



February Virtual General Meeting  
"The Ever Expanding Role  
of Dog Guides"

with Kelly Russell, Lions Club Liaison



Dog Guides empower people with disabilities to navigate their world with confidence and independence. Lions Foundation trains Dog Guides with basic and customized skills for their future handler at no cost to the handler. Kelly will inform us about this essential service for various members of the public.

Wednesday, February 9, 2022 - 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](mailto:cfuw.oshawa@gmail.com)

CFUW Oshawa and District  
[cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)  
[www.cfuwoshawaanddistrict.com](http://www.cfuwoshawaanddistrict.com)



**PRESIDENT'S MESSAGE**

**CATHERINE R.**

Our January speaker **Doe O'Brien-Teengs** gave a sobering and thought-provoking presentation on Residential Schools. She shared these two links for further learning and steps we ourselves can take to further the healing process.

<https://docs.google.com/document/d/1jJM0Z5LDUowHJVbARO3wAyI37TfXyqWkL8MeopBUzfY/edit> Things we can do.

<https://soundcloud.com/user-820141028/dr-alika-lafontaine-a-day-to/recommended>  
Recordings of 8 First Nations people speaking of their experiences.

In review of our year so far, we have had some great speakers and a successful book sale; our book and bridge clubs are running and our golfers had a chance to play. Our National and Ontario Council offices have been busy with various advocacy and awareness projects. Our own Advocacy committee has been working hard on the "Aging in Place" project. So, despite everything, a lot has been accomplished!

**Happy Valentine's Day, everyone!**

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## Quote of the Month

“Leading the change for good starts with each one of us, but real change happens together.”

February is **Black History Month** -

We remember, honor and cheer on Ontario's Black Community.

Feb. 22 is Human Trafficking Awareness Day

## CFUW NEWS

*JANET N.*

### CFUW ONTARIO COUNCIL SPEAKERS SERIES - February 26, 10 AM to 12:30 PM

#### Social Determinants to Education

Covid-19 has impacted the mental health and well-being of youth through isolation from peers, teachers, and mentors. There are three guest speakers who will be speaking on the physical and mental health impacts to children and young people during the pandemic, and there will be a Q&A session after the presentations.

**Dr. Tracy Vaillancourt**, Professor in the Faculty of Education and in the School of Psychology, Faculty of Sociology, at the University of Ottawa. She is a Canada Research Chair in School-Based Mental Health and Violence Prevention and an adjunct Professor in the Department of Psychology, Neuroscience & Behaviour at McMaster University. She is Chair of the College of the Royal Society of Canada’s COVID-19 Task Force studying the impact of school closings.

Mohamed Ahmed, Co-Executive Director of Success Beyond Limits, and Shanaz Ali, Program Manager of Success Beyond Limits. This is a unique, collaborative youth-led, community-based program, assisting students to successfully complete their education and experience future success.

**Shanaz Ali**, B.A., B.Ed., a teacher who grew up in the Jane-Finch community, is concerned with advocating for youth to have their voices heard.

**Mohamed Ahmed**, B.A., B.Ed., M.Ed., grew up in the Jane-Finch area and a part of his work is ensuring that systems work is a priority when addressing equity issues for youth from his community.

This is a virtual meeting. To register, please go to the Ontario Council Speakers Series & Standing Committees’ Workshops website. There is a link there to take you to the registration form. Please register before 5 p.m. on February 25.

### STOP THE VIOLENCE BREAKFAST – CFUW ETOBICOKE – February 9 at 9 AM

Dear CFUW Sisters,

You are cordially invited to attend CFUW Etobicoke’s 8<sup>th</sup> annual **Stop the Violence Breakfast** on Wednesday, February 9, 2022 at 9 am via Zoom. This year we present a conversation with award winning author **Donna Morrissey**. Many of us remember lively book club discussions around titles like Kit’s Law and Sylvanus Now. We laughed and cried as Donna brought the east

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coast of Canada alive for us. Donna's latest book is called Pluck and is autobiographical. In her conversation with us Donna will be sharing intimate details not included in the publication. You will leave inspired by the power of female friendship and courage.

Please see <http://www.cfuwetobicoke.ca/stop-the-violence-breakfast/> for more details.

Tickets are \$30.00 and all proceeds go to support **Women's Habitat** shelter for women and children in Etobicoke. Please join us and bring along some friends. Payment is online by Paypal or credit card. Please note the credit card option is available only when registering via computer (vs. mobile phone). Note that Donna's story may include descriptions of violence. Please practice self-care.

Gail Rutherford on behalf of CFUW Etobicoke, Breakfast Committee, 416 239 6664  
Register here: [Webinar Registration - Zoom](#)

## 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.

## ADVOCACY

**DONNA H./MARY K.**

### **Advocacy Meeting, Monday February 14, 2 - 4 PM on Zoom – Donna H.**

At our February meeting, we will have a guest speaker. Our guest speaker will be Eric Mariglia, Manager of Policy, Government and Stakeholder Relations, for the Ontario Community Support Association. Advocacy has been focusing on the topic of "Aging in Place". If you would like to join the meeting, email Donna Henderson for the meeting link.



January 3<sup>rd</sup> Advocacy Meeting with guest James Meloche of Community Care Durham

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*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.*

### **Financial Resources for Aging in Place & Tax Incentives for Home Modifications - Mary K.**

Aging in Place is what most seniors want to do as I have gathered from my research. One's independence is important and necessary to maintain the quality of life one is accustomed to having. It is vitally important to look at how we can Age in Place from a financial perspective. We need to "spend smart" to make the most of our money, yet still maintain the quality of life that emphasizes good physical and mental health maintenance.

#### ***What financial resources are available to assist in this planning?***

Planning is key. Talk openly and honestly with family about the kind of care you need before an emergency makes it necessary to decide on a course of action that might be a mistake.

Set a financial plan in place. Record all income streams, investments, charities, bequests, medical needs, debts, mortgages and any other expense that will impact care.

There are many institutions, care facilities and investment companies that can assist in planning future care needs. The list is endless and I have listed only a few for both financial resources as well as tax incentives for access.

#### **1. Financial Resources**

- a. **Banks and Trust Companies**, especially your own institution. They have plenty of expertise on navigating the financial minefield and will advise you on the best decisions to make.
- b. **Credit Counselling Services** for Ontario residents. They provide advice on debt consolidation and credit counselling over all financial matters. Contact email: [Inquiry@consolidationcredit.ca](mailto:Inquiry@consolidationcredit.ca)
- c. **Senior Helpers**. Contact [www.SeniorHelper.ca](http://www.SeniorHelper.ca) They provide financial services for long term care insurance to help cover at home costs, reverse mortgages and home care assistance. They have locations in Oshawa, Courtice and Bowmanville.
- d. **Home Concierge**. They provide home care both long and short term, property maintenance, financial advice and concierge support 24/7.

I found that the reputable care facilities all provide a wealth of financial information, and a promise of topnotch care. But the caveat is that these services cost and the need to investigate and plan one's future carefully or the expenses add up quickly.

#### **2. Tax Incentives**

- a. **Ontario Securities Commission** (OSC) has an investment arm [www.GetSmarterAboutMoney.ca](http://www.GetSmarterAboutMoney.ca) that provides unbiased and independent tools to help in investment decisions.
- b. **Low Income Energy Assistance Program** (LEAP) [www.HydroOne.com/LEAP](http://www.HydroOne.com/LEAP). This program assists with energy costs for low income seniors. There is a criteria to be met before being accepted but it is a valuable economic saving.

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- c. **Healthy Homes Renovation Tax.** This program is for seniors 65+ who need to make their home safer and more accessible.
- d. **Ontario Trillium Benefit (OTB).** This combines Ontario Sales Tax Credit, Ontario Energy & Property Tax Credit and Northern Ontario Tax Credit.
- e. **Ontario Seniors Homeowners Property Tax Grant.** [www.ontario.ca/seniortaxgrant](http://www.ontario.ca/seniortaxgrant)
- f. **Tax Credit for Caregivers** - may be available under Disability Tax and Medical Expense Tax Credit. The information will be in the federal tax forms.

I hope this information addresses questions 3 & 6. I have only scratched the surface but I do hope this is helpful. Any errors are mine.

## SCHOLARSHIP

*HEDY G.*

The **Ontario Tech University** sent out in December the CFUW Endowment Report for 2021.

Our two award recipients each received \$3,200 disbursed from our fund.

1. **Katherine Burditt**                      **Nursing – Collaborative**, Faculty of Health Sciences  
 “This year has been difficult for many people, myself included. I have been working full-time on the front lines as well as attending school online full-time. This bursary will allow me to work less and focus more on my studies. I am so thankful to have received this award. It will benefit me and my studies greatly.”
2. **Brooke Davis**                              **Nursing - Collaborative**, Faculty of Health Sciences  
 “With your support, I will pursue my academic and career goals and create a difference in health care in the future. I am beyond excited about this opportunity and your generosity has impacted me and my studies so much. Thank you.”

### Fiscal report for 2020-21

<b>Opening Book Value at April 1, 2020</b>	<b>\$122,608.95</b>
In Year Donations	\$0.00
Interest and Dividends Earned	\$2,776.30
Capital Gains Realized	\$1,314.53
In Year Disbursements to Students	-\$6,400.00
<b>Closing Book Value at March 31, 2021</b>	<b>\$120,299.78</b>

## INTEREST GROUPS

*MELANIE K.*

### “IT’S A MYSTERY”

*MARY K.*

Monday, March 28<sup>th</sup>                      1:30 pm                      Location: TBA  
 Discussion Leader: Lindy K.  
 Book Selection: *THE LOST MAN* by Jane Harper

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

Monday, February 28<sup>th</sup> 7:00 pm Location: TBA  
 Discussion Leader: TBA  
 Book Selection: *DAYLIGHT* by David Baldacci

**READING GROUP 1****BARBARA L.**

Tuesday, February 15<sup>th</sup> 1:30 pm Virtual Meeting  
 Discussion Leader: Elaine L.  
 Book: *THE LOST MAN* by Jane Harper

**MORNING COFFEE AND BOOK CHAT****MELANIE K.**

Wednesday, March 2<sup>nd</sup> 10 am Virtual Meeting  
 Discussion Leader: Janyce C.  
 Book Selection: *WHAT STRANGE PARADISE* by Omar El Akkad

**LADIES WHO LUNCH****LINA Z.**

Lunch in February TBD. Hopefully, the COVID numbers will be lower, and we will feel safer to meet in a restaurant.

We still need volunteers to coordinate lunch for March, April, and May.

Contact Lina at 905.576.0381 or email [linazatzman1@gmail.com](mailto:linazatzman1@gmail.com).

**WALKING BUDDIES****MELANIE K.**

**Walking Buddies...are headed into the woods for February**

**Thursday February 10:** Meet us at the **Greenwood Conservation Park**  
**North Entrance** at 10am.



The parking lot is on the north side of Concession Road 5, west of Westney Rd, north of Taunton Rd. It is worth the drive, even in winter, to walk along the Brougham Creek north towards Pickering Museum Village. We can do an out and back but a loop is more fun. Easy walking path.



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**Tuesday February 22:** a bit more central. Meet us at **Cedar Valley Park in Oshawa at 10am.**



The parking lot we will use is the one on Niagara Drive which runs west from Simcoe Street (Oshawa) north of Taunton. Follow Niagara Drive until you see a small park on the south side. If you don't know



this park you will be pleasantly surprised. Paths are narrower and the Oshawa Creek runs through here. We will wander around until we are done.

If you have snow/ice cleats bring them along or bring walking/ski poles or wear boots with good treads. If you have ones to share bring those too. Bring your friends. Let me know if you can make it. These are two of my favourite walks so I hope to see you there.



**NOMINATIONS COMMITTEE DONNA H./BARB L.**

The Constitution of CFUW Oshawa and District requires that each January the Past President and the Membership Chair look for two members from the General Membership to form a Nominations Committee of four persons. So, Donna H and Barb L will be looking for two General Members to join them on the Nominations Committee.

The goal of the Nominations Committee is to prepare a list of Board Members and Committee Chairs for the club year beginning in September. Approval of the nominations will take place at the AGM on May 11, 2022.

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If you are interested in assisting on the Nominations Committee, please call Donna H. The Nominations Committee is asking all members to consider how they may be able to support our club, through their involvement on the Board or Committee positions in the next club year.

**PROGRAM** *SHEILA S.*

- Mar 9 **Happily Ever Older** - Moira Welsh, Investigative Reporter, Toronto Star
- Apr 13 **TBA**
- May 11 **AGM**



*Speaker Doe O'Brien-Teengs on Learning about Residential Schools*



*Club members at general business meeting on January 12<sup>th</sup>*

**FOR YOUR BENEFIT** *JONE W.*

This is an 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.

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The criteria for submission to *For Your Benefit* are:

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

**GENERAL MEETING MINUTES NOVEMBER 2021**

**Date: January 12, 2022**

**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- Barbara L. and Melanie K.

Recording Secretary- Lina Z.

**Welcome to all and introduction to any new members and guests.**

**Speaker: “Learning About Residential Schools” - Doe O’Brien-Teengs**

Introduction: Sheila S.

Thank you: Sheila L.

**Break.....**

**Business Meeting (Recorded)**

1. **Call to order** - Catherine
2. **Additions to Agenda** – None
3. **Approval of Minutes of Nov. 10, 2021**, as circulated in the Newsletter  
     Moved by: Sheila L.      Seconded: Hedy G.      All in Favour:      Carried
4. **Business arising from Minutes** – None
5. **Treasurer’s Report** - Hedy

**FINANCIAL STATEMENT**

Balance as of November 10, 2021 **\$8,982.57**

**Receipts**

    Membership fee \$115.00

**Total Receipts **\$115.00****

**Disbursements**

    Program honorariums \$150.00

    Floral gift \$90.40

    Ontario Council membership fees \$256.25

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**Total Disbursements** \$496.65

Balance as of January 12, 2022 \$8,600.92

**SCHOLARSHIP TRUST FUND**

Balance as of January 12, 2022 \$465.55

Approval Moved by: Hedy G.      Seconded: Barbara L.      All in Favour:      Carried

**6. CFUW News**

**a. National**

The AGM is planned for the end of August in Hamilton. At this point it will likely be a hybrid event. (In-person and virtual)

**b. Ontario Council**

They were busy in Nov. and Dec. posting daily on the 16 days of activism against gender violence

Next speaker series is Feb. 26 – Education Alternatives for at risk students  
- details to follow

**7. Committee Reports:**

**a. Membership- Barb L.**

Dorothy G. has re-joined. There are currently 42 members.

**b. Program – Sheila S.**

The program for February is on Dog Guides.

**c. Publicity- Jone W.**

This month's speaker garnered a great deal of attention from CFUW members across Canada and others across Ontario including Prince Edward County.

**d. Newsletter- Jone W.**

Submissions for the next newsletter should be in no later than the 28<sup>th</sup> of the month.

**e. Scholarship – Hedy**

The **Ontario Tech University** sent out in December the CFUW Endowment Report for 2021.

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**i. Katherine Burditt**      Nursing – Collaborative, Faculty of Health Sciences

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**ii. Brooke Davis**      Nursing- Collaborative, Faculty of Health Sciences

*“With your support, I will pursue my academic and career goals and create a difference in health care in the future. I am beyond excited about this opportunity and your generosity has impacted me and my studies so much. Thank you.*

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**f. Advocacy - Melanie**

Our advocacy project this year is Aging in Place. We have been submitting regular articles for our newsletter which we hope you have found informative. The default housing alternative for our aging population is LTC or seniors' residences

We invited James Meloche CEO of Community Care Durham to our last meeting, after one of our committee members read an opinion piece of his in the local newspaper about the lack of funding into services that support people to stay in their own homes. Agencies such as Home Care cannot advocate or lobby. That meeting lead to an introduction to Eric Mariglia, Manager of Policy, Government and Stakeholder Relations, with the Ontario Community Support Association who will attend our next advocacy meeting.

We were also connected with Ian McMillian, Community Care's Manager of Communications. This is a timely topic and if change is going to happen (more money for community supports and less for LTC) now is the time. Join us for our next advocacy meeting if you are interested in learning more. Date to be confirmed. Let Donna know to add you to the zoom call.

**g. Social - Karen**

Activities are curtailed due to lockdown.

**h. Interest Groups-Melanie**

No lunch group in Jan. Lunch Group in February will depend on COVID numbers and restrictions. Lina Z to arrange a venue.

**i. Archives - JoAnne P. No Report**

**8. New Business**

**a. Results of In-Person meeting Survey – Catherine (screen share)**

Return to In-Pers on Meetings Survey Results 30 respondents

**1. Would you return to in-person meetings?**

Yes - 86.67% (26)

No - 13.33% (4)

**2. When would you want to return to meetings?**

Jan. 33.33% (10)

Feb. 10 % (3)

Mar. 36.67% (11)

Apr. 10% (3)

May 3.3% (1)

Stay on Zoom 6.7% (2)

**3. Would you attend Special Interest Groups?**

Yes - 80% (24)

No - 3.3% (1)

Maybe - 16.67% (5)

**b. New Venue Search- Catherine**

The search to find a suitable meeting place is on-going.

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**9. Announcements/Upcoming Meetings/Events**

Board Meeting -	Jan. 26 at 1:30 on Zoom
General Meeting -	Feb. 9, 2022
Ontario Council Speaker Series -	Feb. 26

**10. Adjourned** at 9:14 PM (end recording)

**Happy Bucks**

**NEWSLETTER**

**JONE W.**

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

You may refer to your roster for contact information.

For the March issue, please submit all newsletter items to [barblewis@rogers.com](mailto:barblewis@rogers.com) Items for the March newsletter should be received by Saturday, February 26.

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