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April 22, 2015

Hello



Spring, what a good time to start planning. Join us for our AGM at 5:00 just prior to our Member Meeting May 6, 2015.

In this newsletter you will also find information about our new WBN Sponsorship opportunities, our final Business Spotlight of the year, an excellent feature article about Self-Care and a board testimonial.

President's Message

Hello ladies!

April brings showers and long hours for accountants so I am looking forward to May. Luckily our May meeting will have lots to look forward to for everyone because you all get to meet our new Board members at the AGM and we announce our Member of the Year at our regular meeting. Plus the speaker, Claudia Harvey, has created a successful business from the ground up



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WBN Member Ads

so I hope she will have some good guidance for us. See you there!

Take care,

Gwyneth
WBN President

Captured in Pictures



WBN in April

For more pictures check out our Facebook page: 

NEW: WBN Sponsorship Opportunities

We are pleased to offer WBN members exclusive first right of refusal to new sponsorship opportunities! Two events are currently available - be the first to book as a sponsor for our June or September WBN member meetings.

Three levels of sponsorship are available. Please review the attached [Sponsorship PDF](#) for details.

Don't miss this opportunity to get in front of the lucrative community of Peterborough business women.

Please contact Directors at Large [Louise Shea](#) or [Catia Skinner](#) to book.

WBN on Social Media

 Facebook,  Twitter,  LinkedIn,  a Blog,  YouTube

Join the conversation, learn from others, watch our videos and find your most recent picture.

Don't forget to join our members only LinkedIn group so you can share with and learn from other WBN members.

Speaking of pictures... please feel free to "tag" yourself when you see a picture you're in on [Facebook](#).

Donate a Door Prize

Everyone loves to win a door prize.

Donate a door prize (value \$35.00) and have the opportunity to



Betty Johnson's
Home Selling Team
cell: 705-749-7934
betty@bettysellshomes.net
RE/MAX Eastern Realty Inc., Brokerage

WBN Mission

To Promote and Support
Women in Business through
Personal and Professional
Growth Opportunities.



Carrie Wakeford



Black Cap
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Web Design & Development
www.blackcapdesign.com

WBN Vision

To strengthen our community
by supporting, empowering &
inspiring women in business.

ALTERNATIVES
COMMUNITY
PROGRAM SERVICES
Employment Supports
Job Coaching Screening
Advertising Wage Subsidy
*Making a difference
for people who
make a difference*
Jennifer Cormier
Program Director
alternatives_icormier@yahoo.ca
705-742-7038 Ext. 235

introduce yourself and your business as you draw the winning ticket.

For more information please contact Directors at Large [Louise Shea](#) or [Catia Skinner](#).

Board News

Lunchbox Learning: This year WBN members can attend the Chamber of Commerce "Lunchbox Learning" sessions for free. To register for the next session, please email: reception@peterboroughchamber.ca.

Corporate Guest Rate: There is a new "guest" rate of \$30.00 for corporate members' employees. For more information contact Membership Director [Glenda Vandermeulen](#)

WBN Member Business Showcase: Exhibitor Tables are \$20 AND we have a free community table where members can display marketing materials. If you have any questions, please contact [Program Directors](#) Cara O'Grady or Denise Travers.

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Join the WBN Board



As I near the end of my two year term on the WBN Board of Directors I have been asked by several members what it's actually like and whether I would recommend joining the Board. It has been a great experience; I have learned a lot; I have met some amazing people. I believe that the best way to develop your entrepreneurial skills is to spend some quality time with other entrepreneurs; and I must say I have had the opportunity to learn from some of the best. I am proud of the decisions we have made and the direction we have taken.

If you're looking for an opportunity to learn, laugh and lead while strengthening our community, consider the position of Member Communications. For anyone on the fence, if you're not afraid of rolling up your sleeves, you will love the WBN Board experience.

[Carrie Wakeford](#)

Director Member Communications

May 6, 2015 - Claudia Harvey



[Claudia Harvey](#)

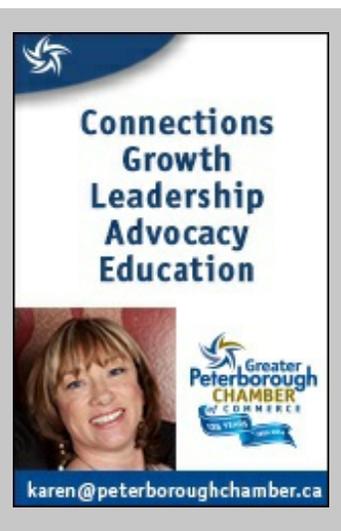
Member Benefit:

Members can [purchase](#) Linkable Ads & Video Ads in our e-Newsletters & e-Blasts. Want more info - contact Member Communications Director [Carrie Wakeford](#).



Member Benefit:

Any member can write a [Feature Article](#) for our Monthly Newsletter & WBN Blog.



Member Benefit:

Any member can [share news](#) about their business, products or services in our monthly Newsletter FREE each month.

Success in partnering with Kevin O'Leary, one of Canada's notorious Dragons from the CBC's Dragons' Den and over 20 years of business experience in corporate and entrepreneurial settings, Claudia Harvey is sought after as a Keynote speaker for Corporate functions, Association meetings and Conferences.

Claudia is co-owner of Dig It Apparel Inc and oversees the Operations. Creating the business from the ground up provided personal and business growth as well as valuable insight into what it takes to successfully create and launch a start up. Using this insight, Claudia also helps small businesses get off the ground, achieve their vision, initiate and maintain their growth and succeed in their chosen niche. As a coach and advisor, Claudia will work with small business start-ups and ongoing enterprises, providing as-needed and/or on-going support.

Event Schedule

May 6, 2015: **Claudia Harvey** - Creating a Business
Also the night of our Member of the Year Award Presentation

June 3, 2015: **David Peck** - Our end of year celebration.

For details, visit the [Program Page](#) of our website.

Self-Care Tips for the Selfless Professional

Louise Racine - [Thirteen Moons](#)

As women, we are usually the caregivers - always there for others - family, partner, kids, parents, boss, staff, community. We wear our superhuman powers like a badge of honour. Somehow we expect to keep going and going, like the Eveready bunny, fixing, consoling, organizing, supporting, and loving everyone but ourselves. Sadly, for some, the only thing that slows us down is illness.



There is an option. What if we actually made ourselves a priority? Right now. Not when circumstances allow it. Today, before we are forced to make the changes that we need to be vibrant and happy.

Here are a few suggestions that might inspire you to take action.

Practice Positive Self-talk - Be aware of the self-limiting beliefs you hold that tell you that you are not worthy, you are not good enough, there isn't enough time, money, etc., without judgement. Consider whether these refrains are completely true, usually they are not. Recall an incident that dispels your negative belief, and reframe the thought to one that better serves you. Get in the habit of doing this consistently and watch how things shift for you.

[Read more....](#)

Business Spotlight - April, 2015

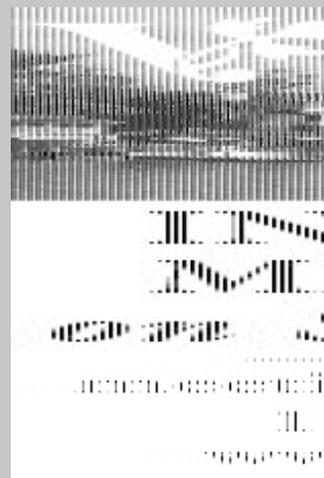
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Member Benefit:

Any member can [share news](#) about their volunteer activities & community events in our monthly Newsletter FREE each month.



2014 - 2015 WBN Board Members

Do you have questions or comments for the [Board of Directors?](#)

President:

- [Gwyneth James](#)

Past President:

- [Cheri Anderson](#)

Treasurer:

- [Andrea McLeod](#)

Secretary:

- [Mary McGee](#)



Heartfelt thanks go out to Jane Crane and the staff of Summit Terrace for hosting this month's WBN Spotlight event.

What a wonderful evening held in a spectacular setting. Jane and her staff provided members a tour of Summit Terrace, which includes beautiful spacious suites, an exercise room, a spa room and an amazing dining room. They graciously treated us to some delicious treats and wine as well as their signature coffee.

There was also a display of the various services that are available for the individuals that reside at Summit Terrace. Some members were lucky enough to win gift certificates for a massage, reflexology session, and a pedicure, just to name a few.

Thank you Summit Terrace for making us feel at home.

Louise Shea
Director at Large

Business Spotlight - May 13, 2015

You are invited to the WBN Spotlight at Adaptive Health Care Solutions on Wednesday, May 13th from 5 pm to 7 pm. Your host is Katherine McInnis.



Our philosophy at Adaptive Health is simple. Our focus is our clients' needs. We are experts in our field and we work with our clients to meet their needs for better health, well-being, and enjoyment of life. At Adaptive Health, we offer a wide array of health care services to the general public including physiotherapy, massage therapy, kinesiology, foot care, homeopathic medicine, holistic nutrition, and counselling services. We also work with employers and insurers to provide chronic illness and injury rehabilitation programs, and workplace solutions.

We are looking forward to hosting the dynamic women of the WBN. Refreshments will be provided. There will be door prizes.

Adaptive Health is located on the 3rd Floor of the new Medical Arts Building at 270 Charlotte Street, on the corner of Charlotte St. and Bethune Street. There is plenty of free parking behind the building.

Member News

Membership Director:

- [Glenda Vandemeulen](#)

Program Directors:

- [Cara O'Grady](#),
- [Denise Travers](#)

External Communications:

- [Sofie Andreou](#)

Member Communications:

- [Carrie Wakeford](#)

Directors at Large:

- [Louise Shea](#)
- [Catia Skinner](#)

Strategic Planning Director:

- [Theresa Foley](#)

Volunteer

Board, committees, table facilitators, greeters, introductions, marketing, event, program and strategic planning

Join a WBN Committee

Would you like to join a WBN Committee?

Marketing and Communications

- [Sofie Andreou](#)
- [Carrie Wakeford](#)
- [Catia Skinner](#)
- [Louise Shea](#)
- Lorie Gill
- Marilyn Cassidy

Membership

- [Glenda Vandemeulen](#)
- Susan Dunkley

Program

- [Cara O'Grady](#)
- [Denise Travers](#)
- Marilyn Cassidy
- Meredith Pilley
- Tanya Althenburg

Strategic Planning

- [Theresa Foley](#)

Michele Kadwell-Chalmers - [The Original Flame Inc](#)

Are you considering a backyard makeover? The first thing you need is a fire feature to create light, warmth and create a focal point. The Original Flame and Regency fireplaces are pleased to offer up to \$500 off natural gas or propane fire tables until July 6th! Drop by and see the options and don't forget we now have water fountains too!

- Catia Skinner
- Colleen Carruthers

Mary McGee - Free Seminar on Pre-Planning Your Final Arrangements; Understanding the Executor Role and New Rules; and Gifting to the Next Generation. Get all of your questions answered without sales pressure. From two women you know from WBN – Mary McGee, Little Lake Cemetery, and Eileen Madder, Manulife Financial. Tuesday, May 12th. 2:00-3:30 pm, or 7:00-8:30 pm. More info www.littlelakecemetery.com

Lorie Gill - Co-Host of the [Measurement Doctor](#) Podcast is looking to connect with Women in Network Marketing (MLM) to interview for an upcoming Article/Blog Series to be published at LorieGill.com. Theme is about "Diversification" with Network Marketing Businesses being a focus. Interested Email - lorie.gill@gillsolutions.com

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.

New WBN Members

Our membership continues to grow.

We have new members to welcome.

[Mary Giuffre](#): inspirtainment inc.

[Sharon Abraham](#): State Farm

[Meghan Moloney](#): Meghan Moloney Communications Consulting

Member Benefits

Networking, linkable ads, feature articles, member news, community events, exhibitor tables, trade shows, website profiles and social media. Speakers, Spotlights, professional development and mentoring programs.

For more information contact Carrie Wakeford at: news@womensbusinessnetwork.net

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COUNSELLING SERVICES
(705) 960 1618 www.meredithpilley.com

