



## RSFbpw Newsletter – August 2010

August 19, 2010

Luncheon

11:15 – 1:30

At The Rancho Santa Fe Country Club

Dear Members & Guests,

In July we had Hat day! I heard it was a great success. It's good to don a special chapeau every once in a while. Thank you to Dr. Deena Stacer for facilitating the meeting.

Our August speaker will be Ms. Rhana Pytell. Ms. Pytell, Business Executive, Speaker, Writer, and Poet will present Heart Story, a unique application that expands our individual narratives to live our personal genius. As spa executive and founder of GAIA Spa LLC, Rhana Pytell promotes wellness for body, mind and spirit. Rhana serves on the Board of the Green Spa Network, an organization dedicated to promoting personal and planetary balance and harmony.

Again I'd like to remind everyone about sending email to fellow members. Please ask in person, via phone or an email if people would like to receive a newsletter or business updates. If you don't have permission it is spam email. The August secret word is sunshine. Likewise if you do receive email that you do not wish to get, unsubscribe or email back asking to be deleted from an email list.

Here is an opportunity to contribute! ...In August we have the opportunity to support The Angels Foster Family Network. We are choosing to support the organization with new donations. Because of CA state law they can only use new items so the supply line has to be filled on a regular basis. The desperate need right now is for toys or playthings – from the ages of 1 yr old to 4 yrs old. If you have already purchased clothing or diapers, that's good too. Your help is greatly appreciated!

It's time to push the Pause button...Breathe... What's working well? Where do we need a nudge and some support? We all have something to teach and something to learn. Let's lean into each other. Let's learn from, laugh with and encourage each other to be our Best Selves.

Cheers!

Julia Uhl, President

**RSFBPW Board Members:**

RSVP & Treasurer: Betty Potter

VP Programs: Marika Iler

VP Membership: Cheryl Giustiniano

Co-VPs Publicity: Barbara Galagusz and Christy Stevenson

Recording Secretary: Dr Deena Stacer

Hospitality: Saundra Kay and Connee Johnson

Greeters: Kim Horner, Kim Smart & Pam Croft

**RSVP Information: Please RSVP by Monday, August 16th.**

**Lunch Choices:**

\_\_\_ Salad: Baja taco salad w/grilled chicken, red leaf lettuce, pumpkin seeds, avocado, jicama, black beans w/poblano buttermilk dressing.

\_\_\_ Hot Dish: Maryland spicy crab cakes w/wasabi greens, mango puree and red pepper slaw.

\_\_\_ Vegetarian: Heirloom tomatoes, local greens, buffalo mozzarella, balsamic vinegar w/olive oil.

\_\_\_ Dessert: Flourless chocolate cake ala mode.

Drinks: coffee, hot tea, iced tea, soft drinks (does not include mineral water)

Members \$30 \_\_\_\_\_ (before noon AUGUST 17)      Guests \$35 \_\_\_\_\_

Reservations for \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

**Reservations for:**

Name \_\_\_\_\_

Guests only or members with changes need fill out below:

Business \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

**RSVP Information:**

Meeting Registration Process for August 19:

Reservations may be made online at [www.rsfbpw.com](http://www.rsfbpw.com) (using PayPal)

OR RSVP by email and mail checks (payable to RSFBPW) to:

**Betty Potter, 505 Arden Dr., Encinitas, Ca. 92024.**

**Members:** Payment must be rec'd before Monday 12 noon (wk of event) to be eligible for member price and for door prize drawing. For an extra card in the door prize drawing, please find the secret word and email to Betty no later than Monday 5 PM.

**Guests:** If possible, please RSVP before Monday noon. (wk of event)

Please call Betty, 760-753-7644 with any questions or email: [info@rsfbpw.com](mailto:info@rsfbpw.com)

***NOTE: Sorry, no refunds or changes after August 17. Please call Betty with cancellation or special requests.***

**Member information:**

Summer Social – Just for Fun! Free Movie Night

Tuesday, August 31. 7:00 PM

MovieMax Theatre, Carlsbad

Let's meet for an early dinner before the movie.

RSVP to Judy Ann Foster [judy@womenswisdom.net](mailto:judy@womenswisdom.net)

**Items of Interest:**

- Garden Expressions Aug 21 and 22, 9am - 5pm
- Sculptors, painters, glass artists, potters, gourd artists, fiber artists and more - creating and selling their work. Held in the BEAUTIFUL San Diego Botanic Gardens in Encinitas. (Formerly Quail Gardens)  
[www.sdbgarden.org](http://www.sdbgarden.org) (760) 436-3036 x 206.
- The Nature of Art – VII Through August 28  
An exhibit at the historic Rancho Buena Vista Adobe Gallery featuring contemporary and traditional gourd and basketry art by Misti Washington Gourd and Basket Guild members.

The Adobe Gallery is located at 640 Alta Vista Drive, Vista. Regular exhibit viewing hours are Thursday through Saturday, 10am - 3pm.