

## Member Spotlight at March Luncheon



Long time member Peggy Zatt presented the tools of her organization business, HomeRanger.



Also a long time member, attorney Shanna Sullivan offered members information about Advance Health Care Directive forms.



New member Rita Flores of Aflac provided an overview of the business she represents.

**MORE PHOTOS - page 4**



Rita Flores and Gila Zak visiting before lunch begins.

*Photos by Dawn Rodden*



New (returning) member Linda Quesenberry describes her new business Especial.

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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 2016-2017 Coming Events

### APRIL

Luncheon  
Tuesday, 5th @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park  
**BOARD INSTALLATION &  
SOCIAL TIME**

**Board Meeting**  
Tuesday, 12th @ 5:30pm  
LO/BP Chamber  
781 Palisades Ave., LO

Friday, 22nd  
**BUSINESS EXPO**  
5:30 - 7:30 pm • SBCC

### MAY

Luncheon  
Tuesday, 3rd @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park

**Speaker:**  
Travis Ford  
Rock Harbor Marketing

**Topic:**  
Social Media 101 for  
Small/Medium Business

**Board Meeting**  
Tuesday, 10th @ 5:30pm  
LO/BP Chamber  
781 Palisades Ave., LO

### JUNE

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

**Board Meeting**  
Tuesday, 14th @ 5:30pm  
LO/BP Chamber  
781 Palisades Ave., LO



## A Message to Our Members

Greetings ladies,

Here we are getting ready to welcome in our 2016/2017 Board of Directors. It is hard to believe that our organization has been around over 30 years and as a member since 2002 I have seen many changes and some reorganization through those years. Almost from the moment I joined South Bay Women's Network I became a board member serving as Newsletter Director and then the revamped Marketing Director position. During the 14 years I have served on the board I also took on the double duty to serve as President 2009/2010 and 2010/2011. The years sitting on this board have given me a unique perspective on how the organization

has changed through the years. I have seen our member numbers be as low as 28 and grow to be over 50, membership being a constant struggle each board has dealt with.

Another challenge has been filling all positions on the board often starting the year without some directors. Through the years we have addressed these issues by restructuring director duties, revisiting how we present our different events and checking in with our membership with forums and surveys. The current board is facing both these problems so we set up a survey to hear from our members. If you haven't taken the survey yet, please visit <https://www.surveymonkey.com/r/G6ZXQHS>. We appreciate your feedback!

As our organization shifts and adjusts to

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**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

## Installation of 2016/2017 Board of Directors & Social Time

On Tuesday, April 5, 2016, 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 meeting, SBWN will install new board members for 2016-2017. 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 \$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](mailto:info@sbwn.org) no later than 12 noon the Friday prior to the meeting. Bring a friend to lunch!



## A Message to Our Members

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reflect the changes in our members lives, one thing stays true. Yes, we are a business networking organization, but we are a networking organization with heart. Yes, we get leads and referrals from the group we also get friendships and the opportunity to give back to the community. My hope, as we begin our 33rd year and install the 2016/2017 Board of Directors, is for the future of South Bay Women's Network to be one of strength and growth. Please join us at our April luncheon!

- Dawn Rodden  
Marketing Director

### SBWN ELECTION RESULTS -

**President:**

Christine Womack, *Raymond James Financial*

**Vice-President:**

OPEN

**Secretary:**

Maria O'Reilly, *Keller Williams Realty*

**Treasurer:**

Lois Taylor, *Xyngular*

**Membership Director:**

Rita Flores, *Aflac*

**Marketing Director:**

Dawn Rodden, *Creative Design Graphics*

**Historian Director:**

OPEN

**Past President:**

Paulla Ufferheide, *Wines for Humanity*



## Birthday Girls

Peggy Zatt .....April 6

### A thought for the month...

"Networking is not collecting contacts!  
Networking is about planting relations."

- MiSha.at

## ANNOUNCEMENTS!!!!!!

Annual membership fees  
are due April 5th.  
Invoice included in newsletter.  
You may pay at the April meeting

• **LO/BP BUSINESS SHOWCASE, FRIDAY, APRIL 22ND at the South Bay Community Center from 5:30 to 7:30 pm** – Booth applications available at [www.lobpchamber.org](http://www.lobpchamber.org). This year's theme is "A World Of Opportunity". **Visit the SBWN booth at the Business Expo.**

• **ATTENTION MEMBERS: We have upgraded the function of our online Membership Directory.** So we encourage our members to log-in and update their profile and add a color photo. As a logged in member can view members personal info (ie, home address, email), post a news item or make lunch reservations. You can contact Dawn at [info@sbwn.org](mailto:info@sbwn.org) if you need to receive a temporary password to log in with. You can then reset it 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](mailto:info@sbwn.org)

We had 15 Members & Guests  
at our March Luncheon

Welcome New (Returning) Member  
Linda Quesenberry

## 2015-2016 SBWN Board of Directors

**President**

Paulla Ufferheide  
Wines for Humanity  
(805) 900-5152  
[paulla@winesforhumanity.com](mailto:paulla@winesforhumanity.com)

**Vice-President**

Maria O'Reilly  
Keller Williams Realty  
(805) 441-1542  
[re.maria31@yahoo.com](mailto:re.maria31@yahoo.com)

**Treasurer/Secretary**

Lois Taylor  
Xyngular  
(805) 528-7378  
[loistaylor4u@gmail.com](mailto:loistaylor4u@gmail.com)

**Membership Director**

Christine Womack  
Raymond James Financial  
(805) 654-7777  
[cwomack1968@gmail.com](mailto:cwomack1968@gmail.com)

**Marketing Director**

Dawn Rodden  
Creative Design Graphics  
(805) 528-8263  
[studio@creativedesigngraphics.com](mailto:studio@creativedesigngraphics.com)

**Event Co-Directors**

Debra Garcia  
Golden Anchor Financial  
(805) 473-7733  
[debra@goldafcs.com](mailto:debra@goldafcs.com)

Sana Begovic

ecclectiQ  
225-1070  
[info@ecclectiQ.com](mailto:info@ecclectiQ.com)

**Historian Director**

Alyce Thorp  
528-7660  
[alyce@surfari.net](mailto:alyce@surfari.net)

**Immediate Past President**

Gila Zak  
Quantum Waves Biofeedback  
(805) 704-3599  
[quantumg@sbcglobal.net](mailto:quantumg@sbcglobal.net)

**LUNCH RESERVATIONS**

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

# Networker in the News

Member Gila Zak, C.Ht. was recently invited to L.A. to film a segment for Hypnosis TV. While there, she received the Director's Award from HMI College of Hypnotherapy for exceptional professional achievement during clinical residency.

Her segment will be available for viewing in a couple of months. You can watch the web based TV channel at <https://hypnosis.edu/webtv/>



# More March Luncheon Photos



*Especial* Consulting  
Project Management  
Outreach

Linda Villanueva-Quesenberry  
P.O. Box 6602 Los Osos, CA 93412  
LVQespecial@gmail.com 805-704-5080

WINES FOR HUMANITY

Maria O'Reilly  
Wine Advisor

805-441-1542  
re.maria31@yahoo.com

**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!**

**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 5, 2016. 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