



## 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, Feb.**  
**10th at 7 pm**

**Join Zoom Meeting:**  
**Judy will advise**  
**connection details**

### Items of interest:

- \* ECR
- \* Membership
- \* Why I am a member
- \* Friends
- \* Public awareness
- \* TBSO



### Inside this Issue:

- Conversation with Cheryl
- Treasurer Report : January
- Club Minutes January

## A CONVERSATION WITH CHERYL



A New Year signifies a new beginning. While COVID is still taking its toll on the world's population, vaccines are being produced. Now there is two-fold challenge of producing the required doses of vaccine and inoculating the world's population as quickly as possible. It certainly is not an easy feat that governments will wrestle with for the foreseeable future.

A new beginning makes me think of a new start. There is no better example of a new start than the birth of a baby! In the old days, (1980's) babies were kept in the nursery for part of the mother's hospital stay. I recall standing at the nursery window gazing at all the babies and wondering what their future held. What their dreams would be and would they realize them. I knew that not all those babies were going to homes with loving and nurturing parents. Nor would all these children have the benefit of adults who could guide them to be confident successful adults. The list of the consequences of not having a strong foundation in your formative years is a long one that I'm sure you are familiar with; just remember the sex trafficking presentation the Thunder Bay Police officers made. Imagine a community with 100,000 citizens being considered the "drug gateway to the North". Recently the news reported of a Thunder Bay residence being taken over by people involved in drugs. If there were children living in that home – can you imagine?!

**All the above to say; now more than ever, the Soroptimist “Dream Programs” are needed. Our universal belief that EVERY woman and girl has the right to not only have a dream, but live her dream! Soroptimists want women and girls to have the resources and opportunities to reach their full potential. Due to circumstances often beyond the woman or girls’ control, their dreams are derailed such as poverty, sexual and domestic violence, homelessness, addiction, teen pregnancy. Our Dream Programs have the potential to improve the lives of the women and girls they benefit, their families, and communities. It is said that around the world, that women who are the head of a household have the highest poverty rates. I think that is likely the case in Thunder Bay. Our Dream Programs - specifically our “Live Your Dream” award will help a woman improve her life and the lives of her children. Our Club has awarded a “Live Your Dream” award previously known as the “Women’s Opportunity” award for over 20 years.**

**This year is no exception. While COVID 19 impacted how the world functions, we didn’t allow this pandemic to derail us in our desire to help a woman who (as the head of a household) is pursuing post- secondary education or training. We have embraced the new ways of world - doing business on line. When an “in person” Two Bit fundraising auction wasn’t feasible, Maxine suggested a “virtual auction”.**

**Under the leadership of our Fundraising chairs Kathleen and Shirley coupled with Faith and her PR team of Judy and Melanie “we were off to the races” as the saying goes. Our members donated money and/or items for the auction, sought donations from friends and contacts. The items were then taken to Shirley’s daughter Crissy for her mastery in creating beautiful vignettes of our items which were photographed for the website. Kathleen and George prepared the written descriptions. The beautiful photos of items were posted on the 32 Auction website. VIOLA!! As the French say – we have our FIRST ever “Sweet Dreams” auction!**

**Before we all take a bow, there is one more thing that WE CAN ALL DO!! Please let your family, friends, church members, colleagues, Facebook friends, neighbours, grocers, bank teller, store clerk, you get the idea - simply LET EVERYONE in Thunder Bay know about this amazing Sweet Dreams auction! You can view the items ahead of time, and bidding starts at midnight February 6<sup>th</sup> and ending 9 p.m. February 12<sup>th</sup>.!! I can’t wait for the bidding to start!!**

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## **Membership Committee – Karen Bortolin, Membership Co-Chair**

When I first joined SI Thunder Bay 10 years ago I attended a SOLT (Soroptimist Orientation and Leadership Training) event at the Art Gallery. I believe the four pillars concept was a new(ish) thing at that time. It was a nice evening getting to meet people, there was a lot to take in, but the “fun quiz” seemed more like a scary test.

I also remember Heather Holland doing a little SOLT moment at each club meeting. I plan to take a little time at each meeting to do a similar thing. Last month I talked about Soroptimist’s four Core Values (gender equality, empowerment, education, and diversity & fellowship) and a little about the four pillars/aka our committees (Program, Membership, Fundraising and Public Awareness).

In February I plan to talk about the Soroptimist “brand” and the reasons why Soroptimist International would like us to focus our time and efforts exclusively on the Dream Programs. I promise to keep it short and sweet.

Marlene Crago and I participated in an Eastern Canada Region Zoom meeting for Membership Chairs from every club. It was nice to put some names and faces together. Each club got a chance to talk about how they are keeping members connected. Apparently the other clubs are quite aware of our wonderful newsletter. There was also some interest in the new afternoon tea social Zoom meeting idea.

Just this past week we were contacted through the website by someone interested in our club. I have emailed her but have not heard back from her as yet. Fingers crossed!

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*I've finally told my suitcases there will be no holiday this year. Now I'm dealing with the emotional baggage*



## Public Awareness Update

Hello ladies! The ad has already been in **The Coffee News**, which for the time being is on line like many publications. I have the poster in for two weeks at **The Source**, and it is to be in the **Walleye** for February. By the way, if you check on line, you can see where you can still get the hard copy of the Walleye. Tim's Whole Health gets a few copies for sure. The ad will be in the **What to Do** section for two weeks as well. We can also look forward to seeing Cheryl on **Around Town** too!! Thank you to Melanie and Judy P. Who are putting the poster on facebook and the website. Things are rolling along! With everyone's sharing of the poster to friends and family as well, we hopefully can look forward to a successful event.

Submitted by Faith Crichton,  
Public Awareness Chair



After many weeks of planning, the main stage is set. When the curtain rises on midnight **February 6th** the virtual world will be in for a real treat. The variety of items that will be showcased throughout the week are sure to entice the audience to engage in a bidding war! Like any good performance it should keep us on the edge of our seats till the final act is done and the curtain closes.

On **February 12th** when we take our final bow, I believe all the hard work at dress rehearsal will have paid off. Grab your popcorn and enjoy the entertainment, "Auction32"!

[www.32auctions.com/dream21](http://www.32auctions.com/dream21)

Shirley and Kathleen  
Co-Chairs Fundraising

## **SOROPTIMIST INTERNATIONAL OF THE AMERICAS**

I thought it might be helpful to tell you how Soroptimist International is structured in Canada. There are two regions – Eastern Canada and Western Canada.

SI Thunder Bay is a member of the Eastern Canada region (ECR) with Governor Jennifer Oliver at the helm. As of December 31, 2020, the Eastern Canada Region had 235 members. There have been a few new members recruited by other clubs through virtual membership events and the ECR membership number is now around 240 members as of the end of January, 2021.

Further, I thought it may be interesting to recap the names of the various clubs that comprise the Eastern Canada Region. These clubs are in Southern Ontario. They are as follows:



Cambridge,  
Dundas/Ancaster/  
Flamborough,  
Grand Erie,  
Guelph,  
Haldimand-Norfolk,  
Hamilton- Burlington, ,

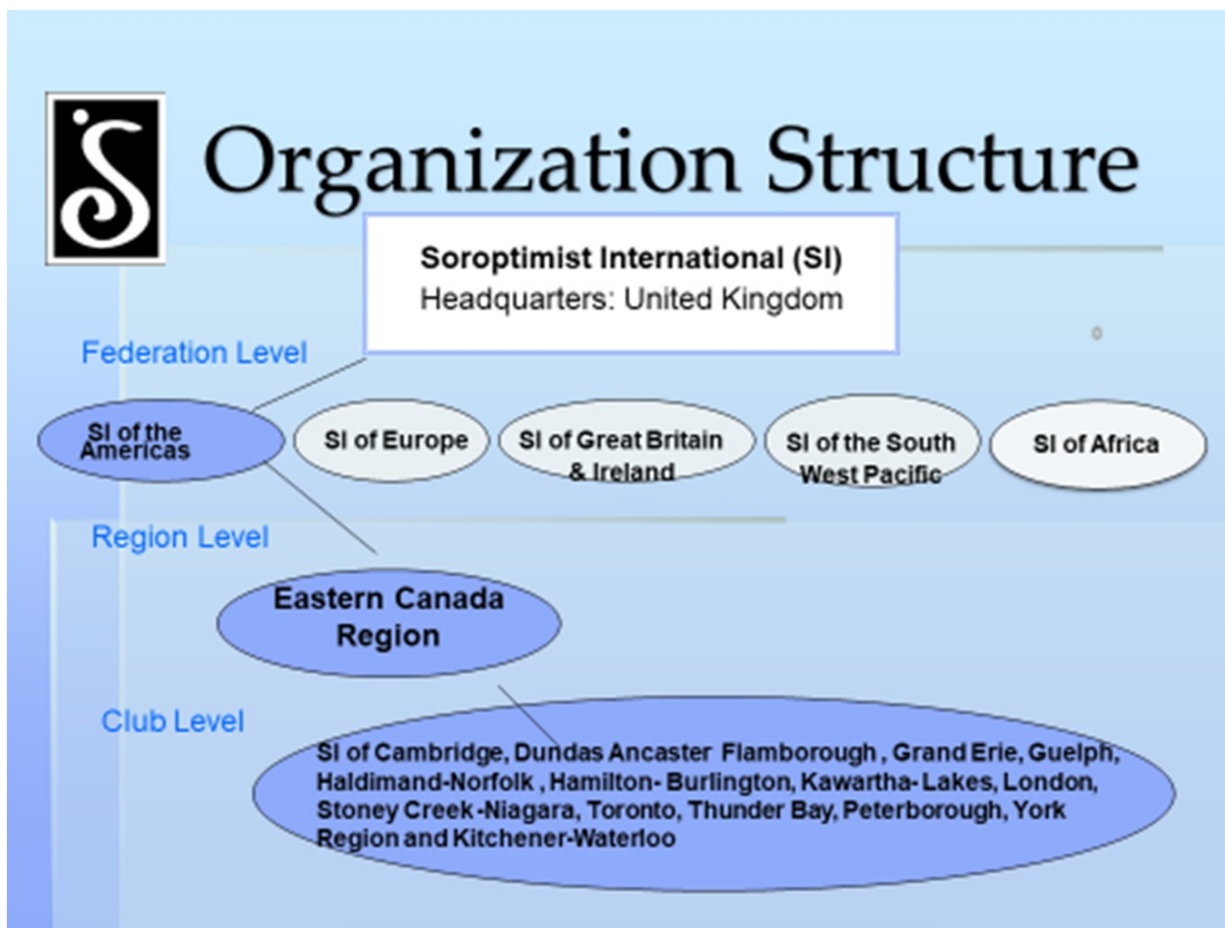


Kawartha Lakes,  
Kitchener-Waterloo  
London,  
Peterborough,  
Toronto,  
York Region,

I hope you found the above to be informative.

President Cheryl





"The TBSO is having TWO small fruit and cheese fundraisers, as follows:

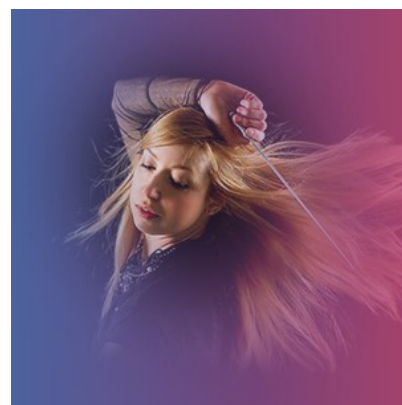
The first one is only oranges and grapefruit..pick up March 16 & 17;

The second one is several cheeses and homemade preserves..pick up April 27;

Pick up is at Grandview Mall (across from RBC) on River Street in the North Ward.

Please call Marilyn 344-6568 or email at [kfenwick@shaw.ca](mailto:kfenwick@shaw.ca) if you'd like to order.

Your support is once again very much appreciated."



I rec'd an Email regarding how girlfriends are good for our health, so I, Thought I would investigate it to find out if in fact there was an article written. Well it is true and below is the information

**Subject: Fwd: FW: True words**

Here's to staying connected

### **Girlfriends Are Good For Your Health**

*Stanford University, Mind-Body Connection - The Benefits of Female Relationships*

*By*

Bonnie Millette, Empowerment Speaker, Author, Emcee

I have a wonderful, supportive group of girlfriends in my life that will gather together to celebrate at the drop of a dime, or a good lemon drop. They range in age and talents, and bring color, learning, and laughter into my life. We are a powerful force of strong women, woven together into a fabric that embraces individuality, creativity, acceptance, and forgiveness. We stand fast, supporting each other to be the best we can be. When one succeeds, we celebrate. When one falls down, we lift them up.

*"One of the best things a man could do for his health is to be married to a woman, whereas for a woman, once of the best things she could do for her health was to nurture her relationships with her girlfriends."*

I just finished reading an article about a lecture given during a class at Stanford University on the mind-body connection—the relationship between stress and disease. <http://stresshealthcenter.stanford.edu/>

Dr. David Spiegel, the head of psychiatry at Stanford said, among other things, that one of the best things that a man could do for his health is to be married to a woman, whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

Apparently everyone laughed, but he was serious.

Women connect with each other differently than they do with men and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps us to create more serotonin, a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share feelings whereas men often form relationships around activities.

They rarely sit down with a buddy and talk about how they feel about certain things or how their personal lives are going. Jobs? Yes. Sports? Yes. Cars. Yes. Fishing, hunting, golf? Yes. But their feelings? Rarely.

Women do it all of the time. We share from our souls with our sisters, mothers, daughters, girlfriends, co-workers, and evidently that is very good for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are exercising we are doing something good for our bodies, (which we are) but when we are hanging out with friends, we are wasting our time and should be more productively engaged. This, he explained, is simply not true. In fact, he said, failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking! Every time you ladies hang out and schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky.

So, let's all toast to summer, the promise of sunshine and new growth, and the friendships with our girlfriends. Cheers!

Evidently it's very good for our health. ☺

Published on July 31, 2017

**Bonnie Milletto, Empowerment Speaker, Author, Emcee**

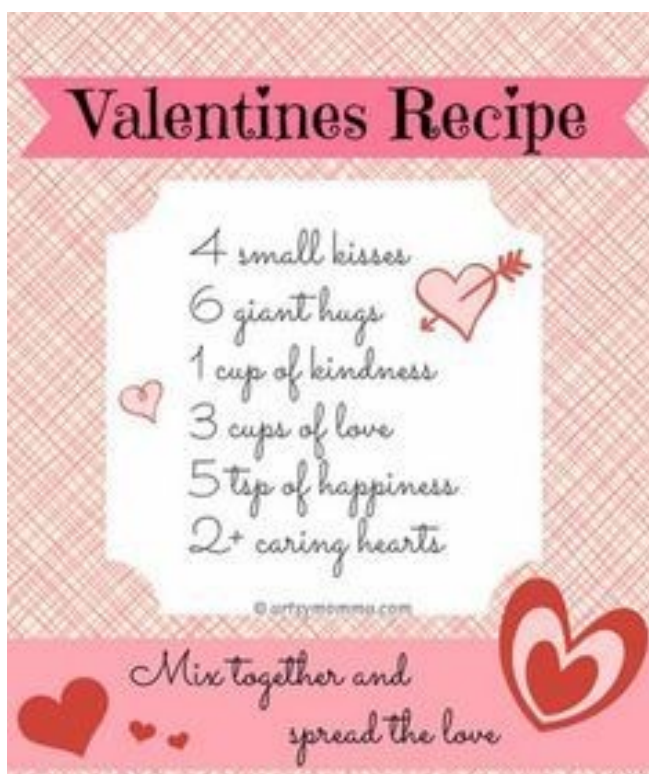
Author • "Dedicated To The Cup, Nine Ways To Reinvent A Life" and "Been There, From Stuck To Unstoppable"

Founder • AmazingYOU Empowerment Conference "STORIES" - Virtual Premier Event, October 2, 2020 [www.amazingyouconference.com](http://www.amazingyouconference.com)

Bonnie is passionate about making a difference in people's lives and sharing what she has learned along the way.

Source:

<https://thriveglobal.com/stories/girlfriends-are-good-for-your-health/>







**SOROPTIMIST  
FOUNDATION  
OF CANADA**

January 29, 2021

Good Afternoon Fellow Soroptimists:

The Soroptimist Foundation of Canada will be replacing three retiring board members in the fall of 2021. We are seeking Soroptimist nominees from both Eastern and Western Canada Regions, ideally one member

from the east and two from the west. Although all nominations must be signed by a club officer, self-nominations are welcome.

The foundation board is small consisting of the Chair, the Treasurer, the Secretary and two Directors-at-large. As you can imagine, each member plays a critical role in so small a board. We are responsible for governance but also operational concerns.

Each board member serves a four- year term, commencing **November 1st**, following our Annual General Meeting. The board has monthly online meetings and meets face-to-face, usually once per year. Of course, this face-to-face meeting has not happened due to COVID-19!

This year we are seeking members with the following skills sets and experience:

- Ability to work as a member of a team
- Time to commit to board work
- Strong interpersonal skills including written and oral communication skills
- Experience in financial reporting and budgeting
- Attention to detail and good organizational skills
- Marketing and fundraising skills
- Investment knowledge and interest
- Strategic planning

Familiarity with governance and the non-profit sector

At this time, we are also looking for two volunteers to serve on the Foundation's Investment Committee. The role of the committee is to advise the SFC Board regarding management of the endowment fund and investment strategies, ideally on a quarterly basis. These volunteer positions offer a great opportunity to members to learn more about financial management and the operation of the board.

**Please consider serving on the Foundation Board or committee. A board nomination form is attached as well as a form for anyone interested in the Investment Committee.**

We can promise it will be an interesting and challenging opportunity. Nominations must be returned to [secretary@soroptimistfoundation.ca](mailto:secretary@soroptimistfoundation.ca) **By April 1, 2021.**

Thank you.

Dianne Nielsen, Secretary

Soroptimist Foundation of Canada

Nomination Form for ELECTION as DIRECTOR Soroptimist Foundation of Canada Term: November 1, 2021 to October 31, 2025

Nomination Form for the Investment Committee

Soroptimist Foundation of Canada

**SI Thunder Bay General Meeting****Meeting Minutes****January 13, 2021****OPENING**

The regular meeting of the SI Thunder Bay General Meeting was called to order at 7 pm on January 13, 2021 via Zoom by Cheryl Ball.

**PRESENT**

Judy Anderson, Cheryl Ball, Karen Bortolin, Lauren Buttman, Melanie Cates, Faith Critchon, Marilyn Fenwick, Cindy Figus, Sharon Godwin, Lorrie Haslam, Kim Koivukoski, Enid McKenzie, Lee-Anne Nalezty, Judy Perrier, Kathleen Rismondo, Shirley Smith, Maxine Tenander

**APPROVAL OF MINUTES**

There were no minutes taken at the December meeting which was a social event. A brief discussion took place around the Roots to Harvest and the fact that so many of us were surprised at the scope of what they did for the city. A thank you was given to Shirley and Karen for their excellent planning at throwing a wonderful Christmas Social.

**TREASURER'S REPORT**

Overview of the Treasurer's Report given by Cindy Figus and Lorrie Haslam. Motion to approve: Kathleen Rismondo and seconded by: Faith Critchon.

**Correspondence.** Teen Challenge news letter and more forms for donating with.

**UNFINISHED BUSINESS**

Spring Conference 2021 - Maxine Tenander - nothing to report at this time

SI Friendship Gardens - Maxine Tenander - Arches are finished, Maxine submitted a picture to our newsletter so everyone had a chance to see and everyone was thrilled and a large applause to Maxine and her efforts over the years.

Club Shirts - Linda Adams (absent) but both Lorrie Haslam and Cheryl Ball were wearing theirs for all to see.

**Fundraising**

Cheryl Ball shared a piece sent from the Regional Hospital regarding their 50/50 draw and how different it is in a digital world (at the time of writing the minutes I believe that it is over #300,000 and still tickets are available, very successful)

**Sweet Dreams Online Auction.** Shirley Smith & Kathleen Rismondo, to date there are 32 items and a potential of 4 more. Discussion and questions regarding advertising, some discussion regarding pictures of successful bidders.

A few amendments to be done to the auction site, Goal to be changed to \$6000. Start time midnight February 6<sup>th</sup> and Stop time 9 pm February 12<sup>th</sup> ; copy of the poster to be uploaded in Auctions 32 – Judy Perrier

### **Program**

**Live Your Dream (LYD)** – Judy Perrie – 2 applicants, applications to be reviewed 1<sup>st</sup> week of February

**Dream It, Be it (DIBI)** – Kathleen Rismondo & Faith Critchon – this year there will be no formal DIBI program but our club will give a Bursary to each of the schools where we have done the program before in the amount of \$50.00. The criteria for the award will be a female student that exhibits the traits of good Citizenship, Caring and Kindness.

Discussion about the amount of the award ensued and Lee-Anne Nalezty started a discussion about the amounts of the award and that in light of the fact that it is Soroptimist Internationals 100<sup>th</sup> anniversary this year that each of the 3 Bursaries should be \$100. Maxine motioned that this be changed to \$100 and it was seconded by Marilyn Fenwick. There was a show of hands everyone in favour.

**Comfort Kits** – Lorrie Haslam & Judy Anderson – both Judy and Lorrie have stated that they would like to do this again next year. Some discussion of whether we should revert back to June to do the kits, maybe not this year due to Covid, but after or if we should move it permanently to December. It was decided that all could think on it and a decision would be made at a later date.

**Elevate at Christmas** – Marlene Crago – thank you was received. Items donated from Soroptimist members that were dropped at Marlene's were picked up by Cindy Figus and delivered to Elevate. Cheryl Ball also delivered some of the items.

### **Membership**

SI Club Procedures and mini orientation were conducted by Karen Bortolin

SOLT stand for Soroptimist Orientation and Leadership Training.

The Soroptimist Four Core Values are; **Gender Equality** – live free from discrimination, **Empowerment**- freedom to act in their own best interest, **Education** – we deserve to lead full and productive lives through access to education, and **Diversity & Fellowship** – women from varied backgrounds and perspectives working together to improve the lives of women and girls

The four pillars is our committee structure – **Membership, Program, Public Awareness and Fundraising**. Each committee has a chair (or two) and almost everything we do falls under one of the pillars. For example – Membership is not just about trying to get new members but the whole membership experience. Program is the Dream programs and whatever else the club chooses to support. Public awareness supports the other committees by getting the word out about our club, what we have going on or what we have done. Fundraising is charged with trying to raise the money that the Program Committee budgeted for and that the membership approved.

SI Toronto Recruitment Power Point – Karen has reviewed and felt that they did a great job and that the presentation would be easily changed to be used by our club if that is what we decided in the fall for recruitment, a wait and see what happens with Covid.

### **Public Relations**

Sweet Dreams Auction – Faith Crichton – the Poster is finished for the Auction, Faith will distribute it to the members so that they might begin sharing it with family and friends. Faith supplied a list of where advertising would be occurring about the auction: The Walleye, Coffee News, What to Do Section of the newspaper, Fiona Gardener; Cheryl Ball will be doing the segment, The Source. Melanie will be doing the entries into Face Book and Judy onto the Website. Great job getting it out there Faith.

### **New Business**

SI Thunder Bay Project Management Form – Cheryl Ball – discussed and there will be further introduction to the form

March 8<sup>th</sup> International Women's Day Activities – Judy – it was decided to award the LYDA at our regular March meeting, as it has been in the past, on March 10. There was some discussion that we should participate in something that is celebrating International Women's Day. A list of activities occurring on March 8<sup>th</sup> will be circulated next month.

Monthly Zoom Tea and Chat – Lee-Anne Nalezty – cannot meet for coffee/tea face to face so would there be any interest in meeting some afternoon over Zoom, a date will be determined and the invitation will go out to the membership and those who wish to participate can do so

### **ANY OTHER BUSINESS**

Cheryl Ball will be attending the ECR Presidential Meeting on January 18 via Zoom

Possible September Meeting in the garden, we have 2 tents and could have a buffet dinner, weather and COVID permitting.

January Birthdays; 19<sup>th</sup>-Sharon Godwin

#### **A D J O U R N M E N T**

Meeting was adjourned at 850 pm by Cheryl Ball. The next general meeting will be at 7 pm on February 10th, via Zoom.

Minutes submitted by:	Judy Perrier
Approved by:	Cheryl Ball

