

## March Meeting Spotlited Long-time Members and Welcomed New Members



Members and guests get a chance to visit before lunch.



New member Carrie Asuncion.



Debra Angell (l.) and Rosa Metzler (r.) welcome returning member Dianne Woodworth.



Debra Angell demonstrates unique braiding with the help of Gloria.



Linda Quesenberry shares what services are provided by Transitions Mental Health.



Photos by Dawn Rodden

**Membership dues are due April 2nd**  
**Invoice included in newsletter.**  
**You may pay at the April meeting**

**A thought for the month...**

*"Striving for excellence motivates you; striving for perfection is demoralizing."*

– Harriet Braiker

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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 2013-2014 Coming Events

### MARCH

**National Women's History  
Month Reception & Movie**  
Thursday, March 28 • 6 pm  
Los Osos Library  
2075 Palisades Ave.

### APRIL

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

### BOARD INSTALLATION & SOCIAL TIME

**Board Meeting**  
TBD

Friday, 26th

**BUSINESS SHOWCASE**  
5:30 - 7:30 pm • SBCC

### MAY

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

#### Speaker:

**Rosh Wright**  
SLO Little Theater

**Board Meeting**  
TBD

### JUNE

Luncheon  
Tuesday, 3rd @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park

TBA

**Board Meeting**  
TBD



## A Message from Our President

Women On The Move ...

### Happy St. Patrick's Day!!!

I'd like to open my final message with a sincere apology. Apparently, some of my comments about needing member participation in SBWN activities were perceived to be a mite adversarial and "doom and gloom" in nature. In my efforts to emphasize how much we need the help of all members to make our SBWN a success, I may have come across somewhat "over the top". However, those who really know me are aware of my huge passion for our organization. This passion was what you witnessed ... not a threat to the demise of SBWN. In SBWN, I see an organization with tremendous potential to provide a venue for lady businesspersons to

network, learn, support, and grow in their chosen professions. It is for this reason ... and for this reason only ... that I may tend to come across somewhat strongly at times. If I have offended anyone, I do wish you'd accept my sincere apology!!!

WOW!!! Our Wine-Tasting/Mixer on March 8th was very successful. We enjoyed about 30 in attendance who sampled wines and food, chatted, joked, and exchanged meaningful information. We must thank Paula Ufferheide for her professionally laid-back presentation and skillful crowd participation antics. Once again, I wish to extend my hearty thanks to Erica and Greg King at The Frame Shop in Los Osos for permitting me to display their wine country inspired artworks on my stark white walls. This really added warmth and color to the festivities. As a testimonial, I've made use of their services many times, being elated with the outcome(s) of each and every project.

So here we are ... We have arrived at my final contribution to the newsletter for the 2012-2013 Board term. It is difficult to imagine that just a short year ago I was concerned that I wouldn't be able to fill a couple of columns with words that would be of interest to anyone ... let alone myself. Now it seems that those columns of space aren't large enough to give all the thanks I feel in my heart for those courageous gals who stuck it out with me this year on your SBWN Board. They have "bent over backwards" to ensure that we survived this rebuilding year and emerged stronger than ever. AND, by gosh, we have!!! THANK YOU ... Sandra, Arlene, Dawn, Leslie, and Dee (R) ... THANK YOU!!! In addition, we have some members who've stepped up and been there to help and support in every activity ... without exception. You are so, so, so appreciated!!! You give this organization its extraordinary strength and resolve.

Finally, our April luncheon is devoted to the installation of your new SBWN Board. Please join us for a memorable formal Board installation ... and a little fun, too. As always, please feel free to contact me or anyone else on your Board with your suggestions and concerns.

Have a great month!!!

- Dee

**MEMBERS have either a standing or  
absentee reservation for lunch.**

**Member cancellations or guest reservations  
are required by 12:00 P.M. the Thursday prior  
to the day of the meeting.**

**Book your reservation by calling  
595-SBWN, emailing [info@sbwn.org](mailto:info@sbwn.org) or  
online at [www.sbwn.org](http://www.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; \$18 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. To receive a membership application call 595-SBWN or visit [www.sbwn.org](http://www.sbwn.org).

- 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

# Installation of 2013/2014 Board of Directors & Social Time

On Tuesday, April 2, 2013, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. At this month's luncheon meeting, SBWN will install new board members for 2013-2014. We encourage all members to join us in welcoming the upcoming board, as well as wishing thanks and goodbye to those that have finished their service to the organization. As there is no speaker at this event, members will have time to socialize and network.

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 \$18 for guests. For required guests reservations and member cancellations please call 595-7296, email info@sbwn.org or book online at www.sbwn.org no later than 12 noon the Thursday prior to the meeting.

## ANNOUNCEMENTS!!!!!!

- **NATIONAL WOMEN'S HISTORY MONTH RECEPTION & MOVIE.** The Los Osos Library and South Bay Women's Network presents the award winning documentary "The Life and Times of Rosie the Riveter". Joins us for refreshments, the movie and speakers at 6 pm, Thursday, March 28, 2075 Palisades Ave. SBWN President Dee Corcoran and incoming President Gila Zak will give a short presentation about South Bay Women's Network.
- **LO/BP BUSINESS SHOWCASE, FRIDAY, APRIL 26TH** at the South Bay Community Center from 5:30 to 7:30 pm - Booth/Sponsorship applications available online at www.lobpchamber.org.

## SBWN ELECTION RESULTS -

- President:**  
Gila Zak  
*Quantum Waves Biofeedback*
- Vice-President:**  
Debra Angell  
*Hair & Make-Up by Angell*
- Secretary:**  
Sandra Brazil  
*Pampered Chef*
- Treasurer:**  
Arlene Triplett
- Membership Director:**  
Christine Womack  
*Raymond James Financial*
- Marketing Director:**  
Dawn Rodden  
*Creative Design Graphics*
- Historian Co-Directors:**  
Sally Brooks  
*The Great Skin Company*  
Monica Randeem  
*Keller Williams Realty*
- Special Events Co-Directors:**  
Paula Ufferheide  
*Wine for Humanity*  
Christine Marshall  
*Marshall Gardens*
- Past President:**  
Dee Corcoran  
*Financial Service Trends, Inc.*



## Birthday Girls

- Shoosh Crotzer ..... April 1  
Peggy Zatt ..... April 6  
Annie Mueller..... April 8

**We had 23 Members & Guests at our March Luncheon**  
**Welcome New Members**  
**Carrie Asuncion**  
**Wendi Brodsky**  
**Anita Frankhauser**  
**Dianne Woodworth**

## 2012-2013 SBWN Board of Directors

**President**  
Dee Corcoran  
Financial Service Trends, Inc.  
528-8388  
dee@fstrends.com

**Vice-President**  
Sandra Brazil  
The Pampered Chef  
746-3233  
moonoverbrazil@yahoo.com

**Treasurer**  
Arlene Triplett  
528-1186  
atripca@aol.com

**Membership**  
Leslie Kananoff  
Health Consultant & Coach  
235-2712  
drLeslie4JP@att.nett

**Marketing**  
Dawn Rodden  
Creative Design Graphics  
528-8263  
studio@creativedesigngraphics.com

**Special Events**  
Dee Rowlee  
Rowlee's Buds & Balloons  
528-4535  
Dee@RowleesBudsAndBalloons.com

**LUNCH RESERVATIONS**  
595-SBWN  
info@sbwn.org



# Wine tasting was the theme of our March Mix & Mingle



Photos by Jeff Lewis

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Anita Frankhauser,  
President

**ONE MONTH FREE  
BUSINESS CARD SIZE AD  
FOR ALL MEMBERS**

**YOUR AD HERE!**

Contact Marketing Director for info, 595-7296.

NEXT NEWSLETTER DEADLINE: April 15th