



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

OCTOBER 2013

Members of Estero Bay Pool Foundation Featured at November Meeting



Cary Maffioli and Val Seymour of the Estero Bay Pool Foundation.



Special Events Director Paula Ufferheide kicks off Holiday Benefit donation requests.



Members and guests visit before lunch.



It was nice to see some long time members at October's luncheon meeting.



New member (returning) Michele Fellows is welcomed by President Gila Zak.

Photos by Dawn Rodden

OCTOBER LUNCHEON MEETING.....	cover	ANNOUNCEMENTS.....	3
PRESIDENT'S MESSAGE.....	2	BIRTHDAY GIRLS.....	4
NOVEMBER MEETING INFO.....	3	NET ZONE.....	4

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

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

JANUARY

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

Speaker:

Marianne Kennedy
Executive Director,
Women's Shelter Program
of SLO

Board Meeting

Tuesday, 14th @ 8:30 am
Financial Service Trends
2238A Bayview Heights
Los Osos

A Message from Our President

Hello Ladies!

Do you think you are focused on success? What does success in business look like to you? If you have not considered these two very important question in a while, well it's time to take stock!

Often we engage in the important tasks of writing up a business plan, building market presence and getting "out there". But what I ask you to consider today is...are your thoughts and beliefs in alignment with your goals? If we spend all the time, money and effort to build our business, yet either outwardly or secretly believe that it probably won't be enough to "compete" with others in the industry then we

are really doing more harm than if we never lifted a finger to promote ourselves.

Science is beginning to prove what certain philosophies have espoused for centuries: that our thoughts create our experiences. Without getting into the nuts and bolts of that topic in this limited format, just trust me on this! And more important...trust yourself! Have you ever had something like this happen: Maybe that blow hard or hot head client that is pleased with nothing is starting to wear thin on your nerves? So you daydream about how nice it would be to work with someone with traits (insert your ideal client here!) that would leave you feeling great after working with them. Lo and behold, the phone rings days or weeks later and you find yourself with an appointment with just that very type of client.

The opposite also happens: We focus only on the clients/markets that are giving us the most grief, complain about it to everyone who will listen and we continue to get MORE experiences just like them.

So my challenge to you this month is how will you focus on the success of your business? Yes the reality is that we have to deal with aspects of our business that may not be the most rewarding or fun – but if you could be discerning with WHERE you put your repetitive thoughts and attention and choose to keep those thoughts positive you might be pleasantly surprised.

And finally...know what you want your idea of success to look like! How many clients/ assignment/meetings, etc. would that be? Make a list! Check it twice...THREE times a day. You need a road map to your destination if you want to go the quickest route and having an idea of what that map looks like is the only way to start! Then focus, focus, focus laser style!

– 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

 Like Us!



A thought for the month...

Nothing will work unless you do.

– Maya Angelou

Scholarship Presentation at November Luncheon Meeting

On Tuesday, November 5, 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. After receiving scholarship applications and nominations, the 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. The 2013 SBWN Scholarship recipients are Amanda Galaviz, single mother of a daughter; Dana Allen a single mother, pursuing a career as a paralegal; Danielle Bowen, a divorced mother of four, pursuing a career in medical assisting.

Funds for these scholarships were raised at the 2013 Summer Evening Mixer, Pennies from Heaven luncheon meeting fundraiser and a generous donation from Alyce Thorp, a former SBWN president.

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 \$18 for members

**We had 28 Members & Guests
at Our October Luncheon
Welcome New Members
Maggie McKay
Michele Fellows
We Are 40 Members Strong**

and \$20 for guests. For required guests reservations and member cancellations please call 595-7296 or email info@sbwn.org no later than 12 noon the Thursday prior to the meeting. Visit our website at www.sbwn.org

ANNOUNCEMENTS!!!!!!

• **35th ANNUAL OKTOBERFEST & 8th ANNUAL CAR SHOW** – Come on down to 2nd Street in Baywood Park, Sunday, October 27 from 9 am to 5:30 pm to enjoy live music, food vendors and German beer in the the Beer Garden.

• **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 donation list and guidelines) 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.

• **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

2013-2014 SBWN Board of Directors

President

Gila Zak
Quantum Waves Biofeedback
704-3599
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Hair & Make-Up by Angell
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528-8263
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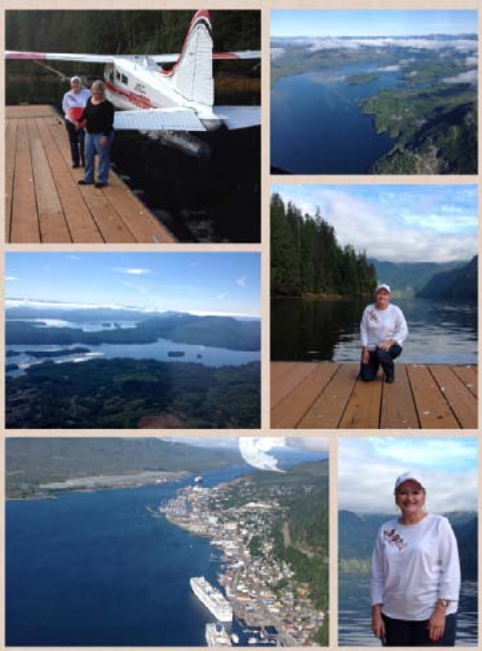
Luncheon Coordinator

Sally Brooks
The Great Skin Company
528-6957
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LUNCH RESERVATIONS

595-SBWN
info@sbwn.org

What SBWN Members Did on Their Vacations



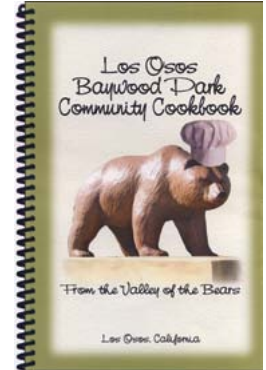
Peggy Zatt in Alaska

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

The NET ZONE

- The Los Osos Baywood Park Community Cookbook is now available just in time for the holidays.

Spearheaded by LO/BP Chamber Board Members Dawn Rodden and Mimi Kalland, and illustrated by local artist Barbara Schippers, the spiral-bound cookbook includes 150 recipes from more than 65 community members and provides a glimpse into our local kitchens.



The cookbook includes recipes for appetizers & beverages, soups & salads, vegetables & side dishes, main dishes, breads & rolls, desserts, cookies & candies, and this & that. Many of the recipes end with personal notes from the contributors about the origin and significance of their recipes. Included also are helpful hints, and a brief local history, particularly as it relates to food. Three South Bay Women's members have recipes in the cookbook so pick one up and try them out.

Cookbooks can be purchased for \$10 at the LO/BP Chamber Office & Visitor's Center, Volumes of Pleasure Bookstore, and Los Osos Rexall Pharmacy and Gift Store. All proceeds benefit the Los Osos/Baywood Park Chamber of Commerce. For more information call 528-4884.



Birthday Girls

- Julie Downey November 2
- Dawn Rodden..... November 3
- Susan Swadener..... November 16

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

**ONE MONTH FREE
BUSINESS CARD SIZE AD
FOR ALL MEMBERS
YOUR AD HERE!**

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.

NEXT NEWSLETTER DEADLINE: November 15th