


cfuw fcfdu THE POWER OF WOMEN WORKING TOGETHER
LA PUISSANCE AU FÉMININ, ENSEMBLE POUR RÉUSSIR.


February General Meeting
Hate Crimes
& their Impacts on Communities
By Dr. Barbara Perry, PhD. Sociology




Join us as we hear Dr. Perry speak about the societal impact of hate crimes. Dr. Perry is Director of the Centre of Hate, Bias and Extremism at Ontario Technical University. She is a global hate crimes expert and an acknowledged author.

Wednesday, February 8, 2023 - 7:00 P.M.
All Guests Welcome - Free Admission
St Mark's United Church, 201 Centre St S, Whitby

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




9th ANNUAL CFUW
STOP THE VIOLENCE BREAKFAST
ANATOMY OF A FEMICIDE INQUEST:
FROM RECOMMENDATIONS TO RESULTS
WITH FEMINIST LAWYER AND ADVOCATE, PAMELA CROSS




On Valentine's Day, open your heart to the hopefulness for change with this vibrant, compelling and accomplished speaker.

A respected expert on violence against women, Pamela Cross participated as an expert witness on intimate partner violence in the Nova Scotia Mass Casualty Inquiry and in the recent inquest into the 2015 triple femicide in Renfrew County, Ontario.

Become informed, energized and learn the role you can play to help implement change and reduce violence against women in Canada.



WHEN: Tuesday, February 14, 2023 at 9 AM
WHERE: Zoom Webinar
TICKETS: \$35
REGISTRATION: CFUW Etobicoke

cfuw fcfdu IN SUPPORT OF  Ernestine's Women's Shelter

cfuwetobicoke.ca/stop-the-violence-breakfast/

PRESIDENT'S MESSAGE

CATHERINE R.

Happy Valentine's Day everyone! We've been lucky with winter so far but I have a feeling February will be different.

On Feb.16 there will be a virtual meet and greet with the new National Executive, including the new Executive Director, Jaime Beagan.

Important Dates in February

Black History Month

Feb. 2 Groundhog Day and World Wetlands Day

Feb. 4 World Cancer Awareness Day

Feb. 11 International Day of Women and Girls in Science

Feb. 20- Family Day and World Day of Social Justice

Personal contact information of CFUW Oshawa and District Members is considered confidential and not to be used for personal or business solicitation purposes.

Quote of the Month

“Enjoy the little things in life, as one day you will look back and realize they were the big things.”
Kurt Vonnegut Jr.

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.

Sharron B. is recovering at home following surgery.

ADVOCACY

DONNA H.

The next meeting of the Advocacy Committee is on Monday, February 20th at 2 pm via Zoom. Contact Donna H to get the Zoom link if you wish to attend.

Do you know about the 5 Ds of Bystander Intervention?

Our focus for Advocacy for this year includes changing the attitude to ageism and the 5 Ds can be a useful tool with which to do that.

What does ageism look like?

Dr. Trish Spindel answers that in a post she made in December 20 2022 on the SSAO facebook group.

“Ageism comes in many guises. It comes in ignoring older adults' words, feelings, wishes and contributions... it comes in patronizing attitudes and behavior.”

We are so used to it we don't even necessarily recognize it. But it is that Baeder-Meinhof effect. When you start to pay closer attention to a single phenomenon it is “suddenly” all around you.

Ageism is the most socially accepted, normalized and tolerated form of discrimination today.

What can you do?

It is time to become more aware and just like with street harassment it is time to call it out.

Ageism has a detrimental impact on our quality of life, health and economy. Ageism happens at every level, from internalized ageism in individuals to ageism embedded in our systems and policies. Aging has evolved. As lifespans increase, the perception of what constitutes old age is changing. (<https://changingthenarrativeco.org>)

What are the 5 D's?

Personal Contact information of CFUW Oshawa and District Members is considered confidential and not to be used for personal or business solicitation purposes.

They are tactics to stop harassments and these tactics can be applied to combating ageism too:

Distract Delegate Document Delay Direct

Right to Be is part of an international movement that documents street harassment and offers bystander intervention training. Read more on how to use these tactics on their website. You can even take a 10 minute digital training session.

<https://righttobe.org/guides/bystander-intervention-training/>

Don't accept ageism or harassment

NOMINATIONS

DONNA H & BARBARA L

It's that time again! The Nominations Committee is looking for two or three members who will do some phoning in order to set up our slate of officers and committee members for 2023-2024. Please contact Donna or Barbara. Thanks for contributing to the continued life of our club.

2023 PROGRAM

SHEILA S.

- | | | |
|--------|--|------------------------|
| 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 | |

INTEREST GROUPS

LINA Z.

LADIES WHO LUNCH

Friday, February 24th 12:30 pm Bistro 238 1413 King Street East

Courtice - just east of Townline, on the south side, in a plaza

Check out the lunch menu online at bistro238.com

Note that a maximum of 10 members can be seated together at this restaurant, so please contact Hedy if you wish to reserve a spot.

Contact Hedy G. at hedygadd@hotmail.com or. 905-623-9516 if planning to attend.

This group does not have a co-ordinator: therefore, I suggest that whoever wishes to plan lunch for a specific month please contact Jone W. Specific details can be placed in the appropriate newsletter

Lina Z

Personal Contact information of CFUW Oshawa and District Members is considered confidential and not to be used for personal or business solicitation purposes.

BOOK CHAT**JANE R.**

Wednesday, February 8th 10:00 am Host: Lindy K

Discussion Leaders: Marilyn L & Lindy K

Book Selections: two autobiographies



*Book Chat: Back L to R: Janyce C, Dianne H,
Jane R
Front L to R: Lindy K, Melanie K, Marilyn F-L*

READING GROUP 1**BARBARA L.**Tuesday, February 21st 1:30 pm Host: Sheila S

Discussion leader: Janet N

Book Selection: ***OH WILLIAM!*** by Elizabeth Strout**MYSTERY LOVERS' BOOK CLUB****JANET B.**Monday, February 13th 7 pm Zoom Meeting

Discussion leader: TBA

Book Selection: ***THEIR LAST SECRET*** by Rick Mofina

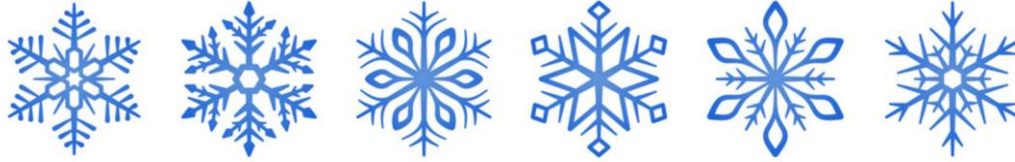
New members are welcome to join us for these virtual meetings. Future meetings:

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

There are no walks planned for February. Would there be interest in a walk and lunch in late April? Please contact Melanie.

BRIDGE BUDDIES**KAREN D.**Bridge Buddies will meet at Northview at 1:15pm on February 13th and February 27th

Please let Karen D know if you are unable to attend.



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.

GENERAL MEETING MINUTES JANUARY 2023

CFUW Oshawa and District General Meeting Minutes
Date: January 11, 2023, 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-Catherine R.

Zoom Host - Donna Co Host- Melanie

***Welcome to all and introduction of any new members and guests. Please mute yourselves and turn off your video during the presentation.**

We were pleased to have so many guests tonight.

Speaker: Georgia Fullerton – “Tools to Heal and Retrain your Brain”.

Introduction: Marilyn L Thankyou: Marilyn L

Break.....

Personal Contact information of CFUW Oshawa and District Members is considered confidential and not to be used for personal or business solicitation purposes.

Business Meeting***Start Recoding****Call to order-** Catherine R.-at 8:09 pm.**Approval of minutes of Nov. 9, 2022 as circulated in the Newsletter**

Moved by: Hedy G. Seconded: Janet B. All in favour: Carried

Business arising from Minutes**Treasurer's Report-** no report**CFUW News**

Ontario Council - Speaker Series – on Zoom Feb. 25 at 10 am.

Registration is now open for OC's third Speakers Series of the 2022-23 year. This session's topic is ***THE AFFORDABLE HOUSING CRISIS: TWO WORKING SOLUTIONS***, and the event will take place on Saturday February 25 from 10 a.m. to 12:30p.m. The speakers are Robert Cikoja, CEO of Habitat for Humanity Huronia, and Melissa Scott, Operations and Development Manager for Barrie Housing. Please see the Ontario Council newsletter (page 7) for the link.

Committee Reports:

Membership- 40 members

Program – Feb.8 - Dr. Barbara Perry – Hate Crimes

Publicity- Flyers sent to members, 11 Facebook groups, CFUW National and OC, RD, some libraries, 3 nearby Clubs, and City of Oshawa events web site

Newsletter-sent to OC, National, RD, and Ajax Pickering Club

Scholarship – see Jan. newsletter

Advocacy- Donna H.- next meeting Jan.16 at 2:00 on Zoom

Melanie and Janet N. both listened to the webinar this am. by CARP called “Humanizing Dementia Care in Long term Care” They found it interesting and informative.

Social- Karen D.- no report Interest Groups- no report Archives- no report

New Business

-Yasamin, one of the Afghan women, started college in Vancouver on Jan. 9 and the other two young women are doing well.

Personal Contact information of CFUW Oshawa and District Members is considered confidential and not to be used for personal or business solicitation purposes.

9. Announcements/Upcoming Meetings/Events

Jan. 24 at 10:00- walking group cancelled

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

Jan. 27 at 12:30 -lunch group at Azian-Wilson/Taunton- RSVP to Lina

Jan. 28 -deadline for newsletter submissions to Barb

Feb. 8- General Meeting at 7:00 pm.

10. Adjourn: at 8:27 pm. Stop recording.

Happy Bucks

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.

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 March newsletter should be received by MONDAY, FEBRUARY 20th.



