



**SOROPTIMIST
FOUNDATION
OF
CANADA**

CORNERSTONE

Mission Statement

To solicit, attract, and manage charitable donations in order to provide educational funding for the advancement of human rights and the status of women.



www.soroptimistfoundation.ca

Editor: Aline Chan

Spring 2016

alinchan@rogers.com

2016 Grants for Women Award Winners

\$30,000 total will be awarded to four recipients.

<http://www.soroptimistfoundation.ca/grantwinners.html>



Melinda Krynen-Hill, MEd in Counselling Psychology candidate, University of Toronto (OISE), 2017; Master's in Public Health specializing in Health Promotion, University of Alberta, 2013. Melinda founded a unique consultancy practice supporting individuals to better manage complex health conditions.

Melinda Krynen-Hill is entering her second year of a Master's in Education in Counselling Psychology at the University of Toronto's Ontario Institute for Studies in Education (OISE), graduating in the spring of 2017. Melinda pursued training in the psychology field after organically developing a consultancy practice supporting individuals with complex health conditions to cultivate skills and tools to self-regulate their challenging conditions. Her practice evolved following her own experience with a complex health condition, where she aspired to create a resource and support for others going through similar journeys. Melinda envisioned a practice that would supplement gaps in the current health care delivery system and provide needed support and encouragement for those living with complex conditions. She credits the women in her life for inspiring her to seek agency in decisions involving her health and for encouraging her to create a space for others to empower themselves through illness.

Melinda is a trained and licensed Mindfulness facilitator through the NeuroNova Centre for Mindful Solutions in Toronto, where she runs group-based courses in Mindfulness Meditation across the Greater Toronto Area (GTA). In her private consultancy practice, Melinda travels to various health centres around the city to provide counselling to individuals living with a broad range of complex health conditions. At her current health centre, The Toronto Clinic, in Yorkville, Toronto, she is an integral part of their multidisciplinary team of medical professionals, facilitating superior management of complex illness and chronic pain management for patients. Her approach to counselling is holistic and client-centered, focused on strength-based approaches and with a foundation in Mindfulness Meditation.

Melinda's inspiration for her practice comes from the extraordinary women she has met along her journey. Women who have lived through unimaginable challenges, yet continue with resiliency, showing incredible will to survive and flourish. Melinda's vision and commitment for her psychotherapy practice, upon graduation, is to support women who have been marginalized as a result of complex illness experiences, and to create a supportive community where women feel empowered with knowledge and skills to self-advocate for their health and lives.

As a committed volunteer to the Toronto community, Melinda offers her knowledge in mindfulness to the Law and Mental Health Unit at the Centre for Addiction and Mental Health (CAMH) where she applies mindfulness as a method to improve coping of complex mental health challenges among female forensic outpatients. Melinda's background is in Public Health research. She has a Master's in Public Health, specializing in Health Promotion, from the University of Alberta. Melinda worked previously as a Research Coordinator and Project Manager for the University of Toronto and as an Analyst for Cancer Care Ontario.





CHRISTIE ULICNY, MA in Community Development, University of Victoria, 2017. BEd specializing in Inner City Education, University of Toronto (OISE), 2011. BA, Psychology, University of Waterloo, 2007. Christie is also the Founder of Bridging Worlds Through Music, a music education charity operating in Geita, Tanzania.

Christie Ulicny is entering her second year of the Master of Arts in Community Development program at the University of Victoria in British Columbia. Her studies have focused on leadership, governance and developing community-based approaches to lead transformative social change. Christie is specifically interested in how international collaboration amplifies collective intelligence and leads to innovation.

The tools and methodologies that Christie has been exposed to through her studies have been supporting her in her role as Founder of Bridging Worlds Through Music ([BWTM](#)), a music education charity operating in Geita, Tanzania. In 2014, Christie worked with the local community to establish a music program to help young people gain essential skills such as self-confidence, communication and creative problem-solving. BWTM is operated by local teachers and focuses on reducing gender disparity in the region by offering equal access to opportunities for girls, mentorship programs and teacher training.

In November 2015, Christie's work with BWTM helped her secure a spot as one of eight Canadians selected to travel to Vietnam as part of Uniterra's International Seminar for Youth Leaders in Entrepreneurship. Working with other young professionals from Sri Lanka, Vietnam, Nepal and Canada, Christie joined an international network whose work focused on stimulating economic opportunities for woman and youth. This experience helped further her understanding of the role of women in diverse cultural contexts, the impact of social norms on employment opportunities and the complexity of enterprising in emerging contexts.

Prior to pursuing her Master's degree, Christie gained experience in the non-profit and political sectors. Working as a Special Assistant to a Member of Provincial Parliament allowed her to gain essential experience collaborating with key stakeholders to find solutions to community-based challenges. Her work in non-profit program management and community outreach, in inner city and rural Indigenous communities, allowed Christie to develop projects and partnerships to engage marginalized populations. Most notably, she created a youth committee where young woman mentored other musicians to develop confidence and leadership skills. Additionally, Christie managed a national music program operating in primarily rural Indigenous communities. One of her projects included working with two female First Nations musician/educators to help promote their culture through the development and distribution of educational resources sent to over 2,000 students and educators.

Christie is excited to continue her work with young women from marginalized communities to support their personal growth through music and mentorship programs. Her ultimate goal is to utilize her work to help women attain leadership positions, allowing them to become role models for other young women and gain empowerment in the process.



Soroptimist
International of the
Tri-Cities.





Laura Booi, doctoral candidate in Gerontology, Simon Fraser University; Masters in Health Psychology, University of British Columbia. Ms. Booi has been an outspoken advocate, researcher and educator for dementia related issues, especially those pertaining to women and care, for nearly a decade.

She serves as a co-founding member for the World Young Leaders in Dementia (WYLD). WYLD is a network for emerging leaders who share a common goal: to improve the lives of people living with dementia. Laura is entering her sixth and final year of her doctoral training at Simon Fraser University's Gerontology Research Centre, graduating in the spring of 2017.

Based on Laura's research and advocacy work, she had the privilege of participating as an invited youth representative at the World Health Organization's first Ministerial Conference on Dementia (March, 2015). Laura's advocacy work has translated into her being an invited participant, speaker and facilitator for international Young Leader in Dementia Events. Thus far, Laura has represented WYLD at events in Japan, United Kingdom, Switzerland, Washington DC, The Netherlands, United Arab Emirates and Hungary.

For the past year, Laura has been working with a group of engaged community members and the Town Council in her hometown of Qualicum Beach on Vancouver Island. Qualicum Beach is a popular retirement community, and has the oldest average population in Canada. Laura is helping this town become a Dementia Friendly Community. Alongside her advocacy work, Laura is also an accomplished researcher in the area of dementia care. She has completed an undergraduate degree in Psychology from Vancouver Island University, a Masters in Health Psychology from the University of British Columbia and is currently completing her doctorate in Gerontology at Simon Fraser University. Her dissertation research is focused on sustainable ways of improving long-term, institutional care for persons living with dementia from the perspective of the front-line care provider.

INTRODUCING TWO NEW BOARD OF DIRECTORS

SOROPTIMIST FOUNDATION OF CANADA



ELIZABETH KITCHEN has been a member with *SI Peterborough* since 2009. She has been employed in the banking sector for over 35 years with the last eleven years as a Certified Financial Planner. She retired in March and enjoys spending time with family and traveling. Her parents recently moved back from PEI and they have two generations under one roof. Her son's job took him to BC

and so this fall, she and her partner, Al, are making a cross-country road trip to visit him. She has an African safari booked with her daughter in November. She and Al recently cruised the Douro River in Portugal to celebrate her retirement. She has served on SI Peterborough board of directors as treasurer and was a past treasurer with YWCA Peterborough. She has enjoyed time with her fellow Soroptimists and consider it wonderful to see the outcome of their efforts at the local level. She has a keen interest in the work carried out by the SFC. She is excited to have the opportunity to serve as treasurer and meet the members of the SFC Board. She is a Maple pin holder and plans to be an active donor, going forward. 'Special thanks to outgoing treasurer, Sheryl Hopkins, for her dedication and support to the Soroptimist Foundation of Canada.'

Elizabeth Kitchen
Incoming Treasurer, SFC



CYNDY ROBERTS joined Soroptimist Dundas / Ancaster / Flamborough, ECR, in 1993 then left in 2003 to help charter SI Haldimand-Norfolk then left in 2014 to help in the chartering of her present club, *SI Grand Erie*, Brantford, Ontario.

She presently chairs the Awards Committee. Cyndy has held all positions at the club levels, chaired many committees, and was on the Board of Directors for ECR. She has volunteered as a judge for SFC, and attended meetings in Winnipeg. She has attended many ECR spring and fall meetings. Cyndy has been to several SIA Conventions, including the SI Convention in Montreal. Cyndy works for Interval House Hamilton, transitional outreach, helping woman transition from domestic abuse to living violence-free, for over 17 years. She also is a family and elderly mediator for London Mediation and owns her own business, Waterford Counselling and Mediation, since 2009.

Cyndy Roberts
Incoming Secretary, SFC





Faith Eiboff, PhD Candidate, Interdisciplinary Studies, School of Population & Public Health/Department of Psychiatry, University of British Columbia, August 2017.

MSc, Faculty of Health Sciences, Simon Fraser University

BA (Honours), Faculty of Health Sciences, Simon Fraser University

Faith is a PhD Candidate at the University of British Columbia (UBC) completing an interdisciplinary doctoral degree. Her research bridges the disciplines of public health and psychiatry to advance knowledge of the complex inter-relationships between gender, health, and homelessness from a trauma-informed perspective. Her doctoral research is integrating mixed-methods approaches to examine the housing and health-related impacts of interpersonal violence among women who participated in the landmark *At Home/Chez Soi* research demonstration project – the world's largest examination

of *Housing First* for those experiencing homelessness and mental health problems across five Canadian cities. Faith introduced measures of partner violence into the study as a unique opportunity to contribute gender-specific evidence on the cumulative effects of victimization and trauma in this population. She has also established a community advisory group of women with experience from the project to inform her on this work. She aims to address a crucial research and treatment gap in knowledge and services and explore the implications for trauma-informed responses and prevention.

Early in her Health Sciences training (BA Honours; MSc), Faith recognized the strength of combining academic practice with local community experience to address inequities in health. She integrated community-driven research into her programs and completed several community-based projects addressing women's housing and health. Her work has been recognized and supported by numerous competitive academic scholarships and community service awards at the institutional, provincial and national levels, e.g., Canadian Federation of University Women (South Delta), BCs Pacific Century Graduate Scholarship, Canadian Institutes of Health Research (CIHR) Master's and Doctoral Research Awards, UBCs Four-Year Doctoral Fellowship. She was also selected for several prestigious training opportunities through CIHRs Institute of Gender and Health, the Gender Violence Health Centre at the London School of Hygiene and Tropical Medicine, and two concurrent CIHR-funded Strategic Training Initiatives in Health Research PhD Fellowships: Intersections in Mental Health Perspectives Addictions Research Training (IMPART) and Population Health Intervention Research Network (PHIRNET).

Faith actively presents her work locally and at national and international conferences, and has delivered over 30 presentations to date. She has also received a number of national and international conference scholarships and awards. Most recently, Faith received the Silver Award for Best Presentation at the Association of Schools of Public Health in the European Region (ASPHER) Annual Forum as part of the European Public Health 2015 Conference in Milan, Italy for her outstanding oral presentation illustrating partner violence among homeless women as a pressing public health issue.

In May 2015, Faith was also recognized with a National Collaborating Centres for Public Health Knowledge Translation (KT) Graduate Student Award for her leadership on a community-engaged KT initiative. Faith was the nominated principal applicant on a CIHR grant to include formerly homeless participants in dissemination activities with Vancouver *At Home/Chez Soi* researchers to increase the impact of study findings on audiences, thus generating inclusive policy and practice discussions between stakeholders in diverse academic, policy and community settings. This initiative reflects a collaborative academic/community partnership with RainCity Housing and Support Society and the Vancouver Housing First Speakers Bureau, a peer-led homelessness advocacy group created during the *At Home/Chez Soi* study.

Faith intends to continue working in the field of women's homelessness research and advocacy in Canada. Her goal is to utilize her passion for community-engaged research and knowledge exchange to bring needed attention to gendered dimensions of homelessness, particularly to the profound violence, trauma and abuse experienced by this population. She is committed to advancing a more gender-inclusive homelessness research agenda which better represents the priorities of women and establish trauma-informed directions in Canadian homelessness research, policy, and practice.



ECR Spring 2016 Conference, hosted by SI York, held at The Briars, Theme: Weekend in the Country.

WHERE ARE THEY NOW?

Raven R. Bowen is an award-winning activist and has been involved in sex work rights advocacy, anti-oppression organizing and community development since 1995. She won a Lifetime achievement award from **The Naked Truth (TNT)** and has a service award named after her, given to activists working in organizations who provide outstanding service to sex workers. Raven is responsible for building alliances across public, private and voluntary sectors, and for developing capacity toward the social, economic and political inclusion of people who trade sex, and to support their equal and safe participation in civil society. Raven provided direct support to sex workers at PACE Society (1995-2000) and became its Executive Director (2000-2006), then Regional Coordinator of the BCCEC (BC Coalition of Experiential Communities, 2004-2008).



She has co-founded and co-created a number of sex worker organizations and programs in Vancouver, including the Mobile Access Project (MAP) with Kate Gibson, Executive Director of WISH Drop In Center Society, FIRST– a feminist advocacy group, and the West Coast Cooperative of Sex Industry Professionals (WCCSIP) with Sue Davis. Raven helped write the first funding proposal for **HUSTLE** an outreach, net-reach and support service for male and transgender sex workers.

Raven has many community-based publications to her credit, including i) “**Research Ethics: A Guide for Community Organizations**” and “**Tips for Research Participants**” (2006) in which Raven collaborated with sex workers and academics to establish ethical parameters for researchers conducting projects with sex workers, in keeping with the Tri Council Policy Statement. ii) “**Human Trafficking, Sex Work Safety and the 2010 Games: Assessments and Recommendations**”, for the Sex Industry Worker Safety Action Group, which she co-wrote with Esther Shannon and explored human trafficking and hallmark events, in preparation for the 2010 Vancouver Olympic Games and is available at the Vancouver Police Department’s website.

Raven holds a Certificate in Liberal Arts, a Bachelor’s Degree in Sociology and a Master’s Degree in Criminology from Simon Fraser University. Her thesis, entitled “**They Walk Among Us: Sex Work Exiting, Re-entry and Duality**”, examines how active and former sex workers have made sense of their movement in and out of sex work as well as ‘duality’, their simultaneous involvement in both sex work and square work. Raven worked as a teaching assistant while completing her masters and then took on a role in government as an employment and assistance worker for the then Ministry of Housing and Social Development (2010-2012). She then became the supervisor of Broadway Youth Resource Center (2012-2013)

In 2013, Raven was a major contributor to Vancouver’s chapter in “Selling Sex: Experience, advocacy, and research on sex work in Canada.” In 2014 Raven co-authored a chapter with Tamara O’Doherty on collaborative research with sex workers as co-producers of knowledge in “Negotiating Sex Work: Unintended Consequences for Policy and Activism”. She has 2 peer-reviewed journal articles forthcoming for 2015: “**Taint: an examination of the lived experiences of stigma and its lingering effects for eight sex industry experts**” and “Squaring Up: Experiences of transition from off-street sex work to square work and duality – concurrent involvement in both – in Vancouver, B.C.”

Currently, Raven works as a Program Manager at the University of British Columbia, School of Nursing on the **SPACES** (Sex, Power, Agency, Consent, Environment and Safety). She has been in this role since 2013. She resigned September 18th, to pursue her PhD at the School of Applied Social Sciences at Durham University in the north of England. She is also the visionary and co-founder of Hooker Monologues, a theatre production planned for March 2016 - it presents the stories of active and former sex workers and allies, dispels myths and ensures that the experiences of sex workers remain in the public domain as laws and sentiments change. See details at <http://hookermonologues.ca/> A crowdsourcing campaign will commence shortly.

Bowen was an SFC Grants for Women winner in 2011.



HERE IS A RECAP OF 2015 CLUB GRANT WINNERS!**CONGRATULATIONS!**

1. SI Central Alberta - **The Power of a Girl**
2. SI Calgary - **Live Your Dream Alumni Luncheon Program**
3. SI Edmonton - **Mighty Fingers Facing Change**
4. SI Courtenay - **Yes You Can Mentoring Project: Dream It Be It Career Support For Girls**
5. SI Kawartha Lakes - **Girls on the Run**
6. SI Winnipeg - **For Girls Self-Esteem Forum**

The Soroptimist Foundation of Canada (SFC) Club Grants deadline is **June 30, 2016**. This year, our SFC's AGM will be held in conjunction with the Eastern Canada Region meeting on October 22, 2016, hosted by SI Grand Erie.

The rules for clubs to apply for \$1000 grants are posted on SFC website at <http://www.soroptimistfoundation.ca>

PLEASE DOWNLOAD AN APPLICATION FORM AT OUR SFC WEBSITE & EMAIL YOUR APPLICATIONS FOR CLUB GRANTS.

Soroptimist Pledge

We are Soroptimists committed to:

The Sincerity of Friendship

The Joy of Achievement

The Dignity of Service

The Integrity of Profession

The Love of Country

We will put forth our best efforts to improve the lives of women and the girls in local communities and throughout the world.

GIVE GENEROUSLY

and **PROUDLY** wear your

**MAPLE LEAF PIN**

The Red Pin is awarded to recognize individual members whose cumulative donations have reached \$500 plus. The Silver Pin is added to recognize cumulative donation amounts totalling \$1000 plus, and the Gold Pin recognizes \$2500 plus. For some members these milestone pins are reached in a relatively short period of time. For other members, they represent several years of faithful donations. Hence, there is a bonding and all pins are worn with pride in each other.

**CLUB GRANTS**

Club Grants up to \$1,000.00 are available annually by applying to the Soroptimist Foundation of Canada.

The Foundation may offer five \$1,000.00 grants for clubs holding educational programs for women or girls that will help them to be the best that they can be by developing their abilities and their awareness so that these young women can reach their full potential. The exact number of grants and the amounts for those grants shall be determined each fiscal year at the discretion of the Board of Directors of the Foundation, based on the funds available in that year's budget and the program needs of the Clubs applying.

Deadline for Club Grants is June 30th.

Applications are available on the website.

Click on Club Grants Application at

<http://www.soroptimistfoundation.ca/>

Or go directly to

<http://www.soroptimistfoundation.ca/application.html#clubs>

Completed Applications must be emailed to

clubgrants@soroptimistfoundation.ca

or to

gallagherbj17@gmail.com

Anna Der, Manager, Club Grants

LET'S BUILD OUR ENDOWMENT FUND

Send your Club Donation or Personal Donation to

Soroptimist Foundation of Canada

Sheryl Hopkins, Treasurer

2455 Cunningham Blvd

Peterborough ON K9H 0B2

donate
Make dreams
come true!

OR DIRECT

MAKE IT It's fast and easy—fill out the form on the following page and attach a voided cheque and your donation will be automatically deposited as directed by you! It's that easy!

HOW TO DONATE

....Go Direct

I would like to make my annual donation to
SOROPTIMIST FOUNDATION OF CANADA via
DIRECT deposits

Pre-authorisation for Scheduled Donations from my bank account:

Name (please print) _____

Club: SI of _____

Region _____

Your Address: _____

I authorise the SOROPTIMIST FOUNDATION OF CANADA to make withdrawals in the amount of \$ _____ in the following withdrawal sequence: monthly quarterly bi-annually annually

STARTING DATE: _____
month) (day) (year)

PLEASE SPECIFY WHERE FUNDS ARE TO BE DIRECTED: Endowment / SFC Expenses

If it is not indicated, it will be directed to SFC Expenses.

attached is my voided cheque required to set up an automatic deposit schedule.

Signature: _____ Date: _____

MAIL TO:

*Treasurer, Soroptimist Foundation of Canada
Sheryl Hopkins, 2455 Cunningham Blvd, Peterborough ON K9H 0B2*

Tax receipts will be issued June 30th and December 31st.

Please indicate the name and the mailing address for the receipt if it is for someone else:

Name: _____

Address: _____
(street) (City) (Province) Postal Code

(Registration # 119156594RT001)

SOROPTIMIST FOUNDATION OF CANADA

BOARD OF DIRECTORS 2015 – 2016



ELIZABETH JANE (BJ) GALLAGHER, Chair
chair@soroptimistfoundation.ca

Box 841, Rosedale Station
Rosedale AB T0J 2V0
780-689-1091
Club - SI Edmonton



SHERYL HOPKINS, Treasurer
treasurer@soroptimistfoundation.ca

Maple Leaf Pins
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705-740-9863
Club: SI Peterborough



META FLEMKE, Secretary
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Club: SI Edmonton

ALINE CHAN
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National Grants Manager / Editor, Cornerstone
grantsforwomen@soroptimistfoundation.ca

87 East Tree Drive, Breslau ON N0B 1M0
519-213-1520
Club: SI Guelph



ANNA DER, Club Grants
Grants for Women, Western Canada
grantsforwomen@soroptimistfoundation.ca
clubgrants@soroptimistfoundation.ca

Club: SI Edmonton

FLORA H. FRANCIS

For those who had the opportunity to meet Flora, know that she shared many passions, one of which was being a Soroptimist. I first met Flora at my first spring conference that took place in Toronto. I still smile at the image of this petite, dignified woman sporting several cameras in her hands. Little did I know at this time that this would be only the beginning of many photo 'ops' orchestrated by Flora, which also meant "just one more please, just in case".

I have fond memories of standing alongside of Flora, wrapping Christmas gifts at the Stone Road Mall as one of their club fundraisers, filling Christmas loot bags for the women at Michael House as we nibbled on festive treats!

- Flora was an active Soroptimist, always adorned with multiple cameras strung around her neck, for the purpose of capturing memories for herself and the region - she attended every regional spring conference, regional fall meetings, the chartering of new clubs, special events such as notable anniversary celebrations, she has attended International and Federation conventions and she has attended the SFCs annual meetings in Winnipeg on at least three occasions that I know of, in 2007, 2010, 2014.
- It was a proud moment to see Flora carrying the Canadian Flag in the procession at the federation convention in San Diego.
- The Hall of Fame Award is presented at our regional Fall Meeting every second year to recognize a Soroptimist who has demonstrated significant Soroptimist Service and who has attained personal achievement of some note. Flora received this award in 1996.
- Annually, ECR recognizes & celebrates individual members who have been selected by their peers at the club level, as the Club Soroptimist of the Year. Flora received this prestigious award in 2006.
- Every year, ECR recognizes two Soroptimists from our region who have given substantial time and energy to their club in a volunteer capacity. In 2008, Flora received the Memory Lane / Lifetime Achievement Award.
- "For over 40 years, Flora was a treasure in the Soroptimist International of Guelph Club. As Guelph members are remembering her, words like welcoming, kind, knowledgeable, encouraging, supportive, and a true example of a woman that represents what we, as Soroptimist, stands for, come to mind. She had a unique passion.
- We enjoyed many Soroptimist visits with her twin sister Norma, from SI Trinidad. A part of Flora remains with us in her niece Natalie and our Ottawa Members Lynette and Sandy. We are forever, a better club because of Flora.
- ECR Governor Donna has received emails from Soroptimist all over the world expressing their condolences. Her attendance at conventions around the world gained her many friend that spoke lovingly and respectfully of her.
- On behalf of SI Guelph members, she will be missed in many ways, but mostly as their loving friend and fellow Soroptimist.
- Flora was also our Eastern Canada Region archivist and what better a role for her and the **1,435,765 pictures** she took over the years. We have a history because of Flora. Over the past 26 years, she has shown me the true meaning of Soroptimist. She lived it each and every single day. Women at their best helping women to be their best!
- On behalf of SI Guelph members, she will be missed in many ways, but mostly as their loving friend and fellow Soroptimist.

(Eulogy written by Past ECR Governor, Bonnie Domonchuk.)

Flora served as part of the History Committee for SFC and collaborated in the compilation of 50th Anniversary of the SFC Book.

FLORA HELENA FRANCIS (nee BLIZZARD) September 24, 1932 - April 1, 2016

Passed away peacefully at Hospice Wellington after a courageous battle with cancer. Wife of the late Ken Francis. Dear sister to Stephen, Norma and Lynette. Flora will be fondly remembered by all her nieces and nephews. Predeceased by a sister Cynthia and brothers Lloyd and Lennox.



★ ★ Live Your Dream: Education and Training
★ Awards for Women

Improving the lives of women and girls through programs leading to social and economic empowerment.

GRANTS FOR WOMEN UPDATE

Grants for Women deadline was January 31, 2016. We received 45 applications for Western Canada and 86 for Eastern Canada. Applications are reviewed by two sets of judges. The last three are national judges.

NATIONAL JUDGES WERE:

Susan Baldauf is a home economist retired from a long career as a secondary school Family Studies teacher/department head. In Brantford, she promoted day care and parenting programs for teen moms and worked with community nutrition education programs. Susan promoted Family Studies as a member of the provincial Family Studies Subject Council, writing curriculum, mentoring new teachers, and facilitating teacher professional development. In her retirement, she works with quilting guilds and the Women's Institute.

Joanne Beard studied at the University of Guelph and obtained an honours degree in Applied Science with a major in Family Studies and a minor in English. She attended Western University for her Bachelor of Education degree. She did her Masters of Education at Brock University. Joanne taught Family Studies, English, Physical Education, cooperative education and Guidance over a 35 year career with the Hamilton Board of Education. She taught grades 4 to adults at inner city schools. She finished her last 23 years as a Family Studies Department Head at an inner city, ESL predominant school, Sir John A Macdonald. She spent three summers as summer school principal.

Roseline Dufour is a retired school principal and worked for the French school board. Her career took her to several schools in the Brantford and the London area where she also worked as a school board consultant. In her retirement, her volunteer activities reflect her love of teaching as she has quilting classes in her home. She is presently an active guild member of the Brant Heritage Quilting Guild, taking the roles of President. She was the Chairperson of the 2014 Quilt Show. Roseline also served as one of our French translators.

DONORS FROM OCTOBER 2015-2016 RECOGNITION PINS PRESENTED AT ECR SPRING CONFERENCE & WCR FALL CONFERENCE

ECR

SILVER PIN

JULAINE PALMER

RED PIN

RHIANNA HAMPTON

NELL CHEESEMAN

WCR

GOLD PINS

COLLEEN SCHMIDT

JEAN HIRD

GLORIA GIETZ

SILVER PIN

MARGOT RUTHERFORD

CHARI GRANT

BEVERLEY LOWSLEY

RED PINS

ANN RILEY

JOYCE ANDERSON

(both Red Pin winners from WCR raffle!)



ANNUAL GENERAL MEETING Soroptimist Foundation of Canada will be held in conjunction with the SI Eastern Canada Region Fall Meeting Hosted by SI Grant Erie

OCTOBER 22, 2016

BEST WESTERN PLUS

BRANT PARK INN & CONFERENCE CENTRE
19 HOLIDAY DRIVE • BRANTFORD • ON • N3R 7J4

PHONE (519) 753-8652 ext. 142

Toll Free 1-877-341-1234

Room Code Booking Group is 108539

A traditional room costs \$104.99 + HST

SOROPTIMIST FOUNDATION OF CANADA DAY FEBRUARY 6

GIVE GENEROUSLY
and PROUDLY wear your
MAPLE LEAF PIN



ECR HAPPENINGS



ECR BOARD 2016

Jean Skillman - incoming 2016 – 2018 governor,
Tanna Edwards - governor elect, Joan Sturch standing in for Carol French - treasurer, Janet Simms Baldwin - secretary, Estatira Shirkhodae - director, Jennifer Oliver - director, Donna Keating - outgoing 2014-2016 governor.



ECR Live your Dream Award winner,



ECR - SI PETERBOROUGH - GARDEN PARTY



SIA President Elect RoseMary Reid and outgoing ECR president, Donna Keating



WCR Soroptimist Saskatoon's
Pyjamas & Pearls 3rd Annual
Girl's Night Out

TREASURER’S REPORT

This past fiscal year has been somewhat quiet. There has been an increase in donations with the upcoming induction of RoseMary Reid as President of SIA. The convention in Orlando will be attended by several Soroptimists from ECR.

We have also received a legacy (second installment) from the Estate of Betty Secord. This has helped the Endowment Fund greatly. We will be sending \$50,000 to Warwick Holland at RBC Dominion Securities to invest on behalf of SFC.

Maple Leaf Pins are given out for donations amounting to \$500, \$1000 and \$2500 respectively.

Forms are also available if any of our members are interested in donating monthly to the Foundation.

WCR made a donation on behalf of outgoing WCR Governor Heather Rollins, to honour her for being Governor of WCR, 2014 - 2016.

Heather will receive her Silver Pin at Spring Conference 2017.

Sheryl Hopkins

Treasurer

INVESTMENT REPORT

The 2016 fiscal year has been volatile; currencies, commodities, stocks and bonds have all fluctuated wildly. Despite this, I'm pleased to advise the Soroptimist Foundation's portfolio has steadied the course.

Here are a few highlights of interim fiscal results:

- 1. Total return: +1.04%
- 2. Income generated: \$50,382

The portfolio has weathered the volatility largely as a result of its positioning, particularly:

- 1. Diversification outside Canada
 - 1.1 Canadian equities: 16%
 - 1.2 U.S. and International equities: 28%
- 2. Limited holdings of volatile commodities
 - 2.1 Energy/mining exposure: 8% vs. TSX energy/mining exposure: 30%
- 3. Significant fixed income
 - 3.1 High quality bonds: 50%

TREASURER’S CORNER

Balance Reporting - Balance Summary Report

SHERYL HOPKINS, TREASURER
 SOROPTIMIST FOUNDATION OF CANADA
 Report Date: June 20, 2016



Account Type	Account	Currency	Balance
BUS DEP	Operating Account	CAD	867.68
BUS DEP	Endowment Account	CAD	54,897.33
BUS DEP	VISA	CAD	416.76

Comments from the Treasurer

The Soroptimist Foundation wishes to thank all the members and clubs who have donated to our Endowment Fund this fiscal year so far. We are coming into another legacy from a former member in Saskatoon, and I am just waiting for the final details to come from the executor of the estate. We have received funds from the RBC Foundation, ICBC in British Columbia and from donations made in memory. All of these donations are much appreciated as well and usually come to us as a result of our members companies donating in their honour.

The official address in Winnipeg: Soroptimist Foundation of Canada
 c/o Albina Moran, Partner, Thompson, Dorfman, Sweatman LLP
 2200 – 201 Portage Avenue, Winnipeg, MN R3B 3L3

Full accounting of donations, income and expenses of the Foundation can be referenced at the Auditor’s report to be approved at the **Annual General Meeting on October 22, 2016** at:

Sheryl Hopkins
 Treasurer

BEST WESTERN PLUS BRANT PARK INN & CONFERENCE CENTRE
 19 HOLIDAY DRIVE · BRANTFORD · ON · N3R 7J4



FROM THE DESK OF BJ GALLAGHER, CHAIR

Aline and Anna have received applications from young women across the country applying for our Grants for Women awards. They received several applications and called on their judges to come up with the best possible winners again this year. Read about these winners in this issue of Cornerstone.

I have been very busy in the last few months - I visited SI Edmonton twice, first to attend their Fireside Chat, an event that they have been hosting for several years - they invite prospective new members to lunch and tell them about the wonderful work that the Soroptimist organisation does. I was asked to speak about the SFC and it was a pleasure to find that Governor Heather Rollins and then Governor-Elect Rita MacKenzie, were also present. We have held our usual monthly meetings at SFC by conference call and this works well. In March, I was back in Edmonton to attend their annual International Women's Day event and it was again a pleasure to attend - they had a number of wonderful speakers and I was again asked to speak about SFC - one of my favourite topics.

I got an invitation to Vancouver to celebrate the 90th Birthday of SI Vancouver on April 24th - this was also my 70th Birthday and the party included a wonderful high tea and silent auction—all was so much fun. It was a treat to see all of the members of SI Vancouver. I managed to purchase four lovely paintings of sea shells which I gave to my son Andy for his birthday on May 4th.

Since we were in BC, we decided to take a trip out to the Island and do a bit of exploring, until it was time to attend the WCR Conference held, this year, in Langley. The Conference was wonderful, informative and entertaining.

I have to again thank Glynda Boucher of SI Victoria for all of the work that she did to raise \$1000 for SFC - two recipients won SFC pins and a \$500 tax receipt each.

While on the island, we saw a herd of huge seals sunbathing on a great big floating raft—they were so entertaining we had to get as close as we could and then, bonus, we saw a bunch of jelly fish. You have to remember, I am an Albertan and all of these sights are exciting and interesting to me.

No sooner than we got home and I heard news of fires near Ft. McMurray. I have a daughter who is an RCMP there, so I called to see if she and her family were okay. They were, but by that afternoon, residents were being evacuated north of town and then the same day, south to Edmonton. My Granddaughter Tyla and her children, 5 years old and 2 months old, were among those. They were lucky though, as they stayed with Heather in Edmonton. It was heartwarming to receive emails from SI Edmonton and SI Vancouver regarding donations from WCR Clubs for the Town of Ft. McMurray - there has been so much devastation there, I think it may take years to rebuild. Maybe the possibility of chartering a club there exists.

I look forward to meeting many of you this year in Orlando and hope that you all have been having a wonderful Spring and that you also have a great summer.

Finally, remember to keep on supporting the Soroptimist Foundation of Canada and to make it your charity of choice.

THANK YOU VERY MUCH FOR WHAT EACH AND EVERYONE OF YOU DO.

BJ Gallagher Chair, Soroptimist Foundation of Canada



The WCR Governor with the Soroptimist Foundation of Canada Board and the very special guest speaker Sharon Fisher. This is the first time the SFC AGM was held in conjunction with WCR region retreat. Aline Chan, Anna Der, Heather Rollins, BJ. Gallagher, Sharon Fisher, Sheryl Hopkins, Meta Flemke. Sharon Fisher is the SIA Assistant International Director of Advocacy.



MESSAGE FROM ROSEMARY REID, SIA 2015-2016 PRESIDENT ELECT

Greetings to the Officers and members of the Soroptimist Foundation of Canada.

Unfortunately, due to a meeting in Philadelphia, I'm not able to attend this year's Annual General Meeting in Brantford, On.

I was so pleased that one of the SFC Grant for Women winners was able to attend the Eastern Canada Region conference at the Briars at the end of April. It was a great opportunity for the members to meet and hear the story of one of the women helped through the SFC grants.

You should be very proud of the work you do both locally and globally. Your dedication to improving the lives of women and girls goes beyond the borders of your community. By supporting the Soroptimist Foundation of Canada you are reaching out to help more women and girls pursue their dreams.

The SFC Grants for Women and Club Grants have brought changes to the lives of many women and girls. They were educated, trained and encouraged to pursue a better future. A future that also helps other women and girls reach their full potential.

Thanks to all the members who support SFC and its mission. I would like to take this opportunity to express my sincere thanks to the Board for all of your hard work on behalf of the members of Soroptimist Foundation of Canada.

All the best for a very successful and productive meeting!

By working together we can and will make dreams come true for more women and girls!

RoseMary Reid



RoseMary Reid of Newmarket, Ontario served as SIA's Secretary/Treasurer for 2015-2016. She is currently serving as President Elect. RoseMary will be installed as SIA President at the 44th Biennial Convention in Orlando in July and will assume the Presidency on September 1, 2016. RoseMary is a member of Soroptimist International of York Region, formerly a member of Soroptimist International of Peterborough. She has been a member since 1990. RoseMary has held numerous leadership positions, including Federation Director, Region Governor and Club President. As SIA President Elect, RoseMary also serves as a member of the Soroptimist International Board of Directors.

We are very pleased to have a Canadian serving in SIA. Several of us will be in Orlando to cheer her on at the convention in July 2016. We will be sporting our Red & White!



"When we do the best we can, we never know what miracle is wrought in our life, or in the life of another."

– Helen Keller

American educator Helen Keller overcame the adversity of being blind and deaf to become one of the 20th century's leading humanitarians, as well as co-founder of the American Civil Liberties Union.



MESSAGE FROM WCR GOVERNOR RITA MACKENZIE

Western Canada Region was pleased to host the SFC AGM last fall (2015) at our region retreat. We received positive feedback from the members in attendance, stating they enjoyed the opportunity to learn more about SFC. We welcomed the SFC board to a reception and dinner, both of which were new to our retreat agenda. Meeting each of the board members of the SFC made the foundation a bit more "real" to our members.

I am forever amazed at the woman who win the awards, and at our Foundation, for providing such positive and encouraging support to these women. Western Canada Region is grateful for our foundation and the grants they offer, and for that I encourage all of our members to, in turn, support our Foundation through giving.

My heart truly grows knowing how much we can help each other through programs like the Grants for Women. Congratulations to the SFC board for another great year, and your willingness to take your presentation on the road! No doubt it will increase participation with all Soroptimist members in Canada.

Rita Mackenzie

Governor, Western Canada Region

MESSAGE FROM ECR GOVERNOR, DR. JEAN SKILLMAN



Hello, Soroptimists in Canada!
I am pleased to be your new Governor for the biennium 2016 to 2018. My focus for the biennium is best expressed in the tagline : **FIND YOUR JOY: VOLUNTEER.**
This phrase is beautifully simple, and conveys the message that volunteering will bring joy and happiness, the joy and happiness is what is in it for you, and that there is a search involved in finding this feeling, a personal search. I encourage each of you to find your own meaning in this phrase, and to realize that the gift of

Soroptimist is this joy.

Our membership is a focus as well : we want to retain members and recruit new members. Our current members are a valuable resource, and each woman is precious to this organization, is valued and respected for what she contributes. Members contribute enormous gifts of time, funds, ideas, energy. Sometimes the gift has to be tempered with balance in one's life and I encourage all clubs to support members in finding the balance for themselves. Remember, membership is a joy.

The Soroptimist Foundation of Canada is a joy as well, as it funds women across Canada in post-graduate studies that will benefit women and girls through education. Eastern Canada Region is hosting the Annual General Meeting of the Soroptimist Foundation of Canada on October 22 , 2016. We are excited to have this opportunity to showcase the work of the Soroptimist Foundation of Canada , and to be a partner with the Soroptimist Foundation of Canada on this day. Our clubs are eager to see the workings , and the outcomes of the Soroptimist Foundation of Canada. We are pleased to welcome you this fall.

Jean Skillman

Governor, Eastern Canada Region

WCR HAPPENINGS



ANNA MCLAUHLAN, ACCEPTS THE RED MAPLE LEAF PIN FOR JOYCE ANDERSON, SI GREATER VICTORIA



ANN RILEY, SI COURTENAY, WINNER OF \$500 TAX RECEIPT AND A RED MAPLE LEAF PIN



SI EDMONTON PRESIDENT, JAYNE CARRE PRESENTS CHEQUE FOR \$5000 TO SFC CHAIR, BJ GALLAGHER

SOROPTIMIST FOUNDATION OF CANADA
ANNUAL GENERAL MEETING
Held in conjunction with the
SI EASTERN CANADA REGION MEETING
HOSTED BY SI GRAND ERIE
OCTOBER 22, 2016

AGENDA

BEST WESTERN PLUS - BRANT PARK INN & CONFERENCE CENTRE
19 HOLIDAY DRIVE, BRANTFORD, ONTARIO, N3R 7J4
PHONE (519)753-8652 ext. 142
Toll Free 1-877-341-1234

BEST WESTERN: Room Code: Booking Group is 108539; a traditional room costs \$104.99 + HST.

1. Call to Order and Welcome - Elizabeth (BJ) Gallagher, Chair
2. Introduction of Guest
3. Introduction of Board Members and Special Guests
4. Introduction of Attendees
5. Adoption of Agenda
6. Declaration of a Quorum
7. Appointment of Parliamentarian
8. Approval of Minutes of 2015 Annual General Meeting
9. Business Arising from the Minutes
10. Financial Presentation by RBC DS - Warwick Holland, Portfolio Manager
 - Treasurer's Report - Sheryl Hopkins
 - Report of the Auditor
 - Approval of Financial Statements
 - Appointment of Auditor for 2016 - 2017
11. Presentation of Budget for 2016 - 2017
12. Reports RBC DS - Warwick Holland, Portfolio Manager
 - Chair - Elizabeth (BJ) Gallagher, Chair
 - Grants for Women - Aline Chan
 - Club Grants - Anna Der
13. New Business
14. Date of Next AGM
15. Adjournment

★ ★ ★ *Live Your Dream: Education and Training*
Awards for Women

