

cfuw fcfdu THE POWER OF WOMEN WORKING TOGETHER
LA PUISSANCE AU FÉMININ ENSEMBLE POUR AGIR

November Virtual General Meeting
**"Story of Transition,
Family, Love & Hope"**
with JAKE FARR, pflag Canada, Durham Region



Jake Farr, a transgender person, advocate and counsellor will tell his personal story and provide some education on sexuality vs gender. A professor and activist with pflag Durham Region, Jake is also a parent of 4 children and partner for 32 years.

Wednesday, November 10, 2021 - 7:00 P.M.
Zoom Link will be emailed to club members.
Guests welcome. Email your request for a Zoom Link to cfuw.oshawa@gmail.com

CFUW Oshawa and District
cfuw.oshawa@gmail.com
www.cfuwoshawaanddistrict.com



PRESIDENT'S MESSAGE

CATHERINE R.

We have been blessed with a colourful, warm autumn. November will bring cooler, grayer days. On November 11, we remember all veterans and especially those who sacrificed their lives. There are so many issues facing us today that it can be overwhelming. All we can do is stay positive, be kind to one another and make a difference where we can.

Notable Dates in November

- November 11 - Remembrance Day
- November 13 - World Kindness Day
- November 20 - National Child Day. Transgender Day of Remembrance
- November 25 - December 10 - 16 Days of Activism Against Gender Violence.

Quote of the Month

“If you want to lift yourself up, lift someone else up”

CFUW WEBSITES

Main website: www.cfuw.org

Ontario Council Website: www.cfuwontcouncil.org

The Ontario Council newsletter is available on-line on their website.

The CFUW Club Action newsletter is available via the sign-up link on their main website.

CFUW ONTARIO COUNCIL

CFUW Ontario Council is requesting that members tell Premier Ford and Education Minister Lecce to sign the Child Care Agreement now under discussion.

Your opinion can be expressed in two ways:

1. Sign the petition on the Ontario Council for Better Child Care website:

https://www.childcareontario.org/sign_the_child_care_agreement

(*Note the underscores between words in the web address); or

2. Send letters either as a club (to your MPPs) or as an individual (not representing CFUW but just as a mother, grandmother, aunt)

More detailed ideas for your letter are available on the Ontario Council website, but a short version would include the following points for early learning and child care programs:

Goal: affordable, accessible, quality early learning and child care (ELCC) delivered by Early Childhood Educators (ECEs) who are compensated according to their qualifications.

Furthermore, children, parents, especially mothers, the economy, and society would benefit greatly by having the Child Care Agreement in Ontario.

FRIENDSHIP**MAUREEN A.**

Significant news about a member (serious illness or injury or death of member, or death of her spouse or child) should be reported to Maureen A. who will advise all members through an email from Barb L. and send an appropriate card on our behalf.

Our condolences to **Jane Rowe** on the passing of her mother.

ADVOCACY**HEDY G. & DONNA H.**

For each newsletter, a member of the advocacy committee will present information addressing the topics of interest to you based on the results of our survey about AGING IN PLACE.

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Senior Rights and Protection Concerns by Hedy G.

Both the government of Canada and the provincial government have publications that act as resource for information about programs and services available for seniors.

Here are some examples:

1. *Programs and services for seniors* – www.canada.ca i.e. Fraud prevention
2. *A Guide to Programs and Services for Seniors in Ontario* www.ontario.ca/seniors
Section 7 talks about consumer protection, scams, telemarketing and fraud.
Also, public safety is mentioned especially elder abuse.
(Call 2-1-1 or visit www.211.ontario.ca)
3. Regarding legal matters, **CLEO** is a community legal information clinic that produces free public legal education materials about a variety of issues including Power of Attorney, elder abuse, etc. These publications describe the laws simply and clearly, to help people understand their legal rights. CLEO does not give legal advice.
<https://stepstojustice.ca>
4. **ACE (Advocacy Centre for the Elderly)** is a speciality community legal clinic that provides low-income seniors with legal services who live in the GTA.
Call 1-855-598-2656 or -416-598-2656 or online www.ancelaw.ca
The centre is offering Webinar sessions on Zoom and these ones are pertinent to our topic. www.advocacycentreelderly.org
Each episode will include a presentation by a staff lawyer followed by a question & answer session.

Aging Gracefully - When Can Someone Legally Make Decisions for You?

Date: **November 16, 2021 @ 12-1:30 PM**

Seniors Housing – Knowing your Legal Rights

Date: **January 11, 2022 @ 12-1:30 PM**

Protecting Yourself & Your Money from Financial Abuse

Date: **February 1, 2022 @ 12-1:30 PM**

A Guide to Programs and Services for Seniors in Ontario by Donna H.

Each year the government produces a free booklet called A GUIDE TO PROGRAMS AND SERVICES FOR SENIORS IN ONTARIO. The guide is an excellent resource for seniors and their families. The booklet covers many information topics including finances, health matters, housing, driving and planning for the future. The material is available online in many different languages. It is available by opening the link below. If you wish, you can save it to your computer or ipad. You can also just save and print the pages you want. You can also call the government's toll-free number for a print copy.

- toll-free phone number: 1-888-910-1999
- Website: <http://www.ontario.ca/page/guide-programs-and-services-seniors>

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SCHOLARSHIP***HEDY G.*****How to Donate to the CFUW Endowment Funds****To Durham College**

- Make a cheque or money order payable to “Durham College Foundation” but on the memo line, write “CFUW Oshawa and District Endowment Fund”.
- Make sure your cheque has your name and address on it. Donations of \$20 or more will receive a tax receipt from Durham College.
- Mail the cheque to: Durham College, Office of Development
2000 Simcoe St. North
Oshawa, ON L1G 0C5

To Ontario Tech University

- Make the cheque or money order payable to “Ontario Tech University” but on the memo line write “CFUW Oshawa and District Endowment Fund”.
- Ensure that your cheque has your name and address on it as donations of \$10 or more will receive a tax receipt.
- Mail to: Tech University Advancement Office
2000 Simcoe St. North
Oshawa, ON L1G 0C5

Donating Online

- Visit each school’s website. Click on “Donate” or “Giving”. Complete the form provided.
- If it says “please use my gift for” or “other”, type in CFUW Oshawa and District Endowment Fund.

Here is a link that you can use for Ontario Tech: <https://giving.ontariotechu.ca/donate/index.php>

INTEREST GROUPS***MELANIE K.***

Interest groups may wish to start meeting in person based on comfort level of participants. It is recommended that everyone be vaccinated and that masks be worn if social distancing is not possible or for individual preferences.

It is also necessary to follow the Section 22 Class Order. The host must maintain a list of names of attendees and their contact information for a month. This information may be needed for contact tracing and must be provided to the Public Health Department, on request, within 24 hrs. Failure to comply may result in a substantial fine.

“IT’S A MYSTERY”***MARY K.***Monday, November 29th 1:30 pm

Location: TBA

Discussion Leader: Jennifer C.

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Book Selection: *THE SURVIVORS* by Jane Harper

MYSTERY LOVERS BOOK CLUB 2**JANET B.**

Monday, November 29th 7:00 pm Location: Home of Janet B.

Discussion Leader: Marianne R.

Book Selection: *THE BONE GARDEN* by Tess Gerritsen

New members welcome. Contact Janet B.



Mystery Lovers: Marianne, Pat D, Ruth & Jone

READING GROUP 1**BARBARA L.**

Tuesday, November 16th 1:30 pm Location: Home of Elaine L.

Discussion Leader: Jone W.

Book Selection: *THE ROSE CODE* by Kate Quinn



Reading Group: Jane, Sandy, Barb, Sharron, Sheila S, Jone, Sheila L

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MORNING COFFEE AND BOOK CHAT**MELANIE K.**Wednesday, November 3rd 10 am

Location: Home of Lindy C.

Discussion leader: Janyce C.

Book Selection: **THE BOMBER MAFIA** by Malcolm Gladwell**LADIES WHO LUNCH****LINA Z.**

Thanks to Hedy G. for organizing the November lunch. We still need volunteers for January, March, April, and May. I can be reached at 905.576.0381 or email me. linazatzman1@gmail.com.

Date: Friday, November 19, 2021**Time:** NOON**Location:** The Yardbird

50 King St. East, Bowmanville

Phone: 905-419-2900

Please contact Hedy by email (HedyGadd@hotmail.com) or by phone (905-623-9516) if you wish to join the lunch bunch by *Monday, November 15*. Reservations have been made but I need to confirm the numbers by the deadline.

The Yardbird is a casual restaurant serving craft beers, craft cocktails, and a selection of wines. Inspired by French Cuisine, The Yardbird serves both a Full Lunch Menu as well as a share style Dinner Menu.

Check out their menu on their website. <https://www.theyardbirdresto.ca>



October's Ladies Who Lunch at A Tavola in Whitby

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WALKING BUDDIES**MELANIE K.**

- We will meet 2x/month...2nd Thursday and 4th Tuesday. Weather dependent.
- I will check the weather forecast the night before or early the day of so look for an email before 8am.
- We will meet at 10 am
- The location will change each time...which means sometimes you might be driving a bit further. Basically, between Whitby and Bowmanville and north.
- Invite your non CFUW friend
- Bring your well-behaved leashed dog...just ensure they are allowed.
- We will walk in places that might be a bit uneven, dirt trails, as well as paved walks, neighbourhoods etc.
- Location of the walk will be posted in the newsletter or emailed to everyone ahead of time
- If you have a walk location to share...let me know.
- **Let me know if you want to be added to the email distribution list...just in case you want to join us.**

Walking Buddies...**Where Next??**

We've gone east and walked Cullen Park valley on a beautiful warm sunny October day. We went west to walk the woods and creek of the Orono Crown Lands on a drizzly day. It had its magic too.



*Pat D, Sharron, Sue, Donna, Jone, Melanie, Jennifer
with Photographer Dianne at Cullen Park*

Thursday November 11

We will meet at my house at 10am in Oshawa to do a neighbourhood walk that will meet up with a dirt path that used to be a rail spur servicing industry in north Oshawa. As always there will be opportunities to walk longer or shorter...whatever your time or energy allows.

Tuesday November 23

We will head a bit north... to Heber Down CA. We will meet at the parking lot at 10am at 5000 Cochrane Street Whitby (google <https://www.cloca.com/heber-down> for directions). Click on the brochure and map link for trail details. It is paid parking but you can borrow a pass at the local libraries.

Remember there is no bad weather, just bad clothing.

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HOLIDAY DINNER *HEDY G.*

The club has looked into holding an in-person holiday dinner at **KB Food in Whitby**. This restaurant has a private room that can hold a maximum of 35 people. Tables of 5 or 6 would be set up depending on our final number of participants. We would follow the health code – mask on entry and vaccination proof.

We have reserved the restaurant tentatively for **Wednesday, December 8**. BUT we need your input.

Are you interested? Let us know if we should go ahead with planning this event. See the poster that is attached at the end of the newsletter for more details on the meal.

PROGRAM *SHEILA S.*

Nov 10 – **Personal Story of Transition, Family, Love & Hope** – **Jake Farr**, a transgender person, advocate and counsellor will tell his personal story, and provide some education on gender identity and expression, and sexual orientation.

Jan 12, 2022 **One Lived Indigenous Experience and How to Move toward Reconciliation**

Feb 9 **The Ever-Expanding Role of Dog Guides** - Lions Club of Canada

Mar 9 **Happily Ever Older** - Moira Welsh, Investigative Reporter, Toronto Star

Apr 13 **Amazing Lavender** - Christel von Engelbrechten, Christel Lake Lavender Farm

May 11 **AGM**



Our Virtual General Meeting on October 13th with Lisa from Lynde House Museum

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ZOOM TRAINING***DONNA H.***

If you would like to try zoom but are anxious about learning, call Donna H for assistance. She will arrange a private meeting and telephone call to help you learn the needed skills. All you need is a cell phone, ipad or a computer.

Using zoom has been so helpful during the pandemic. We will go to in-person meetings, but the use of online meetings is an important tool for our club in the future.

TRAILBLAZING WOMEN***CATHERINE R.***

October was Women's History Month so we recognize these trailblazing women.

Lillian Smith (1912)	First professionally trained librarian in the British Empire
Agnes Macphail (1921)	First woman elected to the parliament of Canada
Ellen Fairclough (1950)	First woman to serve in the Canadian Cabinet
Margaret Birch (1971)	First female Cabinet Minister in Ontario
Roberta Bondar (1983)	First female Canadian astronaut
Anne Cools (1984)	First black senator in Canada
Dianne Oland (1986)	First female firefighter in Toronto
Ethel Blondin-Andrew (1988)	First Indigenous woman elected to Canadian Parliament
Yasmin Ratansi (2004)	First Muslim woman elected to the House of Commons
Kathleen Wynn (2013)	First female Premier of Ontario and first openly gay premier of any province

CFUW SCHOLARSHIP WINNER***JENNIFER C.***

Dr. Hanné Becker, DMA, Organ Performance (Music), graduated June 2021. Recipient of the CFUW Elizabeth and Rachel Massey Award, 2018-2019.

Say hello to one of our own, Hanné Becker, a Whitby resident, who recently completed her doctorate in music at the University of Toronto with the assistance of one of the scholarships administered by CFUW National.

Hanné was born in Namibia, where she began her musical education. She immigrated to Canada with her family in 2007 and attended the University of Toronto, graduating with a B.Mus. with honours. Wanting an international component to her education, she studied at



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the Schola Cantorum in Basel Switzerland, obtaining her M.A. Then back at the University of Toronto, Hanné completed her doctorate in record time, focusing her thesis on the virtuosic organ music of Matthias Weckmann (1616-1674). While the organ is Hanné's first love, either as soloist or accompanist, she also enjoys the roles of choral conductor, improviser and singer.

Currently Hanné is virtually engaged in a research project with a Digital and Cognitive Musicology Lab in Switzerland and her calendar for 2022 is filling up with concert performances and other events. She has started another research project on women composers in the 17th Century, who wrote wonderful music but remain unacknowledged.

What does the future hold for Hanné? Well, perhaps academia, perhaps performance, but certainly a career which will allow her to communicate with her audiences and share the transformative power of music, which she especially loves to do.

FOR YOUR BENEFIT

JONE W.

We are introducing a new information feature providing networking news from and for our members. This includes announcing local business affiliations of you or your loved ones, and charity/volunteer work that you are involved in that needs support from the public. Send submissions of ½ page or less to Jone W. Business notices will be posted once annually.

The criteria for submission are:

1. that this information is of benefit/interest to our members, and
2. you are involved/passionate about it.

SPECIAL BENEFITS INSURANCE SERVICES – JoAnne P.

Founded in the 1990s by my husband Barry, Special Benefits Insurance Services (SBIS) continues as a family owned and operated business with all of my children employed there. Some of our staff have been with us from the beginning. To contact SBIS, phone 1-800-667-0429 or visit our website: <https://www.sbis.ca/>

Next time you travel, check out the Prout family insurance business for exceptional service.



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THE GREAT WINTER COAT COLLECTION & GIVEAWAY – Sheila S. & Barb L.

St. Andrew's Community Foodbank is collecting clean used adult and children's winter coats, boots, hats, gloves/mitts, snowsuits & scarves for people in need in Durham Region.

DROP OFF DATE: Saturday, November 6 - 9:30 AM - 1:30 PM
 LOCATION: St. Andrew's Presbyterian Church,
 209 Cochrane St. Whitby
 INFORMATION: 905-668-4022 or standrewswhitby@bellnet.ca

**GENERAL MEETING MINUTES****OCTOBER 2021****Date: October 13, 2021****Virtual Meeting on Zoom – 7:00 PM**

CFUW Oshawa and District, wishes to acknowledge the lands and people of the Mississaugas of Scugog Island First Nation, which is covered under the Williams Treaties. We are meeting on the Traditional Territory of the Mississaugas, a branch of the greater Anishinaabeg Nation, which includes the Algonquin, Ojibway, Odawa and Pottawatomi people.

Host: Donna H Co-Hosts: Melanie K and Barb L

Recording Secretary: Janet N

Welcome to all and introduction to any new members and guests

*Participants are asked to mute themselves, turn off video and turn on Speaker View during the presentation.

Program Speaker: Lisa Johnson from Lynde House- “Fascinating Stories of Whitby’s Past”

Introduction: Janet B Thank you: Jone W

Note: A former member, Sybil S, was a Lynde and wrote a book on the family.

Break: 5 minutes



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Business Meeting (Recorded)

1. Call to order- Catherine R at 8:15 PM
2. Approval of Agenda: Catherine called for additions
3. Approval of minutes of Sept. 8, 2021, as circulated in the Newsletter
Moved by: Donna H Seconded: Hedy G All in Favour: Carried
4. Business arising from Minutes: N/A
5. **Treasurer's Report:** Hedy G
The General Account balance is \$7,947.57,
and the Scholarship Trust Fund balance is \$465.55
Moved by: Hedy G Seconded: Barb L All in Favour: Carried

6. CFUW News**a. National:** Catherine R

A new Strategic Plan with 6 goals was developed and presented at a Town Hall. If anyone is interested in the detailed document, Catherine can send it to you. Topics of the 6 goals are:

- Early Learning and Child Care
- Long term Care and Elder Rights
- Indigenous Peoples' Rights
- Climate Change
- Gender Based Violence
- Pay Equity

b. Ontario Council

Speaker Series- Oct. 2- Janet N

The speaker was the **Honorable Marilou McPhedran**, C.M. who spoke about the challenges facing women who run in elections and win a seat in any level of government. She also spoke about her experience as a Senator and the difficulties encountered in any plans to reform the Senate to make it more accountable and transparent. The presentation was recorded, and the address and passcode is as follows

https://us02web.zoom.us/rec/share/ZiZ87CoC83gNodNF0XwxfxT_hr0-yDv6cUehI9SwjvW6CkUUzMeTQdbxqTKlhzO.4x114_3By9qBoce8

Passcode: %BY3yS9&

It was quite a remarkable program.

Care Watch Ontario is seeking volunteers for their Board of Directors. If you are passionate about home and community care, contact Michelle at Chair@carewatchontario.com

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7. Committee Reports:

a. **Membership:** Barb L

Barb has contacted all members and some former members. There are 32 paid members, and more who are planning to join or rejoin.

b. **Program:** Lina Z

The speaker for the next General Meeting is Jake Farr from PFLAG Canada Durham Region. The topic is transgender issues including the use of language such as acronyms and pronouns. PFLAG is an organization supporting people who are lesbian, gay, bisexual, transgender, and queer.

c. **Scholarship:** Hedy G - No report

d. **Advocacy:** Donna H

The next Advocacy meeting is October 18, 2021, and she will re-send the link. The purpose of the meeting is to review the survey and identify which items we will address first for research.

e. **Social:** Karen D

Karen spoke to Elizabeth at Kingsview about resuming our meetings at Kingsview. We can have the gymnasium from 6:45 to 8:30. The club will have to follow the COVID protocols with masks, distancing, contact lists for tracing, etc. The podium and microphone are available; a pull-up screen can be booked. The problem with meeting at the church is the hours of use. Our meetings cannot fit the narrow time slot the church is reserving for us.

f. **Interest Groups:** Melanie K

Walking Buddies is a new group starting tomorrow at Cullen Park. There is parking available near the "Wounded Warrior Park of Reflection". Details can be found in Jone's notice.

Lunch on October 29 will be at A Tavola Bistro, off Garden St. just south of Taunton.

Patrons need their vaccination record and ID.

g. **Archives:** JoAnne P - No report

h. **Newsletter:** Jone W

The deadline for the November newsletter is October 28

i. **Publicity:** Jone W

Jone has posted information on Facebook where there has been some interest. She has posted also on the City of Oshawa website where there is an event calendar. Metroland newspapers are not user friendly, and Snap has gone out of business.

j. **Zoom Team:** Donna H

Donna said that if someone has a new device such as an iPhone and would like to make an appointment with her, she will help set up the new equipment.

8. New Business

Catherine raised the issue of returning to in-person meetings to get members' opinions. There is concern about the transmission of the virus especially during the Christmas season. It was decided to survey the club members to get everyone's thoughts on the idea.

a) Interest Groups

Interest groups may wish to start meeting in person in the near future based on comfort level of participants. It is recommended that everyone be vaccinated and that masks be worn if social distancing is not possible or for individual preferences. It is also necessary to follow the directive below.

Section 22 Class Order (Social Gatherings) Effective Sept. 11, 2021 until further notice:

A social gathering is a gathering in a home of two or more people, who do not reside in that home. The host must maintain a list of names of attendees and their contact information for a month. This information may be needed for contact tracing and must be provided to Public Health, on request, within 24 hrs. Failure to comply may result in a substantial fine.

b) In-person General Meetings

-There are many layers to consider- Provincial legislation, Public Health mandates and protocols, CFUW National and Provincial recommendations and the venue protocols. Once we have all that information pulled together, we will look at our members' preferences. We will probably send out a survey sometime before the end of the year to gather that information, which will then help to guide our decisions re in-person meetings.

Catherine asked about a Christmas celebration suggesting going to a restaurant that has a separate area where we could meet for lunch. Hedy volunteered to check out suitable restaurants.

9. Announcements/Upcoming Meetings/Events

Board Meeting – Oct. 27 at 1:30 PM on Zoom

Deadline for newsletter submissions Oct. 28.

General Meeting - Nov.10, 7:00 PM on Zoom.

10. **Adjourn:** Catherine at 9:30 PM (End recording)

Happy Bucks

Jennifer C noted that Pat B will be leaving the area to live near her daughter. Members discussed ways to recognize Pat for her 47 years in the club.

NEWSLETTER

JONE W.

Only the last name initials of members are published in the newsletter.

You may refer to your roster for contact information.

Please submit all newsletter items to whitbywebsters@rogers.com

Items for the December newsletter should be received by Friday, November 26

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CFUW OSHAWA AND DISTRICT

**ANNUAL
HOLIDAY
PARTY**

Wednesday, December 8
5:30 p.m.

KB Food

120 Brock St. N.
Whitby, ON

www.kbfood.com

Price: **\$45.95 plus tax** includes a 3-course prix fixe menu.

a choice of 3 appetizers (soup, salad or other)
entrée choice (chicken, steak, pasta, fish, vegetarian)
a choice of 2 desserts
tea or coffee

The municipal parking lot is close by on Elm St.

RSVP – Hedy G or a member of the executive

