



CONNECTIONS

www.fresnowomensnetwork.org

Vol. XXIV January 2010

CALENDAR

TUESDAY, JANUARY 12, 2010

Time: 11:30 am – 1:00 pm

Luncheon: "State of the Network & Installation of Officers"

Location: Diana Court Ballroom—5351 N. Diana

(East of Blackstone, off Barstow)

January Community Connection: Spirit of Woman

Please bring: *paint brushes, crayons, coloring books, poster board, arts & craft supplies, children's books (new or gently used) & rain ponchos*

WEDNESDAY, JANUARY 20, 2010

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

Mentoring Meeting: "How to maintain balance in your life..."

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

Call Joanne at 222-6212 to RSVP

TUESDAY, FEBRUARY 9, 2010

Time: 11:30 am – 1:00 pm

Luncheon:

"Resources for Starting and Building your Business"

Location: Diana Court Ballroom—5351 N. Diana

February Luncheon Sponsor: TBA

TUESDAY, MARCH 9, 2010

Time: 11:30 am – 1:00 pm

Luncheon: "Stress Less - Putting Yourself in Control"

Location: Diana Court Ballroom—5351 N. Diana

March Luncheon Sponsor: Kaiser Permanente

Reservations & Payment

Payment for January 12 Luncheon-Due January 7

\$16 for current members & their first time guests

\$20 for non-members

with late fee of \$3 after January 7, (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

State of the Network

January is a time for new beginnings – a new year, a new decade, and new leadership for the Fresno Women's Network! Please join us on January 12th, for the installation of our 2010 officers and board directors. In addition, you will hear from a variety of members as they give their reasons for joining the Network and the benefits they have realized from their membership.

Where else can you find an organization that provides all those things? As women, we are expected to wear many hats – business professional, wife, mother, chauffeur, family social director, and most importantly, a human being who needs to have some time for friendship, personal growth, and fun. The Fresno Women's Network is just what its name implies, a place for women to network on a wide variety of topics and issues that affect all our lives on many different levels.

Please remember that as your Board, we are always interested in what you have to say. Give us your feedback at any time, whether in person or in writing, so that we may assure the success and existence of the Fresno Women's Network for many years to come.

We invite you to join us in January to meet your new Board, to share good food, to win fun raffle prizes, and, as always, for the opportunity to network, network, network! So mark your (new) calendar to join us in January and put Fresno Women's Network first on your things to do in the New Year!

There's just one more thing that will start the New Year off right – YOU!

SUGGESTION: Cut Out the Calendar Section, and place it in your Daytimer, or tape it to your fridge, calendar, etc.

THURSDAY, MARCH 25, 2010

18TH Annual Network at Night

Business Trade Show

"Networking Through Time"



Time: 5:00 pm – 8:00 pm

Sponsorships and Booths still available

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



PRESIDENT'S MESSAGE

Karen Bowser
Creative Memories
Consultant

Use FWN First!

I am excited and honored to be your 2010 President. As we begin this New Year, your board has a lot of ideas to help the Network grow, while helping you grow your business.

In the past year, our luncheon speakers have received a FREE Fresno Women's Network membership along with the StoryBook scrapbooking software that I donated. This year, we would like to open this advertising opportunity to all of our members. Along with the Network membership, we would like to offer them gift certificates from you. If you would like to donate a gift certificate of \$50 or more to the speaker beginning in February, please contact our Program Chair, Marsha Conant at conantm@att.net. We would like to give our speakers a variety of gift certificates as a thank you from the Network.

One of our fundraising ideas for this year is the SaveMart S.H.A.R.E. cards. Although it costs you nothing to have and use the card, it benefits our organization by donating 3% of your purchase back into the Network. If you are a SaveMart shopper please stop by the Membership Table at our January lunch and pick one up to carry in your purse.

We are right around the corner from our annual fundraising trade show in March, NETWORKING THROUGH TIME. Be sure to reserve your booth now! You may do so by going to the Network website and filling out the online booth form. If you have any questions; please contact Nykole Hibbs at nykolehibbs@yahoo.com.

This year, it is my strong desire to increase the amount we utilize the services of our members. My mantra this year is **FWN First**. Before you contract the services of someone outside of this group, be sure to use your FWN Directory to find out if we have a member who can provide the service you need. By using one of our members, it helps all of us. We also have our online directory if that is more convenient for you.

I am honored to be your 2010 President. I look forward to working with you for our organization, our businesses and our community.

Remember: Use FWN First!

We're Going Digital!

Submitted by Katrina Tonkogolosuk

Starting in 2010, our **Connections** newsletter will be distributed electronically. If you would like to continue to receive a copy in your mailbox, subscriptions will be available for \$18/year. Contact Karen Sorensen at the Network office for more details. 559/450-2102

Member Highlight from our November Luncheon

**Yolanda Speed, Founder and Program Director
Family Options**

Yolanda Speed has a bachelor's degree in Psychology and a Masters in Human Development. Yolanda believes that one act of kindness can be the beginning of social change in our community. Yolanda's passion is working to create living options to enhance the lives of developmentally disabled adults.

Website: yspeed@familyoptionsca.org

Contact: 559- 275-2323

January 2010 Community Connection Partner:

Spirit of Woman

Submitted by Katie Dubbels

For contact information & more info, visit our website:

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

Spirit of Woman

(559)233-5959

SOFWadmin@earthlink.net

Spirit of Woman is a non-profit organization committed to improving the lives of pregnant and parenting women who have a history of substance abuse. This is accomplished through a multi-dimensional inpatient program, aftercare support and when necessary, a transitional living program for graduates in need of safe, sober housing.

SOW is a place where women discover their personal identity, true values, and belief systems. The program provides a new beginning to each woman and an opportunity to move beyond destructive life patterns of the past and into competence and peace as an effective, loving woman; nurturing mother; and contributing member of the community.

In 1990 Audrey Riley, recognized that the methodologies being used to treat substance abusing women were not working. This realization became the bedrock for SOW, and Audrey its founder. The treatment model put in place fosters a holistic approach, addressing all the interrelated problems in a woman's life that must be treated simultaneously in order for full recovery to occur.

In the fall of 1999, Spirit of Woman became its own independent 501(c)(3). Even more exciting, was the expansion of the program from serving six women and their children to seventy women and over 100 children. The single rented house that once sheltered and created a safe haven for these women grew into a 40-unit, multi-building facility which houses all the components of the program.

This organization gives hope to women who have made poor choices in their past and are trying to get their lives back together. Spirit of Woman thanks everyone who gives something of themselves to assure that this mission goes on.

Please consider bringing a donation of the following to the January luncheon in support of this amazing organization: **paint brushes, crayons, coloring books, poster board,, arts & craft supplies, children's books (new or gently used) & rain ponchos**

Mentoring Program

Submitted by Joanne Bazarian

Join us Wednesday, January 20th at noon at Perfect Balance Yoga when we start of 2010 with Mentoring for Success. January's topic is "How to maintain balance in your life, what tools do you need to be on the road to success whether in your career, education or new business venture". Call Joanne at 222-6212 to reserve your spot.

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 Alexanderr
HOME IMPROVEMENT BROKER
P.J.Alexander Ltd.

Melanie Evans
OWNER
E.V.S. Home Staging
<http://www.evshomestaging.com/>
Referred by Carole Laval

Jackie Green
DIRECTOR OF SERVICE DEVELOPMENT
Auspice Home Care Solutions
<http://www.auspicehomecare.com/>
Referred by April Cavanaugh

Melissa Hunter
Certified Postpartum Doula & Lactation
Counselor
<http://www.fresnodoula.com/>
Referred by Joanne Bazarian

Laurie Long
OWNER
AGL Publishing
<http://www.mylifeinbox.com/>

Efrat Mazin
Referred by Katie Dubbels

Lisa Strange
FAMILY SERVICE COUNSELOR
Fresno Memorial Gardens

Caroline Wade
PASTRY CHEF
Caroline's Creations
<http://www.myspace.com/carolinescreations>

Use FWN First!!

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.

"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.

Big News from the Membership Committee!

Submitted by London Chong-Newcomb

S.H.A.R.E.S. Card

The Fresno Women's Network has been presented with a wonderful opportunity to raise funds through the SaveMart Supermarket S.H.A.R.E.S. program. Each swipe of the Fresno Women's Network S.H.A.R.E.S. card at SaveMart Supermarkets, S-MART Foods, Food Maxx, or Lucky will help generate funds for the Network. Obtain your FREE S.H.A.R.E.S. card at the Network luncheon or contact London Chong at (559) 438-6260 or lnewcomb@nurseconsultantsinc.com to request a card. We graciously appreciate your support!

Referral Program

Many new members who join the Fresno Women's Network are referred by other members. Effective January 1, 2010, all members will have the opportunity to be rewarded for such efforts through the new referral program. Every member referring 5 people in a calendar year will be eligible to receive a half price membership and recognition in the newsletter. The member referring 10 people who join will be eligible to receive a full price membership and recognition in the newsletter. Thank you for your generous referrals and look for additional details to come!

2010 Network Board

Executive Committee

President – Karen Bowser, *Creative Memories*
First Vice President -- Jennie Guadagno, *Dumont Printing*
Second Vice President – Katie Dubbels, *Bank of the West*
Secretary -- Kitty McManus, *Jack Nadel International*
Treasurer – Jamie Eropkin, *Finch Ocheltree Rowland & Shoopman, LLP*
Parliamentarian – Gail Parvianian, *Rabobank*
Past President -- Carole Laval, *Laval & Associates*

Committee Chairs

Membership – London Chong-Newcomb, *Nurse Consultants*
Newsletter – Katrina Tonkogolosuk, *Professional Print & Mail, Inc.*
Programs – Marsha Conant, *KwikDvds*
Directory – Amber Catanzarite, *Holiday Inn*
Scholarship – Cyndy Trent, *Division of Continuing & Global Education*
Public Relations – Brittnee Maxfield, *Valley Animal Center*
Board Development -- Carole Laval, *Laval & Associates*
Web Site – Suzanne Moles, *Wattleweb Global Solutions*
Saint Agnes Liaison – Jaime Huss, *Saint Agnes Medical Center*
Community Connection – Katie Dubbels, *Bank of the West*
Fund Development – Jennie Guadagno, *Dumont Printing*
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 – Linda Dippel, *United Way Fresno*

Founding Sponsor



Saint Agnes Medical Center



NEW Mailing Address:
 1303 E. Herndon Ave. Mail Stop 55
 Fresno, California 93720

Return Service Requested

Providing Opportunities for Personal and Professional Growth

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| <p>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</p> <p>Partners in Education Your name could be here!</p> <p>Patrons Saint Agnes Medical Center</p> <p>Benefactors Your name could be here!</p> <p>Advocates Leslie H. Kos CPA Hills, Renaut, Homen & Hughes</p> <p>Kitty McManus Jack Nadel International</p> <p>Sue McCombs McCombs & Associates</p> <p>Lisa Marsella Purtell Morgan Stanley</p> | <p>Raffle Donors To donate an item at an upcoming luncheon, please contact Dianna Short at short_dianna@yahoo.com</p> <p>November 2009 Raffle Donors Carolyn Kovalski – Facelogic Carole Laval – Laval & Associates Laurie Heckman – Arbonne International Heald College Preen, A Boutique Salon Kelly Fitzpatrick, Bumpits Dr. Treva Lee, DDS Caroline Wade – Caroline’s Creations Brittnee Maxfield –Valley Animal Center Karen Bowser – Creative Memories Consultant Debbie Milla – Milla Vineyards Penny Childers – Chapel of Grace Trisha Estabrook – London Properties Real Estate Agent Cindy Lea Sambueso – Healthy Touch for Animals Nykole Hibbs – Dinner MyWay (Clovis) Yolanda Speed – Family Options, LLC Joanne Bazarian -- Perfect Balance Yoga Sue Okenyi -- Author</p> | <p>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.</p> <p>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.</p> <p>November 2009 Buddy Bag Donors Jack Nadel, Int'l, Kitty McManus Guarantee Real Estate, Joan Meyers North American Title, Michelle Byrnes Bryant & Susan Noel Professional Print and Mail, Katrina Tonkogolosuk Facelogic, Carolyn Pierce Kovalski Aerotek, Mary Anderson Creative Memories, Karen Bowser, Consultant Valley Healthcare Center, Jennifer Shehorn Wojtas Edward Jones Investments, Karin B. Orlowski-Mann</p> |
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Connection Newsletter Editor –Katrina Tonkogolosuk, Professional Print & Mail, Inc., Contributor: Jennifer Wojtas

• **Production:** - Karen Sorensen, Mary Kay Cosmetics •

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.