



Media Personality Erica Ehm and Canadian Idol Finalist Kati Durst Headline the 2007 Girl Power Success Workshop

Tuesday, October 30, 2007 . . . Erica Ehm, the first female Much Music host and well-known media personality returns to serve as the keynote speaker at the *Girl Power Success* (GPS) workshop on Tuesday, November 13, 2007 and she will be joined by Canadian Idol finalist Kati Durst from Goderich, Ontario.

"The theme for the workshop this year is Dream Big, Beyond Me, Think Community and Act Globally,, explained GPS founder Cathy Anstett. "Erica Ehm had big dreams and she has achieved so much through her multi-faceted media career. I know her story will help to inspire the more than 350 girls that we're expecting for the workshop."

Last year, Erica Ehm served as a speaker at the GPS workshop and inspired the group with her story. She is the co-creator and host of Yummy Mummy, a parenting show for the music video generation which is currently airing on Life Network. Previously, you could find Ms. Ehm on the airwaves in her series entitled Nestle Baby and You (Rogers Television.) Other shows she's starred in include Popstars – The One (Global), Real Life with Erica Ehm (Life Network), Power Play (Discovery Channel) and The Company (TVO). She is the author of the best-selling book, *She Should Talk: Conversations with Exceptional Women* about Life, Dreams and Success published by HarperCollins. Encouraging women and young people to follow their dreams is the central re-occurring theme for many of the projects to which Erica Ehm has committed. Erica hosted a weekly call-in show on CFRB 1010 and has song-writing, stage and film credits as well.

Kati Durst, the 27 year old 10th-place finalist on the fourth season of Canadian Idol will perform at the close of the workshop. From Goderich, Ontario, the small town country girl showed Canada just how big her voice and heart are. Before participating in Canadian Idol, Kati worked for an automotive detailer and following her appearance on the hit show she is now pursuing a musical career. She spends much of her time practicing and performing with her newly formed band Quarter Mile Lane. The group headlined a series of two sell-out concerts during Goderich's Winterfest celebrations in February. She also joined Toronto's famed Second City comedy school and in addition to recording a demo CD, she is also working on an improv show that will incorporate musical theatre.

The brainchild of Cathy Anstett, the first GPS workshop was held in November of 2005. *Girl Power Success* is a teenage girls' workshop, and last year over 300 girls from high schools in both Huron and Perth counties attended. "Last year's event far exceeded the expectations of the planning committee," said Ms. Anstett. "The GPS workshop is designed to provide tools to empower and support the participants and to inspire them to dream big."

Girl Power Success is organized by a volunteer group of Stratford area women in partnership with the Foundation for Enriching Education Perth Huron and the Avon Maitland and Huron-Perth Catholic District School Boards.

The workshop features a series of sessions on topics including:

- How do you want to be remembered?
- Creating goals, dreams and desires
- The truth about guys
- What is true beauty? Courage to face your fears

These sessions will be conducted by Melissa Schenk who is also serving as emcee, Jennifer Crake, Joan Maloney, Dana Robinson, Carolyn Drummond, Abbey Sparks and Chad Eastham. During the lunch break, the group is joined by 100 local women mentors who will mix and mingle with the teenage girls.

A GPS Bursary has been created in partnership with the Foundation for Enriching Education and the GPS committee. The goal is to power the dreams of students in Huron and Perth counties by creating an annual financial award for former GPS participants graduating from secondary school and moving onto post secondary education or training. The goal is to provide a minimum of \$1,000 annually for this award. The first GPS Bursary will be awarded in 2009.

In addition to the Bursary, the GPS committee will also provide some "Dream Support" to a girl in the community. "Dream Support" can be financial or other forms of assistance for students who require some help in setting the stage for their future dreams. For more information on the GPS Bursary and Dream Support, visit the GPS website at www.girlpowersuccess.com.

The theme "Beyond Me" will be underscored with a fundraising effort during the GPS workshop. Each girl and each mentor (450 people in total) will be asked to donate a "toonie" which will provide each participating school with a Rotary Aquabox. The students will then gather up items such as warm clothing, useful hardware and hygiene items to accompany the Aquabox which provides clean water for a family of four for four months. If enough "toonies" are collected, it is also hoped that a bedkit will be donated on behalf of each school to "Sleeping Children Around the World."

Please visit the GPS website at www.girlpowersuccess.com for more information or contact Cathy Anstett at 519-273-7703.

COMMITTEE MEMBERS 2007

Cathy Anstett - *Chair*
Carolyn Drummond
Tracey Forster
Delia Huitema
Janet Keen

Judy Lambers
Kati Maxwell
Lynda McGregor
Julia Opie
Pip Penrose

Melissa Schenk
Teri Shackleton
Fern Sharp
Merih Tekle
Judi Weber