



Network News

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May 27, 2015

Hello

June Celebration:

Join us at The Venue in June and be inspired by our speaker, [David Peck](#) who will be talking about leadership development, innovation, fundraising and capacity building.

A big thank you to our two Event Sponsors: Cathy Burke of [Gilbert + Burke](#), an award-winning team of experienced design-build professionals AND Mary Giuffre of [inspiration inc.](#)™, a design, video & indie publishing company.

Check out [the podcast](#) (Episode 87) of David's interview with our own Gwyneth James.

The speaker won't be the only inspiration! The menu for the evening is also inspired: Salad Bar, Atlantic Salmon, Beef Tenderloin Medallions, Rice Pilaf, Roasted Petite Potatoes, Vegetarian Pasta, Grilled Vegetable Medley followed by scrumptious desserts.

A Winning Month for WBN Members:

Denise Travers: winner of the WBN "Member of the Year Award".

Amy Simpson: winner of the Examiner "Woman In Business Award".

Sofie Andreou: winner of the first "Judy Heffernan Award".

Sana Virji: winner of the "WBN Bears' Lair Award". Sana will be joining us as a member in September.

President's Message

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WBN Member Ads

Hello ladies!

It's hard to believe that it's already been 15 months since I stepped into the role of your President. The time has flown by and it has truly been my privilege to serve such a great organization.



June's meeting with David Peck should be both meaningful and fun...a good way to reflect my goal for WBN during my tenure: Putting the B back into WBN (but have fun while doing that)!

My heartfelt thanks to the ladies of our Board this past year who stepped up to the plate and did such a marvelous job of running everything. And thanks to you, our members, for your support of WBN.

Present day Canadian society may not need a WBN as much as when it was founded over 50 years ago, but we sure do enjoy ourselves and the warm connections we all make by belonging to it.

Take care,

Gwyneth

WBN President

Captured in Pictures



For more pictures check out our Facebook page: 

NEW: WBN Sponsorship Opportunities



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



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

Be the first to sponsor our September WBN member meeting with [Jill Harrington](#).

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.



Member Benefit:

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

Board News



Do you enjoy learning new things and meeting new people? Are you motivated to help and support others? Do you have some computer skills? If yes, then consider joining the WBN Board. A professional group that works hard and has fun. For more information contact [Cheri Anderson](#).

Donate a Door Prize: Donate a door prize (value \$35.00) and have the opportunity to introduce yourself and your business as you draw the winning ticket. Contact Directors at Large [Louise Shea](#) or [Catia Skinner](#).

Lunchbox Learning: This year WBN members can attend the Chamber of Commerce "Lunchbox Learning" sessions for free. Keep up to date on the [summer schedule](#). To register for the next session, please email: reception@peterboroughchamber.ca.

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June 3, 2015 David Peck

SHOWPLACE



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.

End of Year Celebration

We are extremely excited to announce that David Peck will be speaking at our year end event!

David is the founder of SoChange a social enterprise that works alongside members of the corporate and NGO communities in areas such as fund-raising, advocacy, and donor relations. He is a writer, speaker and lecturer. David has been active in the academic, entertainment, corporate and international development sectors. For details about each event, please visit the program page of our website or visit <http://www.davidpecklive.com/>



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Member Benefit:

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

Exhibitor Tables 2015-2016



Exhibitor tables are available again in September. Watch for the e-blast in August for the chance to sign up.

Exhibitors in May:

- Lillian Foulkes: Nerium International
- Mary Giuffre: Inspertainment Inc.
- Kerri Davis: CMHA
- Christa Loughlin: Jeunesse
- Lorraine Leonard: Dolls and Daughters
- Lynn Zimmer: YWCA
- Michele Kadwell-Chalmers: The Original Flame

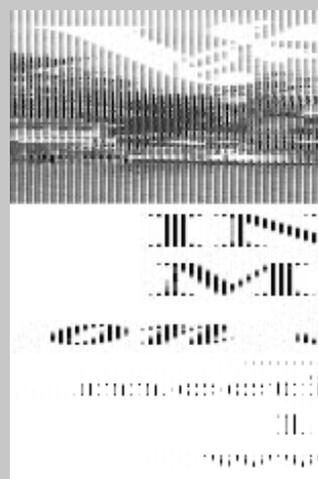
Next Year: Speakers

We have some great speakers lined up for you next year starting in the fall with:

- Jill Harrington: Rethink your Sales Success.
- Beverly Beermann-King: Workplace Wellness

Watch our [Program Page](#) for more details.

Networking: How Women do it Differently



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](#)

Article submitted by [Karen August](#) with the Peterborough Chamber of Commerce



You've probably heard it before, the 'fact' that men and women network differently. But is it true? And what impact does it have on us and our business or career?

"Men's networks are widely dispersed, while women tend to form their professional networks in the same way that they form personal networks", says Holly J. Falk-Krzesinski, vice president of global academic and research relations for academic publisher Elsevier BV

It's different for girls

"Women's tighter networks are built for personal support, but they often lack the wide reach of men's networks. Women's networks also are typically based on trust and first-degree knowledge, with contacts including old friends or former colleagues. Often, many people within a woman's network know one another" she says.

So, while our typical networking style can produce great results while building camaraderie, mutual support circles, and good business referrals, it has its limits.

It might be possible to leverage your existing circle of professional and personal contacts to meet your needs. But when you broaden your network you invite new possibilities in.

So, how are the men doing it?
[Read more....](#)

Business Spotlight - May 2015



Our last Business Spotlight of the season was held at [Adaptive Health Care Solutions](#) located at 270 Charlotte Street. What a fascinating and inspiring place to visit.

Katherine McInnes and the entire staff provided WBN members with a tour and a brief overview of all the services they offered in their beautiful space located on the third floor of the building. Their office has an abundance of large windows that provide an amazing view of the city.

Membership Director:

- [Glenda Vandermeulen](#)

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 Vandermeulen](#)
- Susan Dunkley

Program

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

Strategic Planning

- [Theresa Foley](#)

They provide an array of health care solutions for individuals suffering from chronic illness as well as injury rehabilitation and prevention programs. Some of the programs offered at their location are physiotherapy, massage therapy, kinesiology, homeopathic medicine, nutritional counselling, mindfulness and biofeedback.

- Catia Skinner
- Colleen Carruthers

The inspiring and collaborative work they provide at Adaptive Health Care Solutions makes one feel confident and secure looking for a path to better health.

Next Year:

Are you interested in hosting a WBN Business Spotlight next year? Watch for the application in August.

Louise Shea
Director at Large

Member News

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

Water fountains bring life to an outdoor room or garden area by creating movement and sound. Drop by and see our selection of water fountains from small table top to large patio or garden size. All WBN members mention this "news" item and receive 15% off! 982 Hwy 7 E, 2 kms east of TV Rd 705-742-9452

Carrie Wakeford - [Black Cap Design](#). Interested in sharing your opinion about a business book with other business minded women? First "Business Women's Book Club" gathering is Thursday September 24th at 7:00 pm. Pub location TBA. The book is "Deliver the Unexpected". [Contact me](#) if you're interested in participating.

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. Please welcome:

[Paula Kehoe](#) of Paula Kehoe Communications

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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