



Network News

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March 18, 2016

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President's Message

We've passed the lde's of March, we survived St. Paddy's Day (with only a minor headache), March Break is coming to an end (or as I heard many people call it "Grandparents Week" and flu season is almost over. Oh...and today it's snowing. March is anything but a boring month!



We WBNers also had a great trade show with breakout sessions by our own members. It was really no surprise to see the quality of topics and delivery and the attentive audiences - all from our membership. This event reminded me of the caliber of business women in our community and I couldn't be more proud to part of this group.

At our next meeting we will discover patterns that may be limiting our results in business and in our

Register Now

Registration open soon for April 6th Member Meeting

KEEP AN EYE ON YOUR INBOX FOR YOUR R.S.V.P. email coming soon!

personal lives. We will learn how to create a firm foundation to move forward with. This will be yet another powerful session that clearly follows our BLT goal this year: (no, not bacon lettuce and tomato) but Business Learning and Training.

I will leave you with this tidbit of "food for thought" from David Peck's "Real Change:"

"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself."
~Henry Miller

See you April 6 for the Inner Game of Leadership!

Yours in friendship and in business,

theresa

14th Annual Women in Business Awards

The WBN board is excited to announce our partnership with the Peterborough Examiner to co-sponsor the 14th annual Women in Business Awards and the 2nd annual Judy Heffernan Award at our June 1st meeting at The Venue.

Nominations for these two awards, both of which were won by WBN members last year, will be open March 23 with nomination forms available at our April meeting where further details will also be available. In the meantime, for sponsorship or advertising opportunities, please contact Mike Everson: michael.everson@sunmedia.ca

Watch for an announcement of our speaker for this season finale event coming soon!

This month's Feature Article: Lorie Gill Gill Solutions

**Happiness is a way of being...
Not a destination.**

Have you ever taken the time to make a mental (or written) list of what happiness is to you? What makes you smile, brings joy to your heart & soul, adds zest to your life, and just flat out makes you feel good all

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Help us welcome new members

Mary Babcock
*Metroland Media -
Peterborough This Week*

Nancy Nickle
Birch view Design

**List accurate as of
March 18 2016*

Benefit Tip

As part of the many benefits of the WBN, donate a door prize at the April 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!**

Quote of the Month

"Each morning we are born again. What we do

around?

Here's 26 word triggers & quotes to help you rediscover your Happiness!

Be Adventurous: Life is an adventure so make the most of it. "The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." ~ Eleanor Roosevelt



Breathe: - Sometimes all we need to do is STOP and take a few deep breathes. Inhaling goodness, and exhaling the stress & tension of daily life. Try closing your eyes & smiling as you breath in and breath out... feel the calmness while you breathe your way to happiness.

[Read More](#)

today is what matters most."

~Buddha

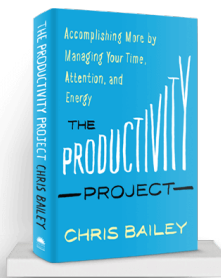
Benefit Tip

Toonie Testimonials
Be sure to put your business card in the draw at the start of each member meeting. If you're chosen, just drop a Twoonie in the bucket and tell us about a member who has helped you out in some way.

For more information contact [Glenda Vandermeulen](#)

WBN Book Review

Marilyn Cassidy of Speakers Group Inc. belongs to the WBN book club. Please see below for a review of this month's selection.



In March the Business Women's Book Club read Chris Bailey's "**The Productivity Project**".

Again we all gave the book excellent reviews! This is the book to read if you find yourself asking at the end of your day "what did I get done today?" Chris tells us that there are three components of productivity: Time, Energy (drive & motivation) and Attention (focus). We all have the same amount of time and it's only important after you understand how much energy and attention you have throughout the day. The book is full of tips such as:

- Log your day to see what you are working on throughout the day
- Set 3 goals (intentions) for each day and focus on completing those
- Chart your Biological Prime Time to see when you have your most energy and spend those times working on your most productive tasks
- Set specific times to check your email and SM accounts (places where you can waste a huge amount of time!)
- Do a brain dump - write down everything on your to-do list, things you are thinking about, ideas... clear your mind
- Stop multi-tasking - it takes away your attention to

WBN Member Ads

switch between tasks

- Productivity isn't about how busy you are - it's about how much you accomplish
- Work on your energy - refuel, drink more water, exercise, get enough sleep, be happy (the happier you are the more productive you will be)

And watch Chris's TEDx talk at

<https://www.youtube.com/watch?v=8yh1u5AsFU4>

Interested in joining in the fun? Contact **Lorie Gill**, External Communications Director



The WBN "Business Bookworms" competed last Friday at the VON Trivia Challenge.

Team members Carrie Wakeford, Marilyn Cassidy, Catherine Dewar (Team Organizer), Patricia Lamoureux and Glenda Vandermeulen had a great time and came in 3rd even with the smallest team in the competition!

Thanks to Cynthia Sager of SNAPD for the great photo!

**Thank You
Sugar Me Right! for hosting
the March Spotlight!**



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

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

6th Annual Bear's Lair Competition

It's getting close now,
2016 Bears' Lair finals!

All WBN members are
invited to support local
PTBO Entrepreneurs by
attending the unveiling
of the 6 Finalists on
March 30th at ARIA,
hosted by
StartUpDrinks.

This will be a fun, free
event!

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!



Louise Shea, Director at Large, sends a big shout out to Shannon and her staff at **Sugar Me Right** for hosting a fantastic spotlight event!

What a fun night with mud masks, salt scrubs and makeup applications. The staff educated everyone on the products they were using and the benefits of their use. The conversation at the table where I sat was about how wonderful it felt to take care of ourselves. We couldn't remember when we last took the time to care for our skin and pampered ourselves to this degree. It was a fun and relaxing evening.

The food was amazing, topped off with a very decadent cheesecake. A great night was had by all!

Member News & Community Events

CALL FOR MENTORS: Looking for a great way to give back to the local business community? **Mentor a new entrepreneur!** Peterborough Economic Development & Community Futures Peterborough are currently seeking established professionals to mentor new entrepreneurs in programs like the Starter Company, Summer Company...Learn more:

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...](#)

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.

2015-2016 WBN Board Members

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

President:

- [Theresa Foley](#)

Past President:

- [Gwyneth James](#)

Treasurer:

- [Andrea McLeod](#)

Secretary:

- [Mary McGee](#)

Membership Director:

- [Glenda Vandermeulen](#)

<http://peterboroughed.ca/small-business/become-a-mentor/>

Wendy Cooke of BMO - Community Event: **Living to 100 Workshop** - Dr. Alexis Abramson Ph.D is our Guest Speaker. "Insights on the Challenges and Opportunities of Longevity." Date is **Thursday, April 7th** @ Holiday Inn Hotel Peterborough-Waterfront, 150 George Street N. Registration begins @ 6:30 p.m. with Light Meal, 7:00 p.m. Presentation; 8:00 p.m. Coffee & Dessert. **If you would like to attend, kindly call 1-866-734-5793 by March 28th.** Thank you.

Sarah Brennan of Elmhirst's Resort wants to remind WBN members of an exciting upcoming event at the resort. The Wine Women & Canvas weekend is coming up from April 15-16. For more information, visit <http://www.elmhirst.ca/package/wine-women-and-canvas-weekend/>

Join **Habitat for Humanity's** 2016 Women Empowerment Campaign! Habitat is seeking women like you to team up with fellow community leaders and promote the breadth of influence that women hold, all while offering a 'hand up' to a family in need of a safe & affordable home. Habitat's WE Leaders are the driving force behind this year's exciting campaign! Contact emily@habitatpkr.ca to learn more.

Carrie Wakeford of Black Cap Design sent in this Tip: If you're struggling with spam check that the email address on your website is encoded. You can also Google your email address; it's a quick way to find out where your address is posted online. *Thanks Carrie, we appreciate the great advice!*

Program Directors:

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

External Communications:

- [Lorie Gill](#)

Member Communications:

- [Emily Martin](#)

Directors at Large:

- [Louise Shea](#)

Strategic Planning Director:

- [Catia Skinner](#)



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