

BPW BOWMANVILLE

Empowered Women Leading Business & Positive Change

In Our Community & Around the World...



Business
&
Professional
Women



Roses Bistro
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The Bulletin is a publication of the Business and Professional Women's Club of Bowmanville, Bowmanville ON CA

Kris McDonald – Editor

Mavis Carlton, Judy Hagerman – Executive Editors

Deadline for September Bulletin

September 10, 2015

Please submit items for the BPW Bowmanville Newsletter to Kris @
krismcDonald.bpw@gmail.com.



From BPW Canada

We will be celebrating BPW Canada's 85th birthday at our AGM this August. We will be making a large Birthday Card in which we want to include BPW members, past and present, who have contributed to the empowerment of women in their professional and personal lives. When completed we will make an appointment with the Lt. Gov. General in Ottawa and present him with our accomplishments for over 85 years in empowering women and contributing to the health and safety of our respective communities.

If you know of a member that should be included in this card, please send in her/your stories to [Karen Burwash](mailto:Karen.Burwash@shaw.ca), Manitoba BPW President (kb.mosslaw@shaw.ca); no later than **July 23rd, 2015**.

Colleen Allan,
President, BPWC

June Meeting

Tuesday, June 23, 2015

6:00 PM Social Networking

6:30 PM Dinner

Members : \$30.00

Non-Members: \$35.00

Location: Roses Bistro

84 King St.W., Bowmanville

RSVP: Please confirm your reservation with

Roxy Barnes at 905-623-5327 before

Friday, June 19, 2015

Guests Welcome

June Programme

Tues, June 23 , 2015

BPW Bowmanville

Year End Gourmet Social

**Dinner & Dessert at
Rose's Bistro**

**Year End Social to follow at
110 Wellington St.
Home of Judy Hagerman**



Girls' Empowerment Day

In March of this year, Melissa Eggert spoke to our club about ***Make Your Mark***, a local "not for profit" enterprise whose mission is to develop and inspire young leaders of great character. I was impressed with the work of this organization so decided to attend their 3rd annual Girl Talk Empowerment Day on Wednesday, June 3 in Oshawa.

It was truly inspiring to be in the company of about 1500 girls between the ages of 11 and 18 whose energy and enthusiasm was over the top! Almas Jiwani from UN Women kicked off the day by asking the girls, "Do you think you can change the world?" There was a resounding YES!

Sarah Taylor, Miss Plus Canada, Meayan Ziv, a young photographer who has not let her physical disability stop her from achieving her dream, Jully Black, a successful R & B singer and lastly a panel of social media entrepreneurs also addressed the girls and were received as superstars. The message throughout the day was that nothing should hold anyone back from achieving one's dreams. Girls can be and do anything they set their minds to be! The speakers were all excellent role models for this message and a reminder to me of our power when we come together in support and encouragement.

Carrie Andrews

President's Message

Once again, our May meeting was excellent. Nancy and Carrie reported with great enthusiasm on Conference although our Resolution didn't pass. However we are not discouraged, we will edit and bring the Resolution back next year.

Conference went very well. Sheila did a fabulous workshop on Empowering Women and invited us to participate in the first BPW Canada Empower Women Rally from **May 24th - June 30th, 2015**. Like a "car rally" where participants follow a map to various destinations, BPW Canada Empower Women Rally will take you through a series of activities designed to help you experience the many resources and many different ways you can benefit from EmpowerWomen.org.

(Editor's note: see page 4 of this Bulletin)

There was also an excellent workshop about membership in an organization. I hope to reprise that at our June social and no, there will not be homework, just something to get us thinking.

On another note, Corinna Traill's partner, Matt is so much better and is now home on weekends. He will be home permanently on June 19. Good news indeed!

Corinna is looking forward to opening her campaign office at 30 King St W, almost right across from Granville Anderson's constituency office. Check it out.

Judy Hagerman

Within the BPW Bowmanville Family

The Toronto Chapter of the Multiple Sclerosis Society of Canada has released two Webinars **Filing a Long Term Disability Insurance Claim and Life Insurance Coverage for those with MS** by Kris McDonald.

Since being diagnosed with MS, Kris has worked with the MS Society advising members on various issues concerning life and disability insurance. She regularly speaks to MS Society Chapters and other groups on different aspects of insurance and MS.

The Webinars are available at
<http://mssociety.ca/toronto/elibrary.htm>.

BPW ONTARIO 69TH CONFERENCE, BARRIE

“Building Our Winning Team”

Connect, Communicate, Collaborate

May 22 – 24 2015

Delegate Report: Nancy Barnes

There were 69 members present for the 69th Provincial Conference held at the Nottawasaga Inn Resort in Alliston, Ontario with twenty-eight voting delegates on Saturday and twenty-five on Sunday. Our Club Alternate, Carrie Andrews and Delegate Nancy Barnes were well supported by six other club members in attendance: Judy Hagerman, Barbara Hicks, Sheila Crook, Mavis Carlton, Roxy Barnes and Sandy Johnston. Following feedback from some other clubs, we decided to withdraw our resolution on expanding midwifery for improvement of well-women care. We anticipate revising this resolution.

Results of the 2015 Resolutions

- Resolution 2015–01: Provincial Action on Missing and Murdered Aboriginal Women submitted by: Trenton & District Club and BPW Belleville Club - Carried
- Resolution 2015–02: Pay Equity for Midwives of Ontario submitted by BPW Bowmanville Club – Defeated despite a number of friendly amendments for clarification
- Resolution 2015–03: Withdrawn.
- Resolution 2015–04: Provincial Action of Prevention of Sexual Harassment – Submitted by BPW North Toronto –Carried unanimously with friendly amendments

Results of the By-Law Amendments

- By-Law XIII Section 4 – Representation at Annual General Meeting – Submitted by BPW Ontario Board – Carried with both a friendly and distinct Amendment.



Other Important Activities, Motions and Decision

- Sheila Crook did an amazing presentation on BPW Canada's Women's Empowerment initiatives. A motion carried that BPW Ontario would sign the Canadian Coalition to Empower Women and encouraged all clubs do so as well.
- The Board decided to charge clubs \$25 for a proxy at the BPW Ontario conference.
- There was a passionate discussion on whether to give the Treasurer and the Web Manager an honorarium. It was decided to discontinue the honorariums.
- The budget was approved by the membership.
- Carrie Andrews was an exemplary Alternate offering wonderful support to the uncomfortable Delegate. We learned a lot and had fun!
- We realized how specific a resolution must be to be approved. At conference, many members from other clubs volunteered to assist us with the revisions for our resolutions.

Respectfully Submitted

Nancy Barnes, Delegate



Hello BPW Canada Member,

You are invited to participate in the first BPW Canada Empower Women Rally from May 24th - June 30th, 2015.

To be successful we need every BPW member across Canada to participate. You need not be an expert on the computer, internet or social media to make your mark. Like a "car rally" where participants follow a map to various destinations. BPW Canada Empower Women Rally will take you through a series of activities designed to help you experience the many resources and many different ways you can benefit from EmpowerWomen.org.

Sheila Crook, one of our BPW members, and a 2015 Global Community Champion for Women's Economic Empowerment is extending this personal invitation for you to experience the power of EmpowerWomen.org. She states, "that as a nation we should be very proud that Canada provided the start-up funding for this remarkable global resource and we want every Canadian to know it".

"With your help we can fire up the engines for Women's Empowerment and ensure Canada does its part to make [Planet 50-50 by 2030](http://Planet5050.org) a reality." Sheila Crook

We are thrilled to have you join EmpowerWomen.org, the movement for women's economic empowerment, and we look forward to your active participation! We will be following the rally activity across the month with the final results being published at the National AGM in Winnipeg, Manitoba August 7-8, 2015. Individual participation and clubs with the greatest number and percentage of persons joining EmpowerWomen.org will be recognized.

So start your engines and let the Rally begin!!!

Starting now, you can: engage in a variety of activities on EmpowerWomen.org that most appeal to your personal areas of interest. With a click of the button you are invited to:

1. [Join](#) EmpowerWomen.org and create your profile.
 2. Participate in the webinar and e-discussion on [Why quality jobs matter](#) from 27 May to 18 June 2015.
 3. Comment on the query [Justice and economic empowerment](#).
 4. Start or comment on a conversation on [Open ideas and questions](#).
 5. Join the [I am \(wo\)man campaign](#) - share your photo/video story, or a photo/video story of a person you know.
 6. Contribute to the [WE Inspire Blog](#) - submit a unique story, encourage your friends to do the same, and Like and comment on existing Blog articles.
 7. Follow the [guidance](#) to submit stories of women entrepreneurs you know - preferably from developing countries - to our mobile learning platform [iLEARN](#).
 8. Contribute new resources to the [Knowledge Library](#).
 9. Mobilize at least 5 people to become members of [Empower Women](#).
 10. Follow (retweet, share, like, etc.) us on social media:
Twitter: twitter.com/Empower_Women Facebook: facebook.com/EmpWomen Instagram: instagram.com/emp_women
- If you have questions or comments, feel free to contact:

Sheila Crook: @ sheila@smcperformanceplus.com
Global Community Champion for Women's Economic Empowerment



May 13, 2015

What do you call a selfie that also helps empower women and fight poverty?

A #strengthie.

The Malala Fund [tweeted a strengthie of Malala Yousafzai](#) and said: “Malala is standing #withstronggirls & @ONEcampaign by posting her #strengthie for girls’ education. **Will you join us?**”

The advocacy group ONE’s #PovertyIsSexist social media campaign aims to end extreme poverty across the world, and particularly in Africa, by showing girls’ strength and getting the world to stand with strong girls. ONE’s website says, “**No matter how you cut it — socially, economically, legally — girls and women in the poorest countries get a raw deal.**”

A [2012 World Bank report on gender equality](#) states that 31 million girls worldwide aren’t in school, 4 million women go “missing” each year, and there’s an average wage gap of 20 percent between men and women (along with gaps in work opportunities). Strengthies are a part of [ONE’s petition for world leaders](#) to commit to ending extreme poverty by empowering girls. Along with the signed petition, the organization plans to show strengthies from across the globe to politicians and leaders making crucial decisions about women in the world’s poorest countries.

The petition reads:

Dear World Leaders,

This year we can commit to ending extreme poverty - but we will only achieve this if we unlock the full potential of millions of girls and women. I’m counting on you to take real action that leads to real change - prioritising the countries and people that need it the most.

The campaign’s song, “Strong Girl,” embodies ONE’s mission.

Performed by nine female musicians from seven African countries, the song’s mantra is “**Be strong, girl, the time has come to take our place as strong ladies.**” While other anti-poverty campaigns have tried to represent Africa from afar, this one is utilizing well-known and talented women from the all over the continent to speak for their home countries and empower girls who idolize them.



POVERTY IS SEXIST

