



A Fond Farewell & New Beginnings



Former HBAC President, Valerie Stocek (right), hands over the reins to Robin Grover.

With a new year comes a new era for the HBAC.

Valerie Stocek, HBAC President for the past three years, has handed over the leadership reins to Robin Grover and the membership responsibilities to Lea Capuano. We appreciate the many contributions Valerie has made and look forward to continued benefits for all our members, with fresh contributions from Robin and the new members of our Executive Committee.

Healthcare Businesswoman's Association of Canada (HBAC) is a professional community where members connect, exchange ideas, develop relationships and learn from each other and from our speakers.

As President, Valerie has contributed greatly to the development of HBAC and reaped the benefits of being part of this community. She mentions advantages such as networking, career opportunities and access to industry news and mentors.

During her tenure, she learned from many different women, developed warm, wonderful friendships, honed her meeting planning skills,

increased her confidence in public speaking and was instrumental in working with community charities.

"Getting out of my comfort zone led to many new discoveries," she says.

These opportunities are available to everyone who joins HBAC. Any woman working in the health-care industry is welcome to join us and enjoy the support, sharing, mentoring and caring we offer. Our meetings are stimulating, enlightening and fun!

Our December 2004 meeting was especially eye-opening. Bill Whetstone, a professional appraiser, gave us an overview of the marketplace for antiques and objects of value. Those of us wondering, "What's it really worth?" about an antique, painting or piece of jewelry we inherited came away with solid advice on appraising our household treasures.

We also celebrated the season by contributing gifts, along with a generous \$1,000 donation to residents of Logifem, a women's shelter.

Stay tuned for exciting news about our next meeting taking place April 7. **CPM**

Mark your calendars... Upcoming meetings:

April 7, 2005

May 26, 2005

August 16, 2005—*Golf Tournament*

For more information, contact Robin Grover at (514) 846-3002, or by e-mail at Robingrover@sympatico.ca.

We're easy to reach!

Our Executive Members:

Lea Capuano <i>(CryoCath Technologies)</i>	(514) 694-1212
Lynda Goldman <i>(Helix Publishing)</i>	(514) 336-4339
Geneviève Grenier <i>(TAXI Advertising and Design)</i>	(514) 842-8294
Robin Grover	(514) 846-3002
Nives Listes <i>(ims HEALTH)</i>	(514) 428-6203
Debra R. Makuch <i>(Parkhurst Publishing)</i>	(514) 397-8833
Jennifer Morrison <i>(JAM Design)</i>	(514) 484-3491
Niki Tsakonas <i>(Consultation 3P Consulting)</i>	(514) 485-8821