



MAKE A LASTING CONNECTION IN 2015!



Connections Professional Networking

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Luncheon Friday, February 12, 2016

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Please join us for a wonderful networking experience!

Petroleum Club Lunch Buffet | \$18

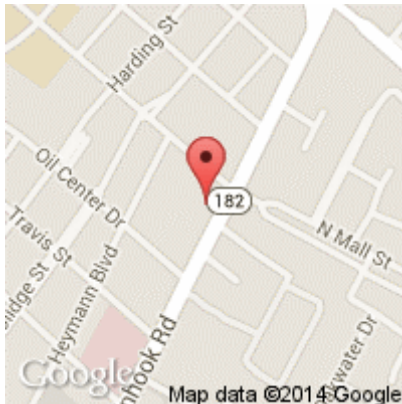
Please RSVP by noon Wednesday, February 10th.
It is important that you let us know if you plan to attend.

You may RSVP via [e-mail](#) or on our [website](#).
Email: connectionsprofnet@gmail.com

To prevent Connections from being charged by the Petroleum Club for no-shows, if you need to cancel your RSVP please do so by 10:00 am on the Thursday prior to the meeting. We need to confirm our numbers with Petroleum Club by 11:00 am the day before.

To cancel, please send email to connectionsprofnet@gmail.com or call 658-9590.

Connections accepts cash or checks. Please have your check made payable to Connections prior to arriving at the meeting to expedite registration.



Petroleum Club

111 Heymann Boulevard (Oil Center)

Buffet lunch \$18

Please bring cash or **preferred method of payment check.**

Meetings are being held in the lounge on the 1st floor, near the arch driveway, down the hall from the buffet.

Networking begins at 11:30 a.m.
Meeting begins at 12:00 Noon.

Guest Speaker



Heidi Melancon

**University of Louisiana
at Lafayette**

**Small Business
Development Center**

Heidi Melancon is Director of the Louisiana Small Business Development Center at University of Louisiana at Lafayette. She began working for the network in 2005 and worked as a Senior Business Consultant until she took over as director in 2014. She is responsible for the management and operation of an eight parish region in furthering the mission of the SBDC and helping start-up and existing entrepreneurs.

She continues to consult with clients in the areas of strategic planning, business development, financial evaluation, and marketing. In addition to her primary duties, she is the Acadiana area coordinator and consultant for Louisiana Economic Development's Small & Emerging Business Development Program.

Heidi earned her MBA degree in 2000 from the B.I. Moody III College of Business at University of Louisiana at Lafayette.

President's Message



February is also Heart Health month! This is a special time of year to bring awareness to the #1 killer of Americans: cardiovascular disease. This topic is particularly near and dear to my heart (no pun intended) as I have an opportunity to prevent heart attacks and strokes EVERYDAY in my clinic. Risk factors go far beyond the traditional high blood pressure, high cholesterol, and tobacco use risks. Sleep apnea, depression, autoimmune disorders, periodontal disease, pre-diabetes, Vitamin D deficiency are among a few causes of heart disease. There is a wonderful book, written for the public, providing information on many of these emerging risk factors called "Beat the Heart Attack Gene" by Bradley Bale, MD and Amy Doneen, NP. I encourage everyone to read this and arm yourself with knowledge to help your healthcare

Usually St. Valentine has this month's holiday all to himself, but this year he will be sharing the spotlight with Mardi Gras as well! Mardi Gras festivities are in full swing between the Krewe's parades and balls which always draw large crowds. Some prefer to participate in more traditional celebrations of Mardi Gras, including trail rides, chasing chickens, and gumbo! It is an exceptionally early season this year for the start of the Lenten season. Less than a week after Mardi Gras and Ash Wednesday will be Valentine's Day!

provider perform a more thorough and accurate assessment of your cardiovascular health.

I hope all of you have a wonder Mardi Gras, Valentine's Day, and a productive journey maintaining and improving your heart health!

Sincerely,

Deirdre Detraz, ANPC

Connections President 2015-2016

Business Spotlight

Carolyn French | UBS Financial Services, Inc.

When Carolyn French began her career as a Financial Advisor in 1985, there were very few women Financial Advisors in Lafayette, and not many others across the nation. A typical meeting in New York consisting of 90 Advisors might only have two women attendees. Carolyn has encouraged the entry of women into the field of finance, and has also advocated for the development of a consultative teamwork approach to investing.

In 2007 and again in 2008, Barron's, a widely recognized financial publication, recognized her as one of the 500 most successful women financial advisors in the United States. She holds the honor of membership in Barron's "Winner's Circle" within the field of finance. She is currently a Senior Vice President – Wealth Management with the French, Reyes, Huber Investment Group at UBS Financial Services, Inc.

Carolyn has had previous careers in education, and has held faculty positions at several universities, including University of Louisiana in Monroe, and the University of New Orleans in New Orleans. She holds academic degrees (B.A., M.A. and Ph.D.) in the social sciences, with postgraduate work in the field of finance at the Wharton School of Business, University of Pennsylvania. She served as a Socioeconomic Consultant with the U.S. Department of the Interior, Minerals Management Service. She has also held consulting positions with the Naval Oceanic and Atmospheric Administration and the U.S. Army Corps of Engineers.

Carolyn balances professional achievement with many civic and community concerns. She has served on the Board of Directors of many organizations and has been involved in forming some of them, including CONNECTIONS, The Lafayette Public Education

Foundation, Friends of Music, FoodNet, and the Shining Light Foundation. She has been involved in the Leadership Giving Campaigns of the United Way and the American Heart Association. Carolyn is an active member of the Rotary Club, an international service organization, and recently received their award for outstanding integrity in her field.

Among the most significant honors Carolyn has received are the Connections' Career Achievement Award," the "Women Who Mean Business" recognition, and the "Woman of Excellence" award for her work in the Lafayette community.

**Thank you Dawn Foreman for getting us revved up about making positive changes for the new year!
It's all about accountability.**







Thank you to all of our awesome members that gave door prizes at the January meeting.

Bring a door prize!
It's a GREAT way to
promote YOUR business!!

News &
Announcements

NEW Connections website:
<http://www.connectionsforwomen.net/>

Members... You can bring marketing materials, business cards and brochures/flyers to the meeting and place on the door prize table to promote your business!!

Members... You can email announcements, accomplishments, business tips or share good news to Rebecca Taylor and she will share on Connections Facebook page.

Send to: Rebecca@AcadianaProfile.com

MEMBERSHIP DRIVE

Ladies mark you calendars for upcoming connections luncheons.
Feb 12, March 11, April 8th & May 13.

We will be holding a Membership Drive from February through to May.
Let's grow our membership!! Bring guests to meetings.

The member who brings the most guests to the luncheons/referrals and they become members by the end of May will win a \$100 gift card (VISA/MASTERCARD).

Winner of the \$100 gift card announced in the JUNE 10th meeting....

Faith House, an organization we have donated to, has a list of immediate needs for their shelter.

Immediate Needs: Laundry detergent, dish washing liquid, paper plates, utensils, bowls and cups, towels and washrags, floor cleaner, brooms/mops, diapers (size 4 and 5), sanitary products, ethnic hair care products, Lysol, sheets and blankets (Twin Size)

For women moving out of the shelter, they are also seeking: Furniture (Sofas, beds, dressers, etc.) sheets/blankers, pots/dishes/utensils, kitchen tables/chairs, carseats, fans, and suitcases.

Please contact Mary Usner at (337) 234-2715 for donations or questions.

Bookin' It Book Club

We will be seeking books to be added to the library for the month of February. If you have any books you wish to add to the book club, please bring it into the next Connections meeting.

How does it work?

Bring in a book you would like to donate to the library. We would be seeking professional development books. It can be one that has helped you in your

career and in your work. It will be added to the library and members will be able to check out the books at meetings. The book would be due back at the next meeting. Any donations anyone would like to make to it would be great.

Mark Your Calendar!

Connections Meeting – January 8th

Networking and business card exchange begins at 11:30 a.m.
Meeting starts promptly at 12:00 noon at the Petroleum Club.

Future Connections' Meetings:

March 11

April 8

May 13

June 10



Connections Officers

Deirdre Detraz - President
Cynthia Beslin - President Elect
Eugenia Shedrick – Newsletter VP
Rebecca Taylor – Public Relations VP
Lana Fontenot – Membership VP
Debra Billeaud – Treasurer
Rodlyn Cochran - Program VP
Jane Boudreaux - Secretary
Nanette Heggie – Board Member at Large
Pat Sonnier - Career Achievement
Joann Pugh - Scholarship Chairperson

CONNECTIONS PURPOSE AS BY OUR CONNECTIONS CONSTITUTION

SECTION ONE: TO PROVIDE A PROFESSIONAL , EDUCATIONAL AND PERSONAL SUPPORT NETWORK FOR CAREER-ORIENTED WOMEN.

SECTION TWO: TO PROVIDE AN ARENA IN WHICH CAREER-ORIENTED WOMEN CAN MEET ONE ANOTHER.

SECTION THREE: TO PROMOTE PROFESSIONAL ACHIEVEMENTS OF WOMEN IN THE COMMUNITY.

CONNECTIONS is a monthly newsletter published by the members of CONNECTIONS. For consideration of all information and articles, contact Newsletter Vice President and Editor, Eugenia Shedrick at 337-852-3027 or eugenias@worknet2k.com. If you would like to become a member of CONNECTIONS, contact Lana Fontenot, Membership Vice-President at lane.fontenot@solacc.edu.

SECTION FOUR: TO PROVIDE MODELS FOR THE
COMMUNITY.

Enjoy yourself at our meeting!!

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