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November 20, 2015

Hello



*HAPPY
HOLIDAYS*

President's Message

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Register Now

**Registration is now
open for the January
6th meeting**

PLEASE RSVP By Noon on
Monday, January 4th

Invitations should be in your
mailbox now.

Registrations can be done by

Here we are again, the month thanks sandwiches merriment between hectic and stress. We're faced with the challenges of getting the most out of your business; having enough money and time to do your Christmas shopping; and making sure all the "i's" are dotted and the "t's" are crossed, as for some businesses, December is a make or break month. For me, I have to add preparing music and extra rehearsals for all our Christmas gigs and for the 3 churches I do the music ministry in! Sometimes I have to check my day timer 3 or 4 or even 5 times a day to make sure I haven't missed something. My fear in all this busyness is that we risk losing the beauty and peace this month's preparations are all about. In our hurry to make things perfect, we risk frustration, stress and sometimes, even unpleasantness. Remind yourself, every day, to remember why you want this season to be perfect. Remind yourself of what "perfect" means to you. Take the necessary time to be quiet. To stop rushing for a few minutes. To really focus on the people around you.



This has been a very interesting and successful year so far for the WBN. The board has worked hard to make our meetings fun, interesting and useful. In January, the board will have a strategic planning meeting to talk about what still needs to happen and discuss the comments you graciously make on your surveys each month. These comments, good and bad, are critical in shaping our organization into what you need to help you succeed in business and even in life!

As 2015 wraps up, I want to take a moment to say thank you.

To all of you who volunteer to help at our meetings, from greeting, to registration, to facilitating, to sharing a thought of the day, to donating prizes...You make our meetings friendly, inclusive, interesting and create a sense of community...we're all in this together. Thank you for your generous gift of time, commitment and talent.

[read more...](#)

2015 Gala - a Great Night for a Great Cause

Have you had a chance to check out all of the photos from the 2015 Gala on December 2nd at the Holiday Inn Peterborough Waterfont?

Be sure to visit the [WBN Facebook page](#) to relive all of the fun and merriment of the evening...and while there, why not tag yourself and share on your own Facebook page!

January Speaker

[clicking here](#)

For any questions or concerns, please contact [Mary McGee](#)

Benefit Tip

As part of the **many benefits of the WBN**, **donate a door prize** at the January meeting and have **1 minute on the mic to chat** about your business and product...a pretty great marketing return to be able to chat to over **100 Business people in the community!**
For more information contact [Glenda Vandermeulen](#)

WBN Member Ads

SHOWPLACE
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Check us out online
www.showplace.org
705-742-7469

Facebook icon @/PtboShowplace
Twitter icon @PTBOShowplace

Connections
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Leadership
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of COMMERCE

karen@peterboroughchamber.ca

Did you know...

We would like to thank Ann Douglas for being so kind to reschedule her presentation to later in the year and allow us a very unique opportunity to have Manon Rheum speak on "Finding Success Through Failure" at our January 2016 Member Meeting.



Manon Rheume is the first and only female to play in the NHL with the Tampa Bay Lightning in 1992. She is also the first female to sign a contract to play professional hockey. She played six years of professional hockey in the minors.

Manon was also a member of Team Canada and helped lead her team to a Silver Medal at the 1998 Winter Olympics at Nagano, Japan. As Team Canada's goaltender, Manon won Gold Medals at the 1992 and 1994 World Hockey Championship and she was named "best goaltender" in both events. She has also appeared in numerous national media including "The Today Show", "Late Night with David Letterman", "CBS This Morning", "ESPN", "Good Morning America", "Entertainment Tonight", "A Current Affair", "MTV's House of Style", and "Maury Povich".

[read more...](#)

This month's Feature Article: Jen Cureton - YWCA Peterborough Haliburton

As the holidays draw near, the popular notion of a "stress-free Holiday Season"



seems more and more amusing to me. With gifts to wrap and food to prepare, decorations to hang and events to attend, stress is, well, omnipresent.

For most of us, this added stress can mean we say or do things that aren't exactly in the 'spirit of the Holidays'.

But for women living with abuse, the added stress can mean life or death.

A friend once confided in me that, many years ago, she helped a woman escape a violent abusive relationship. She trusted her intuition and started asking questions. She was patient but persistent. She listened, helped her friend pack a few essentials, then drove her to Crossroads.

I want to take this opportunity before the holidays, before we visit with loved ones we don't see often enough, to offer a kind of 'toolkit'. I want every woman who reads this to feel confident in her ability to help someone who may be living with abuse or staying in an unhealthy relationship because she simply doesn't know how to get out.

As a WBN Member - You can [purchase](#) Linkable Ads & Video Ads in our e-Newsletters & e-Blasts.

Want more info? Contact [Emily Martin](#)

Captured in Pictures

Did we capture you on Camera...

Check out our [WBNPtbo Facebook Page](#) to find out

If you see a picture you're in... go ahead & tag yourself! This makes for better Networking - as it's an easy way for Members (new and longstanding) to put a face to your name (and vice versa)!



Ready - Set - Tag - You're It!

Benefit Tip

Any WBN Member can share 60 words of news about their business, products or services in our monthly Newsletter! And it's FREE!

[Find out more here...](#)

Become An Event Sponsor

The WBN is currently seeking Sponsors for the amazing January 2016 Program. For more information about benefits, please contact:

[Colleen Caruthers](#) or [Louise Shea](#)

2015-2016 WBN Board Members

Do you have questions or

Because let's admit it - it's not easy! How could I even bring it up? What would I say? What if I was wrong and saying something meant the end of our friendship?

I feel the same way.

But, what if you were right and NOT saying something meant the end of your friendship and all of her friendships?

[read more...](#)

Previous Feature Articles

Visit the [WBN Peterborough Blog](#) to catch up on previous monthly articles.

Help us Welcome new members who signed up in December

Anne Arnold - Gord Arnold Home Inspectors

Victoria Carlson - Crayola Canada

Eva Fisher - Kawartha Country Wines

Amy Hollingsworth - Prowess Strength and Conditioning

Anne Slogett - Kawartha Accounting

**List accurate as of December 22, 2015*

Thank You
Cody & James for hosting
the December Spotlight!



comments for the [Board of Directors?](#)

President:

- [Theresa Foley](#)

Past President:

- [Gwyneth James](#)

Treasurer:

- [Andrea McLeod](#)

Secretary:

- [Mary McGee](#)

Membership Director:

- [Glenda Vandermeulen](#)

Program Directors:

- [Louise Racine,](#)
- [Denise Travers](#)

External Communications:

- [Lorie Gill](#)

Member Communications:

- [Emily Martin](#)

Directors at Large:

- [Louise Shea](#)
- [Colleen Carruthers](#)

Strategic Planning Director:

- [Catia Skinner](#)

Member News & Community Events

Susan Dunkley reminds us that **January is Alzheimer Awareness Month!** We are delighted to have Manon as Jan. speaker as well as the celebrity for [Face Off Against Dementia Jan 7th!](#)

It is important to recognize that people living with dementia are not defined by their disease - they can continue living a healthy and valuable life and it



Thank you to Gwyneth James of [Cody & James CPAs](#) for hosting the last Spotlight Event of 2015.

It was a wonderful & festive turnout, with great conversations, beautiful smiles, tasty treats & beverages, oh - and a quiz too.

There were beautiful Christmas Ornaments to be won for answering some Accounting Questions and who can forget the fabulous gift just for coming out to see the new Office/Building!

Thank you Ladies of Cody & James For A Wonderful Evening!

WBN Mission

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

WBN Vision

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

is our job to support them!

HURRY Hard to End MS!!

1st Annual Funspiel - Multiple Sclerosis Society Peterborough, Kawartha Lakes & Haliburton Chapter presented by Motion Specialties. Saturday January 30, 2016 Ennismore Curling & Banquet Centre. \$200.00 Per Team - \$50 per Curler - individual registrants welcome!!
Please register by Friday January 22, 2016. For further details contact

anne.driscoll@mssociety.ca



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