

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 In Business - Member Meetup



Whoville Tree Workshop

Who...ville wants to come create this festive tree?

Join us for wine, treats and networking!

When: December 6th
6:30 pm - 8:30 pm

Where: Funky Petals
41 Westpark Blvd

*Limited seating,
call Krista at 780-998-1991 to register
\$70/person*

Women in Business - Pop-Up Shop

Women In Business as an organization is geared toward supporting women in the workforce, we offer exciting opportunities to our members to learn, engage, mentor and network. We are continuously each others biggest cheerleaders! We are also very aware of the social diversity that women face when re-entering the workforce and transitioning through careers. In fact, through conversation with our community partners, we discovered that there was a



dire need to clothe/prepare these women for their new lives. The statistic was actually alarming, between 5-9 women per week.

[Continue Reading](#)

Member Profile - Cynthia Walker

Rebel Soul Creative Owner [Email Cynthia](#)

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

I wanted to do art on the computer - whatever that was.

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

I went to Grant MacEwan University for Design and Digital Media, and spent most of the early part of my career floating around in various design positions with smaller companies. It wasn't until I joined a larger ad agency that I truly got my 'real world' experience. There, I was able to learn from some pretty awesome people, experiment creatively and be exposed to multiple industries and a variety of diverse, multi-sized projects. After a while, however, the focus seemed to become more about the money than the quality of the work, so I escaped before I too could lose my soul, and instead invested all of my time and energy into building something meaningful for myself.

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

Owning your own business is a marathon, not a sprint. And if people don't know who you are, they won't know what you do, so get comfortable networking!

4. What do you love about Fort Saskatchewan?

Fort Saskatchewan is home to the best place to get wings!

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

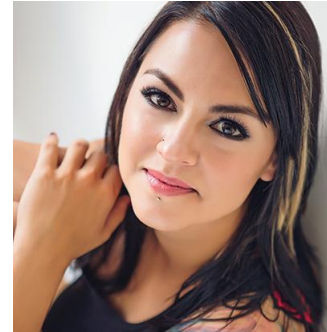
At home with the kids or in the yoga studio escaping the kids.

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

I have really big feet. I have a size 10W shoe... which comes in handy when putting my foot down with my blended family of 6 kids. Did I also mention I have a really big family?

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

A vacation. And I don't care where! Did I mention all the kids!?



Ask an Expert

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

Lindsay Jacobs - HR Specialist

Engie Fabricom

Are you aware of the changes and what they mean for your business?

There have been many changes to small businesses since January 2016 for both farm and ranch workers, as well as businesses paying minimum wage, employing minors, approved leaves of absence etc. With so many changes, ensure you know how each affects your small business

Alberta Employment Standards Code

- Changes in effect January 1, 2018
- Bill 17 – the Fair and Family Friendly workplaces Act

[More Info](#)

Changes to Alberta Minimum Wage

A phased in plan starting October 1, 2016 (\$12.20/hr) to October 1, 2018 (\$15.00/hr)

[More Info](#)

Alberta Labour Relations Code

- Changes in effect September 1, 2017

[More Info](#)

Occupational Health and Safety Code

- In effect January 1, 2016
- Inclusion of Farm and Ranch Workers

[More Info](#)

Workers Compensation

- In effect January 1, 2016
- Extended to include Farm and Ranch Workers with non family paid employees



SLOPPY JOE BAKED SWEET POTATOES

259 calories

TOTAL TIME: varies

Swapping bread for sweet potatoes makes eating a Sloppy Joe so much healthier!

INGREDIENTS:

- 4 medium (7 oz each) sweet potatoes, washed and dried
- 1/2 lb 93% lean ground beef
- 1 teaspoon seasoned salt (such as Montreal Steak)
- 1/3 cup chopped carrot
- 1/3 cup chopped onion

- 1/3 cup chopped mushrooms
- 2 tablespoons chopped red bell pepper
- 1 clove garlic, minced
- 1/2 tbsp red wine vinegar
- 1/2 tbsp Worcestershire sauce
- 8 oz can tomato sauce
- 2 teaspoons tomato paste
- 1/3 cup water
- 1 chopped scallion, for garnish

Read more [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



WOMEN BUILD VOLUNTEER WEEK (Nov 28 - Dec 2)

We are calling all women to help us build homes in Edmonton and Fort Sask! Both sites will have homes in the finishing stage, so there will be a lot of **INDOOR** work. You may be painting, installing doors, casings, handrails, construction cleaning, or boarding garages.

- Everyone is welcome, from beginners to tradespeople!
- Minimum commitment is one shift from 8:30 am - 4:00 pm.
- We provide all equipment and tools, safety training and orientation, and lunch.

Sign up at [HFH.org/volunteer](https://www.hfh.org/volunteer) or contact Megan at mstannard@hfh.org or (780) 451-3416 x 237.

Welcome New Members

[Habitat For Humanity](#) - Angela Southworh & Joanne De Jong

[Body Unique Fitness](#) - Rachel Spiring

[AbEx Pharmacy](#) - Dalia El Sayed

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 [Rene](#)

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 or call (780)998-4355