



# Club Focus



SPRING 2014



**Pat Dowling**  
President  
BPW Brampton

## Newsletter Highlights

- President's Message
- Euchre & Golf Events
- BPW International
- 67th Anniversary of BPW Brampton
- BPW Resolutions Chair
- Membership Corner
- Paddy Silverthorne Bursary Award
- Programs Update
- Community Partners, Hope Place
- Personal Note
- Humane Society
- 2013-2014 Executive
- Dates to Remember
- BPW Members Business Card Directory



## President's Message Pat Dowling

It is hard to believe that another BPW year has almost come and gone. I am truly proud of our Club and the accomplishments that we have once again ascertained. We have an astonishing 54 members now! **Way to go ladies!**

Our February meeting was the celebration of our International Candle Lighting Ceremony when we honoured all our BPW sisters around the world. We had our own **Diffie Voegele** speak about her adventure to Africa and helping to build a school there. In addition, we had **Canadian Women for Women Afghanistan** receive our International donation in the amount of \$800.00 in support of 'The Lantern Fund' which will pay for the salaries of two teachers.

We had our **14th Progressive Charity Euchre Night** on March 7, 2014. **BPW Brampton along with Scotiabank 'Bright Futures Program'** was pleased to present \$2,800.00 from the proceeds of that evening to **Orville Edwards of Hope Place (Sexual Assault/Rape Crisis Centre of Peel)**.

In March, we had **Martha Hall Findley** speak on Women in Politics and of her personal experiences. We also celebrated our **Club's 67th Anniversary**. From 1948, we read a passage from the 'President's Page' by then President Margaret Van Alstyne and an article named aptly 'Our Club' from member Bardie Kingshott (see passages included in this edition). We were honoured to meet the recipient of **The Paddy Silverthorne Business & Professional Women's Bursary Award, Roxanne Williams** from Sheridan College.

In April, **Olga Gil** will be presenting all upcoming **Resolutions** to be debated and voted on by our membership. This will allow our delegates to vote on them at the upcoming Provincial Conference and National Convention in order to help us make changes for women on all levels of Government – Municipal, Provincial, National and Internationally. Thank you to Olga and her Committee for all of their hard work.

In May, we have our **Annual General Meeting** and your new Executive will be voted in. Please consider letting your name stand for a position on the Executive. It is a great way to have input and to take a more active role in our Club.

We will be having our yearly **Programs Meeting** on Tuesday, July 15th at my home. It is a pot luck dinner at 6 pm and our meeting at 7 pm. Please bring your ideas and contacts to this meeting so that we may have another year of exciting and informative speakers. If you are unable to attend the meeting, please send me your ideas by email to present at the meeting.

**Thank you to all of our members for making our Brampton Club such a vibrant organization. Thank you for spreading the word of BPW Brampton, for bringing your friends to meetings, and for increasing our presence in the community. To an outstanding group of ladies – you are the best!**



## Special Events 2014 Barb Hore

### EUCHRE



In March 7th, we hosted another of our semi-annual Euchre Tournaments at The Irish Centre. We were able to **donate net proceeds from our Club of \$1,800.00 plus \$1,000.00 from Scotiabank's "Bright Futures Program" for a grand total of \$2,800.00** which was subsequently presented to Orville Edwards of Hope Place (formerly the Sexual Assault Peel Rape Crisis Centre) at the March 18th general meeting.

Our **special thanks** go out to all of our members who either volunteered, sold tickets, assisted in the set up and clean up, and to those who donated food. The evening was a decided success.

Our next **Euchre Tournament will be held Friday, November 7th, 2014, again at The Irish Centre.** The recipient will be the St. Louise Outreach Centre and Food Bank.

*Purchase Tickets from Linda Barker at [LBarker@talentcor.com](mailto: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.*

### GOLF



Our 19<sup>th</sup> Annual Ladies Charity Golf Tournament will be held on for Thursday, June

12th, 2014 at the Caledon Golf and Country Club.

Registration is at 11:30 a.m. and Tee Off is at 1:00 p.m. sharp. A box lunch will be served to all golfers prior to going out on the course. This will be 9 holes/best ball.

Following golf, we will enjoy a buffet dinner, prizes, raffles and a live auction. Proceeds from this tournament will be in support of the following Community Partners:

- **Salvation Army Honey Church Women's Shelter**
- **Walk-With-Me, a Human Trafficking survivor's program**
- **Wellspring Chinguacousy Cancer Support Centre**

We are in need of prizes and offering hole sponsorships at \$100.00 each.

*For reservations or more information, contact: Pat Dowling (905) 789-8198 x203 or [pat.dowling@mtgarc.ca](mailto:pat.dowling@mtgarc.ca)*

**Register before May 1st:**  
MEMBERS \$120.00 for Full Day; \$45.00 for Dinner Only  
**After May 1st:** Add \$5.00 to the Full Day Package

**GUESTS who register after May 1st:**  
\$135.00 for Full Day; \$45.00 for Dinner Only

## BPW International Snigdha Malik



### What are the WEP's (Women's Empowerment Principles)?

Launched on International Women's Day, the Women's Empowerment Principles-Equality Means Business suggests seven steps for companies to take to empower women in the workplace and the marketplace. They were launched by the United Nations Development Fund For Women (UNIFEM, part of UN Women) and the United Nations Global Compact on March 8th, 2010 based on a multi-stakeholder consultative process.

The Women's Empowerment Principles are subtitled Equality Means Business because the full participation of women benefits business and by signing the Statement of Support, CEOs will demonstrate leadership on gender equality and women's empowerment and will encourage fellow business leaders to do the same.

# WOMEN'S EMPOWERMENT PRINCIPLES

EQUALITY MEANS BUSINESS

- 1 Establish high-level corporate leadership for gender equality.
- 2 Treat all women and men fairly at work – respect and support human rights and nondiscrimination.
- 3 Ensure the health, safety and well-being of all women and men workers.
- 4 Promote education, training and professional development for women.
- 5 Implement enterprise development, supply chain and marketing practices that empower women.
- 6 Promote equality through community initiatives and advocacy.
- 7 Measure and publicly report on progress to achieve gender equality.



United Nations Global Compact



### 67th Anniversary of BPW Brampton

Pat Dowling

*All* we are very proud  
how strong in  
membership our

Club is but we also want to make sure that we recognize how many years our Club has been chartered.

In March, our Club celebrated its 67th Anniversary. We reflect on the years and our long term members as a tribute to our Club and all of our accomplishments that BPW Brampton has achieved. Looking through some of the archived materials, I found two notes from President Margaret Van Alstyne and a tribute note from Birdie Kingshott ... Enjoy!



#### President's Page:

*"Looking over this, our first Club year, from the standpoint of what some women are doing in our world today, our Club may not seem very important; but when viewed from the standpoint of friends, wider horizons and keener perception of our own abilities as a whole and individually, this first year of our Club has indeed justified its existence. In thinking of what this honour of being your President has meant to me, one thought predominates and impresses itself, that we should more fully realize our importance in the scheme of things as individuals. No matter how gay or quiet may be our personality, how exciting, or how routine our job, each of us, in our own circle touches on the lives of others, and what we reflect adds or subtracts from the good things in the world. "Give to the World the best you have and the best will come back to you".*

**Margaret Van Alstyne**

#### Our Club:

"Our Club is one year old,  
We didn't quit or even mould,  
For a few were optimistic  
Though a lot were pessimistic,  
Some, well they just shook their fist, and  
Said we'd flop right at the start  
'Cause none of us were even smart  
Like the men's club, who year after year  
Keep together with never a fear.

We've fooled them, we're here to stay,  
Just let 'em get into our way,  
We'll show 'em a thing or two,  
That gal's clubs are smart as men's,  
Even if they call us old hens.

So here's to 1948 and years that lie before  
The Best of Luck, - then more and more."

**Birdie Kingshott**

#### News from BPW Resolutions Chair

Olga Gil

*A*re you, or were you recently on, maternity leave? If so, you may be interested in a project that the Vanier Institute of the Family and Calgary Career Counselling are running. They want to understand any gap in regards to women's career development and to develop resources for employees and women experiencing maternity leave transitions.

If you are interested in participation, or simply want more information, check their website at [www.calgarycareercounselling.com](http://www.calgarycareercounselling.com) or contact Colleen Lucas, Rebecca Teebay-Webb or Laura Hambley at the Calgary Career Counselling office (403-261-5085).



## Membership Corner Karen Armstrong



With our 2013-2014 Season coming to an end, it is time to

think about membership renewals, as well as, introducing your friends and colleagues to BPW Brampton. Now is a great time to bring guests to meet our members and find out what our Club is all about. Our June Social is coming up and our Annual

Golf Tournament, so think of bringing a friend to one of our great events.

**Special thanks** to our members who have invited guests to our meetings as quite a few have decided to join after meeting our Club. Our membership is strong at 54 members with our newest members, **Manon Dulude and Lisa Molinelli. Welcome to both of you!** Both Manon and Lisa are bound to bring even more positive energy to our dynamic Club.

If you haven't completed your renewal yet, please do so at your earliest convenience as you will be in the position to vote at the May Annual General Meeting.



## New Member Interview: Sonja Embree

Karen Armstrong

Sonja was born and raised in Ottawa with her parents and sisters. After completing an undergraduate degree in Anthropology and Women's Studies at Carleton University, she moved to

Pittsburgh, Pennsylvania, where she attended Duquesne University to pursue a Masters and a PhD degree in Psychology. She began teaching courses in psychology, sociology and research methods to undergraduate students.

In 2005, Sonja moved to Vancouver, BC where she oversaw the Undergraduate Research Opportunities Division at the University of British Columbia followed by coordinating the Sustainable Communities Program at Langara College. She moved back to Ontario recently to begin working at the University of Guelph-Humber as the Assistant Head of the Psychology Program. Sonja feels very blessed to work with students who teach her much about both the field of psychology and herself with their innovative ideas and young energy.

Sonja volunteered as board Vice-President of the Community Arts Council of Vancouver, an organization focused on building arts awareness and involvement in neighbourhoods around the city, including residents struggling with homelessness and addiction in the Downtown Eastside. Sonja also volunteered with the BC Alzheimer's Society and the Vancouver Green Streets Program where she was the "adoptive mom" of a neighbourhood traffic circle garden.

Sonja loves yoga with a 20-year practice, and learning about various holistic healing modalities, such as reiki, sweat lodges, drumming and shamanism. Sonja enjoys

reading, documentary film and radio stories, and hiking. Perhaps her biggest love is being able to spend time with her sisters, nieces and nephews, a family whose support she is blessed to have in her life.

## Long Term Member Interview: Pat Wepf

Karen Armstrong



Patricia worked as a Secretary for various firms until her children were

born, then Pat stayed home until her youngest was in high school. Employed by Nortel at the Bramalea location, Pat had various moves within the company and ended her career as Executive Assistant to Senior Vice President of Public Relations at the Head Office in Mississauga. Pat

retired in 1991 when her husband became ill.

Born and raised in Manitoba. Two children, five grandchildren and about to become "great" this summer. Had her 81st birthday recently. Enjoys bowling in winter, golf in summer, bridge and reading. Yoga year round.

Pat's husband, Fred, passed away in 1993. In case you wonder about her unusual surname, Fred was from Switzerland and they spent many happy holidays there, hiking, touring and visiting relations. Pat had no idea what the relations were saying but they were very welcoming.

Pat joined BPW in 1979 and held various positions from Treasurer, Recording Secretary and Corresponding Secretary. It was a much simpler organization then and fundraising was pretty basic comprised of book sales, garage sales, and the like. Pat has seen it grow over the years until the word "Professional" is much more accurate. The variety of professional careers within BPW Brampton is truly impressive, and the degree of fundraising has allowed our Club to make a positive contribution to our community.

## Executive Member Interview:

### Indira Persuad, Active Corresponding Secretary

Karen Armstrong

Indira takes pleasure to serve BPW Brampton in her role updating Executive and Members with information about our Community Partners.

As a resident of Brampton for 21 years, she applauds her terrific partner, two sons and very happy grand-daughter.

Indira currently operates a boutique Human Resources consulting practice servicing clients on site. Her civic engagement includes time served at Brampton Board of Trade, Caribbean Children Foundation, Canadian-Caribbean Business Association and Three Rivers Foundation.

Indira believes the only way to grow professionally and personally is by contributing to the community that supports our businesses and families.



### The Paddy Silverthorne Business & Professional Women's Bursary Award

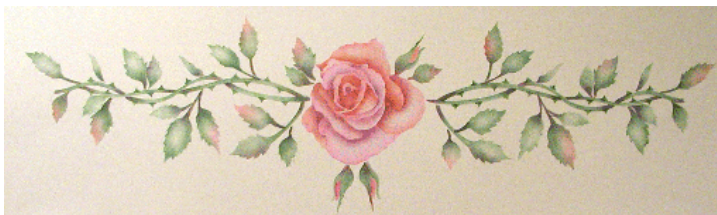
Pat Dowling



The recipient of the Paddy Silverthorne Bursary Award is **Roxanne Williams**, a Community and Justice student from Sheridan College Davis Campus, Brampton. Roxanne wants to become a Special Investigations Unit Detective. She sends her thanks to the Club. The award will enable Roxanne to focus more on her studies as there will be less worry about funds. Currently, she has

three part-time jobs and volunteers at the Group Home in Hamilton where she was raised.

**Best of luck for your future endeavours, Roxanne!**



### Programs Camilla Bignell

#### June Social


**Tuesday, June 17, 2014**  
5:30 pm - 9:00 pm

**Liaison College Brampton**  
350 Rutherford Road South  
Brampton, Ontario L6W 3P6

Our June Social will be held this year at the Liaison College in Brampton. Our members and guests will form teams, along with a Chef, to make a portion of the dinner. It will be a fun evening with some cooking tips, some laughs and great food. It will be an interactive night and you determine how much cooking you want to do! Find out which team can finish the quickest, which team is the loudest and which team has the most fun!!

### Community Partners Barb Hore

#### Hope Place

 rville Edwards from Hope Place, A Community Without Sexual Assault and Abuse attended our March meeting to join us for dinner, and also, to receive the **\$2,800.00 donation that was raised at our March 7th Euchre Event.**

Hope Place's mission statement is to be the Centre of Excellence for clinical intervention and the prevention of sexual abuse and assault. Helping survivors move from cope to hope.

#### On a Personal Note Pat Dowling




**Wishing Paddy Silverthorne a speedy recovery for her hip replacement surgery on April 4th. Paddy is doing well. She will be recuperating at her daughter's home for a few weeks and will stay in touch with us.**



**Happy to announce the safe arrival of twins Carter and Hayley Cornish on Friday, March 21st at 6:16 pm and 6:17 pm to proud parents Kimberley and Jeff. Babies and Mommy Kimberley are in good health and doing great. Congratulations from us all! Hope you will visit us at BPW soon.**

#### BPW International Pat Dowling

 n February during our meeting, we celebrated our International Candle Lighting Ceremony. Our Club made an **International Donation to Canadian Women for Women Afghanistan in the amount of \$800.00 for the Lantern Fund.** These funds will pay for two teacher's salaries.

#### 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 Club Focus

**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.**



## 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:  
Phone: (905) 454-7902  
info@bbes.ca  
<http://www.bbes.ca>



## Your 2013-2014 Executive

President **Pat Dowling**  
Immediate Past President **Barb Hore**  
First Vice President **Camilla Bignell**  
Second Vice President **Cynthia Warner**  
Treasurer **Wendy Humphreys**  
Recording Secretary **Jo-Anne Watson**  
Corresponding Secretary **Indira Persaud**  
Young BPW & Dinner Convenor **Kimberley Cornish**  
Membership **Karen Armstrong**  
Programs **Camilla Bignell**  
Publicity & Public Relations **Linda Barker**  
Special Events **Barb Hore**  
Resolutions **Olga Gil**  
Fellowship & Historian **Paddy Silverthorne**  
Club Focus Design Publisher **Sheila Walker**



## 2014 Dates to Remember

**APRIL 15**  
*Olga Gil, Resolutions Meeting*

**MAY 20**  
*Annual General Meeting  
& Elections*

**JUNE 6 to 8**  
*Provincial Conference  
Sudbury, Ontario*

**JUNE 12**  
*19th Annual Charity Golf Tournament  
Caledon Country Club*

**JUNE 17**  
*Social, Liaison College*

**JULY 15**  
*Programs Planning Meeting  
Hosted by Pat Dowling, President*

**JULY 25 to 27**  
*BPW National Convention  
Saskatoon, Saskatchewan*

**NOVEMBER 7**  
*Euchre Event  
The Irish Centre, Brampton*

## BPW Brampton Club Focus



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](mailto:mgeorge@marlenegeorge.com) Web Site: [www.marlenegeorge.com](http://www.marlenegeorge.com)

Get A Better Mortgage Inc.

905 450 5553



The Mortgage Centre  
We work for you, not the lenders.

Personal Service  
In Mortgage Business for 10 years  
Debt Settlements/Credit Repair  
Mortgages for Self Employed  
Refinances  
Port and Increase Existing Mortgage  
No Consultation Fee



**Nelia Maria Skilich**  
Mortgage Broker

416.550.8827 [www.neliaskilich.com](http://www.neliaskilich.com) [mortgages@neliaskilich.com](mailto:mortgages@neliaskilich.com)



**LINDA FORD**

PRESIDENT

[lindaford@accesscareers.com](mailto:lindaford@accesscareers.com)

☎ 905.866.6616

☎ 905.866.6683



**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](http://www.bbes.ca)  
[amrit@bbes.ca](mailto:amrit@bbes.ca)

**Amrit Kaur**  
Managing Director

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

**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](http://www.stelouisefoodbank.com) Tel: (905) 454-2144  
[stelouisefoodbank85@hotmail.com](mailto:stelouisefoodbank85@hotmail.com) Off Hours: (416) 704-0946

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

[karmstrong@ccvinsurance.com](mailto: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



Your GoTo Marketing Services Company

Tel: 905-457-8160  
Fax: 905-457-3248

95 Orenda Road  
Brampton, ON L6W 1V7

[brampton@minutemanpress.com](mailto:brampton@minutemanpress.com)  
[www.brampton.minutemanpress.com](http://www.brampton.minutemanpress.com)

**Allison Lucas**  
Production Manager



Find us on  
Facebook



**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.**

# BPW Brampton Club Focus




**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

You're richer than you think!



**Cynthia Warner, FMA**  
BRANCH MANAGER  
Mississauga Rd. & Williams Pkwy.  
905-456-7999 x 4000  
cynthia.warner@scotiabank.com



**Mortgage Architects™**  
Brokerage #10287

**Pat Dowling, AMP**  
Agent #M108003138  
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 #M108003625  
Mortgage Broker  
carol.kollar@mtgarc.ca

**YOUR MORTGAGE LADIES**  
905-789-8198  
www.mortgageladies.com



95 Orenda Road, Brampton ON L6W 1V7

**Corporate Minuteman Press Ads**

Some ADVANTAGES of Minuteman Xpress Ads:

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

CONTACT US TO FIND OUT MORE!!!



**less than 4.5¢ a piece!**



**Marley Batenchuk**  
FUNDRAISING COORDINATOR

**Wellspring Chinguacousy**  
5 Inspiration Way  
Brampton, ON L6R 0L7  
T: 905.792.6480 x231  
F: 905.792.1525  
marley@wellspring.ca

**wellspring**  
A Lifeline to Cancer Support

www.wellspringching.ca

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

Booklets / Catalogues Calendars Direct Mail Marketing Labels / Stickers Letterheads Envelopes Business cards Apparel	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
---	--	---

Find us on  Facebook

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



The Business and Professional Women's Club of Brampton

# Club Focus

SPRING 2014

