



BPW Canada

**BPW Connections – Coast to Coast
Connexions BPW – d'un océan à l'autre**

The Canadian Federation of Business and Professional Women's Clubs
La Fédération Canadienne des Clubs de Femmes de Carrières Commerciales et Professionnelles

President's Message

May 30, 2011

Is spring is finally here? The early flowers are blooming and the trees are budding. It's unfortunate that this spring has brought floods to Winnipeg and Quebec, and now a fire in Alberta. We send good wishes for the safety of our BPW sisters and their families. Hopefully, the losses will be minimal and everyone will be able to get back to normal quickly. At this time, there is a delegation 15-20 members attending Congress in Helsinki, Finland. It promises to be a great congress and we will have lots of stories and excellent information to write about when we return. There is still time to register for anyone who wishes to attend.

International Congress – Helsinki, Finland – June 17-21, 2011

To register for International Congress and your hotel visit at <http://www.bpw-international.org>. You can find the program and all the information is there to register for accommodations, workshops, events, tours, and resolutions and constitutional amendments. Please email me at doris.hall@curocom.ca if you are attending and send me your itinerary. It is a great opportunity to participate in a worldwide event and be part of the Canadian delegation.

BPW Canada AGM

Our National **Annual General Meeting will be in Ottawa**, Canada's capital city on **July 22 and 23**. The program and information on registration and hotel reservations is now on the website. We have set up PayPal or you can mail your cheque. All clubs are eligible to send delegates in accordance with the number of paid up members. The cut-off date to reserve your room in the block at the rate negotiated of \$125 per double room is June 22nd at 5 p.m. Please book your reservation on-line. The Westin Hotel is near the market, parliament buildings, shopping and the entertainment district. We will strive to accomplish the business in good time to allow everyone the opportunity to enjoy the city. For registration and hotel reservation <http://www.bpwcanada.com/events/nationalconvention.html>.

Guest speaker, Friday, July 22nd at 7 p.m.

(Insert photo) [Shari Graydon](#) is an award-winning author, journalist and communications consultant with 20 years of experience on both sides of the media microphone. A former newspaper columnist, TV producer and commentator for CBC radio and TV, she also served as press secretary to a provincial premier, and as president of Media Action. In this capacity she delivered hundreds of interviews and published or broadcast dozens of guest commentaries. Shari has also taught communications, media relations and presentation skills at Simon Fraser University, and delivered communications training to public and private sector organizations in Vancouver, Toronto and Ottawa. She has published two best-selling media literacy books for youth and received the Governor General's Award in Commemoration of the Persons' Case in 2007. Huffington Post pronounced her newest book – [I Feel Great About My Hands - And Other Unexpected Joys of Aging](#)– “Warm, witty and wise”.

2011 Equal Pay Day Campaign launched in London Ontario on March 18th Canada's equal pay date, by meeting for a **Red Power Hour** at a local restaurant where everyone brought a red purse. About 18 people showed up including one man. As a follow up BPW London hosted a successful workshop *You Are Worth It* on April 15th. To provide an item that club members can use year round, BPW Canada added a red shopping bag featuring Equal Pay Logo to our Emblems inventory. It is available to purchase for \$4 each. It's a great awareness item to promote equal pay. **Economic Equality, BPW Means Business (click on the link to the BPW Canada Income Equality page <http://www.bpwcanada.com/events/equalpay.html>. (insert photo from restaurant)**

BPW CLUB CELEBRATIONS

BPW Saskatoon, SK – Athena Awards March 1, 2011 by Susan Fowler

BPW Saskatoon awarded three educational bursaries to mature women who went back to school from funds raised at a Silent Auction. An educational bursary - sponsored by TD – was also awarded to an aboriginal woman between the ages of 18 -30 who continued her schooling.

Andrea Menard opened the Athena Awards with her beautiful voice in a song about family. Trish Cheveldayoff, emcee for the event invited each nominee to say a few words. The Athena Award winner was Dale Lemke. (This award is given to a person who assists women in careers, as well as being community-minded and a successful in business.) The Athena Young Professional Leadership Award went to Ainsley Robertson. Ainsley works for Junior Achievement, created the Princess Shop, and ran for city council, losing by a narrow margin.

(insert photo) Left to right: Jos Herman, Saskatoon BPW President, Tammy Richmond, IWD Co-Chair, Dr. Roberta Bondar, Cara Lauscher, IWD Co-Chair, and Susan Fowler, Provincial President for Sackatchewan (insert photo to right)

Dr. Roberta Bondar, keynote speaker for the event, talked about being a kid and wanting to go into space, and being encouraged by her parents. She mused that engineering was an option had she understood what engineers did; however, as a kid she thought it only meant driving trains. She worked at a summer job for six years in an insectarium to help pay for university.

She described some of the astronaut training, what it was like to be in space, and the physiological changes, such as the possibility of continuing bone loss after return. Her space flight moved her to really appreciate the Earth, and in particular Canada. Since, she has traveled extensively, taking photographs of places she saw from space. She has published a book of photos of Canada's national parks, one of landscapes of Canada, and a third of arid landscapes. She is a very strong advocate for Canada, thinks that new Canadians will help us to learn about and take greater pride in our country.

She explained that being an astronaut does not come with a pension. It's a job that requires hard work and is potentially very dangerous. You have to compete for the job and there is no pot of gold at the end of the mission. She pointed out that although some people think she was born

with a silver spoon, or found a pot of gold at the end of the mission, neither is true. She still needs to work to support herself, shops at Costco and bargain hunts.

Her main focus now is to understand how Canada relates to the world and how the world relates to Canada. She strongly advocates for lifelong learning and constantly improving ourselves.

Ideally, everyone should be a different person in 10 years. She believes in getting out and experiencing life. Dr. Bondar has a good sense of humour and continues to challenge herself.

Her view of her experience in space can be described as the difference between "chasing a pension" versus "chasing a passion". The real value in life is pursuing your passion.

BPW Sudbury, ON

Apr 20, 2011

By: Jenny Jelen - Sudbury Northern Life Staff

Thirteen women from Greater Sudbury were honoured for their contributions to the community at the 2011 Business and Professional Women (BPW) Awards Gala. The annual awards ceremony, held April 19 at the Radisson Hotel, recognized local ladies who lead the way in business, volunteerism and community involvement.

[\(Insert photo of Sudbury Award\)](#) The recipient of the Bernardine Yackman Award, Sylvia Barnard, President of Cambrian College in Sudbury is presented with the award by Abbas Homayed, Director on the Board of Governors for Cambrian College. [\(insert photo to right\)](#)

BPW president Dawn Larsen acted as master of ceremonies at the dinner banquet, and BPW board members and community members handed out the awards. Danielle Audet, who co-owns Backyard Birder with her sister Monique Paajanen, said she was happy to receive the Partnership Award. She attributed it to sisterly love. "I'd like to thank Monique, because I know it's never easy (to work with a sister)," she said. "She shows a lot of patience and understanding."

Some recipients, like Startup Award winner Ingrid Mogensen from i-Bead Canada, were emotional as they stood up at the podium to say thanks, while others took the opportunity to share their insight with the crowd. Joanne Caouette, founder of Lifestyle Homes and recipient of the Business Leadership Award and 2011 Woman Entrepreneur of the Year Award, said she found success through an inspiring quote: "No is not an option."

The full list of gala winners include:

Trailblazer Leadership Award – Diana Colilli, president of the Caruso Club, and Marianne Matichuk, mayor of Greater Sudbury

Exceptional Woman Award – Lise Sénécal, executive director of L'Association des jeunes de la rue Foyer Notre Dame House and Katie Goggins, Laurentian University varsity basketball player and student

President's Choice Award – Gaëtane Pharand, founder and executive director of Le Centre Victoria pour femmes

Business Leadership Award – Joanne Caouette, founder of Lifestyle Homes Incorporated

Quality Plus Award – Karen Baglolle and Melanie Michel-Pella, The Ultimate You owners

Partnership Award – Danielle Audet and Monique Paajanen, Backyard Birder owners

Start Up Award – Ingrid Mogensen, founder of i-Bead Canada

People's Choice Award – The late Mary Patricia (Pat) Cunningham, L'arche volunteer (award accepted by Cunningham's daughters, Jodi and Sara)

Bernardine Yackman Woman of the Year Award – Sylvia Barnard, president of Cambrian College

2011 Woman Entrepreneur of the Year Award – Joanne Caouette

BPW Abbotsford, BC

Staff Writer - Abbotsford News

Published: May 11, 2011 10:00 PM

Four outstanding women from Abbotsford and Mission were recognized for their professional achievements and personal qualities on Wednesday evening at the annual Myrtle Evertt Woman of the Year Awards in Abbotsford. Presented by the Mission Business and Professional Women's Club, the event awarded the title of Woman of the Year to Paulette Baker and Ann Senae. Both women received a standing ovation. [\(insert photo to right\)](#)

Baker was bestowed the honour for the Abbotsford region. She is a nurse advisor with WorkSafeBC, has completed two overseas missionary trips, raised funds to send a terminally ill father and his family to Disneyland, and raised money to provide care and support to new immigrant families. "It's wonderful that we can highlight women who have stepped out to help other women and who volunteer," said Baker. In her speech, she also touched on why she volunteers – a question she was recently asked. "I simply do it because I do. When I see that people need help, I just roll up my sleeves and do it."

Senae was awarded the title for the Mission area. Senae is a self-employed certified general accountant who has served with many non-profit groups in Mission, including the Valley Women's Network, the Women's Resource Society, the Hospice Society, and the Chamber of Commerce. "This is such an honour," she started, offering thanks to the women who nominated her. "It's important to have positive role models in the community for everyone ... It's odd to win an award for something I love to do. I love working with non-profit, love being with my family and watching them grow, love encouraging others to go after their goals, and I love my career." Senae, who is also a member of a quartet, performed a song with her group at the end of the evening.

Deborah Lehmann and Doris Woodman-McMillan were also recognized, having been nominated for the Abbotsford award. Lehmann is the executive director of the Abbotsford Hospice Society and has a background in human resources. She also serves as a volunteer on the Abbotsford Police Board, the Abbotsford Multicultural Festival, and Restorative Justice and Advocacy Association. Woodman-McMillan is president of Numbers Unlimited, a local bookkeeping business, and has been active with the Abbotsford Chamber of Commerce, Operation Red Nose, the Sister City Committee and the Rotary Club.

Items for a silent auction were on display throughout the evening. The money raised was awarded to two graduating young women in the form of bursaries. They were given to W.J. Mouat Secondary School student, Phoenix Pham, and Samantha Raniak from Hatzic Secondary School in Mission.

BPW Montreal, QC – 85th Anniversary and Leadership Award
April 29th, 2011
By Doris Hall

(Photo of Gala to come)

I had the pleasure of attending the 85th Gala Anniversary Celebration for BPW Montreal. The program also included their annual Woman of the Year Award which was sponsored by Bank of Montreal. Past President of the Club, Erin Kennedy, who has worked tirelessly to establish a Commission for Children in Canada was presented this award. She gave a very motivating acceptance speech, and praised BPW for the many years of working for equality for women. BPW Canada Secretary, Sheila Crook travelled with me to Montreal where we enjoyed connecting with the BPW members there. We were so warmly welcomed at this gala evening, co-chaired by Joan Macklin and Leslie West. The event was attended by several past presidents of the Montreal Club, the Mayor of Mount Royal and his wife, and family of members. A beautifully crafted presentation created by BPW Montreal member, Dr. Dorothy Williams served as a wonderful acknowledgement of the many accomplishments of BPW Montreal members and women of Canada across the past 85 years. It was a most enjoyable and worthwhile evening.

BPW Member Honoured on Retirement

Colleen Allan, Provincial President for Manitoba

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Pioneer in addictions field steps down after 47 years

(Insert Colleen's photo here) Colleen Allan began work at the Alcoholism Foundation of Manitoba 47 years ago. Today is her last formal day on the job.

There's been a sea change in the treatment of alcohol and drug abuse since Allan was hired as secretary to the AFM's medical director.

The AFM has even changed its name, the first letter now referring to the more general "addictions." Allan started work before Manitoba introduced legalized gambling and, with it, the sorrows that come with that addiction. When she steps out the AFM's front door today, she's taking the institutional memory of the place with her.

She's officially a "prevention education consultant." In plain terms, she is one of the few people who have lived and breathed progressive addictions treatment in Manitoba from the start. She started work on April Fool's Day, 1964. Alcoholics -- those who were diagnosed and treated -- were seen as successful businessmen ruining their lives. Women didn't seek or get treatment. It wasn't until the late 1960s that Helen Malone, wife of a former *Free Press* publisher, spoke about her addiction and convinced the AFM to open a residential addiction facility in Winnipeg. It would be the first of its kind in Canada. In fact, before 1972, only two studies had even been done on women and alcohol.

Allan brought personal experience to the AFM table. "The fact was that both my mother and father had addiction issues," she says, sitting in a book-filled room at the AFM's Portage Avenue building. "Both my parents were violent, and so was my first husband." She was one of the first women in Canada to seek divorce on the grounds of alcoholism and family violence.

Allan wasn't a secretary for long. In 1968, the medical director encouraged her to get an education. She'd get a diploma in social work from Red River Community College in 1970 and continue her advanced education from there. In 1972, Allan became a rehabilitation counsellor for the AFM. "Given it was a male bastion, they were very reluctant to give me alcoholics," she laughs. "It took a long time. It was fair because there was no training, no programs at the time."

The face of treatment has changed as well. Back then, police would just pick up intoxicated persons and throw them in the drunk tank. Slowly, it became clear a continuum of care was needed.

By 1976, Allan served as a trainer to outside groups, working with them to see addiction as an illness, not a character flaw. She became a national trainer. "I was pretty much the only show in town," she laughs. The influence of alcohol on women was beginning to be understood by the mid-1970s, Allan says. "We know women metabolize alcohol differently," she says. "We knew women were a lot sicker when they came in here."

At the same time, experts were just beginning to recognize the effects on a fetus of a mother who drank alcohol during pregnancy.

Alcohol and gambling remain primary concerns in the addictions field, Allan says, despite the trend to focus on the latest street drugs. "You keep getting designer drugs like OxyContin and ecstasy. Every two or three years there's another new drug. They mobilize around the drug, not the issue." She says there needs to be a collective will to deal with problems as they arise, citing emerging concern over young women mixing Red Bull with alcohol.

"Because alcohol has been around forever, they don't recognize what they're doing when they're taking alcohol. They drink with marijuana. That controls nausea so you're combating your body's natural protection, which is to be sick when you consume toxic amounts of alcohol." Allan cautions that accepted forms of treatment, 21- or 28-day programs, for example, don't work for every addict. Many need longer. "We're doing people a disservice in our middle-class values because we don't give them time to recover."

Allan's passion and experience will be in high demand after her last day at work. She's going to continue working on a volunteer basis in the addictions field, sitting on committees and engaging in research. "There's so much work to do."

Election aftermath: where do we go from here?

Thoughts from your BPW Advocacy/Public Affairs Committee

As you know, BPW Canada is “non-partisan.” What that means is that we do not support any ONE particular political party. Non-partisan, however, does not mean that we are apolitical. BPW is an organization with a long legacy of political advocacy, awareness and action. We are engaged in the political scene to ensure the governing party and the Parliament of the day address the issues and concerns of our membership and Canadian women. We keep a record of the performance of the governing party on addressing our issues. We apply pressure for necessary action for change and commend parties, ministries and politicians who through their actions have demonstrated support for our issues. The number of new MPs and the realigned distribution of power would suggest that the time is right for BPW Canada to reassess its strategy for change.

On a positive note, we have achieved the highest number of women in Parliament in Canadian history (25% of MPs are now women), something we should be proud of. Many of the newly-elected MPs are young, inexperienced but eager to learn. As one committee member noted, *“They may become the best educated cohort of new young politicians we have ever seen, and be the force that transforms the political scene in the future.”* We need to get to know them, encourage them, and help them to learn. Building relationships with this critical mass of potential positive change from within is expected to be an essential aspect of our strategy moving forward.

It is a matter of record that the Conservative government elected on May 2nd, with a majority, has not been particularly supportive of BPW issues:

- They made major cuts to Status of Women Canada in 2006, removing \$5 million from the budget, closing 12 of 16 offices, and deciding that SWC would no longer fund research or advocacy work since women were “already equal.”
- They do not support a national childcare program that is based on the QUAD principles (quality, universality, accessibility, developmental), instead preferring to give \$100 per month (taxable) per child to families with children under six.
- They do not support pay equity.
- They do not support an overhaul of the Employment Insurance program, since it does not treat women equitably, although many equality-seeking groups have lobbied for that.
- They have no national strategy to address poverty, despite the fact many Canadian women live in poverty (51.6% of single parent families headed by women; 35% of senior unattached women, based on 2008 statistics).

So where do we go from here? With your help, the BPW Canada Advocacy/Public Affairs Committee will continue to lobby the federal government on these issues, and will develop a strategy to lead us forward. Here are a few things that clubs could do in the interim:

- BPW provincial organizations, clubs and members could and should be more active on the provincial and local levels. Many of our issues are also provincial issues, and there is a lot of room for improvement in some provinces. Keep on top of what’s happening in your province in terms of childcare, pay equity, poverty, and let your politicians know how you feel.
- Like a lot of things in life, successful lobbying is based on relationship-building. Get to know your politicians on all levels (federal, provincial, municipal) and of all stripes (Conservative, Liberal, NDP etc). Let them know who you are and what you stand for.

- Connect with other women's groups in your province and community. There *IS* strength in numbers, and we'll need a lot of strength to get through the next four years.
- Perhaps the most urgent issue is the long gun registry, which the Conservative government is committed to abolishing. Parliament is expect to return in late May, and this will probably be at the top of the list. Visit the Coalition for Gun Control website (www.guncontrol.ca), inform yourself, talk to your MP and let her/him know how you feel. There is compelling research that saving the long gun registry will save lives, especially women's lives.

Finally, we would like to hear from you, the members. What do you think? Please address your comments, issues and concerns to the co-chairs of the Advocacy/PA committee. Also, we encourage your dialogue on our Facebook and LinkedIn pages. Let's keep the momentum going and do our part to promote an engaged and informed electorate from today moving forward. We hope to see many of you at our AGM in Ottawa in July.

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Co-chairs, BPW Canada Advocacy/Public Affairs Committee

BPW Canada Social Media Sites.

<http://www.facebook.com/group.php?gid=129553730411501>

http://www.linkedin.com/home?trk=hb_tab_home_top