

## The Business and Professional Women's Club of Brampton

# Club Focus

#### **FALL 2014**



Pat Dowling
President
BPW Brampton

### **Newsletter Highlights**

President's Message
Golf & Euchre Events
Provincial Report
Carrie Andrews
BPW International
Resolutions
Membership Corner
Recent Highlights on a Member
Focus on a Member
Member's Moments to Share
Community Partners Update
Humane Society
2014-2015 BPW Brampton Executive
2014-2015 Dates to Remember
BPW Members Business Card Directory



## President's Message Pat Dowling

elcome back BPW
Brampton! Another
Summer has come and
gone and Fall is upon us.

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 in Sudbury – *Linda Barker, Barb Hore and Indira Persaud*. We also had *Carol Kollar* attend as a delegate to the National Convention held in Saskatoon. As always, *Olga Gil*, our Resolutions Chair is looking for volunteers, and more importantly, ideas on what Resolutions the Brampton Club can submit for the upcoming Provincial Conference being held in Barrie in 2015. Please contact Olga to share your ideas and see how Resolutions are created.

Our District 3 Annual General Meeting is on Saturday, October 25, 2014 at La Scala Restaurant in Mississauga. Our own member, Tammy Elliot will be hosting a workshop and the guest speaker is Chris Fonseca, Mississauga City Councillor Ward 3. We hope you can attend this day. We have a wonderful Programs schedule with Linda Barker at the helm to ensure we have another informative year of speakers and topics of interest.

We are pleased to have a new home for our monthly meetings namely **Clinton's on Main** and are truly enjoying having our own room for our meetings. At our September meeting, we had a very special guest attend, **Paddy Silverthorne** all the way from B.C. It was such a joy to see her again and she was thrilled to be able to be part of one of our meetings after such a long time.

We had another successful Charity Golf Tournament in June and with the support of Scotiabank's 'Bright Future Program' we raised \$13,456.00.

Congratulations Brampton on being such an amazing Club with so much heart, determination and dedication. Our next event is our 15th Progressive Charity Euchre Night on Friday, November 7, 2014 at the Brampton Irish Centre. Open to guys and gals, it will be another great night out with proceeds going to Ste. Louise Outreach Centre & Food Bank.

This edition has a new section 'Member's Moments' which is a forum to let members share personal and/or business triumphs with one another.

I am so honoured to serve as your President for another term and the upcoming year promises to be exciting!

### Special Events 2014 Barb Hore

#### **GOLF**

n Thursday, June
12th we had our
19th Annual Charity
Golf event that was held at
Caledon Golf Club. We had
79 golfers, 31 hole sponsors,



an additional 19 dinners only and 7 trade table vendors. We had a wonderful day of golf and lots of fun. We enjoyed a great evening and with our raffle prizes and live auctions, we are pleased to announce that we raised \$8,456.00. In addition to this, Scotiabank presented an additional \$5,000.00 from their Bright Futures Program for a total of: \$13,456.00.

We have booked our next year's tournament for Thursday, June 11, 2015 at Caledon Golf Club.

Registration Forms will be available in early 2015

#### **EUCHRE**



ext up is our 15th Charity Progressive Euchre Event



tickets now available for sale and, as you know, this event gets sold out quickly. We only have room for 100 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 regifts 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 for pick up.

We will also need help with food and will circulate a food list as usual. 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@talentcor.com. Tickets are \$20.00 each (with no refunds available). Doors open at 6:30 p.m. We start to play promptly at 7:30 p.m.

### Provincial Report Barb Hore

s the newly elected Vice President of Federation Promotions (Membership) for BPW Ontario, I am pleased to report that the Board has already had a meeting over the summer to start to summarize some of the issues and ideas that we will be putting forward this year. To summarize:



- We will see some changes in the number of delegates that each Club will be able to send to Provincial Conference.
- Since our Brampton Club has confirmed that we will host the 2016 Provincial Conference, we will be responsible for the Friday night entertainment and snacks at the 2015 Conference. We should be striking a Conference Committee soon. If you would like to assist us, please contact Pat Dowling or myself. It really is not a lot of work if everyone pitches in.
- Corporate memberships are under consideration.
- There will be changes in the membership award process.
- A revitalization fund has been set up to assist smaller clubs in Ontario to host events in order to raise their profile in their respective communities.
- I would encourage all of you to attend our Annual General District Meeting which is being held at La Scala Restaurant in Mississauga on October 25. Our district includes Brampton, Mississauga, Niagara Falls and St. Catharines. Come out and meet other members of our district.

### Carrie Andrews Pat Dowling



s many of you know, Carrie and Lindsay Andrews moved to Cobourg leaving behind the Brampton community that they knew and loved. Carrie did continue to attend our meetings whenever possible. However, as much as she loves BPW Brampton, the drive to attend meetings especially in the winter

does not seem like a good long term plan. So with that in mind and with a heavy heart, Carrie has transferred her BPW membership from Brampton to the Bowmanville Club. We will miss her dearly and wish her all the very best in the Bowmanville club. On the upside, we will be seeing her at conference!





## BPW International Sniadha Malik

Meet Our New President for BPW International, President's Message to the International Board



irst of all, I would like to thank the XXVIII International Assembly for your participation on the

democratic process that elected me as your President and elected remarkable Executive members. I am honored and excited at the prospect of leading our membership of Business and Professional Women through a new era in our organization. This is a crucial time in the lives of women around the world. We have brought up societal awareness of our position and our goals. We will now work in claiming our well deserved space in society, in the business world, and in the professions. BPW International is an element of change and improvement. We are an established global network of leaders in our own right.

As we start this new Triennium, it is our goal to Make a Difference Through Leadership and Action. I strongly believe that what makes BPW so special is its members. If we join our efforts and work as a team and with our partner organizations in the initiatives, programs and projects, that we have and in those that may come before us, not only will we be empowering our own members, but all women in general. It is through our common action that we will see the results of our work.

BPW International with its network of National Federations, Affiliate Clubs and its members in 100 countries around the globe is in the best

position to show the world our true empowerment of women through our actions. In this triennium we will build on the work and accomplishments gained during previous trienniums and through our common efforts we will be leaders who take action. Leadership is the best tool to empower women in all phases of our lives, in the workplace, in society and under the law, and we need to prepare ourselves so we can improve our performance at all levels. We need to take action with sustainable programs, working on campaigns, highlighting issues, becoming women in decision-making roles and anywhere that women need the self-confidence to lead. Leadership is not just about being a CEO, a President or Chair, it is about motivating, inspiring, providing support, mentoring, and action. BPW has the tools needed to empower our members.

I call on our BPW leaders, affiliates and members in general to join in our efforts to reach our objectives and those of our predecessors. BPW was built by strong, hardworking pioneers who led us by example and who, through their efforts, improved the lives of women throughout the world. It is my commitment to work shoulder to shoulder with our members, "keeping our roots, building our future." Together, we will be Making A Difference Through Leadership And Action.



Dr. Yasmin Darwich, President, BPW International 2014-2017



### News from BPW Resolutions Olga Gil

esolutions passed at a Provincial Conference or National Convention often contain directives to urge the provincial or federal governments and/or as appropriate specific ministries to take some sort of action. These directives outlined in the approved resolution Therefore It Be Resolved statements are consolidated into a written brief for submission to the various government ministries, and leaders of the opposition parties. A copy of the brief is circulated to Club Presidents for use at the local and/or provincial levels, i.e. for issuing press releases, and/or arranging meetings with their community-

based Member of Provincial Parliament representatives, (MPP), or Members of Federal Parliament (MP).

Opportunities to meet with the ministries affected by the resolutions enclosed in the brief are requested/granted. These

meetings provide a further opportunity to strengthen our relationships with decision makers and to reinforce how and why we feel our resolutions should be implemented. A report of these meetings and correspondence is communicated to the membership through emails, routine mailings, annual reports and the website.

### Membership Corner Karen Armstrong



Off

elcome back BPW Brampton Members! I hope everyone had

a fantastic summer and was able to spend time with their families.

The Fall is upon us now and we have lined up some great dinner meetings for our membership. I hope you are able to join us and possibly bring out a friend or guest to one of our meetings.

It is because of your enthusiasm in our Club that it is truly a great one.

Let's make this an amazing year!

## Recent Highlights on a Member: Linda Ford Sheila Walker



Access Career Solutions would like to sincerely thank our staff and clients for helping us achieve another milestone. Linda Ford, President, has been named one of Canada's Top Female Entrepreneurs. Congratulations to all the W100 Canada's Top Female Entrepreneurs!

**CAREERS** 

Visit us at accesscareers.com

## Focus on a Member: Angela McKinnon Sheila Walker



ngela McKinnon is your Property Stylist Expert. Angela offers more than 15 years of styling expertise working with both homeowners and licensed real estate professionals. She has both an innate and elegant sense of style combined with an extensive background in the business. She has completed a number of courses and programs, conducted by industry leading professionals

and is a proud member of the RESA, Real Estate Staging Associations. A consummate professional and life long learner, Angela is committed to the principles of design and a connoisseur of the latest industry design and style trends. She maintains a fastidious attention to detail. Home Dream Designs and Angela McKinnon are passionate about design, décor and most importantly, the delivery of 100% customer satisfaction.

As a property stylist, she sees the potential of your home. Angela will visualize your home in a new and unique way. Familiar with design techniques, optimal use of space and improving the traffic flow in a home, she will reposition and realign your pieces for optimal effect. Maximizing profit potential on the sale of your home means creating spaces the purchaser can envision their own family living in. The McKinnon Team can do that for you.

From subtle changes, tweaks in furniture placement or a simple colour consultation to the larger "make a statement" changes that create the **WOW** factor, Home Dream Designs will get the job done. Small or large, whatever suits her clients' needs, expectations and budget, she can achieve it.



416-725-5034 angela@homedreamdesigns.ca homedreamdesigns.ca

## Member's Moments to Share Pat Dowling

<u>Pat Wepf:</u> Pat became a first time Great-Grandmother of a beautiful baby girl named Leah, born in August.

<u>Linda Ford:</u> I've been named to Canada's W100 list of Female Entrepreneurs. Ranked #49 in Canada.

**Pat Dowling:** On July 19, 2014 (my husband Barry's birthday), I became a grandmother for the first time. Proud parents Shane and Cheryl announced the safe arrival of Miss Riley Sandra Dowling weighing in at 7 lbs. 4 oz. at 11:56 a.m.

**Tammy Elliott:** I pulled together an amazing team for my Leadership Forum for Business Women in Caledon.

**Sonja Embree:** Sonja will be moving to Ecuador in January 2015 to take a teaching position for a two-year term.

<u>Karen Armstrong:</u> Karen survived the long awaited kitchen renovation this summer - Yahoo!

#### **Programs** Linda Barker

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



### Community Partners Sheila Walker

### **October Meeting**

ctober speakers will include a group of our community partners. Each speaker will update the Club on current activities within their organization. Partners include:

Honeychurch Women's Shelter, Marilyn Field
Walk with Me, Timea Nagy
Wellspring Chinguacousy, Maria Taylor
St. Louise Foodbank, Catherine Rivera
Hope Place, Laura Zilney

Wellspring Chinguacousy will be onsite for their Pink Hair Dare Campaign.



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

#### **BPW Brampton**

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

#### **Phone**

Karen Armstrong (905) 456-5184

#### **Email**

bpw\_brampton@hotmail.com

#### Website

www.bpwbrampton.com

Women Working for Women.



190 Main Street South, Brampton, ON L6W 2E2

## 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



#### Your 2014-2015 Executive

President Pat Dowling

Immediate Past President Barb Hore
First Vice President Cynthia Warner
Second Vice President Janet Brousseau
Treasurer Wendy Humphreys
Recording Secretary Angela McKinnon
Corresponding Secretary Indira Persaud
Membership Karen Armstrong
Programs Linda Barker
Publicity & Public Relations Sheila Walker
Special Events Barb Hore
Resolutions Olga Gil

Fellowship & Historian Paddy Silverthorne Club Focus Designer/Publisher Sheila Walker

Dinner Convenor Heidi Bryans Young BPW Open





#### 2014-2015 Dates to Remember

#### SEPTEMBER 16

PC Gillian Martin, Peel Regional Police Street Connection, Crime Prevention and Women in Policing

#### OCTOBER 21

Update on our Community Partners, and Wellspring Chinguacousy Pink Hair Dare

#### **OCTOBER 25**

District 3 Annual General Meeting, La Scala Restaurant, Mississauga

#### **NOVEMBER 7**

15th Progressive Charity Euchre Event, Brampton Irish Centre

#### **NOVEMBER 18**

Amber Dowling, TV Critic, Editor and Vice President of Television Critics Association

#### DECEMBER 9

**Christmas Social at Clinton's on Main** 

#### **JANUARY 20, 2015**

Nikola Broadway, Personal Trainer, Health and Fitness

#### **FEBRUARY 17**

International Night and Candle Lighting Ceremony; 3 Students Experience with Equador Study Abroad and Women Afghanistan Trade Table

#### MARCH 6

16th Progressive Charity Euchre Event, Brampton Irish Centre

#### MARCH 17

Interactive Panel Discussion with CCAC, Liz Cunningham from Blue Willow Consulting for Seniors on Transitioning and Wesley Jackson, Lawyer on Living Wills, Power of Attorney

#### APRIL 21

Olga Gil, Resolutions Meeting

#### **MAY 19**

Annual General Meeting & Elections

#### MAY 22-24

Provincial Conference Nottawasaga Inn, Alliston, Ontario

#### JUNE 11

20th Annual Charity Golf Tournament, Caledon Country Club

#### JUNE 16

Social, Details to be Confirmed



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



Cynthia A. Warner, FMA **Branch Manager** 



9483 Mississauga Rd. Brampton, Ontario L6X 0Z8 905-456-7999 x 4000 cynthia.warner@scotiabank.com

Brampton Business Executive Suites

### **M**MORTGAGEARC

Pat Dowling, AMP

Agent #M08003138 Mortgage Planner pat.dowling@mtgarc.ca • Zero Down Payment

• First Time Home Buyers

• Business for Self Lines of Credit

• Debt Consolidation

• Private Funds Available

Carol Kollar, AMP

Agent #M08003625 Mortgage Broker

carol.kollar@mtgarc.ca

### Your Mortgage Ladies

905.789.8198

www.mortgageladies.com



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



95 Orenda Road, Brampton ON L6W 1V7

### Corporate Minuteman

#### **Some ADVANTAGES of Minuteman Xpress Ads:**

- All Brampton Businesses (approx. 8000)
- CorporateXpress Ad will stand out by Going Direct into business's mailboxes.
- Exclusivity by type of business.

#### **CONTACT US TO FIND OUT MORE!!!**

#### Brampton's **BEST** Business **to Business Value Flyer!**



Work Orders / Invoices Signs / Banners Note Pads Magnets Presentation Folders **Postcards** 



Newsletters Posters Work Orders / Invoices Self-Inking Stamps Graphic Design Brochures **Business Forms Promotional Products** 

Tel: 905.457.8160 brampton@minutemanpress.com www.brampton.minutemanpress.com

### **Business Development Advisor**

karmstrong@ccvinsurance.com t. 905.456.5184 c. 905.867.6066

905.459.6128

32 Queen Street West Brampton, ON L6X 1A1

Toll Free: 1.877.422.8467 24 Hour Claims: 1.877.422.8123





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.



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



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)

#### Karen Seunarine Director, Fund Development स Marketing

T: 416.247.7181 Est. 2234/2303 C: 416-779-7745 E: kseunarine@microskills.ca

#### Head Office

Head Office 1 Vulcan Street, Etobicole, ON, M9W 1L3 Toll Free: 1.877.979.3999 Fax: 416.247.1877 www.microskifls.ca



#### GET THE JUNK OUT OF THE TRUNK!!!



TOTAL BODY NUTRITIONAL CLEANSE 7-15LBS IN 9 DAYS 15-20 LBS IN 30 DAYS

SAFE & HEALTHY WEIGHT LOSS, NOT A DIET Stimulant FREE, Drug FREE, Ephedra FREE, Gluten FREE, Soy FREE, LOW Glycemic

#### **Heidi Bryans**

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

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

FOR MORE INFO PLEASE CONTACT ME OR VISIT: WWW.isamovie.com

WHAT DO YOU WANT THE LAST 10 YEARS OF YOUR LIFE TO LOOK LIKE?
Your health today is a result of what you have been doing over the past 5-10 years.
Be proactive with your health...starting today





#### **Ste. Louise Outreach Centre of Peel**

Ste. Louise



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 Off Hours: (416) 704-0946



#### Nelia Maria Skilich

Mortgage Broker Lic. M08004392

Office: 905.450.5553 Mobile: 416.550.8827

nelia@yourmortgageyourchoice.ca

101-4307 Village Centre Crt., Miss., ON L4Z 1S2 www.yourmortgageyourchoice.ca

