

September Luncheon Featured Judy Salamacha, Representing the Central Coast Maritime Museum Association



Judy Salamacha (l.) shared information about the future Maritime Museum of Morro Bay and the upcoming arrival of Cabrillo's San Salvador, the first European ship to discover the Pacific coastline, to Morro Bay. **MORE PHOTOS - page 4**



Members Debra Garcia (Vice President), Sabrina Bender, Sandra Brazil and Rita Flores (Membership Director).



Our traveling member Debra Angell with member Monica Randeon.

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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 2016-2017 Coming Events

OCTOBER

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

Speaker:

Dr. Maleh Shabar
Revive MD

Board Meeting

Tuesday, 11th @ 5:30pm
LO/BP Chamber
781 Palisades Ave., LO

NOVEMBER

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

Speaker:

Scholarship Recipient(s)

Board Meeting

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

DECEMBER

Holiday Dinner & Benefit

Sunday, 4th @ 6:00 pm
Windows on the Water
699 Embarcadero #7
Morro Bay

Board Meeting

Tuesday, 13th @ 8:30 am
LO/BP Chamber
781 Palisades Ave., LO

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



A Message to Our Members

Hello ladies

Autumn is just around the corner and with the change of seasons comes plans for our end of the year events. Start marking your calendars for these dates!

- Bunko Game & Margarita Night. Tentative date of **Sunday, October 9th** at the Red Barn. Watch your email for more details.
- Adopt-a-Poll for the **November 1st** election. Please check your schedules to help us man the polls. This opportunity helps raise \$500+ for our organization. See attached time blocks.
- Plans have begun on the Annual Holiday Dinner & Benefit, **Sunday, December 4th**. Our donation

guidelines and donation forms will be available at our next luncheon. We encourage each member to make or solicit one donation item. Even the simplest items can be put together to create great gift packages. We are also looking for committee members to help with a variety of jobs to make this another successful event.

More information and a sign up sheets for these upcoming events will be available at next month's luncheon meeting. If you have any questions just send us an email.

– Dawn Rodden
Marketing Director

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 \$20 meeting fee for members; \$25 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

October Luncheon Meeting Speaker – Dr. Maleh Shaban of Revive MD

On Tuesday, October 4, 2016, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. Our featured speaker will be Dr. Maleh Shaban of Revive MD. Dr. Shaban has been practicing medicine on the Central Coast since 1997. She has maintained a concierge practice for primary care since 2005, and she has added extensive cosmetic services to her practice. She offers services as a functional medicine specialist for specific conditions, such as weight loss and hormone replacement therapy. Dr. Shaban is Board Certified in Internal Medicine, Metabolic Medicine and Nutrition. She is certified in Metabolic Cardiology and in advanced hormone replacement therapy.

Revive MD, specializes in Metabolic Medicine. Metabolic medicine seeks to restore your body to its normal state. It seeks to identify and address the root causes of disease. It treats the whole body, not just the symptoms. They do not mask your symptoms with medications; instead they try to address the cause of the problem at the cellular level with nutrition and lifestyle modifications. They use medications

ANNOUNCEMENTS!!!!!!

• **HOLIDAY DINNER & BENEFIT** is only a month and a half away, SUNDAY, December 4th and will once again be held at Windows on the Water. 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.

• **The 38th Annual Oktoberfest and 11th Annual Car show is being held on Sunday, October 30th from 9 am to 5:30 pm in Baywood Park.** Come down to Baywood for local brews, great food, artisans, live music and cars!

• **PENNIES FROM HEAVEN:** A penny jar will be at each meeting to contribute to our scholarship fund. So check your pockets and the bottom of your purse for loose change and bring to the next luncheon meeting.

• 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

A thought for the month...

"Be brave enough to live creatively. The creative is the place where no one else has even been. You have to leave the city of your comfort and go into the wilderness of your intuition. What you will discover will be wonderful. What you will discover will be yourself."

— Alan Alda

September Luncheon Meeting

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only when necessary. They offer weight-management solutions, IV nutritional therapy, Health Coaching, and more. Revive MD is the largest cosmetic medical practice on the central coast, with many different types of services, including lasers, dermal fillers, Botox, ultrasound-based skin tightening, hair restoration, Plasma-Rich platelet skin rejuvenation, and aesthetic services.

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 \$20 for members and \$25 for guests. For 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!



Birthday Girls

Linda Quesenberry..... October 15

**We had 15 Members & Guests
at our September Luncheon
Welcome New Member
Beatrice Jansen
We Are 33 Members Strong**

2016-2017 SBWN Board of Directors

President

Christine Womack
Raymond James Financial
(805) 654-7777
cwomack1968@gmail.com

Vice-President

Debra Garcia
Golden Anchor Financial
(805) 473-7733
debra@goldafcs.com

Secretary

Maria O'Reilly
Keller Williams Realty
(805) 441-1542
re.maria31@yahoo.com

Treasurer

Lois Taylor
Xyngular
(805) 528-7378
loistaylor4u@gmail.com

Membership Director

Rita Flores
Aflac
(805) 305-4792
openmind.rmf@gmail.com

Marketing Director

Dawn Rodden
Creative Design Graphics
(805) 528-8263
studio@creativedesigngraphics.com

Historian Director

Open

Immediate Past President

Paulla Ufferheide
Wines for Humanity
(805) 900-5152
paulla@winesforhumanity.com

LUNCH RESERVATIONS

info@sbwn.org

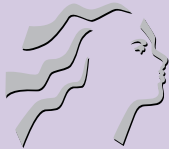
More Photos of September Luncheon



SBWN Member Debra Angell gives President Christine Womack some hair styling suggestions.



Member Gila Zak takes care of her luncheon fees with Treasurer Lois Taylor.



Commission on the Status of Women
San Luis Obispo County

SLO COUNTY WOMEN'S WALL OF FAME

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 are 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 are reviewed by a panel of Commissioners from outside the county. All nominees will be recognized at the luncheon on Saturday, March 11, 2017.

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.

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 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 COSOWO@gmail.com or 805-788-3406.

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!**

NEXT NEWSLETTER DEADLINE: October 15th

