

Content crafted by Women In Business designed to get you engaged with other like-minded individuals.
We provide a support network fostering an unbiased environment in promotion of the professional and personal growth of women.



Women In Business

Women Uncorked

Women in Business will be hosting Women Uncorked September 28th, 2017 4:30 pm - 6:30 pm at the Chamber office (9923 103 street)

Join us for informal networking and some light refreshments. With A short presentation from the event sponsor. The event is FREE for members.

Please let us know if you are interested in sponsoring the event. View sponsorship package [here](#).

[Count Me In](#)

Business In. Girls Night Out.

Member Meetups

Throughout the year, we will host Women in Business events, but we're also looking to showcase you and your place of business. If you're looking to host a networking event for our Member Meetup series, let us know! We'd love to be a part of it!

[Host a Member Meetup](#)

Member Profile - Tamara Dabels

Chamber of Commerce Executive Director

1. What did you want to be when you grew up?

When I was little I had a clear vision of what I wanted to be when I grew up - I wanted to be a political leader, or maybe a famous tap dancer.

As I entered junior high I remember being very envious of my friends who knew what they wanted to do, and had a plan to get there. My vision wasn't that clear.

Though I wasn't certain what I wanted to be, I knew I wanted to work with people. Even back then I loved getting to know people and learning what they were passionate about.

2.so how did you get to where you are today?

This is not a simple question to answer. This journey included many people, my family, my amazing friends, the incredible people that have been my mentors, and inspiration. Each person in my life has played a role in my success.

My husband is the most supportive man I have met and has had unfailing belief in me. Our kids have been invaluable. In addition to the many extra responsibilities they take on at home, they join me (are sometimes "voluntold") in many community initiatives. ***"Surround yourself with people that reflect who you want to be and how you want to feel, energies are contagious."***Anonymous

I have surrounded myself with people that I greatly admire: community leaders, entrepreneurs, creative individuals, hard workers and problem solvers. I have strong role models, including successful businesswomen who inspire me daily.

I believe in hard work, and a strong commitment to excellence. My parents - two brilliant, kind and hardworking people, embrace these values and brought us, (I have two siblings) up with an understanding of the importance of both. They have always had a great community of friends; people you can admire, learn from, and respect. These friends were like an extended family, and while they were all encouraging, I can trace the beginning of my journey to a remarkable woman, successful entrepreneur, mother, and wife.

Juanita King spoke to me of the importance of goal setting, regular review of my goals and annual updates. She has been my cheerleader, and has been there to celebrate every milestone from the time I turned 16 – High school graduation, University graduation, marriage, children and my return to the workforce. Her energy and optimism are unstoppable. She remains one of my go-to people when I need a reminder of all that is possible with a plan.

3. What advice would you give your younger entrepreneurial self?

I would give the same advice I give to my children now. Believe in yourself, there is no one that can be you as well as you can.

Everything is possible with a plan of action, so start goal setting now!

4. What do you love about Fort Saskatchewan?

What don't I love about Fort Saskatchewan!!!!?

I love our family oriented community. My family and I have enjoyed the various fun activities that the Fort puts on all year round. In fact, the



summer festivals were what drew us here 14 years ago. Some of my closest friends live in Fort Saskatchewan, we have a vibrant community that attracts fantastic people.

We have a culture of philanthropy and volunteerism. Our business community sets the example of giving back, and our city is known for its generosity. As a Rotarian, I'm fortunate to see first hand the principle of "Service Above Self" in practice. I love that I feel safe here, that I trust my kids are safe. Honestly, I could go on and on. This is home, the place I live, work and have fun.

5. When you're not running your business, where would we find you?

When we aren't working on our house, we are enjoying the fruits of our labour. In the summer you can find us sitting on our deck with friends, or enjoying a hot tub with a glass of wine. If we are not at home, we are enjoying dinner and a movie.

6. What is one thing that people don't know about you?

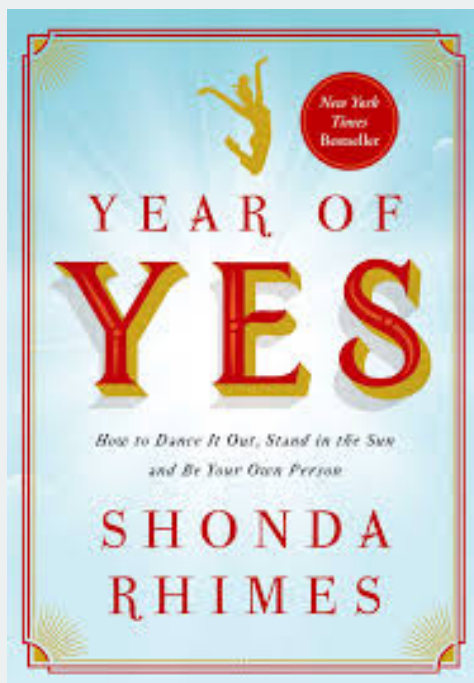
Hmm, I'm not sure. Perhaps, because I love to be with people, and I'm very outgoing, it might surprise people to know how much I love being alone in the quiet of the morning (alone except for the dog) with a cup of coffee and a book.

Oh, I'm also a huge Star Trek fan - all of them. I'm currently binge watching Deep Space Nine on Netflix.

7. If we're buying, what are you having?

Glass of Dona Paula Malbec please, or a dirty gin martini, extra olives

[Email Tamara](#)



Year of Yes ~ Book Review

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By Rene Holinski

Year of Yes by Shonda Rhimes is a hilarious, fun loving, completely honest book about stepping out of your comfort zone and embracing all of the opportunities the simple statement "yes" can bring into your life.

There is no doubt that Shonda is the queen of Thursday night television, she has an empire and by all accounts is on top of her career. She has the world at the ends of her finger tips, surely....however, because of an off side comment by her sister, she was forced to do some self reflection. Shonda made the commitment to say "yes" to events, invitations and functions rather than the "no" that had become the immediate response.

During Shonda's year of yes, she had many

pivotal, awe inspiring life lessons. She gave herself permission to say yes to life! This book sang to my soul, I laughed, cried and felt the pure authenticity in her writing. I highly recommend this book to anyone who loves inspiration, belly laughs and embarking on a journey of courage.

"The rule is; there are no rules. Happiness comes from living as you need to, as you want to. As your inner voice tells you to"
- Shonda Rhimes

Ask an Expert

Every Month we will feature a new expert. Please [email](#) your questions and we will seek out an expert to answer them



Women and Divorce

Kathy Stevenson - Local
Fort Saskatchewan
Lawyer at Fotty
Stevenson Wilson

[Email](#) Kathy

Women and Divorce

Women traditionally make less than their male counterparts and spend less time in the workforce as they are largely responsible for the care of the children. When the relationship dissolves they often find themselves at an economic disadvantage. If the children are younger they will usually get child support from their spouse. Today, with most women in the workforce, shared residency is becoming the prevalent form of parenting. There is a mistaken perception that if each parent has the children half the time then there is no child support paid by either party. This is not correct, what the Courts will do is determine what each party would pay to the other for full time support, deduct the lower amount from the higher amount and the parent with the higher salary will pay that amount as the "offset" base child support. While some expenses can be split equally such as school fees and bussing other extraordinary expenses such as hockey or braces are still paid in proportion to each parties income. Of course, if you are the spouse with the higher income you will be the one paying child support and a larger share of the special expenses. Do not depend on your child support or spousal support

long term, plan ahead for the day those payments end. This is especially true in today's economy when there is no guarantee of employment or high wages.

If the separating parties are older and there are no children the women are often financially vulnerable. Many feel pressured to sign away the "pension" because it was the husband who worked for it while they stayed home or worked part time. Working women who are entitled to some sort of support often waive their right to spousal support because their spouses complain they cannot afford it and point out that the wife has her own income. Unfortunately, women live longer and statistics show that twice as many divorced women live in poverty than divorced men. Before signing anything away in a divorce you should get independent legal advice as to what your rights are.

Women who are married should protect themselves by becoming knowledgeable about the family finances. There are ways to look after yourself and your assets should end up separating. Have the home in joint names, have your own bank account in case your spouse cleans out the joint account and a separate credit card and use it so you will have established a credit rating if things go bad. Become aware of the ramifications of mingling money such as inheritances and if it's a second marriage take steps to preserve your divorce settlement.

Mark Your Calendar

If you're having an event, let us know and we will promote it for you! email [Alana Seymour](mailto:Alana.Seymour@fortsaskchamber.com) with your event

FREE YOGA in the PARK

August 19th~ Legacy Park

6 pm - 7pm

Please bring a mat and water bottle.



Member News

If you have something you would like to share with the Women in Business network, let us know and we will share it for you! email [Alana Seymour](mailto:Alana.Seymour@fortsaskchamber.com)



To Contact the Fort Saskatchewan Women in Business Committee please email fswib@fortsaskchamber.com or call (780)998-4355