

THE NETWORKER

South Bay Women's Network

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AUGUST 2014

SBWN Changed Up the Annual Scholarship Benefit with a Roaring Twenty's Speakeasy



Photos by Monica Randeem

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Mission Statement

Professional business women promoting one another to achieve professional and personal goals. SBWN meets each month and offers its members valuable networking time with other businesswomen and informative presentations from a variety of speakers on topics relevant to business and the goals of businesswomen. In addition, we provide financial support and assistance to Women's Shelter Program of San Luis Obispo County and award a Cuesta College Scholarship to female adult re-entry students.

SBWN 2014-2015 Coming Events

SEPTEMBER

Luncheon
Tuesday, 2th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Lorna Whiteaker
Chapter Chair for
SLO SCORE

Board Meeting

Tuesday, 9th @ 8:30am
Debra Garcia's
1774 7th Street, LO

OCTOBER

Luncheon
Tuesday, 7th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Annie Keohane
Vegan Chef

Board Meeting

Tuesday, 14th @ 8:30am
Quantum Waves
2280 Sunset, #D, LO

NOVEMBER

Luncheon
Tuesday, 4th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Scholarship Recipient(s)

Board Meeting

Tuesday, 11th @ 8:30am
Christine Womack's
1620 9th Street, LO

More photos from the Speakeasy Benefit



MORE PHOTOS PAGE 4

Photos by Rosa Metzler



MEMBERS have either a *standing or absentee reservation for lunch.*
Member cancellations or guest reservations are required by 12:00 P.M. the Friday prior to the day of the meeting.
Book your reservation online at www.sbwn.org or email info@sbwn.org

How to Join & Member Benefits

Our general membership luncheon meetings are held on the first Tuesday of each month at 12 noon. There is a \$16 meeting fee for members; \$20 for non-members and guests. (Annual membership dues are \$45). Non-members are welcome to attend two luncheon meetings – then we hope you will join us as a member. Online membership applications available at www.sbwn.org or email info@sbwn.org to request a membership brochure.

- Networking, Business Contacts & Referrals
- Friendship & Mentoring
- Education & Community Outreach
- Increased Visibility for Your Business
- Leadership Opportunities
- Monthly Meetings/Newsletter
- Membership Directory
- Group member of the Los Osos/Baywood Park Chamber of Commerce



Featured Speaker Lorna Whiteaker, Chapter Chair for SLO SCORE

On Tuesday, September 2, 2014, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. The current Chapter Chair for SLO SCORE, Lorna Whiteaker, will provide a brief presentation on the services and support offered through SCORE. SCORE counselors are business owners and executives, both retired and actively working, who share real world expertise on a long list of topics that includes financing, accounting, marketing and human resources.

Prior to moving to San Luis Obispo, Lorna was a fixture in the Ventura County legal industry for three decades, specializing in administration, accounts management and legal assistance. In 2008, she founded her own firm as a business coach with an emphasis on small business operations, infrastructure and money management. She is an expert in the intricacies of bookkeeping and managing money in the electronic age and is committed to helping entrepreneurs develop healthy, viable businesses based on sound financial practices.

SBWN is a non-profit organization open to all women on all job levels and in every occupation that wishes to share ideas, build friendships, and exchange support needed for personal and professional growth. The meeting fee, which includes informative speakers, beautiful venue, networking and lunch, is \$16 for members and \$20 for guests. For required guests reservations and member cancellations please visit our website at www.sbwn.org or email us at info@sbwn.org no later than 12 noon the Friday prior to the meeting.

A thought for the month...

"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go."

— Sheila Murray Bethel



Birthday Girls

Debra AngellSeptember 30

ANNOUNCEMENTS!!!!!!

• **HOLIDAY DINNER & BENEFIT – ATTENTION SBWN MEMBERS.** Mark your calendars... this year we will be holding our annual event on SUNDAY, December 7th and once again at the beautiful restaurant, Windows on the Water. A committee sign up sheet will be available at the September luncheon.

Please note that there WILL NOT be a luncheon in December.

• **WE ARE UPDATING THE ONLINE MEMBERSHIP DIRECTORY WITH FOUR COLOR PHOTOS OF OUR MEMBERS. PLEASE SEND US AN IMAGE OR UPLOAD IT TO YOUR PROFILE.** If you need or lost your log-in info you can contact Dawn at info@sbwn.org to receive a temporary password to log in with. You can then reset if you wish.

REMEMBER - YOU CAN USE YOUR CREDIT CARD TO PAY FOR LUNCH ONLINE

• We are looking for a SBWN member to volunteer as a co-chair for **2015 Women's Wall of Fame** event. As co-chair you will represent South Bay Women's Network along with Paulla Ufferheide and Christine Womack. If interested in being part of this successful and rewarding event email info@sbwn.org or contact Paulla for more information.

• Remember the newsletter is your voice. The Networker newsletter invites SBWN members to provide women in business, women in life articles and photos of important events. A newsletter is one of the best ways for network members to stay in touch with what other members are doing. Keep them posted in Network in the News and Personal Notes columns. Information can be emailed to info@sbwn.org

2014-2015 SBWN Board of Directors

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LUNCH RESERVATIONS

info@sbwn.org



Photos by Jeff Lewis

Valentina Petrova Presented Mindfulness for Success at Our August Luncheon



Guest speaker Valentina Petrova.



Treasurer Arlene Triplett (seated) greets guest Kelley O'Neill.



Members Elizabeth Aloe, Monica Randeon and Dianne Woodworth.



Long time members Marge Griffin and Sue Prior with new member Lois Taylor (center).



SBWN member Debra Angell.



SBWN President Gila Zak announcing upcoming events.

Photos by Rosa Metzler

SBWN Scholarship Applications Now Available

SBWN is accepting scholarship applications for a Cuesta College female re-entry student. Members may nominate a woman whose education would benefit from this scholarship opportunity.

Online application/nomination available at www.sbwn.org

**We had 22 Members & Guests
at our August Luncheon
Welcome New Member
Alyce Thorp**

NEXT NEWSLETTER DEADLINE: September 15th