



# CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIII September 2009

## CALENDAR

### 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 Blackstone, off Barstow)

**September Community Connection: Craycroft Center**  
(see pg 3) More details available on our website

### TUESDAY, SEPTEMBER 15, 2009

Visit our booth at the Central California Women's Conference  
(For conference info, go to [www.cwcw-fresno.org](http://www.cwcw-fresno.org))

### WEDNESDAY, SEPTEMBER 23, 2009

Time: 5:30 pm – 7:30 pm

**Membership Mixer sponsored by San Joaquin Suites,  
catered by Love & Garlic**

**Location:** San Joaquin Suites, 1309 W. Shaw Avenue, Fresno

### WEDNESDAY, SEPTEMBER 30, 2009

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

**Mentoring Meeting (see pg 3)**

**Location:** Perfect Balance Yoga 5091 N. Fresno St. Ste. 133  
Call 222-6212 to RSVP

### 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

## Reservations & Payment

**Payment for September 8 Luncheon-Due September 3**

\$16 for current members & their first time guests

\$20 for non-members

**with late fee of \$3 after September 3, (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](http://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

## BUSINESS ETIQUETTE



Business Etiquette is more than how to introduce yourself and who stands up first. It includes not only "netiquette" and office manners, but how you walk and present yourself, your professional dress and image, and how you relate and communicate with your business associates and clients.

Cynthia Merrill is a successful businessperson, public speaker and educator. She is well known in our Valley as a dance and etiquette teacher. She is the founder of the Cynthia Merrill School of Performing Arts, which she sold in March, 2006. In June of 2007 she received "The Central California Excellence in Business ~ Hall of Fame Award" for her contribution to the quality of life in our Valley in the arts and through her etiquette training. Cynthia is a consultant for corporate America in the areas of Image, Etiquette, Dress for Success and Communication Skills, and certified by Gloria Starr's "Global Success Strategies" in the area of Image, Dress for Success, Communication Skills and Etiquette.

Cynthia is now running a new company, "Cynthia Merrill Projects". Under the umbrella of this organization, she continues to teach her program on ballroom dance and manners to 550 of the Valley's pre-teens and teens, her high school seminars in interview preparation and manners, and etiquette workshops for adults and children.

She also continues her work in public education, teaching public and private school children and adults ballroom dance, manners, dining and social etiquette, along with interview and business success skills. She specializes in assisting businesses and their employees develop a more professional image and better communication skills while teaching them business etiquette.

Please join us in September when this local expert shares her knowledge of business and social etiquette and helps us brush up on these often neglected skills.

September 2009  
Lunch Sponsor:  
Edward Jones

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## PRESIDENT'S MESSAGE

**Carole Laval**  
Laval & Associates

### Join In!

September is a month full of activities!

Summer officially ends on the 7<sup>th</sup> (no more white shoes!).

The fall school semester has just started meaning now we either have more time or less.

September means it's time for the annual Central California Women's Conference (CCWC). This is the 21<sup>st</sup> year of the conference, and it is a day packed with activities to educate, motivate and inspire women to be the best they can be in their professional and personal lives. Their logo features the statement that the conference is 'Your day of personal and professional growth.'

Wait a minute! That's our mission statement...to support each other in business, personal, and professional growth.

We do that every day of the year and have been for 22 years.

At the Network, we have many activities to further our mission this month: our regular monthly luncheon on September 8, our Fall Mixer on September 23, and our mentoring meeting on September 30.

And every day we have so many opportunities for you to advertise and grow your business! To name just a few, you can advertise in the monthly newsletter, on the website, at the luncheon as a lunch sponsor or by donating to the buddy bags, in the directory, or one of our trade shows, Net at Noon or Net at Night.

Our directory chair, Jennie Guadagno, (jennieg@dumontprinting.com) is taking orders now for our 2010 directory advertisers. Our gorgeous, full color directory is printed annually, makes it way to hundreds of people, and provides very affordable advertising for your business. As a bonus, when you purchase a 1/2 page or larger ad, you receive a complimentary booth for our August, 2010 Net at Noon. You'll recall how much fun our just concluded Net at Noon was!

We're also taking early bird registrations for Net at Night, and if you reserve a booth by the end of this month, you will receive a \$25.00 rebate. Net at Night is our biggest and best attended event of the year. Even in a recession, we had an estimated 700 in attendance for our 2009 Net at Night. I have attended a number of trade show events this year as your president, and I have not yet been to one as well organized, well attended, and fun as ours. We have revised our fees for 2010, and Net at Night is an awesome opportunity for you to place your advertising dollars. There are a couple of ways you can reserve a Net at Night booth: go directly to our website and get the registration forms, or contact Patti Galvin, 559-908-4580.

I start this message every month worried that I won't be able to fill the allotted space, but end up going way over and having it edited. I think I've already exceeded my space.

Let me remind you in closing that we have everything you need, you just need to take advantage of it. We grow better and stronger by your participation. Join in and grow!

We have a wonderful speaker this month about business etiquette. Make your reservations now and don't miss it!

### Join in!

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

## Member Highlight Summary from our July Luncheon

*Submitted by Linda Lu*

### Maria Smith, The Fashion Doctor

Maria, the Fashion Doctor has been "operating" on ladies wardrobes for over twenty years. Her experience includes teaching advanced sewing and design at Ray Vogue School of Fashion Design in Chicago and mentoring with Rosa Culic, Head Fitter at Saks Fifth Avenue, Originally from Bath England, via Chicago, Maria has lived in this area for almost 12 years.

(559)213-6630

[maria@fashiondoctor.biz](mailto:maria@fashiondoctor.biz)

## "Thank you Fresno Grizzlies"

*Submitted by Patti Galvin*

Our June luncheon was bustling with sports! Fresno Grizzlies sponsored the luncheon and graciously donated a Luxury Suite as the Grand Prize for the raffle. The winning ticket was won by yours truly and was donated to the Sanger Little League "Pirates". This team of 7 year olds started on the bottom, struggled to make the bottom list of the play-offs and finished as the Champions! This is the true story of the Underdog wins the Title!

Thank you to the Fresno Grizzlies, our hometown heroes!



## Congratulations to our 2009 Scholarship Recipients:

*Please watch future issues of this newsletter for  
biographies of Michele Salas and Sue Vang*

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

### Aimee Meidinger

*Submitted by Dianna Short*



It is our pleasure to present Aimee Meidinger. Some of you may remember Aimee as one of our 2008 scholarship recipients. Aimee applied again this year and we were highly impressed with her continual career ambitions and community involvement.

Aimee is currently enrolled at California State University, Fresno majoring in Plant Science. She is actively involved in Future Farmers of

America Organization which she credits as the inspiration guiding her to her current career goals in the agriculture industry.

Aimee is involved in the Bill Jones Ag One Leadership Development program. This program has allowed Aimee to be introduced to many leaders in the agricultural field and state leaders. This past spring, Aimee was the President for the California State FFA Leadership Conference Committee, which holds the largest annual conference in Fresno. She is also an active member and Chronicler of the Alpha Zeta Cal Epsilon Chapter, an honorary society for fellow Ag students who demonstrate high academic achievement and community service who join together to form a national fellowship.

Aimee is an intern at the California Apple Commission where she has had the opportunity to assist with government policies, pest and disease research, grant writing and public relations. Through this experience Aimee has found a new passion, to become an instrumental part in the political battle for water for the San Joaquin Valley farmers. Aimee is the true example of what the Network represents and we are proud to help with her education again this year.

### Network at Night – March 25 2010

Early Bird Discount...Sign up before September 30th and save \$25 on your 2010 Net at Night booth. Don't miss out, sign up today!

(See website for additional information  
and to download registration forms.)

## WELCOME ABOARD NEW MEMBERS

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

[http://www.fresnowomensnetwork.org/membership\\_directory.htm](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.

Liz Allegra  
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Automated Office Systems

Sandra Granda  
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Referred by Lori Soma

Michelle L. Tutunjian  
DIRECTOR  
Fresno County EOC-Sanctuary  
Youth Services

Sue Vang

## 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*  
**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 Tonkogolosuk, *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 Husš, *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.

### September Community Connection Partner

For contact information & more info, visit our website:  
[http://www.fresnowomensnetwork.org/community\\_connection.htm](http://www.fresnowomensnetwork.org/community_connection.htm)

*Submitted by Linda Dippel*

#### Craycroft Center-(Contact: Larry Gray 268-1123)

Craycroft provides emergency shelter for kids taken out of their homes.

*Needs: Cases for kids like tote bags, suitcases, backpacks, stuffed animals. Gifts for kids like hairbrushes, make-up, model airplanes, wallets, walkmans, diaries and girls tennis shoes sizes 5, 6 & 7*

### Fresno Women's Network Mentoring Program

*Submitted by Joanne Bazarian*

Please join us for our monthly meeting of mentors and mentees. We meet monthly on the last Wednesday of the month at noon. September 30<sup>th</sup> is our next meeting.

If you are looking for a new job, wanting to start a new business, have many years of experience that you would like to share with others, newly retired and have time to help others, or just want to come and see what mentoring is all about, we would love to see you.

Each month we will have a different topic and a guest speaker. September's topic is: Going Back to School? Starting a New Career Path? September's speaker is Susan Noel.

#### 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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Leslie H. Kos CPA  
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**Raffle Donors**

**If you would be interested in donating an item at an upcoming luncheon, please contact Dianna Short at [short\\_dianna@yahoo.com](mailto:short_dianna@yahoo.com)**

**July 2009 Raffle Donors**

Carolyn Kovalski --Facelogic  
Brittnee Maxfield – Valley Animal Center  
Jennifer Wojtas – Valley Healthcare Center  
Nycole Hibbs – Dinner MyWay (Clovis)  
Jayne Guyer – At Home America  
Kelly Fitzpatrick –Big Happie Hair  
Jackie Doumanian – CSU Summer Arts  
Judy Norton – USANA Health Sciences  
Jennifer Wojtas – Willow Creek Healthcare Center

Debbie Milla – Milla Vineyards  
Kitty McManus – Jack Nadel International  
Caroline Pendola – Caroline's Creations  
Karen Bowser – Creative Memories Consultant  
Cheryl Hansen-Abshere – Piccadilly Inn Hotels  
Betty Goertzen – Develop Design Do It  
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: 284-4854, for more information

**July 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

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