

## August Luncheon Focused on Networking and the Upcoming Speakeasy Benefit



Guest Tracy Dauterman from Placer Title chats with new member Reverend Sharon Dalrymple. **MORE PHOTOS PAGE 4**



Members Dianne Woodworth, Diane's Pet Service and Monica Randeem, Keller Williams Realty.



Members Rosa Metzler (l.) and Linda Settevendemie (r.) welcomed guest Marge Van Beurden. *Photos by Alyce Thorp*



Reverend Sharon Dalrymple (l.) and Linda Settevendemie shared information about other SBWN members.



Guests and members enjoyed the opportunity to network with each other.

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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

### AUGUST

**Speakeasy  
Scholarship Benefit**  
Saturday, 29th @ 7pm

### SEPTEMBER

Luncheon  
Tuesday, 1st @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park

#### Speaker:

Patty Blue Hayes  
*Infinite Possibilities*

#### Board Meeting

Tuesday, 8th @ 5:30pm  
LO/BP Chamber  
781 Palisades Ave., LO

### OCTOBER

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

#### Speaker:

Charlene Lozito  
SLO Fundraisers with Love

#### Board Meeting

Tuesday, 13th @ 5:30pm  
LO/BP Chamber  
781 Palisades Ave., LO

### NOVEMBER

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

#### Speaker:

Scholarship Recipient(s)

#### Board Meeting

Tuesday, 10th @ 5:30am  
LO/BP Chamber  
781 Palisades Ave., LO



## A Message to Our Members

### Be The Change You Want to See : SBWN Funds Cuesta Scholarships

Been there done that. It's a dilemma many of our members have faced. You have been the working single mom who realized, for a career progression you needed to go back to school. But now you have the added difficulty of raising a family AND working to pay rent and put food on the table. Maybe you had some financial support from the father, but many do not. It's a difficult assignment. Many give up before attaining their goal. Alternatively, I know several women who have taken YEARS to get the degree they want, only being able to take one or two classes per quarter.

If I had my choice all people would get financial

support for higher education. Wouldn't we be better off as a society if people could get the education they needed to reach their greatest potential? Until that is a reality, South Bay Women's Network has helped many women in the last 30 years with financial scholarships.

Last year due to great leadership from some members and a cash donation from a founding member we were able to double our usual gift of \$500 and give out (4) four \$1000 scholarships! My hope is that with a little extra participation from our members we can increase the number of scholarships this year. For sure the extra money was a weight lifted off the shoulders of these moms, but what surprises me most is the emotional lift we give to these women as

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**MEMBERS have either a standing or absentee reservation for lunch.**  
**Member cancellations or guest reservations are requested 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

### Featured Speaker Patty Blue Hayes of Infinite Possibilities at the September Luncheon

On Tuesday, September 1, 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 for our featured speaker Patty Blue Hayes. Her topic will be "How to reconnect with your passion and take action".

Patty is a life coach helping women going through life transitions. She found her purpose after getting through the depths of despair at the end of her marriage. She's the author of 2 books, *Wine, Sex and Suicide - My Near Death Divorce*, which chronicles those darkest days, and *My Heart is Broken. Now What?* a kindle book offering 12 healing from heartbreak practices.

She's writes for Your Tango and has been syndicated to Yahoo and the Huffington Post.

SBWN is a non-profit organization open to all women on all job levels and in every occupation

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## ANNOUNCEMENTS!!!!!!

- **ATTENTION MEMBERS:** To show our support of our members we are offering half price on your luncheon fee when you bring a guest to lunch. Invite a friend to lunch!
- **SCHOLARSHIP BENEFIT REQUESTS:** We are in need of SILENT AUCTION ITEMS for the August 29th Speakeasy event. If you have a gift item to donate or wish to be a sponsor, please contact Debra Garcia 805-464-7733 or Sana Beqovic 805-225-1070 our Event Co-Directors .
- **DON'T FORGET TO ADD/UPDATE YOUR FOUR COLOR PHOTO ON OUR ONLINE MEMBERSHIP DIRECTORY.** You can 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 to receive a temporary password to log in with. You can then reset if you wish.
- **PENNIES FROM HEAVEN:** A penny jar will be at each meeting to begin raising money for our scholarship fund. So check your pockets and the bottom of your purse for loose change and bring to the next luncheon meeting.
- **HOLIDAY DINNER & BENEFIT – ATTENTION SBWN MEMBERS.** Mark your calendars... this year we will be holding our annual event on SUNDAY, December 6th and once again at the beautiful restaurant, Windows on the Water.  
*Please note that there WILL NOT be a luncheon in December.*
- 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

## September Luncheon Information

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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 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!



## Birthday Girls

Debra Angell .....September 30

**We had 22 Members & Guests  
at our August Luncheon  
Welcome New Members  
Annette S. Hannig  
Rebecca O'Grady  
We Are 37 Members Strong**

## SBWN Scholarship Applications/Nomination Now Available

SBWN is accepting scholarship applications for a Cuesta College female re-entry student. Members may nominate a woman whose education would benefit from this scholarship opportunity. **Applications will be accepted until September 25th.**

Online application/nomination forms available at [www.sbwn.org](http://www.sbwn.org) under the ABOUT SBWN tab

## 2015-2016 SBWN Board of Directors

### President

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

### Vice-President

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### Membership Director

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### Marketing Director

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### Event Co-Directors

Debra Garcia  
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### Historian Director

Alyce Thorp  
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### Immediate Past President

Gila Zak  
Quantum Waves Biofeedback  
704-3599  
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### LUNCH RESERVATIONS

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

## A Message to Our Members

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well. One of the winners felt she might try to continue on and get a Bachelors Degree after her Associates Degree. We are acknowledging these women with our actions that they are valuable and that we believe what they are doing is important.

Our next party/fundraiser the Speakeasy which is quickly approaching. All help is greatly needed and appreciated! What can you do to help us meet our goal of helping women? First and foremost I hope all our members will attend and bring your friends! Think about this: the scholarship winners have

the tough job of attending college, working, and raising a family. Our part in this plan is to attend a fun party, play and socialize. We get the better end of this deal! Other ways to help include donating raffle items or asking your friends to donate, or helping Debra Garcia and Sena Beqovic set up, or be a part of clean up crew.

Hope to see everyone at the Speakeasy,

Chris Womack  
Membership Director and  
Scholarship Committee Chairwoman

## More August Luncheon Meeting Photos



President Paulla Ufferheide showed off her Speakeasy 1920's finery.



Events Co-Director Debra Garcia with sign up sheets to help out at our Speakeasy Scholarship Benefit.



New SBWN member Annette Hannig, RDHAP Mobile Dental Hygiene Services.

### A thought for the month...

*"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

– Steve Jobs

**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!**

\*Available for new members or members who have a new business or haven't had a card published.

**NEXT NEWSLETTER DEADLINE: September 15th**



## **Scholarship Application & Nomination Form**

If you are applying for the SBWN educational Scholarship, please fill out the SBWN Application. Please refer to the guidelines below before completing the Scholarship Application. Only those who meet the basic guidelines will be considered.

If you are nominating a woman for the SBWN educational Scholarship, please fill out the SBWN Nomination Form. Please refer to the guidelines below before completing the Nomination Form. Only those who meet the basic guidelines will be considered.

Completed Nominations Forms and Scholarship Applications can be emailed to [info@sbwn.org](mailto:info@sbwn.org) or send to:

SBWN  
P.O. Box 6213  
Los Osos, CA 93412-6213

### SBWN Educational Scholarship Guidelines

1. Female; minimum 21 years of age
2. Must be a re-entry student (see definition below)
3. No prior degree, including an Associate Degree (AA or AS); certification is acceptable
4. Must be a part or full time student attending Cuesta College

A re-entry student, defined in the educational system, is one who attends college following an interruption in their post-high school education. The student either did not attend college after high school or the student started a degree but was unable to complete it.

**Must be postmarked or received by September 11, 2015**

Date \_\_\_\_\_



# Scholarship Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Contact Number \_\_\_\_\_

Email Address \_\_\_\_\_

Do you meet the basic guidelines?

YES

NO

List any post-high school certificate earned \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How long have you been attending Cuesta College? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

How many credits have you earned at Cuesta College? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Have you earned credits at any other college, if so, please list \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

For what reason did you discontinue your education? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

For what reason did you return to pursue, or begin pursuing, your education as a re-entry student?

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What makes you a good candidate for the SBWN Education Scholarship? \_\_\_\_\_

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How will the SBWN Education Scholarship benefit you and your educational goals?

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Date \_\_\_\_\_



# Nomination Form

Name of Nominee \_\_\_\_\_

Nominee Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Nominee Contact Number \_\_\_\_\_

Nominee Email Address \_\_\_\_\_

Does the nominee meet the basic guidelines?

YES

NO

How long have you know the nominee? \_\_\_\_\_

How do you know the nominee? \_\_\_\_\_

For what reason did the nominee return to pursue, or begin pursuing, their education as a re-entry student? \_\_\_\_\_

What makes the nominee a good candidate for the SBWN Education Scholarship? \_\_\_\_\_

How will the SBWN Education Scholarship benefit the nominee? \_\_\_\_\_

NOMINATED BY \_\_\_\_\_

CONTACT NUMBER \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_