

# INDEPENDENT ACHIEVERS



## MARCH 2017 NEWSLETTER

Message from Chairperson *Diane Kinnear*

Thank You Sandy Woitas for your very informative and well-received February presentation on “Healthy You; Healthy Business”!

We all learned a lot and enjoyed one another’s company over another fabulous Glenn’s lunch with specialty tea!

Next up, we have Vicky Collona-Swan, presenting on her experiences with the RCMP Work Force and the effects of PTSD on us when we are subjected to traumas, even vicariously through others. Some naturally find the path to resilience. Others can learn from those who have found it. Please join us for this enlightening luncheon.

### IA Women’s Network Meetings

IA Women’s Network meetings are held on the 2<sup>nd</sup> 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.

February 2017 Luncheon at Glenn's Restaurant with Sandy Waitas on "Healthy You, Healthy Business"



## What's Up Next?

Luncheon with **Vicky Collona-Swan** will be held: **March 9<sup>th</sup> 2017,**  
**at Glenn's Restaurant (Gasoline Alley - 125 Leva Ave) from**  
**11:30am to 1:30pm. [Register Here](#)**

Vicky joined the Federal Government at 18 and spent 32 years on the dispatch end of turmoil, stress and devastating events. Although she survived the vicarious trauma, she was diagnosed with PTSD on top of which she has experienced other personal hardships. Somehow she has emerged as a successful businesswoman! How are some people so resilient? Let's find out!



Vicky Collona-Swan

## New Members

Welcome Back to our Renewing Member: [Carolyn Bondy](#) of



## Chamber of Commerce

Business After Hours - February 28<sup>th</sup>, 5-7pm hosted by Holiday Inn Express, Orr Drive.

## Attention Gardeners!

If we have any green thumbs in the group, the Red Deer Garden Club is Thursday March 16<sup>th</sup> at 7pm, at Kerry Wood Nature Centre 6300 45 Ave. There is no speaker at this one; it is a Pot Luck. Everyone is welcome, and there is no charge.

The Garden Club will also be selling tickets for an extra special event featuring Kath Smyth:  
Horticulturist with The Calgary Horticultural Society, April 27<sup>th</sup> at RDC on the topic:  
“Perennials Tried & True” \$15 Early Bird Tickets available until March 16 \$20 after March 16<sup>th</sup>.

## 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!

## 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](http://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!

- 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 [Emma Cameron](#), 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).

## 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 of this month to **Sereita Balkissoon** [b.sereita@gmail.com](mailto:b.sereita@gmail.com)

## Executive

The next IA **Executive Meeting will be held Thursday March 16<sup>th</sup>/17 at 3:30 pm 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 to do, 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 25<sup>th</sup> of the month to: [b.sereita@gmail.com](mailto:b.sereita@gmail.com)

If you have any problems receiving your newsletter contact Diane at [counselor.diane.kinnear@gmail.com](mailto:counselor.diane.kinnear@gmail.com)



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

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