


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

April General Meeting


**City of Greens:  
Sustainable Urban Agriculture**



Join us **in person or on Zoom** as we hear Ryan Cullen from City of Greens in Bowmanville speak on small-scale farming using organic and regenerative practices.

Wednesday, April 12, 2023 - 7:00 P.M.  
All Guests Welcome - Free Admission  
St Mark's United Church, 201 Centre St S, Whitby  
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)  
<http://cfuw-oshawa-and-district.weebly.com>



## PRESIDENT'S MESSAGE

**CATHERINE R.**

Spring has Sprung! Even though temperatures are still cool, the birds are returning and a few green shoots can be seen. Hard to believe our club year is almost over. Annual reports are due **April 26** and should be forwarded to Melanie K. We will once again be having our potluck dinner as part of our AGM on May 10. Details to follow.

We will continue to review the Resolutions sent by National so we will be ready for the AGM vote. The Ontario Council Meeting is on Zoom on May 13 - 08:30 - 11:00 am. Registration is now open and anyone can attend.

Happy Easter to everyone who celebrates.

### Website Update

In the past we were able to have our own domain name for our club website free of charge. Now there is a fee. Consequently, our webmaster JoAnne P has changed our website domain name to <http://cfuw-oshawa-and-district.weebly.com> which is free to use.

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### Important Dates in April

April 1	April Fools' Day
April 2	World Autism Awareness Day
April 5 - 13	Passover
April 9	Easter Sunday
April 21	Eid

### Quote of the Month

*We must accept finite disappointment but never lose infinite hope.*

#### 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

**MELANIE K.**



*Dr. Sprindel of Seniors for Social Action (Ontario) provided an informative talk at our March General Meeting. The slides from her presentation are available on our website: <http://cfuw-oshtawa-and-district.weebly.com>.*

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## WHAT WE LEARNED ABOUT AGING IN PLACE

*The Advocacy Committee members are sharing their learning experiences on the topic of Aging in Place.*

*Submitted by Melanie K* - I already knew much about what it takes to support an adult with significant physical and mental needs in our society before I dove into the topic of aging in place with the advocacy committee. What I didn't know was how many things in Ontario don't work the way they are supposed to. For citizens to age in place requires cooperation and planning together from all levels of government and many different departments.

- Accessible housing and universal design need to be part of the building code.
- Ontario needs LTC regulations that are actually enforced and keep the residents at its center. Big business must not be in charge of LTC.
- Options to LTC such as home care and community supports on a continuum of support, are needed for both large and small urban areas as well as rural areas.
- Preserving green spaces is important to our mental health and climate change.
- Poverty among seniors, the working poor and those with disabilities is real. They may have a roof over their heads but not enough food to stay healthy.

Insanity is doing the same thing over and over and expecting different results. That seems to be what our government is doing. But advocacy is hard and will probably not benefit those that are pushing for the changes needed to make our society a better more welcoming space for all. We build on the work of those before us and celebrate the small wins we do get. We don't stop. We can't stop.

*Submitted by Janet N* - Having been a small part of the 2022 planning, researching, and reporting undertaken by the Advocacy Committee, I am now experiencing the insider challenge of dealing with a chronic medical situation and trying to stay in our house. What have I learned over the past few months? Hospital personnel are so used to their systems, they think you know the systems too, so you need to dig for information. I have learned that it helps to know the questions to ask, but when you don't know, you must ask anything that comes to mind. There will be a trail, but it is obscure at times and the answers are like puzzle pieces. I have learned that decisions, important decisions, are made without your knowledge and participation. I have learned that the Home and Community Care program is working and doing its best. We have a nurse at intervals. We have PSW's coming twice a day for which I am so very grateful, as they are mostly scheduled for morning and evening ablutions. I am learning that equipment is supplied, and we are given time to experiment and figure out what is needed. I am learning that insurance companies want a prescription for the equipment you do decide to keep. I am learning that using an accessible taxi service for appointments can leave you stranded. I am learning that internet research is very helpful and probably necessary.

*Submitted by Hedy G* - The first thing that I learned is that a survey in Ontario showed that 95% of seniors want to age at home and stay in their community and avoid institutionalization. Having participated in various webinars offered by CFUW and Seniors for Social Action with speakers from across Canada, there are many alternatives to Long Term Care homes. Models like PACE (Program of All Intensive Care of the Elderly) and HUB AND SPOKE which provide supports in older adults' apartment buildings are excellent options and cheaper economically. I was surprised

to discover how little money is being invested by the provincial government to support community care which would keep seniors in their homes longer.

*Submitted by Jone W* - Here we are, Ontario boomers in our 70's and 80's, no longer living 'la vida loca' as we start to experience physical and mental limitations on our former carefree lifestyles. The living arrangement that most of us have grown accustomed to is couples or singles living on their own. The old folks are expected to move to a 'retirement community' or long-term care (LTC) facility when they can no longer live independently. The reality, however, is that retirement communities are very costly (beyond the means of many), while LTC's have long waiting lists for admission and some have horror stories of poor treatment of residents. As a society, Ontario governments and citizens need to put more emphasis on living in the community where possible, as a viable cost-effective alternative. Aging at home needs to be a feasible option. We boomers need to know what services are available and be able to access them easily and quickly to continue to enjoy living in our homes and communities.

**Have your say...on SSAO's YouTube channel on how Long Term Care is being handled in this province.** Then share widely. The video can be statements or in interview format where you would be asked:

- How you came to be interested in the issue of long-term care
- What your views are on how the Ontario government is handling this issue
- What you think should be being done instead
- Any other comments you would like to make

See **Seniors for Social Action (Ontario)** YouTube channel and contact Dr. Patricia Spindel at SSAO.

## SOCIAL

*KAREN D. & RUTH F.*

Our in-person **AGM/Potluck** will be held on **May 10<sup>th</sup>** at St. Marks Church in Whitby, and planning has begun. There will be a food sign-up sheet at the April General Meeting for members in attendance. Please add your choice of appetizer, salad, main dish or dessert. For those unable to attend the April meeting, please text Ruth F at (c) 905-809-9851 or call Karen D at (h) 905 723-7632, before Friday, May 5<sup>th</sup> with your food item. We hope you will join us for a great evening of friendship as we close one club year and open another.

## INTEREST GROUPS

*LINA Z.*

### LADIES WHO LUNCH

**Date:** Friday April 21, 2023  
**Time:** 12 noon  
**Venue:** *The White Apron Restaurant*

You can have breakfast for lunch if that appeals, as well as other options.

**Address:** 10 Bond Street West

Bond Street is a one-way street heading west in the downtown area.

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**Parking:** street parking, but there are various parking lots and garages nearby.

**RSVP:** Melanie K, [makitchen@rogers.com](mailto:makitchen@rogers.com), 905 723 4818

For those who were looking for a walk and lunch at Trail Head, April doesn't seem to work there during the week. Perhaps early fall will work out better.



*Club members and guests enjoying lunch at Bistro 238 in Courtice on February 24, 2023.*

### **BRIDGE BUDDIES**

**KAREN D.**

Bridge Buddies will meet at Northview at 1:15pm on **April 10<sup>th</sup>** and **April 24<sup>th</sup>**.  
Please let Karen D know if you are unable to attend.

### **BOOK CHAT**

**JANE R.**

Wednesday, April 5<sup>th</sup>                      10:00 am                      Host: Janyce C  
Discussion leader: TBA  
Book Selections: ***THE LOST CITY OF THE MONKEY GOD*** by Douglas Preston

### **READING GROUP 1**

**BARBARA L.**

Tuesday, April 18<sup>th</sup>                      1:30 pm                      Host: Sharron B  
Discussion leader: Sheila S  
Book Selection: ***TOUFAH*** by Toufah Jallow with Kim Pittaway

### **IT'S A MYSTERY**

**MARY K.**

Monday, May 29<sup>th</sup>                      1:30 pm                      Host: Pat D  
Discussion leader: Janet N  
Book Selection: ***A GAME OF FEAR*** by Charles Todd

### **MYSTERY LOVERS' BOOK CLUB**

**JANET B.**

Monday, May 29<sup>th</sup>                      7 pm                      Zoom Meeting

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Discussion leader: TBA  
Book Selection: *DENIAL* by Beverley McLachlin  
New members are welcome to join us for these virtual meetings.

**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 1/2 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.

**HOLOCAUST MEMORIAL SERVICE** will be held on **April 16<sup>th</sup>**, 7 p.m. at Beth Zion Synagogue, 144 King St. East, Oshawa. The Speaker is Bernie Farber, Social Activist and Chair of the Canadian Anti-Hate Network. There is no cost and all are welcome to attend. If you have any questions, please contact Lina Z.

**SPRING READS BOOK SALE** - Friends of the Oshawa Public Library are holding their Spring Reads Book Sale on Thursday April 27<sup>th</sup> through Saturday April 29<sup>th</sup>. It is held in the Auditorium of the McLaughlin Library, downtown Oshawa on Bagot Street, during Library hours. Proceeds are used to fund special projects within the Library Branches. *Submitted by Karen D.*

**GENERAL MEETING MINUTES MARCH 2023**

**CFUW Oshawa and District  
St. Mark’s United Church, Whitby.**

**General Meeting Minutes  
Also available on Zoom**

**Date: March 8, 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, with all First Nations, Metis and Inuit.*

**Happy International Women’s Day - Theme is “Embrace Equity”**

Recording Secretary - Jennifer C

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

Catherine R acknowledged International Women’s Day and welcomed 22 attendees including the speaker and one guest, and 15 online participants to the meeting. The guest was referred to the club by Melanie K.

**Speaker:** Dr. Patricia Spindel - “Institutionalization is a Feminist Issue” [www.seniorsactionontario.com](http://www.seniorsactionontario.com)  
Introduction: Melanie K Thank you: Marilyn F

50/50 Draw  
**Break.....**

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**Business Meeting**

1. **Call to Order**- Catherine R – 8.30 p.m. 17 attendees for the business meeting.
2. **Additions to Agenda** - None
3. **Approval of Minutes** of Feb. 8, 2023, as circulated in the Newsletter.  
Moved by: Jennifer C                      Seconded: JoAnne P                      All in Favour
4. **Business Arising** from Minutes - None
5. **Treasurer's Report** - Hedy G

<b>Financial Statement</b>	March 8, 2023
Balance as of January 25, 2023	<b>\$9,719.56</b>
<b>Receipts</b>	
Book sales – February	61.00
50/50 draw – February	7.00
<b>Disbursements</b>	
Program honorarium – February, March	150.00
Social - February	37.51
Hall rental – February, March	260.00
CFUW national dues	2,200.00
<b>General Account bank balance</b>	<b>\$7,140.05</b>
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<b>Scholarship Trust Fund</b>	
<b>Previous balance</b>	<b>\$575.55</b>
Door donations - February	7.00
Happy Bucks – February	6.00
<b>Current balance</b>	<b>\$588.55</b>

Approval moved by: Hedy G                      Seconded: Dianne H                      All in Favour

6. **CFUW News**
  - a) **National** – six draft Resolutions sent out to Clubs for review.
  - b) **Ontario Council** - Speaker series Feb. 25 – Affordable housing - highlights  
There is a crisis in affordable housing in Ontario. Long waiting lists and very few new units being built. Presentations were on Habitat Huronia (built 43 houses in 10 yrs.) and Barrie Housing (house 3000) both non- profit groups.
7. **Committee Reports**
  - a) **Membership** - Barb L – Welcome to new member Judy H.
  - b) **Program** – Sheila S – Topic for the next meeting will be Sustainable Urban Agriculture.
  - c) **Publicity** - Jone W – Flyer for the next meeting will be distributed in mid-March.
  - d) **Newsletter** – Jone W – deadline for submissions is March 27, 2023.
  - e) **Scholarship** – Sharron B – No report.
  - f) **Advocacy** – Donna H – Three meetings left for the year. The committee meets on the 3<sup>rd</sup> Monday of each month. Members welcome to join.

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- g) **Social** – Karen D – Thanks to Ruth F for the delicious treats.
- h) **Interest Groups** – Lina Z – Lunch group meets next on March 31 at 12.30 p.m. at the Tuscan Wolf in Whitby. The walking group is on hold due to the weather.
- i) **Archives** – JoAnne P – We have changed the domain of our web page due to costs. Access is now through <http://cfuw-oshawa-and-district.weebly.com> Information will be provided in the newsletter.
- j) **Zoom** – Donna H – We are looking for feedback on this meeting from Zoom participants.

#### 8. New Business

a) **Nominations update**- Donna H – The work of the committee is ongoing.

b) **Resolutions** – Catherine R

<b>Resolution 1</b> - Archiving Policies		
Motion to support resolution - Catherine R	All In Favour (17)	None Opposed
<b>Resolution 2</b> - Archiving Policies		
Motion to support resolution - Catherine R	All in Favour (17)	None Opposed
<b>Resolution 4</b> - A Comprehensive Maternal Death Prevention Strategy		
Motion to support resolution - Catherine R	All in Favour (17)	None Opposed

#### 9. Announcements/Upcoming Meetings/Events

Mar. 20 at 2:00 pm on Zoom -	Advocacy Committee
Mar. 22 at 1:30 pm on Zoom -	Board Meeting on Zoom
Mar.31 at 12:30 pm -	Lunch Group - Tuscan Wolf, Whitby - RSVP to Pat D.
Apr. 12 at 7:00 pm -	General Meeting

10. **Adjourn** - The meeting was adjourned at 8.55 p.m. Greeter for next meeting is Jennifer C.  
**Happy Bucks**

### CFUW WEBSITES

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

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

CFUW Oshawa & District <http://cfuw-oshawa-and-district.weebly.com>

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 May newsletter should be received by WEDNESDAY, APRIL 26<sup>th</sup>.**

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