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October 23, 2015

Hello



**Fall is underway and so is our
 spectacular 2015/16 season**

September and October meetings have given us some amazing speakers and networking opportunities

We hope you enjoy your October newsletter – it's full of information to help you get the most of your membership and find out what's happening in your WBN Peterborough community!

President's Message

After three days of visiting, cooking, feasting, driving around enjoying the colours of the season and focusing on being thankful, it's time to roll up the sleeves and get back to work!

"An organization, no matter how well designed, is only as good as the people who live and work in it" - Dee Hock

In business, we are constantly looking for new and innovative ways to create a product, sell a product, to entice the public to use our product. A smart

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Register Now

Registration is now open for the November 4th meeting!

Responses are due by

business invests in the PEOPLE of the company.

You invited them in to your work world, whether as an employee, a manager or a co-op student. Do you leave them on their own to figure out what you want and how they should do it or do you supply constant reviews and discussions; do you offer development courses? Do you have interactive meetings where employees can brainstorm their ideas?



In our WBN member meetings, we listen to professionals share ideas on how to improve our businesses. Do we take these ideas back to our workplace and share them at staff meetings or do we go home saying "good meeting, not a bad dinner, Mary looks tired..." and then work the same as we did on Monday and Tuesday before the meeting.

My suggestion to myself and to you if you want it, is to take notes, listen carefully, understand how you can use this wealth of knowledge with your staff and fellow employees. Find ways to simplify the message into bite sized "doable" changes. Then monitor and see if they really do improve your business. It can't hurt, that's for sure!

I'm grateful for the opportunity to sit at the helm this year but I'm most thankful for the support, the direction from and shared wisdom within this wonderful group of business women.

Happy Autumn!
Theresa Foley
President

Request for Presenters

We are looking for WBN members to present at our March 2015 "Trade Show" and our May 2015 "What Businesses Need to Know" Member Meetings.

The March event will likely be in mini-workshop format (with members selecting topics of relevance to them).

The May meeting may be the same format or a panel presentation to all attendees.

noon on Friday, October 13
Invitations should be in
your mailbox now.

Guest registrations can be
done online by
[clicking here](#)

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

2015 - 2016 Program Line Up

We have an awesome line-up of speakers for you this Season - here's a few to watch for:

- **Beverly Beuermann-King** - Harness Your Energy - Build Your Resiliency
- **Annual Holiday Gala and YWCA Silent Auction**
- **Ann Douglas** - The Courage to Change
- **Shahmeen Sadiq** - The Inner Game of Leadership

Visit our [Program Page](#) for updated information

WBN Member Ads

SHOWPLACE
performance centre

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

@/PtboShowplace
 @PTBOShowplace

If you would like to be considered for one of these 20-30 minute sessions on a **business related topic** and let members know more about what you do, please click the link below and fill out the submission form by November 16.

[Submission Form](#)

WBN Holiday Gala and Auction

Do you have your auction item ready?

2015 Holiday Gala

YWCA Crossroads Shelter, a safe-haven for women and children fleeing abuse will once again be the charity of choice for the 2015 Holiday Gala.

Proceeds from the annual auction will specifically benefit the nutritional well-being of the women in need. This program ensures that everyone has healthy food and teaches how to cook on a low income, how to prepare kid-friendly healthy food and creates amazing moments of connection and inclusion to women who need it in a time of major change in their lives.

[Please read here](#) for more information on this heartwarming program.

Please consider donating an item to the Holiday Gala Auction. The YWCA will be accepting donations at the November member meeting. Please bring your donation to the YWCA Exhibitor Table in the Garden Court with [this form attached](#)



Give a Gift with Meaning

Instead of giving 'things' to mark that Special Occasion... consider a gift that helps women and children escape abuse.

[CLICK HERE to learn more](#)

For more information, please contact **Denise or Louise**, Board Members in charge of programming.

Business Excellence Awards

First of all, a huge congratulations to WBN member Karen August and her entire team for another outstanding 2015 Peterborough Business Excellence Awards



**Connections
Growth
Leadership
Advocacy
Education**

karen@peterboroughchamber.ca

Members can [purchase](#) Linkable Ads & Video Ads in our e-Newsletters & e-Blasts. Want more info? Contact Emily Martin, our [Member Communications Director](#)

Captured in Pictures

Did we capture you on Camera...
Check out our [WBNPtb 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!

Take advantage of your WBN

Congrats also to all of the sponsors and winners/nominees at this years' event. WBN Members include:

Sponsors

Nexicom (Julie Howe)
Peterborough Examiner (Debbie Boulter)
Trent University (Alison Scholl)
BDO Canada LLP (Karen Auger)
Peterborough Economic Development (Cara Walsh)

WBN Nominees and Winners:

Bruce Maly Plumbing & Drain Services Inc. (Ann Marie Maly)
Community Foundation of Greater Peterborough (Nicole Gagliardi)

Thank You To Our Volunteers

Did you know...

Our Board of Directors are Volunteers.

Our Amazing Committee Members are Volunteers.

Our Top-Notch Table Facilitators are Volunteers.

We Appreciate All of our Volunteers

We're extremely Grateful for all those wonderful women working hard behind the scenes to ensure that ALL Of our Members, Guests, and valued Speakers have the best experience possible at a WBNPto Event.

Beverly Beuermann-King - November 4th, 2015

Our November 4th Guest Speaker is **Beverly Beuermann-King - Harness Your Energy - Build Your Resiliency**



The way in which we work and live can cause exhaustion and contribute to excessive stress. In this active and upbeat workshop, participants will identify their stress reactions and find resiliency strategies that can reduce their stress and harness their energy. You will get an opportunity to practice various types of deskercises, breathing techniques, and other stress busters that can be easily performed throughout your busy day that can help you to restore your focus and help to prevent injury and illness.

Beverly Beuermann-King is a recognized resiliency and wellness strategist who synthesizes the latest health and wellness research into practical and achievable best practices. For 20 years, Beverly has worked with people and organizations who want to control their reactions to stress, build resiliency against life's challenges and live healthy, successful lives using her S-O-S Principle™. Beverly is the

benefits

Including...

- Networking
- Linkable Ads
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- Member News
- Community Events
- Exhibitor Tables
- Tradeshows
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- Social Media Sharing
- Speakers
- Sponsorships
- Spotlights
- Professional Development
- Mentoring programs

& so much more...

For more information, contact [Glenda Vandermueller](#)

Become An Event Sponsor

Thank you To Our Sponsors

The Women's Business Network relies on our generous sponsors to keep bringing us amazing speakers to share their extensive knowledge each month.

Would You Like To Sponsor An Upcoming Event:

There are 3 Levels of Sponsorship available. Please review the attached [Sponsorship PDF](#) for details. Don't miss this opportunity to get in front of the lucrative community of

This month's Feature Article: Carolyn Corp - Motion Specialties

Hello Ladies:

Yes, there is funding available for some medical equipment and supplies from the government but how one applies for it continues to be a mystery. There is also funding for Breast Prosthesis and CPAP equipment.

Because the business I work for specializes in Mobility Devices, Breast Prosthesis and CPAP and are the experts on how to obtain funding we feel an obligation to educate the community on the process.



The Assistive Devices Program (ADP) is a program operated by the Ontario Ministry of Health which provides funding for persons requiring mobility devices. ADP contributes to covering the costs of items such as walkers, scooters, wheelchairs and specialized Seating.

ADP provides assistance to anyone with OHIP who needs mobility equipment for more than six months. The price of the mobility equipment will be the same no matter where you are located in Ontario. The price of these devices is already determined by the Ministry of Health.

The Assistive Devices Program requires that you have an assessment done by a therapist who is authorized by ADP to fill in the application. My company can assist you in finding a therapist if you need help. Assessments will take place right in your home. At the assessment, the therapist will assess your condition and will determine how you will benefit from a mobility device and which mobility device will fit the needs of your lifestyle best. They will determine the size, model and features of the equipment. We will provide the mobility equipment necessary for the assessment followed by a free equipment trial as part of our service.

[read more...](#)

Previous Feature Articles

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

Member News & Community Events

The Original Flame can save you money on your heating bills! Drop by our showroom - there are savings of up to \$500 on wood stoves, gas stoves and fireplaces. It's the perfect time of year to purchase an outdoor fire table, fall evenings are the best when you can sit around your outdoor fire, plus all in stock fire tables are on sale too! 982 Hwy 7 East, Peterborough -2kms east of Television Rd

Peterborough business women.

Please Contact Directors at Large: [Louise Shea](#) or [Colleen Carruthers](#) for further information or to book your Sponsorship.

Member Benefit:

Any WBN Member can [share news](#) about their business, products or services in our monthly Newsletter!
And It's FREE!

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:

<http://www.theoriginalflame.com>

Local Parent: is Hosting our 1st Annual **Mindful Parenting Conference - Sat. Nov 7th 2015 9 am - 4 pm.** (for Parents & Professionals) at the Abilities Centre, 55 Gordon St., Whitby. **2 Keynote Speakers:** Ann Douglas- Best Selling Parenting Author and Cate Collins- Leadership Expert, Speaker, Author. **Choice of 2 Breakout Sessions,** boxed lunch, plus mindful parenting vendors... Fee \$79 for the day. **Register** at www.localparent.ca/mindfulparenting
Hope to see a lot of mindful Moms, Grandmoms & Professionals there!

Partnership Brokers Training Opportunity: Partnership has the potential to unlock the creativity and innovation needed to solve complex challenges. This one day course provides an overview of the frameworks, principles and practices used in partnering.
Register online at www.cfgp.ca/forum Mon Nov 16, 9 AM - 5 PM, \$75 (incl. lunch)

Leading Social Innovation Expert coming to Peterborough on November 16. 7 PM at Market Hall. Join Tim Draimin, Executive Director of Social Innovation Generation (SiG), as he explores the intersections between business, government and charities working together to make our community a more prosperous place. Tickets are \$15 and are available at www.cfgp.ca/forum or 705-740-2347.

Charlotte's Web & Cottage Toys

Annual Customer Appreciation Event
180 Charlotte St. Peterborough
Wed Nov 18th 10am-10pm
Giveaways/Prizes, Savings, Food & Drinks
<http://cottage toys.ca/>
www.charlotteswebonline.ca

Holiday Inn Peterborough Waterfront:

Mark your calendars for our **Big Party For Small Business Luncheon, Thursday December 17th 2015.** Doors open at 11:30am, Festive Lunch buffet at noon, **\$20.00 per person** inclusive of taxes & gratuity. Tickets now on sale through Lisa Smith at the Holiday Inn Peterborough Waterfront **705-740-6581** or email: ismith@fortisproperties.com

- [Glenda Vandermeulen](#)

Program Directors:

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

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- [Lorie Gill](#)

Member Communications:

- [Emily Martin](#)

Directors at Large:

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

Strategic Planning Director:

- [Catia Skinner](#)



Charlotte's Web
women's clothing & kids wear

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