



SOROPTIMIST  
FOUNDATION  
OF  
CANADA

# CORNERSTONE

Volume 8, number 1

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## CAMPAIGN TRIM A BIG SUCCESS

### HALPRIN'S HAIR \$10,000

**M**egan Halprin of Soroptimist International of Vancouver generously volunteered to have her hair shorn, at a rate of \$500 per inch, to benefit the Soroptimist Foundation of Canada and the Canadian Cancer Society. Delegates to the Annual General Meeting of the Soroptimist Foundation of Canada brought pledges and donations to the meeting held in Winnipeg on October 26, 2002. Megan's hair was officially measured at 18 inches in length. Until 12:00 on October 26, Megan did not know the amount of money raised, and did not know how much hair was to be lost. When she returned from the noon break with only one half inch of hair on her head, the delegates cheered



loudly, as just over \$10,000 had been raised, and a long braid of hair was sent off to the Canadian Cancer Society. The Soroptimist Foundation of Canada is most grateful and appreciative of the imagination, daring, and commitment of Megan to this new and innovative (for us) fundraiser. It is the most fun this editor has had raising money for good causes.

#### Investment report

Income from investments  
for the year end June 30, 2002  
\$47,758

Donations for the year  
\$20,338

Total fund as at June 30, 2002  
\$840,166

Average rate of yield  
5.8%

# MAPLE LEAF AWARD

Every two years, donors to the Soroptimist Foundation of Canada are recognized with Maple Leaf Award pins. Red pins are given for donations over \$500, silver pins for donations over \$1,000, and gold pins for donations over \$2,500. Since the AGM of October 2001, donations may be accumulated beginning July 1, 2000. The new pin recipients are listed below.



## RED MAPLE LEAF PINS

Joyce Anderson, SI Victoria  
Marg Baxter, SI Calgary  
Margaret Chambers, SI Toronto  
Maria Demkowich, SI Dundas Ancaster  
Marion Geisler, SI Thunder Bay  
Emily Gilmour, SI Calgary  
Anne Goulet, SI Banff  
Megan Halprin, SI Vancouver  
Jean Hird, SI Winnipeg  
Evelyn Hohmann, SI the Langley's  
Jacaline Homych, SI the Tricities  
Dianne Hutchison, SI Peterborough  
Janneke Lewis, SI NW Vancouver  
Lorraine McLeod, SI Toronto  
Dianne Ness, SI Calgary  
Hannelore Nyman, SI Dundas Ancaster  
Mary O'Rourke, SI Thunder Bay  
Rose Mary Reid, SI Peterborough  
Alison Sanders, SI Cambridge  
Betty Secord, SI Saskatoon  
Jean Skillman, SI Cambridge  
Maxine Tenander, SI Thunder Bay  
Victoria Wilhelmsen, SI the Langley's

## SILVER MAPLE LEAF PINS

Marion Cavasin, SI Hamilton  
Linda Penton, SI Calgary

**The Board thanks *all* the donors, named or not, for your donations to the SFC.**

**They are essential as the SFC continues to award Grants for Women, and to consider new projects.**

# WINNERS OF SOROPTIMIST FOUNDATION OF CANADA "GRANTS FOR WOMEN", 2002

**LUCILLE ROSSITER**, originally from St. John's, Newfoundland, completed her undergraduate degree at Acadia University and has pursued graduate work in Clinical Psychology at the University of Regina, Saskatchewan.

During her graduate training, she had the opportunity to be involved with various projects investigating women's issues, including work with the Canadian Military. This experience was invaluable as it provided her an opportunity to learn about the treatment of women in male dominated occupations and the hurdles that women must overcome to reach their professional goals.

One of Lucille's clinical areas of interest is in the prevention and intervention of eating disorders. She completed a clinical practicum at an eating disorders clinic in Newfoundland, working with women with anorexia and bulimia.

Her current dissertation is in the area of familial functioning and Fetal Alcohol Syndrome (FAS). Her research will explore the psychological

effects of having a child with FAS on the parents/guardians and siblings of children with FAS in natural, adoptive and foster care families.

Lucille Rossiter spoke at the AGM in October 2002. A 31 year old from Newfoundland, she was refreshing as she recounted her research, and told us about herself. She spoke about her fetal alcohol research and about her research on how to integrate women into submarine service. She was a warm speaker, who now lives on the prairie and misses her home: "Oh my heavens, where is my water and rock!" She said, "Your organization is inspirational and I commend all of you for your philanthropy and continued support of feminist issues." She left us with words from her mother:

"Love is that condition in the human experience so profound that it allows one to survive and better than that to survive with passion and compassion and style. I treasure the love of family, a priceless gift of comfort and courage."

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**ALISON BELL** after several years of intense personal, professional and academic preparation, in May of 2001, began a Masters degree in Counseling Psychology at the University of British Columbia. She is continually intrigued and compelled by human nature, and the way that people feel, behave and interact with their environment - with the people around them and also their cultural surroundings. It is this intense curiosity, and a desire to help people as they struggle with this interaction, which has led her to pursue Counseling Psychology as a profession.

Her desire to work with and contribute to the lives of individuals is reflected in her many years of community volunteer experience. She has coached BC Special Olympics for the past 10 years, an experience that has taught her to appreciate the unrelenting spirit, courage, determination and integrity of those faced with

challenges. Over the past two and a half years she has also had the opportunity to work with the Simon Fraser University crisis line as a volunteer. Immediately after training, she was asked to assume the position as coordinator of the line, a position she continues to hold.

The study of Disordered Eating is another of Alison's passions. She says that this is a struggle that is prevalent among both adolescent and adult women. She intends to commit herself both personally and professionally to counseling, psycho-education and prevention in this field.

Alison's greatest accomplishment and most significant life experience, however, is that of being the single mother of her four-year-old son, Evan. She confidently feels that fulfilling her own potential will contribute to her life and character as well as to his well being.

**ROBIN KIRKPATRICK** is enrolled in a Master of Social Work Distance Education Program, focusing on the area of women's abuse.

Previously, Robin worked in the area of child welfare, where she saw a high incidence of family violence and the oppression of women. Working in the Children's Residential Unit, she witnessed several foster home placement breakdowns because of the aggressive nature of the children in care, who had lived with family violence.

The Master of Social Work program has broadened Robin's opportunities, to allow her to work at the Community Mental Health Center, where she works on the Acute Team, mostly with women in crisis. The women she works with often express feelings of hopelessness to the point of wanting to end their lives, which prompts

her to focus in a counseling process which seeks out their strengths and abilities, resulting, in her own words, " I greatly enjoy my work at the Community Mental Health Center and find it very rewarding to assist women in crisis."

Robin and a fellow student were greatly concerned with high incidence of family violence and jointly completed their field placement in this area. It was determined, through their research, that there were no treatment groups for children, who had witnessed family violence, in the Greater Saint John area. To sustain long-term change for the children and create a process of empowerment, a parent component was also developed to enable the parents to learn the same information as the children, and to reinforce that learning at home. Hence, the family violence treatment program, "New Beginnings" was born.

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**HOLLY CORMIER** is a third year doctoral student registered in the Counseling Psychology program at the Ontario Institute for Studies in Education (OISE) at the University of Toronto.

She is currently in the pursuit of establishing a career in counseling psychology and specializing in areas relating to women's mental health. It has been through her own experiences and struggles during adolescence and childhood that she came to recognize the crucial nature of work in areas of women's mental health. Having battled with issues such as anorexia nervosa, sexual abuse, a gradual loss of self esteem, a loss of a sense of self, power and agency, she has a unique and emotionally connected insight into the urgencies that face many females in today's society.

Since she progressed from her Master's to the Ph.D. Program, her dedication to this field has only intensified. Her interests have been well nurtured by the faculty as well as the social and

academic climate at OISE, especially by her doctoral advisor, Dr. Nive Piran, who has continued to influence, nurture and groom her for a career in the field of women's mental health. She engaged her in a very frustrating and painful process, to develop a dissertation topic that was original and genuine to her. "This process", Holly says, " in many ways marks a crucial beginning in my own personal journey and self-exploration of my struggle with my sense of a loss of inner voice, which leads to serious and long-term mental health problems such as eating disorders, depression, anxiety and poor self-esteem".

Through her course work, clinical internships and personal experience she has cultivated skill, passion and dedication in the pursuit of becoming a registered psychologist for licensed practice within Ontario.

## ARCHIVES

Hannelore Nyman and Jean Skillman visited the provincial archives of Manitoba to view our past records. Jean Hird and Nell Ramsay have spent many hours with volumes of records from members and from past boards to put together a box of carefully ordered and preserved documents for the Soroptimist Foundation of Canada. We were awestruck by the sense of historical perspective. The Archives building and rooms themselves are awe-inspiring. We were required to wear cotton gloves to touch the documents, had to use pencil to make notes, not pen, and had to sharpen our pencil in another room. The results of our research will be shared with clubs in the material for Soroptimist Foundation of Canada Day.

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## THE ART OF GIVING

Heather Rollins of SI Chilliwack, a professional fundraiser, talked to the delegates about how to make people feel good about charitable donations. The top two motivators are compassion to people in need, and wanting to help a cause in which the donor personally believes. The most effective kind of asking is personal and face to face. You will see some of her ideas and strategies put into action by the SFC.

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## OPEN THE WINDOW

Included in this edition is a page for the fundraiser for the rest of the year, "Open the Window to Opportunity". As Soroptimists, please support your Canadian charity, and receive a tax deductible receipt for your donation. Deadline for donations is June 30, 2003.

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## NEW PROJECT

For several years, the SFC has encouraged clubs to develop new ideas for project funding from the SFC. The Grants for Women is a great project, but does not interest all clubs. SI of the Langley's responded to SFC with a proposal for a program called "Mothers' Conferences", which grew out of their involvement with a British Columbia school program called "The Grade Seven Girls' Conference". SI of the Langley's recognized a natural link between their members and mothers. They visualized that Soroptimists can make a big difference with a Mothers' Conference.

SI of the Langley's will sponsor and host their local 2003 Mothers' Conference on May 31, 2003. At the conference, mothers will learn to look after themselves as caregivers so they can deal with their child's emotional development more effectively. Workshops will be designed to assist mothers to work with their daughters to build confidence, self-esteem, and work toward establishing a cultural climate where girls' talents are appreciated and flourish. The young girls of today are the future mothers, nurturers, teachers, politicians, decision-makers, and leaders of the next generation.

The project can:

- raise Soroptimist's profile
- give hands on involvement for a club
- make the community notice Soroptimist
- increase donations to SFC
- encourage donations from corporate sponsors
- stop anyone from saying "a Soropta what?"

The SFC voted unanimously to give \$1,000 to SI of the Langley's towards the 2003 Mothers' Conference. The Langley's will report back on their experience, and share their procedures. Any club wishing to try their own Mothers' Conference may want to contact:

Evelyn Hohmann, 604 534-6885

[hohmann@telus.net](mailto:hohmann@telus.net)

Noreen Straker, 604 888-9409

[noreensr@shaw.ca](mailto:noreensr@shaw.ca)

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