



1917 - 2017
Commemorative Magazine
100 Years of Women Helping Women



100 years of women's suffrage in Ontario
150 Years of Confederation in Canada
100 years of women's advocacy with
BPW Niagara Falls

Includes 2017 Provincial Conference Package

This commemorative publication honours the hard work of generations of women from all cultures, colours and creeds, from the past and those now, whose endurance and courage paved the road to the rights that we enjoy. Let us continue to instill their enduring spirit in ourselves and in those who follow us.

We celebrate the tenacity & passion of women who dare to make a difference.
Created with appreciation to all involved in this production to mark the one hundredth birthday of BPW NIAGARA FALLS.

Conceived & Researched by Nancy Broerse / Final Set Up & Design by Carolyn Shannon



BPW NIAGARA FALLS IS... 100 YEARS OLD!!



Here is how it all started:

From 1917, our club has been dedicated to helping women. "The Niagara Falls Business & Professional Women's Club was founded in July of 1917, a group of business women gathered to form the **Niagara Falls Council of Women**. They met regularly at the local YWCA. The club is part of the National Foundation which covers all fifty states (the US Federation). The local organization was comprised of members from all categories of business & the professions, such as Accounting, Banking, Education, Civil Service, Law, Medicine, Industry, Real Estate Insurance, News Media, Sales, Food Services, Office Management, Music, Nursing, Library Services, Arts and Self-Employed in numerous fields of business.

Each year, the club awards a scholarship to a worth-while student who plans to further her education, and a scholarship to a mature person returning into the business world.

The Young Career Woman's Programme is BPW's way of honouring successful young career women while introducing them to the ideals & standards of the National Foundation. The BPW members share ideas, experience & expertise through social interaction & planned programmes. During National Business Women's Week which is held the third week of October, the local organization sponsors a programme honouring women who have made outstanding contributions in the community. The women personify a high level of achievement in their individual careers & dedication to community involvement.

The Niagara Falls club has received many awards for originating seminars on Career Counseling, Self-Improvement, Education, High Achievement in Membership, Programmes & National Business Week Projects.

The group is international in scope, having the largest number of members all over the world. The local group is included in District VIII, which covers Western New York with 22 clubs. The meetings are held monthly on the third Monday of the month with dinner at the Red Jacket Inn at 6:30 pm....a helping hand is extended to all working women everywhere."

DIRECTLY QUOTED FROM BPW NIAGARA FALLS' Club ARCHIVES.

Celebrating a Mile stone
Along with Canada



CANADA 150
1867-2017

BPW Niagara Commemorative Magazine

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Welcome to Niagara Falls

Stunning beauty photographed by Lorne Demoe.



Lorne is an avid traveler for 23 years, having visited 6 continents & over 80 countries to date. He is currently creating a photography book from his travel collection, "A Step on Every Continent" featuring landscapes, wonders & portraits from people from around the world. His travel habits are supported by his work as a registered massage therapist & acupuncturist, working in the Niagara Region, providing home visits & treatments in a clinic, spa & in his home practice. **PRINTS AVAILABLE..... \$100.00**
 A tennis pro for 25 years before becoming a massage therapist, he worked both as a coaching tennis professional & a massage therapist for 10 years but moved full time into massage therapy, allowing him more flexibility to travel. lornedemoe@hotmail.com

HOME THERAPY VISITS (905) 380-5950	LIVEWELL NIAGARA (905) 357-5566
LORNE DEMOE, R.M.T., A.C. REGISTERED MASSAGE THERAPIST ACUPUNCTURE - REFLEXOLOGY (905) 380-5950 lornedemoe@hotmail.com	
PANDA CHIROPRACTIC (905) 892-2683	OBAN I (905) 468-2165



SPECIAL OFFER TO BPW Members
Attending Provincial Conference:

MASSAGE THERAPY 1 hr (SPECIAL \$60.00)
SOOTHING FACIAL (SPECIAL \$60.00)



In 2011, the only women from Canadian history ever to make it onto our bank notes were replaced by an icebreaker.

Sign the petition & ask the Bank of Canada to feature significant Canadian women on our bank notes.

Change.org/CanadianHeroines

BPW Niagara Falls Makes History!

Business & Professional Women's Club of Niagara Falls is part of a special collaborative exhibit by the Niagara Falls History Museum.

To celebrate Canada's 150th birthday, BPW NIAGARA FALLS has been included in a new exhibit called "TELL US YOUR STORY" asking what we are doing to celebrate **Canada 150** or to share how we feel as proud Canadians, immigrants or local groups and organizations.

President Anne Knicley & Immediate Past President Nancy Broerse visited the museum and told the story of **BPW NIAGARA FALLS**, the work done by the women of Niagara Falls, and the forming of our club in July of 1917! Originally meeting at the YWCA, the group was known then as the Niagara Falls Council of Women until they were recruited in 1930 by the International Federation of BPW and became known then as BPW NIAGARA FALLS.

2017 is the 100th BIRTHDAY of BPW NIAGARA FALLS!

It is therefore fitting that our club is hosting this year's annual Provincial Conference including a birthday celebration to honour **CANADA 150, one hundred years of Ontario Women's Suffrage** and **our own 100th birthday**, thus making BPW Niagara Falls the **OLDEST BPW club in Canada!**

A framed copy of BPW NIAGARA FALLS CHARTER is now displayed along with some interesting stories about the growth & activities of our club at the Niagara Falls History Museum on Ferry St. This exhibit will open at the end of May 2017 to the public for the rest of the year.

www.niagarafallsmuseums.ca



BPW NIAGARA FALLS 1917 - 2017

100 years of women helping women!



Our members include women from all over the Niagara Region working together for the vitality of our small club and our work, helping Women with self-empowerment, leadership & advocacy skills.

This is a great milestone for BPW Niagara Falls as we celebrate our Centennial along with Ontario's Centennial Year of Women's Suffrage and Canada's

Sesquicentennial, 150 years of Confederation. It is with great pride that we mark this special anniversary by hosting the 2017 Annual Provincial Conference.

Although we are a small club of eleven feisty ladies, we have created a reputation for our tenacity & special events. In 1917, originally meeting at the YWCA, the group was known then as the Niagara Falls Council of Women until they were recruited in 1930 by the International Federation of BPW & became known then as **BPW NIAGARA FALLS. Members** worked hard during WW1 & 2 by supporting the military overseas by making bandages, recycling clothing & raising enough funds to donate a fully-paid ambulance through the Canadian Red Cross for the British Red Cross. Their hard work was noted, commended and awarded.

Although membership has varied, even as low as 3 ladies, **BPW Niagara Falls** continues to thrive.

From Pyjama Party weekends, Community dinners, family parties & information events, Empowering Women in the Park, Women's Health & Wellness Fairs, Local Table Talk Discussions, Local Artisan Markets, Themed Murder Mysteries and more, our club has been able to donate thousands of dollars through the years to local charities: Community Care, Lioness Guide Dog Project, Food Banks, Wells of Hope, Red Roof Retreat, YWCA, Heart Niagara, Terry Fox Foundation, sponsoring new members, sponsoring young girls & their needy families in Malawi, buying them goats & chickens to provide food and income for many years.

BPW Niagara Falls was involved with YWCA to bring the beautiful Woman Project to the Niagara Region, with artist Cheryl-Ann Webster to education local women & children about self-acceptance and self esteem.



BPW NIAGARA FALLS Presidents from 1917- 2017:

One Hundred years of women helping women!

Eliz. Wilson 1917-18	Marjorie Page 1953-55
Minnie A.Oatman 1918-19	Leah Simmons 1955-57
Eugenie LeRoux 1919-20	Helen Bidwell 1957-59
Ruth T. Pollard 1920-21	Catharine Morrissey 1959-61
Ada M.Schul 1921-22	Florence Kiligrew 1961-62
Carrie E. Candee 1922-23	Genevieve Tymjack 1962-63
Mildred H. Mead 1923-24	Dorothy Shank 1963-65
Eva M.Abott 1924-25	Mildred Clark 1965-67
Mary L. Crahen 1925-26	Viola Grandinetti 1967-69
Jessie B. McVean 1926-27	Alice Mooradian 1969-70
Mae McGraw 1928-29	Dorothy Shank 1970-71
Mildred H.Mead 1929-31	Hilda Young 1971-73
Sheila Highland 1931-32	Dorothy Shank 1973-75
Margaret Kendall 1932-34	Announne Barbari 1975-77
Gertrude Wright 1934 (<i>installed May 1934, resigned Sept 1934</i>)	Candace Frerk 1977-79
Edith Dykstra 1934-35	Wilma Foggia 1979-81
Bertha Cudabec 1935-36	Kathy Mulley 1981-83
Dr. Edith Dovesmith 1936-37	Mary Malvestuto 1983-85
Elsie Burham 1937-38	Rose Virtuoso 1985-87
Catharine Waton 1938-39	Frances Isui 1987-89
Elsie Burnham 1939-40	Rita Hagar 1989-91
Edith Dykstra 1940-41	Margaret Deane 1995
Sheila Highland 1941-43	Mary-Lou Davidson 1996-1998
Eliz Pritchard 1943-45	Betty Hawken 1998-2000
Ruth Ginther 1945-46	Nancy Broerse 2000-2005
Reta Whitly 1946-48	Nance MacLeod 2005
Jessie Richardson 1948-49 (<i>installed May 1948, resigned Sept 1949</i>)	Joanne Krick 2005-2006
Inez McKellips 1949-51	Nancy Broerse 2006- 2016
Shirley Ferrell 1951-53	Tia DeAgazio 2016
	Anne Knicley 2017 (CURRENT PRESIDENT)

The War Of 1812 - Local History of Niagara

Diary of The XIXth Light Dragoons in Niagara Peninsula during the War of 1812:

Arrived at Quebec from Cork on 17 May 1813, then on to LaPrairie (3 squadrons in all). One troop of 80 men & 10 horses to Upper Canada - two weeks later a second troop with 65 horses followed. This squadron was on the Niagara Frontier under Major Lisle until the end of the war. On 20th July 1813 the 1st troop near York & on the second appearance of Americans there, they lost their baggage & ammunition. On 31st July, the 1st troop from Lower Canada joined the Army at **Four Mile Creek**.

On the 17th August, Lt. Galdwin was wounded in a skirmish near **Fort George**. On the 20th August, **Major Lisle** arrived with the second troop completing the squadron. On 24th August they demonstrated against F. George. The advance was made by Lt. Col O'Neil. They drove the enemy from the town of **Newark (now Niagara on the Lake)** with a loss of an officer and 10 men taken prisoner while capturing 60-70 men.

On the 10th December, General McClure (American), fearful that a large British force was advancing on Ft. George, decided to fire the fort & escape across the border. However, a Mr. Willcocks, a Canadian who detested the British, tried to convince McClure to fire the town of Newark. Reluctantly, McClure allowed Willcocks his way. Willcocks & a number of American militia rode into the town during a heavy snow fall & commenced burning the houses after telling the inhabitants to leave. The town was then set on fire, of the 150 homes only one remained standing. Women and children huddled in the bitterly cold weather seeking shelter. Many lost their way that night. The next morning the frozen bodies of women & children were found -as many as 150 women & children were believed to have perished.



The exact numbers are not known. McClure retired across the border to Ft. Niagara. Col. Murray advanced toward the fort to find only a few of the Americans remaining. Determined to revenge the atrocities, he crossed the river & engaged Ft. Niagara. The 19th Light Dragoons ferried their horses across to Black Rock & burned the homes from Black Rock to Buffalo. In the town of Buffalo, with approx.500 homes, only 3 were left standing. The 19th crossed back to Canada, mainly due to the cold weather, having achieved their task.

June 1814, in 5 detachments, Ft. George, Queenston, Chippewa, Ft. Eire, &

Long Point, 5th July, the Battle of Chippewa .

During the battle, the 19th Light Dragoons saved two 24 lb guns from falling into the hands of the enemy by attaching their horses to the limbers and taking the guns off the field.

On the 25th July, the 19th fought the Battle of Lundy's Lane. They were posted on the left of the Portage Rd. Near Johnstons Tavern. **Here they were cited for the steadfastness.** Their losses-2 wounded & 1 missing. Three horses killed,1 missing & 10 wounded.

Following Lundy's Lane, they took part in small skirmishes. After the Battle of Ft. Erie they returned to Montreal where **Major Robert Lisle received, on behalf of the regiment, the Battle Honour Niagara.** Then, 6th August 1816, the regiment returned to England.

Christopher E. Franke, CD, FINS - Living Historian

In 1986, as a lover of military history, I became particularly interested in the Napoleonic era. Having retired after 25 yrs of service with the Canadian Military and two tours of duty in western Europe, allowing me to visit many sites where battles had been fought, I researched the light cavalry of the period 1792–1815





Christopher E. Franke

Intrigued by the 7eme hussards (*The Devils Brigade*), with a much fancier uniform that I was used to wearing, I was hooked. I found a French re-enactment group in the Champagne Region doing a 4-day combat campaign ride each spring, following Napoleon's actual routes during 1814, each year, a different area of Napoleon's battles was undertaken. As a new member of Brigade LaSalle & in preparation for my first trip, I took a one hour riding lesson - with two replacement knees. Two hip replacements were to follow.

1994, My first foray in full uniform was at Fontainbleau, as a Captain of the 7eme hussars & acted as aide de camp for the Mayor, now fully committed to the role of a living historian, Then, back to France to for the Campaigns of France, then Marengo, Italy with my group & back to Waterloo in France to participate in that well-known conflict, * *the London TV news at Waterloo caught me in a time-warp photo as a Napoleonic Officer withdrawing money from an ATM !!*

1996 promoted to Chef d'Escadron. **2000** honour guard commander for memorial services at les Invalides in Paris for Napoleon. **2001 & 2003** memorial services for the 1848 Hungarian Hussards, as a guest of the Minister of Justice.

I researched then portrayed a hussar officer, L.Col. L.A.Briquet, & attended a parade in his birthplace St. Germain Le Vasson, retirement farm in Tournebu & Donnay where he lies today. **My research enabled me to return a hero of France back to his community.**

1995 while participating throughout Canada & US.A. I attended Military through the Ages in Jamestown, Virginia & was awarded 1st prize for "most authentic uniform & presentation" as voted by fellow participants **2001**, awarded the honour of a Fellow of the International Napoleonic Society which is indeed extraordinary for a non-academic. I do however lecture internationally about the French Light Cavalry.

Re-enacting, becoming more popular in North America & Europe while the **War of 1812** was being fought on home territory, played such a major part of history of that era I chose to broaden my sphere of interest & researched the **Light Dragoon Regiments** of the time; **the only mounted British cavalry unit in the Canada's during the War of 1812. This introduced me to Major Robert Lisle of the 19th Light Dragoons, Commander of the regiment on the Niagara Peninsula.** I studied Biddulph's book of 1889, *The XIXth Light Dragoons and Their Times*, as well as a copy of the administrative orders of the XIXth while in Chambly, LaPrairie & Montreal, the sabre drills of 1796 & the order of battle & drills for the 14th Light Dragoons, which was followed by all the Light Dragoon Regiments of the time & commenced demonstrating the heads & rings using sabres on horseback on my Egyptian Arab mare named *Jude Chantilly Lace* but **Lacey** to those she considers friends.

My small cavalry tent amassed antiques & good reproductions in a modest manner. Although infantry & artillery officers had huge marques & extravagant furnishing, the XIX would have been housed in farms, the officers seeking Inns, although some bell tents were used by the men

I continue to attend re-enactments, mainly on foot, lecturing from my tent in Canada & the US, participating in the 200th anniversary of Fort George with a parade through Niagara-on-the-Lake on horseback. With the support of Pat Barrett, Evan & Barb Powell of the Canadian Light Dragoons, we bring Canadian history to life, lecturing internationally on the 7th Hussars, L, A. Briquet & the French Cavalry. **All with the support of my understanding wife Sandra of BPW, Barrie**



Sandra Franke

Glitter and Gangsters of the Roaring 20's

BPW Niagara Presents
Our Annual Murder Mystery

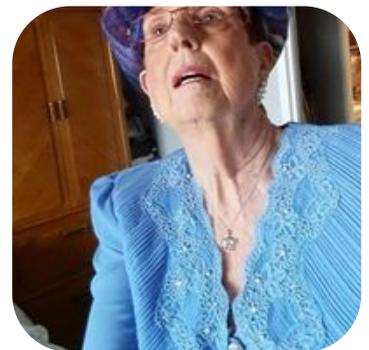


SAVE THE DATE!
March 2, 2018!

OR BOOK YOUR SPOTS NOW!!!



MONTANA'S
5759 Victoria Ave NF, CAN
MAGNIFY the FUN!!!
Come in Costume!





**2017
Provincial
Conference Package**

INCLUDES CONFERENCE:

**Greetings
Agenda
Speakers
Entertainers
Sponsors
Club Pride**

BPW Conference Greetings:

BPW Ontario President Message 2017 Conference



Maide Yazar

On behalf of Business and Professional Women's Clubs of Ontario (BPW) and the Ontario Board of Directors, I would like to welcome you to our 70th Provincial Conference. This year our hosts are the members of BPW Niagara Falls, celebrating their 100th anniversary. This is a memorable year for other notable events: Canada's 100th birthday and the celebration of the 100th anniversary of women's enfranchisement in Ontario. It is time to remember our history and look forward to accomplishing the work that remains to achieve equality.

Business and Professional Women are a non-partisan and non-sectarian network of business and professional women, and one of the world's most influential organizations with affiliates in over 100 countries, on 5 continents and Consultative status at the United Nations Economic and Social Council. BPW's local, provincial and national aims are to improve the political, economic, social and employment conditions of women in Canada. Through our annual resolutions process, and formal submission to the Prime Minister's Office and Provincial Premiers, we express our official position on issues affecting women, their families and communities to effect positive change.

As a member of the world-wide sisterhood of business and professional Women, BPW Ontario clubs develop the professional and leadership potential of women through education, awareness, advocacy and mentoring within a supportive network.

The annual conference is an opportunity to celebrate the difference we make in the lives of women in our communities and their families and how we influence significant changes at all levels of government.

I look forward to meeting BPW sisters from across Ontario, Canada and beyond, and representatives of our local and provincial partners who collaborate with us to give strong voices to women's empowerment.

I congratulate BPW Niagara Falls on organizing this magnificent Conference. I also thank members from other clubs who are providing invaluable assistance to make this a successful event.

Maide Yazar
President, BPW Ontario



BPW Canada President Message 2017 Conference

Dear Honourable Guests and My BPW Niagara Falls Sisterhood,

I'd like to take this opportunity to congratulate BPW Niagara Falls and wish them a very Happy 100th Anniversary. This is indeed an impressive and momentous occasion for our chapter in Niagara Falls because for one hundred years it has showcased its spirit and drive in empowering women in and around Niagara Falls.

Jenny Gulamani-Abdulla

This is a significant year for Ontario as it recognizes the Centennial Year of Women's Suffrage when women in Ontario were granted the Right to Vote. It was a ground breaking moment for women in this province and today we pay tribute to strong and determined women. BPW Niagara Falls is an excellent example of such women carrying on that tradition and showing leadership in their community by their actions.

2017 is also the year when all Canadians across our country are marking Canada's 150th Anniversary of Confederation. So while we celebrate BPW Niagara Falls' 100th Anniversary, I would like to take this opportunity to mention that we held our National AGM in Moncton last month in August to honour Canada 150. We took a day trip after the AGM to Charlottetown, the birthplace of Confederation and recreated the image of the 23 Fathers of Confederation with 23 leaders of BPW seated around the Confederation Chamber Table. Let me say that the future looks bright for women in Canada and I look forward to creating more memories with BPW Niagara Falls, our most established club in Canada.

Tonight is about you, my BPW Niagara Falls sisterhood. I commend your tireless and continuous efforts to improve conditions for all women long before our National and International Federations were formed. You have laid a strong foundation upon which we have all built on. Your work has been a shining example for all of us to follow. You ignited a spark which spread across this country and tonight we pay tribute to you, our longest standing club!

Happy 100th Anniversary!!

Sincerely, Jenny Gulamani-Abdulla, BA, JD, RCIC President, BPW Canada





BPW Niagara Falls President Message 2017 Conference

On behalf of the Board of the Business and Professional Women's Clubs of Ontario (BPWO) and the Niagara Falls Business and Professional Women's Club (BPWNF): Welcome to the 71st BPWO Annual Conference and General Meeting. BPWNF is celebrating its 100th year as an active and relevant entity.

Anne Knicley

We are particularly proud to have the opportunity to host this year's conference where we will celebrate our past successes and plan for future ones. By being here, we believe, we represent and are grateful to the women of the past who contributed in so many ways to the improvement of women's issues and to the advancement of women's leadership roles in today's world.

As Nellie McClung, a member of the Famous Five once said: "Women set the standards for the world, and it is for us, women of Canada, to set the standards high.

We recognize that by your attendance here at this conference you stand by Nellie McClung's pronouncement and we thank you for your commitment to the advancement of women worldwide.

Anne Knicley, NF BPW President



September 29, 2017

BPW 2017 Provincial Conference Chair

WELCOME TO NIAGARA!

We are so proud to welcome you to our beautiful region of Niagara and hope that you will return home with wonderful memories of laughter, good food, fun and working together for a common cause - women helping women.



Nancy Broerse

Provincial Conference Chair



Nancy Broerse, NF BPW Past President

A THANK YOU from our Future generations:



Alexandra Morinello



Kristen Layden



Kaylee Layden

Three young women express appreciation and gratitude for the hard work of generations of women from all cultures, colours and creeds, from the past and those now, whose endurance and courage paved the road to the rights that we enjoy today.

Let us continue to instill their enduring spirit in ourselves and in those who follow us. And, at conference, and always, we celebrate the tenacity & passion of women who dare to make a difference.

Alexandra Morinello, age 25, Kristen Layden, age 15, & Kaylee Layden, age 12, present a sincere "thank you" to those attending conference, working diligently to continue making life better for **all** women.

Thank you for joining us in Niagara-on-the-Lake to follow footsteps laid before us & to celebrate all that women have accomplished - **women helping women!**

BPW Ontario 71st Annual Provincial Conference, Niagara-on-the-Lake

“BPW – Ours To Discover”

Celebrating the Power of Women

September 29 – October 1, 2017

AGENDA HIGHLIGHTS

FRIDAY, SEPTEMBER 29, 2017	
BPW Ontario Pre-Conference Board meeting	2:00 p.m. – 4:00 p.m.
Registration & Credentials	3:00 p.m. – 7:00 p.m.
BPW Niagara Falls 100th Birthday Celebration Meet & Greet & Indigenous Welcome Ceremony & Blessing by Jackie Labonte Thank You Presentation by Future Members, Alexandra Morinello Kristen Kayden, Kaylee Layden, Birthday Cake presentation and serving Talent Show featuring BPW Ontario members Birthday Bash Bags Presentation of prizes	6:30 p.m. – 10:00 p.m.
SATURDAY, SEPTEMBER 30, 2017	
BREAKFAST BUFFET	7:30 a.m. – 8:30 a.m.
Registration & Credentials	7:30 a.m. – 9:00 a.m.
Resolutions Workshop – Heather Ellis	8:00 a.m. – 9:00 a.m.
OPENING CEREMONIES	9:00 a.m. – 9:45 a.m.
Morning Break BPW NIAGARA FALLS 100th Birthday Gifting	9:45 a.m. – 10:00 a.m.
Business Session #1 Board Update and Reports Resolutions & By-Laws (Cont'd)	10:00 a.m. – 12:00 p.m.
LUNCHEON BUFFET LUNCHEON SPEAKER: RENEE REBELO - "Personal Challenges of Women in a Male-Dominated Industry" Door Prizes	12:00 p.m. – 1:00 p.m.
WORKSHOPS - (choose one topic of several)	1:00 p.m. – 2:00 p.m.
Business Session #2 Resolutions & By-Laws (cont'd)	2:00 p.m. – 2:30 p.m.
Afternoon Break	2:30 p.m. – 2:45 p.m.
Laugh Yourself Healthier with Carolyn Shannon Business Session #3 Resolutions & By-Laws (cont'd) Presentations	2:45 p.m. – 3:00 p.m. 3:00 p.m. – 4:00 p.m.
Artisan Market — Ongoing	9:00 a.m. – 4:30 p.m.
GALA DINNER	6:00 p.m. – 9:30 p.m.
Mix & Mingle Dinner "War of 1812 - Major Robert Lisle of the British IX Light Dragoons", presented by Chris Franke GALA KEYNOTE SPEAKER: RAHEEL RAZA BPW Member Recognition Cash Bar, Silent Auction, Basket Draws	
After-Party – 2018 Conference hosts (BPW Clubs of the GTA)	9:30 p.m. – 11:00 p.m.

SUNDAY, OCTOBER 1, 2017

Registration & Credentials	7:30 a.m. – 8 a.m.
Wake-Up Coffee & Nibbles	7:30 a.m. – 8 a.m.
Business Session #4 In Memoriam Resolutions & By-Laws (Cont'd) Strategic Planning Session BPW Updates and Reports Door Prizes	8:00 a.m. – 10:00 a.m.
BRUNCH BUFFET BRUNCH ENTERTAINMENT: JOAN MINNERY, PROFESSIONAL SINGER/ENTERTAINER	10:00 a.m. – 11:00 p.m.
Business Session #5 Invitation to 2018 Conference (hosted by the BPW Clubs of the GTA) Conference Evaluation Adjournment Closing Ceremony with Jackie Labonté	11:00 a.m. – 12:30 p.m.

Conference Speakers & Entertainers - Friday:



Jackie Labonté

Jackie works with Native organizations providing services to individuals, or within groups sharing Traditional Teachings / facilitating ceremonies. She has done this for the past 30 years. An Elder of Fort Erie Native Centre Jackie will be performing an Aboriginal Welcome & Closing Ceremony & blessing.

BPW's GOT TALENT!

CONTESTANTS / ENTERTAINERS:



See a whole different side of our sisters in BPW - **MAKING MEMORIES**

Norma Yau & Winn Barnett (Duelling Divas)

Charmaine Grace (humorous monologue)

Sharon Doran (Chic boxing demo)

Maide Yazar (stand-up comedy)

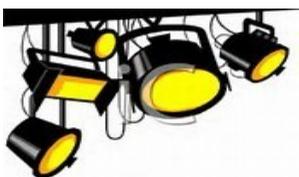
Doris Hall (fiddling and singing)

BPW Brampton (comedy skit)

Sandra Franke (bellydancing)

And more!!

Emcee: Sheila Crook



Ta-Dah!!

Conference Speakers & Entertainers - Saturday:



Educating Women About Financial Planning

Renée F. Rebelo is an Award winning industry leader, and recognized as one of the top 50 professionals in her field. As a Financial Inspirational Speaker and Leading Financial Strategist, Renée's passion is to assist people, execute strategies and develop solutions that directly support their financial visions. When **Renée's** dad died suddenly at the young age of 42 and she watched as her family lost

everything, she learned the hard way about why proper financial planning is so important. As a busy independent mom of two teenagers, Renée manages 3 separate businesses and strives to educate, motivate and empower people to achieve financial success.

Renée F. Rebelo, CFP, Certified Financial Planner, Life Coach Financial Strategies, Worldsource Financial Management Inc. (289) 235-9776 (905) 309-3990 Fax www.LifeCoachFinancial.com www.MyLCFS.ca

Laugh YOURSELF Healthier



Laugh Yourself Healthier

Carolyn Shannon has been a Laughter Yoga Leader since 2010 working in Retirement Homes throughout the Niagara Region. She has found that Laughter is indeed the **BEST** medicine and a good workout for the heart, lungs and the brain. She will be taking us through a short, fun session to energize us.

Let Laughter Help YOUR Heart & Lungs Grow Stronger!

LAUGHYOURSELFHEALTHIER.COM



Mark Molnar

Molnar attended a town crier competition in Nova Scotia while he was serving in the Navy. As he watched costumed men shout "hear ye, hear ye" he made a remark to the person next to him that he could do that. One of the competitors heard the remark and called him on it. Molnar was invited to the stage to give town crying a shot. He cleared his throat and delivered a cry that has been heard many times since then.

Now is Official Town past President of the Ontario Guild of Town Criers, Crier for the City of St. Catharines and the Town of Lincoln was voted BEST Town Crier in Ontario. He will be part of the procession for our **BPW Ontario Conference Gala Saturday night.**



Christopher Franke, CD, FINS - Living Historian

After 25 years of serving Canada in the military Christopher Franke, a lover of military history, is now a War of 1812 Re-Enactor. He mainly portrays Major Robert Lisle of the 19th Light Dragoons, Commander of the regiment on the Niagara Peninsula. Along with his wife **Sandra Franke**, a member of **BPW Barrie**, continues to travel to various locations to keep Napoleon's and our Niagara history alive. In doing so he has won awards and recognition found in his

in-depth biography with the War of 1812 write-up

He graciously gave us the write-up about the History of the this war in the Niagara Region as well as a summary of his own amazing journey / will share a few highlights at this year's conference.

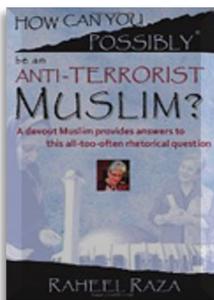
Conference Gala Keynote Speaker - Saturday Evening:

Raheel Raza

2017 BPW Ontario Provincial Conference hosted by BPW NIAGARA FALLS

Author of "THEIR JIHAD...NOT MY JIHAD", Raheel Raza is a public speaker, Consultant for Interfaith & Intercultural diversity, documentary film maker, freelance journalist & founder of SAMA' (Sacred Arts and Music Alliance). She was appointed to and served three years on The Public Service Committee for Ontario College of Teachers.

Raza started writing at a young age because she grew up in a culture where women were supposed to "be seen and not heard." Travelling extensively throughout the Middle East, Europe, Far East and North America, Raza brings a fresh new global perspective to her mandate "there is unity in diversity". Raza bridges the gap between East and West, promoting cultural and religious diversity. She has appeared in print, on television and radio to discuss diversity, harmony and interfaith. In a presentation to Members of Parliament and international diplomats at the House of Commons, Raza received a standing ovation for her speech called "Celebrating our Differences".



An outspoken advocate for gender equality and an activist for women's rights Internationally, she has appeared many times in print, radio and television media to reveal and debate Canadian issues related to media, diversity, gender and immigrants. Raza has received many awards for her work to build bridges of understanding. She is a recipient of the City of Toronto's Constance Hamilton Award and is the first South Asian woman to narrate a CBC documentary on "Passionate Eye". A fervent advocate for human rights, Raza is the first Muslim woman in Canada to lead mixed gender prayers. Get book <http://www.raheelraza.com/about.htm>

Raza has spoken at places of worship, the private sector, the Justice Department, School Boards and government institutions. She has also been invited to speak at Universities in USA and Canada, including Harvard and Columbia.

Conference Entertainer - Sunday:

Inspiring through Motivation, Movement & Music



Joan Minnery - The little engine that CAN -- 5 Feet 2 inches of peppy dynamite!!! Nominated for the 2017 Order of Ontario. Recipient of both the Queen's Golden Jubilee and Diamond Jubilee Medals for Community Activism.

Joan Minnery is a one woman force of inspiration. She is a genuine go-getter with an indomitable spark plug of contagious effervescence. The pint-sized energizer bunny is a beacon of energy as she instructs her fitness classes and entertains crowds all over North America.

Joan runs **Joan Minnery Enterprises --- Motivation, Movement & Music**. She wears many hats as a Mother, Music Educator, Motivational Speaker, Zumba Instructor, Professional Entertainer, Dance Teacher, Weight Management Consultant, Drama Coach and Health Journalist. Joan is also the author of the bestselling book; WALKING MY WAY BACK TO ME --- her personal transformation autobiography. <http://www.joanminnery.com/>



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- BPW LONDON** CONFERENCE FUNDING 
- BPW NIAGARA FALLS** COMMEMORATIVE MAGAZINE 
- BPW NORTH TORONTO CLUB** SATURDAY BREAKFAST 
- BULK BARN NF** WELCOME BAGS 
- CITY OF NIAGARA FALLS** WELCOME BAGS 
- EAGLE VALLEY GOLF CLUB** SILENT AUCTION 
- EMPOWERMENT STARTS HERE** BIRTHDAY BASH BAG 
- GROUNDING ROOTS** WELCOME BAGS & SILENT AUCTION 

- HILTON GARDEN INN** ACCOMMODATION FUNDING 
- INVISIBLE FENCE (ST CATH)** SILENT AUCTION 
- JOSEPH'S WINES** SILENT AUCTION 
- LAURA NOBLE** SILENT AUCTION 
- MAPLE LEAF FUDGE (NOTL)** CONFERENCE TREATS 
- MARY GARRATT HEALTH & WELLNESS** WELCOME BAGS 
- MARY KAY COSMETICS** WELCOME BAGS 
- MONTANA'S NF** WELCOME BAGS & SILENT AUCTION 
- MY TOP DRAWER - NF -** SILENT AUCTION 
- NIAGARA REGION** WELCOME BAGS 
- NIGH'S CHOCOLATES** CONFERENCE TREATS 
- REITMANS** WELCOME BAGS 
- RIDGEWAY LEGION** WELCOME BAGS 
- SENTINEAL HORSE & CARRIAGE RIDES** SIL AUCTION 
- SHAW FESTIVAL** SILENT AUCTION 
- SIMPSONS' PHARMACY & MEADOWS (STAMFORD)** SIL AUCTION 
- SOBEY'S (STAMFORD)** FUNDING VIA GIFT CARD 
- SOUL WATER PLUS QUALITY VINTNERS** DONATION 
- THE HEALTHY SELF** WELCOME BAGS 
- THE ANGEL MESSENGER** SILENT AUCTION 
- THE PRINTING HOUSE** WELCOME BAGS 
- TRAVELONLY WITH MARCY** SILENT AUCTION 
- THERESA MAILATH** SILENT AUCTION **NA** 
- VALUMART (VIRGIL)** FUNDING VIA GIFT CARD 
- VALERIE CLARKE** SILENT AUCTION **NA** 
- WILLOW BAKERY - BIRTHDAY BASH CAKE** 

BPW Club Pride Shows:

Why I Am a BPW Member:

BPW supports and assists women to be all they can be, improving women's lives worldwide. The friendships I have made over the years keep me in BPW. – Kingston member since 1983.

BPW has definitely helped me grow as a person and a business woman. I feel much more comfortable talking to groups and I have learned numerous business skills. My life is definitely richer in many ways. – Barrie member since 2004

I belong to several business networking groups but I particularly enjoy BPW as the members are diverse, approachable and supportive with a common shared interest in women's issues. - London member since 2012.

BPW is a true sisterhood of women who are always there for one another. With each and every one their community involvement is exemplary as is their dedication to the plight of less fortunate women everywhere. Brampton member since 2002.

Find a BPW Ontario Club near You 
BPWontario.com
BPWcanada.com



Canada is 150 Years in the Making
& BPW Continues to Better the Lives of Many Here



North Toronto Business & Professional Women's Club



Empowering Women to Lead our Community since 1948

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BPW BRAMPTON EXECUTIVE 2017-2018



The Business and Professional Women's Club of Brampton was Founded March 27th, 1947. It began with 34 working women who had a common goal: To improve the Social, Economic and Employment conditions for women. In 1948, the Club received its Charter from the C.F.B.P.W. Our current Membership for the 2016/2017 period was 42.

We are committed to making changes for woman on all levels of Government – Municipal, Provincial, National and Internationally. We participate in creating and supporting Resolutions to ensure that we uphold our mandate to seek the improvement of economic, political, employment and social conditions for women.

BPW Brampton is dedicated to working with our Community Partners. We hold various charity events throughout the year to ensure we make a difference, over the past 15 years we have raised well over \$100,000.00 which we have donated back to our Community. We have accomplished so much in the past 70 years.

The BPW Brampton Club can lay claim to many talented women who have held positions in International, National and Provincial.

We have four Life Members namely Pearl McCabe, Dittie Voegele, Pat Wepf and Paddy Silverthorne. We also have Peel Police Chief Jennifer Evans as an Honorary Member of BPW Brampton.

In honour of our long standing member Paddy Silverthorne, we have The Paddy Silverthorne Bursary of \$1,000.00 that right now is being offered to Sheridan College every year. This Bursary is to help a young woman seeking education for work in a Non-Traditional Female Position.

On behalf of BPW Brampton, I would like to wish our BPW Niagara Sister's a Happy 100th Birthday.

Best Regards,
Janet Brousseau, BPW President



70th
Platinum
Anniversary



BPW Barrie: Empowering Women in Barrie and Beyond



- *CHARTER GRANTED: June 6, 1946*
- *MONTHLY MEETINGS: Third Tuesday of each month at the Barrie Country Club*
- *PROUD SPONSORS OF: Georgian College InTUTION Fund for Women*
- *LOCAL COMMUNITY PARTNERS: Child Advocacy Centre Simcoe Muskoka, Barrie Women and Children's Shelter, Dress for Success Orillia & Barrie*
- *SOCIAL SIDE: Book Club, Movie Nights, Community Tours, and more!*



BPW London chartered in 1945 and has been an active, vibrant club ever since. In the early days, it even had its own club room for its 250+ members. It provided a great foundation for future empowerment of women.

Today, despite lower membership, the club is still very vibrant. It continues to be involved in all levels of BPW, as well as being very visible in the community. The program includes a great variety of topics bridging the past with the current and making sure that its members are up-to-date on issues concerning women. For example, we heard from charities and the not-for-profit section, harassment and sexual violence, rural networking and issues facing new immigrants. There is also an educational component that includes the community, such as "Habitat for Humanity: Women's Build" and an event "Bridges Out of Poverty".



The main goal of this club is to empower women to be the bold leaders of tomorrow. In doing so, **BPW London** is proud to have produced leaders in BPW for Ontario and Canada, as well as having members involved in committees for BPW International. Our members attend provincial and national meetings and many have been to international congresses. It has also been recognized as a resource to work with government on women's issues. These leaders provide the club with great richness in its knowledge of the organization and give it the incentive to forge on. The club remains actively involved in the resolution process for BPW and stays in contact with the local MPs and MPPs.

Three years from now (2020), it will celebrate 75 years. So be on the lookout for exciting things to happen then. It will be a celebration to remember.



BPW Remembers:



ON—US Niagara Dress Code 2004



BPW Sisters...The Laughter, The Smiles



**BPWO Conference 2008 - The Three Presidents:
Past (Sheila Crook, centre, London), Present
(Karin Gorgerat, left, Trenton & District &
Future (Carol Kollar, Brampton)**



**Dr. Dormer Ellis (BPW North Toronto
Member for Almost 60 Years)**



**BPW North Toronto Triplets: Ethel Clarke,
Linda Rice & Valerie Clarke**



**The BPW Women's Appreciation Potluck and
Social
December 29th 2014**
**BPW Niagara Falls 2014 Women's
Appreciation Potluck & Social**



Winn Barnett - BPW London President: "If none of you are going to step up and join the executive, you will get the stink eye and finger... it worked on my kids and all four of them are very successful and still love me!"



BPW Bowmanville Member Sheila Crook wishes a Happy 90th to Mavis Carlton



BPW Laura Noble's Atticus



**Doris, Nancy & Shelia
2011 Women's Health & Wellness Show**



**Mavis Carlson—Always Smiling.
Always Ready to Step Up!**



BPW International: Jill Worobec (Canada) Gabriella Canonica (Switzerland) & Liz Benham (USA) present years of service awards to Dormer Ellis (N Toronto) & Mavis Carlton (Bowmanville)

In Memoriam
2017



Barb Wetmore, Past President of BPW Barrie, the Immediate Past President of BPW Ontario, and a dynamic force in both organizations. Outside of BPW, Barb, a highly respected local business woman, owned and operated AK Mortgage Mill in Barrie for many years. Married to Terry Wetmore, Barb was mother to their three adult daughters, Karen, Shelley and Chrissy. Barb was a devoted grandmother, avid reader and book club attendee, she was also a killer tennis player, a competitive golfer, and was learning to play the piano. Barb's legacy lives on in many ways, including the new **"Barb Wetmore BPW Barrie Spirit Award"**, awarded to its first recipient, Teresa Habs, at BPW Barrie AGM May 16, 2017. Barb will be missed.



Sharon Graham was a champion of many causes, an enthusiastic community advocate having served on the Sault Area Hospital Board, Sault Ste. Marie Police Commission, Business and Professional Women (BPW), the Legal Review Board and the local Big Sisters organization. She worked for CUPE (Canadian Union of Public Employees) and was employed with the organization at the time of her passing. Sharon was an avid traveler always looking forward to the next travel adventure whether with her BPW colleagues, husband Dwight or her sisters. Sharon will be missed.



Kathryn Scandrett was a military spouse, mother of 2 boys, mother-in-law to Tina, grandmother to Siobhan and worked as a Manager of Client Care Specialist / Dispatcher at Harris Plumbing. She was also the owner / operator of "A Gift of Time", a organizing service. Besides her full time work and part-time company, Kathryn volunteered her time generous. She enjoyed reading and writing, as well as organizing events and beautiful vistas. Kathryn will be greatly missed by her BPW Barrie sisters.



Shirley Giles, one of North Toronto BPW's cherished Life Members and has worn many hats during her long association with BPW. She held most positions on the NTBWP Board of Directors, including President. Shirley was also Provincial President. Shirley remained on NTBWP's Board as Archives Chair until her death on Sunday September 3rd, 2017, she was 93 years old.



The Business and Professional
Women's Club of Brampton

Moment of Reflection

Let us take a moment and get grounded in our purpose for being here tonight.

Let us think about the countless women and young girls all over the world who are being denied their basic human rights, simply because they are women.

Let us take this time to consider how our united voice will make a difference in the lives of these women.

Let us believe in the change that the BPW Clubs all over the world will make towards gender diversity, equality and treatment of women on our planet.

Together we will make a difference.

Many have gone before us on this journey so that we could grow, evolve

Your time as a caterpillar has expired. @treeowl



Your wings are ready.

CANADA'S GREAT WOMEN



A Reflection of Women & Their Achievements - Past & Present

Honouring Canadian Women - Past

Canada's Great Women:

In a perfect world, the thirty women on this list would be household names. But for too long history textbooks have focused on great men, to the exclusion of all others.



Written by Canada's History - January 8, 2016

"Canada's History decided to mark the centennial of the first women to win the vote in Canada — in Manitoba, Saskatchewan and Alberta in 1916 — by celebrating great women from Canada's past. To create our list we recruited a panel of prominent Canadians — former Governor General Adrienne Clarkson; bestselling author Charlotte Gray; historians Michèle Dagenais (Université de Montréal), Tina Loo (University of British Columbia), and Joan Sangster (Trent University); and author and English professor Aritha van Herk (University of Calgary).

Theirs was not an easy task, for how do you define greatness? The list of thirty names the panel came up with is by no means definitive; some of the names are familiar, others are obscure. But what can be said is that each of the great women chosen has in some way made a positive impact on Canada."



Adelaide Hoodless (1857–1910)

The public life of Adelaide Hoodless began with the death of her infant son because of tainted milk. As a result she pushed for home economics courses to be taught in Ontario public schools. Working with Lady Aberdeen, wife of the Governor General, she helped to found the National Council of Women, the Victorian Order of Nurses and the national YWCA.



Agnes MacPhail (1890–1954)

She was the first woman elected to the House of Commons. Becoming involved with political movements like the United Farm Women of Ontario she wrote a newspaper column. Elected to the Commons as a Progressive Party member in 1921 her causes included rural issues, pensions for seniors, workers' rights and pacifism. She lobbied for penal reform and established the Elizabeth Fry Society of Canada. In the Ontario Legislative Assembly she initiated Ontario's first equal-pay legislation in 1951. Agnes Macphail's picture is on the \$10 bill printed in 2017.



Anne Hébert (1916–2000)

Winning all major awards in France and Belgium and the Governor General's Award for fiction three times in Canada she wrote poems, stories, novels and plays about Quebec history. She worked at both the National Film Board and Radio Canada from 1950-1954. She lived in Paris for almost the rest of her life. The three-dozen authored works of Ann Hebert describes the fierce energy of a conquered society struggling to erupt and break all obstacles.



Annie Gale (1876–1970)

When Annie Gale and her husband immigrated to Calgary from England in 1912 she was shocked by the costs of housing and food. She established a local consumers' league determined to change things and helped organize the Women's Ratepayers' Association and when prompted by women she won a seat and became the first woman elected to municipal office in the British Empire. She broke new ground when she occasionally served as acting mayor. She inspired other reformers including Nellie McClung.



Bertha Wilson (Justice) (1923–2007)

When appointed as the first woman to the Supreme Court of Canada she brought her humane decisions about human rights and the division of matrimonial property. As a justice in the high court she helped her male colleagues to see that the laws operated to the disadvantage of women and minorities. As a result she ushered in groundbreaking changes to Canadian law.



Charlotte Small (1785–1857)

Charlotte was the daughter of a Cree woman and a white trader. Her knowledge of both English and Cree made her a valuable companion to the explorer David Thompson whom she married at age 13 to 29-year-old Thompson. They covered over 20,000 kilometers. He refers to her as his 'lovely wife' who gave him a 'great advantage'. Their relationship lasted 58 years and they raised 13 children.



Doris Anderson

A long-time editor of *Chatelaine* magazine and a newspaper columnist Doris Anderson pushed for the creation of the Royal Commission on the Status of Women. She paved the way for women's equality rights included in the Charter of Rights and Freedoms. She was an author of many books and sat as the president of the National Action Committee on the Status of Women. She received several honorary degrees and was made an officer with the Order of Canada.



Emilie Carr

Emily Carr has been described as ‘Canada’s Van Gogh’. She studied in San Francisco, London and Paris and struggled to fund her education. She came home in 1911 and applied her skills to the West Coast rainforests and the indigenous peoples. She abandoned painting for fifteen years due to critics. The National Gallery hosted an exhibition of West Coast art in 1927 and from there she enjoyed international renown that has outlived her contemporaries.



Gabrielle Roy (1909–1983)

Chronicling hardship and hope, family and estrangement and the difficulties of love Gabrielle is one of Canada’s top awarded writers. Born in St. Boniface, Manitoba and despite hard times she travelled to Europe. After she returned to Canada her first novel *The Tin Flute* was published in 1945. It won the Canada’s Governor General’s Award and she went on to win two more Awards as well as other literary prizes.



Jane Cook (1870–1951)

Born on Vancouver Island she was the daughter of a Kwakwaka’wakw noblewoman and a white fur trader. She developed an understanding of both cultures and legal systems and lobbied for First Nations to retain rights of access to land and resources. She testified at the McKenna McBride Royal Commission of 1914 and was the only women on the executive of the Allied Indian Tribes of British Columbia in 1922. She was also a midwife and healer and raised 16 children.



Jane Wisdom (1884–1975)

Because there were no social work schools in Canada Jane got her training in social work in New York. She returned to Halifax to lead the new Bureau of Social Services. She moved to Montreal to complete her studies and continue to work. In 1941 she became the first municipal welfare officer in Nova Scotia.



Judy LeMarsh (1924–1980)

In 1963 Julia ‘Judy’ LaMarsh became the second female cabinet minister in the House of Commons and sat in Prime Minister Pearson’s Cabinet as the Minister of National Health and Welfare and Minister of Sport from 1963 to 1965. At this time the Canada Pension Plan was began and the Canadian medicare system was designed. LaMarsh served as secretary of state from 1965 to 1968 where she oversaw the centennial year celebrations, brought in the new Broadcasting Act and established the Royal Commission of the Status of Women in Canada.



Kateri Tekakwitha (1656–1680)

Kateri Tekakwitha tried to revitalize her traditions and values despite her conversion to Catholicism. Born in Auriesville, New York she was orphaned at age 4. At age 19 at the Catholic mission of Kahnawake near Montreal she devoted her short life to prayer and caring for the sick and aged. Miracles were attributed to her after her death and her gravesite is a pilgrimage site. She was canonized as a saint on October 21, 2012.



Kenojuak Ashevak

Kenojuak Ashevak’s career as an artist began in 1958 when a government administrator recognized her talent. She quickly became a role model for many other Inuit women. One of her well-known works is *Enchanted Owl* which was used on a postage stamp in 1970 for the Northwest Territories and soon became an artistic icon. She lived in Cape Dorset and has been an inspiration and mentor for Inuit artists.



Lucy Maud-Montgomery (1874–1942)

Anne of Green Gables published in 1908 made Prince Edward Island famous around the world and made Montgomery a household word. In her literary career she published 20 novels, more than 530 short stories, 500 poems and 30 essays. Raised by strict grandparents she was a lonely isolated child with a vivid imagination. Later she moved to Ontario and struggled with her husband’s religious melancholia, the challenges of motherhood and the responsibility of the church’s residence mistress. In ill health she fought lawsuits with her publisher.



Madeline De Verchères (1678–1747)

At age 14 Madeleine defended her family fort from a group of Iroquois. Her writings about the event suggest she escaped from an Iroquois warrior by loosening her kerchief and rushing into the undefended fort and closing the gate. She fooled the Iroquois into thinking there were many soldiers defending the fort and fired a round from a cannon. The noise alerted other forts and scared off the Iroquois warriors.



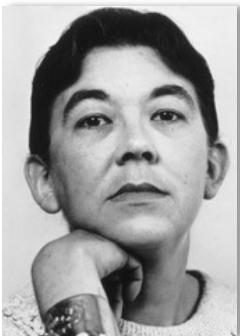
Madeline Parent (1918–2012)

Late in life Madeleine was recognized for her activism for workers, women and minorities. In her younger years, marked as a dangerous woman and a ‘seditious’ traitor, she organized workers in the textile factories of Quebec. She was convicted and acquitted of seditious conspiracy. From the 1950s to the 1970s she launched struggles over workers’ rights. Her legacy includes speaking out about social injustices and is remembered as a woman of radical, left wing ideas.



Marcelle Ferron (1924–2001)

As a painter and stained glass artist Marcelle Ferron’s painting technique became progressively forceful with vibrant colours and thick paint. In 1964 her medium became stained glass. The Champs-de-Mars window masterpiece is 60 meters long and 9 meters high and sprinkles the station with coloured lights. She was also an associate professor at Laval University in Quebec City and became a Grand Officer of the National Order of Quebec in 2000.



Margaret Laurence (1926–1987)

A giant of Canadian literature Margaret Laurence graduated from United College (now the University of Winnipeg) and lived in Africa with her husband for a time. Her early novels were about her stay in Africa but the novel that made her famous, *The Stone Angel*, was set in a Manitoba town much like the one where she was raised. It represented a female perspective on contemporary life when women were breaking out of traditional roles. Through Project Ploughshares she promoted peace and was a recipient of the Order of Canada.



Marie Lecoste (1867–1945)

As a feminist, social reformer, lecturer, educator and author Marie Lacoste was acutely aware of women's inequalities. Because universities were closed to women in 1908 she established a girls' school that allowed young women to pursue higher education. Her work paved the way for the Quebec feminist movement during the Quiet Revolution.



Mary Ann Shadd-Cary (1823–1893)

Being the first black woman newspaper editor in North America, Mary Ann Shadd promoted universal education, black emancipation and women's rights. She founded the *Provincial Freeman* dedicated to abolitionism, temperance and women's political rights. She moved to Washington D.C. and became, at age 60, the second black women to earn a law degree. In 1994 Shadd Cary was chosen a Person of National Historic Significance in Canada.



Mary Two-Axe Earley (1911–1996)

Plunging into activism at age fifty five Mary Two-Axe Earley challenged law discrimination against First Nations women. Born on the Kahnawake Mohawk territory close to Montreal she moved to Brooklyn, married an Irish-American and had two children. When she became a widow she had lost her Indian status by marriage and was barred from living on her reserve. She lobbied to have the law reversed. In 1985 she succeeded and 16,000 women and 46,000 first generations benefited.



Napolitano - Anna (Movie representation) (1882–1932)

Little is known about Angelina's tragic life. She was an Italian immigrant who in 1911 killed her abusive husband with an axe as he slept. Convicted of murder and sentenced to hang because abuse could not be used as a defense. Because of enormous debate the 'battered woman' defense was brought into the spotlight. Angelina's sentence was commuted to life imprisonment on July 14, 1911. She was granted parole in 1922 and died in 1932. Photo: Lina Giorno Felice pictured as the lead character, Angelina Napolitano in the 2005 movie, Looking for Angelina.



Nahnebahwequay (Catherine Sutton) (1824–1870?)

Catherine took issue with the Indian Department in 1857 that prevented First Nations people from purchasing their own land. With the Quakers in New York funding her voyage she travelled to England, was introduced to Queen Victoria in 1860 and the British government allowed her and her husband to buy back their land. Upon returning to Canada she continued arguing for the rights of the indigenous people.



Nellie McClung (1873–1951)

She was a leader in the fight to enfranchise North American women. As a novelist, reformer, journalist and suffragist Nellie McClung led efforts to make Manitoba the first province to grant women the right to vote in 1916 followed by Alberta and Saskatchewan. In Alberta she was elected to the Alberta Assembly. She often worked with Irene Parlby of the United Farmers of Alberta about issues affecting women and children. McClung was the first female director of the board of governors of the CBC and was a delegate to the League of Nations in Geneva in 1938



Pauline Johnson (1861–1913)

She is best known for her poetry and celebrating her Aboriginal heritage (Tekahionwake). As a daughter of a Mohawk chief Pauline Johnson wrote about Aboriginal women and children that were more realistic than her contemporaries. Some of her work is included in *Songs of the Great Dominion (1884)*. She travelled across Canada, the United States and England to speak and read. Her patriotic poems and short stories made her a popular ambassador for Canada.



Shirley Carr (1929 – 2010)

Shirley was a proud and active member of BPW NIAGARA FALLS. She was the first woman president of Canada's largest labour organization, the Canadian Labour Congress. Shirley became general vice-president of the Canadian Union of Public Employees in 1969, and also served as president of CUPE's Ontario Division between 1972 and 1974. Between 1974 and 1984, she held the position of Executive Vice-President of the Canadian Labour Congress. In 1984, she became Secretary-Treasurer of the CLC, and in 1986 was elected its President.



Thanadelthur (1697–1717)

A member of the Chipewyan nation she was captured by the Cree and enslaved. A year later she escaped and began to work for a man who needed a translator to make peace between the Cree and Chipewyan for trading purposes. She brought the two groups together for a peace agreement. The HBC records refer to her as 'Slave woman' or 'Slave woman Joan'.



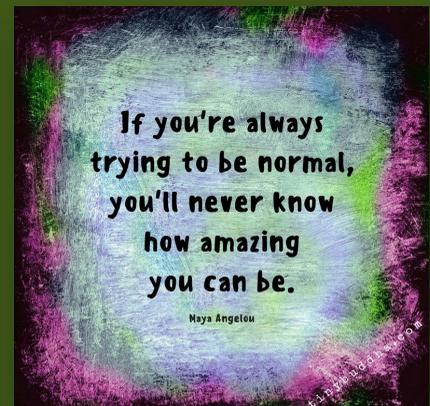
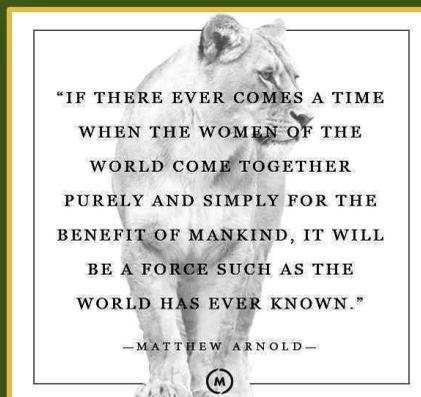
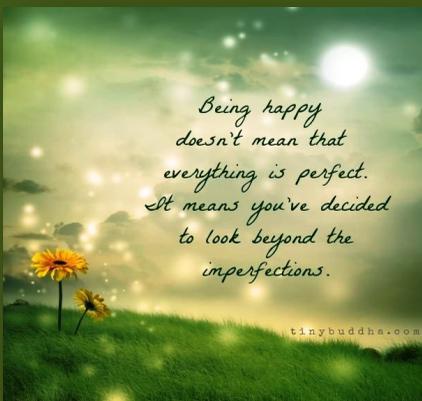
Thérèse Casgrain

Knowing wealth and privilege Thérèse Casgrain became an activist, radio host and political leader and founded the Provincial Franchise Committee for Women's Suffrage in 1921. She hosted a prominent radio program called *Femina* for Radio-Canada. She became the first female leader in Canada of a political party (CCF) in the 1940's. She also founded the Quebec branch of the Voice of Women and mobilized women against the nuclear threat. She did much to better the lives of Canadian women.



Viola Desmond (1914–1965)

Long before the modern civil rights movement in the United States Viola Desmond took a stand for racial equality in a Nova Scotia theatre. In 1946 she refused to move to a section of the theatre unofficially set aside for black patrons. She was dragged out and jailed. While officials denied that Desmond's race was the root of the issue, her case galvanized Nova Scotia's black population to fight for change. In 1954 segregation was legally ended in Nova Scotia.



Honouring Canadian Women - Present

Alice Munro “Pioneering for Women Authors”



First Canadian Woman Awarded the Nobel Prize in Literature

Alice Munro, the recognized master of the exquisitely honed short story and the first Canadian woman to be awarded the Nobel Prize in Literature, is celebrated on a stamp paying homage to elements of her work.

The stamp incorporates a photograph of **Munro** that was taken by her daughter Sheila, a sample of the author's handwriting from archival material, and vintage images of Wingham, Ont., the small town in which Munro was born. Many believe that Wingham inspired her fictional town of Jubilee, in which many of her stories are set. **The stamp was designed by Marcio Morgado and Paul Haslip of Toronto's HM&E Design.**

"**Alice Munro** is not only one of Canada's most critically acclaimed writers but also one of the most popular," says the Honourable Lisa Raitt, Minister of Transport and responsible for Canada Post. "Her stories have garnered recognition worldwide and tribute adds to her lifetime of honours."

"Our stamp program recognizes the achievements of Canadians," says **Deepak Chopra, President and CEO of Canada Post.** "As fans of this prolific author know, **Ms. Munro's** literary talent, wisdom and humanity, reflected in her stories over several decades, have earned her recognition that few writers in any language or country attain."

Alice Munro's early works found their way into Canadian literary journals and CBC Radio's Anthology. Her first collection, *Dance of the Happy Shades*, was published in 1968. In the mid-1970s, her short stories began appearing regularly in *The New Yorker*, bringing her a broader, international audience. She has been awarded three Governor-General's awards in 1968, 1978 and 1986, Giller prizes in 1998 and 2004, and the Man Booker International Prize for lifetime achievement in 2009.

When she was presented with her Nobel Prize in 2013, a representative of the Nobel Committee for Literature said, "Reading one of her texts is like watching a cat walk across a laid dinner table. **Alice Munro** is often able to say more in 30 pages than an ordinary novelist is capable of in 300."

Reported by **Scott Miller CTV** OTTAWA, July 10, 2015 /CNW/ Alice Munro.ca

Betty-Lou Souter “My Three Legged Stool”



Her Long History of Volunteer Work Impacts So Many Lives through Community Care

My family relocated to Niagara from Montreal in 1977. The hustle and bustle of a large cosmopolitan city had been replaced with a much slower paced way of life & to get to know my new home better, I became involved. Before long I found myself accepting new & different challenges and when the opportunity arose, I re-entered the workforce. It was interesting that the lessons I had learned through community involvement had provided me with a whole new skill set that would serve me well in the workforce. During those years, women were still challenged to break through the “glass ceiling” and most leadership positions were filled by men – but things were changing! *(cont'd next page)*

It was not long before I found myself sitting across the board table from some of the most powerful people in the community, and there I learned some of life's greatest lessons:

Everyone's opinion mattered, everyone's opinion was heard and, most importantly, everyone was treated with respect. We learned from each other. Common ground can usually be found, if you listen and more importantly if you hear. There is a distinct difference between listening and hearing – anyone can listen – but does every one hear?



Certainly, the gender of leadership has changed dramatically during my career. I became busier and struggled to find the balance between my personal life, my volunteer life and my work life. It became challenging teetering on that “three-legged stool” - one that could tip pretty easily if the emphasis was on one “leg” as opposed to the other.... a stool that men seemed to balance much easier than women. If I were to have one regret, it would be trying to find the perfect balance for that three-legged stool! Perhaps with a little more rigour, that day will come yet!

Website: <http://www.communitycaresca.ca/>

Community Care welcomes volunteers with strong communication skills, patience, compassion who will support the agencies Mission, Vision & Values.

Mission We compassionately provide vital services and assistance to individuals and families that meet their basic needs and help bridge their journey to self sufficiency.

Vision: A healthy, caring community where everyone lives with dignity and purpose.

Values: Accessibility • Commitment of Volunteers • Compassion • Diversity • Empowerment • Fairness • Flexibility • Fiscal Responsibility • Honesty • Respect • Responsiveness • Openness

Cheryl-Ann Webster



Art and Body Image: Stories silenced, untold and forgotten

Written by Phyllis Webster (Cheryl-Ann's Mother-in-Law)

Cheryl-Ann Webster, artist and speaker, has been aware since childhood that art is a way to communicate stories and their emotional content. She grew up in a home which was not safe and where little girls were to be seen but not heard. She turned to drawing and art became her “voice”. Even though people could not interpret those drawings, she was able to express her emotions and her fears. As she grew more confident and met healthier people, art “became a voice for people who had stories which had been silenced, untold and forgotten”.



The Beautiful Women Project is perhaps the most important example of how these stories have been told. **Cheryl-Ann** made plaster casts of 120 women's torsos. The women aged 19 to 90 talked to her as she covered them with gauze and plaster from their neck to their waists. After the casts were filled with clay and put into the kiln, the resulting clay sculptures were decorated by



Cheryl-Ann using the stories each woman had told her. The overall theme that all bodies are different and all are beautiful is made manifest by viewing all the sculptures hanging in a gallery.

(See the sculptures: CherylAnnWebster.com)

Since then her sculptures have been shown in 13 community galleries in Ontario beginning at Queen's University in 2006. Over 70 000 people have viewed the sculptures and heard **Cheryl-Ann** speak about body image and its importance for women and girls.

During an exhibition at the Niagara YWCA, she held the first of many all-day (*cont'd next page*) **35**

large-scale workshops on body image for 350 girls aged 12 and 13. Using humour, creative activities, a Power Point, and group exercises, she helps the young people (and older ones as well) understand why females, in particular, are unhappy with their bodies and guides them to examine their own feelings about their bodies. She has given many similar workshops for both genders from grades 3 to 12 and to teachers and service agency workers.

The comments from both the gallery showings and subsequent workshops and talks have been astonishing. One young girl was able to tell her family that her sister was anorexic and help was sought. Others were able to finally tell their stories of abuse and, in one case, a young person went back to high school. And not only girls and women have been affected. One mother wrote, "My 13 year old son saw your presentation at his school. He was very enthusiastic as he told me his own and his observed peer reactions. Never let it be said that this does not benefit the boys." The Counselling and Advocacy Coordinator of the Sexual Assault Centre for Hamilton and area, commented after an adult workshop, that "Not only did you model the techniques to use with our clients, but as a result of your caring and intuitive nature, each staff member also experienced personal growth and greater self-awareness."

Cheryl-Ann has won many awards in the past years, the most recent being the 2016 Body Confidence Award, but she is most proud of the fact that through the Beautiful Women Project and her workshops, she has empowered "many people to make a change in their lives."

Elisabeth Graham



Puts the Heart in Heartland Forest...

Elisabeth Graham is the Executive Director of **Heartland Forest Nature Experience** in Niagara Falls, a unique natural attraction with a passion for accessibility, active living and environmental stewardship.

She and her husband Peter have three children but it was their middle child, Zachary, that changed the direction of her life. With a diagnosis of classic autism, what could have been despair turned to determination and soon Zachary was immersed in a unique program that incorporated school, home and community. **Elisabeth** used this life experience to co-found a charity in the community they were living in just north of Toronto. Precious Minds began in 1999 and has helped hundreds of families cope with the myriad of financial, emotional and educational challenges that come with having a child with special needs.



Elisabeth's family re-located to Niagara Region when Zachary was 18 and it wasn't long before **Elisabeth** was introduced to **Heartland Forest's** founder, Dan Bouwman. She knew immediately that this was where she and Zachary were meant to be – a place where children, youth and adults of all abilities work, play and grow together. The first priority at **Heartland** was a

permanent building, and thanks to a grant and the support of the community the 14,000 square foot Nature Centre opened in 2013.

The Centre provides year-round access and programming and houses a day program for adults with intellectual and development disabilities, with Zach being the first participant enrolled! Thousands of people enjoy **Heartland Forest** every year – there is a big heart at the centre of

36 Heartland Forest. www.heartlandforest.org

Hazel McCallion “Common Sense Leadership”



Mayor McCallion (96 yrs old) has played a leading role for women in politics. She is the first woman to hold such significant positions as President of the Streetsville and District Chamber of Commerce; President of the Anglican Young Peoples' Association of Canada; Mayor of Streetsville and Mayor of Mississauga. She was chosen one of the "American Women of the Year" in Who's Who of American Women (which refers to **North American** women).

Former Mississauga Mayor, Hazel McCallion, joins GreenSaver Board from CSRWire.ca, April 25, 2017. Media Release. (Note: CSRWire.ca is a national distribution service for environmental and corporate social responsibility (CSR) news that is relevant for Canadians.) "**Hazel McCallion**, the long serving former Mayor of Mississauga continues to make her mark. Her most recent effort is to advocate for energy conservation and related programs for families and small business owners in Ontario. Her long-term interest in the topic, has resulted in her becoming the newest addition to the Board of Directors of **GreenSaver**, Ontario's leading not-for-profit energyefficiencyorganization.

Ms. McCallion observed, 'I have known about **GreenSaver's** good work for years and admired how they ran a lean and effective organization that provided real benefits to people. In Mississauga and Peel Region, I recognized Greensaver for their competency and commitment to helping people make their homes more energy efficient and livable, while lowering high hydro bills.'



She went on to say, 'When I realized that GreenSaver was not only a local success story from the GTA, but active in about 85% of Ontario municipalities, with over 100 conservation programs lowering energy bills for homeowners, renters and businesses, I wanted to know how I could help.'

Hazel McCallion joins GreenSaver Board of Directors by Rachael Williams, Mississauga News, Apr 25, 2017. "'We are delighted to welcome **Hurricane Hazel** said GreenSaver president and CEO Vladan Veljovic. 'With (former) mayor **McCallion's** knowledge of the municipal landscape, a fresh and important dimension has been added.'

McCallion, 96, has kept busy since her 2014 retirement. She serves as chancellor of Sheridan College, special adviser to the University of Toronto Mississauga, ex-officio adviser to Premier Kathleen Wynne on GTHA matters, member of the Board of Advisors for Kaneff Group of Companies, advocate for Ontario Women's Hockey Association, business ambassador for Speigel Nichols Fox LLP and chief elder officer for Revera Retirement Living."

Celebrating **Hazel** - new exhibit honours her pioneering career and legacy - Do Your Homework on display until April 26, 2017 by Chris Clay, Mississauga News, Apr 13, 2017. **Hazel McCallion's** hockey helmet and skates are currently on display in the Great Hall at the Civic Centre ... **At age 96, she's still skating. Simply amazing!**

Her accomplishments, credits, titles and accomplishments are too numerous to list here.

Visit <https://www.bydewey.com/hazelmccallion.html> for more amazing facts about **Hazel**

Jackie (Tekaiatakwas) Labonté



Using Traditional Native Culture to Enlighten in a Modern World

Jackie (Tekaiatakwas), is Turtle Clan of the Mohawk Nation, born and raised on Six Nations of Grand River Territory. Her family moved to the Niagara region when she was young, and where she currently resides. She has three beautiful daughters and is “Dodah” (GrandMother) to 12 young Spirits, ranging from 4 months to 17 years of age.

Jackie works with Native organizations(for over 30 years) providing services to individuals, or within groups sharing Traditional Teachings and facilitating ceremonies. She has been conducting Purification (Sweat) Lodges for over twenty years, assisting in building several lodges along with conducting the ceremonies. **Jackie** served as a Cultural Advisor for the Aboriginal Student Council of Brock University, Niagara College & the Native Community, and is a recognized ‘bridge’ for the Native and Non-Native communities. She has many years of experience in public speaking & presentation skills, with groups ranging from kindergarten within the District School Board of Niagara to classes of Brock University.

She has found success in sharing the knowledge and experience during facilitating cultural workshops such as Hand Drums, Pow Wow Drums, Talking Sticks, Rattles, Medicine Pouches & a variety of other craft items. These skills were learned from family, friends & other crafters and is readily passed on to others to ensure the traditional art is carried on.

Jackie has 20 years experience working with individuals and families experiencing crisis situations & domestic violence, & assisting them on their path of healing for healthy lifestyles. This is a generational response to community needs as her Mother, as the first Aboriginal Courtworker, assisted many people through the justice stream, and now her daughters are also varying helpers in the community.

Jackie recently retired as board member with Community Addiction Services of Niagara, currently sits on the board for Neto Hatinahkwe Onkwehonwe Native Arts (Non-Profit Artist’s Support) but, along with her partner, continues assisting groups such as:

- *Canadian Association of Children’s Aid Societies (cultural workshops for youth & frontline workers)
- *Ministry of Attorney General, Indigenous Justice Training (cultural workshops)
- *St. Catharines, Mayor’s Youth Forum (cultural support)
- *District School Board of Niagara (cultural workshops, cultural support)
- *Kanatsiohareke-Mohawk Community (cultural workshops)

Jackie & her partner Oliver have established and are currently engaged in expanding a cultural collective known as Kimisken Cultural Restorative Circles.

Julie Payette



Astronaut to Canada's Governor General

Engineer, songstress, mother, pilot, astronaut, linguist, Olympic flag-bearer, scuba diver, governor-general designate.

It’s a stretch to imagine any Canadian checking off all of those boxes, but Julie Payette, astonishingly, has managed it. *(Cont’d on Next Page)*

Payette's professional resumé, stretching back to the late 1980s, is both diverse and impressive.

Educated at McGill University and the University of Toronto, her background in engineering and applied science eventually led her to IBM, and then on to the Canadian Space Agency (CSA). The CSA plucked Payette out of a field of 5,330 applicants in 1992 to become one of four new astronauts. **Payette** holds 18 honorary doctorates, is a member of the Canadian Aviation Hall of Fame, an Officer of the Order of Canada and has been awarded NASA's Exceptional Service Medal.

But her time at the CSA is only one chapter in her backstory. In her free time, **Payette** has become an accomplished pianist and classical singer and has performed with symphony orchestras from Montreal to Switzerland.

Continuing the tradition of alternating between francophone and anglophone governors general, she easily checks off the requirement for French-English bilingualism that every GG must fulfil. But she can converse in an additional four languages: Spanish, Italian, Russian and German.

Julie Payette Public School opened its doors in September 2011 as a French Immersion School with a population of almost 900 students.

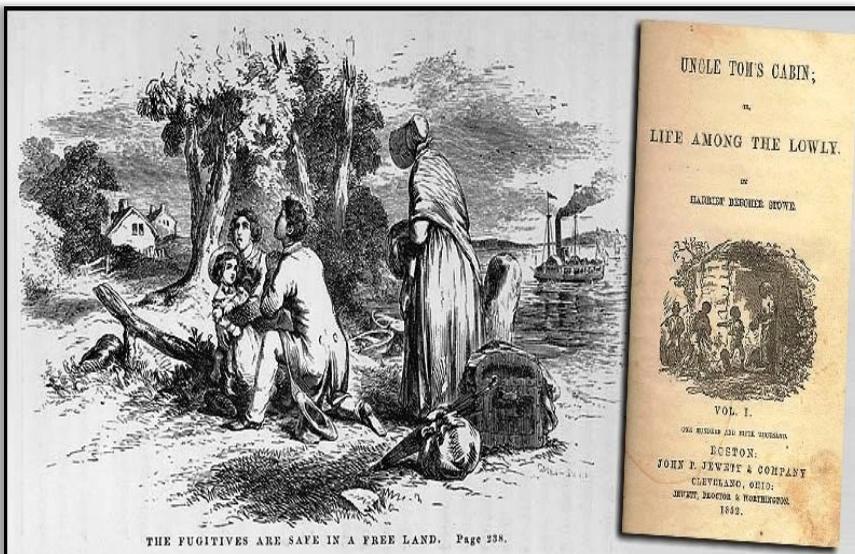
Lezlie Harper Wells



“Helping Black Canadians Find Themselves Through Their History”

Lezlie Harper Wells, shares her extensive experience organizing & conducting customized tours throughout the Niagara region. As a 5th generation Canadian descendant of a fugitive slave from Kentucky, she has a personal interest in the history of fugitive slaves who came to Canada, especially the Niagara area & offers customized tours of Niagara's Freedom Trail, telling her stories of black freedom seekers. She is a direct descendant of a freedom seeker who arrived in Niagara in 1850. Her great, great-grandfather fled slavery in Kentucky with his brother & his nine-year-old sister. They hiked thousands of kilometres by night, through swamps & across rivers, eventually crossing the Niagara River near Buffalo to settle along the northern shore at Fort Erie.

Lezlie recounts how her great-grandfather, born in Canada, left the country to fight in the Civil War. “Born free in Canada, yet felt compelled to fight in the Civil War in the United States.” Harper Wells started her Niagara Bound Tours nearly 12 years ago. Her one-person business, Niagara Bound Tours, is “my calling from God,” she said.



Stops at historical spots around St. Catharines, Niagara-on-the-Lake & Fort Erie, provide people with a unique insight into the migration of African Americans as they escaped slavery in the mid-19th century and settled in southern Ontario.

They stop where freedom seekers crossed the Niagara River, a church that Harriet Tubman, a freedom seeker who settled in Niagara, helped build & worshipped in, and the landing point of Josiah Henson, thought to inspire a character in *(cont'd next page)*

Uncle Tom's Cabin.

Along the tour, **Lezlie** tells stories, explaining challenges of those forced to flee the slave states, including the Underground Railroad, a network of compassionate people who hid & guided slaves north to their freedom. It is vital, she says, to keep the stories accurate & authentic. Her passion to educate has made her business thrive for 12 years now & still going strong. "I keep it fresh. I am constantly reading and learning about history."

"It's something we can all learn from. Hopefully (her work) can help with their self esteem, to instill that self pride, to encourage people to keep moving and be the best that they can be."

For more information/Documentation ray.spiteri@sunmedia.ca & niagaraboundtours.com

Linda Crabtree



Gaining Great Strides in Accessibility".

Born in St. Catharines **Linda** studied art at Sir George Williams School of Art (grad. '66) in Montreal and psychology at Brock University (grad. '89). She worked at The St. Catharines Standard in the late '50s and then again from 1970 until 1982. In 1984 she founded CMT International and for the next 18 years ran the charity with her husband, Ron Book. CMT International worked with families worldwide coping with Charcot-Marie-Tooth disease, a progressively debilitating neuromuscular disorder that **Linda** was born with.

She has written a regular newspaper column on disability issues for Niagara newspapers for 21 years and has a WordPress blog website for tourists with disabilities wanting to visit Niagara as well as a Facebook page for people in Canada with CMT (CMTCanada), and is finishing her autobiography, CMT and Me: An intimate 75-year journey of love, loss and refusal to surrender to a disabling disease, that will be available on Amazon in the fall. The recipient of 28 awards, medals and honours, **Linda** is proud to be a Member of the Order of Canada (1994), the Order of Ontario (1992), and a regular in the Who's Who of Canadian Women for the last 20 years.

"Now in my 76th year, or as I sometimes jokingly call it, the final quarter, I can look back with experience. Keep in mind that I haven't been able to walk for the last 20 years, have lived with chronic burning pain for many years and am now losing the use of my hands. Believe me, losing the use of your hands is a lot harder than not being able to walk. If you can't comprehend losing either of these abilities think again because it can happen to anyone. Think stroke. I was born with a progressive disease. For years no one knew what it was and I had no idea how far it would go, so I just kept on living and doing my very best whenever and at whatever I could. I learned as I went and my disease progressed, taking with it my independence but little else.

These are some of the things I would tell my daughter, if I had one. A good education will see you through life far better than anything else; it is an investment in you and what better place to put your time and money. Opening your mind to everything while knowing that in the grand scheme of things you still know nothing. That no matter how much you learn, you will keep you learning for life. Learning from experience beats anything you can read in a book. As you gain experience and years, when seemingly insurmountable challenges come your way you can say, "I can do this... been there, done that." Don't put things off. Try to balance work and play. Travel while you still can. Buy land, plant trees on it, surround yourself with beauty and love and, every day, be thankful you're alive." **Linda Crabtree C.M., O.Ont., O.M.C., B.A., LL.D.**

Linda's Blog: lindacrabtree.wordpress.com **Websites:** AccessibleNiagara.com lindacrabtree.com

Mantini Sisters Keeping a Dream Alive



Establishing a cancer support centre for the Niagara region fills a need and completes the work that began with Aldo Mantini, the youngest child of Americo and Enedina Mantini who lived and raised their seven children in Niagara-on-the-Lake, Ontario. In 1998, Aldo was diagnosed with malignant melanoma, a serious form of skin cancer. He, along with his family, were faced with emotional turmoil, fear and despair. They looked for avenues of support in Niagara and unfortunately found none.

During this time, Aldo's sister **Ann**, discovered an organization in Toronto called Wellspring with a mission to provide social, emotional, psychological, informational & spiritual support to individuals living with cancer, their family caregivers, friends & other close supporters. Aldo, impressed with the services offered at Wellspring, was unable to make use of the free supportive care programs available to him and his family because of distance,

With a great deal of hope and determination to survive, he had a dream of creating a similar centre for people in Niagara. Sadly, at the age of 31, Aldo lost his battle to cancer on February 28th, 1999. However, before his passing, he made **Ann** promise to continue with his plans and realize his dream of establishing a cancer support centre in Niagara.

Ann, a member of the Canadian musical vocal group with her two sisters **Sandra & Barbara, The Mantini Sisters**, was able to create a team of volunteers that included her other siblings & close friends to develop Wellspring Niagara. Wellspring Niagara opened its doors in June 2001, joining a network of Wellspring centres in Ontario.



As a not-for-profit, charitable organization, **Wellspring Niagara** receives no government funds & solely relies on the financial support of the community it serves with every dollar raised in Niagara staying in Niagara. Wellspring Niagara has been meeting an increasing need in Niagara and has grown from registering 700 attendances in 2001 to registering nearly 7,000 attendances in 2016. Since opening their doors, Wellspring Niagara has registered more than 60,000 program attendances from men, women and children.

Aldo's dream continues to grow. This year, Wellspring Niagara is planning to build a new home, a purpose-built facility specifically designed to accommodate Wellspring's growth and demand for programs. Through the generous support of the Town of Pelham who donated a parcel of land, ideally located in the geographic centre of Niagara, the new Wellspring Niagara Cancer Support Centre will be located on a new road off Hwy 20 named Wellspring Way. **Ann and her sisters, Sandra and Barbara**, continue to be one of Wellspring Niagara's biggest supporters and use their musical talents to help fundraise and bring awareness to Wellspring, keeping Aldo's memory alive.

The **Mantini Sisters**, as they're known publicly, have been performing professionally together since 1985. Described as "Canada's contribution to the great female trios", **Sandra, Barbara and Ann** have been captivating audiences across North America with their powerful voices, humour, musical versatility and style. With a career spanning more than three decades, The **Mantini Sisters** continue to win the hearts of music lovers of all ages. [Mantini Sisters.com](http://MantiniSisters.com)

WellSpring Niagara.ca



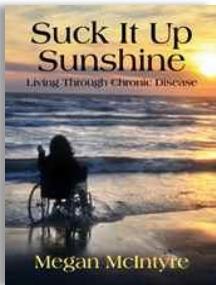
Megan McIntyre



Megan grew up in the suburbs of Niagara Falls, Canada as the third child of loving parents and a little sister to two older brothers. She had an ideal childhood, playing softball in the summer, swimming lessons in the winter and making memories with her family.

At the age of fourteen, she was diagnosed with a neurodegenerative genetic disorder called Friedreich's Ataxia. Her balance would continue to deteriorate. Life on two feet became uncertain.

Although the disorder interrupted **Megan's** future, she would never let her spirit go. She decided to face her disorder head on with the grace and strength that her family gave her "because this girl won't go down without a fight. If I gave up in the face of adversity, life would be a disappointment"



Megan has always wanted to work with children, but her disorder meant a typical forty hour work week wasn't possible. She discovered that writing could take her wherever she wanted to go, as well as providing herself with a cathartic outlet.

Her new book, "**Suck It Up Sunshine**" has shown **Megan** that, with a little hard work, anything is possible!

"Being disabled will not stop me from pursuing my dreams. I would like to write a children's book explain why I use a wheelchair. I was inspired by seeing people in their twenties and thirties finish school and start careers. I was determined to keep pace the best way I knew how. My goal was and is to make others smile. My book allows me to help people see the joy in their own lives." Get Book <http://www.amazon.ca/Suck-Up-Sunshine-Megan-McIntyre/dp/1988281229>

(Dr.) Roberta Bondar



Creative thinker, physician & scientist, photographer & author, environment interpreter, astronaut and public service Dr. Roberta Bondar is unique, not just for being the world's first neurologist in space or for her pioneering space medicine research. Academically one of the most distinguished astronauts to have flown in space, Dr. Bondar is also the only astronaut to use fine art photography to explore and reveal Earth's natural environment from the surface.

Seeing the world through the lenses of a medical doctor, scientist, photographer, astronaut & author, Dr. Roberta Bondar follows in her family's tradition of excellence in teaching. Trained as a member of NASA's Earth Observation Team, Dr. Bondar expanded her professional photographic expertise. After her space mission, she continued her photographic explorations honing her artistic & technical skills as an honors student in Professional Nature Photography. As a landscape photographer, her work is represented by galleries in England, Vancouver, Toronto and Calgary and is featured in numerous books and other publications.

Dr. Bondar's distinctions are many: Officer of the Order of Canada, the Order of Ontario, the NASA Space Medal, induction into the Canadian Medical Hall of Fame and into the International Women's Forum's Hall of Fame, 28 honorary doctorates from Canadian and American Universities, and served as Chancellor of Trent University for six years.

Dr. Bondar is a true Renaissance woman and a great Canadian icon who exhibits a human curiosity and unending drive to reach, and help others reach higher capabilities. She exudes genuine wholesomeness, selflessness, & an unassuming style that makes even the most scientifically uninitiated among us feel comfortable, inspired and ready to learn more under her guidance.

Roberta Jamieson, LLB'76, LLD'93



The 1st First Nations woman to earn a law degree. A respected leader & skilled advocate, this woman of many firsts has opened countless doors for Canada's Indigenous people

With the 1971 Quebec gov't announcement to build the James Bay hydroelectric project **Jamieson**, as a McGill student, took up the cause of the James Bay Cree, defending their territory which was to be flooded as part of the project.

As a Mohawk from the Six Nations, she realized she needed legal training & enrolled at Western. Three years later, she was the first First Nations woman to graduate from law school, having established the national Native Law Students Assoc.

An authority on non-adversarial methods for conflict resolution, she became the first Canadian aboriginal woman to earn a law degree, first woman Ombudsman of Ontario, & first woman elected Chief of the Six Nations of the Grand River Territory.

Now CEO of Indspire, a non-profit assisting young aboriginal people with their education & career aspirations, she continues to honour her Mohawk traditional values & legal training to advance First Nations issues. Her strong sense of responsibility & identity, feeds a deep obligation to work for her community. ©1878-2017 Western University. View indepth Video <http://www.makers.com/roberta-l-jamieson>

Tilda Shalof



Having a great impact on so many lives!

Being a nurse for 35 years & counting, you realize the enormous amount of nursing care that you've given to so many patients and their families. Literally thousands of people are entrusted in your care, lives that you've improved, bodies you've tended, whose days you made more hopeful, spirits you've lifted, pain you relieved, & especially, whose lives you helped save... a multitude of stories you've witnessed, incredible moments you've experienced. There's a humbling, but proud, sense of the enormity & extent of skilled caring you've provided over the course of your career.

I like to write stories about my experiences, but I recently, I found another way to express what nursing means to me. <http://nursetilda.com/>

For years, I had an odd habit: I saved medical trash, collecting the bits of hospital ephemera, all those plastic bits & pieces, normally discarded after use the purple or turquoise caps from antibiotic vials, yellow lids from saline bottles, pink, lavender, or green tops of test tubes, the black & red heparin caps, a yellow lid from a saline bottle, clear amber cubes from arterial blood syringes, & much more. These objects delight me. Not only are they concrete evidence of my work – diuretics to patients in heart failure, vasopressors boosting a plummeting blood pressure, insulin to lower an elevated blood sugar - to me they are also symbolic souvenirs of my patients.

At the end of each shift, I'd gather my precious items & toss them into my knapsack. Over the years, my children sorted them, made games with them, & strung necklaces. They are grown up now, but I still had bags & bags of the stuff...now what? I couldn't bear to throw them away.

My dear friend, Toronto artist Vanessa Herman-Landau, suggested a mosaic mural and lent her expertise to help create it. (*Cont'd on Next Page*)

Starting with no design in mind, we allowed patterns & themes to emerge organically, drawing inspiration from molecular science, cell biology, anatomy, medical and nursing science. Now, the mural hangs in a bustling intersection of wings of the Toronto General Hospital, where I worked for most of those 35 years, in the Medical Surgical ICU. People whizz by on their way to work or appointments. In the late afternoon, they move slower



On their way home. Patients walk past or go by in wheelchairs, visitors, along with doctors & nurses who've grabbed a bite from the food court, technologists, therapists administrators & scientists - busy people with a lot on their minds. Some stop in front of the mural, pause for a moment and take a breath. What a joy it is when we stay mindful of the meaning of the work we do, each & every moment, with each & every body & soul in our care.

Vanessa Herman - Caring Creatively

I have been making art most of my life working with lots of different mediums, even glass mosaic, but most of my work is drawing and oil & acrylic painting. I have used recycled materials for some of my pieces but this is the first time working with plastic medical waste.

When Tilda first told me about her plans to create a piece of art to donate to the hospital and showed me her 'stash' of plastic, I immediately saw the potential. The small plastic bits were so colourful & their designs were so elegant that I was eager to play with them to see what was possible.

We first made a very small trial mosaic. It worked well, so, encouraged, we purchased the large wooden support, glue, paint and then began. The project was a true collaboration and we discussed the mural's creation at every step.



Photograph by Elie Landesberg

“There are women who make things better... simply by showing up.



There are women who make things happen.
There are women who make their way.
There are women who make a difference.
And women who make us smile.
There are women of wit and wisdom who, through strength and courage, make it through.
There are women who change the world everyday...

Women like you.” – Ashley Rice

DID YOU KNOW? Canadian Women ROCK!

MUSIC: Popular Canadian musicians and songwriters include **Buffy Sainte-Marie, K.D.Lang, Sarah McLachlan, Anne Murray, Nelly Furtado, Diana Krall, Chantal Kreviazuk, Maureen Forrester, Shania Twain, and Joni Mitchell.**

WRITERS: Notable female Canadian authors include **Lucy Maud Montgomery** (*Anne of Green Gables*), **Margaret Atwood** (*The Handmaid's Tale*) & **Alice Munro** (*Lives of Girls and Women*) as well as award-winning author **Mavis Gallant**, (*Paris Stories*) - essays, novels, plays, & especially short stories, almost all published initially in The New Yorker magazine.

DANCE: Famous Canadian dancers include **Karen Kain, Veronica Tennant & Lynn Seymour.**

SPORTS: **Clara Hughes**, a Canadian cyclist & speed skater won multiple Olympic medals in both sports & is on 2006's List of Most Influential Women in Sport & Physical Activity by the Canadian Association for Advancement of Women & Sport (CAAWS).

Colleen Sostorics, retired, Canadian women's ice hockey defenseman, played extensively for Canada at the international level, winning 3 Olympic gold medals 2002, 2006 & 2010. At the Women's World Championships, Sostorics won Canada 3 gold & 3 silver medals, & at the 4 Nations Cup, she has captured 5 gold medals & one silver.

ART: **Lynn Johnston** is creator of the comic strip "For Better or Worse" appearing in newspapers across Canada & around the world. The first woman to win the Reuben Award for outstanding cartoonist of the year in 1985 from the Cartoonist Society, in 1988, she became the first woman to be president of this society, appointed to the Order of Canada in 1992 & nominated for a Pulitzer Prize in 1994

Sandra Bell-Lundy, author of the worldwide syndicated comic strip *Between Friends*. In 1994 her cartoon strip was syndicated in 175 newspapers internationally, winning notice from various organizations - North American Council on Adoptable Children & the Cancer Society for featuring stories. Her work is collected and published in 3 books.

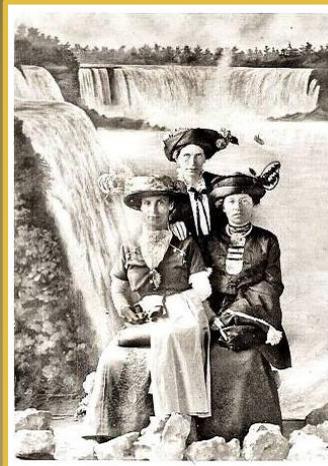
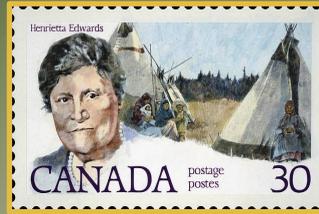
Ashevak Kenojuak- Born in Ikerrasak Camp, Baffin Island, Northwest Territories Oct.3, 1927. This Inuit Artist of Baffin Island is famous for the prints made of her work. She also carves sculptures, preferring birds as subjects of her works. She is a fellow of the Royal Canadian Academy of Arts and a Companion of the Order of Canada.

FASHION DESIGN: **Dorothy Grant** – designer/founder of the following fashion lines: Feastwear, Dorothy Grant, & Red Raven. Her high-end products have gained public recognition as expressions of living Haida culture, combining high fashion with elements of her own traditional culture. The result is a new style that was once described as 'wearable art" and since the 1980's her fashion business has been a leader in the Aboriginal fashion industry.



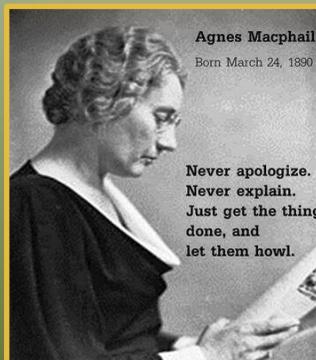
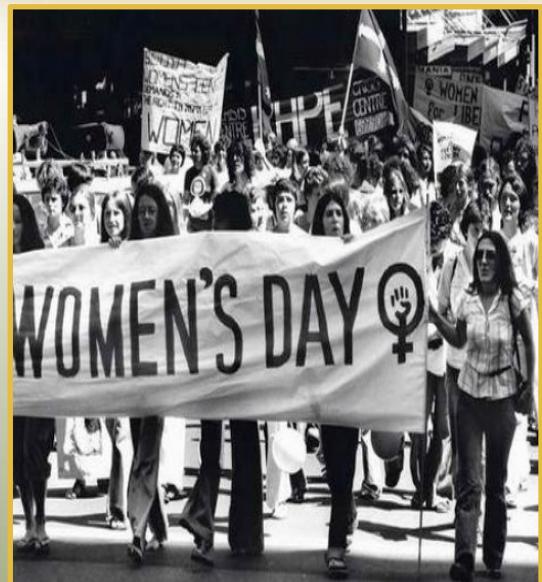
A Glimpse Into How Far Women Have Come...

Photos Gathered from Wikipedia, Pinterest & Social Media Sites



Rules for Teachers ~ 1914

1. You will not marry during the term of your contract.
2. You are not to keep company with men.
3. You must be home between the hours of 8 PM and 6 AM unless at a school function.
4. You may not loiter downtown in any of the ice cream stores.
5. You may not travel beyond the city limits unless you have permission of the chairman of the chairman of the school board.
6. You may not ride in carriages or automobiles with any man except your father or brother.
7. You may not smoke cigarettes.
8. You may not dress in bright colors.
9. You may under no circumstances dye your hair.
10. You must wear at least 2 petticoats.
11. Your dresses may not be any shorter than 2 inches above the ankles.
12. To keep the classroom neat and clean you must sweep the floor once a day, scrub the floor with hot soapy water once a week, clean the blackboards once a day and start the fire at 7 AM to have the school warm by 8 AM when the scholars arrive.



Inspirational Quotes For & From Women...



"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."

-Judy Garland

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong."

-Ella Fitzgerald

"Woman must not accept; she must challenge. She must not be awed by that which has been built up around her; she must reverence that woman in her which struggles for expression."

-Margaret Sanger

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

-Oprah Winfrey

"Our deepest wishes are whispers of our authentic selves. We must learn to respect them. We must learn to listen." - **Sarah Ban Breathnach**

"When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak." - **Audre Lorde**

"Your own words are the bricks and mortar of the dreams you want to realize. Your words are the greatest power you have. The words you choose and their use establish the life you experience." - **Sonia Croquette**

"If you obey all the rules, you miss all the fun." - **Katharine Hepburn**

"Figure out who you are separate from your family, and the man or woman you're in a relationship with. Find who you are in this world and what you need to feel good alone. I think that's the most important thing in life. Find a sense of self because with that, you can do anything else." - **Angelina Jolie**

"Find out who you are and do it on purpose." - **Dolly Parton**

"I am not afraid...I was born to do this." - **Joan of Arc**

"I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life." - **Eleanor Roosevelt**

"It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere." - **Agnes Repplier**

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light from within."

-Elisabeth Kübler-Ross

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present." - **Barbara De Angelis**

"The minute you settle for less than you deserve, you get even less than you settled for." - **Maureen Dowd**

"No one can make you feel inferior without your consent." - **Eleanor Roosevelt**

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." - **Anna Quindlen**

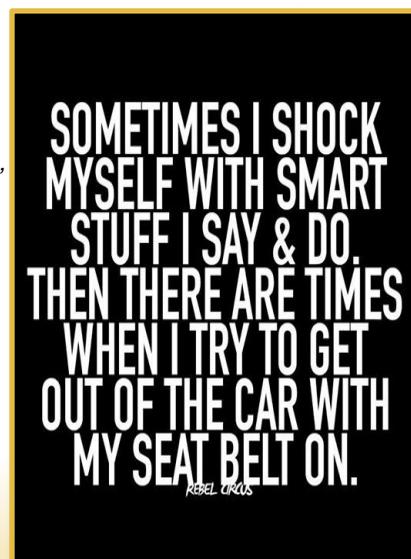
"Well-behaved women rarely make history." - **Laurel Thatcher Ulrich**

Though I am grateful for the blessings of wealth,
it hasn't changed who I am.

My feet are still on the ground.

I'm just wearing better shoes.

-Oprah Winfrey



Relationship Marketing: How to Attract and Retain Clients

Have you ever wondered why a client didn't return to you after what seemed to be an amiable transaction? Imagine you are a Real Estate agent and previous clients sold the home they purchased through you and then moved on to purchase through another realtor. Confusing and frustrating but you need to ask: When did I last contact them?



People do business with those they know, like, trust and REMEMBER. As business people we need to develop a strong consistent relationship with contacts and clients. Statistically, we lose about 10% of our influence for every month we do not make contact with our clients. To remain with the Real Estate analogy: About 91% of all real estate agents are forgotten by clients after only one to two years.

Being successful requires staying in touch on a regular planned basis. Ensuring your RETENTION RATE requires a management system. The many ways to stay in touch, capture memorable moments and put you "top of their mind" include: monthly postcards, birthday cards (both for clients and pets), anniversary cards, short, powerful phone calls, texts, e-mails, mentions on social media and/or coffee/lunch meetings.

Personally I use an online service that has an amazing system for managing client details. It provides the ability to send out eye-catching and memorable messages using my own signature, handwriting font and photos. Also it prints the cards, stuffs the envelopes, stamps and mails the postcards and greeting cards. A gift can be included.

As a business owner, your clients are your most valuable asset. The more you respect and pay attention to your customers at each stage of the process 'from prospect to customer to solid client' the more likely you are to retain clients and, as an added bonus, they will become word-of-mouth advertisers by making referrals to you.

Today as business owners, connecting with people as individuals is more essential than ever. Staying strategically connected over time is an essential planned process using readily available systems as your path to success.

Research shows that an existing client will buy up to 67% more with you than a brand new one. As well, it is much less costly to retain a present customer.

Your relationship building will enhance your business and personal success. Remember also to reward to your family and friends. Recognize events, be grateful and appreciate your connections. Personal success brings about business success. Your clients, family and friends are a huge investment needing constant care and commitment. The results both personally and business-wise will amaze you.

By Anne Knicley
knicleydone8@gmail.com

Dare to Dream About Taking Your Next Step



What will your life look like 10, 20, 30 years from now, if you do not take your next step?

"What next step?" you ask. You know the one! The one that will take you out of your current comfort zone and into a new and better one filled with new possibilities.

"But... how do I know it will be a new and better one?" you ask. You dare to dream about the possibility!

What would it look like if you dared to dream about it? "I don't know," you answer.

Daring to Dream is your first step into a new and better life. Dare to ask yourself "What am I passionate about?" "What gets me up in the morning?" "What makes time stop for me?" Jack Canfield, author of the Success Principles, suggests making a list of 101 things you would like to be do or have. The first time I tried this, I wrote down 8 things. Not 101, but it was a start.

For years I sat at my kitchen table and dreamed about having a better marriage, more money, and the ability to do things. I sat there with the Sears Catalogue, dreaming about camping, or redecorating, or having nice things. I dreamed about these things because I couldn't see any way out of the bad relationship. I focused on things I knew would never come true because those were the only dreams I would allow myself.

Whenever I thought about leaving all I saw was a big, black nothing. I didn't know how to dream through it because... I had made an agreement with myself, while still in my teens, that as long as I didn't expect good things, I couldn't be disappointed. I had been disappointed so much by the time I was 16 that I consciously stopped dreaming. The result? I jumped into a marriage at 18 to get out of the house. I was sad, and I was miserable – a witch (spelled with a capital B).

By our tenth anniversary, I could take no more... so I jumped into that big black nothing, taking my two young children with me. And guess what? Within a month, I was so much better off, emotionally, financially, and spiritually that it was like I'd jumped over the rainbow. You see, I'd stayed in that marriage because we had a nice house and yard for the kids. I knew what to expect. And I could always hope for something better. In hindsight, I see that that leap was the best thing I could have done for my children, myself, and yes, even for the husband.

Since that leap, I have taken many different steps into my possibility. I have tried more than 30 different jobs. Some steps were short detours. Others were major turning points. The one that had the most profound effect on me was as a winery tour guide. I took this job to build my self confidence. I discovered I love speaking to audiences. That led me to join Toastmasters where I learned incredible leadership skills and communication skills. I met Judy Suke and helped form Triangle Seminars, (I am still a part of it). I learned evaluation skills that revealed my love of coaching people because I could empower them to take steps into their possibilities. I re-ignited their sparks of hope that led to a belief in possibility.

Since I first heard of it, I wanted to be a Life Coach and for 15 years I dared to dream about it. The dream took root and Step 1: I certified to deliver Passion Test® workshops. Eventually, I took Step 2: a year-long program to certify as a Law of Attraction Life Coach.

I learned Law of Attraction (LOA) gives us what we expect from life, whether we know it or not. The LOA is always working. Like gravity we do not have to believe in it. Once I started expecting something better, something better happened. Like the Tour Guide job. Like the house I bought that I was told was impossible. I wanted a house. I was tired of paying someone else's retirement (rent). Not knowing how, only knowing what I wanted and why I wanted it, I started looking, and tah dah! The impossible became possible.

When we know what we want and give it our attention, believing it is possible, then take action that shows our commitment to having it, we can let go of how it will happen because the how will be shown. That is what happened with my house. That is what happened when I left that marriage.

By the Law of Attraction, we get what we focus our feeling attention on. We take control of the LOA by using the Law of Deliberate Creation to focus our attention and good feelings on what we want to bring it into being... And then we use the Law of Allowing to let the good in. Other universal laws work with the LOA help you bring what you want into your life.

Your first step to possibility is Dare to Dream. When you start dreaming, a life coach can help you clarify what you want, and help you determine what actions will bring it into your life. Contact me for a complimentary introduction to see how coaching will help you Take Your Next Step to Possibility once you Dare to Dream! www.charmainegrace.com

Charmaine Grace
Your Next Step to Possibility
Certified LOA Life Coach
Certified Passion Test Facilitator



Singing or Siren? Sing Anyway!

Ever noticed how when you listen to music you love, you just feel better? You can be having the worst day ever and the minute you put on a favorite upbeat song feel like life IS okay after all.



Singing resonates internally and gives us a lift when we need it. No, it doesn't even have to be on key. It makes us feel good just by DOING it. The JOY is in the process whether it is "perfect" or not.

A funny thing happened on one of our family's trips to Nova Scotia in the late 50's. My father suddenly brought the car to a screeching halt. Then, after pulling over, he anxiously seemed to be waiting for something more to happen.

When my mom asked him why he had done so he said he had heard a police siren and since he had been speeding thought it wise to pull over. Mom started laughing as she informed him that the siren was actually his youngest daughter singing in the back seat.

Yes, there I was singing my heart out into my pretend microphone (knob on window crank handle), oblivious to the fact that the car had even stopped. It soon became evident that it was my love of holding onto a single note for as long as I could had been mistaken for a Police siren. *(Hey! I didn't say I was a good singer!)*

I still love to hold onto a note just because it feels good. Didn't realize until many years later that it was because it was resonating with my energy centers, perhaps even balancing whichever chakra that may have been blocked or imbalanced. Yes, simply singing can actually heal you. It is Joy...PURE Joy and JOY is a healing emotion for sure.

Science is now proving that vibratory sound does have a profound impact on us, energetically, emotionally and even physically. Especially "Ah, Ha, Ho, Hee and Om".

Sound can be uplifting, soothing, healing, invigorating. Even just listening to music can have this effect on us. Yes, listening to music and singing can clear our chakras, release stress and bring balance into our lives.

When was the last time you sang just to sing for the sheer joy of it! Was it in the car, the shower, out in nature singing along with the birds or when everyone else was out and you had the place to yourself?

Try doing it in front of a mirror. As you belt out that favorite Beatle tune or Lady GaGa song as if you were auditioning on American or Canadian Idol it won't be long before your JOY turns to heartfelt laughter.



Have YOU Sang YOUR Song Today? Just DO It!

By Carolyn Shannon
Empowerment Starts Here
<http://www.empowermentstartshere.com>



BPW Niagara Falls Members Love to Share...

Are you **STRESSED?**



Is your to-do list endless, deadlines fast approaching & you can't focus on anything? Just what is stress and how does it affect us? Stress isn't always a 'bad' thing. The ability to feel stress was vital to the human survival when our cavemen ancestors noted that stress alerted them to potential danger.

Stress is the body's method of reacting to a challenge. Under stress, the body feels under attack & goes into 'fight or flight' mode, releasing a complex mix of hormones & chemicals like adrenaline, cortisol & norepinephrine, to prepare the body for physical action. Blood is diverted to muscles & unnecessary bodily functions like digestion are shut down. This, in turn, causes an energy rush, preparing us to either fight or run away. The adrenaline causes rapid breathing & heart pounding, as well as a boost of energy, so that we can focus our attention on that situation and so we can respond immediately.

Stress has been identified by health professionals as a significant health risk. Constantly feeling under pressure can lead people to suffer more than simply mental health issues-from anxiety to depression- and can also affect other body functions. Extensive exposure to stress makes it hard to eat, sleep, or even feel comfortable with one's self & can have a drastic impact on major organs.

Here's how to help alleviate stress:

Send your brain on a vacation! The longer you're exposed to stress, the more likely it is to have a significant impact on your mental health & physical well-being. Over time, this can lead to serious mental & physical health problems, from depression to heart disease. It is vital to take a break & give your mind a chance to PLAY, relaxing your brain & body. Remember, as a child, how you spent hours colouring-just for the sheer joy of the colours & shapes, no rules - you were lost in the moment.

DeStressing by Colouring. Studies have proven that **COLOURING** can actually lower your heart rate, lower your breathing rate and reduce your blood pressure and **STRESS MELTS away.** Colouring a **MANDALA** from the outer ring towards the centre of the design actually develops into a form of meditation as your brain focuses on the **NOW** instead of thinking about all the things that stress you.

Better yet, colouring a "**HEALING ENERGY MANDALA**" also imprints, in your brain, a **POSITIVE AFFIRMATION** that replaces those negative tapes that we have accepted & believed. The habitual repetition of this affirmation, while colouring (*which opens your mind to listen, uninhibited by worrying*), is extremely useful to those who truly wish to make a positive change in their life- building self esteem or ending anxiety.

Nancy Broerse, Illustrator/Author & Certified LifePath Coach

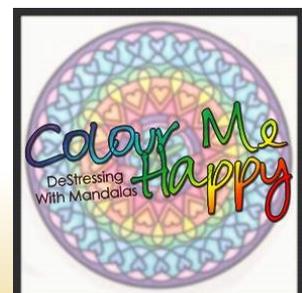


COLOUR ME HAPPY - deStressing with Healing Energy Mandalas

<https://www.facebook.com/Color-Me-Happy-De-Stressing-With-Mandalas>

cmhmandalas@gmail.com

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COLOURING A MANDALA - Give yourself the gift of solitary time.

Turn off the phone, radio & TV...find a quiet place where you will be undisturbed for 30 minutes.

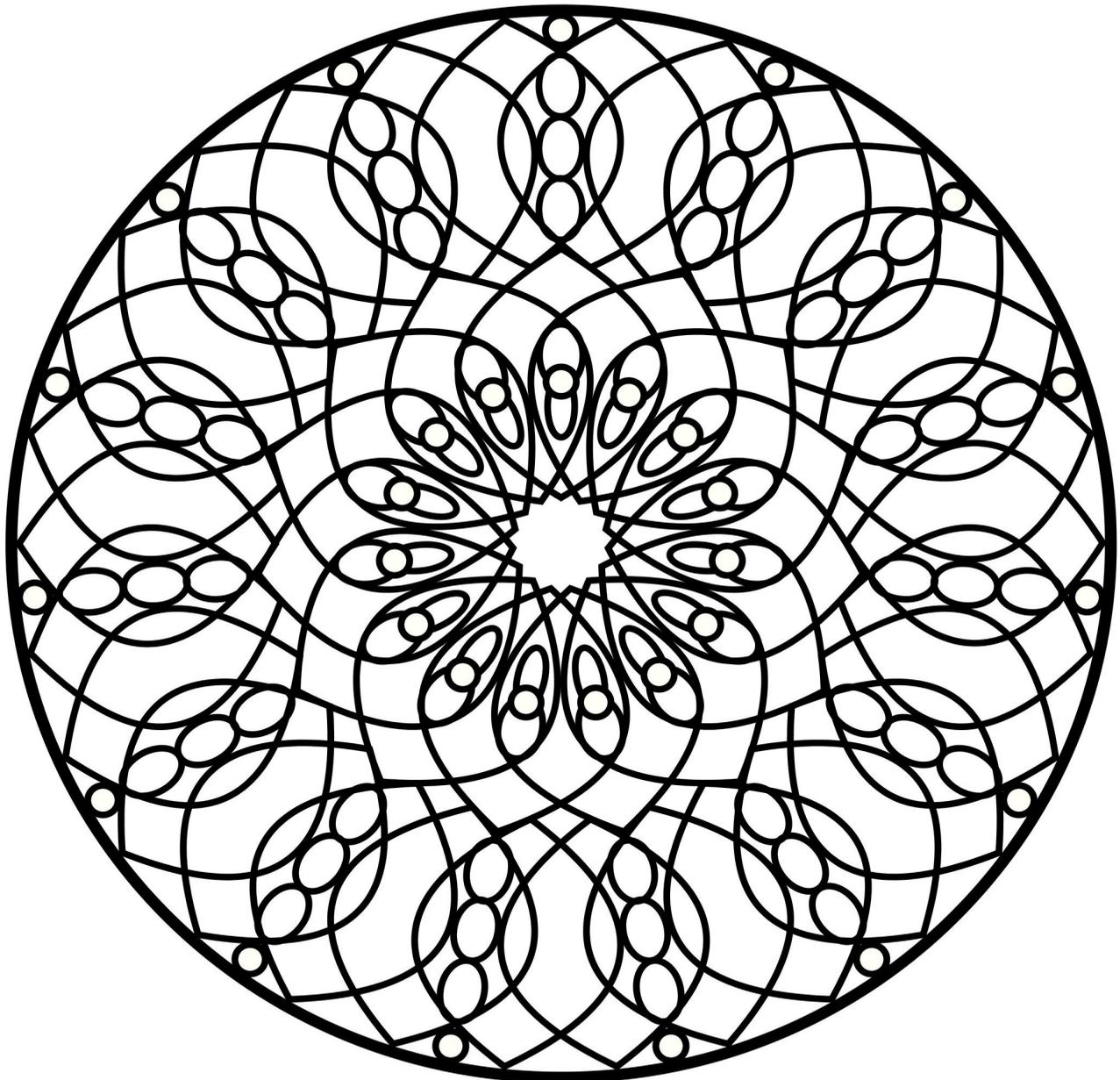
REPEAT OUT LOUD four times (*Your brain needs to hear this verbally*):

“I am calm, relaxed, free from stress. I release all tension from my mind and body.”

Then start to colour. Focus on the pattern. work from the **outer edges & towards the centre**. Let your mind rest as you colour. There are no rules, do not worry about your choice of colours...simply follow your instincts and choose what most appeals to you.

THE PROCESS IS FAR MORE IMPORTANT THAN THE END PRODUCT.

Record unexpected memories or self-awareness. Continue to colour. Be aware of emotions that may be released. This is healing for you - experience them & grow.





THE BOO...



His Story:



Stealthily secluded in the dark shadows of his jungle hideout, The Boo watches the world evolve around him. His white furry ears twitch at strange noises that penetrate the depths of tropical plants. He has gradually worn a depression in the soil, creating the perfect camouflage from which to spy on his slaves, the humans.

Surrounded by the moist verdant green, he crouches, sensitive to every vibration and every movement. His nap was cruelly disturbed by strains of Pat Boone crooning. His ears flatten as he notices the movement of the mysterious microwave turntable, usually one of his favourite pass times...but, for now, he is hungry. Yet, the harsh fact is that his food dish is only 2/3 full - a tiny glint of chrome shines...taunting him from under the dry kernels of deliciousness...in consuming desperation and severe hunger, he sings the song of his people, to no avail...thus he suffers alone, in his jungle of greenery, scheming.

Born in a rusty old car trunk, this once-feral being, officially registered as Oreo, for obvious reasons, is an anomaly - he has 2 very distinct personalities: **THE BOO**, sweet, incredibly loving, affectionate ... and then there is **DemonSeed** - crafty & quick, with a magpie's kleptomaniac penchant for shiny objects, pens, business cards, small cameras & balls of yarn. Together, wisdom is profound.

PAWSative AffURmations for Humans:

- ♥ I am **PAWS**ionate - I sing the song of my people, I purr & knead. The **PAWS**ability is within me.
- ♥ I choose to be happy & live **FUR** the moment. My **PURR**fect uniqueness is a gift to be appreciated.
- ♥ I stop, look, weigh the options & recalculate...then dare to fly up and **FUR**ward..
- ♥ I give generously - nothing says "I love you" more than a **MEOW**se or a small bird left on the bedspread. (It also indicates that you are obviously a **purr** hunter so kitty feels compelled to feed you.)
- ♥ Cat Naps are a gift. Being **CAT**atonic **FUR** a while rejuvenates me.
- ♥ I am strong & brave and stand up **FUR** myself...even when I am **FELINE** scared.
- ♥ I appreciate the simple things- my basic needs are fulfilled when I am resourceful...a box...a piece of string...a patch of sunshine. It would be pre**PAWS**terous & **CAT**astrophic to waste it!
- ♥ I embrace **PURR**sonal "Alone Time". **FUR**iends are nice but **MEOW**time is vital.
- ♥ I choose to dare - a swing from the chandelier is a **PAWS**ome adventure...I refuse to hide with the **FUR**miliar. After all Life is about thinking beyond the box...or sleeping IN the box...or ignoring the box.
- ♥ When I feel unsure, I re**FUR** to last Af**FUR**mation.
- ♥ I am self-reliant be**CLAWS** I am **PURR**fectly capable of being so. I CAN move a **MEOW**tain
- ♥ I am **PURR**sistent. **CAT**titude is imp**PURR**ative



Crafted by **THE BOO**

Owner of Nancy Broerse
BPW Niagara Falls

Things I Learned from My Mother:

Mom was a feisty, opinionated stubborn woman, proud to be Canadian with an Irish ancestry. Her tenacity, that bullheaded determination to never give up, her passion in what she felt was right, & her courageous sense of survival also course through my own veins. I learned to rise above limits & expectations and to thrive in being uniquely me. My passions, at times known to raise eyebrows, drive me to dare to achieve, make changes & contribute to a better way. My Dad taught me **KINDNESS**. He was always helping others & refused compensation...his response, when offered money, was always "No thank you...just pass it on- just always help the next person that you see who needs help". I absorbed so much through example, experimentation & osmosis and do my best to pass this on to my sons and grand daughters. **Nancy Broerse, BPW NF**

I was blessed to have two very different, but strong Grandmothers who greatly influenced me to be the woman that I am today. My Grammie was a woman of business in a time where there was not such a thing. She was determined & well respected by the men that she worked with. She taught me to not give up, to thrive being unique & to do the unexpected. My Grandma was a housewife, spending every day caring for my Grandfather, her four children, her mother & later her grandchildren. She taught me that the needs of those we love come first & that family is essential. The first of my grandparents to pass, she also taught me that we must fill our cups first & how important self-care is. These two Spirited & loving women taught me to balance myself, business, family life & above all, to never give up on my dreams. **Sam Black, BPW NF**

My mom taught me many things, but one important lesson she taught me was the art of display and presentation. I had the most well put together projects growing

up due to my understanding of colour, balance and harmony. To this day, I still utilize this skill set in all of my presentations from business to entertaining. **Jaime Nevitt - BPW NF**

Mom was a BPW member in the UK and when she was over on a visit in 1972 introduced us to the Toronto Club. Here are somethings we learnt from my mother.

- If you don't ask it's a 100% NO, if you do ask it's 50/50.
- A promise made is a debt unpaid.
- Least said soonest mended.

My father was a great supporter of BPW and a couple of his sayings that Ethel and I have taken to heart.

- If a job is worth doing - it is worth doing well.
- Time spent in reconnaissance is seldom if ever wasted. **Valerie & Ethel Clarke BPW North Toronto**

My MUM! Mum taught me to be thrifty - I think she was the originator of reduce, re-use and recycle! She taught me to cook and sew and to be helpful to others through service. **Mary Garratt, BPW NF**

My Mother taught me empathy at a young age. She always told me to put myself in the other person's shoes. It helped me to understand others in a whole new light. I empathized so much that I felt bad for a piece of garbage that I would throw out. **Lisa Fluke, BPW NF**

My Mom, nick-named Mad Dog, taught me many things from cleaning to child care to canning. One thing, however stands out. Two to three times a year, Mom did a major cleaning of the whole house. That meant taking everything out of each room, washing the walls, or painting them; scrubbing the floors and windows; washing everything before putting it back in the room. As a young mother I used to help Mom with the cleaning and or painting. It was a lot of hard work, with long hours, and yet, we always had fun doing it. The more fun we had the easier it was to get the work done. I believe my mom taught me the value of humour in the workplace. As a result, "Humour Works" is one of my speaking topics. Thank you Mom! **Charmaine Grace, BPW NF**

"My mother taught me self-worth, how to be self-sufficient and to not take myself too seriously. She taught me the power of faith and the importance of family. She helped me have a positive attitude and to always see the good side in people." **Judy Benoit, BPW NIAGARA FALLS**

"Do Something! You'll forget about it!" **IT WORKS!** My Mom taught me that when you are in the moment of active meditation there is no pain, no fear. She was right! I LOVE the ZONE! **Carolyn Shannon, BPW NF**



Recipes for the Busy Working Woman

Ham & Cheese Pinwheels

Total Time: 30 minutes. Serves 6

Ingredients:

1 (8-oz.) tube of crescent roll dough
1/2 lb. deli sliced ham
2 tbsp. Dijon mustard
8 oz. sliced Swiss cheese
4 tbsp. butter, melted
1/4 tsp. garlic powder
2 tbsp. chopped parsley
1 tsp. poppy seeds



Directions:

Preheat oven to 350°.

Grease an 8-x-8" baking pan with cooking spray.

On a lightly floured surface, unroll dough & separate the sheet into rectangles.

Pinch the perforations to seal.

Spread mustard onto each rectangle. Top with sliced ham and cheese.

Starting with one short side, roll up each rectangle.

Pinch edges to seal. Cut each roll into 5-6 slices.

Place cut side up in baking pan.

In a small bowl, whisk together melted butter, garlic powder and parsley.

Brush over pinwheels & sprinkle poppy seeds on top.

Bake for 12-15 minutes, until the rolls are golden.

Impossibly Easy Cheeseburger Pie

Prep 15 min, Total 40 min, Serves 6

Bake the magical cheeseburger in pie form - it's impossibly easy!

Ingredients:

1 lb lean (at least 80%) ground beef
1 large onion, chopped (1 cup)
1/2 teaspoon salt
1 cup shredded Cheddar cheese (4 oz)
1/2 cup Original Bisquick™ mix
1 cup milk
2 eggs

Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.

In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Stir in salt.

Spread in pie plate.

Sprinkle with cheese.

In small bowl, stir remaining ingredients with fork or wire whisk until blended.

Pour into pie plate.

Bake about 25 minutes or until knife inserted in center comes out clean.



3 Ingredient Mason Jar Chocolate Mousse

Prep time 10 mins Cook time 1 min Total time 11 mins

The easiest chocolate mousse made completely in a mason jar with only 3 ingredients! So simple and SO good!

Serves: 1

Ingredients:

1 ounce or about 30 grams chopped chocolate
1/2 cup heavy whipping cream
1 teaspoon sugar

Instructions:

Add all ingredients to a 500mL mason jar.

Microwave on high for 1 minute and whisk until melted and smooth, heating for another 15-20 seconds on high if necessary to get the chocolate completely smooth.

Place lid on jar, refrigerate 6-8 hours or overnight until completely chilled.

Once chilled, shake for 3-5 minutes until desired consistency is reached.

That's it! (You can also use an electric mixer to make things easier).



FLOUR-LESS CHOCOLATE CAKE

Ingredients:

8oz 70% dark chocolate, chopped
1 stick of butter, cut in small pieces, plus more for the pan
5 large eggs, separated
1/2 cup of sugar
2 Tablespoons of cocoa powder



Method:

Preheat oven to 350 F degrees.

Butter and dust with cocoa powder an 8-inch spring form pan, set aside.

Melt butter & chocolate in a double boiler or a heatproof bowl set over a pot of simmering water, make sure the bowl is not touching the water, stir until smooth.

Whisk the egg yolks with the sugar in a mixing bowl until the mixture turns pale yellow.

Gradually add the slightly cool chocolate into the egg mixture whisking until well blend.

In a large bowl, beat the egg whites until soft peaks form.

Whisk 1/4 of the whites into chocolate mixture, then gently fold remaining whites into the chocolate with a spatula.

Pour into the prepared pan.

Bake until toothpick inserted into center comes out clean, about 40 to 45 minutes.

Let it cool. To serve, I used whipped cream and pistachios, vanilla ice cream goes great as well or simply dust with powdered

Herbed & Olive Oil Crock Pot Bread

Prep time: 1 hour 35 mins **Cook time:** 2 hours

Total time 3 hours 35 mins

Ingredients:

3½ cups of all purpose flour
1 packet dry active yeast (*2¼ teaspoons*)
1¼ cups of warm water
¼ cup fresh of rosemary (*preferred*) or other fresh chopped herbs
3 tablespoons of extra virgin olive oil, plus more for drizzling
1 teaspoon of sugar
1 teaspoon of sea salt or kosher salt, divided

You will also need:

parchment paper
paper towels
crock pot

Directions:

In a large bowl, mix the water, yeast, and sugar and let it rest for 15 minutes until the mixture becomes bubbly.

Stir in half of the salt (*1/2 teaspoon*), half of the rosemary or other selected herbs (*about 2 tablespoons*), 3 tablespoons of extra virgin olive oil, and all of the flour. Mix well, using your hands.

Put the dough into a lightly greased bowl & cover it with a kitchen towel, to rest in a warm, draft-free area for 1 hour to rise.

Remove the dough from the bowl & carefully roll it into a ball on a floured surface.

Let it sit for another 20 minutes.

Set the crock pot to HIGH. Line the crock pot with two pieces of parchment paper, leaving at least 2 inches hanging out of each side of the crock pot. Place the dough in the crock pot and sprinkle it with the remaining salt and rosemary/herbs.

Drape paper towels over the top of the crock pot and cover with the lid. The paper towelling will capture condensation from the lid and prevent moisture from dripping onto the bread and making it soggy.

Cook the bread for 2 hours, and remove from the crock pot, using the parchment paper as handles to lift it easily from the crockpot. The crust of the bread will look a bit pale and though it tastes great, I prefer to put the bread on a baking sheet lined with parchment paper and set it under the broiler for a quick 3 – 5 minutes to get a crunchier, darker crust.

Let cool before slicing. Serve with extra olive oil drizzled on top.

Mom's Dutch Honey Bread

(*a dense spicy loaf, great fresh or even toasted*)

Ingredients:

3 1/2 cups flour
1 1/2 tsp soda
2 tsp cinnamon
1/2 tsp salt
2 cups brown sugar
1 tsp nutmeg
1 1/2 tsp baking powder
2 tsp ground cloves
1/4 cup honey
2 1/2 cups milk

mix dry ingredient together, make a well in the center, pour in wet ingredients, mix well. Then pour into 2 greased loaf pans

Bake at 350* for 55-60 mins

Magic Chicken Pie

Serves 4-6 depending on appetite

Ingredients:

4 tbs butter
2 cooked boneless, skinless chicken breasts, shredded
2 cups fresh or frozen vegetables (your choice)
1/4 cup onion, chopped
1 cup shredded cheddar cheese
2 cups baking mix (like Bisquick)
1 1/2 cups milk
1 1/2 cups rich chicken stock
2 chicken stock cubes
1 can (10.75 oz) cream of chicken soup

Preheat oven to 350 degrees F.

Cut the butter in chunks and place in the bottom of a 9 x 13-inch baking pan. Place in oven to melt butter; remove when butter is melted. In a large bowl, mix the milk and baking mix; set aside. Dissolve the stock cubes in the liquid chicken stock. Place the soup in a bowl and gradually mix in the stock mixture to keep the mixture smooth. Set aside.

Assemble casserole as follows / DO NOT MIX OR STIR INGREDIENTS:

Distribute shredded chicken over melted butter evenly
Distribute veggies over the chicken evenly
Distribute the onion over the veggies evenly
Distribute the cheese over the onion evenly
Pour baking mix batter over the top evenly
Pour the soup/stock mixture over the top evenly

Nancy's Easy Hot Red Pepper Jelly

Prep 40 mins, Cook 15 mins, **Total time 55 mins**

Ingredients:

2 cups coarsely chopped, seeded **red bell peppers**
1 **jalapeno**, seeded and chopped
2 cups **cider vinegar**
6 cups **granulated sugar**
2 pouches (*each 3oz/85 mL*) **liquid pectin**

Instructions:

Prepare canner, jars, and lids:

Place 12 4-oz **jars** in large canning pot or Dutch oven (*ideally on a rack for easy removal*). Add enough water to fill jars to the top and just cover them with water. Bring water to a low simmer (*do not boil*).

In separate sauce pan, cover **lids** with water and bring to a gentle simmer. Keep lids hot until you need them, then remove with tongs. Wash screw bands with soap and water and rinse thoroughly - do not heat them, you want to be able to handle them.

In blender or food processor, purée peppers & 1 cup vinegar until smooth.

In large, deep stainless steel saucepan, **combine** pepper puree, remaining 1 cup vinegar & sugar. Bring to a boil over high heat (it will bubble up significantly - use your largest saucepan!) Boil, stirring constantly, for 10 minutes. Stir in pectin and boil hard, stirring constantly, for 1 more minute. Remove from heat and quickly skim off any thick foam.

Quickly **pour hot jelly into hot jars**, leaving ¼" headspace. Wipe rims of jars to ensure they are clean. Center lid on jar and screw band on until fingertip tight (don't over-tighten).

Place jars in canner, ensuring they are completely covered with water. Bring to a boil, put lid on canner, & process for 10 minutes. Remove canner lid & turn off heat. Wait 5 minutes, then remove jars, keeping them as straight as possible, to a flat surface where they can sit for 24 hours. Don't dry them at this point, any water on the tops will evaporate on its own.

After 24 hours, check all lids for seal - you should hear them popping quite quickly as they seal. The lids should not flex when pushed after 24 hours. If any have not sealed, store in the fridge & use within a month. Jelly is best used within a year.

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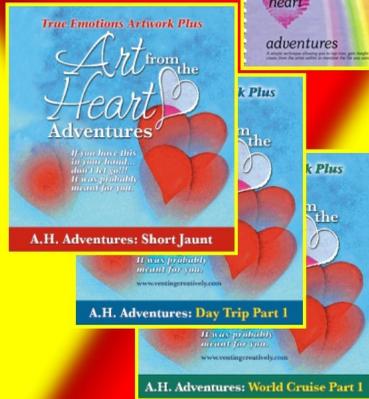
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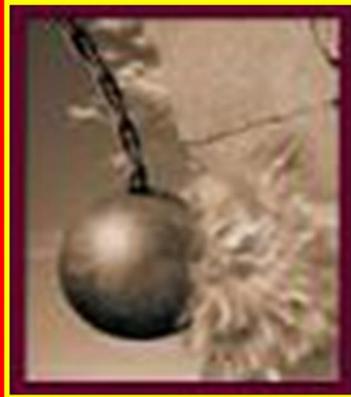
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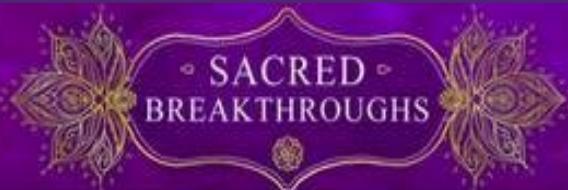
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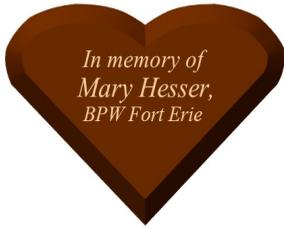
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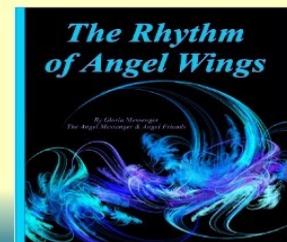


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