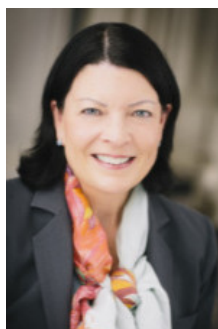


DECEMBER 2019

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PRESIDENT'S MESSAGE



It was great to see so many of you at last week's AGM and Holiday Party. I thought the venue worked really well; the energy in the room was terrific and reinforced how much we like spending time with each other. Thanks to the Member Engagement Committee and MWP for arranging a lovely event.

As this is my last message to you as your President, I want to once again thank all of you for your support and encouragement over the past two years. It has been an honour and an absolute delight for me to have been in this role and to have served on your Board for the past six years. I encourage those of you who would like to contribute to our wonderful organization in this way to let a Board Director know if you are interested in being on a committee or being considered for a Board position in the future. If you are like me, you will love every minute of it!

This year the Board worked together towards achieving the four goals we established for the 2019-2021 term, at our strategic planning session in February. To date, we have accomplished the following:

Collaboration – we defined our relationship with IWF Canada as being one of mutual support and collaboration. We want to work together with IWF Canada on projects and Canada-wide initiatives, such as our recent conference, while maintaining our independence as a standalone forum. By bringing in RYU as a very generous in-kind sponsor, working on the conference committee and providing an IWF BC sponsorship ourselves, we have proved that we are committed to being a strong partner forum to IWFC. They, in turn, were most gracious in including us as a true partner in their “Canadian” conference and made us feel welcome and engaged.

Member Engagement – we are aiming to provide value to all members by hosting more diversified events and behind-the-scenes opportunities (i.e. the tour of the Port of Vancouver); by setting up an annual calendar of events so that you can plan in advance for

favourite events like dinearounds and holiday parties; and by encouraging more participation at global conferences to truly experience the benefits of our international sisterhood.

Sustainability and Resiliency – we set a target of reaching 125 members by the end of 2019 in order to broaden our diversity in all areas including women entrepreneurs as well as young women leaders. To date we have 122 members with several more in the wings. We have updated the new member orientation process to include a buddy system to make it easier for new members to come to events and start to feel part of the organization. Patra hosted an amazing new member event this summer to help launch the program. Stay tuned for further developments.

Support – we are investigating the opportunity to join the global One Platform website to improve processes and link to global information more easily. This is still in the early stages of implementation with a small number of forums; however, we hope to be able to move ahead with this in the next few months.

It has been a busy and productive year and I know that the new Board, under Deirdre Campbell's guidance as your new President, will continue to move us into the future. I want to wish each of you a joyous holiday season with good health and much happiness for 2020!

Warmest regards,
Nancy

NEW MEMBERS



BARBARA GRANTHAM is President & CEO of VGH & UBC Hospital Foundation. She has over 30 years' experience as a successful business executive and consultant in the non-profit and philanthropic sectors across BC and nationally.

Barbara is a proud member of the Board of Directors of the YMCA of Greater Vancouver and the board of jack.org, a national organization working to revolutionize the conversation for Canada's young people around mental health. She lives in Vancouver with her family.

CRISTINA MITTERMEIER has been hailed as one of the most influential conservation photographers in the world. She is the co-founder and vision lead of the conservation society, SeaLegacy; she is a National Geographic contributing photographer, a Sony Artisan of Imagery, and the editor of 26 coffee table books on conservation issues. Cristina lives on Vancouver Island with her partner.



INTERESTING WOMEN FESS-UP

This month we continue our feature to help IWF BC members get to know each other better. We thank **CATHY PRESS** for agreeing to provide her responses to our questions about how Interesting Women Fess-up.

What is your idea of perfect happiness?

Some of my best memories are having my shoes off and walking on thick sun-warmed spongy moss, on the shore of a high altitude mountain lake surrounded by glaciers.

Followed by a flight sailing over snow-covered peaks or looking down between my toes in the helicopter with a 3000 ft drop off and then taking off from the peak.

Which living person do you most admire?

There are too many great people in the world to focus on one person for me! My mom is my best friend and the one person who has always been there for me!

What is your greatest extravagance?

Without doubt cashmere clothing and traveling to unique places.

What is your favourite journey?

Life has been the greatest journey as it is the ultimate "soap opera".

Which talent would you most like to have?

I wish I could speak more easily in front of large numbers of people!

What do you consider your greatest achievement?

I don't think I have achieved it yet. I have always subscribed to: How do you know your life's work is complete? If you are alive it isn't!

What is your motto?

Know when to hold them and know when to fold them!

CATHY PRESS is the CEO of Chinook Helicopters, a flight training school based in Abbotsford, British Columbia, which has become a national leader in training some of the best helicopter pilots in Canada and around the world. Cathy was the first female helicopter instructor in Canada.



MEMBER NEWS

Congratulations to our members **KARIN KIRKPATRICK, DIANE MCCURDY** and **CATHY PRESS** who were recognized among Canada's Most Powerful Women: Top 100 for 2019 at WXN's gala celebration in Toronto in November.



The Honorable MARY COLLINS was honored as a Woman Who Makes A Difference at the recent IWF Conference in Toronto.

Mary is pictured with a representative of Birks who presented each recipient with a pearl necklace.

CONNIE FAIR had been awarded the 2019 BC CEO

Award under the Public Services Company Category by Business in Vancouver magazine.



JUDY ILLES recently commented on the work being done by a McGill University team to 'alter our memories of heartbreak'.

Click on the link to read the full article -

<https://www.cbc.ca/radio/thecurrent/the-current-for-dec-2-2019-1.5380657/it-may-be-possible-to-alter-memories-of-heartbreak-so-they-hurt-less-research-finds-1.5381152>

KARIN KIRKPATRICK has been appointed to the Board of the Greater Vancouver Board of Trade and is now a member of the GVBOT Policy Committee.



DIANNE DUPUIS, President of The Dupuis Langen Group, received the Mid-Sized Business of the Year award by the BEA Richmond Chamber of Commerce.

FAYE WIGHTMAN spent 26 days visiting Iran this Fall - a country with an incredibly rich history (formerly Persia)



and amazing artifacts and archaeological finds. She describes Iran as a country worth visiting from both historical and cultural perspectives.

Outgoing IWF BC President, **NANCY LAUGHTON**, with incoming President, **DEIRDRE CAMPBELL**, at the IWF BC Annual General Meeting held on November 27th at The Royal Vancouver Yacht Club.



USE OF THE MEMBER DIRECTORY

You are reminded that the IWF BC Membership Directory is confidential, not for distribution and is not to be used for marketing purposes of any kind. The list is intended to facilitate contact and connections. Please afford your fellow members the courtesy of using the list respectfully.



Many thanks to Mary Wallace Poole for all she does to publish IWF Monthly – soliciting news items and drafting a newsletter that requires little editing, and always with good humour. Thank you MWP!

Mary O'Callaghan
Editor

Please submit your news items of about 100 words or less, preferably with hi-resolution photos, to Mary Wallace Poole, marywp@telus.net, by **Monday, December 30th** for inclusion in the January issue. The items should describe awards, other achievements, or topics of general interest. Additionally, notices of upcoming non-profit events, in which you are involved, may be included.

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