Mount Saint Vincent University Honours 17 Inspiring Women

By MSVU 2012-2013 Capital Campaign

Published: Thursday, Mar. 28, 2013 - 8:40 am

HALIFAX, March 28, 2013 -- /CNW/ - Community champion Ruth Goldbloom, OC, ONS, poet and songwriter Rita Joe, PC, CM, and Daurene Lewis, CM, accomplished politician, educator and artist, will soon be among the 17 Inspiring Women honoured in a permanent installation at Mount Saint Vincent University.

The Mount, founded for the continued education of women, will showcase each of their stories as a source of inspiration in the new Margaret Norrie McCain Centre for Teaching, Learning and Research. The McCain Centre will be the only building on a Canadian university campus dedicated throughout to honouring women.

"The Sisters of Charity established the Mount 140 years ago to give young women a place to learn and grow," says Dr. Ramona Lumpkin, president of the Mount. "We're very proud to keep that tradition alive today by celebrating women of all walks of life, including our founders, and sharing their inspiring stories with our community."

The installation has been made possible by generous donors, each choosing to recognize a woman who has inspired them. These donors include Jack, Colin, and Mickey MacDonald who collaborated to pay tribute to their mother, Belle MacDonald, and Elizabeth and Fred Fountain who honoured their friend Janet MacMillan, Partner with NATIONAL Public Relations.

"While the generosity of our supporters has been truly humbling, it has been their common belief that these women should, and will, be recognized that has propelled this project forward," says Dr. Lumpkin. "We're thrilled to shine a well-deserved spotlight on these impressive individuals."

The Mount's 17 Inspiring Women include Susan Clark, a trailblazing academic leader; the Community of the Sisters of Charity, founders of the Mount in 1873; Myra A. Freeman, CM, ONS, dedicated
educator and the first female Lt. Governor of Nova Scotia; **Dale Godsoe**, CM, women's advocate and community volunteer; **Ruth Goldbloom**, OC, ONS, community leader, volunteer, and philanthropist; **Martha Jodrey**, OC, champion for children with learning disabilities; **Rita Joe**, PC, CM, Mi'Kmaq poet and songwriter; **Aldéa Landry**, CP, CM, businesswoman and former Deputy Premier of New Brunswick; **Daurene Lewis**, CM, the first black woman in Canada elected as Mayor; **Belle MacDonald**, devoted nurse and mother; **Janet MacMillan**, celebrated public relations professional; **Joanne McCrea**, dedicated community volunteer; **the Honourable Nancy Ruth**, CM, Senator, woman’s advocate and philanthropist; **Margaret Fawcett Norrie**, the first woman Senator from Nova Scotia; **Elizabeth Parr-Johnston**, CM corporate leader and former president of the Mount; **Rose Schwartz**, businesswoman and Nova Scotia Business Hall of Fame inductee; and **Annette Verschuren**, OC, an outstanding business leader.

**About Mount Saint Vincent University** Recognized as a leader in flexible education, applied research, and a personalized approach to education, Mount Saint Vincent University has been nationally recognized among undergraduate universities in Canada for our success in Social Sciences and Humanities Research Council grants and for having one of the lowest student-to-professor ratios. The Mount is committed to being a model of creative teaching and research that nurtures socially responsible global citizens. For additional information about the University, visit msvu.ca.

**BACKGROUNDER**

**Dr. Susan Apostle-Clark**

*Sponsored by The Honourable Senator Nancy Ruth, CM.*

Dr. Susan Apostle-Clark, a leading academic in Canada, is a former Dean (Human & Professional Development) and sociology faculty member of Mount Saint Vincent University. She was instrumental in hiring the first incumbent of the Mount's Nancy’s Chair in Women's Studies, and for the establishment of the Institute for the Study of Women (now the Institute for Women, Gender and Social Justice).

**Community of the Sisters of Charity**

*Sponsored by the Sisters of Charity - Halifax.*

The Sisters of Charity will honour all members of the community through one of the installations, showcasing the impact the Sisters have had in social justice, education, health services, and the spiritual community. True trailblazers for the advancement of women, all members of the community have been an inspiration and impacted the lives of many individuals around the world.

**Dr. Martha Jodrey, OC**

*Sponsored by Bruce Jodrey.*

As an educator and activist, it has been Dr. Martha Jodrey’s personal passion to ensure that all students from Primary to PhD have a level playing field with an equal opportunity to advance their education and skills. Dr. Jodrey envisioned a system of support including the addition of the Mount's endowed Chair in Learning Disabilities to help ensure that no student will be lost. Her dream is now a reality.

**Dr. Aldéa Landry, CP, CM**
Sponsored by The John and Judy Bragg Family Foundation.

Dr. Aldéa Landry, CP, CM, received the degree of Doctor of Humane Letters from Mount Saint Vincent University in 2004. Dr. Landry was the first Acadian woman to be appointed to the Cabinet of the Province of New Brunswick, and later served as Deputy Premier and President of the Executive Council. Increasing the level of education in the Acadian Peninsula has been one of her greatest passions.

Belle MacDonald

Sponsored by Colin, Jack, and Mickey MacDonald.

Daughter of a lobster fisherman, she was born on a remote island off Newfoundland. She passed Grade 12 by correspondence and became a registered nurse. Upon immigrating to Canada in 1945, she took charge of the Neonatal Unit at the Halifax Infirmary, restoring life and health to thousands of premature infants, and at the same time raising her seven children, teaching them her values of hard work, honesty, and love of family.

Margaret Fawcett Norrie

Sponsored by The Honourable Margaret Norrie McCain, OC, ONB.

Margaret Rosamond Fawcett Norrie was born in Upper Sackville, New Brunswick in 1905. Senator Norrie was appointed to the Senate of Canada for Colchester-Cumberland, Nova Scotia on April 27, 1972 following nomination by Prime Minister Pierre Trudeau. She was the first woman appointed to the Senate in Nova Scotia and retired as Senator in 1980.

Janet MacMillan

Sponsored by Elizabeth and Fred Fountain, CM.

Janet MacMillan is a member of the first graduating class of Mount Saint Vincent University's Public Relations degree program ('81), and has continued to serve the University as a volunteer leader, mentor, and guest lecturer over the years, leading up to her recent position as Chair of the University's Board of Governors. She is a partner of NATIONAL Public Relations, a leading communications firm with deep roots in the region and country.

Myra A. Freeman, CM, ONS

Sponsored by Margaret McCain, OC, ONB; Annette Verschuren, OC; and anonymous donors.

Educator and former Lt. Governor of Nova Scotia Myra Freeman began her lifelong commitment to community service in her hometown of Saint John, New Brunswick. Sworn in as the first female Lt. Governor of Nova Scotia, she continues to play an important role in countless charities, boards and foundations, with a particular focus on youth-related issues. She was awarded the Queen's Golden Jubilee Medal in 2003, and appointed a Member of the Order of Canada in 2008.

Dale Godsoe, CM

Sponsored by Margaret McCain, OC, ONB; John Risley, OC; and anonymous donors.

Education, women's issues, arts and culture - these are but a few of the areas where Dale Godsoe's tireless commitment to creating positive change has been felt. From the Provincial Autism Centre to
Symphony Nova Scotia, her leadership at the board level is beyond compare. A former Chair of the Mount's Board of Governors, she was awarded an honorary degree in 1997, and became a Member of the Order of Canada in 1998.

**Ruth Goldbloom, OC, ONS**

*Sponsored by Friends of Ruth Goldbloom.*

Ruth Goldbloom's unparalleled contributions to Atlantic Canadian communities will be felt for decades. Co-founding the Pier 21 Society in 1990, she went on to raise $16 million to build a museum on the pier that went on to earn a designation as a National Museum of Immigration in 2009. A former Chair of the Mount's Board of Governors, she has been awarded seven honorary doctorate degrees and held the position of Officer of the Order of Canada.

**Rita Joe, PC, CM**

*Sponsored by BMO.*

The Poet Laureate of the Mi'kmaq people, Rita Joe told the stories of Aboriginal Canadians throughout seven books published between 1978 and 1999. Bravely writing of her experience in residential schools, she sought to inspire others to adopt new, more positive views of minority groups. She was made a member of the Order of Canada in 1989, and was awarded an honorary Doctorate of Humane Letters from the Mount in 1998.

**Daurene Lewis, CM**

*Sponsored by Dale Godsoe, CM, and anonymous donors.*

A former Executive Director of the Mount’s Centre for Women in Business, Daurene Lewis was an accomplished politician, nurse, educator, and textile artist. Elected in Annapolis Royal in 1984, she became the first black female mayor in Canada before going on to lead several higher education institutions in the Halifax region.

**Joanne McCrea**

*Sponsored by Ben McCrea.*

Continuing a family legacy of community service and goodwill, Joanne McCrea is a tireless volunteer and the backbone of her family. A quiet advocate for many important causes in our community, her passion for helping others has been, and will continue to be felt across the region.

**The Honourable Nancy Ruth, CM**

*Sponsored by friends of Senator Nancy Ruth.*

The Honourable Nancy Ruth, CM, has truly become synonymous with women's advocacy in Canada. Founder of several organizations including the Women’s Legal Education and Action Fund and the Canadian Women’s Foundation, she is the inspiration behind the Nancy’s Chair in Women's Studies, established at the Mount in the mid-1980s.

**Dr. Elizabeth Parr-Johnston, CM**

*Sponsored by Emera.*
From being the sole woman at the corporate board table to paving the way for countless women to pursue corporate governance roles, Dr. Parr-Johnston’s dynamic career has been an inspiration. President of the Mount from 1991 to 1996, her impact continues to be felt on campus today. She was awarded the 125th Anniversary of the Confederation of Canada Medal, the Queen’s Golden Jubilee Medal, and is a Member of the Order of Canada.

**Rose Schwartz**

*Sponsored by Friends of Ruth Goldbloom.*

Immigrated to Canada from Russia, Rose Schwartz settled in New Waterford, Cape Breton where she ran a successful family business, Schwartz Clothing. While contributing tirelessly to the well-being of her community, she also raised six children including, of course, Ruth Goldbloom. She was inducted into the Nova Scotia Business Hall of Fame in 2011.

**Annette Verschuren, OC**

*Sponsored by Purdy Crawford, OC; Elizabeth Parr-Johnston, CM; and John McLennan.*

Outstanding Canadian business leader and champion of corporate responsibility, Annette Verschuren has led major Canadian and international retailers. After co-founding Michaels by launching 17 stores in 26 months, she became the President of The Home Depot, overseeing the company's growth from 19 stores in 1996 to 180 in 2011. She was made an Officer of the Order of Canada for her role as champion for corporate social responsibility.

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Lisa Helps, executive director of the Community Micro Lending Society, which aims “to build a vibrant local economy, reduce poverty, foster sustainable business and empower people.”  

Jennifer Blyth Photo

Share this story

In the early 1930s, with the Depression leading to unemployment for a quarter of Victorians, a housing crisis and a soaring cost of living, many small local businesses faced closure. In answer, a group of locals came together to create the Citizens’ Emergency Relief Fund.
The message was “that taking action was a more powerful response than waiting for the government’s stimulus package to trickle down,” and in July 1931 alone the fund raised more than $50,000.

Flash forward to today and the Community Micro Lending Society “is a 21st century citizens’ response to similar challenges.”

Now in its fourth year, Community Micro Lending makes small loans to aspiring small-scale local entrepreneurs who don’t qualify for traditional financing, explains Executive Director Lisa Helps. “Banks and credit unions lend money to people with bank credit. We’re here because sometimes people need a second and sometimes a third chance.”

Through these loans, and the mentoring and support opportunities that accompany them, the society aims “to build a vibrant local economy, reduce poverty, foster sustainable business and empower people.”

Ultimately the group aims to create a more vibrant local economy through meaningful self-employment that enriches the entrepreneurs, their families and their communities.

Not a grant, these are loans that have a specific term to be paid back, just like a traditional loan, with a low interest rate. The difference is that rather than the loan coming from a financial institution, it comes from people in the community who choose which entrepreneur they want to loan to.

“They’re small success stories, but they’re very important success stories in terms of weaving a stronger social fabric and making sure there’s a place for everybody in the business economy,” Helps says, noting how the local small business community has stepped forward to help, as board members, mentors and in providing the peer-to-peer loans.

Loan applicants are interviewed by the society’s Loan Committee and undergo both credit and criminal record checks. Approval is based on need and a good idea rather than experience, collateral or a complete business plan.

Once approved, entrepreneurs are profiled on the society’s website, to be reviewed by potential lenders, who can provide as little as $500 to a particular applicant, with the money pooled and disbursed to the entrepreneur once the full loan amount is raised. While the entrepreneurs don’t know who their lenders are, they “know there are people in the community who believe in them,” Helps says.

Through the process, entrepreneurs receive financial literacy training and with mentors, receive help developing and implementing a business plan. The mentors are a cornerstone of the program’s success.
“People need credit but they also need mentorship, so once a person’s loan is approved, we match them with a mentor in the community,” Helps explains, welcoming people with business knowledge, skills, motivational capacity and passion for the community to step forward.

“We look for people who want to be part of someone’s success and who are open to learning as much as mentoring,” Helps says, suggesting the actual time commitment sits at around five hours a month. “A mentor needs to be passionate about small business and the community and open to the idea that business and the community aren’t separate.

“We need each other to flourish and to live well, really.”

Making it all work is the nine-member board of directors, coming to the organization from across sectors, experiences and ideologies, and staff members Vu Ndlovu, director, entrepreneur support, and Kate Fleming, director, outreach and Launch! programming.

Because all of the loan money goes to the entrepreneurs, the society must find other ways to fund their low administration costs, which it has done through various community fundraisers and donations, in addition to program collaborations.

Awareness of Victoria’s community micro lending program is growing, both here and abroad, leading the society to look for ways to grow the concept. “Now there’s people calling from all over the place saying we want to do micro-lending the way you are,” Helps says. “People love hearing the stories about how small loans and a community of support have changed people’s lives. That’s what inspires people.”

The potential is significant, Helps predicts: “Small-scale entrepreneurism is the way of the future. There’s something about what we’re doing that people are really excited about being a part of.”

For more information, call the Community Micro Lending office at 250-590-4515 or visit online at www.communitymicrolending.ca

**Time to launch your business**

In addition to its micro-lending program, Community Micro Lending has also developed its Launch! programs for youth, women and Aboriginals.

Participants come together in a group setting for Launch!, which takes potential borrowers through the business plan and budget development process.

Building the idea of community partnerships, Launch! Youth, for people between
the ages of 18 and 30, is delivered with the Community Social Planning Council, while Launch! Women is delivered with Bridges for Women, with some funding from the Canadian Women’s Foundation.

Launch! Aboriginal, though not yet a group program, is a micro-lending program created specifically for Aboriginal people in Greater Victoria who want to start small businesses, create self-employment opportunities, or improve employment skills. Participants will develop a budget and business plan and/or plans for self-employment or employment. When ready, they can present to the Loan Committee and once approved, can borrow from the Aboriginal Loan Fund created by Ralmax Group of Companies.

Coming up:
The Next Launch! Youth self-employment program will run April 2 to June 25 (Tuesdays from 6 to 8 p.m.)
WOMEN IN BUSINESS - Community Micro Lending offers history of success

By Jennifer Blyth - Victoria News
Published: April 11, 2013 4:00 PM
Updated: April 11, 2013 4:23 PM

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International Women's Day 2013

Celebrate International Women's Day at the Centre for Social Innovation (720 Bathurst St.)

Tickets are $10 and can be purchased here http://itsagirlscreeningtoronto.eventbrite.com

To begin the evening we will have Beth Malcolm, Director of the Girls' Fund from the Canadian Women's Foundation speak about violence against girls and women in Canada.

Our second speaker is Karen Craggs-Milne, a Senior Gender Advisor from Plan Canada, who will speak more closely to the state of girl's and women's rights on a global scale.

Following the speakers, there will be a screening of the documentary It's A Girl (www.itsagirlmovie.com) The documentary covers the topic of gendercide in India and China.

Hope to see you there!!
Happy International Women's Day! First celebrated in 1909, International Women's Day has become a global event.

A survey conducted last year found that Canada is a pretty great place to be a woman. But there's still work to do.

Whether it's violence against aboriginal women going without investigation, domestic violence, or unequal representation in the nation's halls of power and business, there are still many women-centred issues in Canada. Below are some of the groups helping women in communities across Canada.

But it's not just within our borders that Canadians are helping — there are plenty of initiatives our citizens are focused on around the world. There are groups on the ground trying to lend a hand on matters as diverse as making sure girls in the developing world can get an education and helping mothers and grandmothers fight HIV in Africa.

In honour of International Women's Day, we took a look at some of the groups doing work to better lives for women around the world. But is this by no means a complete list. Know a group doing great work related to women's issues? Let us know in the comments, and we'll add them to the story.

**IN CANADA:**

**YWCA**
The YWCA runs a number of programs from leadership training for girls, employment programs and shelter and housing. You can also send a Women's Day Card.

**Canadian Women's Foundations**
The group works to end poverty and violence against women in Canada. The group supports some 450 shelters across Canada.

We also suggest you seek out women's shelters, help lines and other women's support groups in your community. You can also check out Charity Village's list of women's groups.

**GROUPS WORKING ABROAD:**

**Plan International**
Plan's "Because I'm A Girl" campaign has done plenty to raise awareness of gender inequality and brought education to girls across the world.

**Stephen Lewis Foundation**
The Stephen Lewis Foundation's does work supporting HIV victims and sufferers in Africa. One of its hallmark programs supports African grandmothers who are often the primary caregivers for families due to HIV deaths and illness.

**Free The Children**
Free The Children does significant work abroad that helps strengthen communities and gives access to girls seeking an education. AOL and Huffington Post are partners with FTC.
Let's think of girls this International Women's Day

Lee Tunstall

Let's think of girls this International Women's Day

On International Women's Day today, many commentators will take the opportunity to look back on the history of women to gauge how far we have come over the years. But it is often what is yet to be written that is most interesting, which made my mind turn to the history of girlhood.

Modern women's history, as a separate branch of history, developed at the same time as the second wave of the women's movement, starting in the 1960s. It began at the same time as social history, with its goal of giving voice to the silenced in history. Since then, it has gained traction to become an established area of study. There have been many methodological and philosophical debates within women's history over the past half century, including important distinctions between feminist women's history and gender history.

Many ages and stages of women's lives have been studied: widows, mothers, married women, and even single women have various journal articles and monographs to their credit. But one stage of a woman's life is still vastly underresearched: the earlier years of girlhood.

Although some work has been done on the history of childhood, gender is still not highlighted in many works. And the intersection of ethnicity, race, sexuality, disability and class for girls is even less well understood. Both the academic journals Girlhood Studies (co-edited by McGill's Claudia Mitchell) and the Journal of the History of Childhood and Youth were launched only five years ago in 2008. It's fair to say that the history of girls is yet to be written, and that even their present is less well-researched than that of older women.

It's interesting, then, to see that girls are fast becoming a focus of interest for some charities. International non-governmental organizations in particular seem to have “discovered” girls. Plan Canada has launched their Because I am a Girl project and CARE Canada is explicitly focusing on girls and women as agents of community change. In Canada, there are a number of national organizations that are also focusing on girls, including the Canadian Women's Foundation, the Belinda Stronach Foundation and of course the YWCA of Canada.

One of the only charities to focus solely on girls is Girls Action Foundation, founded in 1995 and based out of Montreal. In their own words, they exist to “lead and seed girls’ programs across Canada.” This foundation has just released a brief commissioned by Status of Women Canada on the main issues facing girls in Canada, of which I am one of the co-authors.

I'm happy to say there is some good news to celebrate. Girls in Canada are gaining ground in education, with more graduating high school and often on time. They are also smoking less and there is a decline in teen pregnancies. Each of these improvements helps set girls up for success in their futures.

Unfortunately, Canadian girls are still facing some serious challenges, especially when it comes to mental health and everyday violence and abuse that can touch their lives. Too many girls suffer from problems related to negative body image, depression or self-destructive behaviour and too many also suffer from bullying, unwanted sexual attention, or dating violence.

Girls who are indigenous, racialized, immigrant and girls who live in rural areas face even more challenges and barriers than others, although it is encouraging to see that they also often show some signs of heightened resiliency. There is still much work to be done to ensure all Canadian girls can reach their best potential.

On this International Women's Day, it's important to realize that our girls today will all too soon become women in the future. And as important as the future generation of women is, remember, we can still learn from the past.

If the history of girlhood is indeed waiting to be written, I sincerely hope the wait is not too long.

Lee Tunstall has a PhD in history from the University of Cambridge. She is an adjunct assistant professor in the faculty of arts at the University of Calgary, and co-author of the recently released Beyond Appearances: Brief on the Main Issues Facing Girls in Canada.
Time to include girls on International Women's Day

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By Times Colonist (Victoria) March 8, 2013

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Opinion: Let’s think of girls this International Women’s Day

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Many ages and stages of women’s lives have been studied: widows, mothers, married women, and even single women have various journal articles and monographs to their credit. But one stage of a woman’s life is still vastly underresearched: the earlier years of girlhood.

Although some work has been done on the history of childhood, gender is still not highlighted in many works. And the intersection of ethnicity, race, sexuality, disability and class for girls is even less well understood. Both the academic journals Girlhood Studies (co-edited by McGill’s Claudia Mitchell) and the Journal of the History of Childhood and Youth were launched only five years ago in 2008. It’s fair to say that the history of girls is yet to be written, and that even their present is less well-researched than that of older women.

It’s interesting, then, to see that girls are fast becoming a focus of interest for some charities. International non-governmental organizations in particular seem to have “discovered” girls. Plan Canada has launched their Because I am a Girl project and CARE Canada is explicitly focusing on girls and women as agents of community change. In Canada, there are a number of national organizations that are also focusing on girls, including the Canadian Women’s Foundation, the Belinda Stronach Foundation and of course the YWCA of Canada.

One of the only charities to focus solely on girls is Girls Action Foundation, founded in 1995 and based out of Montreal. In their own words, they exist to “lead and seed girls’ programs across Canada.” This foundation has just released a brief commissioned by Status of Women Canada on the main issues facing girls in Canada, of which I am one of the co-authors.

I’m happy to say there is some good news to celebrate. Girls in Canada are gaining ground in education, with more graduating high school and often on time. They are also smoking less and there is a decline in teen pregnancies. Each of these improvements helps set girls up for success in their futures.

Unfortunately, Canadian girls are still facing some serious challenges, especially when it comes to mental health and everyday violence and abuse that can touch their lives. Too many girls suffer from problems related to negative body image, depression or self-destructive behaviour and too many also suffer from bullying, unwanted sexual attention, or dating violence.

Girls who are indigenous, racialized, immigrant and girls who live in rural areas face even more challenges and barriers than others, although it is encouraging to see that they also often show some signs of heightened resiliency. There is still much work to be done to ensure all Canadian girls can reach their best potential.

On this International Women’s Day, it’s important to realize that our girls today will all too soon become women in the future. And as important as the future generation of women is, remember, we can still learn from the past.

If the history of girlhood is indeed waiting to be written, I sincerely hope the wait is not too long.

Lee Tunstall has a PhD in history from the University of Cambridge. She is an adjunct assistant professor in the faculty of arts at the University of Calgary, and co-author of the recently released Beyond Appearances: Brief on the Main Issues Facing Girls in Canada.
Scotiabank sponsors new book that celebrates women across Canada

Tuesday, March 05, 2013

100 inspiring Canadian women share their stories

TORONTO, March 5, 2013 /CNW/ - They come from all walks of life, backgrounds and careers, and the one thing they have in common is that they are women who inspire. With the goal of empowering women to pursue their dreams, Scotiabank has sponsored Canadian artist Gerda Neubacher's new book *Portraits of Canadian Women Who Inspire*, which launches this evening at a reception and signing in Toronto, Ontario, just days before women around the world celebrate International Women's Day.

"Scotiabank is proud to sponsor the launch of *Portraits of Canadian Women Who Inspire*, which reinforces our belief in the value of diversity and the strength it brings to an organization or community," says Alberta Cefis, Executive Vice President, Global Transaction Banking at Scotiabank and a portrait subject who spoke at today's launch. "We hope this book will inspire women from across Canada to realize their own dreams and their full potential. The stories and women portrayed, painted by Gerda Neubacher who herself is an inspiration, remind us that we can all inspire through our own personal stories."

As part of Scotiabank's sponsorship, 50 copies of the book will be donated to libraries across Canada. As well, Neubacher is donating 15 per cent of proceeds from book sales, which will benefit the Canadian Women's Foundation and Partners in Art.

"The sponsorship is a natural fit with Scotiabank Bright Future, our grassroots philanthropic program that provides support across six pillars, including the arts and education," adds Cefis.

Featuring portraits and stories of more than 100 Canadian women, the book aims to portray women according to their own vision of themselves, enabling them to tell their stories in their own words.

"A woman once told me she'd had her portrait painted several times — and she didn't like any of them. No artist had captured the way she saw herself," says Gerda Neubacher, who spent a decade of her 35-year career
working on the project. "That made me ask myself, what would happen if I made my subjects equal partners and painted them according to their own vision?"

*Portraits of Canadian Women Who Inspire* will be available at www.inspiringwomen.ca, the Neubacher Shor Contemporary Gallery and Ben McNally Books.

The Scotiabank Bright Future program is the Bank's global philanthropic program, which brings together all of the Bank's charitable, social and community efforts and employee volunteer activities under one banner. Through Bright Future, the Bank's charitable efforts are aimed at being relevant and responsive to the needs of each community at a grassroots level and provide support across the fields of health, arts, education, social services, sports and the environment. In the Caribbean, Latin and Central America, the Bright Future program focuses primarily on children and children's causes.

**About Scotiabank**

Scotiabank is a leading multinational financial services provider and Canada's most international bank. With more than 81,000 employees, Scotiabank and its affiliates serve some 19 million customers in more than 55 countries around the world. Scotiabank offers a broad range of products and services including personal, commercial, corporate and investment banking. In December 2012, Scotiabank became the first Canadian bank to be named Global Bank of the Year and Bank of the Year in the Americas by *The Banker* magazine, a *Financial Times* publication. With assets of $668 billion (as at October 31, 2012), Scotiabank trades on the Toronto (BNS) and New York Exchanges (BNS). For more information please visit www.scotiabank.com.

SOURCE: Scotiabank - Sponsorships & Donations

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Mary Symons, Mary Symons Communications, 416-929-6764, mary@marysymonscommunications.com
TIMMINS - Friday is International Women's Day. For 2013, the theme of the event touches the lives of people from all age groups, ethnic backgrounds and economic class, as well as both male and female.

The theme is Working Together: Engaging Men to End Violence against Women.

Overall, crime rates in Canada are falling. However, statistics show violence against women remains a serious problem.

Consider the following statistics from the Canadian Women’s Foundation:

• On any given day in Canada, more than 3,000 women — along with their 2,500 children — are living in emergency shelter to escape domestic violence;

• More than 40,000 arrests annually are a direct result of domestic violence, or about 12% of all Canadian violent crime. Since only about 22% of all incidents are reported, the real number is higher;

• About 67% of all Canadians personally know at least one woman who has been sexually or physically assaulted;

• In just one year, 427,000 women over the age of 15 in Canada reported they had been sexually assaulted. With only about 10% of sexual assaults actually being reported, again the real number is much higher; and
• About half of all Canadian women have experienced at least one incident of physical or sexual abuse since age 16.

Clearly there is not enough being done to end the violence.

A survey conducted for the White Ribbon Campaign (the world’s largest movement of men to end violence against women) showed 75% of men feel it is important to speak out on the issue and 66% believe they could be doing more.

Men have a vital role to play in ending violence against women. Much of it is about changing the attitudes of our peers.

It is important to be a good role model, especially with children and young adults. Emphasize the importance of treating women and girls with respect.

Offer support to victims of abuse and violence. Encourage them to get help.

If you have a friend or family member who is abusive, call them out on it. Encourage them to face the roots of their own personal problems, which lead to the abuse.

Always remember, no one deserves to be a victim of abuse, physical violence or sexual assault. But they deserve the support needed to end the nightmare.

Wayne Snider
tdp.news@sunmedia.ca

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Rachelle Del Guidice

People aren't punching bags. We are human beings with feelings! We are alive and enough is enough. What lesson is to be learned with violence anyway. It all starts with Bullying (name calling, harassment, draining of ones good feelings. Bullying makes me feel dirty. Hate is a factor in violence. Threats can be dangerous. Fists in my face hurts. I don't deserve them.

Jessie

More needs to be done in the community, people are urged to get help but in most situations help doesn't always come for free.

If an abused woman wants to keep her family together and stop the abuse, they must pay hundreds of dollars to get professional help.

Many women cannot escape the cycle of abuse because they either cannot afford the help they need or they don't want to shame of fleeing to a woman's shelter.
Mar. 06, 2013 - Issue #907: Garbage Goes Green

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## Vuepoint

### Stand up for women

Nicole Veerman / nicole@vueweekly.com

| 0 Comments and 0 Reactions | Comments policy |

Last summer, a poll ranked Canada the top G20 country to live in if you're a woman. It cited our country's policies promoting gender equality, our safeguards against violence and exploitation, and our access to healthcare as reasons for earning the top spot.

Assuming that poll is correct and Canada is the best country in which to be a woman, that's a scary truth. That means a country where every six days a woman is killed by her intimate partner is the best place to be a woman. It means a country where each year 427 000 women over the age of 15 report being sexually assaulted is the best place to have two x chromosomes. (That statistic, courtesy of the Canadian Women's Foundation, is even more startling if you keep in mind only 10 percent of sexual assaults are reported.) It means the best place to live if you're a woman is a country where women make up less than 25 percent of elected officials and continue to earn about 70 cents to each dollar a man makes.

And it means the best place to be a woman is in a country where, in the case of an unwanted pregnancy, if you live on Prince Edward Island, you have to travel to another province to get an abortion. It's a country where 51 percent of single mothers live in poverty and where, on any given day, more than 3000 women are living in an emergency shelter to escape domestic violence.

How can Canada be the best place for a woman to live if all of this is true? It seems those people out there claiming gender equality is a fight that's been won need to give their heads a shake. Statistics like these don't scream equality—they scream injustice and discrimination.

Although Canadian women clearly have it better than many others around the world, that doesn't mean that
these statistics should be as good as it gets. It doesn't mean that women should settle for violence, for pay inequity and for poverty. Women, and society as a whole, deserve better than that. It's time that living in the best country to be a woman means living in a country where each and every person has the same opportunities and the same rights.

International Women's Day (IWD) is on March 8. The day began as a way of both celebrating the achievements of the women who have gone before us and acknowledging the work that still needs to be done to achieve equality and safety for women. The above numbers show that there is still a long way to go before IWD can just be a celebration. And they prove that women and men alike have a lot of work to do before gender equality is realized.

So on March 8, let's all stand up and speak up to ensure the success of that fight. Let's prove, beyond a doubt, that Canada is the best country to be a woman. 

More stories in [front »](http://vueweekly.com/front/story/stand_up_for_women/)
Today is International Women’s Day.

The theme for 2013 is Working Together: Engaging Men to End Violence against Women, a theme that touches the lives of people from all age groups, ethnic backgrounds and economic classes, as well as both men and women.

Overall, crime rates in Canada are falling. However, statistics show violence against women remains a serious problem.

Consider the following statistics from the Canadian Women’s Foundation:

• On any given day in Canada, more than 3,000 women — along with their 2,500 children — are living in emergency shelter to escape domestic violence;

• Every six days a woman in Canada is murdered by her boyfriend or husband;

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• About 67 per cent of all Canadians personally know at least one woman who has been sexually or physically assaulted;

• In just one year, 427,000 women over the age of 15 in Canada reported they had been sexually assaulted. Only about 10 per cent are reported; and

• About half of all Canadian women have experienced at least one incident of physical or sexual abuse since age 16.

With statistics like these, it is fair to assume there is violence against women happening right here in the Elk Valley too.

Men have a vital role to play in ending violence against women. Much of it is about changing the attitudes of our peers.

It is important to be a good role model, especially with children and young adults. Emphasize the importance of treating women and girls with respect.

Offer support to victims of abuse and violence. Encourage them to get help.
If you have a friend or family member who is abusive, call them out on it. Encourage them to face the roots of their own personal problems, which lead to the abuse. Don’t ignore what you see, or think it is none of your business.

No one deserves to be a victim of abuse, physical violence or sexual assault. But they deserve to be helped.

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Violence against women must end

In a case of tragic irony, a young woman who ardently decried violence against women was shot to death last week on the same day women around the globe staged a demonstration calling for action to stem such violence.

And it happened on Valentine's Day.

The irony doesn't end there. Reeva Steenkamp, a 30-year-old law graduate and model, was killed in Johannesburg, South Africa on the day she was to give an inspirational talk at a school. The next day she planned to wear black to protest the brutal rape and murder of a 17-year-old girl. Using her Twitter account to encourage followers to fight sexual abuse and violence against women, she had tweeted, "I woke up in a safe happy home this morning. Not everyone did. Speak out against the rape of individuals in SA (South Africa)."

Four days later, Steenkamp was dead. Police say she was shot four times in the home of her boyfriend, paralympic star Oscar Pistorius, who is charged with the murder.

The day Steenkamp was killed, women worldwide - Lethbridge included - staged an event as part of the One Billion Rising movement which works to end violence against women.

The One Billion Rising website notes, "One in three women on the planet will be raped or beaten in her lifetime. One billion women violated is an atrocity."

Those numbers are staggering. They should spark outrage within any citizen with a conscience. It should prompt society to take action to protect our wives, girlfriends, daughters, sisters, and granddaughters from becoming another part of the statistics.

The Canadian Women's Foundation website indicates that domestic violence rates have fallen in recent years, but progress has levelled off after a decade of declines. Among the disturbing trends are that victims are less likely to report an incident to police and more women are experiencing violence after they leave their abuser, according to the website.

"On any given day in Canada, more than 3,000 women (along with their 2,500 children) are living in an emergency shelter to escape domestic violence," says the website.

The CWF website also reports that "the cost of violence against women in Canada for health care, criminal justice, social services, and lost wages and productivity has been calculated at $4.2 billion per year."

Of course, the human cost is the important one and you can't put a dollar figure on that.

While taking part in the One Billion Rising event in Lethbridge last week, Kristine Cassie, CEO of the Lethbridge and District YWCA, noted that "...we all need to stand up, men and women, to say enough is enough, to take a stand and to show our strength and solidarity."

Cassie is right. Enough is enough, and men, too, need to be part of bringing about change.

U.S. restaurateur George McKerrow, on the website Men Stopping Violence (www.menstoppingviolence.org), notes, "Violence against women should be a thing of the past. We all need to recognize that the decisions we make every day and the words we use have the power to shape part of the way women are viewed and treated by society at large."

Men play a key role because it is they who are the models for the next generation of men. If they set the example for their sons of treating women and girls with respect, society can take a giant step toward eliminating the violence.

Enough is enough.

Comment on this editorial online at www.lethbridgeherald.com/opinions.
Artwalk organizer Shawn McKnight tries on a pair of red high heels, a vital prop for participants in the Walk a Mile in Her Shoes event, taking place during Artwalk June 1. Women's Interval Home volunteer Jenna Murphy is organizing the walk as a fundraiser for local organizations that help victims of domestic violence. (TYLER KULA, The Observer)

Artwalk is about to get a little more stylish.

The annual arts and culture celebration in downtown Sarnia is partnering this year with the organizer behind a new Walk a Mile in Her Shoes fundraiser.
Shoes fundraiser.

The idea — which started in California in 2001 and has grown into hundreds of international walks — is for men to slip on red, high-heel pumps and take a stroll, all to raise awareness and cash to help stop rape, sexual assault and gender violence.

“I think it's really important to have the men's voice in the movement,” said organizer Jenna Murphy.

The two-year volunteer at the local Women's Interval Home said she's hoping to recruit 200 walkers and raise $10,000 for programming there, as well as Reseau-femmes du Sud-Ouest de l'Ontario — which offers French services.

“It's probably a lofty goal but you never know,” said Murphy, noting so far participants have raised about one fifth through pledges.

“Men are very willing to help the cause, but I think they're a little intimidated by the actual walking in the shoes,” she said.

Those shoes are specially made to fit men's feet, she said, and there are decorated flip flops available for those who'd rather stay flat-footed.

“We're hoping it's going to build a buzz and we're hoping that a lot of people that are there for Artwalk will want to throw on some heels and participate,” she said.

The route is through the heart of Artwalk, up Christina Street from Wellington Street to George Street and back. The trek starts at noon.

Another walk event, held for the past three years in October on the Aamjiwnaang First Nation reserve, has raised more than $2,000 for the interval home and Sexual Assault Survivor's Centre, said organizer Roberta Bressette with the Aamjiwnaang health centre.

According to a 2013 fact sheet from the Canadian Women's Foundation, every six days a woman is killed by her partner and some 3,000 women and 2,500 children across Canada are living in emergency shelters to escape domestic violence, Murphy said.

About 1,000 women and children use the local interval home each year, she said.

“I think people are aware there have been a few (incidents) in our particular community, violence against women, in the past year,” she said.

Even if people don't want to take part in the walk, they're encouraged to come out and see what it's all about, she said.

“I think it's a really amazing cause.”

For more information, visit www.womensintervalhome.com; to sign up, email info@womensintervalhome.com.

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Walk a Mile in Her Shoes fundraiser planned

By Tyler Kula, Sarnia Observer
Tuesday, April 16, 2013 4:22:25 EDT PM

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@ObserverTyler
Silhouettes and families stand for slain women

WECC hosts Silent Witness Project Memorial

By: Cindy Chan
Posted: 1:00 AM | Comments: 1

Eighteen silhouettes stood at the West End Cultural Centre late Wednesday morning in memory of women murdered by their partners.

The Silent Witness Project Memorial (SWPM) is an exhibit of 18 life-size, red-painted wooden silhouettes, each representing a woman who has died at the hands of their romantic partners.

Glenda Dean, organizer of the event, has worked with victims of domestic violence for 20 years as executive director at Alpha House, a facility for women and children who have left abusive situations.

Dean said there was a need for a memorial for these women.

"To bring an event that would bring information to the
community, to create awareness of domestic violence," Dean said.

The Canadian Women's Foundation website states 67 women were murdered by a current or former spouse or boyfriend in 2009. However, only 18 silhouettes were raised at the event.

"We require permission from the family and we also require that the charges within the court have been resolved," Dean said. The silhouettes are also of women who lived in Winnipeg.

The service began with a prayer from Cree elder and healthcare worker Betty Ross. Two RCMP officers then led victims’ families to their seats.

Debbie Scromeda was one of several speakers at the event who shared her story of a lost loved one.

Her then 25-year-old daughter, Shannon Scromeda, was murdered by her live-in partner on April 19, 2008 while taking care of her son.

Scromeda said Shannon’s son, now nine, wishes he had protected her that day. Scromeda remembers he said, "I wasn't strong enough to help her that day."

But Scromeda tries to remember the good instead of the bad. "She must have concealed her tears, but not her smile," Scromeda said.

This is the second year Shannon has been honoured at SWPM.

The SWPM movement originated in the U.S. Red silhouettes were used in early services, so the crimson statue became their symbol for the murdered women. The SWPM has since become an international movement, with memorials in more than 30 countries.

Tara Creighton also spoke at the event, which coincides with National Victims of Crime Awareness week. Her sister, Jennifer, was killed by a boyfriend in 2002.

"I was blind to all the warning signs that are clear now looking back," Creighton recalled.

The night Jennifer died, Creighton had a strong feeling she should call her but refrained because it was late at night.

"It still haunts me sometimes," Creighton said.

The service ended with the placing of roses at the feet of the 18 silhouettes. Seventeen statues had plaques with the victims’ names on them.

But one statue was simply called "Remember Me" for the women whose cases were unsolved and whose deaths were not yet recognized as homicides.

"The stolen sisters," Dean called them.

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Republished from the Winnipeg Free Press print edition April 25, 2013 A5
EMC news - Students at the University of Ottawa are preparing to host their very first charity conference aimed at ending gender-based violence.

Girls Night 2013 will be held at the university from Feb. 8 to 9 and will welcome motivational speakers, performers, a free concert and fitness activities. The conference is a first of its kind and has been organized completely by the students.

Rona Ghanbari, vice president of the political, international and development studies students' association, said the idea for the conference was the work of Maddy Orr, a first-year student, whose idea for hosting a girl's night sleepover blossomed into the two-day conference. The event is looking to motivate and encourage the entire student body to start talking about violence against women.

"Gender-based violence is a huge issue and it's often not talked about, especially among young girls," Ghanbari said. "Our main goal is to get people talking about the issue and understanding the issue, and see how we can move forward from there."

But even though the conference has been dubbed a "girls night" the conference is not just for girls.

"This is not a conference for women only. We want to get men involved as well. Despite the name Girls Night," Ghanbari said. "We actually have included panels and workshops that apply to men as well. Women are not the only victims of violence and women are not the only people who can help eradicate it."

The conference will begin with keynote speaker Aruna Papp, a human rights advocate and social worker. Ghanbari said Papp will speak about the importance of education to break the cycle of violence and discussing themes from her book Unworthy Creature: A Punjabi Daughter's Memoir of Honour, Shame and Love.

A free concert will start at 8:30 p.m. with local bands Motel Raphael and Eleven Past One performing.

"We made the concert free because we figured it would be a great way to open it up to all students and all of the community really," Ghanbari said.

The bands and all of the speakers participating in the conference have donated their time, the JunXion public house donated their facilities and the university has offered its own support, allowing the committee to book rooms for free and will cover the costs for the free concert. The workshops and panels range from topics such as advocating for equality, the role of the law in protecting women, violence against aboriginal women, the media's take on violence and human trafficking in Canada.

PLAN Canada, the Ottawa Coalition to End Violence Against Women, Amnesty International, the Ottawa police, the Congress of Aboriginal Peoples and University of Ottawa professors are all participating in the event. Yoga sessions, self defense classes and an organization fair will round out the conference's events.

Registration for the conference is available online at www.pidssa.ca or on campus at the association's office located at suite 2002 of the Faculty of Social Sciences Building. Tickets are $20 for University of Ottawa students and $25 for any other members of the community.

Proceeds from the event will be donated to the Canadian Women's Foundation. A full schedule is available on the association's website at www.pidssa.ca.

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University students tackle gender violence

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The workshops and panels range from topic such as advocating for equality, the role of men in ending violence, the role of the law in protecting women, violence against aboriginal women, the media’s take on violence, manifestations of violence on campuses, violence against vulnerable persons, and human trafficking in Canada.

PLAN Canada, the Ottawa Coalition to End Violence Against Women, Amnesty International, the Ottawa police, the Congress of Aboriginal Peoples and University of Ottawa professors are all participating in the event.

“All of the girls had contacts ... and it just ended up being a snowball - students would approach us with organizations they knew of that might be interested and we searched for some ourselves and it has all sort of fallen in place,” Ghanbari said.

Yoga sessions, self defence classes and an organization fair will round out the conference’s events.

“We wanted to make sure we had a balance of activities that would be eye-opening and help educate and start a dialogue with the participants, but also activities that are fun and relaxing and make people feel refreshed and empowered,” Ghanbari said.

Registration for the conference is available online at www.pidssa.ca or on campus at the association’s office located at suite 2002 of the Faculty of Social Sciences Building. Tickets are $20 for University of Ottawa students and $25 for any other members of the community. Proceeds from the event will be donated to the Canadian Women's Foundation. A full schedule is available on the association’s website at www.pidssa.ca.
Women want own business to do what they love: Poll

THE CANADIAN PRESS March 7, 2013

Entrepreneur Kavita Ajwani, founder of Taskhire, is among the few women technology entrepreneurs in Montreal.

Photograph by: Michelle Berg, The Gazette

TORONTO — A new poll suggests that women who want to start their own business are looking to take what they love and make it their job.

The study, released Thursday by the Bank of Montreal, found that a third (36 per cent) of women polled want to become their own boss within the next 10 years, with a majority (57 per cent) saying they want to do it for the opportunity to be happier in their work.

It also found that those under 35 years old were the most likely (19 per cent) to say they planned on making the leap.

The same proportion also say they wanted to start a business related to the food and hospitality sectors, while 15 per cent said their business would be in the arts, entertainment or recreation sector.

The poll found that only five per cent planned on owning a business in the information technology sector, while four per cent say it would be in the skilled trade.

Nearly half (42 per cent) say being able to get enough money to start up their business is their main concern.

“Finding something you are passionate about and love doing everyday is important when considering whether you should start your own business,” said BMO senior vice-president Joanne Gassman in a statement.
She said that women should not feel they’re by themselves if they want to make the switch from being an employee to an employer, given the variety of resources like organizations and websites available.

“Owning and operating your own business can be time consuming. Yet being your own boss can give you greater flexibility in your life and also provide an opportunity to build something unique,” said Gassman.

“Fortunately, when starting out on your own business venture, you don’t need to be alone.”

The poll by the Bank of Montreal (TSX:BMO) was conducted to mark International Women’s Day on March 8.

The bank says it will donate $2 to the Canadian Women’s Foundation for each tweet with the hashtag #BMOIWD that day, up to a maximum of $10,000.

The study was done by online survey company Pollara between Feb. 14 and Feb. 19 with a sample of 1,040 Canadians age 18 and over.

© Copyright (c) The Montreal Gazette
WHITE ROCK, BRITISH COLUMBIA--(Marketwire - Feb. 27, 2013) - GroYourBiz, an organization formed in British Columbia to foster and support women entrepreneurs and business owners through peer-to-peer advisory groups, will be opening a new chapter in White Rock, B.C. this March. The official launch event, sponsored by BMO Bank of Montreal, is on Monday, March 4, 2013.

BMO Bank of Montreal research has revealed 83 per cent of women say that having access to role models or mentors would be a key ingredient to their success as business owners.

"Fortunately, when striking out on your own business venture, you don't need to be alone. There are a variety of resources available including online blogs, websites, and organizations such as GroYourBiz where you can share information with other women business owners, seek out mentors and take inspiration from role models," said Joanne Gassman, Senior Vice President, B.C. & Yukon Division, BMO Bank of Montreal.

A new BMO Small Business Survey conducted by Pollara in reveals:

- Canadian women are most interested in starting a business in the food and hospitality (19 per cent), arts/entertainment/recreation (15 per cent) and health/social assistance (11 per cent) sectors
- 36 per cent of women are interested in starting their own business within the next 10 years
• 57 per cent of women are interesting in starting their own business as an "opportunity to do something they love"

GroYourBiz brings a tactical and proven approach to meeting the needs of women business owners of small to medium enterprises (SMEs). GroYourBiz now has chapters in six cities in B.C. and three chapters in Toronto. It provides members with monthly peer-to-peer advisory group meetings, along with access to top experts and business analysts from an alliance of top private sector organizations.

Barbara Mowat, the inspiration and driving force behind GroYourBiz, said: "It's proven that peers learn best from each other. Working together to foster and support each other, the members can draw upon the skills, expertise, inspiration and energy of other like-minded entrepreneurs offering practical solutions to attract tomorrow's customers."

Details of White Rock GroYourBiz Chapter Launch Event:

When: Monday, March 4, 5:30 p.m. to 7:30 p.m.
What: Reception and Launch of the White Rock chapter of GroYourBiz
Where: BMO Bank of Montreal, 1626 Martin Drive, White Rock, B.C.
Who: Barbara Mowat, President of GroYourBiz, a division of Impact Communications
       Deputy Mayor Helen Fathers, City of White Rock
       Joanne Gassman, Senior Vice President, B.C. & Yukon Division, BMO Bank of Montreal and Advisory Member, GroYourBiz
       Hanne Madsen, Chapter Chair, GroYourBiz, White Rock Chapter

Media are welcome to attend. RSVP to Laurie Grant, BMO Media Relations.

About BMO and Women Entrepreneurs

BMO has a long history of championing the advancement of women in Canadian business. BMO Bank of Montreal is a partner with national organizations including: WEConnect Canada, Women President's Organization, the Canadian Women's Foundation and GroYourBiz.

The BMO Small Business Survey results cited in this release are from online interviews conducted by Pollara with a random sample of 1,040 Canadians 18 years of age and older, carried out between February 14th and February 19th, 2013. A probability sample of this size would yield results accurate to ± 3.0%, 19 times out of 20.

FOR FURTHER INFORMATION PLEASE CONTACT:

Contact Information:

Media contacts:

Laurie Grant, BMO Media Relations

604-665-7596 or Cell: 604-318-0735

laurie.grant@bmo.com
By: The Canadian Press  
Posted: 5:01 AM | Comments: 0

TORONTO - A new poll suggests that women who want to start their own business are looking to take what they love and make it their job.

The study, released Thursday by the Bank of Montreal, found that a third (36 per cent) of women polled want to become their own boss within the next 10 years, with a majority (57 per cent) saying they want to do it for the opportunity to be happier in their work.

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**Fund alerts and market update alerts**

**Fund Alerts:** Create a portfolio of funds and receive email alerts when a particular fund hits your target price, jumps 5%, or pays a distribution.

**Market Update Alerts:** Sign up to receive daily Before the Bell, Noon and After the Bell market update emails.

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**News from CCN Matthews**

**BMO Poll: One-Third of Women Interested in Becoming Business Owners Within the Next Decade**

*Thursday, March 07, 2013*

**TORONTO, ONTARIO--(Marketwire - March 7, 2013) -** In recognition of International Women's Day, BMO Bank of Montreal conducted a survey that revealed one-third (36 per cent) of women are interested in starting their own business within the next 10 years.
Furthermore, the majority (57 per cent) of Canadian women who would consider starting their own business say one of the primary reasons for doing so would be the opportunity to do something they love.

"Finding something you are passionate about and love doing every day is important when considering whether you should start your own business. It's almost as important as translating ideas into practice and finding customers," said Joanne Gassman, Senior Vice President, BMO Bank of Montreal. "Owning and operating your own business can be time consuming. Yet, being your own boss can give you greater flexibility in your life and also provide an opportunity to build something truly unique.

"Fortunately, when starting out on your own business venture, you don't need to be alone. There are a variety of resources available including online blogs, websites, and organizations such as the Women Presidents' Organization where you can share information with other women business owners, seek out mentors and take inspiration from role models," Ms. Gassman added.

Other key findings from the survey include:

- One-in-five (19 per cent) women under 35 are very likely to start their own business in the next five years
- 42 per cent of potential women entrepreneurs believe access to capital would be the largest challenge if they were to start their own business, down from 52 per cent in 2012

**Regional Breakdown**

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For Canadian women who would see themselves as potential small business owners, traditional gender preferences still apply. The survey revealed:

- 19 per cent would start a business in the food and hospitality sector, and 15 per cent in the arts/entertainment/recreation sector
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Valerie Doucet, Montreal
(514) 877-8224
valerie.doucet@bmo.com
CALGARY — More than one-third of women in Alberta are interested in starting their own business within the next 10 years, says a new survey released Thursday by BMO Bank of Montreal.

The 36 per cent of women in the province who feel that way matches the national average.

The survey also said that 62 per cent of Alberta women say they would consider starting their own business if given the opportunity to do so as an opportunity to do something they love.

Also, 47 per cent of potential women entrepreneurs believe access to capital would be their biggest challenge in owning a business.

Inspirational speaker Elisabeth Fayt, of Calgary, who owns the RnR Wellness Spa at the Palliser Hotel, said that when she coaches women on how to start their dream business she guides them through two introspective questions: What am I good at? What do I love to do?

“When you discover an avenue that combines these two, you hit the jackpot,” said Fayt. “You shake your fists in the air and shout ‘this is what I came to do’ and what an epiphany it is.

“The key is to answer these questions sincerely, though. Get rid of any pre-conceived notions of what a business should look like, and for a moment, disregard the advice of friends and family as to what they think you should do. As women, we tend to put more value on others’ opinions than our own feelings, in a desire to please. There is a time and place to please others, but not now. This is the time to follow your heart and your dream.”
Fayt said there is no question that people take a risk when starting their own business and the first few years are always the toughest.

“I’ve seen too many women entrepreneurs begin with a deep passion, only to see their energy fizzle when everything isn’t going as they had hoped or planned,” she said.

“I had my own challenges in the first few years of opening my business, but what kept me positive, was that I always believed myself to be a success. Even when it didn’t look like it on the outside, and believe me, people weren’t shy to tell me. But my own positive belief was firm within me, so I believed differently.”

Finding something you are passionate about and love doing every day is important when considering whether you should start your own business. It’s almost as important as translating ideas into practice and finding customers, said Joanne Gassman, senior vice-president of BMO Bank of Montreal.

The survey also revealed that 19 per cent of women in Alberta would start a business in the food and hospitality sector; 11 per cent in the arts and entertainment sector; and eight per cent in the health/social assistance sector.

“In today’s world, women are presented with a wide array of opportunities including starting their own business,” said Richard Truscott, Alberta director with the Canadian Federation of Independent Business.

“For a lot of women being an entrepreneur also allows them to also focus on other parts of their lives including family and personal interests. More than ever, women have the latitude to pursue something they are passionate about and make money doing it.”

To support International Women’s Day on March 8, BMO will be donating $2 to the Canadian Women’s Foundation for each tweet and retweet of the #BMOIWD hashtag, up to a maximum of $10,000.

“I think more women are considering starting their own companies because they know they can do it,” said Todd Hirsch, chief economist with ATB Financial. “With the sharp rise in female participation in post-secondary education over the last few decades, women are just as educated as men. Starting your own business also allows women to make decisions for themselves — and we know that in the corporate environment, unfortunately it can still be a bit of a man’s world.”

mtoneguzzi@calgaryherald.com

Twitter.com/MTone123

© Copyright (c) The Calgary Herald
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TORONTO - Perfect bodies. Perfect faces. Come-hither looks and sexual poses. A recent survey commissioned by the Canadian Women's Foundation found that the majority of Canadians believe young girls are being exposed to ideals about women and their bodies that are unrealistic and may contribute to negative body image.

**Truth in advertising? Sexualization of women in ads concerns Canadians, according to recent survey**

According to the survey, 90% of Canadians agree that exposure to unrealistic, sexy imagery of women in advertising is a problem for girls growing up in Canada, with 62% thinking it is a major problem, while 28% see it as a minor problem. As well, 88% believe that the same unrealistic images in TV and movies is also problematic for young girls.

The notion that "sex sells" is widely accepted, and flawless models wrapped around a product is de rigger for...
sales increases. As girls enter their teen years, confidence levels can decline sharply, and they can become highly influenced through media images and peer pressure. Airbrushed, digitally manipulated images alongside unflattering photos of the same models/celebrities (with not-so-nice tag lines or headlines) can provoke those negative body images - "I'm too fat" "I'm not skinny enough" "My boobs are too small" - to name a few.

“When girls have constant exposure to unrealistic images of sexualized women, they become critical about their bodies and may start to believe their main value comes from their appearance, rather than their intelligence or other strengths,” said Beth Malcolm, Director, Girls’ Fund at the Canadian Women’s Foundation. “This can lead to problems such as eating disorders, low self-esteem and depression.”

Every girl should feel good about herself. The Canadian Women’s Foundation funds programs that build self-esteem, challenge stereotypes, and engages a girl's mind, body and spirit. Support of violence prevention programs help to educate girls - and boys - about healthy relationships and how to recognize warning signs of a potentially abusive relationship.

Being a teenager never has, and never will be, easy.

“At the Canadian Women's Foundation, we want every girl to believe in herself and realize she matters. To achieve this we fund strong programs that give girls the opportunity to not only learn new skills, but also to practice these skills and develop critical thinking and media literacy,” said Malcolm.

The study also showed that 37% of Canadians know a girl who doesn’t think she is pretty enough, and wants to diet or get plastic surgery to feel better about herself.

To help young girl build self-esteem and resist the pressure felt by looking at a picture of a "perfect woman", parents, family members, or friends can:

- Talk about images, stereotypes and the influence of media. Point out the negative messages and tell how peer pressure can make people change their attitudes and values.
- Talk without boundaries and listen without judgment. Make the young girl feel that it's OK to ask questions or talk about anything.
- Look into community programs. In some communities, girls can participate in a Canadian Women’s Foundation funded program that help girls move into confidence by learning ways to stay safe in relationships, improve their mental health, challenge stereotypes, and successfully navigate adolescence. In other communities, there may be girls programs that provide a safe space for girls to discuss issues and build their confidence. Reach out to a local community centre or school to find out about such programs.

About the survey

Online survey among 1,504 randomly selected Canadian adults who are Angus Reid Forum panelists, conducted on November 22 and November 23, 2012. The margin of error—which measures sampling variability—is +/- 2.5%, 19 times out of 20. The results have been statistically weighted according to the most current education, age, gender and region Census data to ensure a sample representative of the entire adult population of Canada.

For more information, you can visit the Canadian Women’s Foundation online at www.canadianwomen.org or tweet using hashtag #cdnwomen
According to the results of a survey released by the Toronto-based Canadian Women's Foundation, 90% of Canadians feel that exposure to "unrealistic sexy imagery of women" in advertising is a problem for girls growing up in Canada. Of these respondents, 62% called the issue a major problem, while 28% referred to it as a minor problem. In addition, 88% of respondents feel that exposure to such imagery in television and movies also contributes to problems for girls. "When girls have constant exposure to unrealistic images of sexualized women, they become critical about their bodies and may start to believe their main value comes from their appearance, rather than their intelligence or other strengths," said Beth Malcolm, director of the Girls' Fund program at the foundation. "This can lead to problems such as eating disorders, low self-esteem and depression." The online survey was conducted by Angus Reid.
Freelance journalist
Sally Armstrong has covered war and human rights stories in Bosnia, Africa, Asia and the Middle East.

Photograph by: supplied photo, for North Shore News

Sally Armstrong, author of Ascent of Women, in discussion with UBC journalism instructor Kathryn Gretsiner, part of the Vancouver Writers Fest, Monday, March 25 at 7:30 p.m. at St. Andrew's-Wesley United Church in Vancouver. Tickets: $21/$19, visit vancouvertix.com.

PREPARING to leave Afghanistan on one of her many journalistic missions, Sally Armstrong said goodbye to the women she had been hiding out with - women who had been compelled to share their stories with her, but, under the Taliban, feared being seen with her.

"Where I go, believe me, the people in power don't want me there," she says. "And they will do everything they can to either get rid of me or make my life so difficult that I'll leave, which I never do. But the women, they'll get me around," she says.

Their final act of generosity, stuffing her pockets with sweet cakes and naan bread, is something she's never forgotten.

"I thought, 'This is unbelievable. They're worried about the comfort of my journey out of a place that's basically put them in prison.' But women are like that."

For more than 25 years, Armstrong, an award-winning journalist, humanitarian and member of the Order of Canada, has fought to bring the stories of women and girls living in conflict zones and developing countries to light in an effort to influence positive change. While she hasn't always had "good" news stories to tell, the spirit and perseverance of the women she's encountered has continued to drive her.

"I feel very humbled that the women will tell me their stories. Women always have hope. They have to," she says.

Armstrong too has an optimistic heart and in her new book, Ascent of Women: Our turn, our way - a remarkable story of worldwide change, she explores the impacts of the countless changemakers she's met over the years whose efforts are currently being felt the world over like never before.

"I decided I would do the book because this is brand new, this is really important and I wanted to get it out there," she says.

Armstrong will offer insight into the work, Monday, March 25 at 7:30 p.m. at St. Andrew's-Wesley United Church in Vancouver as part of the Vancouver Writers Fest.
The Montreal, Que. native's career covering war and human rights stories, filing stories from the frontlines in Bosnia, Africa, Asia and the Middle East, is a far cry from her initial job as a physical education teacher.

Armstrong says she was "very" pregnant with their third child when her husband's boss' wife called her and said, "There's a man opening a magazine. I gave him your name."

"I said, 'My name? I never wrote anything. I was always the bridesmaid they gave the wine to and said, 'Write the poem for the shower,' but I'd never done anything," she says, reached Tuesday from Calgary, where she had travelled as part of her current cross-Canada book tour. Armstrong currently splits her time between Salt Spring Island, Toronto, Ont. and her cottage near Bathurst, N.B.

Despite her reservations, she took the meeting, figuring due to her pregnancy she wasn't going to be doing a lot of round off back handsprings in the near future, she says. She got the job, as did her boss' wife, a home economics teacher who gave sewing lessons over at the CBC at lunchtime. "I thought, 'Oh, she must be real media. She must know how to do this," says Armstrong.

A third woman, a recipe developer at Canada Packers, was also hired and they served as the founding editors of Canadian Living magazine.

"That's where I learned and I loved it immediately and moved on from there," she says, of her career in journalism.

While at Canadian Living, Armstrong had an opportunity to write a story out of Liberia, and her passion became clear. She continued writing stories in that vein when she moved on to become editor of Homemakers, a publication with a reputation for being a "thinking woman's magazine."

"The editors before me had already taken on all the big issues of the '80s - incest and wife assault and domestic violence, all those kinds of things," she says. "I took over in '88 and at that time, I figured the all-news networks were in our living rooms and it changed what we know. We used to be able to say, I didn't know.' And if you don't know, you're not driven to any sort of action. But once those all-news networks were in our living rooms, we knew:"

Polling her readers, she realized they were just as upset as she was and likewise craved more information than the 90-second truncated TV news reports provided, and so Homemakers started publishing articles covering conflict from the point of view of what happens to women and girls in war-torn countries around the world.

"The readers poured through the windows and doors," says Armstrong, who maintained her post as editor as well as began travelling to remote locations to research articles for publication in the magazine.


She is also an avid speaker at fundraisers for humanitarian organizations, including Canadian Women for Women in Afghanistan, the Stephen Lewis Foundation and the Canadian Women's Foundation.

Early in her career, she worried about being known as both a journalist and a humanitarian. "I know I have to seek the truth of what's happening and report that back to my readers. That's my job. I used to worry when people would say journalist/ humanitarian because I felt like they were putting me down as a journalist but I don't worry about those things anymore," she says.

Armstrong decided to write Ascent of Women: Our turn, our way after experiencing an epiphany, feeling as if the "earth was shifting," seeing women's efforts towards change not only taking root but turning the tide.

Among the things she's noticed is the increased communication among women, seeing them come together, including in their respective communities, like African women taking a stand to stop the spread of HIV/AIDS, and in forming effective international organizations like Women Living Under Muslim Laws. As well, thanks to the Internet and social media, women from Africa, to Asia and the Americas have been able to connect with one another.

"I think the worst thing that ever happened to extremists and misogynists and fundamentalists was the day those women started talking to each other. . . . Women wearing hijab found out that despite what the fundamentalists had said, women wearing jeans were not all whores and the women wearing jeans found out that despite what they'd been told, women wearing hijab were not all subjugated and oppressed," says Armstrong.

Increased emphasis on the importance of education has also contributed to the felt change. Armstrong recalls a woman in Afghanistan she interviewed who related being unable to read as "being blind," stating, "I couldn't read so I couldn't see what was going on."

"Women have started to ask questions they never dared to ask before. They're asking where is it written in the Qur'an that my daughter can't go to school? Where is it written that I can't go to work?" she adds.

Ascent of Women chronicles a number of positive stories, including the Senegal women who are helping eradicate female genital cutting and the 160 Kenyan girls, ages three to 17, who are suing their government for failing to protect them from being raped.

"All these things that are happening wouldn't have happened a couple of years ago," says Armstrong, who's been "absolutely delighted" with the response she's received for her book thus far.

"Although my research is very, very strong and I can back up every claim, I was afraid that some people would say, 'Oh come on. Things are too
Hey guys, there’s hockey at the National Home Show

National Home Show planners have clearly spent the winter cooking up new ways and sponsored days to engage the crowds that will come through its doors.

The National Home Show runs from March 15 until March 24 at the Direct Energy Centre at Exhibition Place. Adult tickets are $17, seniors are $14 and students between 13 and 17 are $13.

By: Vicky Sanderson Homes, Published on Thu Mar 07 2013

Planners for the National Home Show have clearly spent the winter cooking up new ways and sponsored days to engage the crowds that will come through its doors, which open at 10 a.m. on Friday at the Direct Energy Centre at Exhibition Place in Toronto.

One of the most impressive, at least for sports nuts, will be the Hockey Fan Cave, a recreational space designed by Jackie Morra as a shrine to our national sport.

What to expect in such a temple? Big, comfy seating will figure large, as will an 80-inch Sony television, set amid 1,000 square feet of hockey memorabilia. There’s also a locker room with a hot tub and a 1,200-square-foot synthetic ice rink, which visitors can try using skates that the manufacturer, Xtraice, will provide on site.

As well, Avon will be selling its NHL licensed products (who knew?) and donating 100 per cent of the proceeds to the Canadian Women’s Foundation, of which Morra is a supporter.

On opening day, the last day of March Break for many, there’s free admission for youngsters 17 and under — courtesy of Dominion Lending — as a well complimentary daycare, and appearances by such kid-friendly entertainers as Bob the Builder and Brette.
Hey guys, there's hockey at the National Home Show | Toronto Star

http://www.thestar.com/life/homes/decor/2013/03/07/hey_guys_theres_h...
terrible for women. You couldn't possibly be turning a corner.' And that hasn't happened, the opposite has happened. People are saying, 'I thought this too' and 'I'm so glad to hear this' and I think people are really rejoicing," she says.

When asked what society members in the Western world can do to help the women she's come to know further their respective causes, Armstrong says of course supporting worthy NGOs is important, but the most important thing is for community members to use their own voice to inspire change.

"I don't think people realize how valuable their voices are," she says. "We tend to think, 'I'm not famous enough, or rich enough or powerful enough. I'm only one person. I can't make any change. Nothing I say or do is going to change anything' and that's not true. Your voice is really, really valuable. When you speak up and say, 'This is not okay with me,' you're planting a seed and you're doing a very important thing."

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Human traffickers target Aboriginal girls, women

Wednesday March 27, 2013

The reality of the sex trade in Canada, which involves for the most part victimized young girls hidden in underground sex trade and human trafficking networks, was a topic of discussion during two separate events held in Thunder Bay this March.

Bridget Perrier, co-founder of the anti-prostitution group Sex Trade 101, and Diane Redsky, a project director with the Canadian Women's Foundation, were part of the two dialogues.

On March 6, Perrier sat on a panel that was put on by the Gender Issues Centre at Lakehead University. Perrier told the audience of 40 or so people that she entered the sex trade as a child and exited as woman.

"I still sleep with the lights on," Perrier said, who has been out of the world of prostitution for 10 years. "I still suffer from the effects of the trauma (of prostitution)."

The panel itself consisted of four women, including Perrier. Three of the four had been involved in prostitution, and had started at a young age.

Redsky’s presentation, which took place March 18 at the Ontario Native Woman's Association (ONWA)'s Thunder Bay site, went into detail on how prostitution was not a choice when it came to human trafficking.

Redsky, of Shoal Lake First Nation, works with the Canadian Women's Foundation on the National Task Force on Human Trafficking of Women and Girls in Canada.

Though the presentation was open to the general public as well as frontline workers and social workers, there was a small turn out of people at the event. Perrier noted as well at the sex trade panel the lack of social workers, law enforcement, media, and frontline workers present in the audience.

"They should be here learning, hearing first hand about the women and girls they work with," Perrier said.

"Human trafficking is not the same as human smuggling," Redsky said. "With smuggling, one pays a fee to enter Canada and they are free to go, with trafficking once they get here they are not free to go."

Redsky also dispelled the myth that human trafficking only happens with people who are coming into Canada, which she said does happen but that the majority of human trafficking cases involve Canadian citizens themselves. "The trafficking started and occurs in Canada."

"There is an overrepresentation of Aboriginal women and girls being trafficked in Canada." Redsky said. She stated that Aboriginal women and girls are targeted for their vulnerabilities and that they experience more violence than any other cultural group.

"As of September 2012, 72 human traffickers have been convicted in direct and related cases, 69 pending cases, 164 victims, most of the victims are Aboriginal women and girls," she added.

"And who are the victims?" Redsky asked. "The majority are marginalized women and girls who were sexually exploited at a young age, some as young as 10 years old, homeless youth, kids in the child welfare system, with a demand for young and younger girls."

"For one young woman or girl, a trafficker will have a financial gain of $300,000 a year," Redsky said. "Many traffickers will have multiple girls, two to five young women. The younger the girls are, the more financial gain."

Redsky said that the amount of financial gain that the trafficking of young girls bring is something that the traffickers want to protect, which is why there is a deep underground network of traffickers across Canada.

"If you think it (human trafficking) is not happening in Thunder Bay, then you are wrong," Perrier said.

"What do you think of when you hear the words juvenile prostitution?" Redsky asked. "Someone older who chooses the lifestyle? Now how about when I say child abuse? Someone younger, and someone is hurting them. We should never call it juvenile prostitution. Those two words should have never been put together."

Redsky said that in Ontario, child protection legislation does not protect all kids. "One has to be under the age of 15 to be considered a child in need of protection. This creates a vulnerability for young people because there is no safety net for them."

"With younger girls, there is a bigger financial gain," Redsky said. "Sometimes they are as young as 10, with the average age being 13. Eighteen to 19 years old is less valuable, and those in their early twenties are almost of no value to the traffickers. The demand for them is not the same. That's who you will often see in the survival sex industry."

"Nobody sees the bigger picture," Redsky said. "We need to build an understanding of what she has gone through."

Published in Wawatay News, March 28, 2013, Volume 40, No. 12

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WawatayNews.ca was made possible with support from the Nishnawbe Aski Development Fund and the Department of Canadian Heritage through Canadian Culture Online.