

heroines & troublemakers of the northwest

heather strang

Women in the Northwest are pretty incredible. But, did you know that every day, these women are making history - right in our own backyard? Say "hello" to women who are leaping at opportunities others say they shouldn't *and* taking enviable risks towards greatness.



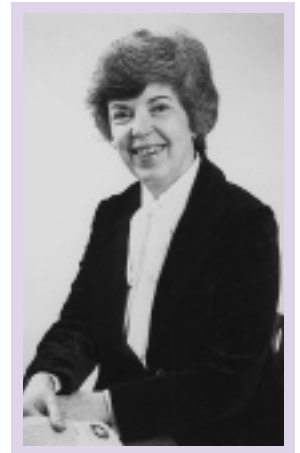
Mary Granger

"I love connecting people," says Mary Granger. And at 75, she's spent a lifetime doing exactly that. In 1976, after raising five children with her husband Richard, Mary started changing history - one non-profit at a time. In 1984, Mary began the Community Foundation for Southwest Washington and today, the organization has infused more than \$74 million into the community. She also founded Women In Action, which helps women gain positions of influence, as well as the opportunity to mentor fifth grade girls in low-income schools. In 1995, after conquering cancer, not once, but twice, Mary started I Have A Dream, allowing students in low-income areas to receive mentoring and tutoring, with the goal of graduating high school and college. The program covers college tuition for those who finish high school, and its first class of 60 graduated this year. She's also received the Clark County First Citizen award, as well as the Aubrey Watzek Award from Lewis and Clark College. As her track record shows, Mary's true motivation is one of service. She has the following words of wisdom for women who hope to make history as well:

"Get involved and make it something that touches you at your core. Then, you'll be paid back several times over."

Dr. Alice Armstrong

"I think I was born to be in charge," said Alice Armstrong. We couldn't agree more. This fiery woman spent her life making history for women in leadership. In 1977, Alice created the Institute of Managerial and Professional Women with her cohort Ellen Campbell, to help women cultivate leadership skills. In 1978, with the completion of her PhD in organizational psychology, Alice narrowed her focus to the power and psychological barriers between men and women. All the while Alice, and husband Ed, raised a daughter and four sons. She then went on to produce the first ever women in business conference at Portland State University and taught courses at the university's school of business. In the 1990's, she took her skills abroad and consulted with the International Development Bank in Turkey. According to Alice, her goal was to show management that women can make valuable leadership contributions. A novel idea for many, but for Alice, it was a fact the world needed to embrace. In 1998, Alice was diagnosed with Alzheimer's disease and was unable to finish her book *The Great Brain Robbery: The Saga of the Gender Wars*. In 2002, Peggidy Coffman Yates took over the project, as co-author, to finish Alice's work. Alice Armstrong left a legacy of strength, leadership and determination for women everywhere.



Jennifer Powers

"Life needn't be anything less than amazing." This is the message coach, facilitator and author Jennifer Powers shares with organizations and professionals alike. Jennifer began her journey with a master's degree in organizational sociology from the University of Houston in 1992. She worked in research, but longed to have a more direct impact on organizations. In 2005, she and husband Luis realized their lifelong dream of living in the Pacific Northwest and moved to Salem. From there, Jennifer received her coaching certification from the Coach Training Alliance in 2006, and it was then she discovered that her passion for organizational success could be combined with her mission to inspire others. Jennifer went on to develop the Breakthrough Thinking Program and was featured in the 2007 book, *Speaking of Success*, with best-selling authors Jack Canfield, Ken Blanchard and Stephen Covey. She operates offices in both Portland and Salem, sits on the board of the Northwest Coaches Association and was recently elected by her peers as the 2008 president of the Oregon Chapter of the National Speakers Association. Her recipe for making history is simple - serve others.

"I realized how powerful making a difference is. You can change businesses, families, communities and relationships; when your aim is to serve."

Heather Strang alternates her time between writing, as a teacher and girl advocate. When she's not masterfully crafting prose, you'll find her blogging about the authentic writer's life, sipping a delicious red wine and single-handedly attempting to change the world. Heather lives in Portland with her fabulous partner, plants and vision boards. She can be reached at heather@heatherstrang.com.