



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII February 2009

CALENDAR

TUESDAY, FEBRUARY 10, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "An Intimate Affair-History of Women & Their Lingerie"

Luncheon Sponsor: To Be Announced

Speaker: Jill Fields, CSU-Fresno Assoc. Professor of History

Location: Love & Garlic at Diana Court

(5351 N. Diana, East of Barstow, off Blackstone)

February Community Connection:

Jumpstart Fresno & Poverello House (see pg 3)

More details available on our website

TUESDAY, MARCH 10, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "Women's Health Issues"

Luncheon Sponsor: Kaiser Permanente

Speaker: Amanda Reeve MD, Ob/Gyn &

Women's Health Liaison

Location: Love & Garlic at Diana Court

THURSDAY, MARCH 26, 2009

Time: 5:00 pm – 8:00 pm

17th Annual

Network at Night Business Trade Show

"Networking Around the World"

Fresno Convention Center—Valdez Hall

Sponsorships & Exhibit Space Available!

www.fresnowomensnetwork.org/special_events.htm

Reservations & Payment

Payment for February 10 Luncheon-Due February 5

\$16 for current members & their first time guests

\$21 for non-members

with late fee of \$3 after February 5, (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 P.O. Box 27500

Fresno, CA 93729-7500

"An Intimate Affair: History of Women & Their Lingerie"



So how did black lingerie become an erotic symbol? Jill Fields – a history professor at California State University, Fresno – tackled that question in her 2007 book, *An Intimate Affair: Women, Lingerie and Sexuality*, and will share that answer and more at our February luncheon.

Dr. Fields received her Ph.D. in History at the University of Southern California in 1997 and has been teaching at CSU Fresno since 1999. As an Associate Professor in the Department of History, she teaches courses in U.S. Women's History and American Society and Culture. In addition to her book, Dr. Fields has published a number of articles on women, fashion, and popular culture.

Why do fashion changes occur and what do they mean for women's lives? These central questions will be addressed by taking a look at some important transitional moments in the history of – you guessed it - women's underwear. From the boned armor of corsetry to the delicate flounces of lingerie, the shape and function of these intimate garments can tell us much about the struggles and pleasures of the women who wore them.

Dr. Fields calls herself a social historian who explores the lives of ordinary people, and she said she is particularly interested in women's history.

What does your underwear say about you? Please join us February 10th to hear more!

Speaker gift provided by
Karen Bowser, Creative Memories Consultant.

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.



PRESIDENT'S MESSAGE

Carole Laval
Laval & Associates

Join In

This is the essence of successful networking.

Our Network is dedicated to supporting your search for business, personal, and professional growth.

Our members come to meet people and stay because of the people they've met. This year I intend to quote liberally from a new book about networking entitled *The 29% Solution*.

This book lists the following 10 essentials to networking success:

- timely follow-up on referrals
- positive attitude
- enthusiasm-motivation
- trustworthiness
- good listening skills
- commitment to networking 24/7
- gratitude
- helpfulness
- sincerity
- dedication to working one's network

You can develop and hone these skills by jumping into the many opportunities we offer in the Network. In the process, you will make fast new friendships and connect with our community.

My membership in the Network has given me opportunities I would never have had otherwise. For example, Sister Mary Anne DiVincenzo, our 2003 President, and I represented the Network in a collaborative comprised of about 10 groups, on a project entitled the Fresno County Women Lawyers Hall of Fame. It took several years to complete, but our group mounted a permanent display on the 6th Floor of the Fresno County Courthouse to honor extraordinary local women. We started with 8 honorees in different fields of endeavor, and they are: Frances Goodwin, Judge Annette LaRue, Margie Wright, Coke Hallowell, Margaret Hudson, Betty Rodriguez, Rose Ann Vuich, and Dr. Cynthia J. Curry. It is a beautiful exhibit that we are very proud to have been part of.

We grow from everything we do. One of the networking philosophies is: Givers Gain. If you give business to another professional, you will get business from them.

This will be a year of challenge and change. The most important thing you can do in this environment is to network and that's why we're here.

And speaking of Net at Night, we need your help! Our annual event is coming up on March 26. Please contact me, Special Events Chair Nykole Hibbs, or the Network office about volunteering for Net at Night.

The room was full of electricity and good will for our January meeting. Let's keep the charge going all year! Make your reservation now and I'll see you on the 10th.

If you have a brief story about how your Network membership has benefited you, please e-mail it to me at claval@comcast.net. We will include one of your stories in the newsletter each month.



NETWORK AT NIGHT 2009

"Networking Around the World"

Submitted by Lucia Robeson

Everyone says that you can't get there from here. Well, not anymore!

March 26th is the date, Valdez Hall in downtown Fresno is the place. So what **is** it? It's Net @ Night's "Around the World in Three Hours"! The Fresno Women's Network is transcending time and space to bring the world to **you**. Come join us for great networking, fabulous food, fine wine tasting and a chance to showcase your business.

The international flavor will be enhanced by the opportunity to decorate your booth (and yourself) in the colors of your favorite country. Be creative!

As always, there will be fantastic raffle prizes, gourmet food sampling, a variety of wineries sharing their wares, a scavenger hunt and so much more! If you would like to provide a booth prize to entice more people to your location, please let us know when you send in your booth registration.

Sponsors & Exhibitors – don't delay!

Have you registered as an exhibitor or sponsor?

To be included on posters and the media announcements, it is vital that you contact us by February 15th. Booths are assigned on a "first come, first serve" basis, so sign up today for the best location to highlight your business.

So be ready to "set sail" for a night filled with fun and excitement on March 26th from 5 to 8 pm. Bon Voyage!!

17th Annual Network at Night Business Trade Show

"Networking Around the World"

March 26, 2009, 5:00 to 8:00 pm

Fresno Convention Center, Valdez Hall

Sponsorships & Exhibitor Booths Available

Reserve your space now. Booth placement assignments are first-come, first served

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.

Pamela Camit
PRESIDENT
It's My Heart-Fresno
Referred by: Caroline Pendola

Diane Davison
NUTRACEUTICAL CONSULTANT
NutraMetrix

Melody Gault-Waddle
REALTOR
Pacific Shore Properties
Referred by: Jean Adams

Pamela Graham
OWNER
Graham Billing & Consultant Services
Referred by: Benta Fries

Sunny Henderson, MS, RD
WELLNESS ADVOCATE
C-Fit Community Wellness Program

Keri Hitter
SOLE PROPRIETOR
Diamond Brokers

Patti Jones
Cypress Bay Mortgage
Referred by: Jayne McCallister

Lisa Nicora-Rhoads
CAREER SERVICE ADVISOR
Institute of Technology

Vicki Rodgers
SALES MANAGER
KTS Services Northern California, Inc.

Lynn Sanderson
OWNER/PHOTOGRAPHER
Lynn Sanderson Photography

Carol Scroggins
GRANTS CHAIR
Susan G. Komen for the Cure Breast Cancer
Foundation
Referred by: Linda Dippel

Kim Tirapelle, MS, RD
WELLNESS ADVOCATE
C-Fit Community Wellness Program

"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.

February Community Connection Partners

For contact information & more info, visit our website:

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

Submitted by: Linda Dippel

Jumpstart Fresno

Please bring Arts & Crafts supplies, construction paper, reading and picture books for children between the age of 3 and 5

Poverello House

Please bring: Canned Food items

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 Parvavian, *Rabobank*
Past President -- Lucia Robeson, *Union Bank*

Committee Chairs

Membership – Katie Dubbels, *Bank of the West*
Newsletter – Karen Sorensen, *Acting Chair*
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 – Melanie Coventry, *The Pines Resort & Conference Center*

SPECIAL RAFFLE DONORS from December Luncheon

Submitted by: Patti Galvin

A hearty thank you to the donors for our special raffle held at our Christmas luncheon to benefit the Network.

Zoom Teeth Whitening
Donated by Dr. Treva Diane Lee

Laser Microdermabrasion Session
Donated by Karen Bowser

Creative Memories Keepsake Display
Donated by Karen Bowser

Dinner & Show for Two
Donated by Roger Rocka's Dinner Theater

\$100 Gift Certificate
Donated by Keri Hitter, Diamond Brokers

2 Months Membership
Donated by Joanne Bazarian, Perfect Balance Yoga

\$100 Silpada Gift Certificate
Donated by Rebecca Ault, Silpada Designs Representative

Rocky Mountain Chocolate Basket
Donated by Consuelo Avila

Diamond Brokers Gift Certificate
Donated by Karen Bowser

Best Buds Nursery \$100 Gift Certificate
Donated by Al & Vickie Baumgarner



PRSR STD
 U.S. POSTAGE
 PAID
 PERMIT NO. 2019
 FRESNO, CA

P.O. Box 27500
 Fresno, California 93729-7500

Return Service Requested

Providing Opportunities for Personal and Professional Growth

Newsletter Fund

Help support your newsletter! Find out how by downloading our **NEW** Newsletter Fund Agreement from our website at:
http://www.fresnowomensnetwork.org/downloads/newsletter/NewsletterFundAgreement_100108.pdf

Partners in Education

Your name could be here!

Patrons

Saint Agnes Medical Center

Benefactors

Your name could be here!

Advocates

Lisa Marsella Purtell
 Morgan Stanley

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

Kitty McManus
 Jack Nadel International

Louise M. Richardson
 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

December 2008 Raffle Donors

Caroline Pendola--Caroline's Creations

Carolyn Kovalski--facelogic

Dr. John H. Hokokian--Hokokian Chiropractic

Ayesha Lewis--Ayesha's Baby Cakes & More

Janna Graham--Fresno Philharmonic

Joan Meyers--Guarantee Real Estate

Shann Conner--Kaiser Permanente

Vicki Colavito--Stellar Health Insurance

Ellie Huston

Cheryl Hansen-Abshere--Piccadilly Inn Hotels

Joanne Bazarian--Perfect Balance Yoga

Nykole Hibbs--Dinner My Way/Clovis

Erin Childs--Childs & Childs

Linda Davis--Accent Interiors

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

December 2008 Buddy Bag Donors

Farmers Insurance Group, Divonna Swan
 San Joaquin Valley College, Patti Gutierrez

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
 Avanti skin and Wellness Clinic, Sue Wayte
 WillowCreek Healthcare Center, Jennifer Wojtas

Clovis Chamber of Commerce, Beth Bridges
 Fresno County Public Library, Louise Richardson

Aerotek, Mary Anderson
 Pacific Gardens Nursing and
 Rehabilitation Center, Kristi Tavarez

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.