



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII November 2009

CALENDAR

TUESDAY, NOVEMBER 10, 2009

Time: 11:30 am – 1:00 pm

Luncheon: "My Life in a Box" –Emergency Preparedness

Speaker: Laurie Eckland Long

Luncheon Sponsor: International Catering

Location: Diana Court Ballroom at 5351 N. Diana

(East of Blackstone, off Barstow)

November Community Connection: Community Food Bank
(see pg 2) More details available on our website

FRIDAY, NOVEMBER 13, 2009

New Deadline for 2010 printed Directory Ads

WEDNESDAY, NOVEMBER 18, 2009

Time: Noon – 1:00 pm (bring your lunch)

Mentoring Meeting: "Starting Your Own Business-part II"

Location: Perfect Balance Yoga 5091 N. Fresno St. Ste. 133

Call Joanne at 222-6212 to RSVP

TUESDAY, DECEMBER 8, 2009

Annual Holiday Luncheon

Note: special expanded time, pricing & location

Time: 11:00 am – 1:00 pm

\$21 for current members & their first time guests

\$25 for non-members

Entertainment: McCartney Tribute

Location: Roger Rocka's Music Hall

Reservations & Payment

Payment for November 10 Luncheon-Due November 5

\$16 for current members & their first time guests

\$20 for non-members

with late fee of \$3 after November 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

NEW Mailing Address:

1303 E. Herndon Ave. Mail Stop 55

Fresno, CA 93720

"My Life In A Box" – Emergency Preparedness



In a time when local, state, national, and international disasters abound, and every family has to be ready for the unexpected, our November speaker arrives to help us be ready to recover. A fourth generation "Fresnan", Laurie Eckland Long is an emergency specialist with ten years experience as an author and national speaker. She provides a wealth of information

relating to surviving natural disasters, terminal illness, and family loss.

Laurie graduated from Fresno Pacific University and CSU Fresno and worked as Director of Sales & Marketing for Creative Teaching Associates. She currently owns AGL Publishing, based in Fresno.

Laurie learned many of her "survival skills" through the loss of 12 family members and close friends within a period of five years. During that time and also through experiences related to 9/11 and Hurricane Katrina she began to investigate a variety of ways for individuals and businesses to face their losses and recover quickly.

Along with her publications, Laurie offers workshops providing an emergency preparedness plan that allows people to leave their home within minutes with everything they need to rebuild their life and prove who they are and what they own in the face of a natural disaster or family emergency.

With humor, optimism, and common sense she motivates people to be prepared for whatever emergency they may encounter. Please join us in November when Laurie Long shares "My Life In A Box" – and get ready for anything!

November 2009 Speaker gift generously provided by
Karen Bowser, Creative Memories Consultant.

Thanks to our November Lunch Sponsor:
International Catering

Deadline for 2010 Directory Ads extended

Submitted by Jennie Guadagno

The Deadline for Directory Ads for the 2010 printed Membership Directory has been extended to November 13, 2009.

Gain visibility for your business within the network!
For rates and additional information go online
(www.fresnowomensnetwork.org) to download a 2010 Directory Advertising Agreement or contact the Network Office 450-2102.

**18th Annual Network at Night
Business Trade Show Registration Forms
available at:**

http://fresnowomensnetwork.org/downloads/2010NANEarlyBirdRegForm_072209.pdf



PRESIDENT'S MESSAGE

Carole Laval
Laval & Associates

Join In!

Every month when I start this message, I never quite know where it's going to take me.

Our October luncheon, in observance of Breast Cancer Awareness Month, was about taking care of ourselves through early detection. Dr. Margaret Hadcock from St. Agnes Medical Center and Sharon Johnson of the Susan G. Komen Foundation gave us a wealth of information about this.

Men can get breast cancer, and certainly our entire familial and social network is affected when it happens, but breast cancer is overwhelmingly a women's issue.

I think about this because Thanksgiving is upon us. This is my favorite holiday and it is probably because of the combination of family, food, the cooler weather, and it being the first big holiday of the holiday season.

The other side of the holiday season is the additional burden it creates on our already busy lives, and I think the biggest challenge we face is managing this while attending to ourselves. Putting off our needs while tending to everyone and everything else is just something that we do.

It's just like the breathing mask routine on an air flight: you have to have airflow in order to take care of the others who need you.

I heard this the other night on Drop Dead Diva: The big picture is made up of little details.

Don't let the details prevent you from taking care of yourself: get regular exams, reduce stress from your life, and let others help you. The big picture is a long, healthy life.

I just attended an awards ceremony where the 2009 recipients of the Marjaree Mason Center's Top Ten Business and Professional Women were introduced. Our own Susan Good, 1998 Network President, is (at last) one of this year's honorees (and we have quite a number of members on this short, but distinguished list).

I mention this because one of the honorees quoted this saying: "If you want to go fast, go alone. If you want to go far, go with others".

This brings me back to the Network. We are about relationship building. When you go with the Network you go with others. We keep you informed. Our members are involved in business and the community and have the goods, services, and connections you need to take care of yourself.

We have two luncheons left for this year: November 10 at Diana Court, our usual meeting location, and December 8, our holiday luncheon at Roger Rocka's Music Hall. Our December entertainment is a Paul McCartney Tribute performer, and who doesn't love Paul McCartney!



Have a wonderful Thanksgiving.

Join in!

Member Highlight Summary from our September Luncheon

Submitted by Linda Lu

Ronda Good, Realtor
Pacific Shore Properties

Ronda Good has been in sales in one way or another for 35 years. She recently got her Real Estate License and is selling property for Pacific Shore Properties. It's a perfect fit with Shore Financial as the mother ship, in the same building. Ronda loves to go boating in the summer and in the winter months she enjoys making candles. Let Ronda help you find your dream home. Call 559-246-5399 or visit, www.centralvalleyrealestatepro.com



Congratulations to our

2009 Scholarship Recipients:

You can also read info about all of our scholarship recipients at

<http://www.fresnowomensnetwork.org/scholarships2009.htm>

Sue Vang

Submitted by Dianna Short



Sue Vang is enrolled in California State University, Fresno Masters of Science program with an emphasis in Higher Education and is planning to become a high school counselor upon completion of her studies.

She is an incredible young woman who has continually given back to her community while attending school. Sue was a member of the Southeast Asian Teachers Association and the Sisters of Hmong Empowered (where she coordinated a Hmong Women's Career Exploration Day). In addition, she was an intern for the College Place, assisting others in applying for college and financial aid. Sue received both an AmeriCorps Scholarship and the Central Valley Higher Education Stipend from the College Place. She also participates in a Hmong radio show, dedicated to helping Hmong adjust to life in the US.

November Community Connection Partner

Submitted by Linda Dippel

For contact information & more info, visit our website:

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

Community Food Bank – Dana Wilkie 237-3663

Needs: Canned fruits, canned vegetables, soup, canned meats, self stable meals, beans, peanut butter, cereal, macaroni & cheese, rice, pasta, shelf stable juice

Mentoring Program Update

Submitted by Joanne Bazarian

At the October 7th mentoring meeting, Susan Noel spoke on changing careers and going back to school. Susan discussed the reasons to go back to school and why changing career paths is sometimes a very good thing. Judy Nelson also talked about her reasons for going back to school. It was a great combination of ideas, talent and insight.

As a result of a connection made between Brooke Ashley, new to Fresno, and Yolanda Speed of Family Options, Brooke now is working for Yolanda's company. **Now that's how a network works!**

Mark your calendar for November's meeting on **Wednesday, November 18th at noon at Perfect Balance Yoga. Call to reserve your spot, 222-6212.** Our topic will continue from our October 28th meeting, "Starting your own business." We will have several speakers who will be sharing their success stories of starting their own business. See you there!

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.

Cynthia Merrill
Cynthia Merrill Projects

Erika Rulison
OWNER
Rulison Collision Center, Inc.

Faye Saxton
OWNER
Choice Massage Network
Referred by: Joanne Bazarian

Marianne Shepherd
OWNER
Palm Garden Retirement Home

Yolanda Speed
PROGRAM DIRECTOR
Family Options

Melonie Tindall
EXECUTIVE DIRECTOR
Sommerford Place Alzheimer's
Assisted Living

Join in!

2010 Scholarship Info & Applications now available—spread the word!

<http://www.fresnowomensnetwork.org/downloads/scholarship/2010FWNScholarshipForm.pdf>

Founding Sponsor



Saint Agnes Medical Center

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.

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

Committee Chairs

Membership – Katie Dubbels, *Bank of the West*
Newsletter – Katrina Tonkogolosuk, *Professional Print & Mail, Inc.*
Programs – Marsha Conant, *KwikDvds*
Directory – Jennie Guadagno, *Dumont Printing*
Scholarship – Dianna Short, *Western Pistachio Association*
Public Relations – Joanne Bazarian, *Perfect Balance Yoga*
Board Development -- Lucia Robeson, *Union Bank*
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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.

Kitty McManus just celebrated 25 years as an account manager with Jack Nadel International. Headquartered in Southern California, JNI is a leading National Marketing and Sales Promotion Company with over 20 offices in America, Europe, and Asia.

Once again our Dr. Judy Coulston has accepted an invitation to speak nightly out of the country – this time in Jamaica during the month of November amidst all the island beauty.

"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.

I (Vicki Colavito) have been taking care of my mother with Alzheimer's for years. She needs to transition to a 24 hour care facility. I am looking for a reliable, mature roommate to share the rent in 2bed/bath home with me. Call Vicki Colavito 435-3544.

Gratuities

Submitted by Katie Dubbels

The Fresno Women's Network would like to thank the San Joaquin Suites for generously providing the facility and beverages for our September Mixer. The appetizers were prepared and hosted by their exclusive caterer Love and Garlic. The conservatory and guest suites were elegant and inviting. The beautiful food presentation was only surpassed by the rich flavors Nancy brought to life in her exotic spread of hors d'oeuvres. Due to their support the membership grew by three new members and we all had a lovely evening of fun and Networking.

Special thanks to those individuals who donated raffle prizes for the event.

Sandra Rodriguez Lucero, *Avon*
Vicki Colavito, *Stellar Health Insurance Services*
Karen DeSousa, *Fabiano's Coffee Roasting Company*
Vicki Rodgers, *KTS Services Northern California, Inc.*
Nykole Hibbs, *Dinner MyWay*
London Chong, *Nurse Consultants, Inc.*
Susan Noel, *North American Title*
Katie Dubbels, *Bank of the West*
Regina Leathers, *Bank of the West*
April Cavanaugh

Please patronize these establishments and individuals as they graciously supported our event. Thank you for supporting the Membership Committee!



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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

September 2009 Raffle Donors

- Carolyn Kovalski –Facelogic
- Carole Laval, Laval & Associates
- Kelly Fitzpatrick –Big Happie Hair
- Joanne Bazarian, Perfect Balance Yoga
- Debra Tempesta, Janz Drycleaning Company
- Ellie Huston
- Kitty McManus, Jack Nadel International
- Nykole Hibbs – Dinner MyWay (Clovis)
- Janna Graham, Fresno Philharmonic
- Debbie Milla – Milla Vineyards
- Karen Bowser – Creative Memories

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 at 284-4854 for more information.

September 2009 Buddy Bag Donors

- Jack Nadel, Int'l, Kitty McManus
- Guarantee Real Estate, Joan Meyers
- North American Title, Michelle Byrnes Bryant
- Professional Print and Mail, Katrina Tonkogolosuk
- Paradise Springs, Rhonda Salisbury
- Facelogic, Carolyn Kovalski
- Aerotek, Mary Anderson
- Valley Healthcare Center, Jennifer Wojtas

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

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