

# IGNITER

Professional Women's Network Newsletter

601 Van Ness Ave. #E3-837 • San Francisco, CA 94102 • Vmail 415-905-4105

August 2009

Vol. 10, Issue 7



Our mission statement:

Professional Women's Network facilitates business development by inspiring relationships among women in all professions.

## *PWN Gets Set for Fall*

I hope you are enjoying the rest of the summer that is quickly coming to an end. You can feel the change in the air, kids are back at school and it also seems time to seriously get back to business. One way you can bring business back to you is networking. I and the PWN board believe that one way to continue to build and grow your business is through our wonderful networking luncheons and events.

On a personal note, I am recovering from a right broken foot. Not that the fracture is noteworthy, but what is of value is my PWN membership. Because of the relations that I have developed over the past 5 years, I found many of my fellow PWN business alliances are much stronger than I ever thought. The true friendships of many women who took time out of their busy schedules to usher me to doctor's appointments, bring me food or just pick up the phone and say... "how're you doing?"



President Kathleen Horvath

meant so much to me. So here lies the hidden value of your PWN membership. Each member is more than a business connection; if properly developed and nurtured your membership can turn into a lifelong opportunity.

So enjoy the last holiday of summer Labor Day weekend and see you at the Hotel Rex on Sept. 11. Be sure to send our new invite designed by Andrea Sanchez through Constant Contact to your guests so they can meet with a group of dynamic women. – **Kathleen Horvath**, President

## Upcoming Special Events:

- Sept. 24<sup>th</sup> – *New Members Reception*
- Oct. 4<sup>th</sup> – *Croquet Fundraiser*

Visit us online...at [www.pwnetwork.com](http://www.pwnetwork.com)

## *September presenters*

Our September speakers will be Drs. **Christina Meakim** and **Jamie Stern**, owners of Meakim and Stern Spinal Care, and **Breeze Carlile**, owner of It's a Breeze Moving and Organizing.



Christina Meakim



Jamie Stern



Breeze Carlile

## *Croquet at Stern Grove Oct. 4th*

Join PWN members, friends and family for a fabulous afternoon of croquet! We've reserved space at the SF Croquet Club, next to Stern Grove, **Sunday, Oct. 4th from 12 - 3**. It's a 3 hour lawn party and potluck, as well as a fund-raiser for PWN. Adults pay \$25 and children just \$15.

For more information contact **Lee Abel Bandele**, (415)821-2271; [leeabel@mindspring.com](mailto:leeabel@mindspring.com).

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## 2009 Board of Directors

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## *New Member Reception Sept. 24th*

The Board of Directors of PWN Invites new members and their sponsors to attend a cocktail reception, **Thursday, September 24th, 2009, 6:00 pm to 8:00 pm**. It will be held at the home of board member **Grace Furst** (address on website). If you have joined PWN since September, 2008, you are welcome to attend. Come meet the Board, network with other new members, and share with us how PWN can become even more valuable to you!

Please RSVP by September 18, 2009, to **Azeb Clark**, membership co-chair:  
[Azeb.Clark@Morningsideadvisors.com](mailto:Azeb.Clark@Morningsideadvisors.com);  
415.989.2932.



Your PWN Board, hard at work



The Board, resting after their labors - Photos courtesy Lee Abel Bandele

## *Profile – Lee Abel Bandele*



Lee Abel Bandele is that rare creature – a San Francisco native. Born at Stanford Hospital and raised in Los Altos, she moved to SF after graduating from UC Davis. With her family in the Bay Area, why live anywhere else?

Lee has two businesses. First, she is a long-term care insurance broker representing the top companies, AARP, and the California Partnership (which includes asset protection and should be considered by every person exploring long term care insurance). Since 1996, she's been the sole speaker on long-term care insurance at the California Pacific Medical Center. Lee is also a talented photographer, specializing in environmental portraiture as well as music. Stanford University is her most well-known client. Her reggae photos have been published on over 80 album covers, and her nieces and nephews love accompanying her to music festivals.

About PWN, Lee says: "Being self-employed in both my businesses, I look forward to the ongoing camaraderie of PWN lunches and events for professional relationships, many of which have turned into wonderful friendships." She enjoys nature, gardening, and travel. Rarely without her camera bag, she loves adventuring with her 12 year old daughter Kaya.

**2009 Meeting Dates—First Friday of each month except for holiday weekends.**

Jan. 9<sup>th</sup>, Feb. 6<sup>th</sup>, Mar. 6<sup>th</sup>, Apr. 3<sup>rd</sup>, May 1<sup>st</sup>, Jun. 5<sup>th</sup>, Jul. 10<sup>th</sup>, Aug 7<sup>th</sup>, Sep. 11<sup>th</sup>, Oct. 2<sup>nd</sup>, Nov. 6<sup>th</sup>, Dec. 4<sup>th</sup>