

The Press Democrat
Sonoma County
Women
in conversation

EXPERIENCE

Presented by



FEATURED DAYTIME TALKS

personal motivation talks presented by female entrepreneurs

Time	Presenter	Topic
4 – 4:15 p.m.	Rhonda Roman, owner, Fleet Feet Sports	Importance of a good sports bra
4:15 – 4:30 p.m.	Nicole Humber, owner, Bravo Restoration Construction	Not allowing limiting beliefs to deter your success
4:30 – 4:45 p.m.	Kim Manley, owner, KM Herbals	Holistic fresh skincare ... awakened radiant beauty
4:45 – 5 p.m.	Julie Nation, owner, Julie Nation Academy	Top 10 actions to achieve the life you want
5 – 5:15 p.m.	Helen Russell, Co-Founder & CEO, Equator Coffee and Teas	Starting a business is one thing, building a business is something totally different
5:15 – 5:30 p.m.	Serafina Palandech, Co-Founder, Hip Chick Farms	For the love of food family: transparency in building a resilient start-up
5:30 – 5:45 p.m.	Duskie Estes, Co-owner, ZAZU Kitchen + Farm, Black Pig Meat Co. and Black Piglet Food Truck	What's it like to be the Queen of Porc?
5:45 – 6 p.m.	Tina Montgomery, General Manager, SOMO Village	10 principles to a healthier & happier lifestyle

About the daytime speakers:

Rhonda Roman, owner, Fleet Feet Sports

Rhonda Roman has owned and run Fleet Feet Sports in downtown Santa Rosa for the past 20 years. She is passionate about community health and health education. During the rare moments Rhonda is away from her first baby, Fleet Feet Santa Rosa, she is home parenting her second and third children, Madeline and Avery. During her spare time, she enjoys long trail runs in Annadel State Park.

Nicole Humber, owner, Bravo Restoration Construction

Nicole Humber, a master of none but a Jill of all trades, a woman who has worked her way up in less than 10 years from a receptionist to the owner of Bravo Restoration & Construction, an industry once only occupied by men. She has her hands full with leading a phenomenal team that are there when disaster strikes in peoples properties as well as a mother of 2 young strong-willed boys and wife of 1 pretty awesome supporting husband. She's striving for Bravo to be recognized as the #1 emergency service company in the North Bay who you are grateful to have encountered after unexpected disasters have hit.

Kim Manley, owner, KM Herbals

Kim Manley is the founder of KM Herbals, Inc. – a practicing Herbalist, Aromatherapist, Massage Therapist, and celebrated educator who embodies a unique approach to mindfully-crafted aromatherapy and botanical personal care products.

Julie Nation, owner, Julie Nation Academy

Julie Nation became involved with Self-Improvement and Modeling Programs for what it did for her self-esteem, at the age of 27, challenged with being a single mother with four small children. One of the greatest discoveries she's experienced in life is that courage, commitment, and compassion create the vision of one's life, but are also skills in solving obstacles. As a wife, mother, business owner, she relies on these skills daily!

Helen Russell, Co-Founder & CEO, Equator Coffee and Teas

Co-Founder & Chief Executive Officer, As a co-founder and CEO, Helen leads Equator forward. From its small roots in a Marin County garage two decades ago to the nationwide business it is today, Equator continues to grow, thrive, and stay faithful to its values under Helen's guidance.

Serafina Palandech, Co-Founder, Hip Chick Farms

For Hip Chick Farms founders Jennifer Johnson and Serafina Palandech, the "aha" moment came about six years ago, when they realized how popular chicken fingers were with the kiddie crowd. Johnson, then a personal chef for billionaires Ann and Gordon Getty in San Francisco, was also cooking for the 20-some children who attended the private Montessori School the Gettys had set up in their house for their granddaughter. From that experience, the Hip Chick idea was born: Why not create a branded line of organic, all natural chicken bites that the rest of the world could enjoy? How hard could it be?

Duskie Estes, Co-owner, ZAZU Kitchen + Farm, Black Pig Meat Co. and Black Piglet Food Truck

Duskie Estes is the co-chef owner of Zazu Kitchen + Farm and Black Pig Meat Co. in Sebastopol with her husband, John Stewart. Together, they were crowned “KING & QUEEN of PORC” at the Grand Cochon at Aspen Food & Wine 2011. Duskie was a fierce competitor on the Food Network’s Next Iron Chef, season 3 and season 5 and is currently a judge on Food Network’s Guy’s Grocery Games. Zazu is authentically farm-to-table, farming in three locations in Sonoma County and raising their own rabbits, chickens, duck, sheep, goats, and pigs.

Tina Montgomery, General Manager, SOMO Village

Tina Montgomery, General Manager, SOMO Village A professional with over 30-years’ experience in commercial real estate management and marketing. Her career has brought her to manage a wide range of aspects from Facilities to Marketing as well as Community Building, Media and Outreach.