

Welcome to the BPW NAC quarterly newsletter. Inside we provide in-depth information about the various affiliates and clubs in our region. The NAC region comprises North America and the Caribbean, and our newsletter aims to inform about the various events and activities that we, as a region, are embarking on or have completed. We look forward to your support in spreading the news about what we do.

Message from R.C. Karin Gorgerat



“Inspire, Innovate, Empower, Transform – Together We Shape a Sustainable Future”.... more on page 2

PRESIDENT'S REPORT

Go to pages 3-11- for in depth reports from from the various Presidents around the region...

Solidarity Message to Ukrainian Sisters



To our Ukrainian and Ukrainian American sisters and brothers: We stand with you... more on page 5

IFBPW Arts & Culture Standing Committee



As humans we have always expressed ourselves through art. We are uniquely adept at using systems of symbolic communication such as language and art for self-expression, the exchange of ideas, and organization... more on page 12

BPW Dominica hosts 3rd Salute to Women



BPW Dominica hosted the 3rd Annual Salute to Women event, on March 23rd, 2025, at the Alliance Française from 5:00 PM... more on page 6

BPW St Kitts Women's Wellness Clinics



BPW St Kitts Members conducted one of their signature health and wellness initiatives, our Women's Wellness Clinics.

Message from the Regional Coordinator Karin Gorgerat



Greetings BPW Sisters.

I am very excited that we have our 1st Newsletter of this triennium going out to all of you. It's been a busy few months in North America and the Caribbean Region and it has been great to speak with you during that time. You are all an inspiration with the work you are doing in your clubs and countries.

The engagement we have had in our region is fantastic – we had 27 people step up to be part of the BPW International Standing Committees. I look forward to hearing of the work they are doing during this triennium.

We had a good number of people travelling to New York City for the Commission on the Status of Women (CSW) and the BPW International Leader's Summit. Some are Delegates for BPW International, others are Delegates for BPW Canada, and some are Delegates of other NGO's. It is a wonderful experience and I hope they will take back what they have learned to their clubs to encourage participation next year.

Our Strategic Plan was shared with the Presidents and the work on our goals of Membership, Advocacy and Leadership Development is in full swing. Our last NAC President's Meeting included a discussion about Membership and there were a lot of wonderful ideas that were shared. BPW is the best kept secret, and it's up to all of us to share the benefits of what BPW can bring to them.

I look forward to continued great work happening within our Region and I am committed to see the BPW International theme fulfilled – "Inspire, Innovate, Empower, Transform – Together We Shape a Sustainable Future".

Karin Gorgerat
Regional Coordinator,
North America and the Caribbean Region



President's Report

BPW Canada

Can you believe it is almost Spring? Well, at least in the Northern Hemisphere. Trees are budding out and I think everyone is getting "Spring Fever". It's a time here in Calgary where we could see all four seasons in one day!

BPW Canada is working hard and currently we are deep into collecting Resolutions from our Clubs and getting them prepared for our AGM in August where they will be presented to our delegates for discussion and compiled into a Brief that will be presented to government. We are getting our next newsletter ready to go out, we are celebrating women and tending to business at many levels. I am excited to report that we had about 20 delegates attend NYC and we are looking forward for their reports upon their return. We were excited to host our second National event on the 27th of March at 4 pm MDT. It was a panelist presentation on AI and all were invited to attend.

I want to take a moment and reflect about the trials and tribulations that women have faced long before many of us became members of BPW. As I think back, you know, not much has changed. We won the right to vote (in Canada there were varying timelines), we were recognized as Persons, we won the fight to be able to run for positions in politics. A big "Thank you" to those women that persisted and fought for us to have these rights. This was the beginning and will forever be a battle we need to fight. Women are still fighting for our position in society. We are still fighting for body sovereignty, we are still fighting for equal pay and recognition, gender-based violence, human trafficking, reproductive health rights, diversity, racial injustice, childcare, and so many more issues that affect women and girls around the world.

BPW Canada will continue to advocate for women, it's what we do and will continue to do. We will support women across this great country of ours in ways that we can make meaningful change, and we do this one day at a time with the help of our members and clubs from the Pacific coast to the Atlantic coast. Many ask how they can make a difference in their community. It's easy, hold a fundraiser, donate time, create an event that the rest of the community would like to get behind. Help the women's shelters, the food bank, host an event for those that are hungry or have no place to call home. The opportunities are there, sometimes we just need to look for them.

Lobby your government (at all levels) create petitions, resolutions, position statements and get to know other women's organizations and combine your efforts, get behind them in their quests. These opportunities do not need to stay within the boundaries of your country, let's get behind our BPW Sisters from around the world. We don't need to wait until the next International Convention, do it now!
Inspire, Innovate, Empower, Transform: Together We Shape a Sustainable Future
Be the Voice . . . Be the Change . . . Be the Difference

Shan McEwing, President
BPW Canada
president@bpwcanada.com



President's Report



Club/Federation: NFBPWC (USA)
Submitted by: BARBARA BOZEMAN

Club News:

Sixteen of our 21 committees are active and thriving.
Six members have applied to work on IFBPW Standing Committees

Projects/Events:

Advocacy: Our Advocacy Team is developing an Advocacy Hub for our website.

7 Feb: Heart of a Woman: Strategies for Treating and Preventing Heart Disease in Women
(Collaborative effort with Houston Methodist Debakey Heart & Vascular Center)

9 Feb: Digital Training Presents: Put Your Best Face Forward: New Zoom Features

12 Feb: Entrepreneur & Small Business Presents: The Do's and Don'ts of Hiring

19 Feb: Virtual Presents: Hearts ~History~ and Her

Membership Growth Opportunities:

It is clear that the Trump administration is at odds with some of our core values. But to that end, the challenges created by those differences have already inspired and motivated us to adopt new strategies as we move forward. The oppositions motivate us to clarify our stance, engage in deeper advocacy and bring in new supporters who are passionate about resisting the policies that are detrimental to women.

This is an opportunity to strengthen our resolve, expand our reach and grow our membership.

President's Report



NFBPWC

Engaging, Inspiring, and Looking Ahead NFBPWC (USA)
As we move forward in 2025, we remain committed to creating meaningful opportunities for connection, collaboration, and advocacy. Our theme for 2024-2026, Connect Locally. Unite Nationally. Ignite Globally., reflects our dedication to strengthening our communities while fostering national unity and making a global impact. We encourage everyone to stay informed and engaged by regularly visiting our website and social media, where you'll find updates on upcoming events, initiatives, and ways to get involved. Whether it's policy discussions, leadership development, or networking, there's something for everyone, and we welcome your participation!

Recently, several of our members had the privilege of attending the 69th Commission on the Status of Women (CSW69) at the United Nations. This event was fast paced, filled with thought-provoking discussions, and rich with inspiring individuals and organizations dedicated to advancing gender equality. The breadth of knowledge shared and the opportunities to collaborate with like-minded leaders from around the world reaffirmed the importance of our mission and the strength of our global network.

Our work within NFBPWC (USA) is strengthened by the diverse voices and experiences of our members. As part of the BPW International family, we value the insights and contributions of those from across the region and beyond. Your perspectives help shape the impact we make, and we would love to hear from you! Whether you have ideas to share, are looking for ways to engage, or simply want to stay informed, we encourage open communication and collaboration.

Let's continue to build on the momentum we've created. Together, we can foster stronger partnerships, amplify our collective voice, and make a lasting impact.

Stay connected, get involved, and let's keep moving forward, united in purpose and action.

Warmest Regards,
Barbara Bozeman, President, NFBPWC (USA) 2024-2026

Email: president@nfbpwc.org
Web: www.nfbpwc.org



Solidarity Message to Ukrainian Sisters

From: National Federation of Business & Professional Women's Clubs, Inc.(USA)

To: Officers and Members of BPW Ukraine:

To our Ukrainian and Ukrainian American sisters and brothers: We stand with you.

The recent barrage of aggression toward the Ukrainian people, through the person of President Volodymyr Zelenskyy, is unacceptable and inappropriate for the highest level of government. It is deeply embarrassing and feels contrary to the values of democracy, freedom, and international cooperation that the United States has long upheld. As business and professional women, we absolutely reject the kind of public rhetoric that does not include respectful dialogue, and seeks to undermine our allies and diminish the importance of standing united against tyranny. The strength and fortunes of our nation have been built through alliances, collaboration, and mutual support, commitments that are consistently upheld regardless of who our leaders are, among those who share a commitment to justice and peace.

The United States is a nation built by immigrants—men and women who fled persecution, war, and tyranny to seek freedom and opportunity. From its earliest days, America has been a melting pot of cultures, traditions, and ethnicities, forged together by shared ideals of liberty and self-determination. Among those who helped build this great nation are hardworking Ukrainians who, like so many others, came in search of a better life and, in doing so, wove their resilience, industriousness, and courage into the very fabric of America. Today, as Ukraine fights for its sovereignty and the right to exist free from oppression, we are reminded of the same spirit that shaped this country—one that refuses to bow to tyranny and stands unwavering in its pursuit of justice and democracy.

To our Ukrainian sisters, we see you, we hear you, and we stand with you. We recognize your strength, resilience, and invaluable contributions as business and professional women, as leaders in your communities, and as defenders of freedom. You are not alone. We will continue to raise our voices in support of the Ukrainian people, in defense of democracy, and in solidarity with those who fight against oppression.

Slava Ukraini!

Respectfully submitted on behalf of the Executive Committee and the members of the National Federation of Business & Professional

Women's Clubs, Inc.
Barbara J. Bozeman
President, 2024 - 2026
NFBPWC (USA)

President's Report

Submitted by: Cheryl Myles President BPW Grand Cayman
of Members: 64 in the group
(12 active/have paid their dues)

Club News:

In the spirit of honoring women this month we partnered with the Family Resource Center (a Government dept.) and Nova (a local recruitment agency) and had a wonderful turnout to a networking happy hour/social - 4 potential members were added to our group WhatsApp chat as a result of attending this event, three (3) of them would be YBPW. Our communications committee will do a follow up with each individual in the coming week.

Projects/Events:

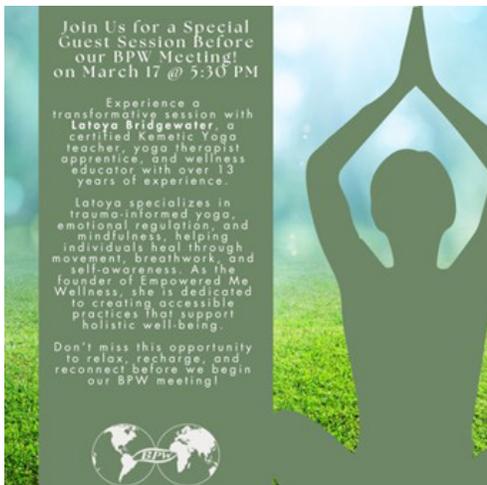
03.23.25 - We participated and sponsored a community 5k walk/run, proceeds from the event will help young parents program which is facilitated by the Family Resource Center.

AGM & Candlelight to be held May 21, 2025

50th Anniversary for BPW Grand Cayman will be held Aug.2026 (specific date to be confirmed)

Membership Growth Opportunities:

We have created a QR code to assist and encourage new membership, at every event BPW host we will be pushing for ladies to sign up via the QR code.



Club/Federation: Bermuda
Submitted by: Surlena Smith, President

Club News:

We held our March meeting on March 17 at a new location, in the boardroom of Ernst & Young. There were 8 in person and 2 online members to attend and there were 3 apologies. We had a local business-women with a company called Empower Me Wellness to do meditation and chair yoga before we started our meeting. This started our series called Monday Moments- where we invite a local female owned business to provide service or pitch their products to us before our meeting. The public was invited. We welcomed the new executive members and thanked them for the work we have encountered with the charity status. The Young BPW is going to act as our accountant and sort the comparative bank information needed to finalize this. One new member attended the meeting.

Our committee for scholarships and financial planning has been chaired and created. We will have an update at the next meeting on progress.

The motion to participate in the Caribbean Salute to women was voted against. The members would like to continue rebuilding our membership first before we participate in international events.

We are in discussions about investing our scholarship funds. We will have investment firms meet with the finance committee to determine the way forward.

Projects/Events:

April 2025- Awaiting	Completed Charity Status- Accounting Docs
June 2025- Dame with	Teaming up with Friends of Marjorie Bean School to assist 5k run
Feb 2025	Brunch @ Grotto Bay w/ speaker <u>ELECTION</u>
March 2025-	<u>International Women's Month - Business Seminar/ Brunch / AI Networking</u> <i>Event Rescheduling to a fall event..</i>
Mar 2025 - April 2025-	Regional Conference, Canada YBPW- Happy Hour and Membership Drive
May - June 2025-	Candle lighting Ceremony, Woman of the Year Award Ceremony and Scholarship Award Ceremony
August 2025-	Summer Social Cruise

President's Report

Club/Federation BPW Dominica
 President 2025-2028 Rhoda St. John

The energy is high at BPW Dominica following our elections on January 19th, 2025! A new executive team, led by the passionate Rhoda St. John, has been elected to steer our organization through an exciting triennium (2025-2028). President St. John brings together a diverse group of accomplished women from across Dominica's vibrant sectors and fields, promising a dynamic and impactful period ahead.

Young BPW Dominica continues to collaborate with the primary and high school in Dominica by making sanitary napkins available at eh school level through their project "DOT-IT-RED". where pads are donated by the general public collected from supermarkets and then donated to schools to assist students who needs pads.



Our commitment to recognizing and celebrating the contributions of women in Dominica remains strong. On March 23rd, 2025, we proudly saluted 31 remarkable women, bringing our total to an impressive 91 saluted between 2023 and 2025. This year, we also extended our appreciation to 13 supportive men during the same ceremony. Looking ahead, BPW Dominica will continue this tradition by paying homage to 20 men on International Men's Day, November 19th, 2025, acknowledging their vital roles in our society.

Our reach across Dominica is expanding! With established branches in the North East, South East, and East, BPW Dominica is a truly national network, connecting and empowering women island-wide.



We're not just celebrating success; we're actively building it. BPW Dominica has developed an innovative training module, "The Professional Blueprint," designed to cultivate professionalism across various workplaces. This holistic program is already generating buzz, with our inaugural training session scheduled for June 7th, 2025, at the prestigious Intercontinental Dominica Resort and Spa. We anticipate empowering 50 individuals with invaluable skills and insights.

Our commitment to community extends to the next generation. Through our vibrant Young BPW arm, we're actively engaged in advocacy and mentorship. Our ongoing partnership with the children at "CHANCES" children's home provides crucial support and guidance, fostering their positive growth and development.

Get ready for a year of celebration! BPW Dominica will proudly mark its 10th Anniversary on November 16th, 2026. To commemorate this significant milestone, we're planning a year-long series of impactful activities, commencing with a special church service in January. Stay tuned for more exciting details!

In essence, BPW Dominica, under the leadership of President St. John, is poised for a period of significant growth and impact. We are committed to empowering women, celebrating achievements, fostering professional development, and strengthening our communities across Dominica

THE PROFESSIONALS BLUEPRINT SEMINAR

SPEAKERS:
 JODE DANLEBEN, MARJA STEDMAN, NATASHA YEELDY-LABAD, MICAH WALTER, RHODA ST. JOHN, CLIFFORD MORANCE, BRENTON HILAIRE

A HOLISTIC APPROACH TO PROFESSIONALISM IN THE WORK PLACE.

TOPICS:
 PERSONAL GROWTH & DEVELOPMENT
 EMPLOYEE/EMPLOYER RELATIONS
 CORPORATE DRESS & STRATEGIC POSITIONING
 BECOMING A TEAM PLAYER
 COMMUNICATION

\$350.00

JUNE 7TH 2025
 9:00AM TO 5:00PM - DAY EVENT
 7:00PM - CORPORATE EVENING DINNER

INTERCONTINENTAL DOMINICA CABRITS RESORT & SPA

For more information Email or Call:
 Bpwwdominica@gmail.com (767) 245-0811 / 265-9034

President's Report



Club/Federation: BPW Concordia Saint Martin
Submitted by: President Catherine Magdeleine

Club News:

Website officialised and Magazine 2024 with different members highlighted

Projects/Events:

2 November 2024 Annual Candle Lighting Ceremony dinner and new member installation, the keynote speaker of this event was a cancer survivor she shared her story with a room full of women and men including the President of the Collectivity of Saint Martin. Everyone was inspired and empowered, this event was her last social event she passed away shortly after.

2nd February 2025 Annual Fundraiser Tea Party With A Twist.

Develop vlog via website.

Start a members fund to assist members with their personal projects.

Members in "motion 2025", each member will be given the opportunity to showcase their skills and abilities by managing our monthly meetings.

Update BPW Concordia Operational Manual.

Develop our Link Opp program which enables us to collaborate with different local organisations Businesses where we can exchange services and build a network.

Membership Growth Opportunities:

BPWC Open house, publish every major event in the newspaper, share flyers of activities on social media platforms.

Other news:

Survey to better meet members' needs and aspirations.

President's Report

CLUB/ FEDERATION:
SUBMITTED BY:

BPW ST ANDREW , JAMAICA
ALLASANDRA " SANDY" CHUNG



CLUB NEWS

A Christmas Social which took the form of a Lunch was held on December 10, 2024 at 100 Restaurant. 8 members attended and a great time was had by all. Donations of business and professional attire were collected from those in attendance.

Three members attended the Michael Manley Centenary Lecture which was given by Honourable Mia Motley, Prime Minister of Barbados at the Little Theatre on December 10, 2024.

The IPP Dr Lilieth Nelson and Sandy Chung made a presentation of business and professional attire and accessories to the FISH Thrift Shop on December 17, 2024.

The first general meeting for 2025 was held on January 14 at 76 Arnold Road and was a face to face meeting.

The first fund raising initiative for 2025 was held on January 5.

PROJECTS/ EVENTS/ PROGRAMMES

Period Poverty Project – providing sanitary napkins to 4 high schools in Kingston and St Andrew. The schools are Wolmer's Trust High School for Girls, St Hugh's High School, Papine and St Andrew High. Funding has been received from someone in the United Kingdom.

Gender Based Violence Entrepreneurship Project – Project document being finalized Violence Prevention Project in Schools – Project being finalized. Will include discussions on parenting with Reverend Peter Espeut.

Water Storage Project – the project will provide water storage tanks to 5 female headed households who suffered damage to their Property or livelihood as a result of Hurricane Beryl. Project document being finalized.

Scholarship Programme is awaiting the development of the website.

MEMBERSHIP GROWTH OPPORTUNITIES

Tertiary institutions and corporate entities being targeted.

FUND RAISING

Fund raising on January 5 was held in buying half house of the play Barefoot Battalion.

Fish Fry planned for March 28

University Singers for a date TBD in June 2025.

President's Report

Club/Federation BPW St Kitts
 President 2024-2025 Gillian Crooke
 Club News: BPW St Kitts celebrates its 50th Anniversary May 16th 2025.
 Activities are being planned.



Projects/Events:

DATE	EVENT
January 18 2025	Women Wellness Clinic - Basseterre Health Centre
January 25 2025	Women Wellness Clinic - Molineux Health Centre
February 1 2025	Women Wellness Clinic - St Pauls Health Centre
February 23 2025	Emotional Intelligence Retreat
March 1 2025	New To You Sale and Breakfast Sale (Fundraiser)
March 2 2025	Potluck Luncheon at Sister Leonora Walwyn home in Nevis
March 12 2025	Networking Retreat
March 29 2025	New To You Sale
April 5 2025	Annual Tea Party (Fundraiser)
April 26 2025	New To You Sale
May 16 2025	Members Appreciation/Meet and Greet – 50th Anniversary Celebrations
May 17 2025	Leaders Summit/Gala and Awards Dinner – 50th Anniversary Celebrations
May 18 2025	Church Service – 50th Anniversary Celebrations
June 7 2025	Job Readiness Workshop for persons entering the workforce

Membership Growth Opportunities:

BPW St Kitts continue to grow in number, interest in the organization is usually by members encouraging persons to attend and when members of the general public attend an event or activity, they gain information of what the organization is all about and express interest in joining.

Other news:

Shania French Training and Development Chairperson and Michelle Phillip and a member of the Training & Development Committee will represent BPW St. Kitts at the 2025 Leader's Summit in New York.

President's Report

Club/Federation: BPW Liamuiga
 Submitted by: Giselle Crooke (President)
 # of Members: 20
 Club News: BPW Liamuiga next general meeting will be held on the 29th March 2025.

Projects/Events:

Vision Board Session at The Children's Home - The club conducted a Vision Board Session with the residents of the home. This is a session in which the residents would have been encouraged to share their goals and aspirations while creating a collage on a vision board to display somewhere where it can be seen everyday. Their vision boards will serve as visual representations of their goals, thereby increasing their motivation and inspiration to keep working toward their goals.

Membership Growth Opportunities:

Nayesha Douglas (1st VP) is currently working on new strategies for recruiting new members especially from the tertiary education level.



Club/Federation: St Kitts
 Submitted by: Gillian Crooke
 # of Members: 66
 Club News: BPW St Kitts 50th Anniversary Celebrations May 16 - 18, 2025

Projects/Events:

12th March 2025 - "Speed Networking"
 29th March 2025 - New To You Sale
 5th April 2025 - Annual Tea Party
 Membership Growth Opportunities: The membership of BPW St Kitts continue to increase as the club continue to be more visible to the public through Social Media, Events and Projects.

Other news:

•BPW St Kitts members were invited to be involved in a consultation with Governor Antoine, Governor of the Eastern Caribbean Central Bank On the topic Regional Regulator for Citizenship by Investments Programmes.

BPW St Kitts International Women's Day Honaree. Member Mrs Delcia Bradley-King.

BPW St Kitts represented at Leader's Summit 2025 and CSW by Ms. Dawne Williams, Ms. Shanika French and Ms. Michelle Phillip.

Members Police Officer Sargeant Charmaine Audain washonoured for Women's History Month at Saint Elizabeth University Police Studies Institute.

Member Mrs Jennifer Nero received the Order of the British Empire for her exceptional contributions to Sports and Banking.

The following persons known to BPW St Kitts were honoured in St Kitts for International Women's Day.

BPW Member Dr. Joylette Woodley - Fassle (First Female Surgeon General)

BPW Member Ms Charmaine Audain - Police Constable for Community Programmes.

Ms. Marva Weeks - Fashion Entrepreneur. Marva Weeks Foundation her company printed the BPW Polo Shirts and she gave us a 50% discount.

Nurse Doris Smith - Bradshaw she was the senior nurse at the Molineux Health Centre when and also volunteered and the BPW St Kitts Wellness Clinic.

Ms. Crannie Cranston is a member of the Persons with Disabilities and she also attended the BPW St Kitts Job Readiness Seminar. Advocate for the rights of persons with Disabilities.



SAVE the DATES!



IFBPW Arts & Culture Standing Committee

Sher Singh USA,
IFBPW Arts & Culture Standing Committee Chair
2024 -2027.



Hello Fellow BPW Sisters.

I hope that you will take some time to get to know me and my committee members. This will be a most robust group globally. Please pay attention emails or event posts that we share or engagements I ask you to participate in.

I have practical ideas to hone our views through the lens of the arts in a cultural global community experience. Bear in mind, I will have more concrete details when the committee meets. I am excited to work with my team. Their experience and talents will lend itself to a strong and successful BPW cultural adventure.

As humans we have always expressed ourselves through art. We are uniquely adept at using systems of symbolic communication such as language and art for self-expression, the exchange of ideas, and organization.

Art is rapidly moving through media, artificial intelligence and more. Art is intimately intertwined with music, dance, ritual (marking life landmarks, death, religion and politics) and language (poetry, song and storytelling). From there businesses and fortunes were created using art forms.

From the beginning women made most of the oldest-known cave art paintings, suggests new analysis of ancient handprints. It overturns decades of archaeological dogma.

Art is everywhere, influencing us daily, whether we realize it or not. All kinds of art can affect our mood in a positive way, making us feel happier, calmer, or even inspired to do something. Everywhere you go art is evident. Opens Your Heart and Feeds Your Mind!

Looking at art provides an opportunity to exercise critical thinking, experience a renewed self-awareness, and potentially even a deeper connection to others and their experiences, as we share what we feel and try to interpret what we see.

What is the relationship between art and culture?

Art and culture at their very core serve as some of the most significant, dynamic, participation, and social influences of human behavior and interaction. When put together, they could generate empathy, stir up dialogue, induce reflection and charter new relationships and ideas. How is artwork powerful? Simply, art touches us emotionally no matter what culture we hail from. It is powerful because it can potentially influence our culture, the environment, politics, and even the economy. When we see a powerful work of art, we feel it touching deep within our core, giving us the power to make real-life changes.

The goal of the Arts & Culture Standing Committee will be to focus, recognize, and explore different creative cultural art forms. Research for suggested projects, showcasing artist talents, public awareness globally of the different cultures' respective art areas.

The committee members will create ideas and put them into action using their own skills and agreed commitment to this triennium. The end goal is to have successful outcomes from the artistic and cultural endeavors within this timeline. Using a range of processes to showcase IFBPW

A&C standing committee globally, will play major roles in country-specific strategy guidance and development for driving impact. Each country's BPW would work with its local organizations to help expand the reach of whatever project is decided upon.

So, buckle up sisters, invite your friends when the Arts & Culture comes to your screen! Engage with us and bring joy to your life and that of anyone around you. Enjoy the different approaches that lead us to the same art and culture outcome- a magnum opus!

Sher Singh
Inspire, Innovate, Empower, Transform Together We Shape the Future



Members in Motion” Project 2025

The BPW Concordia Saint Martin held their “Members in Motion” Project 2025 for the month of March, chaired by Miss Melba A. Wescott. President, Miss Catherine Magdeleine, introduced the evening's host, allowing attendees to gain insight into the leadership and values Wescott brings to her role.

The theme of the evening, "Let's talk - Daily Challenges in the Workplace and Beyond," was introduced, and Wescott shared a personal moment of vulnerability. She expressed that experience does not eliminate fear and that moving forward requires keeping positivity at the core of one's mindset. This sincere moment created a comfortable and safe space for attendees to reflect on and share their own experiences.

Wescott drew on her extensive knowledge, referencing The Business Proverbs by Steve Marr, to provide context and depth to the evening's theme.

Later in the evening, Wescott introduced the guest speaker, Mr. Dino Arrundell, widely known as Captain. She described him as an iconic figure whose story, resilience, and transparency in the face of challenges and failures have greatly impacted her. His narrative of perseverance resonated deeply with the group.

Following a series of open-ended questions that sparked lively discussion among the attendees, Mr. Arrundell took the floor. His speech, filled with insights on resilience, patience, and the importance of persistence, left a lasting impression. Key takeaways from his talk included: "Patience is a virtue," "If you want it, fight for it," and "Just try." His words were grounded in his own journey of overcoming obstacles, which inspired the audience to reflect on their personal and professional lives.

The atmosphere was one of openness and camaraderie as attendees shared their own workplace stories, entrepreneurial ventures, and life experiences. Wescott ensured that everyone had the opportunity to speak, creating an inclusive and engaging environment.

Before closing the meeting, Wescott presented Mr. Arrundell with a token of appreciation. Madam President, Catherine Magdeleine, then brought the meeting to a close, thanking everyone for their participation and contributions.



In Pictures



BPW St Kitts members invited to be involve in a consultation with Governor Antoine, Governor of the Eastern Caribbean Central Bank On the topic Regional Regulator for Citizenship by Investments Programmes.



Member Mrs Jennifer Nero received a Order of the British Empire for her exceptional contributions to Sports and Banking.

**WOMEN'S HISTORY MONTH
LEADERSHIP AWARDS CEREMONY**
SAINT ELIZABETH UNIVERSITY POLICE STUDIES INSTITUTE
& SOMERSET COUNTY SHERIFF'S OFFICE



HONORING
SERGEANT CHARMAINE AUDAIN
ROYAL SAINT CHRISTOPHER & NEVIS POLICE FORCE
Wednesday, March 19, 2025 @ 5:30 PM
Rainis Auditorium - St.Elizabeth University
2 Convent Road, Morristown, NJ

Members Police Officer Sargeant Charmaine Audain honoured for Women's History Month at Saint Elizabeth University Police Studies Institute.

In Pictures



BPW Dominica hosted the 3rd Annual Salute to Women on March 23rd, 2025



Four of the thirteen men who were recognized at Salute to Women 2025.



Mrs Terri Henry Lovell was the recipient of the Rhoda St. John Trailblazer/Trendsetter award.



Vanessa Bruno - recipient of the Ferdina Frampton Media/ Marketing award



Kimara Matthew- recipient of the Ferdina Frampton Entrepreneurship award



BPW St. Kitts was well represented at the Consultations by legislative drafting consultant: Regional Regulator for Citizenship by Investment Programmes held 6th March 2025.

BPW St. Kitts hosted its 3rd annual Speed Networking

BPW St. Kitts hosted its 3rd annual Speed Networking at The Melt Away at 5:15 p.m. on Wednesday, March 12, 2025. There were approximately 50 women in attendance.

The goals of this event were to:

- expand the network of each attendant by meeting new people or strengthen existing connections.
- Break down any networking barriers that may exist.
- Bring awareness to the diversity of the human resource capital of BPW SK.
- Increase BPW St. Kitts' visibility and gain new prospective members.

It was an opportunity to take an active role in promoting a culture of collaborative and individual development and success within BPW St.Kitts.

The event was held at a local trending restaurant which created a relaxing social environment. The networking commenced with introductory welcome, updates and announcements by the President, and eased into an icebreaking game of laughter and one on one random introductions. The organized speed networking activity allowed each participant to dialogue with each person for 4 minutes before the melodious sound of the gong beckoned time to changing partners. This continued for 40 minutes and smiles and hugs exchanged between participants. The event concluded with a prize that was given to the participant who named everyone she met that evening.

Members enjoyed the event along with invited guests.

“Walk a Mile in My Shoes”



Log on to our website www.sknis.gov.kn

BPW St Kitts members came out in support of the annual “Walk a Mile in My Shoes”. This important awareness initiative gave able-bodied individuals a glimpse into the challenges faced by persons living with disabilities in St. Kitts and Nevis who traverse the streets of Basseterre every day.

Persons were blindfolded to experience the challenges of the visually impaired while others sat in wheelchairs representing persons with mobility challenges. Those taking part in the event walked the streets of Basseterre, commencing at the West Line Bus Terminal.

The event was hosted by the St. Kitts-Nevis Association of Persons with Disabilities, in collaboration with the Department of Disability Services, held in recognition of International Day of Persons with Disabilities observed annually on December 03.

BPW St Kitts Members conducted one of their signature health and wellness initiatives, our Women's Wellness Clinics.



Business and Professional Women (BPW), St. Kitts

IN PARTNERSHIP WITH THE MINISTRY OF HEALTH & SKN MEDICAL AND DENTAL ASSOCIATION, HOST



WOMEN'S WELLNESS CLINICS

WOMEN CAN ALSO PARTICIPATE

SATURDAY 18TH JANUARY 2025
BASSETTERRE HEALTH CENTRE

SATURDAY 25TH JANUARY 2025
MOLINEUX HEALTH CENTRE

SATURDAY 1ST FEBRUARY 2025
ST. PAUL'S HEALTH CENTRE

7:00 am to 11:30 am

FREE Cervical Cancer Screening, Breast Examinations, Diabetes and Blood Pressure tests and more.