

# IGNITER

Professional Women's Network Newsletter

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

March 2009

Vol. 10, Issue 3



## *PWN – It's All About Our Members*

What fun we had last month for Mad Hatter's March! I think **Lee Abel Bandele** deserves *best hat* this year; she certainly wore the Mad Hatter well! Thank you all who came in your beautiful hats; your playful participation in events like these are what keep them alive.



**Lee Abel Bandele puts the Mad Hatter chapeau to good effect!** Photo courtesy Kathleen Horvath

Our mission statement:

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

Can you believe we are already through the first quarter? So guess what that means: Spring Cleaning. A first good start would be to visit our website and see if you need to give your profile a fresh new look. Our marketing co-chairs **Grace Furst** and **Sue Ballinger** are in the process of gathering information for updates to our website that will be made in a few months. Now is a great opportunity for you to review your profile. Does your profile still reflect the professional look you are happy with? Is your contact information still correct? Do you need an updated photo? **Lee Abel**  
*April Presentation*

A note from Co-membership chairs **Azeb Clark** and **Andrea Sanchez**: April is 'Membership Drive Month'. We are excited to announce that we are on track to increase PWN membership by 30% this year, and strongly encourage all members to attend and invite guests who would benefit from meeting and mingling with fabulous business women. The presentation will be by the Membership Committee, and will be interesting and fun for all.

## Upcoming Special Events:

- *April 3<sup>rd</sup> – Annual Membership Drive Lunch*

**Bandele** will be taking photos at the April Lunch for your convenience. While on the members' page, check out other women's profiles to see where you can connect with them. Maybe you know someone who could use their services. We have a talented pool of professionals who keep business, body, mind and space in tune.

Our website is a great tool, and it is going to get even better. We encourage you to use it: [www.pwnetwork.com](http://www.pwnetwork.com).

– **Kathleen Horvath**, President  
*Calling All Speakers!*

Your 10-minute presentation is a great way to let us know more about you. We have a few slots left in 2009. Please contact **Christina Meakim** to get on the roster. [drmeakim@meakimandstern.com](mailto:drmeakim@meakimandstern.com).



**Tama Greenberg, Christina Meakim and Gail Callahan look marvelous in their hats at the March Mad Hatter Lunch!** Photo courtesy Lee Abel Bandele

# IGNITER

Professional Women's Network Newsletter

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

## 2009 Board of Directors

**Kathleen Horvath**,  
President  
**Dr. Christina Meakim**,  
V.P. & President-Elect  
**Dr. Jamie Stern**,  
Secretary  
**Traci Hollander**,  
Treasurer  
**Sue Ballinger**,  
Marketing  
**Lee Bandele**, Events  
**Azeb Clark**,  
Membership  
**Janet Coulston**  
**Pamela Culp**  
Past President  
**Grace Furst**,  
Marketing  
**Charlotte Gaylord**,  
Newsletter Editor  
**Tama Greenberg**  
**Diane Judd**,  
Operations Manual,  
Correspondence  
**Andrea Sanchez**,  
Membership

## *From the Suggestion Bag*

Each month I will answer to the best of my ability solutions or reasons why things happen the way they do at PWN. Missed the luncheon and want to make a suggestion? E-mail me at [Kathleen@5ElementsGroup.com](mailto:Kathleen@5ElementsGroup.com)

**"I appreciate the new ideas for the luncheon format. However, It feels like doing all of them is too much. To me, it feels a bit too packed, thus lunch has felt rushed these last 2 months."**

I am happy to report that we have had an overwhelming positive response to the new format. As your president this year, I feel very strongly about recognition, and changing the format to accommodate the validation for the work of many women who make the lunch possible is quite different from how the luncheons have been run in the past. The board and I do our very best to run things smoothly and I am sure after a few months it will feel very comfortable.

12:00 Networking  
12:15 Lunch Served/Announcements  
12:30 Table go-rounds  
12:45 1<sup>st</sup> Speaker  
1:00 2<sup>nd</sup> Speaker  
1:15 30 Second go-rounds  
1:40 Scheduling Networking Opportunities  
1:50 PWN Acknowledgements – What is a passion, need or gift that you want us to know about or help you with?  
2:00 Closing remarks - adjourn  
**Kathleen Horvath**, President

## *And We Bid Sweet Adieu*

We say farewell to **Adrienne Keats**. We wish her well in her current and future endeavors. We hope she will always feel welcome to return to us at any time she chooses.

## *Welcome to Our Newest Members!*

**Eileen Bermingham**, Realtor  
Pacific Union Real Estate  
601 Van Ness Avenue  
San Francisco, CA 94102  
Phone: 415-345-3186  
E-mail: [ebermingham@pacunion.com](mailto:ebermingham@pacunion.com)  
Sponsor: Sue Ballinger

## **Julie Hackman**

Retreat Acupuncture  
1801 Bush Street, Ste. 107  
San Francisco, CA 94109  
Phone: 415-441-7200  
E-mail: [Julie@retreatacupuncture.com](mailto:Julie@retreatacupuncture.com)  
Sponsor: Andrea Sanchez

## **Karen Wachler**, PhD, MFT

Psychotherapist  
162 27<sup>th</sup> Street  
San Francisco, CA 94110  
Phone: 415-643-8551  
E-mail: [dockerwach@yahoo.com](mailto:dockerwach@yahoo.com)  
Sponsor: Lee Bandele

## *Notes from Our Members*

**Linda Crawford** informs us of a Spring program at the Presidio Interfaith Chapel Monday Evenings, 7:00-9:00 pm, April 13 & 27, May 11 & 18, June 8 & 22:

### **Joseph Campbell's**

#### *Mythos – Shaping of our Mythic Tradition*

Joseph Campbell collected and studied thousands of humankind's ancient stories and spent his life identifying the themes and patterns he discovered and what they seem to say about being human. The series begins with an introductory evening on Campbell, followed by five of Campbell's final lectures, wherein he sought to tell the 'one great story' of humanity. Each session will be hosted by **Robert Walter**, president of the Joseph Campbell Foundation and producer of Mythos.

<http://www.interfaith-presidio.org/campbell.html>

## *Valentine's Day Potluck - Revisited*

The Valentine's potluck was a sweet success! Thank you, **Sheryl Krajewski**, for opening your home to our members for this annual event. We had many winners that night. **Tama Greenberg** won a prize for "best use of red in food" with her delicious salad. **Kim Connector** was awarded "best red dress," and newest member to attend a PWN event. **Sheryl Krajewski** won for "best hat"—nobody can beat that and best host. **Diane Boate** won for "best chocolate dessert." And her companion Bob even got a prize for the best male EVER to attend a PWN Valentine's Potluck.

Honorable mentions go to **Mona Sheerr** for our beauty in pink, and **Breeze Carlile** for Vintage Red Hat!



The Prizewinners!



Dianne Boate and Sheryl Krajewski



Kim Connector and Breeze Carlile



The Valentine's Day Potluck Spread

**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>