



# ECHOES

Highlights of the 2022  
National Annual Meeting

FALL ISSUE 2022

## IODE NATIONAL PRESIDENT

### Jane Cushing

At the 122<sup>nd</sup> National Annual Meeting, Jane Cushing was installed as the 46<sup>th</sup> President of IODE Canada in a ceremony held on 27 May 2022. She is the first National President residing outside Ontario. Jane is committed to following in the footsteps of gifted and dedicated women who have served their country.

Jane has served in IODE for more than 50 years starting her journey in IODE HMS Hood, Saint John, NB, and currently is a member of IODE Katie Hazen Mackay, Saint John, NB; a charter member of IODE Canada 150, Saint John, NB, and IODE Evolve, AB.

Jane's interest in services work and War Memorial Scholarships led her to join IODE NB. Her involvement at the Provincial level continued as Vice-President and chair of the Focus on the Future Committee, and then as President from 2011 - 2013. While she was President, Jane organized the creation of a monthly bulletin, the Officer Handbooks for IODE NB; and was instrumental in setting up the IODE NB website.

Her role as IODE NB President was the beginning of her tenure at the National level. Jane moved to the role of National Services Officer and travelled, at her own expense, to Labrador to visit many schools in remote locations. Jane was seeking to create valuable contacts at the schools and nursing stations in Labrador. Jane's passion for the IODE Snack Pack Program is evident in her ongoing efforts to raise funds for nutritious snacks for the students.

Jane chaired the monthly National Advisory Committee Meetings which began



as a small group using teleconference, before transitioning to Zoom. The meetings are now host to over 40 participants from across Canada. She has served on all National committees. Fond memories and friendships were formed at the many National Annual meetings that she attended over 45 years.

Her educational background and inherent talent of strong critical thinking has benefitted many problem-solving situations. Her post-secondary experience spanned the country with completion of her Bachelor of Science in Biology at Dalhousie University, NB, and finished with a Masters Degree in Physical Education in Administration at the University of British Columbia.

Jane loves gardening, kayaking, canoeing and cross country skiing. She has been awarded a life membership at all levels of IODE and was presented with The Queen Elizabeth II Diamond Jubilee Medal for her volunteer work. Many members will remember her four-legged pal, Bridget, who trav-

elled to local chapter meetings in Saint John and then accompanied her to the National Meetings in Toronto, proudly wearing her IODE scarf. Bridget was always ready to get into the spirit of IODE and engaged actively with everyone around her. Bridget visited many hospitals, senior facilities and schools.

As IODE Canada's President, Jane will focus on teamwork, engagement and mentorship. Her vision of IODE is an organization that is people-friendly and involves all interested IODE members participating in both discussions and decisions. Strengthening IODE's presence across the country and emphasizing the tremendous community work done to enhance the quality of life for many are goals she is resolved to achieve during her term.

**Thank you to all who made IODE Snack Pack 2022 a success.**

Keep the momentum going!  
The 2023 IODE Snack Pack Program is underway. All donations make a difference to the students of Labrador! Donations can be made via the website or by sending to IODE Canada.

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PATRON: **The late Queen Elizabeth II**

HONORARY VICE-PRESIDENTS:

**Past National Presidents,  
Lieutenant Governors or their Spouse**

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## In Memoriam – Helen Dick 1927•2022

Helen Dick served as a member of IODE Victoria Cross Centennial under the jurisdiction of the Municipal Chapter of Toronto since 1956. She served in many capacities for her primary chapter including as Regent (President). When her chapter disbanded in 2016, Helen joined the Alumni Chapter.

From 1968 to 1971 she was Education Officer for the Municipal Chapter of Toronto and from 1971 to 1976 she was Assistant Education Officer of the Provincial Chapter of Ontario and later an Area Vice-President.

A member of the National Executive Committee, Helen with quiet dignity and competence, assumed the responsibility of various offices at the National level such as Secretary, Services Officer, Constitution Officer, First and Second Vice-President before assuming the office of President in 1986. She was a stalwart participant in the business of the National Executive Committee and brought a knowledgeable perspective to deliberations. Helen was an Honorary Vice-President since 1988, an honour she gladly accepted.

One of her proudest moments was when her daughter, Elizabeth Wells, joined IODE in 1984 as a charter member of IODE Rouge Valley in Pickering.

The highest honour in IODE is a Life Membership. Helen was granted a National Life Membership in recognition of her willing support and continuous involvement in all IODE endeavors, particularly her chairmanship of the Nain project wherein a home economics room was furnished and equipped in Nain, Labrador. Her love of Labrador continued with her support of the Labrador Bursary project. She was also a recipient of The Queen Elizabeth II Diamond Jubilee Medal.



## In Memoriam – Margaret Ann McCartney 1931•2022

Margaret Ann McCartney was born and raised in Wiarton, ON, and taught at Whitney Public School in Toronto for several years. However, she soon set her sights on volunteerism, which became a life-long endeavor.

In 1955, Ann joined IODE and in 1970, Ann was elected to the IODE National Executive Committee, serving as Junior Chapter Secretary, Assistant Education Officer, Education Officer and Chair of the Travel and Exchange Committee. Ann received a National Life Membership in 1978, the highest honour a member can receive from her peers for outstanding service and dedication to IODE. She became the IODE's National President from 1982 and served in that capacity until 1984. She was particularly proud of her work administering the Labrador project. Ann was responsible for the Invest in the Future Campaign that raised funds for the current Labrador Bursaries. Individuals and business contributed to this fund.

During her many years as an Honorary Vice-President, Ann continued to serve actively. In 1987, Ann as chairman of the Cartwright School Project presented \$25,000 to the Newfoundland Minister of Education to refurbish the science room at Henry Gordon Academy.

In 2012, Ann was awarded The Queen Elizabeth II Diamond Jubilee Medal recognizing a lifetime of outstanding volunteerism and her contributions to Canada. Ann displayed great leadership and determination always with a focus on teamwork. Her tireless commitment to IODE will not be forgotten.

# IODE President's Message

Thank you for the opportunity to serve as your President. I am looking forward to the next year.

The work of our IODE members in their communities across Canada is tremendous. These accomplishments are celebrated at our National Annual Meeting and are featured in this edition of *Echoes*.

During IODE Awareness Week, 01 to 07 October 2022, we tabulated those results across Canada and have a clearer idea of what can be accomplished when *Working Together for Many*. Seventy years ago, The late Queen Elizabeth II assumed the throne and pledged to continue the life of service to which she had committed on her twenty first birthday. At that time, IODE pledged to support Her Majesty's commitment to service and this sum of the service done by IODE in 2022 will demonstrate our continuing loyalty to that commitment.

"What does the "I" in IODE stand for?



Members requested a fresh approach to these questions and have agreed "I" will stand for "inclusive". Good communication, opportunities to safely share ideas and mentors are ways that chapters include their members. Listening to those we seek to help is inclusive. Respecting all the people in a chapter and sharing leadership roles is inclusive. Allowing new members and chap-

ters to do things differently is inclusive.

As a result of the Pillars Membership Project conducted by the National Advisory Committee, we learned that members like being able to undertake the projects that suit their communities. Members pointed out that women who shepherded them during their first years in IODE were key to their IODE membership. From our Quebec Silence to Sound scholarship winner we learned of allyship. To practice allyship we throw away our ideas about what people "need" and listen to what they think would improve the quality of their own lives. At the National Annual Meeting, the speakers from Mama Bear Clan and North Point Douglas Women's Centre in Manitoba, described how they practice allyship. These are all examples of inclusiveness.

Let us apply the concept of inclusivity to the regular business of our chapters. Enjoy our membership and share that enjoyment with others.

## IODE 100<sup>th</sup> Anniversary Grant Program

The Grant is intended to support programs that prevent, treat and alleviate abuse and neglect in children and youth. Value \$30,000.

The *IODE 100<sup>th</sup> Anniversary Grant Program* is a fund that awards grants to programs aimed at prevention and rehabilitation of children and youth at risk of abuse and neglect. The Grant originated as a financial gift from IODE members and is intended to benefit children as well as to celebrate, by a tangible award, the longstanding commitment IODE has to Canada's youth.

The Grant commemorated the centennial year of IODE in 2000. The Grant was first awarded in 2001 and continues in alternate years. Professionals in the field of social work and IODE members form the selection committee.



been completed.

Under the Terms of Reference, applications will be accepted between 01 September to 30 November 2022. The winning submission will be announced on IODE Founder's Day, 13 February 2023. The Grant application is available now on the National website.

The *IODE 100<sup>th</sup> Anniversary Grant Program* remains an open fund and accepts donations from all members and supporters of IODE. All contributions will be acknowledged with a tax receipt.

The winner must present results at an appropriate professional conference once the program and evaluation of the program has



### Message of Condolence

The women of IODE Canada wish to express their sincere condolences at the death of Our Queen. Her Majesty's life of service was a model for us and encouraged us in times of adversity. We will continue our service remembering Her Majesty's sacrifice and service. We continue in our allegiance to the Commonwealth and Canada.



# National Annual Meeting

## IODE Canada Welcomes Two New Board Members

Marilyn DesBarres joined IODE **Cobequid**, Springhill, NS, in 2010. She has served as President, Citizenship Officer, Services Officer, Membership Officer, Standard Bearer and Treasurer. At the provincial level, she has served as Secretary, Treasurer, Services Officer and Membership Officer as well as being her chapter's representative on the Provincial Executive Committee. Marilyn also enjoys her volunteer time at Cumberland Regional Hospital in Amherst. Her hobbies include square and round dancing as well as quilting and diamond art. IODE has been her passion since her first meeting. Marilyn and Jim, her husband of 27 years, enjoy the quiet life at home in Southampton. They do enjoy their summers at the campground and spoiling their little Shih Tzu, Molly.



**Marilyn DesBarres, NS**  
Vice-President



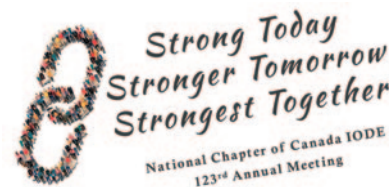
**Helen Danby, ON**  
Vice-President

Helen Danby joined IODE **Margaret Stokes**, Sarnia, ON, in 1993 when she was working as a secondary school teacher and administrator. She served as Assistant Education and Education Officer in her primary chapter as well as at the municipal and provincial levels. She has been Provincial Annual Meeting Convenor, Archivist, 100<sup>th</sup> Anniversary Convenor and First and Second Vice-President for IODE ON. Helen has been instrumental in creating an Ontario database documenting over 50,000 IODE members. She has researched and contributed to two provincial books, *A Century of Memorable Ontario IODE Women* and *IODE Ontario 1920 - 2020, 100 Years of Community Service*. Helen volunteers with MADD and enjoys golfing, gardening and her grandchildren.

### Chairmen of National Committees 2022 - 2023

IODE 100 <sup>th</sup> Anniversary Grant Program . . . . .	Carole Yorke
IODE Violet Downey Book Award . . . . .	Liz Hancock
Labrador Adopt-A-Class Co-ordinator . . . . .	Anne White
Labrador Bursary . . . . .	Rose Carolyn Smith
Liaison for Chapters under National Jurisdiction. . . . .	Natalie Denesovych
National Life Membership . . . . .	Ruth Ann Butler
Archivist . . . . .	Bonnie Rees

### SAVE THE DATES

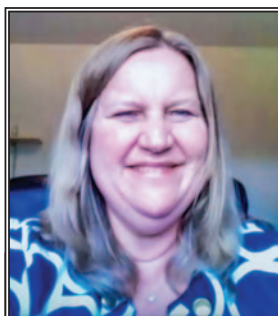


**24, 25, 26 May 2023**  
**via Zoom and**  
**Charlottetown, PE, 2024**

## A Fine Manitoba Welcome

Two highlights of the 2022 National Annual Meeting were the Manitoba Welcome and the Manitoba Social. Both these events were on Zoom. IODE Jon Sigurdsson members hosted lively fun get togethers. Diane Drawbridge, the President of the chapter and the great granddaughter of the chapter's first Regent (President), hosted the Manitoba Welcome with the assistance of Kris Friesen. They shared interesting Manitoba Trivia, such as the first women in Canada to receive the right to vote were in Manitoba. Canadian musicians Burton Cummings, Neil Young and Randy Backman were all from Winnipeg.

The Manitoba Social was on the second afternoon of NAM and the IODE Jon Sigurdsson hosts shared information about the history of their chapter,



**IODE Jon Sigurdsson**  
President Diana  
Drawbridge.

chartered in 1916 and its Icelandic heritage that has continued within the fabric of the chapter for more than 100 years. The chapter has an annual Bridge and Whist fundraiser and bake sale that features the multi-layered Vinarterta Icelandic torte. One of their members, Jo Wilson, who has been a member for 78 years and is the daughter of their first Regent, continues to make her Vinartertas for their bake sale at age 100 and has shared her recipe with all IODE members. IODE Jon Sigurdsson is very active in supporting women's and youth shelters, the Mama Bear Clan in Winnipeg and providing annual scholarships. Mentorship of new members has been key to the ongoing success of the chapter.

# IODE Board of Directors 2022 - 2023

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Services Officer

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Connections Officer

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Second Vice-President & War Memorial Officer

**Chris Bateman**  
Secretary

**Stephney Flexhaug**  
Echoes Officer

# 2021 National Annual Report Highlights

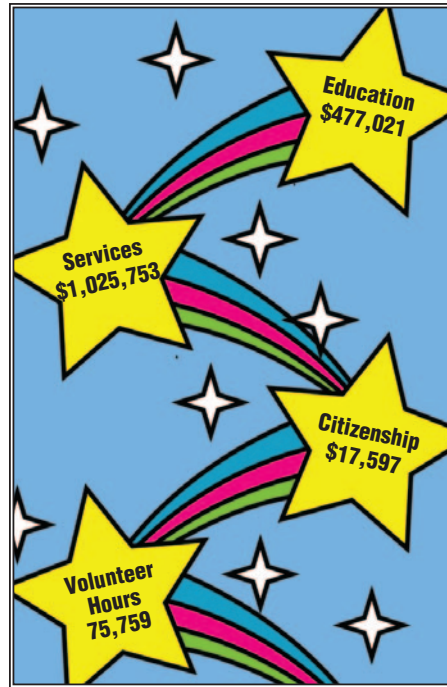
Chapter members continued to donate thousands of dollars and a remarkable 75,759 hours to serve individuals and organizations within their communities and beyond. No one realized that navigating the pandemic in 2020 would simply be the dress rehearsal. Each officer's report has documentation describing how members rose above the difficulties and became more technologically proficient; relied on donations to continue chapter initiatives; and became more creative as vaccines played a role and they understood the ever-changing health guidelines.

Members were committed to maintaining contact with each other; serving the needs of others in an endless variety of ways by reaching out to Canadian military personnel and individuals in long term care homes with cards and notes; and honouring individuals with awards.

When someone asks, "What does IODE stand for?" The ready reply can be, "IODE is a group of Inclusive, Organized, Dedicated, Enthusiastic women who support communities in the areas of services, education and citizenship." You can find this explanation on the IODE website.

Highlighted on the website is the new Values Statement that some chapters chose to recite at the beginning of meetings; display on letterhead; or print on agendas and minutes.

New custom crafted logo lapel pins and flexible vinyl window decals were made available to promote IODE. Provinces and IODE Canada subscribed to Zoom licenses to facilitate chapters' use of videoconferencing



for meetings. This expenditure became priceless for members to conduct IODE business and stay connected with one another.

The new logo lapel pins continue to be worn and gifted, prompting questions from recipients and heightening awareness of IODE.

Chapters found ways to find funds through donations, investments and creative fundraising to continue their strong support of Education in their local and northern communities to the tune of almost half a million dollars. The National Education Fund continued to subsidize gifted youth, from across Canada, in national dance, theatre and music programs. Shop to Give

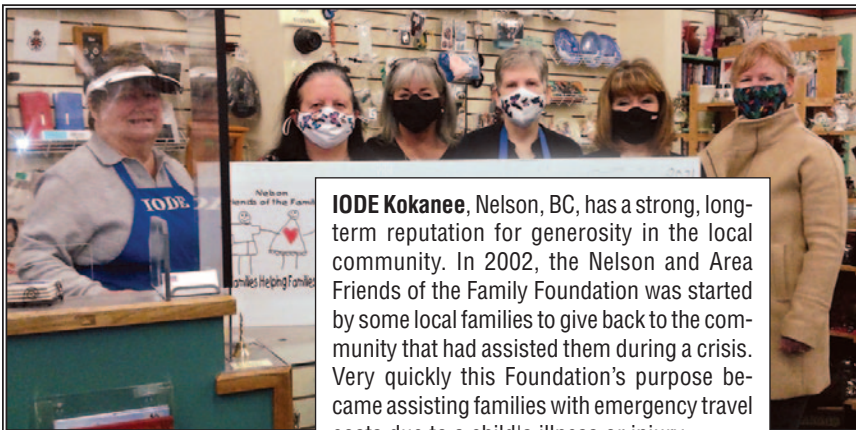
gift certificates were widely used as awards and prizes allowing 15% of the sales to be funneled back to IODE Canada to help support the IODE Snack Pack program.

Reading assistance was by far the favorite support of primary chapters. IODE BC concluded its double matching initiative with UBC by raising \$30,000 to amass a total fund of \$90,000 to grant annual bursaries to Indigenous students pursuing medicine.

The money raised from the sale of planners helped the National Education Fund and assisted Lydia Frew, ambassador, to graduate from Canada National Ballet School; allowed two passionate actors to learn their craft at the National Theatre School of Canada; and permitted three young musicians to gain experience from masters during the summer at the National Youth Orchestra of Canada.

Over one million dollars of invaluable services have been expended. The range of recipients and articles provided to communities is wide and the ideas are endless. From the much-needed essentials of food and clothing provided to an amazing array of recipients to the enhancements to life such as personal care bags, fresh start baskets and service animals, IODE women improved life for many individuals. Addictions programs are assisted as well as supporting the Canadian Disaster Fund.

These are a few of the highlights of the incredible work done by members and their chapters to benefit local communities throughout Canada. IODE members have shown tenacity, resilience and determination to enhance the lives of others.



**IODE Kokanee, Nelson, BC**, has a strong, long-term reputation for generosity in the local community. In 2002, the Nelson and Area Friends of the Family Foundation was started by some local families to give back to the community that had assisted them during a crisis. Very quickly this Foundation's purpose became assisting families with emergency travel costs due to a child's illness or injury.



**IODE Cobeguid, Springhill, NS**, Services Officer Kathy Kurchak with members Valerie St. Peter and Faye Spence presented the Rev. Natasha Davidson with supplies for use in programs for children and youth.

# Message from Past President Carol McCall

IODE keeps evolving. During this pandemic which has dominated my time as National President, we have learned how to connect with each other using new technology in a most effective manner. We have figured out how to raise funds and collect other items in a socially distanced way while still connecting with each other outdoors. This ability to think outside the box and figure out how to make a difference despite adversity is important to recognize because it is an approach that will assure the survival of IODE and support our organization into the future. Having more than 1,500 women across Canada all *Working Together for Many* is truly a force that does make a difference. There are other women out there who care about the same things that we care about. We just have to make a bit of an effort to find them. Those women want to make a difference and do not know that IODE provides a platform for doing it. We want to include them; we are all organized; we are dedicated to making a difference; we are enthusiastic about it and we have fun!

The pandemic has provided the Board of Directors and the National Advisory Committee with time to focus on how IODE can change some of the ways it does things and think about how to improve what we do. We can partner with other organizations in our communities. We can partner our strengths - strong infrastructure as a charity and deep community involvement - with the financial resources of people who want to donate and make a



difference. Primary chapters know what their communities need. They are allied with people in their communities who have needs that they tell our members about. We can articulate how people can provide that support and deliver the needed service. We are learning how to tell the stories of how money donated to us has made a difference in a person's life and how those funds support a community service. We are more and more using social media to reach out and tell people that we are here helping and serving others. Our mission to deliver education support, community service and citizenship programs is broad enough to allow us to serve everyone with money to donate and direct that money to a place where it helps to make a difference in peoples' lives.

We are learning how to be an ally of those in need, how to listen to them and refrain from projecting our personal ideas of help and support. We can let those in need lead in identifying what support is needed. In this way, we give respect and learn to listen. We also can provide maximum value from the funds we have available.

As I have said before, IODE has the flexibility in its structure to provide women with a platform that suits them for participating in charitable support and services in their communities. We have capable members who are ready to provide chapter leadership that is lean and effective. We know all the rules about how to be a registered charity and how to deliver real help.

We are still learning what we can do to improve respect, justice and equity for Indigenous peoples. We can commit to equity, diversity and inclusion. We believe that every child matters and have directed our *Share a Story ... Bring a Book* annual meeting project to childcare centres for Indigenous children for books about Indigenous culture, traditions and language. Our next steps in supporting Truth and Reconciliation would be to learn about the barriers faced by Indigenous people and try to understand them and alleviate them. We can make a difference by learning about Indigenous ways and becoming an ally.

We have heard about our collective accomplishments during the past year and about how we are *Working Together for Many*. Thank you for the opportunity of serving you and for your support during the past three years. I am looking forward to continuing as a Director and working with an amazing group of dedicated and talented National Officers. It is time for a new National President and I wish her every success. I do hope that the next year allows us to meet with each other in person and enjoy good times together.

## IODE Canada Honours the Maskwacis Community Policing Team, K Division

On behalf of its members, IODE Canada established an award to recognize a member, unit, or detachment of the RCMP for exemplary public service to their community outside of their official duties. Each year, the office of the Commissioner of the Royal Canadian Mounted Police chooses the recipient. This award has been presented annually since 1992.

IODE Canada is honoured to present the 2022 IODE RCMP Community Service Award to the Maskwacis Community Policing Unit (CPS), K Division. Corporal Holly Porterfield, Constable Stephanie Corbett, Constable Colin Efford and PSE Analyst Leala Mitchell comprise the K Division Unit. This unit has demonstrated exemplary public service



to their community, both on and off duty. The unit members are assigned to enhanced positions under the Community Tripartite Agreement and have the mandate to provide a visible, positive, policing presence within the four Cree Nations that form Maskwacis.

CPS members created a "Safe Exchange Zone" where Nation members can meet to complete child custody exchanges. CPS protected volunteers who were providing a community fundraising Check Stop.

This team continues to demonstrate an on-going commitment to excellence in their community service and within the RCMP and significantly contributes to the quality of life for all.

# National Annual Meeting

Guest speakers were one of the highlights of the National Annual Meeting. Participating by video-conference or video, technology is making it possible to meet guests in a far more personal way.



Tara Zajac, Executive Director of the North Point Douglas Women's Centre, Winnipeg, MB, spoke about the Centre, which is a hub where women and their families can gather in a safe and welcoming space, building friendships and providing access to needed resources and programs. The hub concept was developed through discussions and planning with those it would serve. The organizers partnered with the city to build the Centre, which opened in its current location in 2002. They

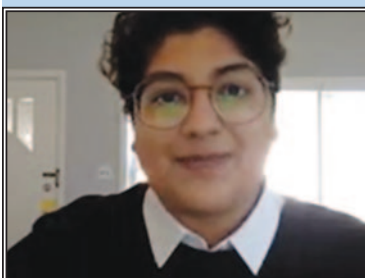
have a drop-in program which is the heart of their community. They try to meet basic needs – 1,000 food hampers per month are distributed; personal hygiene products, particularly for women, are distributed along with clothing. Parenting skills are taught. Free counselling is available as is advocacy for child and family services. They are bringing back Indigenous ceremonies and culture such as Sharing Circle, Medicine Wheel, Medicine Tea and Smudging. They listen to the community to tell them what is needed. Tara is clearly passionate about her work.



Grace Akerstream Laing is the coordinator of the Mama Bear Clan. An important facet of her work involves a foot patrol which provides wellness checks for the homeless and marginalized, three times a week. This has grown from five to 1,000 volunteers. Grace feels that the social contact and listening of the wellness checks are the most important aspects. They also



hand out water, granola bars, feminine hygiene products and condoms while visiting encampments. They offer first aid and help provide permanent housing. She was raised in the area and was previously the coordinator for the Boys and Girls Club. Grace literally walks the walk and talks the talk.



Jessie Thandi – IODE Silence to Sound Award winner.

The IODE Silence to Sound Awards were initiated by the chapters in Quebec and are now administered by IODE Canada. Two awards are given annually to students in the School of Communication Sciences and Disorders, McGill University, QC. A current recipient, Jessie Thandi, was able to join the meeting. She expressed her appreciation for the award. Learning ASL (American Sign language) in school, she sees herself as an ally to the deaf and hard-of-hearing community. There are barriers to acceptance of the deaf community. It is important to listen to what people with hearing challenges need rather than insist they conform to a lifestyle of the model used by the hearing. It is imperative to be allies in any efforts made to make a positive difference in their lives.

# IODE War Memorial Scholarships

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IODE Canada instituted the IODE War Memorial Scholarship Program in 1918 to commemorate Canadians who sacrificed their lives or were permanently disabled while fighting for Canada. Today, applicants must be Canadian citizens, in at least their second year of a doctoral program at a university and are selected for academic achievement, potential and volunteerism.

The value of the award is \$15,000 for each recipient.

At the 122<sup>nd</sup> National Annual Meeting of IODE Canada, War Memorial Officer Hazel MacLeod announced the three winners of the 2022 - 2023 IODE War Memorial Scholarship for doctoral study: Beverley Larssen, Tina Felfeli and Siobhan Smith. Each of the scholars took the time to attend the National Annual Meeting to tell members how grateful they are to receive the award and what impact this award will have on their ability to continue their work.

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**Beverley Larssen** received her Bachelor of Human Kinetics in 2011 from the University of British Columbia. She completed a MSc in Kinesiology (2013) before enrolling in the combined Master of Physical Therapy/PhD in Rehabilitation Science dual-degree program (also at UBC). Beverley studies physical rehabilitation therapies for stroke survivors. Using a neuroimaging approach, her research investigates the mechanisms and neuroanatomy that support motor learning/re-learning after a stroke. She is evaluating how amplifying movement errors during reaching-practice may help recovery of arm motor control. This work has the potential to help identify who may benefit from such interventions.

In her roles as both a physiotherapist and neuroscientist, she continues to engage in knowledge translation both clinically and in research. Her most recent activities include supporting clinical education through the mentorship of physiotherapy students in the UBC Department of Physical Therapy as well as facilitating knowledge translation opportunities for local stroke recovery researchers in her current role as Chair of the BC Stroke Network.



**Dr. Tina Felfeli** is a resident physician in the Department of Ophthalmology and Vision Sciences at University of Toronto. She completed her medical school training at University of Toronto where she received the J. P. Boley Prize in Ophthalmology for the highest academic standing in her graduating class. Currently, she is completing a PhD degree in Clinical Epidemiology at the

University of Toronto as a part of the Integrated Physician-Scientist Program.

Her research interests include population-based studies, economic evaluations and prediction models for outcomes of surgical retinal diseases and uveitis, and evaluation of health care delivery within the field of ophthalmology. She combines the worlds of health services research and biomedical research to better understand patient outcomes.



**Siobhan Smith** completed her undergraduate degree in Kinesiology at Western University in London, ON. This degree allowed her to combine her love for science and sport while simultaneously wrestling on the varsity team. The degree taught her the importance of a healthy lifestyle and she developed a strong passion to help others obtain and maintain a healthy lifestyle.

During the final year of her undergraduate degree, she completed research projects in nutrition and sedentary behaviour. She completed a Master's degree of Kinesiology where she studied exercise, sedentary behaviour and smoking. Due to her strong interest in both health and research, she is currently pursuing a combined seven-year MD/PhD program. Her current PhD investigates ways to reduce sedentary behaviour to improve blood sugar control in adults with type 2 diabetes. In her future practice, she plans to conduct research and provide care in Canada for individuals with chronic lifestyle diseases, such as type 2 diabetes, and helping them achieve healthy, sustainable behaviour changes.

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Scholars who have won these IODE Scholarships have made lasting and important contributions to Canada and the world in science, medicine, business, politics and academic circles. IODE is delighted to extend warmest congratulations to the 2022-2023 scholars.

# National Education Awards 2021 – 2022

IODE members support National Education Awards through contributions to the National Education Fund. The purchase of yearly IODE Date Planners is an important source of revenue. Please order your 2023 Planner now.

## IODE PERFORMANCE ARTS AWARDS

(Funded by ongoing chapter contributions)

### Canada's National Ballet School

Professional Ballet School educational program was supported allowing gifted young dancers to study dance while completing a secondary school academic program. Student highlights from the year's program included the ability to get back into the performance studio full time once again and the equity initiatives to address the roots of systemic barriers in dance. An Indigenous student explained that the inclusion of cultural dance roots in the program was pivotal to her learning and enjoyment of the year's activities.

### National Theatre School of Canada

The National Theatre School of Canada awards two bursaries to students in any stream of study to assist with living expenses; giving students wings so they may persevere as artists.

Jeanne Blouin (Acting 2) from Montreal, QC, was pronounced as a determined and hardworking student who has faced financial difficulties and personal challenges without losing her enthusiastic attitude. A talented actor, she was described by her friends as deeply caring, funny and committed to her art.

Riel Reddick-Stevens (Acting 3) from Cole Harbour/Dartmouth, NS, was proclaimed "a quiet force who has tackled every difficulty in her path with strength and resilience. This year, she proudly performed in several mainstage shows as she prepared to graduate in the spring."

### National Youth Orchestra of Canada

The three recipients of the National Youth Orchestra of Canada bursaries for 2022 are:

Evan Pyne is 18 years old; from Toronto, ON. He plays violin. This is his second summer at NYO and his first time participating in person.

Miona Milovanovic, 21 years old, plays violin and is from Winnipeg, MB. This is her first summer at NYO.

Serina Lee, 16 years old, plays cello and is from Greenfield Park, QC. This is her first year being eligible to apply for NYO and her first summer at NYO!

## IODE Labrador Bursaries

The IODE Labrador Bursary Fund began in 1982 when IODE members initiated a capital fund for the purpose of granting bursaries to coastal high school students accepted at community college, university, technical or vocational schools.



IODE Sally Douglas Labrador Bursary Award recipient, Kelsey Hanrahan.

This year, the Labrador Bursary Fund supported 15 renewal bursaries; three renewal bursaries that were deferred from the previous year; and 14 new bursaries totaling \$12,600 for the 2022/2023 academic year. In addition, renewal candidates received support from the Labrabook Fund totaling \$2,250. Kelsey Hanrahan and Alyson Thomas were awarded the IODE Sally Douglas Labrador Bursary Award in the amount of \$250 each in addition to their renewal bursaries. Awards are based on need and merit.



IODE Sally Douglas Labrador Bursary Award recipient, Alyson Thomas.

## ENDOWED NATIONAL AWARDS

### IODE Joan Butler Awards

George Brown College, Excellence in Perinatal Intensive Care Nursing

Pema Dechen, RN at St. Joseph's (Toronto) NICU  
Michelle Lauzon, RN at Thunder Bay's NICU

### Montreal Children's Hospital

Amanda Camacho, a nurse in the Neonatal Intensive Care Unit, received the 2022 IODE Bursary to complete her Lactation Consultant certification.



Montreal Children's Hospital Nursing Bursary recipient, Amanda Camacho.

### IODE Silence to Sound Awards

McGill University School of Communication Science and Disorders

Melissa Trueman received her Bachelor of Health Sciences at Western University, with a goal of becoming a Speech-Language Pathologist, resulting in her acceptance to McGill's Master's of Science in Communication Sciences and Disorders. She is "very grateful and honoured to be a recipient of IODE's scholarship. The scholarship will allow attendance at additional workshops and courses in this specialty that will best set her up for success as a future Speech-Language Pathologist who is driven, passionate and motivated to support and work alongside this population."

Jessie Thandi was awarded a Silence to Sound Award. Her explanation of allyship in her description was so interesting she was invited to be a guest speaker at the National Annual Meeting. For more information on Jessie see page eight.

## IODE VIOLET DOWNEY BOOK AWARD

### *Tremendous Things* by Susin Nielsen

A funny and heartfelt story about learning how to rise above your most embarrassing moment while staying true to yourself - with the help of old friends, new friends and some cheesy poetry. At the start of ninth grade, Wilbur Nuñez-Knopf is hoping for a fresh start. When the school band does an exchange with students from Paris, a girl named Charlie captures Wilbur's heart. But his feelings aren't reciprocated. Alex, Fabrizio, and Sal join forces to build Wil's confidence in the hope that he can impress Charlie when they go to Paris. Maybe, just maybe, Wilbur will find a new defining moment in the City of Love.

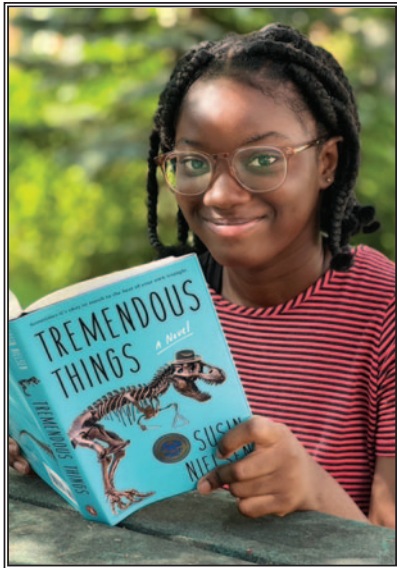
The IODE Violet Downey Book Award was established in 1984 when IODE Canada agreed to use a generous

bequest from the late Violet Downey of Oakville, ON, to establish a book award for English language books containing at least 500 words, suitable for children 13 and under; published in Canada the previous calendar year. This year marks the 38<sup>th</sup> presentation of this award.

This is the second book of Ms Nielsen's to win this Award. *No Fixed Address* won in 2019.

Susin Nielsen began her writing career with the Degraasi franchise, writing scripts for the television shows as well as books for the series. She wrote for many Canadian television series such as *Heartland*, *What about Mimi?* and *Braceface*.

Ms. Nielsen lives in Vancouver, BC, with her family and two naughty cats.



*Share a Story...  
Bring a Book*

IODE members continue their significant support of *Share a Story ... Bring a Book* with donations of book bags, books and monetary contributions of \$2,485.

This project started 11 years ago and has continued to gain momentum providing books for the National Annual Meeting host province to distribute to area programs. The donations from the past two years have gone to Indigenous groups. Emphasis has been placed on giving gift certificates and cash to purchase books of their choosing. This is an example of allyship.

This year there were two recipients of the funds to purchase books. One of the recipients is the Brandon Friendship Centre and the Little Teaching Lodge Aboriginal Head Start Program. This is an Indigenous based preschool program that will strengthen and prepare children with a balance of cultural knowledge and academic skills needed to excel in school and life.

The other recipient is the North Point Douglas Women's Centre in Winnipeg. Tara Zajac from the Women's Centre and Grace Akerstream Laing from Mama Bear Clan spoke about their programs and works. The books will be used in the Drop-In Centre.

IODE Jon Sigurdsson, Winnipeg, MB, made 41 book bags with the help of a quilting group "Sew N Sews" at Trinity United Church. All the material for the book bags was donated. Members of the chapter collected 46 books to accompany the bag and monetary donations.

National War Memorial Officer Hazel MacLeod thanked everyone for their generous support this program and giving children the gift of reading.

## IODE Violet Downey Book Award Shortlist

***Children of the Fox***  
written by Kevin Sands

***Firefly***  
written by Philippa Dowding

***Meranda and the Legend of the Lake***  
written by Meagan Mahoney

***The Undercover Book List***  
written by Colleen Nelson



# Community Service

## IODE Hits the Ice

Since IODE Margaret Stokes, Petrolia, ON, contributes to hockey and figure skating within their community, members had an idea. Why not help sponsor the ice cleaning machine? Seen in the photo with the Zomboni named for the chapter are members who took a quick break from making butter tarts to pose. One of the chapter's most delicious and locally popular projects is their baking and sale of these "oh so Canadian" treats. With this branded Zamboni seen at every hockey game, practice, figure skating



lesson and general skating session, the chapter raises ongoing IODE awareness. Copies of *Echoes* are displayed in the arena pamphlet holders.



After 40 years of service provided by its members and local volunteers, IODE Tantramar, Amherst, NS, recognize the end of an era as their Thrifty Things Shop closed its doors.

The shop provided a valuable service to the community in offering gently used clothing for women and men as well as books and odds and ends. All donations were made by members and the public. Over the years, the shop had four different locations with a purpose to provide reasonable priced goods. The shop spent 25 years at the last location.

The community has benefited greatly from the teamwork and commitment of the members of this chapter. Well done!

IODE Boundary Bay, South Delta, BC, President Frances Dickson was successful in placing an informative piece on the chapter in the local paper. She explained that for the past two years, due to COVID-19 constraints, fundraising activities were limited. "The Chapter is now very happy to announce", she writes, "that we are resuming the popular social bridge afternoons starting on 25 May." Frances invited bridge players to get together a table of four for a social afternoon of bridge, tea and goodies. She explains, "The chapter supports national and provincial programs, but 87 per cent of the funds raised goes towards local programs primarily in South Delta. The chapter", she continues, "is open to welcoming new members."

IODE Boundary Bay is keen to continue good works of the past. They look to traditional projects and to rekindle past meaningful programs such as:

assisting their guide dog project, support for a women's transition house, food hampers at holiday times, assistance to high school emergency food programs. Another important project: a gift to each Kindergarten child in a North Delta School a handmade book bag and three books to encourage reading at home.



IODE Diamond Jubilee (1960), Brandon, MB, has a Read With Me program. Lorna Cowan, the book bag co-ordinator and chapter Vice-President, said the program is designed to inspire young families to read together. "That's our goal, to promote literacy in very young children, because that's where you need to start," Cowan said. "It doesn't matter if they don't understand what you are reading to them in the beginning. They sit and will learn." The program also helps to foster a positive relationship between parents and their children.



A funding boost of \$400 from the Manitoba Reading Association helped the chapter to buy early literacy books for 25 local families. The book bags come with the label Read With Me and contain three children's books targeted at preschoolers, aged five and under.

The initiative received further support from the Victoria Seniors Association at Lion's Manor who provided \$100 in funding to purchase new books. The books included *Sweetest Kulu*, the story of gifts provided by multiple animals to a newborn baby, Kulu. The author, Celina Kalluk, is an Inuit throat singer.

# Chapters in the News



IODE Evolve, AB, received a very generous donation designated for the Cartwright community in Labrador. An associate of the chapter who supports students in Cartwright through the Labrador Adopt-

a-Class Program; has gifted \$5,000 to honour the memory of her great aunt, Marguerite Lindsay.

Henry Gordon Academy will use a portion of the funds to build a community garden. The three young men graduating grade 12 this year will each receive a scholarship of \$1,500, toward their second semester of post-secondary education.

A heartfelt note accompanied the donation to the school.

*This gift is given in loving memory of my Great-Aunt Miss Marguerite Lindsay.*

*A hundred years ago, in 1922, she volunteered with the Grenfell Mission working with Henry Gordon as a summer teacher. She loved Cartwright - its beauty, its people and especially its children.*

*She died accidentally in August just before her 26th birthday while enjoying one of her solitary walks near Muddy Bay.*

*May she rest in peace.  
Lucy Anglin, Montreal, Quebec*

Members of IODE 48<sup>th</sup> Highlanders, Toronto, ON, have a long-standing tradition of honouring veterans in a variety of ways. Combining support for the military with a fund-raiser as well as benefit all who wear a Poppy, came the novel idea of creating a pin which is worn in the centre of the Poppy. This pin provides additional support for the Poppy to remain intact. Funds raised will be used to maintain the many projects the chapter has undertaken to support veterans and their families.



All are welcome to purchase the Poppies at a cost of \$3 each or two for \$5. For more information or to buy the pins, please email [iode48th@gmail.com](mailto:iode48th@gmail.com).

Heather Stuart, president of IODE Manitou, North Bay, ON, capitalized on the local paper's interest in news that makes the community proud and a great place to call home. Spurred on by National Volunteer Week in April, Heather prepared both a current report on activities but also quoted from the historic material on the IODE Canada website to create an interesting and fulsome article. Most importantly Heather focused on the chapter's work during the pandemic which focused on local food bank support.



Heather wrote to interested new members. She explained that most new members are retired professionals who enjoy working with kids and who are interested in improving the community. The women who enjoy socializing with others while engaging in actions that improve the community join the chapter.

Stuart implored, "There are children and families out there who need help and I would say most of our members

are people who have been privileged and want to find a way to provide those opportunities for those who aren't."

The chapter provides opportunities such as scholarships and bursaries at high schools and community college. The Victory Shop, a trendy store for gently used and current clothing provides much of the funds for projects in the community.

Keeping the name of IODE in the public eye is good practice and pays dividends.



**IODE Atlantic Charter**, St. Stephen, NB, Treasurer Sherry Hastey presented Milltown Elementary School grade five student Noursin Saied the Best All Around Student Award.

The award is given annually to a grade five student who is **I**nclusive in her interactions with others, **O**rganized in her work, **D**edicated to learning, and **E**nthusiastic as a good citizen of the school and its community. Noursin is a leader by example.

## IODE honours The late Queen Elizabeth's Jubilee Celebrations over the years

IODE has always recognized significant milestones in the reign of The late Queen Elizabeth II by creating innovation projects embracing Canadian values.

### GOLDEN JUBILEE 2002

IODE celebrated this jubilee by announcing that two, \$2,500 scholarships would be offered to students in their second year of the language and culture program at the young Nunavut Arctic College, founded in 1995. The IODE Canada Queen Elizabeth II Golden Jubilee scholarships honoured outstanding perform-



ance based on marks and effort. The presentation was made in Nunavut at the time of the Queen's visit in October 2002. Her Majesty and the Governor General both wrote to congratulate IODE on the initiative to support higher education in Canada's newest territory.

### SILVER JUBILEE 1997

At the 1976 National Annual Meeting, the IODE Silver Jubilee Fund was established with a goal to raise \$30,000. These funds were used to purchase the Winifred Perchey Marsh Collection, a unique historical collection of 37 arctic watercolor paintings. The collection was gifted by IODE in honour of the Queen to the Territorial Central Museum, Yellowknife, Northwest Territories. The paintings depict the now extinct culture of the Padlimuit tribe as it was 40 years previously when the artist and her husband lived with these Caribou people. A cable was sent to The Queen on the anniversary. As well, flowers were sent to welcome Her Majesty and the Duke of Edinburgh upon their arrival in Canada for the XXI Olympiad.



The IODE Silver Jubilee Essay Contest with the theme Canada's Royal Heritage was directed at Grade VIII classes. The 66 winning essays were published in a booklet which was presented to each winner and their school.

A list of books on the Monarchy and the Royal Family were sent to chapters suggesting that they be presented as prizes to school children. The IODE Education Committee ordered in quantity copies of the pictorial booklet *The Queen's Silver Jubilee*. A page titled *Our Queen* was prepared by the Committee Chair for enclosure in the book; members bought 3,000 copies.

IODE members joined with Canadians everywhere in saluting The Queen in that Jubilee year.

## IODE Awareness Week

IODE Awareness Week was intended to celebrate the power of working together, the work being done in communities across Canada and to highlight the joy of participation. This year, 01 - 07 October 2022 was set aside to showcase chapters and the wide variety of projects they were working on. The theme for the week was *Service to Others*.

To acknowledge The late Queen and 70 years dedicating herself to service, chapters were asked to consider multiples of seven when working on their projects. For example, one chapter donated 21 good grooming bags to a women's shelter rather than the 20 they normally do. A member donated \$70 to the IODE Snack Pack Program. Book donations are made by

many chapters, annually. Chapters considered a goal of 7, 14, 21 or 70 books for local schools or agencies. Cups for drop in centres, knitted items for schools, shelters or nursing homes were popular initiatives.

The results were shared throughout IODE Awareness Week with daily posts on Facebook, Instagram, Twitter and the IODE website.

The week was dedicated to shine attention on the service performed by IODE women across the country. More than 70 years ago, IODE women pledged to support Princess Elizabeth in her promise to serve.



Members of IODE Dardanelles, Carstairs, AB, with 27 personal property bags made for IODE Awareness Week.

One of the best ways to attract members and donations to an organization is to share stories about the work accomplished, the people who do the work and the fun they are having. IODE Awareness Week provides an opportunity to tell your story.

## Congratulations to the following Life Membership Award recipients

**National**  
STEPHNEY FLEXHAUG, AB  
RENATE SCHUETZ, ON

**Provincial**  
VALERIE BRAIDEN, AB  
JEANNIE JOHNSTON, NS  
HARRIET MCWHIRTER, NS  
LINDA READE, AB  
THE LATE PATRICIA SCALLAN,  
ON

• LINDA SMITH, NB  
• SUSAN SPENCE, NB

**Primary**  
• LORRAINE BAYNE  
• IODE Jessie F. Gordon, BC

• DOREEN CAMPBELL  
• IODE Val Griffiths, ON

• BLANCHE CURRIE  
• IODE Isgonish, NS  
• ARLENE LEROUX  
• IODE Annie May Jackson, AB  
• MARNIE LUCE  
• IODE Eldon House, ON  
• CAROL MCDONALD  
• IODE Margaret Stokes, ON

• MARION NIESSEN  
• IODE Val Griffiths, ON  
• MARION RETSON  
• IODE Isgonish, NS  
• CATHY WILLEMS  
• IODE Eldon House, ON

## National Membership Awards



IODE Canada is made up of members organized into primary and provincial chapters across the country. Chapters attracting new members are acknowledged by the IODE Canada Membership Awards.

### Primary Chapter Awards

The winner of the Membership Crystal Challenge Award, for gaining the most new members in 2021 is **IODE Willowlodge**, Beaverlodge, AB.

- Second Place - **IODE Laurentian**, Ottawa, ON
- Third Place - **IODE Margaret Stokes**, Petrolia, ON

### Provincial Awards

The National Annual Membership Award is determined on a percentage basis of the most new members for the year relative to the total number of members in the province.

- First place - **IODE Alberta**
- Second place - **IODE New Brunswick**
- Third place - **IODE British Columbia**

Bringing more women into IODE allows chapters to maintain their current projects and to develop new ways to help people in need.

Congratulations to all chapters who have welcomed new members. A total of 51 members in 2021. The ability of chapters to meet using email, video and meeting apps such as Zoom, allows members to be more inclusive, to plan activities and projects in a variety of ways. In addition to these electronic communications, the return to in-person meetings and activities will provide additional opportunity for more women to join and be part of this great organization.

## Four Pillars Membership Review

Membership has been a key area of focus for the Board of Directors in 2021-2022 and will continue to be. The review process undertaken was named the Four Pillars Membership Review. The main goal of this review was to develop a sustainable model to maintain existing membership levels, to attract new members and to ensure a positive experience for our members. The project started with engagement of the National Advisory Committee and is evolving on an ongoing basis.

Several meetings, focus groups, brainstorming sessions and surveys have been done. This work has created immediate results on several fronts. As an example, the discussion on re-energizing membership led to emphasis on the new acronym: **I**nclusive / **O**rganized / **D**edicated / **E**nthusiastic. A mentorship workshop was held via Zoom and made available to all members.

IODE will continue to reinforce the activities that have made the organization so successful since its formation. Chapters have developed individual ways of fundraising, improved community awareness and strengthened interactions with other organizations to serve those in need in their communities. At the heart of their success are the friendships developed whilst helping others. This is one of the main reasons members have been active in the organization for so many years.

It is interesting that some changes that have been made long ago were not understood by some chapters. The Board will look at various ways to ensure information is communicated and provide easy to access resources to members should questions arise. Again, communication is key. For example, chapters do not have to fill every officer position but should focus on the projects and areas in which they are most passionate. It has become apparent that that is not well known throughout the organization.

Members are encouraged to provide feedback to National Advisory Committee (NAC) Councillors or Provincial or National Officers. They are a valuable resource for members in addition to the updated website that has important information about operational practices. The importance of communication between the Board, all chapters and all members is critical to the success of the project. Communication needs to flow in both directions for input, feedback and information sharing.

Stay tuned for more updates on this Board priority.

# The IODE National Office Has Moved

After many years of searching for affordable space, IODE Canada has moved. The new office is located in a fully renovated historic 1926 Bell Telephone building in South Etobicoke, Toronto, ON. It is in a residential-commercial area with the Toronto Police College its next-door neighbour. The unique building has 12-foot ceilings and historical features. All offices in the three-story building are furnished with antique furniture and paintings collected by the family over the years. There is ample parking behind the building as well as trees, grass, fountains and two resident rabbits living in a hutch outside.



This move will result in a \$34k annual savings for 2023. The savings garnered this year offset the cost of moving. It will be a very efficient use of space for administering the National office of IODE.

The new address is 80 Birmingham Street, Suite B6, Toronto, ON M8V 3W6. The telephone numbers and email address are unchanged.

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