

Realizing potential. For all women.



# *The Guelph Line*

## Winter 2024 Program

Water Street Church  
287 Water Street, Guelph ON

Business Meeting	7:00 - 7:40 p.m.
Social/Stretch	7:40 - 8:00 p.m.
Speaker & Wrap-Up	8:00 - 9:15 p.m.

**General Meetings will be held in Hybrid form, both in person and via Zoom; link to the Zoom meeting will be provided to members via email**

Those who are able, please come out to the meeting.

If you need a ride, please contact [communicationscfuwguelph@gmail.com](mailto:communicationscfuwguelph@gmail.com)



## January General Meeting: Tuesday January 23, 2024

**Adam Shoalts**

*Canoe Journey from Lake Erie to the Arctic*



Declared one of the “greatest living explorers” by Canadian Geographic, and named “Canada’s Indiana Jones” by the Toronto Star, Adam Shoalts is a professional adventurer and the author of four national bestselling books. Shoalts has mapped rivers, led expeditions for archaeological digs, and tracked endangered species, sometimes going for months without seeing another person. Growing up with a forest on his doorstep, where his father, a woodworker, taught him about trees and together they built birch bark canoes as well as anything else that could be crafted from the forest. Shoalts has written about edible mushrooms, deforestation, and water pollution in northern Canada- a winning story of his adventures. Shoalts has a particular concern for preserving wild places and has been involved with many conservation organizations.

Shoalts was named a national champion of the Trans-Canada Trail and in 2018 was Explorer-in-Residence of the Royal Canadian Geographical Society. In 2008 he received the Niagara Region’s environmental award for his work preserving local watersheds. In 2022 he was presented with the Louie Kamookak Medal, named for the famed Inuit oral historian, for his work “making Canada better known to Canadians and the world” by Chief Perry Bellegarde, former National Chief of Assembly of First Nations and President of the Royal Canadian Geographical Society.

## February General Meeting: Tuesday, February 27, 2024

**Tim Burrows, Retired Vice President, Forty Creek Distillery, board member of the Electric Vehicle Society**

*Should Your Next Car be Electric?*



Tim Burrows is a retired Vice President of Forty Creek Distillery and a graduate of the University of Toronto where he earned an honours degree in psychology. Burrows has owned and driven battery-electric cars for the past 10 years and has logged over 300, 000 kilometers without the need for gasoline or diesel fuel. He now enjoys sharing his EV experience with others and breaks down many myths and misconceptions about electric vehicle ownership. His talk is entitled, “Should Your Next Car be Electric?”, and in it he explains why we’ve reached a ‘tipping point’ where electric cars are replacing those powered by gasoline. Burrows also

touches on the state of self-driving technology and what autonomous cars could mean for the future. Burrows is a board member of the Electric Vehicle Society, a non-profit organization which works to promote the understanding and adoption of electric mobility in Canada. In his role there, he produces a monthly webinar called “Canada Talks Electric Cars”.

## **March General Meeting: Tuesday, March 26, 2024**

**Dr. Scott Gallimore, Associate Professor, University of Wilfrid Laurier**  
*Archaeology and Classical “Wine” Studies*



Dr. Scott Gallimore received his PhD (2011) and MA (2006) in Classics with a specialization in Mediterranean Archaeology from the State University of New York in Buffalo. Prior to joining Laurier, he was the Crake Doctoral Fellow in the Department of Classics at Mount Allison University in New Brunswick. He also spent two years studying in Athens, Greece at the American School of Classical Studies – first as the John Williams White Fellow and then as the Edwards Capps Fellow. His research focuses on the study of the Roman economy, particularly in the eastern half of the Mediterranean Sea. He primarily works with ancient ceramics to document trade patterns and economic connections between different regions and to assess the stimuli behind these networks.

Gallimore is presently involved with the Western Argolid Regional Project (WARP) and the Sikyon Excavation Project for which he is the Roman pottery specialist. In 2016 and 2018, he received the University Merit Award. In 2017, he received the Ontario Undergraduate Student Alliance Excellence in Teaching Award.

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## **CO-PRESIDENTS’ MESSAGE**



**Co-President**  
**Jo Anne Hayter**



**Co-President Barb Hale**

### **Happy New Year!**

Every Festive season leaves its own unique thumbprint on our memory. We hope that yours was filled with special people and precious moments. We often begin a new year filled with personal plans and aspirations. All the best to you as you move forward this chilly season when it’s inviting to hunker down and be cozy. Living in our Canadian community we have so much for which we can be sincerely grateful; however, the world outlook is quite daunting these days.



Sometimes, a strategy which can be helpful when faced with insurmountable challenges, is to be alert to little moments of DELIGHT...and to fully immerse ourselves in those tiny, “perfect” moments. As a women’s community, thanks to the focused energy of a group of our members, we can now offer good quality, hybrid meetings, beginning in January 2024. This will allow more members to actively participate in the general membership presentations. Our membership numbers are healthy and we have welcomed new people with a variety of interests and talents

Our club has partnered with many community groups and initiatives this past autumn. There are some exciting prospects on the horizon and projects which we will want to enthusiastically support. Stay tuned!

## OUR NEW LOGO!

You may have noticed something different about our newsletter: introducing our new logo and tagline! Our Communications Committee member Isobelle Gray recently attended the CFUW National branding meeting, where the new logo and tag lines were unveiled and their implementation and use discussed. We have therefore modified the header for *The Guelph Line* so that we now employ these updates.

This new logo represents an **opening book** as a foundation of learning and education, opening and expanding. The different colours represent **diversity of women**. The flame represents lighting the way upwards and forward. The new tag lines are “*Realizing potential. For all women.*”

## EXECUTIVE REPORTS

### PAST PRESIDENT

Happy New Year!

Since September, our club has recognized former members who died- Helen Brimmell, three members or former members who have lost a spouse, Pat Liptrak, Gerda Charleton and Jean Franklin Hancher. Jane Kenny lost a brother and Connie Valeriotte lost her father-in-law. Nancy Litwak has been ill and with treatment is recovering. May 2024 bring peace for those who have lost a loved one, health to those recovering from an illness, and health and a great year to all of our CFUW Guelph members.

In addition to handling notes of condolence or get-well cards, the function of the Past President is to ensure our club continues with a solid executive. Several of our existing executive members have agreed to remain on the board while others have decided it’s time for different members to carry the torch. Those gaps will be formally announced at our January general meeting. Please consider a positive response if and when you may be contacted to fill one of those gaps. A viable club will survive and thrive with members willing to share their time, energy and enthusiasm.

On a final note, as part of the Hybrid Meeting Committee, all equipment to conduct hybrid meetings, voted upon by the membership at our November General meeting, have been



purchased. A tripod is the last item ordered and yet to be delivered. Upon its arrival, the committee will do a test run of the system to make sure everything is operational. We look forward to including those members unable to attend in person meetings in the hybrid general meeting option.

*Sonia Spekkens*

## TREASURER

### 2023-2024 Budget

<b>CFUW Guelph Budget 2023-2024</b>	<b>Budget 2023-24</b>	<b>Actual to Jan 5, 2023</b>
Membership (net of dues)	<b>4,850.00</b>	4,713.75
Banquet Deficit		<b>-374.33</b>
Poppy cards		25.00
	<b>4,850.00</b>	<b>4,364.42</b>
Nat'l and Prov'l meetings	1,000.00	
Hall Rental/Zoom expenses	1,270.00	420.00
Hospitality	120.00	
Member Services	480.00	155.69
Online banking fees	180.00	120
Program	850.00	300.00
Communication, PR and Website	550.00	460.77
Advocacy	400.00	12.87
<b>Total</b>	<b>4,850.00</b>	<b>1,469.33</b>
<b>Surplus or Deficit</b>	<b>0.00</b>	<b>2,895.09</b>

### Financial Update January 5, 2024

<b>Chequing account balance Jan 1, 2023</b>		<b>20,511.41</b>	
<b>Committed Funds:</b>			
Pending: National Dues (approx)	6,655.00		
Pending: Ontario Council Dues (approx)	757.00		
Community Connections collected in 2022-23	220.00		
One Time Fund carried forward (unspent in 2022-23)	508.60		
Donations to Scholarship (approx - transfer pending)	3,861.20		\$3000 transferred 10/12/23
Donations to Comm Connections (for 2024-25)	1,711.20		
<b>Total uncommitted funds</b>		<b>6,798.41</b>	
<b>Interest</b>		188.99	
<b>GIC Assets:</b>			
New GIC Matures Nov 2025, 5.4%	4,000.00		
GIC matures October 2024	7,380.00		
New GIC Matures Nov 2026, 5.1%	4,000.00		
Total GIC		15,380.00	
<b>Total Fund Assets (estimated)</b>		<b>22,367.40</b>	
	<b>Revenue (Club Donations)</b>	<b>Community Partnership</b>	<b>One-Time Fund</b>
<b>Community Connection Funds</b>			
<b>2023-24</b>			
2022-23 Unspent (carry forward to 2023-24)			508.60
Total member donations (collected in 2022-23)	1,220.00	1,000.00	220.00
Stratford book group donation		221.20	
Rotary Ribfest donation		120.00	
<b>Total available</b>		<b>1,341.20</b>	<b>728.60</b>

*Heather Bailey*

## ADVOCACY

### Happy New Year CFUW Guelph!

Advocacy efforts involve education and action led by members of our Club's Advocacy Committee. We focus on issues that align with the policies of CFUW National and CFUW Ontario Council.

October 18 saw us participating with the YMCA of Three Rivers at the Power of Being You event. For most young women the teenage years often represent a difficult and challenging phase. The conference brought together 200 female identifying youth from grades 7 and 8 to discuss matters that affect girls and young women. The goal was to ensure that participants left the day feeling fully supported, empowered and with the self confidence to be themselves.



*Mary McEwen, Deb Thompson and Kim Palazzo attending the Power of Being You event.*

Guelph Wellington Women in Crisis invited CFUW Guelph members to their Nov. 22 Open House. Mary McEwen, Margaret Hull and Deb Thompson attended.



*Women in Crisis Open House: WIC employee Tessa Campbell, Margaret Hull, Deb Thompson and Mary McEwen*

As part of the 16 Days of Activism Against Gender-Based Violence 2023 (Nov. 25-Dec. 10), our Club collaborated with other local organizations to gather and commemorate young lives lost December 6, 1989 and the National Day of Remembrance and Action on Violence Against Women in Canada with a vigil held at Marianne's Park. Below are framed photos of the fourteen women killed at L'Ecole Polytechnique in 1989 displayed at the Dec. 6 Vigil in Guelph.



Photo of that evening with CFUW Guelph members...left to right – Deb Thompson, Penny Hendricks, JoAnn Hayter, Isobelle Gray, Sonia Spekkens and Kim Palazzo.



### ***International Women's Day – Wednesday, March 8, 2024.***

International Women's Day is a celebration of the achievements made by women throughout history and signifies a continued mission for gender equality. First celebrated over a century ago, the day is now embraced globally to collectively champion the successes of the world's women, past, present and future. The theme for International Women's Day 2024 is Inspire Inclusion. When we inspire others to understand and value women's inclusion, we create a better world. When women themselves are inspired to be included, there is a sense of belonging, **relevance** and empowerment. We are looking forward to this year's celebration and will have our initial



planning meeting with Women in Crisis, Zonta, The Y and Innovation Guelph in the days ahead. Details to follow.

We welcome and encourage all members to contact any advocacy member with your advocacy interests and suggestions. Our next committee meeting is scheduled for Thursday, February 8, 1-3pm.

*Submitted by Mary McEwen, Penny Hendricks, Kate Ciceri, Kim Palazzo and Deb Thompson (Chair)*

## MEMBER SERVICES

We currently have 122 members (109 continuing, 6 new, 6 returning and 1 dual). Last May we had 117 members. We welcome the following new members: Elaine Hills-Bedard, Kim Palazzo, Maureen Weaver, Ursula Menzel, Susan Glasauer and Lyne Cote. We welcome back Judy Barrett, Barbara Christian, Brenda Culbert, Brenda Elliott, Mirdza Radcliffe and Carole Mozuraitis.

*Submitted by Kerry Detlor*

## COMMUNITY CONNECTIONS

On November 30 the CFUW Guelph food packing team gathered to present a cheque in the amount of \$1300 to Brittany Shelton (Program Manager, Food4Kids). This is our contribution in year 2 of our 3-year commitment to Food4Kids.



Kim Palazzo, Helen Murphy, Joanne Oldridge, Connie Valeriotte, Brenda Coomber, Gabriella Facchini, Brittany Skelton (Program Manager, Food4Kids) and Deb Thompson

Please click on the link below if you would like to read the Food4Kids Impact Report 2022-2023:

[https://www.food4kidsguelph.ca/\\_files/ugd/c646f4\\_945f65e3049042d78607d989c8280fdc.pdf](https://www.food4kidsguelph.ca/_files/ugd/c646f4_945f65e3049042d78607d989c8280fdc.pdf)

Thank you,

*Food Packing Team led by Helen Murphy and Sandra McCormick*

**SCHOLARSHIP****CFUW Scholarship Donation Information**

As costs in education and living increase, it is more challenging for women to pursue an education. Thanks to the generosity of CFUW Guelph members, we have continued to support education for women through the following scholarships at the University of Guelph: CFUW Engineering Scholarship, CFUW Guelph Graduate Scholarship in Studio Art, and CFUW Scholarship for Women in Graduate Studies in Nutritional Sciences.

CFUW Guelph members support Conestoga College students through Bursaries, Early Childhood Education Award, and the CFUW Guelph 75<sup>th</sup> Anniversary Award which has been endowed since 2021. CFUW Guelph is in the process of endowing the CFUW Guelph Engineering Scholarship and once endowed, this scholarship will be given to a female student in perpetuity.

Together, we can support education for women. By becoming a donor, our members can continue to support CFUW Guelph scholarships, and bursaries. Thank you for your continued support through your membership.

Donations can be made:

- Directly to CFUW Guelph by electronic fund transfer to [treasurer.cfuwguelph@gmail.com](mailto:treasurer.cfuwguelph@gmail.com) (please indicate scholarship in the text box).
- You can also donate via a cheque, please indicate scholarship in the memo line, or
- Through [CanadaHelps](#) in the form of
  - One time donation
  - Monthly donation
  - Donation of Securities or Mutual Fund shares. This form of donation is an efficient way to give charitably as capital gains tax does not apply.
  - Donors also have the option to give anonymously or give in honour/memory of a loved one.

Tax receipts are available for all donations of \$20.00 or more.

CFUW Guelph Scholarships and Awards is a CRA registered charity, Business No. 887448280-RR0001.

If you wish to donate securities to the University of Guelph directly for any of the CFUW Guelph Scholarships, you can do so by completing this form:

<https://www.alumni.uoguelph.ca/sites/default/files/Notification%20of%20Gift%20of%20Securities%20-%202020%20Updated.pdf>

**Please indicate the CFUW Scholarship in the Gift Designation Line on the form.**

*Submitted by Gabriella Facchini; Chair, Scholarship & Awards Committee*

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## CLUB NEWS AND ANNOUNCEMENTS

### **CFUW Ontario Council: Women Helping Women**

Saturday February 24, 2024 10 a.m. to 12:00 p.m. on ZOOM

*ARTIFICIAL INTELLIGENCE: Its Potential for Women in a Digital World*

Register at <https://cfuwontcouncil.org/standing-committees/>

Experts in the field of artificial intelligence (AI) will discuss how AI will shape the near future for women. They will address the perils and possibilities in addition to giving a brief introduction to AI – what it is, how it works and where it lurks.

## INTEREST GROUP ACTIVITIES

### **Art Touring Group News – Winter 2024**

We welcome the New Year and more opportunities to share enjoyment of the arts.

To round off 2023, in November, 14 members of our group visited the Wellington County Museum to view an exhibition entitled “A Century Later - The Octarine Artists Inspired by A. J. Casson”. A.J. Casson’s paintings and prints of Elora and surrounding areas were displayed alongside the Octarine artists’ interpretations of the same local scenes. Leslie Miles and Carol Hughes, both founding members of the Octarine Group, a collective of eight local women artists who work in a variety of media and range of styles, led us in a discussion about the works of A.J. Casson and the evolution of the Octarine group. Our learning took the form of a convivial round table Q & A which afforded the opportunity for members to exchange their insights about the exhibition.

This art experience evoked a sense of place for many members who connected with the local scenes portrayed. A sense of pride was also stirred knowing that A. J. Casson was inspired to practice his art in the urban and rural areas we inhabit today. Importantly, we gained the opportunity to see these local scenes through fresh eyes. Afterwards our group enjoyed sharing friendship and lunch at “The Friendly Society” in Elora.

We warmly welcome new members and encourage everyone to share suggestions for future visits.

Please email Maureen with your ideas.

[maureenbusbyoconnor@gmail.com](mailto:maureenbusbyoconnor@gmail.com)

Thank you.

*Maureen Busby-O’Connor, Clare Irwin, Connie Valeriotte*

*Art Touring Group Planning Committee*

### **Cross Country Skiing**

Joan Hug-Valeriotte will be convening the X-C group this winter in January and February ..... if there is enough snow. Default excursion time will be Wednesdays at 1 p.m., weather and snow conditions permitting, meeting at my place (178 Ferguson St.) I am a beginner/intermediate skier, so talk to me about trails if you have a favourite that is not too difficult for this level of competence.



Parking is available for two or three vehicles in my driveway and on Wheeler St. around the corner. I have been known to hit the streets in my neighbourhood in the Ward and the trails in Lyon Park and along the Eramosa River during or after a heavy snowfall, before the plows and sanding trucks get to it.... often in the evening after supper when it is very quiet.

Call or text me if you would like to join me on Wednesdays, or alternative dates when snow conditions are good. Hot chocolate and other yummys afterwards.

Email: [jhugval@horizonsquilting.ca](mailto:jhugval@horizonsquilting.ca)

Tel: home 519 836-9388 Cell: 416 768-3775

*Submitted by Joan Hug-Valeriot*

### **Cycling Group**

The Cycling Group met at Kim Wakeford's house for a holiday get together and spring roll production party.



*Penny Hendricks & Isobelle Gray making fresh spring rolls*



*Terri Belyea measuring for sweet apple spring rolls*



*Heather Bailey, Bonnie Parker and Sonia Spekkens engaged in production!*



*Isobelle Gray and Barb Hale display their handiwork making Christmas wreaths with bicycle wheels*

### **Exploring Music Group**

The Exploring Music group met for a pre-Christmas Luncheon on December 18th at Symposium in Guelph.



*From left front, up one side and down the other: Ausma Davidson, Mary Woodside, Jarka Rasper, Cathy Farr, Sandra McCormick, Nancy Coates, Margaret Hull, Jill Dick, Heather Beecroft*



As always conversation was stimulating and spending time together was a treat. An interesting thing happened at the luncheon when a second group of young women, students at the University of Guelph, sat down at the other long table in the room. They formed a mirror image to us and we all began to talk with one another. It was like talking through a fabric in time: the ten of us glancing back into our pasts and the ten of them glancing forward into their futures. Twenty vibrant women, all conversing and laughing and sharing. Memorable!

*Submitted by Sandra McCormick*

## Scribblers

For our December get together the Scribblers writing group met at Coordinator Sylvia Grant's house- all decked out for the festive season! We had our annual cookie exchange and 5-word challenge- delicious treats and amusing and (sometimes) profound stories abounding!



*Left to right: Pricilla Reeve, Janet Bruder, Jane Kenny, Elizabeth Taborak, Sylvia Grant, Elizabeth Miller, Ann Middleton, Aileen Campbell and Rosemary McCallum (and the cookies!)*

*Submitted by Brenda Coomber*

## SNOWSHOEING

It's exciting that our membership has continued to grow from a modest 7 in year one to doubling to 14 members this year! Now if only we could get lots of that white fluffy stuff to come and stay a while, we may actually get to use our snowshoes. Hope springs eternal. If Mother Nature doesn't grace Guelph with copious quantities of snow, there may need to be discussion about occasional travel to colder climes.

*Sonia Spekkens*

*Convener, Snowshoeing Group*



## MEET A MEMBER! Contributed by Melodie Wynn, Member-at-Large



**Janice Mason Steeves** joined CFUW Guelph in 2018 and has been a loyal member of the 3rd Monday book group ever since and enjoys the guest speakers at our General Meetings. An artist, educator and author, she is represented by galleries in Canada with work in public, corporate and private collections in Canada and internationally. Her website ([janicemasonsteeves.com](http://janicemasonsteeves.com)) describes her background, accomplishments (artist residencies, awards, *etc.*), shows, artwork, teaching and newly published book, “Bloom”.

Janice came to art later in life, starting with ceramics and a night class in watercolour. Then she fell in love with oil paint and over time, transitioned from painting in a representational way to painting abstract works that are calm, compositionally minimal, with a priority on colour, light and energy. She describes them as a “form of visual meditation”. Four series of paintings can be seen on her website; the most recent is the “Earth Poem” series. Focusing on remote environments, like the Orkney Islands, Morocco and northern Newfoundland, Janice’s teaching project “Workshops in Wild Places (<https://workshopsinwildplaces.com/>), encourages artists to form a deeper connection to the earth and to paint abstractly from that place.

Her book “Bloom” (2023), emerged from a dream in which she saw herself holding a book that she knew she was to write. This led to a survey of older artists which led to the book “*Bloom: On Becoming An Artist Later in Life*”. It offers guidance, inspiration and support for anyone with a deeply felt longing to pursue a creative path.



**Dr. Marilyn Dickson** joined CFUW Guelph in 2003 and is a proud member of the longstanding Second Monday book group. She is an accomplished individual in many areas. From 1982 to 1998, Marilyn was an “itinerant” music teacher to some 2000 students in 6 different schools. She obtained a B.A. then taught both music and classroom for the Middlesex School Board. As a staff member of the Women Teachers Association in Toronto (FWTAO), working in professional development she developed a computer course for elementary women teachers and also taught a leadership for teachers aspiring to leadership roles. Then she learned to fly! Marilyn is a commercial pilot who instructed private and commercial pilots. She has supported women pilots in a number of ways.

In 2000, Marilyn helped organize and also participated in the “*Ninety-Nines*” Gold Cup Air Rally, a cross-country event for women pilots. The fun rally helps participants expand their piloting skills. In 2006, she began working on a biography of Vi Milstead, a Canadian female WW2 pilot. During her research, she identified an additional 9 Canadian-born women who joined the Air Transport Auxiliary delivering military planes throughout Britain during WW II. In 2008, also with the “*Ninety-Nines*”, Marilyn spearheaded a “Stamp Project”, which, for 15 years, produced Canadian postage stamps celebrating Canadian women pilots representing various flying careers.

Among her other pastimes, Marilyn is a musician and beekeeper. She is one busy Club member!



The **Guelph Line** is published three times a year (September, January and April).

**Submission deadline** is the end of the month preceding publication.

Please submit material to the **Newsletter Editor** email:

[communicationscfuwguelph@gmail.com](mailto:communicationscfuwguelph@gmail.com)

Club activities and membership details are available online at [www.cfuwguelph.org](http://www.cfuwguelph.org)