



WELCOME TO WOMEN FOR WOMEN & INSIGHTFUL COMMUNICATIONS...EXPRESSING YOU

Whether Christmas or Hanukkah, we hope that these past few weeks of holiday celebration have been filled with many **meaningful** and happy moments for you and yours!

At this time of year, I often write a letter to relatives and friends. Given our growing families and busy lives, it's a great way to keep in touch; and I look forward to receiving the same from others, especially those we don't get to see often.

As I read about other's journeys, I'm always reminded about how similar we all are; and that there will always be good things *and bad* in each of our lives, perhaps just at different times.

It's quite cathartic as I personally reflect on the chapters of our lives, and this year is no different. In fact, the last two years have been **profound** in many ways.

My mother-in-law survived colon cancer, I should say thrived; what an inspiration at 82 years young.

My 88 years young grandmother is making the best of her new residence, a nursing home close to us. Albeit a challenge at times, considering that she managed on her own until the age of almost 85, *she*

does it with as much grace as she can muster.

And my father, who had been diagnosed with leukemia in 2004, pressing through a couple of very difficult years, is now considered **'cancer-free'**! This is one of those times we can say that research has paid off, he was a good candidate for a new drug treatment and he has been well-looked after by the medical profession.

Our son, Matthew, got engaged to the girl of his and **'our'** **dreams** (smile)...

And in between all that, we moved from our Aloette franchise office in Markham (where we were for 11 years) to *our home office*, expanded our company Women For Women and started Insightful Communications.

My husband and I celebrated our 25th wedding anniversary... The list goes on, both professionally and personally, *and so it should...*

With 2008 upon us now, we look forward *mostly with enthusiasm and confidence* that our lives will unfold as they're meant to, and we will be **guided** and blessed each step of the way. We feel some trepidation as we await my husband's heart surgery, yet know that he is in great health

(otherwise of the valve that needs repairing); and we are surrounded by many loving, supportive and prayerful friends, family and colleagues that will *lighten our load* just by being in our lives.

You might wonder why I share so openly about such a personal time in our lives. The reason, as I alluded to above, is that there is a **common thread** woven throughout all of our lives. I hope my journey and my family's gives you 'hope' for tomorrow... encouragement to 'be all that you can be now' *with your loved ones (and in your business – it's okay – everyone works)...and to rise to the occasion called 'life' in spite of all it's ups and downs...!*

From our family to yours, we wish you great health... *and happiness and success overflowing!*

Warmest regards,

Sheri

**Women For Women
Insightful Communications**
Founder, Writer, Speaker
Entrepreneur Coach
NLP Practitioner
President of Sales - Aloette
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“Character contributes to beauty. It fortifies a woman as her youth fades. A mode of conduct, a standard of courage, discipline, fortitude and integrity can do a great deal to make a woman beautiful.”

Jacqueline Bisset

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Insightful Communications

... Expressing You

Women for Women & Insightful Communications™

Women For Women ~ Milestones and Mentoring

Master Mentors is like your very own advisory board!

We meet every 2 months with other like-minded business women. We have grown to 7 chapters, and maintain a maximum of 8 participants per meeting/chapter, in order to include and serve all of our members' business needs. Should you wish more info about a chapter in your area, or simply wish to attend as a guest to see what it's all about, contact Sheri directly.

In 2008, we are adding an additional tool *to further support our members in aspiring to and reaching their goals*. It's our **Visual Story Folder** for 2008! If you've not already reserved a spot to attend a Master Mentors meeting near you, there is still time! We have openings in our new chapter, Don Mills, which is on Tues., Jan. 22nd, 1:30 pm to 3:30 pm! We also have a couple of spaces in our Georgina Chapter (Wed., Jan. 23rd at 2pm in Pefferlaw) and in one of our Holland Landing Chapters (Wed., Jan. 30th at 2pm). We have also had considerable interest in a new Durham chapter starting, and possibly Barrie; we'll keep you posted!

This is a new section in our newsletter, to celebrate the exciting progress and achievements that our members are making!



Congratulations to:
Isa Nevsky
IsaAngel
Cancer Survivor & Coach
www.isaangel.com
416-457-6331

Isa is an inspiration to many! On Thursday, October 11th, 2007, she was invited to be a guest speaker at the 17th Annual Cancer Information Series, Dimensions of Cancer, held at the Odette Cancer Centre (formerly Toronto Sunnybrook Regional Cancer Centre). It was a heartfelt message titled, **Dealing with the Unexpected!** Who better to speak to this than Isa, given her 13 - year journey! Isa was diagnosed in 1994 with stage 4 colorectal cancer which had metastasized in her liver. After undergoing surgery, chemotherapy and radiation, Isa was given only 6 months to live; but proved the doctors wrong. In 1999 the cancer recurred in her lung and she was forced to undergo additional surgery. Together with this surgery, Isa added complimentary therapies of mind, body and spirit, and was able to beat the odds a second time! Today, she follows her passion, helping and supporting others through the challenges of cancer diagnosis.

**Master Mentor Facilitators will submit success stories from their chapters, for consideration in our newsletter.*

I Can See Above the Trees

I sit here at my window
Pen in hand
Looking through the pane of possibility
And it matters not that frost has blocked
my view
For my sight comes from within
From my own innate sense of creation
And from what I choose to see
Sunshine knocks upon the glass
Urging me to open my heart and let it in
For it speaks to me
Telling me to look beyond the window
To go above the trees
Above anything that I could possibly
imagine
And to create my new reality
A life of possibility
Of magical wonder and awe
Something my pen has never pondered
There are no limits to what I can do
What I can be
I am the writer of my own soul
My own destiny
And each word of infinite potentiality
Now imprints itself upon my heart
And I rejoice
For I am free
Free to dream
Free to imagine
Free to create a beautiful surrounding of
my own making
In which I can live, love and laugh
A place to be with the sun always
Far above the trees

Monique Henchey
Hint of Hope
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Coaching for the Women *Entrepreneur*

Welcome to 2008!

It is brimming with opportunities... to become more self-aware, learn new things, strengthen relationships, gain new friends and alliances, aspire and reach new heights personally and professionally... and above all, to 'make a powerful and positive difference' in the lives of others!

I couldn't think of anything better to share this month than this message below. I wish I could credit the person who wrote it, although the author is unknown. That said, I have lived it; we have raised our family in this light. I hope and trust that you know this 'truth' for your own life; and that it contributes brightly to your future and your legacy!

Food for our Thoughts

Tell me who your best friends are, and I will tell you who you are. If you run with wolves, you will learn how to howl. But, if you associate with eagles, you will learn how to soar to great heights. A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses. The simple but true fact of life is that you become like those with whom you closely associate – for the good and the bad. The less you associate with some people, the more your life will improve. Any time you tolerate

mediocrity in others, it increases your mediocrity. An important attribute in successful people is their impatience with negative thinking and negative-acting people. As you grow, your associates will change. Some of your friends will not want you to go on. They will want you to stay where they are. Friends that don't help you climb, will want you to crawl. Your friends will stretch your vision or choke your dream. **Those that don't increase you will eventually decrease you.**

Consider this: Never receive counsel from unproductive people. Never discuss your problems with someone incapable of contributing to the solution, because those who never succeed themselves are always first to tell you how. **Not everyone has a right to speak into your life.** You are certain to get the worst of the bargain when you exchange ideas with the wrong person. Don't follow anyone who's not going anywhere. With some people you spend an evening; with others you invest it. Be careful where you stop to inquire for directions along the road of life. Wise is the person who fortifies his life with the right friendships/relationships.

*Warmly
Sheri*



Favourite Quotes

"Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

Goethe

"Your vision will become clear only when you look into your heart... Who looks outside, dreams. Who looks inside, awakens."

Carl Jung
(1875-1961), Psychologist

"Cut not the wings of your dreams, for they are the heartbeat and the freedom of your soul."

Flavia

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

Marcel Proust

"Take chances, make mistakes. That is how you grow. Pain nourishes your courage. You have to fail in order to practice being brave."

Mary Tyler Moore,
Actress

"Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory."

Betty Smith
1896-1972, Novelist

Insights and Expertise from Women Entrepreneurs

Personal Tax for Individuals & Sole Proprietorships

Accountable Solutions offers you 'choices' with respect to your personal tax income! Start now and **maximize your 'choices' prior to tax season!**

Do you know what to look for?

Do you know how to **keep more money** in your pocket versus the tax man's?

Do you know all of what you can claim?

Do you know whether you should invest in RRSPs?

If not, you're probably doing your own taxes and facing a lot of 'unknowns'.

Picture knowing ahead where you're at, where you're going, and what you're getting back... 'Perhaps for that 'holiday' you want to take?'

Alleviate the unknowns *early in the game* by hiring Accountable Solutions... **helping you** be accountable... to you!

For more info, visit
www.accountablesolutions.ca

Check out the '**Ask the Expert**' page for great tips on registering for 'gst',

sole proprietorship versus incorporation, and buying versus leasing; *or simply email Melody Rader directly.*



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Unbridled

I feel free
Joyful
Soulful

Impassioned
Unbridled

Casting away all unwanted chains
Watching them fly in the wind
Spinning ever quicker and quicker
Beyond me

Away from me
No longer harmful for I have broken
their hold

I dance and turn
Spinning faster and faster upon my toes
Arms outstretched

Catching heaven as I fly by
No longer fearful of what lies beyond
For I now know myself
And hold on tight

As I feel the energy pour out of me

And around me in celebration
I skip along the clouds
Turning my face upwards
Feeling the warmth of a kiss
A promise of unconditional love
Floating down upon angel's wings
I relax
Nestled within my armchair of
acceptance
Resting upon a pillow of self-love
Feeling elation at the strangeness of
contentment
Happy to just be
For I am home
I have found myself



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Thank you to Caroline Jarzabek
[CMJ Virtual Office Manager](#)
Exec. Asst., Women For Women
For her ongoing help and support,
and contribution to our publication.



Wisdom in Wellness ~ Inside & Out

Business Opportunities In The Wellness Field

As we expand our product lines and add more emphasis *and tools* to promote the best of health and wellness, **we need more representatives**, especially in the York Region area!! If you're passionate about taking care of yourself, as well as helping others, this is a perfect industry for you! Whether you're looking for experience and mentoring in the direct sales, wellness and/or beauty arenas, or considering additional streams of income that will provide you with more resources and assist you **reaching your goals** faster, *this is a great place to start!!* Consider one or both of these options!

Representing the Aloette product line, you'll get your own products at an incredible discount/commission of 35% (20% is applicable on Shopping Channel orders, approx. 6 times a year)! You'll also receive a **free starter kit** of considerable value, including our AloePure Skin Care line, our most popular Colour Blends products, brochures, and order forms, just to start! You can do catalogue sales and customer service; and if you like, *you can add spa shows to what you offer your clients, which provide a very relaxed, enjoyable, yet informative setting for all concerned! It almost doesn't feel like work!*

As you've read in previous newsletters and now on our website, we're also carrying a line of whole-food nutritionals by GNLD International! They're **excellent!** There are different start-up options, one being approximately \$70, which offers you a 25% discount on your own personal

ordering (as well as 25% commission on your retail sales).

Both product lines offer great health and **vibrancy** from the inside-out!

They're available **locally** and *can also be shipped directly to you and your clients!*

Substantial residual income is available to those who want to help others in their own businesses as well!

'& Ongoing training and **support** is provided!

For more info, please visit our website or simply contact Gayle or Sheri and we'd be happy to answer any of your questions.



OxyLift

I've seen this product work 'right before my eyes'... Colleagues and clients alike are scooping them up... So, I had to find a way to make it available to everyone! It's **in stock** now! Here's an excerpt from Fresh Start's **OxyLift** brochure:

"...Embark on a journey to reclaim the beauty of your skin. **OxyLift** technology is not new. Skin care therapists have depended on this same corrective technology for many years...

This is how it works...

The **OxyLift** imitates hundreds of fingers patting the skin's surface at 100,000 cycles per second. This is welcome stimulus to tired, aged skin. As a matter of fact, it is the best way to stimulate the

skin into a new **firmer** position, without pulling or over-manipulating fragile skin fibers...

The main components behind this extraordinary tool simply cannot be found in any 'off-the-shelf system', or other facial machines... Other machines work on muscle toning. **OxyLift** concentrates on **skin toning**. Our skin is like fine leather and does not respond as easily as our muscles; so more encouragement is required. The skin needs activity and will respond to the **OxyLift** signal.

You can safely use the **OxyLift** wherever the skin appears slackened – the neck, upper arms, thighs, etc. Skin care professionals commonly use this same technology for total body treatments.

The exciting stimuli and the **enriched oxygen** cannot be found in any bottle or in any other tool... This powerful resource boosts the performance of your existing skin care...*(Aloette products are a perfect compliment, due to their natural ingredients and uniquely hydrating benefits!)*..."

OxyLift is not time-consuming; only 3 to 5 minutes is required. It is safe, without side effects and is tolerated by even the most sensitive skin... Some of you will notice a difference, even after the first use..." The price, just \$175 plus tax!!

Check out these **statistics** out:

- * 92% of people see immediate lift response
- * 48% **reduction in wrinkle depth** in 12 weeks
- * 43% decrease in puffy eyes
- * 33% **increase in collagen** in 1 month
- * 56% decrease in pore size in 2 weeks
- * 78% improvement in acne within 5 days



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Wisdom From Sheri's Mom ~ Thoughts to Ponder



Thoughts for Today...

I'm at peace *today*. Nothing violent mars the horizon. No deafening sounds shatter my soul. No problems enter my

mind. *Today* we have no bills to pay, no mountains to climb. *Today*, there is no hate, no hurry, no worry; only harmony, the kind of harmony that comes not from music, but from complete **tranquility**. Sitting at the water's edge, in this quiet corner of our world, I could not possibly feel otherwise. The trees stand tall and majestic, their leaves rustling gently with the breeze. The bay ripples lightly; a bird chirps merrily. A motor drones in the background, but it doesn't break through the boundaries of the scene that encompasses me today.

Funny, I didn't notice the serenity last month, or feel this total relaxed person that I am today. The air is crisp and cool, and the sun is warm and bright. I'm alive and I'm glad, and that's the way it should be, though it's not always the way it is. Some days the clouds hide the sun, our spirits are down, and the light inside us is so dim we cannot see beyond the grey to when the sky was clear and our hearts were light; *but not today*. For *today*, I looked at the clouds and I was filled with the **wonders** of the world, an unexplainable ecstasy. I felt surrounded and swallowed up at the same time, engulfed by a greatness that was beyond my understanding. The clouds, billowy and beckoning, hover overhead, some fluffy and light, floating; and others hang suspended, as if held by

a fine thread, invisible to the naked eye.

It is sad to think how long it has been since a few moments in a day have afforded me the treasures I've discovered *today*, but I am **thankful** for the experience, and can only hope that another opportunity will present itself to me in the near future. For without it, I may soon forget how fortunate I am to have a family I care for more deeply than I can say; and how lucky we are to have our health and each other. We have our limbs; we can walk to each other and hold each other. We have our eyes to see each other. We can speak our feelings and share a unity that is priceless, that should never be abused, that should always be cherished.

And perhaps because I have all this and because I had a few special moments *today*, the world seems even more spectacular....

...I was glad, so much so that my heart filled to **overflowing** and the tears welled in my eyes. So much happiness inside that I couldn't contain it. Isn't that fantastic! Oh how I wish I could cry constantly – feel this feeling forever. But it's so special; maybe we're only privileged to experience it once in a lifetime. If that be so, may I never forget the precious memory of *today*. And in remembering, may it give us a closeness and understanding that will be envied by all who encounter it. And may others be blessed with their share of the moments I had *today*. For in experiencing this, life takes on a new meaning. Sharing becomes easy and giving becomes a necessity, because there's so much to give, so many to give to, and everything to **share**...

Gayle Clarke
Freelance Writer
Office Manager
Customer Service Specialist

Note From Coach Sheri

This inspiring article helps us understand some of the basic concepts of NLP (Neuro-Linguistic Programming) – reframing and state changes.

Think of a time when you may have felt similar feelings as my Mom shares here; reflect on that moment and imagine it in your mind, as vividly and with as much detail as you can.

Now think of a time(s) when feeling this way would greatly empower you; *and put you in a frame of mind that would be very positive and useful to you in some of life's circumstances*. Take one of those instances and notice it now. Just notice that situation, *where you would like to feel more empowered and encouraged*... no need to give it a lot of attention.

Again, think of that wonderfully congruent, perfect-in-your-eyes moment and concentrate on it and all the details.

Repeat this process in your mind several times, giving more focus and detail to your 'ideal' moment (or place)...

I know this simple exercise can and does have a profound effect, I've experienced it and have seen and facilitated others through the process with wonderful results...

