

**Read me first! Resources recommended by Donna: [Dmesser@connectuscanada.com](mailto:Dmesser@connectuscanada.com) - 905-337-9578**

1. **Public Appointments Secretariat** - A list of current and future opening on boards - <http://www.pas.gov.on.ca>  
- Recommend that you contact your MPP and inform them that you are interested in or have become a member of any specific board.
2. **Boardmatch** - A good site for anyone looking for a board position - <http://www.boardmatch.org> Susan Dunne - Altruvest - 416-597-2293  
[sdunne@altruvest.org](mailto:sdunne@altruvest.org)
3. **Governor in Council** - Appointments - <http://www.appointments-nominations.gc.ca> & <http://www.appointments-nominations.gc.ca/lstOrgs.asp?type=typ=1&lang=eng>
4. **Women in Food Industry Management** - mentoring, career opportunities, regular events, networking [www.wfim.ca](http://www.wfim.ca) LinkedIn group <http://linkd.in/vOrv9Z>
5. **Liaison College** - Canada's fastest growing chef school, recreational and red seal training, team building - learn to cook and make it profitable. <http://www.liaisoncollege.com>
6. **The Canadian Trade Commissioner Service** - Requires password - <http://www.infoexport.gc.ca/>  
- Is a source of info of companies that are involved with international selling in Canada
7. **The Health Technology Exchange** - [www.htx.ca](http://www.htx.ca) Inventions, innovations, 416-673-8463
8. **The Golden Horseshoe Biosciences Network** - <http://www.ghbn.org>  
- Focuses on Biotechnology, biosciences and economic development within GHBN is focused on driving innovation, exploiting bioscience resources and strengths, and forging new partnerships that will create jobs and investment.
9. **Lee Koren** - Senior Recruiter - specializes in resumes, mock interview, cover letters - 905-338-5520 <http://bselected.wordpress.com>
10. **Len Vassos** - DeMystifying Social Media Helping manage a social media presence - [www.facebook.com/lenvassosdemystifyingsocialmedia](http://www.facebook.com/lenvassosdemystifyingsocialmedia) 905-565-9623
11. **SendOutCards** - for a gift account walk through with Rebecca Follows. - <http://sendoutcards.com/89806> or call 905-617-2778
12. **Nordixx** - Nordic Pole Walking - a healthy alternative to look good and feel better! [www.nordixx.com](http://www.nordixx.com) Sales & marketing help needed.
13. **Drake International** - Business Development Manager - Deb Simpson - specializes in permanent placements with growing companies - [dsimpson@na.drakeintl.com](mailto:dsimpson@na.drakeintl.com) or 905-279-9000, ext 233.
14. **Newcomers to Canada** - Day Planner - <http://www.cfee.org> Free from: Canadian Foundation for Economic Education - Source of info about jobs, government, education
15. **The Mentoring Partnership** <http://www.thementoringpartnership.com> -Designed for large corporations to help new Canadians - Includes all major banks and IT companies.
16. **Canadian Futures Development Corporation CFDC** <http://www.ontcfdc.com>
17. **OHIMA** - Ontario Healthcare Information Management Association. [www.ohima.ca](http://www.ohima.ca) Nancy Walton - 289-314-8937 - [nmwalton@live.com](mailto:nmwalton@live.com)
18. **Project Management Institute** - <http://www.pmi-lakeshore.org> - Hasam Quasi PMI Lakeshore Chapter - [hshamim@hotmail.com](mailto:hshamim@hotmail.com)
19. **Communitech**: Waterloo Region Technology Association - <http://www.communitech.ca>
20. **BIA** - Business Improvement Area - <http://www.kerrvillage.ca> Richard Messer - [ramesser@rogers.com](mailto:ramesser@rogers.com)
21. **Jack Deforges** - Canadian Opportunities Magazine - Franchise, MLM, Direct Sale - <http://www.qedition.com>
22. **Lorraine Leslie** - Women with Vision Magazine and Vision for Men - <http://www.womenwithvision.ca>
23. **Canadian Women in Communications** - 1-800-361-2978- <http://www.cwc-afc.com>
24. **Anne Day** - Company of Women - <http://www.companyofwomen.ca>
25. **Blog Talk Radio** - Got a good voice? Like the idea of your own radio program? <http://www.blogtalkradio.com/>



Unknown  
Feb 8, '08, 10:02 AM  
Added Text

26. **Donna's Blog** <http://www.donnamesser.wordpress.com> Donna's LinkedIn address <http://www.linkedin.com/in/donnamesser> Donna's Twitter address - [@Connectuscan](#) and [@TalktoDonna](#)
27. **Dining with Donna** - 905-337-9578 - <http://www.connectuscanada.com> Buy Donna's meal, donate a \$100.00 to her favourite charity. You've got an hour to brainstorm on a new business idea, a career opportunity or just generally get on track.
28. **Donna's E-book** - Effective Networking Strategies - <http://www.connectuscanada.com/pdfs/networking-strategies.pdf>
29. **Messer vs. Maslow** - [http://www.connectuscanada.com/articles/maslow\\_vs\\_messer.pdf](http://www.connectuscanada.com/articles/maslow_vs_messer.pdf)
30. **IAAP** International Association of Administrative Professionals - <http://www.iaap-hq.org>
31. **IABC** - International Association of Business Communicators - <http://toronto.iabc.com>
32. **MPI** - Meeting Planners International - Find a local chapter. - <http://www.mpiweb.org>
33. **Manufacturers and Exporters Association** - <http://www.cme-mec.ca>
34. **Rotary Clubs** - great connection for speakers, and travel throughout the world. <http://www.rotary.org>
35. **Toastmasters** - <http://www.toastmasters.org>
36. **HAPPEN** - <http://www.happen.ca>
37. **Volunteer Opportunities** - <http://www.volunteer.ca>
38. **CESO** - Canadian Executive Service Organization - <http://www.ceso-saco.com>  
- Volunteer Advisers. Great for retired executives. Give back to communities around the world. Big focus on Native communities
39. **Accessibility opportunities** - 1-866-515-2025 - <http://www.accesson.ca> & <http://www.accesson.ca/compliance>
40. **Youth Challenge International** - <http://www.yci.org>  
- Youth Challenge International builds the skills, experience and confidence of young people by involving them in substantive overseas international development projects in partnership with local youth-serving organizations
41. **Canada Foundation for Innovation** - 1-613-996-3176 - <http://www.innovation.ca>
42. **Nina Menezes** - Inter-Dream Designs - 416-250-1380 - <http://www.interdream-designs.com> [nina.gm@rogers.com](mailto:nina.gm@rogers.com)
43. **Deborah Meek** or **Kristina Pearce** - WorkHarmony - Contract Employment - 416-505-1620 - <http://www.workharmony.ca>
44. **Barry Blostein** - Recruiter executive search - 905-763-0728 - [barry.blostein@sympatico.ca](mailto:barry.blostein@sympatico.ca)
45. **Trans-Logic Executive Search Group Limited** - 1-866-212-2005 - <http://www.trans-logic.ca>
46. **M. Michelle Nadon** - Media Intelligence - Media Recruiter - 416.533.6788 - <http://www.mediaintelligence.ca>
47. **Book Publisher** - Education - [www.careerBooks.Ca](http://www.careerBooks.Ca) Kevin Makra - [www.sentormedia.com](http://www.sentormedia.com) - 416-971-5090
48. **CAMP** An association for Advertising and Market Professionals that are new to Canada <http://www.campnetworking.ca>
49. **The Bargains Group** - a great resource for discount wholesale, promotional items, Logo gifts all at a bargain price  
[www.bargainsgroup.com](http://www.bargainsgroup.com) 1-877-868-5655 Jody Steinhauer
50. **LinkedIn** - Danielle Restivo - [drestivo@linkedin.com](mailto:drestivo@linkedin.com) Manager, Corporate Communications, Canada and Brazil, 416-848-6377 Profile: <http://ca.linkedin.com/in/daniellerestivo> Twitter: [@dmrestivo](#)
51. **Media Huddle** - Nneka Elliott - a new group focused on media opportunities - [Nneka@themediahuddle.com](mailto:Nneka@themediahuddle.com)
52. **Supply Chain & Logistics Association.** - [www.sclcanada.org](http://www.sclcanada.org) - Bruce Johnson - Operations Manager, 905-624-1430 [bjohnson@3pd.com](mailto:bjohnson@3pd.com)
53. **ANTVibes Inc.** Vigen Nazarian 416) 722-4508 "Every person has a voice & every name should be heard" [www.antvibes.com](http://www.antvibes.com)