



**PRESIDENT'S MESSAGE**

**CATHERINE R.**

We are entering the cold, darker days of winter but working on our advocacy efforts, keeping in touch with family and friends in person or virtually and trying to help others, will brighten the days. And there are always those dazzling days when the sun sparkles on the snow and the crisp air makes you feel more alive.

Merry Christmas to those who celebrate and Happy New Year to all! May 2023 be a happy, safer, healthier one for us all.

**Important Dates**

Dec. 6 - we honour the memory of the victims of the Montreal Massacre in 1989

UWC Toronto, in conjunction with CFUW North Toronto, invite you to their annual memorial event to remember the victims of the Montreal Massacre. It is on Dec. 6 at 10:00 am. on Zoom. The speaker this year is Marisa Sterling, Assistant Dean of Engineering at U of T with responsibilities for diversity and equity. She is a passionate leader and dynamic speaker and is thrilled to be speaking to us on a subject that is so near and dear to her heart. Register by emailing [info@uwctoronto.ca](mailto:info@uwctoronto.ca). The Zoom link will be sent closer to the event.

Dec. 10 - International Human Rights Day

**Update on the Afghani Women**

The three young Afghani women have each received \$300 from our Club for which they are very grateful. They wrote thankyou cards which were shared at the November meeting. Yasamin has moved to Vancouver to pursue an educational opportunity and used her money for her air fare. Kobra now rents a room in a nice townhouse which is closer to school, work and shopping. Monuwar remains in the house with an Afghani family where she feels comfortable. She and Kobra both attend ESL classes all day and work in restaurants in the evening. All hard working, lovely young women.



*Yasamin, Monuwar, Kobra*

“Thank you for supporting us.” “We owe you all good things.” “Thank you for all your efforts and love and kindness.”

**Quote of the Month**

“Be brave enough to stand up for what you believe in, even if you stand alone.”

**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.

**Joan M**, a long-time member of our club, died on Nov 23<sup>rd</sup>. Carol S provided a lovely eulogy at our holiday dinner.

**MEMBERSHIP****BARBARA L.**

We have 39 members this year to date.

The roster has been distributed electronically to all members.

**ADVOCACY****MELANIE K.**

“We are no longer accepting the things we cannot change.  
It’s time to change the things we cannot accept”. *Angela Davis*

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Many thanks to the membership for agreeing to support the efforts of SSAO (Seniors for Social Action Ontario) to end the mass institutionalization of older adults and promote direct funding, in-home and community-based alternatives. We have reached out to Ontario Council and other CFUW clubs to encourage them to join in this effort. UWC North York hosted “More Options More Choice, Aging Your Way” with Sue Lantz. They had over 150 people from across the country attend the webinar. You can get her workbook at [www.optionsopen.org](http://www.optionsopen.org)

You might have noticed more media articles addressing this issue. The Toronto Star has been doing a series. The Globe and Mail and CBC news also are reporting more about the needs of seniors and how various jurisdictions are addressing those needs in a more humane and cost-efficient manner. An easy way to gain access to these articles is to sign up for SSAO newsletters and their Facebook group. They often post links and comment on them. Share them with your family and friends. This is a topic that should be of interest to people of all ages since we shall all be affected by this at some point, either directly ourselves, or as caregivers or even the system we want to leave for the future.

Join the advocacy group on the third Monday of the month at 2pm (next meeting January 16<sup>th</sup>) as we continue to explore how we can change the things we cannot accept.

## 2023 PROGRAM

*SHEILA S.*

Jan 11 **Tools to Heal and Retrain your Brain** - Georgia Fullerton

Feb 8 **Hate Crimes & their Impacts on Communities**  
- Dr. Barbara Perry

Mar 8 **Institutionalization is a Feminist Issue**  
- Dr. Patricia Spindel

Apr 12 **City of Greens: Sustainable Urban Agriculture**  
- Ryan Cullen

May 10 **Annual General Meeting and Potluck**



*Dr. Veronica Kitchen,  
November's Speaker*

## INTEREST GROUPS

*LINA Z.*

## LADIES WHO LUNCH

**Ladies Who Lunch** will not meet in December. Lina Z will arrange the January lunch. Hedy G. will organize the February lunch.

As there is no co-ordinator for this group, if you wish to arrange a future lunch, please inform Barbara L when a date and place have been selected and she will send an email to the members. If possible, let Jone W know so that she can add it to the Newsletter.

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**READING GROUP 1****BARBARA L.**Tuesday, December 20<sup>th</sup>

1:30 pm

Host: Elaine L

Discussion leader: Barbara L

Book Selection: *IT ENDS WITH US* by Colleen Hoover**IT'S A MYSTERY****MARY K.**

*Book Club Meeting on November 28<sup>th</sup>*  
*Back: Lindy, Pat D, Mary, Jennifer*  
*Front: Janet N, Lina*  
*Photographer: Hedy*

**MYSTERY LOVERS' BOOK CLUB****JANET B.**Monday, February 13<sup>th</sup>

7 pm

Zoom Meeting

Discussion leader: TBA

Book Selection: *THEIR LAST SECRET* by Rick Mofina

New members are welcome to join us for these virtual meetings. Future meetings:

March 27<sup>th</sup> - *The Darkest Evening* by Ann CleevesMay 29<sup>th</sup> - *Denial* by Beverley McLachlin**WALKING BUDDIES****MELANIE K.**

**December 8, 10am**... Turns out access to Greenwood conservation area is open after all. So that is where we are going... **Greenwood Conservation Area**. 2290 Greenwood Road. Turn left off Westney Road onto Greenwood Road (north of Taunton Road), left at the end of that road and right into the parking lot. We shall meet at 10am. There are signs. This is not the same location as we have visited before.

We will skip December 27<sup>th</sup>, the fourth Tuesday but meet again on January 12<sup>th</sup> and January 24<sup>th</sup> so save the dates.

Is Santa bringing you your walking sticks or your ice cleats? If not, treat yourself.

Check out this article about winter walking tips.

<https://www.cbc.ca/life/wellness/walking-tips-for-safer-strolls-this-winter-1.5814443>

**BRIDGE BUDDIES****KAREN D.**

Bridge Buddies will meet at Northview at 1:15pm on December 12<sup>th</sup>, January 9<sup>th</sup> and January 23<sup>rd</sup>. Please let Karen D know if you are unable to attend.

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Members of the afternoon bridge group on November 14<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.

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.

**HOLIDAY GIFT DRIVE FOR THE YWCA OF DURHAM**

The YWCA of Durham is collecting new unwrapped items for women and children until the end of the year at 33 McGrigor Street in Oshawa. Thanks to those members who submitted donations at the Holiday Dinner. *Submitted by Catherine R.*

**YWCA DURHAM**  
*Holiday*  
**GIFT DRIVE**

**YWCA DURHAM**

*Help Us Give a Little Joy to Women And Children*  
 We accept gifts of new (unwrapped) items including:

**GIFT CARDS AND CASH DONATIONS ARE ALWAYS WELCOME**  
 WE APPRECIATE GIFTS FOR ALL AGES,  
 BUT WE ARE USUALLY SHORT ON GIFTS FOR TEENS AND WOMEN

toys for all ages  
 gifts for teens  
 pajamas for women and children  
 bath and body gift sets  
 personal hygiene products  
 perfume  
 makeup  
 board games  
 dolls and Barbies  
 Lego sets, Hot Wheels  
 Science/Craft sets

Accepting Donations To The End Of December  
**MONDAY TO FRIDAY 9: 00 A.M. TO 4:30 P.M.**

**Drop-off Location:** 33 McGrigor Street, Oshawa  
 Please ring the bell and let us know you're here.  
 Call (905) 576-6356 if you have any questions.

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**TERRACYCLE PROGRAM**

Help decrease plastic waste. Bring used and empty dental items (electric or regular toothbrushes, toothpaste tubes, mouthwash bottles, dental floss containers etc.), Brita products and flexible coffee bean bags to the meetings or interest groups. Lina Z will take them for recycling through the TerraCycle Program. *Submitted by Lina Z.*

**GENERAL MEETING MINUTES NOVEMBER 2022**

**CFUW Oshawa and District General Meeting Minutes**  
**Date: November 9, 2022, 7:00 p.m.**

*CFUW Oshawa and District, acknowledges the lands and people of the Mississaugas of Scugog Island First Nation, which are covered under the Williams Treaties. We are meeting on the Traditional Territory of the Mississaugas, a branch of the greater Anishinaabe Nation. We are dedicated to honouring Indigenous history and culture, and are committed to moving forward in reconciliation, respect and partnership.*

Recording Secretary - Jennifer C.

Catherine R. welcomed 45 people to the meeting, including 14 guests.

The President also noted that Remembrance Day would be on Friday, November 11<sup>th</sup> and acknowledged the contributions and the past and ongoing service of Canada’s military.

**Speaker:** Veronica Kitchen - “Politics and Romance”  
Introduction: Melanie K. Thankyou: Jane R.

**Break**.....

**Business Meeting**

- 1. Call to order** - Catherine R. called the meeting to order at 8.15 p.m.
- 2. Additions to Agenda** - none
- 3. Approval of minutes of Oct. 12, 2022** as circulated in the Newsletter  
Moved by: Jennifer C. Seconded: JoAnne Prout All in Favour: Carried
- 4. Business arising from Minutes** - none
- 5. Treasurer’s Report-** Hedy G.  
Approval Moved by: Hedy G. Seconded: Dianne H. All in favour: Carried
- 6. CFUW News** – Catherine R.

**National**

After discussion groups and the hiring of a consultant, the decision was made to keep the CFUW name for now.

**Ontario Council**

Meeting with other Presidents in our Region with Regional Director Nov. 5

**Main Issues:**

- Member recruitment and retention
- Board recruitment
- Lack of diversity and younger members in Clubs
- Gender Identity issue - should Club information say women and people who identify as women

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- A Club has done research, including seeking legal advice, and it has been raised that it could be seen as a human rights violation for Clubs to offer scholarships to women only. Unlike in the past, women and men are equally represented in College and University. To get around this, the criteria could stipulate the funds go to a woman in a STEM Program as they are underrepresented there. Food for thought.

#### **Request:**

Ingrid Sproxtton, the Communications Chair for Ontario Council is asking for volunteers to join her committee. They need help with the following:

- website maintenance (Word Press platform)
- OC news and other email (Constant Contacts platform)
- support for other OC Zoom meetings
- social media postings

#### **7. Committee Reports:**

- a. **Membership**- Barb L. - We have 37 paid-up members to date. Roster will be issued soon.
- b. **Program** – Sheila S. – the speaker for the January 2023 meeting will be Georgia Fullerton, Art Therapist on “Tools to Heal and Re-Train your Brain”.
- c. **Publicity** - Jone W. - The November meeting flyer was distributed to Oshawa and Whitby Libraries, the City of Oshawa website and the Facebook pages of various groups in Durham Region. Copies of the flyers had been given out at our October meeting to several members to distribute in their communities. It was also posted on our website and Facebook page.
- d. **Newsletter** - Jone W. - The submission deadline for the December newsletter is November 28.
- e. **Scholarship** – Sharron B.- no report
- f. **Advocacy** – Donna H. announced that Lina Z. on behalf of her synagogue is collecting items for recycling – Brita filters, empty coffee or coffee bean bags, empty toothpaste tubes, used toothbrushes, electric or regular, dental floss containers and anything else related to dental care.
- g. **Social** - Karen D. – no report
- h. **Interest Groups** - Lina Z. – As we are having our Holiday dinner on November 30<sup>th</sup>, there will be no lunch group meeting this month. Lina will be organizing the January lunch. Hedy G. will do the February lunch.
- i. **Zoom Team** - Donna H. – no report
- j. **Archives** - JoAnne P. – no report

#### **8. New Business**

- a. **Holiday Dinner** – Hedy G. – The flyer for the dinner on November 30<sup>th</sup> was in the newsletter and will be sent out again. Final numbers of attendees are required by November 18<sup>th</sup>. The dinner at KB Bistro starts at 5.30 p.m. and a three-course meal for \$44.95 will be served. Attendees have to choose their meals.
- b. **Update on Afghani Women** - Catherine R.
  - The Board moved to give each of the three young women \$300 instead of \$200, which is the total GWI rebate.
  - Yasamin has won a scholarship to Langara College in Vancouver to study Recreation Management. She is leaving Nov.10 and will be living with two other Afghani women. Her \$300 went towards her plane ticket.
  - Kobra moved to a room in a nice townhouse on Simcoe and Taunton in Oshawa, from which it is easier to get to work and school. She was walking for an hour late at night.
  - Monuwar is remaining in the house near Grandview and Bloor with an Afghani family and continues with work and school.

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- The young women all wrote thank-you notes to the Club, to be read at the book table.
- c. **The Belleville Club** is raising money for an Afghani family.
- d. **Support for Seniors for Social Action Ontario** - Melanie K. – We have been asked by the SSAO (Seniors for Social Action Ontario) to lend our name to a media campaign whose goal is to end the mass institutionalization of older adults and promote direct funding along with in-home and community-based alternatives and promote a system that costs less, is more sustainable for future generations and gives people options. The Ads will be professionally done, there is no cost to the signatories and our board will get to see the Ad. This is a women's issue as they make up the bulk of caregivers and seniors and they often live in poverty in their older years.

**Motion:** That CFUW Oshawa and District agrees to sign onto the SSAO media campaign as discussed.  
 Moved: Melanie K.      Seconded: Jane R.      All in Favour: Carried

### 9. Announcements/Upcoming Meetings/Events

Nov. 26 Speaker Series - details to follow

Nov. 28 - Newsletter deadline

Nov. 30 - Holiday Dinner 5:30 pm. at KB Bistro in Whitby- RSVP to Hedy G. by Nov. 18

Jan. 11, 2023 – General Meeting 7:00 pm.

The in-person meeting will change to Zoom if the weather is bad.

Jan. 25 - Board meeting at 1:30 on Zoom

### 10. Adjourn: 8.50 p.m.

50/50 draw

Happy Bucks

## CFUW WEBSITES

Main website: [www.cfuw.org](http://www.cfuw.org)

Ontario Council Website: [www.cfuwontcouncil.org](http://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.

## 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](mailto:whitbywebsters@rogers.com)

**Items for the January newsletter should be received by Tuesday, DECEMBER 27.**