



CFUW OSHAWA AND DISTRICT

**ANNUAL
HOLIDAY
PARTY**

**Wednesday, December 8
5:30 p.m.**

KB Food

120 Brock St. North, Whitby

(The municipal parking lot is close by on Elm St.)

Price: **\$45.95 plus tax** for a 3-course prix fixe menu including:

- a choice of 3 appetizers (soup, salad or other)
- entrée choice (chicken, steak, pasta, fish, vegetarian)
- a choice of 2 desserts
- tea or coffee

RSVP—Hedy Gadd



PRESIDENT'S MESSAGE

CATHERINE R.

December already! In many ways we are glad to say goodbye to 2021. Let's hope 2022 will see the decline of the pandemic, insights into the "new normal", a better economic picture, inroads to positive social change and gains in the fight against climate change. We have to think big!

Over the next while, your Board will be reviewing the survey results on in-person meetings and also investigating other possible meeting venues. Reminder - if you have not completed the survey on return to in-person meetings, please do so as soon as possible.

I wish everyone who celebrates, a Merry Christmas, and to all, a happy, healthy New Year. I hope to see many of you at our Holiday dinner.

Quote of the Month

"Do the best you can until you know better. Then, when you know better, do better."

Notable Dates in December

December 1: World Aids Day

December 3: International Day of Persons with Disabilities

December 6: National Day of Remembrance and Action on Violence against Women

“Domestic violence is not a women’s issue. It is a systemic and societal issue. Prevention can only be achieved through education and meaningful engagement with men and boys.”

December 8: CFUW Oshawa & District Holiday Dinner at KB Food

December 10: International Human Rights Day

January 12, 2022: CFUW Oshawa & District General Meeting

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**JONE W.****16 DAYS OF ACTIVISM**

The following information is taken from the CFUW 2021 Toolkit for the 16 Days of Activism.



The [16 Days of Activism](#) (November 25th to December 10th) is an international campaign to generate actions that will put an end to violence against women and girls. It was started at the inaugural Women's Global Leadership Institute in 1991 and is one of the largest organizing strategies in the prevention and elimination of gender-based violence around the world. CFUW clubs and members can be trailblazers in their communities and across the country, contributing positively to end gender-based violence (GBV) and violence against women (VAW).

December 6, 2021 marks the 32nd anniversary of the École Polytechnique massacre (also known as the Montreal Massacre). Fourteen women were murdered simply because they were women, and on this day, we remember those victims of GBV. The École Polytechnique massacre is an example of the deadly impacts of GBV and antifeminist sentiments. Many CFUW Clubs host vigils on this day to remember the victims and commemorate their lives.

The Convention on the Elimination of all Forms of Discrimination against Women (CEDAW) defines Gender-Based Violence as:

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"Any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

Gender-Based Violence (GBV) is a broad term and can take many different forms such as domestic violence, sexual harassment or assault, child marriage, psychological or emotional abuse, human trafficking, financial abuse, stalking, femicide, or female genital cutting or mutilation.

Although women and men both experience violence, statistics indicate that women experience higher rates of rates of violence than men. In Canada, Indigenous women and girls, women with disabilities, newcomers, youth, seniors, LGBTQI2S+ and non-binary individuals, and those living in rural or remote communities are disproportionately impacted by gender-based violence.

Information & actions to end gender-based violence (GBV) and violence against women (VAW):

1. Avoid victim-blaming and let survivors know that abuse is not their fault.
2. Abuse is about power and control.
3. Systemic problems of violence require systemic solutions. Increased funding & services to support survivors is an essential part of the process to eliminate violence.
4. Did you know 1 in 3 Canadians understand what it means to give consent in sexual situations? When it comes to consent, there are no blurred lines.
5. The presence of guns fuels gender-based violence - this is why CFUW supports a total ban on assault weapons, large-capacity magazines, and handguns in Canada.
6. You can help to eliminate gender-based violence by being an ally.
7. As digital platforms connect us around the world, they have also provided new ways to abuse and harass women, girls, and other marginalized communities.
8. We all have a role to play to end gender-based violence. Encourage others to take action- 365 days a year!
9. It's important to interrupt harassment and abuse as a bystander.

[You can find all of these resources on the CFUW Member Resources site here.](#) [Or on the CFUW public website here.](#)

For each newsletter, a member of the advocacy committee will present information addressing the topics of interest to you based on the results of our survey about AGING IN PLACE.

HOME MODIFICATIONS FOR PHYSICAL AND COGNITIVE CHANGES

According to a survey earlier this year, over three-quarters of Canadians want to age in their current homes but just one quarter think they'll be able to do so. Home modifications are a key solution to closing this gap. It's important to prepare a plan, not just for the immediate future, but longer-term with consideration for probable and potential health and mobility limitations. Enlist the professional advice of an occupational therapist in identifying immediate and long-range home modifications.

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The following list provides home modification ideas for your consideration as you plan to age in place.

ACCESS RAMPS If needed, install a wheelchair ramp (portable or temporary) at the main entrance. Install threshold ramps to provide smooth transition between rooms.

BATHROOM & LAUNDRY If possible, add a full bathroom and laundry to the main floor.

BATHTUB & SHOWER STALL If possible, install a no-barrier shower stall. Add fixed and handheld shower heads, wall grab bars, safety strips, and pull-down seat or bathtub chair. Or, replace a regular bathtub with a walk-in one. If removing the bathtub is not possible, add a bathtub transfer bench to straddle the edge of the tub. You sit on the outside and slide to the inside, lifting one leg and then the other over the tub edge.

BED RAILS Install bed rails to avoid rolling off the bed and to aid in sitting up and getting out of bed.

CLUTTER Get rid of clutter to make clear walking pathways, ideally 3 foot wide. Clear surfaces to provide landing spaces for parcels. De-clutter your closet. Install adjustable shelving or a closet shelving system.

CORDS Secure loose electrical away from walkways and close to the wall. Rearrange the placement of electronics to eliminate extension cords. Secure multiple cords with Velcro straps.

COUNTERS & SINKS Adjust the counter and sink heights to your needs. Add a roll-under sink, if using a wheelchair. Use a contrasting colour for countertops or countertop edges for increased visibility. Replace cabinet knobs with pull bars.

DOOR HINGES Add swing-clear hinges to doors to widely open doors.

DOORWAYS Widen doorways for easy movement and use of a walker, crutches or wheelchair.

FAUCETS Install lever faucets. Foot-operated faucets are also available. Adjust water temperature to avoid burns.

FLOOR MATS Throw out the throw rugs. Get rubber anti-fatigue mats and non-slip bath mats.

FLOORING Install slip-resistant, non-glare flooring. Avoid using carpet tape. Repair rips and folds in carpets. If replacing carpeting, use shorter nap.

FURNITURE Keep only the furniture you need. Place end tables so they are easy to reach. Avoid low furniture that's hard to see. Avoid sharp corners and furniture legs that curve outward. Ensure that bedskirts, comforters, drapes and furniture slipcovers do not puddle on the floor. Provide comfortable seating at an appropriate height. Use night tables that are large enough to hold a lamp, phone (for emergency contact), eyeglasses, and water glass.

GRAB BARS – Securely install grab bars in the bathroom, hallway and beside the bed.

HANDRAILS Ensure that stairs have handrails that are firmly attached and run the length of the staircase.

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HOME SECURITY Install a home security system including smart door locks or biometric locks for quick access without keys, remote door locking and unlocking, and video doorbell and cameras.

LIFTS An electric or self-powered lifting seat slowly tilts you forward to assist with standing from any seat. A hoist lift assists with getting out of a bed or bathtub but requires an operator. A sit-to-stand lift placed by your favourite chair can pull you upright.

LIGHT SWITCHES Install rocker-style (push) light switches which are easier to operate than toggle (flip) switches. Place switches at a comfortable height.

LIGHTING Maximize lighting by adding light fixtures, night lights, direct task lamps and higher wattage bulbs. If possible, add windows or skylights for more natural light.

ORGANIZATION Store the items used most often within easy reach. Install a pull-out pantry. Add pullout landing boards (slide shelving) to kitchen counters. Store dishes and baking sheets vertically by adding dowsing or dividers. Add lazy susan trays, sliding wire organizers and pull-down shelves.

SMART HOME Invest in smart home products. Voice-activated devices like Amazon Echo and Google Home can control lights, TVs and thermostats without physically moving. Video monitors allow others to check on your home activity.

STAIR LIFT OR ELEVATOR – If living in a multi-story home, add a chair lift or elevator, if needed.

STAIRWAYS Ensure that stairways are well-lit by installing overhead fixtures, wall sconces or nightlights. Add reflective strips, where appropriate.

TOILET SEAT Install an elevated toilet seat or toilet seat riser, with or without padding and arms. A moveable toilet paper holder can be positioned where it's convenient.

The following website can provide additional information:

[Aging in Place - Canadian Association of Occupational Therapists | Association canadienne des ergothérapeutes \(caot.ca\)](http://caot.ca)

[Home Modifications for the Elderly \(seniorlink.com\)](http://seniorlink.com)

[National Survey Shows Canadians Overwhelmingly Want to Age at Home; Just One-Quarter of Seniors Expect to Do So \(newswire.ca\)](http://newswire.ca)

[Living safely with dementia – Finding Your Way \(findingyourwayontario.ca\)](http://findingyourwayontario.ca)

[5 Must-Have Home Modifications for Seniors Aging in Place | AssistedLiving.org](http://AssistedLiving.org)

[Home Modifications - AgingInPlace.org](http://AgingInPlace.org) AARP HomeFit Guide

SCHOLARSHIP***HEDY G.***

On National Philanthropy Day on November 15, our club received a thank you from Ontario Tech University for our donations towards our club's scholarship Endowment Fund. We received an e-mail, a post card and a telephone call from Jodi Cowan, the community engagement coordinator.

How to Donate to the CFUW Endowment Funds**To Durham College**

- Make a cheque or money order payable to “Durham College Foundation” but on the memo line, write “CFUW Oshawa and District Endowment Fund”.
- Make sure your cheque has your name and address on it. Donations of \$20 or more will receive a tax receipt from Durham College.
- Mail the cheque to: Durham College, Office of Development
2000 Simcoe St. North
Oshawa, ON L1G 0C5

To Ontario Tech University

- Make the cheque or money order payable to “Ontario Tech University” but on the memo line write “CFUW Oshawa and District Endowment Fund”.
- Ensure that your cheque has your name and address on it as donations of \$10 or more will receive a tax receipt.
- Mail to: Tech University Advancement Office
2000 Simcoe St. North
Oshawa, ON L1G 0C5

Donating Online

- Visit each school’s website. Click on “Donate” or “Giving”. Complete the form provided.
- If it says “please use my gift for” or “other”, type in CFUW Oshawa and District Endowment Fund.

Here is a link that you can use for Ontario Tech: <https://giving.ontariotechu.ca/donate/index.php>

INTEREST GROUPS***MELANIE K.*****“IT’S A MYSTERY”*****MARY K.***

Monday, January 31st 1:30 pm Location: TBA

Discussion Leader: Lina Z.

Book Selection: ***HOW A WOMAN BECOMES A LAKE*** by Marjorie Celona

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MYSTERY LOVERS BOOK CLUB 2**JANET B.**Saturday, January 29th

7:00 pm

Location: Home of Janet B.

Discussion Leader: TBA

Book Selection: **THE GRANTCHESTER MYSTERIES:****SIDNEY CHAMBERS AND THE PROBLEM OF EVIL** by James Runcie

New members welcome. Contact Janet B.

READING GROUP 1**BARBARA L.**Tuesday, December 21st 1:30 pm

Location: Home of Sheila S.

Discussion Leader: Janet N.

Book Selection:

THE CHILBURY LADIES' CHOIR

by Jennifer Ryan

Pictured at right: Reading Group ladies in Elaine's garden, June 2021**MORNING COFFEE AND BOOK CHAT****MELANIE K.**Wednesday, December 1st 10 am

Location: TBA

Discussion leader: Marilyn L.

Book Selection: **THE LITTLE PARIS BOOKSHOP** by Nina GeorgeWednesday, January 5th 10 am

Location: Home of Janyce C

Discussion leader: Lindy K.

Book Selection: **CANADA GREENWOOD** by Michael Christie**LADIES WHO LUNCH****LINA Z.**

Thanks to Hedy G. for organizing the November lunch at THE YARDBIRD in Bowmanville.

We still need volunteers for January, March, April, and May. I can be reached at 905.576.0381 or email me. linazatzman1@gmail.com.



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WALKING BUDDIES**MELANIE K.****Walking Buddies Thursday Dec. 9th 10am**

We will walk off the yumminess we consumed the night before at our CFUW Holiday dinner by checking out the new south end of the Bowmanville Creek Trail. Crossing under the 401, it hooks up with the Waterfront Trail. Not a loop but an out and back so we turn around when it suits us. Pavement and gravel.



*Nov 11 Walking Buddies
Front: Joanne T, Hedy
Sharron, Jennifer, Lina, Dianne, Melanie*

Meet at the parking lot on the north side of Baseline Rd West. If you use the 401, exit at Liberty St in Bowmanville and go north to Baseline Rd and turn left. If you see Spry Ave, you have missed it. The parking lot is about 150 meters east of Spry Ave. I'm not sure there is a sign or just a turn onto a dirt road into the trees.

We will skip Dec. 28th and meet up again January 13 and 25th. I hope you have put ice cleats or walking sticks on your wish list so we can safely enjoy winter walks. Canadian Tire has some pretty decent looking ice cleats.

See you rain or shine...just not a total downpour.

HOLIDAY DINNER**HEDY G.**

I am happy to report that nineteen members have signed up to attend our club's holiday dinner on Wednesday December 8th at 5:30 at KB Food in Whitby. Cost is \$45.99 plus tax for a 3-course meal. The staff at the restaurant are fully vaccinated.

If you would like to attend and have not replied yet, please contact Hedy G. by December 3rd.

PROGRAM**SHEILA S.**

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

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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 are:

1. that this information is of benefit/interest to our members, and
2. you are involved/passionate about it.

ACTION VOLUNTEERS FOR ANIMALS (AVA) – Catherine R.

Pet Smart Oshawa at Harmony and Taunton has an adoption centre for cats run by ACTION VOLUNTEERS FOR ANIMALS. This centre is staffed by volunteers from 9:00 am. to 9:00 pm. seven days a week., 4 shifts per day. We need more volunteers! Each volunteer is expected to commit to at least one 3-hour shift per week for at least 3 months. The job is easy: top up food and water, clean litter and cages, talk to potential adopters and most importantly - play with the kitties! They need socializing and stimulation as they await their forever homes. I have been volunteering for about a year and really enjoy it. You can apply online at avacats.org.

GENERAL MEETING**NOVEMBER 2021**

Our Virtual General Meeting on November 10th with Jake Farr of pflag Durham Region

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**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 December newsletter should be received by Tuesday, December 28.

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