



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII August 2009

CALENDAR

TUESDAY, AUGUST 11, 2009

Time: 11:30 am – 1:00 pm

Luncheon: Network at Noon Invitational Mini-Trade Show

➔ **SPECIAL LOCATION! International Catering**

4277 N West Ave (North of Ashlan)

August Community Connection: Girl Scouts

(see pg 3) More details available on our website

TUESDAY, SEPTEMBER 8, 2009

Time: 11:30 am – 1:00 pm

Luncheon: Business Etiquette

Speaker: Cynthia Merrill

Luncheon Sponsor: Edward Jones

Location: Banquet Facilities at 5351 N. Diana

(East of Barstow, off Blackstone)

TUESDAY, SEPTEMBER 15, 2009

Visit our booth at the Central California Women's Conference

(For conference info, go to www.cwc-fresno.org)

TUESDAY, OCTOBER 13, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "Breast Cancer, What Every Woman Should Know

Speaker: Sharon Johnson, Susan G. Komen Foundation

Luncheon Sponsor: Saint Agnes Medical Center

Location: Banquet Facilities at 5351 N. Diana

(East of Barstow, off Blackstone)

Reservations & Payment

Payment for August 11 Luncheon-Due August 6

\$16 for current members & their first time guests

\$20 for non-members

with late fee of \$3 after August 6. (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

NETWORK AT NOON

Invitational Mini-Trade Show

& Luncheon

"Buy Local, Shop Your Network!"



Network at Noon, our annual, invitation-only, mini-trade show will be held Tuesday, August 11, at a different venue—International Catering Company.

Members who purchased a half-page or larger advertisement in the 2009 Fresno Women's Network Directory or sponsored a Fresno Women's Network Luncheon or event are invited to have a

display table at Network at Noon Luncheon and Mini-Trade Show. So don't miss out - place your ad in the 2010 directory so you will have an opportunity to participate next year!

The event focuses on and encourages networking and allows members to get to know the businesses that support our Network through their advertising and sponsorships. As a member of the Fresno Women's Network we know networking is an integral part of the marketing strategy of your business.

Face-to-face networking is the most effective method of making new business contacts and generating new customers. After all, over 70% of new business is generated by "word of mouth". Being a member of the Network allows all of us to build strong business relationships, find strategic partners, raise our awareness of other businesses while promoting our own, learn new skills, and meet new customers.

Mark your calendars and join us at the International Catering Company, 4277 N. West Ave, Fresno 93705, for a great luncheon and networking event. Make your reservations by Thursday, August 6. Please bring a friend and introduce them to the Network and our world of opportunity!

2009 Network at Noon Exhibitors

California Business Machines
 Childs Law Group, A PLC
 Creative Memories
 Cricket Communications, Inc.
 Diamond Brokers
 Dumont Printing
 Fresno County Federal Credit Union
 Fresno Memorial Gardens
 Guarantee Real Estate
 International Catering Company
 Kaiser Permanente
 Kamotion Marketing Resources
 Mary Kay Cosmetics (Karen Sorensen)
 Piccadilly Inn Hotels
 Principal Financial Group
 Professional Print & Mail, Inc.
 Radisson Hotel & Conference Center
 Saint Agnes Medical Center
 SendOut Cards
 Union Bank of California
 University of Phoenix



**PRESIDENT'S
MESSAGE**
Carole Laval
Laval & Associates

Join In!

Mini-van, mini-skirt, mini-me and mini-trade show! It's time again for Net at Noon. This is our annual mini-trade show where we thank our directory and luncheon advertisers for their support of our Network.

We have so many networking opportunities for you throughout the year, and for the August luncheon, we take our show on the road.

Join us at International Catering (West Avenue, north of Ashlan Avenue) for another fabulous Net at Noon! Our Net at Noon theme this year is Buy Local: Shop the Network.

This is our mission statement grown large. We belong to the Network to support one another in our business, personal, and professional growth.

We start by lunching with our long time member Graciela Todd of International Catering. I have no idea what Graciela has planned for lunch, but she always puts out the most beautiful and delicious displays for us every year at Network at Night, and I know that she will serve up a visual and gastronomical feast for us this month.

A number of our members will have display booths at the luncheon. There will be lots of special offers, free stuff, and raffle prizes. Support our Network by getting what you need from one of our members. Do you need a new printer? I do and I'm getting it from another long term member, Teri Brymer of California Business Machines. Teri will have a booth at Net at Noon and you can talk to her about your equipment needs.

No one has been untouched by the current economic cycle. It is more important than ever for us to utilize the benefits of marketing our businesses within the Network and shopping for the products and services our members offer.

Visit our website and use your directory! That's the essence of the Network. When you know someone, you are comfortable and confident in doing business with them. Build relationships and grow.

We have lots of affordable advertising opportunities for you: go to the website and see what's available. You can place a professional ad or a banner ad on our website at any time. Likewise you can place advertisements in our monthly newsletter. You can donate items to our buddy bags or our scholarship raffles every month. Lunch sponsorships are a cost effective way to reach all of our members and it gets you a booth at Net at Noon. Shortly, we'll be asking if you'd like to advertise in our annual directory. A 1/2 page or larger directory ad also gets you a booth at Net at Noon.

So use your directory, visit the website, check out the newsletter, attend the luncheon, and SHOP YOUR NETWORK!

No more late fees! Register now and join us for Net at Noon on August 11. Make note of the location this month: International Catering Company, 4277 N. West Avenue. You don't want to miss this!

Join in!

**Member Highlight Summary
from our June Luncheon**

Submitted by Linda Lu

**Sunny Henderson, Registered Dietitian
C-Fit Solutions**

Sunny Henderson has a bachelor's degree in Physical Education and a master's in Nutrition Science. She strongly believes in the power of preventative medicine and helps clients to improve their health status and/or manage their diseases through healthy eating behaviors. Sunny loves her job and considers it a privilege to serve her clients on a daily basis.

Contact info: (559) 459-1561,
Email: shenderson@communitymedical.org,
Website: www.cfitwellness-solutions.com

"Shop Your Network"

Submitted by Patti Galvin

The economic times are affecting us all. Therefore, the Fresno Women's Network has reduced the costs for some of its advertising and is pursuing a "Shop Your Network" campaign.

The "Shop Your Network" campaign will be introduced at our August "Network at Noon" luncheon. So please, don't miss out on being a part of this wonderful promotion.

If you have any questions, please call Patti Galvin at 266-3700 or email patti.womensnetwork@gmail.com. She will be happy to help you find the best package to fit your needs.



**Congratulations to our
2009 Scholarship Recipients:**

Please watch future issues of this newsletter for biographies of Aimee Meidinger, Michele Salas and Sue Vang

You can also read info about all of our scholarship recipients at <http://www.fresnowomensnetwork.org/scholarships2009.htm>

Lisa Lapsley

Submitted by Dianna Short



It's the rare moments in life when you find your true calling, the one thing you were destined to become. Lisa Lapsley had that moment in her life when she was 16 years old and a close friend was diagnosed with Leukemia. Lisa would visit her friend often and admired from a distance the care and support the Oncology Nurses would display while helping her friend battle such a devastating disease. It was this defining moment in which Lisa knew she found her calling to become an Oncology Nurse and has strived to accomplish that goal ever since.

Lisa is currently enrolled in the Nursing program at Fresno State and has had the great pleasure of volunteering at Children's Hospital Central California in their Oncology, Nephrology, Endocrinology and Hematology Department where she is now a Pediatric Nurse Extern and also works part time as an Administrative Student Assistant at the California Agricultural Technological Institute. She is a member of The Honor Society of Phi Kappa Phi, Golden Key International Honor Society, National Student Nurses Association and California Nursing Students Association where she serves as the Fundraising Representative on the board.

In Lisa's spare time this semester, she decided to follow her passion of helping others and took a trip with the International Service Learning program to provide medical care and education on Malaria to local communities in Costa Rica and Nicaragua. Although she says her Spanish has slightly improved from the 3 week journey, her mission is definitely still on track. She will be taking her NCLEX exam in January and is considering returning back to school in August to pursue a degree as a Nurse Practitioner.

It is my pleasure to introduce this inspirational individual that embraces the true meaning of giving back to those less fortunate. Allow me to introduce Lisa Lapsley, this year's Susan Melkonian Scholarship recipient-whom Susan herself believed in giving back with this generous donation to the Fresno Women's Network.

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.

Angela Chiminello
OWNER
Chiminello Catering Co.

Donna Davis
DIRECTOR OF SALES RADISSON
Radisson Hotel & Conf. Fresno
Referred by April Newton

Elizabeth Laval
OWNER-CURATOR
Pop Laval Foundation
Referred by Carole Laval

Heather Layne
RECORDING ARTIST
Heather Layne Music
Referred by Penny Childers

George Lomax
FAMILY SERVICES SALES MANAGER
Fresno Memorial Gardens

Lynette Lujan
SALES
Grand Occasions Catering & Banquets

Karin Mann
FINANCIAL ADVISOR
Edward Jones
Referred by Karen Bowser

Susan McGill-Smith
MARKETING DIRECTOR
Bel Haven Care

Judy Nelson
HEALTH EDUCATOR, LIFESUCCESS
CONSULTANT

Kathy Posey
PHOTOGRAPHER-OWNER
Garden Gate Photography

Sandra Rodriguez-Lucero
INDEPENDENT SALES REPRESENTATIVE
AVON

Tabatha Stewart
PSYCHOLOGIST
Stewart Psychological Services, Inc.

Debra Tempesta
Janz Drycleaning Co.

Margarita Yamasaki
BUSINESS OWNER
Slumber Parties by Margarita

Join in!

Network Board Changes

Submitted by Carole Laval

Please welcome London Chong-Newcomb as our newest board member. London will replace Melanie Coventry as one of our at-large board members. We so appreciate Melanie's contributions and regret that she was unable to complete her term.

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*
Treasurer – Jamie Eropkin, *Finch Ocheltree Rowland & Shoopman, LLP*
Parliamentarian – Gail Parvanian, *Rabobank*
Past President -- Lucia Robeson, *Union Bank*

Committee Chairs

- Membership** – Katie Dubbels, *Bank of the West*
Newsletter – Katrina Tonkogolusok, *Professional Print & Mail, Inc.*
Programs – Marsha Conant
Directory – Jennie Guadagno, *Dumont Printing*
Scholarship – Dianna Short, *Western Pistachio Association*
Public Relations – Joanne Bazarian, *Perfect Balance Yoga*
Board Development -- Lucia Robeson, *Union Bank*
Web Site – Suzanne Moles, *Wattleweb Global Solutions*
Saint Agnes Liaison – Jaime Huss, *Saint Agnes Medical Center*
Community Connection – Linda Dippel, *United Way Fresno*
Fund Development – Karen Bowser, *Creative Memories*
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 – London Chong-Newcomb, *Nurse Consultants*

"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.

IT'S A BOY! Liz and Brett Garvin gave birth to Jack Garvin on July 1st 2009 at 12:50pm. He is 7lbs 1oz and 20 inches - all are doing well

August Community Connection Partner

For contact information & more info, visit our website:

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

Submitted by Linda Dippel

Girl Scouts – Megan Williams – 291-5078 x115

The Girl Scout mission is to inspire girls with the highest ideals of character, conduct, patriotism and service so they may become happy and resourceful citizens. Our most important asset is our youth that is why we need your help.

Needs: Girls socks and mittens. Empty toilet paper rolls.

Thank you from the Membership Committee

Submitted by Regina Leathers

The membership committee would like to extend our deepest gratitude to the members who donated their time, leadership and raffle prizes for the June Luncheon. (For a complete list, see back page of this newsletter) All of you put in a lot of work and came up with some creative ideas. We had great reviews of the luncheon and the activity was well received. Again, from the bottom of our hearts, THANK YOU!

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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Providing Opportunities for Personal and Professional Growth

Newsletter Fund

Help support your newsletter! Find out how by downloading our Newsletter Fund Agreement from our website at:
http://www.fresnowomensnetwork.org/downloads/newsletter/NewsletterFundAgreement_040109.pdf

Partners in Education

Your name could be here!

Patrons

Saint Agnes Medical Center

Benefactors

Your name could be here!

Advocates

Leslie H. Kos CPA
Hills, Renaut, Homen & Hughes

Kitty McManus
Jack Nadel International

Sue McCombs
McCombs & Associates

Raffle Donors

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

June 2009 Raffle Donors

Jamie Eropkin of Finch, Ocheltree, Rowland & Shoopman, LLP

Lynn Eischen of Eichen's Professional Resume Service

Beth Bridges of Clovis Chamber of Commerce

Taylor Woods of The Fresno Grizzlies

London Chong of Nurse Consultants

Karen Bowser of Creative Memories

April Cavanaugh, Independent Long Term Care Specialist

Joanne Bazarian of Perfect Balance Yoga

Carolyn Kovalski of Facelogic

Dr. Treva Lee of Treva Diane Lee, DDS

Carol Scroggins of Susan G Komen for the Cure

Tonya Nichols of Japan Ways

Stephanie Hausladen of Heald College

Kristine Ballacer of The Leukemia & Lymphoma Society

Regina Leathers and Katie Dubbels of Bank of the West

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

June 2009 Buddy Bag Donors

Jack Nadel, Int'l, Kitty McManus

Guarantee Real Estate, Joan Meyers

North American Title, Michelle Byrnes Bryant

Creative Memories, Karen Bowser

Professional Print and Mail, Katrina Tonkogolosuk

Paradise Springs, Rhonda Salisbury

Facelogic, Carolyn Kovalski

Connection Newsletter Editor—Katrina Tonkogolosuk, Professional Print & Mail, Inc., Contributor: 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.