

WAMUN Newsletter

Women's Association of Memorial University of Newfoundland



Vol. 45 no. 2 March 2018



President's Report

Dear Friends,

Although we are already well into 2018, I wish you all a happy and healthy New Year. It has been an unusual winter so far, with less snow and drama than normal. Not that I am complaining; as a walker – with or without a dog – I am finding the going much easier this year and am very grateful for that.

Upcoming Events

The executive is currently working towards the last two events of the WAMUN calendar for this year. The *Spring Talk* will take place on March 14th and will be looking at the problem of polypharmacy, a matter of concern to us all.



SPRING TALK

TIME: 7:30 P.M. WEDNESDAY MARCH 14TH
PLACE: ER 4065
SPEAKER: DR. DEBBIE KELLEY
TOPIC: POLYPHARMACY

Dr. Kelly's talk will interest you if you, or someone you know, are taking five or more medications on a regular basis. Included in that count are not only prescription drugs, but also over-the-counter medications and supplements. She will speak about the risks of doing this, people who are particularly at risk, and possibilities for de-prescribing.

And, of course, what would April be without the *Annual General Meeting* (and Luncheon). This not-to-be-missed occasion will take place on Saturday, April 21st in the Fluvarium in Pippy Park. (Our usual venue, the Junior Common Room on campus, is unfortunately not available this year because of extensive on-going renovations.)

The luncheon will begin at 12 noon and the meeting at 1 p.m. If you prefer to attend only the business meeting, you are most welcome to come and participate without buying a ticket.

ANNUAL GENERAL MEETING

SATURDAY APRIL 21ST DOOR OPENS AT 11:15 A.M.
THE FLUVARIUM LUNCHEON AT 12 NOON
LUNCHEON TICKETS COST \$25 BUSINESS MEETING AT 1:00 P.M.

Tickets for the AGM lunch are now on sale at the very reasonable price of \$25. Susan Goold and most of the interest group convenors have tickets. Susan will be at the Spring Talk meeting on March 14th, so you will have a chance to buy a ticket there.

Executive positions:



Talking about the AGM, we will be electing the executive for the 2018-2019 year. Now is your chance to get involved with WAMUN in a more hands-on way. Why not consider running for the executive? With eight people on the executive, each person's duties are quite light. We usually have about four meetings per year, meeting in the evening in someone's home. We socialize over tea after the brief business meeting. A number of positions are open. Would you be interested in helping to plan the social events, choosing topics for talks, taking minutes? Let me know what role you might be interested in, and I can add you to the roster. We would love to have you join us.

One person we will miss at this year's AGM is Tonya Bassler, founding member and past president of WAMUN, who passed away just after Christmas. She was a great light for WAMUN. Her passing is a great loss to us all.

-- Kathy Simonsen, President

MEMBERSHIP

WAMUN is alive and well. We have 94 members at the present time. Our membership numbers are holding steady, or growing slightly. This does not mean that we can rest on our laurels. We need to



attract new members if we are to stay vital as an association. Our interest groups are the main source for new members. Most people start by becoming involved in one activity and then with time, attend other groups or special events till they are more broadly acquainted with the group as a whole. Accordingly, if you have friends or acquaintances who you think might enjoy one of our programs, why not invite them to join you at an interest group meeting to see if they would like to join?

The convenors work very hard to make their groups interesting and relevant. In order to keep the interest groups going strong we need our members to support them. Please think about helping them out or, if you have an interest that is not yet being served, forming a new group yourself.

Our membership year runs from September 1 to the end of August. It is most helpful if current members pay their membership dues by the end of October, but new members can, of course, join at any time of year.

-- Susan Goold, membership secretary

CAMPUS FOOD BANK

The need for food aid on campus has doubled. In January 2017, the Campus Food Bank was serving about 130 regulars. Now there are about 270. And, these numbers do not include the spouse and children of some of these people.

Anne Sinnott, treasurer of the CFB, writes, "every donation helps us to keep feeding our hungry students, and regular donors like WAMUN are really appreciated as we know it's a steady stream of help." She also writes that almost all the money they receive buys food. Almost all their non-food costs are provided by others. The University provides the space and pays for the phone and the part-time student assistant. Other minor costs such as postage are mostly paid by the volunteers.

So far this year, we have collected \$950 for the CFB. This is almost as much as last year's cash total of \$ 1,045 and we have three more months to go. It appears that the CFB needs as much money as we can manage to give them, so all your contributions are greatly appreciated.

"Piggy" and various types of collection jars appear at most of our meetings. Some of us drop money or cheques into these jars. Others prefer to donate grocery gift cards or donate via automatic pension cheque deduction. If you wish to donate by cheque, make it out to the *Campus Food Bank* (rather than to WAMUN). Tax receipts can be issued for gift cards and cheques.



PIGGY

Loblaws Bread Cards

If you bought groceries at Dominions (or at other stores elsewhere in Canada) anytime since January 1, 2002, you are almost certainly eligible to claim the \$25 Loblaws gift card. Applying for the card online is a very quick and easy process. Many people across Canada are getting the cards and donating them to food banks. Isn't this an inspired way to punish price fixing? It would be wonderful if many of us would do the same. If you bring them in to us, we will see that they get to the Campus Food Bank. The application for the card is at this site: <https://www.loblawcard.ca/>

-- Dorothy Milne, CFB co-ordinator

SCHOLARSHIPS

The Executive would like to announce its intention to present this motion at the AGM:

NOTICE OF MOTION:

At the AGM on April 21st, members will be asked to vote on this motion: that \$2,000 be moved from our bank account to the restricted portion of the WAMUN Scholarship Endowment Fund.

SCHOLARSHIPS, *continued*:

WAMUN graduate scholarships were awarded this year to two M.A. students and one Ph.D. student. The winners were selected, as usual, by the School of Graduate Studies. The three young women attended our January Coffee Morning event, when several of our members enjoyed meeting and chatting with them, and the award certificates were presented to them.

Hannah Lane graduated from MUN with a Bachelor of Science Honours in Behavioural Neuroscience. She is currently enrolled in the Master of Public Health (MPH) Program. Her primary interests are in the medical/health care field, as well as in animal behaviour.



Cheerful Tenu graduated from the University of Ghana with a BA and an MA. She is studying for a MA in Political Science at MUN. Gender equality and women in leadership are her key interests, and women's political participation in particular. Her research is focused on the topic. "Obstacles to Women's Participation in Politics in Ghana". She hopes to develop this topic into a useful literature for national development.

Hannah Lane, Cheerful Tenu, Haley Toll

Haley Toll graduated from Concordia with a Bachelor's of Fine Arts and a Masters of Arts degree in Creative Arts Therapies. She has begun her doctoral studies in the Faculty of Education here at MUN. Her research aims to work collaboratively with newcomer women from Syria and Iraq by providing arts-based support that helps integrate and foster these women's sense of belonging, through social action and community arts-based research. Before beginning her PhD, she worked with children and adults in Botswana, British Columbia, Alberta, and Mongolia as an art therapist and clinical counselor. She is the current president of the Canadian Art Therapy Association.



FALL POTLUCK AND TALK



JANUARY COFFEE MORNING



COFFEE MORNINGS

The WAMUN Coffee Morning Group met seven times during the Fall; the mid-December meeting was a pot-luck lunch in celebration of the Christmas season.



At the Christmas Potluck

We continue to meet approximately every second week at members' homes. From ten to fifteen members of the group gather to relax with coffee, light snacks and lots of conversation. It is a fine setting for friendships to develop. Members take turns hosting the group, usually once or twice a year.

WAMUN members who wish to join the Coffee Morning Group may contact the convenor, Beverley Gardner.
(753-1875; gardners@nl.roger.com)

MEMORIES OF TONYA JEAN BASSLER (née KURT)

November 27th, 1940 -- December 27th, 2017

Tonya was born in Wichita, Kansas. She spent a year at the University of Vienna, then returned to the USA 1961 to attend the University of Kansas. There she met Gerhard. She earned an Masters degree in Personnel Administration and Political Science, passed the US Foreign Services Exam, and was awarded membership in Phi Beta Kappa. She and Gerhard got married in 1964. In 1965, they moved to Newfoundland.



She loved her life here. She had many talents and interests. She and Gerhard were self-taught organic farmers in St. Joseph's, St. Mary's Bay. She became skilled at cheese and butter making, German cuisine, knitting, quilting, and sewing. Tonya was also an avid supporter of the arts, including the Newfoundland Symphony Orchestra and Kiwanis Music Festival, where she volunteered for years. While raising four children she edited eight of Gerhard's books, and co-founded the German Saturday School at MUN. When her children were older she earned a B. Ed. degree at MUN. She then taught Adult Basic Education and English as a Second Language and served as president of TESL Newfoundland.

Tonya's connection to WAMUN was fundamental, and long lasting. She was one of two co-founders of WAMUN, and served as its president several times between 1968 and 2009. She also chaired the Scholarship Committee, and acted as convenor for an art appreciation group and the fiction book discussion group.

Tonya was a remarkable lady -- intelligent, energetic, and socially outgoing. She was loving, creative, and organized, and much admired and loved by many people. She devoted much of her love and energy to her children and her eleven grandchildren.

-- adapted from the text of the obituary



Some memories by friends in WAMUN

My memories of Tonya go back far to the late 70's. She was a member of the International Food Group with her husband Gerhard. She was always well prepared and a sophisticated hostess. Looking back now, I think she was a perfectionist. If she took on a task or role, she worked as hard as she could, not being satisfied with less than her Best. She was a Convenor of our Second Tuesday Book Group for a couple of years and she handled that like a good teacher. She would make sure every participant had a chance to offer her opinion on the book whether she had read it or not!

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In coffee group, she was a cheery hostess, seemed to truly enjoy entertaining, and was so proud of the beautiful flowers Gerhard grew. Tonya was generous in sharing her recipes. She would often bring some of her knitting and other crafts to show us at coffee group. The socks she knit were of the finest wool and just beautiful. She made hats and mitts for her family as well as to donate to underprivileged people.

I remember her little acts of kindness too, such as delivering a gorgeous loaf of homemade rye bread when my husband had his surgery a couple of years ago.

When she first began dealing with cancer, she shared her situation candidly with the coffee group. She was truly an inspiration to us in the brave manner in which she handled her surgery, many treatments and their effects. We were saddened by her recurrences, especially the last one which was so devastating to her. Her time with us was just too short.

-- Karen Herzberg

Shortly after I moved to Newfoundland in October 2005, I met Tonya through WAMUN. We saw each other often at various interest groups such as Coffee Mornings, Walking/Hiking Group, and Book Club. We soon became good friends. Some ten years ago now, she invited me to try tai chi with her. It is still an important part of my life today. When I think of Tonya, I see her beautiful smile and think of her as determined and full of positive energy.

She was devoted to her loving closely knit family. At Coffee Mornings she would often arrive and happily announce the addition of yet another grandchild! All eleven of them were present at her funeral on New Year's Day.

Tonya showed remarkable courage and strength in her battle with cancer. She remained optimistic almost right to the end. I miss Tonya and always will. She enriched my life in many ways and for that I am thankful.

-- Pat Collins

Tonya's work on the Scholarships Committee was notable. When I first went to an AGM, the organization didn't seem to have any understanding of how the scholarships were handled. Tonya's reports to the membership on meetings that she had had with Alumni Affairs people clarified a lot of things.



I remember sharing a ride with her fairly recently - probably within the last five years. As I was dropping her off at her house, she commented on how much she had gotten from her membership in WAMUN. She didn't say anything much more specific than that -- perhaps something about friendships made. One of my favourite expressions occurred to me. I thought, "it takes one to know one". If she benefitted from her membership in WAMUN, it was because she had given so much to it.

-- Deborah Rehner

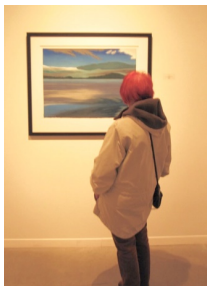
INTEREST GROUPS news and plans

ART HAPPENINGS

Our aim is to provide a meaningful art experience by learning more about art works and the artists, and to appreciate the vast scope of what is considered to be art.

We mourn the loss of our co-founder, Tonya Bassler, who passed away in late December. Her sunny smile and cheerful disposition will be missed by all of us. May her legacy live on to inspire other women to reach for their goals and to be encouraged by her example of sacrifice, energy, determination, creativity, and most of all, her love for others.

In October, we visited the Joanne Costello exhibit at MUN's First Space in the QEII Library. Joanne Costello was on hand to give us a talk on her nearly photo-realistic paintings. Inspired by the geological work by 19th-century James P. Howley, she visited, sketched and observed the rural Newfoundland locations mentioned in his book. The result was a set of ten magnificent paintings that really impressed us, from a landscape resembling a patchwork quilt, to water crashing over a cliff.



In November, we visited the Scott Goudie exhibit at the Christina Parker Gallery. Christina gave us a detailed explanation of the methods and invented usage of Scott Goudie's works. Without this, the exhibit would not have had such an impact on us. His talent in printmaking, chalk pastels, and watercolours was evident in his tableaux of stormy seas, dark and mysterious forests, seascapes, and winter scenes.

January's visit was to the Red Ochre Gallery. Brenda McLellan showed us works from various local artists, and explained their techniques. Brenda's own distinctive style was evident as well as those of other artists whom we have come to recognize, such as Frank Lapointe's vibrant watercolours, Natalia Charapova's dyed silks, Renee Butler's realism, Gerald Vaandering's impastos, Rachel Ryan's textile hangings, Ilse Hughes' glowing sea & landscapes, to name but a few.

-- *Brenda Rishea, convenor; Karen Herzberg, co-convenor*

E TOYS

The E Toys group has continued to meet twice a month in the community room at the Marjorie Mews Library, where we enjoy a relaxed and cheerful environment and are always welcomed by the staff. There are usually eight or nine people at the meetings, most of whom come with questions of one sort or another. We share our knowledge, and learn from each other. And, we have fun while doing so.

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E-Toys continued ...



Our focus has been on how to use cell phones, iPads and laptop computers - mostly Apple devices. We help one another find solutions to problems as they arise, and explore new features and applications. "Googling the question" is now what we often say and do. What we don't already know, we look up and try out on the spot.

Some of the applications we use the most are: e-mail, music, calendars, photographs, dictionaries, games and puzzles, shopping, maps, Google earth street view, and so forth. One particularly enjoyable experience recently was when Hatty Shinkle brought her Virtual Reality glasses. We all had the chance to try them on and experience a 3D virtual roller-coaster ride!



If you have an electronic gadget that you don't know how to use, or wish you knew more about, feel free to come on a drop-in basis. Come try us out. New members are welcome.

-- Karen Herzberg, convenor; Susan Goold, Deborah Rehner, Dorothy Milne co-convenors

 **SNAP & CHAT**

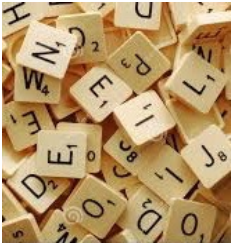
This new interest group met for the fourth time on March 1st. We meet on the first Thursday of the month, at the Marjorie Mews Library.

We have begun by exploring the various ways a smart phone or tablet can be used to take photographs: how to focus, alter the exposure, change from a static photo to zoom, to time lapse, to panorama shots, to video, 'live' photos, and photo bursts. On one occasion, we played with a 'selfie stick', something none of us had done in real life. We have also been solving problems of moving photos from our cameras to our iPads or laptops. In time, we plan to explore topics such as photo-editing, composing photos, and taking specific types of photos such as landscapes, streetscapes, portraits, and cat videos (just kidding).

-- Karen Herzberg, convenor



∞ SCRABBLE GROUP



Our Scrabble group is still alive and well. We meet at Starbuck's at Chapter's every Wednesday morning from 10 a.m. onwards, year round -- yes, all summer, too. Everyone is welcome, no matter their skill level. We are very grateful to Starbuck's for accepting us. They even put in a special long table for us. Most of our Scrabblers also join the Grannies for their twice a year Scrabble fundraiser. Who can resist playing a game we love and raising money for a very good cause at the same time? The rules at the Grannies Scrabble are stricter than our Wednesday rules. We allow both 2 and 3 letter word lists and dictionaries as aids, for example.

You don't need an invitation to join us – just walk in the door of Starbucks before 10:00 a.m. any Wednesday and look for the tables setting up for a game and join in. Hope to see you there.

-- Susan Goold, *convenor*

∞ MUSIC INTEREST GROUP

The Music Interest Group usually decides on the 'topic of the month' from month to month. We spent a few months this year learning about Debussy and Gershwin. In January, however, we began listening to the earliest music we could find. We are especially considering how and why music has changed over time. At the time of this newsletter, we are at the Baroque Period. We may continue chronologically, or, if something else strikes our fancy, we may change direction. We all find ourselves learning new things about music and are very thankful for the technology that makes it easy to find and share music and performances that are new to us. We share much of the music we find via YouTube. In addition, from time to time, Deborah posts notices about upcoming local music performances that strike her fancy (It's very biased!). If you are interested in getting these emails, let her know.

-- Deborah Rehner, *convenor* dbrehner@gmail.com



Debussy



Gershwin



Medieval music



Renaissance music

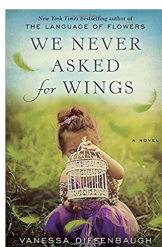
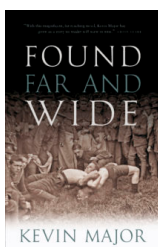
∞ BOOK DISCUSSION GROUPS

MOSTLY FICTION

Five books on this year's list have now been read and discussed. They ranged from the perils of living in Mao's China during the cultural revolution, to Newfoundland poetry, to the struggles of a Polish migrant worker in London in the 1990's.

Each year, the group considers trying an experiment. This year's was to read a book of poetry. We read Michael Crummey's *Little Dogs*. This was such a success that we are considering trying to read more poetry in future.

Three books remain on the list for this year. We will discuss:



It can't Happen Here . on March 13 and 27,

Found Far and Wide on April 24

We Never Asked for Wings on May 22

SPECIAL EVENT ON APRIL 24th:

We are looking forward to meeting with the Newfoundland author, Kevin Major, when we discuss his novel *Found Far and Wide*. Members of both the 2nd and 4th Tuesday sections will meet on this date.

If you have read this novel and would like to attend, please feel free to come, even if you are not a 'regular' in our group. Just let one of the convenors know you wish to come.



BOOK SELECTION MEETING ON MAY 8th

On this date, there will be a joint meeting of both sections to present recommendations for next year's titles. Following the presentations, the group will vote and the winning book titles will be announced.

If you have read a book you loved enough to recommend to others, please come to this meeting!

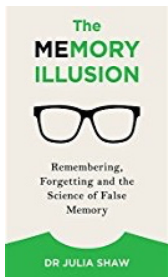
-- Pat Collins and Karen Lippold, convenors



NON FICTION

The Nonfiction Book Group continues to benefit by its members' eclectic reading habits. Three books that we especially liked from earlier in the year were *Sapiens*, *Hillbilly Elegy*, and *The Stranger in the Woods*.

For March, we read *Between the Woods and the Water*, the account that Patrick Leigh Fermor wrote of the second leg of his walk across Europe in the mid 1930's when he was 19 years old. This wonderfully lyrical and descriptive book follows him as he (mostly) walks from Budapest to the Iron Gates of the Danube.



On April 3, we will discuss yet another 'brain book' (as some members say), *The Memory Illusion*, by Julia Shaw. On June 5, our focus will be on art and history as we discuss *The Munich Art Hoard* by Catherine Hickley.

On May 1, we will meet to present our recommendations for next year's reading list. If you have read a book that you think the group would enjoy, please come to the meeting and tell us about it!



-- Deborah Rehner, convenor

BOOK DISCUSSION GROUPS' CHRISTMAS PARTY

In December, members of both the Mostly Fiction and the Nonfiction book discussion groups attended the Annual Christmas Party. Fortunately, this year's party was not snowed out as it was the previous year. There were delicious pastries to sample, coffee and tea on offer as beverages and a lot of lively conversation. The feast was laid out on the Claire Martin tablecloth, which is kept and used from year to year.



WALKING GROUPS

The Monday and Saturday walking groups continue to walk on their appointed days, meeting at a pre-arranged outdoors location at 1:30 p.m. Bring along a friend. Dogs are welcome too on most walks.

The Monday walkers try to be a bit faster and more adventurous than the Saturday group. We dare to walk on snow (and sometimes also on ice) in winter and on more challenging trails year round. We are looking forward to a summer of walking on ice-free urban and East Coast trails. If you ask to be put on the mailing list, you will be sent an e-mail on Sunday with the details for the next day's walk.

-- *Marjorie Evans, convenor* marjjevans@nl.rogers.com

The Saturday walk locations are chosen with a much wider range of walking ability in mind. The group includes some who are strong hikers and others for whom walking is quite difficult.

This group has several (nearly) iron clad rules:

- Everyone walks for an hour at whatever pace they choose,
- Whether you walk slowly or quickly, with lots or very little stamina, you will find someone in the group walking with you.
- The weather has to be seriously bad before it keeps us from walking.
- Conversation and coffee for an hour afterwards (usually at Tims') is nearly as important for one's good health as the walking is.

If you ask to be put on the mailing list, you will be sent an e-mail on Friday night or early Saturday morning with the details for the next day's walk.

-- *Deborah Rehner, convenor* dbrehner@gmail.com



The Monday Walking Group



The Saturday Walking Group

