



SOROPTIMIST  
FOUNDATION  
OF  
CANADA

# CORNERSTONE

Volume 11, Number 1

April 2006



## CLUB RECOGNITION AWARDS RED STAR CERTIFICATES



### THE BEGINNING



**Back Row:** Colleen Einarson, SI Winnipeg; Helen Hugh, SI Chilliwack; Flo Grant, SFC Chair, SI White Rock; Bonnie Domonchuk, ECR Treasurer, SI Cambridge; Margaret Wootton, SFC Secretary, SI Courtenay; Nancy Crosley, SI Banff National Park; Louise Dickman, SI the Langleys.

**Front Row:** RoseMary Reid, SIA Board, SI Peterborough; Margaret MacRae, ECR Governor Elect, SI Hamilton-Burlington; Sharon Fisher, WCR Governor, SI the Langleys.

Club Recognition Awards were presented for the first time at our AGM in October 2005.

The following clubs were recognized with "RED STAR CERTIFICATES" for club donations of over \$100.00 to SFC. These donations were for the fiscal year of July 1, 2004 to June 30, 2005.

The clubs were:

In ECR: SI Cambridge  
SI Dundas/Ancaster/Flamborough  
SI Haldimand-Norfolk  
SI Hamilton-Burlington  
SI Humber/Credit Valleys/Brampton (mail)  
SI Peterborough  
SI Stoney Creek-Niagara  
SI Thunder Bay  
SI Toronto

In WCR: SI Banff National Park  
SI Chilliwack  
SI Greater Victoria  
SI North & West Vancouver  
SI Osoyoos  
SI The Langleys  
SI Winnipeg.

**A BIG THANK-YOU FROM ALL SOROPTIMISTS OF CANADA.  
YOUR GENEROSITY IS WHAT HELPS US ON THE SFC "MISSION FOR A MILLION".**

*See over for how this Award will be growing in 2006!*

**AWARDS ARE GROWING!**

At the next AGM (October 2006) clubs will be receiving certificates for total donations in the following amounts.

The certificates will cover the fiscal period of July 2005 to June 2006.

**Please remember we are on the "Mission for a Million".**

The criteria for certificates and club recognition by SFC shall be:

**\$100.00 to \$200.00** club donation will receive a **Red** Star Certificate

**\$201.00 to \$500.00** club donation will receive a **Bronze** Star Certificate

**\$501.00 to \$1000.00** club donation will receive a **Silver** Star Certificate

**\$1001.00 to \$2000.00** club donation will receive a **Gold** Star Certificate

**\$2001.00 and over** club donation will receive a **Platinum** Star Certificate.

Remember to send your donations in by June 30, 2006.

Charity begins at home.

Thank you for your continued support.

Flo Grant



**SOROPTIMIST  
FOUNDATION OF CANADA**

Yes, I will donate to the Soroptimist Foundation of Canada

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

I have attached a cheque in the amount of \$\_\_\_\_\_.

- This is a one-time donation
- This is quarterly donation
- This is a monthly donation

This donation is in the honour of \_\_\_\_\_

This donation is in the memory of \_\_\_\_\_

Mail this donation card to: Soroptimist Foundation of Canada, c/o 501-470 George St. S., Peterborough, ON, K9J 3E4

Registration #119156594RT001

## MISSION FOR A MILLION CONTINUES

Last spring, we launched our *Mission for a Million Campaign*.

I would like to say **Thank You** for the wonderful support we have received so far this year. To the end of February 2006, The Soroptimist Foundation of Canada has received **\$17,247.39**, which is an increase of nearly \$1,400 over the same time period last year. The total amount is split almost equally between personal and club donations.

We have received many donations in memory of Soroptimists and other loved ones that have passed away. In fact, Memorial donations this year total over **\$6,400**. Honouring a special occasion in the life of a club, a club member or a friend has also been significant with about **\$1,600** received honouring an anniversary, birthday, retirement or other such special occasion.

All of your donations are deposited into our Endowment Fund. Only the interest from this money can be used for our awards. In other words, the more we receive, the more interest we have to do the important things for women and girls across Canada. Our 4 Grants for Women amount to **\$30,000** and we have a budget of **\$5,000** for supporting club events such as the "Best for Women Day" being presented by S.I. Haldimand-Norfolk and the "Mom Did You Know?" Conference to be hosted by S.I. North & West Vancouver this year.

Our financial picture at the end of February 2006 is as follows:  
 Total value of our Endowment Fund is **\$907,561.90**  
 with an investment yield of **5.3%**

This is still **\$92,348.10** away from our goal, but with your support, we will keep "chipping away" at it.

Dianne Hutchison

## MAPLE LEAF PINS

Your SFC recognizes personal accumulated donations with our Maple Leaf Awards. At our 2005 AGM last October nine pins were awarded:



**Gold Pins for reaching \$2,500.00 to:**

- **Jean Skillman** S.I. Cambridge ECR
- **Anne Goulet** S.I. Banff National Park WCR



**Silver Pins for reaching \$1,000.00 to:**

- **Joyce Fee** S.I. Peterborough ECR
- **Alison Sanders** S.I. Cambridge ECR
- **Jean Hird** S.I. Winnipeg WCR
- **Flo Grant** S.I. White Rock WCR



**Red Pins for reaching \$500.00 to:**

- **Joan Dube** S.I. Stoney Creek Niagara ECR
- **Margaret MacRae** S.I. Hamilton Burlington ECR
- **Donna Rediger** S.I. Calgary WCR

These Pins are our way of recognizing and thanking individuals for their generous support to the Foundation.

## TWO NEW GOLD MAPLE LEAF AWARD RECIPIENTS

### JEAN SKILLMAN, MD – A COMMITTED SOROPTIMIST CHAMPION

Jean's Soroptimist contribution started 25 years ago as a charter member of SI Cambridge in 1981. Each decade her Soroptimist contribution has grown.

In the eighties she held many club positions as Director, Secretary, Vice President and President. Then it was on to the Eastern Canada Region where she was Region Board Director and Chair of the Environment Committee.

In 1990 she was still on the Region Board moving to Region United Nations Committee member and chair. The Canadian national level beckoned so Jean became a Board member of the SFC.

Reminiscing about her first time on the SFC Board, 1992-1996, she remembers administering the Grants for Women at a time when over 300 applications were received Canada wide as the criteria allowed undergraduates to apply. This load became impossible to manage so the requirements were tightened to women studying at the MA and PhD levels for 2 four year terms.



Highlights from her years as SFC chair, 1999-2003 include:

- Continuing the midyear SFC Board meetings at one of the two Region Spring Conferences
- Introducing MSN for monthly board meetings electronically
- Encouraging clubs to suggest another project for SFC beyond the Grants for Women
- Raising the Red Maple Leaf Award donation from \$250 to \$500 and making the donations cumulative rather than by biennium
- Editing the Cornerstone
- Holding a summer SFC Board meeting when there was a big changeover of officers

Internationally Jean has attended SIA Conventions in Toronto and Anaheim, California plus the SI Convention in Nottingham, England. She also was present at the post-Beijing Summit for Women in New York City in 1998. Turkish Soroptimist sisters welcomed Jean, the adventurous traveller, when she visited Istanbul during 2005. A return trip is planned for May 2006 for their golden jubilee.

Being a true Soroptimist Jean is currently exhibiting her talents internationally as the ECR representative to the SIA Program Council. But she has not forgotten her roots as she has just completed a four-year commitment as chair of SI Cambridge's Domestic Violence Committee. She worked tirelessly with the committee to refurbish a recreation room in Haven House, the local women's shelter, including a Soroptimist Club Grant for Women and Girls for \$5,000 USD in 2005.

Throughout the years Jean has been a regular financial contributor to the SFC earning her Red Maple Leaf pin in 1998, moving to Silver in 2000 and culminating in the highest category, Gold, in 2005. The SFC is certainly richer for Jean's dedicated and generous contributions through actions and finances.

Are Jean's contributions in life just Soroptimist? Absolutely not! She has been a family doctor in Cambridge since 1973 coordinating a busy group practice for 2,400 patients. With her partner Bill Nickling Jean has 4 children and 4 grandchildren. She and Bill love adventurous canoeing on white water rivers, RVing and golfing.

Jean is an ardent Soroptimist. She is always professional, yet she is also personable, hard working, tenacious, caring and fun. She is a woman committed to Soroptimist and improving the lives of other people, particularly women.

Three cheers for Jean – she is indeed a very good Soroptimist friend!

Alison Sanders

## ANNE GOULET – SOROPTIMIST CHEERLEADER

Anne Goulet and her husband Gerry have made Banff their home since the 70s. They have two children and one grandson and family is the major focus of their life.

Supporting the kids at school and in the community kept Anne and Gerry busy for many years. As owners of Bow Valley Basics, an office supply store, Anne and Gerry know almost everyone in Banff and have supported every community program in town. Recently, they have taken a much-deserved retirement and are enjoying travels in their new motorhome.

Anne is an active participant in life – family, friends, sports, community events – she greets them all with a passion for learning and giving. Her positive attitude and compassion for others has made a significant difference in the lives of those around her.



In addition to her roles as mother, wife, businesswoman and now, grandmother, Anne has been a vital part of SI/Banff National Park for many years. While not one to take the limelight role as president, Anne has been the backbone of the club in her roles as treasurer and as part of our major annual fundraiser. Her tireless energy, unwavering commitment and ready smile have made her a highly valued member of our club. Her counsel, wisdom and business acumen have enhanced the work of our club and the experience of our members.

As treasurer of the SFC, Anne was an enthusiastic cheerleader for the cause and continued to educate our members about the important work of the SFC. Raising awareness about the Foundation became a personal challenge and one that she met with her many skills, talents and resources.

Anne Goulet is an exceptional individual and one whom many are honoured to call friend and Soroptimist colleague.

Yvonne Machuk

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## HOW TO STAY YOUNG

Throw out nonessential numbers.  
This includes age, weight and height.  
Let the doctors worry about them. That is why you pay “them”.

Keep only cheerful friends.  
The grouches pull you down.

Keep learning.  
Learn more about the computer, crafts, gardening, whatever.  
Never let the brain idle. “An idle mind is the devil’s workshop.”  
And the devil’s name is Alzheimer’s.

Enjoy the simple things.

Laugh often, long and loud.  
Laugh until you gasp for breath.

The tears happen.  
Endure, grieve and move on.  
The only person who is with us our whole life is  
ourselves.  
Be ALIVE while you are alive.

Surround yourself with what you love,  
Whether its family, pets, keepsakes, music, plants,  
hobbies, whatever.  
Your home is your refuge.

Cherish your health.  
If it is good, preserve it.  
If it is unstable, improve it.  
If it is beyond what you can improve, get help.

Don’t take guilt trips.  
Take a trip to the mall,  
Even to the next county, to a foreign country  
But NOT to where the guilt is.

Tell the people you love that you love them  
At every opportunity.

AND ALWAYS REMEMBER:  
Life is not measured by the number of breaths we  
take  
But by the moments that take your breath away.  
We all need to live life to its fullest each day!

## 2006 SFC AGM

Great new location!

### THE CLARION HOTEL AND SUITES

1445 PORTAGE AVE

OCTOBER 27-28, 2006

Book the date on your calendar!

#### FEATURES

5 minutes from downtown & international airport  
with complimentary airport shuttle

Immediately beside Polo Park  
Winnipeg's largest shopping centre

Free parking

Includes a fitness centre, indoor water park  
and Urban Oasis Mineral Spa

If you want to know more about the  
hotel you will find it on the web  
[www.clarionhotelwinnipeg.com](http://www.clarionhotelwinnipeg.com)



#### GREAT NEWS!

### "BEST FOR WOMEN AND GIRLS EVENT" IS MOVING FROM BEING A PILOT PROJECT TO AN ESTABLISHED PROGRAM

Our pilot project went through another refinement at the 2005 SFC AGM.

A motion was passed unanimously that,

"The Soroptimist Foundation of Canada amend the policy of a club only having two opportunities to receive funding for the Best for Women conferences. Funding allocation to be at the discretion of the Board".

So a club can receive financial support more than twice based on need and available funds, at the discretion of the Board.

SFC is now preparing to move this pilot project to an established program. This requires formal approval by the clubs, so the Board will be submitting the complete written information about the new program to every member club in April 2006 in order that it can be considered at the 2006 AGM in October. At that meeting appropriate time shall be provided for full discussion. When the question is put, the body may approve, disapprove or direct that additional study is undertaken or amendments made and brought back to a future meeting for consideration.

**Be sure to attend the SFC 2006 AGM  
As history is made!**

## BEST FOR WOMEN AND GIRLS EVENTS

We are moving from a pilot project to an established program in the SFC, with the following criteria:

- ◆ The SFC will endorse educational events for women and/or girls that will help them be the best that they can be.
- ◆ A Business Plan will be submitted requesting funding support. It will include detailed plans for the event and a balanced budget.
- ◆ SFC will provide financial support up to \$1,000 a fiscal year based on need and available funds, at the discretion of the SFC Board. New initiatives will be given priority.
- ◆ Community partners will provide support utilizing local resources.
- ◆ The SFC's sponsorship will be acknowledged and publicized.
- ◆ A full report will be submitted within 2 months after the event.

### Examples of Possible Events

Mother/Daughter Forums  
Women's Day  
Career Day  
Sandwich Generation  
Elder Abuse Symposium

### Process

Plan an event to benefit women and/or girls  
Apply to SFC for funding by email  
When approved receive up to \$1,000 from SFC  
Hold your event, acknowledging SFC support  
Write a report to SFC about how it went.



### Benefits

Soroptimist awareness will be increased in your community  
Club membership will hopefully be increased

Club members will benefit from a hands-on activity  
They will be kept current about social issues, especially those directly affecting women and girls.

Funds raised by SFC will return to our communities.  
Increased knowledge of the Foundation will increase donations

This will be a unifying project for all Canadian clubs as we pool ideas, resources and successes

We will be supporting the Renaissance Campaign

Freud's basic view was that every woman was a square peg trying to fit into a round hole. It did not occur to him that it might be less destructive to change the shape of the holes rather than to knock all the corners off.

Eve Gifes, 1970

## GRANTS FOR WOMEN HOW DO WE DO IT?

Grants for Women began in 1982 when the SFC AGM passed a motion “that Grants of \$5,000 each be established for the 1982-4 biennium for the purpose of furthering the training or education of women who are preparing for a profession or occupation which deals directly with helping other women.” The program has continued since then with grant amounts increasing to \$7,500 in 2001.

The SFC Board of Directors established procedures for the Grants.

### ***Grant Managers***

Two directors on the SFC Board manage the Grants for their part of Canada, west or east of the Manitoba-Ontario border. One of these managers also manages the final judging, with the job alternating each year between the west and east.

The Board determines the number of grants to be awarded each year, in keeping with the financial situation of SFC and as provided in the budget.

### ***University Contacts***

The Grant Managers distribute a letter and poster to every member institution of the Association of Universities and Colleges in Canada (AUCC) explaining the grant process and requesting publicity through the university networks.

### ***Application Form***

The Grants for Women application form is available in English and French on the web [www.soroptimistfoundation.ca](http://www.soroptimistfoundation.ca). An applicant may apply in English or French, with translation for the French applications provided to the judges.

Candidates must use the form for the current year as it is revised each year. All applications and required additional material must be mailed to the Grant Managers postmarked no later than January 31.

### ***Eligibility***

To be eligible an applicant must be:

- A female
- A Canadian citizen or landed immigrant
- An accepted registrant in a graduate studies program (Masters or PhD) or professional program at a similar level (medicine, law) in an accredited Canadian university, at the time of the application deadline
- Pursuing a course of studies that will lead to a career mainly of service to women
- Intending to spend a minimum of two years in such a career in Canada
- Intending to use the award for academic studies in the academic year following receipt of it
- Contributing to her community through volunteer service
- Needing financial assistance.



Nadia Roberts, 2005 Western Grants for Women winner  
with  
Gail Kunkel, 2005 Eastern Grants for Women winner.

## **Judging**

Three Soroptimists are named by each Grant Manager to judge all applications from her part of Canada and select ten finalists. A meeting of the judges is called to compare their final scores and negotiate an agreement on the top ten applicants.

One Grants Manager, rotating between the west and east, administers the final judging of the top twenty applications by three non-Soroptimist judges. The applications are distributed to these judges from one section of the country without any indication of their relative standing in the area judging, followed by those from the other half of the country. Currently there are four winners each year, two from the west and two from the east.

## **Notification of Winners**

Once the final selections are made, the Grant Manager contacts the university of the winners to verify their registration and good standing at that institution.

The successful candidates are then notified by May 31. All must sign a Consent form to allow the Soroptimist Foundation of Canada to publish information about the winners. Cheques are mailed out and they are announced on the SFC website.

Alison Sanders

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## **MEET THE JUDGES!**

In 2005 Western Canada administered the non-Soroptimist finalist judging for the Grants for Women. Here are the talented, gifted and caring women who contributed their time to pick the winners.

**Margaret Landstrom** earned an Honour BA in English Language and Literature and an MA in Communication Studies. She is currently Director of Learning and Development for the Children's and Women's Health Centre of B.C. Margaret has held many administrative positions at York University, the University of Windsor and UBC. Her work involves instructional design and program development of degree and certificate programs. She has also developed and delivered non-credit programs in communications, intercultural studies, applied science and health.

**Sheilagh Sparks** obtained her BA in History, Queens University and her Bachelor of Laws 1983 University of Ottawa. She works at North Shore Law with an emphasis on family law, family mediation, wills and estates. Sheilagh is active in many non-profit, organizations: the Bowen Conservancy, the Bowen Radio Cooperative, Island Pacific School, Childhaven International and the Lifelong Learning Society. She is the accompanist for the Bowen Community Choir and the Penryhn Music Academy.

**Dr. Janice Thompson** has her BA University of Victoria and PhD University of Ottawa. She is an associate professor in the Faculty of Education at Simon Fraser University. Janice, who teaches both undergraduate and graduate courses, is a registered psychologist and a certified practitioner/supervisor of emotion focused marital therapy. She is coordinator of the Masters Program in Counselling Psychology. Janice's research interests and published works focus on women's depression in the context of their romantic relationships and on counselling and psychotherapy. She is the single mother of a 7-year-old daughter and she recently mounted her first solo exhibition as a painter.

Jean Violette

## **SFC BOARD SUCCESSION**

**Nominations will be out Jan. 2007 for  
Election of  
2 new Board members from Eastern Canada  
1 new Board member from Western Canada  
Who start in July 2007 for 4 years**

### **NOTE**

The Bylaws call for 5 Board members  
Three from one part of the country and two from the other.  
This is the switch over year going  
from 3 in the West to 2 and  
from 2 in the East to 3

In addition  
2 current Board members stay on for one more year until July 2008  
Jean Violette, SI North & West Vancouver  
Dianne Hutchison, SI Peterborough

**TIME TO PUT YOUR THINKING CAPS ON  
FOR NOMINATIONS**

!

## **MORE ABOUT YOLANDA**

### *ELLE MAGAZINE "SMART" GIRL CONTEST WINNER*



Yolanda Butt a SFC Grants for Women winner in 2001 recently won the "Are You the Smart Girl" contest for Elle magazine. She appeared on the cover of the December 2005 issue of the magazine, a first for an Asian or a doctor.

Elle Magazine described Yolanda as "one-of-a-kind, authentic, independent, creative, passionate, optimistic, dynamic and hip" woman. The Elle contest, launched in March 2005, was designed to find not a fashion model, but a woman who personifies the Smart Set brand, with her own unique style, intelligence and personality. Many thanks to all the Soroptimists who went on line to vote for Yolanda.

Yolanda is a recent graduate in medicine at UBC and is now in her Obstetrics and Gynecology residency at the University of Toronto. It is her desire to take some broadcasting courses towards her dream of hosting a television show or column on women's and youth health. In recognition of her win, Smart Set awarded Yolanda \$10,000, which she intends on using to realize her life's aim and achieve her goal.

Congratulations Yolanda!

Alison Sanders