



April Virtual General Meeting

"Rouge Urban Park"

with Pauline Browes, former MP,
Chair of Friends of Rouge National Urban Park



Threatened by housing projects and highway expansion, the Rouge River watershed in East Toronto has now been preserved as Canada's first National Urban Park.

How did this happen? There's a story to tell.

Wednesday, April 13, 2022 - 7:00 P.M.

Zoom Link will be emailed to club members.

Guests welcome. Email cfuw.oshawa@gmail.com for a Zoom Link by April 12.

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



PRESIDENT'S MESSAGE

CATHERINE R.

I'm sure we are all looking forward to warmer and drier weather. Nice to see robins again! It's hard to believe that the AGMs for our Club and Ontario Council are next month.

Some of our sister clubs have worked hard to bring forward six important Resolutions for our review. As always, they are well researched and articulate. We will discuss the remaining four at the April meeting.

With an election looming in June, we must all think of the issues important to us and advocate for change.

Happy Spring!

Important Dates:

April 12 - Equal Pay Day - draws attention to the gender pay gap

April 22 - Earth Day - this year's theme is "Invest in Our Planet"

Quote of the Month

If opportunity doesn't knock, build a door.

Climate Change

Notes from presentation by Caroline Taylor to CFUW North York. If we do nothing, global temperature will rise approx. 4 degrees in the future. The ideal would be only a 1.5 – 2-degree increase. We need carbon emissions to be at **zero** by 2100 to achieve that. In other words, equal carbon stored and emitted.

What can you do?

Change your lifestyle

- Become vegan, vegetarian or at least eat less or no beef
- Downsize your living space
- Reduce transportation costs - walk, carpool, bike, fly less, travel locally
- Reduce consumption of goods and services

Talk about climate change to others

Advocate for change to corporations and government - vote wisely

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./JANET N.

Advocacy Meeting, Monday April 18 – Donna H.

The next Advocacy Committee meeting will be held on Mon. April 18th 2-4 pm on Zoom. Our group continues to focus on the important topic of Seniors Aging in Place. To be a part of this discussion contact Donna H. for a link to the zoom meeting. Members are welcome to join us.

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.

Homecare Options for Aging in Place – Janet N.

Across the country, seniors are saying they wish to stay at home even when they have physical and/or mental needs. Cities, municipalities, and provinces have policy statements outlining their goals for aging in place. In Edmonton it is Home for Life”, Deep River has its “Housing Advisory Committee”, Winnipeg has its Bridgwater development with its “visitable homes”, Caledon has its “Universal Design Policy”, Kingston has CaroCo, the first builder to offer legal secondary suites in the homes they are building, British Columbia is working with universities to develop a strategy for keeping seniors in their own homes as they age despite their needs increasing. Globally nations are facing the same issues, and LTC is not on their agenda.

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Durham has its “Age-Friendly Durham Strategy and Action Plan, April 2017” (durham.ca/agefriendly). How successful the implementation of this plan is something we could ask.

When those 55 + are asking for services to keep them in their homes as they age and when it is remarkably clear that home care is significantly more cost effective, the question is why would the Ontario government direct \$64 billion to create 30,000 more LTC beds? Please see the March newsletter for ideas on how to make your voice heard.

Alternatives to LTC:

1. Moving in with the Kids: having add-ons to the home or other space renovated. These secondary suites may not have zoning approval in the area. Some renovations, however, may qualify for financial support under different government programs.
2. Micro-Communities: Small houses in one area: wide doors and hallways, mobility equipment built in (Denmark) Also called co-housing where there may be common space such as a kitchen, laundry facilities, dining room, etc. Check for one-level, no-step entrances.
3. House Sharing: (remember those three women in Port Perry?) It means sharing a house with one or more friends or family members. It provides companionship as well as sharing daily tasks. Rental or purchase.
4. Co-operative Housing or co-ops: legal associations that provide housing in return for a share in maintenance or other tasks. Some co-ops cater specifically to seniors and may be seniors-only buildings such as apartment buildings or town home complexes.
5. Supportive Housing: Apartment buildings, either re-purposed for senior living or built specifically as retirement homes. These provide access to services like housekeeping, personal support, and health care for free or at a reduced cost, depending on the community and/or province.
6. Retirement Communities: a combination of independent living and access to support and recreational facilities. These are for-profit businesses that offer a full range of accommodations, services, and health care support. Costs vary.
7. “Green Housing”: These are nursing homes with small units for a small number of dementia patients when the caregiver needs more support. Has home-like atmosphere and as few restrictions as practicable.
8. Condos: This type of housing is a purchased residence and can be an apartment or townhouse. Usually there are facilities like a pool, theatre, tennis courts, library, etc. The residents oversee the services and maintenance of the complex.

INTEREST GROUPS

MELANIE K.

Interest group coordinators, please do a brief write up of your group’s activities...just a highlight and picture will do, for inclusion in the AGM report. This month might be your last opportunity to take pictures of your group if you haven’t done so already...even if it is zoom meeting.

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

Saturday, April 30th 1:00 pm Location: Janet B's
 Discussion Leader: TBA
 Book Selection: *THE SEARCHER* by Tana French

READING GROUP 1**BARBARA L.**

Tuesday, April 19th 1:30 pm Location: Barbara L's
 Discussion Leader: Jane R.
 Book Selection: *INDIANS ON VACATION* by Thomas King

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

Wednesday, April 6th 10:00 am Location: Janyce C's
 Discussion Leader: Lindy K.
 Book Selection: *CURTAINS: ADVENTURES OF AN UNDERTAKER-IN-TRAINING*
 by Tom R. Jokinen

WALKING BUDDIES**MELANIE K.**

We shall continue to stay with paved paths for April to give the ground in the woods time to dry out.

**Thursday April 14th 10am**

We are headed to the Waterfront Trail...again. So many different parts to explore. We will meet on the side of the road on Colonel Sam Drive east of Farewell St in Oshawa. There is a sign for the trail set back from the road on the south side. If you arrive at the GM headquarters center you have gone too far. It is an out and back paved walk ending near Lakeview Park in Oshawa.

Tuesday April 26th 10am

I want to check out the Bowmanville Valley Conservation Area ...that lies between Hwy 2 and Longworth Ave. It will be an adventure since I have not been there but I hope you will join me. Details to follow. Friends and dogs welcomed. This is a good opportunity to introduce a friend to the club.



LADIES WHO LUNCH**LINA Z./PAT D.**

Shake off the winter doldrums, come for lunch and some retail therapy in the main street shops.....

I will email everyone a list of attendees a few days closer to the date in case you wish to make carpool arrangements.

Date: Friday, April 29, 2022

Time: 12:30 p.m.

Venue: The Piano Inn and Cafe

Address: 217 Queen Street (northwest corner) at Perry Street, in downtown Port Perry

Parking: on street & free parking lots behind the main street--both north and south sides.

RSVP to: Pat D: patjdavies@rogers.com *by Fri., Apr. 22 if possible, for reservation purposes. This historic inn is a popular place.*

For menu, check out their website: <https://pianocafe.ca>

We still need a volunteer to coordinate lunch for May. Contact Lina at 905.576.0381 or email linazatzman1@gmail.com.

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

The Nominations Committee has been busy preparing for the next club year that begins in the fall. Thank you to the many individuals who have agreed to assist next year on either the Board or on Committees. There are a few areas that we could use assistance. We are in need of a **Vice President**, a half time **General Secretary** position, 1-2 people for the **program committee** and an additional person for the **publicity team**. Please contact either Donna H. or Barb L. if you can be of any assistance.

Thank You.

PROGRAM**SHEILA S.**

ANNUAL GENERAL MEETING - May 11

AGM Reports Melanie K

Our club year is coming to an end and it is time to assemble the AGM report in time for our May AGM. Please email me your report no later than **April 20th** as a word file or equivalent. Times New Roman 12 pt. is the preferred font. Include pictures if you are able. Interest group leaders please see the note with the interest group listings.

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.

COLLECTION OF HARD-TO-RECYCLE PLASTICS – Lina Z.

Lina's synagogue Beth Zion, and B'Nai Shalom V'Tikvah are collecting hard-to-recycle plastic items through programs from TerraCycle. This keeps these items out of the waste stream and able to be made into other items, extending their usefulness. Drop off clean items in a marked box outside the front door at 863 Bradley Drive, Whitby (Cheryl Frayne 905-668-8807). Lina has volunteered to take items from those who cannot deliver to Bradley Drive. To find out more about TerraCycle, check out their website at: <https://www.terracycle.com/en-CA/>



ORAL CARE PRODUCTS - All Brands

- non-electric toothbrushes,
- toothpaste tubes (squeeze out most of the product) and caps,
- toothpaste cartons,
- toothpaste outer packaging, floss containers,
- all other non-recyclable products and packaging

BRITA PRODUCTS

- Brita® pitchers
- dispensers
- bottles
- faucet systems
- filters and filter packaging



FLEXIBLE COFFEE BAGS - All Brands



WOULD YOU LIKE A SUMMER TRIP TO NEWFOUNDLAND? – Donna H.

This summer, I, Donna H. will be travelling to Newfoundland for five weeks from mid-July to mid-August. I am flying from Toronto to Deer Lake on the west coast of Newfoundland. I have booked a rental car and I am now booking accommodations. Because it is a longer trip, I will be able to explore both the east and west sides and the less travelled south side. If you might be interested in all or part of this journey, feel free to contact me.

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GENERAL MEETING MINUTES MARCH 2022

Date: March 9, 2022 7:00 PM Virtual Meeting on Zoom

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.

Zoom 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

Speaker: Moira Welsh - “Happily Ever Older” Approaches to Long-Term Care
Introduction: Hedy G. Thank You: Donna H.

Break.....

Business Meeting (Recorded)

- 1. Call to order by Catherine R. at 8:25 p.m.
- 2. Additions to Agenda: none
- 3. Approval of minutes of Feb. 9, 2022 as circulated in the newsletter
Moved by: Barb L. Seconded: Janet B. Carried
- 4. Business arising from Minutes: None

5. Treasurer’s Report

Balance as of February 9, 2022	\$9,590.92
<u>Disbursements</u>	
Program honorarium	\$75.00
CFUW National membership dues	\$2,310.00
General Account bank balance	\$7,205.92

Scholarship Trust Fund:

Current balance	\$465.55
Approval Moved by: Hedy G. Seconded: Karen D.	Carried

6. CFUW News:

National

Six resolutions have been submitted for consideration at the August AGM. Two will be discussed tonight and the other four in April.

Catherine reviewed the resolutions: #3: Pay & Employment Equity; #4: Bail Laws; #5: Violence Against Women in Politics; #6: A Clean, Healthy Environment as a Human Right

Sheila S. and Melanie K. volunteered to present two of the resolutions.

Nominations for National Board positions are now being accepted for 2022–2024.

Catherine and Janet attended an interesting webinar called “Member Recruitment and Marketing Tips”.

Catherine will write a summary to share with Members and the Board.

Requests to take action:

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- Strengthen the Plastics Ban

At the end of 2021, the Canadian government released its draft regulations for the long-anticipated single-use plastic ban. Take action and urge Canada to strengthen the single-use plastics ban by sending a letter to the PM and the Minister of Environment & Climate Change: act.oceana.org

- ON Council All-Party Leaders Debate on Women's Economic Justice:

The ON Equal Pay Coalition is asking Ontario's party leaders how they plan to show up for women this election. Help put the pressure on them to attend the Equal Pay Day Leaders' Debate by emailing your MPP: equalpaycoalition.org

Ontario Council

-all Board positions are open for nomination

Janet N. reported on the ON Council Speakers Series session held on February 26. The speakers were Dr. Tracy Vaillancourt, Shanaz Ali, and Mohamed Ahmed. The topic was Children and COVID and Beyond: Social Determinants to Education.

7. Committee Reports:

- a) Membership - Barb L. No report
- b) Program – Sheila S. briefly named the speaker for the next General Meeting: Pauline Browes
- c) Publicity - Jone W. No report
- d) Newsletter - Jone W. Deadline for new letter is March 29
- e) Scholarship – Hedy G. No information yet from Ontario Tech U.
- f) Advocacy - On Thursday, Melanie K. will be attending a webinar on changes needed in home care, elder care, and community care. The next Advocacy Committee meeting is March 23 at 2 p.m. on Zoom for future planning.
- g) Social - Karen D. There has been no information yet from Elizabeth about using Kingsview as our meeting venue.
- h) Interest Groups - Melanie K. The next location for Let's Do Lunch is Hot Rocks. The walking group will have an outing tomorrow at the waterfront.
- i) Zoom Committee - Donna H. Donna reminded everyone attending a CFUW Zoom meeting to turn off their own microphone and video. The meeting controls make it difficult to restore these functions if the host is the one to turn off the mike and video. She also said that while we are encouraged to use the National CFUW site, sometimes National changes the booking at the last minute and we scramble to secure our meeting time. Donna asked if there was anyone with their own Zoom account that we could use. She also suggested the club consider getting our own account. Barb L. suggested we use our GWI rebate for this purpose.

8. New Business

We need a recording secretary for General Meetings on April 13 and May 11.

- a) Nominating Committee Report: We need a V.P. and a general secretary for half the meetings, that is, for four meetings. We could also use some more members on the program and publicity committees.

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b) Catherine R. asked whether our Club wishes to continue to opt out of paying GWI fees. Hedy G. has already reported the opt out choice when she paid our dues. The consensus continues to support the opt out option.

c) Resolutions 1 and 2

In 2018 the Policy Book Sub-Committee was asked to review the CFUW Policy Book. The initial step was studying the current value and use of the policies found within the Book. From this study, the Advocacy Action document was created which includes active policies plus a listing of those that are less current. On close review of these policies by the Sub-Committee and other interested CFUW committees, clubs, and individuals it was apparent that there were many policies that had had action taken or were out of date. These policies, while valuable in their time, had outlived their usefulness in the active Policy Book. Resolutions are required to remove policies. The removed policies will be kept in a historical record.

Motion to approve Resolution 1-Archiving 22 outdated policies

Moved by: Hedy G. Seconded by: Melanie K. Carried

Motion to approve Resolution 2- Archiving 22 outdated policies

Moved by: Janet B. Seconded by: Karen D. Carried

d) Possible Venues for May AGM. One suggestion is to hold the AGM in a private room at a restaurant. Guests such as those from Durham College and Ontario Tech would be invited to come for dessert before they addressed the group. The April General Meeting will be on Zoom.

e) GWI Rebate: While there is no rush to decide how we will use the funds, Catherine suggested various options to consider. She mentioned some of the plans other CFUW clubs have for spending the rebate.

f) Annual reports deadline will be discussed at the upcoming Board meeting.

9. Announcements/Upcoming Meetings/Events

Advocacy Meeting – Mar. 23 at 2:00 on Zoom

Let's Do Lunch - March 25 at 12:00 at Hot Rocks, Whitby - RSVP to Donna

Board meeting - Mar. 30 at 1:30 on Zoom

General Meeting- April 13 at 7:00 on Zoom

10. Adjourn at 9:09 p.m. **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.

Please submit all newsletter items to whitbywebsters@rogers.com.

Items for the May newsletter should be received by Monday, April 28.

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