



The Business and Professional Women's Club of Brampton Caledon

Club Focus



FALL 2024

Club Focus Highlights

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BPW Brampton Caledon Mailing Address
333 Gooseberry Street
Orangeville, ON L9W 5B9

Phone Contact
Pat Dowling
416-854-8863

Email
info@bpwbrampton.com

Website
www.bpwbrampton.com

Social Media
BPWBrampton
BPW Brampton



Women Working for Women

MEETINGS LOCATION BY ANNOUNCEMENT

**MEETINGS HELD
THIRD TUESDAY OF THE MONTH**

**JOIN ZOOM MEETING
AS REQUIRED**



BPW Brampton Caledon President's Message Linda Ford



On September 17th, 2024, we were

delighted to hold the very first meeting of the Business and Professional Women's club of Brampton Caledon – otherwise known as BPW

brampton Caledon! Our expansion of the club into Caledon is an exciting time to welcome new members, new ideas, new partnerships and new opportunities all of which will focus on key priorities for 2024-2025.

- BPW Brampton Caledon Membership Growth – quite simply we need you!
- Anti-Human Trafficking
- Women's Empowerment
- Reproductive Rights and Justice

The room at The Caledon Villa Inn was a welcoming location to our sold-out event! The energy was vibrant as exhilarating. We couldn't be more thankful for all of the support from our Board, our members – especially our new members, and of course, our guests.

Caledon Counsellors Lynn Kiernan (who is a BPW Member) and Christina Early attended and brought greetings welcoming us to Caledon.

We are so excited to expand the work that we do and enable Caledon to be included. During our meeting, we recognized Caledon Community Services as our first Caledon Community Partner. A donation of \$1,000.00 was presented to Geraldine Aguiar, CEO, Board Members and CCS Staff.

Around 2.4 billion women of working age are not afforded equal economic opportunity and 178 countries maintain legal barriers that prevent their full economic participation.

Across the globe many women and girls still

face discrimination on the basis of sex and gender. Gender inequality underpins many problems which disproportionately affect women and girls, such as domestic and sexual violence, lower pay, lack of access to education, and inadequate healthcare.



BPW Canada was established in 1930, although some Canadian clubs existed provincially prior to that date like BPW Brampton which was founded **March 27, 1947**.

BPW Canada has been recognized for its many projects over the years, from the 'Womens Empowerment Principles to Equal Pay awareness

campaigns and submission of Resolutions including the need to declare Equal Pay Day nationally, the fight against human trafficking and being a voice for the Indigenous people. The root of BPW's advocacy is embedded in the work with the United Nations. BPW lobbied for the formation of the Commission on the Status of Women (CSW) and supported many women's issues. BPW was awarded a Peace Messenger Certificate from UN Secretary-General Javier Perez de Cuellar in 1987. Esther Hymer, BPW representative at the UN, was the first Chair of NGO CSW committee and was named as one of three women playing a significant role in the work of the UN Commission by Secretary-General Kofi Annan in 1997.

Today, BPW continues its representation at UN Headquarters in New York, Vienna, Geneva; UN regional offices (UNECA, UNECE, UNESCAP, UNESCWA, UNECLAC); UNESCO, UNICEF, ILO, WHO, UNCTAD, UNIDO, FAO, UN DPI; Council of Europe; European Women's Lobby and continues to work closely with UN Women.

- Consultative status with the United Nations Economic and Social Council (ECOSOC) since 1947
- Consultative status with the Council of Europe since 1977
- Member of Civil Society of Organization of American States (OAS) since 2009

I am proud of the work that BPW does and as we grow and evolve, I look forward to working with everyone and making changes that effect change for women – one step at a time.

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BPW Brampton Caledon Club Focus



BPW BRAMPTON CALEDON EXECUTIVE 2024-2025

President **Linda Ford**
 Past President **Carol Kollar**
 1st Vice President **Amanda Graham-Rowe**
 2nd Vice President **Nelia De Sousa**
 Treasurer **Pat Dowling**
 Recording Secretary **Mina Di Domenico**
 Corresponding Secretary **Sue Perlman**
 Membership Chair **Barbara Hore**
 Programs Chair **Angela McKinnon**
 Publicity & Public Relations **Sheila Walker**
 Young BPW **Rianna Ramesar**
 Resolutions/By-Laws/

Public Affairs **Mina Di Domenico**
 International Affairs **Amanda Graham-Rowe**
 Personal Development **Nelia De Sousa**
 Bursary Committee **Amanda Graham-Rowe,**
Angela McKinnon,
 Archivist **Pat Dowling**
 Special Events Chair **Pat Dowling**

Club Focus Publisher/Admin. **Sheila Walker**
 Dinner Convenor **Sheila Walker**
 Website/Social Media **Mina Di Domenico**



BPW Programs Angela McKinnon



Welcome back ladies to our **2024-2025 BPW year!** This year your Executive has chosen some different venues and formats for our meetings in an effort to grow our group and increase overall attendance at our meetings ... let us know what you think and what meetings you like! One of the Executive's goals for this year is to encourage women in the Caledon area to join our group.

September's meeting was such a fabulous start to what is going to be an excellent year. Some speakers and location details are not fully confirmed and we will let our members know as soon as full details are available. Here's to a great start and let's keep the momentum going. Hope to see you in October!



Save Dates!

the

BPW Brampton
Dates to Remember



SEPTEMBER 17, 2024
Social Event with Brief General Meeting: Join Us for Cocktails & Conversations promoting BPW Brampton Caledon. Members and Guests are always welcome!
Location: Villa Caledon Inn, 16626 Airport Road, Caledon East, ON L7C 1W9

SEPTEMBER 23, 2024: Personal Development Workshop
Guest Speaker: Sandra Sharpe, Certified Municipal Manager, Trained Mediator and Facilitator, Professional Relations, Public Policy, and Communications Professional. In this workshop, Sandra will share proven mediation tips and tools to help navigate difficult conversations and how to move from conflict to collaborative problem-solving.
Location: Virtual Meeting
Topic: Navigating Conflict Conversations Workshop

OCTOBER 15, 2024
Guest Speaker: Karin Gorgert is a Past President of the Canadian Federation of Business and Professional Women (BPW Canada). She has represented BPW Canada as a delegate at the United Nations Commission on the Status of Women (CSW) in New York. BPW International is one of the most influential international networks of business and professional women, with affiliates in over 100 countries on five continents.
Location: Vesuvio's Ristorante, 91 George Street South, Brampton, ON L6Y 1P4
Topic: Join us for an evening of learning more about the BPW organization from a provincial, national, North American Caribbean, and International lens.

NOVEMBER 15, 2024
BPW Progressive Charity Euchre Event: Fall Fundraiser
Location: The Scottish Centre (AKA Glasgow Rangers Supporters Club Bramalea)
 185 Advance Blvd., Unit 2, Brampton, ON L6T 4H9

NOVEMBER 19, 2024
Guest Speaker(s): Anne Thompson, Sandra Sharpe
Location: Brampton Flight Centre and Flying Club, 13591 McLaughlin Road, Cheltenham, ON L7C 3L7
Topic: Panel Discussion on Women in Politics. Changes needed to have more Women in Politics.

DECEMBER 10, 2024 (2nd Tuesday of December)
Holiday Social Event: Evening Hosted by BPW Member Iris Diegel & David Nava at their home with Catered Turkey Dinner and Holiday Celebrations including Secret Santa Exchange for maximum of \$25.00; Christmas Carolling.
Location: 4 Royce Avenue, Unit #1 Brampton L6Y 1J4
Opportunity for Members and Guests to Give Donations to: St. Louise Outreach Centre & Food Bank of Food Items; Blankets; Personal Care Products, etc.

JANUARY 21, 2025
Guest Speaker: Mayor Lisa Post, Town of Orangeville
Location: Villa Caledon Inn, 16626 Airport Road, Caledon East, ON L7C 1W9
Topic: Municipal Updates.
 More Details to Follow.

FEBRUARY 18, 2025: International Theme
Guest Speaker: Uzma Aziz Irfan, Executive Director, Malton Women's Council. Uzma is well-known for her passion for bringing the community together and is a TESL Ontario Certified Teacher.
Location: Fanzorelli's Restaurant & Wine Bar, 50 Queen Street West, Brampton, ON L6K4H3
Topic: To Be Determined

- International Theme Honouring all the BPW Clubs Throughout the World
- Celebrating BPW International Night with our Traditional Candle Lighting Ceremony

MARCH 18, 2025: BPW Brampton 78th Anniversary Meeting
Guest Speaker: To Be Determined
Location: Brampton Flight Centre and Flying Club, 13591 McLaughlin Road, Cheltenham, ON L7C 3L7
Topic: To Be Determined

APRIL 8, 2024: BPW Brampton Caledon Provincial Resolutions Meeting
Guest Speaker: Mina Di Domenico
Location: Virtual Meeting
Topic: The Ontario Resolution Package will be sent to Members before the meeting for review and comment. Discussion and voting are taking place.

APRIL 15, 2025
Paint Night Social Event: \$40.00 per person with Food and Beverages available to purchase separately.
Location: Keltic Rock Pub and Restaurant, 180 Sandalwood Parkway East, Brampton, ON L6Z 1Y4
 More Details to Follow!

MAY 6, 2025: BPW Brampton Caledon Federal Resolutions
Guest Speaker: Mina Di Domenico
Location: Virtual Meeting
Topic: The Federal Resolutions Package will be sent to Members before the meeting for review and comment. Discussion and voting are taking place.

MAY 20, 2025: Brief BPW Brampton Elections & Annual General Meeting: Come Out and Support BPW Brampton Caledon and Be Part of our Direction. Consider Being on the Executive!
Guest Speaker: Tina Haller, Tina is a holistic health and wellness subconscious mind coach specializing in stress and burnout. Tina helps you find balance and peace of mind. She understands the importance of focusing on your well-being and enables you to bridge that gap.
Location: Villa Caledon Inn, 16626 Airport Road, Caledon East, ON L7C 1W9
Topic: Hypnosis, Demystified & Its Rapid Life-Changing Potential
JUNE 16, 2025

Annual Ladies Charity Golf Tournament: Fundraiser
Location: Glen Eagle Golf Club, 15731 Regional Rd. 50, Caledon, ON L7E 3H9
 More Details to Follow!
JUNE 26, 2025

Social Event: Our Famous June Social - Invite a Guest!
Location: To Be Determined
 More Details to Follow!

DATES TO REMEMBER

- BPW ANNUAL DISTRICT MEETING FOR THE GOLDEN HORSESHOE AND SOUTHWEST DISTRICTS, SATURDAY, NOVEMBER 16, 2024, DUKE AND DUCHESS PUB, 900 JAMESON PKWY., CAMBRIDGE, ON N3C 4N6
- BPW INTERNATIONAL CONGRESS, ST. KITTS AND NEVIS, NOVEMBER 17 TO 20, 2024
- BPW BRAMPTON CALEDON PROGRAMS PLANNING MEETING FOR 2025-2026: Details to Follow!
- UN CSW69 CONFERENCE, MARCH 10, 2025, UNITED NATIONS HEADQUARTERS, NEW YORK CITY
- BPW CANADA VIRTUAL ANNUAL GENERAL MEETING, AUGUST 8, 2025
- BPW ONTARIO PROVINCIAL CONFERENCE: BRAMPTON GOLF CLUB, 7700 KENNEDY ROAD, BRAMPTON, ON L6W 0A1, SATURDAY, SEPTEMBER 13, 2025. **BRAMPTON CALEDON CLUB IS HOSTING!**
- WOMEN'S HISTORY MONTH: October
- SMALL BUSINESS MONTH: October
- SATURDAY, MARCH 8, 2025: International Women's Day
- THURSDAY, OCTOBER 16, 2025: World Food Day



Welcome to New Members

Barbara Hore



W

e are very excited that as of today, we have ten new

Members that have chosen to be part of our club.

We Welcome...

Geraldine Aguiar
 Donna Cragg
 Emmanuella Dwumfour
 Anne Marie Hayes
 Lynn Kiernan
 Lorraine Medeiros
 Heidi Painchaud
 Zlata Proudlock
 Lori Robinson
 Sandra Sharpe
 Anne Thompson
 Dawn Tracz

These ladies will be inducted at our October 15th, 2024 General Meeting. We extend a warm welcome to all of you and look forward to participating with you in our numerous club functions.

Provincial Conference Report

Co-Chairs Pat Dowling & Barbara Hore

Our Conference Committee consisting of Linda Ford, Mina Di Domenico, Carol Kollar, Pat Dowling and Barb Hore are hard at work to ensure a successful PROVINCIAL CONFERENCE 2025 which is being held Saturday, September 13 at the Brampton Golf and Country Club.

This will be a one day event which will include representation of our members from all 10 Ontario Clubs. We are presently focussing on Sponsorship, Trade Tables and Prizes. As we move closer to the date, we will be asking for assistance from our members.

More information will be forthcoming as we move forward.

Provincial District Director's Report

Barbara Hore
 District Director
 BPW Golden Horseshoe
 Southwest Ontario



1. Our First Vice President of Ontario, Emmanuella Dwumfour, Emmanuella Dwumfour, Emmanuella Dwumfour,

is spear-heading a province-wide membership drive. Realizing the need for promotion of our organization, she has formed a committee to work on this with her. The committee has hired a Social Media Manager, Emmanuella Dwumfour, a name some of us may recognize. She is a Brampton resident who has attended a few of our meetings earlier this year and is now a new member of our club. Her responsibilities will be to highlight such things as members, BPW's four pillars, graphics to encourage new members, empowering women in the workplace, mentoring, professional development, defining the definition of what is a working woman amongst numerous other topics relevant to our organization.

2. DISTRICT MEETING: The Annual District Meeting for the Golden Horseshoe and Southwest Districts will be held this year Saturday, November 16, 2024 at the following location: Duke and Duchess Pub, 900 Jameson Pkwy., Cambridge, Ontario.

The meeting will begin at 12:00 pm and run through to 3:00 pm.

This meeting will include members of the Brampton, Kitchener, Niagara Falls and London Clubs. Lunch, Speaker, 50/50 Draw and Raffles. Please try to attend. It is a great way to meet our BPW sisters from the other clubs in these districts.

3. We will have the pleasure of welcoming Karin Gorgerat, Regional Co-Ordinator for North American and the Caribbean. She will induct our new Executive Board, as well as, speak to us about the various levels of BPW and their responsibilities. Anne Harvey, our First Vice President of BPWO will also be our guest for the evening. Anne is a longtime member of the Hastings and Prince Edward Club (formerly Trenton and District).



Special Events Pat Dowling

GOLF On Monday June 17, 2024 we held our



**26th Annual Ladies
Charity Golf Tournament
at Glen Eagle Golf
Course.**



It was a lovely day with 79 golfers, 91 ladies for dinner, table vendors, hole and corporate sponsors along with many volunteers.

We were very fortunate to have Scotiabank participate once again with their Scotiabank Team Community Program sponsored by the Chinguacousy & Sandalwood Branch who donated \$3,000.00 to our event.

We are very pleased to announce that our Club raised \$15,000.00 and with Scotia's donation we raised a total of \$18,000.00!!

Our community partners for this event were Salvation Army/Honeychurch (a Women's Shelter), Victim Services of Peel, Wellspring Chinguacousy Cancer Support Centre and Caledon Community Services.



Next up is our 30th Progress Charity Euchre Event being held on Friday, November 15, 2024 at the Glasgow

Rangers Supporters Club Bramalea (The Scottish Centre). Tickets go on sale October 16, 2024 and the ticket price is \$25.00. We will not be providing a dinner meal – just tea/coffee and dessert during the break time. Proceeds from this event will be Ste. Louise Foodbank who truly need our support especially right before Christmas.

We will also be participating in the Fall Meat/Seafood Drive and the Christmas Cookie Drive alongside the Canadian Progress Club with more details to follow.

Many thanks to our Club for being so dedicated to making a difference on a grass root level and supporting our community partners.

BPW Member Feature Barbara Hore

PAT DOWLING

Pat joined BPW Brampton in the Fall of 2002 following a June Social at the home of Dittie Voegele. Pat, along with

a few of us, attended the Club September meeting with the “gentle persuasion” of Carol Kollar and quickly decided to join BPW Brampton.

Within a matter of a few months, Pat had taken on the role of Golf Tournament Chair, one which she still holds today.

Throughout her 22 years with our Club, Pat has held numerous positions: President, Treasurer, Special Events Chair encompassing a twice a year Euchre Tournament, our Annual Golf Tournament, and a Cookie and Meat Drive twice a year. Her boundless energy is inspiring!

Pat has been a mortgage agent for many years and just within the last year has retired. Her hobbies include golfing, painting, crafts, kayaking, birding and entertaining.

She is enjoying her semi-retirement with her husband, Barry, her three children and their spouses along with her six grandchildren, and of course, her many friends.

Our thanks to Pat for the hundreds of hours of work that she has put into our Club and is continuing to do so. She is a remarkable role model for our new members.





Young BPW

Rianna Ramesar



As many of you know, I have been

Vice-President of Young BPW Canada, and I have also been re-elected as Chair of Young



BPW Brampton-Caledon. During the time I hold these positions, I will do my best to encourage Young BPWs and other young women to learn, grow, and advance in their professional and/or educational ambitions. I also want to encourage increased membership of Young BPWs and collaboration between Young BPWs. The first project that I have implemented toward achieving this goal is a Google Classroom that is exclusive to Young BPW Canada members and advisors. There are currently seven people registered. This platform will be the centralized hub for all things Young BPW Canada. I will also be hosting the initial Young BPW Canada meeting on Wednesday, September 18th at 7:15pm EST. These meetings will most likely be held monthly from September - May each year.

As the newly elected Vice-President of Young BPW Canada, I wanted to ensure that the committee is engaging in projects that are in line with BPW's mandate. That is why we have started our first official national project. It will be a petition to the Government of Canada that asks them to implement a nation-wide Red Dress Alert System. Missing and Murdered Indigenous Women and Girls (MMIWGs) is a detrimental, on-going, and intergenerational issue. It requires much more attention, along with the implementation of preventive projects that will also help with working toward redress and reconciliation.

I will also be leading my first Young BPW International Project. I am currently in the

registration/planning process. The project is to write a thoroughly researched, fact-based, informative, and persuasive open letter addressed to the Government of India, demanding that they declare violence against women and girls (VAWG) a "national crisis". This is a term that the Indian government has used to classify nation-wide natural disasters, such as pollution, the COVID-19 pandemic, floods, and poor water quality. VAWGs is equally, if not more detrimental and should be classified accordingly. Our main goals are to spread awareness internationally, educate the public, and encourage the Government of India to take action by declaring VAWGs a national crisis.



2nd Vice President & Development Chair

Nelia De Sousa

On September 21st, the BPW Brampton Caledon Club hosted a virtual workshop with Sandra Sharpe on Navigating Conflict Conversations. Sandra Sharpe is a Certified Municipal Manager III, Trained Mediator and Facilitator, and Government Relations, Public Policy, and Communications Professional.

The workshop was lively and thought-provoking. During the workshop, Sandra opened by acknowledging the Truth and Reconciliation date of September 30th. She then walked the group through the anatomy of conflict and how to move from conflict conversations to creative dialogue and build respectful relationships.

Participants' reflective comments included, 'Conflict at its core is driven by HOW we react to situations,' Conflict comes from a lack of structure and understanding of people and their perceptions regarding many aspects of life, 'Conflict is harmful to your life and health, 'Do you want to be right or effective?' 'short-term pain for long-term gain,' and 'It's the conversations we don't have that are harmful.' The participants shared many insightful views.

In all conflict situations, we bring our 'personal' resume of our past experiences and trauma. Through the workshop, we learned we have several brains. The red brain is in survival mode and engages in emotion; it's always checking for life-or-death situations and is trained to protect your life. This is where most of us go when engaging in conflict. The blue brain is our thinking brain. Engaging this brain takes a great deal of energy. The larger question in the workshop is how we shift from the red to the blue brain. How do you show up? Are you staying focused on the higher vision?

Navigating conflict respectfully involves mindful strategies such as taking a deep breath and pausing, asking questions with genuine curiosity, and listening, listening, listening. It is also important to find a middle ground or mutually acceptable solution that addresses the needs and interests of all parties involved. Focus on the question or problem rather than the person.

The tips shared included active listening, making eye contact, giving your partner your full attention as they speak, responding appropriately, maintaining a conversational tone, and keeping your body language respectful, engaged, and open. It also uses "I" statements that express feelings instead of assigning blame.

Many people do not find HR assistance helpful, and therefore, contacting someone with Sandy's expertise is a viable option.

The workshop recording will be available on the bpw.brampton.com website.

Many thanks again to Sandy for her time and talent and to the participants who took time out of their busy weekend to attend.





BPW Resolutions, By-Laws & Public Affairs Update

Mina Di Domenico

Local Focus

Do you know a woman in our community who has demonstrated her commitment to and advocating for improving the lives of women, girls, and gender-diverse individuals? Why is this woman a role model? What impact has she had on the community? How has she been a change agent? If you want to nominate someone, please partner with Mina Di Domenico to create an accommodation.

Provincial

Our club submitted three resolutions for 2024. These resolutions were discussed, debated, and voted on at the BPW Ontario conference in May. All three resolutions were unanimously carried. They are included in the BPW Ontario brief to the provincial government's relevant ministries and opposition parties.

Many thanks to Victim Services of Peel, our community partner, for partnering with the BPW Brampton Caledon Resolutions Committee.

The provincial focus for 2025 includes reaffirming pay equity, education, and health-related resolutions.

Federal

The BPW Canada Conference was held in Moncton, New Brunswick, from August 9 to 12, 2024. The BPW Brampton Caledon Resolution Committee submitted one national resolution on "The Prioritization and Inclusion of Femicide in Canada's Criminal Code." This resolution was unanimously carried. It will be included in the BPW Canada brief to the federal government's relevant ministries and opposition parties.

For this coming club year, I'm researching the inequalities in the taxation of single seniors relative to couples, the clawbacks of benefits that singles experience, and a review of the taxation of RRSP/RRIF assets on the death of a single senior. With women living longer, this could be a potential federal resolution.

Are you interested in joining the Resolutions and By-Laws Committee? Contact Mina Di Domenico.

International Update

In 2023, the BPW Brampton Caledon Club submitted a federal resolution on Women's Access to Health Services and Health Education through Technology. The good news is our club resolution is now included as part of the BPW International Congress in St. Kitts & Nevis from November 17-20, 2024. Interesting in attending? Please visit our website for details. BPW International Congresses take place every three years.



By-Laws & Regulations

Updated Club By-Laws and Regulations are now posted on the BPW Brampton Caledon website. BPW Canada has approved the by-laws that align with the national organization.

CSW69 / Beijing+30 (2025)

The sixty-ninth session of the Commission on the Status of Women will take place at United Nations Headquarters in New York from March 10 -21, 2025. The global community will mark the thirtieth anniversary of the Fourth World Conference on Women and the adoption of the Beijing Declaration and Platform for Action (1995).

BPW Canada has ECOSOC-accredited non-governmental organization (NGO) status.

The sixty-ninth session's primary focus will be reviewing and appraising the implementation of the Beijing Declaration and Platform for Action and the outcomes of the 23rd special session of the General Assembly. If you are interested in participating, please contact Mina Di Domenico.

Website & Social Media

Mina Di Domenico

The BPW Brampton Caledon Website has a wealth of information on what's happening with the club locally and links to provincial, national, and international BPW sites.

What events would you like to attend? Visit the Events Calendar tab. Would you like to feature your business card? Visit our Featured Business page. Would you like to donate to one of our events and receive a tax receipt? Check out the Fund Raiser and Tax Receipt tab. Do you have a family member or friend who requires assistance with work, relationships, and health-related matters? Visit the Links and Reference tab.

Members have additional access to other resources under the Member's Area. Please see Mina Di Domenico for access.

The Social Media sites are undergoing a new look. Last year, the focus was upgrading and updating the club's website. This year, the focus is improving the club's social media reach. Stay tuned.



Amy Thompson

Mortgage Agent, Level 2
 #M17003235
 905-220-9145
 amy@oacmortgage.com

Pat Dowling

Mortgage Agent, Level 1
 #M08003138
 905-789-9198 x 203
 pat.dowling@mtgarc.com



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Humane Society

The Human Society is always in need

of old towels, bed sheets, blankets, etc. used for the comfort of cats and dogs in their care.

Please drop off donations of these items to the following Brampton location:

475 Chrysler Drive, Brampton, ON L6S 6G6
 (905) 458-580



Amanda Graham-Rowe, CPA, CA, CFP, CLU
 Executive Financial Consultant
 (416) 540-5654
 amanda.graham-rowe@ig.ca
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BPW Brampton Caledon Club Focus



The Business and Professional Women's Club of Brampton Caledon is an equality-seeking group toward the improvement of economic, employment and social conditions affecting women.

Making a Difference - A Club for All Working Women.

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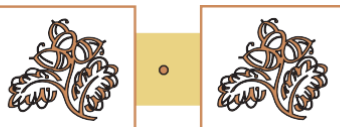
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