

חברות

friendship

אהבה

love

חיים

life

LOR BBG Is All About Three Things:

The BBG Heartbeat

It's not just the pin and the way you wear it,
But the *love* you receive and the way you
share it.

It's not just the screams and the cheers,
But the *memories* and *laughter* and *tears*.
It's not just the *feeling* you get when someone
says "hi",

But the *heaviness in your heart* when you
have to say goodbye.

It's not just how many calls and letters you
read,

But the *friends* who sent them which we all
need.

It's not just an organization which is a place to
me,

But so much more, just you wait and see.

No, it's not just an interesting little pin,
But the *heart* behind it and the *body* within.

How will **you** strengthen the
LOR BBG Heartbeat?



לחיים-
L'Chaim



אהבה-
Ahava



חברות-
Chaverot

Regional N'siah
2013-2014
Proud Candidate for the
High and Honourable Position of
Freedman
Amanda Eliza Lauren
Strengthening
Life, Love, and Friendship
in LOR BBG with

My Sister B'nai Brith Girls,

What makes our lives BBG? Our love that we develop
for the order. But where does our love for the order come
from? The friendships that we create in BBG. Alone--life, love,
and friendship are just aspects of our movement. But together,
they make up our BBG heartbeat. We give the heart a pulse
through experiencing every second of BBG life. We help the
heart grow fonder with each new friendship formed. We make
the heart become whole when we fall in love with BBG. But
how do we make the heartbeat stronger? If you make one girl
feel the life of BBG, the love of the order, and the friendship
that follows, that is the mechanism that powers every BBG
heartbeat. And when you affect the heartbeat of one individual,
you strengthen the heartbeat as a whole.

Can you feel the pulse?

Submitted with undying love for keeping the life, love, and friendship
flowing stronger than ever before in each of our hearts,
I forever remain,

Amanda Eliza Lauren Freedman
Damn Proud Candidate for your 2013-2014 Regional N'siah

Qualifications

L'Chaim BBG #2444

Chapter N'siah '12-'13

- ❖ In absence of a S'ganit, guided chapter members to successfully run their own programs
- ❖ Promoted "wellness" through programs on eating disorders, mental illnesses, and body image
- ❖ Initiated weekend programs in order to bond as a chapter outside of Wednesday nights
- ❖ Helped launch chapter newsletter, "M&M Monthly"
- ❖ Personalized cupcake deliveries and video invitations for convention promotion; chapter attendance doubled
- ❖ Led L'Chaim to Tournies '12 victory
- ❖ Increased chapter funds through selling vintage-inspired BBG shirts and AZA/BBG/BBYO tank tops at shuk

Chapter S'ganit '11-'12

- ❖ Won 3 fold awards/Sisterhood, Com. Service, Recreation
- ❖ Assisted L'Chaim to Tournies '11 victory
- ❖ Assistant Director/Co-Choreographer for L'Chaim Fashion Show 2012

Chapter Co-Mazkirah Spring '11

Lake Ontario Region #36

(Conventions Attended, Events Coordinated, Positions Held)

RLTC '10 SRC '11★, '12★

RLTC/MIT/AIT '11, '12★ SC '13

Tournies Convention '11, '12★ Regional Sweetheart

Beauheart Ball Weekend '11♥ '11-'12

International Order of the B'nai Brith Girls

IC '11, '12, '13 BBYO March of the Living '13

IMPACT: Boston 2012 ILTC 2013★

CLTC 7 2012 International Kallah 2013★

Proven Leadership: Awards

Emerging BBYO Leadership '11, Pledge & Principles '12,
Silver Star of Deborah '13★

★ denotes steered, ♥ denotes coordinated, ☆ denotes future

Life • לחיים • L'Chaim:

Definition: The moment a girl realizes BBG is more than a movement; it's a lifestyle. Through her experiences her BBG **Life** begins.

Synonyms: Experiences, Connection

Love • אהבה • Ahava:

Definition: BBG is where **Love** creates a passion that ignites actions to make an impact on the world and inspire others.

Synonyms: Passion, Inspiration

Friendship • חברות • Chaverot:

Definition: **Friendship** is born at the moment when one BBG says to another: "What! You too? I thought I was the only one."

Synonyms: Sisterhood, Bonding

Programming Excellence

*"Programs are the **experiences** that change the **lives** of BBG's."*

★ Menorah Pledge of the Month

Every month will be given a different menorah pledge as a theme for chapters/the region to program around.

★ Impactful Programs

At conventions, there will be a time slot for an "Impactful Program". These will make a strong *impact* on the region and the programs can range from bullying to stargazing.

★ Host-Chapter Programs

Every chapter will have a chance to be a "host-chapter", to host and run a program for another BBG chapter.

Communication

*"Communication is the key to **connecting** the **lives** of BBG's."*

★ Counterparts: The LOR N'siah Network

- Facebook group to keep in constant contact.
- Kick-off the term with awareness of all LOR goals.
- Mid-Year Check-up: N'siot meet to discuss successes, identify challenges and share solutions.
- Monthly emails/skype calls.
- 3-4 counterpart releases.

★ BBG R-Board

- Facebook group to keep in constant contact.
- Bonding sleepover/shabbat dinner to set goals for term.
- Mid-Year Check-up: discuss successes, identify challenges and share solutions.
- Monthly officer reports shared with counterparts.

★ Regional Godol

- Set common goals for R-Board, counterparts, and LOR.

Stand UP

*"Stand UP is taking the **passion** we find in BBG and using it to make the world a better place."*

♥ **Choose Regional Stand UP cause** early in the year.

♥ **Stand UP Video Contest**

Chapters will be challenged to promote their Stand UP causes in a video contest. Winning video shown at J-Serve.

♥ **Community Service Projects at Conventions**

Time allotted at conventions to do a community service project or make Shabbat electives about Stand UP causes.

♥ **Stand UP Carnival**

Each chapter will be able to create a station that relates to their Stand UP cause and keep any funds raised.

♥ **Community Partnerships**

Create more partnerships within Toronto like UJA, Baycrest, Simon Weisenthal Centre, etc. to get BBYO's name out in the community and create awareness of Stand-Up causes.

Judaism

*"**Love** for BBG grows from our common Jewish roots."*

♥ **Regional Kallah**

A two-day "retreat" type of event where we explore different aspects of our Jewish identity past, present and future.

♥ **Promote Jewish values** such as "Gimlut Hasadim"-acts of love and kindness, "Tzedakah"-charitable givings, and "Tikkun Olam" -repairing the world.

♥ **Israel**

Utilize Speak Up to hold programs on Israeli life and culture.

Inspiring Leadership

*"**Inspiration** is the spark that ignites the leadership flame inside every BBG."*

♥ **RLTC/MIT/AIT**

- Create an award for most enthusiastic MIT/AIT, and an award for a member who showed leadership potential.
- Chapter counterparts assist in leading RLTC sessions.

♥ **Regional XX's and Mid-Year XX's**

- Counterpart sessions and meetings with chapter board.
- Activities to promote and practice leadership.
- Mid-Year: include chapter evaluations and reset goals.

♥ **Pass the 6-Month Terms Motion**

- Will allow for twice as many leadership opportunities on chapter boards in 2014-2015.

Membership

*"G-d never gave me **sisters**, but he gave me BBG."*

☀ **Regional Sisterhood Overnight**

The BBG's of LOR will gather for a fun night of sisterhood programming, where the goal is to create new bonds and friendships with girls in other chapters.

☀ **MIT Class of 2013-2014**

Promote the idea that new members are their own regional "MIT Class" and have their own unique programs.

☀ **Senior Class of 2014**

Hold special programs on senior appreciation, university prep and Jewish life post BBYO. Pair MITs/Seniors.

☀ **BBYO Connect**

Target grade 8 Connect girls for recruitment. Hold a "Welcome to BBYO" party to encourage grade 8's to join.

Globalization

*"Expanding Jewish **friendship** throughout the world."*

☀ **Globalization Skype Night**

Learn about Jewish life in different countries face-to-face.

☀ **ISF Fundraiser**

☀ **BBYO Canada**

Strengthen relationships with other Canadian regions.

Summer Programs/Int'l Involvement

*"Summer Programs and International Convention expose us to a whole new meaning of **sisterhood** and **friendship**."*

☀ **Promotion**

Make promotional video(s) about each int'l program.

☀ **Summer Programs and IC Night 2013**

Hold in late fall, teens will talk about their experiences, target parents and new teens, skype with I-Board member.

My N'siah Promise:

*To make every BBG in LOR feel the **Life, Love, and Friendship** that our order is built upon.*

