



THE NETWORKER

South Bay Women's Network

P.O. Box 6213 • Los Osos, CA 93412-6213 • 805.595-SBWN(7296) • www.sbwn.org • info@sbwn.org

FEBRUARY 2013

February Featured a SBWN Member Financial Panel and a New Meeting Location



Christine Womack, Financial Advisor
Raymond James Financial Services



Peggy Zatt, owner
HomeRanger



Annie Mueller, Electronic Banking
Specialist, Coast National Bank



Monica Randeem, Broker Associate
Keller Williams Realty Central Coast



Dee Corcoran, Financial Advisor
Financial Service Trends, Inc.



South Bay Women's Network has come home to Baywood Park. Members and guest enjoyed a lunch buffet at La Palapa Mexican Cuisine & Seafood (above).



SBWN Member Paula Ufferheide shared information about the upcoming Mix & Mingle featuring a Wines for Humanity wine tasting. See page 4 for more information about this March event.

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 a Cuesta College Scholarship to female adult re-entry students.

SBWN 2013-2014 Coming Events

MARCH

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

Member Spotlight

BOARD ELECTIONS

Board Meeting

Tuesday, 26th @ 8:30am
2238A Bayview Heights
Los Osos

MIX & MINGLE MIXER

Friday, 8th 5:30pm
Financial Service Trends, Inc.
2238A Bayview Heights
Los Osos

APRIL

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

BOARD INSTALLATION

& SOCIAL TIME

Board Meeting

TBD

Friday, 26th
BUSINESS SHOWCASE
5:30 - 7:30 pm • SBCC

MAY

Luncheon
Tuesday, 7th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

TBA

Board Meeting

TBD



A Message from Our President

Women On The Move ...

Happy Valentines Day!!!



Last week at our February luncheon, it seemed as if we all came home again. Many felt the warmth and welcoming surroundings of La Palapa, not to mention delight in the excellent food they prepared for us. Not only did we enjoy a great turnout, but also we had three unexpected guests join our group (one guest was expected, total=4). The gathering lasted well after the normal departure time with member mixing and socializing the likes of which we've not experienced in a while.

MEMBERS have either a standing or absentee reservation for lunch. Member cancellations or guest reservations are required by 12:00 P.M. the Thursday prior to the day of the meeting. Book your reservation by calling 595-SBWN, emailing info@sbwn.org or online at www.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; \$18 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. To receive a membership application call 595-SBWN or visit www.sbwn.org.

- 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

And, yes, February is sweetheart's month to say the least. We need to remember all our loved ones and make them understand it is not only one month but all the months of the year they are significant parts of our lives. Along with this, our American Heart Association focuses this month on the number one killer of women ... heart disease. For example:

- Heart disease and stroke account for 31.7% of all female deaths in California
- On average, almost 100 women die from heart disease and stroke in California each day
- Heart disease alone is the leading cause of death in California, accounting for 28,370 female deaths in 2009
- Stroke is the No. 3 cause of death for females in California, accounting for 7,841 female deaths in 2007
- Nearly 54.8% of women in California are obese and overweight
- In California, 9.2% of women smoke cigarettes

Women comprise a powerful and formidable force. Once we set our minds to something, there is nothing we can't accomplish, especially when we band together for the common good. It is this motivation and focus that will make us successful in overcoming our number one foe ... heart disease.

The March meeting will focus on a Member Spotlight. Also, we will announce your nominated members for Board positions and provide voting and ballot information. Then, of course, April is devoted to the installation of the new SBWN Board. AND ... this time, there will be a formal Board installation performed (just as we did a few years ago)!!!

As always, please feel free to contact me or anyone else on your Board not only to help with our organization activities, but also to let us know if there is anything you'd like to have placed on the monthly agenda and presented to the Board for consideration.

Have a great month!

- Dee

Member Spotlight – Meet Four of Our Members

On Tuesday, March 5th, 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 Member Spotlight and get to know more about four of our members: Sharon Duncan, Linda Quesenberry, Debra Angell and Gila Zak.

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 call 595-7296, email info@sbwn.org or book online at www.sbwn.org no later than 12 noon the Thursday prior to the meeting.

MIX & MINGLE MIXER

You are invited to a SBWN mixer. We are going to have a wine tasting! We will taste six bottles of exclusive wine from all over the world. Come and enjoy some wine education and fun wine trivia We will have cheese to pair with the wine and other munches for you to snack on. Come and get to know your fellow SBWN members better. This is a great event to bring a friend and introduce them to SBWN.

- Friday, March 8th
- 5:30 pm.
- Financial Service Trends, Inc.,
2238 A, Bayview Heights, Los Osos.

Bottles of wine can be order at the event with a portion of the proceeds benefiting SBWN.

ANNOUNCEMENTS!!!!!!

- SBWN Election time is just around the corner. Voting will be at the MArch Incheon and online from March 5 to the 26. Watch for your eblast with a link to the ballot.
- **LO/BP BUSINESS SHOWCASE, FRIDAY, APRIL 26TH** at the South Bay Community Center from 5:30 to 7:30 pm – Booth applications available in March online at www.lobpchamber.org.
- **LUNCHEON VENUE & FEE CHANGE** – Please note our luncheon meeting location has been changed to La Palapa Mexican Cuisine & Seafood in Baywood Park (1346 2nd St.) The meeting fee will be \$16 for members and \$18 for guests.
- **PROMOTING OPPORTUNITY** - If you have a product you wish to offer our members at lunch please contact the President. We are allowing only 3 members to bring their items to display at the end of the lunch meeting so first come first serve. All transactions must be conducted after our luncheon.
- **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

**We had 23 Members & Guests
at our February Luncheon**

2012-2013 SBWN Board of Directors

President

Dee Corcoran
Financial Service Trends, Inc.
528-8388
dee@fstrends.com

Vice-President

Sandra Brazil
The Pampered Chef
746-3233
moonoverbrazil@yahoo.com

Treasurer

Arlene Triplett
528-1186
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Membership

Leslie Kasanoff
Health Consultant & Coach
235-2712
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Marketing

Dawn Rodden
Creative Design Graphics
528-8263
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Events

Dee Rowlee
Rowlee's Buds & Balloons
528-4535
Dee@RowleesBudsAndBalloons.com

LUNCH RESERVATIONS

595-SBWN
info@sbwn.org

SIGNS OF FEMALE HEART ATTACKS

Women and heart attacks (Myocardial infarction). Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies.

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening. It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. Call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. **'Call the Paramedics.'** Ladies, if you can take an aspirin. TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.

Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor - he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the paramedics. He doesn't carry the equipment in his car that you need to be saved! The paramedics do, principally OXYGEN that you need ASAP. Your doctor will be notified later.

3. Don't assume it couldn't be a heart attack because you

have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

The NET ZONE

• Fitness Can B Fun - FEBRUARY SPECIAL!

3 Personal Training Sessions for \$75 (\$120 value), includes FREE Fitness Assessment. (One Special Per Person). Contact Sue Conrad at 423-2515 for more information or visit www.fitnesscanbfun.com.



Birthday Girls

Rosa Metzler.....March 29
Christine Marshall.....March 31

A thought for the month...

"A woman is the full circle. Within her is the power to create, nurture and transform."

– Diane Mariechild

ADVERTISING OPPORTUNITY - SBWN
Members may submit flyers for our monthly on-line newsletter for \$25. Please contact Dawn Rodden, 595-7296 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 for info, 595-7296.

NEXT NEWSLETTER DEADLINE: March 15th