

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

**UNCORKED**  
*Networking & Wine Tasting*

March 28th 4:00pm - 6:00pm  
Chamber of Commerce Office  
9923 - 103st. Fort Sask

[REGISTER HERE!](#)

*Are you looking to reach a group of business-minded women? Consider sponsoring an Uncorked event. Included in your sponsorship, is a speaking opportunity. [Contact Alana](#) for more information.*

## Member Profile - Rachel Spirig Body Unique Fitness

Owner [Email Rachel](#)

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

I wanted to be an Olympic figure skater when I grew up. Now that I am older and wiser I would like to be a princess when I grow up... Is it too late?

2. ....so how did you get to where you are today? How did I get here... well I

like to say I took the long way. I started out my adult life as a dental assistant. After I got married and had my boys I gained a lot of weight as I wasn't as active as I was growing up. I started back at the gym to lose my weight and then started teaching fitness classes. In 2006 we chose to leave our home town of Peace River and move to Edmonton with my husbands career. It was at that time I chose to pursue my passion in fitness. I just never had the confidence to believe I could make a career out of it. I became a Personal Trainer in 2007 and started training clients at World Health Club. In 2008 we were given an opportunity with my husbands career to move to Fort McMurray. With that move I decided it was my time to take my career to the next phase and open Body Unique Fitness. BUF was a home based business out of our basement for 9 years. It was the most rewarding thing I could have ever done. So many people came through the doors that I was able to help, inspire and motivate. They became friends and family. Now here we are in 2018 and BUF has taken the next step and relocated to Fort Sask as a commercial business! Why did we choose Fort Sask well.. some think we are crazy but our 13 year old was given the opportunity to play Bantam AAA hockey and our 16 year old was ready for a new experience or as I call all these moves "Life Lessons". We love it here and are proud to call it home to our family and Body Unique Fitness.



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

Oh that is an easy one! Take risks, be confident and follow your dreams! It seems cheesy but its so true... don't settle on what you think you should do... do what you are most passionate about.

### **4. What do you love about Fort Saskatchewan?**

The people, hands down. Everyone has been welcoming and helpful with no judgement. We have been welcomed with open arms and this has made our transition so incredibly easy.

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

Well if its hockey season I will be at the rink cheering on our Bantam AAA Rangers! Or you will find me at home with my family. They are growing up too fast so I am cherishing any time I can spend with them!

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

I'm quite shy... except when I am in my comfort zone which is BUF

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

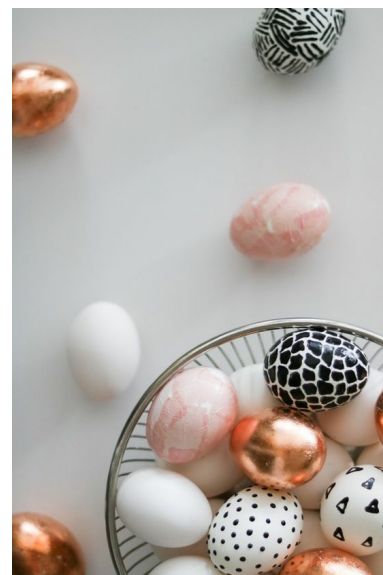
This is a loaded question lol! CHEESECAKE! I have a sweet tooth and love my cheesecake, we can call it one of my many weaknesses!

## **Modern Easter Eggs**

### **WHAT YOU'LL NEED**

- gold/copper leaf
- Gilding -Purchase at Micheals
- 3 D paint. (at Michaels in the t-shirt making aisle comes in different colors)
- Acrylic paint
- Tissue paper
- Brushes
- Mod Podge

### **[Step-By-Step Directions](#)**





## What is International Women's Day

The beginnings of International Women's Day (IWD) trace back to the early twentieth century, emerging from the activities of labour movements in North America and Europe and reflecting a growing movement for women to participate equally in society.

The first International Women's Day was observed on March 19, 1911 in Austria, Denmark, Germany and Switzerland. That day, more than one million women and men showed their support by participating in public events. In the years that followed, other countries began to observe and celebrate this day.

The United Nations recognized 1975 as International Women's Year and began celebrating IWD on March 8, later adopting a resolution designating March 8 as International Women's Day.

[Read More](#)

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## Simple Scalloped Potatoes

- 1 1/2 tablespoons unsalted butter, cut into pieces, plus more for brushing
- 1/2 clove garlic
- 2 pounds russet potatoes, peeled and sliced 1/8-inch thick
- Kosher salt and freshly ground pepper
- 1 1/4 cups low-sodium chicken broth
- 1/2 cup skim milk
- 1/4 teaspoon freshly grated nutmeg
- 4 fresh bay leaves
- 1/2 cup grated gruyere cheese (about 2 ounces)



Get details [here](#)

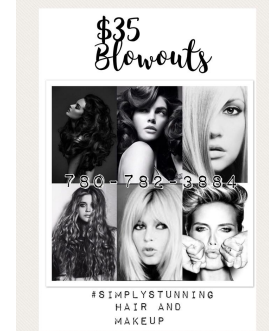
## March Deals

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](#)

## Simply Stunning Hair & Makeup

Get a \$35 blowout. Includes Hair Wash and style. Call 780-782-3884 to book your appointment.



## Staples

25% off Toner - 1 Day Only!!  
March 22  
Email you Staples expert [Lynn](#)

## Get Real Natural

I'm so excited that I fit into my summer clothes. Some pants I couldn't even do up. What I am most excited about, however, is my passion for helping others just got easier. Connect with me so I can show you how a simple 8 day cleanse (yes with Food) will reset your metabolism, remove inflammation and reduce or even eliminate pain and illnesses. I have finally been able to remove "diet" from my vocabulary. Sustainable health and weightloss is truly possible. [Email Franni](#) for more information



## 2018 Baby Crawl

The 2018 baby crawl will once again be at the annual Trade Show & Sale on April 20th -22nd. If you have a crawler call the Chamber office to get them registered for the BIG RACE!! Some fantastic prizes up for grabs 780-998-4355

## 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

**Grand Opening**  
**COBS Bread**  
March 24th 2:00 pm  
9310 Southfort Dr





**Easter Egg Hunt**  
**Harbour Pool**  
March 31st 2:00 pm - 7:00 pm

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## Welcome New Members

[M&M Food Market](#) - Gillian Reich

[Full Range Therapy](#) - Amanda Gauthier

[Shut Up and Kiss Me](#) - Nichole Hawco

[Fort Sask Holistic](#) - Donna & Val

[Pretty Whimsical](#)- Debbie Wong

[COBS Bread](#)- Angela Mckee

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### Do you want to be more involved with Women In Business?

Women in Business is looking for volunteers to help plan their Mad Hatters High Tea to take place in spring 2018. If you are interest please contact [Alana](#)

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## 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](#)



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