

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

Upcoming Women in Business Events

Fort Saskatchewan
International Women's Day
Awards and Gala
March 6, 2019

FEMALE
IS *not* AN F-WORD

An Uncensored and Unapologetic award ceremony celebrating the empowered women of Fort Saskatchewan.

Nomination forms available online at fortsaskchamber.com, through the Fort Saskatchewan International Women's Day Facebook page, or in person at the Chamber office, the Fort Saskatchewan Families First Society, Pioneer House or the library.

Call for Nominations
CLOSING FEB 2, 2019

Still Presents
The 2019 International Women's Day Awards Gala

International Women's Day

Upcoming Events

February 27, 2019:
[Member Meet-Up at Custom Blinds by Design](#)

March 6, 2019:
[Int'l Women's Day Gala & Awards](#)

March 27, 2019: Women Uncorked

April 24, 2019: Member Meet-Up

May 22, 2019: Women Uncorked

June 26, 2019: Member Meet-Up

To Nominate a Deserving Female

February Women in Business Member Meet-Up



February 27, 2019

5:00pm-7:00pm

Custom Blinds by Design
8710 100 Avenue
Fort Saskatchewan, AB T8L 2Y7

[Register Here](#)



Business and Finance News

Confidence, courage and calculated risk: Key ingredients to going global

[Arlene Dickinson](#) General Partner, District Ventures Capital

Being a successful entrepreneur means taking risks. That's true at every stage of your business, from start-up to making the decision to expand internationally. Entrepreneurs are sometimes characterized as risk crazy. But what we really are is risk friendly. My experience growing my own company and investing in other people's businesses on *Dragon's Den* and through my venture capital fund, is that successful entrepreneurs learn to take calculated timely risks.

[To Continue Reading](#)

The Lesser-Known Career Barriers That Women Face

There's nothing quite like a massive workplace harassment scandal to get me feeling fired up about how women are treated in the workplace.

The sexual harassment scandals that have rocked our government and the entertainment industry as of late—quick shout out to the amazing work TIME'S UP is doing to help stop sexual harassment in Hollywood—are, unfortunately, a problem in every industry and job type. I, for one, have been sexually harassed at work—on multiple occasions. As, I'm sure, many of you who are reading this article right now. But here's the thing—sexual harassment is not the only barrier women face in the workplace. And not by a long shot. Let's discuss some of the ways women have to work harder than men in our careers.

[To Continue Reading](#)

3 Top Companies' Strategies for Hiring and Retaining Women in STEM

Candidates with STEM (science, technology, engineering and mathematics) backgrounds are among the most sought out today, as companies aim to fill highly specialized technical positions. But in attracting these candidates, many companies struggle to achieve a gender balance -- an imperative today given that diverse, inclusive workplaces generate more productivity and revenue.

[To Continue Reading](#)

6 Inspiring Women Changing Tech and Business This New Year

The tech industry has proven time and time again that there's nowhere to go but up, and proof of this lies with the fact that some of the deserving heroes behind this growth are actually heroines.

[To Continue Reading](#)

'This Is A Movement, Not A Moment' Says CEO Of Plus-Size Brand 11 Honoré

Patrick Herning is the CEO of 11 Honoré, a new plus-size online retailer for designer brands. Think: Christian Siriano, Christopher Kane, Marc Jacobs, Brandon Maxwell and Zac Posen - all in sizes 10 through 20. Before speaking with Herning I was frankly skeptical about the high-end side of plus-size fashion. Luxury plus-size fashion is almost non-existent because it was long believed that plus-size women didn't want to invest in high-end garments. Further, plus-size women face workplace discrimination that hits our wallets and bars most from purchasing investment pieces.

[To Continue Reading](#)

A Dot-Com Era Survivor Is Back With Minted, A \$700M Stationery Startup For The Instagram Generation

Inside this antiseptic merchandising room, the output of the company's secret technology, a crowdsourcing system that combines the collective intelligence of consumers with Minted's own data-fueled algorithm of what sells best, is on display. The public has voted for these save-the-date cards, children's murals and living room paintings, all created by a network of designers who've entered the company's contests.

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Health and Wellness

You are Enough!

Meal planning is a life-changer. Seriously. You'll be happier with each tiny baby-step of success because you'll start recognizing your power, and your power ripples out to the people around you. The impact you can have on your immediate circle of influence is monumental. You are enough, indeed. You are more than enough.

Stacy Westman, The Meals Maven

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When I was a very little girl my mom would tuck me in after having me pray that childhood prayer that so many of us used to recite: "If I should die before I wake, I pray the Lord my soul to take". My dad used to gleefully say "goodnight, sleep tight, don't let the bed bugs bite", before turning out the light and closing the door.

I would lie wide awake in the dark, waiting for what I imagined was coming to get me while I slept, bugs that only came out in the dark that could bite me enough to kill me. It terrified me that my parents couldn't keep me safe from this unknown threat that would hurt me in the dark, so I told myself that if my stuffed animals were lined up a certain way along the open edges of my bed, I would be safe. This ritual allowed me to sleep, and knowing that I had taken care of myself gave me a certain acceptance of my own power over my destiny.



This served me well over the years; it gave me a certain “MacGyver” attitude- it gave me to freedom to think outside the box, to come up with solutions that others hadn’t seen. It also gave me a strong sense of pride, but that pride took a beating when I became a mom.

[To Continue Reading](#)

Member Profile - Tawnie Misik

Realtor, **Royal LePage Noralta Real Estate**

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

I knew I wanted to do something in business, a lawyer or when I was really young a teacher.



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

I took several business classes at NAIT while I was still in high school, then got my foot in the door when I was 18 with an oil and gas company, I worked for a few different companies in different roles while we moved around due to my husband’s job. I worked in, Nisku, Drumheller, Strathmore, Calgary, Sherwood Park, Edmonton and even Fort McMurray if needed.

When we moved back to MY home town Fort Saskatchewan, I was helping friends from all around who were moving to the area due to relocation, and LOVED it. I loved showing people everything the area has to offer. So it made sense to get my real estate license, I know the area well, I have been through the transfer and moving process a few times and who doesn’t love following the real estate market, it was a big decision with risk but here I am, doing something I truly love.

3. What advice would you give your younger self?

Take a deep breath, you can do this!!!

4. What do you love about Fort Saskatchewan?

I love so much is the community feel, I love I know my kids teachers, they can take a yellow bus in high school, I know my neighbours and we help each other out. I love that we are so close to the amenities of the “big cities” but not the busyness. I love the trees (we didn’t have many down south) and the river valley. I love the people.

5. When you’re not working, what are you most likely doing?

You can find me at ringette with my daughter or soccer with my son, skiing in the winter or camping in the summer!

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

I am terrified to stand up in front of a room and give a speech. Which is ironic because when I was younger I always love speech competitions in school and anyone who does know my knows I love to chat;)

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

Well.... a new car would be wonderful but I would be happy with a Tim Hortons Double Double!

Congratulations to WIB Committee Member Jessica Harquail,
the newest partner at Givens LLP!

Member Events

Cooking Class and Workshop



An intimate cooking class in a familiar household setting, this class will highlight how to cook ahead and leapfrog your planning to make your meals happier and more quickly.

You'll go home with 4 main dishes ready to freeze, and feel comfortably satisfied after enjoying a delicious dinner party with your peers- a taste of EVERYTHING you're taking home PLUS a wide range of side dishes so you will know exactly what to make for dinner!

"The Mains":

1. Meat Sauce (You'll be taking home a freezer meal kit and a box of pasta!)
2. Beef and Bean Chili (You'll be taking home a freezer meal kit and a baggie of rice!)
3. Meatloaf (So many extra nutrition goodies added but your picky kids won't even notice!)
4. Meatballs (Choice of Asian Inspired or Italian)

Location: 8209 217 Street Northwest Unit 49, Edmonton

Cost: \$130/Person (Avoid Eventbrite Fees by registering with me directly!)

February 9, 2019 @ 1-5 pm

Presented by The Meals Maven

Sound Familiar?

- I'm trying to eat more healthy foods, but I **don't know what to make**
- Cooking feels like so much work and I don't know what to do, so I **will make whatever feels easiest**
- Everyone in my house wants different things, and I'm **making 4 different meals**
- It's so hard to cook for my **picky kids**
- I'm ashamed to say **McDonald's is a staple** in my household
- I want to "do" meal planning, but I **don't know how to do it or where to start**
- I'm **so busy** that I don't have time to meal plan or make anything fancier than something I bought in the freezer section of Safeway



You will walk away with:

- 2 Meal Plans** (even one that will accommodate a week of pure insanity!)
- Meals and snacks for the whole retreat** to nourish your taste buds - fall in love with food all over again
- Knowledge of how to mix and match food to make you **look like a cooking superstar**
- Easy steps** on how to dramatically cut down your time in the kitchen
- An easy plan** on how to get support you when life gets tough
- A community of women** for support and recipe exchange
- A goodie bag** of luxurious items to pamper your soul
- Confidence** in knowing 'you got this'

This retreat is the dedicated time for you to feel confident and empowered to reclaim your kitchen!

**Space is Limited to 6 guests- don't delay!
Register today by calling Stacy at 780-441-5270**

Available Dates: Mar 1-3, June 21-23, Sept 6-8, Nov 29-Dec1
Cost: \$1000 or \$1250 (Save on Eventbrite fees by registering with me directly!)

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

Member Deals

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

Fort Saskatchewan Chamber of Commerce Member 2 Member Deals



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