

# BPW BOWMANVILLE

Empowered Women Leading Business & Positive Change

*In Our Community & Around the World...*



Business  
&  
Professional  
Women



**Roses Bistro**  
84 King St. West  
Bowmanville,  
ON, L1C 1R9  
([Get directions](#))

**Roses Bistro**  
180 likes · 3 talking about

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 April Bulletin**

**April 14, 2015**

Please submit items for the BPW Bowmanville Newsletter to Kris  
@ [krismcdonald.bpw@gmail.com](mailto:krismcdonald.bpw@gmail.com).

## DATES TO REMEMBER

**March 9-20, 2015 - Commission on the Status of Women (CSW/59/Bejing+20) United Nations, New York**

**May 22-24, 2015 - BPW Ontario – 69<sup>th</sup> Provincial Conference at Nottawasaga Inn hosted by BPW Barrie**

**June 22 - 26, 2015 ~ BPW Europe - Women in Ethics Business Expo Hosted by BPW Italy in Milano**

**Aug. 7-8, 2015 - BPW Canada Annual General Meeting and Symposium – Women's Empowering Principles for the prevention of Violence Against Women – includes a Tour of the Canadian Museum of Human Rights at the University of Winnipeg**

**November 6 - 8, 2015 ~ North American Regional Congress Grand Cayman**

**BPW International Congress 2017 Cairo, Egypt**

## March Meeting

**Tuesday, March 24, 2015**

**6:00 PM Social Networking**

**6:30 PM Dinner**

**Members Cost: \$30.00**

**Non-Members: \$35.00**

**Location: Rose's Bistro**

**84 King St. W., Bowmanville**

**RSVP: Please confirm your reservation with**

**Roxy Barnes at 905-623-5327 before**

**Friday, March 20.**

**Guests Welcome!**

**Report on the February 24, 2015**

**Meeting That Never Happened**

We were concerned about the numbing cold and brutal wind for members to reach the meeting but Mother Nature and Father Technology intervened. A transformer blew which left Rose's Bistro without power so the meeting was cancelled.

**Held over from last month**

**March Programme**

**Girl Talk Empowerment Day/**  
**Making your Mark**

**Melissa Egger will substitute for**

**Katie Zeppieri, founder of**

**Make Your Mark Enterprises Inc.**

**to talk about the company**

**and its events**



## President's Message

We have all survived the coldest February on record. For the first time since I've been a member of the Bowmanville BPW Club (44 years), we had to cancel our February meeting. The wind was fierce and Rose lost power at the restaurant, so no meeting. We look forward to hearing our speaker at the March meeting. Spring is coming; the snowdrops are up at Dr Storey's.

We were thrilled to support Corinna Trail at the Federal Liberal Nomination meeting where she became the Liberal candidate for the Durham riding. Congratulations Corinna.

Congratulations also to Sheila Crook who has been selected as one of the 60 Global Community Women's Empowerment Champions for 2015 for BPW International. Sheila is one of only five Canadians to become a Global Champion for Women's Economic Empowerment. Sheila says she "is excited to have this opportunity to advance our work to promote Women's Empowerment in Canada. It is sure to be an interesting journey". Find out more at <http://www.empowerwomen.org>.

Mark Saturday May 9 on your calendar for the Gala on the Green, where the G'moms of Port Perry present Judy Rebick talking about the Power of Grass Roots. Cost is \$75.00.

A Better World, Ruled by Women, "Research has found that women are superior to men in most ways that will count in the future, and it isn't just a matter of culture or upbringing – although both play their roles. It is also biology and the aspects of thought and feeling shaped by biology. It is because of chromosomes, genes, hormones and brain circuits. .... There is every reason to think that a future national hierarchy staffed and led by women who no longer have to imitate men, dealing with other nations similarly transformed, would be less likely to go to war. .... Our own species hasn't always suffered from male supremacy. Among our hunter-gatherer ancestors, living in small, mobile communities, group decisions were made face to face, among men and women who knew each other intimately. Men tried to dominate, but it wasn't easy. They could show off by hunting, but war, that universal booster of male status wasn't common."

(continued next column)

This is a tiny excerpt from the book, *Women after All: Sex, Evolution and the End of Male Supremacy* by Dr. Konner, a professor in anthropology, neuroscience and behavioural biology at Emory. (I found this fascinating article in the Wall Street Journal).

The Town of Bowmanville is asking us if we have a nominee for the Volunteer Celebration Event. One of the purposes of this program is to recognize the value of our volunteers. Recognition will not be based on years of service, but rather based on individual contributions.

I hope to see everyone at our March meeting.

*Judy Hagerman*

---

## From BPW Ontario

**May 22-24, 2015 ~ BPW Ontario – 69th  
Provincial Conference hosted by BPW Barrie**

**Conference will be held at the  
Nottawasaga Inn  
Resort, Alliston ON**

**Register by April 1, 2015  
for a chance to win your conference registration fee.  
Registration Deadline: May 1, 2015.**

<http://bpwontario.com/events/provincial-conference.html>

**Theme: Building our Winning Team  
Connect. Communicate. Collaborate**

Comedian Andrea Murray will liven up the gala and make members feel welcome.

Gala speaker is founder of [Up With Women](#), **Lia Grimanis**. Lia is a Canadian adventurer, businesswoman, keynote speaker and philanthropist.

**Up With Women** is a non-profit organization dedicated to bridging the gap from homelessness and deep poverty to economic and social empowerment for girls and women.

---

## From BPW International

**Take a look at the all new BPW International Website at:  
[www.bpw-international.org](http://www.bpw-international.org)**

# BPW BOWMANVILLE

Empowered Women Leading Business & Positive Change

*In Our Community & Around the World...*



Business &  
Professional  
Women

## BPW Bowmanville 2015 Programme

**Tues, April 28** – Provincial & National Resolutions Discussion – *Sheila Crook, Resolutions Chair*

**Tues, May 26** – BPW Bowmanville AGM – Members Only– Election of Officers – Reports

**Tues, June 24** – Gourmet Social – Location to be announced

### Within the BPW Bowmanville Family:



**On March 7, 2015, Corinna Traill was selected as the Federal Liberal candidate for Durham. Corinna faced two other candidates: Bradley Phillips and Sami Elhajjeh. Roxie Barnes, Barb Hicks, Kris McDonald and Mary Novak attended the nomination meeting at Bowmanville High School and cast their votes along with about 400 other Durham citizens.**

**Corinna will be running against the current MP Erin O'Toole, Minister of Veterans Affairs and Derek Spence of the NDP.**

**Unless called earlier by the Prime Minister, the next federal election is scheduled to occur on Oct. 19, 2015 so the campaign would begin 30 days prior to that election date.**

### Happy Birthday

**Mavis Carlton on March 19**

### Happy Grandmother

**Nancy Barnes announced the birth of granddaughter number five. Nova Lynn Morris Barnes was born March 9, 8:33 PM. Another generation for BPW Bowmanville.**

## From BPW Canada **Alzheimer's in Women**



BPW Canada recognizes that Alzheimer's is an important health issue for women.

Everyone knows someone who is touched by Alzheimer's disease and other dementias. However, did you know that women are **doubly** affected?

Women represent 72 percent of Canadians living with Alzheimer's disease. They live longer than men do and age is a significant risk factor. That's why there are more women with this disease.

But that's not all. Women also make up 70 percent of family caregivers, eventually providing 24/7 care to a parent, partner or relative living with a form of dementia, including Alzheimer's disease.

There is help and support but the first step is to recognize Alzheimer's warning signs, which are often misunderstood or ignored. Watch for changes in behaviour and personality that are out of character in addition to memory loss and difficulty with reasoning, thinking or judgment.

The Alzheimer Society is asking all women to take a moment to learn the 10 warning signs. [Visit their slideshow](#) and share it with your colleagues, friends and families.

The number of Canadians with dementia is expected to increase from 747,000 today, to 1.4 million in less than 20 years and we have yet to find a cure. By rallying around this disease, we can help reduce its stigma and make life better for all those touched by it.

Click [HERE](#) to learn more about Alzheimer's disease and other dementias or to find an Alzheimer Society near you.

Women have the power and passion to spark change. By rallying around this disease, we can raise more awareness about dementia and help each other take care of our most valuable possession – our brains.



## From BPW Canada

March 12, 2015

### Canadian named Global Community Champion for Women's Economic Empowerment

[BPW Canada](#) announces that Sheila Crook, National Coach for Women's Empowerment and the Canadian Coalition for Women's Empowerment, has been named by UN Women as one of only 5 Canadian's to become Global Champions For Women's Economic Empowerment - See more at:

<http://www.empowerwomen.org/news/un-women-announces-the-2015-global-champions-for-women-s-economic-empowerment>

The Business and Professional Women of Canada is a founding member of BPW International and has worked diligently to improve economic and fiscal stability for women in Canada. When women are empowered to lead and advocate for positive change in the workplace, marketplace, government and community they contribute to justice and equality where decisions are inclusive, based on mutual respect, and shared commitment for a more prosperous, balanced and peaceful world.

UN Women [EmpowerWomen.org](http://www.empowerwomen.org) is pleased to announce today the nomination of 60 new Global Community Champions for Women's Economic Empowerment.

The nominations come after a month long rally where over 600 applicants from all over the world advocated for women's economic empowerment in several online and social media activities.

As part of the rally, the selected community champions have reached out to their personal networks, engaged on online discussions, and contributed resources and substantive inputs to various campaigns and initiatives.

The sixty, recently-nominated global community champions represent a diverse group of dynamic and enthusiastic women and men from the civil society, private sector, academia and national and international organizations from developing and developed countries.

Over the next five months, they will serve as advocates for women's economic empowerment online and in their regions and will be involved in a series of innovative initiatives and campaigns.

Sheila has been a member of BPW for over 23 years and has held many positions including National Secretary and Ontario President. She has been a strong advocate for women's empowerment and closing the wage gap in Canada and around the world. She has facilitated many Leadership workshops, coached members and mentored young women to reach their full potential. Sheila is the BPW Canada 2008 recipient of the National Leadership Award. In business, Sheila facilitates leadership development and is a certified Six Sigma Black Belt Certificate and Lean Certification Coach. She generously volunteers her time and skills to remove the gender barriers for women in the workplace and advances women's economic empowerment across Canada. Sheila is currently a member of BPW Bowmanville.

For further information on this UN lead initiative, please contact:

Linda Davis at [bpwlinda.davis@gmail.com](mailto:bpwlinda.davis@gmail.com) or 519-452-4430 ext. 4988

Sheila Crook at [fcrook2@yahoo.ca](mailto:fcrook2@yahoo.ca)