

INDEPENDENT ACHIEVERS



APRIL 2017 NEWSLETTER

Message from Chairperson *Diane Kinnear*:

Thank You Lynne Rusk for the *amazing* March presentation on “**PTSD and Resilience.**” We all learned a lot and enjoyed one another’s company! Our sympathy goes out to Vicky Colonna-Swan who was scheduled to speak, but was struck with tragedy. And *Thank You IA Group*, for coming up with the solution that helped us quickly find a wonderful replacement...and also for offering up more great speakers for next year! (We almost have the whole 2017/2018 calendar year of speakers filled...we will announce them all soon!)

IA Women’s Network Meetings

IA Women’s Network meetings are held on the 2nd Thursday of every month except July and August. Meetings are held in various 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. Luncheon locations will be reserved from 11:30am until 1:30pm, with the meeting beginning at 12:00, lunch being served, the presenter speaking from 12:15pm – 1:00pm, and 1:00pm – 1:30pm is set aside for networking.


March 2017 Lynne Rusk on “PTSD and Resilience”.



What's Up Next?

Luncheon with **Carolyn Bondy** will be held: **April 13th 2017**, at **Glenn's Restaurant (Gasoline Alley - 125 Leva Ave)** from **11:30am to 1:30pm**.



Carolyn Bondy of  will share a visual presentation with us on her Daylily Business (How can you have a Flowering Business and not “show” it!) She will also be discussing how having a Powerful Mission Statement has helped her business...and how it could help you with yours! Please join us for this enlightening and visually pleasing luncheon. [Register Here](#)

“I hope that my work at Alberta’s largest Daylily Specialty Nursery reflects a family lifestyle and the things that I believe: A love of nature, a desire to serve my fellow man, and to make the world a better place are driving forces in my day to day process. My vision to INSPIRE JOY THROUGH BEAUTY is personified in our Gablehouse Farm & Garden Brand commitment: ‘Proven to Please’.”



Events in April & June 2017

- If you are an S4B member you can get this for free; if not it may be worth the \$65 to register with Brenda Kolasa and S4B for a Mentoring Round-Table & Wine-Tasting Social (additional \$24 for partaking in the Wine portion). April 12th 7-9:30 pm at the ABC Restaurant. Here is the link to pre-register:
<http://www.success4business.ca/mentoring-roundtable-evening/>
- The Garden Club will be selling tickets for an extra special event featuring Kath Smyth from Calgary Horticultural Society, on “Perennials Tried & True”. Thurs. April 27th 6:45-8:00 pm at the Margaret Parsons Theatre at Red Deer College. Tickets available at the Red Deer Museum for \$20.
- Also, a trip to the Calgary Horticultural Show is planned for Saturday April 29th. Bus departs at 7:00 am from the NW corner of the Golden Circle parking lot. Cost: Bus to Calgary and return - \$25, and Admission to Spruce Meadows - \$15 (reduced from \$20 because of the Garden Club). Total \$40. Payment in full by April 5th. For more information, please contact Glenda (403)342-4669 or Lynda (403)347-8896.
- There will be a Dale Carnegie Workshop on “Attitudes for Success” at the Chamber of Commerce June 8th from 9-11 am. \$50 for Members; \$60 for Non-Members. Being an IA Member should get you the discount. Topics to be covered include:
 - Understanding attitude & the role it plays in leading high performance teams
 - Establishing a positive first impression
 - Developing questions that builds rapport & assist in getting in stride with others

Membership & Luncheons

Anyone is welcome at Luncheons: No need for an invitation.

Please register on the IA Website at: www.independentachievers.com and pay at the door with either cash or cheque.

Luncheons include the meal, room rental, meeting, speaker, and networking time.

Membership dues for the 2016/2017 year are reduced for New Members to just \$25. Membership includes: Reduced Luncheon cost, the ability to advertise yourself and your business in this Newsletter or on the website for an entire year via the Membership Directory, Spotlight Member page, Members Upcoming Events and Ads page, plus you may find yourself in the Photo gallery! Members are eligible to participate in ongoing ideas like the MC of the Month, the share table, and any others you can come up with! We are always open to new ideas!

- Click here for IA Members' [Upcoming Events and Ads](#)! We welcome YOUR Upcoming Events and Ads on our website as a privilege of being an IA Member!
- Click here to read about **Carolyn Bondy**, who is the [Current Spotlight Member](#) for IA! Who will be our next month's Spotlight Member...Could be You!
- Click here for all the [Articles, Videos and Podcasts](#) currently featured on the IA Website! Please let us know if you have any pertinent Articles, Videos or Podcasts for our Website (Anything Business Women would find interesting and valuable).

MC of the Month

How would you like to be our MC of the Month? If anyone wants to be the MC of the month in the future, please let Diane Kinnear know! Diane will provide a list of items we need to discuss at the luncheon (a week before it) - the MC can add her own flair to the luncheon, introduce our speaker, etc. You just have to attend the luncheon and be a member to be eligible (a win-win!) We have to have a few extroverts out there!

Venue

IA is quickly outgrowing our current venue! As we expand we will need a space that can accommodate at least 50 people, and that doesn't cost us an arm and a leg! If you know of any space that would either have a catering service in place, or that would allow us to bring in a caterer for our luncheons, and the space would cost between \$50 and \$100, could you please contact us? Either on FB, on the website (there is a contact form on there) www.independentachievers.com or the new IA e-mail address: independent.achievers.1992@gmail.com

Thank You! It is your ideas that fuel this group to keep us moving forward!

Input for the Newsletter

Would you like to put an ad in this Newsletter for your business or an event you are sponsoring? This is part of the IA membership package.

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 businesswomen, and we definitely want to cheer you on as you continue to succeed with all of your personal endeavours! Submit by the 25th for next month to **Sereita Balkissoon** b.sereita@gmail.com

Executive

The next IA **Executive Meeting will be held Thursday April 20th/17 at Noon in The Old Court House, suite 104.** Please let Diane Kinnear know if you wish to attend: All members are welcome!

Volunteers for the executive are always welcome! Please just let us know what you like or are good at, and we will make room on the board for you!

The IA Women's Network Newsletter is published monthly September-June and distributed by email. Submissions by the 25th of the month to: b.sereita@gmail.com

If you have any problems receiving your newsletter contact Diane at counselor.diane.kinnear@gmail.com

Last, but certainly not least, Thank you BIG TIME to Emma Cameron for setting us up with a new e-mail address, for taking the time to promote IA not only on Facebook, Twitter, and LinkedIn, but also now on Instagram, too!

Here is a small blurb from Emma on how to Like IA on Facebook...we will cover one of the others next month!

Facebook:

This works very well but is sometimes a little hard to navigate and that's ok! We can go through it together. If you haven't liked the page already please look up Independent Achievers Red Deer; you actually have to press the pages tab at the top of the search engine though. From there you should see a **Like, Follow, Share**, and a more button right underneath the cover photo. Please feel free to like, follow and share the page; if you have done this already feel free to post your upcoming events and specials to the IA Facebook page! We want you to comment as much as you want and can, this being said sometimes it's hard to see where it was posted so please, when you are making a comment on the page or referencing the IA page on your own Facebook make sure to use **#womennetworkin** (this goes for all of our social media accounts) this is the new IA hashtag. When you search **#womennetworkin** you will find the Independent Achievers posts, and anyone who referenced IA. Last but not least I will be making references to the monthly spotlight member as well as monthly speaker. If you have any articles or videos that you think would be a good fit on our Facebook page please email the Independent Achievers this is found at the bottom of the page.

Facebook: Page- Independent Achievers Red Deer
Hashtag- **#womennetworkin**

Instagram: Handle-@womennetworkin
Hashtag-**#womennetworkin**

Twitter: Handle-@WomenNetworkin
Hashtag-**#womennetworkin**

Email: independent.achievers.1992@gmail.com

Thank You so much for taking the time to read this, and for following the instructions. If you have any questions please contact your social Media Coordinator Emma Cameron at 403-318-5273.