

The Business and Professional Women's Club of Brampton

Club Focus

SPRING 2021



Lynne Taylor President BPW Brampton

Newsletter Highlights

President's Message
Special Events: Golf & Euchre
Humane Society
BPW Provincial Report
BPW Programs
BILL C-237 for Diabetes
BPW Member Feature
Elizabeth Fry Society of Peel Halton
BPW Archive Reading
BPW Brampton Resolutions
Celebrating BPW Brampton's
Members for 2020-2021
2020-2021 BPW Brampton Executive
Dates to Remember
BPW Members Business Card Directory



President's Message Lynne Taylor



hope this edition of Club Focus has you all looking forward to warmer weather, more daylight, spring flowers and a chance to get out and see neighbours and friends, even if it is still at a distance.

BPW Brampton has had a very productive and collaborative first quarter of 2021. In addition to continuing with our virtual monthly Executive and General Meetings with Guest Speakers and maintaining connections with our Community Partners, the first three months of 2021 began as follows:

- January the launch of the Support Small Business Campaign, which has featured four local women owned and run businesses to date, with more in the pipeline for the months of May, June and July;
- February we celebrated Black History by featuring several inspirational and historical black women on our social media, inducted a new Young BPW member to our club, held our annual Candle Lighting Ceremony and featured social media posts for Human Trafficking Awareness Day on February 22nd; and
- March International Women's Day celebrated with more social media awareness and we pivoted our fundraising program to a collaborative Meat and Seafood Drive with the local chapter of the Canadian Progress

Behind the scenes, our Resolutions Committee continues to meet on a regular basis and is busy meeting with various supporters/stakeholders as it relates to our Resolution. We have received letters of support from some of our Community Partners, as well as, other local like-minded non-profit organizations who see the value in collaborating on this effort to bring our Resolution to City Council and subsequently to the Region of Peel. In addition, Indira is working hard at reaching out and connecting with potential Guest Speakers on diverse topics for our 2021-2022 year, starting in September.

As we wind our year down in June, some of us will continue to meet occasionally over the summer to plan for the aforementioned program speakers and to continue the efforts on moving our current Resolution forward and give some consideration as to what our next Resolution should be. We will also be planning for the event of when we will be able to meet face to face again as a Club, even if it means still wearing masks. We recognize the need and the value to have our Members gather in person again safely to reconnect.

In closing, I would like to thank all Members for your continuing support of myself and the rest of the Executive as we continue to maintain the values and mandate of BPW Brampton and to raise its awareness within our community

I wish you all a safe, happy and healthy summer!

Special Events Pat Dowling



e are very excited to be holding our first fund-raising event for 2021 in conjunction

with the Canadian Progress Club.

We are doing a meat and seafood drive featuring North County Meats (formerly McGregor Meats).

We are so ready for great BBQing

times and hot summer weather to cheer us up and get back to some sort of normalcy.

Please have a look at the order form and try some of the amazing meats and seafood. I personally have bought from them and the quality of the foods are top-notch.

We are asking you to also please pass on the forms along with the nutritional information to your family and friends. It is a great way to support our Community Partners and to have some good food as well.

Remember to have an order form for each person you sell to so that pick-up of the items will be quick and easy.

Order forms and e-transfers are to go directly to msimms@rogers.com.

If paying by cash or cheque, please email the order to the above email, advise if paying by cash or cheque (made out to Canadian Progress Club) and then drop off the form along with the payment to myself – address:

4 Northumberland Place, Brampton, ON L6S 4E5
We hope that you can help us help our Community
Partners by promoting this event as much as possible as
the cut-off date is April 29, 2021. Pick-up date is May 6,
2021 at Turner Fenton High School.



Unfortunately due to COVID, we have rebooked our 25th Annual Charity Golf Event and our 1st Janet Brousseau Memorial Golf Tournament for next year on Wednesday, June 8, 2022.



We have tentatively rebooked our next **Charity Progressive Euchre Event** for Friday, November 12, 2021. We will revisit this in September 2021 to see if we can if fact hold this event.

Happy Spring!!!

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 L6S 6G3 (905) 458-5800



BPW Provincial Report Barb Ho

any exciting things are happening at the Provincial level.

* A new **Mentoring Task Force** has been created and plans for moving forward will be submitted to BPW Ontario Board for approval shortly.

* BPW Ontario is also developing a new **Marketing Strategy** to improve our visibility in our respective communities. More information will be forwarded.



* A new **Diversity and Inclusion Task Force** has been struck. It's purpose is to actively promote greater diversity and inclusion to enrich our organization. Brampton members Sebanti Chadha and Alex Hopkins are part of this team.

2021 VIRTUAL CONFERENCE ANNUAL GENERAL MEETING

This is set to run on Saturday, June 5th. Please mark your calendars and plan to attend. This will be one day only. Cost for delegates and proxies is \$50.00 with no charge for observers.

Stay safe.



BPW Programs Indira Persaud



t has been an incredible year for all of us. BPW Brampton has transitioned

quite well to the virtual format with a great line up of speakers. It has been a pleasure to serve as your Programs Chair for this year and I am looking forward to putting COVID-19 in the past.



I remain hopeful and optimistic that we will get through this and wonderful things will come our way.

Our Programs Meeting for 2021-2022 will be held on July 13, 2021. Your suggestions for speakers for the next season are welcome.







BILL C-237 An Act to Establish a National Framework for Diabetes Indira Persaud



Fact: 1 in 3 Canadians live with prediabetes or diabetes, a chronic disease that can result in life-threatening complications if not treated.

In 1921, Canada was the birthplace of insulin. Why can't we be a global leader in diabetes treatment as well?

What is BILL C-237? BILL C-237 will result in the development of a national framework designed to

support improved access to diabetes prevention and treatment to ensure better health outcomes for Canadians.

The national framework must include measures to:

- 1. Explain what diabetes and prediabetes are;
- 2. Identify the training, education and guidance needs of health care and other professionals related to the prevention and treatment of diabetes, including clinical practices guidelines;
- 3. Promote research and improve data collection on diabetes prevention and treatment;
- 4. Promote information and knowledge sharing in relation to diabetes prevention and treatment; and
- 5. Take into consideration any existing diabetes prevention and treatment frameworks, strategies and best practices, including those that focus on addressing health inequalities.

BILL C-237 first reading took place on February 27, 2020 has recently passed second reading in the house, meaning it is going to the Health Committee for further study. I am hoping it will go through and then back to the House for further debate and final vote. Will pass to the Senate for approval. BILL C-237 was tabled by Sonia Sidhu, Member of Parliament Brampton South.

BPW Member Feature Sheron P. Latibeaudiere Barb Hore



Op.

rom the beginning, I have always loved multiple areas of study art, the world of

including; art, the world of entrepreneurship, and studying beautiful architecture in houses (only understanding later that it is classified as Real Estate).

I currently identify mostly as a Real Estate Marketing Specialist (REMS) and the owner/ creator of

Stagelt.One Inc. a Home Staging and Interior Design Services company. Our story is one that is birthed from a necessity being fulfilled in the real estate industry. Let me explain this way. From the beginning of my entry as a Realtor, my sales practices & results were acknowledged by ReMax standards as entering an Executive Club for outstanding sales. I entered this industry with a mindset that people will pay for what they perceive are their needs which always includes some version of service and convenience! I was going to spend my time focused on just that, constantly asking the question, what could I offer my clients that would make this real estate transaction easier? My slogan at the time was "Change made Easy." I immediately began working on recruiting a team that specialized in each area of identifiable needs. Professional home staging by accredited staging designers, professional packing and decluttering assistance with accredited organizers, and professional interior design service by accredited decorators and interior designers. My clients truly appreciated these extra services being provided, at a measured standard that represented my brand, and were more than happy to pay for what they received! The referrals started coming and results started flowing.

Stagelt. One was created to help not just myself, but also help other realtors offer the same service to their clients, to help aspiring designers accelerating their careers with both contract work and internships, and help bring recognition and often unrecognized accreditation such as the Professional Organizers of Canada (POC), the CSP Home Staging Certification and Training, and the Decorators and Designer Association of Canada (DDA Canada).

I love what I do! I found an opportunity to contribute my skills in a way that benefits others in a significant way! I have a loving and extremely supportive family of which I could never do all that I do without their help, love, faith, and support! I met my partner later in life, only 5 short years ago, and life has never been better. I am a stepmother to 3 amazing boys, and I am eager to adopt a little girl into this circle of love! My passions are in contributing to the growth and awareness of women as strong, capable, world-changing beings! I am extremely supportive of the issues that my black community faces today and make efforts to support the progression and awareness of black culture, black issues, and black struggles to make a better tomorrow for my black community! I abhor animal cruelty of any form! Unfortunately, it happens far too much, and not enough of us discuss it, nor know the different ways we can prevent it. I wish to be a change factor for animal rights as well. These are my passions!

I am grateful there is an organization like ours, the BPW Club, that addresses many of my passions, and is an extended support team for myself, and so being, a support mechanism for all that I stand for. I appreciate our mission! I believe we are all significant in our own ways, and God has brought us, women, together for reasons we hope to live out with honour and integrity. Thank you for listening to my story.

Human Trafficking, Sexual Exploitation in Peel and an Elizabeth Fry Society of Peel Halton Approach Indira Persaud

uman trafficking is a complex and often a hidden crime that results in serious long-term trauma for victims and survivors. All girls are at risk of recruitment solely by virtue of their age and gender. Girls are manipulated, forced, and coerced into sex trafficking daily. The predominance of human sex trafficking within the Region of Peel has been a arowing concern for some time.



In November of 2015, Peel Regional Police received funding through the Ministry of Community Safety and Correctional Services to provide specialized training to police officers and community partners to facilitate more meaningful interactions with victims/survivors of human sex trafficking. One of the key speakers at the conference, Timea Nagy, a survivor of sex trafficking, facilitated a workshop that included the development of a regional social service model to support victims of human trafficking. The support model developed at the conference became the foundation for the Peel Human Trafficking Service Providers Committee (PHTSPC) established in December 2015.

The Peel Human Trafficking Service Provider Committee's membership is comprised of over 40 service providers, police services and government agencies from within and outside of the region with a mission to collaborate for the elimination of sex trafficking through education, advocacy, empowerment and the restoration of victim/survivor rights. The PHTSP committee has developed a Regional Protocol, which includes background, mission statement, guiding principles, tool kits, general indicators and an emergency care path to act as a guide to the resources that are available and needed at different stages. The committee works collaboratively to streamline supports and to provide a coordinated approach in assisting victims and survivors of human trafficking. The PHTSPC disseminates information through the development and distribution of print material that includes indicators that someone is being trafficked, what to do, the resources that are available, and contact numbers. The committee also increases community capacity to identify, address and appropriately refer victims and survivors to the supports and services needed through presentations and train the trainer sessions.

Not only does the committee increase knowledge and awareness of sex trafficking within the Region of Peel, through community education and capacity building, it leads and fosters collaboration for joint action against human trafficking, including submissions for funding. In May of 2017, two PHTSP committee representatives were invited to present on behalf of the PHTSPC to Peel Regional Council on the committee and its joint housing and counselling submissions in response to a call for proposals issued by the Ministry of Community, Children and Social Services. Although the PHTSPC submission did not receive funding through the provincial strategy, it highlighted the need for services to address gaps in our region and was endorsed by Regional Council.

In June of 2018, Regional Council for the Region of Peel endorsed the 'Strategy to Address Human Sex Trafficking in Peel Region.' Included in the strategy, was a three-year pilot program for the implementation and operation of one safe/emergency house and one transitional house. In April 2019, Regional Council approved the recommendation to award the contract for the operation of the two residential programs to Elizabeth Fry Society of Peel-Halton.

We at the Elizabeth Fry Society of Peel-Halton will operate a staffed Safe/Emergency House and a staffed Transition House in Peel Region. The Safe/Emergency House and the Peel Transitional House will provide short stay and second stage housing to survivors of sex trafficking, ensuring that women and girls impacted or vulnerable to human trafficking are provided with much needed services. These additional services in Peel are crucial to their journey and ongoing development. We thank everyone involved for their part in this important accomplishment for our community and look forward to continuing to work together with our partners to provide these much needed services to our community!

In April of 2020 at the beginning of the pandemic we opened Bonnie McPhee House – a residence for young women exit from Human Sexual Trafficking and we were full within days of opening and have remained at capacity since April. The companion residence, Peel Transition Residence, where young women are able to stay up to two years as they rebuild their lives – will be opening in April 2021.

We have been committed to the issue of Human Sexual Trafficking since it became an issue for the young women and women we serve in our community. As we navigate this level of gender based violence we are discovering sadly that many women we have been in contact with through our other services were trafficked as young persons and this has in a lot of cases determined their choices in life and their disbelief that they were not worthy of appropriate treatment by society.

We will continue to battle this issue facing women and girls in our community and look forward to working along-side of the Business & Professional Women of Brampton to eradicate this issue.







BPW Archive Reading Pat Dowling

BPW Brampton Members are

celebrating our 74th Anniversary this March and customarily at our March meetings, we read something from the archives to reflect our history in years past. Following is a poem written by one of our members presented at the December 1948 meeting along with a few other interesting readings.



<u>Overseas Parcel</u>: "We're a wee bit late this year, but the Barnsley BPW Club (in England) is going to receive

their Christmas Cheer from the Brampton Club after all. A parcel, packed full of all the good things of the Christmas season, has been mailed and we only hope it reaches there before St. Nick." from the Secretary's Report

Coming Events for January 1949 (Florence Chinn)

There will be no meeting on the first Thursday, January 6th. Supper Meeting on January 20th. Ongoing to press we are unable to say definitely just who our Speaker will be for this meeting. If Parliament does not open on that day, Mr. Gordon Graydon, MP will speak to us. If Parliament does open, who can tell? Look in the January issue of Club Chatter for further details; but keep the night open.

New Members: A hearty welcome to our new members, some of whom are Brenda Adams, Bertha Andrews, Allie Beatty, Adeline Frazer.

Birthday Greetings & All Good Wishes: To all the girls who have 16(+) candles on their Birthday Cake at this season of the year, Lou Calvert, Marie Moorehead, Edna McLean, Jean McLeod, Marg McLeod.

A Challenge Accepted: "Man's Gift to Man" by Elizabeth Christie

t was Christmas time and I stood at the window looking out on the world. A quiet beauty prevailed everywhere. Along the street were the homes of men, with snow upon their slanting roofsand spirals of purple smoke writing their stories of warmth and comfort against the blue of the winter's sky.

All this, I thought, is God's gift to man – the earth beneath my feet – the beauty of its gardens – the trees – the sleeping seeds that wait in patience for the awakening of Spring. Nature has provided generously and carefully for man's needs. "Has man himself," I asked, "served his own kind with the generosity of the cold earth?" My heart saddened as I remembered man's frequent inhumanity to man, his greed, his cruelty, his bloody wars.

Just then the sun broke through the dark clouds. I looked from the window with new eyes. Everywhere I saw evidence of man's kindly heart and generous hand – the cheery echo of the carpenter's hammer - a nearby train rushing its freight of coal and food to the city – little children clad in warm clothes and gladdened by the Christmas season. It was a strange and lovely world where men and women with shining faces toil for the play with each other – where calloused hands are not too hard for gentleness; nor teary hearts too tired for kindness at this season of the year.

BPW Brampton Resolutions

Alexandra Hopkins





it has been for our Resolutions Committee!

When we began this process, I could never have imagined the outcomes and positive steps that have been made and continue to be made. For those who have

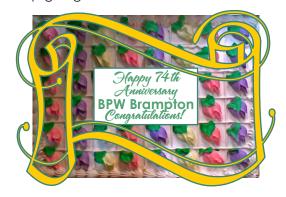


attended our General Meetings, I know it can be confusing and overwhelming to process Resolutions, so I thank you for all your encouragement.

I'm proud to recap some of our major accomplishments: we are the first Club in BPW Ontario history to have submitted simultaneous Resolutions to different levels of government, for only the second time in BPW Brampton history we have submitted a Resolution to Brampton City Council, we have met with political candidates, founders of non-profits, fellow advocacy groups, City Council members, and Peel Regional Police, and we have re-evaluated what it means to partner in advocacy. As we push ahead, our goals grow with our learning and collaboration. The possibilities are endless for Resolutions

As our work grows, so does our Committee, and I'm pleased to welcome Geraldine, Cindy, and Grettel to our team; they have already played an instrumental role. We continue to be an open Committee and welcome any Members to attend our meetings (held monthly) to participate or observe.

My perspective in my work as a therapist and social worker is to work so that my job becomes unnecessary. I feel this way about Resolutions, to advocate until we have made such a difference that our role is no longer necessary. But until then, we keep going.





Members for 2020-2021

- * Karen Armstrong
 - * Heidi Bryans
 - * Wendy Butter
 - * Mollie Cavan
 - * Sebanti Chadha
 - * Grettel Comas
 - * Cynthia Coon
 - * Elena Crupi
- * Khatidja Dandach
- * Nelia Skilich De Sousa
 - * Pat Dowling
 - * Geraldine Esemezie
 - * Susan Tennell
 - * Lina Ferguson
 - * Linda Ford
 - * Marlene George
 - * Alexandra Hopkins
 - * Barbara Hore
 - * Wendy Humphreys

- * Carol Kollar
- * Sheron P. Latibeaudiere
 - * Debbie Lupton
 - * Snigdha Malik
 - * Tracey Marshall
 - * Lisa McDonald
 - * Lucy Oliveira
 - * Indira Persaud
 - * Patricia Prez
 - * Catherine Rivera
 - * Suzanne Roy
 - * Lynn Rudolph
 - * Alexandra Smith
 - * Mataliia Soroka
 - * Lynne Daylor
 - * Patricia Diveron
 - * Dittie Voegele
 - * Sheila Walker
 - * Patricia Wepf
 - * Zainab Williams

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

Social Media

- BPWBrampton
- BPW Brampton

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 2020-2021

President Lynne Taylor

Immediate Past President Indira Persaud First Vice President Alexandra Hopkins Second Vice President Grettal Comas Treasurer Pat Dowling

Recording Secretary Marilena Crupi Corresponding Secretary Lynn Rudolph Membership Chair Barb Hore Programs Chair Indira Persaud

Publicity & Public Relations Sheila Walker

Young BPW Zainab Williams Social Media Zainab Williams Events Chair Pat Dowling Resolutions Chair Alexandra Hopkins Archivist Pat Dowling

Dinner Convenor Lynn Rudolph Club Focus Creative Director Sheila Walker

Website Donna Sauve

Dates to Remember

SEPTEMBER 9, 2020

Programs Meeting for 2020-2021. Meeting held on Zoom.

<u>SEPTEMBER 15, 2020</u> <u>CANCELLED</u>: BPW Brampton General Meeting. Executive held practice run on Zoom in preparation for October 20 General Meeting.

OCTOBER 20, 2020

Speaker: Constable Joy Brown,

Peel Regional Police

<u>Topic</u>: Peel Human Trafficking Service Providers Committee and its meaningful involvement in Peel and the Greater Toronto Area with its work in Human Trafficking.

NOVEMBER 13, 2020

CANCELLED: 27th 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 17, 2020 Speakers are BPW Community Partners including: Hope 24/7 – Lisa McDonald Honeychurch – Wendy Butler Victim Services of Peel - Debbie Lupton Wellspring Chinguacousy – Alex Smith Ste. Louise Food Bank – Catherine Rivera Topic: Each Community Partner will be allowed 10-15 minutes to speak about how BPW Brampton's Donation has assisted their agency in delivering services to their clients.

DECEMBER 8, 2020 (2nd Tuesday of December) Speaker: To Be Determined

Topic: The Spirit of Giving in Uncertain Times Our Club is also discussing a meaningful get together to celebrate Christmas in a socially responsible outside gathering. Also, we are considering a financial donation and/or sponsoring a family for Christmas.

JANUARY 19, 2021

Speaker: Tracy Pepe, Owner of The Scented L'Air 29 Queen Street East, Brampton Topic: How the Nose Knows

FEBRUARY 16, 2021

Speaker: Nataliia Soroka, as one of the newest members of our Club, Nataliia is a Young Traveller, Entrepreneur who has served the United Nations and lived in Dubai will speak about Women's International Issues and Women's Rights through her own lived experiences. Topic: Intercultural Successful Women in the

Middle East. Emirati Women. Difference between Emirati and Western Mindset.

..... Continued

* International Theme Honouring all the BPW Clubs Throughout the World!

Celebrating BPW International Night with our **Traditional Candle Lighting Ceremony**

MARCH 5, 2021

26th Progressive Charity Euchre Event, The Scottish Centre (AKA Glasgow Rangers Supporters Club Bramalea), 185 Advance Blvd., Unit 2, Brampton L6T 4H9 905.458.7718

Speaker: Olivia Stockmann, serving an intern to the United Nations Secretariat Headquarters.

Topic: She will give an overview of Women and Leadership from the United Nations Perspective. - AND -

Speaker: Sandeep Gill, an event planner with Lumos Events who had to pivot her business during the pandemic.

Topic: She will speak about how she had to pivot her business during the pandemic.

APRIL 20, 2021

Speaker: Alexandra Hopkins, BPW Brampton First Vice President and Resolutions Team. <u>Topic</u>: Issues facing women and future Resolutions. Make an impact for the Issues Facing Today's Women ... All Members Welcome

MAY 18, 2021

<u>Topic:</u> Annual General Meeting & Elections.

Come Out and Support Your Club and Be a Part in Its Direction, Consider Being on the Executive!

JUNE 9, 2021

The First Annual Janet Brow sear Ladies Charity
Golf Tourna (2014) and Cole planta BPW Brampton's 25th Anniversary Caledon Golf Club, More Details to Follow!

JUNE 15, 2021

Our Famous Tune Social of the Terra Cotta Inn, Caledon! Invited Clear Two

JULY 13, 2021
Programs Meeting for 2021-2022.
Your suggestions for Speakers for Next Season are welcome. Please contact Programs Chair to add your voice.

JUNE 5, 2021: BPW 75th Virtual Provincial Conference and Annual General Meeting

TBD 2021: BPW Canada Convention, Ottawa

AUGUST SOCIAL: Hosted by Pat Dowling at her home. Details To Be Determined COVID-19 permitting.



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
- **9** 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

Office and Meeting Place Solutions



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

Amrit Kaur

Managing Director

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





Thank you to our Alember Sponsors for the Purchase of a Print Ad



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





Creative Keystrokes, Brushstrokes & Stitches sheila@keystrokesdesign.ca keystrokesdesign.ca

MMORTGAGEARCHITECTS

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

Brokerage #12728

Carol Kollar

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

YOUR MORTGAGE LADIES

905.789.8198

Ste. Louise

OUTREACH

www.mortgageladies.com

Thank you to our Slember Sponsors for the Purchase of a Print Ad

Ste. Louise Outreach Centre of Peel

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

We Aim to Please at Ste. Louise

at Ste. Louise
www.stelouisefoodbank.com

stelouisefoodbank85@hotmail.ca

Catherine Rivera Board President

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

LINDA FORD
PRESIDENT © 905.866.6616 © 905.866.6683

GET THE JUNK OUT OF THE TRUNK!





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



Karen Armstrong BA, CAIB Account Executive DIRECT 647-938-6066 TOLL FREE 1-800-403-7703 x214 karena@goodison.com goodison.com



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



