



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII October 2009

CALENDAR

TUESDAY, OCTOBER 13, 2009

Time: 11:30 am – 1:00 pm

Luncheon: Knowledge Equals Power: Take Care of Your Breast Health

Speaker: Sharon Johnson, Susan G. Komen Foundation

Luncheon Sponsor: Saint Agnes Medical Center

Location: Diana Court Ballroom at 5351 N. Diana

(East of Blackstone, off Barstow)

October Community Connection: Suiting Up for Success

(see pg 3) More details available on our website

WEDNESDAY, OCTOBER 28, 2009

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

Mentoring Meeting: "How to Start Your Own Business"

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

Call 222-6212 to RSVP

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: TBA

Location: Diana Court Ballroom at 5351 N. Diana

TUESDAY, DECEMBER 8, 2009

Time: 11:00 am – 1:00 pm

(Note: special expanded time & pricing)

Annual Holiday Luncheon

Entertainment: McCartney Tribute

Location: Roger Rocka's Music Hall

Reservations & Payment

Payment for October 13 Luncheon-Due October 8

\$16 for current members & their first time guests

\$20 for non-members

with late fee of \$3 after October 8, (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

Knowledge Equals Power: Take Care Of Your Breast Health



Sharon Johnson is the Executive Director for the Central Valley Affiliate of Susan G. Komen for the Cure®. She was diagnosed with breast cancer in 1999 and underwent surgery, chemotherapy and radiation in 2000. She is a shining example of early detection and treatment, and will share her story with us at our October luncheon.

Sharon participated in her first Komen Central Valley Race for the Cure in 2001. It was there where she met a young woman battling metastatic breast cancer who inspired her to become a breast cancer advocate. Sharon began volunteering for the Central Valley Affiliate and was later appointed to the Board of Directors as Education Chair. In 2006, she embarked on a full-time career of breast cancer activism and advocacy as the first Executive Director for the Central Valley Affiliate.

A familiar face and voice to local TV, radio and breast cancer education seminars, Sharon often speaks about how her own experience relates to the importance of early detection as the key to survival. In 2008, she was honored by her colleagues and New Balance Athletic Shoes when named to 'Honorary Team New Balance' for her willingness to share her story to promote breast cancer awareness. In 2009, she was selected by the Energizer Company for the "Power to Keep Going®" Award. Energizer donated \$10,000 to the Central Valley Affiliate in her honor.

Sharon believes that advocacy is an invaluable vehicle for breast cancer education and explains, "I have learned a great deal about courage and strength from those who have been diagnosed with breast cancer. My promise is to be their voice."

Knowledge equals Power. Join us in October when we celebrate Breast Cancer Awareness Month with this inspirational speaker and learn how to take charge of our breast health.

October Lunch Sponsor: Saint Agnes Medical Center

Don't keep a lump a secret.

Saint Agnes Medical Center reminds you that getting an annual mammogram is one step toward early breast cancer detection. Telling your doctor if you detect a lump in your breast is another. Never keep a lump secret.

Speaking up alerts your doctor to order a **diagnostic** mammogram instead of a routine screening. A diagnostic mammogram is the only kind that provides the level of detail necessary to thoroughly examine the area in question. Remember, it's never too late to speak up – even after you've arrived for your appointment. Tell your mammographer about the lump and where it is located. **Some things deserve to be kept secret. A lump is never one of them.**

To schedule your annual mammogram, call (559) 450-5656.* For more information about comprehensive breast health services at Saint Agnes, visit www.samc.com.

* Physician referral required



PRESIDENT'S MESSAGE

Carole Laval
Laval & Associates

Join In!

I've been thinking about boardsmanship lately. As we approach the New Year, we usually have a few openings that need to be filled on our Board of Directors.

One of our long-time Network members (and long-time board member), Sandy Darling, has spoken a number of times about 'boardsmanship.' A board is a group of people chosen to make decisions for an organization. Boardsmanship is this group working together in a highly effective way.

I serve on several boards and I'm sure I've mentioned in this column before that I believe the Network is one of the best run organizations I am (and have been) involved with.

It is my belief that if you value an organization you should be willing to step forward when help is needed. Ours is a volunteer organization and we cannot do what we do without volunteers.

But why do we belong to the Network?

The list of reasons (or their order) is different for each of us. But they can be tied back to the benefits we promise in our mission statement: to support each other in business, personal, and professional growth....to build relationships, mentor one another, and give back to the community.

This morning I have been thinking about the old proverb: you reap what you sow.

Fresno is still a farming community and this is a phrase we all know, although it seems to be most often used in its pejorative sense. But I am visualizing tomatoes. If I plant one tomato plant, I am rewarded with many tomatoes for my effort.

This is the way I think of board service. I get to meet so many new people and opportunities become available to me that I wouldn't have had otherwise, I learn to work with different people better. I better understand how the organization works. When changes come, I saw them in the formation and understand the why's and how's. In short, I always feel that I receive so much more than I give.

There is no committee or board position in the Network that is so onerous that you cannot fit it into your schedule. All of our current board members are like you: we have careers and families, and still find time to serve on our board.

I have experienced all of the benefits our Network has to offer and I want you to as well!

I have been pounding this drum since January: Join In.

This month is Breast Cancer Awareness Month, and cancer is something that touches everyone. We have a wonderful speaker, Sharon Johnson from the Komen Foundation, and St. Agnes Medical Center is our luncheon sponsor. Make your reservations now and join us.

Join in!

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

2010 Directory Ads

Submitted by Katrina Tonkogolusuk

HURRY! The deadline to submit your ad for next year's directory is quickly approaching. Ads are due by October 13, 2009. What better way to gain visibility for your business within the network than to advertise in the directory that can always be found within arm's reach of its members!

For rates and additional information contact the Network Office 450-2102 or go online (www.fresnowomensnetwork.org) to download a 2010 Directory Advertising Agreement.

Member Highlight Summary from our August Luncheon

Submitted by Linda Lu

Debbie Milla, Milla Vineyards

Debbie and Joey Milla started Milla Vineyards five years ago and since then have been devoted to getting the word out that Fresno has wineries. They find the business rewarding, and a great way to be involved in their community. Next time you see Debbie at a Network function, ask her about Choclick wine; you won't be disappointed!



Congratulations to our 2009 Scholarship Recipients:

Please watch future issues of this newsletter for biography of Sue Vang

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

Michelle Salas



Submitted by Dianna Short

Michelle Salas currently holds a Bachelor's of Arts Degree in Communications from the University of Southern California. As a communications student, she was able to intern in theatrical marketing for Buena Vista Pictures Distribution where only ten students were chosen. Also, she was offered a research position at Gemstar TV-Guide International which is a publicly traded, technology licensing company. After graduating with her Bachelor's Degree, Michelle was hired as Project Manager for a boutique advertising and design agency for the Warner Brother Harry Potter Property account. There, she co-produced artwork with creative services and consumer products for home entertainment campaigns.

While working in a highly stressful environment, Michelle felt a "pinch" on the right side of her brain. This "pinch" was the onset of a severe mental illness called schizo-affective disorder which is a type of schizophrenia. It is through her recovery that Michelle developed a deep compassion to assist those who battle with mental illnesses. Given that, she decided to apply to the Master's Rehabilitation Counseling Program at Fresno State. Michelle said, "Being knowledgeable about sociological and medical aspects regarding mental illness and working as an advocate in reducing the stigma is definitely a priority for me" Michelle's goal is to graduate from the program and obtain a position working in mental health, specifically in the area of psychiatric disability. She believes that with her recovery process and her training, she will be able to better aid those who battle mental illness.

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.

Michelle Calvarese
OWNER/ESTHETICIAN
Truth Skin Care at Jia Salon & Spa

Catherine Dunlap
AGENT
New York Life
Referred by: Katie Dubbels

Amy East
PRACTICE ADMINISTRATOR
Valley Metabolic Imaging

Trish Estabrook
REALTOR
London Properties

Ronda Good
REALTOR
Pacific Shore Properties

Janice Guntner
MANAGER
Women's Imaging Specialists In
Health Care

Jennifer Louis
SALES MANAGER
Inn at Morro Bay

Lori Pollard
LIFE COACH
Lori Pollard - Life Coach
Referred by: Renee Logoluso

Susan Smilanich
ENGINEER
Referred by: Sue McCombs

Leslie A. Soley
ATTORNEY
Judith Leslie Soley, Inc.

Dina Thomas-Virrueta
dekoposh, Inc.

Join in!

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*
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.

October Community Connection Partner

For contact information & more info, visit our website:
http://www.fresnowomensnetwork.org/community_connection.htm

Submitted by Linda Dippel

Suiting Up for Success

The Fresno Women's Network has been a valued community partner since the kickoff in September 1998. Fresno City College Welfare-to-Work students who have successfully completed courses preparing them for gainful employment need appropriate clothing. Equipped with newly developed skills, increased self-confidence and the proper interview attire, you can "help others help themselves."

Needs: Women's suits, blouses, skirts, jackets, slacks, scarves, costume jewelry, handbags, etc. Men's suits, shirts, slacks, sport jackets, blazers, ties, belts, etc. (Garments should be in good repair, cleaned and on a hanger when you bring them to the luncheon)

Trying to find a way to gain better visibility and promote your business? Advertise with the Network – so many advertising opportunities from which to choose:

- **Membership Directory (Hurry, ads are due October 13, 2009)**
- **Newsletter (full page inserts only \$100)**
- **Website (many affordable options available)**

For rates and additional information contact the Network Office 450-2102 or go online www.fresnowomensnetwork.org.



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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

August 2009 Raffle Donors

Carolyn Kovalski –Facelogic
Carole Laval, Laval & Associates
Kelly Fitzpatrick –Big Happie Hair
Dr. Norton, Norton Chiropractic
Sheila Friesen-All Seasons Travel
Betty Goertzen – Develop Design Do It
Joanne Bazarian, Perfect Balance Yoga
Debbie Milla – Milla Vineyards
Nykole Hibbs – Dinner MyWay (Clovis)
Sandra Granda – Piccadilly Inn Shaw
Karen Bowser – Creative Memories
Judy Norton – USANA Health Sciences
Sandra Rodriguez-Lucero – Avon Ind. Consultant
Shann Conner – Kaiser Permanente
Megan Williams—Girls Scouts of America
Juliana Davidian – St. Agnes Medical Center
CA National Guard Family Assistance Network
Ellie Huston

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.

August 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

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.