Soroptimist International of Thunder Bay

Mission: "Soroptimist is a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment.".

Vision: "Women and girls have the resources and opportunities to reach their full potential and live their dreams".

***Soroptimist Thunder Bay Club Meeting* Wednesday,**

Nov 9 at 7 pm

In person at Maxines' and on Zoom

Don't forget to bring your $5.00 fee
Refreshments will be served
Please let me know if you will be attending
Looking forward to seeing everyone
Judy

Items of interest:

- Agenda
- Memorial Garden
- Did you know
- Girls Aging Out of Care
- DIBI
- Fundraising
- Membership
- Remembrance Day
- Muffin recipe
- Fall area mtg

Inside this Issue:

- **Connecting with Cindy**
- **Minutes of Oct mtg**

Connecting with Cindy

The **Fall Area Meeting** was held virtu- October 20th, 2022. In attendance were Cheryl Ball, Karen Bortolin, Judy Perrier, Faith Crichton, Kim Koivukoski, Melanie Cates, Lorrie Haslam, Marlene Crago, Lee Ann Nalezyty and myself. A good attendance!

The theme was **Staying Safe in Digital Times** with guest speaker **Amalia Barthel**. Some key points that I noted were to have strong passwords, when using social media be unpredictable at the times you do so, do not post pictures of your children online as they are there forever, beware of TikTok, do not use your name in creating emails addresses unless you are a professional, and do not give out your phone numbers (if required, use a phony number).

Karen B. did the ECR (Eastern Canada Region) **Treasurer's Report** reminding us that the club treasurers have a blank Proof of Canadian Insurance if required.

Then there was a break using **KaHoots** with questions about the internet to stay in theme with the conference.

This was followed by **Pillar Update** with our **Cheryl Ball** doing **Fund Raising** indicating Bright Past and Brilliant Future. Cheryl advised that when promoting Soroptimist, "telling stories" is most effective. Jean Skillman did **Membership** announcing Seasoned Soroptimists and our very own **Maxine Tenander has been a member for 35 years!** Seasoned Soroptimists are recognized in increments of 5 years. Congratulations Maxine! Jean also mentioned that SIA (Soroptimist of the Americas) did a survey on why members leave the prime reason was lack of being civil**.** As a result, SIA will be doing **Civility Training** in the future.

The **Dream Maker Award** (previously the Hall of Fame or Lifetime Achievement Award) was tied this year so we had 2 winners: Corinne Rivers and Hannelore Nyman (both serving over 40 years)!

The Clubs then reported upon **upcoming events** and I did advise of the Membership Drive with Maggie Chicoine.

The Fort Erie club did a presentation to invite us to the **ECR Spring Conference to be held May 5 -7, 2023 in Fort Erie**. It is a World theme and each club will be asked to pick a country. Details to follow.

There was a reminder about the **SIA Conference** to be held in **Dublin Ireland July 27-29, 2023.**

A **Leadership Summit** is being considered with details TBD.

If anyone knows of someone in Ottawa who might be interested in Soroptimist, they are considering chartering a new club there. Please advise Governor Gertrud gertrudhocke@gmail.com .

All in all, a good evening and I would strongly encourage you all to attend these is the future!

The SFC (Soroptimist Foundation of Canada) had their Annual General Meeting **October 22, 2022** by ZOOM attended by Maxine Tenander (our voting delegate). Maxine can advise more at the club meeting. Thanks for doing this Maxine!

October is Women's History Month and **Ruth Black** was recognized in 2022. For those that do not know, Ruth was instrumental in forming the **Soroptimist International Friendship Gardens** in 1967 along with Rose Frim. She left a legacy to the Thunder Bay Club to be used for the Gardens which was done. She was also inducted to the Sports Hall of Fame as an Athlete. I have enclosed an article about her found in the City of Thunder Bay Archives.

Membership if having their recruitment event in person **November 8th** from **6:30 to 8:30 pm** at the **Heritage Building on the CLE** grounds (blue building right side entrance). Please bring a friend and non-perishable item for Girls Transitioning into Adulthood! Thanks to the Membership committee (especially **Kim Koivukoski, Faith Crichton** and **Judy Anderson**) for organizing this event.

Judy Perrier has been making arrangements to for members to attend the Ladies Tea hosted by Teen Challenge November 11th from 68:30-8:30 pm at Salem Church on Walkover Street.

They will be having a speaker about their Women's Residence. Thanks Judy for bringing this to our attention and organizing!

I saw a quote that I would like to share with you all **"Life is like a dog sled team. If you ain't the lead dog, the scenery never changes."** ***Lewis Grizzard*** Room for thought?

SI Thunder Bay General Meeting

October 12, 2022 - 7 p.m.

Maxine's Condo 315 Hilldale Road/Virtual by Zoom

Meeting Notes

Present: Faith Crichton, Kim Koivukoski, Cindy Figus, Shirley Smith, Cheryl Ball, Devona Crowe, Barb Fraser, Karen Bortolin, Judy Anderson, Judy Perrier, Maxine Tenander, Marlene Crago, Lynn Vandenberg (guest)

Virtual: Lorrie Haslam, Marilyn Fenwick, Karen Lynn Evans

Regrets: Linda Adams, Sharon Godwin, Kathleen Rismondo

Recording Secretary: Melanie Cates

Call to order- meeting called to order @ 7:00 pm, Cindy introduced our guest Lynn Vandenberg who is interested in learning more about our club after speaking with us at our yard sale in September.

Minutes of the Sept. 14th - circulated electronically and moved by Karen Bortolin to accept minutes as circulated. Seconded by Judy Anderson and carried.

Treasurer's Report – Lorrie reviewed this month's report which was circulated electronically. The business trust was closed and $922.25 has been put back into Olive Ede's bequest account. $50 for leadership academy meeting paid and $50 gift certificate was purchased for Faith's sister who made and shipped hats for our girls transitioning to adulthood program. $307.98 was used for school supply purchase for girls transitioning to adulthood program. Refund from postal box was received $16.95. $263.10 from bottle drive was deposited into club funds. Other club income was $60 from room rental collection and $15 from 50/50 draw for September's meeting. The yard sale net profits were $1837.10 for club funds.

Correspondence – none received

UNFINISHED BUSINESS

Trust – Cindy officially withdrew or request for a business trust with Canada Revenue Agency (CRA) as it was not going to meet the club needs. The Trust bank account was closed and confirmation from the bank was received. The business number cannot be deleted and will just remain dormant as per CRA.

Leadership Academy Mon. Sept. 26th was well attended by our club and other clubs in ECR. The breakout sessions varied in content depending on the topic being discussed. Dream it Be it shared info on confidence building. Live your Dream noted the deadline for the application portal and that Thunder Bay is extending our deadline. Public Awareness would like us to focus on storytelling to share how impactful Soroptimist is. Our club is the only one producing a newsletter. Fundraising and Membership will have other meetings scheduled to connect with clubs. SI would also like us to consider use of pronouns in our virtual meeting sessions and to ensure interactions are done in a respectful manner. A theme of a "lazy leader" was discussed to ensure that no one is taking on the whole burden for club activities. By sharing duties everyone gets involved and workload is disbursed.

Area Meeting October 20th Virtual - registration is open until October 17 and just email Susan Rivers to register. The club fee for attendance is $50 and Lorrie has paid this and there are no individual fees for club members to attend.

Soroptimist Foundation of Canada AGM Sat. Oct. 22 by ZOOM – Maxine will be our voting delegate at this meeting.

Archive (replacement for Joan) – Devona and Cindy met with Joan to receive the archive items. Devona has agreed to take over archives for the club.

PO Box rental update – not renewed. Any correspondence that needs a physical address we can use Cindy's. We can use the club email and website for external communication.

FUNDRAISING

Yard Sale – Kathleen has sent letters to the "Siroptimist's" who helped us at the yard sale and members noted their spouses have received them and were pleased to receive the acknowledgement. Kathleen and Shirley have a letter template if any club members want to send out thank you notes for donations they received.

Two Bit Auction – scheduled for April 27 2023

$500.00 Gift Card Raffle (deferred until Spring 2023)

PROGRAM

Live Your Dream -we have received one application. A meeting of the committee is waiting to be booked.

Dream It, Be It – Devona is reviewing and collecting information on this program before scheduling a steering committee meeting. If anyone is wanting to sit on this committee and help with the program, please email Devona. Kathleen and Faith have provided Devona with information on past activities and will assist her with getting organized.

MEMBERSHIP

Maggie Chicoine Presentation & Membership Drive – all members are encouraged to attend the event on November 8 @ 6 pm at the Heritage Building at the CLE. Maggie will be speaking on resilience. Invites to organizations that we have supported will be sent. Members are encouraged to bring a friend. Past Live Your Dream recipients and past members will be invited to attend. A poster is being developed for advertising. Live your Dream has asked to have a table at this event. A collection of a nonperishable food item is requested to attend the event and the food will be given to Girls transitioning to adulthood program.

SI Policies & Procedures – Lee Ann and Melanie met on October 10 and have made note of a few missing items. Individuals will be contacted for this content. We have made significant progress on this resource.

By Laws deferred (with Sharon Godwin) – Merging of two documents is being done. Sharon will have a draft by end of December 2022. We will need this document for application to CRA for a Constitution.

International Goodwill – Lee Ann has received the information from Barb Fraser and has checked out our sister clubs online. The Japanese clubs do not have a contact on their websites. Lee Ann will contact SIA to see if they have information for current contacts for these clubs.

PUBLIC RELATIONS

Faith and Melanie will share the role of PR chair until a full replacement can be found.

International Day of the Girl/child was on October 10. Melanie posted on FaceBook and Judy Perrier posted the info on our website.

Domestic Violence awareness day is Oct 20 – Melanie will draft a post for our social media sites.

NEW BUSINESS

Friendship Gardens Sat. Oct. 15th 11 am – a dedication at the memorial grove for Rose Frim and Olive Ede will be held. Rain or shine. Meet at the memorial grove.

SIA Proposed Amendments to Bylaws – circulated by Cindy electronically. Minor changes to the Bylaws were discussed. A motion by Melanie Cates to accept these changes and seconded by Maxine Tenander and approved. Cindy will submit our vote.

Co-Chair needed for ECR Public Awareness -contact Governor Gertrud if interested.

Teen Challenge Ladies Tea Nov. 11, 6:30, Women's Program speaker
Silent Auction, free but donations accepted – Judy Perrier will get more information about this event. Email Judy if you want to attend and she will RSVP for the club. A discussion was had about a donation and individuals can make a monetary donation of their choosing on the day of the event and we also discussed providing a gift basket for the silent auction. Judy will contact Teen Challenge about a basket.

Marlene Crago brought forward a request to have meetings again at a venue where we can have dinner. She will contact venues and get prices and options before bringing it back to the club.

BIRTHDAYS

October 3rd – Barb Fraser

October 11th – Maxine Tenander

October 17th – Karen Bortolin

Pledge for Eastern Canada Region

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 girls in local communities and throughout the world.

Meeting adjourned at 9:12 PM

SI Thunder Bay Club Meeting

November 9th, 2022

Via zoom

7 p.m.

AGENDA

Call to order	Cindy
Minutes of the Oct. 12, 2022	Melanie
Treasurer's Report	Lorrie
Correspondence Lifewater request for monies & Thank You card from Joan	Cindy

UNFINISHED BUSINESS

Trust Committee	Cindy
Area Meeting Virtual Thursday Oct. 20th	Cindy
Soroptimist Foundation AGM Sat. Oct. 22`	Maxine
Teen Challenge Ladies Tea Nov. 11, 6:30, Women's Program speaker Silent Auction, free but donations accepted	Judy P.

FUNDRAISING	**Kathleen & Shirley**
Two Bit Auction – April 27, 2022	Kathleen
$500.00 Gift Card Raffle (deferred until Spring 2023)	Kathleen
PROGRAM	**Judy P**
Live Your Dream	Judy P.
Dream It, Be It	Devona
MEMBERSHIP	**Kim and Faith**
Maggie Chicoine presentation & Membership Drive (Nov 8th)	Kim
SI Policies & Procedures	Melanie
Bylaws deferred (with Sharon Godwin)	Cindy
PUBLIC RELATIONS	**Faith**
Replacement for Faith?	Cindy

OTHER BUSINESS

NEW BUSINESS

ECR Spring Conference May 5-7th 2023 Fort Erie (Country to be selected, Japan suggested)?	Cindy
Newsletter – should it be in Archives?	Devona

Birthdays:

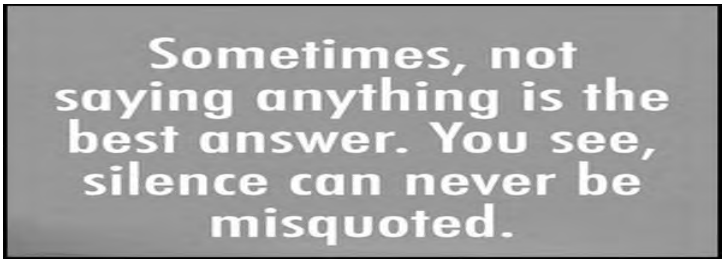
Marilyn Fenwick –November 5th

Karen Evans – November 6th

Faith Crichton – November 14th

Pledge for Eastern Canada Region

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 girls in local communities and throughout the world.



Soroptimist International of Thunder Bay Memorial Gardens

For those who were unable to attend the tree dedication today at the Friendship Gardens and for those not on FaceBook, I posted this to our site this evening. Credit to Faith for the pictures and to Maxine and the garden committee who worked diligently to get our memorial plaque and Olive and Rose's plaques completed. Thank you Marlene for your kind words of Olive and Maxine for memorializing Rose.

Today we did a tree dedication at the Soroptimist International Friendship Gardens for two past members, Rose Frim (one of the founding members of the Friendship gardens) and Olive Ede. The City of Thunder Bay worked with our garden chair Maxine Tenander to design the memorial grove plaque.
Rest in Peace ladies. Your work has not gone unnoticed.

City archives inducts four women into Women's History Month Exhibit

The four women inducted into this year's Women's History Month Exhibit include Elizabeth Wieben, Dr. Penny Serafina Petrone, Mona Hardy, and **Ruth Black.**

Ruth Black Date of Birth: 1914, Swift Current, SK. Date of Death: April 22nd, 1995, Thunder Bay, ON

- Accomplishments related to: Sport, Health Care, Community Development & Service
- Major affiliations: Lakehead Psychiatric Hospital, YWCA, YMCA, **Thunder Bay's Soroptimist International Friendship Gardens.**

Ruth Black was a trailblazer and role model for women in a variety of aspects of her life. Whether it was in the sports arena, throughout her long and respected career in health care, or through her contributions to her community, she left her mark in many ways. During the 1920s and 30s, women began to participate in organized sports on a scale not previously seen. Ruth was a prominent local athlete during this time period. She demonstrated her versatility by competing at a high level in several sports, including basketball, volleyball, hockey, and softball, often playing and winning at the championship level. Teams she played on include the Golden Sprays and the Port Arthur South Ends, along with several high school teams. In 1937 she was recruited by Schreiber to play in the Women's Ontario Softball playoffs; their only loss of the tournament was in a game against Toronto in the finals. A pioneer in the field of women's sports in northwestern Ontario, she earned entry into the Northwestern Ontario Sports Hall of Fame in 1985 in the Athlete category.

Not content with success in sport alone, Ruth also gave close to 40 years of service to health care at a time when women did not hold positions of power in that field. Starting as a secretary at the newly opened Ontario Hospital farm in 1936 on the old Scott Highway, she went on to become the assistant administrator of the Lakehead Psychiatric Hospital (LPH), retiring from that position in 1973 as the lone female assistant administrator amongst the Ministry of Health's twenty-six facilities which were operating at that time. Highlights of her career also included helping to coordinate the building plans for the LPH's new location on Algoma Street and organizing the hospital's Volunteer Services Group.

Ruth left her mark in the community in many ways, but perhaps most notably as a local hero during a crisis that unfolded at the Lakehead Exhibition Grounds in 1947. A team of horses suddenly began to run amok, galloping with a large empty hay wagon towards the crowd. Accounts note that it was Ruth who ran from the YWCA booth, caught the running team, gained control, and brought them to a stop. She would later be presented with the National Dow Award for Bravery due to her selfless heroism. Ruth also contributed more conventionally to her community as a volunteer with many organizations. She served on such boards as the YMCA, Visitors and Convention Bureau, and St. Andrew's Presbyterian Church. One of her lasting legacies was her work on the development of **Thunder Bay's Soroptimist International Friendship Gardens** which she, along with Rose Frim, proposed as that group's Centennial Project in 1967.

Upon her passing in 1995 she left a number of financial bequests to a variety of organizations. She also left a large sum to the Thunder Bay Community Foundation, establishing the Ruth Black Fund which provides support to worthy groups each year, including a bursary at Confederation College and the Ruth W. Black Memorial Graduate Bursary at Lakehead University. For her excellence in sport, medicine, and community involvement, she continues to serve as an inspiration to women in the Lakehead.

Information for this articles has been provided courtesy of the Northwestern Ontario Sports Hall of Fame.

Additional information about her contributions to the LPH can be found in the excerpts from the publication *Lakehead Psychiatric Hospital 1934-2004 From Institution to Community – A Transformation of Psychiatric Services*

DID YOU KNOW

You may recall that at our October meeting, I mentioned that Soroptimist International of the Americas (SIA) wants us to share our Soroptimist stories with others. How our work has impacted the life of a particular woman or lives of a group of women and girls. It is believed that our stories of shared experiences will have a huge impact on others.

With this in mind, I wondered what Soroptimist stories I could share with you. Since November 25th is the International Day for the "**Elimination of Violence Against Women**", I thought you might like to learn about the "Bread against Violence" project. .

For almost a century now, Soroptimists have been working to eliminate violence against women and girls and ensure women's participation in conflict resolution.

As Soroptimists and women, we execute projects to respond to, prevent and eliminate violence against women across the globe. Efforts include building shelters, aiding victims of violence, providing counselling services, lobbying for improved prevention programmes and policies and raising awareness of this problem.

Many of our projects are conducted in collaboration with local and national governments, policy makers, and other organisations/ institutions working towards the elimination of violence against women through improved prevention and response strategies and programmes.

Bread against violence

When you think of bread, a French boulangerie is often not far behind. This is not surprising as France has one of the highest per capita bread consumption rates in the world. But how can bread play a part in eliminating violence against women and girls?

During the health crisis, one of the consequences of confinement was the isolation of female victims of violence. The French Union wanted to find a way of getting messages about violence into homes and found the answer in bread.

The **Soroptimist Club of Diamant-les-Rivières – Martinique in collaboration with the neighbouring Clubs of Fort-de-France and Fort-de-France/Alizés Sud** participated in a unique project initiated by the French Union. They partnered with bakeries to distribute bags of bread and baguettes, printed with slogans chosen to appeal to the public and included emergency numbers. The objective being to inform and mobilize the whole population in the face of what is now known as 'the Shadow Pandemic'

The Soroptimist Clubs contacted 11 artisanal bakeries and the group that owns four hypermarkets. All agreed to be partners in this project and to mobilize for the cause of women. **The Soroptimists financed the purchase of 30,000 bags** for small bakeries, which they distributed before the operation began. The hypermarkets covered the cost of the **40,000 bags** of baguettes that they ordered – 10,000 per shop.

I think that is pretty amazing!

By now, many of you are used to the way my thought process works. Here is another bit of information from SI Europe about the benefits of education for women and girls.

Education empowers women and girls to realize their potential and support themselves.

It also enables women and children to pursue lifelong learning and is a means to eradicate and prevent violence against women. Soroptimists implement thousands of projects which further education or provide vocational training. And in a single year, Soroptimist International of Europe awards some 1600 scholarships to women and girls.

I am including the following from SI Europe which covers the theme of "Education" and three areas of focus as well as what Soroptimists can do.

ERADICATION OF GENDER BASED ILLITERACY

Education:

The concept of literacy goes well beyond simply knowing how to read

· Literacy enables women to pursue knowledge

· Literacy enables women to be independent

· Literacy teaches women their rights

· Literacy helps women to cope with the changes in their societies

· Literacy is showing women the benefits of education for their children

· Literacy enables women to think critically

WHAT CAN SOROPTIMISTS DO? HOW CAN THEY INVEST?

'**Adopt' a School** *To improve quality education, help access to secondary and tertiary education and support and support lifelong training.*

· build schools or classrooms

· rehabilitation of schools / furniture

· set up a library for a school

· improve the supply and quality of textbooks

· provide girls scholarships for secondary schools (again this SI Europe)

· mentoring young adults

· support computer courses

· vocational training

· train teachers

EDUCATE WOMEN AND GIRLS TO BE LEADERS IN THEIR COMMUNITIES AND PROFESSIONS

Women empowerment:

· Empowered women fulfil their potential to become leaders

· Empowered women access tertiary quality education and professional training

· Empowered women access economic power and obtain gender equality in professions

· Empowered women attain sustainable employment opportunities

· Empowered women can develop in sciences and technology professions (STEM)

· Empowered women access vocational training to reach out to employment

· Empowered women get out of gendered division / stereotypes

· Empowered women to be enrolled in non-discriminatory (migration, ethnic minorities, disabled, etc.) education and training

WHAT CAN SOROPTIMISTS DO? HOW CAN THEY INVEST?

Adopt A Women's Community Cen-

Through education, improve access to economic empowerment and sustainable opportunities for the employment of women

· clubs to open their network for the professional reintegration of women
· help girls who dropped out of school
· mentoring: Share / exchange of skills and knowledge and professional guidance
· scholarships for women to pursue professional development to support career advancement

Adopt a Migration Centre

Through education, help women integrate rapidly to the host country's society and the economy

· teach women the language of the host country
· help women understand their 'new' rights and obligations
· teach women the local habits and customs
· guide women in the maze of employment
· give women scholarships and vocational training

EDUCATION AS A MEANS AND TOOL TO DEFEAT VIOLENCE AGAINST WOMEN

Violence against Women:

· Education as awareness raising
· Education prevents trafficking
· Education to helps rebuild confidence of victims
· Educate women to raise their voice
· Educate women to take their space in conflict resolutions
· Educate women to refuse Female Genital Mutilation (FGM) and child marriage for their girl child
· Educate women to fight stereotype generating violence

WHAT CAN SOROPTIMISTS DO? HOW CAN THEY INVEST?

Adopt a Shelter

Offer head of shelters your competences in specific fields

· build a library
· help women understand their rights
· help women to build back their lives and regain confidence
· assist to get women back to work ·
provide legal counselling for women who have been victims of violence

I conclude with the comment that women and girls around the world face many of the same challenges. I am thankful to be living in Canada. I am happy to belong to an organization of women who are trying to make a difference in the lives of women and girls in our own community, country and around the world.!

As a Soroptimist I believe that you will agree with that statement. I hope you will attend SI Thunder Bay's Membership night on November 8th and bring along a friend or family member to hear Maggie and to learn more about our great organization. Wouldn't it be wonderful to no longer belong to an organization that is often considered 'the best kept secret'!

Cheryl

FUNDRAISING....WHAT'S AROUND THE CORNER???

We came out of the gate in September with a vengeance and now we are in a bit of a hiatus. We now sit and wait for the Spring and Garden Show at which time we will set up a table to host the **5 $100.00 Gift Card Raffle.** Much gratitude to Judy A. for squeezing us in free of charge. Although this fundraiser doesn't allow us to keep any of the profits, we feel the P.R. is invaluable. Membership will decide on the beneficiary of these funds at a later date.

I believe it's a women's nature not to sit idle for too long, so perhaps as we await for the Home Show to occur, we can begin to focus our attention on the Two **Bit Auction scheduled for April 27th.** If you wake up in the middle of the night with a unique/ out of this world/ awesome idea for a basket please try to hold that thought till morning OR get up and jot it down right away. We will be sending out donation letters in February to various businesses around town asking for their support. In the past, our members have generously contributed to this initiative as well. We thank you in advance for your support of one of our signature programs, "Live Your Dream Award."

If anyone comes across, or has a brainstorm of their own regarding a lucrative fundraising idea, feel free to bring it to our attention so we can mull over the pros and cons and possibly move forward with it.

They say money makes the world go round. Let us not forget, money also allows Soroptimists the privilege to better the lives of young girls and women in our local community, as well as, far and wide around the globe. Thanks for your continued commitment to all our fundraising events.

Respectfully Submitted
Fundraising Co-Chairs
Shirley and Kathleen

Membership

Looking forward to seeing you at the membership event

Girls aging out of care

a thank you from Danny

I just got to put all that stuff you folks donated away and I was beyond floored. The stuff was just what we needed and we were able to fill up a good portion of our non food donations. A young lady went down there with her worker, she is starting college, and it was like Christmas shopping for her. She needed so much of what we found. This is what it is all about. She was all smiles when she left our building and her worker was so happy for her. These things add up so from the bottom of my heart thank you, thank you, thank you.

Two other girls also got school packages made up for them.

Submitted by
Melanie

Dream It Be It

The Dream it Be It committee consists of Devona Crowe, Faith Chrichton, Marlene Crago and Kathleen Rismondo. Our first meeting was held in October.

Because SI Thunder Bay has been working to support the young women transitioning to adulthood, the DIBI committee feels that we would like to further support these girls or young women in care, from grades 7-12, through the Dream It Be It initiative.

Below are listed the objectives in this initiative.

To help young women:
1. connect their personal strengths and interests to possible careers through access to and discussion with professional role models;
2. create achievable goals in order to feel prepared to pursue the goals;
3. develop an understanding of resilience by developing the tools necessary to overcome obstacles to success;
4. develop confidence in their ability to find success.

The DIBI committee is proposing a one day workshop for young women which would include breakfast and lunch and take place in 2023. We anticipate that there will be 4 or more sessions during the day and these will be planned to be interactive, introspective and physical. We also want to work closely with CAS to develop the day so that it will meet the needs of those who will attend. Melanie Cates has facilited our connection to CAS. We are on our way!

Devona

Fill My Cup! Ladies Tea
Friday, November 11th 630 pm
Doors open at 6:00 pm
Salem Church, Walkover Street

Looking forward to hearing about the Women's program at Hope House.
They are thrilled to hear that we are interested in attending and overjoyed that we would be willing to donate a basket for their silent auction. Bonnie said that she is very excited to meet our group and looks forward to it.

I have a fairly large basket that I would be willing to donate and I would ask those who would like to donate, please bring the item(s) to the Inspiration Event on the 8th. If you have something to donate and are unable to bring it on the 8th please let me know and between Linda and I we will pick it up.

Please provide a description and value with it. And as always, any suggestions are most welcome.

So far, 10 people have confirmed their attendance. Please let Judy know by Monday Nov 7th if you want to go. Judy will make arrangements for a table.

Basket contents to

Blanket
water bottle
French vanilla cappuccino
Taco tea Calm
Cold water infusion bags - mint,lemon& cucumber
Bath poof
Merci Chocolates

Novel
Hot cocoa mixes
Winter spa set - shower gel,body lotion,bar soap,hand cream,b ath bombs
Lindt chocolates
Book and book mark
Slipper socks
Candle
Neora eye-mask and face mask

Looking forward to seeing you on Tuesday 8th, Wednesday 9th and Friday 11.
Regards, Judy P

In Flanders fields
the poppies blow
Between the crosses,
row on row,
That mark our place;
and in the sky
The larks,
still bravely singing, fly
Scarce heard amid
the guns below.

WHAT HAPPENS ON REMEMBRANCE DAY?

Many people wear artificial poppies on their clothes in the weeks before Remembrance Day. Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations. On November 11, special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes silence at 11:00 (or 11am). After the service, wreaths are laid at local war memorials.

The official Canadian national ceremonies are held at the National War Memorial in Ottawa, Ontario, according to a strict protocol. A service is held and wreaths are laid by armed services representatives. In May 2000 the remains of a Canadian soldier who died in France in World War I, but was never been identified, were laid in the Tomb of the Unknown Soldier at the National War Memorial.

Since then, members of the public have laid poppies, letters and photographs on the tomb. Similar services and events are held throughout Canada. Some schools that are open on Remembrance Day hold special assemblies, lessons and presentations on armed conflicts and those who died in them.

https://www.timeanddate.com/holidays/canada/remembrance-day

ABOUT REMEMBRANCE DAY

Remembrance Day marks the anniversary of the official end of the World War I hostilities on November 11, 1918. World War I was a massive conflict was played out over the whole globe, but particularly in Europe, where troops from Canada supported the Allied forces.

World War I resulted in the loss of huge numbers of lives amongst both civilians and military personnel. Many more people were badly injured. The war left great emotional scars in the servicemen, who had experienced it, and in the communities, whose sons, brothers, fathers, uncles and even grandfathers had died. Remembrance Day commemorates those who died in armed conflicts, particularly in and since World War I.

In Canada, November 11 is officially called Remembrance Day, but it is also known as Armistice Day and Poppy Day. Remembrance Day is commemorated in many countries, particularly members of the Commonwealth, including Australia and New Zealand (where it is also referred to as Armistice Day). In the United States, Veterans Day falls on the same date. In the United Kingdom, the Sunday closest to November 11 is known as Remembrance Sunday.

SYMBOLS

Remembrance Day is symbolized by the artificial poppies that people wear and place at war memorials. The poppies may be worn or placed singly or as wreaths. The use of the poppy as a symbol of remembrance comes from a poem written by John McCrae, a Canadian doctor serving in the military. The poem is called In Flanders Fields and describes the poppies growing in the Flemish graveyards where soldiers were buried.

Poppies grow well in soil that has been disturbed. They also grew in large numbers on battle fields. The red color of their petals reminded people of the blood lost by victims of and casualties in the conflict. Some people choose to wear white poppies to campaign for non-military interventions in conflict situations.

Other symbols of Remembrance Day are the war memorials, which are often near the geographical center of communities. These commemorate members of the community, who have died in military action. A particularly well-known memorial is the Tomb of the Unknown Soldier in Ottawa, Ontario. The military parades held on November 11 are also symbolic of Remembrance Day.

Note: timeanddate.com's article on Remembrance Day is a general information article only. For more information on the day, government sources such as Veterans Affairs Canada have a more detailed account.

Praline Muffins

Devona made these muffins for the DIBI meeting.

Everyone enjoyed the muffins and she was asked to share the recipe. Enjoy

Servings: 36
Prep time: 0:09
Total time: 0:30
Categories: Dessert
Source: Cajun Cooking School

Ingredients

- ¾ cup flour
- 1 1/2 cups brown sugar
- 1½ cup coarsely chopped pecans
- 3 eggs beaten
- ½ cup butter, melted

Directions

1. Mix dry ingredients in small bowl.

2. Beat eggs in larger bowl.

3. Add melted butter to eggs and then Add dry ingredients.

4. Use metal mini muffin tins and spray these with non-stick cooking spray for baking.

N.B: You MUST use metal pans and non- stick spray or the muffins will stick.

5. Fill each muffin cup ¾ full.

6. Bake @ 350° for 16 minutes.

7. Remove from oven & cool for 3 minutes. Gently tap pan upside down and muffins will fall out.

SOROPTIMIST INTERNATIONAL CONVENTION
Challenge the Future
CCD, Dublin • 27-29 July 2023

SOROPTIMIST

Upcoming Events

Webinar Registration

Stakeholder Engagement Training

Nov 30, 2022 06:00 PM in Eastern Time (US and Canada)

Registration required at https://www.soroptimist.org/events/index.html

Dream It, Be It 101: How to get involved

Please attend our Dream It, Be It webinar December 6th at 7PM EST if you've been wondering how to get involved! This webinar will be presented live with simultaneous interpretation in all our languages. There will be a presentation with an overview of the program, how to get started, and then time for questions and answers from attendees.

Dec 6, 2022 07:00 PM in Eastern Time (US and Canada)

Registration required at https://www.soroptimist.org/events/index.html

---