

SBWN Members and Guest Welcomed Marianne Kennedy to the January Luncheon



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

Photos by Rosa Metzler



SBWN Board presented the amount of \$2500 raised at the 2014 Holiday Dinner & Benefit to Marianne Kennedy (center). Pictured left to right Historian, Rosa Metzler; Treasurer, Arlene Triplett; Membership, Christine Womack; President, Gila Zak; Marketing, Dawn Rodden; Events, Paulla Ufferheide and Secretary, Debra Garcia.



SBWN members Sandra Brazil, Sue Prior and Kelley O'Neill.



Marianne Kennedy visits with SBWN Marketing Director Dawn Rodden and Dawn's mom Lorraine Teece visiting from Southern California.

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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 2015-2016 Coming Events

FEBRUARY

Luncheon
Tuesday, 3rd @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park
Speaker:
Chef Leonard Gentieu
Board Nominations

Board Meeting
Tuesday, 10th @ 8:30am
Dawn Rodden
LO/BP Chamber
781 Palisades Ave., LO

MARCH

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

BOARD ELECTIONS
Board Meeting
Tuesday, 10th @ 8:30am
Dawn Rodden
LO/BP Chamber
781 Palisades Ave., LO

Saturday, 14th
**WOMAN'S WALL OF FAME
LUNCHEON**
12 noon • Madonna Inn

APRIL

Luncheon
Tuesday, 7th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park
**BOARD INSTALLATION &
SOCIAL TIME**
Board Meeting
Dawn Rodden
LO/BP Chamber
781 Palisades Ave., LO



A Message to Our Members

4 ways being a nonprofit board member can help your career

Expand your network – A big responsibility of being on a board is raising awareness and funds for the organization. As a result, you have the opportunity to connect with supporters from a variety of places.

Raise your profile in your organization and profession – By being on a board, you not only expanded your network but you also picked up new skills, ideas, and opportunities.

Strengthen project and team management skills – If you join a board, chances are you'll join a committee (or a few) which means you'll have to learn quickly how to manage projects and teams

in order to help move the organization forward.

Become a better coach – While being a board member can certainly help you grow your network, the real impact and change come when you do some hands-on work, specifically by helping others reach important goals.

Reprinted from www.idealisticcareers.org. Dan Blakemore, Assistant Director of Development, Individual Giving at International House

Chef Leonard Gentieu Featured Speaker at February Meeting

On Tuesday, February 3, 2015, 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 Leonard Gentieu, chef, restaurateur, entrepreneur and teacher with decades of experience. Chef Gentieu's professional record is both varied and deep. An honors graduate of the Culinary Institute of America, he also served with the U.S. Army as a chef for two three-star generals. He has owned and operated five restaurants and spent the '90s in a number of Executive Chef and management positions at restaurants, resorts and clubs throughout Central California. Currently Chef Gentieu and his wife, Midge, own and operate Papagallo Yacht Charters in Morro Bay, California. He is the author of *Chasing the Heat, 50 Years of a Million Meals*.

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. Bring a friend to lunch!

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

Personal Notes

Trip of a lifetime for sure. Traveled first to Sydney, Australia with my sister in November 2014. Spent one week there enjoying the harbor and beautiful city. Everything so expensive, margaritas \$19.00 each! Our hotel was a perfect location and fun to explore the area. We then flew to Tahiti and got aboard an incredible cruise ship called Paul Gauguin for a 7-day cruise of the Society Islands. Ship only holds about 330 people and everyone has a balcony cabin. This cruise line was all inclusive, tips, food, and alcohol. Snorkeling, swimming with sharks, sting rays, and in crystal clear warm water...great fun! Bora Bora, Moorea, Tahaa and Huahine island were our stops. On each island we took land tours and were able to see how islanders lived and made their living, such a great experience. Spent one day at the private island owned by Paul Gauguin cruise line and had the best time with the entire ship guests eating, swimming, snorkeling, and kayaking. Gotta go back again someday.

– Peggy Zatt



ANNOUNCEMENTS!!!!!!

- **SBWN Election time** is just around the corner. Board position descriptions are available at www.sbwn.org so start thinking about a position you may be interested in. Nomination forms are included in this newsletter and will be available at the February luncheon. If you have any questions about a board position please ask a current board member.
- **South Bay Women's Network** is hosting a Los Osos/Baywood Park Chamber of Commerce mixer on April 8th from 5:30 to 7:30 at La Palapa. Watch more information in upcoming announcements.
- 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



Birthday Girls

Debra GarciaFebruary 3

We had 16 Members & Guests at our January Luncheon

A thought for the month...

"What if you began to expect the best from any situation? Isn't it possible that you could write new chapters in your life with happy endings? Suspend your disbelief? Take a leap of faith? After all, what have you got to lose but misery and lack?"

– Audrey Hepburn

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
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Secretary

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464-7763
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Treasurer

Arlene Triplett
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Membership Director

Christine Womack
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654-7777
christine.womack@raymondjames.com

Marketing Director

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

Events Director

Paulla Ufferheide
Wines for Humanity
900-5152
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Historian Director

Rosa Metzler
528-7660
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LUNCH RESERVATIONS

info@sbwn.org

SLO COUNTY WOMEN'S WALL OF FAME LUNCHEON - MARCH 14, 2015

The Women's Wall of Fame award is an expansion of the annual San Luis Obispo County Commission on the Status of Women – "Woman of the Year Award." Nominations were submitted to the Commission from organizations throughout San Luis Obispo County of women who have given in an exemplary way to better the lives of others throughout the year. Entries were reviewed by a panel of Commissioners from outside the county. All nominees will be recognized at the luncheon on March 14.

Photos of the top three nominees will be placed on the Women's Wall of Fame in the County Government Building. Their names and year of the award will then be inscribed on a permanent plaque next to the Wall of Fame. We encourage you to invite your organization members to attend the luncheon to celebrate these women and hear information from our Keynote Speaker.

The luncheon event will be held on Saturday, March 14, 2015 in the Garden Room, Madonna Inn, 100 Madonna Rd, San Luis Obispo, CA 93405, 12 – 3 p.m.

Local Vendors and Silent Auction Gifts Will Be Available at the Event

Vendors will have a table at the event to display information. Silent Auction gifts will be on display throughout the event. Prizes will be announced at the end of the luncheon.

Vendors and Silent Auction Gifts will be listed in the event program, showing your support of the Commission and the work we do for women and girls in San Luis Obispo County.

For more information on Vendor Tables, Contact Jan Harper at (805) 528 -7687.

Sponsorship and donation forms attached.

If you would like to purchase a ticket, please call Paulla Ufferheide – 805-927-7316 or purchase a ticket online at www.sbwn.org.



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 digital files to info@sbwn.org.

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

YOUR AD HERE!

Contact Marketing Director, info@sbwn.org.

NEXT NEWSLETTER DEADLINE: February 15th



Women's Supportive Counseling Group

Now Forming in Morro Bay
10 weeks

- Week 1: Taking care of me! Self-care for me!
- Week 2: Who am I? What's important to me?
- Week 3: How do I handle Stress? Is it working *for* me?
- Week 4: Family Dynamics I
- Week 5: Family Dynamics II
- Week 6: Toxic Family Relationships
- Week 7: Attachment Styles-What attracts us to others?
- Week 8: What is a healthy relationship?
- Week 9: Why is a support system so important?
- Week 10: Endings & Beginnings/Where do we go from here?

Space limited to 5
Call for initial free interview prior to registration
Thursdays: 4:30pm-6:00pm-Closed group
\$25 per week; paid one month in advance

Joanne Smith MA, PsyD, MFT-I

Supervised by Beverly J. Ford, Ph.D.
Licensed Clinical Psychologist PSY 17089

805.235.1369
allpeople@prodigy.net

SOUTH BAY WOMEN'S NETWORK
NOMINATIONS FOR 2015/2016 BOARD MEMBERS

If you would like to run for any office of the **South Bay Women's Network**
Please put your name on this list and *mark (self)* next to it.

If you are **nominating** someone for a position, please ASK THEM if they would like to
run and place their name on this list *marked (will run)*.

Board elections will be held at the MARCH 3rd LUNCHEON.

PRESIDENT _____

VICE PRESIDENT _____

TREASURER _____

SECRETARY _____

MEMBERSHIP _____

MARKETING _____

SPECIAL EVENTS _____

HISTORIAN _____

BRING THIS FORM TO THE FEBRUARY 3rd LUNCHEON
OR EMAIL to info@sbwn.org



San Luis Obispo County Women's Wall of Fame
Recognition Luncheon
Madonna Inn
March 14, 2015

Sponsor Application

The South Bay Women's Network in collaboration with the San Luis Obispo County Commission on the Status of Women is planning a luncheon to recognize nominees and women selected for the SLO County Women's Wall of Fame. The Luncheon will be held at the Madonna Inn on March 14, 2015. As a supporter of women's issues, we solicit your help to establish this recognition of women who have made a difference in the lives of others in San Luis Obispo County.

Our program for the awards luncheon will list the sponsors and their businesses. Please indicate the level of support you can give to this exciting event. Return this application with a check to South Bay Women's Network, P.O. Box 15116, SLO, CA 93406 by December 31, 2014.

Platinum Sponsorship \$5,000

Identified as a co-sponsor of the event, table for 8, preferred seating, recognition during the event, recognition in all publicity, vendor table, display banner, program cover and full-page ad, invited to Board of Supervisors Recognition Ceremony.

Gold Sponsorship \$2,000

Recognition in all publicity, table for 8, preferred seating, recognition during the event, vendor table, recognition in the program, invite to Board of Supervisors Recognition Ceremony.

Silver Sponsorship \$1,000

Recognition in all publicity, recognition in the program, invited to Board of Supervisors Recognition Ceremony.

Bronze Sponsorship \$500

Recognition in the program, invited to Board of Supervisors Recognition Ceremony.

Name of Organization/ Business _____

Contact Person _____ Phone _____

Address: _____ Email: _____

Level: Indicate amount pledged: Platinum _____ Gold _____ Silver _____ Bronze _____



FIRST ANNUAL WOMEN'S WALL OF FAME

Sponsored by

South Bay women's Network in collaboration with the

San Luis Obispo County

Commission on the Status of Women

Silent Auction Sponsorship Form

Date completed: _____

Please Print or Type

Name of Business: _____

Signature of Person Authorizing: _____

Mailing Address: _____

Contact: Phone _____ email _____

Description of donation(s) and value

When may we pick up gift: _____

Please call _____ to schedule pick up or mail to : _____

Solicited by: _____