

# The Link to Let's Do Lunch

A monthly newsletter for members and friends of Let's Do Lunch

April 2011

Have A Happy Easter!



## Join Us—Let's Do Lunch Have A Heart Luncheon



We're pleased to be hosting our May 27th luncheon, **Have A Heart** at our favourite place, The Royal Ashburn Golf Club! Chef Eng and their team are always a pleasure to work with and have been wonderful to help us create another luncheon with some very creative and delicious menu ideas we know our guests will love!

**Have A Heart** is a perfect theme for our Wyatt's Warriors charity. Our colours for the lunch will be red & white and hearts will be abound! We're honoured to have some doctors and nurses from Sick Kids Hospital join us for the luncheon and know our guests will find the interactive and informative displays very interesting in our **Let's Do Business** area.

**Let's Do Lunch** is happy to be working with Laura Celsie, founder of Wyatt's Warriors and aunt to Wyatt. Laura has attended the last few luncheons with us and is very excited to be apart of the planning for the May 27th event. Laura founded Wyatt's Warriors after her nephew, who was born with Congenital Heart Defects. Below is an excerpt from Laura from Wyatt's Warriors website of her promise to Wyatt.

"Wyatt lost his fight on May 16th 2009, but my fight continues on. My last words to Wyatt the day he passed away, were my promise to continue fighting for him, for his friends, and to never ever let his memory die. I promised him his life had more purpose than most who live an entire lifetime, and that I would make sure everyone knew it. I promised him that we would make him proud."

Please join us to help raise funds and awareness to Congenital Heart Defects.



## Have A Heart Registration Available Online Order Yours Today

Ticket information and prices are available at:  
<http://letsdolunchhaveaheart.eventbrite.com/>  
To order your ticket simply follow the step by step instructions.

- Choose the type of ticket you would like to purchase  
(Member or Non Member lunch or Networking Table and lunch for Member or Non Member)
    - Click on the Order Now Icon
  - Fill in the information for the required fields
    - Check out using Paypal to pay with your credit card
- OR
- Click on Other Payment Options below the Paypal icon to pay by cheque

All Prices Include the HST



Contact Wyatt's Warriors:  
[laura@wyattswarriors.ca](mailto:laura@wyattswarriors.ca)  
[www.wyattswarriors.ca](http://www.wyattswarriors.ca)

## Get The Facts on CHD

CHD stands for Congenital Heart Defect  
CHD's are the most common birth defect  
and the number 1 cause of death from all  
birth defect

CHD's kill more children each year than ALL  
childhood cancers COMBINED

1 in 100 to 3 in 100 Canadian newborns will

born with 1 of the 35 known types of CHD

Hypoplastic Left Heart Syndrome (HLHS) is

responsible for 25% of all cardiac deaths under the age of 1.

There has been a steady increase of incidents of  
CHD since the late 1980s.

### THERE IS NO CURE!

Thank you for believing in Wyatt and his Warriors.

Please help by donating a prize to the

### Have A Heart Elimination Auction

We are looking for 40 Donations with all proceeds going  
directly to the charity. If you can help Laura by donating to  
help these littlest warriors please let us know. Email  
[anne@letsdolunch.info](mailto:anne@letsdolunch.info) with your information to be entered in  
a draw to win a free Business Table in our Let's Do Business  
area for this luncheon.

Another creative fun way to raise funds for the charity will be  
coming in our May Newsletter compliments of Sue Sutcliffe, A  
Web That Works, don't miss it!



## Share A Little Magic In Pictures!



Click on the link below to see all the great photos from all our luncheons on our facebook page!

<http://www.facebook.com/#!/photos.php?id=298692569326>

## Collect Those Ink Cartridges

Thanks to everyone who continues to bring used ink cartridges to our lunches for recycling .

Let's Do Lunch member Michele Hembrey-Wauch of Cartridge World Oshawa donates proceeds to the charity for each luncheon and matches the amount raised.

Proceeds collected from Share A Little Magic were \$27.00 and with Michele's donation a total of \$54.00 was donated to Big Brothers Big Sisters from the cartridges.

Contact Michele at: [mhembrey@gmail.com](mailto:mhembrey@gmail.com) for information on how you can help.



Special thanks to Let's Do Lunch members John and Marilyn Garry from Once Upon A Child. They are donating a fabulous oversized bag great for the beach or going away to each attendee at our **Have A Heart** Luncheon!

Thank you both for your generosity!

If you would like to include an item in our take away bag please drop us a line at [anne@letsdolunch.info](mailto:anne@letsdolunch.info). We would need 110 items. Have fun and be creative!



**Durham College Student Placement**

Let's Do Lunch would like to welcome Leah Williams as our Durham College placement student for the month of April. Leah will be with us full time and is excited to get to know our members and help plan for the May 27th **Have A Heart** luncheon. She brings a wealth of skills with her and we are looking forward to having her assist us with our Social Media—Facebook & Linked In as well as bringing us some new and exciting ideas for marketing and luncheons! Leah will be working on our **Let's Do Lunch** display for the **Let's Do Business** booth at the May luncheon—we can't wait to see what she comes up with! Watch for her photo and bio in our May newsletter. Welcome Leah! We are so pleased to have you as part of our the **Let's Do Lunch** family!



## IF A Picture Says A 1000 Words, How Many Words Does A Video Say?

Videos make a wonderful addition to your website - they are dynamic, exciting, and allow you to connect to your visitors on a different level than regular text would. Whether you are creating professional quality videos, or creating a video log using your web cam, video can be very powerful.

Anytime you have a video which might give visitors an insight into you or your business, you should post it onto your blog. This gives you more content for your visitors, it is quick and easy to do, and keeps your site looking up to date.

The next question is how to upload video to your blog. There are many tools and plug-ins available, but for most people we would suggest setting up a YouTube channel and uploading your videos there. YouTube is the most used site for video, and by including your videos on the site, you have a better chance of appearing to a wider audience. Someone may run across the video, be interested in it, and then seek out your website. As well, many search engines are now featuring video results, and quite often these come from YouTube. Be sure to include a link to your website from your YouTube profile, and you may also want to include a YouTube icon on your site, for those visitors who respond best to video.



Once the video has been uploaded, you can click on it to watch it, and then choose 'Embed', and select the options you'd like (size, colour, etc.). You can then take the code which YouTube provides, switch to HTML mode in your 'Add Post' view, and paste in the code. Voila! Now you have a video which can be viewed by visitors to your website, and which can also be found by the millions of visitors YouTube gets each day.

Sue Sutcliffe, The Web Coach (Since 1993)

1-800-579-9253 or 905-263-2666

[www.awebthatworks.com](http://www.awebthatworks.com)



## Member Profile—Epicure Selections



Victorian Epicure better known as Epicure Selections is a Canadian company based out of beautiful Victoria British Columbia. Founder Sylvie Rochette was the inspiration behind our newest **Let's Do Lunch** member Sharon Vanderven, Epicure Consultant.

"Sylvie started Epicure by selling just a few spices from the back of her station-wagon at Farmer's Markets and with the help of her daughter (CEO) now have over 500 consultants Canada Wide" Sharon shares. "We sell all these wonderful spices, jellies, kitchen utensils and Eco friendly Cleaner's in a fun relaxed setting that most times doesn't feel like work at all" Sharon says.

Epicure provides Sharon the opportunity to stay at home with her boys and with her husband's encouragement and support she can schedule her Epicure business to meet her needs. Sharon enjoys taking an active role in her son's fundraising at schools and also takes part in trade shows in the Uxbridge and in the Port Perry area. She was introduced to **Let's Do Lunch** through Big Brothers & Big Sisters, our charity at Share A Little Magic and after visiting our website decided to join.

To book your own tasting party with Sharon or to learn some great ideas on preparing healthy food contact Sharon either by phone or email. For more information on how you can get paid to party or to view the catalogue of products available visit Epicure's website at [www.epicureselections.com](http://www.epicureselections.com). A big supporter of Sick Kids, Sharon and her boys are holding a lemonade stand in June, Sharon will no doubt enjoy our Have A Heart event supporting Wyatt's Warriors where we look forward to welcoming her as a new member.



Sharon Vanderven  
92 Raglan Rd  
Oshawa, On.  
905-655-8224  
Email: [jjasvan@gmail.com](mailto:jjasvan@gmail.com)  
Web: [www.epicureselections.com](http://www.epicureselections.com)



## Member Profile—Metroland Durham Region Media Group

Metroland Durham Region Media Group is a Dynamic Media Company delivering vital business and community information to millions of readers across Ontario each week. With 103 newspapers, countless advertising venues, numerous distribution networks, and the Internet and web publishing, no target is unreachable. Over the years, Metroland has received hundreds of local, provincial, national and international awards.

"Metroland (The News Advertiser) has always taken pride in helping the Community, either from us being a corporate sponsor as we are with **Let's Do Lunch**, or by willing to lend a helping hand when needed." says Annie. "We always know what is happening in Durham Region, and when a current event touches us our employees will always help by writing an editorial to get more people involved to raise funds or by us making donations ourselves. Without the Community, we would have no papers. In every city across Ontario Metroland has always tried to contribute in as many different ways as possible." Annie confides.

Annie become involved with **Let's Do Lunch** though Durham Business Times, one of the main sponsors of our luncheons. Durham Business Times is a monthly magazine that is distributed to 20,000 businesses across Durham Region. It has up to date information about current business trends in our Community.

"I was fortunate enough to sit down with Sue, and hear about all the wonderful things **Let's Do Lunch** has done to help successful, business oriented women come together. It's an occasion for women in the Community to come together to do some pretty amazing things and I'm sure I'm going to enjoy being a part of the group. They also help raise awareness on special charities & organizations in Durham. I met some wonderful people when I went in February, and I'm still thrilled that I had an opportunity to take part. I am really looking forward to the next meeting"! Shares Annie.



Contact:  
Annie Henderson  
Phone: (905) 683 5110 x 245  
Email: [ahenderson@durhamregion.com](mailto:ahenderson@durhamregion.com)





**Reminder:**

Send Your **Member News** or Events before the 15th of Each month to have advertised in the following month's newsletter.

Email: [anne@letsdolunch.info](mailto:anne@letsdolunch.info)

**Welcome Back To Renewing Let's Do Lunch Member:**

Helene Wright—Helene's Bookkeeping Services Inc.



**One Day Lunch & Learn**

Mark Saturday April 16th on your calendar and come & join me for a one day lunch & learn workshop at Durham College. The topic? Staging Your Home We will cover all aspects of staging your home providing you with the tools you will need to transform your home. You will receive an in depth file filled to the brim with great information. I'd love to see you there - Please contact me if you are interested. We do have a few spots open. Visit [www.durhamcollege.ca/coned](http://www.durhamcollege.ca/coned) for more details Course Code DESN 1900 or email me at [roomforchange@hotmail.ca](mailto:roomforchange@hotmail.ca) Sue Pitchforth—Room For Change Visit our facebook page at: <http://www.facebook.com/roomforchange.suepitchforth>



Could your **small business** profit from a **Social Media** Marketing campaign? Join us on:

**Monday, April 11th**  
**7:00-9:00 p.m.**  
**Meeting Room 1 A&B**

Learn how to:

- start using social media tools
- how these tools can benefit your business
- and how to effectively manage them

**Presented by Robert Fraser of oogled.ca**

To Register:

Visit the 2nd Floor Information Desk, call 905-668-6531 ext.2020 email [askalibrarian@whitbylibrary.on.ca](mailto:askalibrarian@whitbylibrary.on.ca) or online at [www.whitbylibrary.on.ca](http://www.whitbylibrary.on.ca)



**FREE SEMINAR**

Date: Thursday, April 7th  
Time: 7pm

Location: Natural Wellness Solutions  
604 Brock St. South, Whitby

Are You Toxic?  
How do you know if you need to detoxify?

**Detoxification - the Healthy Way**

Presented by: Donna Wiggers CNP, RHA  
(Nutritionist/Holistic Allergist)

RSVP: 905-666-0005

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



**Wishing A Very Happy Birthday To Let's Do Lunch Members**

Carol O'Neil April 13th  
Annie Wright April 15  
Lorna Weston Smyth April 21st

Have A Happy Day!

**Thank you to our Valued Sponsors!**

