

# IODE Ontario

Since 1920

*IODE ... women dedicated to a better Canada*

Spring 2022

## *A message from President Linda ...*



This will be the last column I will write as President and it has been my great privilege to connect with you on a regular basis from across the province, through this newsletter, particularly at a time when we cannot meet in-person. The Zoom has been a godsend and is here to stay. I am still marveling at every member's resiliency and resolve as you continue to make a difference in your communities despite restrictions. I am proud of you all!

**Annual Reports:** Thank you for sending your annual reports and from a quick look at those received so far, I am excited at the prospect of getting them compiled into the 2021 Annual Report book which will be available at the 2022 Provincial Annual Meeting. After reading all the amazing work your chapters have done amidst COVID restrictions, I feel proud that I am part of this wonderful organization composed of women who are:

**I - nclusive**  
**O - rganized**  
**D - edicated**  
**E - nthusiastic**

**Provincial Annual Meeting:** We had hoped for a hybrid (Zoom and in-person) format for the 2022 Provincial Annual Meeting (PAM), but Omicron got in the way. As always because this is YOUR Annual Meeting, your safety supersedes all else. For the second year in a row, the PAM will be held by Zoom on Saturday, April 23, 2022 and I personally invite every member to engage in "Moving Forward Together" with IODE. For your convenience, an invitation, the proposed agenda and a registration form are available in this issue. There will be so much to share with you that will help "move us forward together." This year's theme is artistically illustrated with a meaningful logo by our very capable Web and Social Media Administrator, Past President Renate Schuetz. See you all on April 23<sup>rd</sup> by Zoom.

For those who are technologically proficient with Zoom and for those who are not, consider congregating in a Covid-safe group in someone's home. Many items of interest to every IODE member will be highlighted at this year's PAM through special guest speakers, OPP and Book awards, membership information, Q&As, annual reports and something new and helpful to all is a presentation called "Where to Find What?"



**Volunteer Week:** April 24 to 30, 2022 is **National Volunteer Week**. This is an opportunity to call awareness to IODE and all the good we do. Suggestions to help promote awareness to IODE during National Volunteer Week are:

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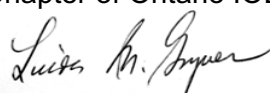
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- ◆ Post the good you have done for your community through your social media accounts-Facebook, Twitter, Instagram, etc.
- ◆ Submit press releases to your local newspapers, magazines, church bulletins and newsletters regarding anything positive about IODE. Recounting the history of IODE or your IODE primary chapter and sharing this with the general population can be a best practice.
- ◆ Make it also the week of KINDNESS by showing small caring acts such as helping others with grocery shopping, making cards or caring notes and distributing them to residents of long-term facilities. What about reading to children and the elderly, making calls to our friends and relatives who are alone, indisposed and isolated? Maybe taking a walk with your neighbours, relatives and yes, even your pet. These are simple acts of kindness that do not require much money but could make a big difference, especially with the mental health challenges experienced by many during the ongoing pandemic.
- **Newsletter Readership:** Communication and connectivity within IODE Ontario has been my number one priority since becoming President. The newsletter is one way of achieving this connection. In order to ascertain that our efforts to connect with you are not in vain, there is a small item in this issue which may give us a clue as whether or not the newsletter is of benefit to each of you. Please let us know by email at [iodeontario@gmail.com](mailto:iodeontario@gmail.com) if you are reading and benefiting from each edition of this newsletter.
- **New IODE Book: “IODE Ontario: 1920-2020, 100 Years of Community Service”.** In conjunction with the 100 years Anniversary of IODE Ontario, 1<sup>st</sup> Vice-President, Education Officer and Archivist Helen Danby, Past President Bonnie Rees and their team compiled an amazing book that I feel every member and every library in Ontario should have. This book includes a chronological IODE Ontario history, information about past IODE departments, IODE hospitals and cenotaphs erected by primary chapters, past IODE Ontario executives and an extensive listing of Ontario IODE primary chapters and their mottos. Very well supplemented with rarely seen photos. (See the Book order form on page 10).
- **Platinum Jubilee:** As you know, IODE’s patron, Her Majesty Queen Elizabeth II is celebrating 70 years of her Queenship. Please share with us at IODE Ontario how your chapter celebrated or will be celebrating the Queen’s Platinum Jubilee.
- **Making IODE Ontario your charity of choice:** Practically everyone has been impacted in one way or another by the COVID-19 pandemic. Although there have been numerous positive consequences of this unprecedented event that emerged in 2020, there have been negative ones too. Your jurisdictional chapter, IODE Ontario has not been exempt from these. IODE depends on membership fees for sustainability in order to carry out the mandates of education support, community services and implement citizenship programs. We do not receive government assistance and we depend on donations to supplement the decreased revenues from the membership. Everything possible to cut operating costs and to encourage increase in members is being done. These efforts are ongoing. But unfortunately, so are the expenses of maintaining an office in Hamilton and one part-time office administrative assistant.

**Why do we need an office?** One project we undertake on a consistent basis at the Provincial Office is the support of the remote, isolated Northern Ontario First Nations communities under the Services Department. We send boxes of needed items to the 14 Northern communities and two Southwestern Ontario First Nations communities. In addition to this, we send to five Nunavut and nine Labrador communities. In order to accomplish this, we need room to store donated and purchased items, a packing venue, staff assistance during shipping and everything else relevant to this very essential project.

Many avenues for amelioration are being explored and one recently created is the “**IODE Ontario Donors Circle**”. This is a sustainability initiative open to individuals and groups (in and out of IODE) for the purpose of providing a financial base that will allow for the viable operation of IODE Ontario in order to carry out the core activities and charitable programs and projects managed and supported by the Provincial Chapter. On the next page is a Donors Circle flyer which I would encourage you to share with everyone. As is consistent with IODE’s giving program, donations of \$20 or more will receive a charitable tax receipt.

Thank you for helping the Provincial Chapter of Ontario IODE help others!





# Help IODE Ontario Help others!

**IODE Ontario is a charitable organization dedicated to enhancing the quality of life for individuals through education support, community service and citizenship programs.**

*For over 100 years, the Provincial Chapter of Ontario IODE (IODE Ontario) has been serving the needs of our communities in conjunction with primary chapters located in various parts of the province. Due to the recent world pandemic, we are now in need of your help to administer our good works and projects. For more information about IODE Ontario, please go to [www.iodeontario.ca](http://www.iodeontario.ca)*



## How Can You Help?

1. Be a part of the **IODE Ontario Donors Circle** by donating any amount and send the form below with your cheque payable to:

**Provincial Chapter of Ontario IODE**  
**Mail to: 45 Frid Street, Suite 9**  
**Hamilton, ON. L8P 4M3**

2. E-transfer to: [iodebookkeeper@bellnet.ca](mailto:iodebookkeeper@bellnet.ca)  
 Under message: Please state **“Donors Circle”**  
 All donations over \$20 will receive a charitable tax receipt.

***Thank You for your Help!***



## IODE Ontario Donors Circle Contribution Form

(PRINT) Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov: \_\_\_\_\_ Code: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Enclosed is my contribution: \$ \_\_\_\_\_

- Cheque to “Provincial Chapter of Ontario IODE” Mail to: 45 Frid St., Suite 9, Hamilton, ON L8P 4M3  
 e-Transfer to: [iodebookkeeper@bellnet.ca](mailto:iodebookkeeper@bellnet.ca) Please indicate: “Donors Circle” Date: \_\_\_\_\_

## Here's Why IODE Members Are So Productive and Resilient

“The director of the George Washington University School of Medicine argues that the brain of an older person is much more practical than is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 years of age you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to function at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average.

Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri, from the University of Montreal, believes that the old man's brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted involving different age groups. Young people were very confused when passing the tests, while those over 60 years of age made the right decisions.

Now, let's look at the characteristics of the brain between the ages of 60 and 80. They are really pink. 🧠

### Characteristics of the Brain of an Elderly Person

1. Neurons in the brain do not die, as everyone around you says. The connections between them simply disappear if one does not engage in mental work.

2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, it is not necessary for you to concentrate your whole life on unnecessary trifles.

3. From the age of 60, a person, when making decisions, does not use one hemisphere at the same time, like young people, but both.

4. Conclusion: if a person leads a healthy lifestyle, moves, has viable physical activity and is fully mentally active, intellectual abilities do NOT decrease with age, they simply GROW, reaching a peak at the age of 80-90 years.

So do not be afraid of old age.

- 🧠 Strive to develop intellectually.
- 🧠 Learn new crafts, make music, learn to play musical instruments, paint pictures!



- 🧠 Dance!
- 🧠 Take an interest in life, meet and communicate with friends
- 🧠 Plan for the future, travel as best you can.
- 🧠 Do not forget to go to shops, cafes, shows.
- 🧠 Don't shut up alone, it's destructive to anyone.
- 🧠 Live with the thought: *“All good things are still ahead of me!”*

(SOURCE: New England Journal of Medicine)

# EDUCATION:

By Helen Danby, Education Officer

## Meet IODE Ontario's 2021 OCADU Recipient

A student from the Ontario College of Art and Design University (OCADU) has been a recipient of Provincial IODE education support since 1981. Records show that funding was provided periodically between 1954 and 1970 to worthy art students. We have been fortunate to have OCADU's cooperation in selecting deserving candidates for this award.

Our recipient this past year was Chris Canales-Cisneros. When congratulations were sent to Chris, he included this message in his reply: "I am a second-year drawing and painting student. My work often focuses



on various political and social issues concerning my identity as a queer Latin-American artist. However, I have had to refrain from depicting some of these subjects due to my living situation during the pandemic and the conservative nature of the residence.

First and foremost, I would like to thank you for granting me the opportunity to be a recipient of this generous scholarship. This past year has been one with many difficulties, including unprecedented financial constraints, which I am sure is a dilemma that many members of society are faced with. Members of the artistic community such as myself have had to adapt within our personal lives and in our artistic process.

Personally, I have had to purchase an array of supplies that would ensure my safety and success in my makeshift studio. The bursary's added support allowed me to acquire new oil-paint mediums, clamp lights, and wood to create a provisional easel.

Once again, I would like to extend my gratitude for the generous donation and look forward to the artwork it will help me create this term."

## IODE Gladys Raiter Award

To honour the memory of Gladys Raiter, her husband donated a monetary gift in 1977 to the IODE Queen Anne Chapter in Kitchener. However, in 1978 the chapter retired and the funds were given to the IODE Municipal Chapter of Kitchener to continue the IODE bursary. When the Municipal Chapter disbanded in 1990, the money was forwarded to the jurisdictional chapter of IODE Ontario to administer. The capital received was invested and the yearly accrued interest is used to provide the funds for the bursary. Recipients of the IODE Gladys Raiter Bursary must be from the Kitchener-Waterloo area and must be enrolled in a post-graduate program of a university there. The 2021 recipient of the IODE Gladys Raiter Bursary is Phil LeMaitre and he has provided the following bio:

"Phil LeMaitre is a Master of Science student at the University of Waterloo, with an academic focus in Theoretical Physics. He previously attended the University of Guelph, obtaining his Bachelor of Science with Honours, and was on the Dean's list for most of his undergraduate studies. During his time at the University of Guelph, he developed a rigorous work ethic that continues to aid in his contribution to the knowledge of physics. Phil's current research primarily focuses on applying techniques from polymer physics to simulate atomic and molecular systems on the computer, where he has excelled and stood out to his mentors and professors as an "outstanding student in an outstanding program."



Outside of Physics, Phil is an avid reader exploring philosophy, classic literature, and the sciences. He thoroughly enjoys debating and discussing interesting topics and practices. He has a special interest in computers, even building his own. Phil plans to continue his international travel explorations to places with historic or scientific significance and attain a healthy dose of the local culture. He maintains an active lifestyle, enjoying weightlifting and cycling.

Phil aims to continue his education through doctoral studies upon completion of his master's program, but ultimately his goal is to pursue professorship and

reaffirm his ambition to help lead the next generation of scientists into the field of Theoretical Physics.

Over ...

## IODE Ontario Lois Laughren Award for Women in STEM at Ryerson

Lois G. Laughren was President of IODE Ontario from 2001 to 2003. As Lois and Ken Laughren had no children of their own, IODE was the beneficiary of Lois' generosity.

Her donation has allowed IODE Ontario to establish the **IODE Ontario Lois Laughren Award for Women in STEM** at Ryerson University.

This award is given to women who have completed at least one year of university and are pursuing their education in the fields of Science, Technology, Engineering or Mathematics. The Award is offered to five women at \$2,000 each (\$10,000 annually) Ryerson University chose the following recipients of the IODE Ontario Lois Laughren Award in 2021-2022. IODE Ontario congratulates the following:

- Larissa Lobo, Chemical Engineering
- Quiana Hastick, Business Technology Management
- Iman Cheema, Computer Engineering
- Amanah Albaba, Biomedical Engineering
- Armina Fatima, Bachelor of Science, Biology

### Meet the STEM Award Recipients:

#### Larissa Lobo, Chemical Engineering, 2022



Larissa Lobo, currently in her final year pursuing a Bachelor of Chemical Engineering (Co-op) degree will be graduating in 2022.

“I am so grateful to be a recipient of the IODE Ontario Lois Laughren Award for Women in STEM. I moved to Canada at 17 to begin my professional journey at Ryerson University. The abundance of opportunities for professional and personal development I found Ryerson to have, inspired me to apply from miles away. In the past four years, I have been part of various student groups such as the Ryerson Co-op Students 'Association and the Ryerson Chemical Engineering Course Union. I am grateful to have had the opportunity to make an impact in various capacities. Through my previous co-op experiences, I learned that I could directly improve lives with the help of technology.

After graduation, I hope to obtain a PMP certification in the same field and manage projects at the intersection of technology and humanity. Apart from my professional aspirations, I hope to be able to be a mentor for girls and women.”

**The IODE Ontario Lois Laughren Award for Women in STEM has my deepest thanks for this generous support and for motivating me to strive for greater success both, academically and professionally.”**

#### Quiana Hastick, Business Technology Management, 2022

“When I was younger, my mother used to wake me up early in the morning, to commute with her downtown so she could drop me off at daycare, while she went to work at the YMCA. I had spent most of my life in Toronto, even though we lived in the suburbs. I loved the culture and excitement of the city; something that the suburbs lacked. I recall passing the Student Learning Center (SLC) with my mother one day, and she told me about Ryerson and how wonderful it is. I specifically told her that I would go there someday. Toronto is one of my favourite places and I knew I would have a great time studying at a diverse school in the city.



The diversity of the Business Technology Management (BTM) program is another factor that brought me to Ryerson. As BTM teaches a variety of different skills, I knew I would succeed in any career. After graduating in 2022, I will be able to demonstrate my adaptability and resilience, two important skills for the future of work. I am also going to use the knowledge I have received from attending student-run events. I am currently a general member of Ryerson Women in Leadership (RWIL). RWIL reminds me of how crucial it is to have women in positions of leadership, especially in STEM. Their events have and will continue to help me develop and grow as a person. I was afraid that I would not be able to attend any more events, let alone sit in a classroom next semester because I did not have

## EDUCATION.....

enough money for tuition. Although I intend on making the Dean's list again this year, I was more concerned with the number of hours I will have to work to pay for my tuition, rather than the number of hours I will need to study to perform well on my exams.

**Winning this scholarship has allowed me to continue my studies while also relieving me of financial stress. I am extremely grateful and express my sincere gratitude.”**

### Iman Cheema, Computer Engineering, 2024



“Thank you IODE Ontario for the Lois Laughren Award for Women in STEM, to financially support my education. I chose Ryerson after realizing the boundless opportunities there are for me to pursue my passion for STEM because of their accredited engineering program and extracurricular activities. As a female pursuing engineering, it has always been a goal of mine to uplift and support women in a program that is predominantly male dominated. I am currently the Mentorship Director for Ryerson Women in Engineering, and have assisted in leading a Go ENGevent in partnership with the Ontario Network of Women in Engineering -both to foster a supportive community that inspires women in STEM.

I am also the Vice President Operations of IEEE Computer Society Ryerson Chapter and a member of the Ryerson Engineering Student Society. Being part of these clubs has provided me with the opportunity to showcase my leadership skills and address the needs of the Ryerson community.

In my future, I hope to work in Software Engineering while simultaneously using my passion for technology to make a difference in other people’s lives. Thank you, once again, for your encouragement and for providing me with the opportunity to be a role model for my female peers in STEM.

**Receiving an award that allows women in STEM to thrive is a significant step forward in my career as a female in Engineering.”**

### Amanah Albaba, Biomedical Engineering, 2024

“Thank you for choosing me as an award recipient of the IODE Ontario Lois Laughren Award for Women in STEM. I'm very grateful as this will help pay for my education. Being a first-generation student, the award will help me financially since the contribution from my parents is minimal. I was inspired to attend Ryerson University for Biomedical Engineering because of the close-knit community and I expect to graduate in 2024. I am highly involved throughout the school community. I am a part of the Biomedical Engineering Course Union (BECU). To represent the biomedical engineering community at Ryerson, I decided to join the Bio-



medical Engineering Course Union (BECU). My role at BECU is as a Logistics Associate. I oversee room bookings, meeting scheduling, day-of-event preparations, and collaboration with other campus groups to see our visions come to light. When I joined the team, I proposed we create an Excel calendar to keep track of important dates regarding midterm dates and other deadlines to improve the team's efficiency. I'm also the Campus and District Coordinator for the Ryerson Campus Lions Club - the largest international non-profit organization. I help overcome the challenges we see in our communities worldwide such as diabetes, vision, hunger, the environment and childhood cancer.

I engaged with York University to help charter a new club to further increase the impact of the Lions Club. Other service activities I have done in the past were the Truth and Reconciliation Workshop and a Krispy Kreme Fundraiser. I am currently working in a team to create care packages for women in need, overseeing multiple sub-teams such as finance, logistics and packaging.

**My journey thus far at Ryerson has been truly remarkable and this award will help ease the financial burden!”**

# EDUCATION.....

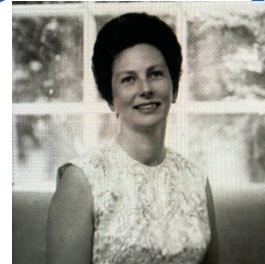
## Armina Fatima, Biology, 2023 (photo not available)

Armina is a third-year student, pursuing her Bachelor's degree in Biology within the Faculty of Science. Armina is currently a manager at a salon, a makeup artist at MAC Cosmetics, owns her own bakery called Sweet Indulgence, and is a freelance markup artist. She also volunteers her time as the Vice-President of Research for the COVID Watch Network.

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June McDonald, Toronto National President, 2002-2004, PEC Member for 10 years



Joan Marion Adams, Toronto National President, 1974-1976

- ◆ Muriel Bedrosian, IODE Victoria Guelph
- ◆ Margaret Bennett, IODE Claremont
- ◆ Eleanor Davis, IODE White Cloud
- ◆ Betty Davenport, IODE Lord Dufferin
- ◆ Ellen Day, IODE Princes Richard and Michael
- ◆ Verna Harrison-Dolson, IODE Susie Sorabji
- ◆ Marie Laidlaw, IODE Victoria Guelph
- ◆ Elizabeth Lawton, IODE Errol Egremont
- ◆ Dora MacFarlane, IODE Margaret Stokes
- ◆ Inez Ross, IODE Dr. Herbert A. Bruce
- ◆ Marika Terentiew, IODE Bemersyde

Marjorie Berner IODE Claremont Provincial Life Member



Patricia Scallan IODE 48<sup>th</sup> Highlanders PEC Member & Provincial Life Member



Barbara Wicks Past President, IODE Chatham Municipal





# Membership

*by Caroline Rodgers, Membership Officer*

Would you like to ask your city/town council to proclaim a day as IODE Day? You can do that! Contact your city offices by phone or at their website. Be ready to give them information on IODE and what your chapter is doing or has done in the community. Don't forget to include lots of information, pictures, and your fundraising events.

There are many times when your town council is looking to speak with members of the community, so take this opportunity to do so. It's almost like when our founding member, Margaret Polson did a letter campaign to all the mayors across this great nation back in 1900.

Don't be shy about placing your posters and brochures in doctors' offices or hospital waiting rooms. (Get permission first). Often, wait times can be long in those places and having something to read would fill the time. If they don't read it, just their availability may be enough to get them to further investigate IODE.

Get those cameras ready, take pictures of your events and write an article to submit to the newspapers. Chances are greater that your submission will be included if the work is done for them.

Recognizing our members is important to IODE. Your chapter can award a primary life membership to a deserving member. Years of service recognition pins are available to award to your members. There are 5, 10, 20, (a limited number of 25-yr. service pins are still available as this is being eventually phased out), 30, 40, 50 or 60-year membership service pins are available from the National office. Use these to say thank you for all that you have done for your chapter and community. Below are photos of the pins. (No photos of the 20-year and 60-year pins are available at this time, but they will be similar to the 5, 10, 30-year pins.)



Does your chapter have **“Who we Are”** presentation board? It can be a poster or sandwich board or trifold (available at your dollar store). Place info on it about what your chapter, what you have done in the community, including pictures to draw the eye and contact information for your chapter.

Do you have a social media presence, if so, use it to your chapter's and IODE's advantage.

During these tough times, make sure to keep in touch with members of your chapter; pick up the phone and call, send a post card/letter the old-fashioned way or send an email or text. Just to let them know that they are in your thoughts.

Primary chapters continue with their activities and haven't let COVID slowed them down. Hats off to those IODE primary chapters! All questions are welcome, also your ideas of how IODE Ontario can help you grow your membership. Stay well. Stay connected.



**Cheering hospital front line workers**

**Books and supplies for Indigenous Friendship Centre**

**Celebrating Poppy Centennial & Remembrance Day**

**Spring Flower Sales**

**Soup Mix Fundraising**

*IODE Ontario announces its newest book....*

## **IODE Ontario 1920-2020 100 Years of Community Service**

*Compiled by Helen Danby  
With histories by Bonnie Rees & Gloria Saunders*

*Chapters include:*

- IODE Ontario history
- Past information from all departments
- IODE hospitals and cenotaphs erected by primary chapters
- Past IODE Ontario executives
- IODE Primary Chapters and mottos



**Price-\$15 each plus \$10 shipping**

### **BOOK ORDER FORM**

QUANTITY	DESCRIPTION	UNIT	TOTAL
	IODE Ontario, 1920-2020, 100 Years of Community Service	\$15	
	Shipping & Handling costs (if not picked up)	\$10 per book	
		TOTAL PAID	

#### **E-TRANSFER or CHEQUES ACCEPTED:**

1. For e-Transfer: Use the email: [iodebookkeeper@bellnet.ca](mailto:iodebookkeeper@bellnet.ca)
2. Enter the amount
3. Under message: Put "IODE Ontario 1920-2020" and shipping (if being shipped)
4. Please email this order form to the IODE Ontario office at [iodeontario@gmail.com](mailto:iodeontario@gmail.com)

**or**

Please make Cheque payable to: **"Provincial Chapter of Ontario IODE"**

*Send with this order form to: IODE Ontario, 45 Frid St., Suite 9, Hamilton, ON L8P 4M3*

PRINT: Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Also available: "A Century of Memorable Ontario IODE Women" @\$20 plus \$10 shipping.*

# CITIZENSHIP

*by Michelle Batty, Citizenship Officer*



## Ontario Volunteer Service Awards

This award recognizes volunteers for providing committed and dedicated service to an organization.

The OVSA deadline for nominations was February 18, 2022, but OVSA will consider nominations for 2023 if the deadline is missed. You may nominate up to 6 adults from your IODE chapters per year. Details and applications can be found at <https://www.ontario.ca/page/honours-and-awards-volunteering>

**THANK YOU TO IODE MEMBERS FOR YOUR VOLUNTEERING AND DEDICATION!**

### Health and Wellness: An Everyday Practice

Covid has changed our world dramatically. Everyday there are new developments and ever-changing rules and guidelines. It is very hard to make plans, see family and friends, know what is open or closed, curbside only or limited capacity and on it goes.

Here are some simple strategies to incorporate into your daily routine to maintain a semblance of balance and mental wellness in your life. You can also make your own list of activities to pamper yourself.

1. Write a list of 5 things "I am grateful for".
2. Read a book or magazine for an hour.
3. Take a leisurely walk without a goal.
4. Do something crafty: Knitting, painting, drawing, colouring, sewing.
5. Work on a puzzle.
6. Take a bubble bath with candles and soft music for ambience.
7. Order in dinner.
8. Give yourself a pedicure or manicure.
9. Call or write to a good friend.
10. Do yoga, meditation, exercise and remember to breathe.

### Consider Citizenship in your Budgets

Just a gentle reminder to consider a special donation to help financially. Citizenship is making an appeal to the 48 chapters to donate \$20 each to cover the OPP award, asking chapter members to make donations on behalf of birthdays, anniversaries etc.

We will soon enter year three of a changed world due to covid. Despite the many challenges and restrictions making it difficult for IODE members to meet in person, to fundraise and offer their volunteer services, our members continue to be resourceful and viable volunteers. We would like to continue to honour our first responders through the IODE Ontario Police Community Relations Award each year, but we need your help to sustain this important recognition program.

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### Our Apologies

The following 2021 **Ontario Volunteer Service Award** (OVSA) winners from IODE Captain Garnet Brackin Chapter in Chatham were inadvertently omitted in the E-Blast that contained the OVSA awardees from various primary chapters. Congratulations to....

- Dianne Blonde-Pinkerton (30 yrs.)
- Joan Clement (65 yrs.)
- B. J. Makowetsky (10 yrs.)
- Nancy Reissner (39 yrs.)

## **The Wisdom of Dr. Bonnie Henry**

*Dr. Henry is the Provincial Health Officer for British Columbia, the first woman in this position. She is also an associate professor at the University of British Columbia. She has a background in epidemiology and is a specialist in public health and preventive medicine. She is also from PEI.*

1. We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.
2. You can't destroy COVID-19 viruses that have penetrated cell walls, by drinking gallons of hot water, you'll just go to the bathroom more often.
3. Washing hands and maintaining a two-meter physical distance is the best method for your protection.
4. If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.
5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.
6. COVID-19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk that COVID-19 is transmitted by food.
7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.
8. Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!
9. The COVID-19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.
10. The air is clean, you can walk through the gardens and through parks (just keeping your physical protection distance).
11. It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacteria.
12. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.
13. The chances of bringing COVID-19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years — drop infections don't spread like that!
14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.
15. Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.
16. Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you touch your face. Better just to wash your hands regularly.

Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/ spicy/sugary food and aerated drinks. Be smart and stay informed! Live life sensibly and to the fullest. Be Kind, Be Calm and Be Safe!

***(Thank you to PEC Member, Gail McDiarmid for sharing this with us.)***

### **IODE Members-Win a \$25 Grocery Gift Card for yourself or your Chapter or your local Food Bank!**

We would like to know who reads the IODE Ontario Newsletter. Email us to say what articles you like the best and the least. Your name will be entered in a draw for the \$25 Grocery Gift Card. Even if you don't wish to enter the draw, email us at [iodeontario@gmail.com](mailto:iodeontario@gmail.com) and let us know that you have received and read this Newsletter. We want to hear from you. Thank you!

### **IODE Ontario Accepts E-transfers**

To send money using *Interac* (e-Transfer), sign in to online or mobile banking at your participating financial institution and look for the option to send money with *Interac* or e-Transfer.

1. The account receiving the e-Transfer is: **Provincial Chapter of Ontario IODE** and the email to use is: [iodebookkeeper@bellnet.ca](mailto:iodebookkeeper@bellnet.ca)
2. IODE Ontario has enabled **Autodeposit**; there is no need for a security question and answer, as the money will automatically be deposited to the Provincial bank account.
3. \*\* In the message option, please include your full name, mailing address and the Provincial Fund your donation is intended for.
4. Review and hit send. You will see the confirmation number for the transaction and you will receive an email confirming the e-Transfer sent.

# SERVICES

Gloria Saunders & Virginia Reade, Services Co-Officers

**PROJECT  
COMPLETED!**



**BIG** hoodies, **small** hoodies, every **colour** of the rainbow hoodies! That’s what arrived at the Provincial office in response to IODE Ontario’s 100<sup>th</sup> Anniversary project, “100 Hoodies & Track Pants”.

You may recall, due to the Covid-19 pandemic, we extended the project so that all chapters would have a chance to get their donations to the office. Well, the time has come to wrap up the project. We are so happy to announce that the grand total of hoodies collected was

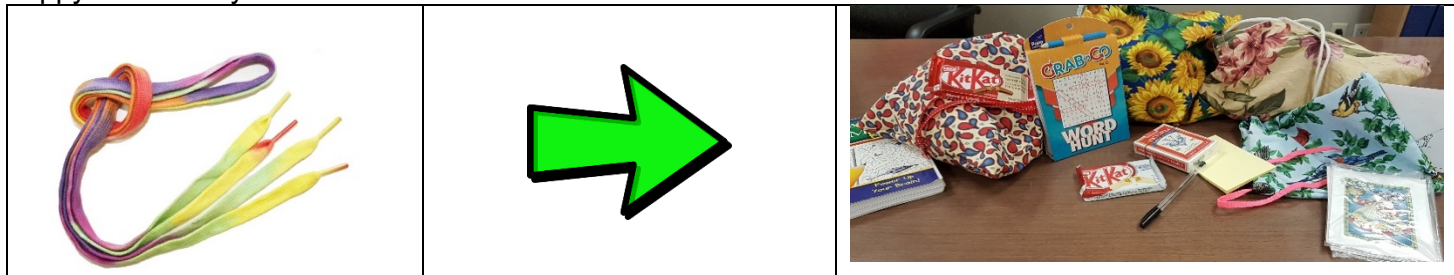
**250**

Your generosity is amazing.

**Thank You! Miigwetch! Thank You!**

## SERVICES SHOPPING SUGGESTION

For the Christmas packing in November at the Provincial office, cloth bags are made to hold gifts for some of the children. For the drawstring, shoe laces are used – any style and any colour, from 27 – 40 inches in length. If you spy some when shopping and you would like to donate them to the Services Department, we would be happy to receive your contribution. Thanks!



*The Joys of Having an Adopted School*

## Does your Chapter Have an Adopted School?

The IODE Bemersyde Chapter in Campbellford, Ontario has an adopted school through the IODE Adopted School program. Pictured on the left are the happy primary grade school students at William Gillett Academy in Charlottetown, Labrador, Newfoundland wearing their knitted hats sent by the chapter members.

An IODE Bemersyde member, Lisa Cossar has also personally adopted a Grade One class of 22 students at the Peacock Primary School at Happy Valley, Goose Bay, Labrador.

If you currently do not have an adopted school and would like to adopt one, please contact: **Aileen Reid**, Provincial Assistant Education Officer in Charge of Adopted Schools at [iodeontario@gmail.com](mailto:iodeontario@gmail.com)

Please **NOTE** that the IODE Ontario email address is: [iodeontario@gmail.com](mailto:iodeontario@gmail.com) and **NO** longer the bellnet.ca address

*You are Invited to join us...*

...at the **2022 one-day Virtual**  
**Provincial Annual Meeting**  
**Saturday, April 23, 2022 by Zoom**

*And as this year's theme says, we will be "Moving Forward Together"!*

**MOVING  
FORWARD  
TOGETHER**  
**IODE Ontario**

Registration is required to receive the Zoom meeting link.  
The 2022 Registration form can be found on page 16 of this newsletter; fillable form can be downloaded from the [iodeontario.ca](http://iodeontario.ca) website.

**Deadline for Registration is April 14, 2022**

- Receive a choice of a printed or downloadable **2021 Annual Reports**
- **Services' "Sock Hop" Project at PAM:** Attendees are asked to donate socks and sneakers for our Northern communities
- Hear engaging **Guest Speakers** and be part of the Q&A
- Learn more about IODE Ontario from a variety of interesting **presentations**
- Witness the installation of the **2022-2023 Provincial Executive**
- Meet new **IODE friends** through Zoom as an extra bonus!

# 102nd Provincial Annual Meeting

## Saturday, April 23, 2022 via Zoom

### Theme: “Moving Forward Together”

## Provisional Agenda

### Saturday Morning Sessions Via Zoom

*(Link to the PAM Zoom Invitations will be provided to Registrants on April 22<sup>nd</sup>)*

**9:30-10 a.m.- Admission of all registrants**

**10:00 a.m. sharp - Official Opening of the Morning Session**

- Indigenous Land Acknowledgement
- ‘O Canada’/Prayer/Affirmation/Statement of Values
- Welcome/In Memoriam
- Introductions
- Resolutions of Loyalty
- Greetings from the Lieutenant Governor of Ontario, Hon. Elizabeth Dowdeswell
- National IODE President’s Greetings
- Presentation & Seconding of the 2021 Annual Reports
- Secretary & Treasurer’s Reports
- “Where to Find What” presentation and Q&A (Tour the IODE Websites with Renate)
- National & Provincial Councillors Election Results
- ‘Play It Forward’ 100<sup>th</sup> Anniversary Project Summation
- Launch of Services “Sock Hop”
- OCAD Award - Lucy Morrison Bursary Winner

**12:00 Noon - Closing of the Morning Session**

**Lunch Break** *(Please click “Leave” and reconnect to Zoom for the afternoon sessions using the NEW link provided in your email.)*

### Saturday Afternoon Session Via Zoom

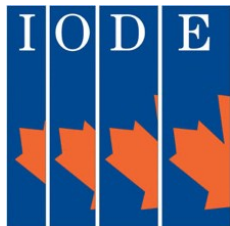
**12:30-1:00 p.m.- Admission to Full registrations**

- **1:00 p.m. sharp:** IODE OPP Community Relations Award
- IODE Jean Throop Book Award Presentation
- Membership Pillars Initiative Presentation-National Membership Officer, Liz Hancock
- Membership Awards Presentation
- Guest Speaker-Sgt. Gilles LaChance, OPP Indigenous Liaison Team/ Q&A
- Outgoing President’s Remarks
- Nominating Committee Report/ Installation of the 2022-2023 IODE Ontario Executive
- Incoming President’s Remarks
- Announcements/Report Cards

**3:00 p.m. “God Save the Queen”/ Official Closing of PAM 2022**

**NOTES:** All Registrants are asked to PLEASE Log in ON TIME and once in the meeting:

1. **RENAME** yourself to your PAM Registered Name
2. Use the **HAND RAISING** icon (located in Participant’s window/Reactions) in order to be recognized to speak
3. Stay on **MUTE** unless recognized to speak by the Chair
4. When speaking, state **NAME** and **CHAPTER** for the benefit of phone callers or those with no videos.
5. For best viewing experience, switch screen views (top right corner) from **SPEAKER** to **GALLERY** as needed.



**IODE Ontario**  
**102<sup>nd</sup> Provincial Annual Meeting**  
 Theme: *“Moving Forward Together”*  
**Saturday, April 23, 2022 (via Zoom)**



**REGISTRATION FORM**

Name: \_\_\_\_\_

Chapter: IODE \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

First Time Attendee

**Registration Deadline: April 14<sup>th</sup>** (To allow delivery of ZOOM emails and invitation link)

1. Download this fillable form and fill. (All items are required for registration.)
2. Save on your desktop with your initials before the file name. (e.g. HD2022 PAM Registration)
3. Email registration form as an attachment to Registrar: [iodeontarioeducation@gmail.com](mailto:iodeontarioeducation@gmail.com)

**Morning (Business) Session. Free of charge. Registration is required for the zoom link.**

**FULL Registration** (includes both A.M. and P.M. sessions) .....\$20

*Registration Package includes: Opening Ceremonies, Giveaways, IODE Ontario Police Community Relations Award Flyer, IODE Jean Throop Book Award Flyer, Guest Speakers, Membership Awards, Installation of Officers, Choice of either a printed 2021 Annual Report or free download from website: [www.iodeontario.ca](http://www.iodeontario.ca)*

I would like a printed copy of the 2021 Annual Report (Only for paid registrants. Mailed May 1st)

I would like to add a donation to “IODE Ontario Donors Circle” or a Fund of my choice or to the “Sock Hop” Project. Name of Fund or Project: \_\_\_\_\_ my donation of \$ \_\_\_\_\_

Plus Book(s): (Title) \_\_\_\_\_ \$10 shipping per book .....\$ \_\_\_\_\_

Plus Anniversary Pin(s): (Number of pins ordered) \_\_\_\_\_ at \$5 each.....\$ \_\_\_\_\_

**GRAND TOTAL:** Cheque Payable to: “Provincial Chapter of Ontario IODE” .....\$ \_\_\_\_\_

Mail cheque & registration form to: **Registrar, IODE Ontario, 45 Frid St., Ste. 9, Hamilton, ON L8P 4M3**

or

**GRAND TOTAL:** \$ \_\_\_\_\_ e-Transferred on (Date) \_\_\_\_\_

Use email: [iodebookkeeper@bellnet.ca](mailto:iodebookkeeper@bellnet.ca) On message section please put: **PAM 2022**

When paying by E-transfer, please email filled registration form to: [iodeontarioeducation@gmail.com](mailto:iodeontarioeducation@gmail.com)

A fillable PAM Registration form is also available at [www.iodeontario.ca](http://www.iodeontario.ca)

**Anniversary Books and Pin Available for purchase:**

“IODE Ontario, 1920-2020, 100 Years of Community Service” Cost: \$15 + \$10 shipping

“A Century of Memorable Ontario IODE Women” Cost: \$20 + \$10 shipping

100<sup>th</sup> Anniversary Pin Cost: \$5 each (will be sent with paid registration package)