

THE NETWORKER

SOUTH BAY WOMEN'S NETWORK

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OCTOBER 2018

October Luncheon at Lunada Bistro with Featured Speaker Ann Havlik, League of Women Voters



Ann Havlik shared interesting information about the League of Women Voters and it's history.



SBWN President Gila Zak and SBWN Treasurer Rita Flores in Lunda's lovely garden setting.



Once again Lunada Garden Bistro was a lovely location for the luncheon meeting.



Luncheon guests Linda Quesenberry and Marilyn Roger.



Lois Taylor our past Treasurer with Rita Flores our current Treasurer.

Photos by Dawn Rodden

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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 Cuesta College Scholarship(s) to female adult re-entry students.

SBWN 2018-2019 Coming Events

NOVEMBER

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

Speaker:

Scholarship Recipient(s)

Board Meeting

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

ADOPT-A-POLL

Tuesday, 6th
St. Elizabeth Ann Seton
Catholic Church

DECEMBER

Holiday Dinner & Benefit
Sunday, 2nd @ 4:00 pm
Windows on the Water
699 Embarcadero #7
Morro Bay

Board Meeting

Tuesday, 12th @ 8:30 am
LO/BP Chamber
781 Palisades Ave., LO

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

JANUARY

Luncheon
Tuesday, 8th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Representative from
Women's Shelter Program
of SLO

Board Meeting

Tuesday, 9th @ 5:30 pm
LO/BP Chamber
781 Palisades Ave., LO

October Mix & Mingle At Stax Wine Bar



Photos by Dawn Rodden



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

Scholarship Presentation at November Luncheon Meeting

On Tuesday, November 6, 2018, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. We will be presenting our 2018 Scholarship winners. After receiving scholarship applications and nominations, South Bay Women's Network has selected the recipients of the SBWN Educational Scholarship Fund.

Potential recipients either submitted an application themselves or were nominated, and each was required to be a female Cuesta College re-entry student, defined in the educational system as one who attends college following an interruption in their post-high school education.

Funds for these scholarships were raised at the 2018 Womens Wall of Fame, Summer Evening Scholarship Benefit, Pennies for College luncheon meeting fundraiser and generous donations from SBWN members and sponsors.

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. Reservations due the Friday before luncheon. Bring a friend to lunch!

**We had 16 Members & Guests
at Our October Luncheon**

Welcome New Members

Denise Lowe

Goddess of Wine

Ke Kai Kealoha

Aloha Chicks

We Are 28 Members Strong

ANNOUNCEMENTS!!!!!!

• **The 40th Annual Oktoberfest and 13th Annual Car show is being held on Sunday, October 28th from 9 am to 5:30 pm in Baywood Park.** Come down to Baywood for local brews, great food, artisans, live music and cars!

• **Entries Forms for the 31st Annual Los Osos/Baywood Park Christmas Parade are now available** – This year's parade is being held Saturday, December 8th at 10am with "Rockin Around the Christmas Tree" as the theme. Those interested in participating will find an entry form at www.lobpchamber.org or by contacting the Chamber office 528-4884 for more information.

• **HOLIDAY DINNER & BENEFIT** will be held again be at Windows on the Water on Sunday, December 2nd at a 4 pm to enjoy the beautiful sunset on Morro Bay.

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.

INCLUDED IN THIS ISSUE ARE DONATION GUIDELINES!

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

• The Networker newsletter also offers SBWN members an opportunity to stay in touch with what other members are up to with posts in *Network in the News* and *Personal Notes* columns. Our newsletter deadline is the 15th of each month. If you have any questions or submissions, contact us via email, info@sbwn.org.

2018-2019 SBWN Board of Directors

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LUNCH RESERVATIONS

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Are You Ready for the Cold and Flu Season?

Submitted by SBWN Member Deborah Howe, Homeopathic Insight



Here are some things you can do to prepare your immune system for winter.

- Catch those last rays of sunshine. Sun is a natural source of Vitamin D which is important for our immune system.

- Adjust your diet: As the days grow shorter. Cut back on sugar. Eat foods high in Vitamins A and C. Cut back on foods that produce mucus such as dairy. Add warming spices to your meals such as; ginger, garlic, turmeric, black pepper, cayenne pepper.

- Be sure to get plenty of sleep. 7 – 9 hours per night are optimal for your body to restore and repair. If you have trouble sleeping, limit your screen time before bed or use a blue light filter to avoid stimulating the pituitary in the brain, which regulates our sleep patterns.

- Have on hand a few homeopathic remedies such as Oscillococcinum for the flu and Coldcalm for colds. You can usually find these at your local health food market.

- Elderberry syrup or elderberry with zinc as lozenges can boost your immune system when you are feeling something coming on.

A thought for the month...

"We educate women because it is smart. We educate women because it changes the world." – Drew Fuast



Birthday Girls

Dawn Rodden.....November 3

Save the Date - December 2nd

Annual

*Holiday Dinner
& Benefit*

Benefiting Stand Strong

NEXT NEWSLETTER DEADLINE: November 15th

SBWN Auction/Raffle Donation Guidelines

Dear SBWN Members: This sheet contains detailed guidelines for the collection of auction/raffle gifts for this year's Holiday Dinner & Benefit. (Note that the raffle is to benefit the Women's Shelter Program of San Luis Obispo.) *It is important to adhere to the following guidelines to make the process as smooth as possible.*

The Auction/Raffle Gift Coordinator this year is Gila Zak. She will be keeping the Master List of donors, so that we do not duplicate our requests. Please keep her posted when/if you solicit any donations. If you have any questions about auction donations, please contact her. A donation form must be filled out for ALL donations.

Please note: We will NOT be able to accept donations after the deadline listed below, and we ask you do NOT bring donations on the evening of the Holiday Dinner & Benefit. Thanks for your help!

Event Chair:	Deborah Howe
Gift Drop-Off Deadline:	Sunday, November 25, 2018
Gift Drop-Off Location:	Home of Gila Zak, 749 Mar Vista Dr., Los Osos
Gift Donation Organizer:	Gila Zak 528-1408/cell 704-3599

Donation Guidelines:

1. Please ensure that all gifts are self-contained (i.e., if there are several parts to the gift, they should be enclosed in a basket or a gift bag. Please do not bring loose items.)
2. **FORMS** (Available from SBWN Board Member): Please fill out the 3-part donation form legibly and completely. It's very important to write in a good description of the gift, especially the contents of gift baskets. The benefit gift coordinators will not have time to do this before the Holiday Benefit.
3. The **BOTTOM** sheet — give to donor as a receipt.
4. The **TOP 2** sheets — turn in with the gift to Gila for organizing.
5. Please ask the donor for two (2) business cards. Attach (1) to gift, (1) to donation form.