

## November Luncheon Meeting Featured Scholarship Winners



Scholarship winners (l. to r.) Ashley Erden, Sabrina Bussell, Courtnay Jones with Scholarship committee Christine Womack, Alyce Thorp, AJ Fudge and Monica Randeem. (not pictured Scholarship winner Jimi McFarlin)



Scholarship Chairperson, Christine Womack described how rewarding the process was in choosing the scholarship winners.



Both South Bay Women's Network members and guests were brought to tears and smiles by our scholarship recipients and their stories.

Photos by Rosa Metzler

NOVEMBER LUNCHEON MEETING .....	cover	HOLIDAY DINNER & BENEFIT INFO.....	3
MESSAGE TO OUR MEMBERS .....	2	BIRTHDAY GIRLS.....	3
ANNOUNCEMENTS .....	3	SLO COUNTY'S WOMEN'S WALL OF FAME.....	4

### 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

### 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

### FEBRUARY

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

### Member Spotlight

TBA

### Board Meeting

Tuesday, 11th @ 8:30am  
TBA



## A Message to Our Members

### Women's Shelter Program of SLO – Celebrating 35 Years of Hope & Healing

Fifty years ago, public vocabulary to discuss domestic violence (DV) did not exist, let alone resources for those who were experiencing it. The DV movement would grow slowly over the next two decades with grassroots efforts from individuals throughout the U.S. and the world. The Central Coast was one of the first regions to offer resources to victims.

The movement began in our community with the courage of Cam Mitchell and Darlene Reynolds, partners who both worked in the social service field in San Luis Obispo County. As they continued to encounter victims of domestic

violence in their work, they became increasingly dismayed that they had no resources to offer them. This led Cam and Darlene to use their own funds to rent the adjacent duplex attached to theirs and open its doors for women fleeing abusive relationships. They served nineteen women in 1977. Over the years, the cause gained community support, and in 1979 the Women's Shelter Program was formally incorporated under the name Women's Crisis House.

Thirty five years have passed since our incorporation and the Women's Shelter Program has grown and expanded over the last three and half decades to offer a wide-array of services to those affected by domestic violence.

So much of what our agency has accomplished over the past 35 years is because of the generosity of our community. At the WSP, we look forward to a continued partnership with you as well as we seek to meet the demand for our services and promote violence-free relationships in San Luis Obispo County.

**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)**

### 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

During the fiscal year, the agency provided services to 1,104 adults and children in the community (a dramatic 55.3% increase over the prior year when 771 clients were assisted). Specific agency programs also saw a robust level of service delivery. For example:

**96 clients** (43 adults and 53 children) were provided **Emergency Shelter**.

**43 clients** (14 adults and 29 children) received **Transitional Housing**.

**199 clients** (122 adults and 77 children) were provided **Agency-based Group Counseling**.

**556 children and teens** received **School-based Counseling**

**348 clients** were provided crisis intervention through the agency's **24/7 Crisis Phone Line**.



## South Bay Women's Network 2014 Holiday Dinner & Benefit

On Sunday, December 7th, beginning at 6:00 p.m., at Windows on the Water, located at 699 Embarcadero, Morro Bay, South Bay Women's Network (SBWN) will host its annual Holiday Dinner & Benefit, *A Home for the Holidays* this year on a Sunday. This is our primary fund raiser benefiting the Women's Shelter Program of San Luis Obispo. Join us for a fashionably nostalgic dinner party with delicious food, a signature drink, 1940's style band music and dancing, appealing raffle prizes and silent auction items. Special Overnight Getaway "War Bond" Raffle for SBWN members who attend the event. We encourage our guests to celebrate the nostalgia by dressing in the fashion of the times.

All prizes for the evening have been generously donated by members and local businesses. Raffle tickets will be available at the event. The cost for the benefit dinner is \$50.00 per person. All are welcome! Reservations are required and may be made by RSVP of the invitation you received in the mail or online at [www.sbwn.org](http://www.sbwn.org) (click on the holiday link on the home page). Seating is limited. The deadline for dinner reservations is Monday, December 1, 2014.

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

### A thought for the month...

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

— Ralph Waldo Emerson

## Happy Thanksgiving!

**We had 23 Members & Guests  
at Our November Luncheon**

## ANNOUNCEMENTS!!!!!!

- **Entries are now being accepted for the 27th Annual Los Osos/Baywood Park Christmas Parade** – This year's parade is being held Saturday, December 13th at 10am with "Christmas Around the World" as the theme. Those interested in participating will find an entry form at [www.lobpchamber.org](http://www.lobpchamber.org) or by contact the Chamber office 528-4884 for more information.

- **DON'T FORGET TO UPDATE YOUR ONLINE MEMBERSHIP DIRECTORY WITH A FOUR COLOR PHOTO. 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](mailto:info@sbwn.org) to receive a temporary password to log in with. You can then reset if you wish.

### USE YOUR CREDIT CARD TO PAY FOR LUNCH AND MEMBERSHIP ONLINE

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

- 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)



## Birthday Girls

Christine Womack ..... December 17

## 2014-2015 SBWN Board of Directors

### President

Gila Zak  
Quantum Waves Biofeedback  
704-3599  
[quantumg@sbcglobal.net](mailto:quantumg@sbcglobal.net)

### Vice-President

AJ Fudge  
Law Offices of AJ Fudge  
881-3080  
[aj@lawofficesofajfudge.com](mailto:aj@lawofficesofajfudge.com)

### Secretary

Debra Garcia  
Golden Anchor Financial  
464-7763  
[debra@goldafcs.com](mailto:debra@goldafcs.com)

### Treasurer

Arlene Triplett  
528-1186  
[atripca@aol.com](mailto:atripca@aol.com)

### Membership Director

Christine Womack  
Raymond James Financial  
654-7777  
[christine.womack@raymondjames.com](mailto:christine.womack@raymondjames.com)

### Marketing Director

Dawn Rodden  
Creative Design Graphics  
528-8263  
[studio@creativedesigngraphics.com](mailto:studio@creativedesigngraphics.com)

### Events Director

Paulla Ufferheide  
Wines for Humanity  
900-5152  
[paulla@winesforhumanity.com](mailto:paulla@winesforhumanity.com)

### Historian Director

Rosa Metzler  
528-7660  
[rosametzler@charter.net](mailto:rosametzler@charter.net)

LUNCH RESERVATIONS  
[info@sbwn.org](mailto: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 [COSOWO@gmail.com](mailto:COSOWO@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](http://www.slowomen.org), contact or call CSW at [COSOWO@gmail.com](mailto:COSOWO@gmail.com) or 805-788-3406. Please have your Nominations in before November 31, 2014

### San Luis Obispo County Commission on the Status of Women

Invite you to join us for our

## Annual Holiday Reception

Come meet your Commissioners,  
Supervisors and their Legislative Aides

**December 2, 2014**

**6:00-8:00pm**

County Government Center  
1055 Monterey St. S.L.O. Room 161/162

**RSVP Shawna 805-748-3498**  
[shawnapscott@yahoo.com](mailto:shawnapscott@yahoo.com)

**NEXT NEWSLETTER DEADLINE: December 15th**