

October Virtual General Meeting
"Fascinating Stories of
Whitby's Past"

with LISA JOHNSON, MGR, LYNDE HOUSE MUSEUM



- Have you heard about Whitby's longest unsolved murder?
 - How about the gunfight in Myrtle?
 - Do you know the story of Whitby's first settlers, and why everything around here seems to be named "Lynde"?
 - The "quiet little town of Whitby" was not so quiet!

Wednesday, October 13, 2021 - 7:00 P.M.

Zoom Link will be emailed to club members.

Guests welcome. Email your request for a Zoom Link to cfuw.oshawa@gmail.com

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



PRESIDENT'S MESSAGE

CATHERINE R.

As always, the summer has flown by too fast, but autumn brings its own beauty and activities. Our first meeting of the year was a good one and some of us enjoyed our first "Let's do Lunch" in a long time. CFUW National has developed a comprehensive new strategic plan, which touches on many of the important issues facing us today. It is exciting to be part of an organization trying to be heard and make a difference.

Since we are focusing on aging in place this year, here is some information on how Durham is trying to support seniors.

This strategy is the result of comprehensive research and community engagement, and is aimed at moving the community towards a more collaborative and sustainable approach to meeting the needs of Durham residents across their lifespan. The document was released in 2017. Currently in Durham, 25% of the population is over 55 and this is expected to increase to 34% by 2031.

www.durham.ca/agefriendly

<https://www.durham.ca/en/living-here/resources/Documents/Age-FriendlyDurhamStrategyandActionPlan.pdf>



As of this year, September 30 is now recognized as a new annual statutory holiday. The National Day for Truth and Reconciliation, formerly known as Orange Shirt Day, is held in remembrance of the victims and ongoing legacy of residential schools, and fulfils one of the many recommendations made by the Truth and Reconciliation Commission.

Quote of the Month

“Be a rainbow in somebody else’s cloud.”

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.

MEMBERSHIP

BARBARA L.

Membership dues remain at \$115 for this year. Please send a cheque payable to CFUW Oshawa and District to Hedy G. at 6 Glenelge Court, Bowmanville, ON L1C 4J1 before October 31st. To date, 27 members have renewed.

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 Jone W. and send an appropriate card on our behalf.

ADVOCACY

MELANIE K.

Thanks to everyone who took the time to fill out our survey about topics related to **Aging in Place**. We were very pleased by the 75% response rate.

Ninety percent of you indicated you were interested in learning about alternative models of care, but all of the questions had a 70% interest rate or better. We plan to address a question each

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month that might expand your knowledge in these areas and provide you with links to articles and websites that will help you navigate to an answer that makes sense for you or your loved one.

Articles about alternatives to Long Term Care often cite Denmark. They have about the same percentage of seniors as Ontario. Denmark's population is older than Ontario's but its rates of institutionalization are far lower than Ontario's. Since 1984 they have had a legal ban on building institutions. They emphasize care at home. Ontario does not. You can read how Denmark is doing this on the Seniors for Social Action website; search for Denmark the gold standard in long term care. While you are there, sign up for their newsletter so you are counted as someone who wants alternatives to institutions.

Alternative models of elder care abound and SSAO (Seniors for Social Action Ontario) has written many papers on these options: intensive in-home supports; paid family caregivers (Newfoundland and Labrador have a Paid Family caregiver option); money tied to the person (Ontario's Family Managed Home Care program); small, staffed residential programs located in condos, apartments, supportive housing, (March of Dimes Attendant Care Services); supports in regular homes in the community, special trauma-informed programming for people with dementia (Butterfly Model of Care).

Many models of alternative care have been developed for people with physical or cognitive disabilities and there is much to be learned from those models when it comes to seniors whose abilities are declining and therefore needing more support the type and amount of personal care and support required is similar.

Examples of Alternative Models of Living also abound. Co-housing is one. Remember the Golden Girls of Port Perry? Home Sharing is another perhaps with a college or university student or an under-housed family? McMaster Symbiosis is a program that connects student who needs low-cost housing with seniors who have a spare room and who may benefit from companionship and extra support. The Halton Homeshare toolkit or program does something similar. Naturally occurring retirement communities (NORCs) are another model that hold promise. Search for Oasis Senior Supportive Living Program in Kingston or take a look at the Abbeyfield Houses Society of Canada (Lakefield has an Abbeyfield program). Articles about Laneway housing are more common than they used to be.

Dare to dream about alternatives to long term care or high-priced retirement homes.

Join the advocacy committee as we explore this topic. Our next meeting is October 18 at 2pm on zoom. Contact Donna H to get the link.

ADVOCACY BOOK FAIR

JONE W.

Without in-person meetings, the avid readers in our club have been unable to exchange books. A charity book shop in Ajax is selling books with proceeds going to a youth and a women's shelter. The advocacy committee used these two observations to arrange a book fair. Initially scheduled for this spring but postponed by Covid restrictions, the event was able to proceed on September 10th in the parking lot of the Kedron United Church, thanks to Donna's arrangements with the church. Members of our club and the Kedron U.C.'s book club were invited to donate books,

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CD's, DVD's and puzzles, as well as take any items of interest for donations of \$2-\$5 each. Some potted daylilies were available, as well.

Five advocacy committee members set out tables and managed the influx of donated items. Although the afternoon was cloudy and cool, 19 people attended the book fair. While browsing, club members were able to socialize in person for the first time in many months. The day's proceeds were \$383, including two cash donations from club members who were unable to participate in person. The collected funds will be given to a selected charity.

The remaining items were delivered to the NEW FRIENDS BOOK SHOP in Ajax for fund-raising for the shelters. In total, over 200 adult and youth books, 180 DVD's, 25 CD's, and one jigsaw puzzle were donated. You are invited to support the Book Shop at 520 Westney Rd. S, Unit 8, Ajax; phone # 289-314-6096. The shop is open Tuesday to Saturday from 11am to 3pm.



Book fair volunteers: Donna, Mary, Jone, Janet N. & Hedy



Swapping books: Dianne, JoAnne, Jennifer, Donna, Hedy, Mary & Janet N.



Donating books: Hedy, Jone, Donna & Janet N.

INTEREST GROUPS

“IT’S A MYSTERY” MARY K.

Last Monday of every second month at 1:30 pm. Next meeting on November 29th.

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It's a Mystery - Hedy, Jennifer, Mary and Lina on Sep 27th

MYSTERY LOVERS BOOK CLUB 2 **JANET B.**

Monday, October 25th 7:00 pm Location: TBA
 Book Selection: *LOVE YOU MORE* by Lisa Gardner
 New members welcome. Contact Janet B.

READING GROUP 1 **BARBARA L.**

Tuesday, October 19th 1:30 pm Location: Home of Jone W.
 Discussion leader: Sharron B.
 Book Selection: *THE LIFE AND TIMES OF THE THUNDERBOLT KID* by Bill Bryson

MORNING COFFEE AND BOOK CHAT **MELANIE K.**

Wednesday, October 6th 10 am Location: TBA
 Discussion leader: Melanie K.
 Book Selection: *LOLITA* by Vladimir Nabokov
 The Chat Group meets in members' homes on the first Wednesday of the month from September to June from 10am to noon, or via Zoom during Covid-19 social distancing rules. Themes are chosen and then matched to a book.

| Date | Theme | Book | Author | Presenter | Hosted by |
|------------|----------------------|---------------------------|------------------|-----------|-----------|
| Nov 3 | Canadian immigrant | The Bomber Mafia | Malcolm Gladwell | Janyce | TBA |
| Dec 1 | Place/location | The Little Paris Bookshop | Nina George | Marilyn | TBA |
| Jan 5 2022 | Contemporary fiction | The Firekeeper's Daughter | Angeline Boulley | Marilyn | |

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| | | | | | |
|-------|---------------|----------------------------|------------------------|---------|--|
| Feb 2 | Canada | Greenwood | Michael Christie | Lindy | |
| Mar 2 | Non fiction | | | Janyce | |
| Apr 6 | Science | The Angel and the Assassin | Donna Jackson Nakazawa | Jane | |
| May 4 | Book in a bag | | | Lindy | |
| Jun 1 | Short stories | The Leaving | Budge Wilson | Melanie | |

LET'S DO LUNCH*LINA Z.*

Volunteers are needed for November, January, March, May and June to arrange a lunch. Contact me at linazatzman1@gmail.com. if you are interested in filling one of those spots. All you need to do is pick a place, a date and let me know so I can send the notice out. Once you have the numbers, make the reservation, and "Bob's your uncle" as my mother used to say.

OCTOBER LUNCH - Your Thanksgiving turkey meal with the family will be long gone and the calories melted into oblivion, so it's time now for fall feast before the days wane even more, colder weather comes and we start seeing those Christmas ads on tv all too soon. Come and enjoy a great Mediterranean meal.....

Date: Friday, October 29, 2021

Time: 12:30 p.m.

Location: A Tavola Bistro

Address: 10 Meadowglen Drive, Meadowglen Plaza, Whitby

(at Garden St., north of Rossland, south of Taunton Rd., northwest corner of intersection)

Masks required & proof of Covid vaccination inside the restaurant.

Great reviews on Trip Advisor - plus vegan and gluten-free.

Seafood dishes reflecting Italy's maritime coast; not all stereotypical pasta and pizza items.

RSVP, ASAP: Pat D. patjdavies@rogers.com, 905-430-0375

Website: <http://www.atavolabistro.com>



Let's Do Lunch at Anchor Point in Courtice on Sep 23rd.

WALKING BUDDIES

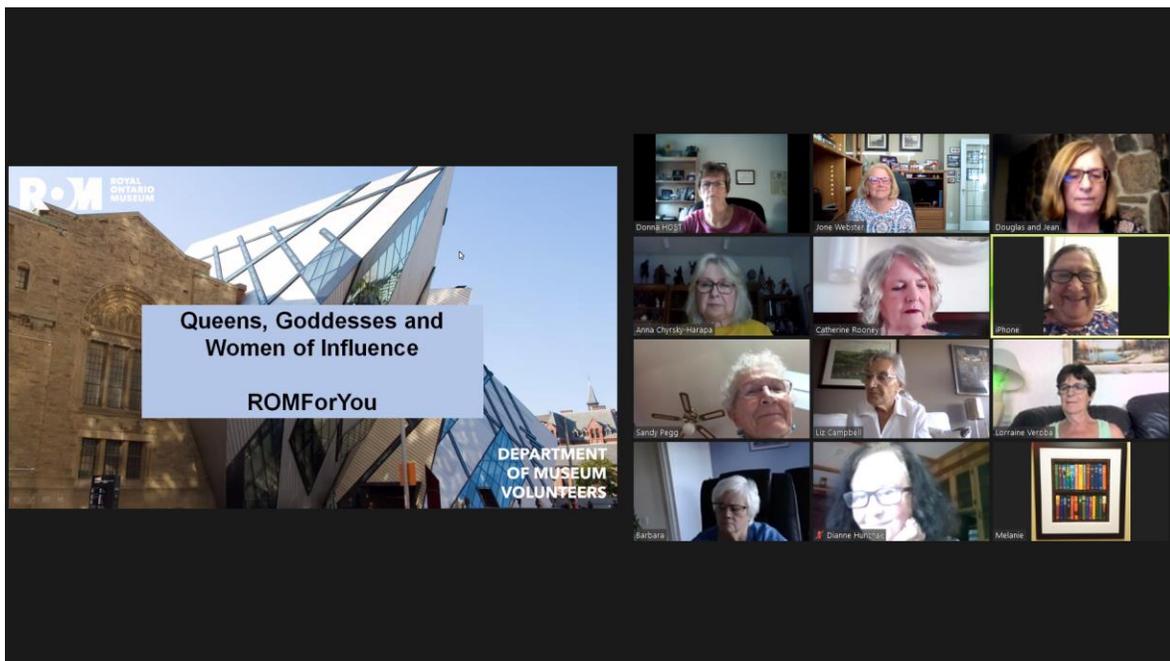
MELANIE K.

Site-seeing and walking combined! Remember Cullen Gardens? With its miniature houses and lake? The houses and mini lake are long gone but the parkland is still there. Our first CFUW walk will be at **Cullen Central Park in Whitby** at 4999 Cochrane St which is north of Taunton Rd. Bring a non CFUW friend, your (well behaved) dog on a leash and meet me at the Wounded Warriors Park of Reflection on **Thursday October 14 at 10am**. Park in the parking lot behind the under-construction Thermea Nordik Spa and walk east to the path by the public washrooms to get to the WW Park. We'll walk down into the Lynde Creek Valley over the covered bridge and take the path around the creek (about 1.5 kms) once or twice. Contact Melanie K for more info.

PROGRAM

SHEILA S.

- Oct 13 **Fascinating Stories of Whitby's Past** - Lisa Johnson, Lynde House Museum
- Nov 10 **PFLAG: Parents, Family and Friends of Lesbians and Gays** - Jake Farr
- Jan 12, 2022 **One Lived Indigenous Experience and How to Move toward Reconciliation**
- Feb 9 **The Ever-Expanding Role of Dog Guides** - Lions Club of Canada
- Mar 9 **Happily Ever Older** - Moira Welsh, Investigative Reporter, Toronto Star
- Apr 13 **Amazing Lavender** - Christel von Engelbrechten, Christel Lake Lavender Farm
- May 11 **AGM**



Our Virtual General Meeting on September 8th with volunteers of the ROM

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ONTARIO TECH UNIVERSITY NEWS

Women for STEM Summit 2021: Resilient, Responsive, Resourceful

Join us for our third annual Women for STEM Summit. Our virtual Summit will explore various viewpoints on the challenges faced by women and how COVID-19 has changed the way we live and work. Our speakers will focus on the theme of Resilient, Responsive, Resourceful to share how women in STEM are helping their organizations and employees succeed and move forward from COVID-19.

Thursday, October 14 - 1:30 to 4:30 p.m. - Virtual Event

Keynote speaker

- **Rania Llewellyn**, President and Chief Executive Officer, Laurentian Bank of Canada

Speakers

- **Karine Glenn**, Strategic Project Director, Nuclear Waste Management Organization
- **Paula Hodgins**, Senior Vice President Global Accounts and Telco, VMWare
- **Vandana Juneja**, Executive Director, Canada, Catalyst Canada Inc.
- **Jennifer McKellar**, Associate Professor, Faculty of Energy Systems and Nuclear Science, Ontario Tech University

[Women for STEM Summit Giving \(ontariotechu.ca\)](https://www.ontariotechu.ca)

[Women for STEM Scholarship Fund](#)

GENERAL MEETING MINUTES

SEPTEMBER 2021

CFUW Oshawa and District

Date: September 8, 2021, 7:00 p.m.

General Meeting Minutes

Virtual Meeting on Zoom

CFUW Oshawa and District, wishes to acknowledge the lands and people of the Mississaugas of Scugog Island First Nation, which is covered under the Williams Treaties. We are meeting on the Traditional Territory of the Mississaugas, a branch of the greater Anishinaabeg Nation, which includes the Algonquin, Ojibway, Odawa and Pottawatomi people.

Host –Donna, Co-hosts- Barb and Melanie, Recording Secretary-Donna

Welcome to all and introduction of any new members and guests

*Participants are asked to mute themselves, turn off video and turn on Speaker View, during the presentation.

Program: “The ROM’s Queens, Goddesses and Women of Influence”

Introduction: Sheila L. Thank You: Carol T.

Break- 5 min.

Video- a focus on the positive changes in the past year.

Business Meeting (Recorded)

1. **Call to order**-Catherine R., regrets from Karen D., Sheila S. and Janet N.
2. **Any additions to the agenda**- Catherine
3. **Approval of minutes of as circulated in the Newsletter**- N/A-April minutes already approved.
4. **Business arising from Minutes**: N/A
5. **Treasurer’s Report**- Hedy G.

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A. Financial Statement: for Aug. 25, 2021

Balance April 30,2021: \$4,297.57

General Account Balance: \$ 4,382.57, Scholarship Trust Fund: \$82.55

Approval moved by: Hedy, seconded: Jennifer C. All in Favour: Carried

B. Presentation of the Budget: for the club year 2021-2022

Hedy presented a detailed projection regarding our present circumstances.

In order to meet our needs Membership fees will remain at \$115.00.

Balance Forward \$4,297.57

Approval moved by Hedy, seconded: Linda P. All in Favour: Carried.

6. CFUW News National -AGM June 25,2021

-two sessions were held this year in compliance with Not-for-Profit Regulations.

- the budget was passed including approval of a one-time rebate of \$21.70 per capita to non GWI Clubs (3766 members= total of \$81,722). Several cost saving measures, such as moving to a smaller National office are included.

-the dues Motion was adopted- as of 2022, non GWI Clubs will pay CFUW National dues of \$55.00 per year and GWI Clubs will pay \$55 plus the GWI per capita fee. If \$21.70 does not cover the amount owed, those Clubs may have to pay a levy to GWI as National will no longer carry a deficit.

-other items approved at the AGM are included in the agenda for this meeting

Policy Session June 26

-a few revisions and updates to the 2013 Policy and Procedures Manual: Volume One were adopted

- Resolution 1 (plastics), 2 (appliance repair) and 4 (pandemic recovery for women) were adopted as written

-Resolution 3 on the Opioid Crisis was adopted with an amendment to include decriminalizing the issue, by moving it from corrections to health care and implementing alternatives to criminal proceedings

-Election News -National has created an Election Tool kit – there is information on this in our Sept. Newsletter and on the CFUW National website.

7. Ontario Council - Report on May 15, 2021 AGM- “Step into Your Power” -Club Awards were announced, budget passed

-the Resolution on Human Trafficking was adopted- the proposing Club urged all Clubs to continue advocating re: this important issue

- Next AGM May 13-14, 2022- host Kitchener/ Waterloo

- Speaker Series- Oct. 2 and Nov. 27, 2021 and Feb.26, 2022- hopefully at least one will be in person. Catherine will forward the Oct.2 registration information to the General Membership when she receives it.

-Ontario Council has prepared a document titled “Covid Guidelines: CFUW ON Council: Indoor Club Meetings. Catherine has a copy if required

8. Committee Reports:

Membership: Catherine.

-Membership dues for 2021-22 are \$115. Mail cheques to Hedy and she will provide a receipt.

-Barb has received 8 paid memberships at this point.

Membership Recruitment: Catherine

Catherine encouraged members to invite friends to our General Meetings and Interest Groups

Program: Janet B reported that our October speaker is Lisa Johnson.

Lisa is the Manager of the Lynde House Museum & the Warren General Store. The title of the presentation is, “Fascinating Stories of Whitby’s Past”.

-Members, please remember to send out the program flyer to friends and relatives.

Publicity: Jone

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-Jones has posted information on the City of Oshawa website and on SNAP. She is also posting on nine Facebook community groups, that cover a large geographical area in Durham and reach out to many individuals. In addition, she has contacted Durham Women's Network.

-Submissions to Whitby This Week have not been posted.

-Twelve people expressed interest in attending our September meeting.

Newsletter: Jone

-Jone produced her first newsletter and expressed her gratitude to Barb for the handbook and flash drive.

-Jone requested that items for the newsletter be submitted to her no later than the 28th of month, prior to the newsletter publication. She will try to send out the newsletter on the 1st or 2nd day of the month.

Scholarship – Hedy

-The invitation to the Durham College Academic Kick off Aug.31,2021 was declined.

-Durham College Endowment Fund Report received:

Balance: \$57,712 In year contributions: \$ 2,558

Market Value \$68,206

Advocacy- Jone & Donna

-The Book Sharing and Exchange has been moved to the rain date, Fri Sept. 10th time: 2-3:30pm at Kedron United Church, Oshawa. Enter off of Conlin Rd. East of Ritson Rd. Jone will send out an email regarding the date change.

- Donations are requested for books, puzzles, DVD's and CD's. Monetary donations will be collected for our club's charitable donation for this year. This is a private event but you may bring a friend. Covid Protocols will be followed. Sign in is required.

-All remaining books etc. will be donated to the New Friends Bookshop in Ajax, ON. NFBS supports a youth's and a women's shelters.

-The Advocacy Committee will be sending a survey on Survey Monkey regarding "Aging in Place". Advocacy will review the results and provide information in the newsletter.

Social- Catherine re: report from Karen

-Kingsview United Church has been informed that our club will not be renting space in the church before Jan.2022. The church will hold the 2nd Wed. of the month open for our use. Our in-person location will likely be in the gym. The parking lot is being resurfaced.

-Hedy mentioned that the church is holding \$250 of our pre-pandemic monies for future use.

Interest Groups- Melanie (Interim)

-The club still needs an Interest Group Co-Ordinator. Bridge players have been notified that they will now be playing on the 2nd and 4th Monday of the month.

- Presently there are NO SUBS players available. If you are unable to play, please find a sub player (club member or non-member).

-The Let's Do Lunch Group, has started up. See announcements below for details. Lina has agreed to coordinate this group by sending out emails. One participant per month, will be responsible for researching a venue and making reservations.

-Walking Buddies, will begin Thurs. Oct 14th at 10am. Melanie will organize the first walk. Participants will take turn organizing the walks. Members are encouraged to bring a friend.

-Members are encouraged to think about a December in-person venue for a Holiday Gathering.

Archives-JoAnne

-Archives will be updated at a later date. Our 75th Anniversary Certificate is now archived.

Web site-JoAnne

-The meeting flyers have been posted on the website and the website has been updated.

Zoom Team- Donna

-Contact Donna if you would like to practice on Zoom and become more comfortable on any device you use. A private session can easily be arranged.

-The Zoom Team requires more Co-hosts for meetings. Contact Donna to learn more about this helpful position.

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-The Zoom team will co-ordinate with the Program Committee, to ensure that community speakers are adequately prepared for Zoom meetings in advance and that meeting details are discussed with all parties involved.

9. New Business: Catherine

-We have volunteers to take the minutes for Oct., Nov. and Jan. We still need volunteers the rest of the year (Feb., March, April, May).

-We also still need an Interest Group Coordinator.

-The Toronto Sat. Star recently provided an extensive article about STEM activities at various universities in Canada.

-Cachet Clothing Shop in Bowmanville recently hosted a 40th Anniversary Event. Catherine sent a congratulatory email to the owner on behalf of our club.

-The National election will take place Mon. Sept 20, 2021. Check your mail for a voter's card. ElectionsCanada.ca is a good site to check for information.

10. Announcements/Upcoming Meetings/Events

-CFUW National Strategic Plan Townhall- Sept. 9 – 7:00-9:00 pm. or Sept. 11- 12:00-2:00. You must preregister.

-Let's Do Lunch-Sept. 23 at 12:30 at the Anchor Point Bar and Grill-RSVP to Catherine by Sept. 20. An email will be sent out with further details.

-General Meeting- Oct. 13 on Zoom at 7:00 pm,

- Ontario Council Speaker Series- Oct. 2, 2021, registration required

-Board Meeting – Oct. 27, 2021 at 1:30 pm. Zoom

-Newsletter submission deadline – Sept.28, 2021

11. Adjourned at 9:17pm (recording completed)

HAPPY BUCKS

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 November newsletter should be received by Thursday, October 28

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