

New SBWN Members Spotlighted at the March Luncheon



Lois Taylor, Xyngular.

MORE PHOTOS ON PAGE 4



Elizabeth Aloe, Sales Specialist at Solar City.



Kelley O'Neill of American General Media.



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



Members Monica Randeon and Sally Brooks.

Photos by Rosa Metzler

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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

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 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

JUNE

Luncheon

Tuesday, 2nd @ noon

La Palapa

1346 2nd Street

Los Osos/Baywood Park

TBD

Board Meeting

LO/BP Chamber

781 Palisades Ave., LO

More photos of the March Luncheon



SBWN members Maggie McKay and Alyce Thorp.



SBWN Historian Rosa Metzler welcomes a luncheon guest.



SBWN members Dawn Rodden and Sandra Brazil.



More members Irene O'Neal, Lois Taylor and Debra Angell.

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

Installation of 2015/2016 Board of Directors & Social Time

On Tuesday, April 7, 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. At this month's luncheon

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April Luncheon - Installation of Board of Directors cont'd

Continued from page 2

meeting, SBWN will install new board members for 2015-2016. We encourage all members to join us in welcoming the upcoming board, as well as wishing thanks and goodbye to those that have finished their service to the organization. As there is no speaker at this event, members will have time to socialize and network.

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 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!

SBWN ELECTION RESULTS -

President:

Paulla Ufferheide, *Wines for Humanity*

Vice-President:

Maria O'Reilly, *Keller Williams Realty*

Secretary:

Debra Garcia, *Golden Anchor Financial Services*

Treasurer:

Lois Taylor, *Xyngular*

Membership Director:

Christine Womack, *Raymond James Financial*

Marketing Director:

Dawn Rodden, *Creative Design Graphics*

Historian Directors:

Alyce Thorp

Events Director:

OPEN

Past President:

Gila Zak, *Quantum Waves Hypnotherapy & Biofeedback*

ANNOUNCEMENTS!!!!!!

Annual membership fees
are due April 1st.
Invoice included in newsletter.
You may pay at the April meeting

• **South Bay Women's Network** is hosting a **Los Osos/Baywood Park Chamber of Commerce mixer** on April 8th from 5:30 to 7 pm at La Palapa. **See attached flyer.**

• **LO/BP BUSINESS SHOWCASE, FRIDAY, MAY 15TH** at the **South Bay Community Center from 5:30 to 7:30 pm** – Booth applications available at www.lobpchamber.org. This year's theme is "CELEBRATING 60 YEARS OF BUSINESS".

• **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@sbwglobal.net

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



Birthday Girls

Peggy ZattApril 6

2015 Women's Wall of Fame Luncheon



Photos by Debra Garcia

**We had 22 Members & Guests
at Our March Luncheon**

A thought for the month...

"Life isn't about finding yourself. Life is about creating yourself."

— George Bernard Shaw

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: APRIL 15th



South Bay Women's Network
P.O. Box 6213
Los Osos, CA 93412

INVOICE

ANNUAL MEMBERSHIP:

\$45.00

Dear SBWN Member,

It is that time of year again; our annual membership fee of \$45.00 is due April 1, 2015. Please remit payment to the address below or you can bring payment to the April 7th luncheon.

Please send your check to:

SBWN
Attn: Treasurer
P.O. Box 6213
Los Osos, CA 93412

You Are Invited



South Bay Women's Network

is hosting a

Los Osos/Baywood Park Chamber of Commerce

MIXER

Wednesday Evening, April 8, 2015

5:30 to 7 pm

La Palapa Mexican Restaurant • 1346 2nd Street, L.O.

Come visit with fellow South Bay Women's Network members and Chamber members!

SBWN members are welcome to bring their promotional material to share with guests

For more information email info@sbwn.org

No Host Bar • Hors d'oeuvres • Door Prize