

The Business and Professional Women's Club of Brampton





Indira Persaud
President
BPW Brampton

Newsletter Highlights

President's Message
Special Events: Golf & Euchre
Membership Corner
BPW Programs
BPW Member Feature
Humane Society
Member Moments
BPW Community Partner Feature
BPW Ontario, VP, Resolutions,
Project Co Lead, ProjectMapleLeaf
2018-2019 BPW Brampton Executive
2019 Dates to Remember
BPW Members Business Card Directory



President's Message Indira Persaud

nother summer has passed and I sincerely hope all our members had a wonderful time enjoying the great outdoors with family and friends. Some of us travelled, enjoyed the cottage and some of us experienced our children graduate from post secondary or enter post secondary. Whatever we all did, I hope it was filled with good memories and relaxation. Life is amazing and truly it is a spectacular journey with life lessons along the way.

First, I must pay respect to our fallen BPW Sister Pamela Moore who passed during the summer and Celebration of Life was held on September 8th in Toronto. Pamela was a member since 2016 and was quite active with BPW through Membership, Golf and 70th Anniversary Committee. She battled her illness with grace and dignity and facing such a brutal illness, she maintained her sense of humour and hope for the future.

I wish to thank Janet Brousseau Past President for our ongoing conversation and laughter as she continues to fight her illness each and everyday. Janet is truly missed at the Club and she consistently sends out well wishes to our Club members.

The summer has been filled with intense political, social and environmental issues. One issue which is alarming is the united cry in saving the Amazon. Seems climate change is becoming the topic of conversation and young Greta Thunberg is taking charge. Sometimes it takes the cry of a child to wake up adults in the room. On a daily basis, we are reminded of inequality and BPW gives us the opportunity to be grounded in a common purpose that is bigger than ourselves to make meaningful changes for all women.

Just a quick recap on May 31-June 2nd, 2019 we attended the BPW Annual Conference in Kitchener-Waterloo. The takeaway this year from Conference was United Nations, 17 Sustainable Development Goals which all Clubs will adopt and all activities will be measured and reported to BPW Ontario.

On June 12th we had our 24th Annual Women's Charity Golf Tournament at Caledon Golf and Country Club. Another successful tournament organized by our dynamic Events Chair Pat Dowling. We raised over \$8,500.00 and with the Scotiabank Team Community Program, \$3,000.00 was donated to The Salvation Army Honeychurch.

On June 18th we had a great social at Terra Cotta Inn attended by over 40 women. Our Programs Meeting was on July 9th where we sat down and brainstormed the potential Speaker Series for 2019-2020.

On July 30th ProjectOnRoute, King City OnRoute for one hour we celebrated the conclusion of ProjectOnRoute and launch of ProjectMapleLeaf. July 30th continues to be one of the most important days of the year for survivors, supporters and those working to end human trafficking, forced prostitution and sexual exploitation. BPW Brampton was at the King City OnRoute along with Project Co Lead Ashley Boynes of Global Shapers. We had about 45-50 people in attendance along with

Continued Page $2 \leftrightarrow$

Continued from Page 1

Caroline Mulroney Minister of Transportation and Stephen Lecce Minister of Education and host of local dignitaries. ProjectMapleLeaf is going national launching on February 22, 2020, Canada's National Human Trafficking Awareness Day and will end July 30, 2020 the International Day to End Trafficking of Persons.

This year, we will be focusing on Leadership Development, Community Outreach and Awareness/Education or Resolutions. We have started with three new initiatives:

- 1) Formers Market on October 5th
- 2) Relationship Development with Brampton Improvement Area (BIA) as there is an excellent synergy between both organizations to gain exposure in the downtown core
- 3) Community Service to Ste Louise Food Bank understanding food insecurity and working towards Sustainable Development Goal # 1, No Poverty. Hope we can work together towards gender equality and support Sustainable Development Goals.

I look forward to working with all members to ensure Brampton remains a dynamic Club within the BPW Family.





Left to Right:
Pat Dowling
Melody Watson
Indira Persaud
Shabnam Usman
Wendy Butler

Special Events Pat Dowling

GOLF





e had our **24th Annual Golf Tournament on**



Wednesday, June 12, 2019 and had an amazing day. We had 89 Golfers, 36 Holes Sponsors and 6 Trade Table Vendors. We were happy to have the Scotiabank Ladies helping us out too. It was another successful event and we are so pleased to announce that we raised \$8,500.00. In addition to this, Scotiabank donated an additional \$3,000.00 from the 'Scotiabank Team Community Program' for a total of \$11,500.00!!! On Tuesday September 24, 2019, Shabnam Usman, Indira Persaud and I presented the \$3,000.00 from Scotiabank to Melody Watson, Executive Director of The Salvation Army Peel Shelters & Housing Services in support of **Honeychurch.** We will be presenting the balance of our donations to our Community Partners at our November General Meeting on November 19, 2019. We have also booked our next year's tournament which will be our 25th Annual Event on Wednesday. June 10, 2020 at Caledon Golf Club. Registration forms will be available in early 2020.



ext up is our 25th
Charity Progressive
Euchre Event on Friday,
November 15, 2019 at the
Glasgow Rangers Supporters
Club Bramalea (The Scottish
Centre). Tickets will be

available October 1, 2019 and we are looking for 84 players so please spread the word as we do sell out quickly. We are in need of your re-gifts and donations for our raffle prizes so please bring to the October meeting or contact Barb Hore or myself to arrange for pick up. Also we need help with food and we will circulate a food list as usual, so please let us know what you would like to donate. This is a wonderful event that helps our community and we ask that everyone please 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** who need our support especially right before Christmas. Doors open at 6:30 pm; we start to play promptly at 7:30 pm.

Membership Corner

Barb Hore



fter a pleasant summer break, we are back to our regular meeting

We are very pleased to be starting off the new BPW year with 41 members. We welcome three new members, two of which will be inducted at our September General Meeting namely Iris Diegal and Donna Philp. Mollie Cavan will be inducted in October.



Your interest in BPW will be rewarded many times over once you get to know all of our ladies and get involved in the amazing work that we do both in our community and internationally.

BPW Programs

Diane Cuthbert



e are looking forward to an informative and ker's Program thi

interesting Speaker's Program this year.

Starting off at our September Meeting with a very inspiring presentation from *Julie Rorison*.





Currently considering a speaker who is a young entrepreneur for our January meeting.

We hope you will find the topics and speakers enlightening and enjoyable! Your feedback is always welcome.

BPW Member Feature Sheila Walker



lex Hopkins is a Registered Social Worker and has

worked in the social service field for 5 years. She began her work volunteering and working in mental health crisis response and suicide intervention. Alex currently operates a private practice in Toronto providing psychotherapy. She works with individuals struggling



with the impacts of trauma, their mental health, and life transitions.

Alex completed her Bachelor of Arts in Psychology at Brock University and her Master's of Social Work at the University of Toronto. She completed placements with community-based organizations including Victim Services Toronto. She is registered with the Ontario College of Social Workers and Social Service Workers, and a member of the Ontario Association of Social Workers

Alex began her work with BPW Brampton last year as a representative of Hope 24/7, and has now joined as an individual member. She happily sits on the Executive as Second Vice President and works with the Resolutions Committee. Alex has a passion for advocacy and human rights, and looks forward to using that in her work with BPW!



Humane Society

he 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 L6\$ 6G3 (Williams Pkwy East & Chrysler Drive) (905) 458-5800



BPW Brampton Member Moments

Pat Wepf

Celebrating 40 years as a Member of BPW Brampton. Pat's Certificate of Recognition was awarded at our September Meeting.

Congratulations Pat!

Pat Tiveron

Celebrating 25 years as a Member of BPW Brampton. Pat's Certificate of Recognition was awarded at our September Meeting.

Congratulations Pat!



BPW Community Partner Feature Barb Hore

Women for Women Afghanistan
The Lantern Fund
Teacher Education for Afghanistan



or several years now, our Club has

generously supported this organization and I felt that many of our members were unaware of the purpose of the Fund.

The Lantern Fund began in October 2012 as a special campaign to raise funds over five years to sustain their Teacher Training Program in Afghanistan. At that time, an estimated 70% of Afghan Teachers working in classrooms had little to no previous teacher training and most also had no post-secondary education of any kind. Many had not even completed high school. The objective of the Fund was to train teachers in hands-on math, science and social studies. Once the teachers were trained, they were certified by the Afghan Ministry of Education and then became eligible for salary increases.

By the end of 2016, their goal was exceeded with more than 1,000 teachers receiving training each year.

Their 2018-2022 goals are focused on:

- Building the capacity of leadership in the teacher education program.
- Helping teachers teach reading, writing and increasing children's literacy.
- Developing critical thinking skills in teachers and students.
- ✓ Improving access to learning resources at teacher colleges.

In 2018/2019, the Lantern Fund is focused on their fourth goal, improving access to learning resources at teacher's colleges.

Although the Halton Chapter of Women for Women Afghanistan will be closing shortly, there is much work to be done within this organization. Liz Watson who has been to our Club on many occasions will speak further to this when she visits our Club in November.











BPW Ontario VP Resolutions Project Co Lead, ProjectMapleLeaf Heather Ellis

n July 30, 2019 over 1,000 Ontarians showed their support at 12 ONroutes throughout the province for the anti-human trafficking awareness campaign, a partnership between BPW Ontario, Courage for Freedom, and Global Shapers Toronto. This campaign was the dream of a 16 year old survivor and she is overwhelmed with the caring shown by Ontarians for her and other victims and survivors. Thank you one and all who participated in the project ... with donations of time, money, and compassion. Here is the list of other organizations which supported the campaign: Catholic Women's League, Anglican Diocese, Crimestoppers, Victims Services, Ontario Provincial Police, Local Police Services, Human Trafficking Coalitions, Service Agencies, Ngos, Canadian Federation of University Women, Women's Institute, Probation and Corrections Officers Associations, Insurance Boards, National Council of Jewish Women, Teachers Unions, Unifor, CUPE, Truck Drivers Association, Hotel Motel Board, Zonta, Ministerial Women's International Church council, Salvation Army, YW/MCA, Welcome Friend LGBTQ2+ Association, Military Ordinariate of Canada, Immigrants Partners Assoc, Canadian Women's Law Association of Ontario, United Way, Council of Muslim Women, Canadian Forces Law Society Members, Children's Services, Canadian Women Truckers Federation, Native Women's Association Caribbean Women's Association, Mohawk Family Services, Public Health, Community Health Centres, Ontario Nurses Association, Quinte Grans for Africa, Mennonite Services, First Nations Police Officers, Chief/Elders, Parents, Families, Survivors, Media, and Conservatives, Liberals, NDP, and Green Party MPP's, MP's, Mayors, Councillors and Wardens.

On July 30th we introduced #ProjectMapleLeaf. This is a national campaign which will officially launch on February 22, 2020, Canada's National Human Trafficking Awareness and end July 30, 2020, the International Day Against Trafficking of Persons. #ProjectMapleLeaf will ensure more awareness regarding human trafficking of minor aged victims by showing more survivor created ads in locations like national coffee stops, theatres and malls. We know this will lead to more conversations, community work, and government support which is needed to generate safety for victims/survivors and support for their families in a non-objectified, non-stigmatizing manner.

Please contact Kelly Franklin (<u>kelly@courageforfreedom.org</u>) or Heather Ellis (<u>bpwheatherellis@gmail.com</u>) to learn how you can be part of #ProjectMapleLeaf. #ProjectMapleLeaf needs your help as it will be generated from Ontario and affecting all of Canada. Can we count you in?

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

Dinner Location:

Vesuvio's Ristorante 91 George Street South Brampton, ON L6T 1P4 905-459-0511

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 www.bbes.ca





BPW BRAMPTON EXECUTIVE 2019-2020

President Indira Persaud

Immediate Past President Janet Brousseau Interim Past President Pat Dowling First Vice President Lynn Rudolph Second Vice President Alexandra Hopkins Treasurer Pat Dowling Recording Secretary Elena Crupi Corresponding Secretary Lucy Oliveira Membership Chair Barb Hore

Programs Chair Diane Cuthbert

Publicity & Public Relations Sheila Walker

Young BPW Zainab Williams Social Media Zainab Williams Events Chair Pat Dowling Resolutions Chair Lynne Taylor Archivist Pat Dowling

Dinner Convenor Lynn Rudolph Club Focus Creative Director Sheila Walker

Website Donna Sauve

Ontario Vice President of Membership Barb Hore

2019-2020 Dates to Remember

SEPTEMBER 17, 2019

Speaker: Julie Rorison, Chief of Staff, Office of the Mayor, Young Dynamic Feminist Topic: Politics and the Young Feminist and Creating a Generation of New Leaders.

OCTOBER 15, 2019

Speakers: Sheila Crook and Doris Hall, BPW Ontario, Women's Empowerment Chair and **BPW Canada Women's Empowerment** Implementation Coaches.

Topic: Women Empowerment Principles to Accomplish the Impossible.

NOVEMBER 15, 2019

24th 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 19, 2019

Speakers-Topics: Community Partners includina:

Hope 24/7 – Lisa McDonald
Honeychurch – Wendy Butler
Victim Services of Peel – Dragana Sabani & Danielle Pacos
Wellspring Chinguacousy – Jenna Courage
Ste. Louise Food Bank – Catherine Rivera
Farmtown Canada – Heather Ellis Canadian Women for Women Afghanistan – Liz Watson

DECEMBER 10, 2019

(2nd Tuesday of December) Topic: Christmas Social with Secret Santa Gift Exchange; Food Donations; Personal Care Items Donations, Blankets.

JANUARY 21, 2020

Speakers: Entrepreneurs Night! Topics: Brampton's Top 40 Under 40 2019, Honouring a Small Group of Women who are Brampton's Top Talent awarded by Brampton

Board of Trade.

FEBRUARY 18, 2020

Speaker: Dianna Knight, Educator, Businesswoman and Volunteer, Melody School, Guatemala. <u>Topic</u>: Educating the Forgotten Children. International Theme Honouring all the BPW **Clubs Throughout the World!**

* Celebrating BPW International Night with our Traditional Candle Lighting Ceremony

MARCH 6, 2020

25th 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 17, 2020

Speaker: Mollie Cavan (BPW Member), **Branch Manager Scotiabank** <u>Topic</u>: To Take Their Business to the Next Level through the Assistance of Scotiabank Women Initiative - The Time is Now.

Celebrating BPW Brampton Anniversary with Presentation and Cake

Celebrating Sheridan College Student with Presentation of BPW Brampton Paddy Silverthorne Bursary Award

APRIL 21, 2020

Topic: Resolutions Meeting with Presentation by Lynne Taylor. Make an impact for the Issues Facing Today's Women ... All Members Welcome to Join Us!

MAY 19, 2020

Topic: Arinual General Meeting & Elections.
Come Out and Support Your Club and Be a Part in Its Direction, Consider Being on the Executive!

JUNE 10, 2020

24th Annual Charity Golf Tournament Caledon Golf Club, More Details to Follow!

JUNE 16, 2020

Our Famous June Social at The Terra Cotta Inn, Caledoni Invite a Guest or Two!

JULY 14, 2020

Programs Meeting for 2020-2021 Your suggestions for Speakers for Next Season are Welcome. Please contact Programs Chair to add your voice.

BPW Canada Convention, Saskatoon Details to Follow.

MAY 2020: BPW 75th Provincial Conference Details to follow.

OCTOBER: Women's History Month

MARCH 8: International Women's Day



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



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.



Grettel Comas

- **t** 905.457.3660
- ☑ baci.gifts@gmail.com
- ⊕ www.bacigifts.com
- 37 Queen St. W. Brampton, ON

Customized Gift Baskets

for any occasion or event

Fine Art

Exclusive Collection of The Arts of John Cutruzzola

Photography

Portraits and Photo Restoration

f 🖸 💆 Find us on social media

Brampton Business Executive Suites

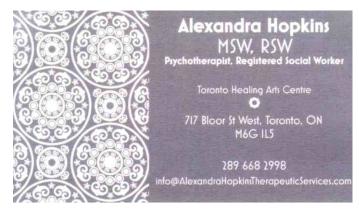


10 George St. N. Brampton, ON L6X 1R2 (905) 454-7902 Fax: (905) 454-9506 www.bbes.ca amrit@bbes.ca

Amrit Kaur

Managing Director

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









Nelia Skilich De Sousa

Mortgage Broker

Office: 905.450.5553

Mobile: 416.550.8827 nelia@yourmortgageyourchoice.ca

Servicing - Brampton, Mississauga and the GTA surrounding areas www.yourmortgageyourchoice.ca





MMORTGAGEARCHIT

Pat Dowling

Agent #M08003138 Mortgage Agent pat.dowling@mtgarc.ca

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

Carol Kollar

Agent #M08003625 Mortgage Broker carol.kollar@mtgarc.ca

YOUR MORTGAGE LADIES

905.789.8198

Ste. Louise

OUTREACH

www.mortgageladies.com



JANET E. BROUSSEAU Vice President

2685 Rena Road, Mississauga, Ontario L4T 1G6 905-678-9779 • Cell 416-717-8954 janet.brousseau@bellnet.ca

Ste. Louise Outreach Centre of Peel

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

We Aim to Please

at Ste. Louise

www.stelouisefoodbank.com stelouisefoodbank85@hotmail.ca Catherine Rivera **Board President**

Tel: (905) 454-2144 Off Hours: (416) 704-0946



GET THE JUNK OUT OF THE TRUNK!



16 WEEK **ISABODY** CHALLENGE CONSIDER DOING A CLEANSE AND FUEL YOUR BODY WITH OPTIMAL NUTRITION

FEEL YOUNGER, LIGHTER MORE TONED, MORE VIBRANT, CLEAR HEADED, ENERGIZED, SLEEP BETTER

ASK ME HOW

c: 416.817.0566

e: heidi@makeagreatday.ca w: www.makeagreatday.ca

Heidi Bryans IsaBody Challenge Finalist DOWN 21 LBS., 25 INCHES, 13% BODY FAT UP OVER 2LBS LEAN MUSCLE



Local Home, Auto, Life and Business Insurance Protection

Snigdha Malik, cfp CERTIFIED FINANCIAL PLANNER

37 NEWGREEN CRESCENT BRAMPTON, ON L6S 4Y5 PHONE: 416.697.6849 FAX: 905.452.0339

SNIGDHA@ALLAINMALIK.COM

WWW.ALLAINMALIK.COM



