



www.womenforwomen.ca

www.womenforwomen6figureevent.ca

Welcome to our 'Spring 2010' Edition Women For Women Newsletter!

Welcome to the Women For Women Network & Newsletter!

*Time continues to fly... Exciting new projects are being embraced and success is what we say it is! If you need some inspiration and support, you needn't look very far! Many of the women that 'move' me everyday are our members in Women For Women, including the Facilitators that lead our 11 (& growing) mastermind chapters! Others are women that I barely know (although I feel a kindred spirit with), giving back in their community in one way or another; which brings me to the planning for the 3rd Annual Women For Women 6 Figure Event, which is well underway. I'm honoured to have such incredible people coming together again to co-create this special event, including some wonderful new faces! For now, please be sure to **reserve the last weekend in January 2011** – you won't want to miss it! More to follow soon!*

In the meantime, enjoy our newsletter and the terrific articles from our members!

Warmest regards, Sheri ☺

LIVE, LAUGH & LOVE in the Caribbean aboard the Norwegian Sun, Jan 15-22, 2011... Join inspiring singer/songwriter & recording artist, KELITA! Book before June 30th & SAVE www.livelaughlovecruise.ca

Your Way To Better Health with Naturopathic Medicine

As the seasons are changing and nature is beginning to revitalize itself, *so should we*. Spring is a fantastic time to re-evaluate your health and wellness goals so you can feel your very best. A Naturopathic Doctor can help you get started.

Naturopathic Medicine is a regulated health profession in Ontario that focuses on prevention...

...as well as stimulating and supporting the body's natural healing processes.

A Naturopathic Doctor investigates the underlying cause of your condition and approaches each case as an integrated whole.

Patients are encouraged to take an active role in their care and become empowered to make healthy choices in their lives. **Begin your path to better health** by choosing colourful vegetables that contain plenty of vitamins – broccoli, carrots, yams and spinach. Be sure to snack on a handful of almonds and fruit to help prevent sugar cravings. And of course remember to keep hydrated especially when you're being active outdoors.

Book your complimentary 15 minute health consultation, by contacting Helena Vander-Gold, Naturopathic Doctor at Align Health Centre, in Newmarket (905-953-1008).

What is a financial plan & how do I get one?

Financial Planning is a general term used by most professional advisors – but **not all financial plans are created equal** ... and they shouldn't be. Your financial plan should be a perfect fit for your life *as it is today*, easily and quickly adaptable to the constant changes life throws at you, and *always* focused on achieving your longer term life goals. So, the first question you must ask yourself is: **Do I need a financial plan?** The next question is: **What are the elements of a sound financial plan?** The key to a successful financial plan is making sure that each of those elements is made **specific** to you and your needs – and to do that, a competent professional advisor will take you through a six-step planning process...

Full article: <http://sharonalderson.terapad.com> - click on Financial Planning. p. 905.895.6718

Sharon Alderson, Cert. Financial Planner & Financial Divorce (Transition) Specialist

Customized Group Coaching With Sheri!

3 to 5 participants
*\$250 per hour plus tax

2 participants
*\$200 per hour plus tax
*divided by number of participants

Individual business & life coaching
\$125 per hour plus tax

Share your dreams and make them come true, with someone who believes in them like you do!



Recent client testimonial:

"...you helped me achieve a goal that I wasn't sure I was able to attain on my own... You were able to break down the steps required to get there without overwhelming me... I would recommend your coaching services to anyone who wants to achieve more than they even know that they can achieve!"

Barb Singleton, Heart & Soul Designs

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Welcome, Cruising, Your Way To Better Health, Financial Planning, Custom Group Coaching

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Create Your Charitable Legacy, Attention Small Business Owners, Upcoming Events, NEW for Women For Women Membership

Sheri Andrunyk, MNLP, Speaker, Writer, Business & Life Coach, Founder of Women For Women Network/Membership & 6 Figure Event

Women For Women Team:

Member Directory & Billing: Wayne Andrunyk
Customer Care, Wellness: Gayle Clarke
Sales & Marketing Exec: Leanne Sexton
Gift Basket/Treasure Chest Program: Vanessa Gorgonio & Kathy Russell
Master Mentor Facilitators: Ingrid Folkers, Laurie Giftochristos, Jennifer Ettinger, Miranda Yousefipour, Robin Smith, Nicole Scott, Faye Campbell, Dale Stoneman, Mary Lee Chisholm-Morgan, Glenis McLaren

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Create Your Charitable Legacy

A **Charitable Gift Program** is specifically designed for individuals and families wishing to support charitable causes in a meaningful way, *without the time and cost associated with establishing a private foundation.* Through this program, you can make initial and ongoing contributions in the form of cash or publicly listed securities. You would then recommend grants to the charitable organizations of your choice based on the amount of accumulated earnings. You receive official charitable donation receipts for the full fair market value of your contributions and a possible tax exemption on securities that have appreciated in value.

For more information on this convenient way to create an enduring legacy, while enjoying important tax benefits, contact Carolyn Bogseth at 905-895-2290 or carolyn.bogseth@rbc.com.

Article supplied by Carolyn Bogseth, Investment Advisor with RBC Dominion Securities Inc. Consult with a professional advisor before taking any action based on above information.

Attention Small Business Owners!


Why should you use refilled ink and toner cartridges vs new?


You **reduce** your carbon footprint. Printer cartridges can be reused several times.
You **save** money.

You **help** the environment. The only responsible way to recycle cartridges is to either refill them or deposit them at Staples or your local refill company.

... Your local refill companies include **Cartridge World** in Newmarket and **Green Toner Solutions** in Richmond Hill. *Respective business owners, Karen Thompson and Miranda Yousefpour are Women For Women members and we hope that you will support local business!*

Ongoing Events For Business & Pleasure!

 **Don't miss upcoming Afternoon & Strawberry Teas with Cert. Tea Sommelier, Ingrid Folkers & Friends!**
Sun, May 30th, 3-5pm at Sharon Temple, \$40 (*proceeds to Ride to Conquer Cancer*)
Sun, June 26th, 2-4pm, Sharon Temple, \$40 (*proceeds to Soroptimists of York Region*)
For more info, contact Ingrid at 905.471-1633, 2ladies@rogers.com, TheUltimateKitchen.biz!


 ***Women For Women Mastermind & Networking Session:**
Mon, May 31st, 12:30pm to 3pm,
Member Host: Laurie G.,
9 Willow Grove Blvd, Sharon, ON
No charge; however, please RSVP to Sheri at sheri@womenforwomen.ca or 905-853-1968.

 ***Women For Women Networking Social Evenings:**

Tues, June 22nd, 7pm to 9pm,
Member Host: Glenis McLaren
Exhale Spa, 281 Barrie St, Bradford

Tues, June 30th, 7pm to 9pm,
Member Hosts:
Faye Campbell of Delmar International & Dale Stoneman of PrePaid Legal Services
Woodsend Condo, 483 Faith Dr, Miss.

**No charge; however, please RSVP to Sheri at sheri@womenforwomen.ca or 905-853-1968.
For full details & event flyers, visit: www.womenforwomen.ca (home page)*

 **Company of Women Annual Conference, Journey to Success,**
Tues, June 15th – 8:30am to 4:30pm:
Oakville Conf. & Banquet Centre,
Lunch Keynote, Rona Maynard!
Special Affiliate Pricing for Women For Women Members:
Visit www.journey2success.ca!
Contact Laurie G. at 905-715-0088 or info@ezconnectionsandevents.com.

Women For Women Membership Benefits

... **“NEW” MEMBER-EXCLUSIVE MEGA-SAVINGS PROGRAM** ... **with STAPLES!** *Order on-line & save up to 62% off ‘list’ pricing!*

... **Expand your network** through our bi-monthly Mastermind Panels and Networking Socials

... **Increase your resources** and business support by joining a Master Mentors chapter near you (*mastermind meetings for women in business*)

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

To date we have distributed approximately 50 gift baskets, supporting our members, local chambers of commerce events, and charities (i.e. Women's Centre of York Region, Princess Margaret, Sandgate Women's Shelter, Deaf Blind Assoc, Southlake Foundations, Doane Hospice & TLC Pregnancy Centre)!

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