



SOROPTIMIST  
FOUNDATION  
OF  
CANADA

# CORNERSTONE

Volume 9, Number 2

October 2004

## TRIBUTE TO SOROPTIMIST ROLE MODELS OUR HATS OFF TO:

### MARGARET WOLSTENHOLME



Soroptimist International of Peterborough lost its most senior member in January 2003. A local newspaper article in 1995, after her 90<sup>th</sup> birthday went in part “When Margaret Wolstenholme joined the Soroptimists in 1945, a service club for executive women, she was an ink soaked accountant for the war housing department in Peterborough”. The article went on to say that “by making \$35.00 a week she was definitely an executive. Back in the ‘40s that much money made her one of the highest paid girls in town.”

In the late ‘50s and ‘60s when the Peterborough club was making mincemeat by the ton, Markie (as she was fondly called) not only helped to make it, but she also took on the huge task of keeping track of the finances. Her accounting skills were a great asset to the club. Margaret enjoyed attending conferences and often talked about the wonderful times traveling to conventions. Miss Wolstenholme was interested in Soroptimist activities long after she was able to take an active part in the club. She was Peterborough’s senior member, not only in age, but also in years of membership and she was the club’s

first life member. In her words, “I have wonderful memories, I have great friends in all the members”.

It is very fitting that in her estate she generously remembered the Soroptimist Foundation of Canada with a bequest of over \$24,000.00. The SFC is very grateful for this wonderful gift. She is missed.

Dianne Hutchison

*See page 7 for Tribute to Enid Ross*

## INVESTMENT REPORT

Income from investments  
To June 30, 2004  
\$51,652

Total fund to June 30, 2004  
\$878,913

Donations for the year  
\$27,325

Average Rate of Yield  
5.6%

**WE ONLY NEED TO RAISE \$121,087.00 IN ORDER  
TO BRING SFC TO \$1,000,000  
WE ARE NEARLY THERE!  
LET'S DO IT SOON!!!**

**MANY THANKS TO OUR NEW  
MAPLE LEAF WINNERS**  
Since July 2004

Anne Goulet  
Jean Violette  
Marian Williams

**SILVER \$1,000**  
SI Banff National Park  
SI North & West Vancouver  
SI Calgary

Ann Hambridge

**RED \$500**  
SI Calgary



**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

## 'SEE LESS OF ME' CAMPAIGN

The year is up! Now is the time to support Sue in her "See Less of Me" campaign that will benefit her and the Foundation.

This has been a tough year for Sue. She has followed a strict food intake and has exercised regularly. She even walked 26 km for the Canadian Cancer Society.

Unfortunately the pounds have not come off the way Sue and all her Soroptimist cheerleaders hoped. However she has lost 15 lbs – so let's celebrate.

Please make a donation to the SFC for Sue's tremendous effort on her own behalf – and we benefit too! All pledges will be welcome – either a certain amount of money per pound loss or a set amount of money for her efforts.

Sue and the Soroptimist Foundation of Canada need 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: \_\_\_\_\_

.....  
Collected \$ \_\_\_\_\_ Date: \_\_\_\_\_

## 2004 GRANTS FOR WOMEN AWARD WINNERS

### CATHERINE KRASNIK



Catherine took a year off from her studies to become a doctor in order to complete her PhD in Behavioural Neuroscience and Psychiatry, both at McMaster University. She wants to understand and appreciate the relationship between the brain and behaviour. Her family life was marred by domestic violence, alcoholism, abuse and depression. This upbringing instilled in her a sense of perseverance, the courage to change her life and the hope to impact the lives of other women.

As she began to study psychiatric medications in medicine, she realized that many of the current pharmacological treatments for psychiatric illness are ineffective. These medications can have quite detrimental effects on the brain and have long-term consequences such as potentially causing Parkinson's disease.

Catherine (31) has realistic concerns about repaying her debt load that will rise to \$85,000 by the end of 2004. She is the primary care giver to mother who lives with her and has congestive heart failure.

The SFC Grant will allow her to conduct highly relevant research that will advance an understanding of the pathogenesis and treatment of women's mental health issues. One of her professors described Catherine as an unusually gifted student with a real prospect of playing a leadership role in women's health.

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### TOBI LUBINSKY



Tobi (27) has always been interested in the mysterious and complex nature of the biological, genetic and social basis of behaviour. Her academic interest was increased when her grandmother began to suffer from memory difficulties. This led her to work towards a Masters and now PhD in Clinical Neuropsychology at York University to further explore cognition and psychopathology particularly in aging women's populations.

The term Mild Cognitive Impairment (MCI) is used for the transitional state between normal cognitive aging and Alzheimer's disease (AD). Women are twice as afflicted with AD as men and are less likely to seek medical treatment at the onset than men. Accurate identification of women at the earliest possible stage of this transition is critical. Tobi's ultimate goal is to build a research program that further expands our current understanding of the mechanisms underlying memory in women and to

educate women worldwide on these finding.

Tobi, the oldest of 4 siblings, lives on her own in downtown Toronto and holds 2 jobs in order to alleviate the financial burden on her family. With no government funding her educational costs exceed her yearly income quite substantially.

Her referees consider Tobi to be a budding scientist. She consistently relates to people in a compassionate and caring manner showing a maturity and level headiness unusual for her age.

## JULIA SHINABA



Julia (46) is a single mother of 2 boys ages 21 and 16. She had a struggle to be accepted as a mature student with advance standing in Canada because she could not obtain up to date, official transcripts from her university in Nigeria, due to civil unrest. As an exceptional student she has recently been accepted into doctoral studies as she completes her MA in Leadership Studies at the University of Victoria.

Julia's focus is on providing empowerment programs and supporting the rights of women, particularly of colour, as an advocate. She has dealt with racism, gender discrimination, harassment, equity, poverty, and family law issues of major concern to women. She uses an anti-oppressive approach of inclusion in her work, validating women's pain and concerns and helping strengthen their resolve to make a difference.

She is dedicated to improving the lives of women less fortunate than herself in her native Nigeria and here in Canada.

As a single parent and full time student Julia is struggling to survive, with a \$60,000 outstanding student loan. She has found that the Grants for Women Award has been a "turnaround" in her life. She was deliberating whether to give up or just obtain more student loans and get more frustrated. The Award gave her hope and motivation to forge ahead in her academic work.

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## LISA VAN BRUGGEN



Having completed her MA in Clinical Psychology Lisa (26) plans to complete her PhD in June, 2007 at the University of Victoria. Her research is in child maltreatment, family violence and other forms of trauma. Lisa has found that childhood sexual and psychological abuse experiences are associated with decreased feelings of sexual self-esteem and an increased risk for sexual re-victimization in early adulthood. Her research results suggest several practical avenues for prevention of future victimization.

After completing her Doctoral degree, Lisa looks forward to becoming a competent and ethical Clinical Psychologist in the community. While she plans to stay involved in research her focus will be on carrying out therapy with girls and women who have experienced interpersonal traumas such as child sexual abuse and sexual violence within intimate relationships. She wants to help individuals understand and cope with past and present sexual violence.

Lisa's professors find her to be warm, energetic with a combination of critical thinking skills and compassion. She shows great promise as a therapist. Lisa is thrilled to receive an SFC Grants for Women. "This grant has allowed me to focus more on my studies and has given me a more balanced life during the university year. The Foundation fulfills an inspiring role, helping and mentoring women."

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If you wish to be in contact with any of the winners please e-mail Alison Sanders at [rsanders@sentex.net](mailto:rsanders@sentex.net)

## **SOROPTIMIST FOUNDATION OF CANADA BOARD MEMBERS CONTACT LIST**

Chair: **Flo Grant**  
SI of White Rock  
Floracat@telus.net

Secretary: **Margaret Wootton**  
SI of Courtenay  
mjwootton@shaw.ca

Treasurer: **Dianne Hutchison**  
SI of Peterborough  
dhutchison@sympatico.ca

### **Directors of Grants for Women Awards**

Eastern Canada:  
**Alison Sanders**  
SI of Cambridge  
rsanders@sentex.net

Western Canada:  
**Jean Violette**  
SI of North & West Vancouver  
jeanviolette@shaw.ca

## **There Have Been Some Changes To The Board**

### **We welcome:**

#### **Dianne Hutchison**

Dianne is a long standing, 20 year, member of SI Peterborough. She chaired most of the club's committees and served as President 1992-4. From 1996-2000 she was a Director of Eastern Canada Region, first as Chair of Communications, then as Secretary. She has attended Soroptimist Foundation of Canada AGMs, SIA Conventions and three SI Conventions. Dianne has retired from General Electric Canada where she worked in Finance for many years. She believes that the SFC is a worthwhile program that should be maintained.

#### **Jean Violette**

Jean started her Soroptimist membership in 1987 in SI Burnaby where she was Vice President and President during her 4.5 year stay. She then transferred to SI of North and West Vancouver where she has led workshops, and chaired many club projects. For Western Canada Region Jean has been the Regional Chair of Training Awards Program for Single Moms and Secretary. She has attended all but one of the regional conferences in her 17 years as a member. Professionally Jean is a director of a wholesale jewellery business in management, motivation and development of staff. She is interested in people and supporting effective interaction.

### **We say thank you and farewell to retiring Board members:**

#### **Jean Farquharson**

Jean was the Western Canada Grants for Women Director for four years. During that time she was the grant manager several times for the final selection of the winners across Canada. She is very proud of the sixteen wonderful winners during her term. Retirement does not mean relaxation, as she is very busy running her successful Bed and Breakfast and supporting SI Courtenay.

#### **Shobha Ahuja**

Shobha, SI Dundas/Ancaster/Flamborough, successfully filled a vacancy on the Board as Treasurer for one year. Her financial planning expertise was put to good use benefiting SFC.

Tribute To Soroptimist Role Models cont'd from page 1

## ENID ROSS

In 1997 Enid Ross was given a Life Membership in the Soroptimist International Organization in recognition of her exceptional service to the organization. The following year she won the Frances Wagner award, the highest award given by the Soroptimists to a Soroptimist in recognition of service to the organization and to the community.

Enid was a career pioneer and Soroptimist extraordinaire. She obtained her BA, BCom and ATCM degrees before taking a three year course at the Vancouver Law school. Enid was the only woman in the pre-war class and was called to the bar in 1939. In 1995, as part of the Law Society's 50th Celebration, Enid was awarded an LLB degree.

In 1950, Enid formed a partnership with her husband in a firm known as Williams and Ross. She practiced as a lawyer for over 60 years, the longest practicing member of the British Columbia bar. In spite of illness, she practiced until just over a year ago.

In 1954 Enid became a Soroptimist – 4 years after the chartering of the West Vancouver club. She served as President for 5 terms, on two of these occasions she saved a faltering club. She also served twice as treasurer and once as secretary.

Enid was actively involved in the merger of the Phi Delta Delta Sorority with the men's Phi Alpha Delta fraternity where only 5% of the 80,000 lawyers were women. The fraternity allowed for an exchange of ideas between many great legal minds.

She also served on the School Board of West Vancouver for 15 years, 5 as Chairman, the Advisory Planning Commission that planned and funded Capilano College, and the Parks Board of West Vancouver.

Enid was the mother of two children and juggled her professional commitments and motherhood at a time when society did not view such dual responsibilities with great favour.

She was very capable, had an extraordinary legal mind, was unselfish and extremely community orientated. She was aggressively determined. If she believed in something she went for it and stuck to it. She is the stuff great women are made of – a groundbreaker in that she led the way for women in a male dominated society, making it easier for other women to take up careers and motherhood with society's acceptance.

Enid epitomized the spirit of Soroptimism.

Janneke Lewis

Visit our website: [www.soroptimistfoundation.ca](http://www.soroptimistfoundation.ca)