



# Club Focus

FALL 2016



**Janet Brousseau**  
President  
BPW Brampton

## Newsletter Highlights

- President's Message
- Special Events: Golf & Euchre
- Provincial Report
- Membership Corner
- BPW Community Partner
- BPW Programs
- Member Moment
- On a Personal Note
- BPW Member Feature: Karen Armstrong
- BPW Resolutions & Briefs
- Humane Society
- BPW International
- 2016-2017 BPW Brampton Executive
- 2016-2017 Dates to Remember
- BPW Members Business Card Directory



## President's Message Janet Brousseau

*W*elcome back **BPW Ladies**. Another Summer has come and gone. Fall is upon us and if we are lucky we will have a warm season.

Part of our BPW mandate is to make changes for women on all levels of Government – Municipal, Provincial, National and International. We participate in creating and supporting Resolutions that will be brought forward, debated and voted on to ensure that we continue to seek the improvement of economic, political, employment and social conditions for women around the world. **This year, we had three delegates attend Provincial Conference which BPW Brampton hosted, namely Karen Armstrong, Wendy Humphreys and myself. I would like to thank Linda Barker and her Conference Committee for a job well done!** Our Resolutions Chair Camilla Bignell is looking for volunteers, and more importantly, ideas on what **Resolutions the Brampton Club can submit for the upcoming Provincial Conference hosted by the BPW Niagara Club in October 2017.** Please contact Camilla to share your ideas and see how Resolutions are created.

**Our District 3 Annual General Meeting is going to be held on November 5th, 2016;** the location has yet to be determined. Once it has, I will forward that information to you our members. I am looking forward to attending this meeting as your President and I do hope that some of you will be encouraged to join me at this AGM.

Heidi Bryans is our Dinner Convenor again this year and your Executive is working on finding a permanent location for our monthly meetings. It is very important that you do reply to Heidi within the timeframe that we are given whether you are able to join us or not.

**Angela McKinnon has a wonderful line up of Speakers arranged which are listed in our Club Focus on Page 6, 2016-2017 Dates to Remember.**

We had another successful Charity Golf Tournament in June 2016. **The date for our next Charity Golf Tournament is June 14th, 2017. Our next Progressive Euchre Tournament will be held on Friday, November 11th, 2016 at The Scottish Centre.** Proceeds from this event will support St. Louise Outreach Centre and Foodbank.

Remember that we do have a 'Members Moments' which is a forum to let members share personal and/or business triumphs with one another. Send your submissions you may have to Sheila Walker.

*I am honoured to serve as your President for another term. I have a wonderful Executive and I am looking forward to an enjoyable year ahead. I hope everyone has a wonderful Fall.*



### Special Events Pat Dowling



#### GOLF

On Wednesday June 15, 2016 we had our 21th annual charity golf event that was held at Caledon Golf Club. We had 87 golfers, 39 hole sponsors, an additional 21 dinners only and 7 trade table vendors. We had a great day of golf and

lots of fun. We had a wonderful evening and with our raffle prizes and live auctions we are pleased to announce that we raised \$9,750.00. In addition to this, Scotiabank presented an additional \$5,000.00 from their Bright Futures Program for a total of: \$14,750.00.

**We also have booked our next year's tournament for Wednesday, June 14, 2017 at Caledon Golf Club.**

*Registration forms will be available in early 2017.*



**Next up is our 19th Charity Progressive Euchre Event on Friday November 11, 2016 at the Glasgow Rangers Centre (Scottish Centre).** We have tickets

available now and as you know this event gets sold out quickly. We only have room for 84 players so please see Linda Barker for your tickets. This is open to guys and gals – anyone that loves to play euchre will have a great time. We need your re-gifts and donations for raffle and door prizes- we are here with open arms! Whatever you can give us – please bring to the October meeting or contact Barb Hore or Pat Dowling to arrange for pick up.

We will also need help with food and will circulate a food list as usual. Please advise Camilla Bignell what you would like to donate. This is a wonderful event that helps our community and we ask that everyone contribute in some way to help us have another successful night.

The recipient of this event will be the Ste. Louise Outreach Centre of Peel Food Bank – especially right before Christmas.

Purchase tickets from Linda Barker at: [lbarker@dasi.ca](mailto:lbarker@dasi.ca) or call 905-361-9573.

Tickets are \$20.00 each (with no refunds available). Doors open at 6:30 pm and we start to play promptly at 7:30 pm.

### Provincial Report Barb Hore

• **DISTRICT MEETING to be held on November 5th at LaScala Restaurant, 2601 Matheson Blvd., Mississauga.** Meeting to start at 11:00 a.m. and will run to 2:30 p.m. Mark your calendars. Further details to follow.



• **DEADLINE FOR RESOLUTIONS AND COMMENDATIONS.** This year they are due by February 28th (since Conference is later this year).

• **PROVINCIAL CONFERENCE 2017 being hosted this year by the Niagara Falls Club.** Dates are September 29th, 30th and October 1st. More details to follow.

• **EMBRACE EMPOWER MISSISSAUGA CLUB FUNDRAISER** being held at the beautiful Glenerin Inn & Spa in Mississauga on October 23rd, 11:00 a.m. to 2:00 p.m. Cost \$55.00 includes Brunch. For tickets and more details, contact Sebanti Chadha [events.bpwmmississauga.com/fundraiser](http://events.bpwmmississauga.com/fundraiser).

### Membership Corner Linda Barker

Hoping everyone had a great summer, I for one am sad to see it end but also very nice to see everyone again after the summer break.



Currently our membership is at 35 with some members not having yet renewed with travelling and not being available immediately due to various reasons. If you have not yet renewed, please do as soon as possible so you may be included in the upcoming Member Directory, ensuring you receive all member emails, and very importantly you may continue to have a vote.

I am pleased to welcome Pamela Moore who joined us in May, along with Andrea Orozco who was previously a member of BPW Brampton a few years ago and is now able to join us again.

Also, welcome back to Doris Power who has been a BPW member since 1994 originally in Brampton, and then relocated to Kingston transferring her membership to that club. Doris is now back home to the Brampton Club.



## BPW Community Partner

Karen Armstrong

### Canadian Women for Women in Afghanistan



*We* received a letter of thanks recently from Jan Beddoe,

CSAW Volunteer.

The letter read, **"Thank you for your generous donation in February 2016 of \$800.00 to support the education of women and children in Afghanistan by supporting teacher training through the Lantern Fund. The ongoing generosity of BPW Brampton is so very much appreciated by Canadians in Support of Afghan Women.**

CSAW is a chapter volunteer group of the national organization Canadian Women for Women in Afghanistan. CW4WAfghan is a member-based, not for profit organization founded in 1996 with thirteen volunteer chapters across Canada. CW4WAfghan is a non-religious, non-political, federally registered charity. The goals of our programs in Afghanistan are to advance education for Afghan women and their families and to educate Canadians about human rights in Afghanistan. The main program areas are Community Literacy and Libraries and Investments in Public Education. Projects include teacher training including an online library of learning materials called Darakht-e Danesh, community schools, village libraries, home-based adult literacy and educational support for orphans. We have included our latest newsletter and an info card about the online Library of learning materials. Additional information can be found at [www.CW4WAfghan.ca](http://www.CW4WAfghan.ca).

Your donation will do much to help the cause of support for the women and children of Afghanistan."

With sincere thanks,  
Jan Beddoe

### Programs Linda Barker

Please review the **Dates to Remember** list of details on Page 6 of the Club Focus to mark your calendars for upcoming events and meetings.

## Member's Moments to Share

Pat Dowling

**Doris Power:** I recently transferred my membership back to BPW Brampton after living in Kingston, Ontario for 10 years. I moved back to the area to work and reconnect with my friends. While in Kingston, I became a Master Gardener (ask me a gardening question). I'm very happy to be back and serving as your 1st VP!

## On a Personal Note Pat Dowling

**Pearl McCabe: SPECIAL HAPPY BIRTHDAY WISHES TO YOU PEARL FROM ALL OF US AT BPW BRAMPTON! IT'S WONDERFUL TO SHARE SUCH A SPECIAL BIRTHDAY WITH A LADY WHO HAS A HEART OF GOLD, AND IS WARM, KIND, AND LOVING TO EVERYONE SHE MEETS. YOU ARE SUCH AN INSPIRATION TO US ALL!**



**Sonja Embree:** We received a letter from our friend, Sonja. She writes:

Dear Friends and Family,

*I* hope this note finds you well and that life is being good to you. I apologize for this group email, but some of you have written to me and I'm behind in my email correspondence, so thought I would send this missive here, but then follow up with you individually soon.

I wanted to let you know that I moved to Vancouver recently to assume a new position at Simon Fraser University. It's been a bit of a whirlwind: moving across the country, looking for an apartment in Vancouver's tight real estate market, getting settled and oriented at work, and re-connecting with old friends. A fast ride, but one for which I'm truly grateful, especially since I've always loved BC and its beautiful geography. Being back "home" has made me very happy.

I'm attaching a photo of the view out my apartment window; hope you enjoy!

Much love to you whether near or far (but always dear)! :)

Sonja xoxo

### Focus on a Member:

#### Karen Armstrong Sheila Walker

**BPW Brampton** is a great club and I am so honored to be asked to tell you a bit more about myself!

I was born in our very own Peel Memorial Hospital way back in 1960 something ... seems like yesterday, but apparently not the case.

I have two teenage sons ages 15 and 18, and yes, they also were born at Peel Memorial Hospital. I attended Brampton Centennial Secondary School and basically my teenage years and memories revolve around the Peel Region. My family heritage goes back to the Steeles Avenue area where my grandfather owned farmland across from the old Chrysler plant. He was well known in the agricultural community and also raised chickens for the very first Swiss Chalet Restaurant located in downtown Toronto. As my mother was a successful real estate agent, I had the joy of moving from one home to the next as she found another great real estate deal. I think this taught me to have resilience and I became fearless of new experiences and challenges. I attended McMaster University majoring in Humanities, and upon graduation, entered into the Insurance industry.

As with most graduates, I sort of fell into the insurance industry. I feel nobody deliberately jumps into this field head first! Between servicing my client's needs and comforting them through auto accidents, fire losses and burglary losses, I knew I was exactly where I should be. There is nothing more satisfying than finding out what matters most to your clients and coming up with a solution that works. I have been a Registered Insurance Broker for well over 25 years now and with CCV Insurance since May 2001. I primarily insure and offer risk management solutions to corporations providing them with exposure analysis and protecting their assets literally from all sides. I have also had the pleasure of proctoring and teaching the Canadian Accredited Insurance Broker course.

I live with my husband and sons in Mono Township just south of the Hockley Valley area. I enjoy hiking the many trails in our area, gardening, golf and, of course, travel. Nothing gives me more pleasure than sinking into a great book or cooking up an amazing dinner and entertaining good friends. I never was domesticated but who knew???

BPW has given me mentorship, sistership and above all the capacity to empower likeminded women. I have served on the Executive as Membership Chair and now enjoy Corresponding Secretary (AKA Mail Girl). So much fun! I look forward to chatting with each of you throughout the year and getting to know you better.



### BPW Resolutions & Briefs Camilla Bignell



Camilla would like to address the following with our membership participation:

Are you interested in affecting change in our laws? Camilla needs your help! If one of these three (or all of them) resonate with you, please connect with Camilla to inform her of your interest.

1. Are you interested in being on the Resolutions Committee?
2. Deadline for submitting our Resolutions is February, 2017. Is there something about our laws or system that really bugs you? Let's do something about it!
3. Please make an effort to come out to the BPW Brampton Resolutions meetings in April & May; if you don't, I might take it personally.

Look forward to hearing from you.

### 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 6G3  
(Williams Pkwy East & Chrysler Drive)  
(905) 458-5800**

### BPW International

Snigdha Malik



**This article will be helpful in reminding members about our purpose, our Aims and Ambitions BPW International**



***"Each woman, as a citizen, must bring to the national policy of her own country, the contribution of forward-looking and constructive thought followed by determined action. Each woman must dedicate herself to protect and promote the interests of all other women in business and the professions."***

***"Develop women's professional and leadership potential at all levels", with the determination that our effort will lead to "Equal Participation of Women and Men in Power and Decision-Making Roles".***



The official Aims of BPW International are included as Article II of our

Constitution. Clubs are encouraged to have a member read out the Aims at each meeting. However, sometimes a shorter form of the Aims is needed, especially if they are to be read out at a public event.

Past President Antoinette Ruegg wrote a short version during her term as BPW International President which was accepted as the official short form of the Aims. This is as follows.

The main aim of BPW is to develop the professional and leadership potential of women at all levels. BPW members:

- take professional responsibility on all levels in the economy, politics and society
- think and act locally, nationally and internationally
- engage in networking, mentoring and lobbying
- enjoy life-long learning
- work with the United Nations and other international organisations
- develop multicultural friendships.

Members are also encouraged to use President Benham's mission statement under their email signature. This is how our President describes BPW in a "New York minute" – and members can use this brief statement to explain who and what is BPW when they meet someone who knows little about our organisation. This may be at an official event when you are introduced to someone, when you make a presentation on behalf of BPW to another organisation, or even in an elevator to an interested stranger! You can use this statement in your curriculum vitae (resume) when you detail your experience in BPW.

President Liz Benham's mission statement is:

**BPW International develops the professional, leadership and business potential of women on all levels through advocacy, mentoring, networking, skill building and our economic empowerment programs and projects around the world.**

**BPW Brampton**  
10 George Street North  
Suite 154  
Brampton, ON L6X 1R2

**Phone**  
Pat Dowling  
(905) 789-8198 ext 203

**Email**  
info@bpwbrampton.com

**Website**  
www.bpwbrampton.com

**Women Working for Women**

## BPW Brampton THANKS

BRAMPTON BUSINESS EXECUTIVE SUITES  
for their ongoing support of  
accepting our Club's mail.  
For more information on  
what services they provide,  
please contact them at:  
**(905) 454-7902**  
info@bbes.ca  
http://www.bbes.ca

## Your 2016-2017 Executive

*President* **Janet Brousseau**  
*Immediate Past President* **Pat Dowling**  
*First Vice President* **Doris Power**  
*Second Vice President* **Indira Persaud**  
*Treasurer* **Wendy Humphreys**  
*Recording Secretary* **Karen Clouter**  
*Corresponding Secretary* **Karen Armstrong**  
*Membership* **Linda Barker**

*Programs* **Angela McKinnon**  
*Publicity & Public Relations* **Sheila Walker**  
*Special Events* **Pat Dowling**  
*Resolutions* **Camilla Bignell**  
*Fellowship & Historian* **Paddy Silverthorne**  
*Dinner Convener* **Heidi Bryans**  
*Club Focus Designer/Publisher* **Sheila Walker**  
*Website Manager* **Donna Sauve**



## 2016-2017 Dates to Remember

**SEPTEMBER 20, 2016**

*Speakers: Update from our Community Partners*  
*Topic: Each partner will report on what they have done with the money raised by BPW Brampton and donated to them.*

**OCTOBER 18**

*Speaker: Kathy Breff, Habitat for Humanity*  
*Topic: How Does This Organization Function in our Community?*

**NOVEMBER 5**

*District 3 Annual General Meeting*  
*Location To Be Determined*

**NOVEMBER 11**

*19th Progressive Charity Euchre Event, The Scottish Centre (AKA Glasgow Rangers Supporters Club Bramalea), 185 Advance Blvd., Unit 2, Brampton L6T 4H9 905.458.7718*

**NOVEMBER 15**

*Speaker: Julia Katsivio*  
*Topic: Business Success, Career Transition Coach and Motivational Speaker - How to Stay Organized When You Are It!*

**DECEMBER 13**

*Christmas Social & Secret Santa Gift Exchange*

**JANUARY 17, 2017**

*Speaker: Brenda Alderdice, Downsizing Diva*  
*Topic: What's My Next Move? The Art of De-cluttering and Downsizing Your Stuff.*

**FEBRUARY 21**

*Speaker: Kimberly Cornish*  
*Topic: Globetrotting Momma Shares Her Adventures With Us! Big Ships and River Cruising, What a Way to See The World!*  
*\* Celebrating BPW International Night & Candle Lighting Ceremony.*  
*\* Women for Women in Afghanistan Handmade Items Available for Purchase.*

**MARCH 3**

*20th Progressive Charity Euchre Event, The Scottish Centre (AKA Glasgow Rangers Supporters Club Bramalea), 185 Advance Blvd., Unit 2, Brampton L6T 4H9 905.458.7718*

**MARCH 21**

*Speaker: Linda Ford*  
*Topic: Update for the New Facility at the Peel Memorial Hospital Site.*

**APRIL 18**

*Speaker: Camilla Bignell*  
*Topic: Help Shape Issues Relevant to Women in Society. Resolutions with Camilla and her Team.*

**MAY 7**

*BPW Brampton's 70th Platinum Anniversary Afternoon Tea Celebration*  
*Location To Be Determined*

**MAY 16**

*Topic: Annual General Meeting & Elections.*  
*Help keep our organization strong.*

**JUNE 14**

*22nd Annual Charity Golf Tournament*  
*Caledon Golf Club*

**JULY 11**

*2016-2017 Programs Meeting*

**SEPTEMBER 29-OCTOBER 1**

*BPW Provincial Conference*  
*Hosted by BPW Niagara Club*



Life Wellness and Business Coach

*Marlene George*

Therapeutic Touch™ Practitioner, Reiki Master, CranioSacral Therapist

Teleclass Leader, Author & Motivational Speaker Offers:

*Workshops | Lectures | Teleclasses*

Private & Telephone Consultations ~ Healings

Phone: 905-796-0101

E-mail: mgeorge@marlenegeorge.com Web Site: www.marlenegeorge.com



**The Business and Professional Women's Club of Brampton 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.**

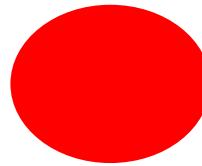


**Baci Gifts**  
Custom Gifts Baskets Gifts for all occasions  
Accessories for Women & Men  
Fashion Jewellery  
Bombonieres

DOWNTOWN BRAMPTON  
905 457 3660

37 Queen St. West | Brampton ON | L6Y 1L9  
www.bacigifts.com | info@bacigifts.com

## Brampton Business Executive Suites



10 George St. N.  
Brampton, ON L6X 1R2  
(905) 454-7902  
Fax: (905) 454-9506  
www.bbbs.ca  
amrit@bbbs.ca  
**Amrit Kaur**  
Managing Director

Ready-to-Use Furnished Offices  
Virtual Offices, Boardroom  
& Meeting Room Rentals



**10% DISCOUNT ON GLASSES FOR  
BPW MEMBERS AND THEIR FAMILIES**

**Dr. Amany R. Wissa**  
Optometrist

905.451.7800  
Fax: 866.255.1651  
Email: info@drwissavision.ca  
www.drwissavision.ca

110 Brickyard Way, Unit 7, Brampton, Ontario L6V 4N1  
Located Inside CITYMED Medical Walk In Clinic (Main Street North)

*Growth & Implementation Strategist*

Camilla@CamillaBignell.com



CamillaBignell.com  
(647) 827.2200



Bringing growth and stability to your financial life.  
traceymarshall.ca



**Keystrokes**  
Design & Printing

DESIGN SOLUTIONS FROM CONCEPT TO COMPLETION  
GRAPHICS • PRINTING • PROMOTIONAL PRODUCTS

**Sheila L. Walker**  
905.840.3278

4 Oldham Crescent, Brampton, Ontario L6Z 1W3  
sheila@keystrokesdesign.ca • www.keystrokesdesign.ca

**MORTGAGE ARCHITECTS®**  
Brokerage #12728

- First Time Home Buyers
- Business for Self
- Lines of Credit
- Reverse Mortgages
- Debt Consolidation
- Private Funds

**Pat Dowling**  
Agent #M08003138  
Mortgage Agent  
pat.dowling@mtgarc.ca

**Carol Kollar**  
Agent #M08003625  
Mortgage Broker  
carol.kollar@mtgarc.ca

**YOUR MORTGAGE LADIES**  
905.789.8198 [www.mortgageladies.com](http://www.mortgageladies.com)

**TOTAL TRAFFIC SERVICES INC.**



**JANET E. BROUSSEAU**  
Vice-President of Finance and Administration

2685 Rena Road, Mississauga, Ontario L4T 1G6  
Tel: (905) 678-9779 • Fax: (905) 678-9776

**GET THE JUNK OUT OF THE TRUNK!**

**ISAGENIX**  
INDEPENDENT ASSOCIATE

LOOK & FEEL YOUR BEST!  
FEEL YOUNGER, LIGHTER  
MORE TONED, MORE VIBRANT,  
CLEAR HEADED,  
ENERGIZED,  
SLEEP BETTER

YOUR HEALTH TODAY IS A RESULT  
OF WHAT YOU HAVE BEEN DOING  
OVER THE PAST 5 - 10 YEARS  
WHERE DO YOU WANT TO BE IN THE NEXT 10?  
CALL ME AND LET'S GET STARTED!



**Heidi Bryans**  
IsaBody Challenge Finalist  
and Success Coach

16 WEEK ISABODY CHALLENGE  
DOWN 21 LBS., 25 INCHES  
DOWN 13% BODY FAT  
UP 2LBS+ LEAN MUSCLE

t: 905.840.5575  
c: 416.817.0566  
e: heidi@makeagreatday.ca  
w: www.makeagreatday.ca

**LINDA FORD**  
PRESIDENT

lindaford@accesscareers.com

☎ 905.866.6616  
☎ 905.866.6683



**Karen Armstrong | B.A., CAIB**  
Business Development Advisor

karmstrong@ccvinsurance.com  
t. 905.456.5184 c. 905.867.6066  
f. 905.459.6128

32 Queen Street West  
Brampton, ON L6X 1A1

Toll Free: 1.877.422.8467  
24 Hour Claims: 1.877.422.8123



**Ste. Louise Outreach Centre of Peel**

Ste. Louise  
**OUTREACH**

32 Haggert Ave. North,  
Brampton, Ontario L6X 1Y3

We Aim to Please  
at Ste. Louise

Catherine Rivera  
Board President

www.stelouisefoodbank.com Tel: (905) 454-2144  
stelouisefoodbank85@hotmail.com Office hours: (416) 704-0946

**Your Mortgage,  
Your Choice!**

**Nelia Maria Skilich**  
Mortgage Broker  
Lic. M08004932

Office: 905.450.5553  
Mobile: 416.550.8827  
nelia@yourmortgageyourchoice.ca

Servicing - Brampton, Mississauga and the  
GTA surrounding areas  
[www.yourmortgageyourchoice.ca](http://www.yourmortgageyourchoice.ca)

