



# Barter News & Views

Volume 4, Issue 2

Summer 2005

## Co-ordinator's update

Greetings BarterWorks Members!

We've recently had a number of new members join our group which is quite exciting!

The BarterWorks Board and myself would like to invite you to our upcoming Annual General Meeting which will take place on Wednesday, June 29 @ 6:30pm. Your participation at the AGM is essential as we make decisions for the upcoming year. The agenda will include:

6:00pm - Refreshments & Networking

6:30pm - BarterWorks Business

7:15pm - Launch of New BarterWorks Website & Door Prizes

We are currently looking for BarterWorks Members to join the Board of Directors. Generally the Board meets on a monthly basis, we request a 1 year commitment - please contact me at 743-1151 ext. 236 if you are interested.

Julian Van Mossel-Forrester has been working on revamping our current website. Some of the features it will include are BarterWorks Photos, Online Transaction Forms and downloadable directories and newsletters! We look forward to presenting the website to you at the AGM.

Our next Market Day will take place on Saturday, June 25 - please call or email to reserve your table. We will not be having any Market Days in July or August - so this will be your only opportunity this summer! Looking forward to seeing you on June 29th!

## Welcome New Members!

Marcel Bradbury	Master Trades Group	489-4740
Julia Rosinska	Blankets, Cards, Child Care	568-7143
Brenda Moorehouse	Health Products & Health Care	998-2701
Emily Weber	Thai Massage	653-8913
Emma Canham		749-0438
Angelina Isac		896-0704

### HIGHLIGHTS

Co-ordinator's Update

Self-Esteem (Step 2)

New Members

AGM

Market Days

### GET INVOLVED

Board of Directors

Write an article

Schedule an Open House

Book Market Day Table

Volunteer

### CONTACT US

BarterWorks  
43 Queen Street South  
Kitchener, ON N2J 1V8

Office Hours  
Wednesdays 1-4 p.m.

Phone: 519.749.9177  
Record transactions: # 301  
Office voice mail: #304

E-mail:  
barterworks@barterworks.org

Website: www.barterworks.org

## BarterWorks Market Days

As you can see our Market Day participants have no shortage of smiles to share. Market Days are a great opportunity to show people what you have to offer, stock up on a variety of goods and simply have fun. Our next Market Day is Saturday, June 25th from 10 a.m.-2 p.m. at the Working Centre, 43 Queen St. S.



Paul & Yvonne Schaffelburg are regular Market Day vendors. I'm sure they will be happy to recommend that great summer "read" you are looking for!

## Stepping Stones to Self-Confidence: Self-Acceptance (Step 2) by Lois Raats

People often have a lot of trouble with this step, because their thoughts and assumptions get in the way.

Thoughts like "What's wrong with me?..." "I shouldn't be feeling this way..." "Why can't I get over this?" "It must be my fault..." stem from embedded assumptions like "I'm not worthwhile", "My feelings don't count"; "I have less right to take up space on planet Earth than s/he does"; "I have nothing important to contribute here".

There are a number of more helpful, self-accepting thoughts and assumptions we could be entertaining, such as "I am a capable person who from time to time gets anxious.", "It's just as likely that I'm not the problem, as that I am", "I can trust my own feelings and abilities."

By identifying our assumptions and redirecting our thoughts, we can take ourselves out of the one-down position which is feeding anxiety, and get back in touch with our strengths and capabilities.

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Lois has been a member for many years and offers counselling and team development work for 100% Barter. She can be reached at (519) 883-8838. Part 3 will appear in our next Barter News & Views.

## BarterWorks SUMMER Market Day

43 Queen St. South  
Saturday, June 25  
10 a.m. - 2 p.m.

## BarterWorks Annual General Meeting

43 Queen St. South  
Wednesday, June 29  
6 p.m. - 8 p.m.

Call Suzanne for more  
information at  
743-1151, x 236.

What lies behind  
us and what lies  
before us are tiny  
matters compared to  
what lies within us.

--Oliver Wendel  
Holmes

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