



SOROPTIMIST
FOUNDATION
OF
CANADA

CORNERSTONE

Volume 9, number 1

April 2004

WELCOME TO NEW SFC BOARD MEMBERS

FLO GRANT – CHAIR

Flo has been a member of SI of White Rock, B.C. since 1991, where she was Treasurer and then resident, before moving to Secretary of Western Canada Region. She is currently a Customs Superintendent for Canada Border Agency. Flo looks forward to seeing members at the SIA Convention in Calgary and encourages members to attend the SFC AGM in Winnipeg.

MARGARET WOOTTON – SECRETARY

Before her retirement Margaret worked for 32 years in public health in rural and semi-rural B.C. She joined SI of Courtenay, B.C. in 1985 where she has held numerous positions, including President and Director. For the WCR she was SOLT chair and is now UN chair. Margaret has attended 4 SIA and 4 SI

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Left to right: Margaret Wootton, Alison Sanders, Flo Grant, Shobha Ahuja, Jean Farquharson (Photo F. Francis)

MOTHERS' CONFERENCE NEW SFC GRANT PROPOSAL

SI of the Langleys presented a new grant proposal, the Mothers' Conference, to the SFC 2002 AGM. They proposed a full day conference for mothers and caregivers of teen-aged girls to provide tools and community resources to deal with issues facing adolescent girls. The SFC unanimously granted them \$1,000 as seed money towards their conference. The SI of The Langleys conference (May 2003) turned into a community event and was success far

beyond their expectations. In September the B.C. provincial government presented the club with the 2003 Provincial Service Club Community Safety and Crime Prevention Award in recognition of an outstanding contribution toward community safety and crime prevention.

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AND THE WINNERS OF THE GRANTS FOR WOMEN 2003 ARE...

URSULA JASIOBEDZA

On completion of her Masters in Clinical Psychology of Concordia University, Ursula plans to commence her doctoral studies in the same field at Concordia or York University.

She intends to focus on issues affecting child, adolescent and adult female populations. She has found that gender differences of depression in girls do not appear until adolescence when they are socialized to adopt the 'feminine' role. Girls and women face greater societal disapproval for aggression and independence than do boys and men.

CHAU PHAM

Chau will fulfill her dream of becoming a doctor, after battling incredible odds, when she graduates from the University of Manitoba in June 2005. Born in Vietnam, one of the world's poorest countries, Chau escaped Vietnam authorities in the middle of the night at the age of five, with some relatives but no parents. Food ran out on the high seas but they finally arrived in a United Nations Camp in Thailand where she was diagnosed with tuberculosis. She recovered due to good medical care and she began her dream of becoming a doctor.

Imagine the shock of arriving in Winnipeg, unable to speak a word of English, walking to school in unimaginable weather and being teased by children about her name.

In 1993, with five Canadian friends she formed "Canadians Helping Kids in Vietnam Inc." after visiting her homeland and witnessing the terrible living conditions.

JENNIFER MERVYN

Jennifer's Master's thesis is titled "The Critical Incidents That Help People Make the Permanent Transition Off the Street". This fits her life, as she was able to turn her life around after spending her adolescence on the streets. Her Life's goal is to explore her situation so she can give some answers back to her community.

One reference for the SFC grants wrote, "Jennifer is pre-eminently qualified through her personal experience and professional training to be a wonderful resource for enhancing the lives of women. Her work on ways that people move away from life in the streets is both inspirational and fundamentally practical.

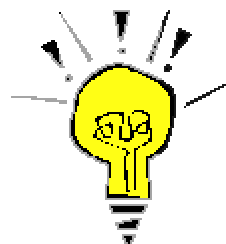
Jennifer plans to complete her Ph.D. in Counseling Psychology at the University of British Columbia in 2005.

ALEKSANDRA ZECEVIC

Considering that women make up 73% of the elderly population, Aleksandra's research on fall prevention is beneficial. She plans to investigate gait data and apply a model of dynamic systems to explain the complexity of physiological processes behind fall occurrences in the elderly. Aleksandra grew up in Bosnia and Herzegovina, immigrating to Canada in 1994, and becoming a Canadian citizen.

Pursuing her research ambitions has been a challenge as she left the work force in her thirties with resultant financial constraints.

At the University of Western Ontario she pursued graduate studies until 1997, followed by two years as a research assistant. She has now commenced her doctorate in Kinesiology at UWO specializing in fall prevention for older adults.



CONGRATULATIONS!

FROM THE SOROPTIMIST FOUNDATION OF CANADA
WE ARE PROUD OF YOU!

NEW SFC BOARD MEMBERS

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Conventions. She is a strong believer in the importance of the SFC Grants for Women as the candidates are conducting exciting research at the post-graduate level that will benefit women.

SHOBHA AHUJA – TREASURER

Shobha is well qualified to be SFC treasurer as she is a certified financial planner. She recently joined SI of Dundas/Ancaster/Flamborough, Ontario in 2001 and has been their PR Chair.

ALISON SANDERS – GRANTS FOR WOMEN EASTERN CANADA

Alison joined SI of Cambridge, Ontario in 1995, where she has been Treasurer and President. She is the UN chair for the Eastern Canada Region. Professionally she has retired as a social worker and is a Returning Officer for Elections Ontario. Alison is keen to build up the finances of SFC so that there will be funds for the Grants for Women and Mothers' Conferences.

MOTHERS' CONFERENCE

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Congratulations SI of The Langleys!

Now the challenge is for other clubs to hold similar Mothers Conferences in order to make this a signature project for all Soroptimist clubs across Canada with the backing of SFC.

Benefits of Mothers' Conferences

For **local clubs** this will create a better awareness of Soroptimist in your community and hopefully increase your membership.

For **individual club members** Mothers' Conferences will keep you current with social issues, especially those directly affecting women and children. They can have a positive impact on all our lives.

Mothers' conferences can become a unifying project for **Soroptimist Clubs in Canada** as we pool our ideas, resources and successes.

They will generate more interest in the **Soroptimist Foundation of Canada** and increase donations to the foundation.

The conferences fit the **Soroptimist International of the America's** Programs of Service: Education through Awareness and SOLT (Soroptimist Orientation & Leadership Training).

Soroptimists Do Make a Difference!

This year SI of The Langleys will hold their second conference on May 29, 2004. SI of Kamloops has

taken up the challenge and will hold their first Mothers' Conference on May 8, 2004. Both clubs will receive "seed money" from SFC. Clubs that are considering a Mothers' Conference in 2004-5 are requested to submit a business plan to the SFC Board before the AGM in October 2004, for consideration of seed money.

**CANADIAN
SOROPTIMISTS**

We hope to see you at the

**SIA Convention
in Calgary
August 4 - 7**

and

**Soroptimist Foundation
of Canada
Annual General Meeting
in Winnipeg
October 22 - 23**

To contact the Board members of
Sorooptimist Foundation of Canada

INVESTMENT REPORT

Income from investments	
For the year end June 30, 2003	
	\$48,258
Donations for the year	
	\$39,785
Total fund June 30, 2003	
	\$874,014
Average rate of yield	
	5.66%

Chair

Flo Grant

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**All donations are recorded and
forwarded to:**

Sorooptimist Foundation of Canada
c/o TD Private Client Group, Estates and
Trusts
17th Floor, 201 Portage Avenue
Winnipeg, Manitoba, R3B 3N5

To be invested on behalf of Sorooptimists of
Canada for SFC



Yes, I will donate to the Sorooptimist Foundation of Canada



**SOROPTIMIST
FOUNDATION OF CANADA**

Name: _____ Club: SI

Address: _____

I have attached a cheque in the amount of \$ _____, or

Charge my Visa credit card # _____ in the amount of \$ _____

Card expiry date: _____ Signature: _____

Phone Number: _____ Email Address: _____

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

Mail this donation form to SFC Treasurer, Shobha Ahuja, 38 Bluebell Cres., Ancaster, ON, L9K 1G4
Registration #119156594RT001

'SEE LESS OF ME' CAMPAIGN

We have a win-win SFC fundraising campaign!

**Sue Gilbert is collecting pledges to help her lose weight.
SFC will receive her pledge money.
Your pledge will mean an income tax break for you.**

Let me explain!



Sue Gilbert at SFC AGM 2003
(Photo F. Francis)

Sue Gilbert, the President of SI Stoney Creek/Niagara needs to lose weight – up to 00 lbs. As she puts it, “I want all Soroptimists to ‘see less of me’ by October”. Her doctor is supportive of the way Sue plans to lose weight with a very strict food intake and regulated exercise. Sue takes full responsibility for the amount of weight she will lose and will accept the weight loss that her body will tolerate.

So where do Soroptimists and SFC fit it?

Sue needs the support and inspiration of her fellow Soroptimists in order to lose the weight that will lead to her being healthier. She has a contract with the SFC Board that she will exercise 30 minutes a day and by October 2004 she hopes to lose 50 lbs.

Sue is asking Soroptimists across Canada to pledge money for her weight loss with the proceeds going to the Foundation. Members who fill out a pledge can offer a certain amount of money per pound loss (i.e. \$1.00) up to ones own maximum or pay a set amount of money for her efforts. Your financial contribution will provide you with a charitable tax receipt, thus reducing your income tax payable, in most cases.

So, Sue wins, the SFC wins and so do you!



SOROPTIMIST FOUNDATION OF CANADA FUNDRAISIER

'SEE LESS OF ME' CAMPAIGN



PLEDGE FORM

SPONSOR INFORMATION

Name: _____

Address: _____

City, Province: _____ Postal Code: _____

CLUB INFORMATION

Club Name: SI of _____ Region: _____

Club Contact Person: _____ Telephone: _____

PLEDGE: \$ / Pound _____ to a maximum of \$ _____ or flat contribution of \$ _____

SIGNATURE OF SPONSOR: _____ Date: _____

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Collected \$ _____ Date: _____

