WAMUN Newsletter



Women's Association of Memorial University of Newfoundland Vol. 48 no.1 October 2021



President's Report

Dear Friends,

What a long, strange year (and then some) it has been. We have, I think, been very fortunate here in Newfoundland and Labrador to have missed the worst of the pandemic, at least in terms of the number of cases. What we haven't missed, of course, is the fear, the physical distancing and the separation from friends and relatives. It is hard to believe that WAMUN's last collective inperson event was Tom Gordon's talk back in early March 2020 – we timed that one right! But I am more than happy that WAMUN members have persevered



and that the interest groups have continued to meet, whether outdoors or online. It is quite a testament to our tenacity and our adaptability. We have discovered the advantages of online book groups that have allowed us to continue meeting and include people who are far away or who have mobility issues. The Saturday walking group rediscovered the pleasures of picnicking over going to a coffee shop. Some of our discoveries are worth keeping but I, for one, am looking forward to being able to start meeting in person again for talks and potluck dinners. We will get through this.

You are probably reading this after the 2021 AGM has taken place at the Fluvarium. It is unfortunate, – but somehow in keeping with everything else that has happened – that we had to postpone the AGM from September because of Hurricane Larry. Hopefully nothing will happen to interfere with our plans a second time. At the AGM we will have discussed the wonderful news that the endowment fund for our scholarships has passed the \$200,000 goal, and that it should now be self-sustaining. Thank you for all that you have done to reach this goal. This represents the collective efforts of all WAMUN members over some forty years. What a remarkable achievement for our group and a wonderful legacy for everyone involved.

I hope that you have taken a moment to renew your WAMUN membership. Membership was down last year, not a big surprise, but now that things are beginning to look better, please renew.

... Kathryn Simonsen

ANNUAL GENERAL MEETING

SATURDAY OCTOBER 30, 2021

AT THE FLUVARIUM

2:00 р.т. то 5:00 р.т.

BRING YOUR VAX PASS (or equivalent) AND SOME I.D.

Coffee and refreshments will be served

Members and Friends Welcome

Annual General Meeting: October 2020



The AGM videoconference, October 2020

The Annual General Meeting that had been scheduled to be held at the Fluvarium in April 2020 was postponed because of the arrival of the COVID-19 pandemic the month before. Members who had already paid for the luncheon were given a refund. As the summer months passed, it became clear that holding the AGM at any indoor location would not be possible in the fall, so the executive scheduled the meeting to be held by videoconferencing. In the evening of October 22, 2020, twenty members attended the AGM by signing into the GoToMeeting app, hosted by Kathryn Simonsen.

Two items of business are of particular interest:

 (I) the executive elected for the 2020-2021 year was: Kathryn Simonsen, president Ann Noseworthy, vice-president Joan Hiller, treasurer Frankie O'Neill, secretary Julia Mathieson, membership secretary Brenda Burness, Karen Lippold and Ingrid Pardoe, social convenors (2) the meeting approved a motion to donate \$1,500 from WAMUN's bank account to the University's Student Emergency Fund. This donation was made in response to an appeal from the University. Many students needed financial support to help pay for basic necessities such as rent and food. Many had lost their jobs at businesses that had closed because of COVID-19 lock-down regulations. The Campus Food Bank had also been closed because of the pandemic. By making this donation, WAMUN was compensating for the donations that members usually made to the Campus Food Bank

➢ Executive News

Because of COVID-19 restrictions on gatherings, the executive had very little planning to do this year because the usual talks, potlucks and social events could not be held.

Plans to hold the 2020 -2021 AGM in April 2021 had to be postponed because COVID-19 restrictions were still in effect. Plans have now been made to hold this meeting on October 30th at the Fluvarium, barring any return to lockdown regulations on that date. There will be no charge for attending this event since only coffee and light refreshments will be served. Please come!

Lack of in-person events complicated the task of collecting membership dues and donations to the scholarship fund this year.

When the executive met at the home of Brenda Burness in September 2020, social distancing was observed and masks were worn by most of the members attending.



➢ SPECIAL EVENTS

If this were a normal year, the Executive would have planned a series of events: a September Reception, a Fall Potluck and Talk, a New Year's Coffee Morning, and a Spring Talk. The book discussion groups would also have scheduled their annual Christmas party. Unfortunately, the coronavirus pandemic is still very much with us, restricting our ability to hold indoor gatherings. Thus, there are no special events planned for the remaining months of this year. Whether we will be able to hold in-person events after New Year's will depend on the pandemic situation, the health regulations in force, and on our members' willingness to risk attending such events at that time.



New members are welcome. If you have friends who might enjoy participating in one or more of our activities, why not invite them to come along to one of our meetings or events? Who knows, if they have recently retired or will soon do so, they might find some of our group activities a great way to occupy their time and make new friends.

✤ Campus Food Bank

The Memorial University campus and its food bank were closed for more than a year because of the pandemic. While its facilities were closed, food bank volunteers prepared food hampers and delivered them once a month to students' homes.

This month, as students returned to campus, the Campus Food Bank reopened its doors to walkins. Its need for food will be greater than ever because of the recently imposed increase in tuition fees, especially for foreign students.



In past years, most of WAMUN's donations to the food bank were made at interest group meetings and social gatherings, a loonie, toonie, or \$5 bill at a time. Some members preferred to donate \$10 or \$20 a term or a \$50 grocery card once or twice a year. Some have made donations via a regular deduction from their MUN pension cheque. As always, the amount members donate is voluntary.

Until our groups are able to meet again in person, it won't be possible to drop cash donations into the piggy bank that is brought to events. You can, however, continue to donate in several ways:

- (I) write a cheque, made out to 'Campus Food Bank', and mail to: Campus Food Bank Memorial University St. John's, NL, AIC 5S7
- (2) send a grocery gift card to this address. Gift cards are available for various amounts at major grocery stores, as are some cards that allow you to deposit an amount of your choice.



(3) use e-transfer, using foodbank@mun.ca as the designated recipient.

Whatever method you use, be sure to include your name and mailing address so the food bank can mail you a receipt.

Receipts are sent for all donations over \$5.

... Dorothy Milne



WAMUN has an account at Ever Green Recycling. The money raised by delivering containers to them goes to our Scholarship Fund.



A reminder: any container you have to pay a deposit on at the store can be taken to one of the Ever Green Recycling depots where it will earn money for WAMUN.

We are happy to report that since the recycling project was revived two years ago, this effort has raised \$503.



Though they were closed for a while during the COVID lockdowns, Ever Green Recycling centres are open again now from 9 a.m. to 5 p.m., Monday through Saturday.

Making a delivery is quick and easy. You only have to type the WAMUN account number (# 864-4035) into the self-serve kiosk. The

kiosk computer spits out a sticker with a bar code version of WAMUN's account number. Then, just slap the sticker onto the bag and leave.

... Dorothy Milne and Karen Herzberg



Four undergraduate and four graduate student scholarships worth 1,200 were awarded again this year.

Donations received from WAMUN members in the fall of 2020 totaled \$2,120. This is close to the average amount raised in recent years. The scholarship committee hopes and recommends that donations by members continue at this rate in order to secure the future of our scholarships.



The closing balance of the WAMUN Scholarship Endowment Fund increased from \$196,133 on March 31, 2020 to \$201,167 on March 31, 2021.

The investment income on the endowment fund in 2020-2021 was \$9,114. It is most encouraging to note that in each of the past five years this amount has exceeded the \$7,200 needed annually to fund the eight scholarships we currently support.

In light of the recently raised tuition fees at Memorial, the WAMUN executive and the scholarship committee will be considering how we might increase our financial support to students.

OUR 2020-2021 GRADUATE STUDENT SCHOLARSHIP WINNERS

We usually have a chance to meet and chat with the four graduate student scholarship winners at the January coffee morning reception. This year, however, it could not be held. Here, instead, is a photo of each of the winners with a short description of their work.

Hayley Paquette: Ph.D. student in Biology

Having graduated from Dalhousie University with a B.Sc. in Environmental Biology and from Carlton University with an M.Sc. in Biology, Hayley plans to study the lichens of Newfoundland. She has already done fieldwork and published on the lichens of some areas of Quebec and Maine. As part of her aim to specialize in lichen taxonomy and biogeography, the focus of her Ph.D. will be the lichenology and landscape ecology of Newfoundland.



Roshní Kollípara Ph. D. student in Human Genetics in the Faculty of Medicine



Roshni graduated from Acadia University with a B.Sc. (Hons) with a double major in Biology and Chemistry. She has also earned a M.Sc. in Microbiology and Molecular Biology from Memorial. The focus of her Ph.D. research will be the treatment of epilepsy using various compounds that can be isolated from cannabis (marijuana) plants. Her aim is to discover whether there are some cannabinoid compounds, or combinations of these compounds, that would give better seizure control than the currently

medically approved CBD. To do this, she will use an animal model of epilepsy – the swimming behaviour of zebra fish larvae that can been induced to have seizures.

Robin Tharle-Oluk Masters Student in Human Kinetics & Recreation

Since graduating with a Bachelor of Physical Education from the University of Alberta in 2004, Robin has practised as an athletic therapist. Her work has involved treating sports injuries and teaching athletes, coaches, and parents how to prevent them. Her thesis-route Master's degree will focus on the treatment of concussions by sports organizations. She will investigate the role that sports officials need to play in recognizing when an athlete has suffered a concussion and removing the injured player from the game as soon as possible.



She will interview officials and referees to learn whether they have enough education to recognize this type of head injury. She will interview sports managers, officials, referees, coaches, and parents to learn how they view the responsibilities of officials and referees in this matter. She hopes the results of her research will help sports organizations at both the national and provincial levels to formulate concussion-related policies and develop educational materials for their referees and officials.

Melíssa Píke





Melissa graduated from Memorial in 2020 with a Bachelor of Arts degree. She majored in sociology and minored in psychology. She has now begun work on a non-thesis Master of Arts degree in sociology. Her research will focus on an aspect of the sociology of time – women's perceptions of time. She will research the time crunch that woman experience at various times in their lives. She intends to include in her study women of various racial backgrounds and sexual orientations. Her interests also include society's expectations of women as they age and pass through life's milestones.

... Dorothy Milne, Ann Noseworthy, Deborah Rehner

➢ INTEREST GROUP NEWS

ART HAPPENINGS

The Art Happenings group has not been active this past year. The usual places that the group would visit – art galleries, The Rooms, the crafts council, etc. – have been closed because of COVID-19 restrictions. Going forward, members of this group may want to consider future plans for this group when life, hopefully, returns to normal. Ideas for future activities are most welcome.

SCRABBLE GROUP

The Scrabble group's weekly Wednesday morning sessions ended abruptly in March 2020 when its meeting place at Starbucks was closed by the pandemic. Its sessions have not resumed since. How or when it will be possible to gather in-person again is still not clear. Because this group did not require a convenor – it has been a self-organizing, drop-in-and-play group – it may spontaneously reform when Starbucks reopens. If some member of that group would like to help in the organizing of its resumption, please let the president know by e-mailing wamun@mun.ca

✤ - A NEW INTEREST GROUP -- ZOOM CAFÉ ◆

WAMUN has a new social group – a meeting for informal conversation. This group will build on the success of the Zoom meetings that were held for the Coffee Morning Group this year. Aside from providing a relaxing exchange of news, jokes, and advice to those of us who live in St. John's, those Zoom meetings made it possible for members who no longer live in the province to join us. It also allowed a larger group of members who live locally to participate.

Having discovered the wonders of Zoom technology, we anticipate that some of you who do not belong to the Coffee Morning group would enjoy having this sort of forum for casual socializing, – a chance to chat with friends about anything and everything over a cup of coffee and an opportunity to get acquainted with members you may not have met before.

Meetings will be held once a month on a Wednesday morning. They will be scheduled so that both members and non-members of the Coffee Morning Group can attend.

The first meeting was held on October 27th. The next is scheduled for November 24th, starting at II:30 a.m. Newfoundland time (II:00 a.m. Atlantic time, I0:00 a.m. Eastern time). Depending on the needs of the group, we may decide to meet a little later in the day. With members living in various places in eastern Canada, the USA and Europe, we hope to find a time that works for everyone who attends.

Karen Herzberg will host the Zoom. You need only a desktop computer, laptop, iPad or tablet to join the meeting. If you need help using Zoom, Karen will be happy to coach you through the steps.

To be put on the list for this group, send an e-mail to <u>wamun@mun.ca</u> Before each meeting, the Zoom link will be sent to each person who is on the list

... Co-convenors: Karen Herzberg and Dorothy Milne

COFFEE MORNINGS

This is a social group for members who enjoy chatting while sharing refreshments. Each member is expected to host one gathering in their home during the year.



Since April 2020, our meetings have been held only by Zoom. Meeting on-line has had at least one pleasant aspect: it has allowed several former members who have moved out of province to attend the meetings. It has been great to reconnect with them in this way. It has also been possible for us to

welcome to our on-line meetings WAMUN members who cannot attend our gatherings when they are held in our homes. Our thanks to Karen Herzberg for hosting the Zoom meetings.

Now that members are doubly vaccinated and have VAX passports to prove it, the group is eager to resume meeting in person. We are currently exploring ways to do so safely.

On October 20th, twelve of us met in person for the first time in twenty months. We met for lunch at a downtown restaurant.

The November 3rd get-together will be hosted in a member's home. After that, we plan to meet biweekly either in someone's home or, if no one is hosting, at a pre-arranged public place. We are aware that some of our members do not feel comfortable with in-person meetings in some locations at this time. Thus, we are taking it



At lunch, October 20, 2021

slowly, planning only a few meetings ahead. Members will be informed about upcoming meetings by e-mail.

... Co-convenors (pro-tem): Donna Burden and Bev Gardner



E-TOYS

Despite COVID-19, the E-Toys group met once a month by Zoom from September 2020 to mid-June 2021 and resumed meeting on-line again this fall. As always, we discussed and found solutions for a wide variety of problems with our electronic gadgets and services, such as e-mail and system updates. Karen Herzberg kindly hosted the Zoom meetings for the group.

Though meeting by Zoom has some benefits, meeting in person at the Marjorie Mews library allowed us to give and get



E-Toys by Zoom



E-Toys Hallowe'en 2020

more one-on-one attention. Much as we would like to return to the library for our meetings, its community room will not be available for a group our size until pandemic restrictions are lifted further. Our meetings will be held by Zoom until further notice.

We meet at 1:30 p.m. on the second Thursday of the month. All WAMUN members are welcome to join us at any time.

... Convenors: Karen Herzberg, Dorothy Milne, Deborah Rehner

SNAP & CHAT

With its meeting on July 1st, 2021, the Snap &Chat group completed its third year of meeting at various locations around St. John's to take photos of scenes that attract our attention.

In the fall of 2020, we met at Torbay Beach, the Outer Battery, and Legion Park, and in January we met in the Avalon Mall. In the winter months of February, March, and April, we took photos individually in and around our homes on the themes of 'memories', 'still life' and 'neighborhood'. In May we resumed meeting outdoors. We took pictures on Signal Hill in May and at Our Lady of Lourdes grotto in Flatrock in June. After the summer break, meetings resumed in October with a visit to Petty Harbour on a beautiful, sunny day.



In the winter we explored a new way to share our photographs on-line. We meet by Zoom a few days after each photo session and view the photos each of us took in a Power Point presentation. This has proved to be very enjoyable.

New members are welcome. Bring a camera or use the one in your smart phone. All you need to do is point and shoot. We are all amateurs. What matters most is the fun of looking at the world around us and finding the beautiful, historic, striking, socially relevant, amusing, or simply unusual.

We normally meet to take photos at I:30 p.m. on the first Wednesday of the month. The location is sent out by e-mail a few days prior to the event. If weather permits, we proceed to an outdoor location, otherwise we may meet indoors in a place that will likely provide interesting objects, décor or architecture to photograph.

... Convenors: Karen Herzberg and Dorothy Milne



SOME OF THE PHOTOS WE TOOK FOR THE STILL LIFE CHALLENGE:

WALKING GROUPS



The weather was particularly kind to the walking groups this past year. After a day or two of frost and light snow in the late fall of 2020, streets and paths remained clear underfoot until the snow finally came to stay in the second week of January 2021. The winter that followed was unusually short and mild with few snowstorms of any significance. Because no freezing rain fell, there was practically no ice underfoot to make walking treacherous. The snow was gone for good by the second week in April. A fog-free May and June (no

offshore ice) followed, as did a lovely long, sunny summer. It almost felt like St. John's had been towed a thousand kilometers south to a balmier clime. When the worst storm in ten years (Hurricane Larry) struck on September ^{11th}, the Saturday group wisely canceled its walk, but otherwise, both groups have gone walking almost every week this past year.

THE MONDAY WALKING GROUP

THE SATURDAY WALKING GROUP



During these months of COVID-19 restrictions, our members have been able to socialize with each other in person while on the walks because they meet outdoors. The social aspects have long been important for the Saturday group which is accustomed to enjoying conversation over coffee and pastries after each of its walks. This past year, when the weather was warm and dry enough, members held their post-walk social sessions outdoors by setting up a circle of folding chairs. When the weather got colder, they occasionally moved into a garage to get out of the cold and wind.



THE 2021 INUKSHUK PHOTO



On January 9th, some members of the Saturday walking group went to the Inukshuk on the Memorial University campus to have the annual photo taken. Winter snow arrived two days later.

Members and friends are invited to join any of our walks on a drop-in basis. Come to some or many, as you wish. The location of the week's walk is sent to members by e-mail.

Photos taken on the past year's walks can be viewed at:

<u>http://www.mun.ca/wamun/walking_gp_photos_2020B.php</u> (July – December 2020) <u>https://www.mun.ca/wamun/walking_gp_photos_2021A.php</u> (January to June 2021) <u>https://www.mun.ca/wamun/walking_gp_photos_2021B.php</u> (July to October 2021)

... Convenors: Marjorie Evans (Mondays) and Deborah Rehner (Saturdays)

BOOK DISCUSSION GROUPS

MOSTLY FICTION BOOK DISCUSSION GROUP

In 2020-2021, we read these books:



We were fortunate in having Michael Crummey, the author of *The Innocents*, and Sonja Boon the author of *What the Oceans Remember* join our discussion by Zoom.

Eight books have been selected to be read this year:



Two of these titles have Newfoundland authors. James Case attended our Zoom meeting discussion of *Ananias* on October 28th. Trudy Morgan-Cole has agreed to attend our meeting next March for the discussion of *A Sudden Sun*.

For more information about these books and the dates scheduled for their discussion, click on this link to the webpage: <u>https://www.mun.ca/wamun/BookGroups/fiction.php</u>

For the time being, we are continuing to meet by Zoom. We hope that easing of the COVID-19 situation will permit us to return to meeting in person in the not too distant future.

All WAMUN members are welcome to join us at any of our meetings for a lively and enjoyable discussion.

We'd like to thank Karen Lippold for having convened this group for many years, and to thank Miriam Simpson for taking on this role.

If you would like to see all the books this group has read since the Fall of 1991, scroll down to the bottom of the webpage that opens when you click on this link:



http://www.mun.ca/wamun/BookGroups/fiction.php

... Convenor: Miriam Simpson

NON-FICTION BOOK DISCUSSION GROUP

In 2020-2021, we read these books:



We were fortunate in having Jo Shawyer, the author of *Sweat Equity*, and Marcello Di Cintio, the Alberta-based author of *Walls: Travels along the Barricades*, join our discussions by Zoom.

Nine books have been selected for 2021-2022:



For more information about these books and the dates scheduled for their discussion, click on this link to the webpage: <u>https://www.mun.ca/wamun/BookGroups/nonfiction.php</u>



In the fall of 2021, we are still meeting by videoconferencing. Kathy Simonsen hosts the meetings using the GoToMeeting app. We hope to meet in person again when it is safe to do so. Meanwhile, if you live out of province and would like to read some of these books and join our discussions, on-line meetings give you the chance to do so.

We'd like to thank Deborah Rehner for having convened this group for many years, and to thank Mary Chalker for taking on this role this year.

New members are most welcome. Feel free to come to the meeting for one book or for many. If you are not already on the list to receive our e-mails with the links, e-mail us at <u>wamun@mun.ca</u>.

To see all the books this group has read since the 2003-04, scroll to the bottom of the page that opens when you click on this link:

http://www.mun.ca/wamun/BookGroups/nonfiction.php

... Convenor: Mary Chalker

In Memoriam Patricia Wright April 3, 1933 - June 14, 2021

Pat Wright (née Branton) was born in Portsmouth, England in 1933. She came to Newfoundland in 1967 with her husband Don Wright, an artist. She had a son and a daughter and helped to raise a stepson. She was widowed in 1988. She is remembered as an intelligent, creative and generous woman, a pioneer in many areas of her life.



With four other women, she co-founded The Children's Centre, the first parent-run preschool children's centre in St. John's. In those early days, she also opened a delightful toy shop called Children's World. In the early 1970s, along with others, she started the Early Childhood Development Association, a group that included both professional educators and parents. When in the early 1980's the Community Services Council began to set up the Early Childhood Training Centre, she carried out workshops all over the island, bringing some level of training to people who worked in childcare. In the mid-1980's, her work involved training diploma students in early child

education in St. John's while also serving as a specialized art instructor for the children. Around 1988 she called a small group of people together to lay the foundation for the AECENL – the province's professional organization for those with qualifications in early childhood education or working in childcare or related fields.

In the early 1990's, she was the instigator and administrator of the first Family Resource Centre in the province. Located on Harvey Road, it supported many families and was the role model for others that the province founded in communities around the island afterwards.

She volunteered for more than fifteen years with the Seniors Resource Centre (now called Seniors NL). She appreciated and supported the arts. She read avidly, held a writers' group at her home in Port Kirwan and acted on the stage with the Open Group theatre company. She loved music - particularly choral and chamber music - and learned to play the cello in her senior years. She was a long-time participant in Tai Chi, loved gardening, and was much praised for her 'British baking'. Just this year she was awarded posthumously the City of St. John's Senior of the Year Award.

... adapted from the obituary with help from Elke Molgaard, Deborah Rehner, and Sharon Buehler

In Memoríam Susan Mary Walley July 30 1939 - August 27, 2020



Susan Mary Walley (née Samson) passed away with her children by her side. She is survived by her seven children and fourteen grandchildren.

Susan was a native of Guernsey in the Channel Islands, UK. She moved to Newfoundland with her husband Dr. Rob Walley. She was an exceptional nurse before becoming a mother, grandmother and a second mother to her children's friends.

She was a member of WAMUN in its early days, and served on the

executive of WAMUN for a period of time in the 1970's. She is remembered as a rather private person who met all situations with grace and poise and for her gentle, kind and loving manner.

...adapted from the obituary and a note from Brenda Burness

In Memoriam Myrtle Ruth Burry May 17, 1943 - August 25, 2020

Myrtle Ruth Burry (née Tucker) passed away peacefully at home in Comox, BC. She was predeceased by her husband John. She is survived by her son Brett, daughter Dana, and six grandchildren.

Myrtle spent most of her life in Newfoundland where she spent her career teaching and later as a social worker with Community Health. When her husband Jack retired from the Mathematics Department at Memorial, they moved to British Columbia to be closer to their children.



Long time members of WAMUN may remember her from the Investment Club and the International Food Group suppers. She is remembered as a very classy lady who always dressed formally and had an impeccable hairdo.

...adapted from the obituary and a note from Karen Herzberg