



Uxbridge & Area NETWORKING GROUP For Small and Home Based Businesses

“Together, We Prosper!”

OUT AND ABOUT IN THE COMMUNITY!

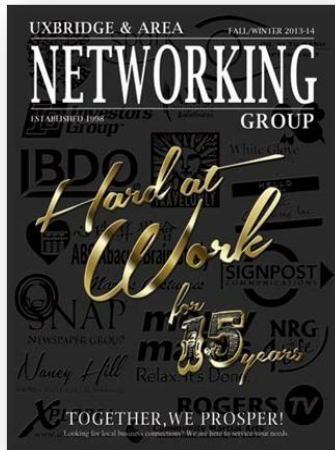
It was a very busy September for lots of the Uxbridge Networking Group members. Our members were out and about participating

in various community events and donating their time and energy for good causes as well!

Join us this Friday October 11th 12 Noon to 1:30pm at Scrambles at Foxbridge Golf Club for a Networking lunch. Learn about the Canadian Anti Spam Law which is a new legislation designed to protect Canadians from spam, hacking, spyware, address collection and other privacy invasion. With million dollar penalties and the requirement to reconfirm every recipient in your database, how will it impact your business?

Our guest speaker **Claudiu Popa, President and CEO of Informatica Corporation** (SecurityandPrivacy.ca), and Founder of KnowledgeFlow.ca is a Risk Advisor, providing decision support on matters of information security, privacy, compliance and other critical operational aspects of enterprise information management. Claudiu Popa is trusted by remarkable organizations and exceptional leaders.

Uxbridge Fall Fair



Uxbridge Networking Group Draw Prize Winners:

Alchera Press (3 signed copies of the book “Reflection of the Gods”)
- Sue Straughan (Goodwood), Taylor Ward (Uxbridge), Lois Moffatt (Reglan)

AXIS Chiropractic & Wellness (water-based pillow)

- Elissa Cummings (Uxbridge)

BDO Canada LLP (High Performance Golf Balls)

- Susan Lamy (Oshawa)

Community Martial Arts (1 Month Free Classes)

- Susan Ward (Claremont)

Dire Consulting Inc. (1000 Business Cards, including design & print)

- Keri Wells (Uxbridge)

Epicure Selections from Sharon Vanderven (Gift Certificate)

- Des Washington (Oshawa)

Merry Maids of Uxbridge (\$100 Gift Certificate)

- Pat Elson (Uxbridge)

Mill Run Golf Club (2 Golf Passes)

- Kyle Train (Uxbridge)

NRG 4 Life Fitness (1 Month Gold Membership)

- Vikki Turna (Uxbridge)
Passion for Nutrition (Gift Basket)
- Liesel Meissner (Uxbridge)
Upright Door Service (Gift Basket)
- Bonnie Daly (Uxbridge)
White Gloves Virtual Assistant (Gift Basket)
- Muriel Brown (Goodwood)

Photo: Nicole Scott of Passion for Nutrition handled the draw at the Uxbridge Networking Group breakfast last month.

Photos from left to right:

Chris Auger of Dire Consulting, Brian Larter of Community Martial Arts, Lisa Adams of Alchera Press, Anna Mae Adams of Canadian School of Natural Nutrition
Nicole Scott of Passion for Nutrition, and Debbie Milne of Merry Maids of Uxbridge



Uxbridge Terry Fox Run/Walk/Bike

NRG 4 Life Fitness Team raised over \$1800, and Andrea Scowcroft of White Gloves Virtual Assistant with Team Duncan Scowcroft raised over \$2400 at this year's Uxbridge Terry Fox Run.



Walk-a-Thon to Support New Animal Shelter

Staff of NRG 4 Life set up Comfort Station at the Walk a Thon to support the new Animal Shelter. Approximate \$24 000 was raised at this great event to benefit this great cause!

5th Annual Uxbridge Health Show

Uxbridge Networking Group members had their display booths at this year's Health Show at the Uxbridge Arena hosted by Nushin and Ken of Today's Natural Solutions.

Photos:

ABS Abacus Brain Study – William Braid (assistant), Annie Hardock (co-owner), Agnes Lobbezoo (ABS Abacus Teacher)

AXIS Chiropractic & Wellness – Dr. John Clark & Dr. Dennis Milenov



Community Martial Arts – Brian & Karen Larter

Uxbridge Natural Healing Centre – John Wilson (Shiatsu), Rick, Peggy Haupt (Bowen Therapy)



Passion for Nutrition – Nicole Scott

NRG 4 Life Fitness – Sarah Terrion and Tracey



NEW MEMBER

Warm welcome to Averie Thorn-Smith. Averie is an Independent Beauty Consultant for Mary Kay Cosmetics Canada. Mary Kay Cosmetics is celebrating it's 50th Anniversary this year and has

been available in Canada for 35 years. Quality products matched with Averie's personalized service and expert knowledge are a winning combination. She helps clients look and feel their best by providing them with the right product solutions for their individual needs.

Visit Averie's website for further information www.marykay.ca/averie.

Tel.: 647-999-0138, or

E-mail: BeautyBeginsNow@gmail.com

2013-14 UXBRIDGE NETWORKING GROUP MEETINGS & ACTIVITIES

Anyone interested in being a speaker at one of the Uxbridge Networking Group meetings **this Fall** (no meetings in July and August), please contact Networking Group Events Coordinator, Chris Auger, at 905-862-0452, or e-mail chris@direconsultinginc.com.

All meetings are held at Scrambles at the Foxbridge Golf Club (South Course), 274 Reach St. Uxbridge

LUNCH

Friday, October 11th 2013 12Noon – 1:30pm at Scrambles

Speaker: **Claudiu Popa, President and CEO of Informatica Corporation** (SecurityandPrivacy.ca), and Founder of KnowledgeFlow.ca



Topic: **Understanding the Canadian Anti-Spam Law**

The Canadian Anti Spam Law is new legislation designed to protect Canadians from spam, hacking, spyware, address collection and other privacy invasion. With million dollar penalties and the requirement to reconfirm every recipient in your database, how will it impact your business?

Find out at our October luncheon with Claudiu Popa. Claudiu Popa is trusted by remarkable organizations and exceptional leaders. He is a Risk Advisor, providing decision support on matters of information security, privacy, compliance and other critical operational aspects of enterprise information management. He makes executives feel like superheroes and creates memorable experiences for staff members.

Everything Claudiu does is intimately related to information. He is the President and CEO of Informatica Corporation (SecurityandPrivacy.ca) and founder of KnowledgeFlow.ca. He has authored *The Canadian Privacy and Data Security Toolkit* (CICA, 2009) and *Managing Personal Information* (Reuters, 2012, PrivacyRisk.ca). Email Claudiu@RiskAdvisor.ca, follow Claudiu on Twitter [@infosuperjunkie](https://twitter.com/infosuperjunkie) or connect on Facebook.ClaudiuPopa.com.

BREAKFAST

Tuesday, November 12th 2013 8:15am – 9:30am

Saturday November 30, 2013 -- Networking Group Float at the Uxbridge Santa Claus Parade in downtown Uxbridge (Brock St.)

CHRISTMAS LUNCHEON SOCIAL

Friday, December 13th 2013 12Noon – 1:30pm (Location TBA)



BREAKFAST

Tuesday, January 14th 2014 8:15am – 9:30am

LUNCH

Friday, February 14th 2014 12Noon – 1:30pm

BREAKFAST

Tuesday, March 11th 2014 8:15am – 9:30am

LUNCH

Friday, April 11th 2014 12Noon – 1:30pm

BREAKFAST

Tuesday, May 13th 2014 8:15am – 9:30am

LUNCH

Friday, June 13th 2013 12Noon – 1:30pm

MEMBERS' NEWS



Terry and Sarah Terrion of NRG 4 Life Fitness held an open house last Saturday sharing the design/floor plan of their new location.

In case you haven't heard already, NRG 4 Life Fitness will be expanding in December with a Grand Opening in January! This is something Terry and Sarah have been working on for the past 4 yrs...they're moving to Technology Square to a beautiful, new 5 000 sq ft facility (almost 3x the size of

their current location on Brock St.) that is being made to their specifications. It will be a full service facility open from 5:30am - 9:30 pm. NRG 4 Life emphasis will still be on group fitness with fantastic instructors. There will be two studios - one for land group fitness and one for spin. They are looking at adding the indo-row program. In addition, the new NRG 4 Life facility will also have a cardio mezzanine along with weight machines, free weights, change room/showers all wrapped up with the same friendly vibe that NRG 4 Life is recognized for.

Dates for more open houses: ***Saturday November 2nd, December 7th, 2013 & January 4th 2014.***



Andrea Scowcroft of White Gloves Virtual Assistant is involved with a new charity called 100 Women Who Care Uxbridge.

For further information, see attached file "100 Women Who Care Uxbridge", and visit the website at <http://www.100womenuxbridge.com>



Nortek Solutions is proud to introduce uncomplicated SaaS-based pricing for their HR, Timekeeping and Payroll software. Please see attached flyer "Nortek Introduces Uncomplicated Pricing" for details.



Hockey fans score with the community channel's extensive home and away line-up of the Oshawa Generals Hockey, including select home games in **HD** and the most away games.

Catch the Rogers TV pre-game show that airs live 30 minutes before each home broadcast. Host Shane Hollinshead will provide game highlights, player/team analysis, coaches comments, player interviews, and news from around the entire OHL.

“We’re looking forward to continuing our long-standing tradition of bringing the Oshawa Generals hockey to our viewers,” says Lisa McClean-Stellick, Station Manager, Rogers TV. “We’re committed to providing the most home and away coverage of the Oshawa Generals Hockey and this year, we’re thrilled that select home games will be available in HD.” adds McClean-Stellick.

Rogers TV full 2013-14 OHL Broadcast Schedule is included below and available online at www.rogerstv.com/generals.

Select games will be available across Ontario on *Sports+*™ channel 368 SD | 369 HD, the Rogers Super Sports Pak and the Rogers OHL Action Pak.

Rogers TV is a unique TV channel where community members take an active role in conceptualizing and producing programming for local audiences. Our staff and volunteers produce informative and entertaining local programming, reinforcing Rogers’ commitment to the communities we serve. Rogers Communications is Canada’s largest provider of wireless voice and data communications services and one of Canada’s leading providers of cable television, high-speed Internet and telephony services. Rogers TV is only available to Rogers’ customers, including the company’s 2.3 million cable customers in Ontario, New Brunswick and Newfoundland. For more information on Rogers Communications Inc., visit www.rogers.com. For more information on *Rogers TV*, visit www.rogerstv.com.

COMMUNITY NEWS

An exciting **WIN THIS SPACE** contest initiated by the *Uxbridge BIA* in partner with *Durham Economic Development*, and *BACD (Business Advisory Centre Durham)*. To submit your idea and for further info, visit <http://uxbridgebia.ca/win-this-space-submit-your-idea/>



Checkout the events and initiatives from BACD (Business Advisory Centre Durham) in the attached BACD “Business Bytes” newsletter.

Also attached with this e-Newsletter, is a copy of the Durham Agriculture and Rural Affairs Newsletter.



Online Internet Professional and Business Network LinkedIn

Networking Group members are invited to join the **LinkedIn group “Uxbridge Networking Group”** and the parent group **“Uxbridge Ontario”**. Some of the members have made comments on the discussion panel, posting events & news, and I hope the other members will do the same and share your opinions. Members who have not joined the LinkedIn Network can make a request to join the “Uxbridge Networking Group” at www.linkedin.com/groups?gid=2711108 or accept the invitations that I sent to you through LinkedIn.

If you haven't join the "**Uxbridge Ontario**" LinkedIn Group, join the group now at <http://www.linkedin.com/groups?gid=2711052> to meet **over 280 local business professionals**, share your expertise and voice your opinion.

For members who want to explore LinkedIn features on their own, please visit the LinkedIn Learning Centre at <http://learn.linkedin.com> .

If you have any questions in regards the use of LinkedIn, please bring up questions during the Q&A period at any of our Uxbridge Networking Group meetings.



"Like" us on the Facebook Uxbridge & Area Networking Group Page at www.facebook.com/uxbridge.networking .



View videos of Uxbridge Networking Group activities on Uxbridge Online Youtube Channel at www.youtube.com/uxbridgeonline .

ANNUAL NETWORKING GROUP MEMBERSHIP FEE

Annual membership fee is due each year on the month that you join the Networking Group, except for members who join in March or September, their membership fees are due in February and August, respectively. This will ensure that the Networking Group brochure (publish in March and in September) has the most current memberships listing.

Membership Includes:

- receive monthly Networking e-Newsletter.
- membership listing on the bi-annual Networking Magazine (publish in March and September each year).
- business listing on the Uxbridge Networking Group website at www.uxbridge.com/networkinggroup .
- being promoted on the Uxbridge Networking Group Facebook Page at www.facebook.com/uxbridge.networking , and on the Uxbridge Online Youtube Channel at www.youtube.com/uxbridgeonline .
- name being listed under "Uxbridge Networking Group Members" on the Uxbridge Online Business Directory at www.uxbridge.com/business (extra listings under alphabetical order and category are available for purchase through Uxbridge On-Line Inc.) .
- participate in monthly breakfast and luncheon meetings.
- participate at the Uxbridge Networking Group booth at the Uxbridge Fall Fair to promote their product and services.
- being invited to join the internet online **Professional & Business Network LinkedIn Group: "Uxbridge Ontario"** and it's sub-group "**Uxbridge Networking Group**" .

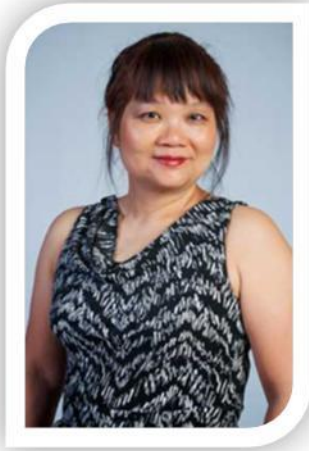
Membership Fee:

\$85 for the first year. For members who attend less than 6 Networking Group functions in a year, renewal rate would be increased from \$85 to \$125+HST a year.

Introductory Meetings for Potential New Members:

Entrepreneurs and business owners are welcome to join us for a maximum of two introductory Networking Group meetings (breakfast and luncheon). After such, they can decide whether to join the

Uxbridge Networking Group as a member, or pay \$8 per meeting on top the cost of their meal. Without officially joining as members, they will not have the privileges as stated in the Networking Group membership other than participating at the networking meetings.



Sincerely,

Annie Hardock, B. Math

LinkedIn Profile: <http://ca.linkedin.com/in/anniehardock>

Founder & Chair, Uxbridge & Area Networking Group

Website: www.uxbridgenetworkinggroup.com

Facebook Page: www.facebook.com/uxbridge.networking

LinkedIn Group: www.linkedin.com/groups?gid=2711108

Owner & Operator, Uxbridge On-Line Inc.

Website: www.uxbridge.com

YouTube Channel: www.youtube.com/uxbridgeonline

905-852-6686; 416-529-6686

Co-owner, Abacus Uxbridge Inc. O/A ABS Abacus Brain Study

92 Brock St. W., Uxbridge

905-852-6677

Website: <http://www.AbacusUxbridge.com>

Twitter: @AbacusUxbridge

Join the “**Uxbridge Ontario**” LinkedIn Group now at <http://www.linkedin.com/groups?gid=2711052> to meet over 270 local business professionals.