

Vars & Area Women Business Network

VAWBN

Newsletter

October 2014

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The Pampered Chef®

Chocolate-Banana Cream Trifle Recipe

Jennifer Picard jennifer.picard@yahoo.ca

What you need

18 whole graham crackers (5 x 2 in./13 x 5 cm), divided

3/4 cup (175 mL) semi-sweet chocolate morsels

1 container (12 oz) frozen whipped topping, thawed, divided (4 cups/1 L)

1 pkg (3.4 oz/102 g) banana cream or vanilla instant pudding and pie filling

1 cup (250 mL) milk

1 lemon

4 large bananas

Finely chop half of a graham cracker using **Food Chopper**; set aside. Coarsely crumble remaining crackers into small **Bamboo Fiber Mixing Bowl**.

For ganache, place chocolate chips and 1 1/2 cups (375 mL) of the whipped topping into **Small Batter Bowl**. Microwave, uncovered, on HIGH 45-60 seconds or until mostly melted, stirring every 15 seconds. Combine pudding mix and milk in large **Bamboo Fiber Mixing Bowl**; whisk until mixture begins to thicken. Fold in remaining 2 1/2 cups (625 mL) whipped topping using **Small Mix 'N Scraper®**; set aside.

The Pampered Chef®

Chocolate-Banana Cream Trifle Recipe

Jennifer Picard

Juice lemon using **Juicer** to measure 2 tbsp (30 mL) juice. Peel bananas and cut into 1 1/2-in. (4-cm) pieces using **Paring Knife**. Slice pieces into medium **Bamboo Fiber Mixing Bowl** using **Egg Slicer Plus®**. Add lemon juice and toss gently. Set aside 12 slices for garnish.

To assemble trifle, place half of the crumbled graham crackers over bottom of **Trifle Bowl**. Place half of the bananas over the crackers and top with one-third of the ganache (see Cook's Tip). Spread half of the filling over ganache, spreading to edges. Repeat layers one time. Decorate with remaining ganache. Sprinkle top of trifle with chopped graham cracker. Arrange reserved banana slices around edges of trifle.

Yield: 16 servings

Per serving: (about 1/2 cup/125 mL): Calories 240, Total Fat 9 g, Saturated Fat 6 g, Cholesterol 0 mg, Sodium 200 mg, Carbohydrate 39 g, Fiber 2 g, Protein 3 g

Cook's Tip: To get a good visual of the ganache layers, spoon ganache into resealable plastic food storage bag; secure with **Twixit! Clip**. Trim corner of bag to allow ganache to flow through. Pipe around the inside edges of the bowl, then drizzle remaining ganache over the bananas.

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How would you feel if you lost all your photos?

By

Colette Dery, Photo Studio Dery Colette.dery@bell.net

Catherine Hyde, CM - Creative Memories fchyde@magma.ca

Anne Warburton, Visual Artist, Needle Arts on Paper annewarburton@hotmail.com

Photos have rich personal meaning. And photos are unique: if they are lost, the information they provide can never be replaced. Think about the photos of your children when they were newborns, their first birthdays, your wedding photos, your parents 50th wedding anniversary. Which of your photos are special to you? Which would you be sad to lose?

Now, for the purpose of this article we're not talking about losing a photo album in a fire, although that can happen. We're talking about all those digital photos you have taken over the years that you believe are safe. Are they safe?

Do you actually know how long photos last on a CD before they deteriorate and you can no longer read the files? And what about new technology? Does your new tablet read the CDs you stored photos on oh so many years ago? Did you make backup copies? Or are your older photos on diskette?

Image from Bing



How would you feel if you lost all your photos?

Continued

What will happen to your photos if your computer crashes? Have you checked if the digital photos you took 10, even 5, years ago are still intact? Can you still access them? Will Facebook or I-Cloud still be around in 20 years?

How will you feel if you lost them?

The information below is provided by the Library of Congress and covers the steps you should be taking to ensure your digital photos are archived properly and to prevent loss and potential disappointment. Read on.

Archiving Tips

- ⇒ Identify where you have digital photos stored – CD, Facebook, memory sticks, computer, your phone, emails etc.
- ⇒ Identify all your digital photos on cameras, computers and removable media such as memory cards.
- ⇒ Include your photos on the Web.

How would you feel if you lost all your photos?

Continued

Decide which photos are most important

- ⇒ Pick the images you feel are especially important.
- ⇒ You can pick a few photos or many.
- ⇒ If there are multiple versions of an important photo, save the one with highest quality.

Organize the selected photos

- ⇒ Give individual photos descriptive file names.
- ⇒ Tag photos with names of people and descriptive subjects .
- ⇒ Create a directory/folder structure on your computer to put the images you picked.
- ⇒ Write a brief description of the directory structure and the photos.

How would you feel if you lost all your photos?

Continued

Make copies and store them in different places

⇒ Make at least two copies of your selected photos—more copies are better.

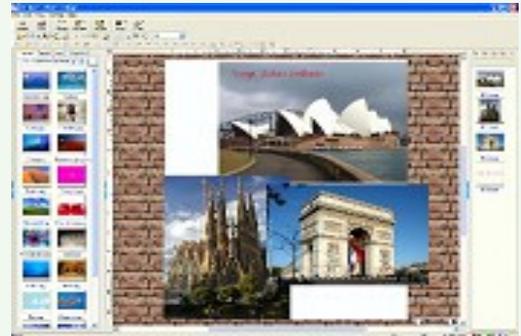


Image from Bing

⇒ One copy can stay on your computer or laptop; put other copies on separate media such as DVDs, CDs, portable hard drives, thumb drives or Internet storage.

⇒ Store copies in different locations that are as physically far apart as practical. If disaster strikes one location, your photographs in the other place should be safe.

⇒ Put a copy of the photo inventory with your important papers in a secure location.

⇒ Check your photos at least once a year to make sure you can read them.

⇒ Create new media copies every five years or when necessary to avoid data loss.

How would you feel if you lost all your photos?

Continued

For more information:

<http://www.digitalpreservation.gov/personalarchiving/photos.html>

If we can help you save at least some of your photos, then we have done our jobs.

One other thought – taking the time to put those memories into an album or frames is worth the time and effort. When recently asked to produce a picture of grandchildren for my mother who is in long-term care, we quickly found her photo album and got a copy to the staff. I know we could not have done that if she hadn't taken the time to make albums instead of relying on computers or even the old slides.

When printing photos for back-up/archival purposes and for putting into albums, be sure to ask the “printing store” if the paper they use is of archival quality as some of these “printing stores” may not readily utilize archival stock or accurate printer profiles for photo printing. Failure to ask may result in noticeable fading in as little as one year, and especially if not stored properly in albums made to help preserve photos.

Pause for thought.

Do you have an annual “theme”?

By Anne Warburton annewarburton@hotmail.com

A couple of years ago I came across the idea of setting a personal theme for the coming year, a tool that rounds out the goals you set out for yourself. The theme can cover personal quests, family, work, hobbies, health, bucket list, financial, and more, essentially whatever direction you feel you need or want to go in.

Discovering your theme for the year is usually done after you’ve gone through the process of setting goals, but for some there could be a theme that you’ve been working towards and that you have already intuitively figured out. And the setting of goals is typically only done after one has taken stock of what has been accomplished over the last while so you know where you are at today.

As you list what you have accomplished over the previous year, include things that are key to you – they do not need to be big ticket items – it could be as simple as listing a workshop you took, a new exercise you started, connecting with family every Sunday - things that are of significance to you.

Once that list is made, then you can begin to set goals for the coming year. As you look over your list a theme will start to emerge – mine from 2 years ago was “connecting” and for this coming year is “develop”. Other people have identified themes such as “slow down”, “network”, “visualize”.

Do you have an annual “theme”?

By Anne Warburton annewarburton@hotmail.com

Vision letters, affirmations, vision boards and other such wonderful tools very much fit with the theme idea and this process. You may find that an annual theme helps give your vision letter and board a more finely tuned and focused direction.

Why am I writing about this now, at the end of summer? Because I find that setting goals in September works very well for me. September, to me anyway, is about new beginnings – going back to school, a new season, it just seemed to be the right time for me to assess and decide on what I want to accomplish in the coming year, rather than waiting for the traditional January resolutions time. There is no rule about what time of year is correct, it’s about what works for you. It’s also okay to break this into 6 month or even 3 month timeframes and then re-assess.

What will your theme be for this coming year?

Anne Warburton

What do you gain when you negotiate?

By Renée Gendron MA renee@vitaedynamics.com

Many people aren't comfortable negotiating. I've heard some say they don't have the confidence to ask and counter-offer and that it makes one seem cheap to negotiate. Let's handle these criticisms one by one. If you have poor self-confidence and aren't comfortable negotiating, you can learn skills and techniques to become more assertive and more comfortable negotiating. Negotiating is just like riding a bike.... You might fall a few times but when you pick yourself back up and try again, you'll get better and better at it.

As to the second point, it makes one seem cheap. Flip that around. When you are a good negotiator, you come across as competent, self-confident and business savvy. You are demonstrating your knowledge of the value of something and how much it can help the other person.

Here's another point many tend to overlook when they say 'they don't negotiate'. When you don't negotiate, you aren't engaging in dialogue with another person. When you don't even have the discussion, you can't develop and expand the relationship. The discussion stays narrowly focused on one thing and there is very little room to grow. If you don't negotiate, ever, then how can you network, how can you grow your business, how can you expand your contacts and knowledge base, how can you get better deals, how can you put into action your vision?

What do you gain when you negotiate?

By Renée Gendron MA renee@vitaedynamics.com

So to answer the question of ‘what do you gain when you negotiate?’ in one word: opportunity. If you can’t expand on the possible, you will never grow beyond your current point. You need to seek and develop the opportunities and you can do that through negotiating.



Image from Bing

Think about the questions and the opportunity (that is the possibility of being and doing better) the next time a negotiation presents itself.

Highlights from the VAWBN October Meetings

Good news! VAWBN is no longer exclusive. There are many categories such as “food” or “personal care”. We are now exclusive per company and not per category.

Francine Rodrigue gave excellent talks at both October meetings on networking. She had many great tips to share with us.

No Tuesday morning meeting in November as it falls on November 11th Remembrance Day. The next breakfast meeting will be December 9th.

The VAWBN Christmas dinner will be on November 26th. The Christmas dinner will replace the Wednesday meeting of November. There will be a small trade show at D & S in Carlsbad Springs the same evening. Jennifer Picard is coordinating the dinner and mini-trade show. A limited numbers of tables and booths will be available.

About the Vars and Area Women's Business Network

At its inception, the Vars and Area Women's Business Network included successful entrepreneurs who live in and around the Village of Vars, Ontario.

Our group has now grown to include a number of villages and towns; members are from Vars, Bourget, Carlsbad Springs, Curran, Edwards, Embrun, Greely, Hammond, Limoges, Metcalfe, Navan, Orleans, Osgoode, Ottawa, Rockland, Russell and more.

We represent a variety of businesses united by the Vars and Area Women's Business Network (VAWBN) to network and support each other in our business endeavours.

VAWBN was founded in 1998 by Julie Daoust and Susan McNeely.

We at the VAWBN look forward to meeting you!

Julie Daoust

juliehealth@hotmail.com

Visit our website: <http://www.vawbn.ca/>

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