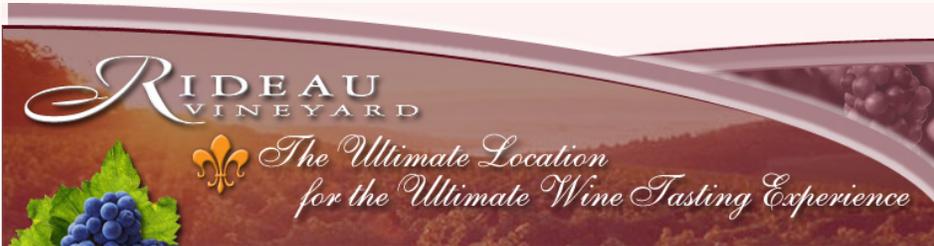


BLACK WOMEN'S NETWORK

QUARTERLY NEWSLETTER

3rd Quarter Edition, September 2013

BWN SUMMER FUN EVENTS



Sponsored by the Ways and Means committee, BWN has had fun this summer attending several events as part of their fundraising campaigns.

On July 20, 2013 BWN members, family and friends boarded a luxurious coach bus headed to Rideau Vineyard, a black-female owned winery in Solvang, CA. While there attendees toured the facility and were able to sample five types of wine.

Rideau Vineyard was founded in 1997 by New Orleans native, Iris Rideau. Early on in the winery's inception, Iris Rideau decided to dedicate her estate vineyard entirely to Rhône varietals. The production facility includes separated stainless steel tank, pressroom and a barrel room. The winery presses off 150 tons of fruit (10,000 cases) and are able to store 500 barrels in their barrel room.

After visiting the winery, the group of excited guests spent the rest of day in Solvang, the "Danish Capitol of America" where they had a choice of shopping, more wine tasting, visit museums or art galleries.



Mailing Address:
P.O. Box 56106
Los Angeles, CA 90056



Iris Rideau,
Vintner/Owner

What's in this edition?

- BWN Summer Events
- Beauty & Health Tips
- Upcoming Events
- June & July Meeting Highlights
- BWN in the Community

Newsletter Editor and
Communications Chairperson
Yolanda Evans

2013 Theme: Seed Time and Harvest...Watch Us Grow!!!

Rideau Winery Tasting Room is located at
1562 Alamo Pintado Road
Solvang, California 93463
For more information, please call 805.688.0717



More BWN Summer Fun...

VIEJAS CASINO



BWN annual fundraiser trip to Viejas Casino in August was another huge success this year. While riding on the Deluxe Motor Coach our members and guests enjoyed a delicious continental breakfast with Mimosas. The passengers also had fun winning raffles, playing Bingo and lots of networking.

Upon arriving at Viejas, we were greeted with a beautiful sunny day where there was an option to stay in the Viejas Casino to play slot machines and/or table games or visit the Shopping outlet stores like Nike, Guess, Coach and other brand names.

On the return trip home we enjoyed a light snack and Sangrias while rocking out to music provided by "All the Way Live" DJ. A huge thank you to BWN members and guest for supporting this event. All monies raised will be used towards the operation of the organization.

Written by: Bayonne Grant, Ways & Means Chairperson, 2013



It's a Lifestyle

by Michelle Moore Bell

It could be your smile, your style or your sense of adventure. Every woman is special in her own way, but all women have one thing in common. Nothing makes us feel more alive than looking our best. You suddenly find yourself feeling more confident and more at ease with who you are. You're growing at every age, discovering more about yourself and how beautiful life can be!

Women are always changing and growing. And there's nothing more fun than discovering new ways to look beautiful with a great cut, effective skin care and color cosmetics.

Great hair and radiant skin are right at your fingertips-regardless of your age. Combine healthy habits with the right routine and you'll be glowing in no time.

Exercise builds a strong heart, increases bone density, lowers cholesterol, fends off diabetes, enhances mood and improves sleep.

For ladies who are constantly on their feet, working out can help increase stamina. Stronger abs, for example, will help support your lower back and ease back pain.

All women should learn to do monthly breast self-examinations.

Skin Care

Be aware of changes in your skin.

Monitor changes in your skin and look out for persistent pink, scaly patches and red or black pearly spots or bumps – these can sometimes be indications of skin cancer.

The skin is well-prepared with proper steps: cleanse, exfoliate, freshen and hydrate plus, add your sunscreen. Sunscreen is still an absolute must during the fall months. (Cleanse, moisturize and hydrate twice a day)

The fall face is perfectly matched to a foundation finish. Applying a foundation is part of your skin care routine. It will cover and protect.

If you over apply your foundation, use a damp sponge to remove the excess and create a more sheer look.

Exfoliate your lips first to keep them looking great and lipstick-ready. Apply a light layer of concealer that matches your skin **all over lips**. It will create a base for the lip color and make it last.

No matter what your age, everyone feels most confident when their skin is its healthiest. Visit my studio for a complimentary skin care screening. Take action to prevent and minimize skin damage, so your skin is nourished, protected and healthy for many years to come.

Makeup

To keep lip color from running trace along outer edges of your lips with a lip liner and you can also apply lip liner all over lips before apply lip color.

Lighter lipstick shades makes lips appear fuller. Bright, warm colors help you and your lips look younger.

Apply a gloss to just **the center of lips**, then press them together.

For thick yet defined lashes, dot black shadow between your lashes before applying mascara: this makes them look fuller.

It doesn't have to be a special occasion for you to dress up. You can wear liquid liner to the grocery store – you're a woman.

Liquid eyeliner adds a touch of drama and glamour to any look.

Eye color should accent the eyes. So for a look that keeps the focus on your eyes – blend, blend, blend!

Hair Style Success

The best hairstyle for today's woman is one that does not require a lot of work.

Color your hair for more excitement and confidence.



Michelle Moore Bell

Beauty & Hair Styling Consultant

www.michellemoorebell.com

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BWN Partners with 'Our Weekly' to Support Black Owned Businesses in the Community

Gwendolyn Goodman – BWN Community & Public Relations -2013 Chair



Coming on September 27 and 28, 2013 to the Los Angeles Convention Center is the West Coast Expo (WCE). This uniquely targeted two-day signature event spotlights Black owned business in the community unlike anything since the Black Business Expo's of the past. The West Coast Expo is an exposition and trade show for small, medium, and large businesses with goods, products and services to market on the West Coast. The featured pavilions are business, technology, green & health professionals, as well as eco-friendly companies with a focus on sustainability, to collaborate, educate, innovate, and share their expertise with attendees to help enrich and balance their personal and professional lives through:

- Nutritional demonstrations and healthy well-being clinics and workshops
- Business operational literacy support necessary to grow, thrive and sustain in today's global market
- Technology usage to elevate learning, facilitate capacity building and enable participants to stay connected, informed and share information cost effectively

Additionally, each pavilion offers attendees unique, informative and exciting opportunities to interact with experts, specialists and vendors, enabling them to learn about, evaluate, test and purchase products and services. Sustainability lessons and exposure to secure the future that Black Women's Network share with the networking vision of the organizers of the West Coast Expo, will offer many fun and informative opportunities to connect with peers, exhibitors, and experts who have a similar commitment, successes and challenges. From the opening day breakfast session, media personality fashion show, food demonstrations, interactive seminars, to one-on-one chats and hands-on trainings, the weekend will be fully loaded with opportunities to learn, share, bond, and build relationships.

Black Women's Network will host a booth in the pavilion managed by member volunteers. Attendees of the West Coast Expo will make solid investments in themselves, their organization, and their mission – and it won't take long to realize a return on investment.

BWN members are asked to sign-up to volunteer at the September BWN meeting or email bwinfo@blackwomensnetwork.net and provide contact info: name, mobile phone, email and hours of availability to work in the booth and someone will contact you to confirm scheduling.

- To learn more about the West Coast Expo go to: <http://westcoastexpo.biz/about/#sthash.5CELUpB9.dpuf>

Purchase Your Ticket Today for the BWN Annual Breakfast Forum

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visit us online at www.BlackWomensNetwork.net



Meeting Highlights...

When members and guest attend a BWN meeting they are always expecting to have fun while networking. There's food, dancing, ice-breaker games, raffles, vendors and much, much more...

BWN Meetings are held on the 2nd Saturday of each month (except in August) at Rogers Park, Inglewood, CA. For additional information visit our website at www.blackwomensnetwork.net or call our 24-hr voicemail at (323) 964-4003



The June meeting featured Mental Health specialist, Michael Turner from NAMI (National Alliance on Mental Illness) and book author Pamela Samuels Young.

NAIM, located at 4305 Degnan Blvd., Ste 104, Los Angeles, CA 90008, offers a **free**, 12-week course for adult family members of individuals with severe mental illnesses to help them cope and identify signs of **Schizophrenia**, **Major Depression**, **Bipolar disorder** (manic depression), **Panic Disorder**, **Obsessive-Compulsive Disorder**, **Borderline personality disorder** and **Co-occurring brain disorders** and addictive disorders. Family members of people with serious mental illnesses often experience considerable worry, stress, and the need for information and support as they try to assist their ill relatives and adjust to the changes that serious mental illness brings to the family unit. To find out more about the organization and sign-up for a class visit <http://www.namiurbanla.org/>.



Pamela Samuels Young, an attorney and Essence best-selling author of five legal thrillers, *Every Reasonable Doubt*, *In Firm Pursuit*, *Murder on the Down Low*, *Buying Time* and *Attorney-Client Privilege*. She has always abided by the philosophy that you can create the change you want to. Fed up with never seeing women or people of color depicted as savvy, hotshot attorneys in the legal thrillers she read, Pamela decided to create her own characters. One of Pamela's favorite quotes comes from the movie mogul Tyler Perry; "We don't want to have to wait for somebody to green-light our projects. We can create our own intersections." As a former journalist turned attorney and author, she knows a thing or two about creating opportunity. Now she's helping others realize their dreams. To purchase her books visit the website at <http://www.pamelasamuels-young.com/books/index.html>



When 13-year-old Brianna is ensnared in the horrifying world of human sex trafficking, her Uncle Dre, a former drug dealer, scours the dark corners of L.A. determined to find her. Dre ultimately comes up with a daring plan that puts many lives in danger. But will he find Brianna before it's too late?



In July Black Women's Network members and guest celebrated their independence. The theme for the meeting was "Let Your Freedom Ring!" with special guests Dr. Denise Ridley Davis and The Performing Arts For Life And Education Foundation (P.A.L.E.F.).



PALEF began as the Dr. Martin Luther King, Jr. Gospel Songfest in 1991. Mr. Charles Douglas, Artistic Director, and cast captivated the audience with a spectacular rendition honoring Dr. Martin Luther King Jr., Nelson Mandela and President Barack Obama. Contact information for PALEF:

4410 S. Budlong St., Los Angeles, CA 90037

Phone (323) 299-2827

Email PALEF.org@gmail.com

Web <http://www.PALEF.org>
<http://www.PALEFOrg.blogspot.com>



Dr. Denise Ridley Davis is a financial planner at Retirement Benefits Consulting, LLC in Tarzana, California. She has been doing financial planning since 2006 and achieved the status of CFP® professional on January 9, 2013. Dr. Davis shared her expert knowledge on financial planning for women and their finances.

Serving the community

Leimert Park Village Book Fair 2013



The Leimert Park Village Book Fair hosted another year on June 29 in the City of Los Angeles with over 150 celebrity readings, book signings, writing workshops, panel discussions, poetry readings, stage performances and musical performance during this day-long festival. Thousands book lovers, families, and fans of all ages will converge on the Vision Theatre backlot in historic Leimert Park to celebrate the written word.

BWN member volunteers were present to network and provide information about the organization. The entire day was filled with fun activities and people who love and enjoy reading as well as authors, writers, poets, etc.

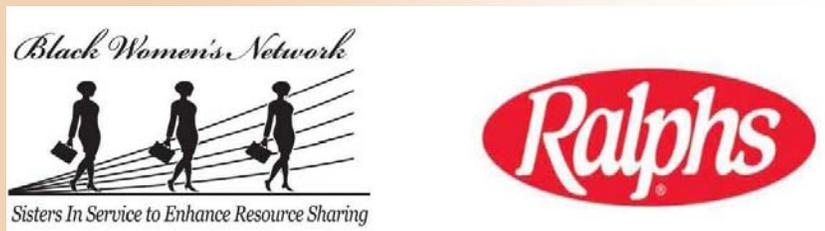
The Lemeirt Park Village is emerging as one of Los Angeles' premier African-American cultural centers and commercial districts in Los Angeles. Bounded by Crenshaw Blvd, 43rd Street, Leimert Blvd and Vernon Ave, it is home to more 125 business owners.



BWN Announcements

Black Women's Network and Ralphs have joined together in an effort to raise funds for the organization. We ask that all members inform their friends, families, and acquaintances to support the organization by registering.

Thank you , from the Ways & Means Committee, 2013



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Thank you for your support.

*note: You may need to register your card (create an Account) online before signing in.

BWN Meeting/Event Calendar

- | | |
|---------------------|--|
| September 14 | General Business Meeting (Members only) |
| October 12 | Networking Seminar |
| October 19 | Annual Business Career/Networking Breakfast Forum |
| November 9 | General Business Meeting (Members only) |
| December 14 | Board of Directors Installation |

BWN Business Advertisement



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Black Women's Network (BWN) is a
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and Professional Women's Organization.



Yolanda D. Evans

Business Consultant
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TIME TO GET OFF THE BEATEN PATH?



BWN Quarterly Newsletter

Interested in becoming a member?

Visit our website at
www.blackwomensnetwork.net

Or

Attend a meeting to network and
learn more about our organization.



Happy Birthday to YOU!!!

All BWN Members born in the months
of July, August and September we hope you
had/have a wonderful
birthday celebration and wish you many
blessings to come.



Black Women's Network



Sisters In Service to Enhance Resource Sharing

Black Women's Network
Mailing Address:
P.O. Box 56106
Los Angeles, CA 90056

Black Women's Network (BWN) is a Non-Profit 501(c)(3) nonpartisan Business and Professional Women's Organization. Our mission is to serve as a communication vehicle linking business women with each other for the purposes of resource sharing, career advancement, patronage of BWN member businesses/services and networking.