



The Business and Professional Women's Club of Brampton

# Club Focus

## Club Focus Highlights

President's Message  
2022-2023 BPW Brampton Executive  
BPW Programs

*Save the Dates* • Dates to Remember

Special Events: Euchre/Other  
Humane Society  
Provincial Report  
New and Welcome Back Members  
Pearl's Lemon Squares Recipe  
Focus on Member  
BPW Resolutions  
BPW Christmas Social Photo Gallery  
BPW Members Business Card Directory



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

### Phone Contact

Pat Dowling  
(905) 789-8198 ext 203



### Email

info@bpwbrampton.com

### Website

www.bpwbrampton.com

### Social Media

 BPWBrampton  
 BPW Brampton

## Women Working for Women



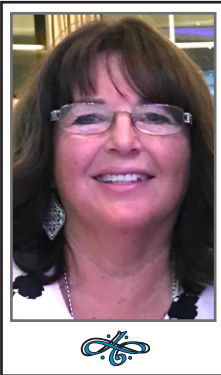
### Meetings Location

Fanzorelli's Restaurant  
& Wine Bar  
50 Queen Street West  
Brampton, ON L6K 4H3

### Third Tuesday of the Month

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:  
(905) 454-7902  
info@bbes.ca  
www.bbes.ca

## WINTER 2022



## BPW Brampton President's Message

Linda Ford

*Hello BPW Brampton Members  
and BPW Brampton Friends!*

*BPW Brampton has great things  
planned for the New Year!  
2023 Here we come!*



- A great line up of speakers for our upcoming meetings
- Consideration of Resolutions that will be presented at future Conferences and ultimately brought forward to the appropriate levels of government to effect positive change for women
- Continued Fundraising events to support our chosen Community Partners
- Social events to support and uplift our Membership
- Focus on Membership growth
- Membership development for our future leadership roles within the Club
- Promotions for Fundraising with The Canadian Progress Club Brampton
- And more ...
- Share some home-made baking or a home cooked meal with someone that is alone or isolated most of the time
- Shovel the driveway and walkway of a Senior in your neighbourhood
- Pay it forward at your local coffee shop
- Any act of random kindness that will put a smile on a stranger's face
- Supporting the many 'women owned' small businesses in your neighbour-hood when shopping or gifting
- Offer to do groceries for someone who has no car or transportation
- Call a friend that you haven't talked to in a while
- Take a friend to lunch
- Volunteer your time at your favourite organization
- Read a book
- Take a moment to say Hello and share a smile

I hope you and your family enjoy everything magical about the Holidays. A time for everything good that the Holiday Season brings.

It is a perfect time to reflect on our blessings and seek out ways to make life better for ourselves and those around us, and it doesn't just have to be done around the Holidays.

So, as we move on into a New Year, consider one of the following:

- Visit a Senior at a Nursing Home
- Supporting your local Food Bank or Outreach Centre
- Think about those going through illness and/or treatments at this time of year and offer a drive or a cooked meal for them and their family

Also, remember to be kind to yourself! Self care is an important part of health and well being and by being good to yourself, you are in a much better position to help others.



*The new year  
stands before us,  
like a chapter  
in a book,  
waiting to  
be written.*

Melody Beattie





## BPW BRAMPTON EXECUTIVE 2022-2023

**President** Linda Ford  
**President Elect** Vacant  
**Interim Past President** Carol Kollar  
**Second Vice President** Vacant  
**Treasurer** Pat Dowling  
**Recording Secretary** Barbara Hore  
**Corresponding Secretary** Pat Tiveron  
**Membership Chair** Barbara Hore  
**Programs Chair** Snigdha Malik  
**Publicity & Public Relations** Sheila Walker  
**Club Focus Publisher** Sheila Walker  
**Dinner Convenor** Sheila Walker  
**Special Events Chair** Pat Dowling  
**Archivist** Pat Dowling  
**Young BPW** Vacant  
**Social Media** Vacant  
**Resolutions Chair** Mina Di Domenico  
**Website** Donna Sauve



### BPW Programs Snigdha Malik


**WELCOME to BPW Brampton Programs line up continuing for our 2022-2023 season.**

We are looking forward to more engaging Guest Speakers this season and hope that you will all **"Save the Dates"** in your calendars to join us to hear these Speakers and the other Events on schedule.

Please feel free to invite a friend to join you for any of the upcoming dates, to give them the opportunity to see what BPW Brampton has to offer.



# Save the Dates!

### BPW Brampton Dates to Remember



#### SEPTEMBER 20, 2022

**Speaker:** BPW Brampton Elections & Annual General Meeting  
 • Voting New Executive

#### OCTOBER 18, 2022

**Speaker:** Angel Massey-Singh, Marketing and Communications Leader at regional, national and global levels, working in both corporate and Not For Profit organizations.

**Topic:** The ABC's of Diversity Equity & Inclusion, What It Is, Why It's Important and What's In It for You!  
 • PLUS New Members Inductions

#### NOVEMBER 11, 2022

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

#### NOVEMBER 15, 2022

**Speakers:** BPW Community Partners  
**Topics:** Our chosen Community Partners discuss how they impact the community and utilize the donation funds they receive from BPW Brampton.  
**Community Partners include:**  
 Hope 24/7 – Carrie Campbell  
 Family Life Resource Centre,  
 Honeychurch – Melody Watson  
 Victim Services of Peel – Sarah Rogers  
 Wellspring Chinguacousy – Alex Smith  
 Ste. Louise Outreach Centre &  
 Food Bank – Catherine Rivera

#### DECEMBER 13, 2022 CHRISTMAS SOCIAL

**(2<sup>nd</sup> Tuesday of December)**  
**Evening Hosted by BPW Brampton Member Iris Diegel and David Nava's Home for Dinner and Christmas Celebration!**  
 • Opportunity for Members and Guests to Give Donations to Ste. Louise Outreach Centre & Food Bank of Food Items; Blankets; Personal Care Products.

#### JANUARY 17, 2023

**Speaker:** Charmaine Williams, Associate Minister of Women's Social and Economic Opportunity, Ontario.  
**Topic:** Women and Economic Empowerment

#### FEBRUARY 21, 2023: International Theme and Candle Lighting Ceremony

**Speaker:** Dawne Williams, North American/Caribbean Coordinator, BPW International  
**Topic:** To Be Determined  
 • International Theme Honouring all the BPW Clubs Throughout the World!  
 • Celebrating BPW International Night with our Traditional Candle Lighting Ceremony

#### MARCH 21, 2023: BPW Brampton Anniversary Meeting

**Speaker:** To Be Determined  
**Topic:** To Be Determined

#### APRIL 18, 2023: Resolutions

**Speaker:** To Be Determined  
**Topic:** To be Determined

#### APRIL 21, 2023

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

#### MAY 16, 2023: BPW Brampton Elections & Annual General Meeting

**Topic:** Come Out and Support BPW Brampton and Be Part in its Direction. Consider Being on the Executive!

#### JUNE 2023 - DATE TO BE CONFIRMED

**The First Annual Janet Brousseau Ladies Charity Golf Tournament**  
 More Details to Follow!

#### JUNE 20, 2023: June Social

**Our Famous June Social – Location To Be Determined. Invite a Guest!**

#### JULY 19, 2023: Programs Meeting 2022-2023.

**Your suggestions for Speakers for Next Season are welcome. Please contact Programs Chair to add your voice.**

- October is Women's History Month
- October is Small Business Month
- October 13, 2022: Virtual BPW Provincial Conference & Annual General Meeting, Golden Horseshoe
- October 16, 2022: World Food Day
- March 8, 2023: International Women's Day
- August 2023: BPW Canada Convention





## Special Events Pat Dowling

We were pleased to collaborate once again with **The Canadian Progress Club Brampton** for the Meat/Seafood Drive this past October.

With the help of The Canadian Progress Club, we raised \$1,000.00 for Victim Services of Peel and we are so delighted to be able to support their organization once again.

On November 11, 2022 we held our **27<sup>th</sup> Progressive Charity Euchre Event** at the Glasgow Rangers Supporters Club Bramalea (The Scottish Club) after two and a half years due to COVID! Everyone was so happy to be playing cards again and enjoying a wonderful evening out.



We are so pleased to announce that we raised \$2,300.00 for Ste. Louise Outreach Centre and Foodbank. This amazing Community Partner is in such need of our support especially at Christmas time.

We are currently just ending our **Christmas Cookie Drive** and will be reporting our fundraising results in the next Club Focus issue.

We are gearing up for our **28<sup>th</sup> Progressive Charity Euchre Event** on Friday, April 21, 2023 being held at the Scottish Club. Tickets will go on sale in March.

**I would like to take this time to thank all of our Members and Community Partners** for always stepping up to the plate to ensure that our Brampton Club continues to be able to support those needing our assistance within our own community. We could never achieve this without your help and dedication.

**What an amazing Club we are!!**



## Provincial Report Barb Hore

Barb Hore

It is important for our Members to realize that the BPW Ontario Board is very actively working to achieve constant improvements in what is being offered to our Members.

The following programs are now in effect:

- A speaker series to assist clubs who are having difficulty arranging a speaker for their meetings. They are scheduled to run on the 3rd Tuesday of the month. These will be of particular help for smaller clubs who have difficulty securing speakers.
- A new Google calendar on the website to highlight all events and BPW meetings in Ontario.
- A mentoring program will be offered again this year.
- There will be only two BPW newsletters coming out to membership per month. This has been implemented to reduce the endless stream of emails to members.

I recommend that you refer to the BPW website for a more detailed description of these programs.



## Humane Society

The Human Society is always in need of old towels, bed sheets, blankets, etc. used for the comfort of cats and dogs in their

care. Please drop off donations of these items to the following Brampton location:

475 Chrysler Drive, Brampton, ON L6S 6G3  
(905) 458-5800

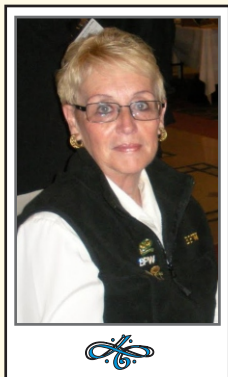


**BPW Brampton Executive Christmas Dinner graciously hosted by Linda and Rick Ford at their home.**



## BPW Brampton New Members

Barb Hore



*W*elcome to our  
New Members!

Our Club is very fortunate to welcome several new Members, as well as, a few who are returning after taking a break.

### WELCOME TO NEW MEMBERS

Stephanie Comas  
Amanda Graham-Rowe  
Nancy Souter  
Renate Thompson

### WELCOME BACK

Charlene Borg  
Mollie Cavan  
Iris Deigel/Nava  
Mina Di Domenico  
Sue Perlman

We look forward to a long and continuing relationship with you in our Club.

## BPW Brampton Member Feature

Barb Hore



### Sheila Walker

*S*he is our Publicity and Public Relations Chair, as well as, our Club Focus Newsletter Publisher, Sheila is a 20+ year Member of our Club who wears many hats. She is responsible for sending out all of our Club mailings to Members and Prospects. In addition, Sheila is an enthusiastic Volunteer Floater at our Fundraisers helping where help is

needed for set up to ensure a successful Event, sells 50/50 Tickets at our General Meetings, and Sheila is also our Club Photographer. This year, Sheila has added being our Dinner Convenor accepting RSVPs for our meetings.

Sheila has been our Club Focus Publisher since the Fall 2012 and has attracted many compliments from our neighbouring Clubs.

She also assembles our Membership Club Directory information and our BPW Brampton Annual Reports which she emails both to our Membership annually.

Sheila is a Graphic Artist, Watercolour Artist, Artisan and Seamstress by trade.

Our Club is very fortunate to have her participation and enthusiasm.



## BPW Brampton Pearl McCabe's Lemon Squares Recipe

Linda Ford

*D*ear Pearl is remembered for many things like her kind warm heart, her infectious laugh and sense of humour, playing Euchre and her BPW Euchre Event donation of Lemon Squares.

We continue to get special requests for them as they are a much sought after favourite on the Euchre Event dessert table.

BPW Brampton would like to share Pearl's recipe as accurately as possible.



## PEARL McCABE'S LEMON SQUARES AS GIVEN TO LINDA FORD OCTOBER 2016

To fit a 9 X 13 baking pan

### Base:

1½ cup all-purpose flour  
¾ cup butter  
3 tbsps granulated sugar

Mix together. Spread in Pan.  
Bake 350° F for 10 minutes.

### Filling:

1½ cup granulated sugar  
1½ tsp all-purpose flour  
3 eggs, lightly beaten  
2¼ cups desiccated coconut  
½ Lemon juice  
½ Lemon grated rind

Mix together. Spread on  
the base. Bake 350° F  
for 20-25 minutes.

### Topping:

¾ cup of butter  
2¼ cups of icing sugar  
6 oz. cream cheese  
Small amount of lemon juice

Mix together. Spread on top  
when baked pan cools.

### Enjoy!





### BPW Brampton Resolutions Mina Di Domenico

The 2022-2023 Brampton  
Resolution Committee  
Members are:

**Mina Di Domenico, Chair**  
**Linda Ford**  
**Patricia Prez**  
**Amanda Graham-Rowe**  
**Nancy Souter**

BPW Brampton's Resolution Committee is narrowing down Provincial and National Resolutions. One Resolution in draft for both Provincial and National is Technology and Health Access for Women. Other Resolutions under review include Women in Sport, and Women and Money. Joint Resolutions with various Clubs include expanding Rape Kit access and Abortion options.

#### Timeline

**December 1, 2022:** BPW Canada and BPW Ontario Resolutions Workshop (session recorded).

**December 5, 2022:** Narrow down Resolutions and place in Resolutions format. Prepare information for BPW Brampton Members to review, discuss and debate – send out in advance of the January meeting.

**December 13, 2022:** Advise BPW Brampton Members of upcoming Resolutions review on January 10.

**January 10, 2023:** Present Ontario and National Resolutions to BPW Brampton Members and obtain amendment.

**January 17, 2023:** Fine tune wording for Provincial Resolutions.

**January 31, 2023:** Deadline for BPW Ontario Resolutions.

**February 15, 2023:** Fine tune wording for National Resolutions.

**February 21, 2023:** Final National Resolutions presentation to BPW Brampton Members.

**February 28, 2023:** Deadline for BPW Canada and International Resolutions.

**March–June/August:** Respond to questions from other Clubs on our Resolutions and vice versa.

**April 18, 2023:** Resolutions Speaker, Amanda Graham-Rowe Women and Money.

**June 10, 2023:** BPW Ontario Conference.

**August 12-13, 2023:** BPW Canada Convention.

#### UN Committee

BPW Canada UN Committee is preparing communication for Members on the upcoming Non-Governmental Organization NGO – Commission on the Status of Women CSW Event. The CSW67 is taking place in New York City and virtually from March 6 to 17, 2023.

Over the two weeks of the UN NGO CSW organizes almost eight hundred events that inform, engage, and inspire grassroots efforts and advocacy needed to empower women and girls. More to follow.

#### Canadian Coalition to Empower Women CCEW

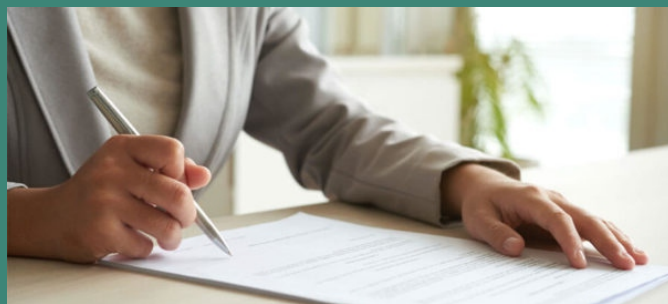
The Canadian Coalition to Empower Women spearheaded by BPW Canada exists to advance gender equality and the economic empowerment of women and all genders in all their rich diversity; recognizing the essential role of an inclusive intersectional approach and collaborative partnerships to sustain strong economies, build stable and just societies, and improve the quality of life for all Canadians and their families in communities across Canada. This statement is a lot to take in. Want to learn more? For project information, please visit:

[IDEAS - CCEW](#).

The website includes a collaborate solution building page that introduces how we are advancing IDEAS4GE into ACTION. For more information, please visit this link.

[Collaborative Solution-Building - CCEW](#)

If you have further questions, please reach out to Ophelia Rigault at [ideascoordinator@bpwcanada.ca](mailto:ideascoordinator@bpwcanada.ca) for more information.







BPW Brampton

# Christmas Social Photo Gallery



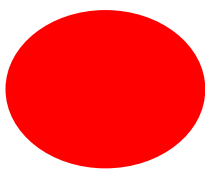
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We Aim to Please  
at Ste. Louise

Catherine Rivera  
Board President

www.stelouisefoodbank.com  
[stelouisefoodbank85@hotmail.ca](mailto:stelouisefoodbank85@hotmail.ca)

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







*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.**



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