



Visit **Motion Specialties**
Peterborough Online

ANDREA SHEWELL has over 20 years experience as a Certified Mastectomy Fitter.



April 24, 2014

Hello

Only two meetings left; how did that happen? Read on to find out what's in store for May.

Do you know anyone interested in becoming a WBN member? They can join now for next year and the fee will include the last two months of this year. See Board News for more details. You will also find information about our May 7th AGM.

And of course - don't forget to vote for "Member of the Year" before April 30th.

Feel free to scroll through or use the "In This Issue" menu to jump right to an area you are interested in.

President's Message

Hello!

In case you haven't heard, I've been promoted and I'm now your President as well as your Treasurer. Given that it is April and I'm an accountant, my first President's message is brief, but I must say I'm thrilled to be involved in this fabulous organization. I'm really looking forward to the next year.



For our next meeting on May 7th we will be welcoming Spring with a look at our health and wellness with Dr. Natasha Turner - a name you may recognize from appearances on The Dr. Oz Show!

Prior to the meeting May 7th, I hope you will join us for the AGM so that we can pass some constitutional amendments, provide you with some financial information, and introduce you to next

IN THIS ISSUE

[President's Message](#)

[Spring at the WBN - Video](#)

[Dr. Natasha Turner in May](#)

[Board News](#)

[What's the Next Business Spotlight?](#)

[Donate a Gift](#)

[Our Last Great Spotlight Event](#)

[Member News](#)

[Community News](#)

[WBN Member of the Year](#)

[Post a Comment](#)

[Sun Protection Tips](#)

[Board Members](#)

Quick Links

[WBN Website](#)

[Guest Registration](#)

[WBN Store](#)

[Member Directory](#)

[Board Members](#)

[Join the WBN](#)

[Program Information](#)

WBN Member Ads

year's Board of Directors.

We are putting the finishing touches on the June end-of-year event. We promise that it will be a great year-end wrap-up with some laughs as you prepare to say "See You in September" to all your friends!

See you all on May 7th!

Take care.

Gwyneth James
WBN President

Captured in Pictures

This video captures a few great WBN moments:



April at the WBN

For more pictures check out our Facebook page: [f](#)

Member Meeting May 7, 2014

Dr. Natasha Turner is North America's leading naturopathic doctor and founder of the Clear Medicine Wellness Boutique in Toronto, Canada.

Bright, energetic and practicing what she preaches, her goal is to inspire others to make positive lifestyle choices in order to enjoy healthier lives.



Dr. Turner is the New York Times Bestselling Author of The Hormone Diet and The Carb Sensitivity Program.

She was recently recognized by the Ontario Association of Naturopathic Doctors as being a leader in her field and is a regular guest expert on The Dr. Oz Show and the Marilyn Denis Show. Visit her [website](#) and see her on [Dr. Oz](#).

Board News

For Your Guests: Anyone who registers now as a member for the next WBN year (September 2014 - June 2015) can attend the next two months of this WBN year as well. The



Black Cap
DESIGN

Web Design & Development



Carrie Wakeford
Project Manager

www.blackcapdesign.com



dog walking
leash training
specialized care

Cheri Anderson
Professional Dog Companion
info@thecrateescapePTBO.com



it's all about your dog

Your Ad Here

Would you like your ad here, in the sidebar of each WBN newsletter?

Visit the [WBN online store](#) to book your spot.

Note: We will need a picture or logo (155px Wide x 233 px High, Max file size 350 KB) and a link to your website.

For more details, download the [WBN Ad Sales Sheet](#).

Visit the WBN Store

[registration form](#) is available on our website or you can contact our Membership Director [Tracy Huang](#) for more information.

AGM: Please join us at the WBN AGM 5:00, May 7, 2014 at the Holiday Inn, just before our member meeting.

Cancellation: Did you know that we often manage a wait list for both members and guests after our registration closes on the Friday before each meeting? Please help us by contacting [Lisa Gorgerat](#) if you need to cancel.

Ombudsperson: The WBN is an organization that is designed to be inclusive, supportive and positive. You have a place to present your concerns in a safe and confidential manner and without judgement. If you have questions or concerns, please contact our Directors at Large [Cardlyn Corp](#) (705) 742-6185 or [Theresa Foley](#), (705) 876-7773 x 625.

Mentor: Assist other members by contacting [Tracy Huang](#).

Exhibit: Last chance for an Exhibitor Table this year. Set up a display table in the Garden Court during the social hour on May 7, 2014. Book online at our [WBN store](#) or contact [Cara O'Grady](#).

Share: Find out how you can contribute to the newsletter by visiting the [Newsletter](#) page of the WBN website.

[Back to Top](#)



April Door Prizes

Thank you:

[Kim Paget](#) - Paget Dental
[Lisa Smith](#) - Holiday Inn
[Kerri Davies](#) - Canadian
Mental Health Association
[Anne Driscoll](#) - MS Society
[Shannon Gray](#) - Sugar Me
Right!
[Meredith Pilley](#) - Meredith
Pilley Counselling Services
[Monika Carmichael](#) - Trent
Valley Honda

Business Spotlight - May 14, 2014

Judith Buys
CORNERSTONE FAMILY DENTISTRY
681 Reid St., Peterborough
Drop in from 5:00 to 7:00
705-749-0133
judith@judithbuysdentistry.com

Dr. Judith Buys and her team invite you to attend the next WBN Business Spotlight at CORNERSTONE FAMILY DENTISTRY.

Our office, located at 681 Reid St., will open its doors to provide you with an evening of exploration. Our team will be there to answer questions on dental health and services that are available in dentistry today. We will have available photos and testimonials from patients. Clients that have received our various services will also be on hand to discuss their experiences and answer any of your questions. Take a look in the mirror. Are you happy with what you see? Are there questions concerning your smile or that of your family members? Just ask us! We would love to help. We will do our best to inform and educate you about the recent advances in dentistry and how they can help your smile.

As our team says, "We are here BUILDING RELATIONSHIPS, CREATING SMILES."

Hope to see you on May 14th.

Gift Opportunity

June is fast approaching and we're all excited to enjoy our last gathering of the year. In lieu of table-drops we are offering you the opportunity to donate a gift valued at approximately \$50 for

our draw prizes. This is a wonderful opportunity to remind the membership of your business or service and give them something to take home over the summer!

We are hoping for 20 prizes. If you can donate a gift, please contact me.

Thanks and see you in May!

[Theresa Foley](#)
Director at Large

April's Business Spotlight Success



This month, the WBN was treated to a fantastic Spotlight at Miranda's Studio. We had a tour of her studio and learned a few tricks about using Photoshop to make people look natural, while removing some of the things we don't want to have stand out- whitening teeth, removing blemishes and fixing fly away hair. The food treats from B.E. Catering were delicious and the chocolate from Naked Chocolate made it difficult to only eat 2 or 3! To top it off, Miranda had incredible prizes from her neighbouring business friends.

This was a lovely after work outing and a great opportunity to learn about another member's interesting business, as well as a chance to relax and chat with fellow members. Thanks Miranda and staff for a fantastic Spotlight.

Theresa Foley
Director at Large

Member News

Michele Kadwell-Chalmers: Light up the night & add warmth to your outdoor space with a beautiful Regency fire table from The Original Flame. Regency brings a fresh modern look to outdoor living with gas or propane fire tables & fireplaces, delivering warmth, durability & style with just the flick of a switch! Drop into [The Original Flame](#) before May 31st to save up to \$300 on select Regency outdoor fireplaces!

Doris Carveth: Brant Basics is pleased to announce that Tanya Altenburg has joined our team. Although she's new to Brant, she has years of experience in our industry. Call Tanya for help finding the best Office Product solutions for your business. Look on-line www.brantbasics.com for our competitive, regular prices and flyer sale prices, call us, or drop into the store – free parking off Water St.

Next Month: Submit your information (60 words or less) for this

section by the 15th of each month. Complete the [form](#) on the newsletter page of our website or send your information to: news@womensbusinessnetwork.net.

Community News

Yvonne Lai: The Peterborough Partnership Council on Immigrant Integration and New Canadians Centre are happy to welcome Kemi Akapo as our interim Employment Services Coordinator / International Student Liaison. Are you interested in mentoring a new Canadian? Want to publicise opportunities in your workplace through peterboroughcareers.com? Contact Kemi at kemi@nccpeterborough.ca

Lyn Giles: Duke's Trail Tour: Sunday, June 22 from 1:30-4pm. Duke and Sofie are inviting you and your favourite furry friend to a special walk in support of the Peterborough Humane Society. Duke, a PHS rescue, overcame the abuse he suffered with the love of his Forever Family. They want to spread the love and get trekking the trails for a great cause. Visit www.ptbohs.com or call 705-745-4722 x207 for info.

Lynn Zimmer: It's spring; time for the YWCA FREEDOM WALK! Join us Saturday, May 3 at Nicholls Oval Pavilion for a family friendly fundraising walk to support women & children in our community through YWCA Crossroads Shelter and Food Action Programs. [Sign up](#) or see the amazing [sponsorship opportunities](#).

Lynn Zimmer: YWCA WALK A MILE IN HER SHOES: Help end violence against women in our community. Get the men in your life involved - send them the link to register; become an [Event Sponsor; pledge a Walker](#). Please join us Friday, May 30 and cheer on the Walkers! All proceeds directly support women & children in our community through YWCA Crossroads Shelter Programs.

Betty Halman-Plumley: I am excited to announce the 3rd annual Peterborough Rotary Club Spelling Bee! Both Junior and Senior students are able to participate in the Bee. The top 4 students from each category advance to the Rotary Spelling Bee on May 10 at Fleming College! If you know of students or schools that wish to participate...feel free to contact me at 705 876-1282 ext 256 or email spellingbee@peterboroughrotary.ca

Next Month: Submit your information (60 words or less) for this section by the 15th of each month. Complete the [form](#) on the newsletter page of our website or send your information to: news@womensbusinessnetwork.net.

WBN: Member of the Year Award

The WBN "Member of the Year Award" was created by long-time member and Past President, Maureen Tavener, to honour one of our outstanding members.

Members are asked to vote online by secret ballot. To vote, you must click on the link in the email sent by the WBN on April 5th with the subject line "**TIME SENSITIVE: Member of the Year voting is now open!**" The award will be presented at the May meeting.

Post a Comment

Did you know that you have a place to recognize a WBN

member year-round? You can post comments anytime by logging into our website and clicking on "[Member of the Year](#)".

Protecting Hardwood and Furnishings from Sunlight

The sun soaking through our windows often draws us Canadians in the cold winter months. The warmth and comfort attracts us, and we may actually find ourselves uncovering the windows and curling up with a good book, or taking a nap in these areas.

Just like our skin, wood and cloth surfaces are sensitive to ultraviolet light and heat, causing them to change color, break down, or develop an undesirable patina.

Controlling light has always been an issue. Builders, and homeowners alike, have gone to great lengths to bring natural light into homes. Shutters, awnings, and deep porches are a few of the low-tech methods used in the past to control light from the exterior.

To date, many of us have used full draperies, blinds or window shades in our homes. Although these solutions are capable of blocking those harmful rays, they also block the sunshine itself and can make us feel "cooped-up."

Newer technology has introduced special window gases and films. However, we still need to protect our flooring and furnishings from the destructive UV rays that manage to penetrate plain glass, and energy efficient Low-E glass. Often we don't notice the thousands of dollars in damage until we lift an area carpet or move furniture in a room.

Today we can take advantage of some high-tech materials and approaches such as "solar shades." New selections in solar shades maintain the view to the outside, while keeping interiors comfortable, and cool in summer. They also block UV rays to protect furnishings, flooring, and art work from fading.

Openness levels are available for every preference. Shades with lower openness are becoming increasingly popular and provide more privacy than those with a higher openness factor. However, for the rooms requiring less privacy, the higher openness allows more light and a better view to the outside.

Combining these with drapery panels completes a decorative and functional window treatment.

Donna DuMoulin: Impact Staging and Design.

Board Members (2013-2014)

The WBN Board of Directors have created new opportunities this year for members to Connect, Develop and Grow. We welcome your comments, ideas, feedback and opinions.

You can find us on the [Board of Directors](#) page of our website or you can contact us by email using the links below.

WBN Board of Directors 2013-2014

President: [Gwyneth James](#), Member Concerns, Protocol

Past President: [Cheri Anderson](#), Board Nominations and

Privacy Issues

Treasurer: [Gwyneth James](#)

Secretary: [Lisa Gorgerat](#), Member RSVP's, Guest
Reservation, Cancellations

Membership Director: [Tracy Huang](#), Membership Information,
Application & Rates and Badges

Program Director: [Cara O'Grady](#), Booth & Table Drop
Registration Program Feedback

External Communications Director: [Sofie Andreou](#), External
Newsletter, Social Media, Videos Showcasing Members

Member Communications Director: [Carrie Wakeford](#), Member
Newsletter, Ads, E-Blasts

Director at Large: [Carolyn Corp](#), Spotlight Events, Online
Store Community Involvement, Ombudsperson

Director at Large: [Theresa Foley](#), Spotlight Events, Online
Store Community Involvement, Ombudsperson

Strategic Planning Director: [Marilyn Cassidy](#)

Newsletter Opportunities

As a WBN member you can:

1. Place your linkable ad in our new [e-newsletters or e-blasts](#)
2. Place a Video Ad in our newsletter - sent to both Members and the Community at large!
3. Be selected to be featured in a Video stating the three reasons you love WBN!
4. Submit a "Feature Article" as our "Guest Writer" (up to 600 words)
5. Submit "Member News" content by completing the [form](#) on the WBN website
6. Submit "Community Event" information by completing the [form](#) on the WBN website

For more information about how you can contribute, please contact us at:
news@womensbusinessnetwork.net

[Back to Top](#)



**Caring for your smile since 1987.
Dental referrals not necessary.**

Peterborough & Lakefield
705 742-7703 705 652-6604
1 888 742-7775
www.pagetdentureclinic.com

Paget
DENTURE CLINIC

   @PagetDenture