




Newsletter April 2024


Realizing potential. For all women.

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Le pouvoir par le savoir.

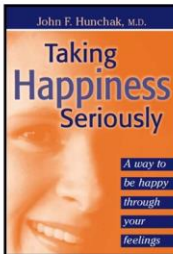
**April General Meeting**

# **Mental Health**

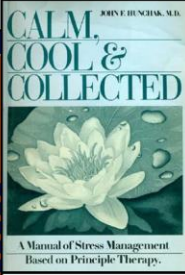
**With Dr. John Hunchak, M.D.**



*The Story  
behind  
Mental  
Health:  
Tip Top Tips*



*A way to  
be happy  
through  
your  
feelings*




*A Manual of Stress Management  
Based on Principle Therapy.*

Join us as Dr. John talks about his tip top tips for life skills training and mental health to help guide you in processing everything that happens in your life.

**Wednesday, April 10, 2024 - 7:00 PM**  
All Guests Welcome - Free Admission  
St Mark's United Church, 201 Centre St S, Whitby

cfuw.oshawa@gmail.com  
<http://cfuw-oshawa-and-district.weebly.com>



**AGM Reports due to Melanie Kitchen by Friday April 12 2024.**

Anyone who plays a leadership role in the club is asked to submit a report...with pictures if possible. That includes leaders of any interest groups.

## Friendship

Maureen Aikin

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 Aikin who will advise all members through an email from Barb Lewis and send an appropriate card on our behalf.

### CFUW News

On Saturday, February 24, Ontario Council held a webinar on AI Ethics Probe. This was attended by three of our club members - Sheila L., Sirpa H. and Hedy G.

On Thursday, February 29, Melanie K and Hedy G registered for the National Advocacy Gathering where 85 participants shared their local advocacy work. In our breakout rooms, we discussed our group's work on Aging in Place and mentioned our 10-page booklet completed in 2022 by six members of our Advocacy group. GREAT NEWS - Heather Oxman, the national VP Advocacy chair has now shared our booklet with clubs all across Canada. Kudos to CFUW Oshawa and District!

On Saturday, March 23, Donna H. and Hedy G. listened to a Zoom presentation entitled *Canada's Food (In)Security and Why WE are All at Risk*. This session raised concerns about our lack of a domestic food system and what we should do about it.

### 2024 Proposed Resolutions for discussion at the April 10 general meeting

#### **Resolution 5 – CFUW North Delta / Surrey**

English: Restore and Preserve Canada's Peatlands

#### **Resolution 6 – CFUW Georgetown**

English: National Database Documenting the Impact of Unsafe Drinking Water on Health in First Nation Communities

#### **Resolution 7 – CFUW Nanaimo**

English: Preserving Deep Sea Ecosystems

#### **Resolution 8 – CFUW Advocacy Standing Committee**

English: Aging in the Right Place: Equitable Resources for all Canadians to Age at Home and in their Community Settings

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#### **Resolution 9 – CFUW Advocacy Standing Committee**

English: Incentives to Adopt New Service Standards for Long Term Care

**\*Resolutions 1-4 concern archiving and combining existing resolutions.**

## Interest Groups

Janet Nisbet

## Reading One

Barbara Lewis

Tuesday, April 16 at 1:30 pm.

Book selection: *Bloomsbury Girls* by Natalie Jenner

Discussion Leader: JoAnne Prout

Host: Jane Rowe

## Book Chat

Jane Rowe

Wednesday, April 3, 10 am

Book selection: *All the Colour in the World* by C.S. Richardson

Discussion leader: Janyce Clark

Host: Marilyn Forster-Loturco

## It's a Mystery

Mary Kelcey

Monday, May 27

Book selection: *Exiles* by Jane Harper

Discussion leader: Mary Kelcey



It's a Mystery! book group enjoyed their latest read from Richard Osman.

Lindy K, Jennifer C, Mary K, Ruth F, Pamela G.

In front, Hedy G.

The bridge dates at Northview this month are April 8<sup>th</sup> and April 22<sup>nd</sup>.

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**Ladies' Lunch April 2024**

**The Brock House**

**918 Brock St Whitby (south of Rossland)**

**Friday, April 26—12:30 PM**

Visit [thebrockhouse.ca](http://thebrockhouse.ca) to view their menu.  
Large parking lot.  
Contact Jone Webster at [whitbywebsters@rogers.com](mailto:whitbywebsters@rogers.com)  
to confirm your attendance.  
Individual bills with 18% gratuity included.

[cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)  
<http://cfuw-oshawa-and-district.weebly.com>



**Earth Day April 22 2024 at 10am**

Join other club members to do an earth day clean up walk. Gloves supplied. Location to be determined. Nominate a stretch of road or park that could use some attention. Let Melanie Kitchen know.

## Advocacy Report... Did you know?

## Advocacy works!

- Ontario Health Teams (OHT) are a new way of organizing and delivering care that is more connected to patients in their local communities.  
<https://www.ontario.ca/page/ontario-health-teams>.
- OHT have replaced the LHIN who are now called Home and Community Care Support Services.
- Durham Region is one of (19) accelerator teams. OHT are required to address priorities the Ministry has set... one of which is Home Care Modernization. Ontario Health has a strong interest in establishing an Aging in Place continuum within OHTs to help people age in place.
- Oshawa is getting a PACE program (Program of All-inclusive Care of the Elderly). Ajax and Port Perry municipal councils are lobbying for one too.
- The Ontario Government has included \$2B more for Home Care in the March 2024 budget.
- A number of other CFUW clubs are advocating for Aging in Place.
- CFUW National has two resolutions affecting seniors.

### What you can do...

Stay informed. Join SSAO. Support Advocacy initiatives.

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

## CFUW Websites

National 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.

If you wish to buy used books, spend Happy Bucks or buy 50/50 tickets, please bring loonies. We can't make change. The social team have asked that you bring your own mug for punch.

Please submit all newsletter items to [barblewis@rogers.com](mailto:barblewis@rogers.com)

Items for the May newsletter should be received by Saturday, April 27<sup>th</sup>

Ladies Who Lunch: Jo-anne T, Pamela G, and Sheila L enjoyed the March club lunch at Bella Notte in Whitby. JoAnne P, Jennifer C, Sue S, and Donna H all chose the same colour to wear that day (not by design). Sixteen members attended.

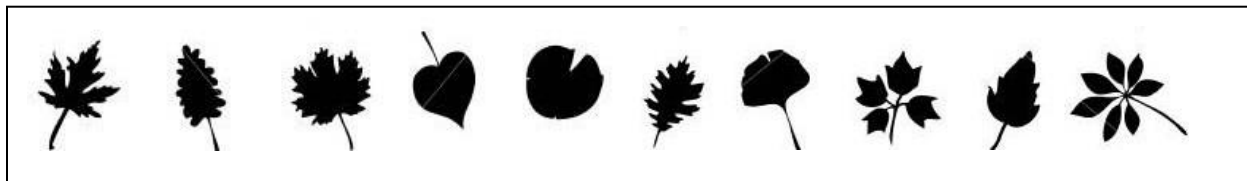


### In Case you missed it.....

Our March speaker, Sarah Shields, Project Manager, Sustainability and Climate Change for the Town of Whitby was kind enough to share the slides from her presentation. If you wish a copy of the slides, please let Barb or Melanie know. Lots of good information and links about what you can do for Global Warming.

There was a request for a link for those who would like to learn more regarding Extended Producer Responsibility - [Introduction to extended producer responsibility - Canada.ca](http://Introduction%20to%20extended%20producer%20responsibility%20-%20Canada.ca)

Sarah donated her honorarium to Second Harvest.



*For your benefit*

**Durham Region Curbside Giveaway Day** *contributed by Hedy*

Curbside Giveaway Day is an event organized in cooperation with the local municipalities, where residents place unwanted items in good condition—clearly marked FREE—on their curb for anyone to pick up. At the end of the Giveaway Day, residents return unclaimed items to their home.

This is a great opportunity to declutter and find a new home for your unwanted items, while also picking up something you may want or need for free.

Please ensure items whether new or used, are safe and meet current regulatory requirements. It is important to only place items that are in good condition. Damaged items should be discarded. The Region is not responsible for quality of items placed out for the Curbside Giveaway Day.

**When is the Curbside Giveaway?**

Saturday, May 4  
7 a.m. to 7 p.m.

**The solar eclipse will occur on Monday, April 8. Here is a useful link from the government of Canada.** *Contributed by Donna*

<https://www.asc-csa.gc.ca/eng/astronomy/eclipses/total-solar-eclipse.asp>

**CFUW Oshawa and District General Meeting Minutes**

**March 13, 2024**

St. Mark's United Church, Whitby

Hedy Gadd welcomed everyone and gave the land acknowledgement.

She invited guests to stay for refreshments and conversation following the presentation.

Melanie Kitchen introduced the speaker, Sarah Shields from the Town of Whitby. Sarah is a trained environmentalist and spoke of the many ways we can make small personal contributions in the struggle against climate change and its devastating results.

Donna Henderson thanked Sarah for her interesting and inspiring presentation.

Attendance: 18 members and 6 guests.

## 50/50 Draw – Judy Brooks

### Break for Refreshments & Conversation

#### Business Meeting

**Chair:** Hedy Gadd

**Recorder:** Barbara Lewis

**Call to order** at 8:15pm.

#### Approval of minutes:

Motion: Pamela Goss, seconded by Dianne Hunchak, to approve the minutes of February 14, 2024, as circulated in the March Newsletter. Carried.

#### Treasurer's Report: Hedy Gadd

General account as of March 13, 2024      \$7,548.91

Scholarship account balance                      \$269.55

**Motion:** Hedy Gadd, seconded by Barbara Lewis, to approve the treasurer's report. Carried.

#### 4. CFUW News:

a) National: Highlights from Club Action Newsletter email (March 12)

- Nine proposed resolutions – amendments deadline by noon on April 24. We will be discussing the resolutions at the April general meeting. The first four deal with archives. The others address endangered peat lands, first nations' water supply, deep sea ecology, aging in place and long-term care.

b) Ontario Council News: Highlights from email

- Saturday, February 24: Speakers Series on AI Ethics Probes – The Ethical Issues Surrounding Artificial Intelligence: Presenter, Joshua Skorburg, associate professor of Philosophy, University of Guelph, discussed privacy, responsibility, opacity, bias, equity, sustainability. This session was attended by three club members: Sheila Leonard, Sirpa Haikonen & Hedy Gadd.
- Special Advocacy event on Saturday, March 23 – 10 a.m. to noon via Zoom “Canada's Food (In) Security and Why We are All at Risk”.

#### 5. Committee Reports:

- **Membership** – Sheila Smyth – the **nominations committee** needs volunteers. When you are called, please consider what you can do to keep our club vital.



- **Program** – for **April 10**: Melanie Kitchen reported that Dr, John Hunchak will speak about his work relating to mental health.
- **Newsletter** – Barbara Lewis: the deadline for April is March 29
- **Advocacy** – a national virtual gathering was held February 29 to discuss the future of Advocacy in CFUW where in chat groups, local advocacy projects were discussed. Our Aging in Place booklet, published in 2022 was circulated to clubs nationwide after the meeting. Topics of concern were the green belt and environment, indigenous issues, health care, standards for LTC, homelessness and poverty, gender-based violence. Melanie Kitchen and Hedy Gadd attended this gathering.
- **Social**- Hedy thanked Ruth Follows for baking delicious shamrock cookies and soda bread for our meeting.
- **Interest Groups** – Janet Nisbet  
Lunch group date: March 22, 12:30 pm at Bella Notte, Whitby - Pat Davies is organizing.

## 6. New Business

- Melanie reported on the new Ontario Health Teams. (See Advocacy report, page 5)
- Hedy spoke about the destruction of library books. In the spring of 2023, the trustees in the Peel Public School Board ordered that books published before 2008 be removed from the shelves in school libraries and sent directly to the landfills. There was no community engagement or transparency in this action. Parents and educators have spoken up against this decision.
- Janet N. reported on an online government survey that seems biased in favour of the fossil fuel consumption lobby.

## 7. Announcements/Upcoming Meetings/Events

Invitation from CFUW Scarborough for their fundraiser “The Mad Hatter Tea Party” on Saturday, April 6. Tickets are \$25.

Melanie reminded everyone to send annual reports to her by April 30.

Next General Meeting: April 10 Meeting Chair: Jo-Anne Prout Recorder: Sheila Smyth

Board meeting date: Wednesday, March 27 at 2 pm via Zoom.

Meeting adjourned at 8:32 pm

Happy Bucks



