Soroptimist International of Thunder Bay

*Soroptimist International is a global volunteer movement working together to transform the lives of women and girls. Our network of over 80,000 club members in 127 countries and territories works at a local, national and international level to educate, empower and enable opportunities for women and girls.*

### Mission: “Soroptimist improves the lives of women and girls through programs leading to social and economic empowerment”.

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

**Inside this Issue:**

* Gift Card Sales Home and Garden Show Schedule
* President’s Message
* Board minutes April and March 2019
* Club minutes February 2019 (no club minutes for March as no business was conducted)
* Treasurers Report March 2019
* SIA 10 Tips for Leading the Way
* No Bake Mini Cheesecake recipe



### Schedule for the ticket sales for the Gift Card Draw at the Home and Garden Show

### Friday April 5 4:00 – 6:30 – Karen Bortolin & Lorrie Haslam

### 6:30 – 9:00 – Kim Koivukoski & Melanie Cates

### Saturday April 6 10:00 – 12:00 – Cheryl Ball & Joan Taddo

### 12:00 – 2:00 – Marilyn Fenwick & Enid McKenzie

### 2:00 – 4:00 – Marlene Crago & Rosa Martin

### 4:00 – 6:00 – Maxine Tenander & Lorrie Haslam

### Sunday April 7 11:00 – 1:30 – Shirley Smith & Faith Crichton

### 1:30 – 4:00 – Shirley Smith & Faith Crichton

### April 10 Club Meeting rsvp to Kim Koivukoski by Saturday April 6

### Menu

### Romaine salad with orange segments, candied pecans with creamy poppy seed dressing

### Lemon Thyme Boneless skinless chicken breast with roasted potatoes and Chef’s vegetables

### Lemon Vanilla Layer Cake

PRESIDENT’S REPORT – Karen Bortolin April 2019

Thank you to everyone who came out to the photo shoot at Kangas Sauna - what a bunch of good sports you were! I think that everyone had a fun evening. I have decided that the “President’s Choice” square on our Participation Contest is going to be the photo shoot so if you were there feel free to check of that box! The pictures turned out great even though the lighting in the rooms was quite poor. Jessica Graham, our photographer, did a great job. We decided at our Board meeting to give her an honorarium of $100 for her time and talent.

Shirley’s daughter, Crissy, has been working her magic at turning the photos into a calendar. I was expecting to see twelve photos to click through when I present our invitation to the 2020 Conference, so I was surprised and delighted to see what Crissy has been working on. I have no doubt that you will be very impressed when we show off “Calendar Girls” at our April meeting. We also decided at our Board Meeting to present Crissy with a $100 gift certificate from Vanderwees as she has put in countless hours on this project.

At the Board meeting we decided to finally go ahead with the purchase of A/V equipment. We had a donation of $100 last December and we made over $400 with the 31 Party. Melanie Cates will purchase a machine so we will have it for our April meeting.

At our April meeting we are having a guest speaker who will tell us about human trafficking in Thunder Bay AND I will be inducting a new member, Maureen McCart. Welcome Maureen! We are anticipating even more new members for the coming 2019-20 year.

Still no news to report about the bequest left to us by Olive Ede. A tree will be planted in the grove at our International Friendship Gardens this fall. I believe that we have received around $300 in donations towards the cost of the tree, thank you to everyone who contributed.

We have a few members who are going through hard times with either the illness or the passing of loved ones. Best wishes for speedy recovery for those facing surgery. I wish all of our members the strength to face whatever the future brings. Enjoy every moment with them that you can and, if you are grieving, I hope happy memories will always bring a smile to your face whenever you think of them.



**Soroptimist International of Thunder Bay**

**Board Meeting Minutes – April 3, 2019**

Present: Karen Bortolin, Marlene Crago, Faith Crichton, Kim Koivuskoski, Joan Taddo, Shirley Smith, Cheryl Ball, Rosa Martin

Regrets: Kathleen Rismondo, Cindy Figus

Recording Secretary: Melanie Cates

1. Call to order @ 7:05

2. Approval of March 6 board meeting minutes - motion from Shirley and seconded by Faith to

accept minutes with edit of Maureen McCart’s name

3. President’s report – upcoming President’s conference call on April 15 for Eastern Canada

Region Presidents – Karen will participate.

Vote for SIA President Elect – Bonnie Demonchuk will receive our vote – Karen will submit

on behalf of the club.

Soroptimist Foundation has raised close to 1 million dollars in the past 36 years – Karen will

circulate the newsletter she received at the club meeting.

4. Treasurer’s report (statement submitted by Cindy) – pre-circulated electronically.

Kim Koivuskoski submitted additional costs associated with March meeting in the amount of

$17.36

5. Committee reports

5.1 Program – DIBI survey – Karen will complete even though we did not do a dream it

be it program this year.

Guest speaker for April meeting is Detective Constable Jacobson – speaking on human

trafficking in Thunder Bay

5.2 Membership – Maureen McCart to be inducted at April meeting

5.3 Fundraising - Proceeds from the 31 party $402.50

Gift card raffle April 5-7 – Karen is ordering gift cards from St. Paul’s Church and

Cindy or Karen will pick up LCBO gift card.

Marlene will pick up sold tickets and money from Urban Abbey prior to May meeting.

Yard sale on May 11 – 8-1 @ CLE Cardinal Room. Faith will arrange for pickup of

unsold items for 2:00 PM. Marlene and Shirley will discuss if bins with supplies are

needed for the yard sale for pricing of sale items.

5.4 Public Awareness – no reported activity.

Faith will advertise for the yard sale in the Coffee News and other venues.

6. Other Business

6.1 Conference in Lindsay Ontario – four members are attending (Karen, Marlene, Kim &

Cheryl). Melanie to review past minutes to see what members get to offset costs of

attending the conference and send to Karen.

Our “Calendar Girls” invitation to the 2020 Conference will be shown at club meeting.

One print copy for the gift basket for Conference and one for archives. Club to discuss

if any other print copies are an option

Honorariums / thank you to Jessica and Chrissy – board approved $100 for each

(Jessica will receive a cheque and Chrissy will receive a gift card to Vanderwees).

Melanie will send a draft thank you letter to Faith to include in Jessica’s card.

6.2 Card for Kathleen on passing of her mother.

6.4 Special Olympics sponsorship will be decided at club meeting.

6.5 Archives – Joan will sort the boxes and keep the financial statements from year end

and club rosters.

6.6 Motion from Shirley to use monies earned from 31 Bag party to purchase a projector

for the club to use. Maximum value $400 (edited note – we received a donation of

$100 specifically for the purchase of the projector so this will be used as well

to make up the total of $400).

Seconded by Marlene and carried. Melanie will purchase and submit for

reimbursement.

7. Setting of next Board meeting May 1 @ 7 PM – location TBD

8. Adjournment



**Soroptimist International of Thunder Bay**

**Board Meeting Minutes – March 6, 2019**

**Attendees:** Cindy Figus, Marlene Crago, Rosa Martin, Cheryl Ball, Faith Crichton, Kathleen Rismondo, Shirley Smith, Kim Koivukoski, Karen Bortolin

**Regrets:** Joan Taddo

**Recording Secretary:** Melanie Cates

1. Call to order

2. Approval of Feb 6 board meeting minutes - motion to approve as circulated

Faith Crichton and seconded by Shirley Smith – carried.

3. President’s report – Lee Ann Nalezyty needs coverage for the newsletter due to family

commitments. Will ask at club meeting who can cover until further notice.

4. Treasurer’s report – damage deposit required for meeting at Kangas Sauna – Kathleen

has submitted the fee and is being reimbursed.

We have received an anonymous donation in the amount of $150 to be used for whatever

the club needs. More discussion on how we will use it at the club meeting. The donation

will be captured in the March Treasurer’s report.

SIA is increasing our per capita fees by $9 US on July 1, 2019. Board decided not to raise

local fee at this time.

5. Committee reports

5.1 Program – the comfort kits have been inventoried and bins moved

to CLE. Rosa will send out a list of items needed to fill the bags.

5.2 Membership - New members – Marlene will check with Maureen McCort to see if

she is coming to April meeting. She is unable to attend the March meeting. Two

prospective members interested in our club after our 31 Bag party – Marilyn will update us

on this. Emily Shandruk from Precious Bundles interested in joining our club. Marlene will

connect with Emily to discuss membership. Eastern Canada Region (ECR) Membership

Committee planning a conference call for all ECR clubs – available dates March 11, 14,

18, 20 and 28. Rosa not available but Marlene may be able to attend and will respond.

Guest speakers – Marlene will contact speaker on Human trafficking to see is they can

present at the April meeting. No guest speaker for March meeting due to club activities.

* 1. Fundraising - 31 Party - ~ $300 raised at event. Kathleen will get final total from

consultant once she tallies the sales.

* Gift card raffle – two dates to sell tickets at Canadian Tire Arthur

Street on March 8 and 14. Superstore unable to honor booking previously made for March 10 – Head Office has cancelled all ticket sales at all Superstore locations.

Home and Garden show still has unstaffed times on Apr 4, 5 and 6. If anyone can do a few hours, let Kathleen or Shirley know asap.

Gift cards purchased: Canadian Tire, Shell, Wal-Mart, Superstore and LCBO

* 1. Public Awareness – article for International Women’s Day written by Lee Ann Nalezyty

and submitted to The Chronicle- Journal by Faith to run on March 8, 2019 in the Our Stories section highlighting the KIVA fund project.

6. Old Business

6.1 Special Olympic sponsorship – Board supports this initiative as it fits with our core

values and will help to empower women plus give our club exposure. More discussion

with club membership at the April meeting prior to submitting our request to fund a

special Olympian.

7. New Business

7.1 Plans for next meeting at Kangas Sauna - $30 cash to pay for room and pizza. Kangas

charges 20/person or $180 minimally. No glass allowed in party room. Bring props and

bathing suits for photo shoot. Photographer available from 6-8. Potential to print one or

two copies of the “calendar” for the presentation at Conference 2019. Chrissy, Shirley

and Karen will review the product before it is finalized.

7.2 Conference 2019 in Lindsay Ontario – Karen, Kim and Cheryl attending. Beach bag

(donated by Cheryl and Marilyn) and accessories will be purchased to fill bag. A copy of the SI Swimsuit

calendar may be added to the bag.

8. **Setting of date for next Board meeting Wednesday, April 3rd @ 7 PM at BDO**

**Adjournment 8:55 PM**



Proposal on behalf of Program:

Recently, in the Chronicle Journal, there was an article requesting financial support for athletes participating in the Special Olympics Canada Winter Games coming to Thunder Bay in 2020.

The “Draft an Athlete” program is designed to help all 900 Special Olympics athletes across the country to be able to compete in the games by way of a **$500 donation**. Each donation will go towards covering the expenses of an individual athlete by removing the financial barrier as well as allowing the community to get behind an athlete for the games and follow their progress.

With this in mind, Kathleen and I wish to propose that Soroptimist International of Thunder Bay become a sponsor for **one female athlete** participating in the Special Olympics and recommend that we use the funds from **Programs** to support this cause.

This valuable Draft an Athlete program aligns with the mandate of Soroptimist International, namely: Improve the lives of women and girls through economic empowerment, by contributing the financial resources and opportunity to reach her full potential and live her dreams. We would be serving as a voice for all women (demonstrating our diversity) by coming together as a club and community to support our athletes. We will also have the opportunity to rally behind the athlete and follow her progress.

Soroptimists are committed to international goodwill and understanding, volunteer action, leadership development and fellowship and diversity. All these core values would be demonstrated in our support of this program.

Respectfully submitted,

Kathleen Rismondo and Faith Crichton,

S.I Thunder Bay,



**Soroptimist International of Thunder Bay**

**Club Meeting** **February 2019**

**Attendees**: Marilyn Fenwick, Enid McKenzie, Joan Taddo, Kathleen Rismondo, Faith Crichton, Karen Bortolin, Cheryl Ball, Judy Perrier, Marlene Crago, Judy Anderson, Barb Fraser, Lee Ann Nalezyty, Shirley Smith, Sharon Godwin, Janet Fuchek, Cindy Figus

Recording Secretary: Melanie Cates

Regrets: Rosa Martin, Erin Marcella-Fui, Kim Koivukoski

Grace / Inspirational message – Faith Crichton

1. Call to order @ 6:33 PM

2. Approval of Jan 9 club meeting minutes – motion to accept Marlene Crago and seconded by Shirley Smith. Carried.

3. President’s report - Call to Eastern Canada Region 87th Spring Conference

May 3,4,5 in Lindsay ON hosted by SI Kawartha Lakes. Delegate Kim is required to attend. Karen Bortolin is planning on attending. Anyone else interested should register soon and make travel plans. This year’s theme is An Enchanted Story Book and clubs are required to build a story book house.

Karen has received an email from Toronto club President Margaret Gilby inquiring what SI Thunder Bay is doing to assist with Indigenous racism in Thunder Bay. Karen has responded with a list of all of our activities that support all women and highlighted particular efforts that have impacted Indigenous women (Live Your Dream Bursary winners, Dream It Be It program at schools with high Indigenous enrollment, support for Isthmus, Teen Challenge Women’s Rehab treatment program, Sexual Assault Domestic Violence Program at Thunder Bay Regional Health Sciences Centre, John Howard society women’s program, and comfort kits).

Barb Fraser has received two messages from our sister clubs: one in Finland (21 members) and one in Northern Japan (31 members). They shared information on their clubs and a bit of information on the history of Japan who has a new emperor and what that means for their country. Despite the differences in our countries, we all share the common goal to improve the lives of women and girls.

4. Treasurer’s report – Cindy is still accepting donations for a tree for Olive Ede.

Tickets are available for the $500 gift card draw.

Surplus in program funds since we do not have a winner for our Live Your Dream Bursary due applicants not responding to fix missing information in applications and references that did not confirm attendance in a post-secondary education program. These funds will remain in the account and a decision to use funds for an additional bursary next year is still to be determined. Other discussions about surplus centered around the upcoming International Women’s Day on March 8 and what the club could do to participate. Lee Ann Nalezyty will write an article on our participation in the Kiva organization that assists women entrepreneurs with funds to start their programs.

5. Committee reports

5.1 Program - Live Your Dream update – Cheryl – as above no winner this year

5.2 Comfort Kits – Rosa, Marlene, Judy Anderson and Judy Perrier are taking inventory of our comfort kits and will provide an update on what is needed for this year’s bags.

5.3 Membership – two new members to be inducted in April (Maureen McCart and Linda Adams)

5.4 Fundraising -

31 Party – March 3 @ 1 PM @ Waverly Towers Common Room – can order online if unable to attend. 20% of proceeds will go to our club. Bring family and friends.

Gift card raffle tickets – tables for selling have been arranged at Canadian Tire Arthur Street on March 8 and March 14. Contact Kathleen if you can sell tickets.

Also selling tickets at the Home and Garden Show April 5, 6 and 7. Sign-up sheet posted at meeting – can also contact Kathleen Rismondo if you have any time available to sell during these dates.

5.4 Public Awareness – Shirley, Faith and Kathleen attended the ribbon cutting ceremony for Teen Challenge’s Women’s Rehab Centre. 10 bed 1-year in-patient program to help women recovering from addiction.

5.5 Conference 2020 - Idea for our invitation at this year’s conference – we will be doing a photo shoot for a SI (Soroptimist International not Sports Illustrated) Swimsuit calendar as our presentation for the 2020 conference. March club meeting will be held at Kangas Sauna and we have a photographer and props to help us mock up our calendar. If you have any props that you would like to use, bring them to the March 13th club meeting. Cost of meeting will be $30 for room rental and dinner. We can use the hot tub, sauna and party room for our meeting. It is all for fun for our invite. The conference theme is not finalized but perhaps a Beach Party would be in keeping with our SI swimsuit edition!

**6. New Business**

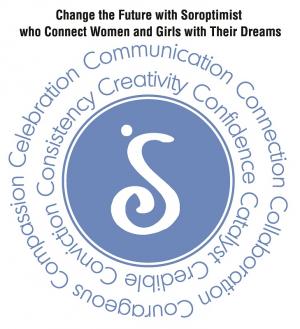
Special Olympic sponsorship idea – Kathleen brought forward an idea to help with club recognition. The 2020 Winter Special Olympics being held in Thunder Bay needs sponsors for athletes. $500 will help with transportation and lodging of the athletes. Sponsors get recognition on the Special Olympic website and in the Newspaper.

A motion to bring this idea back to the April club meeting for further discussion was brought forward by Cheryl Ball, seconded by Judy Anderson and passed.

We need to determine if it fits with club core values (gender equality, empowerment, education, diversity and fellowship)

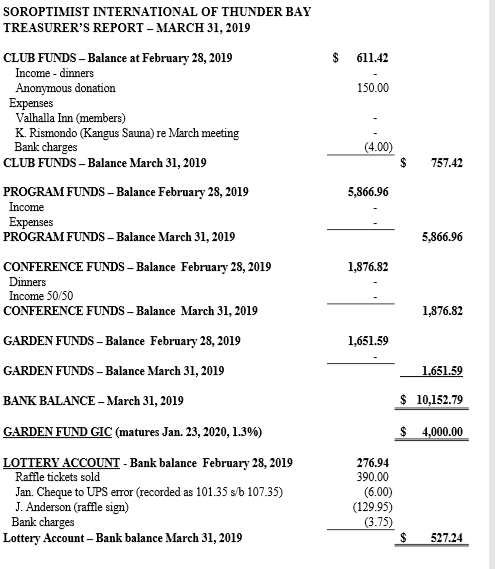
7. **Next Club meeting Wednesday, March 13th @ 6PM Kangas Sauna**

**Adjourned @ 8:40 PM**





Submitted by Rosa Martin





A global volunteer organization that improves the lives of women and girls through programs leading to social and economic empowerment.

**SOROPTIMIST INTERNATIONAL OF THE AMERICAS**

10 Tips for Leading the Way

Best for Women, January, February, March, April 2012



Whether you are a club president, work as a manager in a corporation, or serve as an active member—chances are, you are frequently put in leadership positions. Sometimes these opportunities are by choice, sometimes they are not. Regardless of how you get there, people are now looking to you for guidance so it’s important to develop and implement effective leadership skills.

Take the following 10 tips into consideration in order to be a strong leader—in your club, at work, or at home!

Listen

Take time to listen to each other. Remember that hearing and listening are different. Fight the urge to interrupt people and let them speak their opinions and thoughts. Be present in conversations, remove outside distractions, and ask questions. Great club leaders talk with their members, not at them.

Praise

In the mist of working on programs and projects, serving on committees, and organizing events, it’s easy to overlook accomplishments (both great and small). Acknowledging efforts and making members feel appreciated goes a long way toward providing motivation and boosting morale. Just when you think you’ve said “thank you” enough—say it again! The more you reward, the more that gets accomplished.

Be the model

If you expect members to be active and follow through on their commitments, it’s up to you to set the example. Make sure your behavior exemplifies a team player attitude and you fulfill your promises. Actions speak louder than words, so be prepared and try to participate in the club’s tasks as much as possible.

Boost the fun factor

Create a fun atmosphere in your club in order to keep current members engaged and remaining attractive to new ones. At your meetings, include ice breakers and build in some social time so it’s not all “business.” Or take it to the next level and organize a fun flash mob!

There is no “i” in club

It’s not all about you. Engage members, make them think, and get them involved. Keep in mind this quote from Lao-Tzu, the Chinese philosopher and founder of Taoism: “A leader is best when people barely know (s)he exists, when his (her) work is done, his (her) aim fulfilled, they will say we did it ourselves.”

Nobody is perfect

It’s inevitable that mistakes will be made and yes, there may be times when you, as a leader, are wrong! Even Walt Disney was fired by a newspaper editor because "he lacked imagination and had no good ideas." When times are tough, pick yourself up and give yourself a pep talk. Think about your strengths and work on your weaknesses. Be tenacious and strategize—seek alternative ways to meet goals.

Delegate

Empower others by delegating. The leader doesn’t do it all—like an orchestra, a club needs to work together, bringing all the strengths to the table in order to make a beautiful sound. Be supportive once you delegate responsibilities, so others gain ownership in the task and hone their skills.

Gain Trust

We are social beings and therefore healthy and happy relationships are essential. When you are able to establish trust, the dynamic of the club flourishes. By keeping promises, being transparent, telling the truth, and demonstrating fairness, you’ll be on the path to obtaining the confidence of members.

Motivate

You can’t motivate others unless you are motivated yourself. A positive attitude will be contagious as you strive to excel and commit yourself to your vision. Inspire others by being the leader others want to support.

Pass on the torch

There comes a time when even the best leaders must step away from their post and allow for another to take the lead. In order to ensure the future of the organization, it’s important to plan and help develop future leaders. To take on the challenges of tomorrow, key members should be identified and guided so they are well prepared to continue on with our important mission.

By putting a focus on these 10 key tips for improving or strengthening your leadership style, you can set the direction for others in your club, in your workplace, or in your own circle of family and friends. Why? Because leadership skills are transferable to other areas of your life—therefore the benefits are endless!

Leadership involves continuous growth, learning, and practicing all of these components. Don’t be overwhelmed—it’s an ongoing process. Strive to improve yourself, increase the satisfaction of your club members, and make the world around you a better place for women and girls to live their dreams!

**Remember to start collecting those items for the Soroptimist Yard sale Saturday May11, 2019 at CLE Cardinal Room – Rain or Shine. Sign up for duties at April club meeting.**



**Easter Mini Eggs No Bake Cheesecake**

**Ingredients**

* 280 g Digestive Chocolate Biscuits – can substitute graham cracker crumbs
* 140 g Butter Unsalted, melted
* 360 g Mini Cadbury's Mini Eggs plus 270g to decorate
* 550 ml Double cream plus 50ml to decorate (lightly whipped until it forms soft peaks)
* 140 g Icing Sugar sifted
* 2 x 280g Tubs of Philadelphia Cream Cheese Full fat
* Juice of half a lemon

**Instructions**

1. Crush the biscuits until they look like lumpy sand. (I did mind in a food processor)
2. Mix with the melted butter and press into your 7" tin.
3. Chop the 360g of the Mini Eggs in half.
4. Combine the whipped cream, icing sugar, cream cheese, lemon juice and chopped Mini Eggs. Fold in gently until fully combined.
5. Smooth on top of the biscuit base and flatten the top with the back of a spoon or a palette knife if you have one.
6. Chill for 2 hours or even better, overnight.
7. Use knife tip to remove the cheesecake from the tin.
8. Plop the remaining whipped cream on top of the cheesecake and pile on the remaining Mini Eggs (some chopped in half).
9. Share and enjoy! My guests were delighted with this recipe.



“May the renewal of life at Easter bring new blessings of love, hope, peace, good health and happiness to you and your loved ones. Embrace the renewal of life”. Happy Easter