



Dolce Vita AUTHENTIC ITALIAN CUISINE THE VENUE
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February 24, 2015

Hello

WBN sledge hockey team scores big, Frank Soriano made us think, Dolce Vita pampered us and the WBN swimmers hit the pool. Pretty good for a cold snowy month.

Scroll down for all the details and find out what's in store for March, including our exclusive WBN Trade Show at The Venue March 4, 2015 and our Spotlight at the Ear Depot.



President's Message

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WBN Member Ads

Hello ladies!

One way to survive a nasty cold and seemingly endless winter is to get involved in crazy community-building events like the sledge hockey game at Under the Lock and a quick lap in the YMCA pool for the Carl Oake Swimathon. Both events were fun and a great way to get a little extra exposure for the WBN and the participants.



As the old Greek proverb says: "A society grows great when old men plant trees whose shade they know they shall never sit in."

I'm looking forward to seeing you and your partners, friends, and colleagues (male and female!) at The Venue next Wednesday for our Trade Show! It's going to be a fabulous evening with food, booths and seminars. Please consider wearing something purple in recognition of International Women's Day on March 8th.

Take care,

Gwyneth
WBN President



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.

Captured in Pictures



February - Women's Business Network

For more pictures check out our Facebook page:

Door Prize Opportunities

Everyone loves to win a door prize.

Participate in our March Trade Show by donating a door prize (value \$35.00). Your donation gives you the opportunity to introduce yourself and your business as you draw the winning ticket.

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

WBN on Social Media

Facebook, Twitter, LinkedIn, a Blog, YouTube



Carrie Wakeford



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

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](#).

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: This month, our Trade Show tables are free for members. Normally, 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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March 4, 2015 - WBN Trade Show

How does this sound: Heritage Blend Greens, Hearts of Romaine Caesar Salad, Roasted Ontario Chicken Supreme, Grilled Vegetable Medley, Oven



Roasted Potato, Yukon Gold and Sweet and Basil and Cheese Cappelletti followed by an assortment of Decadent Delights?

The WBN Trade Show provides members with an opportunity to showcase their business, learn from other members and experience an enhanced networking opportunity AND have dinner too.

New this year, this event is open to female and male guests and is the perfect way to showcase your products or services to a greater audience.

We only have a few tables left so if you are a WBN member contact us soon to book your **FREE** table for the March 4th event or volunteer to speak by contacting [Program Directors](#) Cara O'Grady and Denise Travers.

Event Schedule

March 4, 2015: WBN **Trade Show** at the Venue

April 1, 2015: **Local Resources for Your Business**

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

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.

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

Business Spotlight - February 2015



Many thanks go to Catia Skinner for the wonderful February Spotlight. We were all feeling the love at Dolce Vita, downtown on George St, with a steady stream of the most delicious appetizers and seemingly bottomless glasses of Italian wine.

We were treated to a variety of cheeses, breads, meats, desserts, and even oysters! It was a wonderful opportunity for us to see and taste what Dolce Vita is all about and everyone was delighted. The ambiance inside is classy yet welcoming and the service, as well as the food, was nothing less than perfect.

Louise Racine went home especially happy with a basket full of chef-made treats and a gift certificate to come back for a full meal.

What a lovely way to end a busy and snowy work day. Thanks Dolce Vita staff, Catia, and Lorrie, for your generous hospitality. I'll be back for sure!

Theresa Foley
Strategic Planning Director

Business Spotlight - March 11, 2015

When: Wed. Mar. 11, 2015 from
5:00pm - 7pm

Where: The Ear Depot
236 Parkhill Rd East

Host: Brenda Cowan
Contact: 705-749-0707

theeardepot@hotmail.com

As a new member of The WBN I am both delighted and excited to be hosting my first Spotlight at The Ear Depot on Wednesday, March 11, 2015.



This is a great opportunity for myself and my staff to enlighten a group of intelligent women and help remove the "stigma" that has surrounded the hearing health care field for years. I am sure everyone of us knows someone with a hearing loss or has hearing aids and have heard much negative feedback regarding the latter.

Your all events caterer

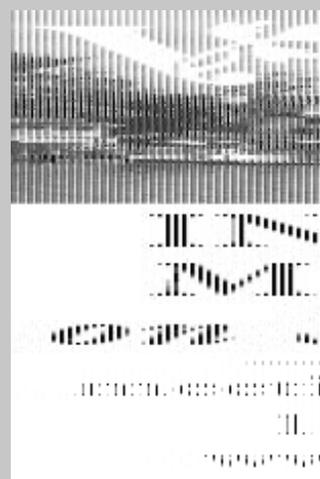
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Weddings
Parties



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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](#)

We also provide custom ear moulds/plugs for various needs among the most popular being for Sleep, iPod's, Musicians, and Swimming.

Please come to have a fun time with great appetizers, and wine. There will be a draw for dinner for two at the Dolce Vita.

Plenty of free parking in front and behind our office.

Brenda Cowan

Let's Talk About Counselling....

Meredith Pilley explains:

Why do people seek Counselling?

Each person who enters counselling has his or her own story. People deal with many issues in their lives, but often it comes to a point when they just aren't able to do so on their own any longer. Those dealing with grief and loss (death, relationship breakdown, loss of employment), mental health issues (diagnosed or undiagnosed), family issues (parenting, supporting the entire family through difficult times, partnerships), gender issues (questioning, coming out, transitioning, supporting partners/families of LGBTQ2 individuals as allies), trauma (physical, sexual, emotional - including adult survivors of childhood abuse) find counselling helpful.



What are the benefits of Counselling?

You and your counsellor will work together to find healthy ways of coping so that you can discover solutions that help you move forward towards your vision of a fulfilling life. Your counsellor will work with you to see things more clearly, possibly from a different viewpoint. This can enable you to focus on feelings, experiences or behaviour, with a goal to facilitating positive change.

When should someone seek Counselling?

[Read more....](#)

Member News

Michele Kadwell-Chalmers - [The Original Flame Inc](#) has some fantastic savings on showroom models! We have some wood stoves, gas fireplaces and a gas stove that we are clearing out and you receive full warranty while saving hundreds of dollars. Hurry in today! We are open Monday - Friday 9:30 - 5:30 and Saturday 10 - 4 982 Hwy 7 East of Peterborough in the Almost Perfect Frozen Food Plaza. 705-742-9452

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
- Jeannine Taylor

Program

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

Strategic Planning

Louise Racine - Thirteen Moons Wellness is pleased to announce a new women's retreat program being launched in April. This 4 day retreat brings together three skilled facilitators with a commitment to supporting women's wellness. Awakening Your Possibilities is designed for anyone seeking an opportunity to explore what's possible when they listen to their heart. www.thirteenmoons.ca 705.652-9329

- [Theresa Foley](#)
- [Catia Skinner](#)

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

Marilyn Cassidy - Hey WBN runners! The Ptbo Chamber Sun Run & Relay is Saturday, June 20th. Gwyneth, Sofie, Denise and I had a great time last year and we'd love for you to join our team this year. Talk to one of us at the March 4th member meeting and we'll tell you all about it! Info is on the [Chamber's website](#).

Marilyn Cassidy - For Frank O'Dea: The Peterborough Sales & Ad Club is pleased to present an evening with Frank O'Dea - entrepreneur, philanthropist, author & co-founder of the Second Cup - at Market Hall on Tuesday, March 10th 8:00pm. Tickets available at the [Market Hall](#) website.

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.

Cathy Burke - [Gilbert Burke Design. Build. Remodel](#)

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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Meredith Pilley M.S.W, R.S.W
COUNSELLING SERVICES
(705) 960 1618 www.meredithpilley.com

