

October Meeting Featured Speaker Kendra Pauldin, a Financial Advisor at Morgan Stanley



Kendra Pauldin of Morgan Stanley spoke on "Surmounting Your Five Biggest Retirement Planning Challenges".



South Bay Women's Network member Elizabeth Aloe with SBWN President Gila Zak.



SBWN members Debra Angell, Christine Womack and Monica Randeon.



SBWN Treasurer Arlene Triplett with Membership Director Christine Womack.

Photos by Rosa Metzler



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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

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

Adopt-a-Poll

Tuesday, 4th
St. Elizabeth Ann Seton

DECEMBER

Holiday Dinner & Benefit
Sunday, 7th @ 6:00 pm
Windows on the Water
699 Embarcadero #7
Morro Bay

Board Meeting

Tuesday, 10th @ 8:30 am
Paulla Ufferhiede's
313 Harvey Street
Cambria

JANUARY

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

Speaker:

Marianne Kennedy
Executive Director,
Women's Shelter Program
of SLO

Board Meeting

Tuesday, 13th @ 8:30 am
TBA



A Message to Our Members

Greetings fellow network members!

I trust this message finds you all well moving into the change of season – though you wouldn't know it yet with the weather still so hot!

As we move into the holiday season, I want to remind you all how important you all are to the organization, and in supporting our mission of being of service to the local community.

With the annual Holiday Benefit and dinner just around the corner. Last year was a HUGE success overall at the new venue and I want to take a moment to remind you all of a few things:

The annual dinner and benefit is designed for the membership and their guests to enjoy a wonderful evening of great food, entertainment

and a chance to socialize with one another in a festive environment. Look for the upcoming announcement and invitation for details

Every member that is present will be eligible to win a fabulous getaway package – you really will want to get in on this!

WE NEED YOU to please support the effort by donating an item or service, purchasing a small item or soliciting a donation from a local business or individual for the raffle. PROCEEDS BENEFIT THE LOCAL WOMEN'S SHELTER. The earlier we get the donations in the better, so don't delay.

Be sure to check your post and email in boxes for upcoming announcements regarding the event! I hope to see you there!!

Cheers, Gila

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

Thank You

Dear friends,

We have received your recent and most generous donation of \$500 for the SLO Noor Clinics. We are excited not only for your thoughtfulness, but for a local generous donor who is matching your donation dollar for dollar.

Between our Medical, Eye, and Dental Clinics, we have served more than 5,000 patient visits with a savings to the community of over \$2 million. This could not have been done without the kindness of residents like you!

Thank you for your generosity - together we are changing our community.

Sincerely,
Ahmad Nooristani, MD
SLO Noor Foundation

We had 20 Members & Guests at Our October Luncheon



Birthday Girls

Dawn Rodden.....November 3
Susan Swadener.....November 16

Scholarship Presentation at November Luncheon Meeting

On Tuesday, November 4, 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. We will be presenting our 2014 Scholarship winners. After receiving scholarship applications and nominations, the South Bay Women's Network has selected the recipients of the SBWN Educational Scholarship Fund.

Potential recipients either submitted an application themselves or were nominated, and each was required to be a female Cuesta College re-entry student, defined in the educational system as one who attends college following an interruption in their post-high school education.

Funds for these scholarships were raised at the 2014 Speakeasy Scholarship Benefit, Pennies from Heaven luncheon meeting fundraiser and generous donations from SBWN member Alyce Thorp and other SBWN members.

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...

"I believe in pink.

I believe that laughter is the best calorie burner.

I believe in being strong when everything seems to be going wrong.

I believe that happy girls are the prettiest girls.

I believe that tomorrow is another day and I believe in miracles."

— Audrey Hepburn

ANNOUNCEMENTS!!!!!!

• HOLIDAY DINNER & BENEFIT DONATIONS

With only about a month away, we are on the hunt for raffle prizes and silent auctions items. The Board is asking members to possibly donate just one item or ask your favorite business for a HOLIDAY DINNER & BENEFIT donation for our fundraiser. We need some overnight trips and other big ticket items for the Silent Auction. Remember great gift items sell raffle tickets and the funds we raise go to the Women's Shelter.

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

Contact Events Director Paulla Ufferheide (805) 900-5152 for more information and to sign up to help. WE STILL NEED HELPERS!

Selling Raffle Tickets:

1. Christine Womack
2. AJ Fudge
3. Maggie McKay
4. Maria O'Reilly
5. open
6. open

Door Hostess:

1. Lois Taylor
2. Debra Garcia

Decoration set up (approx. 3:30)

1. Aj Fudge
2. open
3. open
4. open

Donation Prize Set up (approx. 3:30)

1. Julie Neva
2. Sandra Brazil
3. open
4. open

Silent Auction Table

1. Sue Prior

Clean Up Committee:

1. Peggy Zatt
2. Debra Garcia
4. open
5. open
6. open

• The 36th Annual Oktoberfest and 9th Annual Car show is being held on Sunday, October 26th from 9 am to 5:30 pm in Baywood Park. Come down to Baywood to check out cars, crafts, food and music. <http://lobpchamber.org/events/2014-oktoberfest-car-show-by-the-bay/>

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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528-1186
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Christine Womack
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Marketing Director

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

Events Director

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

Historian Director

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LUNCH RESERVATIONS

info@sbwn.org



Commission on the Status of Women
San Luis Obispo County

SLO COUNTY WOMEN'S WALL OF FAME

Let's recognize the many women in our county who give above and beyond for the betterment of others. The San Luis Obispo County Commission on the Status of Women (CSW) is expanding their San Luis Obispo County Woman of the Year Award to include the many women of our county who volunteer endless hours to the service of others. CSW is a commission of women appointed by

the SLO Co. Board of Supervisors to advocate for women and girls and inform the Board of Supervisors of unmet needs in the county. CSW is asking organizations and individuals throughout San Luis Obispo County to submit the name of a woman who has given in an exemplary way to better the lives of others. All nominees will be recognized at a luncheon held at the Madonna Inn on March 14, 2015. The top three nominees will have their photo go on the Women's Wall of Fame in the County Government Building. We encourage you to nominate a woman who has volunteered of her time in an exemplary manner. CSW is collaborating with the South Bay Women's Network to provide the recognition luncheon to honor all nominees and introduce the three winners. Call 805-788-3406 or email CSOWO@gmail.com to secure your tickets to the luncheon

To nominate an individual, download the application on the Commission on the Status of Women website at www.slowomen.org, contact or call CSW at CSOWO@gmail.com or 805-788-3406. Please have your Nominations in before November 31, 2014

Personal Notes



and students. I am teaching fitness classes at the local gym and yoga classes at the yoga union. I am also working with an after school program for Kindergardeners and 1st graders. Still adapting to the area and everyone is pretty friendly.

I hope this note finds everyone healthy and happy. Would love stay in touch via e-mail, snail mail or phone. Please feel free to contact me even if it is just to say hello. If I have missed anyone, please forward them this e-mail.

Take care, Sue Conrad

My Contact Info: 1310 Edgecumbe Drive, Sitka, AK 99835
805-423-2515 • sconrad@fitnesscanbfun.com

Hi Everyone,

Sorry I have been out of touch since my move to Alaska. Living in Alaska is definitely different from California. I live in Sitka, Alaska which is surrounded on all sides by water. We are somewhat isolated from the rest of the United States. In the Summer, the weather is the most agreeable with visiting Cruise Ships filled with tourists, and out-of-town and local fisherman. There are many places to hike and walk and bike. Shopping is limited to local shops with the only box stores available in Juno (ferry ride or airplane distance) or online. We have three local grocery stores and a small summer Farmer's Market every other weekend. Everyone wears XtraTuff Boots "Sitka Sneakers." There is a lot of local history to be seen if you are a history buff.

I definitely miss much about California, but mostly my friends



SBWN Member Peggy Zatt's first ever DODGER game with her sister Mary and brother Jack

NEXT NEWSLETTER DEADLINE: November 15th



P.O. Box 6213 • Los Osos, CA 93412-6213 • 805.595.7296 (SBWN)

SBWN Auction/Raffle Donation Guidelines

Dear SBWN Members: This sheet contains detailed guidelines for the collection of auction/raffle gifts for this year's Holiday Dinner & Benefit. (Note that the raffle is to benefit the Women's Shelter Program of San Luis Obispo.) *It is important to adhere to the following guidelines to make the process as smooth as possible.*

The Auction/Raffle Gift Coordinator this year is **Gila Zak**. She will be keeping the Master List of donors, so that we do not duplicate our requests. Please keep her posted when/if you solicit any donations. If you have any questions about auction donations, please contact her. **A donation form must be filled out for ALL donations.**

Please note: We will NOT be able to accept donations after the deadline listed below, and we ask you do NOT bring donations on the evening of the Holiday Dinner & Benefit. Thanks for your help!

- | | |
|---------------------------------|---|
| Benefit Chairs: | Paulla Ufferheide |
| Gift Drop-Off Deadline: | Monday, November 24, 2014 |
| Gift Drop-Off Location: | Home of Gila Zak, 749 Mar Vista Dr., Los Osos |
| Gift Donation Organizer: | Gila Zak 528-1408/cell 704-3599 |

Donation Guidelines:

1. Please ensure that all gifts are self-contained (i.e., if there are several parts to the gift, they should be enclosed in a basket or a gift bag. Please do not bring loose items.)
2. **FORMS:** Please fill out the 3-part donation sheet legibly and completely. Note that it's very important to write in a good description of the gift, especially the contents of gift baskets. The benefit gift coordinators will not have time to do this before the Holiday Dinner & Benefit.
3. The **BOTTOM** sheet – give to donor as a receipt.
4. The **TOP 2** sheets – turn in with the gift to Gila for organizing.
5. Please ask the donor for two (2) business cards. Attach (1) to gift, (1) to donation form.