



RSFbpw Newsletter – June 2010

June 17, 2010

Luncheon

11:15 – 1:30

At The Rancho Santa Fe Country Club

Dear Members & Guests,

In July we will have Hat day! Wear your favorite hat. It's for fun...that's it! Create a new look with a hat you've had in the closet for a while...

Last month we were entertained and educated by Kathi Burns. Just mastering one item from Master your Muck can make a big difference! Clean just one closet or check email at only scheduled times during the day. Focus on progress...not perfection.

Our July speaker will be Joyce Hyam, a Certified Law of Attraction Facilitator and Trainer worldwide – she will be speaking about applying the Law of Attraction to achieve both professional and personal goals. Guests are always welcomed.

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. 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.

Looking ahead... In August we will 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 following items are most needed:

Diapers - sizes newborn, 3, 4, 5 (right now they have lots of 1-2's)

Clothing & PJ's - sizes 12 months to 3T

Receiving blankets, Burp rags, Sippy cups, Baby hygiene products - lotions, shampoos

When going to the grocery store pick up a pack of diapers or a couple of sippy cups. Your help is greatly appreciated.

Half of our 2010 year is over. What's working well? Where do we need a nudge and some support? The secret word is bang pop bang. 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

Recording Secretary: Dr Deena Stacer

VP Programs: Marika Iler

Hospitality: Sandra Kay and Connee Johnson

VP Membership: Cheryl Giustiniano

Greeters: Kim Horner, Kim Smart & Pam Croft

Co-VPs Publicity: Barbara Galagusz and Christy Stevenson

RSVP Information: Please RSVP by Monday, July 13th.

Meeting Registration Process for July 15:

Reservations may be made online at 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 11 AM (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 magic word and email to Betty no later than Monday 5 PM.

Guests: If possible, please RSVP before Monday 11 AM. (wk of event)

Please call Betty, 760-753-7644 with any questions or email: info@rsfbpw.com

NOTE: Sorry, no refunds or changes after June 15.

Please call Betty with cancellation or special requests.

Lunch Choices:

___ Salad: Chicken Caesar, chopped romaine, croutons, crispy pancetta w/grilled chicken breast

___ Hot Dish: Grilled salmon, w/veges, creamy couscous salad w/whole grain mustard sauce

___ Vegetarian: Pressed lasagna of summer vegetables – squash, zucchini, eggplant, goat cheese w/tomato coulis.

___ Dessert: Sorbet with fresh berries

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

Members \$30 _____ (before JULY 13) 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 _____