

Our Fabulous Emcees for the day....



Catherine McCutcheon

Midday Announcer, Astral Media's 97.5
London's EZ Rock
Fearless Speakers - 519-878-7800

Popular broadcaster in London for many years, Catherine always brings a unique and comical perspective to the conference. While she helps us to laugh at ourselves, her other passion is to teach others to be fearless speakers.

Catherine has worked throughout Southern Ontario in radio since 18 years of age and will happily admit that adds up to about 24 years in the Broadcast industry.

Catherine has worked at stations in St. Catharines, Hamilton, Toronto and most recently London. She came to the Forest City from the Mix 99.9 in Toronto and developed and aired an evening Lovesong Show on 97.5 for 8 years.

Catherine took a 3-year hiatus from radio in 2001 only to turn her attentions to the non-profit sector, working as Executive Director for Bethany's Hope Foundation and later The Arthritis Society. Catherine has been back in the 'air chair' for over 5 years hosting the 9-2pm show on 97.5.

Catherine takes great delight in learning from life, and sharing some of those wonderful lessons she's learned.



Julie Simpson

Manager, Major Gifts
Canadian National Institute for the Blind, (CNIB)

Julie joined the CNIB in October 2009, as an opportunity to learn and grow with a small team in the provincial fundraising area, within this excellent national organization.

The CNIB offers programs and services to individuals who are blind or partially sighted (9 out of 10 of their clients have some remaining vision). In her role, Julie works with colleagues across southwestern Ontario from Windsor to Owen Sound, through Hamilton and Niagara.

Julie's job is to attract, inspire, thank, and retain donors whose financial contributions allow the CNIB to daily make a difference in the lives of many clients.

In addition, Julie is a member of the Lexus of London Charity Golf Classic Board of Directors which supports prostate cancer research and treatment at London Health Sciences Centre. Julie is also a Fund Development Committee member of the Canadian Medical Hall of Fame.

In her spare time she loves to spend time with her two children – and support other great community initiatives like the Women's Conference. Julie spent many years as a broadcaster at London's local television station.



Susan Minns

Inspirational Speaker & Humour Specialist
519-680-0776 - sueminns@gtto.net

The way I see it, if you have to spend your day in a wheelchair, you can either sit there and whine about it or you can seize the opportunity and wear smokin' red high heels with zero discomfort." Susan Minns is a motivational speaker guaranteed to bring a laugh filled, thought-provoking message to your group.

Susan's sense of humour and positive outlook were her allies as she experienced breast cancer and multiple sclerosis. Her advice that we may not always have the ability to change what is happening to us but we can always choose what it does to us has motivated thousands to see life in a new way.

Speaking to businesses large and small, public service organizations, child/health care groups and churches; Susan guarantees you a laugh while you learn. She is highly recommended by the Women's Business Conference. For a client list, speech topics and testimonials contact Susan at www.sueminns.com.

Susan is a favorite and regular speaker at the Women's Conference in London, Canada.



Janice Kahehti:io Longboat

Mohawk Elder from Six Nations of the Grand River; Creator, Teacher and Leader of ten years teaching at the Idawadadi Project - Helping to heal the wounds from the legacy of Residential Schools across Ontario.

We are honoured to have this amazing woman and Mohawk elder of the Six Nations, come to speak with us about who we are, and how we can experience lives that maintain the integrity of our inner selves.

When the Idawadadi Project opened its doors a few short years ago, many women made a commitment to find their voice and share their story. They have now come a long way on the journey and women can now change their stories. Janice has been a gentle and wise guide on their journey of self discovery.

Janice will help us bring that person out so we can live a full and wonderful life experience. She has generously agreed to assist us in the recognition of who we are individually, and how we can fit into our community while maintaining the integrity of who we are.

Not only first nations people, but all of us in this era of technology and separation from each other, have lost some of our way. Janice will show us how to find it again, and have confidence in ourselves as we grow and make decisions that affect not only us personally as women, but our families and our work.



Elsi Angulo

Past Prosecuting Attorney. Colombia, South America, Social Justice Post Graduate Student

Elsi is a remarkable woman... In Colombia she was a district attorney, but now in London she is a student at UWO. Elsie's story is different from the average Canadian, and the average immigrant.

Nearly five years ago, the life she and her family knew, ended abruptly when increasing death threats forced the family to flee Colombia and eventually settle in London. She feared for her safety because of the threats when she prepared to put a former mayor into prison. Two men informed her that the paramilitaries would kill her. At the same time, her mother was receiving unknown and threatening calls about her exceptional daughter Elsi.

Elsi is the author of several essays on the subject of the human rights of Afro-Colombians, and two books including *Revelaciones de una fiscal amenazada. De Telembí a Canada* ("Revelations of a Threatened Attorney: from Telembí to Canada"), published in Colombia in 2007 under the pseudonym Gaby Marquez. She wrote her second book—her husband's story of representing Colombia all over the world as a boxer and athlete. Elsi founded Despertar, a non profit organization that helps the children and youth in her province. This determined woman is a tremendous asset to Canada and has a powerful message of inner strength & resilience for us.

Sgt. Kim Terrington

Canadian Forces, Sr. Recruiter, London Detachment; 519-660-5110 X 5221

As a recruiter, Kim talks to prospective enrollees about her military experiences. She works in a leadership role, processing people who choose to enter the Canadian Forces, and teaches resource management, scheduling, conferencing, meetings, and leadership.

Kim joined the forces 14 years ago when she was 17, while still in high school, because of a career offer that sounded more interesting than other previous work situations. She often contemplated quitting during basic training, but stayed with it to prove her father incorrect when he suggested she'd never make it. That was the challenge she needed.

The opportunity was originally to work full time in reserve unit, but her real goal was to experience the real military, and teach leadership, weapons, drill, driver training, and other skills.

Kim offered her service in Kosovo in 1999, but in the end, she served in Bosnia in 2001. She worked with 3rd Battalion Royal Canadian Regiment, as a Peace Keeper, often making runs to replenish supplies for the men in Sarajevo.

Serving in the military opens your eyes and makes you appreciate what we have in our beautiful country, Canada. She saw translators in camps who had nothing. Back home people worry about matching their shoes and bags. She saw people living in homes where all windows had been shot out, yet the people could still smile and appreciate every day.

Fairy Godmother Project



We began in 2003, and have completed over 100 projects in this community.

We've given almost \$10,000 in seed money, and women have turned that into over \$250,000 to various charities and needy individuals in our community.

To celebrate our 25 years of serving the business community of women in London and area, and to top off our wonderful fairy godmother projects over the years, we decided to do something really big. All of the projects this season have been to raise money for Elizabeth and her family, who we will bring to Canada to join her four brothers and one sister who are already Canadians. The family needs our help with this project.

Elizabeth and her children need to escape from their life of danger in Kenya, where they fled to avoid the fate of her husband who was assassinated. The assassins also burned her house to the ground in Congo, beat up her sons, and threatened to return to kill the boys and rape the girls. She had no choice but to run for her life. She is presently under the protection of the UNHCR, and lived in a refugee camp until her brothers found a small apartment in Nairobi for her, hoping it would be safer for her than the camps where women alone are continually targeted for violent rape, and the children are also threatened.

Life is bleak indeed for this courageous woman, but she and her children have been given hope, just knowing that a group of dedicated and determined Canadians are working hard to rescue her.

There can be no better way to celebrate our own 25 years of connecting women in London, than to help a woman and her children in another country. Thanks to all who have come forward for this. If any others would like to join our group—please give me a call and let me know how you would like to participate. It's tremendously exciting to know that we can make a huge difference to the lives of this family. Call me: Diann—519-668-5677

Royal Bank of Canada
TBA



Sally Armstrong

Human rights activist, documentary filmmaker and award-winning author Sally Armstrong was editor-in-chief of *Homemaker's* magazine from 1988 to 1999. She is presently a contributing editor at *Maclean's* magazine.

Sally has covered stories about women and girls in zones of conflict all over the world. From Bosnia and Somalia to Rwanda and Afghanistan, her eye witness reports have earned her awards including the Gold Award from the National Magazine Awards Foundation and the Author's Award from the Foundation for the Advancement of Canadian Letters. She received the Amnesty International Media Award in 2000 and again in 2002.

Sally is the co-producer and host of several documentaries including *They Fell From the Sky* that aired on CBC's *Rough Cuts* in November, 2001; *The Daughters of Afghanistan* aired on CBC *Newsworld*, *The Passionate Eye* on March 2, 2003.

In 1996, Sally was honoured by the YWCA of Toronto with the prestigious Women of Distinction Award in Communications. In 1997 she received the Achievement Award for Human Rights for Women from Jewish Women International; in 1998 *Media Watch's* Dodi Robb Award and in 2003, the Foundation Award for Outstanding Achievement from the National Magazine Awards Foundation.

In 2005, she received the Athena International Award (Chicago), the World of Difference Award from the International Alliance for Women (Florida) and the Red Cross Humanitarian Award - New Brunswick Region. In 2008 she received the Clarkson Laureate for public service at Massey College, University of Toronto. And in May 2008, she received the Lifetime Achievement Award from the Canadian Journalism Foundation.

Sally received an Honorary Doctor of Laws degree from Royal Roads University in 2000 and an Honorary Doctor of Letters from McGill University



at the October, 2002 convocation, and an Honorary Doctor of Letters from St. Thomas University in 2004. In 2007 she was made Doctor of the University at the University of Ottawa and received an Honorary Doctor of Laws from Guelph University and in 2009 a Doctor of Laws from Mount Allison University. In 1998 she was made a Member of the Order of Canada.

Sally's books:

1. *Veiled Threat: The Hidden Power of the Women of Afghanistan* was published by Penguin Books on May 23, 2002.
2. *The Nine Lives of Charlotte Taylor* was published by Random House in March 2007.
3. Her new book *Bitter Roots, Tender Shoots: the Uncertain Fate of Afghanistan's Women* was published in November 2008.

Louise Karch, BA, M.Ed., CMP
Producing Revenue
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Profitably Speaking—Training to increase your referrals, funding & sales

Profitable Branding—Brand Aid Consulting & Keynotes—build trust, brand equity and word of mouth wow

A Brand Called You—Performance and Career Management Keynotes & Coaching
Louise Karch, is a people and brand performance expert who provides success strategies to top dogs such as IBM, TD Bank, and the United Way. Louise founded

Profitably Speaking, Brand Aid and Executive Career Strategies to help people and organizations make the most of their genius. Whereas other speakers often deliver little more than “schlock and awe,” Louise, a cross between a Harvard business professor and Bette Midler in sensible shoes — a little bit Ivy League and a little bit outrageous — combines the newest research with your stories to specifically retrofit presentations in a way that instructs and amuses.

Let’s talk about bringing diversity to the table? The multitasking Louise has been a senior corporate consultant, a top Outward Bound instructor and a stand-up comic. She has won four national adult figure skating championships (her flying camel is a sight to behold) and helped raise close to \$200,000 with The Fairy Godmother Project (microinvestments for community projects).

With a Masters degree in (Adult) Education and certification* as a Career Management Practitioner, Louise is one of only two Canadians who have trained with and assisted renowned career expert Richard Bolles of “What Color Is Your Parachute?” fame.

Louise has been featured on CBC, the A Channel and local radio stations as well as in The Londoner and The London Free Press. She also enjoys writing flattering things about herself in the third person (and she’s finally comfortable doing it).



Shift: From Success to Significance

We had a handle on work life balance but it broke. What does it take to stay sane in crazy times? How can you be profitable without being irritable? Is happiness dark chocolate or is there something more?

Gain practical wisdom.

You will learn:

- An appreciation that problems are the price of progress
- How to protect your memory and productivity
- Personalized ways to enhance your vitality
- Why complaining thwarts high performance
- Why shifting from success to significance will keep you sane

What we’ll cover—What researchers know about happiness

The 3 secrets of resilience. Defining work/life goals even if you are allergic to goal setting



Saving Elizabeth

She's a mother, widow, and sister fighting to reclaim her life. Meet Elizabeth Lwamba—a pillar of courage facing fear and darkness that only hope will heal



Love brought them together, but an unforgiving society tore them apart. With terrifying images of her husband brutally murdered, a house burned to ashes and fear for the safety of her eight children, Elizabeth Lwamba hopes to reclaim her life.

No peace of mind. No quality of life. Her only hope is that she can be reunited with her family in Canada, and live in peace and happiness. Elizabeth's story will make you angry, pierce your heart, and empower you to believe in the impossible.



Elizabeth's husband, Faustin, was recently assassinated because he advocated for children from mixed marriages, believing they should have equal rights with children born of parents from one tribe.

Those who assassinated Faustin burned Elizabeth's house and promised to return and kill Elizabeth's sons and rape her daughters. She had to flee, leaving their familiar surroundings, running to an uncertain place. She had no other choice, if she was to protect her children.

Elizabeth is now under the protection of the UNHCR as a refugee in Kenya. Her Canadian brothers know the horrors and dangers of the refugee camps, so they moved her into a small two bedroom flat in Nairobi, where the family waits to see what will happen next. It is an extremely unsafe living condition for Elizabeth and her children.

Without the protection of a husband and father, the family is vulnerable to violent attack from many different sectors. The Congo, extremely dangerous for any woman on her own, is particularly unsafe for a Lwamba.

The good news? Elizabeth has family in Canada. Her four brothers and sister live in Toronto and are anxiously awaiting word that she might join the rest of her family. The humanitarian response to her story is to rescue Elizabeth and her children, and bring them to their Canadian family who will love and support them.

Elizabeth's brothers recently arranged and performed a truly unique interpretation of our national anthem. Go to YouTube, and search 'Krystaal sings O Canada'. These are the voices of a family, grateful to Canada for their freedom. They pray that Elizabeth be allowed to join them in Canada.

The future of Elizabeth and her children starts now. Inspire change and help save Elizabeth. Donate \$30 and send to 30 friends right now and ask them to do the same. Together, anything is possible.

So far we have collected \$3270. We need \$35,000.

We believe that a group of compassionate women who work together, can make this happen.

For more information or to donate to this project, call **519-668-5677** or—diannvail@yahoo.ca

Cheques made to: The Elizabeth Project
Box 25152, London, ON, N6C 6A9

or by credit card, through Women's Directory
call the office to donate: **519-668-5677**
www.londonwomensdirectory.com