



KWN Community

May 2013

A Monthly Newsletter for members of Kenosha Women's Network

Women Supporting Women in Business

A Note from our President:

Hello KWN Members,
May is upon us, and it's a wonderful time of year to be a part of this fine organization.

All of our hard work over the year is coming to a head, and soon we will be able to share the fruit of our labors with the community. We have all worked tirelessly and made generous donations of time and merchandise to raise funds for our mini-grant program. We raised \$7000 to give back to the community at our *December Holiday luncheon*. Thanks to our successful *Business After Five*, we are adding an additional \$1141 to the pot! A big thank you goes out to our Fundraiser Chair, Melissa Sebetic and her co-chair Nancy Vagnoni for organizing this event. We had a great turn-out at *Circa on Seventh*, made some wonderful connections, and brought in even more money than last year! Also, thanks to everyone who participated by donating a raffle item or setting up a display table. We couldn't have done it without you!

Please remember to have your mini-grant applications submitted to Jen Moskopf, Secretary and Chair of the mini-grant committee, no later than May 10th. The application is to be filled out by the member on behalf of the organization. While we know there are many worth-while causes to support, the guidelines for consideration are as follows; the organization must be a non-profit serving women and children in Kenosha County with no political or religious affiliations. If you have any questions, you may contact Jen for more information. Once all applications are in, the mini-grant selection committee will meet. We will announce our grant recipients at the June meeting, and then present the organizations with a check at our July meeting.

Starting in May we will be changing locations! For our May, June, July and August meetings, we will meet at *Victoria's Catering*, located at 2319 63rd street. There is on street and off street parking available. Please be mindful that there is an adjacent parking lot belonging to another business and only park in Victoria's lot or on the street. At each meeting, we will have a survey available for you to provide us feedback on the location. We will then meet elsewhere for September, October, and November, and then will hold a vote to decide on the location for the following year. Keep an eye on the newsletter for further information on that as time progresses.

I would also like to just take a moment to thank all of you for sharing KWN with your friends and colleagues. We had a record *19 guests* at our April luncheon! Keep spreading the word about Kenosha Women's Network. We love having a full house.

I look forward to seeing you at our next meeting, May 10th, at Victoria's.
Laura

Our Mission:

To promote and encourage the professional and personal growth of our members in a supportive environment, where women's efforts are recognized and encouraged.

May Meeting:

Friday, May 10th, 2013
11:30AM to 1:00PM
Victoria's Catering
2319 63rd St, Kenosha

RSVP by
Wednesday, May 8th, 9pm
to Claudia Howard at:
Kwn-lunch@hotmail.com and put
"attending" in the subject line.

The meeting fee is:
\$12.00 with Reservation,
\$15.00 at the door.

The fee includes your meal: soup,
salad and sandwiches or wraps, drinks
and dessert

Welcome to KWN!

Joined at the April Meeting:

Amanda Buch, Independent Fashion
Consultant for CAbi

Gail Groy, Attorney
Rizzo & Dierson, SC

Joined at Business After 5:

Lesa Yanuzzi, RN Yoga Therapist,
Lumiere Therapeutic Yoga

KWN will be participating in the Harbor Market again this year. We will be at the Market on August 10, and September 14 and 28. We will be looking for volunteers to work shifts between the hours of 8:30am and 2:30pm. These hours include 30 minutes each for set up and take down. We will have sign up sheets at the next meeting.

Board Members:

President:
Laura Cox
262-496-4626

Vice-President:
Nancy Vagnoni
262-220-6520

Secretary:
Jennifer Moskopf
262-422-7922

Treasurer:
Wendy Gauss
262-942-0163

Standing Committee

Chairs:
Communications:
Linda San Filippo
847-361-2678

Membership:
Joanne Horner
847-337-2778

Website:
Amanda Blommel
262-995-5932

Newsletter:
Joanna Carlberg
262-891-3110

Fundraising:
Melissa Sebetic
262-697-4118
Nancy Vagnoni
262-220-6520

Hospitality:
Claudia Howard
262-758-0859

Getting to Know You!

Kristin Cabranes - In-Balance Acupuncture



This month's interview is with Kristin Cabranes, of In-Balance Acupuncture. She joined KWN in December 2012, and has found it to be a warm and welcoming group.

Kristin graduated in November 2011 with a Master's Degree in Oriental Medicine, a Bachelor's Degree in Nutrition, and over 2000 clinical hours of acupuncture! Prior to going to school to get her degrees, she was a surgical assistant for 15 years. It was successful acupuncture treatment for persistent headaches that first made her think that this was a career she would like to pursue. Her research showed her that acupuncture was gaining acceptance for pain management and she had always wanted to be her own boss. With the support of her husband, John, she made the career change and loves her work!

Kristin was born in Washington state but she soon moved to Portland, Oregon. Her family moved around a lot when she was a child, including a nine month stay in Hong Kong where she was first introduced to Oriental medicine. When she moved to Boston, she couldn't believe how expensive it was to live there, after Portland! She met her husband, John, when she moved from Boston to Madison, WI, in search of a cheaper cost of living. They now live in Racine and share their home with three cats and three dogs, including a Great Dane who is afraid of thunder storms (the torrential rain storms in April left the dog quaking!)

When she is not working, Kristin likes to keep busy. She enjoys quilting, cooking and trying new foods, working in her garden and taking motorcycle trips with her husband. Although she is confident and professional in her business, Kristin tells me that she is actually quite shy and hates public speaking! Her current favorite quote is "Let food be your medicine" (Thomas Jefferson), something that modern science is finding more and more to be true!



Location of Victoria's Catering

Each year, KWN awards a number of mini-grants to local non-profit organizations that benefit women and children. Money for the grants is raised through the holiday fund raiser and raffles at other events, such as Business After 5. Jennifer Moskopf will be speaking about the nomination and selection process at our April meeting. Applications will be available at the meeting. To receive an application by e-mail, contact our communications chair, Linda San Filippo at lks4@sbcglobal.net. Completed applications can be mailed to the PO Box or e-mailed to Jennifer at jen@cleanngreensolutions.com. The deadline for applications is May 10th. Funds will be awarded at the July meeting.

May Speakers:

Joyce Erickson, KRW Tri-County Tobacco-Free Coalition, will be our 10 minute speaker.

If you would like a chance to speak at one of our up-coming meetings, please contact Nancy Vagnoni. Her phone number is: 262-220-6520. Promote your business in the 3 minute slot, or speak about an educational topic beyond just business in the 10 minute slot.

Thank you to all those who donated raffle prizes for the April meeting! We always appreciate your generosity!

- * Wendy Gauss-Balistreri & Assoc.
- * Kathy LeFave-Longaberger
- * Amanda Blommel-Arbonne
- * Peggy Gallo-Shaklee
- * Heather Briscoe-Tastefully Simple
- * Wendy Gauss-Pampered Chef
- * Anne Robbins-The Comfort Coach
- * Roseann Shales- Imaginative Consulting LLC

Have you considered making a donation to our monthly raffle? Get your name and business mentioned in our monthly newsletter!