

## May Luncheon Offered Members an Opportunity to Network



President Gila Zak announced the cancellation of the luncheon speaker and invited members and guests to visit with each other.

Photos by Rita Flores



Immediate Past President Christine Womack shared information about Los Osos/Baywood Park's local government.

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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 Cuesta College Scholarship(s) to female adult re-entry students.

## SBWN 2018-2019 Coming Events

### JUNE

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

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

### MIX & MINGLE

Tuesday, 19th @ 5:30 pm  
Stax Wine Bar & Bistro  
1099 Embarcadero, MB

### JULY

Luncheon  
Tuesday, 10th @ noon  
La Palapa  
1346 2nd Street  
Los Osos/Baywood Park  
TBA

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

### AUGUST

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

#### Speaker:

Greg Steinberger  
Doc Burnstein's Ice Cream Lab

**Summer Evening  
Scholarship Benefit**  
TBA

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

## Mix & Mingle - June 19th at 5:30



Join us at STAX Wine Bar & Bistro, 1099 Embarcadero, MB to visit with fellow SBWN members and bring a guest to learn about South Bay Women's Network. Enjoy appetizers, wine tasting at a special event rate. Guest are eligible to win a free membership.

## 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 \$20 meeting fee for members; \$25 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

## June Luncheon Meeting - Member Spotlight

On Tuesday, June 5, 2018, 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 for lunch as we learn about our new member and Membership Director Jill Hamblin owner of Pelican Mobile Home Solutions.

SBWN is a non-profit organization open to all women on all job levels and in every occupation

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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)



# ANNOUNCEMENTS!!!!!!

## MARK YOUR CALENDARS

**JULY LUNCHEON**  
will be held July 10th  
due to the holiday

• **EVENT HELPERS WANTED:** We are looking for members who are interested in working with our Event Director, Deborah Howe to help plan our 2018 Summer Evening Scholarship Benefit. Please email [info@sbwn.org](mailto:info@sbwn.org) for more information or suggestions.

• **COINS FOR COLLEGE:** A penny jar will be at each meeting to contribute to our scholarship fund. So check your pockets and the bottom of your purse for loose change and bring to the next luncheon meeting.

• **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 questions and digital files to [info@sbwn.org](mailto:info@sbwn.org).

• **ARTICLES WANTED:** Remember the newsletter is your voice. We welcome members to submit short articles (200 to 300 words) that reflect women in business, women issues or subjects that our membership would find helpful.

The Networker newsletter also offers SBWN members an opportunity to stay in touch with what other members are up to with posts in *Network in the News* and *Personal Notes* columns. Our newsletter deadline is the 15th of each month. If you have any questions or submissions, contact us via email, [info@sbwn.org](mailto:info@sbwn.org).

## June Luncheon Meeting

*Continued from page 2*

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 \$20 for members and \$25 for guests. For 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!



## Birthday Girls

Lynette Tornatzky.....June 3  
Rose Robertson..... June 14  
Rita Flores ..... June 23

## We had 15 Members & Guests at Our May Luncheon

### A thought for the month...

*"Our fear of the unknown and our fear of making mistakes trick us into focusing on what we don't know or can't do. When we give ourselves the freedom to be uncertain and less than perfect, then we can start thinking, 'What do I know? What can I do?' That's when the adventure starts -- learning, thriving, conquering, failing, recouping, and having a ton of fun."*

- Kristin Smith, COO, Dolly, Inc.

## 2018-2019 SBWN Board of Directors

### President

Gila Zak

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### Historian Director

Open

### Immediate Past President

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### LUNCH RESERVATIONS

[info@sbwn.org](mailto:info@sbwn.org)  
[www.sbwn.org](http://www.sbwn.org)

# The NET ZONE

WOMEN'S BUSINESS CENTER PRESENTS

FEATURED GUEST SPEAKER  
**GILA ZAK**



Many people hold limiting beliefs and fears that keep them from realizing their full potential. With the average person producing over 60,000 thoughts a day, the best way to overcome these beliefs and fears is to influence the un-conscious mind. Learn how to gain control over the un-conscious mind to activate peak performance in your business!

\*Networking from  
1- 1:30 PM is highly encouraged!

## SMALL BUSINESS SUCCESS IS NOT AN ACCIDENT

LEARN HOW TO OVERCOME DAMAGING BELIEFS

**FRIDAY MAY 25TH, 2018**

12 PM- 1 PM • 71 ZACA LANE SUITE 130, SAN LUIS OBISPO, CA

REGISTER AT [MCSCORP.ORG](http://MCSCORP.ORG) • 805-595-1357



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YOUR AD HERE!**

NEXT NEWSLETTER DEADLINE: June 15th