

Check out the new, Mobile-Friendly newsletter for April!



Network News

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## Your Monthly News & Updates

Welcome to the newly formatted April 2016 Edition of the WBN Member Newsletter. All of the same great info that you're used to checking out each month, but now mobile friendly!

### President's Message

Spring has finally arrived. For REAL this time! You can tell by the bounce in the step and the smile on the face of everyone around you! As the new grass begins to grow and the early season's flowers and trees risk popping their buds I think of new beginnings for everything in life. At our last membership meeting we were challenged to rethink who we are and how we do business. A few people mentioned that they were (in a good way) bothered by this and realized it would be in their best interest to make some changes in order to work smarter and with less hours to do the same job.

These are the comments that make me excited. It means, first of all, that our speakers are accomplishing what we hope for - inspiring us to do better business; and secondly, it tells me that no matter what stage in life we are at - approaching retirement or early in our careers or in the midst of rethinking our careers...we are growing and we are continually learning. That's what makes life fun and exciting!

I'm really excited about our next meeting, May 4th, where we will have a panel of speakers sharing information about "What all businesses must know" and an opportunity for questions afterwards. Better bring a pen and paper to this one!

ALSO - don't forget to come early. The AGM starts at 5pm sharp and we need you there to vote on a few things. We promise we will be quick and not cut into your social networking time!

In the meantime, enjoy this long awaited sunshine and don't forget to wear sun screen!





2015 Winner Denise Travers

## Member of the Year Nominations

Here's your chance to publicly recognize one of our members for Member of the Year. Please think of any members you know who exemplify the qualities of passion for the WBN, someone who has welcomed you and made your experience a memorable one, someone who is an ambassador of the WBN or someone who is loyal and committed.

Created by long-time member and Past President Maureen Tavener, each April members vote online by secret ballot to select the peer who to them embodies the spirit of the membership. The award is then presented to the very deserving recipient at the May General Meeting.

[Click here](#) and log into your account to access the Member of the Year nomination



RSVP now for  
the May 4  
member  
meeting

Topic:  
What all  
Businesses  
must know

### 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.



**Spoiled from the moment we entered the Inn at Mount Julian  
- located across from Viamede Resort!**

We were offered Prince Edward County Wines, & handcrafted non-alcoholic Maple Iced Tea, as well as served locally grown & foraged canapés prepared by

the talented Chef Kevin McKenna

We learned how passionate they are about their "locavore" philosophy & way of life, and we toured some of their newly upgraded facilities, like the Pool - Fitness Centre & Boat House Restaurant.

Thank you to everyone who attended this exclusive WBN member event!

**2016-17 MEMBERSHIPS AVAILABLE NOW**

<b>Single Membership</b>	<b>Corporate Membership</b>
<b>\$430</b>	<b>\$530</b>

available at  
[www.womensbusinessnetwork.net](http://www.womensbusinessnetwork.net)

know a woman who would benefit  
from the networking and learning of a  
WBN membership?  
Tell them to sign up today and this year's May and June  
meetings are included!

Must sign up by May 9 to take advantage of June meeting

## Women in Business Awards

The Women's Business Network of Peterborough is pleased to be co-hosting this year's **14th Annual Women in Business Award** and the **2nd Annual Judy Heffernan Award** with the Peterborough Examiner at our season finale on **June 1st at The Venue**.

Once again members are stepping up to make this a special event and we are very grateful for their support:

**The Venue** - Catia Skinner, KEGI

**Champagne Reception** - Chamber of Commerce

**Dinner Wine** - BDO

**Dessert** - Colleen Carruthers, The TR Group Inc.

**Table Decorations** - Janet McLeod, East City Flowers

Our guest speaker, *Betty-Ann Heggie*, is a former executive with PotashCorp, a professional speaker and blogger with the Huffington Post. In 2015, Betty-Ann was the recipient of the Trailblazer Award from Women in Mining Canada and named one of the 100 Global Inspirational Women in Mining and has been honoured with many other awards over the years. In her retirement, she established the Betty Ann Heggie Womentorship Foundation, aimed at getting more women to the decision-making table. Her topic **Play All the Cards in your Hand - It's the Gender Physics Leadership**

**Advantage** is intended to be of interest to and entertain our mixed audience for this evening's celebrations.

We hope our members have taken the time to nominate a deserving Woman for the WIB Award - [Nomination Form is online](#) here and/or the Judy Heffernan award - [Nomination Form here](#). Nomination deadline is May 6th (for both awards).



14th Annual Women In Business Awards THE PETERBOROUGH EXAMINER

# WHO ARE YOU Nominating THIS YEAR?

*2015 Winner*  **Amy Simpson**  
MicroAge

Nominations are now being accepted for the

## 14th Annual Peterborough Examiner Women In Business Awards

If you know an Extraordinary Woman who deserves this Prestigious Award, please complete the nomination form online at: [www.thepeterboroughexaminer.com](http://www.thepeterboroughexaminer.com)  
Nomination deadline is Friday, May 6th

The 14th Annual WIB Awards Dinner will be held on **Wednesday, June 1 at 5:00pm**  
For sponsorship opportunities  
Michael Everson 705-745-4641 Ext: 504239




 **ridedonthide**  Canadian Mental Health Association  
Peterborough, Kawartha, York Region

## Join the Movement - Ride with Us Sunday, June 26<sup>th</sup>



**Awesome Prizes Sponsored by Wild Rock for Top 3 Fundraisers!**

- \$1700 Wild Rock Travel Voucher
- \$550 Wild Rock Travel Voucher
- Performance BIKE FIT & Overall Bike Maintenance Package (\$200 Value)

**Event Day Prizes, Swag Bags and Prizes for Youngest Rider, Oldest Rider, Most Spirited Team, Best Corporate Team & More!**

Choose from 4K, 12K and 26K rides on Peterborough's Rotary Trail!  
Registration at 9:00 am with the First Ride at 10:00 am  
Nicholls Oval, 725 Armour Road, Peterborough

**Register by April 30<sup>th</sup> for \$30 Early Bird fee (includes t-shirt)!**  
Register now at [www.ridedonthide.com](http://www.ridedonthide.com)  
Help end the stigma and support mental health for all!

For information on sponsorship opportunities and corporate teams please contact Kerri Davies at 705-748-6687 ext.1048 or [kdavies@cmhahkpr.ca](mailto:kdavies@cmhahkpr.ca)

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## Feature Article

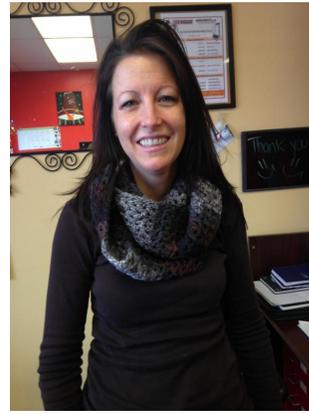
### Danielle Coughlin - Taking a Healthy Moment

What does every businesswoman need more of?

What else? Time, energy, and some attention to self-care too! Focusing on our health is one way to accomplish all the goals we set for ourselves. The key to setting up a health and fitness program for yourself is making sure it is efficient but also enjoyable, and is something you can stick to.

Some women in our community have turned to whole body vibration to solve their fitness needs while keeping the fun in fitness. Initially designed to build bone density and muscle mass for astronauts, today whole body vibration has become a valuable tool in fitness and weight loss. Regular users see other benefits too as whole body vibration is highly efficient - since it's working your whole body at once; a 10 minute session per day is enough to see benefits.

Interestingly, Whole Body Vibration doesn't feel all that difficult to do. In fact, people mostly compare it to a massage and often giggle their way through a workout! But appearances can be deceiving, and those muscles... [Read More](#)



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

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OF COMMERCE

karen@peterboroughchamber.ca

## Congratulations

To Denise Vallee for winning The Co-operators Community Achievement Award.

This award was created to honour Co-operators financial advisors who demonstrate outstanding support for the community in which they work, both through financial aid and volunteerism.



Click to read the complete press release

2015-2016

## Board of Directors

Do you have any questions or comments for the Board of Directors?

President:	Theresa Foley
Past President:	Gwyneth James
Treasurer:	Andrea McLeod
Secretary:	Mary McGee
Membership:	Glenda Vandermuelen
Program:	Louise Racine Denise Travers
External Communications:	Lorie Gill
Member Communications:	Emily Martin
Directors at Large:	Louise Shea Colleen Caruthers
Strategic Planning:	Catia Skinner

## Member News and Events

**BDO CANADA LIMITED** is your trusted professional; here to provide answers and to assist you with concerns, issues and difficulties you have in managing your debt. BDO values its relationships with people, clients and communities. You can rely on BDO to help you through a tough time in your life. Let Shelley, Kendra and Lisa help you manage your debt.

**Carrie Wakeford, Black Cap Design** - Website management tips: Always keep a record of your domain registration, your web host information as well as a current backup of your website files. For more information: <http://www.blackcapdesign.com/3-things-every-website-owner-should-have>

**Charlotte's Web** is opening a new KIDS ONLY clothing store at 4 King St. West in downtown Cobourg at the beginning of May - please help spread the word!

WBN Members are invited to "**Ride Don't Hide**" for **CMHA HKPR** on June 26th. This family friendly event helps to break the stigma of mental illness, while raising funds for your local CMHA. Register as an individual or a team at [www.ridedonthide.com/on/](http://www.ridedonthide.com/on/) and show you believe in Mental Health For All! There's also great sponsorship opportunities still available. Contact [kdavies@cmhahkpr.ca](mailto:kdavies@cmhahkpr.ca)

**Ladies Night on Charlotte St!** - April 28th 5:30-9pm. Tickets \$20 (includes a drink and appetizer at Brio Gusto) with proceeds donated to PRHC. Enjoy an exclusive evening of shopping, beverages and appetizers at John Roberts, Cottage Toys, Charlotte's Web, Wild Rock Outfitters, Tribal Voices and The Kawartha Candle Company. Limited tickets available at all participating locations

**Karen Copson, Camp Kawartha** - You have the power to give a child a magical outdoor experience! Mark your calendar for Saturday, June 25th and plan to attend **Camp Kawartha's** Surf 'n Turf Dinner and Auction Fundraiser. Enjoy an evening of feasting and fun, while supporting Camp Kawartha's award-winning outdoor and environmental education programming. Visit [www.campkawartha.ca/surfturf](http://www.campkawartha.ca/surfturf) for your tickets today!

**Lessons from the Herd:** Don't miss out on your opportunity for paying it forward!

Join **The Equine Link & Horse Discovery** and allow yourself to be supported and nourished by nature and the horses. At the Lessons from the Herd Workshop explore your authentic goals & desires, unblock negative patterns & ignite your passion. When you register, we'll send a YWCA staff member to enjoy a day of FEEL (Facilitated Equine Experiential Learning) so she can rejuvenate and better serve the women and children she works with. Workshop is Saturday May 7 from 9:00 - 4:00 pm in Millbrook. Cost is \$249. Email Samantha ([Samantha@theequinelink.net](mailto:Samantha@theequinelink.net)) or Cheri ([cheri@hosediscovery.com](mailto:cheri@hosediscovery.com)) for more information or to register. We look forward to seeing you at the barn and introducing you to a more mindful way of being.

**Marilyn Cassidy, Speakers Group** - Did you know that if you can't make it to the member meeting you can cancel online up until the Friday before by changing your registration status at <https://www.womensbusinessnetwork.net/member/>. I used it and it worked! It makes the process so simple. If you realize you can't attend and it is past the Friday deadline, you can still cancel by emailing [secretary@womensbusinessnetwork.net](mailto:secretary@womensbusinessnetwork.net).

**Past President, Gwyneth James of Cody & James CPAs**, is thrilled and humbled to have been chosen as the United Way Campaign Chair for 2016. She hopes she can count on your support. [www.uwpeterborough.ca](http://www.uwpeterborough.ca)

**Birchview Design** would like to offer all WBN members a discount on in-home (or business) design consultations; regularly \$195 + HST, members cost is \$125 + HST. Our services include, colour consultations, floor plans, complete room design, custom kitchens, custom millwork (built-in bookcases, mudrooms, etc.), custom window coverings and re-upholstery



**Charlotte's Web**  
women's clothing & kids wear

180 Charlotte St.  
Peterborough, ON  
K9J 2T8  
705.749.9470

STAY CONNECTED:

