

INDEPENDENT ACHIEVERS



FEBRUARY 2017 NEWSLETTER

Message from Chairperson Diane Kinnear

Kelly Tibbets was our informative and passionate speaker from January's Luncheon, who presented on Silver Linings and the creation of The Princess Ball for CF... An Amazing Accomplishment! Thank You so much for your insight, Kelly!

Next up we have Sandy Woitas, an intriguing gal who has many talents and has *very* successfully navigated traditionally male work areas. "Healthy You; Healthy Business" is her topic for the February Luncheon, which delves into the Lymphatic System and how to increase your health with simple ideas.

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.



What's Up Next?

Luncheon with **Sandy Woitas** ... will be held: **February 9th 2017, at Glenn's Restaurant (Gasoline Alley - 125 Leva Ave) from 11:30am to 1:30pm.**

Sandy has 17 years' experience in the Oil and Gas Industry, owning and managing businesses in Central Alberta. As you know, business, economy, life events, and opportunities are always changing. Being able to flow with these changes is probably one of the most important characteristics to a successful career. After years of managing employees, being a Mother and loving wife, Sandy went back to school for two years and studied Nutrition, Lymphatics and Colon Hydrotherapy. She will share with us a few tips on promoting inner health to inspire a healthier lifestyle...which prepares you for the challenges in creating success.



New Members

Welcome to our Newest Member: [Emma Cameron](#), who is a



Great to have you with us!

And Welcome Back to our Renewing Member: [Robin Armitage](#), representing



Welcome Back!

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!

Chamber of Commerce Business After Hours

Tues. January 31st at Red Deer College

5:00 - 7:00 pm in the Donald School of Business (3rd Floor)

October 2017 Changing it up!

As a group we decided to join with Brenda Kolasa (of Success 4 Business) for lunch at her October 2017 Success 4 Business Expo! I know it is a little ways away, but we like to plan ahead! She will have a "Panel of Leaders Forum" and there will be no charge for the luncheon, as you will be either bringing your own lunch or purchasing one from the concession 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, and the time would be the usual 11:30 am to 1:30 pm. More details from Brenda closer to the date...but we are excited already!

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 having guest speaker Howard Blomgren of Landover Nursery & Greenhouse, presenting on Succulents: Thursday, February 16th, 7 pm, at Kerry Wood Nature Centre 6300 45 Ave. 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 27th at RDC on the topic: "Perennials Tried & True" \$15 Early Bird Tickets available until March 16 \$20 after March 16th.

Executive

The next IA **Executive Meeting will be held February 16th/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 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

See Janet's Flyer (attached separately) for a full year of Wisdom Coaching!!!



Anger Management at Life Review Counseling

Diane Kinnear Can Help Put Out the Fire

[Check out Our Website: independentachievers.com](http://independentachievers.com)
[FB, Twitter or LinkedIn](#)