



Newsletter October 2023

Realizing potential. For all women.

October General Meeting Community Care Durham (CCD)

With Melissa Rudan



Join us in person or on zoom as Melissa describes the programs and services offered by CCD to support residents to safely and independently age at home.

Wednesday, October 11, 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

CFUW Oshawa and District

cfuw.oshawa@gmail.com

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



Five club members attended the national **brand refresh training** on September 19. Elizabeth Malcolm, national membership engagement coordinator, led a very professionally planned hour of information and questions. The new logo appears at the top of this page. It represents an open book with ruffled pages which also represent the petals of a lotus flower. The middle petal is a flame, referencing the old lamp of learning in our former logos.

Membership

Sheila Smyth

Twenty members signed up and paid their dues of \$115 at the September general meeting. We have a new member, Sirpa Haikonen. Remember to pay your dues before October 31. You can mail a cheque to Hedy Gadd or pay at the October general meeting.

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.

Advocacy

Donna Henderson

Our next Advocacy meeting will be Monday, October 16 at 2pm on Zoom. Contact Donna Henderson if you are interested in attending.

Ontario Council

We have an exciting line up of topics and speakers for this year's Ontario Council Speakers Series. To make access to the Speakers Series equitable, CFUW Ontario Council will be using the virtual platform of ZOOM. Each event takes place on a Saturday morning and is two hours in length from 10 a.m. to 12 p.m. The format allows for questions from the floor through the chat function of ZOOM. Please save the dates and plan to join us!

WOMEN ON THE MOVE

October 21

Chair, Niki Carlan

Registration link will be available soon.

This event will showcase the accounts of three women coming from different parts of the world and settling in Ontario. The speakers have been asked to tell us their stories.

- *Why did they choose to immigrate to Canada?*
- *What could make their new lives easier?*
- *How have they adjusted to working life in Canada?*
- *What was the major source of support for their relocation?*
How can CFUW facilitate the transition for immigrant women

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



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Our September guest speaker from the Durham Ukrainian Relief Project, Mariia Pitolai, with Dianne Hunchak, Mariia's assistant, and Melanie Kitchen



Interest Groups **Janet Nisbet**

Reading Group One **Barbara Lewis**

Tuesday, October 17 at 1:30 pm.

Book selection: *Run Toward the Danger* by Sarah Polley

Discussion leader: Sharron Barker

Host: Jone Webster

Book Chat

Jane Rowe

Wednesday, October 4 at 10 am

Book selection: *Good Omens* by Terry Pratchett and Neil Gaimen

Discussion leader: Jane Rowe Host: Dianne Hunchak

Wednesday, November 1 at 10 am

Book selection: *A Shimmer of Hummingbirds* by Steve Burrows

Discussion leader: Dianne Hunchak Host: Lindy Kolodzie

It's a Mystery

Mary Kelcey

Monday, November 27

Book selection: *The Appeal* by Janice Hallett Discussion leader: Jennifer Collins

Ladies Who Lunch

Shared: contact Pat Davies in October

Join us on a country jaunt this month, to the lush farm and horse country just south of Uxbridge. **Slabtown Ciderhouse and Eatery** Friday, October 27, 12:30 p.m. Due south of Uxbridge: 4559 Concession Road 6 Parking: free and plenty of it. Visit the farm shop and cidery on the grounds. (*Happy to take 3 ladies in my van. Pat*)



September lunch at Bistro 67, overlooking the Durham College students' vegetable garden.

- l. Hedy G, Sirpa H, Pat D, Nancy P, Jane R, Dianne H and Eleanor G.
- r. Ruth F, Donna H, Sue S, Lynda B, Barbara L, Jone W, Pamela G

Bridge Buddies

Karen Dixon

Bridge Buddies October 9th - cancelled – (Thanksgiving)

October 23rd - Northview at 1:15 pm

Please notify Karen if unable to attend. We play Social Bridge and we welcome Club members to join us - call Karen D.

Golf

Shared: contact Barbara Lewis in October

We will continue to play golf until it gets too cold, or the end of October, whichever comes first. New golfers are always welcome.



l to r:

Lynda Boychuk, Jone Webster, Hedy Gadd, Janet Nisbet, Barbara Lewis, JoAnne Prout.



Holiday Dinner



Our reservation is for Wednesday, December 6 at KB restaurant in Whitby. Thanks to Hedy Gadd for making the arrangements.

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 Barbara Lewis. 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.

Please save your empty egg cartons for Sheila Smyth and Hedy Gadd, who need them for St. Andrew’s Food Bank and St. Vincent’s Food Bank, respectively.

Save the date: St. Mark’s United Church annual bazaar, Saturday, October 28, 9:30 am to 1:00 pm. Baked goods, crafts, hostess gifts, lunch to go, gift baskets, used books and puzzles.


SENIORS FOR SOCIAL ACTION (ONTARIO)
Is pleased to present a special Zoom event



BUILDING NATURAL SUPPORTS AND ENHANCING
RELATIONSHIPS TO PREVENT INSTITUTIONALIZATION
OF ELDERS AND PEOPLE WITH DISABILITIES

Date: Thursday, October 12, 2023
Time: 7 - 8:30 PM

With John Lord
Co-Founder of Seniors for Social Action (Ontario)
and a Member of the Order of Canada



To register, no later than Friday, October 6, 2023
E-mail: seniorsactionontario@gmail.com
and you will be sent the Zoom link.

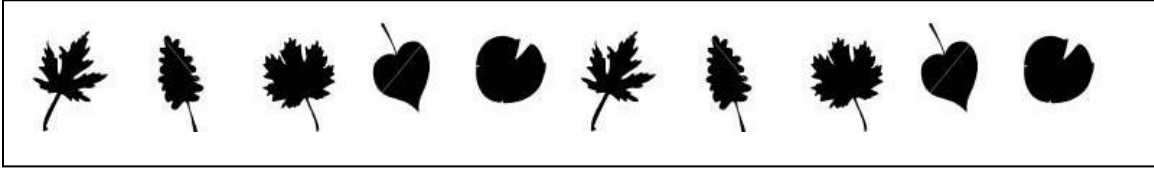
A DONATION OF \$20.00 WOULD BE WELCOME FOR THIS EVENT, BUT NOT NECESSARY IN
ORDER TO REGISTER. DONATIONS CAN BE MADE AT <https://www.seniorsactionontario.com/>
by clicking on the yellow Donate button.

Durham Ukrainian Relief Project: helping displaced Ukrainians settle in Durham.

(204) 333-8435

or

ukr.relief@gmail.com



CFUW Oshawa and District General Meeting Minutes

Wednesday September 13, 2023 at 7pm. St. Mark's United Church, Whitby

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 Anishinaabeg 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.

Melanie Kitchen welcomed returning members and guests. She drew attention to the fire exit routes and the defibrillator. The meeting has been made available on Zoom for those who are unable to attend in person.

Melanie introduced our guest speaker, Mariia Pitolai, an immigration consultant who represents The Durham Ukrainian Relief Project (DURP). Canada has welcomed thousands of refugees from the war in Ukraine, and the project provides help to those in our area.

Dianne Hunchak thanked the speaker.

Judy Brooks held the 50/50 draw.

Break for refreshments and conversation.

Donna Henderson called the business meeting to order at 8:10 pm

Approval of minutes: AGM minutes of May 2023 will be approved at the May 2024 AGM.

Treasurer's Report:

The balance in the general fund as of August 30 is \$6803.98. The Scholarship Trust balance is \$202.55. We recently donated to St. Andrew's foodbank and to Feed the Need Durham.

Motion: Hedy Gadd, seconded by Jennifer Collins, to approve the treasurer's report. All in favour. Carried. Hedy presented the proposed budget for 2023 – 2034 (previously circulated).

Motion: Hedy Gadd, seconded by Pat Davies, to approve the budget. All in favour. **Carried.**

CFUW News

National: Hedy and Donna attended the CFUW National AGM held on Friday, July 7th -Sunday - July 9th 2023.

Information on the new Branding Program: Your Board will be involved in the four stages of the Branding Program through online learning. Stage 1-Logos and Taglines. Stage 2-Remainder of branding items. Stage 3-Website update. Stage 4- New membership database.

Ontario Council: Our Board has connected with Susan Freeman, the new Regional Director for Ontario Council.

Speakers' Series dates: Saturday, October 21, Saturday, November 25, and Saturday, February 24, 2024. The presentations will be on Zoom, from 10 am-12:30 pm. The topics are yet to be determined.

Committee Reports:

- Membership, Sheila Smyth: there are 20 members who have paid their annual dues of \$115 so far. Sirpa Haikonen is a new member.
- Program – Melanie Kitchen reported that the October speaker, Melissa Rudan, will discuss Community Care Durham.
- Publicity- Jone Webster: Bookmarks are available. October flyers are ready for distribution.
- Newsletter-Barbara Lewis: October newsletter deadline is September 28th.
- Scholarship-Donna Henderson reported for Sharron Barker. Our Durham College liaison is Abbi Longo & Jodi Cowan is our contact at Ontario Tech University.
- Social: Karen Dixon and Ruth Follows: nothing new to report.
- Advocacy: Donna Henderson: The Advocacy Committee will be meeting on the third Monday of the month at 2pm on Zoom. Our focus will be on the environment and other timely topics. The first meeting will be Monday, September 18th at 2pm. Call or email Donna for a meeting link.
- Interest Groups- Janet Nisbet: Sign-up sheets for interest groups are

available tonight and will be at the October meeting as well.

Ladies Who Lunch: Monthly organizers needed. See the sign- up sheet. Hedy Gadd has organized the September 29th lunch at Bistro 67 at 12:30. Pat Davies will look after the October lunch plans.

Hedy has booked our holiday dinner for Wednesday, December 6 at KB restaurant in Whitby.

- Archives/ Webmaster: JoAnne Prout has renewed our website license.
- Zoom Team- Donna Henderson with cohosts Barbara Lewis and Melanie Kitchen: over the next few months we will be continuing our trial of offering a virtual connection to our in-person meetings.

New Business: none

Announcements/Upcoming Meetings/Events

Next general meeting date: Wednesday, October 11th at 7pm at St. Mark's United Church, Whitby. Melanie Kitchen will chair the meeting and Donna Henderson will be the recorder.

Board meeting date: Wednesday October 25th at 2pm on Zoom

Motion to adjourn, Dianne Hunchak at 8:37 pm.

Happy bucks

CFUW Websites

Main website: www.cfuw.org

Ontario Council Website: 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

Barbara Lewis

Please submit all newsletter items to barblewis@rogers.com

Items for the November newsletter should be received by Friday, October 27



Happy Thanksgiving!

