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Your Monthly News & Updates

President's Message

A Powerful Start to our New Year

Why is it that the word POWERFUL can so often have a negative stigma for businesswomen?

Rather than being synonymous with terms such as "influential," "assertive" or simply "successful," we often hear powerful women referred to as "pushy," "ball busting" or the diminutive "feisty." This complaint isn't new - but it certainly hasn't gone away either. All you need to do is follow the U.S. elections and you can see and hear how this degrading terminology continues to plague our gender.

So, when asked why we need a "WOMEN'S" Business Network, this is why. Because in order to be treated as equals, we need to draw attention to our unique issues - and to our unique approach to resolving them. By working together, in a cooperative, supportive fashion, we can build our businesses while breaking down barriers.



And with our first membership meeting for this new year under our belt, and with the POWERFUL and SUCCESSFUL Barb Stegemann to pump us up and send us forward, lets all take an inventory on how we can incorporate our WBN theme into our lives - Use your Power, Work with Purpose, Enjoy the Present.

Yours in business,

Mary McGee

President, Women's Business Network

President/CEO at Little Lake Cemetery Co. & Highland Park Funeral Centre

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

New Introductory Sponsorship Level Available

Ideal for small businesses and organizations looking to get their name out to the WBN membership or anyone looking to try out a sponsorship with the WBN.

With benefits including logo recognition on promotional material and evening power point presentation, recognition on the popular WBN social media sites as well as exhibitor space the evening of the meeting, in this package, for \$250 pick your three favourite benefits and let us know what would be the best benefit to your business.

Please note that to purchase this special \$250 package, please contact our [Directors at Large Colleen Carruthers and Glenda Vandermuellen](#)

For more information on our other beneficial sponsorship packages, including the benefit of guest tickets and seats with the guest speaker as well as introducing or thanking the evening's speaker, [click here](#)



Holiday Gala & Auction
"Christmas Around the World"

December 7, 2016

Holiday Inn Peterborough Waterfront

Auction donations will be accepted at the October 5 meeting.

Want to host a dinner table featuring your favourite country? Contact [Program Directors Louise and Sana](#) for more information.



October Speaker

Are you living your dream life or have you convinced yourself to settle for second-best? In this thought-provoking presentation, Peterborough-based author Ann Douglas will encourage you to embrace rather than fear the possibility of change.

Learn about the power of self-compassion (how treating yourself with kindness and gentleness as opposed to bullying yourself opens the door to possibility), the magic of connection (the importance of finding allies who will truly support you on your journey of change and growth), and the secrets to setting yourself up for success (how to set goals that are realistic, measurable, and achievable-and to maintain your commitment to achieving those goals).

Expect to be inspired and moved by the wisdom and stories shared by this informative and entertaining speaker-a best-selling author and mother of four who has experienced a transformative health journey.

Call for Writers

Do you have a topic that you think the membership would benefit from?

The WBN is looking for members to write a "Feature Article" in an upcoming newsletter. Articles are between 600 and 1000 words and are featured in the monthly newsletter as well as on the WBN Peterborough blog ([See here](#) for examples of past articles).

For questions, information or to book your article space now, email [Emily Martin, Member Communications Director](#).



SAVE THE DATE

INTERNATIONAL **WOMEN'S DAY** CONFERENCE

March 8, 2017

Inspire - Empower- Act!

more details coming soon



Contact Karen August (705) 748-9771 ext. 300
Visit us peterboroughchamber.ca

Getting to know your Board

Mary McGee
President



What is your favourite quote or words of wisdom that you live by and why? Enjoy spending time with the people you work with. You spend a lot of hours there, make it a great place for you to be.

What is the business tip you find yourself using or doing regularly that other WBN members could benefit from too? Write a To Do list. But use a pencil with an eraser on the end. You will need to change it often, and isn't that the best part?

What are the things you are regularly grateful for and why? How do you practice or express gratitude? My husband, who makes me laugh daily at things that wouldn't make sense to anyone else if I ever tried to explain it.

What are your favourite movies and why? "Love Actually" - I watch it every Christmas. It is by no means a life changer, but I still like it! And "The English Patient" - for the cinematography and the love story. Ok, I admit it, I like romances.

What are your favourite books (business or other) "Life of Pi" by Yann Martel. And anything written by Malcolm Gladwell.

Getting to know your Board

Theresa Foley
Past President



What is your favourite quote or words of wisdom that you live by and why?

"Be the change you want to see in the world" (Mahatma Ghandi)
By nature, humans complain. I challenge myself to live the change before I call it out to the world. We want people to be more loving, we want the world to be more fair, we want the world to be free of judgement. Another favourite quote is "Whether you think you can, or think you can't, you're right" (Henry Ford)

What is the business tip you find yourself using or doing regularly that other WBN members could benefit from too?

ASK - for help, for advice...I have learned so much from other people's knowledge and insight

What are the things you are regularly grateful for and why? How do you practice or express gratitude?

I am forever grateful for the opportunities that have fallen into my lap. I have so many examples but perhaps the greatest was when a job I applied for wasn't awarded to me I met the person who did get it. We started working together, created a marketing agency that funded our newly created charity organization; traveled extensively, including 2 trips to Africa. I learned marketing, recording and so much about humanity and world needs. My lesson...Every disappointment is an opportunity when you turn it around. I try to share anything I know or have with someone I think may benefit from it. I'd like to think I helped someone move to the next level in their career or helped make a positive change in their life.

What are your favourite movies and why? What lessons did you learn?

"The Razors Edge" with Bill Murray. A real lesson in kindness, selfishness, depression and hope. "The Holy Grail" (Monty Python) a lesson in silliness. Relax and don't take everything too seriously!



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

President — Mary McGee

Past President — Theresa Foley

Technical — Lorie Gill

Treasurer — Shelley Barker

Secretary — Patricia Lamoureux

Membership — Tracey Ormond

Strategic Planning — Catia Skinner

Program — Louise Racine & Sana Virji

External Communications — Paula Kehoe

Member Communications — Emily Martin

Directors at Large — Colleen Carruthers & Glenda Vandermeulen

Member News and Events

From Michele Kadwell-Chalmers at The Original Flame: *The Original Flame is blowing out all in stock BBQ's! Saber grills are like no other BBQ you have tried - No flareups even when cooking wings - Highly efficient, save up to 30% on your fuel - infrared heat to sear and lock in the juices - Even cooking temperatures - Made from high-grade stainless steel 304 non magnetic. Hurry in to The Original Flame 982 Hwy 7 East, 705-742-9452*

From Lisa Mallette at Holiday Inn: *Still thinking of the perfect place to hold your Company Christmas Party this year? Call now at the Holiday Inn Peterborough Waterfront for availability and rates as space is limited! Lisa.mallette@whg.com or 705-740-6581. We look forward to hearing from you soon.*

Jeannine Taylor, Publisher of kawarthaNOW.com *is pleased to announce that Eva Fisher has joined us full time as our Lifestyle Editor, and will be managing our Lifestyle section. If your business is in fashion, home design/renovation or wellness, talk to Eva about our plans! Eva is a savvy marketer and understands the power of partnerships and buying local. Eva@kawarthaNOW.com, 705-931-6460.*

Jeannine Taylor, Publisher of kawarthaNOW.com *is pleased to announce kawarthaNOW.com has an expanded, mobile responsive website launched over the summer. Join our 155,000+ monthly readers and take a look for Peterborough & The Kawarthas news and events. Sign up for our weekly VIP Enews on the site to be in the know for ticket giveaways, what's on now, and our top weekly features. #KeepitintheKawarthas JT@kawarthaNOW.com*

From Mary McGillis of Celtic Connections - *Celtic Connection is hosting "Tour Like a Goddess" (Scotland) through Carlson Wagonlit...May 02 to May 13, 2017: Join 15 other goddesses on adventures from Edinburgh to Inverness, Dornoch & The Orkneys! For more info, contact Myenna Doering at mdoering@carlsonwagonlit.net.*

From Mary McGee at Highland Park Funeral Centre - *Seniors, Sun and Security - FREE SEMINAR. What you need to know before you travel this winter. Tuesday, October 24th, 9:30am OR 2:30pm at Highland Park Funeral Centre. 3 industry professionals will answer your questions on - securing your home, staying healthy while travelling and preplanning final arrangements.*

RSVP - Mary McGee at 705-745-6984 or mmcgee@littl lakecemeter y.com.

From Cara Walsh of PED - Peterborough Economic Development (PED)'s Business Advisory Centre is hosting a five-part Workshop Series that will provide small business owners with training to enhance their skills in a variety of areas. For information, contact Cara at 705-743-0777 x 2116 or email CWalsh@peterboroughed.ca



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STAY CONNECTED:

