

MEETING – SPRING FLING

Tuesday, May 9
5:30 pm Cash Bar, 6:30 pm Dinner
Coppola's Ristorante, 203 Carlton Street



SPEAKER: Dr. Suzanne Johnston,
President- Niagara Health

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A Healthier Niagara



Suzanne is a caring and compassionate health care leader with more than 25 years of experience as a registered nurse and senior executive in health care and government services. She is an inspirational leader who fosters a work environment characterized by a commitment

to values, engagement, innovation, problem-solving, and continuous improvement. Suzanne received the 2016 Greater Niagara Chamber of Commerce Community Leadership Award, currently serves as a Director on the Niagara College Board of Governors and is a Community Member - Governance Committee for YMCA of Niagara.

Committed to continuous improvement

PLEASE NOTE: Following the cancellation of the March meeting, guest speaker Margaret Wente accepted to address the October 2017 meeting.

President's Message

What a year it has been! I am so grateful to the amazing Executive that I have worked with! And the AdHoc committee that we struck to look into the makeup of future Executives, so that the work could be done more efficiently and enthuse more members to join! And I hope that you will consider it if you have not been on the Executive before. CFUW St. Catharines needs you and needs your fresh ideas. This year we have finished all the great work that Marilyn Wallace and Mary Jane Waszynski started, so that the heavy stuff is done! Now it's just good times ahead!

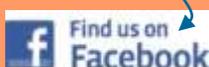
I started my year at the Ontario AGM learning about Truth and Reconciliation and how we are going to help those living in poverty. I got such insight into a world that I have not experienced or understood and I am deeply indebted to CFUW for that. So you can imagine how excited I am to finish my year in Stratford on May 12th and 13th at this year's Ontario AGM "The Transformative Power of the Arts".



Heather Hall

Editor: Barbara Leslie

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The big question on everyone's mind again this year is "The Way Forward for CFUW". It has been so confusing and complicated for all Clubs across the country and hopefully at the National AGM in June, there will emerge a positive direction for us to follow. I certainly know that many women are working hard to solve the issue with GWI so that it does not divide CFUW. We have given Nancy Ferris-Hostick our blessing to represent us and I am sure that she will do a tremendous job. We look forward to her account!

Lastly, I would like to thank all of you, the membership, for giving me a year to remember. It has been challenging, rewarding and fun and I look forward to

working on important projects with you in the future. Thank you. Thank you.



Photo by Bryan Caporicci <https://bcaphoto.sproutstudio.com/gallery/volunteer-appreciation/?image=6823121>

Receiving a City of St. Catharines Volunteer Award from Mayor Walter Sendzik (left)

2017-2018 CFUW St. Catharines Club Executive & Charitable Fund Executive

Executive Committee:

Officers: President: Nancy Ferris-Hostick

Past President: Heather Hall

Vice President: Gail Neff

Treasurer: Heidi Burgess

Recording Secretar(ies): Marg Thibeault & Marian Lips

Chairs of Standing Committees: see below

Standing Committees:

Communications:

Chair: Pat Milland

Webmaster: Pat Paulin

Newsletter Editor: Barbara Leslie

Photographer(s): Elma Kimpel, Barbara Leslie, Anne Marie Stockwell

Membership:

Chair: Martha Abra

Membership Roster: Martha Abra

Member Services Convenor(s): Mary Anne De Roy, Rosalba Martino, Yvonne Stevenson

Interest Groups Convenor: Noreen Vida

Program:

Chair: Karen MacKay

Social Convenor(s): Denise Bradden and Heather Sloan

Fundraising:

Chair: Jean Tonogai

House Tour Chair: Jean Tonogai

House Tour Vice-Chair: Sharon Lawler

House Tour Past Chair: Pat Milland

Silent Auction Co-Chairs: Pat Paulin & Marg Thibeault

Advocacy:

Chair: Gail Neff

Resolutions: Gail Neff

Ontario Council Standing Committee Reps:

Education: Angie Mannella;

Status of Women & Human Rights: open;

Legislation: Lucie Laliberte

Other Committees/Appointments:

Archives: Joan Clancy

Privacy Contact: Helen Staal

Liaison to 100 Ad Hoc Committee: Caroline Nolan

External Liaison:

Charitable Fund Chair: Mary Jane Waszynski

Representative on Niagara Youth Without Secure Housing (YWSH) Committee: Pat Waters

Charitable Fund Executive:

Chair: Mary Jane Waszynski

Treasurer: Barb Harris

Assistant Treasurer: Martha Abra

President: Nancy Ferris-Hostick

Past President: Heather Hall

Vice President: Gail Neff

Donation Coordinator: Martha Abra

Members-at-Large: Julie Dennis, Pat Milland, Donna Pree

43rd Annual
**HOUSE
TOUR**



Report from Jean Tonogai

The Annual House Tour is barely a week away and the House Tour team is busy putting the final touches on the event. Excitement is building!

Remember to keep the conversation going! CFUW members, friends and family are the most important source of information about the House Tour. Tickets are the very reasonable price of \$25.00 and hostess tickets are \$12.00. Tickets on May 7 are \$30.00 We are still looking for additional help with host-essing on Tour Day. If you have a friend or family member who can help, the team would really appreciate hearing from you. Call or email Kathy Pagonis. Also helpful would be people for a backup or call in list.

Here are a couple of "items of interest" that I would like to share with the membership: Advertisement in *Our Homes Magazine* - plus special endorsement from publisher Laurie Lotimer in her note. They are a platinum sponsor of the House Tour.

You can also watch for a feature article in The St. Catharines Standard featuring The Munro House in Thorold - Heritage home built in 1868 and an interview with the talented couple who have done quite a bit of the restoration themselves.

Shopping Night at The Post Office - Thank you to all members, friends and family that attended the event. Some serious shopping took place as we sipped wine and enjoyed goodies! The pictures taken by Elma showed our lovely members modeling fashions from the store. Nice choices ladies! The amount of money raised that evening in support of the House Tour was \$530.57.

Sunday, May 7, 2017

A house tour isn't really just about the homes. It is about neighbourhoods and lifestyles as well.

This year's tour will feature three very different areas of the beautiful Niagara region. Two properties are in the rolling hills of Pelham with acreage of land,

privacy and a modern country lifestyle. Next travel along Decew Road to the historic city of Thorold. Visit a Heritage home that once belonged to James Munro and has been beautifully restored by current owners after falling into disrepair. Tour an 834 square foot bungalow that has been totally renovated by an empty nester couple to create a lifestyle of luxury in a small space. Then follow the Welland Canal Parkway to the village of Port Weller on the shores of Lake Ontario. See a changing community as residents inject new life into this beach neighbourhood. Bordering the Waterfront Trail you will visit an updated cottage that is also a business of a young woman who grew up in this community. Learn about John Laing Weller, the village's namesake and his role in the construction of the 4th Welland Canal.

Follow your own path on Tour Day....I hope there is something for everyone to learn and enjoy!

The House Tour team is looking forward to your support on May 7, 2017, our 43rd Annual House Tour! Looking forward to a nice sunny day!



Jean Tonogai reports on the special endorsement in Our Homes Magazine.

Buy tickets on line or at outlets listed at

<http://www.cfuwstcatharines.org/house-tour-2017/>

Or contact the Ticket Team:

Mary Jane Waszynski (905) 359-8942 mjwaszynskiOT@hotmail.com

Angie Mannella (905) 937-0342 angie.mp@sympatico.ca

Mary-Clare Cavasin (289) 668-6429 mary.clare@outlook.com

43rd Annual
HOUSE TOUR



The Munro House

Having once lost a home to fire, a wealthy entrepreneur built this house in 1868 with brick walls three layers thick. In its heyday, the home saw many large family and business gatherings.

Sadly, over recent years, this house fell into disrepair but the current owners have lovingly restored it taking appropriate care to maintain its historic integrity.

The Beach House

What's not to love in a house by the water? This is a "city cottage" with

views of Lake Ontario and décor that reflects a relaxed lifestyle by the shore. Built in 1967, this home features the original cedar and stone façade and an open concept with vaulted ceilings.



A Private Country Retreat



Roland Road was named after the family that first farmed this land in the 1800s and former Governor General Roland Michener

Sunday, May 7, 2017

was their most illustrious descendent. The current owners purchased the house in 2007 and extensively renovated it to create a private country retreat complete with swimming pool and tennis court.

A Crown Jewel on King Street "Living small" characterizes this home that was once a 525 square foot building that stood in the way of construction for the Thorold Tunnel. Moved to its current location in 1964, it was enlarged by approximately 300 square feet and now embodies the charm and functionality of small space living.



Pelham Manor Set in the rolling hills of Pelham, this home provides a magnificent view of the surrounding countryside. It is a superb house that **showcases the homeowners' fascinating history in the shipping industry**, by means of an heirloom collection of navigational instruments restored from Great Lake freighters.



Because touring can be thirsty work, we have to thank the Ontario Paper Thorold Seniors Centre for providing a refreshment location on Tour Day. **This landmark is an important "adaptive reuse" story in heritage preservation.** Built in 1914 as the L.G. Lorriman School, this building was converted to the **Thorold City Hall in 1981 and then repurposed once again in 2013 as a Seniors' Centre.** Be sure to stop by for a break in the afternoon.



May Activities



Meditation – Every Tuesday
1:30 p.m.

Dress comfortably. Learn to meditate.

Location: Pat Milland's home

Contact: Pat Milland

Everyone welcome.



Movie Night—May
Wednesday, May 3rd
approx 7:00 p.m.

Movie: TBD Apr. 28th

Dinner: usually 5:00 p.m.

@ Kelsey's, 220 Glendale Rd,

Contact: Pat Paulin



Lively Arts – May
Friday, May 5th, 2017
8:00 p.m.

The 25th Annual Putnam
County Spelling Bee
Firehall Theatre, 4990 Walnut
St, Niagara Falls

Cost \$20; Seniors \$18

Dinner: 5:30 p.m., Moose & Pepper Bistro,
4740 Valley Way, Niagara Falls

RSVP Payment due Mar. 21st: Marg Thibeault,
Margaret Grunstein, Elinor O'Neill



[CFUW 43rd Annual House Tour](#)

Sunday, May 7th
noon – 5 p.m.

Tickets available online or at 18 local
outlets

5 Homes of Character
All proceeds from ticket sales go to
our Registered Charity

for [Scholarships](#) and to support [local](#)
[Charities](#) that help women and children in need.

Jaunters – May
Thursday, May 18th, 2017
Tours : Arthur Street Cemetery,
Homer Cemetery,
Victorian Lawn Notables
Guide : Brian Narhi,



“Champion of Heritage issues”

Cost: \$10.00

Car pool and restaurant information:TBA

Contact: Judy Sewell or Caroline Nolan

Games Night
Thursday, May 25th, 2017
7:00 – 9:00 p.m.

Location: Rosalba

Martino's home

Contact: Julie Dennis



Stitch-to-Stitch
Monday, May 29th, 2017
1:30 p.m.

Knitters, Sewers, Quilters and
Needlecrafters welcome

Location: Starbucks,
306 Lake St.

Contact: Chris McColeman



Breakfast Club—May
Tuesday, May 30th, 2017
9:00 a.m.

Pillar & Post, 48 John St.

NOTL

Contact: Joan Clancy
EVERYONE WELCOME.



For more information go to the website
<http://www.cfuwstcatharines.org>
or contact Marlene Slepkov

History Corner

Report from Caroline Nolan

Our Club has long included an appreciative and creative bent to culinary skills.

Over the years we have had numerous Gourmet Groups, Luncheon Groups and of course now our Breakfast Club.

In 1983, our Club published our own cookbook, 'the CFUW Gourmet Collection'.

Culinary Confessions, Episode 1

The Strange Truth about an Onion Tart

Report from Marg Thibeault

Many of my favourite stories come from my early career in food, food photography and recipe development, so I've had more than your average number of opportunities for weird and wonderful tales. One memorable recipe is for an Onion Tart that I entered in an annual, high profile, national cooking contest, (which shall remain nameless to avoid controversy over potentially "alternative facts" all these years later). Blame it on pregnancy brain (I think I was 7 months pregnant at the time) or the stress of preparing too many dishes in too short a time, but instead of grabbing the dried oregano flakes, I managed to liberally sprinkle nutmeg all over the sautéed onions. There was no time to start over, so I scooped out as much of the offending spice as possible and carried on. Amazingly, the judges were very impressed with the recipe, but kept reviewing the ingredient list, and commenting that they tasted something "different" from what was on the list. We kitchen staff made ourselves discreetly invisible; and the tart went on to earn a place in the finals! Who knew that nutmeg would complement onion so well? Naturally, I continued to make the recipe with the unintentional "magic" ingredient. Although I long ago moved to digital recipe filing, I still keep many of my wonderful handwritten recipes with meaningful titles like **Grandma Mumford's Chocolate Cake (a cake so rich and moist that if you don't get one all to yourself for your birthday you have to believe you are no longer loved).** Or Carol's No Fail Pastry – a

For our 100th Anniversary, we plan to create a booklet of culinary treasures, 'Culinary Confessions and Secrets'.

Under the orchestration of Linda Pringle, we hope to collect treasured recipes and their stories and we need your help. Do you have old family recipes? Is there a story behind these recipes?

Gourmet Groups, share your secrets and confessions! Please forward them to Linda.

huge joke, because it definitely can and did fail, even with Carol's "talent extraordinaire" overseeing my every move.

Many of my recipes bear the name Martha – as in **Martha's Pot Roast, Martha's Tuna Casserole, Martha's Mother's Cheesecake.** Martha was my college roommate and a wonderful cook. When my boyfriend (now my husband of 50 years) came to visit, he always ate well, and Martha never let on that she was responsible for the wonderful meals.

In an interesting side note, our other roommate, Heather, married a diplomat, and in the course of the diplomatic training, she was told that she was never to serve such mundane foods as tuna casserole at state functions.

Never one to let a challenge go unanswered, at her first opportunity, **Heather whipped out Martha's Tuna Casserole recipe and had the chef prepare "a unique dish, often served by young, budget-conscious Canadians, in landlocked parts of Canada."** Apparently it was a hit.

These are just a few of the heart-warming memories that certain dishes – if you pardon the pun – can stir up. These are not heritage or heirloom recipes, just ordinary fare with a long list of intrinsic ingredients – love, laughter, family, friends and fond memories. Perhaps you have similar stories to share – because food doesn't just fuel the body, it also nourishes the soul.



Niagara Regional Science and Engineering Fair

Report from Gail Neff

And the winner is... On the last Saturday in March, Michelle Dejonghe, Joan Clancy and I judged about 10 female senior science projects. They were amazing and, although we agreed they all deserved an award, we were able to make a unanimous choice for first place. The 2017 CFUW winner of the \$500 award went to Emily Hunter, a Grade 12 student at St. Michael Catholic High School in Niagara Falls. Her project was basically testing the effectiveness of a component of olive oil and olive leaves at stopping the growth of lung cancer cells.

The title is: **“Study of the antiproliferative effects of oleuropein and olive leaf extract on adenocarcinoma alveolar basalepithelial (A549) cells via clonogenic cell survival assays.”**

Emily incubated lung cancer cells, from frozen samples at Brock, then applied the extracts to the samples and compared the results to the current (and expensive) treatment using cis-platin. Her findings showed results that were better than those of cis-platin!

Emily wrote a beautiful thank you email and said that she will use the award to continue her studies in science at Harvard University this fall.

This award is funded by money raised through the House Tour

Three Wonder Women

Grade 11 student and youngest person to swim Lake Ontario, Trinity Arsenault, who spoke at the April Meeting, is shown in the photo flanked by her mother Christine on the left and younger sister Michaela on the right. Trinity had asked the organizer if her mum and sister could attend the meeting—and rightly so! Christine is an accomplished open water swimmer in her own right and helped coach Trinity for her swim across Lake Ontario and to conquer the

English Channel as well.

Michaela is following in this family tradition and swam across Lake Erie doing the Butterfly stroke...at age 14.



Photo by Elma Kimpel

Update on Transfer of Nuclear Waste

Report from Susan Pruyn, Past President, Niagara District Council of Women

M.P. Dean Allison's office has been actively trying to secure a speaker from the government on this proposed transfer. The CNSR which governs safety on this issue will not come to the forum. Now Lauran Sabourin, Dean Allison's constituency assistant, is trying to secure a speaker from Canadian Nuclear Laboratories. Al Caslin, Chair of Regional Council, will be in

attendance. I received a reply back from Prime Minister Justin Trudeau's office who has referred all my information to the Hon. Jim Carr, Minister of Natural Resources. The nineteen affiliates of The Niagara District Council of Women have signed our letter and many individuals have signed it as well.

Originally, there was concern that the shipments were to start at the end of February. The route and the timing are secret and no one will confirm or deny that the route is through the Niagara Region.