



**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 2014

alinchan@rogers.com

2014 Grants for Women Award Winners

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

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



*Amy Johnson, Juris Doctor Candidate 2015, Faculty of Law, University of Windsor
BA (SDS), University of Waterloo.*

Amy Johnson is a full-time law student entering her third year at the University of Windsor. As a survivor of abuse, she has become a driven advocate for those who are unable to advocate for themselves. She has accomplished this all while maintaining a home as a very active and involved single mother of six boys, ages 16, 14, 13, 11, 9, and 7.

Amy was born and raised on a farm in Manitoba. After high school she completed her Legal Assistance Diploma and worked as a legal secretary for several years. During that time she married and started her family. In 2008, after the birth of her last son, she began to pursue her dream of post-secondary education at the University of Waterloo. In 2012 she graduated on the dean's honour list with her degree in Social Development Studies

with a general diploma in Social Work before relocating her family to Windsor and starting law school that fall.

During Amy's marriage, life became increasingly violent. She and her boys suffered years of physical, psychological and financial abuse at the hands of her husband and the children's father. In 2009, after a final violent and life changing incident, Amy and her boys escaped 11 years of terror. Homeless and in hiding pending the outcome of criminal charges against her husband, Amy became even more determined to provide a better future for her family and began picking up the pieces of their broken lives.

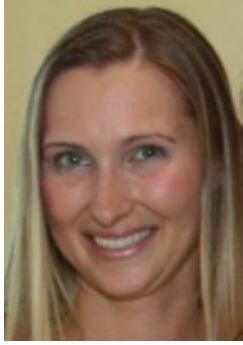
Part of Amy's passion for the law and working with disadvantaged women and children is derived from her very personal history and lived experience. She is devoted to improving the plight of women and children so they can reach equality in law and realize their full potential. By demonstrating the work ethic and desire to achieve her educational goals and contributing to the betterment of society through helping others, Amy inspires people to pursue their own dreams. She also uses her advocacy skills to speak in the community to debunk myths and stereotypes about abuse, women, children and poverty, opening the greater community to a better understanding of these issues, its lasting effect on women and children, and how every decision can have a lasting impact.

Amy continues to pursue her dreams and improve her skills through volunteering with Pro Bono Students Canada's Family Law Project, assisting self-represented litigants navigate a complex legal system with emotionally charged issues. She works at a poverty clinic, Legal Assistance of Windsor, advocating for low-income clients in a variety of tribunal related matters. In 2013, Amy founded a Windsor based charity, Cuddles Clothing for Kids which collects and distributes free children's clothes and other child-related items, to families in need. To date, the charity has assisted over 200 local families and continues to grow.

In the midst of Amy's involvement in her law school, church and community she has remained an active and involved parent in every aspect of her children's lives, which with 6 growing boys is a full-time job for any parent. Her boys are involved in the arts and sports. Amy can always be heard cheering them on from the audience or sidelines. She is well known at both the high school and grade school as a go-to parent. Amy has helped organize a high school career fair, fundraising events and a variety of other school and community related activities.

Amy is far greater than the sum of the misfortune that life has dealt her. She has chosen not to remain a victim but has become ignited in passion and inspired in spirit. Her life's challenges have nurtured particular skills so that she can rise above and advocate for others less able to advocate for themselves. It is Amy's hope that the stone of the negativity of the past, thrown into the pond, will create positive ripples in the lives of those whom she encounters. It is her dream that those who come behind her will find their lost or forgotten dreams and bring them back to life.





Danielle N. Naumann, PhD Candidate, School of Rehabilitation, Faculty of Health Sciences, Queen's University MSc(OT), School of Rehabilitation Therapy, Faculty of Health Sciences, Queen's University B.A. (H) MJM, Psychology, Global Development Studies, Queen's University

Danielle is an Occupational Therapist and PhD Candidate in Rehabilitation Science in the Faculty of Health Sciences, Queen's University at Kingston, Ontario. Her PhD research is focused on developing a Knowledge Translation (KT) tool on Fetal Alcohol Spectrum Disorders (FASD) for use in the primary care environment, using the Actionable Nuggets™ strategy. Her other research interests include: Continuing Health Education (CHE), curriculum design, adult education, memory, Aboriginal issues, disability, and occupational therapy. She is a research assistant in the Office of Continuing Professional Development at Queen's University, where she is collaborating on several projects pertaining to CHE. She is involved in academic instruction as a teaching assistant in the MSc Occupational Therapy program at Queen's and teaches in the Occupational Therapist Assistant program at KLC College, having designed the Occupational Therapy portion of the curriculum. Danielle's clinical specialization is in paediatric Occupational Therapy, with a special interest in the assessment of Autism, FASD, and sensory processing disorders.

Danielle completed her honours undergraduate degree from 2005-2009 in Psychology and Global Development Studies, enrolling as a mature part time student while working in developmental services and as an attendant porter at Hotel Dieu Hospital. Following successful completion of her undergraduate studies, she undertook a professional master's in Occupational Therapy between 2009–2011, and began her Doctorate in Rehabilitation and Disability Studies in 2011. After nearly 9 years of academia as a mature student, Danielle's story embodies the emerging non-traditional approaches to leadership at the level expected of Soroptimist Foundation Grant recipients. She is the eldest of 8 children, and the first of her family to pursue post-secondary education. She currently lives in Kingston, Ontario with her partner, Dave, and their three young children: Luca (7 years), Stella (3 years), and Lexi (6 months).

As a mature woman graduate student, Danielle is acutely aware of the many roles and responsibilities that women hold – and her research aims to help to alleviate some of the stresses that women face in the healthcare system. The outcomes of her research will be a knowledge translation tool that will be used in family physicians' offices in order to educate doctors about the dangers of alcohol use during pregnancy. Alcohol use during pregnancy results in fetal alcohol spectrum disorder (FASD) in affected offspring, a disorder that is currently estimated to affect nearly 5% of the Canadian school-aged population, but is largely missed or misdiagnosed in primary care. In 2009, 30% of Canadian women reported drinking during pregnancy – putting their babies at risk for FASD, and this can be attributed to the fact that 70% of family physicians report needing more knowledge about the effects of alcohol on pregnancy outcomes.

Danielle's non-traditional background has provided her with opportunities for personal growth and leadership that few people in graduate research programs have experienced. As a result, she is well-prepared to pursue a field of research that will contribute to her dedicated service to the healthcare experience of Canadian women of child-bearing age who socially consume alcohol, and their children. As a scholar, she is committed to thoughtful reflection and the creation of new knowledge. As an occupational therapist, she is committed to putting that knowledge into action in order to enable change.

First lady Michelle Obama salutes this poet as an example to all women: Maya Angelou's words 'carried a little black girl to the White House'.

You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive. *Maya Angelou* 1928 -2014

Maya Angelou became a poet and writer after a series of occupations as a young adult, including fry cook, prostitute, night club dancer and performer, cast member of the opera *Porgy and Bess*, coordinator for the Southern Christian Leadership Conference, and journalist in Egypt and Ghana during the days of decolonization. She was an actor, writer, director, and producer of plays, movies, and public television programs. From 1982, she taught at Wake Forest University in Winston-Salem, North Carolina, where she held the first lifetime Reynolds Professorship of American Studies. She was active in the Civil Rights movement, and worked with Martin Luther King, Jr. and Malcolm X.

Notable works: *I Know Why the Caged Bird Sings* and *On the Pulse of Morning*





Kristene Cheung , MA Student, Clinical Psychology, Department of Psychology, Faculty of Graduate Studies, University of Manitoba

Kristene recently completed her first year of her Master’s Degree in the Clinical Psychology Training Program at the University of Manitoba. By enrolling in this program, she is able to combine her two main passions and interests; patient care and research. Her main research interests include family systems, attachment theory, childhood adversity, and developmental psychopathology. Kristene’s Master’s Thesis combines her interest in family systems and developmental psychopathology by examining the association between parental psychopathology in families of children with Attention-Deficit/Hyperactivity Disorder (ADHD).

In addition to her thesis work, Kristene is actively involved in multiple research projects and attributes her strong interest in research to her two main research supervisors, Dr. Jennifer Theule (Department of Psychology, University of Manitoba) and Dr. Tracie Afifi (Department of Community Health Sciences, University of Manitoba). She has worked with Dr. Theule for the past two years as a research volunteer, a Student Research Assistant, and now as a Master’s graduate student. Under the direction of Dr. Theule, she is also the lab coordinator for the Family and Developmental Psychopathology Lab at the University of Manitoba. Within the lab, Kristene has acted as a mentor to the undergraduate students and will be supervising a Psychology undergraduate student’s honour’s thesis in the upcoming academic year. She also works as a Student Research Assistant under the direction of Dr. Afifi in the *Manitoba Population Mental Health Research Group*. Recently, Kristene co-authored the first nationally representative study on child abuse in Canada, a project lead by Dr. Afifi.

While her passion for research in psychology and epidemiology has developed through academia, Kristene’s interest and overall passion for mental health and patient care originated from her volunteer experience at the Victoria General Hospital in Winnipeg, Manitoba. She currently volunteers in the recreation-based activity program within the Mental Health Program and has had the opportunity to work with two amazing recreation coordinators, Vi Stoesz and Clayton Carriere. This program runs a variety of interactive activities, such as cooking, arts and crafts, bowling, bingo, and gardening in the summer. The hands-on experience she has obtained in this program has increased her interest and practical knowledge of mental health, which goes far beyond what is attainable in a classroom setting alone. Volunteering in this program has also provided her with a greater appreciation and understanding of mental health and she has since solidified her intention to pursue a career in this field. In addition to volunteering and assisting with research, she has also worked for the Attachment Network of Manitoba, the Department of Psychology as a Teaching Assistant, and as a Student Office Assistant at the Psychological Service Centre at the University of Manitoba.

As a future Clinical Psychologist, Kristene hopes to be involved in the community, as well as practice in a clinical setting. At the community level, she hopes to promote mental health within the community, to bring about public awareness of mental health issues, and to be a part of the movement to reduce the stigma surrounding mental disorders. She also hopes to be able to continue conducting research pertaining to women and family issues, as well as work with women and families by providing clinical services through the use of empirically based psychotherapeutic interventions. After the completion of her Master’s Degree, Kristene intends to continue in the program as a full-time PhD student. Upon graduation, she plans to spend the majority of her professional career in Canada.

Kristene would also like to thank Dr. Melanie Glenwright (Department of Psychology, University of Manitoba) for introducing her to research and Tamara Taillieu (Department of Applied Health Sciences, University of Manitoba) for her mentorship and support.

◇ We extend our deepest sympathy to Board member, Sheryl Hopkins, who recently lost her mother.

◇ Our condolences to retiring Board member, Sarah Phillips, on the loss of her husband.

**SOROPTIMIST FOUNDATION
OF CANADA DAY**

FEBRUARY 6

Soroptimist Foundation of Canada

ANNUAL GENERAL MEETING

October 25, 2014

Hilton Winnipeg Airport Suites

Winnipeg, MB Phone 1-204-783-1700



**Kate Salters**

PhD Student, Faculty of Health Sciences, Simon Fraser University

MPH, Faculty of Health Sciences, Simon Fraser University

B.A. (Honours), Department of Community Health Sciences, Brock University

Kate Salters began her PhD in the Faculty of Health Sciences at Simon Fraser University (SFU) in September 2013. Her PhD project aims to examine the social, physical and environmental barriers to accessing sexual and reproductive health care among women living with HIV in Canada. Her project will be in collaboration with the Canadian HIV Women's Sexual and Reproductive Health Cohort Study (study acronym: CHIWOS; study website: www.chiwos.ca), a multi-site, longitudinal, community-based research project enrolling over 1,500 women living with HIV in British Columbia, Ontario and Québec. Research has demonstrated that women living with HIV face gender barriers to HIV and other health care services and that many women may benefit from women-centred services that would more fully address their unique needs in a supportive, inclusive, and accessible manner. Kate will work closely with the CHIWOS team to look at contraceptive use, access to family planning services and other sexual and reproductive health outcomes among a sample of women living with HIV. Kate will use quantitative spatial epidemiological methods involving geographic information systems technology to answer her research questions. Her work is strongly grounded in Critical Feminist theory and guided by Social Determinants of Health framework.

Kate completed her Master of Public Health (MPH) degree at SFU as a means of building the knowledge and skills necessary to be an active contributor in the field of women's sexual and reproductive health. Kate completed her MPH project in the southern-most point in Madagascar in a town called Fort Dauphin. Her work in Madagascar focused primarily on evaluating a peer-led HIV education program in collaboration with a local Malagasy non-governmental organization. Following this, Kate joined the Epidemiology and Population Health program at the British Columbia Centre for Excellence in HIV/AIDS (BC-CfE) working on several qualitative and quantitative HIV research projects. She continues to work part-time at the BC-CfE during her doctoral studies. Her work has been published in 11 peer-reviewed journals and presented at multiple national and international conferences. She is a co-investigator of several ongoing epidemiological studies and works with several ongoing community projects including the Pacific AIDS Network Community-Based Research group and the Gathering of Spirits: Canadian Women, Trans People and Girls' HIV Research Collaborative.

Kate is also the Sessional Instructor for the Faculty of Health Sciences' only undergraduate sexual health course. With over 180 students enrolled each semester, this course is an important platform to deliver evidence-based gender and sexual health information to a diverse group of students. Kate has developed a curriculum that is comprehensive, inclusive and sex-positive with a strong emphasis on addressing issues of sexual oppression, sexual violence and gender diversity. She is particularly interested in educating and working with young women and creating a comfortable space for dialogue around sexual health, sexual satisfaction and safety.

Kate intends to pursue a career in Canada specifically in the field of women's health and HIV/AIDS working for and with women. She hopes to create a program of meaningful research and practice that adequately and appropriately addresses the most pressing issues facing women in Canada in the field of sexual and reproductive health and HIV. In addition, she hopes to continue teaching and being an advocate for women's sexual and reproductive health and rights.

Relevant recent publications include:

1. Borwein, **Salters**, et al., *High rates of lifetime and recent violence observed among harder-to-reach women living with HIV*. *AIDS Care*, 2014. **26**(5): p. 587-94.
2. Puskas, Forrest, Parashar, **Salters**, et al., *Women and vulnerability to HAART non-adherence: a literature review of treatment adherence by gender from 2000 to 2011*. *Curr HIV/AIDS Rep*, 2011. **8**(4): p. 277-87.
3. Wang, **Salters**, et al., *Women's Health Care Utilization among Harder-to-Reach HIV-Infected Women ever on Antiretroviral Therapy in British Columbia*. *AIDS Res Treat*. **2012**: p. 560361.



WESTERN CANADA REGION

81 ANNUAL SPRING CONFERENCE, MAY 2014

I was excited, as always, to attend the WCR Spring Conference hosted this year by SI Abbotsford/Mission. It was lovely to be able to catch up with everyone whom I had not seen for a while. The Conference was well attended and lots of fun and information was shared by all. Governor Dana Martin knows how to throw a party!



SFC Chair BJ Gallagher and Past WCR Governor, Carell Wingrave

WCR Governor-Elect is Heather Rollins from BC.

Donor recognition pins were presented to Dianne Ness, Lorill Wingrave, Sarah Phillips, Colleen Penrowly, BJ Gallagher, Robin Armitage, and Beverley Lowsley. Certificates were presented to SI Clubs that had not received theirs at the SFC AGM in October 2013.

SFC was pleased to be able to accept a cheque for \$5,000.00 from SI Edmonton. Thank you, SI Edmonton, and to our many contributors.



BJ Gallagher, SFC Chair; Ching Shin, President, SI Vancouver and Sue Riney, SIA Fund Raising Council

BJ Gallagher, SFC Chair

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 September 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>

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

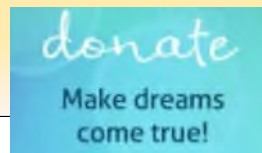
2455 Cunningham Blvd

Peterborough ON K9H 0B2

OR DIRECT-MAIL DONATIONS

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!

Thank you!



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 2014 – 2015**

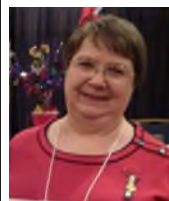
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chair@soroptimistfoundation.ca

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 Rosedale AB T0T 2V0
 780-689-1091
 Club - SI Edmonton



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treasurer@soroptimistfoundation.ca

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 Club: SI Peterborough



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 Club: SI Edmonton

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 Club: SI Guelph



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 8502 - 80 Avenue, Edmonton, AB T6C 0T3
 780-465-7753
 Club: SI Edmonton

MESSAGE FROM THE FOUNDATION CHAIR

SOROPTIMIST
Best for Women

Gold & Pearls - Celebrating the 50th Anniversary of SFC

On November 16th, 2013 SI Vancouver and past SFC Chair Cora Salvador hosted a Gala at the Floral Hall, VanDusen Gardens in Vancouver. The Floral Hall is a lovely old building full of character and was a terrific venue for the event. SI Vancouver's members and some of their spouses came early and spent the day transforming the large room into a glittery wonderland of gold and white and pearls. The music was lovely and the tables sparkled with flowers and pearls, the food was delicious and the evening was enjoyed by all.

The program contained a message from Premier Christy Clark.

Present were Senator Mobina Jaffer, SIA Program Chair Sharon Fisher, SI WCR Governor Dana Martin, past SFC Chair Cora Salvador and Ed Salvador, SI Vancouver President Ching, Miss Grace Chan, Mezzo Soprano accompanied by Leona Griffin pianist, RBC Investment councillors Warwick Holland and Lisa Holland, SFC Grants for Women award winner (2011) Raven Bowen, Alex and I along with about 70 other guests. Master of Ceremonies Karen Blunderfield did a great job and kept things lively and entertaining.

Raven Bowen was a wonderful guest and reminded me of what a great need SFC fills in this vast country of ours - she has recently begun a career with Simon Fraser University and it looks like she is off to a successful career - she is such a warm, friendly, lovely individual and it was a pleasure to be able to meet her.

I was particularly touched by the speech given by WCR Governor Dana Martin:

Madeline Albright said, 'Real leadership comes from the quiet nudging of an inner voice. It comes from realizing that the time has come to move beyond waiting to doing.'

And that is exactly what happened 50 years ago when a group of bold women stopped talking and rolled up their sleeves and went to work to put together the Soroptimist Foundation of Canada. From its humble startup with donations of \$4,125.00 to its current funds of approximately \$1.3 million SFC has much to be proud of.

The foundation believes in the principle that they can make a difference in the lives of women and girls. Over these past years, SFC has empowered women by consistently advocating for women's rights, equality, and by providing educational funding for women.

We know that when a woman is educated, we empower her. Her children and her family will be better off. If families prosper, cities and towns flourish, and eventually, so does the whole country. SFC has not only changed lives but their work has changed the course our nations.

We heard, in a previous issue of Cornerstone, from Raven Brown. She said that receiving the SFC Educational Grant was life changing for her. Here is what Lauren Payne the 2009 Soroptimist Grant recipient, had to say about the impact of receiving the SFC educational grant.

'I am humbled to read biographies of past and recent winners. Reflecting on the breadth of advocacy efforts women across Canada are engaging in through academia, one certainly looks to the future with excitement.

The Soroptimist Foundation of Canada, through its Foundation grants, highlights the importance of higher-level education as a tool for change at both the community and societal levels. The significant support the Foundation provides to its awardees not only alleviates some of the financial burden inherent in the pursuit of further education, but also sends a message to women in academia that our communities recognize the importance of the work we do.

As a Master's of Public Health student at Simon Fraser University, the support from the Soroptimist Grant allowed me to spend time engaging with communities in Northern Ontario, in order to ultimately create a birth model at the Sioux Lookout Meno Ya Win health centre that meets each community's needs. I was able to pursue course work that pushed my boundaries, challenged my patterns of thought, and instilled in me a new way of approaching inequity as it pertained to public health issues. Now finishing a degree in medicine, I will be continuing my work in public and community health and adding a clinical component to my work through family medicine. My goals remain centered on looking for new ways to improve the health of Canadian women through better primary and reproductive health care. I now have the tools to approach both broad scale systems challenges as well as the population health challenges of my local community. The encouragement and support of the Soroptimist Foundation of Canada was certainly integral to getting to where I am now.

Education gives us the tools and expertise we need to truly affect change in the lives of other women. Through the Foundation's grants and national network of support, you in part enable us to achieve our educational goals and thereby encourage progress and positive change in our communities. For this and the other great work you do, I cannot thank you enough.' - Lauren Payne.

BJ Gallagher



GRANTS FOR WOMEN UPDATE

Grants for Women deadline was January 31, 2014. We received 45 applications for Western Canada and 218 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 and Chairperson of the 2014 Quilt Show. Roseline also served as one of our French translators.

**DONORS FOR 2013-2014
RECOGNITION PINS PRESENTED AT
ECR SPRING CONFERENCE
HOSTED BY HAMILTON—BURLINGTON
MAY 2-4, 2014**

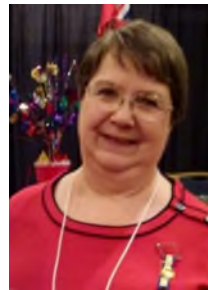
ECR	WCR
Gold	Gold
Bonnie Domonchuk	Dianne Ness
Silver	Silver
Corinne Rivers	Lorill Wingrave
Dianne Nielsen	Sarah Phillips
	Colleen Penrowly
Red	Red
Jean Banks	BJ Gallagher
Elizabeth Kitchen	Robin Armitage
Julaine Palmer	Beverly Lowsley
Maureen Pammett	
Sheryl Hopkins	

WELCOME ABOARD!

Due to the resignations of Sarah Phillips and Lori Roblesky, we had to fill two positions on the SFC Board. We were sorry to see Sarah and Lori leave and thank them for their years of hard work. We welcome two very experienced SI members into the team, Anna and Meta. They come with a wealth of experience.



ANNA DER is a member of WCR, SI Edmonton since 2007. Anna has held the positions of Vice President and President and has attended SI International Convention in Montreal, SIA Convention in Hawaii, Region Conferences and WCR leadership Training sessions. Anna is owner of Der Promotions and is a Certified Fund Raising Executive (CFRE). Anna has worked most recently with Seniors and Persons with Disabilities.



META FLEMKE joined Soroptimist in 1982 and is a WCR, SI Edmonton member. Meta has held all positions in the club and most noteworthy was her work as Club Treasurer for many consecutive years and as consultant when others held the position. Meta has been a Government of Alberta employee in various departments for most of her working life. She is presently working for Alberta Health Services in Professional Development Funding.

EASTERN CANADA SPRING CONFERENCE
SOROPTIMIST FOUNDATION OF CANADA, SHERYL HOPKINS, TREASURER, SFC



SFC would like to thank SI Peterborough for its continued strong support of the Soroptimist Foundation of Canada. On Foundation Day, back in February 2014, a total of \$560.10 was collected at the club level. Many members have contributed and received red, silver or gold pins in appreciation of their level of contribution (\$500 /\$1000 /or \$2500).

Recipients of SFC Donation pins from Soroptimist Foundation of Canada at the Regional Spring Conference were:

Sheryl Hopkins (treasurer of SFC), Dianne Nielsen , Jean Banks (her sister accepting), Elizabeth Kitchen, Corinne Rivers, and Bonnie Domonchuk.

Julaine Palmer and Maureen Pammett will be presented with their pins at the SI Peterborough meeting.

The fabulous ECR conference was hosted by SI Hamilton-Burlington. Incoming President is Donna Keating.

ECR Leadership Training: June 20, 21 at Conestoga College.



Brooke Gordon, SI DAF
 Winner of SI Peterborough's basket



Aleks and Judy Dickson, ECR UN Chair

(Pictures courtesy of SI Peterborough)

THE RED PASHMINA CAMPAIGN by TANNA EDWARDS



SI Peterborough club members (May 2014) are sporting a number of red pashminas purchased from the Red Pashmina Campaign. Maryam Monsef (Red Pashmina Campaign) and Kyla Gutsche (Business Woman of the Year-2013) visited the club and spoke about the history of this campaign, Maryam's own personal story that brings the passion to the project and their challenges for the future. The Red Pashmina Campaign was created by Trent University students and funds raised were donated to Canadian Women 4 Women Afghanistan. At its inception, a CIDA (Canadian International Development Agency) grant matched funds

raised. The Red Pashmina Campaign is a community success story and aligns well with SI's vision of improving the lives of women and girls through programs that lead to social and economic empowerment. The Red Pashmina Campaign is at an important crossroad, and the club was offered a number of options as to how they might support them as they determine their next steps. See: www.redpashmina.com

As you can see by our club photo, several of us have the red pashmina (which costs \$20), and some of us still need to get one. We thought this would be an economical and lovely way to support an initiative that dovetails beautifully with the Soroptimist mission. We'd be striking together for Friendship Night at the 2014 SIA Convention. Tanna will be bringing some to the Convention to sell.

Tanna Edwards, President, Soroptimist International of Peterborough.

CLUB GRANTS

With the help of SFC Club Grants many Soroptimist Clubs in Canada have been supported in administering programs to help educate and increase self esteem in hundreds of Canadian young women and girls through their Club's programs.

SI Central Alberta reported doubling participants from last year to this year in their Girl's Forum Program and that should help to contribute to new members in the future, as well they increased recognition of SOROPTIMIST and of SI Central Alberta Club due to a radio interview done promoting their program.

SI Winnipeg with their Girls Self Esteem Forum received a heartwarming letter from one of their participants mom's:

Hi Doreen,

I wish you could see my daughter Tatiana now! While she still struggles like any other 10 yr old with image; her understanding and acceptance that media pushes stereotypes on girls is much clearer.

Tatiana has learned to take control of her anxieties and self esteem, she is now a 2nd degree brown belt in karate AND plays Girls Tackle Football. Manitoba has the only girls tackle football league, and it has truly allowed her to embrace non-traditional sports AND be proud of it. Last night we stopped at Sobeys while she was still in football equipment...she took on every curious look with a smile!

I wanted to share that Dove's self esteem workshops really do work. We often refer back to what she learned and I want to say thank you for making a difference in my girl!

(SI Winnipeg used the Dove self esteem workshop materials in their program)

As members of the SFC Board we are proud of each of our SI Clubs in Canada, of the support that you each give to SFC and of all the great work you do to further the lives of women and girls in Canada and of the part that we are able to play through you.

Remember, Club Grant applications for 2014-2015 must be received by September 30, 2014 and grant winners will be announced at our Annual General Meeting held in Winnipeg, MB on October 25th, 2014.

Elizabeth Gallagher (BJ), Club Grants gallagherbj17@gmail.com

TREASURER'S CORNER**Balance Reporting - Balance Summary Report**

SHERYL HOPKINS, TREASURER

SOROPTIMIST FOUNDATION OF CANADA

Report Creation Date: Jun 04, 2014 05:30:48 PM ET



Report Date: **Jun 03, 2014**

Account Type	Account	Currency	Balance
BUS DEP	Operating-ROYAL BANK OF CANADA-05600-1029966	CAD	630.39
BUS DEP	Endowment General-ROYAL BANK OF CANADA-05600-1029974	CAD	24,722.40
BUS DEP	SOROPTIMIST FOUNDATI-ROYAL BANK OF CANADA--4516070007927835	CAD	0.0

Comments from the Treasurer

Last October 2013 we handed a cheque to Warwick Holland, our investment manager, for \$30,000. We now have almost \$25,000 in the endowment account, which are monies donated since that date. It has been a very successful year for raising money. Our expenses have been kept to a minimum and are less than the budgeted amounts for the fiscal year July 1, 2013 to June 2014.

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

CHAIR'S REMARKS

"Empower a girl and she'll change the world for everyone around her." This is a quote from *Because I am a Girl* website. 51 years ago, the Soroptimist Foundation of Canada was established to provide bursaries, scholarships and fellowships to Canadian students and Canadian schools, colleges and universities for the advancement of education and in particular to further the appreciation of social needs, the study of community, national, and international problems, the study of education and educational method; to provide Canadian grants for research and recognition of achievement in the advancement of education; to provide financial assistance for the advancement of educational projects or charitable organizations in Canada because the women instrumental in setting up SFC knew the power of education and how it could change the status of women.

Through the dedication and support of many Canadian Soroptimist over the last 51 years the funds held in perpetuity by the SFC have grown from \$4125 to \$1.4 million dollars.

The Foundation uses only the interest from these funds to provide Club Grants to a maximum of seven Canadian Soroptimist Clubs yearly. Club Grants must be applied for by September 30th each year and are to be used by each club to provide programs that will provide educational programs for women and /or girls that will help them to be the best they could be by developing their abilities, self esteem, and their awareness so that they can reach their full potential.

Previous SFC boards organized the workings of the Foundation to establish Grants for Women and through this program. Each year, SFC offers 4 Grants for Women: two to WCR and two to ECR. Those women applying must be attending accredited Canadian Universities in the year that they apply, be Canadian citizens and enrolled in either a full-time Masters or PhD program that will qualify them for careers which will improve the lives of women and girls.

"Girls also have the power to transform not only their own lives but also those of their families and communities. If girls stay in school and understand how to protect their rights and choose what to do with their bodies, they earn more, they marry later, they have healthier children and become leaders, entrepreneurs and advocates."

This quote is by:

Valerie Amos
UN Under Secretary-General
For Humanitarian Affairs &
Emergency Relief Coordinator

It is also said that for every extra year a girl stays in school, her income can increase by 15 - 25% and that if 10% more girls attend school, a country's gross domestic product increases by an average of 3%.

Here are a few more statistics regarding the state of women in the world.

1. 70% of the 1 billion people living in extreme poverty are women and girls.
2. Girls are 3 times more likely to be malnourished than boys.
3. Globally 65 million girls do not attend primary or secondary school.

It is clear to me and should be clear to all of you that the foresight of the Soroptimist members that worked so tirelessly to develop the SFC back in 1963, although not aware of these statistics at that time, knew just how important education was to women. The 151 women funded by SFC over the last 51 years and the \$895,000.00 spent by SFC to fund those Canadian grant winners was money well spent. That money has certainly gone to help improve the situation of women and girls in Canada and through many of those winners, women in other parts of the world have also been helped, and through each and every one of those women their families and communities as a whole have been improved.

I would like to thank each and every one of you for continuing to make the Soroptimist Foundation of Canada your charity of choice, with your support we will be able to continue helping Canadian Women to attain their educational goals to be the best that they can be.

Elizabeth Gallagher (BJ)
Chair, Soroptimist Foundation of Canada

THE SOROPTIMIST INTERNATIONAL OF VANCOUVER held a gala in November 2013, to celebrate SFC's 50th Anniversary. The fund-raising event was spear-headed by Cora Salvador, immediate Past President of SFC. Cora and Eileen Stanbury are on the SFC Fundraising Committee. Approximately \$3150 was raised for the SFC.

SPECIAL GUEST SOROPTIMISTS:

Dana Martin, Governor, Western Canada Region (S.I. Tri-Cities)
Sharon Fisher, SIA Federation Program Director (S.I. Langley)

CORPORATE SPONSOR:

RBC Dominion Securities, RBC Wealth Management,
Lisa & Warwick Holland



SOROPTIMIST FOUNDATION OF CANADA
50th ANNIVERSARY
Floral Hall – VanDusen Botanical Garden
5251 Oak Street, Vancouver
November 16, 2013

HOSTED BY:
SOROPTIMIST INTERNATIONAL OF VANCOUVER



A Message from the Premier

As Premier of the Province of British Columbia, it is my pleasure to welcome everyone attending tonight's "Gold & Pearls" event, celebrating the 50th Anniversary of the Soroptimist Foundation of Canada.

This is indeed a great milestone and a wonderful opportunity to look back on all the accomplishments of your organization over the years. The work that has been done is truly incredible and has had a tremendous impact on the lives of women and girls both locally and internationally.

The fundraising efforts of the Soroptimist Foundation have provided countless opportunities for women to gain access to education. With this, they are able to confidently and courageously improve their own lives and in turn go on to help others. The initiatives taken and charities supported have helped improve the lives of not only women and girls, but everyone in our local and global community by fostering empowerment of women and promoting human rights.

I would like to commend everyone involved with the Soroptimist International of Vancouver for organizing this celebration and thank you for the invaluable work you do. Please accept my best wishes for continued success and a wonderful evening.

Sincerely,

Christy Clark
Premier

