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[www.womenforwomen6figureevent.ca](http://www.womenforwomen6figureevent.ca)

## Welcome to our Fall 2009 Edition Women For Women Newsletter!

### Welcome to the Women For Women Network & Newsletter!

*This year has been one of change and challenge for many. I'm confident that as you read about our members, their words of wisdom and upcoming events, you'll **be inspired** – as I always am – that the best is yet to come!*

*This issue is chock full – the fullest I've seen it in a long time – with **encouragement, success and celebration** for what's still 'great' and good in our lives!*

*There are always so many deserving acknowledgements. This month, I would like to congratulate **Suzy Dickstein, MBA** (Member & Master Mentor Facilitator). Suzy took second place in the Amateur Women's 9-Ball Division, annual Canadian Cue Sports Championships this past summer; held at the Toronto Shooters Snooker & Sports Club (a pool hall that heralds many of Canada's top players)! It doesn't stop there, in the **Toastmasters International Speech Contest**; she placed first in her Thornhill Club and second among contestants from other clubs in the region! Her experience in Toastmasters, in part, has been the impetus to begin another new chapter in her life, speaking to youth on how to be financially responsible through the Camp Millionaire program. Check out [www.moneyrocks.ca](http://www.moneyrocks.ca) and drop Suzy an email to offer her the congratulations she deserves!*

*Enjoy, share with friends and colleagues and **keep in touch!***

*Wishing you abundance in all things!*

*Sheri ☺*

### Soroptimist International York Region Chapter

Soroptimist International is an international organization of business and professional women who provide volunteer service to their communities.

Almost 100,000 Soroptimists in about 120 countries and territories contribute time and financial support to community-based and international projects benefitting women and girls.

**The members of Soroptimist International of York Region, a new chapter chartered in May 2009, are pleased to be able to help and honour women in York Region with the 3 signature Soroptimist awards for women:**

**The Women's Opportunity Award** - This monetary award assists women to improve their education, skills and employment prospects. Eligible applicants must be women who provide the primary financial support for their families and who are enrolled in or have been accepted to a vocational/skills training program or an undergraduate degree program

**The Violet Richardson Award** - This monetary award recognizes a female student's contribution in volunteering with an organization in the community.

**The Ruby Award** - This annual award recognizes a special woman in our community who has made a significant contribution to the lives of women or girls.

The **application deadline** for the Women's Opportunity Award is December 15<sup>th</sup>. The deadline for the Violet Richardson Award and Ruby Award is December 1<sup>st</sup>.

**For more info regarding the above, or for Soroptimists membership details, please contact Sonia Comire: [studio.s@rogers.com](mailto:studio.s@rogers.com) or 905-252-3222.**



*Mark your calendars for:*

**Jan. 23<sup>rd</sup> & Jan. 24<sup>th</sup>, 2010**  
**The Second Annual**  
**Women For Women**  
**6 Figure Event**

*At the World Renowned Briars Resort & Conference Centre!*

***There's still room in the Inn!***

*Our most popular all-inclusive package, just \$349 plus gst, covers:*  
 2 workshops Sat. afternoon  
 Sumptuous dinner and entertainment Sat. evening accommodation (double)  
 Full breakfast & lunch on Sunday  
 3 dynamic presentations on Sunday  
 \$200 gift bag for all guests & more!

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#### **Sheri Andrunyk, MNLP**

**Business & Life Coach, Writer, Speaker**  
**WOMEN FOR WOMEN**  
**INSIGHTFUL COMMUNICATIONS**

#### **Gayle Clarke**

**Freelance Writer, Office Manager**  
**WOMEN FOR WOMEN WELLNESS**

# Insightful Communications

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## **Steeped in Tradition**

[www.theultimatekitchen.biz](http://www.theultimatekitchen.biz)

Tea is the second most popular beverage after water in the world *and has been around for many centuries*. The history of Tea is long and convoluted, traveling from country to country all the way around the world. **The story of Tea** reveals a surprising convert past, causing revolutions not only in politics, but also in taste, lifestyle, and traditions.

It is said that the Chinese emperor, Shen Nung, one day ca. 2737 BC. discovered a leaf that had fallen into his cup of boiled water. He found the liquid to be refreshing and pleasing, and thus, tea was born. At first tea was reserved for royalty, but over time became a popular drink throughout China and carried via the Silk Road was traded in India, Turkey and Russia. Japanese Buddhist monks brought Tea to Japan, where the present day Japanese tea ceremony Chano-yu, or "the hot water for tea" continues.

Dutch Traders from the Dutch East India Trading Company first introduced tea to Europe in 1610. Tea was in fashion in France and Germany and finally made its way to England 1658. First only for the Royal Household, Tea became very popular by the mid 1700's. By 1840, Anna, the Duchess of Bradford, started the custom of taking Afternoon Tea.

Today, old and new traditions are blending and the simple task of boiling water, added to leaves to steep to perfection, served in the company of good friends, is a *pleasure no one should miss*.

**Fine Teas, just like fine wines can be very complex. How to select, store and brew tea is important.**

To find out more about the differences between white, green, oolong, black and Pu-erth Tea, how to pair food with tea, tea etiquette, to have an Afternoon Tea or High Tea event in your own home, **be sure to contact:**

**Ingrid Folkers,**  
**Culinary Consultant and Tea Sommelier**  
**The Ultimate Kitchen & Tea Occasions**  
905-471-1633  
2ladies@rogers.com  
[www.theultimatekitchen.biz](http://www.theultimatekitchen.biz)



## **Your Healthy Immune System**

### **Your Healthy Immune System**

Our body's ability to protect us from viruses depends greatly on a strong immune system. When our immune system is weak, either due to increased stress, poor nutrition, lack of sleep and/or poor hydration, we are more susceptible to colds, flu's and bacterial infections.

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**Begin by keeping it simple:**

**Reduce your stress levels** – try taking brisk walks or practicing regular meditation, deep breathing, yoga or gentle exercise to help support your body, mind and spirit.

**Get regular and adequate amounts of sleep** (7-8 hours/night).

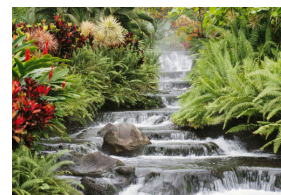
**Rotate your diet and keep it varied with plenty of fruits and vegetables.**

**Stay hydrated** – maintaining the strength of our mucous membranes can help prevent viruses and bacteria from entering our systems.

**Remember that regular hand washing is a very effective way to reduce your risk of getting a cold.**

For more information call or email and ask us about our **Cold and Flu Prevention Program** this fall!

**Dr. Celeste Frenette, BScN, ND**  
**Mahalo Naturopathic Centre**  
905 895 9998  
[www.mahalonaturopathic.com](http://www.mahalonaturopathic.com)





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### Healthier Treats for the Holidays

At Aromas World Kitchen we are dedicated to providing healthier choices for your office and home catering needs. This means steaming, baking or grilling food instead of frying; adding fruits to salads for added nutrients; offering whole grain pasta & bread options; and using fresh, seasonal produce whenever possible. Here's a "healthier" recipe you can use to offer delightful holiday treats to your guests:

#### Healthier Rice Crispy Treats

- 1 cup oats (*adds fibre*)
- 1/4 cup butter
- 40 marshmallows
- 1 tspn vanilla
- 5 cups crispy rice cereal
- 1 cup raisins (*adds iron*)
- 2 tspns sesame seeds (*adds calcium*)

Spread oats on baking sheet. Bake at 300° for 10 minutes until toasted. Meanwhile, place sesame seeds in small skillet over medium heat and cook 5 minutes or until golden, stirring occasionally. Lightly grease a 9x13-inch pan with nonstick cooking spray (or butter). In a large pot melt butter over low heat. Add marshmallows and cook stirring often until smooth. Remove from heat. Stir in vanilla. Working quickly, stir in cereal, toasted oats, sesame seeds, and raisins. Press into prepared pan. Let cool. Cut into desired shapes. *Treats can be dipped into dark chocolate if desired – and stored in airtight container up to 3 days.*

**Paola Tamang**  
**Aromas World Kitchen Catering Services**, 1-150 Connie Cr, Concord  
 Phone: 905-761-7530, Fax: 905-761-5246,  
[catering@aromasworldkitchen.com](mailto:catering@aromasworldkitchen.com)  
[www.aromasworldkitchen.com](http://www.aromasworldkitchen.com)

### Benefits of Massage

*Increasing Your Energy Levels...*

*Relaxation is the first thing we think of when we hear the word **Massage**.*

*Stress is often touted as the number one killer in our society, and at the very least, thought of as the root cause of many terrible illnesses and diseases. Given this, isn't it a good idea to give our bodies the rest and rejuvenation it needs??*

#### ***Massage Therapy offers more!***

- Improving proper digestion*
- Breaking down adhesions*
- Increasing your range of motion*
- Enhancing your circulatory system*

*Massage is a preventative measure in helping us to remain healthier!*

***Join us for an evening of education and demonstrations at Aspiring Edge Wellness Center on Nov. 25<sup>th</sup> @ 6pm – 213 The Queensway South, Keswick, and learn more. Please RSVP early!***

**Teri Clarke, RMT, Energy Levels**  
 905-476-4679, [teri.tlc123@gmail.com](mailto:teri.tlc123@gmail.com)  
[www.energylevels.ca](http://www.energylevels.ca)  
[www.aspiringedge.com](http://www.aspiringedge.com)

### Helpful Business Info from Green Toners Solutions

**Choosing a printer can be very challenging. There are so many choices for consideration.**

Here are a few of the features a printer may list: Laser or inkjet, Colour or monochrome, High or low resolution, Ethernet networking and wireless networking, Standard and optional memory, Print languages standard, Typefaces, Quiet or noisy, Duplex or

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single printing, Dimensions, Weight Warranty, Compatible operating systems, Software included, System connectivity, Print Drivers, Minimum system requirements...

**Confused? You can narrow your selection by identifying your requirements.**

- 1-How often will you be printing?
- 2-How many pages will you be printing monthly?
- 3-Will you be printing in colour or monochrome?
- 4-Is printing speed important?
- 5-Will the printer be part of a shared network or single use?
- 6-Do you have other functional requirements such as faxing, scanning, or copying?
- 7-What is your printer budget?
- 8-What is your ink/toner budget?
- 9-What is the desirable monthly life cycle of the printer?
- 10-Is the intended use of the printer for personal, business, or student?

**Note:** Colour Inkjets use 2 cartridges of liquid ink. Colour laser printers use 4 toner cartridges containing powder. The cost of replacement cartridges are not normally listed and are a significant expense. Printers come with 'starter' cartridges containing a minimum amount of ink or toner. Standard replacement cartridges will be required quickly.

*The Green Toner Solutions staff would be happy to answer any questions you may still have about your printer selection.*

**Miranda Yousefipour, Owner**  
**Green Toner Solutions**  
 289 234-0965 Office  
[www.greentonersolutions.com](http://www.greentonersolutions.com)



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## Upcoming Events

*For Business & Pleasure!*



**November 15<sup>th</sup>, 2009**  
**Sheri & Friends Annual Open House, Noon to 5pm – free draws, great sales, food & more!**  
29 McKenzie Drive, Holland Ldg  
*For more info or to RSVP, contact Gayle Clarke at 905-853-1968 [gayleclarke@gmail.com](mailto:gayleclarke@gmail.com) – Also, be sure to ask about the WRAPATHON night at Aspiring Edge Wellness Center in Keswick, Dec. 7<sup>th</sup> at 6pm!*



**November 17<sup>th</sup>, 2009**  
**Company of Women Gift Show –**  
*Contact Laurie Giftochristos for more info, 905-715-0088 or [laurie@companyofwomen.ca](mailto:laurie@companyofwomen.ca)*



**November 18<sup>th</sup>, 2009**  
**Richmond Hill Women's Network Association Social & Fundraiser –** *Contact Mercedes Cobham at 416-807-8779 or [m.cobham@suddenvalues.com](mailto:m.cobham@suddenvalues.com).*



**November 25<sup>th</sup>, 9am – 1:15pm, Learn To Choose Powerfully Workshop; & 2:15pm – 6:30pm, Attach New Meaning To What Really Matters –** EXCEPTIONAL SAVINGS, \$195 PLUS GST, PLUS A FREE 30- MINUTE COACHING PER WORKSHOP! *This is an awesome way to wrap up a strong year & secure a powerful start to 2010!! Contact Sheri to reserve!*

## More Upcoming Events “NEW”

**December 1<sup>st</sup>, 2009, 7pm to 9pm,**  
**Women For Women Networking Social at Mahalo Naturopathic Clinic, 19938 Yonge St, Holland Ldg –** *No charge, however, please RSVP to Sheri directly, as space is limited.*

**January 11<sup>th</sup>, 2010, 6:30pm to 8:30pm.** Plan ahead for the next **Master Mentors Panel & Info Evening –** *More details to follow!*

## Women For Women Membership

*Annual Membership is just \$85 plus gst, until Dec. 09*

For more info, visit  
[www.womenforwomen.ca](http://www.womenforwomen.ca)

*Check out our On-Line Directory!*

### Learn about Master Mentors...

Mastermind groups for like-minded women entrepreneurs!

We have Master Mentor chapters in numerous areas. In the event that you would like to attend a meeting once as a guest, *to experience Master Mentors firsthand*; or perhaps consider starting a chapter in your area – *simply contact Sheri or one of the Master Mentor facilitators directly.*

**Changing the landscape of business one women at a time!**

## Membership Benefits

...**Expand your network** through our new bi-monthly Networking Socials & more

...**Increase your resources** and business support by joining a Master Mentors chapter near you, *and participating in the new bi-monthly Master Mentors Panel & Info Evenings*

...**Increase your internet & community exposure** through our on-line directory, *seasonal newsletter, gift basket program & events*

...**Submit newsletter articles and success stories** to share with our business *and personal* networks

...**Participate in the new Women For Women Gift Basket Program**, where members have the opportunity to contribute cost-effective item(s) that tastefully represent them/their business – *these gifts are included in a beautiful basket and donated to events and causes that support charity, community & women!*

**To date we have distributed approximately 24 gift baskets**, supporting our members, local chambers of commerce events, and charities (such as the Women's Centre of York Region, ALS Society, Princess Margaret, Sandgate Women's Shelter, Deaf Blind Association, Southlake Foundations, Doane Hospice & TLC Pregnancy Center)!

**A special thanks to Vanessa Gorgonio of Two Blonds & A Brunette Gift Co, for adding her magic touch to our gifts!**