

INDEPENDENT ACHIEVERS



JANUARY 2017 NEWSLETTER

Message from Chairperson Diane Kinnear

Happy New Year!

The December Adopt-A-Family Fundraiser Luncheon was AMAZING! As everyone who attended can attest! It was truly a joint effort from every lady who contributed gifts for the family, gave items for the Silent Auction, bought Silent Auction items, gave their time in organizing the event (No small feat!) hosting and decorating (Amazing venue!) ordering/making food, and following through with the technicalities (collecting people's money, distributing receipts, buying the family's gifts, wrapping and delivering them). Whew! It was a remarkable team effort, so a huge *Thank You!* To all involved!

And this is what the family wrote to us:

*"To: Whomever who adopts my Family
I would like to thank you for your kindness and support. You've given me hope to get through this tough time I'm in. I hope someday to be able to do the same and pay it forward. Thank you from my family.
Merry Christmas"*

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.

Upcoming Meetings and Events

2017 is upon us already...and we are ready with another fabulous speaker: Kelly Tibbet of “Love Yoga Grace” Yoga Studio will be joining us and presenting on the topic “The Silver Lining”. She is an impressive lady, and this will be a powerful luncheon!

“The Silver Lining”

Luncheon with *Kelly Tibbet* will be held: **January 12th 2017, at Glenn’s Restaurant (Gasoline Alley - 125 Leva Ave) from 11:30am to 1:30pm.**

Membership

Luncheons are \$25 for members and \$28 for guests. Anyone is welcome: 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 are \$49 for 2016/2017. 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! We are again Chamber of Commerce members (so as an IA member you have privileges, but your individual business would not).

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!

New Members

Welcome to Renewing Members!

[Robin McKay](#) of

Energy Effects

[Janet Wiszowaty](#) of

 FamilyConnekt

And Kelly Hills of [Squiggles Designs](#)

Something to Discuss

We have been invited by Brenda Kolasa (of Success 4 Business) to join her for our October 2017 luncheon at the Success 4 Business Expo! I know it is a little ways away, but we like to plan ahead! What do you think of the idea of having next October's luncheon at the Success 4 Business "Panel of Leaders Forum" event hosted by S4B? There is no charge for the lunch, as you would be either bringing your own or purchasing your own at a concession stands there (I am told they have a good offering of healthy choices at reasonable prices - \$11-\$15). It will be held at the Harvest Centre during the full-day event for Success 4 Business, but there is no obligation to attend anything more than the lunch itself. The timings for the lunch would be the same as they normally are for us: 11:30 am - 1:30 pm, and Brenda has generously offered a discount for our members should any individual of our group decide to extend the luncheon to the whole day event. The Success 4 Business is an excellent event during which there are several seminars and keynote speakers throughout the day. I reiterate: We would not need to pay to get in for just the "Panel of Leaders" portion, nor would we charge the usual luncheon cost...just maybe registering on the website as per usual to let us know who is coming and to register your NETWORKING PASS on the S4BExpo site in order to collect your lanyard that day. If you only wish to attend the other seminars etc., would you need to pay S4B - and Brenda has offered us 2 for 1 tickets for the whole day, including the Wrap Up (wine and cheese) Networking Party (last year they were \$69 but not sure exactly what the price will be this year). Please send me your input via e-mail (counselor.diane.kinnear@gmail.com) or even better, come to the January meeting and be part of the discussion that takes place on the subject.

Robin McKay would like you to know that:

Jin Shin Jyutsu is a healing Art that harmonizes the life energy by balancing body, mind and spirit of ALL living beings. Disease and disharmony are a result of what is not released, as opposed to what is lacking. Buried underneath your accumulations of emotions, thoughts, memories, toxins, food and even genetics is a harmonious energetic being that is continually being filled with the Universal Life Force. Learning to practice the Art on yourself helps you to come into balance. Harmony helps your body to regain its ability to heal itself, allowing physical, mental, emotional, and even spiritual healing to occur. Jin Shin Jyutsu is applied through the gentle touch of the fingers and you can receive it from a trained practitioner as well as learn to do what we call “holds” on yourself.

Sharing Jin Shin Jyutsu with animals can offer them an extraordinary experience. As my teacher/mentor/friend Adele Leas states: “it has seemed to me that the animals have waited all their lives to be touched like this.”

Towards the end of a 35-year career as a nurse, I discovered Jin Shin Jyutsu and it changed my life. After years of simple, complex and a few traumatic situations, I started on a healing journey - there I discovered Jin Shin Jyutsu and it's profound healing results. I began to study this beautiful healing art in 2003 and began offering it to others around 2007. The first time I touched an animal and saw their response, I included them in my studies and my work. I learn from humans in ways that help animals and from animals, ways to help humans. This is my passion.

Participating in an animal class gives you opportunities to practice on yourself, feeling and noticing subtle changes AND allows you to then given to the animal(s) you offer Jin Shin Jyutsu to.

At Windhorse Retreat, students will learn about Jin Shin Jyutsu, practice on themselves, and practice on horses. Windhorse Retreat offers a wide variety of equine assisted classes and their horses are calm and easy to be around.

No experience with horse or Jin Shin Jyutsu is required.
Please see the attached poster with all the details.

Chamber of Commerce

<http://www.reddeerchamber.com/> .

Upcoming events in January are: 6th HR Workshop in a Box Series, 25th Gianna Manes - Luncheon - Enmax, and 31st Business After Hours (go to website for more information)

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 15th of the month to **Sereita Balkissoon**

b.sereita@gmail.com

(We may edit to keep it concise!)

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!

Attention Gardeners!

If we have any green thumbs in the group, the Red Deer Garden Club will be featuring Ken Lehman, Ecological & Planning Specialist for Red Deer's Gardening Programs, speaking on our Community Gardens, on the evening of Thurs. January 19th, 7pm, at Kerry Wood Nature Centre 6300 45 Ave. Everyone is welcome, and there is no charge.

Executive

The next IA **Executive Meeting will be held January 19th/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



Anger Management at Life Review Counseling
Diane Kinnear Can Help Put Out the Fire

[Check out Our Website: independentachievers.com](http://independentachievers.com)

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