

WAMUN Newsletter



Women's Association of Memorial University of Newfoundland Vol. 49 no.1 September 2022



President's Report

Hello Friends,

I took on the mantle of President of WAMUN at the Annual General Meeting last April, so I feel it is time to introduce myself. I have been a member for about four years and an active participant in both walking groups.

I am an alumna of Memorial University. After graduating from university, I spent most of my career serving as a midwife in the UK and New Zealand. A few years ago, I returned to Newfoundland and began teaching in Memorial's Faculty of Nursing. Just last winter I retired.



I first joined WAMUN at the encouragement of a friend. I joined a walking group for the exercise but then continued to participate when I realized this group's commendable goals and the social support it offers its members. Its group activities and social events provide us with opportunities to meet and talk with congenial, like-minded women and a pleasant way to make new friends. They are a very real benefit for our physical and mental health. I also value how it supports Memorial's students with scholarships and campus food bank contributions.

Freed from the COVID restrictions on in-person meetings at present, the executive and interest group convenors are arranging some in-person events for the fall and spring.

After two years of meeting almost exclusively by Zoom, it will be wonderful to see you again at interest group meetings and at the social events being planned for the fall and spring. See you in September!

... Ann Noseworthy

UPCOMING SPECIAL EVENTS

All the events shown here will be held at
THE LANTERN 35 BARNES ROAD

- ❁ FALL RECEPTION: Saturday September 17
3:00 p.m. to 5:00 p.m.
Coffee and light refreshments

- ❁ FALL POTLUCK LUNCH AND TALK:
Saturday October 29
11:30 a.m. to 3:00 p.m.

Speaker: Dr. Elena Hannah
Tentative title: Are you aging normally?

- ❁ JANUARY COFFEE MORNING :
Saturday January 14
10:30 a.m. to 12:30 p.m.
Coffee and light refreshments

- ❁ SPRING TALK: Saturday March 18
3:00 p.m. to 5:00 p.m.
Coffee and light refreshments

- ❁ ANNUAL GENERAL MEETING
Saturday April 22
2:30 p.m. to 5:00 p.m.
Coffee and light refreshments

- ❁ THE LANTERN IS WHEELCHAIR ACCESSIBLE

PARKING SPACES NEXT TO THE BUILDING ARE LIMITED
BUT MANY MORE ARE AVAILABLE IN
THE ADJACENT BASILICA'S LOT

◆ PLEASE NOTE THAT ALL WAMUN EVENTS THIS YEAR
WILL BE HELD AT THE LANTERN ON SATURDAYS
DURING DAYLIGHT HOURS TO FACILITATE ACCESS
FOR ALL OUR MEMBERS ◆

∞ FALL RECEPTION
SATURDAY SEPTEMBER 17th
3:00 p.m. to 5:00 Coffee and Light Refreshments

For many of us, this will be the first opportunity to meet many WAMUN friends in person after two and a half years of isolation due to the COVID epidemic. We hope you will come and catch up on the news, and perhaps to make plans for the various interest groups.

With most or all of us now doubly vaccinated and doubly boosted, many will prefer not to wear a mask at this event, but please be assured that you are welcome to wear one if you are more comfortable having a greater level of protection.

As always, the reception will be an opportunity to bring a donation for the Campus Food Bank and for the Scholarship Endowment Fund if you choose to donate at this time and by cash or cheque.

We hope to see as many of you as possible.

∞ THE FALL POTLUCK LUNCH AND TALK
SATURDAY, OCTOBER 29th
11:30 a.m. – 3:00 p.m.
Speaker: DR. ELENA HANNAH
Topic: “Are you aging normally?”



Dr. Hanna will speak to us about normal aging in women, particularly with regard to memory, but also about other age-related changes that may interest us.

Her career before retirement was as a professor in Memorial's Department of Psychology. Her teaching and research have been focused on the psychology of women in both its biological and social aspects. She has been especially interested in adult development and healthy aging, including how fitness and lifestyle modifications may affect these processes.

She says she will be happy to receive questions or suggestions for topics to discuss in advance. If you wish to send her some, please send them by e-mail to Ingrid Pardoe at ipardoe@mun.ca by October 15th. Ingrid will forward them to Dr. Hannah.

∞ JANUARY COFFEE MORNING
SATURDAY JANUARY 14th
10:30 a.m. to 12:30 Coffee and Light Refreshments

This will be our second purely social event of the year. As usual, we ask members to bring baked goods to share from our kitchens or pantries. Coffee and tea will be provided at the site. As in pre-COVID days, we hope to have the '22-'23 graduate student scholarship winners visit with us and present a short summary of their research projects. The chance to meet and talk with them has been a highlight of this event in past years.

∞ Executive News

At the Annual General Meeting last April, the 2022-2023 executive was elected. From the photo, you will see many of the same people have agreed to serve, though some in



Ingrid, Joan, Kay, Ann, Brenda, Kathy

different roles. Happily we have a new president, Ann Noseworthy. Kathryn Simonsen now wears two hats as past president and membership secretary. Dorothy Milne is the new vice-president while continuing to produce the newsletters and website. Kay Matthews has taken on the role of secretary. Joan Hiller is continuing as treasurer and Ingrid Pardoe, Brenda Burness and Karen Lippold are continuing to serve as the social social convenors who arrange our events.

∞ Membership

New members are always welcome. If you know of women who might enjoy participating in one or more of our activities, why not invite them to come along to a meeting or event? Perhaps they would enjoy walking with one of our groups, play Scrabble, or get free, hands-on help with their laptops, tablets or cell phones. Women who have recently retired may find some of our group activities a great way to occupy their time and make new friends.

WAMUN dues are still only \$15 a year! They can be paid at the Fall Reception, or handed to the convenors at those interest group meetings that have begun to meet in person again. Payment by e-transfer would be the most convenient method for many of us now. If you have not already arranged to do this and would like to, send an e-mail to our treasurer, Joan Hiller at jhillier8@yahoo.ca. She will e-mail you the details needed to carry out the transaction.

. . . Kathryn Simonsen

∞ Campus Food Bank



It will not surprise any of us, I'm sure, that the needs of students for food support are as great now as they have ever been. Recently, inflation has increased the cost of food significantly. Though the Campus Food Bank was closed for more than a year during the pandemic, it is now fully back in operation.

In the past, most of WAMUN's donations for the food bank were collected when members put a loonie or toonie into Piggy at an interest group meeting, or when a convenor passed the hat at a gathering for coffee. Many of us were contributing about \$2 per meeting, as well as making larger donations at the Fall Reception and the AGM. Some of us have been notably more generous. However, collecting donations will remain difficult in the next few months as most of our interest groups will still not be meeting in person. May we suggest that you find another way to contribute to the food bank in the meantime?

Donations can be made by e-transfer using foodbank@mun.ca as the designated recipient. If you use this method, you will receive a tax receipt by mail. Or, go online to www.canadahelps.org, search for *Campus Food Bank, St. John's, NL* and make the donation on a credit card. Using this approach, you will be sent a tax receipt immediately by e-mail.

... Dorothy Milne

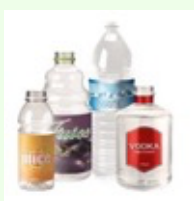
♻ Ever Green Recycling

WAMUN
account
864-4035



Though each bottle or tin raises only a tiny amount of cash, every little item helps. The money raised by delivering containers to an Ever Green Recycling depot goes into the WAMUN Scholarship Endowment Fund.

We are happy to report that since the recycling project was revived three years ago, this project has raised \$648.



By now you probably know the routine. Save containers for which you were charged a deposit at the store in a separate recycling bag. Take the bag to one of the Ever Green Recycling depots. They are open from 9 a.m. to 5 p.m., Monday through Saturday. Making a delivery is quick and easy. 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. Slap the sticker on the bag and leave.

... Dorothy Milne and Karen Herzberg

♻ Scholarships



The closing book value of the WAMUN Scholarship Endowment Fund on March 31, 2022 was just over \$214,000. Since then, however, our funds have almost certainly dropped in value below the sustainable level due to the abrupt rise in inflation and the Russian invasion of Ukraine. Thus, we are postponing the discussion of how we might raise the amount of the scholarship awards until next year, when we hope the markets may have recovered and our scholarship fund may once again be close to being sustainable.

How to donate:

Recently, fewer of our members have been donating to the fund. We hope more of our members will consider making a donation this year, however modest in amount.



One way to donate is to bring a cheque or cash to the Fall Reception on September 17th. If you are bringing cash, please put it in an envelope with your name written on it. Joan or Kathy will accept the donations and see that they are transmitted to the university for a tax receipt. Similarly, they will accept cash and cheque donations at the Fall Talk in October.

Another way to donate is to send a cheque in the mail to Dorothy Milne at 15 Herder Place, St. John's, A1A 1L9. She will forward the cheques to the university and arrange for you to get your tax receipt by mail.

Cheques for the scholarship fund should be made payable to *Memorial University*. They need to reach Kathy, Joan or Dorothy *by the end of November* if you wish the University to issue you a receipt for the 2022 taxation year.

Please be as generous as you can. The students who receive our scholarships are very worthy and very thankful for our support.

. . . *Dorothy Milne, Ann Noseworthy and Deborah Rehner*

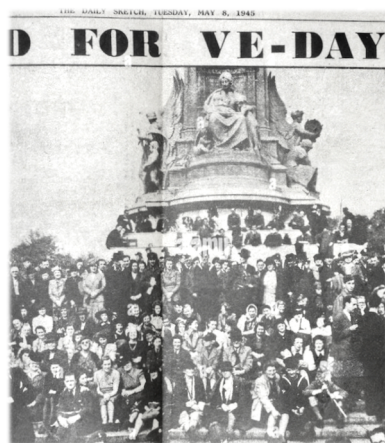
In Memoriam Jean Hatty Shinkle November 4, 1926 - August 19, 2022



We knew her as Hatty. She was born in Wraysbury, England, a small village bordering the Thames River, just across the river from Runnymede, where King John was forced to sign the Magna Carta, and two and half miles from Windsor Castle.

Hatty was thirteen when WWII broke out. When swimming in the Thames one morning in June, 1940, she saw what seemed to be an endless succession of 'little boats' that were returning from the rescue of the army from the beaches at Dunkirk. During the war, she studied engineering at the Regent Street Polytechnic in London, specialising in radio technology. She graduated in 1945, the first woman ever to be awarded a degree in engineering from the Regent Street Polytechnic (now the University of Westminster). During those years, she lived through the Blitz in London, and on summer vacations worked on farms as a Land Girl. On VE-Day, May 8th 1945, she was in the crowd of many thousands who gathered in front of Buckingham

Palace to celebrate. In fact, she was one of the people who was cheering from a perch on the Victoria Monument, as seen in this photo from newspapers of the day.



In the 1950's, she emigrated to Canada. Unable to get a job as an engineer at a time when jobs were being given preferentially to men, she went to work as a secretary at an engineering firm in Montreal. There she met her husband, Eugene Shinkle, an American who had been stationed at the US Army's Red Cliff radar station near St. John's. In 1959 they married and moved to Vancouver. From then on Hatty stayed at home raising her two children, Eugenie and Tim, and actively volunteering with various groups.

Later the family moved to Manotick, near Ottawa. There, as a member of St. James' Church, she raised money for charity by organising the annual church bazaar. This event featured her legendary recipe for Christmas puddings, hundreds of which needed to be produced for every holiday season. She also actively volunteered for Kiwanis International for many years, serving as secretary for the Ottawa Kiwanis music festival and organising the catering for members' meals.

Creativity and ingenuity were evident in her past-times as well: she built a stone wall in the Manotick garden, sewed, cooked, upholstered furniture, created beautiful flower arrangements, and handicrafted gifts for family and friends. She loved gardening; she left behind a beautiful garden in every home she lived in. She was also a wonderful writer, as the many recipients of her richly descriptive and witty emails and letters can attest.



In 2003, Hatty and her husband moved to Newfoundland where he had children and grandchildren from a previous marriage. She soon brought her energy, enthusiasm, organisational skills and extensive knowledge of plants to the Botanical Garden where she volunteered for almost twenty years. Hatty proposed and funded the construction of the log arch in the Garden.

She became a regular member of the Saturday WAMUN walking group in December 2014 and was soon also a member of the nonfiction book discussion group, the Scrabble group, and E-Toys. When the photography and music interest groups began a few years later, she participated in them too. She was a generous donor to the Campus Food Bank and the WAMUN Scholarship Endowment Fund.

Health concerns and failing eyesight led to her moving into Tiffany Village in mid-2021. Despite the restrictions imposed by the home in response to COVID, she kept active, continuing to walk both in the home and to the nearby pond daily.

Hatty went on her last walk with the Saturday walking group just a week before she died, peacefully, aged almost 96. Her character and vitality in mind and body impressed us all.

... adapted from the obituary, from Hatty's contributions to the MUNPA Memoirs group, and from the following contributions by some WAMUN members ... Dorothy Milne

Hatty was a remarkable, interesting person, an inspiration for all of us aging seniors who knew her. I feel privileged to have been, with her, part of so many lively, good humoured conversations in the WAMUN walking group, the Terra Nova Grannies and in a variety of coffee gatherings.

– Sharon Buehler

Hatty and I had many conversations. Coming from different backgrounds, we were able to disagree mightily but always amicably, rather like being in a family without the family 'baggage'. These conversations were enriching. I admired her absolute determination to get enough exercise. Even when locked down in her room at Tiffany Village for weeks at a time during the omicron wave of COVID, she paced her room, managing 13 steps before having to turn around. Later she walked daily from the residence to and around Kenny's Pond, meeting and chatting to people she met there. She was an amazing woman, a force to be reckoned with. She 'did it her way' and thus contributed so much to the community. Those of us who got to know her over the almost twenty years she lived in Newfoundland are very grateful to have had the experience.

– Deborah Rehner



I got to know Hatty as a participant in five of WAMUN's interest groups. She was a woman of few words but what she said was well worth listening to. She always had something interesting to say during our book discussions and over coffee at Tim's after the Saturday walks. The books she recommended for the non-fiction book group were unusual and always rewarding. At the memoirs group, I enjoyed the stories she told of her childhood in England and of her experiences there during the war. She was a role model for keeping up with technology. Even in her nineties, at E Toys she was eager to learn more ways to use her iPad and laptop, and she communicated with family and friends by Zoom. On the Saturday walks, she cheerfully helped us identify the flowers and plants we encountered. Her great enjoyment of classical music should also be noted. It was a privilege to have spent time with her.

– Dorothy Milne

∞ INTEREST GROUP NEWS

SCRABBLE



We are a friendly and enthusiastic group of Scrabble players who meet every Wednesday morning from 10:00 a.m. to noon in the board room of the university's Mt. Scio Road building. We are not overly competitive - we play for the fun of it. You do not need to bring your own board. If you are interested in joining us or know of someone who would, we would love to have you join us. For further information please contact me at ipardoe@mun.ca or phone 364-9305.

... Convenor: *Ingrid Pardoe*

COFFEE MORNINGS

Earlier this year, meetings of this group had to be canceled because of a resurgence of the COVID pandemic. However by the end of April, as the number of cases waned, some of us were ready to try again. We decided to meet at The Rooms because of its relative safety and convenience. As an added precaution, we planned to arrive as soon as it opened at 10:00 a.m. and to leave before the lunch crowds came. At meetings in May, we enjoyed coffee, nibbles and lots of conversation that helped us to reconnect.



Now that COVID concerns are at a lower ebb again, we hope to resume regular meetings this fall. Normally this group meets from 10:30 a.m. to 12:00 noon in the home of one of its members, generally on every second Wednesday. Our first meeting for 2022-23 is scheduled to take place at The Rooms on September 21st from 10:00 a.m. to 11:30 a.m. At this meeting we will discuss plans for the weeks to follow. Members who volunteer to host will be put on the schedule. If no host is available on a particular day, we will meet at The Rooms instead. While we sort out plans for future meetings, we are not looking for new members, but this may change later this year.

Meetings are tentatively scheduled for October 5, October 19, November 2, November 16, and November 30. A Christmas potluck, normally a highlight of our year, is an event that we hope to be able to include again.

Please contact me at gardners@nl.rogers.com if you need more information or would like to be put on a list of future members.

... Convenor (pro-tem): Bev Gardner

E-TOYS

Now that COVID social distancing restrictions have been lifted, we will be meeting in-person again in the community room at the Marjorie Mews Library, barring any resurgence of the virus that would close the library again. Though it was great to see how much help we were able to give each other in Zoom meetings during the last two years, it will be a pleasure and a relief to be able to help each other with our electronic gadgets in person and in a hands-on way again.



All WAMUN members are welcome to join us. No question or problem is too basic for us to discuss or explore. We are happy to share our knowledge.

Meetings this fall are scheduled for 1:30 p.m. to 3:00 p.m. on the second Thursdays of the month: September 15, October 13, November 10 and December 8.

For further information, e-mail Karen at karen_herzberg@hotmail.com

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

SNAP & CHAT

Since March, this group has enjoyed four photo sessions. Because concerns about COVID were still fairly high in April and May, we took photographs separately on a chosen theme rather than going on an outing as a group. In April the theme was 'fences and walls.' In May, we photographed 'water' in its various guises. In June, those of us who were in St. John's visited Murray's Garden Centre to photograph the many flowers blooming in the greenhouses, while members who were in Mexico and Germany photographed flowers and gardens in their locations.



Over the summer, we each looked for 'rocks and stones' to photograph wherever we found them in larger landscapes, at closer range in nature, or in man-made structures.



When the photographs on each of these themes were ready, we gathered as a group by Zoom and viewed them in a Power Point presentation. We often find the conversations that accompany the photos as interesting as the images themselves.

We plan to have an outing or a theme challenge once a month to be followed by a Power Point meeting by Zoom about two weeks later.

We are all amateurs. We take photos on our cell phones or entry level cameras. Technical expertise is not our focus. New members are welcome. If you would like to be added to the e-mail list, contact Karen at karen_herzberg@hotmail.com

... Convenors: Karen Herzberg and Dorothy Milne



Some of the photos taken for the 'water', 'rocks' and 'flowers' themes

WALKING GROUPS

The weather this summer was particularly kind to our walking groups. Almost all Saturdays and Mondays featured blue skies, warm temperatures and dry ground underfoot.



We visited many of the dozen or more trails around the city that circle local ponds or border the rivers that flow through the city in some of the nearby communities. One of the pleasures of these walks has been observing the many different types of wildflowers blossom as the seasons progress. Another has been the chance to do a little bird watching on the side.

Fog free days made it a pleasure to go on walks near the ocean:



The observation deck at Cape Spear



The lookout at Torbay Beach

At times, we were joined by relatives or friends who were visiting the province from away.



Susan Goold & Deb Rehner



Signal Hill

☞ Did you know?

The photos taken on the Saturday and Monday walks are posted on the website:

https://www.mun.ca/wamun/walking_gp_photos_2022B.php



Cricket took her last walk with us this summer. She had joined us on almost all the Saturday walks since 2015. Cricket never saw a puddle, stream, or pond that she didn't immediately have to immerse herself in.



The Saturday Walking Group

Both the Saturday and Monday walking groups explored new trails this summer.

Though concerns about meeting for coffee indoors have now lessened, during the summer the Saturday group still preferred to gather outdoors in the fresh air for their after-the-walk coffee hour.





The Monday walking group

The Monday walking group returned to walking on some of the more challenging trails it had not hiked recently: for example, Doran's Lane, Cobbler's Path, Three Pond Barrens, and Father Troy's Path.



Three Pond Barrens



Father Troy's Path

The Saturday walks start at 1:30 p.m. and last one hour. They are suitable for walkers at all levels of ability. The Monday walks also start at 1:30 p.m. but they are longer, demand a higher level of fitness, and are sometimes on rougher trails.



at Cape Spear



at Quidi Vidi



Hatty and Deb

We'd love to have you join us. All members of WAMUN and their friends are welcome on these walks on a drop-in basis. The convenors choose the location of the week's walk with an eye on the weather forecast. They send the location of the walk to group members by e-mail the night before.

If this interests you, send an email to wamun@mun.ca and ask to have your name put on the mailing list for one or both walking groups, as you prefer.

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

BOOK DISCUSSION GROUPS

MOSTLY FICTION BOOK DISCUSSION GROUP



Here are the eight books we plan to read this year and the dates when we will meet to discuss them. All but one of these books are available at the Public Library. The title that is not locally available is *The Naked Sun*. It is available for purchase on-line.



September 29

The Difference by Marina Endicott

October 27

Olive, Again by Elizabeth Strout

November 24

All That She Carried: the journey of Ashley's sack, a black family's keepsake by Tiya Miles

January 26

Drive your plow over the bones of the dead, by Olga Tokarczuk

February 23

Island of Sea Women by Lisa See

March 23

The Naked Sun by Isaac Asimov

April 27

The Glass Hotel by Emily St. John Mandel

May 25

The Decameron Project (also published as *Stories from Quarantine: 29 New Stories from the Pandemic*) by editors of the New York Times Magazine

We meet at 1:30 p.m. on the fourth Thursday of the month. Since the onset of the pandemic, we have met by Zoom. This has allowed several members who live outside of St. John's to participate. For the foreseeable future we will continue to meet by Zoom.

All WAMUN members are welcome to join us at any of our meetings for a lively and enjoyable discussion. Feel free to join us for one book or for many. To be put on the mailing list please contact me at miriamsimpsono8@gmail.com

... Convenor: Miriam Simpson

NON-FICTION BOOK DISCUSSION GROUP



Here are the nine books we plan to read this year and the dates when we will meet to discuss them. Seven of these books are available at the Public Library. The two that are not available locally are *Follow the Flock* and *The Real Doctor Will See You Shortly*.

Sept	Oct	Nov	Dec	Jan	Feb	March	April	June

September 8

From the Ashes: my story of being Metis, homeless, and finding my way, by Jesse Thistle.

October 6

Follow the Flock: how sheep shaped human civilization, by Sally Coulthard

November 3

Creating a university: the Newfoundland experience, edited by Stephen Riggins and Roberta Buchanan

December 1

Nomadland: surviving America in the twenty-first century, by Jessica Bruder

January 5

Art and Rivalry: the marriage of Mary and Christopher Pratt, by Carol Bishop-Gwyn

February 2

Talking to Canadians: a memoir, by Rick Mercer

March 2

Before My Time: a memoir of love and fate, by Ami McKay

April 6

Dancing to the Precipice: Lucie de la Tour du Pin and the French Revolution, by Caroline Moorehead

June 1 *The Real Doctor Will See You Shortly: A Physician's First Year*, by Matt McCarthy

We meet on the first Thursday of the month starting at 1:30 p.m. Currently our meetings are conducted by Zoom. If you live out of province and would like to read the books and join our discussions, we welcome you to join our on-line meetings. Feel free to join us for one book or for many. New members are most welcome. If you are not already on the list to receive our e-mails for announcements and links for the Zoom, please feel free to e-mail me at maryc@mun.ca

... Convenor: Mary Chalker

ART HAPPENINGS

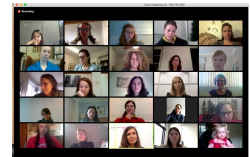
The Art Happenings group has not been active since the pandemic arrived in March 2020, closing art galleries and other locations that the group used to visit. At present, the group does not have a convenor or a scheduled program.

We'd like to propose a new model for arranging an outing. Instead of regular meetings, we suggest that all WAMUN members consider letting other members know when you discover an art or crafts exhibition of such interest and quality that you think it worth sharing with others. When this occurs, send an e-mail to wamun@mun.ca giving the details of the exhibit. Include your name and ask people who are interested to reply to your e-mail address. Reply by e-mail to those who have expressed an interest and arrange a time to meet with them to go as a group to the exhibit together.

If you would like to become a convenor or co-convenor for this group, please send an e-mail to obrichards@bellaliant.net.

ZOOM CAFÉ

This group was first organized during the COVID pandemic to allow members of the Coffee Morning group a chance to socialize during the time when in-person meetings were not possible. It wasn't long before other members of WAMUN joined these Zoom meetings as well. Meeting by Zoom had the added advantage of letting distant members join from their homes in Victoria, Detroit, Toronto, Montreal, Saint John, Truro, Cologne, and the Algarve in Portugal.



When COVID restrictions eased in the spring, attendance at the Zoom Café tapered off. This suggests that the need for it no longer exists. We are not planning to revive this group unless we hear from members that they would like us to do so. Please let us know if you would like this.

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

