

IA Women's Network

December 2015 Newsletter



Brenda Kolasa and the IA Group at November's Meeting

Chairperson's Message from Diane

The end of 2015 is near! Almost time for New Year's Resolutions...but before all that we have one more IA Luncheon... Marnel has worked hard to make this Adopt-A-Family event a memorable one for you, and also a memorable Christmas for one anonymous family in the Red Deer area! Please be generous this December 10th!

We had a wonderful time with Brenda Kolasa, her business ideas, helpful tips, and a great lunch during our November luncheon at the Black Knight Inn. Find Brenda's helpful article: "How to Network Like A Pro" in the Articles section of the IA Website. Thank you for sharing your story with us, Brenda!

IA Women's Network Meetings

IA Women's Network meetings are usually held on the 2nd Thursday of every month except July and August. Meetings are held in various different locations to suit the needs of any particular month, and will be listed here in the newsletter and on the Website, Facebook, Linked In, and Twitter. For luncheons the location will be reserved from 11:30 until 1:30, with the meeting beginning at 12:00, lunch being served, and the speaker from 12:15-12:45 (up to 1:00 pm). For evening sessions we may vary the timings.

Upcoming Meetings and Events

Thursday, December 10th — Adopt-A-Family Fundraiser Luncheon at Glenn's Restaurant - 37424 Highway 2, Red Deer County, AB T4E 1B2. Directions at: <http://www.glenns-restaurant.com/>

Thursday, January 14th – Ranchelle Alexander from Alexander/Twohey Business Consulting will be our luncheon speaker

Thursday, February 11th – Kimberly Darbyson will be our presenter for the interactive Colors and Personality, special 3-hour evening gala!

Reminder

Membership is due for past members to remain current: \$40.00 for the 2015-2016 year. The date for renewal or re-designation to “past member” is December 31st 2015

Membership in IA Women’s Network is quite a deal considering that most events will be less expensive, we will stand out and be heard by all of these other fabulous business women during our monthly events, we have the opportunity to make a difference in our community together by Adopting A Family (and other similar charitable acts as put forward by our members). You can advertise in this Newsletter, and let’s not forget the website. We are allowed to put our bios on there, along with our pictures and contact information for the world to see (under Membership Tab). We have a “Classifieds” Section where you can post your business ads. We feature a different member each month in the Spotlight (usually someone who has positively enhanced the group recently). If you have written an article, or would like to, we can post it under the Articles section (under the Newsletter Tab)... And we are always looking for more pictures to showcase on the website, so please send us yours!

Adopt-A-Family

Marnel has worked out (and revised) the details for this annual event. Her letter to you is as Follows:



Hello Independent Achievers:

Dec 10, 2015 is our next lunch meeting from 11:30 – 1:30 PM. We will meet at Glenn’s (125 Leva Ave #5, Red Deer County, AB on Gasoline Alley). The Meeting room is a private room in the back of the restaurant. The cost for the lunch will be the same as our usual meetings(\$20 for members and \$25 for guests).

This December meeting is dedicated to raising funds to provide a wonderful Christmas for our adopted family. We have gone through the Salvation Army this year and our adopted family is a family of 5 with mom, 2 girls ages 17 and 15 and 2 boys ages 14 and 8.

The Salvation Army has provided us with a wish list for the family, their clothing and shoe sizes, their favorite colors and their bed sizes (shown below).

Salvation Army has suggested a \$75.00 value for gifts, per child (with no electronics) and a gift card for \$140.00 for food which the Salvation Army has suggested is the easiest for the family (they also suggest grocery stores that are convenient for the family). I think we can probably go over the \$75.00 per child limit slightly however it is not necessary.

The Salvation Army also suggests giving wrapping paper and tags so that the parent/parents can wrap the gifts themselves. The Salvation Army also suggests that rather than gifts for the parents that we purchase a family gift of movies, games, or favorite restaurant gift certificates (our family likes Joeys) or something for the home, our family listed bedding, pots, and towels.

I was thinking that to avoid confusion and doubles of gifts donated for the family that it would be easier to raise funds amongst our members and guests and then have these funds go towards the purchase of the items on the list. If this is not what you as members would like to do, you can purchase items on the list and if we end up with duplicates they could be donated to the Red Deer Christmas Bureau.

We also don't have a lot of time as the meeting isn't until the 10th and the families gifts have to be dropped off at the Salvation Army either the 16th or 17th of December.

If we have extra cash money that we raise, we can purchase additional gift certificates to be given to other families through the Salvation Army, or put it in the Adopt -A-Family fund for next year.

We are going to raise money by having all of you donate items and have draws for the items donated. I had asked members who were at the last meeting to donate items to this draw process. So if you were not at the last meeting; we would like you to either donate an item from your business or you can ask for donations from other businesses in town. The value of the donated items does not matter. Please bring your donated draw prizes, unwrapped, to the Dec 10, 2015 meeting.

I also asked what everyone thought about decorating a small draw box for the items that they bring to be raffled off. I think that everyone is probably busy enough through the Christmas Season, so I will just take care of the draw boxes for the event.

Everyone will be able to purchase tickets on the items we have donated and the proceeds will go to our, Adopt -A-Family fund. The draw boxes will be set up and you will be able to purchase as many tickets as you want for whichever of the donated items that you choose. We will do the draws at the end of the lunch.

Tickets will be sold 1 for \$2.00 and 3 for \$5.00, 7 for \$10.00 and 15 for \$20.00. PLEASE bring your Toonies, Fives, Tens and Twenties to the lunch. (I am not sure how much money we will have for change).

I also encourage you to bring guests with you, advertise it on your social media as the IA's Christmas Lunch and Salvation Army Adopt-A-Family Fund Raiser. Advertise that we are looking for members (maybe even mention the membership fee is only \$40). If you feel like your guests would be open to it, ask them to bring a gift as well. Maybe we can get some new members???

I would appreciate your help in this venture, **please bring your donated raffle gifts and your gifts for the family as well as your Toonies, Fives, Tens and Twenties to the Dec. 10, 2015 meeting. Please Invite guests to come to our meeting; it could be fun for them and beneficial for our cause.**

I would like to thank you in advance for donating to this great fund raising cause.

Marnel Hesterman (IA Member)



The List

Girl: 17, favorite color purple, size 9 pants, shoe size 7, bed size twin2, Right handed. Would like a makeup bag (not a purse), a flat iron

Girl: 15, favorite color pink, size 0, shoe size 7, bed size twin2, Right handed. Would like a makeup bag (not a purse), a flat iron

Boy: 14, favorite color black, size 9/10, shoe size 9, bed size twin2, Right handed. Would like CD, Shoes, Basket Ball, Boxers

Boy: 8, favorite color blue, size 6, shoe size 14, bed size twin2, Right handed. Would like Lego sets in games

Defining Who We Are

Set up as a fun exercise during the December Luncheon, we will look at our Mission Statement and revise it to reflect who WE, the current members of IA, are and how we envision Independent Achievers.

We also have a Purpose stated on the Website, and we can revise that to reflect what we feel our purpose is with IA today.

Input for the Newsletter

We are looking for input into this newsletter to make it meaningful to everyone. Please submit any interesting info or helpful hints or tips regarding small business successes or upcoming events. We want to hear about anything going on in the Red Deer area for business women, and we definitely want to cheer you on as you continue to succeed with all of your personal endeavours! Small, tasteful ads for your business are welcome, with the understanding, that should the newsletter become too long then some ads may be saved for the next month's newsletter. Submit by the 15th of the month to Diane Kinnear: counselor.diane.kinnear@gmail.com (We may edit to keep it concise!)

Welcome New and Renewing Members!!!



Welcome back Dena Arnold of CIR REALTY. As a realtor Dena identifies with the challenges involved with finding the right home, and has over 17 years of experience. She offers an honest, reliable approach and the results you are looking for.



Welcome back Robin McKay of

Robin had a long career in healthcare as an RN, including Critical Care, Management, and Education. She moved into the world of complementary medicine, including meditation and Jin Shin Jyutsu®, a highly refined form of acupressure that offers stress relief – including anxiety issues, stress related illnesses/behaviours/emotions. She uses her abilities to benefit animals as well as humans!



Welcome back Peggy Birse of ASEA. “Decades of laboratory testing and millions of research dollars led to the discovery that is now the basis of two breakthrough products: ASEA® Redox Supplement, a pristine solution that delivers active redox signaling molecules, and RENU 28™, a revitalizing whole-body skin therapy” (aseaglobal.com website).

These ladies are just a few members of this amazing group of professional women!

Thank You!

Thank you Brenda Kolasa for taking the time to speak with us at the November Luncheon!

Thank you Marnel for putting together the details for our Adopt-A-Family program!

Thank you everyone who attended the November Luncheon, and to all those who have offered up their great ideas for us within the last month!

Could You...?

We are looking for a few helping individuals...There are still a few positions available on the Executive:

These are: The Secretary, Newsletter Coordinator, and Events Coordinator.

We have found a Treasurer volunteer coming to us next month!

Gift Bags

We are planning to give out the gift bags during the December meeting. So if you're interested in participating, please contact Diane at: counselor.diane.kinnear@gmail.com or 403-346-9163 to make arrangements to have a small advertising item included in a gift bag for all current members and new joining members. This item can include a gadget with your name etc., or a gift certificate, token gift, and so on. Please bring 20-30, and we will make up enough to last us a few months.

Approved Bylaw Change

At the November luncheon we discussed, amended, and passed the Bylaw change proposed in last month's newsletter. We revised it and have added it to the website as follows:

Any member may request in writing for a Bylaw to be added, changed or deleted. The written request must be submitted to the Chairperson prior to the next Executive Meeting, and will be discussed by the Executive Members at that time. If the Executive Members decide that the change is valid and reasonable then the proposed change will be written out as it will officially read, and sent via e-mail to the General Members for perusal prior to the next General Meeting. At that General Meeting members will vote to accept, reject, or modify the proposal. The Chairperson will then be responsible for ensuring that any Bylaw changes that are approved by more than 50% of the Membership are included in the Official IA Bylaws on the Website.

Proposed Bylaw Change

This important directive appears to be missing from the currently posted By Laws:

Method of Elections: Board of Directors

The Board of Directors of Independent Achievers (IA) shall be elected using the following format:

During the May meeting all nominees previously disclosed to the Chair will be openly disclosed to the IA group. The floor will be opened to nominees who are interested in any board positions via the statement: "Are there any (more) nominees for (each position individually stated)". This formal request shall be clearly stated to all present during the IA meeting. All nominees for each position are to be recorded by the secretary. In the case where there are two or more interested parties in any one position, a discreet paper vote will be taken, with one board member organizing and storing the votes in sealed envelopes marked with the position name. Two board members need to be present during tallying of votes, which will be done after the May meeting, and announced at the following June meeting. Between the May and June meeting all nominees may either withdraw or change their nominations to a different position as deemed necessary and appropriate between the nominees and the current board (in order to obtain a smooth transition and to fill as many positions as possible). All board members previously holding a position will be asked to bring all items used within the position and officially offer them to the person stepping into the position during the June meeting. The chair will announce only the people who won each board position at the June meeting, the previous board member will officially hand the new person all items used in the position, and they will take effect immediately following the June meeting.

Executive Meetings

The next executive meeting is Wednesday, December 2nd at 9:00 am, and will be held at The Old Court House in room 104. All group members are welcome to attend. Please ask Diane Kinnear for an Agenda.

The IA Women's Network Newsletter is published monthly September–June and distributed by email. Submissions by the 15th of the month to:

counselor.diane.kinnear@gmail.com

If you have any problems receiving your newsletter contact Diane Kinnear at the e-mail address above.

□ **Save a tree, please don't print this e-mail unless you really need to.**

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And Facebook: www.facebook.com/Independent.Achievers and we're also
on Linked In and Twitter!**

*(Wo)men are wise in proportion not to their experience,
but to their capacity for experience.*

George Bernard Shaw