

## Learning about Sustainability in SLO County with Stacey Hunt of Ecologistics



Stacey Hunt CEO of Ecologistics, Inc. shared information about the upcoming 2014 Central Coast Bioneers Conference, the local Blue C Community Garden and the mission of Ecologistics to create a resilient and healthy community for the residents of San Luis Obispo County that is sustainable, both economically and environmentally.



New member LaDonna DeLeon is welcomed by SBWN President Gila Zak.

Photos by Rosa Metzler



Guest Jorelle (far right) with SBWN President Gila Zak and new member Lois Taylor.

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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 2014-2015 Coming Events

## AUGUST

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

### Speaker:

Valentina Petrova  
Holistic Movement Center

### Summer Evening Scholarship Benefit

Friday, 8th @ 7-10pm

### Board Meeting

Tuesday, 12th @ 8:30am  
Christins Woamck's  
1620 9th Street, LO

## SEPTEMBER

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

### Speaker:

Lorna Whiteaker  
Chapter Chair for  
SLO SCORE

### Board Meeting

Tuesday, 9th @ 8:30am  
Debra Garcia's  
1774 7th Street, LO

## OCTOBER

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

TBA

### Board Meeting

Tuesday, 14th @ 8:30am  
TBD



## A Message to Our Members

Happy Summer Ladies!

It was so great to see all of you at the July meeting! Stacey Hunt from Ecologistics was our guest speaker, and she presented some very informative information about the Central Coast Bioneers Conference and the Los Osos Community Garden, which was featured on CBS Sunday Morning!

We have a very special guest and topic for our August meeting, so be sure not to miss it. Valentina Petrova will be speaking about Mindfulness for Success. How mindfulness can transform your business, your relationship with your clients and your life and why you can't afford to be without it! You will leave knowing a few things you can do everyday to make a huge

difference in everything you do, so be sure not to miss it!

You also want to be sure not to miss our big fundraiser coming up on August 8th!

If you've been paying attention to this Newsletter, then you know that we've gotten rid of the annual August mixer this year, and instead we are putting together a full-on event to raise record amounts to go towards scholarships for the female re-entry students at Cuesta College. The event we are staging is an authentic 1920's Speakeasy with all of the bells and whistles! It will take place on August 8th from 7-10 pm in Los Osos. Only those who are "in" know the location and password!

So, I hope by now that includes all of you! You know if you're "in" because you have RSVP'd and made your \$20/person donation to SBWN. For those of you who missed out, I am very sorry to say that the Speakeasy is SOLD OUT!! That's right ladies, sold out. The evening of August 8th is slated to be one for the record books on all accounts, and I, for one, cannot wait!!

if you still want to try and go, let us know ASAP by emailing info@sbwn.org, and we'll let you know if we get any openings. What a wonderful way to end the summer!!

AJ Fudge  
Vice President

**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](http://www.sbwn.org) or email [info@sbwn.org](mailto: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 \$16 meeting fee for members; \$20 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](http://www.sbwn.org) or email [info@sbwn.org](mailto: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

## A thought for the month...

*"It is better to light candles than to curse the darkness. It is better to plant seeds than to accuse the earth. The world needs all of our power and love and energy, and each of us has something that we can give. The trick is to find it and use it, to find it and give it away. So there will always be more. We can be lights for each other, and through each other's illumination we will see the way. Each of us is a seed, a silent promise, and it is always spring."*

– Merle Shain

## ANNOUNCEMENTS!!!!!!

• **WE ARE UPDATING THE ONLINE MEMBERSHIP DIRECTORY WITH FOUR COLOR PHOTOS OF OUR MEMBERS. PLEASE SEND US AN IMAGE OR UPLOAD IT TO YOUR PROFILE.** If you need or lost your log-in info you can contact Dawn at info@sbwn.org to receive a temporary password to log in with. You can then reset if you wish.

### Remember - Luncheon Fees Payable Online

• We are looking for a SBWN member to volunteer as a co-chair for **2015 Women's Wall of Fame** event. As co-chair you will represent South Bay Women's Network along with Paulla Ufferheide and Christine Womack. If interested in being part of this successful and rewarding event email info@sbwn.org or contact Paulla for more information.

• **HOLIDAY DINNER & BENEFIT – ATTENTION SBWN MEMBERS.** Mark your calendars... this year we will be holding our annual event on **SUNDAY, December 7th** and once again at the beautiful restaurant, Windows on the Water. A committee sign up sheet will be available at the next luncheon.

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

• 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

## Mindfulness for Success! Presented by Valentina Petrova at Our August Luncheon

On Tuesday, August 5, 2014, 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 featured speaker, Valentina Petrova of Holistic Movement Center Yoga & Wellness Spa.

How mindfulness can transform your business, your relationship with your clients and your life and why you can't afford to be without it! A few things you can do everyday to make a huge difference in everything you do.

Valentina Petrova is a serial entrepreneur, insightful teacher and an enthusiastic coach, eager to share the benefits of a healthy lifestyle and a conscientious, intentional living. Through her yoga studio (The Holistic Movement Center - Yoga & Wellness) and her coaching practice (This Fulfilling Life) she enthusiastically works with people on their personal development goals, relationships, dreams and life transitions.

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 \$20 for guests. For required guests reservations and member cancellations please visit our website at [www.sbwn.org](http://www.sbwn.org) or email us at info@sbwn.org no later than 12 noon the Friday prior to the meeting.

## Networker in the News

• Board members Gila Zak, AJ Fudge and Dawn Rodden promoted South Bay Women's Network last Friday (July 11th) with Judy Salamacha on the radio station 97.3 The Rock.

• Creative Design Graphics (Dawn Rodden) launched a newly redesigned website with the help of Iron Dog Media, Russell Kasselmann. Check it out at [www.creativedesigngraphics.com](http://www.creativedesigngraphics.com)

## 2014-2015 SBWN Board of Directors

### President

Gila Zak  
Quantum Waves Biofeedback  
704-3599  
[quantumg@sbcglobal.net](mailto:quantumg@sbcglobal.net)

### Vice-President

AJ Fudge  
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### Secretary

Debra Garcia  
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464-7763  
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### Treasurer

Arlene Triplett  
528-1186  
[atripca@aol.com](mailto:atripca@aol.com)

### Membership Director

Christine Womack  
Raymond James Financial  
654-7777  
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### Marketing Director

Dawn Rodden  
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528-8263  
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### Events Director

Paulla Ufferheide  
Wines for Humanity  
900-5152  
[paulla@winesforhumanity.com](mailto:paulla@winesforhumanity.com)

### Historian Director

Rosa Metzler  
528-7660  
[rosametzler@charter.net](mailto:rosametzler@charter.net)

### LUNCH RESERVATIONS

[info@sbwn.org](mailto:info@sbwn.org)



## Birthday Girls

Shaunna Sullivan ..... August 19  
Leslie Kasanoff ..... August 26  
Monica Randeon ..... August 31



Former member and 2002/03 President Jane Sadek and her husband Bill stopped by to visit at The Great Skin Company. They now reside in Texas.

Getting together were (left to right) Arlene Triplett, Sally Brooks, Jane and Bill, Stephanie Raphael, Erika Rogers, Dawn Rodden and Rosa Metzler.

## SBWN Scholarship Applications Now Available

SBWN is accepting scholarship applications for a Cuesta College female re-entry student. Members may nominate a woman whose education would benefit from this scholarship opportunity. **Applications will be accepted until September 5th.**

Online application/nomination available at [www.sbwn.org](http://www.sbwn.org)

**We had 22 Members & Guests at our July Luncheon**

**Welcome New Members**

**LaDona Deleon**

**Lois Taylor**

**Deanna Richards**

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I Help You With Them All

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Serving the Central Coast of California

**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](mailto:info@sbwn.org).

**ONE MONTH FREE BUSINESS CARD SIZE AD FOR ALL MEMBERS**

**YOUR AD HERE!**

Contact Marketing Director, [info@sbwn.org](mailto:info@sbwn.org).

**NEXT NEWSLETTER DEADLINE: August 15th**