

Featured Speaker Chef Leonard Gentieu at February Luncheon Meeting



Chef Leonard Gentieu shared the dream and passion that inspired Papagallo Yacht Charters.



SBWN member Monica Randeon, Keller Williams Realty welcomed newest member Deanna Richards of Edward Jones.

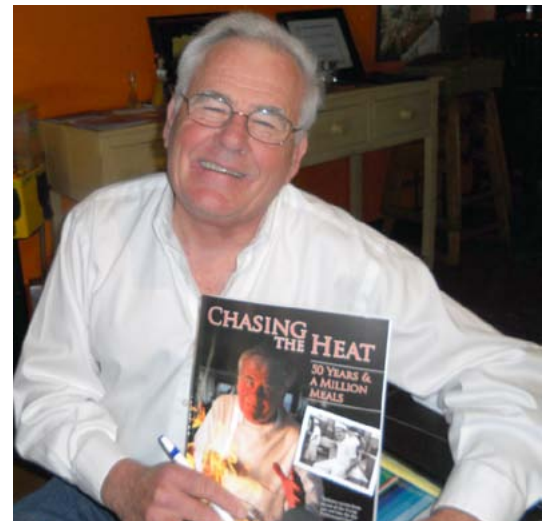


Event Director Paulla Ufferheide shares an update about the upcoming Women's Wall of Fame luncheon.



SBWN members and guest enjoy visiting over lunch before the speaker's presentation.

Photos by Dawn Rodden



Chef Leonard Gentieu offered signed copies of his book *Chasing the Heat, 50 Years of a Million Meals*.

<http://www.amazon.com/Chasing-Heat-Years-Million-Meals-ebook/dp/B00Q5NCBZI>

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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 2015-2016 Coming Events

MARCH

Luncheon
Tuesday, 3rd @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park
Member Spotlight
BOARD ELECTIONS
Board Meeting
Tuesday, 10th @ 8:30am
LO/BP Chamber
781 Palisades Ave., LO

Saturday, 14th
**WOMAN'S WALL OF FAME
LUNCHEON**
12 noon • Madonna Inn

APRIL

Luncheon
Tuesday, 7th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park
**BOARD INSTALLATION &
SOCIAL TIME**
Board Meeting
LO/BP Chamber
781 Palisades Ave., LO

Wednesday, 8th
**LO/BP CHAMBER OF
COMMERCE MIXER**
hosted by SBWN
5:30 -7:30 pm • La Palapa

MAY

Luncheon
Tuesday, 5th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park
Speaker:
Mary Cravets
Business Coach
Board Meeting
LO/BP Chamber
781 Palisades Ave., LO



A Message to Our Members

Calling all members!!

Well, we find ourselves winding down the 2014-2015 board year within our network and my tenure as president for the past two years coming to a close. I am so delighted that we have new faces stepping up for 2015-2016! I will continue to serve on the board for another year as immediate past president, and will offer my support for the organization in that capacity and beyond.

I want to take this opportunity to reach out to the membership at large, and invite you to consider filling the two open position we have left: Historian and Special Events Director. With the support of returning board members, you

will not only learn the ropes, but actively effect the organization in a positive way!

Historian is responsible for taking photos at luncheons, mixers and all other events. Special Events Director oversees a committee of people who put together our holiday benefit dinner, August mixer and other special events. With the support of the committee, many hands make light work! Peruse the Board Position and procedures on our website for complete details. (bottom of the Home page)

My personal experience having served on the board various times is that of camaraderie, personal and professional growth and most importantly the opportunity to safely step out of my "comfort zone" and utilize my skills in a way that benefit our organization and the community. It really doesn't take a large amount of your time and effort to help support the group, and we need you! Two people can share a position, so if you really want to start out gently, buddy up with another member!

Feel free to call me personally, or any of the other board members if you have questions about the positions or about being on the board in general. Make this the year you make a difference with us!

- 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 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 \$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 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



Rosa Metzler.....March 29
Christine Marshall.....March 31
Maria O'Reilly.....March 31

**We had 20 Members & Guests at Our February Luncheon
Welcome New Member
Deanna Richards
We Are 37 Members Strong**

Member Spotlight – Meet Our Newest Members

On Tuesday, March 3, 2015, 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 some of our newest members. Lois Taylor of Xyngular; Kelley O'Neill of American General Media and Elizabeth Aloe, Sales Specialist at Solar City.

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 or email us at info@sbwn.org no later than 12 noon the Friday prior to the meeting. Bring a friend to lunch!

The NET ZONE

Quantum Waves Hypnotherapy & Biofeedback was featured on page 22 in all of Tolosa Press' publications: SLO City News, Coast News and Bay News : Valentines Day Special!

Quantum Waves announces a **free talk** about your individual Sexual Personality and how it motivates you within relationships at my office, 2280 Sunset Dr., Suite D, Los Osos on Thursday, February 19, from 6:00 - 7:30 pm. RSVP NOT required, but greatly appreciated.



ANNOUNCEMENTS!!!!!!



• **WOMEN'S WALL OF FAME LUNCHEON, MARCH 15th.** The committee is still in need of donations for the Silent Auction. Donation and sponsorship forms are included in this newsletter.

• **Voting for the 2015/16 Board of Directors** will be available from March 3rd to the 27th. Ballots will be available at the March luncheon meeting and on online. Watch for your eblast with a link to the ballot. Still accepting nominations until Feb 27.

• **South Bay Women's Network** is hosting a **Los Osos/Baywood Park Chamber of Commerce mixer** on April 8th from 5:30 to 7:30 at La Palapa. Watch for more information in upcoming announcements.

• **ATTENTION MEMBERS:** Just a reminder that you can update your membership profile, add a color photo, view members personal info (ie, home address, email) post a news item or make and pay your lunch reservations on our website. Contact Dawn at info@sbwn.org to receive a temporary password to log in with. You can then reset if you wish.

• 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

2014-2015 SBWN Board of Directors

President

Gila Zak
Quantum Waves Biofeedback
704-3599
quantumg@sbcglobal.net

Vice-President

AJ Fudge
Law Offices of AJ Fudge
881-3080
aj@lawofficesofajfudge.com

Secretary

Debra Garcia
Golden Anchor Financial
464-7763
debra@goldafcs.com

Treasurer

Arlene Triplett
528-1186
atripca@aol.com

Membership Director

Christine Womack
Raymond James Financial
654-7777
christine.womack@raymondjames.com

Marketing Director

Dawn Rodden
Creative Design Graphics
528-8263
studio@creativedesigngraphics.com

Events Director

Paulla Ufferheide
Wines for Humanity
900-5152
paulla@winesforhumanity.com

Historian Director

Rosa Metzler
528-7660
rosametzler@charter.net

LUNCH RESERVATIONS

info@sbwn.org

More Photos of February Luncheon Meeting



Personal Notes

Took these pics on Valentine's Day in front of our beach home. It was another beautiful day down here in Mexico. See you all in March.
 – Rosa Metzler



A thought for the month...

“Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else.”

– Sara Blakely (Founder of Spanx – Worlds Youngest Female Billionaire)

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.

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

YOUR AD HERE!

Contact Marketing Director, info@sbwn.org.

NEXT NEWSLETTER DEADLINE: March 15th

SOUTH BAY WOMEN'S NETWORK
NOMINATIONS FOR 2015/2016 BOARD MEMBERS

If you would like to run for any office of the **South Bay Women's Network**
Please put your name on this list and *mark (self)* next to it.

If you are **nominating** someone for a position, please ASK THEM if they would like to
run and place their name on this list *marked (will run)*.

Board elections will be held at the MARCH 3rd LUNCHEON.

PRESIDENT _____

VICE PRESIDENT _____

TREASURER _____

SECRETARY _____

MEMBERSHIP _____

MARKETING _____

SPECIAL EVENTS _____

HISTORIAN _____

BRING THIS FORM TO THE FEBRUARY 3rd LUNCHEON
OR EMAIL to info@sbwn.org



San Luis Obispo County Women's Wall of Fame
Recognition Luncheon
Madonna Inn
March 14, 2015

Sponsor Application

The South Bay Women's Network in collaboration with the San Luis Obispo County Commission on the Status of Women is planning a luncheon to recognize nominees and women selected for the SLO County Women's Wall of Fame. The Luncheon will be held at the Madonna Inn on March 14, 2015. As a supporter of women's issues, we solicit your help to establish this recognition of women who have made a difference in the lives of others in San Luis Obispo County.

Our program for the awards luncheon will list the sponsors and their businesses. Please indicate the level of support you can give to this exciting event. Return this application with a check to South Bay Women's Network, P.O. Box 15116, SLO, CA 93406 by December 31, 2014.

Platinum Sponsorship \$5,000

Identified as a co-sponsor of the event, table for 8, preferred seating, recognition during the event, recognition in all publicity, vendor table, display banner, program cover and full-page ad, invited to Board of Supervisors Recognition Ceremony.

Gold Sponsorship \$2,000

Recognition in all publicity, table for 8, preferred seating, recognition during the event, vendor table, recognition in the program, invite to Board of Supervisors Recognition Ceremony.

Silver Sponsorship \$1,000

Recognition in all publicity, recognition in the program, invited to Board of Supervisors Recognition Ceremony.

Bronze Sponsorship \$500

Recognition in the program, invited to Board of Supervisors Recognition Ceremony.

Name of Organization/ Business _____

Contact Person _____ Phone _____

Address: _____ Email: _____

Level: Indicate amount pledged: Platinum _____ Gold _____ Silver _____ Bronze _____



FIRST ANNUAL WOMEN'S WALL OF FAME

Sponsored by

South Bay women's Network in collaboration with the

San Luis Obispo County

Commission on the Status of Women

Silent Auction Sponsorship Form

Date completed: _____

Please Print or Type

Name of Business: _____

Signature of Person Authorizing: _____

Mailing Address: _____

Contact: Phone _____ email _____

Description of donation(s) and value

When may we pick up gift: _____

Please call _____ to schedule pick up or mail to : _____

Solicited by: _____