

## SBWN Members Spotlighted at the May Luncheon



SBWN members (left to right) Sandra Brazil, Irene Neale and Maria O'Reilly enjoy lunch.



SBWN Marketing Director Dawn Rodden with Dee Corcoran and SBWN Historian Rosa Metzler (left to right). Dawn's mom Lorrie Teece (far right) was a luncheon guest.



We learned about our new members during the Member Spotlight, (left to right) Maria O'Reilly, Julie Neva and AJ Fudge/Vice President.



President Gila Zak presents the luncheon program, Member Spotlight.

*Photos by Monica Randeon*



Members Irene Neale, Julie Neva and Diane Woodworth received their "One Year Anniversary" pins.

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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**

### **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

### **AUGUST**

Luncheon  
Tuesday, 5th @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park

**Summer Evening  
Scholarship Benefit**

Friday, 8th @ 6pm

**Board Meeting**

Tuesday, 12th @ 8:30am  
TBD

## *A Message to Our Members*

Greetings Ladies!

It is with great excitement that I am writing to all you today with some wonderful updates on what the "Network" has planned in the upcoming summer months!

First and foremost, we have a very exciting speaker joining us for our June meeting. Her name is Dr. Susan Lundgren, and she is a physician dedicated to using natural therapies to promote optimal health. She treats a wide spectrum of illness and chronic disease, and is a strong advocate of preventive care. Dr. Lundgren truly empower patients with the tools and knowledge to create their own ideal of wellness. Sounds wonderful doesn't it?! I know Susan personally, and I know this is a presentation you

definitely don't want to miss. Remember, you can make your lunch reservations online.

Dr. Lundgren will be a tough act to follow for our July speaker, but luckily we have the right woman for the job. Her name is Stacey Hunt and she is the CEO of Ecologistics based here in San Luis Obispo. If you don't know anything about Ecologistics, you should, so be sure not to miss out on Stacey! Ecologistics is responsible for many important projects in our community.

Finally, I've saved the best for last! You're asking, "How can it possibly get better than this?" Well, it does. We have a super amazing event planned for our August fundraiser, and it's also super, super secret! Have I sparked your curiosity yet? Be sure to stay tuned as we unveil more details in the coming months! This event will be the most talked about event all summer!

Thank you so much for enjoying our newsletter and supporting the "Network". I am so enthusiastic about being a part of this organization and I hope you are too! We are on an exciting path, travelling with the best kind of momentum. I look forward to seeing you all at our June meeting, and be sure to tell all the wonderful women in your life about this truly special organization. After all, the more the merrier!

See you in June!

AJ Fudge  
Vice President

**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](http://www.sbwn.org) or email [info@sbwn.org](mailto:info@sbwn.org) or**

### 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](http://www.sbwn.org) or email [info@sbwn.org](mailto: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

**We had 18 Members & Guests  
at our May Luncheon  
Welcome New Member  
Debbie Wacker  
We Are 30 Members Strong**



## **Birthday Girls**

- Carole Stockton..... June 9
- Rose Robertson..... June 14
- Sue Prior..... June 29



# ANNOUNCEMENTS!!!!!!

## IMPORTANT INFORMATION PLEASE TAKE NOTE

### • GUEST LUNCHEON FEE INCREASE:

Beginning at our June meeting the cost of the guest luncheon fee will be \$20. Remember your guests can make their reservation online via our website.

• **AUGUST CALENDAR:** We will be changing it up this year by having **BOTH** a luncheon meeting **AND** a Summer Evening Benefit. We will be holding our benefit on a Friday evening, August 8th, so more of our members and guests can attend. The luncheon will be Tuesday, August 5th and feature an exciting program. Check the online calendar for updates.

• **WEBSITE NEW LOG-IN:** 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](mailto: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](mailto:info@sbwn.org)

### A thought for the month...

*"Courage is not the towering oak that sees the storms come and go; it is the fragile blossom that opens in the snow."*

– Alice M. Swain

## Featured Speaker Dr. Susan Lundgren – Stress Friend or Foe

On Tuesday, June 3, 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 featured speaker, Dr. Susan Lundgren who will be addressing the topic: **Stress Friend or Foe.**

In our modern world we rarely make time to unplug and distress. Stress is the root of many disease processes but could also be a useful tool if utilized properly. Find out how stress is leading to insomnia, weight gain, anxiety, heart disease and much more. Then learn how to utilize helpful stress while reducing harmful stress to prevent disease and live a healthier life.

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](http://www.sbwn.org) or email us at [info@sbwn.org](mailto:info@sbwn.org) no later than 12 noon the Friday prior to the meeting.

## The NET ZONE

• **DON'T BE LEFT OUT!** Book your hypnosis session by June 1st to receive the \$20 special rate! After that time, session prices will be as follows:

Single session: \$80

Series of 3 for \$195 (Save \$45)

\*Custom series pricing available

**Call today! 704-3599**



## 2014-2015 SBWN Board of Directors

### President

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Quantum Waves Biofeedback  
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### Historian Director

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### LUNCH RESERVATIONS

[info@sbwn.org](mailto: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. Make a reservation at <http://www.eventbrite.com/e/enrichment-seminar-tickets-11411539221> or email, [info@sbwn.org](mailto:info@sbwn.org) for more information.

## 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 still looking for helpers for shifts (see attached flyer). Please email us at [info@sbwn.org](mailto: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.

**ADVERTISING OPPORTUNITY - SBWN**  
Members may submit flyers for our monthly on-line newsletter for \$25. Please contact Dawn Rodden, 595-7296 for format information or if you need to submit a hardcopy for scanning. E-mail all digital files to [info@sbwn.org](mailto:info@sbwn.org).

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

**YOUR AD HERE!**

Contact Marketing Director for info, 595-7296.

**NEXT NEWSLETTER DEADLINE: June 15th**



**Need 4 to 5 workers per shift. Please help us fill these shifts!**

<b>Name</b>	<b>Phone #</b>	<b>Early AM (6:00-9:00)</b>	<b>Mid-Day (9:00-12:00)</b>	<b>Early PM (12:00-3:00)</b>	<b>Later PM (3:00-6:00)</b>	<b>Closing (6:00-9:00)</b>
Linda Settevendemie		*				
Rosa Metzler					*	
Gila Zak					*	
Dawn Rodden			*			
Dee Corcoran						*
Debra Angel				*		
Debra Garcia						*
Sue Prior			*			
Jan Harper	528-7687	*			*	*
Christine Womack (Inspect)				2:00 pm	*	*
					Full	Full







