



270 Charlotte St., Suite 302, Peterborough
705.874.1221 | www.adaptivehealth.ca

"It started with an idea that
health care
could be different."

- Physiotherapy
- Massage Therapy
- Foot Care
- Homeopathy & Nutrition
- WSIB & Work Related Injuries
- Motor Vehicle Accident Injuries

November 20, 2015

Hello



An exciting few weeks coming up including the annual WBN Gala and Auction on December 2nd in support of the YWCA Crossroads Nutritional Well-Being Program.

President's Message

IN THIS ISSUE

- [President's Message](#)
- [WBN Gala and Auction](#)
- [Business Hall of Fame Nominations](#)
- [Feature Article by Patricia Lamoureux](#)
- [Link to Past Feature Articles](#)
- [Spotlight Recap](#)
- [Sponsorship Opportunities](#)
- [Board Members](#)
- [Member News and Events](#)

Quick Links

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

Register Now

**Registration is now open for
the December 2nd Gala!**

PLEASE RSVP By Noon on Friday,
November 27th

Invitations should be in your mailbox
now.

**Bring Your Girlfriends or Female
Colleagues**

"How did it get so late so soon?"

...says my favourite advisor: Dr. Suess.

It seems like only last week that we had sunshine and gorgeous colours.

All of a sudden we are past the middle of November and everything is brown, dull, cold and damp. It is a bit depressing.

But November is also a busy month with planning for December, January and February!

Before you get too wrapped up in Christmas preparations for home and for your business, plan to fit in time for thinking, ruminating, contemplating and relaxing. We women are professional multi-taskers and that isn't always doing ourselves or our work any favours. There are endless studies, blogs and testimonials proving that the brain functions more efficiently and more creatively when we allow it quality time out. It is not always favourable to get caught taking nap at work, but schedule into your daytimer a brisk walk in the fresh air, a coffee break without your phone or computer, or a few minutes on a bench at Little Lake. You will find yourself thinking more clearly, feeling more patient and you'll have more stamina for the tasks at hand.

Taking time to do nothing often brings everything into perspective! Or as Sydney Harris states "the best time to relax is when you don't have time time for it."

Make sure you make time to come to the Christmas Gala! See you there in all your glitter, sparkle and flair.

Happy November!
Theresa Foley
President



Registrations can be done by

[clicking here](#)

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

Benefit Tip

As part of the many benefits of the WBN, donate a door prize at the January meeting and have 1 minute on the mic to chat about your business and product...pretty great return to be able to chat to over 100 Business people in the community!

WBN Member Ads

SHOWPLACE
performance centre

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

WBN Holiday Gala and Auction

We're Really Excited about our Upcoming 2015 Holiday Gala on December 2nd!

Not only do we have a special night of celebration planned around our theme of "It's a Wonderful Life," we are also honoured to be supporting the Nutritional Well-Being program of YWCA

Connections
Growth
Leadership
Advocacy
Education

Greater Peterborough Chamber of Commerce
125 YEARS

karen@peterboroughchamber.ca

Did you know...
As a WBN Member -
You can [purchase](#)
Linkable Ads & Video Ads

Crossroads. Our \$15,000 goal will go a long way to help nourish the women and children of our community who are fleeing abuse. This program ensures that they have access to healthy food and teaches them 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.

You can find more information on this heartwarming program here.

To help us reach our ambitious goal, we still need your support. If you'd like to help out by donating an Auction Item, please complete the attached form & drop off your item at one of the following locations **before November 25th/15:**

Kawartha TV and Stereo

188 Park St. S.

East City Flower Shop

59B Hunter Street E.

Denise Vallee & Associates,

The Cooperators - 3-260 Milroy Drive

You Can Also Drop Auction Items & Donations off at the **YWCA Peterborough Haliburton** (216 Simcoe Street) until end of day **Monday November 30th/15**

And, in addition to the silent and live auction, we're introducing some other fun ways for you to bid on the impressive array of items that have already been generously contributed. So bring your shopping list, your girlfriends, some cash and your generous heart.

The YWCA and the WBN Program Planning Committee want to thank everyone who has already donated, sponsored, or otherwise helped out with this event thus far.

For more information, please contact [Denise or Louise](#), Board Members in charge of programming.

Nominations Now Open

in our
e-Newsletters & e-Blasts.

Want more info?
Contact Emily Martin, [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!**

Benefit Tip

Any WBN Member can share 60 words of news about their business, products or services in our monthly Newsletter!

And It's FREE!

[Find out more here...](#)

Become An Event Sponsor

The WBN is currently seeking Sponsors for the amazing January 2016 Program.

For more information about benefits, please contact:

[Colleen Caruthers or Louise Shea](#)

2015-2016 WBN Board Members

Do you have questions or comments for the [Board of Directors?](#)

The Business Hall of Fame, Dinner and Induction Ceremony honours individuals whose exemplary accomplishments of vision, leadership, and commitment to excellence have strengthened our economy and community. Inductees are widely respected for their integrity, business acumen and community contributions. They are regarded as inspiring role models for enterprising Junior Achievement students and young Canadians. If you know of someone you would like to see recognized, click on the link to the right to download a Nomination Form. Nomination forms are due by 3pm on November 27, 2015.



[read more](#) or [click here to nominate](#)

This month's Feature Article: Patricia Lamoureux - Association of Administrative Assistants

Change is good right?

We often hear this in the business world and sometimes you might smile and agree but really deep down you might not always see how change can be good. You can watch change happen, you can ignore change or you can be a change champion because like it or not, change is the new reality of the world we live in. It is happening in the public sector with Workplace 2.0 and the ever smaller cubicle office. It is happening in the private sector with the Internet of things. Lastly, change is also happening in our personal lives with the arrival of the sharing economy. The opportunity to be a change champion is yours for the taking but are you ready?



Recent examples of workplace change that I've experienced include transitioning from teleconferences to the more common video-conferences and the disappearance of land line office phones in exchange for mobile phones. This has led to a whole new work experience and the transition was not always smooth. Recent examples of change on the

President:

- [Theresa Foley](#)

Past President:

- [Gwyneth James](#)

Treasurer:

- [Andrea McLeod](#)

Secretary:

- [Mary McGee](#)

Membership Director:

- [Glenda Vandermeulen](#)

Program Directors:

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

External Communications:

- [Lorie Gill](#)

Member Communications:

- [Emily Martin](#)

Directors at Large:

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

Strategic Planning Director:

- [Catia Skinner](#)

Member News & Community Events

MUG SHOT!

What does your profile picture say about you? Do you have a GOOD profile picture? Is your head shot outdated?

Come to us for a **quick and professional head shot** to improve your profile!

Tuesday December 1st from 3pm-7pm, Canadian Cancer Society Office 730 The Kingsway . \$25.00 No appointment necessary -just stop in and we will take care of you!

Questions? **Call 705-742-3823 and ask for Emily Vassiliadis**

Viamede Resort presents **The**

home front include a smart television that at times seems too smart for its own good and a smart meter that seems to not always be so smart. I've not always been an early adopter of change and new ways of doing things but I've found that life is a lot more enjoyable if I at least try. I learned change survival skills that helped me develop resiliency when presented with planned and unexpected change.

[read more...](#)

Previous Feature Articles

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

Thank You Bennett's Home Furnishings



Well, Marlane Bennett and her family kept up the great spotlight momentum started last month by That's a Wrap. Bennett's held their spotlight last Wednesday night at their huge new building at Park and Landsdowne, where a record number of members were treated to great food, great drinks and great door prizes. And to top that off we participated in two great educational sessions - one about paint and one about leather.

After half an hour of browsing and chomping at the bit to buy new furniture, we were introduced to Bennett's Nancy Olley, and we learned about the different qualities of leather, uses for leather and had a leather terminology lesson. She finished off with some great tips how to take care of leather. Next, Rick Leclerc, the store manager of Sherwin-Williams paint store - the one right near Montana's - gave us some really helpful information about paint - because once you buy a great new sofa and chair from Bennett's, you're probably going to want to highlight it by putting just the right shade on your walls.

Rick showed us the paint colours that were on trend last year and what's trending for this year - you'll have to visit his store to find out this information for yourself. We learned a lot about the different types of paint - from flat, to satin to eggshell and many more and the impact sheen has on the colours you select!. To top it off, Rick offered all WBN members a 30% discount on any paint you purchase between now and Christmas.

Gathering: Fall Harvest

It's time to feast, drink and dance with the first of a series of exciting culinary events at Viamede! Join us on **November 27th** for a 3-course wild game harvest dinner, wine pairings from Prince Edward County and an evening of music!

For more details, visit [here](#).

Tickets are \$95 per person, including dinner, wine and dancing! make a night of it and book a guest room too, for only \$149 including breakfast.

Book your spot by calling 1-800-461-1946 or email

reservations@viamede.com

Make New Years Eve a fun evening with friends and great music.

Join 4 Front at the Holiday Inn Ballroom from 8pm till 1am New Years Eve.

4 Front (Theresa Foley, Terry Finn, Sheila Prophet and Norma Curtis along with Kenny Deschamp) bring you your favorite songs from the 60s, 70s, 80s and up to today!

Dancing to live music from 9 till 1 and Champaign and snacks at midnight all for **only \$25 pp**

Greater Peterborough Chamber of Commerce:

WBN Member Karen August, Manager of Membership Services wishes to send congratulations to WBN member **Bruce Maly Plumbing & Drain Services** who were the winners in the Skilled Trades category at the Chamber of Commerce Business Excellence awards held on October 21, 2015. The team at Bruce Maly beat out many other nominees and showed the judges that they have delivered excellence in service, quality, innovation and community involvement. A well deserved award indeed.

Melinda Richter (owner of Curated)

is celebrating 1 year in business! Stop by Curated (#5 in Charlotte Mews) on **Nov. 27-29** for special birthday events, including music, draws, prizes, a photo booth, and mini-workshops. More info at www.curated-peterborough.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-**

Finally, we got a chance to meet Marlaine's daughter Jasmine, and her son-in-law Tyler, who now work at Bennett's with Marlaine and her husband Eric - apparently the move really benefitted from their help.

For more information about the paint and leather segments, you can go to Bennett's website www.bennetts.ca and read the follow-up articles.

6581 or
email: ismith@fortisproperties.com

January Program Change

We would like to thank Ann Douglas for being so kind to reschedule her presentation to later in the year and allow us a very unique opportunity to have Manon



Rheum speak on

"Finding Success Through Failure" at our January 2016 Member Meeting.

Manon Rheume is the first and only female to play in the NHL with the Tampa Bay Lightning in 1992. She is also the first female to sign a contract to play professional hockey. She played six years of professional hockey in the minors.

Manon was also a member of Team Canada and helped lead her team to a Silver Medal at the 1998 Winter Olympics at Nagano, Japan. As Team Canada's goaltender, Manon won Gold Medals at the 1992 and 1994 World Hockey Championship and she was named "best goaltender" in both events. She has also appeared in numerous national media including "The Today Show", "Late Night with David Letterman", "CBS This Morning", "ESPN", "Good Morning America", "Entertainment Tonight", "A Current Affair", "MTV's House of Style", and "Maury Povich".

[read more](#)

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.



Charlotte's Web
women's clothing & kids wear

180 Charlotte St.
Peterborough, ON
K9J 2T8
705.749.9470