

## New SBWN Members Spotlighted at the March Luncheon



Lois Taylor, Xyngular.

**MORE PHOTOS ON PAGE 4**



Elizabeth Aloe, Sales Specialist at Solar City.



Kelley O'Neill of American General Media.



Event Director Paula Ufferheide shares an update about the upcoming Women's Wall of Fame luncheon.



Members Monica Randeem and Sally Brooks.

*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 2015-2016 Coming Events

### APRIL

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

Wednesday, 8th  
**LO/BP CHAMBER OF  
COMMERCE MIXER**  
hosted by SBWN  
5:30 -7 pm • La Palapa

### MAY

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

#### Speaker:

Mary Cravets  
Business Coach

#### Board Meeting

LO/BP Chamber  
781 Palisades Ave., LO

### JUNE

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

#### Board Meeting

LO/BP Chamber  
781 Palisades Ave., LO

## More photos of the March Luncheon



SBWN members Maggie McKay and Alyce Thorp.



SBWN Historian Rosa Metzler welcomes a luncheon guest.



SBWN members Dawn Rodden and Sandra Brazil.



More members Irene O'Neal, Lois Taylor and Debra Angell.

**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

## Installation of 2015/2016 Board of Directors & Social Time

On Tuesday, April 7, 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. At this month's luncheon

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## April Luncheon - Installation of Board of Directors cont'd

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meeting, SBWN will install new board members for 2015-2016. We encourage all members to join us in welcoming the upcoming board, as well as wishing thanks and goodbye to those that have finished their service to the organization. As there is no speaker at this event, members will have time to socialize and network.

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 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. Bring a friend to lunch!

### SBWN ELECTION RESULTS -

**President:**

Paulla Ufferheide, *Wines for Humanity*

**Vice-President:**

Maria O'Reilly, *Keller Williams Realty*

**Secretary:**

Debra Garcia, *Golden Anchor Financial Services*

**Treasurer:**

Lois Taylor, *Xyngular*

**Membership Director:**

Christine Womack, *Raymond James Financial*

**Marketing Director:**

Dawn Rodden, *Creative Design Graphics*

**Historian Directors:**

Alyce Thorp

**Events Director:**

OPEN

**Past President:**

Gila Zak, *Quantum Waves Hypnotherapy & Biofeedback*

## ANNOUNCEMENTS!!!!!!

Annual membership fees  
are due April 1st.  
Invoice included in newsletter.  
You may pay at the April meeting

• **South Bay Women's Network** is hosting a **Los Osos/Baywood Park Chamber of Commerce mixer** on April 8th from 5:30 to 7 pm at La Palapa. **See attached flyer.**

• **LO/BP BUSINESS SHOWCASE, FRIDAY, MAY 15TH** at the **South Bay Community Center from 5:30 to 7:30 pm** - Booth applications available at [www.lobpchamber.org](http://www.lobpchamber.org). This year's theme is "CELEBRATING 60 YEARS OF BUSINESS".

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

## 2014-2015 SBWN Board of Directors

**President**

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

**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)



## Birthday Girls

Peggy Zatt .....April 6



# 2015 Women's Wall of Fame Luncheon



Photos by Debra Garcia

**We had 22 Members & Guests  
at Our March Luncheon**

**A thought for the month...**

*"Life isn't about finding yourself. Life is about creating yourself."*

*— George Bernard Shaw*

**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](mailto:info@sbwn.org).

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

**YOUR AD HERE!**

Contact Marketing Director, [info@sbwn.org](mailto:info@sbwn.org).

**NEXT NEWSLETTER DEADLINE: APRIL 15th**



South Bay Women's Network  
P.O. Box 6213  
Los Osos, CA 93412

**INVOICE**

**ANNUAL MEMBERSHIP:**

**\$45.00**

Dear SBWN Member,

It is that time of year again; our annual membership fee of \$45.00 is due April 1, 2015. Please remit payment to the address below or you can bring payment to the April 7th luncheon.

Please send your check to:

SBWN  
Attn: Treasurer  
P.O. Box 6213  
Los Osos, CA 93412



# You Are Invited



South Bay Women's Network

is hosting a

Los Osos/Baywood Park Chamber of Commerce

## MIXER

Wednesday Evening, April 8, 2015

5:30 to 7 pm

La Palapa Mexican Restaurant • 1346 2nd Street, L.O.

Come visit with fellow South Bay Women's Network members and Chamber members!

SBWN members are welcome to bring their promotional material to share with guests

For more information email [info@sbwn.org](mailto:info@sbwn.org)

No Host Bar • Hors d'oeuvres • Door Prize