It's easy to block out networking time on your calendar for our regular monthly meetings. We meet on the 2nd Tuesday of each month. With 110 people in the room, you have landed in networking heaven. But wait, there's more!

We have functions and opportunities throughout the month that provide more chances to 'live it.'

Just in this past month, March, our members represented the Network at three trade shows: our own and those held by both the Clovis and Fresno Chambers of Commerce. What a fantastic opportunity for those participating! The members who worked our booths basically had a booth for no cost and were able to promote themselves while promoting the Network.

A key to successful networking is seizing opportunity. No excuses! Get involved with us and our mission is fulfilled: you will grow personally and professionally.

Mark your calendar now for our April meeting and make your reservation now.

Use your resources prudently: by reserving in advance there are no late fees!

Our March sponsor, Kaiser Permanente, and our March speaker, Dr. Amanda Reeve, provided us a wealth of information about seeking and maintaining good health for the body and mind. One of their 'thought seeds' says: Do a mindset makeover. Life is intended to be uplifting, meaningful, and fun.

Joining in gets you there.

See you in April!

Please welcome Katrina Tonkogolosuk of Professional Print & Mail, Inc. as the newest member of our leadership team. Katrina has joined our 2009 Board of Directors as our Newsletter Chair.

Member Highlight Summary from our February Luncheon

Submitted by Linda Lu

**Kim Tirapelle, Registered Dietitian
C-Fit Community Wellness Program,
Community Medical Centers**

As a Registered Dietitian, Kim provides nutrition counseling and menu planning services individualized to meet your specific needs, whether that is weight management or disease specific. The C-Fit Wellness program provides Corporate Wellness services such as comprehensive Health Risk Assessments for your employees, educational classes, grocery store tours, and activities/leagues.

Contact info: (559)459-1571

Email: ktirapelle@communitymedical.org

Website: www.cfitwellness-solutions.com

Thanks to all the Sponsors, Exhibitors, attendees, and volunteers that made our 17th Annual Network at Night Business Trade Show a BIG Success!

GOLD SPONSORS

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Union Bank

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The Studio in the Tower

MEDIA SPONSORS

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Fresno Magazine

& over 100 exhibitors and Food/Beverage vendors

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April Cavanaugh, Sarah McDaniel, Suzanne Moles

GENERAL OFFICE SUPPORT

Karen Sorensen

WELCOME ABOARD NEW MEMBERS

For complete information, log on to the "Membership Directory" on our website

http://www.fresnowomensnetwork.org/membership_directory.htm

Have you forgotten your username and password for the Membership Directory portion of our website? Contact the Network Office.

Kristine Ballecer
EXECUTIVE DIRECTOR
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HEMB & HEMB, LLP
Referred by Carole Laval

Wilma Holcomb
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Colleen James
SENIOR ACCOUNT MANAGER
K-Jewel 99.3 FM & 1300 KYNO AM

Natalie Roberts
OWNER
San Joaquin Hotel

Joy Wyatt
REALTOR
Realty Concepts, Ltd.
Referred by Lori Soma

Join In

2009 Network Board

Executive Committee

President – Carole Laval, *Laval & Associates*
First Vice President -- Karen Bowser, *Creative Memories*
Second Vice President – Linda Dippel, *United Way Fresno*
Secretary -- Kitty McManus, *Jack Nadel International*
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Community Connection – Linda Dippel, *United Way Fresno*
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Special Events – Nykole Hibbs, *Dinner MyWay*
Legal – Linda K. Durost, *Linda K. Durost, Inc.*
Member At Large – Divonna Swan, *Farmers Insurance*
Member at Large – Joan Meyers, *Guarantee Real Estate*
Member At Large – Melanie Coventry, *The Pines Resort & Conference Center*

"On the Move"

Have you changed jobs? Been promoted? Won an award? Submit your info to the Network Office, so we can publish your news in a future issue.

"Transitions"

Did you just get married? Have a baby? Another life event you'd like to share with the membership? Submit your info to the Network Office, so we can publish your news in a future issue.

Past President Jan Bowman reports that she has retired and is moving to South Carolina to have new adventures with three of her ten grandchildren... Her son has already signed her up for a Softball "Mom" immediately, and then for Soccer, with her 9 year old grand-daughter athlete! "I am looking forward to taking a yoga class and a senior exercise class. I will miss everyone!"

April Community Connection Partners

For contact information & more info, visit our website:

http://www.fresnowomensnetwork.org/community_connection.htm

Submitted by: Linda Dippel

Sisterhood of Survivors

Sisterhood of Survivors is committed to finding newly diagnosed breast cancer patients and survivors alike. Delivering Totes to the recently diagnosed and enabling survivors the opportunity to reach out to others just beginning the journey.

Needs: note cards, Chap Stick, purse pack tissue, hand lotion or disinfectant, pocket book date books, tooth brushes, small floss off toothpaste, pens, tablets

Our Mission Statement

The Fresno Women's Network was founded in 1987 as a way for women to support each other in business, personal, and professional growth. Members are encouraged to build relationships, mentor one another, and give back to the community.



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http://www.fresnowomensnetwork.org/downloads/newsletter/NewsletterFundAgreement_100108.pdf

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Your name could be here!

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 Fresno County Library

Sue McCombs
 McCombs & Associates

Ann Wight
 Clutterby's Auctions & Estate Sales

Raffle Donors

If you would be interested in donating an item at an upcoming luncheon, please contact Dianna Short at short_dianna@yahoo.com

February 2009 Raffle Donors

Caroline Pendola--Caroline's Creations
 Ellie Huston

Carolyn Kovalski--facelogic

Joan Meyers--Guarantee Real Estate
 Karen Nishimura-Heyano--Professional Business Bank

Britnee Maxfield--Valley Animal Center
 Karen Bowser--Creative Memories Consultant
 Jennifer Wojtas--Willow Creek Healthcare Center

Max Bowser--SendOut Cards

London Chong--Brandmark Dynamics
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Mistie VanNoort--VanNoort Photography
 Jane Graham--Fresno Philharmonic
 Cindy Lea Sambueso--Healthy Touch for Animals

Joanne Bazarian--Perfect Balance Yoga
 Nykole Hibbs--Dinner MyWay/Clovis

Monthly Buddies

The Buddy Bag program welcomes our new guests and demonstrates the diversity of the businesses and services that we represent. It also provides an excellent yet easy opportunity to showcase your business.

NOTE: Please drop off Buddy Bag contributions at Guarantee Real Estate, Palm and Shaw, or bring to the luncheon meeting. Call Joan Meyers: 284-4854, for more information

February 2009 Buddy Bag Donors

Jack Nadel, Int'l, Kitty McManus
 Guarantee Real Estate, Joan Meyers
 North American Title, Susan Noel
 Treva Diane Lee DDS, Treva Diane Lee
 Professional Business Bank, Karen Nishimura-Heyano

Creative Memories, Karen Bowser
 WillowCreek Healthcare Center, Jennifer Wojtas
 Clovis Chamber of Commerce, Beth Bridges
 Aerotek, Mary Anderson
 Pacific Gardens Nursing and Rehabilitation Center,
 Kristi Tavarez

Brandmark Dynamics, Long Chong
 CSU Summer Arts, Jacqueline Doumanian
 Paradise Springs, Rhonda Salisbury

Connection Newsletter Editors --Jennifer Wojtas, Willow Creek & Valley Healthcare Centers • **Production:** - Karen Sorensen, Mary Kay Cosmetics
 • **Printing /Distribution** - Val Print Xpress

The Fresno Women's Network disclaims any liability for loss or personal injury, which might occur during the course of tours, trips, luncheons, dinners or other events. All tours, trips, luncheons, dinners or other events arranged by the organization are for the convenience and pleasure of the members and their guests who desire to participate. The organization does not assume responsibility for the well being or safety of the participants or passengers or their property in any matter pertaining to said tours, trips, luncheons, dinners or other events.