



SBWN
South Bay Women's Network

THE NETWORKER

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

SEPTEMBER 2013

New Members Spotlighted at September Luncheon



Julie Neva of Happy Trails Travel offers great travel opportunities.

Photos by Dawn Rodden



Debra Garcia of Golden Anchor Financial Services.



Liz Bednorz of BeachHouse Bistro joined SBWN as our newest member.



Vice President Debra Angell opened the floor to announcements and testimonials.



Linda Quesenberry showed new SLO HOTLINE signs that can be posted around the community.

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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 the 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

OCTOBER

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

The Estero Bay Pool Foundation

Board Meeting
Tuesday, 8th @ 8:30 am
Financial Service Trends
2238A Bayview Heights
Los Osos

NOVEMBER

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

Speaker:
Scholarship Recipient(s)

Board Meeting
Tuesday, 12th @ 8:30 am
Financial Service Trends
2238A Bayview Heights
Los Osos

DECEMBER

Holiday Dinner & Benefit
Tuesday, 3rd @ 6:00 pm
Windows on the Water
699 Embarcadero #7
Morro Bay

Board Meeting
Tuesday, 10th @ 8:30 am
Financial Service Trends
2238A Bayview Heights
Los Osos

A Message from Our President

Greetings, Ladies!

As the season begins to change and we move into autumn we can feel that slight crispness to the evenings that signals harvest time is here!

As your president, I encourage to reap the bounty that being a part of our organization can offer. There are many ways that you can participate as an active member and I encourage you to act on them to maximize your membership. Of course the monthly luncheons are our biggest draw, and with the venue having moved back to Los Osos, we have seen a steady increase in the number of women who are finding it easier to attend. Our evening events offer a

less structured atmosphere and a way for our members to mix and mingle with not only active members of SBWN, but their spouses and friends.

Another, and very important method which is sometimes overlooked, is the one on one interaction that we can have by calling another member and inviting them to get together outside of the monthly meetings. As it can be difficult for some members to make it in the middle of the day, meeting for a coffee, happy hour or at their place of business is a great way to get to know them, but also to let them get to know you on a more personal level as well. We all joined this organization to network, make connections and get/give referrals that keep us all thriving in business. However, for your membership to really bring those rewards you need to actively participate as often as you can.

With the upcoming annual Holiday Benefit and Dinner, I encourage you all to not only plan on attending but bring a guest or friend – perhaps even another business woman! I would also ask you to consider helping on a committee as a means of not only actively supporting the organization that supports you, but to have fun working with other members in the process! In the words of a past president, “Many hands make light work”.

So make this fall the time where you decide to take your membership to another level and we hope to hear from you soon!

Gila

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 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

A thought for the month...

Courage is being scared to death, but saddling up anyway. – John Wayne

**We had 23 Members & Guests
at Our September Luncheon
Welcome New Member
Liz Bednorz
We Are 38 Members Strong**



ANNOUNCEMENTS!!!!!!

• **HOLIDAY DINNER & BENEFIT – ATTENTION SBWN MEMBERS.** Plans have begun for this wonderful holiday event. This year's theme will celebrate South Bay Women's Network 30 Year Anniversary and is being held at Windows on the Water in Morro Bay. Please start contacting your favorite businesses for a HOLIDAY BENEFIT donation. (see attached list of last years donated items) If you have any questions regarding gift donations please call 595-SBWN (7296) or contact either Paulla Ufferheide or Dee Corcoran Holiday Dinner & Benefit co-chairs.

• **LUNCHEON GUEST PASS GIVEAWAY –** We have a new giveaway at our luncheon meetings. Members can enter a drawing to win a free lunch for an invited guest. Bring your business cards for this drawing.

• **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.

• **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

• **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.

October Meeting Will Feature the Estero Bay Pool Foundation

On Tuesday, October 1, 2013, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. This month's luncheon meeting will feature Cary Maffioli, Pat Starkie, and Val Seymour of the The Estero Bay Pool Foundation. The foundation is working to raise funds to build and/or support the operation of a year-round sustainable Community Aquatics Center. Come to lunch and learn about the future of a community pool.

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 or email info@sbwn.org no later than 12 noon the Friday prior to the meeting. Visit our website at www.sbwn.org



Birthday Girls

Linda Quesenberry..... October 15

Women's Shelter Safe House Wish List:

PJs - All Sizes- Women, girls & boys
Socks (shoe wearing and sleeping) - All Sizes - Women, girls & boys (teen sizes too)
Underwear - little girl and little boy
Back packs
Gift cards to buy shoes. (Payless, Kohls...)
Diapers & wipes - All sizes

This is a very practical list. I think for January it should work very well. Thank you for keeping us on board, and for your commitment to our community.

– Beth Raub

2013-2014 SBWN Board of Directors

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Sally Brooks
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LUNCH RESERVATIONS

595-SBWN
info@sbwn.org

What SBWN Members Did on Their Vacations



Dawn Rodden - Warming up in Palm Springs with Rob, Jenna and "Marilyn".



Arlene Trip;ett - Whitewater rafting with her grand-daughters.



If you have a photo to share of your travels over the summer please email it to info@sbwn.org



Debra Angell - Jeff and I and the girls went to Joshua Tree National Park back in March.

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Liz & Gerald Bednorz

NEXT NEWSLETTER DEADLINE: October 15th

Donation List

Morro Bay Appliance – MB
Hair Lines Salon – LO
Mia Simmons, EFT - LO
Love Me 2 Times Thrift Shop – MB
The Perfect Pedicure – Baywood
The Perfect Pedicure – Baywood
Marsha Thorlakson – LO
Mi Casa Restaurante Mexico – MB
Mi Casa Salon – Baywood
SLO Roasted Coffee – LO
Los Osos Flower Market – LO
Hairin Salon – Baywood
Hairin Salon – Baywood
Los Osos Family Chiropractic – LO
Main St. Boutique – MB
Aloha Shirt Co. – MB
Morro Bay Hair Co – MB
Volumes of Pleasure – LO
Lina G's All The Trimmings – MB
Summer Cottage – MB
Creative Design Graphics
Creative Design Graphics
Coalesce Book Store – MB
Dos Perros – LO
Coast Electronics – LO
Sue Conrad, Fitness Can Be Fun
TKD Surf Shop – MB
Park Salon – Baywood
Park Salon – Baywood
Mills Stationery – MB
Los Osos Auto Body – LO
Advanced Body Therapy – Baywood
Round Table Pizza – LO
Threds Clothing Store – MB
Estero Bay Graphics – MB
Miner's Ace Hardware – LO
Quantum Waves Biofeedback – LO
Mi Casa Salon – Baywood
Brenda Sue's Consignment – MB
Sunshine Health Foods - MB
Grooming by Jackie – LO
Squeaks Chirps & Bubbles – LO
Good Karmal
Santa Barbara Zoo
Karma Sunshine - MB
Color Vibe – LO
Giovanni'r Fish Market & Galley
Sullivan & Assoc., A Law Corp – LO
Marge Griffin/Mary Kay
Rexall Pharmacy & Gifts – LO
Mud Fudge – MB
Central Coast Appliance – LO
Marshall Gardens - LO
Inn at Morro Bay – MB
Watson Chiropractic – MB
Mar Vista Cosmetic & Family Dentistry – LO
Monica Randeem, Keller Williams Realty – MB
Financial Service Trends – LO
Cavalier Resort – San Simeon
CA State Parks
The Great Skin Company – LO
Rosa & Volkmar Metzler – LO
Microwave Ov
Salon products in fashion tote
One Hour session
Multiple carved figures & painted masks
CZ Earrings
Crystal bracelet
Rice cooker
Gift certificate
Haircut
Gift basket
Clutch purse
Gift Certificates from Issa (2)
Services with Diana
Initial exam & treatment
Necklace & Earring set
Gift Certificate
Hair products
Book & self help kit
Gift certificate
Pelican theme step stone or wall décor
Bath salts set
Trader Joe's cookbook
Gift Certificate
Sweet romance bracelet
Portable docking station
Avon tote with assorted items
Hoodie sweatshirts (2)
Haircut with Angie Dana
Pedicure
Weekly organizer notebook
Multiple items
One hour massage & mini facial
Gift Certificate
Gift certificate
T Shirts (2)
Gift card
One hour session & lavender eye pillow
Shellac manicure
Gift certificate
Gift certificate
Dog grooming
Laundro-Pet services
Gift basket
Two entry tick
Vintage brass & faux pearl necklace
Hand marbled scarf
Dinner for 2 w/ beverage
Rexall gift certificate
Lotus & Bamboo spa set
Cucina brand cleaners
Travel case filled with fabulous goodies
Bisque colored range hood
Exquisite Floral arrangement & gift c
2 night's stay king suite
Gift basket & services
Zoom teeth whitening
Cutco knife & spreader set
Gift basket
Midweek Stay
Hearst Castle tickets
Day of Beauty
5 Nights stay in private condo, Mexico