





Fine dining, conferences,  
weddings & special events...  
**Entertain with class.** **KEGI.CA**

Call (705) 243.6996 | Email [events@kegi.ca](mailto:events@kegi.ca)

January 27, 2015

**Hello**

Chamber PBX, Nina Spencer, Humane Society Spotlight and nine new members - what a great start to the new year.

Scroll down for all the details and find out what's in store for February.

**President's Message**

Hello ladies!

A new year brings new opportunities to network with our wonderful members and grow your business.

There are many ways to get your message out as a WBN member, but sometimes you miss an opportunity and don't even realize it. I'll give you an example...



If you're anything like me you are juggling just a little too much! This is my excuse for having a poor memory, anyway. I met a wonderful member at a meeting who I wanted to connect with, but I couldn't remember her name. What to do? I went to our membership list and searched her area of business, but when I found a likely profile there was no photo!

So my message this month is a reminder to update your profile. You never know who may be looking for it.

Take care,  
Gwyneth  
WBN President

**Captured in Pictures**

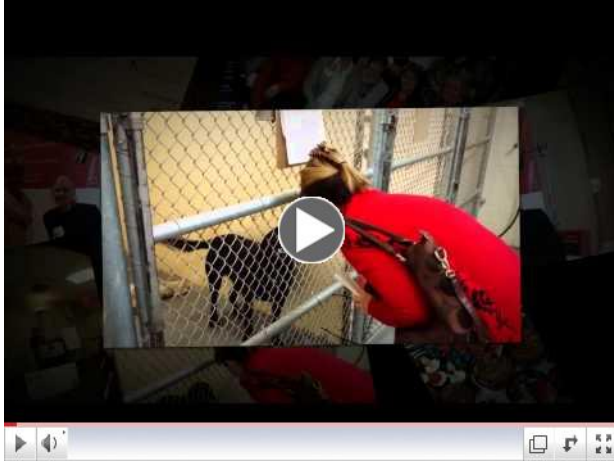
**IN THIS ISSUE**

- [President's Message](#)
- [This Month's Video](#)
- [Door Prizes](#)
- [Hockey Anyone?](#)
- [WBN on Social Media](#)
- [Board News](#)
- [Frank Soriano- February Speaker](#)
- [Event Schedule](#)
- [WBN Trade Show in March](#)
- [January's Spotlight](#)
- [Join us for February's Spotlight](#)
- [Feature Article Alzheimer Awareness Month](#)
- [Member News](#)
- [Community News](#)
- [New Members](#)
- [Board Members](#)
- [WBN Committees - An Invitation](#)

**Quick Links**

- [WBN Website](#)
- [Guest Registration](#)
- [Member Directory](#)
- [Board Members](#)
- [Join the WBN](#)
- [Program Information](#)
- [WBN Blog](#)
- [WBN LinkedIn Group](#)

**WBN Member Ads**



January 2015 Highlights

For more pictures check out our Facebook page: [f](#)

## Door Prize Opportunities

Donate a door prize (value \$35.00) and have 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](#).

## Come out and Cheer

Who knew the WBN had a hockey team?

Come on down February 6, 2015 anytime after 2:30 to cheer as our team participates in the first ["Under the Lock"](#) Corporate Challenge to support the Kawartha Blazers Sledge Hockey team!

There will be a food tent, music and a free skate party going on.. SO.. bring your friends and family!

Check out the event on [Facebook](#) & [Twitter](#) too.



## WBN on Social Media

[f](#) Facebook, [t](#) Twitter, [in](#) LinkedIn, [g+](#) a Blog, [You Tube](#) YouTube

Join the conversation, learn from others, watch our videos and find your most recent picture.

Speaking of pictures... please feel free to "tag" yourself when you see a pic you're in on [Facebook](#).



**Betty Johnson's Home Selling Team**  
cell: 705-749-7934  
[betty@bettysellshomes.net](mailto: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



**Black Cap**  
DESIGN

Web Design & Development  
[www.blackcapdesign.com](http://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](mailto:alternatives_icormier@yahoo.ca)  
705-742-7038 Ext. 235

## Board News

**Lunchbox Learning:** This year WBN members can attend the Chamber of Commerce "Lunchbox Learning" sessions for free. To register for the February 18, 2015 (12 to 1) session with Javed S. Khan - an Accredited Authorized Local Expert for Constant Contact - please email: [reception@peterboroughchamber.ca](mailto: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:** Exhibitor table price is \$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.

**Half-Year Memberships:** Please share this link to our [website](#) with anyone you think might be interested in joining us. For information contact Membership Director [Glenda Vandermeulen](#).

**WBN Advertising:** Prorated ads are still available. For more information about placing an ad, contact Member Communications Director [Carrie Wakeford](#).

[Back to Top](#)

## February 4, 2015 - Frank Soriano

### Leadership and the Business Relationship Model

Our speaker in February is [Frank Soriano](#). Frank hails from a long corporate career in progressive management and leadership positions, the last ten of which as an internal Learning and Organizational Development Consultant.



A seasoned Toronto-based speaker who is licensed in a number of leadership assessment tools, he draws on his soon-to-be-released book: Beyond the Perimeter: Lead yourself, build relationships, think systems, to offer his thought-provoking presentations on communication principles and practices, business relationships and systems thinking. His keynotes provide not only valuable leadership information, but also a concrete context for this content. And this content, while helpful from a business perspective, is also useful for day-to-day life-even when dealing with aging parents, children, partners, colleagues and friends.

For more information visit <http://franksoriano.com/> or the program page of our [WBN website](#).

## Event Schedule

March 4, 2015: WBN **Trade Show**

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

May 6, 2015: **Claudia Harvey** - Creating a Business

### 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.

Also the night of our Member of the Year Award Presentation

June 3, 2015: **End of Year Celebration**

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

## WBN Trade Show March 2015

Reserve your FREE Exhibitor Table for the 2015 WBN Trade Show hosted at The Venue on March 4, 2015.

New this year, this event is open to female and male guests and is the perfect way as a WBN member to showcase your product or service to a greater audience.

Would you prefer to be a speaker? Please contact us if you are interested in speaking for 10 minutes on one of the following topics: Business Finance/Taxes, Workplace Wellness/Fitness, Ergonomics, Marketing and Branding, HR Practices and Accessibility.

To book your table, volunteer to speak or learn more contact the [Program Directors](#) Cara O'Grady and Denise Travers

**Note:** Tables and Speaker opportunities are limited, so contact us today!

## Business Spotlight - January 2015



Another wonderful WBN Spotlight event took place on January 14th thanks to Judy O'Brien and the staff of the Peterborough Humane Society. All the guests were taken on a tour of the building where we were able to visit some the furry friends they had up for adoption. It was wonderful to see that many of the furry friends had been adopted and were soon heading to their forever homes.

Judy and her staff educated the WBN members about all the great work they have done in the past and still continue to do on a daily basis.

Your all events caterer

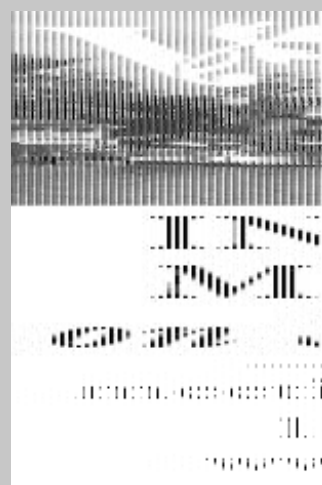
**Meetings  
Weddings  
Parties**

*Catering* PLUS

386 Water Street North, Peterborough, ON  
Tel: 705-876-6399 [www.cateringplus.org](http://www.cateringplus.org)

### 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 were lucky enough to meet Gracie, who had been rescued by the Humane Society and was now living a healthy, happy new life with her new owners. Gracie was all dolled up for the party; she even had her nails painted pink for the occasion.



Note: The [Peterborough Humane Society](#) is hosting The Valentine's Day Furball Gala. See the Community News section below for more information.

## Business Spotlight - February 11, 2015

Kawartha Entertainment Group Inc. - [Dolce Vita](#)

Date: Wednesday, February 11, 2015

Time: Drop In between 5:00 and 7:00

Location: 413 George Street North

For information: [Catia Skinner](#)

Nestled between Brock and Hunter on George Street North you'll find Dolce Vita, Peterborough's only Authentic Italian Restaurant. Recently acquired by Kawartha Entertainment Group Inc (The Venue, Dolce Vita & Whiskey Club), we are excited to invite you to join us on February 11th for a WBN Business Spotlight.

A member of Dolce Vita's team will be awaiting your arrival and will happily introduce you to our charming facility. You will have the opportunity to savour the best of local Italian food and ... of course great wine!

We hope to see you on February 11th.

Catia Skinner.

**Dolce Vita, a taste of Italy in Peterborough!**

## Will You or Someone You Love Be Part of the 72%?

As women in business you are leaders, innovators, managers, entrepreneurs, and relationship-builders. You may also be a mother, wife, grandmother, daughter, sister, and girlfriend. Women play so many important roles in our community. But did you know that being a woman also puts you at greater risk of developing Alzheimer's disease? In fact, of the 747,000 Canadians with Alzheimer's disease, an astonishing 72% are women.



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

It's becoming common knowledge that the number of people with Alzheimer's disease is rising rapidly, with numbers expected to almost double in the next 15 years, but why is it affecting so many women? One reason is that the biggest risk factor for developing Alzheimer's disease is age and women generally live longer than men. After age 65, a person's risk of developing Alzheimer's disease or another dementia doubles every five years.

So what's a woman to do?

[Continue reading ...](#)

Submitted by Susan Dunkley, Fund Development  
Written for [Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton](#) by Public Education Coordinator Diana Primavesi.

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

## Member News

**Michele Kadwell-Chalmers** - The Original Flame has partnered up with Regency Fireplaces to offer up to \$600 off gas and wood fireplaces, stoves and inserts until Feb 23rd! Now is the time to replace that old inefficient stove or fireplace with high efficiency- get the most heat for your dollar. 982 Hwy 7 east of TV Rd. [www.theoriginalflame.com](http://www.theoriginalflame.com) 705-742-9452

**Catia Skinner:** Recently acquired by Kawartha Entertainment Group Inc (The Venue, Dolce Vita & Whiskey Club) is Dolce Vita, Peterborough's only Authentic Italian Restaurant. I invite you to visit Dolce Vita's website <http://www.dolcevitapb.ca> and check our 4-course Valentine's Day special menu. First seating: 5:30pm to 8:00pm | Second seating: 8:30pm. Reservation is required. (705) 743-3339.

**Lorie Gill:** Looking for new ways to Grow Your Business... We've got [Courses](#) for that. Understand your business online with [Google Analytics](#) - Take control of your website with [WordPress](#) - Get yourself organized personally & professionally with [Evernote](#) - or launch your own [Podcast](#). WBN Members save 15% with promocode: webjan  
Contact Lorie @ [lorie.gill@gillsolutions.com](mailto:lorie.gill@gillsolutions.com) for more info.

**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](mailto:news@womensbusinessnetwork.net).

## Community News

**Debbie Boulter** - The Peterborough Examiner would appreciate your input on this year's Women in Business Awards! Please follow the link below and select whether you would prefer a luncheon or a dinner. Thank you so much!  
<https://www.surveymonkey.com/s/95LSG5D>

**Judy O'Brien** - Peterborough Humane Society presents Valentine's Day Furball Gala on Feb. 14, 2015! Romance your loved one and help animals in need by purchasing a ticket at [peterboroughhumanesociety.ca](http://peterboroughhumanesociety.ca)! For \$75 enjoy a five course meal, be entertained by Small Town Pistols, enjoy our live auction by Rob Rusland, get a chance to win the Mystery Diamond and enjoy our named drink of the evening - the Purr tini!!! Visit our site, call 705-745-4722 or email [info@ptbchs.com](mailto:info@ptbchs.com).

**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](mailto:news@womensbusinessnetwork.net).

---

## New WBN Members

Our membership continues to grow.

We have new members to welcome.

Rhonda Walst - [Charlotte's Web](#)

Karen Thomson - [The Arthritis Society](#)

Patricia Lamoureux - [Federal Economic Development Agency for Southern Ontario](#)

Nicole Truman - [Fox Law Professional Corporation](#)

Christa Loughlin - [Jeunesse](#)

Donna Matthews - [Cottage Country Connection](#)

---

## 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](mailto:news@womensbusinessnetwork.net)

[Back to Top](#)



**Meredith Pilley** M.S.W, R.S.W  
COUNSELLING SERVICES  
(705) 960 1618 [www.meredithpilley.com](http://www.meredithpilley.com)

