

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



#### MEMBER MEET-UP

December 20, 2018  
5:30-7:00pm

Fort Saskatchewan Acupuncture  
10101 86 Ave #301  
Fort Saskatchewan, AB T8L 0T6



Please join us to network and learn as Brenna Bouchard of Fort Saskatchewan Acupuncture discusses Women's Health for the Busy Entrepreneur. Snacks and refreshments will be provided, and there will be draw prizes!

**Please let us know if we should expect you!**

#### Upcoming Events

Dec. 20, 2018: Member Meet-up  
Fort Saskatchewan Acupuncture

Jan. 23, 2019: Women Uncorked  
Fort Saskatchewan Chamber

Feb. 27, 2019: Member Meet-up  
Custom Blinds by Design

Mar. 6, 2019: Fort  
Saskatchewan's  
International Women's Day!!!

Mar. 27, 2019: Women Uncorked  
Fort Saskatchewan Chamber

April 24, 2019: Member Meet-Up

May 22, 2019: Women Uncorked

### Member Meet-ups

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 Meet-up series, let us know! We'd love to be a part of it! [To Host a Member Meet-Up](#)

Fort Saskatchewan Chamber

June 26, 2019: Member Meet-Up



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## Business and Finance News

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### Final Report from the Canada-U.S. Council for Advancement of Women Identifies Clear Opportunity to Accelerate the Advancement of Women by Closing the Gap Between Commitment and Action

OTTAWA and WASHINGTON, D.C.; Oct. 29, 2018--The Canada-U.S. Council for Advancement of Women Entrepreneurs and Business Leaders (the Council) released today its fifth and final pillar report, "Advancing Women as Leaders in the Private Sector." The report finds that despite a commitment to advancing women, many companies across Canada and the U.S. are lacking clear goals, the ability to measure progress or accountable leaders to drive progress. There is a real opportunity to accelerate the advancement of women by closing the gap between commitment and action. The good news is that significant research exists to guide companies in creating action plans that can accelerate the slow progress that has been made to date. The final pillar report was led by Tina Lee, Chief Executive Officer, T&T Supermarkets, and Julie Sweet, Chief Executive Officer – North America, Accenture.

[To Continue Reading](#)

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### Spanx Founder Sara Blakely Has 99 Pages of Business Ideas

Ladies' underwear has long been revolutionary territory-- bras burned, girdles sacked. But when Sara Blakely, a 27-year-old fax machine saleswoman, discovered she was making less than her male colleague at the same job, she was inspired to take scissors to tights to invent what would give power to the pantie (and anyone who wore it), and launch her own business. Twelve years later, she landed in *Forbes* as the youngest self-made female billionaire in the world.

[To Continue Reading](#)

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### Powerful Women Don't Need the Limelight to Be Influential. Here's Why.

Influence is a natural byproduct of respect, and for women in the workplace it can be achieved without any kind of masculine posturing whatsoever.

Counting down to Christmas and the New Year, December is a very special month filled with celebrations. It's also a great month on social media, with dozens of hot trends and viral hashtags that will be buzzing all over your news feeds. For some great ideas on how to capture the trends and get involved, see the Hopper's Hashtag Calendar below!

[For a Social Media Hashtag Calendar for December 2018](#)

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## Health and Wellness

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### Reducing Holiday Stress

Stacy Westman, The Meals Maven

The holiday season is upon us once again, and no matter how much we love Christmas music and seasonal décor, “glad tidings of great joy” are often met with frustration and a sense of being overwhelmed. Imagine you could spend more time experiencing joy this Christmas and less time feeling stressed out?

This year let me help you spend less time immersed in kitchen chaos and more time enjoying each moment. Most of us spend a lot of extra time in the kitchen, in addition to all the other extra stuff we do over the holidays, so let's aim to keep that time as simple and efficient as possible.

First, as they say on all the addiction commercials, “know your limit, stay within it”. If cooking and hosting the big dinner party is your responsibility, but it feels overwhelming and you cringe at the thought of it, consider changing it this year. Explore the options open to you and discuss them with your people long before Christmas- now would be a good time, in fact.

Some suggestions to help you get started on your own brainstorming include:

1. Hire a caterer to bring you dinner
2. Make it a potluck affair
3. Go out for dinner
4. Change the menu
5. Consider a progressive dinner (AKA “safari supper” or “round robin”)

Second, plan ahead. I'm a planner at heart, so for me this step is an automatic response to big dinner parties and busy seasons, but that isn't true for everyone. If you know you'll be cooking and baking a lot this season, simplify it into manageable pieces- break it down as much as possible so you can see the “when” and “how” rather than just the “what”.

For example, here's what I would do:

1. Write it all down- every school party snack, every work potluck, every social party, every out-of-the-ordinary dinner, etc. This will help you see what needs to be done and when.
2. Look at your calendar, and transfer your list to the dates that they are due. Then look at the dates before they are due and see what you can make happen and when. For example, if you have time on one day to mix up and measure the dry ingredients for your cookies, do that. It will make completing them that much quicker. If they require icing, see if you can do the icing the day after baking. It will work better as the cookies will be sturdier then when they are fresh.
3. If you have multiple potluck events, consider devoting one (weekend) day to batch cooking those- to make it easier, consider making every potluck meal the same. If you choose something that can be frozen after cooking and reheated, so much the better. You can pull out your slow cooker and put it to work. Some great candidates for reheating and serving in a slow cooker include meatballs in sauce, chili, and lazy lasagna casserole. Just make sure there's a space with a plug available for



reheating!

4. Big holiday meals usually require a big amount of space- countertop, stovetop, and oven. Make sure you know exactly what you need to cook and what you'll be cooking it in, as well as where. If you have to borrow a slow cooker from someone or an extra induction cooktop, know it ahead of time and ask to use it long before Christmas morning. You can start preparing your meal ahead of time, too, and feel free to use shortcuts when you can. No one will judge you for using canned cranberry sauce or frozen sliced carrots- right? Clean out your fridge so there's room for that turkey to thaw a few days in advance, and make sure you have freezer space for any of the leftovers you want to keep for another day (including the bones for homemade bone broth!)

Third, (and this can be hard but is so important!), ask for help. There is absolutely zero reason why you have to be in charge of everything. Your family is capable of helping you cook, clean, and wrap gifts. Your friends are likely frazzled too, so plan low-stress sessions to help each other do the same. "Many hands make light work", as they say, and it's never truer than at Christmas time.

Hopefully these few small suggestions will help you adjust your seasonal challenges into small moments of happiness, and keep working on finding the ways that help make your efficiency shine year after year, occasion after occasion.

I wish you a Merry Christmas and a Happy New Year!

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## Member Profile - Kyla Pierson

Membership and Sales, Fort Saskatchewan Chamber of Commerce

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

*A Broadway Star, which is unfortunate because I can't sing, dance, or act*

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

*I have taken every opportunity possible in my life and I have never been afraid of a challenge. I started in people management at a very young age and it taught me a lot about navigating and building relationships but also showed me that I really love helping people to reach their potential through education and support which is why I feel that I'm a great fit for the Chamber of Commerce.*



### What advice would you give your younger self?

*More Vegetables, Less Bread*

### What do you love about Fort Saskatchewan?

*It's a city with a real community feeling, everybody supports one another and I really think that is special and unique.*

### When you're not at the Chamber, what are you most likely doing?

*Napping is a favourite activity but also reading, checking out community events, playing beer league sports or watching movies.*

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

*My home away from home is Mexico. I have travelled the entire country and have been there more times than I can count and I speak Spanish at a conversational level.*

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

*Endless Tacos and Tequila*

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The logo for Alberta Women Entrepreneurs (awe) features the lowercase letters 'awe' in a bold, purple, sans-serif font.

ALBERTA WOMEN  
ENTREPRENEURS

## Alberta Women Entrepreneurs 2019 Awards- Deadline is Dec 31

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](#)

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## Member Holiday Happenings

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have less stress & more

this holiday season



Join Corby, the force behind **Radiant Core Solutions**, as she helps you learn 3 simple tools that change the way you approach this stressful season, moving past chaos towards peace and calm!  
[www.radiantcoresolutions.com](http://www.radiantcoresolutions.com)

# play



Join Diane, owner of **Everybody Loves Reiki**, to discover how you can improve your health and well-being in 3 key areas over the holidays to make your festive season more joyful!  
[www.everybodylovesreiki.ca](http://www.everybodylovesreiki.ca)



Join Krystal, owner of **Little Bird Holistics**, as she teaches easy tips and tricks to help you stay accountable for your own self-care and well-being over the holidays, so you can enjoy them to the fullest.  
[www.littlebirdholistics.com](http://www.littlebirdholistics.com)



Join Stacy, **The Meals Maven**, to learn how to inject calm into your chaotic kitchen this holiday season, and create your own custom spice blend to take home and enjoy!  
[www.themealsmaven.com](http://www.themealsmaven.com)

## This is the Season to Find your Joy!

Please share the love this season and bring a donation for the food bank!

10102 100 Ave Fort Saskatchewan 10:00am-5:00pm lunch included

# 12/02/18

Tickets available at: <https://bit.ly/2FdnBel>

# VIVID VISION

### Winter Sale on Now!

Buy one set of glasses,  
get your second set of lenses **50% off!**

Expires January 1, 2019.

[www.vividvision.ca](http://www.vividvision.ca)



Special Holiday Events Include:

Christmas Turkey Dinner To-Go



**CUSTOMER APPRECIATION**  
DECEMBER 3<sup>RD</sup>, 2018

**Gift Card Limited Time Offer**

**15% OFF GIFT CARD PURCHASES**  
JOIN US FOR A COMPLIMENTARY CHRISTMAS CHEER

**LOYALTY CARD HOLDERS**  
Today Only Existing & new Loyalty members will receive Loyalty points in addition to the 15% savings on the purchase of gift cards. A purchase greater than \$500 will receive Double the points!

**7:00 PM TO 9:00PM**  
Complimentary Beef on a Bun and Caesar Salad

Pick-up Christmas Eve, \$24.95 per person

**New Year's Eve Party**

**New Year's Day Brunch**

For more information, call **(780) 992-2255**.

21 Westpark Blvd, Fort Saskatchewan, AB T8L 4M5



**Voshell  
Architecture + Design**

**Open House**  
December 20, 2018  
1:00pm-5:00pm



**JINGLE & MINGLE**

Please join the Vosh • Arch team  
for some Holiday Cheer!

December 20, 2018 | 1:00 - 5:00 pm | Vosh • Arch Office  
10308 - 100 Avenue  
Fort Saskatchewan, AB T8L 1Z1

Please RSVP to DeAnna by December 6  
deanna.voshell@vosharch.ca | 780.589.4747

## 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](mailto: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](mailto:Erin Duncan) to be featured.**



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