



## Women In Business



### What did you do this Summer?

By: Tamara Dabels

What did you do this summer?

Do you remember back to grade school? One of the first questions from the teacher was, “What did you do this summer?” As we progressed in school, the response required to that question changed from a short sentence that you told your classmates, to a full written report for the teacher. The more I had to draw out what I had to say, the more I disliked the question.

Now, many (many) years later, I invite you to ask me that question. In response I will tell you that I had a remarkable, life changing, perception enhancing, physically challenging, mental toughness experience. I climbed a mountain. No, I climbed three...in three days. It doesn't seem that remarkable when you write it out, but let me tell you a little about it.

Last fall a Chamber, and Women in Business member came to the office to talk and inspire; Past President, entrepreneur, leader, and friend, Barb Bouwman. As we spoke, she became quite animated about her upcoming adventure; she was going to lead 30 women in the Triple Crown in Canmore. Three mountains in three days. The way she described this trip had me excited, a physical challenge that certainly will inspire me to work on a healthier lifestyle. July was far away and I would have plenty of time to get prepared...Famous last words.

July came fast, and though I had changed some of my habits, I was a far cry from the physically fit person I had envisioned in November. I contacted Barb to let her know that I wasn't sure I could, or should do this. She assured me that at the very least, I could climb one and that would be one more than I had ever done – a victory in itself. So on July 18<sup>th</sup>, away I went. To say that this was a difficult experience would be an unfair assessment. It was the MOST physically and mentally challenging thing I have done in my entire life. The choices I had to continually make to complete this were exhausting. Could I have done this alone? Not a chance. It took 30 women and Johnny to get me up and down those mountains. Each woman there, was a leader, an inspiration. We “only 20 more steps” or “only 100 more meters” our way up and down all three.

On the second day we hiked the East End of Rundle (EOR). This was technically challenging with scrambles, scree, and rock climbing (a version of it anyway). I learned a lot during this day. I learned that mental toughness is a choice, and one that you don't make just once but over and over. I had new friends, these incredible leaders, take my hand and pull me up. I found inspiration from them all, a toughness I was not aware I had in me. But, I had a moment where I lost faith in myself, in my abilities and I was scared. In that moment, I felt alone – I was NEVER alone, but I allowed myself to live inside that part of me that doubts, that criticizes and sees only the negative. As powerful as the women who were with me are, and their inspirational leadership was, I made a decision to reject it. Mental toughness is a choice. It takes practice. And in that moment, I could not dig deep enough to find it.

Had I been alone, I would have given up then. But I had 30 women, people who don't allow one of their own to give up. This summer I learned the power of support. The power of connection. The power you can find when you lean on others. I got up, dusted myself off, got a little cheeky and found that mental toughness, that decision that I could do this. Like a broken bone, that when mended is strongest at that point of the break, I too became stronger than I was before. Barb may have brought 30 women to discover the love of the mountains, to embrace a healthier lifestyle, but what she did for me was to teach life lessons. To ask for help, to lean on others, these are not weaknesses. What did I do this summer?

I grew stronger than I ever thought possible, I accomplished something that I believed was out of my reach, I was a leader, a mentor, a student, and a follower. I proudly completed Canmore's Triple Crown and I am looking forward to Barb's next adventure.

[Email Tamara](#)

---

# Learn more about BUSINESS FUNDAMENTALS

NEXT CLASS!  
Performance  
Management  
Sept 12 & 13



## Ask the Expert

Dr. Brenna Fletcher - Vivid Vision



### Did you know 80% of learning occurs through the eyes?

Ensuring your child has good vision is crucial to successful learning and overall healthy development.

A school-age child's eyes are constantly in use in the classroom and at play.

#### School-aged children require:

- Clear vision at distance and up close
- The ability to maintain focus
- Good focusing flexibility to allow rapid change from one distance to another
- Peripheral vision and eye-hand coordination

If any of the above visual skills are impaired, your child may have to work harder in the classroom to learn. As a result, they may develop physical symptoms like headaches and irritability, or behavioral symptoms like avoidance and inattention.

Some schools offer vision screenings. However, these are not a substitute for a comprehensive eye exam by a Doctor of Optometry. **In fact, as many as 43% of children with vision problems are able to pass a screening.** School aged children should have an annual comprehensive eye exam every year to ensure normal vision, binocularity and ocular health.

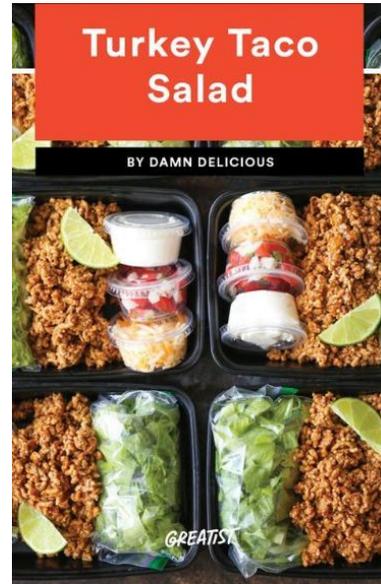
[Email Brenna](#)

---

## 7 Easy Lunches That Prove Meal Prep Doesn't Have to Take Up Your Whole Sunday

1. Balsamic Chicken and Veggies
2. Honey Sriracha Glazed Meatballs
3. Butternut Squash Harvest Bowls
4. Turkey Taco Salad
5. Loaded Lentil Salad
6. BBQ Chicken Sweet Potato Bowls
7. Bang Bang Zucchini Noodles

[Get Recipes](#)



---

## Support to help immigrant entrepreneurs succeed

New small business supports and resources will help immigrant entrepreneurs across Alberta.

The Immigrant Entrepreneur Program, delivered by Business Link, will include training and resources that address the unique needs of immigrants who are starting a small business in Alberta.

[Continue Reading](#)



---

## Member Profile - Gillian Reich

Owner, M&M Food Market

**1. What did you want to be when you grew up?** When I was younger I never had any burning desire to “be” anything in particular. I was always interested in interior design and when it came time to go to school that is what drew me in.

**2. ....so how did you get to where you are today?** I worked as an Interior Designer for 17 years. I was feeling unfulfilled in my career and needed a change. I completed a National Interior Design Certification hoping it would give me the boost I need which unfortunately it did not. The opportunity arose for me to make a BIG change with the purchase of M&M Food Market. This allowed me the change I was looking for, it allowed me to be working closer to home, closer to our kids and give me the flexibility I wanted with our busy family. It was a scary change but very exciting.



**3. What advice would you give your younger self?** Apply yourself!! Try harder, you will thank yourself when you are older ;)

**4. What do you love about Fort Saskatchewan?** We had moved away for 10 years and coming back, much is different about The Fort, but much is the same. It still has a small town feel but now has so much more to offer. Working in town it is funny how little I actually leave the city limits anymore!

I love how the community rallies together when needed.

I love the sports community and all of the great programs the Fort has to offer.

**5. When you're not running your business, where would we find you?** When I am not at work, you will find me with my family. We love to go for walks and bike rides on all of the amazing trails around town. My young kids are now getting involved in sports so as of the last few years, you will also find me at the rink, gymnastics club etc. On Wednesday's summer evenings you will find me at Fort in View golf course where my sister and girlfriends participate in and organize the ladies golf league.

**6. What is one thing that people don't know about you?** One thing most people don't know about me is that I love to watch "smut" reality tv after my kids have gone to bed. I will use the word reality lightly!! I find taking a look into other people's lives quite interesting.

**7. If we're buying, what are you having?** Buying what?! Dinner, drinks, new clothes, new car?! That is a loaded question!! If we were going for dinner, your treat, I would get something small. A salad or a sandwich maybe a glass of wine, but only if you had one as well ;)

[Email Gillian](#)

---

## Why you should take branding seriously

Source: Alberta Women Entrepreneurs

You know who you are, you know what your business is about, what you stand for, and the impact you want to make on your clients, but the question is, do you know how to effectively and consistently communicate this? You may fear



choosing the path and focus that is authentically you as it might drive people away and you're right, it will.

But this is nothing to fear, this is what you need to embrace as it will draw in the right clients and elevate the overall experience. Branding is the foundation from which this authentic communication of what you do, who you are, and what you stand for is built.

[Read More](#)



## Alberta Women Entrepreneurs 2019 Awards

AWE is looking for nominees who have:

- A commitment to business sustainability
- Entrepreneurial spirit through perseverance, the courage to take risks, and the ability to seize opportunity
- A dedication to building business and leadership capacity

They are looking for nominees who own and lead an Alberta-based business.

[Nominate Here](#)

## Collaboration Corner

Collaboration corner is a place to recognize outstanding members working together to better their business or to bring awareness to a cause. If you have questions on how to collaborate or looking for the right business to collaborate with please email

[FSWIB](#)

Women In Business members, Angela from [COBS](#) and Gillian from [M&M Food Market](#) hosted a BBQ fundraiser raising money for Families First! Way to collaborate!



---

## Member Deals

Do you have a deal you want to offer or advertise to the Women in Business network? Send your advertisement to Alana to be featured [here](#)

---

## Mark Your Calendar

If you're having an event, let us know and we will promote it for you!

Email [Alana Seymour](#) with your event

## Pet Valu - Customer Appreciation

Aug 25, 2018

12:00 am - 3:00 pm

[Details Here](#)



---

## Welcome New Members

New Fort Kitchen & Pizzeria - [Member Details](#)

McConachie Gardens by Revera - [Member Details](#)

Dominique Digital - [Member Details](#)

Pam's Face Painting - [Member Details](#)

---

## Member Meetup

### 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](#)



---

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