

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

### Clothing Drive - Pop-Up Shop

WIB and Families First will be hosting a pop-up shop for women re entering the workplace. The pop-up shop will be on October 26th & 27th, if you know a women in need please refer them to the Families First Society. Alternatively if you are interested in volunteering please contact Rene

### Member Profile - Amanda Milke

*Artist & Business Owner [Email Amanda](#)*

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

An Artist! I've always had a love and passion for creating.

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

I had been painting for years, and after my girls were born, I decided I needed something smaller to work on while I adjusted to the new balance of Mom and Artist so I started making artisan jewelry. The art and jewelry was such a wonderful fusion of my passion to create custom and personalized items that it stayed. I've now been running my Art & Jewelry Studio since 2013.

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

Be adaptable. Everything changes! Life, customers, trends, etc. If you want to be successful and grow as a person & business owner, you need to be willing to adapt and learn as you go.

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

The Community! I get to interact with so many wonderful people in the community while I teach my art classes or am out selling my hand stamped jewelry. There is a real passion for the arts here and a love for



small business that radiates out of the city.

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

Either in my studio painting or out spending time with my family. I have two little girls who keep me pretty busy!

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

I'm the secretary for the Society of Fort Saskatchewan Artists.

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

Sushi! I can't resist a good hotate temaki.

**ART**

[www.facebook.com/AmandaMilkeArtist/](http://www.facebook.com/AmandaMilkeArtist/)

[www.amandamilke.com](http://www.amandamilke.com)

**Jewelry**

[www.facebook.com/AMilkeCustomArtJewelry/](http://www.facebook.com/AMilkeCustomArtJewelry/)

[www.etsy.com/ca/shop/AMilkeArtStudio](http://www.etsy.com/ca/shop/AMilkeArtStudio)

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## 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



Stacy Westman - Owner

The Meals Maven

[Email Stacy](#)

You are a business woman. You're strong, independent, and capable. You live and breathe strategy and planning. So why is it so hard to get a home-cooked dinner on the table?

The most common reason, in my experience, is feeling like you have no time and/or energy left. The second is the all that negative feedback received from the picky people you may be cooking for.

Meal planning and cooking ahead can alleviate both these reasons, and it's a strategy I use most of the time in my own life. It's so valuable that my clients and I build it into their meal planning systems, and I'll share it with you today.

The longest part of cooking a meal is, by far, the protein. There's that required internal temperature to reach before you can serve it. Setting aside the time to cook ahead large portions of protein will save you hours over the course of a month.

For example, I often turn to pork loin. First, find [the best recipe ever](#). Next, plan a meal around that roast pork. Cook the pork, roast your potatoes, steam your vegetables, and eat your dinner.

When you're satisfied, portion the remaining pork into freezer bags for specific meals. Some may be cubed for soup or stews. Some can be cut into strips for stir-fry's or wraps.

Sliced thinly, leftover pork loin makes fantastic sandwiches, or a pizza or salad topping- you know what you and your people like, so make it happen. Remove as much air as possible from each freezer bag, date it, label it, and write on the bag what your plan is for that portion of meat to help inspire you when you're tired and at the end of your day. This sort of portioning should be done every time you cook a large meal, such as turkey or ham. After a while you'll have a good variety of frozen meal starters ready to go. There have been days where we'll just pull a bag of sliced pork loin out of the freezer and serve it as is with steamed vegetables and rice- a 15 minute meal at the most. Some days that's all I have in me, and that's ok. The more often you choose to enjoy balanced home-cooked meals, the better nutrition you'll give yourself, which translates to more energy and health in the long run.

Come "like" and "follow" [my business page on Facebook](#) for more tips and strategies!



## Metallic Maize - Floral Arrangement

Coat roughly 14 cobs of dried corn with metallic gold and copper spray paint. Once dry, hot glue cobs to the perimeter of a 6 inch round vase. Tie it all together with a gold Raffia. Fill vase with floral foam and add seasonal Flowers as desired.

### What you'll need:

Dried Corn Cobs, Metallic Paint Spray, Gold Raffia

## 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



**Feel Good Fest**  
October 21st & 22nd  
Conference & Expo  
[More Details Here](#)

Join Selkirk Signs for their Grand Opening  
and Ribbon Cutting  
October 27 1:00 pm - 4:00 pm  
Ribbon Cutting at 2:00 pm  
***Light Refreshments Served***



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## Welcome New Members

[Storm The Fort](#) - Barb Bouwman

[Brindle Grey Business Services](#) - Sheila Stueck

[Fort Saskatchewan Tailors](#) - Beverly Masilungan

[Branded Inc](#) - Laura Rumohr

[Concrete Blonde](#) - Elana Kyle & Chelsey Jane

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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 [Rene](#)

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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