

Women in Business Awards will be a great night to celebrate women in the community!



Network News

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Your Monthly News & Updates

President's Message

Over the last few weeks we all were asked to nominate someone from within our organization as well as the business community, to be voted Member of the Year, and then, Business Women of the Year. As I reflected on the membership of both the WBN and the Chamber of Commerce I felt an overwhelming sense of awe.

I began to realize that this was no easy task - to see this list of successful, empowering women in our own circle, and select one to stand as winner.

These award events are an opportunity to take note and appreciate the incredible group of people we have immediate access to. As women, we are natural mentors. It's in our DNA to help someone who asks for advice or direction. We support one another in business. Last meetings panel was a small example of the vast experiences and knowledge we WBNers have at our fingertips!

Take a look around you and recognize just how far we've come in the world of commerce and politics. Get into more detailed conversations with the members at your table. Learn more about them and share more about you. That's what being a member of the WBN is all about.

Whether you were nominated for any of these awards or not; whether you win or not; I congratulate each and every one of you for your hard work, your generosity, and for the colourful thread that you weave together with each member to create the fabric of our business world and of the Women's Business Network. Well done.

Having said all that, I'm so excited to celebrate the women who will be selected on June 1 for the Woman in Business Award as well as the Judy Heffernan Award. Congratulations,



as well, to Louise Racine - our WBN Member of the Year, who worked tirelessly with her board partner to help make this years program such a success.

So put on something celebratory, bring a date if you like and we'll see you at the Venue June 1.

Yours in friendship and in business,
Theresa

Thank you

A special thanks to Lisa Smith, Chef Hugh and the team at the Holiday Inn for the year of great food and service. We're so happy to have this fabulous partnership. See you in September 2016!



2016 Winner Louise Racine

the WBN and is loyal and committed.

Member of the Year

Congratulations to
Louise Racine, the
"Member of the Year."

A note from Louise: *"I'm very grateful and honoured to receive this award. Many thanks to everyone who voted and have expressed their kind congratulations."*

After a busy year as one of the Program Directors on the board of directors, members decided that Louise represents the spirit of this award, sponsored by Maureen Tavener such as her passion for the WBN, someone who has welcomed and made experiences memorable, someone who is an ambassador of

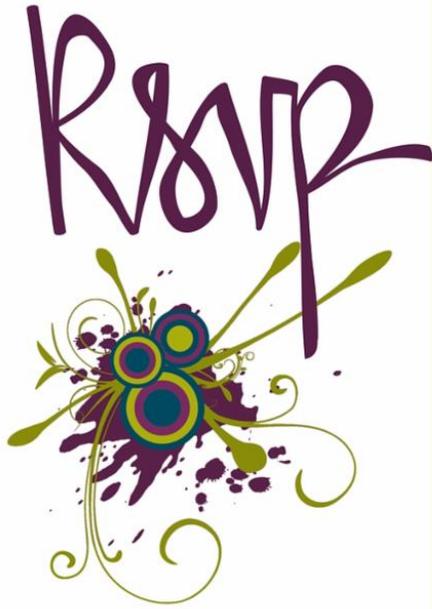
A note from the Treasurer

I am writing this to address some members' concerns following the May 4, 2016 AGM. The 2015/2016 Membership year had a planned deficit, to use a portion of our accumulated surplus to fund our new website, which is more robust and expected to support the WBN's mission in the long-term.

Despite this deficit, the WBN's cash position is healthy and well able to support our vision. It is important to note that the deficit was planned for 2015/2016 only.

To continue to maintain our financial health, I would like to take this opportunity to remind members that meals are our highest cost so when we pay for meals for non-attending members, this unnecessarily increases our expenses. I would ask that if you are unable to attend after registering then please contact us by email to let us know at secretary@womensbusinessnetwork.net.

Sincerely;



Who will be the recipient of the Woman in Business Award and the Judy Heffernan Award?

Find out as the WBN partners with the Peterborough Examiner to present the Women in Business Events

Featuring Guest Speaker
Betty Anne Heggie

with the topic,
Play all the cards in your hand - it's the Gender Physics Leadership Advantage

**RSVP now for
the June 1 member
meeting**

**RSVP date is
Wednesday,
May 25**

**Please note that
male guests will be
welcome to this
event**

**Guest registration
can be done [here](#)**

WBN Member Survey We Need Your Feedback!

Thank you for being a WBN member.

Your Board of Directors truly values your feedback.

In the next few days you will be receiving a brief member survey. The member survey, in addition to our monthly survey, gives you the opportunity to provide us with your comments on things we are doing right and what changes or improvements could make your experience more enjoyable and rewarding going forward.

I encourage you to take a few minutes to respond to the Member Survey. Make your voice heard and help shape the future of the Women's Business Network.

Thank you very much again,
Catia Skinner
Strategic Planning Director





Thank you Darlene MacDonald - a spotlight full of food and fun!

This month's spotlight was a great time to learn some outdoor entertaining ideas with the help of "Sunset Gourmet"

We learned how to create our own "Salad in a Jar;"

We sampled dips and BBQ sauces, easy desserts, flavoured iced teas and so much more!

And of course, prizes galore - everyone who attended was gifted with a wonderful full sized product to take home and enjoy over the summer.

Also, a big thank you to Tracey Ormond of That's a Wrap Catering for the use of her beautiful space for this month's spotlight!

2016-17 MEMBERSHIPS AVAILABLE NOW

Starting June 1

Take advantage of

Early Bird Rates

Until August 15

Single
Membership

\$350

Corporate
Membership

\$450

available at

www.womensbusinessnetwork.net

Feature Article

Heather Howe

What we all need to know about self-defence

When I talk with women about self-defence, one of the most common questions I get is "Can I do it? I'm not very strong." Most of us have not been raised to see ourselves as strong or powerful. We've grown up believing we are too weak to successfully defend ourselves against a bigger, stronger attacker. We've been told to rely on the men in our lives to defend us, for example, to make sure we have a man with us if we are going to be out after dark.

We're given bad information about self-defence. Look at what we see in the movies and on TV: when women run away they trip or run into a dead-end alleyway. They pound ineffectively on a huge attacker's chest as he overpowers them. They either get killed or they wait for a man to rescue them. Or they're Cat Woman, defending themselves with super-human powers that we can never hope to have. Neither portrayal is realistic and both are harmful. [Read More](#)



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

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2015-2016

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

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Secretary:	Mary McGee
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Program:	Louise Racine Denise Travers
External Communications:	Lorie Gill
Member Communications:	Emily Martin
Directors at Large:	Louise Shea Colleen Caruthers
Strategic Planning:	Catia Skinner

2016-2017

Board of Directors

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President:	Mary McGee
Past President:	Theresa Foley
Treasurer:	Shelley Barker
Secretary:	Patricia Lamoureux
Membership:	Tracey Ormond
Program:	Louise Racine Sana Virji
External Communications:	Paula Kehoe
Member Communications:	Emily Martin
Technical:	Lorie Gill
Directors at Large:	Colleen Caruthers Glenda Vandermeulen
Strategic Planning:	Catia Skinner

Member News and Events

Congratulations to all the WBN members who have been nominated for a **2016 Business Excellence Award**. - Nominations close on May 25th so there is still time. Self nominations are encouraged. Visit www.excellencepeterborough.ca

The Original Flame - Before you buy a new BBQ, come check out the new Saber grills at The Original Flame! No flare ups, 100% infrared cooking surface locking in the juices in your food and save up to 30% on fuel consumption. These grills are the filet mignon of BBQ's!
www.theoriginalflame.com

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/ and show you believe in Mental Health For All! There's also great sponsorship opportunities still available. Contact kdavies@cmhahkpr.ca

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 for your tickets today!

Jennifer Moon of Fransky Mechanical says "I want to express my thanks to the members of the WBN for their warm welcome to Peterborough! As the owner of Fransky Mechanical, a plumbing, heating and air conditioning company, I look forward to leaving the dark basements, leaky sinks and dusty construction sites to attend the monthly meetings and to engage with dynamic and inspiring women"

A banner for Charlotte's Web, a women's clothing and kids wear store. On the left, there is a photograph of a young girl in a pink shirt and a woman in a denim jacket. To the right of the photo, the store's name "Charlotte's Web" is written in a large, black, serif font. Below the name, the tagline "women's clothing & kids wear" is written in a smaller, black, sans-serif font. To the right of the tagline, the store's address and phone number are listed in a red, sans-serif font: "180 Charlotte St. Peterborough, ON K9J 2T8 705.749.9470".

Charlotte's Web
women's clothing & kids wear
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Peterborough, ON
K9J 2T8
705.749.9470

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