



BPW Connections – Coast to Coast is the official publication of BPW Canada.

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President's blog at
www.bpwcanada.com**

President's message

BPW Canada AGM in Toronto a great success!

By Sue Calhoun

One of the great things about being a member of BPW Canada is the opportunity, once a year, to get together with our BPW sisters from across the country. This year's Annual General Meeting was even more special – larger than usual – with 76 people coming to lunch. Most stayed for the AGM in the afternoon.

In addition, we were thrilled to have with us our BPW International President Liz Benham from New York, BPWI 1st VP Gabriella Canonica from Switzerland and Regional Co-ordinator for North America and the Non-Spanish Speaking Countries of the Caribbean Jill Worobec from BC. They brought the international perspective, and reminded us that we are all part of a global network of women who are *making a difference in the lives of girls and women throughout the world.*



From right, BPW Toronto member Dormer Ellis is honoured for being a long-time BPW Fellow by Liz Benham, BPWI President; Gabriella Canonica 1st VP; and Jill Worobec, Regional Coordinator, North America and the Non-Spanish Speaking Countries of the Caribbean.

We had a very busy day-and-a-half. Here are some highlights:

- Fran Donaldson and Colleen Allan organized a *Mentoring for Success* workshop on Friday evening. BPWI 1st VP Gabriella Canonica and Maureen Craig McIntosh (Chair of the BPWI Mentoring Task Force) provided an overview of what's happening in other countries. Toronto businesswoman Lisa Scale spoke about her experience as a protégé in the StepAhead program. BPW Calgary Mary O'Sullivan-Andersen and BPWC Young VP Lia Robinson provided a wonderful overview of BPW Calgary's very successful Mentoring program. As a result, we will be revising our Mentorship module, developing a "Tool kit" for clubs (which will be available soon on the website), and exploring how we can move forward as an organization to provide a more formal mentoring program for our members.
- Our luncheon speaker was Linda Middaugh from the group Canadians in Support of Afghan Women. This group has raised a half a million dollars in the past decade to build schools and pay teachers' salaries so that girls can be educated in that country. Linda challenged clubs to sponsor a "Breaking Bread for women in Afghanistan" event during the coming year. BPW Canada will join Canadian Women for Women in Afghanistan. (www.cw4wafghan.ca/) BPW Brampton President Barb Hore presented Linda with \$1,100 raised by that club, and members present contributed another \$473.
- The Minister Responsible for the Status of Women Helena Guergis and her Chief of Staff Axelle Pellerin came for lunch! It was the first time in recent history

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BPW women are “Women of Distinction”



BPW Canada President Sue Calhoun (centre) and BPW-NB Immediate Past President Wilma Evans (right) were awarded the YWCA Women of Distinction award in a ceremony held in Moncton in June. Sue won in the Public & Community Service category, Wilma in the Women in Work category. The YWCA presents these awards in communities across the country. With Sue and Wilma is Kim Murphy, President of the BPW Southeast New Brunswick club. BPW Regina member Claire Belanger-Parker (right) also won for Women in Work.

BPW London members receive Volunteer Awards



Several BPW London members received the Ontario Volunteer Award, presented in April, in recognition of their commitment and dedication as a volunteer in Ontario. From left, Norma Yau, Sandy Pierce, Doris Hall, Eva Main, Sheila Crook and Susan Dill.

Virtual club member attends pay equity roundtable

BPW Virtual club member Crystal Sissons (right in photo) participated in the NDP roundtable on the Public Sector Equitable Compensation Act, held in Ottawa. With Crystal is Irene Mathysen, NDP critic for the Status of Women. The NDP is lobbying the government to remove the Pay Equity bill from the budget that was passed in January. BPW Canada supports this stand.



BPW Taipei President visits BC BPW members



BPW Taipei (Taiwan) President Annette Lu visited Vancouver in June, and met with some BC members including (from left) Jill Worobec, Regional Coordinator for North America and the Non-Spanish speaking countries of the Caribbean; Barbara Hall, BPW Richmond (2nd from right) and Willa Stygall, President, BPW Coquitlam. Ms Lu was the first woman Vice President of the Republic of China (May 2000-May 2008), and is a member of the Democratic Progressive Party (DDP) and a prominent feminist.

BPW Saguenay hosts first woman leader



Pauline Marois, first woman leader of a political party and first woman leader of the opposition in Quebec, was BPW Saguenay guest speaker in April. Madame Marois spoke on her political career and on the importance of women learning to share the power at home. From left, Joan Macklin, Vice President (BPW Canada); Amélie Plourde, President (BPW Baie Comeau); Germaine Bolduc, President (BPW Saguenay); Mme Marois; Julie Leclerc, President (BPW Québec); and Lucie Bradette, President (BPW Roberval).

Ontario Past President meets Australian sisters

Karin Gorgerat, past president of BPW Ontario (left in photo), visited Australia lately and met with members from the Central Coast Club and Parramatta Club, along with BPW Australia President Marilyn Forsythe. Karin writes: “It was a wonderful opportunity to meet BPW sisters from Down Under, and I was welcomed there as if we’d known each other for years. It was a lovely evening.”



Stress Reduction in the Workplace

By Vicky Kotab, BPW Greater Sudbury Personal Development Chair
Individual and Corporate Wellness Consulting
www.stressolutions.ca

Stress is a common health concern for many decades now because of our busy lifestyles. Up to 75% of all illnesses can be attributed to chronic stress such as: high blood pressure, heart disease, lowered immune system function which means more colds and flues, digestive disorders and the common discomfort of muscle tension in the neck and body. Our biological system does not know the difference between a true physical threat and a psychological threat (the worry in our own minds). Therefore we are wallowing in a bath of corrosive hormones if we are stressed most of the time. We are continually turning on our stress response for purely social and psychological reasons all the time; we worry, worry and worry. We worry over our finances, job security, deadlines, our children and their needs, our relationships to our spouses, what our boss or co-worker think of us etc...

Unfortunately, most of us do not have control over our workplace environment or the people we work with. Therefore it is up to us to learn new ways of responding differently to reduce our levels of stress in order to be more productive, and able to go home to loved ones in a better state of mind. Here are a few natural stress reduction techniques to give yourself a mini break throughout your workday.

- One technique is to practice abdominal breathing at your desk many times a day; use a sticky note as a reminder. Sit up straight and breath in paying attention to your navel expanding outward as you inhale through your nose and pull it inward towards your spine as you exhale through your nose. Repeat for 3-10 breaths.
- Another skill is through mindful awareness. Mindfulness is paying attention to the present moment, on purpose, non-judgmentally. Try practicing mindfulness during one of your daily routines such as washing your hands. Focus attention on all of your senses. Begin by *watching* yourself turning on the facet, then *listen* to the sound of the water running, gently reach for the soap while also sensing the *smell* of the soap, then rub your hand together *visually* observing the bubbles forming and their change from coloured soap to white foaming bubbles. *Feel* the temperature of the water as you rinse off the soap from your hands and turn off the tap slowly. Now take a deep abdominal breath as you reach for the paper towels while still in a state of presence. As you open the bathroom door, breath once more deeply knowing that you just gave yourself a wellness gift of practicing a mini meditation.

Practicing meditation regularly has many health benefits including increased concentration, a deeper sense of well-being but most importantly it reduces stress and improves heart health. Remember always, personal wellness is a conscious choice, moment by moment.

Visit often
www.bpwcanada.com

W.O.R.K. \$ now available

Clubs can apply for funding for their activities. A revised application form for grants from W.O.R.K. (Women Offering Resources and Knowledge) is now available on the secure page of the website.

Deadline is October 31, 2009.

Persons Case Award

Nominate someone who has worked for women's equality for a Persons Case Award (instituted by the Governor General to honour the 1929 legal decision).

Deadline 31 Jul 2009. www.swc-cfc.gc.ca/dates/qg/index-eng.html

President's message (continued from page 1)

that a sitting Minister has attended our meeting. Ms Guergis spoke about some of her priorities for women, and stated that she expects her Plan of Action to be ready by fall.

- BPW Canada has just signed a partnership contract with Workopolis to put a “niche” job search site on our website. Marc Roberts from Workopolis did a presentation to show everyone how it will work. This is a very exciting adventure for BPW, which will provide a focused job search site for our members who are looking for jobs and/or looking to hire. It will also generate revenue for us. More details soon on the website.
- BPW International has launched an exciting membership drive: **1 + 1 = The New Power of BPW**. BPW Canada has joined in, and we are encouraging every member to bring in at least one new member in the coming year! Your participation means that both **YOU AND YOUR CLUB CAN WIN PRIZES!** It will also put BPW Canada on the road to sounder sustainability (see below).
- Convention 2010 will be held in mid-June at the Horseshoe Resort, one hour north of Toronto, in conjunction with the BPW-Ontario provincial conference, which is being organized by BPW Barrie. We are looking for committee members so if you like to organize events, have particular skills (or skills you want to learn!), please contact me directly at scalhoun@nbnet.nb.ca.

Probably the most fun part of the weekend was the chance to see old friends, and meet new ones, to hear about what clubs are doing across the country and the difference that they're making in their communities. On the downside, our agenda was overcharged, and we did not make it through all the resolutions. We realize that resolutions are important, and that clubs put a lot of effort into them. The resolutions are now on the President's blog. Log in and give your opinion. We realize that a half day is no longer sufficient for our AGM. Please see the secure page on the website for more details from the AGM. Have a great summer!



BPW Canada is very pleased to announce a new partnership with Workopolis NicheNetwork to bring our members an on-line job board designed specifically for Business and Professional women in Canada. Soon, we will be providing you with a cost-effective, easy-to-use system to hire members who are female business professionals. You will be able to access an on-line tool that makes it simple to find qualified, experienced women for mission-critical roles within some of the best organizations in Canada.

Not an employer, but looking to change careers? This job board tool is available to post your resume and to apply to positions at no cost. We aim to unite the best and brightest women in the workforce with wonderful career opportunities from the best employers for career growth and advancement. Don't have time to search jobs every day? Set up a career alert, and the system will notify you via email when a position meets what you are looking for. Whether you are looking for a full-time career or a part-time job, BPW Canada and Workopolis NicheNetwork strive to satisfy your needs. Visit us soon and take advantage of this wonderful new tool for members!



BPW Canada

Membership Campaign 1 + 1 = The New Power of BPW

BPW Canada has launched a major membership drive. Bring ONE new member into your club during 2009-10 and WIN!
Check the website for details.

YOUR CLUB CAN WIN!

- **\$250 Westjet certificate**
- **Criteria:**
-1 draw = 80% retention
-1 draw = each FP report filed with BPW Canada that includes 2 new member
-1 draw = for each new member

YOU CAN WIN!

- **Gift Certificates**
-\$250 WestJet
-\$100 Radio Shack
-\$100 Staples
-Framed artwork by Dana
- **Criteria:**
-1 draw = each new sponsored member