

The Link to Let's Do Lunch

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

May 2011



Have A Heart—May 27th



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



We hope that you can join us for **Have A Heart** with **Let's Do Lunch** on May 27th at the Royal Ashburn Golf Club from 10am– 2pm in support of **Wyatt's Warriors**. We will be joined by Doctors and Nurses from SickKids hospital with an interactive display in our **Let's Do Business** area. Laura Celsie, the founder of Wyatt's Warrior and Aunt of Wyatt will be sharing with us Wyatt's story and her passion for this foundation. The menu is inspired by the super-food blueberries! It's antioxidants are linked to lowering cholesterol levels and encourage heart health! The wonderfully talented Chef Eng and his team will be creating and preparing the following gourmet heart healthy lunch for us

Chilled Blueberry Soup
Summer salad with blueberries
Grilled chicken with blueberry—basil salsa
Roasted rosemary potatoes & asparagus
Chocolate mouse cake
Tea & Coffee



We are honoured to have the Doctors and Nurses of SickKids Hospital joining us for Have A Heart on the 27th as well. The following is a quote from Dr. Steven M. Schwartz, one of Wyatt's doctors while he was at SickKids.

"I am deeply appreciative that **Let's Do Lunch** has selected Wyatt's Warriors and the Cardiac Critical Care Unit (CCCU) at SickKids as recipients for this event. Wyatt's Warriors pays tribute to a wonderful little boy, Wyatt Swanton, who spent much of his short life with us in the CCCU and inspired us to seek new ways in which we can live the principles of family centered care. The money raised by this event will directly benefit our family centered care programs which focus on improved communication between caregivers and families, enhance our ability to meet the needs of families with children who spend a prolonged time in the CCCU, and provide educational resources for our patients and their families."

Dr. Steven M. Schwartz, MD, FRCPC Head, Division of Cardiac Critical Care Medicine The Hospital for Sick Children

Together, fighting for Canada's smallest warriors 

Believe in SickKids Hope for the future Remember those who have lost their fight

Have A Heart Registration Available Online Order Your Ticket Today!



Ticket information and prices are available at:

<http://letsdolunchhaveaheart.eventbrite.com/>

All Prices Include the HST



We are so thankful for the generosity and compassion we receive from our community. Once again we are looking for 40 Donations for the elimination auction with all proceeds going directly to the charity. If you can help Laura by donating to these littlest warriors please let us know.

Email 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.

Please help by donating a prize to the **Have A Heart Elimination Auction**
It so greatly appreciated!



In Memory of Wyatt, we ask those attending the **Have a Heart** luncheon to please help by donating books, rattles, crib mirrors, portable DVD players, stickers, DVDs and CDs. All donations will go to SickKids Hospital to support all the little warriors!

Suitcase Fundraiser with Sue Sutcliffe!



On May 27th, at our **Have A Heart** luncheon join in the fun with Sue's Suitcase Fundraiser! Choose your spot and attach your business card to the suitcase. One of the spots is marked a winner so be sure to choose wisely! Support Wyatt's Warriors and showcase your business for a chance to win!

Would you like to see your business on this suitcase?

www.awebthatworks.com

3rd Annual National Garage Sale for the Shelter Foundation presented by Royal LePage



Join **Let's Do Lunch** member, Zsuzanna Porter on May 14th at the Royal LePage office located at 335 Bayly Street West in Ajax. This is a one day charity garage sale to raise money for local women shelters and violence prevention programs. In previous years, Zsuzanna's office have been one of the top 10 fundraising offices nationally! Please come out and help support our local community! For more information contact Zsuzanna at 905-427-6522 or by email zsuzanna@royallepage.ca.

Collect Those Ink Cartridges



Once again, **Let's Do Lunch** member Michele Hembrey-Waunch of Cartridge World Oshawa will be collecting ink cartridges in support of Wyatt's Warriors. All proceeds collected go to the charity and Michele generously matches the amount raised! Thanks to Michele and everyone who continues to bring used ink cartridges to our lunches for recycling!

Contact Michele at: mhembrey@gmail.com for information



Look for Sam Goncalves, our Room for Change co-op student, at the next **Have a Heart** luncheon. She will be snapping the photos! Make sure to smile when you see her! We will be missing Leanne Paty who usually takes photos for our events.



The Royal Ashburn Golf Club Presents Mother's Day Brunch & Dinner May 8th, 2011 10am-8pm



Celebrate one of the most important people in your life with a wonderfully prepared Sunday Brunch or Dinner at the Royal Ashburn Golf Club on May 8th, 2011. Brunch Buffet is from 10:30am -2:00pm with a selection of juices, breads, freshly baked pastries, a breakfast station including eggs benedict, made to order omelets, bacon, sausage, home fries and toast. Also during the Brunch and Dinner buffet, enjoy a selection of seafood, salads, a carvery and hot food station starring honey glazed baked ham, ponderosa hip of beef, panko chicken, roasted leg of pork with apple chutney, and made to order pasta dishes. Lastly, a dessert station with a wonderful array of desserts including Belgian waffle station, ice cream sundae bar, and the famous sticky toffee pudding! Dinner Buffet is 5:00pm -8:00p.m.

Brunch Buffet \$34.95 per person
Dinner Buffet \$39.95 per person
Children aged 4 - 10 years are half price.
No Charge for children under 4 years old
(Taxes not included)

To view the full menu and for more information visit: www.royalashburngolfclub.com

For reservations please call 905-686-1121 or 905-655-5530 or send an e-mail to info@royalashburngolfclub.com



Royal Ashburn Golf Course
995 Myrtle Road W
Ashburn, ON L0B 1A0

DURHAM COLLEGE Durham College Student Placement SUCCESS MATTERS



I would like to take this opportunity to introduce myself. My name is Leah Williams, I am a 3rd year Business Administration student with a major in Marketing. I am currently finishing my last semester at Durham College. Originally born in Oshawa, I grew up in the rural area of Prince Edward County. Here I am an active member of the community, volunteering and participating in local events. My friends and colleagues describe me as a very compassionate, ambitious, and energetic individual. I am

delighted to be joining the Let's Do Lunch team for the month of April. With my strong skills in marketing and social media, I plan to re-launch the Let's Do Lunch Facebook page and update the website. I will also be assisting with the planning of the upcoming luncheon in May, as well as the October luncheon. Through my placement with Let's Do Lunch I hope to acquire a broad range of skills, and most importantly connect and build relationships with the business people of Durham Region. I am really looking forward to meeting all of you at the May 27th Have a Heart luncheon, hope everyone is able make it! Best Regards!

Member Profile — Amanda Willett Borne to Shine



Amanda Willett Productions launched the brand Borne 2 SHINE in January 2011. Borne 2 SHINE is a boutique lifestyle company for women specializing in self-image, wellness and branding. Borne to Shine exists to help

individuals find their true voice, uncover their hidden potential and perfect their image so they can enjoy success in all areas of their life. Coaching women to live extraordinary lives, they take a holistic approach, embracing mind, body, spirit and style as a whole belief system essential for living your best life. Borne 2 SHINE designs, develops, creates and delivers products, tools and programs that; enrich brands, catalyze change, promote wellness, instil confidence, build awareness and strengthen personal integrity. Borne 2 Shine aligns and engages themselves with proven leaders and experts in the fields of personal development, health and wellbeing.

Amanda says, today I see so many women standing still, trapped in FEAR! Fear of not being good enough, pretty enough, smart enough; all surrounding a mindset of scarcity preventing them from living out their dreams and being all they can be. They are stuck in their story, one they didn't write and are not living their truth. We all deserve success and happiness!

As a workshop facilitator and speaker, Amanda has supported the YWCA, United Way, Up with Women, The Dove Campaign for Real Beauty and Dress for Success with their fundraising initiatives. As a woman's advocate Amanda is on a mission to help millions around the world to SHINE. She is proud Ambassador and Featured Partner of the SWAT Institute Founded by Crystal Andrus. This life coaching certification program is the next era of the women's movement, empowering millions of women around the globe. As the 2010 Executive Director for Amazing Woman's Day, Amanda was overjoyed to launch the movement in Canada, providing a platform for 100's of women to connect, collaborate

and bring their brilliance to life. On April 16th, Amanda was presented with an award of recognition by Marsh Engle, Founder of Amazing Woman's Day, for her reflection of feminine leadership. Amanda believes we are all here to share our gifts and to lead by example for others to SHINE brightly.

Amanda Willett

15125 Old Simcoe Rd.

Port Perry, ON L9L 1K5

Phone: 905-244-8030

Email: amanda@amandawillett.com

Website: <http://www.borne2shine.com>

We look forward to being inspired and empowered by Amanda!



Member Profile- Zsuzanna Porter, Royal LePage Real Estate Sales Representative



Looking for that special place to call your own? Let our newest **Let's Do Lunch** member, Zsuzanna Porter help make your dreams a reality!

Previously to joining Royal LePage Connect Realty Brokerage this year, Zsuzanna was a self employed Sales Representative for 8 years, prior to that she has 10 and a half years of retail experience, 7 years in manufacturing and 6 and a half years of banking experience.

In business, Zsuzanna's motto is "Old fashion values with old fashion service". She makes buying and selling easier by taking care of all the paperwork and making the process as worry free as possible. Zsuzanna believes we need to live and be in the moment, it's nice to have future plans but it's important to live and enjoy life today.

At home, Zsuzanna is a mother to two young men, ages 13 and 19 and along with her husband have lived in Ajax for the past 23 years.



Zsuzanna is a member of the Ajax/Pickering Toastmasters and has held a variety of positions including secretary, president and past president. She has served as the chair and parent representative of her children's school. Zsuzanna is currently the recording secretary on the Regional Council. She is also a member of the Toronto Dominion Friends of the Environment Committee (TDFEF).

Zsuzanna Porter

17 Foakes Drive

Ajax, ON L1T 3K5

Phone: 905-427-6522

Fax: 905-427-6524

Email: zsuzanna@royalpage.ca

Website: <http://www.re-porter.com>

We are excited that Zsuzanna has decided to return as a member of **Let's Do Lunch** and we look forward to reconnecting with her as she starts her journey in the realty business!



Wishing A Very Happy Birthday to Let's Do Lunch Members

Denise Marek: May 12th
Tara Bergeron: May 20th
Beatrice Hale: May 26th

Outdoor Rooms Garden & Décor Ideas

Thursday May 12th 7:00-9:00pm
MEETING ROOM 1

Presented by Sue Pitchforth

This interactive session includes a "Beauty on a Budget" portion where Sue will leave you with great ideas, tips and lots of inspiration. Be sure to bring a photo of your deck, porch or backyard for an interactive "Ask a Designer" segment.



To Register for this FREE program

www.whitbylibrary.on.ca/events
905-668-6531 ext. 2020
askalibrarian@whitbylibrary.on.ca
2nd floor Information Desk



Whitby Central Library
405 Dundas Street West



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

We Invite you to...



Help us reach a 100 "Likes" on **facebook** for your chance to Win a Free Business Table at our next Luncheon!

Invite your friends and colleagues to "like" the Let's Do Lunch Facebook page!

At a \$150.00 Value, it's a great way to connect with some of Durham's most dynamic business owners!

When we've reached a 100 "likes" we will draw a name from our list of people who like the page!

Working It! Making your clothes work for you inc.

"Your Personal Consignment Boutique"

We are Celebrating Our 1 Year Anniversary!

Come celebrate with us for an exclusive After Hours Party!

On Monday June 6, 2011

from 7:00p.m. to 9:00p.m.

At 843 King Street West Oshawa,

West of Thornton next to Oshawa Funeral Home



Fashion Show
Give-A-Ways
30% off all Sales!
Grab Bags
Light Refreshments
And of course....Cake!

Mini-seminar on how to decorate your home on a budget presented by Sue Pitchforth of Room for Change!



Space is limited so please...
RSVP by Saturday, May 28, 2011

Workingit@rogers.com

905-995-8700 Julie-Working It! Consignment Boutique

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