



The Guelph Line



January 2012 General Meeting

Program - January 24th, 2012

(Open Meeting)

Refreshments @ 7:00 p.m.

****Please bring your own mug!***

Meeting @ 7:30 p.m.

Speaker @ 8:00 p.m.

St. Andrew's Presbyterian Church Hall

161 Norfolk St. Guelph ON

Dr Mark Fenske

"The Winner's Brain"



Mark Fenske, Psychology MA, PhD, is a neuroscientist and co-author of *The Winner's Brain: 8 Strategies Great Minds Use to Achieve Success* (Harvard University, 2010). He joined the University of Guelph in 2007 and is an Associate Professor of Psychology and Director of the Cognitive-Affective Neuroscience Laboratory. His research combines neuroimaging and studies of behaviour to examine how the brain's attention and emotion systems can enhance

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The Guelph Line is published nine times a year by CFUW Guelph.

Submission deadline: the end of the month preceding publication.

Please submit material to:

Clare Irwin or Cheryl Ambrose
Club activities and membership details are available online at

www.cfuwguelfh.on.ca

Advertising Rates

Members are invited to support CFUW Guelph and The Guelph Line through business card ads. Rates are \$75 per year, which includes an annual listing on the website (Name, Business, and contact information) and inclusion in the newsletter.

performance. Mark authors a biweekly Better Brain Column in the Life Section of the Globe and Mail that focuses on understanding and enhancing brain function, well-being, and personal success. His column makes current neuroscience research accessible to the non-scientist and general reader.

The **entire 2011-2012 program** can be viewed online at www.cfuwguelph.on.ca

President's Message

First I want to wish each of you a very Happy New Year. A new year is always the promise of a surprise. What will happen this year? Where will this year take us? What will we learn?

A young teacher who came to Canada from China early in the fall of 2010 has become a dear friend of the McCormick family. He has shared in the traditions of Thanksgiving and Christmas with my extended family and has taught us many things about his traditions. In 2011 he talked to me about the Year of the Rabbit whose character embraces creativity, sensitivity and tries to avoid conflict and confrontation.

This year he has extolled the possibilities of 2012, the Year of the Dragon, which is an auspicious year promising much activity. Personally, I know this to be true: six months ago I became a Grandmother when my grandson William was born; next month my first granddaughter will arrive; in June my son is getting married; this year my husband and I both turn 60 and in May we begin our 40th year of marriage together. Yes it feels auspicious.

The Dragon, occupying the 5th position in the Chinese Zodiac, is the mightiest of the signs. Dragons are passionate in all they do and do things in grand fashion. While Dragons frequently help others, rarely will they ask for help.

I am not a Dragon. Yes, I am passionate about what I do and, to be honest, I love to do things in a grand fashion, but I will ask for help. I believe that by helping each other we will always get more things done, do things better and learn from one another. We will also deepen our friendships.

Only through the help of so many members of CFUW Guelph, have I been able to fulfill the tasks of President and meet the responsibilities of our club. I have enjoyed the help of

Membership Renewals

Please return membership form to Membership Chair Elaine Koopmans. Regular* Membership Dues for 2011/2012 are \$110, which includes a \$10 donation to the Scholarship Fund.

* For other categories, please see membership form.

2012 AGM and Banquet May 22nd, 2012

This year's Banquet will be a sit-down dinner at Cutten Fields, Menu and Guest Presenter TBA.

CFUW Ontario Council Accessibility Customer Service Policy 2011-2012

In 2001, the Province of Ontario introduced the Ontarians with Disabilities Act (**ODA**), which, among other things, mandated the public sector to create an annual accessibility plan to identify, remove, or prevent barriers to its goods and services. Subsequently, in June 2005, the Province introduced the Accessibility for Ontarians with Disabilities Act (**AODA**) to benefit all Ontarians by developing, implementing and enforcing a number of accessibility standards in order to achieve accessibility for Ontarians with disabilities by the year 2025.

The AODA mandates both the public and private sector. Since CFUW falls under this directive, the CFUW Ontario Council must meet all of the requirements of the standard set out by **AODA** by January 1, 2012. Thus, the council has developed a customer service policy and a training guide to comply with the legislation.

The accessibility customer service policy was presented via a short power-point presentation at the November 22, 2011 CFUW meeting.

- the Executive Members and members of their committees
- the convenors of the many Interest Groups
- the members who manage our website and prepare our Blue Books

And I have been helped by the Chairs and members of the many working committees of CFUW Guelph including

- Scholarship and Awards Trust Fund
- Nominating Committee
- Standing Committees
- Resolution Committees

This year there are ad hoc committees on

- Life and Honorary Members
- Members' Surveys
- Project Proposal Evaluations
- Guidelines for Archival materials

Also many of our members have stepped forward to organize special events such as

- International Women's Day
- Fall Gathering October 2012

Others have taken on specific tasks such as

- monthly dinners
- Chalmers Gift Bags
- mini quilt sales
- Poppy card sales

Every month members volunteer to help with items that come up, whether it involves organizing an event, presenting information, or doing a hands on activity at one of our meetings.

I thank each of you for your help and for the privilege of getting to know you better. Let us head into 2012 and embrace all that this New Year has to offer, not as a Dragon, but with the help of all who accompany us.

Sandra

Dr. Sandra McCormick
President, CFUW Guelph

Quilts winners all round

Thanks to the generosity of CFUW Guelph's Textile Art Group, the scholarship fund is \$2390 richer than it was two months ago.

Autumn in Muskoka, a queen-size bed covering, made by our club's very talented quilt artists and donated to the Scholarship Fund, was claimed for an \$1800 gift to

Every CFUW member is encouraged to read through the policy and the training guide so that all of us are aware of the principles and the requirements as per **AODA**.

Convenors of CFUW interest groups who meet regularly in a public place (e.g. Civic Affairs meets at Harcourt Church) will be expected to inform their group members of the **AODA** and what is required to comply with the legislation.

The CFUW Policy and Training Guide are posted on the Ontario Council Website.

Go to www.cfuwontcouncil.ca and click on "**Club Resources**" in the left hand menu. Under "**Insurance & Risk Management**" you will find links to the Accessibility Policy, Accessibility Training Guide, and Accessibility Training Tracker. It will only take 30 minutes of your time to read through the information and thus make you knowledgeable about this important provincial legislation.

Respectfully,
Esther Devolin

January Pre-Meeting Dinner

Menu: Beef Bourguignon, Rice, Summit Salad (greens, carrot and beet), vegetarian option also available.

Cost: \$20.

Contact: Heather Bailey

Email: hbailey@uoguelph.ca

Deadline: Thursday January 19th

Only 8 spaces left - will be filled on "first contacted, first fed" basis!

scholarships. Eight wall hangings in the same colours as the quilt and a tote bag raised another \$590 for scholarships through a silent auction.

"This will allow us to immediately double our \$500 graduate award in human nutrition studies to \$1,000," says Scholarship committee chair Ann Middleton. "This was an award that was out of sync with our other more generous offerings for science and fine art students," she said. "We are absolutely delighted, and overwhelmed by the generosity of the Textile Art Group in making this gift to the education of young women in our community."



From Pat Liptrap:

"On Tuesday Anne Peters and I head off to Toronto on the bus to deliver Autumn in Muskoka to Ellen. Just in case you didn't experience the weather that day, it rained 'cats and dogs' but we were prepared ... the quilt in a large pillowcase, then a plastic bag and then a large duffle bag. We wore our most waterproof jackets, over pants and boots. I also had an umbrella, a tote bag and a waterproof hat. As we readied to leap off at Union Station, the woman across the aisle could stand it no longer and asked what we were doing ... no doubt thinking we were preparing for a campout in Queen's Park."

"It has been an exciting experience and am personally so happy that our efforts will help young women in their academic endeavours."

Report from the Nominating Committee

WANTED: Women who would like to share in the experience of managing our club. It is very rewarding to be involved in the discussions and making decisions to

The Kanga Project



At our September General Meeting, club members voted to accept the recommendations of the Project Review Committee and support a female student to attend high school for one year through the Kanga Project. The total cost of the 1 year sponsorship was \$327.53.

Our sponsored student will be 16 years old in May and is from the village of Ikhanoda. She started secondary school late because of the poverty of her family, but is now beginning second year. Her parents are farmers as are the great majority of people in this area. She lived with her aunt last year so she only had to walk 1 km to school. With our sponsorship, she will move into the hostel in January for the new school year. She studies Physics, Chemistry, Biology, KiSwahili, English, Geography, Civics, History and Mathematics; her favourite subject is Biology and her least favourite is history. She would like to become a nurse.

This is a conversation she had with one of the Kanga project volunteers.

Kanga Volunteer: "How will

benefit our group. It also provides a greater understanding of the mission of the club.

A few Executive members wish to continue in the role for their second year. The Nominating team has begun to approach individuals, but, we want to make sure that the membership has an opportunity to volunteer for an open position as follows:

- Vice-President
- Secretary
- Treasurer
- Program Chair
- Scholarship Committee member

Please contact June Ayrhart, Nominating team Chair, by email or phone if you wish more information on a role or to let your name stand for the 2012/13 Executive Team . Elections will be held at our AGM in May.

Also, If you would like to help out on a Committee (Program, Membership, Hospitality, Communications or Nominating), please also contact me. Thank you for supporting our Guelph club.

Submitted by June Ayrhart, Chair

Issues and Action Update

What a busy year this has been on the political front. Here is a list of some of the issues we are following:

Federal:

- Bill C-10: The Safe Streets and Communities Act (aka The Crime Bill). Thank you to all CFUW members who wrote letters to let your voices be heard. The bill is now before the Senate. If you wish to write you can find a list of senators at: www.canada.gc.ca
- Bill C-19: An Act to Eliminate the Long Gun Registry – the Quebec government is suing the federal government to retain access to the data.
- Canada's withdrawal from the Kyoto accord
- The federal-provincial agreement for health care funding that will tie federal funding to the economic growth
- Canada European Trade Agreement (CETA) which could limit the power of municipalities to run or control public services such as water protection, hospitals, schools and public utilities

sponsorship help you?"

Student: "It will help me because my parents do not have the means and this will reduce the load. Also, I will have time to study because I can stop helping to cultivate the customary grains. I do not mind this. Also, our school does not have enough teachers so we need tuition after school."

"I thank you for your help, for you are able to help. Also, God loves you for your help. I would love to complete school successfully followed by Form 5 and 6 also successfully, then to go to college with the good work."

Just a reminder that Project Proposals for the 2011-12 year are due by January 31.

The form can be downloaded from the website and completed forms should be submitted to the current Project Review Committee members Melodie Wynne and Isobel Boyle. We would like to have at least one more member on the committee. If you are interested, please contact Melodie, Isobel or Sandra McCormick.

Heather Bailey

Do you belong to another group where there are prospective CFUW Guelph members?

For example, Retired Teachers of Ontario, or other professional organizations. The Executive is looking for opportunities to meet with and invite women from these groups to join CFUW. Please share your information with any member of the Executive so that we may follow up.

Condolences

A reminder to contact June Ayrhart with news.

- The abstention of a number of Conservative MPs on a motion to ban the export of asbestos

Provincial:

- Impact of full day kindergarten and underfunding of child care programs – since 1997 close to 400 centres have closed in Ontario
- Outcome of the Social Assistance Review – report expected in June
- Progress on the Mental Health Strategy
- Impact of the Highland Corporation application to operate the largest open-pit mine in Ontario in Melancthon township, north of Shelbourne. The proposed quarry poses a threat to the drinking water sources for more than one million people, including Guelph.

Local:

- Proposed townhouse development at 180 Gordon Street that will change the nature of Marianne's Park and could set a precedent for the changes to set-backs for development next to our river systems
- A proposal to enhance idling bylaws to cut down on vehicle emissions

Keep an eye on the Issues and Action section of the website for more information. We welcome any members wishing to work with us on any of the above issues. Just send an email or give us a call.

Teresa McKeeman, VP and Chair of Issues and Action

Chalmer's Christmas Bags

Once again, our club donated over thirty Christmas gift bags to Chalmers Community Services Centre. These bags are Christmas presents for people who use the services at Baker Street and Willow West.

I volunteered at both locations and sometimes guests explained or apologized to me for using the service. I found it especially difficult to be there when there were children.

Special thanks to four brand new CFUW Guelph members who prepared bags. I hope that you found it an enriching experience. Many members prepared one or more bags on their own. In addition, bags came in from interest groups: Bridge, Gardening, Hiking, International Focus, Issues and Action, Monday Scrabble Group, First Monday Book Group, Second Monday Book Group and Book Exchange Group #2. And some members paid with store bonus points that they could have used for their families.

Interest Group News

It's not too late to join a new interest group! Look for a sign-up table at our January meeting where you can get information on some new groups that are forming or join an existing group that still has space for more members. One of the new groups is investing in real estate, read on for details about an introductory meeting where you can learn more about this exciting group.

Breakfast Club: All we do is eat and chat! Everyone is welcome 8 a.m. Tuesday, February 7th @ Eggcetera. RSVP necessary. Contact June Ayrhart

Interest Groups – If you would like to use the CFUW Guelph projector at one of your meetings, please contact Teresa McKeeman.

If you are a Convener of a group that has an opening, please let Elaine Koopmans know. We will be providing a table Sign-Up table at the next meeting. If you or one of your group members is available to assist at the table, we would appreciate your help.

Contact the Membership Committee, Sylvia Grant and Elaine Koopmans or email: membership.cfuwguelph@gmail.com to participate in any of these new ideas.

International Women's Day March 8, 2012

Zonta breakfast at the Italian Canadian Club: Speaker is Janet Wilson, an author/artist from Eden Mills. She writes the Kids in Power series. Her recent book was *Shannen and the Dream of a School*, about a young native woman from Attawapiskat who led a letter writing campaign to get the federal government to replace their school which had been contaminated

Many thanks to Ann Middleton, Heather Bailey, Wilma Churchill and Virginia Gillham for helping to deliver the bags. It was a very messy (read, dangerous driving) night and these women delayed going home after the general meeting.

The average cost per bag has risen in the past few years, from about \$35 to \$45. I don't think there are any new items, so it's all price increases. It might be time for some co-ordinated bulk purchases. Here are my thoughts. At the October general meeting, a member could contribute \$10.00 (or more) instead of shopping. Members could also bring donations such as extra toothbrushes from the dentist, bars of soap, gift cards that could be used for the purchases. Members who would like to shop would sort the cash and goods, calculate the number of bags that can be assembled from the donations, shop, prepare the bags and bring them to the November general meeting. Of course, all members and groups would be free to do their own bags. This is just an additional method.

My only other suggestion, being an eczema baby and adult, is to buy hypoallergenic products. They are more expensive individually but, for example, Ivory Soap bars can be bought in multiples that are frequently on sale. And socks and gloves in synthetics are less expensive than in wool and can be just as warm. Please mull.

Thank you for this year's contribution. We all know how nice it feels to receive an appropriate gift. You just gave one. Well done.

Carol Dilworth



Power of 10

The Volunteer Centre celebrated its **10th Anniversary** in style with a grassroots movement called **The Power of 10**.

For more information on this year-long celebration and how to take the Power of 10 pledge, visit the website

www.powerof10.ca

by diesel fuel leaking from burst pipes.



Women on the Bridge will happen at noon. Participants will meet at Mitchell Hall (St Georges Church, 99 Woolwich St) go to Heffernan Street Foot Bridge, and return to Mitchell Hall. The Mayor and news media have been invited. Organizers include Zonta, CFUW, Women in Crisis and the Women's Health Network. More details to follow.

Pat McCraw

Ontario West Fall Gathering 2012

WANTED SOON: Women who would like to lend a hand to the implementation of Ontario West Fall Gathering of 2012 right here in Guelph on Saturday, October 27th. We will need individuals to look after very specific aspects such as décor, to make the day a total success. Any amount of time that you can give would be most welcome.

We will need to fill the following roles:

- Room set-up/clean-up
- Refreshment, lunch set-up
- Nametags
- Venue Hostess (lights, microphone, etc.)
- Invitations
- Greeters
- Photographer
- Publicist
- Registrar, Reception
- Décor
- Treasurer
- Introduce, thank

Thank you for supporting our Guelph club in hosting this year's Fall



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email: ngroenewegen@cruiseshipcenters.com
www.cruiseshipcenters.ca/nicolagroenewegen



We gratefully acknowledge the support of
Dan Struthers of [Burlington Network Services](#)
Host of CFUW Guelph's website

Gathering. The topic: "Rejuvenating Your Club" will be the focus of workshops facilitated by our own members. If you have ideas of what should be included as examples of best practices or are willing to help out with logistics, please contact June Ayrhart, Planning Chair, by email or phone.

CFUW Guelph Arts Line

CFUW Guelph Arts Line is an opportunity for members who are painters, quilters, actors, singers or involved in community arts groups to share activities and events. Please submit information by the end of the preceding month for inclusion in the next issue. Include your name or the organization you are a member of, along with a brief description of the event and when and where it's happening.

Submit to Betty-Anne Stammers.