

Installation of 2014/15 Board of Directors



New board of directors are, back row, Christine Womack/Membership, Paulla Ufferheide/Events, Arlene Triplett/Treasurer, AJ Fudge/Vice President, Gila Zak, President. Front row, Dawn Rodden/Marketing, Rosa Metzler/Historian and Debra Garcia/Secretary.

Photo by Rosa Metzler



Beautiful birds presented to outgoing board members as a thank you from President Gila Zak.



Gila shared words of appreciation about out going board members Sandra Brazil, Debra Angell, Dee Corcoran and Sally Brooks.

Photos by Dawn Rodden



Sandra Brazil smiling with Dee Corcoran.



Outgoing VP Debra Angell with incoming VP AJ Fudge.



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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

MAY

Luncheon
Tuesday, 6th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Members Spotlight

Board Meeting

Tuesday, 13th @ 8:30am
2280 Sunset Dr., #D, LO

JUNE

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

Speaker:

Dr. Susan Lundgren

Board Meeting

Tuesday, 10th @ 8:30am
619 Santa Ysabel, LO

Adopt-a-Poll

Tuesday, 3rd
St. Elizabeth Ann Seton

Saturday, 7th

ENRICHMENT SEMINAR

10:00 am - 3:00 pm •
LO Park Schoolhouse

JULY

Luncheon
Tuesday, 1st @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Stacey Hunt
Ecologistics/Blue C Garden

Board Meeting

Tuesday, 8th @ 8:30am
1780 Pecho Rd. LO



A Message to Our Members

Greetings Ladies!

I would like to wish all our members a "Happy SBWN New Year"! It seems like we were just beginning to plan our 30 year Anniversary and here we are beginning our 31st. Our April luncheon meeting featured a changing of the guard with some familiar and new faces. Those board members who have chosen to step down have left a lasting influence on the future direction of our wonderful organization. Thank you Dee, Sandra, Debra, Sally and Monica for the positive energy and support you brought to the board of directors.

A big welcome goes out to our new board members, long time member Rosa Metzler along

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 by calling 595-SBWN, emailing info@sbwn.org or online at 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.

- 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

with Debra Garcia and AJ Fudge who are not only new to the board but new to the Network. We look forward to your energy and new perspective.

The past year has seen a change in our Holiday Benefit location, a growth in membership along with exciting new ventures such as the Women's Wall of Fame. We will be taking this momentum into the new year starting with our first Enrichment Seminar (see page 4) and another Adopt-a-Poll. Once again we will be lead by Gila Zak who agreed to another year as our fearless leader (Thank You!) as long as she doesn't have to write a President's Message. With that being said, the monthly message will be penned by a board member OR even a SBWN member. If you wish to contribute a "Message to Our Members" just contact me at info@sbwn.org.

Here's to a great 2014/15! See you all in May.

Dawn
Marketing Director

Member Spotlight in May

On Tuesday, May 6, 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. Join us at this month's luncheon meeting for our Member Spotlight and get to know some of our newest members Maria O'Reilly of Keller Williams Realty, AJ Fudge of Law Offices of AJ Fudge and Julie Neva of Happy Trails Travel.

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 email us at info@sbwn.org no later than 12 noon the Friday prior to the meeting. Visit our website at www.sbwn.org

A thought for the month...

"Don't compromise yourself. You are all you've got."
– Janis Joplin

SBWN Membership & Luncheon Fees

With the 2014/2015 year just beginning, please take the time to review your luncheon status. Any change to your permanent lunch reservation status can be made by emailing info@sbwn.org by Friday, May 2.

Luncheon reservations and cancellations due by noon on the FRIDAY before the luncheon. We look forward to seeing you in May.

Membership fees are NOW due.

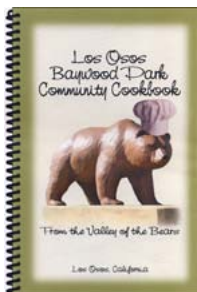
If you have not paid dues by May's Luncheon you will be charged the guest meeting fee of \$18.



Birthday Girls

Sally Brooks	May 9
Nicole Bush	May 19
Michele Fellows	May 24
Julie Neva	May 23
Linda Settevendemie	May 29

The NET ZONE



You can now purchase the **Los Osos Baywood Park Community Cookbook** online at www.lobpchamber.org/cookbook

The cookbook is \$10 pick up at the Chamber office or \$16 shipped. Great gift idea for Mother's Day, a graduate going off to college or a new neighbor.

We had 19 Members & Guests at Our April Luncheon

ANNOUNCEMENTS!!!!!!

WE WILL NO LONGER MAINTAIN OUR PHONE LINE (595-7296)

You can contact SBWN via email at info@sbwn.org

• **LOBP BUSINESS SHOWCASE, FRIDAY, MAY 16TH at the South Bay Community Center from 5:30 to 7:30 pm** – Booth applications available at www.lobpchamber.org. This year's theme is "BUSINESS IN FULL BLOOM".

• **ADOPT-A-POLL:** Once again we have the opportunity to run a voting poll for the upcoming Primary, June 3rd. This has always been a very positive experience for South Bay Women's Network and our members. We are looking for helpers for the shifts listed below. Please email info@sbwn.org or contact Gila Zak with your name, phone and the time slot you would like to work. Please note that this is the same day as our JUNE LUNCHEON and if you choose the lunch shift we can deliver your paid lunch to you at the poll.

• **ATTENTION MEMBERS:** Just a reminder that you can update your membership profile, view members personal info (ie, home address, email) post a news item or make lunch reservations on our website. 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 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

President

Gila Zak
Quantum Waves Biofeedback
704-3599
quantumg@sbcglobal.net

Vice-President

AJ Fudge
Law Offices of AJ Fudge
881-3080
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464-7763
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Treasurer

Arlene Triplett
528-1186
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Membership Director

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Raymond James Financial
654-7777
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528-8263
studio@creativedesigngraphics.com

Events Director

Paulla Ufferheide
Wines for Humanity
900-5152
paulla@winesforhumanity.com

Historian Director

Rosa Metzler
528-7660
rosametzler@charter.net

LUNCH RESERVATIONS

info@sbwn.org

Join Us for an Enrichment Seminar

South Bay Women's Network will host an Enrichment Seminar on Saturday, June 7 from 10 am to 3 pm at the Los Osos Community Park Schoolhouse.

The main goal of the seminar is to provide tools to help build dreams and financial security. SBWN members will be presenting the following:

Carrie Asuncion:

- Break free from limiting beliefs
- Develop authentic confidence
- Create greater ease and joy in your life
- Determine what matters most to you and go after it!

Irene Neale:

- Welcome & Her Story
- Changing our minds; how did we get here; habits and habitual patterns
- What action we can take to assist us in changing our minds
- 4 basic classifications regarding money

Discussion:

- Debt and debt reduction
- Spending ; plan to support new habits
- Payment plan; savings plan
- Accountability and tracking
- How couples can make their financial life together more relaxed

Christine Womack:

- Getting the retirement you want
- Establishing priorities; vision of retirement
- Identifying reliable income
- Managing your money; planning, turning goals into reality
- Making it personal; complete the retirement puzzle
- Putting you in the confidence zone

Dee Corcoran:

- Keeping the WOLVES (or vultures) at bay: whom can you trust?
- How to interview your life management team
- Armed with knowledge basics
- Tools for success: reviewing, evaluating, changing & implementing

Panel Discussion: Tie it all together and make sense of it

The cost of the seminar is \$20 and includes lunch. To make a reservation or for more information email, info@sbwn.org.

Thank You

Dear South Bay Women's Network,

Thank you so much for your recent donation of \$1500.00. Your support helps sustain our efforts to eliminate the effects of domestic violence in our community.

During FY 2012/13 the Women's Shelter Program was able to assist 711 people affected by the crime of Intimate Partner Violence (IPV).

We assisted with activities including:

- Provided 105 clients with emergency shelter
- Provided 50 clients with transitional shelter
- Handled 309 crisis calls

Our transitional housing units provided a safe environment for approximately a two year time frame for those victims and children recovering from the affects of IPV.

All of us associated with the Women's Shelter Program, and most especially our clients, deeply appreciate your generosity.

Sincerely,

Marianne Kennedy

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NEXT NEWSLETTER DEADLINE: May 15th