



Business Women's Network

of the Rainy River District

Learn, Grow, Achieve

Vol 4-10

April 2010

Meeting & Speaker

*Wednesday, April 21, 2010 @ 5:30 pm
Rainy River District Victim Services Office
(334 Scott Street, Fort Frances)*

*~ Dinner by Tess's Kitchen ~
\$15 per person
Please RSVP your attendance.*

*~ Speaker - Peggie Loyie ~
Rainy River District Victim Services*

Mission Statement

"The Rainy River District Business Women's Network is an organization for business and professional women who are committed to the growth and development of themselves, other women, their businesses and the community."

What is Networking?

Networking is getting together to get ahead. It is linking up, sharing information, developing and using contacts for moral support and advice. It is recognizing each other's achievements and offering assistance wherever possible.

Upcoming Meeting Dates ~ Mark Your Calendar

Wednesday, May 19, 2010
 Wednesday, June 16, 2010

Upcoming Feature Businesses

May ~ Angie Korzinski, Rusty Myers Flying Service
 June ~ Robin Payeur, Causeway General Insurance

Peggy Loyie - Rainy River District Victim Services

Peggy Loyie is the Program Manager of Rainy River District Victim Services Program. Peggy's will presentation will focus on the history of Victim Services, the services provided and what training is provided to the volunteers of this agency. Peggy will also speak to the importance of community integration and networking. The presentation will be approximately 20 - 30 minutes in length.

PARO Presents - Smart Women Smart Money

Featuring Gail Vaz-Oxlade of 'TIL DEBT DO US PART'

Gail Vaz-Oxlade, financial writer and dynamic television host of 'TIL DEBT DO US PART', will be our keynote luncheon speaker at the conference, which will also feature:

- A full day of "Smart Women" informative and motivational sessions that will provide straight talk from the experts, voices of experience, hands-on learning, and discussion!
- Exhibitor displays showcasing local business and organizations, new products and services, and more! (Register for a trade show table today! Space limited, almost full)

May 12, 2010 - Valhalla Inn, Thunder Bay
9:30 AM - 4:30 PM

Be SMART! Register by April 16 to save!

* Anyone interested in car pooling, please let me know as the RRFDC van will be going - Angela

Are You HST Ready?

HST will be coming into effect in Ontario on July 1, 2010. Please see the upcoming events section for information on the next seminar.

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ENERGY FITNESS
Get Motivated!

Motivation is the psychological feature that arouses an organism to action towards a desired goal. In today's society it is becoming extremely common for women to lose their motivation. Whether it is work, family, health, chores, or hobbies related, 79% of women agree that it is hard to stay motivated when living such busy lifestyles. Fortunately for them this is something that can be overcome with motivation.

The most common reason for this is that they are setting their goals too high. They see a model in a magazine and say I want to look like her and start exercising, or they get inspired by someone on Oprah and decide to try something new. The first month is the most likely time for women to lose sight of her goal. They will either decide their goal is unreachable by not seeing instant results or they will play the procrastination card, thinking I'll start my goal next week. Well weeks turn into months and months turn into years and before you know it your goal is just a vague memory in the back of your head.

So just how do some women maintain a consistent stick with it attitude despite juggling the rest of their life? The best motivation you can possibly have is to picture yourself everyday what your life will be like once you have attained your goal. Your self esteem will go through the roof and you will live a happier life. But the best part about completing your goal is that you now get to set another goal. Feed off your motivation from your first goal and the rewards you got from completing it. This will lead to motivation becoming more of a lifestyle and no longer seem like a chore.

So ladies, no more excuses. There will be times when life will get in the way of your goal. There will also be times when you simply need and deserve a break from your goals. Try to maintain consistency and make your goals an integral part of your life, that in the long run, you will have improved your life in so many ways. Boost your own motivation by focusing on the benefits that you stand to

gain from obtaining your goals and achieving success. What are you waiting for?

Lifetime Smiles

The month of April is Oral Health Month. And from April 11-17, 2010, it is National Dental Hygiene Week. This week is the perfect time to remember that a healthy mouth is much more than a great smile. Regular brushing and flossing, a healthy diet, and visits to your dental hygienist contribute to a lifetime of talking, eating and smiling.

As prevention professionals, dental hygienists help you maintain healthy teeth and gums, and provide important information on the links between oral health and your total well-being. www.cdha.ca

For more information about your oral health visit www.odha.on.ca , www.cdho.org and www.dhpo.ca .

LifetimeSmiles
PREVENTIVE ORAL HEALTH CARE
Assessments - Scaling – Stain Removal
Fluoride - Sealants - Mouth Guards
Whitening
807 276 2887
By appointment only
Dawn Gustafson Reg. Dental Hygienist
WEAR A HEALTHY SMILE

SoundADvice

Why Some Businesses Fail

You may have heard the myth that half of all businesses fail within the first year and only 5% make it through four years. According to recent figures from Small Business Administration, a government agency created to help small businesses start and succeed, nearly two thirds of new businesses survive past two years and only slightly over half (56%) of businesses fail in the first four years.

No matter how long you have been in business, there are valuable lessons to be learned from the successes and failures of these new business start-ups.

One of the most surprising critical success factors we can learn from businesses which succeed, is not to go into business to get rich. Ironically, the businesses which do get rich today are the businesses which start with a passion to fill a customer need...the 'getting rich' appears to follow those businesses that have a passion for serving customers.

The second lesson in today's economy is you must have a website. A well designed website makes it easy for users to discover what you offer or do, and why you are their best

choice. Do not rely on prospects finding your site by searching for what you sell. Promote your name and website so that prospects search your business name rather than searching what you sell. Inputting what you sell into a search engine will invariably reveal all of your competitors as well. Your advertising needs to create a preference for your business, your name, and your website.

Contact Deb if you would like me to deliver all 'Six Critical Success Factors' to ensure the success of your business in the new economy.

Deborah Emes ~ B93FM/CFOB Fort Frances ~ 807-274-5341 ~ emes.deborah@radioabl.ca

Executive 2009-2010

Chair ~ Heather Johnson, RBC (274-7175)
1st Vice ~ Sandra McNay, Masquerade (274-9673)
2nd Vice ~ Angela Halvorsen, Rainy River Future Development Corporation (274-3276)
Treasurer ~ Joanne Bliss, RBC(274-7610)
Secretary ~ Lori Elliott, Dr. George Elliott Optometrist (274-3952)
Past Chairs ~ Tonia Dolph, Northland Kitchen & Design Consulting (274-5733) and Shirley Scofield (274-2327)

Membership Structure for 2009-2010

You can choose from an active membership (\$60) or non-active membership (\$75).

An active member is someone that attends the meetings and signs up to participate in the BWN committees. The committees are BWN Fundraiser, Mix & Mingle, Membership & Registration, Compassion, Newsletter, Speaker/Research/Dinner, Historian/Scrapbook, and Public Relations & Marketing. As an active member you need to choose at least one committee to participate in.

A non-active member may choose to attend or not attend the meetings but are not required to sign up for any committees.

Each membership has voting rights. Benefits of membership include:

- be part of women's business committee
- meet new people
- socializing (eat good food!)
- meet smart women
- meet diverse women of all ages & social circles
- chance to further business & contacts
- mentoring
- referrals
- LEARNING!

- news
- awareness of what other women are doing
- fellowship & updates
- ENCOURAGEMENT & SUPPORT
- networking
- free advertising in our monthly newsletter

Public Relations/Marketing ~ Marlene Deschamps, Patty Roy, Deb Emes, Linda Plumridge

Members to April 13, 2010

Marie Allan, BDO Canada LLP
 Joanne Bliss, RBC Wealth Management
 Glenda Bruyere, La Place Rendezvous
 Colleen Cote, Country Recording Artist
 Marlene Deschamps, West End Weekly
 Tonia Dolph, Northland Kitchen & Design Consulting
 Jenny Dougherty, KEDA
 Barb Duguay, Valley Adult Learning Association
 Brenda Elias, Scrap-A-Lot Scrapbooking
 Deb Emes, CFOB / B93FM
 Dawn Gustafson, Lifetime Smiles
 Angela Halvorsen, Rainy River Future Development Corp.
 Heather Johnson, RBC
 Melissa Jones, Italian Made
 Patty Jorgenson, Valley Adult Learning Association
 Angie Korzinski, Rusty Myers Flying Service
 Jackie Lampi-Hughes, Energy Fitness Centre
 Rosalind Lockyer, PARO Centre for Women's Enterprise
 Sandra McNay, Masquerade Rentals
 Caryn Myers, Myers Bookkeeping Service
 Robin Payeur, Causeway General Insurance Brokers
 Holly Penny, Causeway General Insurance Brokers
 Linda Plumridge, Fort Frances Times
 Kim Redford, Valley Adult Learning Association
 Anne Renaud, Confederation College
 Patty Roy, Fort Frances Today

Committees

BWN Fundraiser Fashion Show (May) ~ Joanne Bliss, Dawn Gustafson, Tonia Dolph, Angie Korzinski, Colleen Cote, Heather Johnson, Robin Payeur, Sandra McNay, Glenda Bruyere

Mix & Mingle ~ Joanne Bliss, Sandra McNay, Angie Korzinski, Colleen Cote, Heather Johnson, Robin Payeur

Membership & Registration ~ Angela Halvorsen, Joanne Bliss

Compassion ~ Tonia Dolph, Sandra McNay

Newsletter ~ Angela Halvorsen

Speaker, Research, Dinner ~ Executive

Historian/Scrapbook ~ need a volunteer

Upcoming Events & Seminars

Contact RRFDC for more information (274-3276).

Tips & Tools for Starting a Business

Date: Wednesday, April 14, 2010 @ 10 am

Finding Your Competitive Advantage, and Using It

Date: Thursday, April 15, 2010 @ 3 – 5 pm

Retail Loss Prevention

Date: Friday, April 16, 2010 @ 1 – 4 pm

GST Information Workshop

Date: Tuesday, April 20, 2010 @ 12:30 – 3:30 pm

CRA – Small Business Tax Information Workshop

Date: Friday, April 23, 2010 @ 10 am – 1 pm

Employee Relations Problem Solving

Date: Monday, April 26, 2010 @ 12 – 4 pm

Selling Your Product or Service to the Government of Canada

Date: Wednesday, April 28, 2010 @ 12 – 1 pm

Are You HST Ready?

Date: Wednesday, April 28th – 6:30 – 9:00 pm or
 Thursday, April 29th – 1:00 – 3:30 pm

Critical Elements of Customer Service

Date: Friday, April 30, 2010 @ 10 am – 12 pm

Tips & Tools for Starting a Business

Date: Wednesday, May 13, 2010 @ 2 pm

HST Seminar – Hosted by BDO Dunwoody

Date: Wednesday, May 26, 2010

If you would like to be removed our contact list and no longer receive these newsletters please call Angela at 274-3276 or email angela@rrfdc.on.ca. Our apologies for any inconvenience.