



GNMates

Communication Connection Comraderie

A Publication of Guelph Women in Networking

Volume 09-10 Issue 8, April 2010

GWIN MEMBER ONLY EVENT ANNUAL GENERAL MEETING

This evening is your opportunity to think about other ways in which you can benefit from your GWIN membership. We'll be voting in a new executive. Are you interested in joining? Take an active role in our Executive, and help to continue to steer our organization in a positive direction.

Maybe you're thinking to yourself, I don't have what it takes to fill one of these positions. If these are your thoughts, don't hesitate! Consider an executive position now!

Spending time on our team will foster the development of the skills that you think you are lacking. Other amazing benefits of being on the executive include:

- Meeting the membership more easily
- Being in a very visual position: the membership will more easily know YOU and your business
- Helping to foster the growth of other businesses
- Have an active voice and role in the work that GWIN does

After our AGM business is taken care of, we will welcome our very own Sylvia Plester-Silk to speak about **Expanding Your Comfort Zone to Increase Your Bottomline.**

In life and in business, it can be easy to get stuck in your comfort zone. When this happens, you may feel like something is lacking or fail to move forward and grow your business. Come out and experience a fun and safe way to expand your comfort zone. We'll play games and talk about how to live fully in the moment!

You will learn how to:

- Take increased risks to generate new business
- Overcome fears that prevent you from successfully marketing yourself
- Trust your first instinct to make faster, better decisions

As Sylvia expanded her comfort zone, she found that new opportunities came to her and her life has become more rewarding! Let Sylvia help you to create the same opportunities in your life!

Sylvia is a Holistic Healing Practitioner who values personal growth and enhancing the lives of others. She is currently studying Improv with the Second City Training Centre in Toronto. She is sure to entertain and enlighten you! Please wear comfortable clothing and be prepared to have fun!

Visit the GWIN website at gwin.ca to book for the May meeting

Join Us

**For the GWIN Annual
General Meeting ...**

Members Only Event

Tuesday, May 4, 2010

Location:

**Guelph Country Club
133 Woodlawn Road East**

**Visit our website
at gwin.ca**

Cost: \$30.00 for Members
\$40.00 for Non-Members

Time: Doors open for Networking at
5:30 p.m. Dinner and Speaker
are from 6:00 p.m. to 9 p.m.

Registration is required!

Another great GWIN benefit!

GWIN is an official member of the Guelph Chamber of Commerce, and so as members of GWIN we can attend all the Chamber functions at member prices. When booking, be sure to mention you are a GWIN member.

Do remember, you are there as a GWIN member, and if you wear a name tag, it must be your GWIN tag, not your personal company.

Naturally you may take your personal business cards to share with others.

Remember ...

PLEASE NOTE -- CANCELLATION POLICY: Reservations are required and are taken either online by 5:00 p.m. on the Sunday prior to the meeting or by phone (519-827-4946) up to 10:00 a.m. on the Monday prior to the meeting. Cancellations are taken by phone only up to 10:00 a.m. on the Monday prior to the meeting. You will be billed if you do not give the required notice of your reservation cancellation. Method of payment: Cash or Cheque at the door.

As a courtesy to our members and guests with perfume sensitivities, please refrain from wearing perfumes to the dinner. Thank you



THE PRESIDENT'S CORNER

By Jody Hay

Who Are YOU?

Have you ever stopped to ask yourself this question? And truly, would you know how to answer it? I've been thinking about this a lot lately. I like to think of myself as a stable, self-confident, warm-hearted, woman of integrity. But I have to be honest and recognize that occasionally there can be fear, worry, anger and heartbreak that can have an impact on that self-perception.

As I go through 2010 facing challenges that life has thrown my way (which I'm sure all of you have experienced over the course of your lives), it has made me take a long hard look at who I am. I keep thinking of a powerful quote by Martin Luther King Jr., which says "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." Essentially what he's saying is that it's easy to be good and strong and confident when life is simple but it's when life gets tough that is when we truly learn who we are.

For those of you who came to our April GWIN meeting, and heard Kristel Manes speak, were you as impacted as I was, when Kristel asked us to picture our own funeral, and to think about how we would like to be remembered? Boy, it sure put a lot of things in perspective for me. I've decided to work on finding that REAL me again, and to rise above all of the challenges, a wiser, more grateful woman.

Think about this....How do YOU identify yourself? As women we really do wear a lot of hats...we are Mothers, Wives, Business-Women, Daughters and so much more. But, at the end of the day, when you take the hats off, don't forget about YOU. That inner YOU, deserves to be nurtured and cared for as much as you nurture and care for your children, your husband, your co-workers, and your career. Always remember that in addition to all of the hats you wear, and all of the roles you take on, you are truly a special, unique, one-of-a-kind soul.

As Kristel said, think about how you want to be remembered, and start living the kind of life to ensure that it will happen!

A Terrific Benefit of GWIN Membership — Business Bios

If you haven't scheduled your Business Bio this GWIN year, or if you are new to GWIN, here is your chance to present yourself and your company to the membership and guests. Book now for September, October & November.

This is one of the great perks of GWIN membership, so take advantage of this now and contact Penny Jamieson to book your Business Bio.

Contact Penny at gp1jamieson@primus.ca

An then get your bio printed in the newsletter too!

BUSINESS BIOS ...



It has been my dream for many years to open my own practice and on March 10, 2008, I welcomed new clients to my practice. It is all about improving access to dental hygiene care, supporting and educating clients with a professional yet personal level of service. The office is inviting, the equipment is state of the art. I am a primary health care provider with over 25 years of experience, focusing on the prevention of oral disease and the promotion of good oral health.

It is not just about cleaning teeth. First step: gathering pertinent information to confirm it is safe to proceed. A complete oral examination is conducted to formulate a detailed dental hygiene diagnosis. Collaboration with the client is essential to develop, strategies and goals in their oral health care needs. Now the cleaning! Ongoing evaluations are needed to ensure the maintenance of health is achieved.

New clients always welcomed, call to book your personalized appointment:
Phone: 519-993-5582

Charlane Steyczuk
Gentle Dental Hygiene Services



Hi my name is Julie Hurren. My company I represent is the Auto Clinic. My husband started this company in February 1993 and has more than 25 years of self employed experience. I joined him in the year 2000. We are a general repair facility, servicing all makes and models, repairing everything **but** scratches and dents.

Your car is a major investment, and it is in your and our best interest to maintain it. A well maintained car **will** provide you with better gas mileage, reduce harmful emissions, give you better resale value, and will be **reliable and safe**.

To give you a better understanding of car maintenance lets look at it as it pertains to the human body.

We all know that taking care of ourselves, body, mind and spirit is very important. So, let's look at your car!

When was the last time you bought a new pair of shoes for work?

Do you shop at Wal-Mart or The Bay?

The choices we make for our feet or your car are no different.

Your **car's tires** are like your **shoes**.

The **electrical system** is your **nervous system**,

The **car's computer** is your **brain**

The **body** is your **skin**

Car fluids are the **blood that is pumped by your heart**

And the **air intake system**, is your **lungs**

Headlights, windshield, wiper blades - these are your **eyes**.

Seeing clearly is important.

Ever go to the spa for a facial or pedicure? Think of this as a trip to the car detailing centre to wash and clean your car inside and out.

Feeling a little gassy? Maybe its time to go on a fast, a diet or drink lots of water. This is like giving your car a fluid change such as a coolant flush or engine flush.

continued on the next page

BUSINESS BIOS CONT ...

continued from previous page

Read a good book lately? This is your car's computer, we can't scan your brain but we can scan your car's computer if any warning lights come on.

When buying and maintaining a car ask yourselves these questions:

Do I want to be stranded on the side of the road – ever?

How much driving do I do?

Do I use the car for work or family or both?

Do I know how much my car costs me?

Do I want to know?

How do I budget for car repairs?

These are just some of the questions that we can answer at the Auto Clinic

For car care and maintenance information, follow the links below, or visit us at <http://autoclinic.mechanicnet.com>

www.carcarecanada.com <http://editorial.autos.msn.com>

Thank You and SAFE DRIVING !

Julie Hurren

Auto Clinic

Sylvia Plester-Silk also presented her bio at the April GWIN meeting.



ARTICLES

Paula Clarke
Ocean Bottega

dressing your bed Winter to Summer

sleep well

It's where we begin and end our day. It's where we rest and recuperate. It's where we spend approximately 40% of our lives. Our bed is usually the focal point of the room and by changing things up we can look forward to resting, taking refuge and other simple pleasures.

be easy

A beautifully made bed can be an oasis amid the organized chaos of our daily lives. My secret is the three minute bed which can be made on the way to the shower, closet or breakfast. One flat sheet topped by a simple duvet, a two stack of pillows one soft one firm and one or two feather pillows that just need a bit of fluffing to look great. Voila, heaven!

lighten up

Play up your lightest elements in terms of colours, textures and Stuff. Use more of your lightest colour for neutral schemes and add whites to bold colours. Use natural and light textures by thinking in terms of cool cottons, bamboo, linen and hemp. Bring out fresh and airy knitted summer throws and light playful quilts for that divine nap in a light summer breeze. Tuck away all the extra baggage that comes with winter. Clear off surfaces and make space for that pretty bedside glass and decanter just for you. You can enjoy a cool drink of water on those hot summer nights.

continued

ARTICLES CONTINUED

continued from previous column ...

cool off

Consider using blues, greens and purples as cool accents. Put away bed skirts and area carpets for the summer for improved air circulation. Show off attractive baskets under your bed, they are great for extra linens, off season clothing and all that winter Stuff. Add lots of white space to your frames for art work and photos. Exercise the "less is more" without moving a muscle.

have fun

Bring out the fun Stuff. Use fabric patterns that are lively and inspiring. Get graphic by using bold colours. Choose one exquisite table top piece that you love that says something personal about you. Spread out the beach mats and colourful rag rugs. Or indulge in dreaminess with billowy white every where...

FREE Ladies Car Care CLINIC

Thursday May 27th 2010

6:30 – 9:00 pm at the



- The Clinic will be hosted by Kelly Williams, a race and pace car driver, as well as, a TV personality.
- This fun and informative Clinic, especially designed for WOMEN, will cover a variety of topics, from how to check tire pressure, emergency roadside kit contents, oil and air filters, brakes, various vehicular fluids, and more – all in 'laywomen' terms!
- Beverages and a light snack will be served, and gift bags will be presented to all attendees.
- Seating is limited, so please call (Julie or Don @ 519-836-5680) to reserve one for you, and perhaps a friend.

We look forward to having you join us,
and trust you will leave feeling a little more
qualified and comfortable in knowing your vehicle
and how best to take care of it – so it will take care of you



www.carcarecanada.ca

"The Chinese use two brush strokes to write the word "crisis." One brush stroke stands for danger, the other for opportunity. In a crisis, be aware of danger--but recognize the opportunity."

John Kennedy, 35th President of the United States

"When spider webs unite, they can tie up a lion. "
Ethopian

"Life is like a ten-speed bike. Most of us have gears we never use."
Charles Schultz



Above: Guests Jeannette Cormier and Darlene Kelterborn enjoy the networking at GWIN

Below: Julie Hurren of Auto Clinic, at her display, explains about car care to GWIN's guest speaker Krystal Manes



Left: Charlane Steyczuk of Gentle Dental Hygiene takes advantage of a great benefit of membership in GWIN - the ability to have a half/ table display at GWIN meetings.

Members! Each and every one of you can present a business bio once per year and also have the bio printed in that particular monthly newsletter -- and these are only two ways to promote your business to other members. You can do as Charlane has done and have a display table. All of these promotions are part of your membership dues.

For a small additional fee you can run ads on our web site or have ads in the newsletter which also appears online.

Since the newsletter is published online, anyone coming to the site will also be able to see your ads, so your potential exposure increases continually.

Paula Clarke of Ocean Bottega, Julie Hurren of Auto Clinic and Ruth Kennedy of Prepaid Legal find loads to network about.



ANOTHER GREAT WAY TO ENJOY GWIN

One of the great enjoyments that GWIN has given me, is being part of the executive.

Volunteering with any organization can be very, very rewarding and you can have an enormous amount of fun at the same time.

I have discovered that I get to know more about each member of the organization much quicker, and have made good and lasting friendships at GWIN because of this.

We have some terrific opportunities waiting for those of you who would like to step forward and serve in one of the many positions GWIN has on the executive.

Click on the following link [Gwin Executive](#) and read the bylaw on the executive positions to find out exactly what each member of the executive has responsibilities for, and what might suit you.

Something there is sure to peak your interest!



There is always so much happening at a GWIN meeting.

Networking is one of the wonderful aspects of the meetings, where members and guests can discover aspects of each other that they did not know.

This is such a marvelous way to make super contacts and often to find out about that product or service that you have been looking for, for some time..

Left: Colleen Hunter of Hunter's Helping Hands networks with guest Barb Mitchell.

Below: Kim Baseggio of The Cooperators and Deb D'Antonio share discussions on investments, mortgages, and homes. Deb, currently in the process of changing careers has great past experience in investing and mortgages, and often takes time to talk with knowledge about her experience



Above: Our speaker Krystel Manes informs and entertains us with great nuggets about Time Management.

Left: Jody Hay, President of GWIN, thanks Krystel for her enlightening talk and reminds to all of us about managing our time wisely.



WANTED:

Looking for articles from our talented and interesting GWIN members - needed to help for busy and sometimes overwhelmed editor. Also needed are book reports and ideas for special topics of interest to our members. Here is another chance to promote yourself .. write articles and get the credit. Contact me for further information at editor@gwin.ca

A Very Special Letter From Our 2009 Scholarship Recipient!



Good morning!

I'm writing just to update you on my great 3rd year at Guelph U and how much your scholarship was able to aid me this year. It was such a nice support for me.

This year I've become a leader for the university's Student Support

a campus drop-in for students in stress where we act as peer counsellors. I've become a Guelph local network leader for the non-profit organization, the Millennium Network, which is a national organization that connects, supports, and encourages youth to change the world by changing. I was so motivated by this organization that becoming a leader was a way for me to become more involved and make a greater difference in my Guelph community.

I'm still involved in multiple athletics at the university and my classes this year in my biomedical science major have been extremely interesting and I'm excelling at school with above an 85% average! I'm quite excited about that. I'm still planning on applying to medical school once completing my undergraduate degree.

I've continued being a coordinator for the non-profit organization the Ballroom Blitz, which I co founded four years ago, which enables underprivileged girls in Simcoe County region to attend prom proudly with their peers. It recognizes and rewards the huge effort they've undergone just to be able to graduate.

I've also been working in a biology lab this past year, which has enabled me to have some amazing opportunities for being just an undergrad! I'm currently writing up a scientific paper on my findings that will be published in a scientific journal next year, and I'm presenting my research and results at a biology/evolution conference in May in Quebec City! I'm so excited for this! I'm working in the same! lab for this coming summer doing research on aquatic invertebrates, while studying (and writing in June) for my MCAT - medical school entry exam.

Lastly, this summer I'm traveling for 6 weeks to Ghana, West Africa to do medical volunteer placements in both rural and urban communities! This is going to be such an amazing life changing opportunity for me! There's only 12 of us going and it's run through the non-profit org called Operation Groundswell - google it to check the trip out.

I feel like the scholarship you gave me enabled me to reach for higher ambitions and helped me succeed in my university career. Plus meeting you amazing, inspiring women at the fall dinner was such a great night for me!

Thank you again so much for the scholarship and supporting me on my path through university and all that I'm doing.

Anyway, I just wanted to let you know what I was up to nowadays. Final exams are coming up soon, the year really flew by. I was curious as to whether or not I was permitted to reapply for your scholarship next year?

continued from previous column ...

I've accomplished and will continue to do so this summer many new things to which the scholarship was not previously given to me for. So I was wondering if I could reapply for all of the new things I've done?

Hope all is well! It'll be great to hear from you again!

Cheers!

Kelly Hadfield

Mark your calendar for
Saturday, May 15, 2010

Play Day

Take time to Rejuvenate, Revitalize, and maybe even Challenge yourself.

This full day includes breakfast, lunch, and choice of fun indoor and outdoor sessions like...
Archery, Drumming, Canoeing, & High Ropes

YMCA, St. Clements, ON
www.womensgrowthnetwork.com or call the event organizer Lisa Ivaldi at 1-866-601-3081

"Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

and though they are with you, and yet they belong not to you.

You may give them your love, but not your thoughts.

For they have their own thoughts.

You may house their bodies but not their souls,

for their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward, nor tarries with yesterday."

~ Kahlil Gibran ~



Deb D'Antonio and Jody Hay network

continued ...



Guelph Women in Networking

Next Meeting ...

WORD OF MOUTH MARKETING With Bob Cassels

Date: **Tuesday, June 1, 2010**

Location: **Guelph Country Club
133 Woodlawn Road East**

Cost: **\$30.00 for members**

Time: **Doors open for networking at
5:30PM, dinner and speaker
are from 6:00pm to 9:00PM**

Registration required!

Registration starts after May 5, 2010 at gwin.ca

Advertising Submissions — Member Prices

Big Business Card Ad: \$10.00 (3.5"x2.5")
1/4 Page Ad: \$15.00 (3.5" x 4.75" or 7.5" x 2.5")
1/2 Page Ad: \$28.00 (3.6" x 10" or 7.5" x 4.75")
3/4 Page Ad: \$38.00 (7.5" X 7")
Full Page Ad: \$50.00 (7.5" x 10")

The above prices are for the placement of the ad, if Camera-ready art is provided. Ads can be designed for you for an additional fee.

There is a 10% discount on all prices if you book more than one issue at a time. To advertise in C-Notes, please talk to the editor at the monthly GWIN meeting. All submissions to C-Notes are published on a first-come, first-served basis.

Non-Member rates on request.

The submission deadline for C-Notes is the 15th of each month. Please send submissions to:

editor@gwin.ca

Editor - Marilyn Kleiber

OUR SPECIAL THANKS ...

To members who supplied prizes for our 50/50 draw ...

Sylvia Plester-Silk - Isagenix
Lisa Ivaldi - Forestview Business Services
Glenna Colling - At Your Colling Concierge Services
Sharlyn Graham - Life Uncluttered
Wendy Owens - Keep In Touch Studio
Marilyn Kleiber - Life Force Potentials
Charlane Steycjuk - Gentle Dental Hygiene Services
Ruth Kennedy - Pre-Paid Legal Services
Julie Hurren - Auto Clinic

The Last Word - The Editor

One of the major things I have come to understand is that the semantics of language have created the most incredible barriers between people that one can imagine. And that's if they are both talking the same language!

Can you even conceive of the difficulties of real true communications between people across the translation of language, and then the semantics of same?

No word really means the same thing to different people. Take the word cup. When you read that do you picture a small tea cup or a demitasse cup, or a very large cup used at some gourmet coffee shops for their large coffee drinks? Or do you visualize a mug? What colour is it? What shape? What pictures are on it? Is it plain or is flowered?

Usually I think of a delicate white cup with a purple iris on it that I use for everyday. But just occasionally I remember the lovely buttercup shaped cups that I used to drink from when I got invited to my Grandmother's for tea on Sundays. I also from time to time think of my treasured and fabulously illustrated Laurel Birch mugs I collected in my great coffee drinking days.

Just considering the extraordinary rich variety of visions that I alone have, I realise how incredibly difficult it is to explain concepts to people who may come from very different backgrounds, languages and religions.

Consider the following statement, expressed in Cockney rhyming slang (yes it is English) "I came down the apples, put on me tit fer, and went outside to take a butchers at me nuns."

Read it again with the following hints :

- apples (apples and pears - stairs)
- tit fer (tit fer tat - hat)
- butchers (Butchers block - look)
- nuns (nuns and habits - rabbits)

Is it any wonder that we have such a challenging time communicating with others and why we are so often beset with misunderstandings which can lead to conflict, and which in turn can lead to even bigger conflicts.

This is why, when I was engaged in selling I took pains to often feed a client's question back to them in my own words, in order to establish that I had correctly understood what they were after. It sorted out many misunderstandings.

The point of this is that when you are doing business with your clients, make sure they understand you and that you understand what they are asking. There is no point in delivering to a client, a product that is not what they were looking for.

So when you are talking to your clients and potential customers, ask questions, avoid jargon, never use initials and use simple direct language when in conversation.

Your life will be much easier.

And that's my last word on the subject!

C-Notes