



### January Virtual General Meeting

## "Learning about Residential Schools"

with Doe O'Brien-Teengs, Intergenerational Survivor



Doe's mother, an Omushkego Cree and many relatives went to St. Anne's Residential School in Fort Albany on James Bay. Doe is writing a PhD dissertation about reconnecting oral history among her mother's people. She uses stories to nurture empathy and understanding to move forward together.

Wednesday, January 12, 2022 - 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](mailto:cfuw.oshawa@gmail.com)

CFUW Oshawa and District  
[cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)  
[www.cfuwoshawaanddistrict.com](http://www.cfuwoshawaanddistrict.com)



## PRESIDENT'S MESSAGE

CATHERINE R.

Happy New Year! This is a time for remembering the good moments of last year and looking forward to new ones. May our club forge ahead in our various advocacy initiatives, further support the education of women through our scholarships and continue to grow, learn and foster friendships. Slainte Mhath!

### Quote of the Month

"Feminism isn't about making women stronger. Women are already strong. It's about changing the way the world perceives that strength. A feminist is anyone who recognizes the equality and full humanity of women and men."

### Highlights from the November Speech from the Throne

(from CFUW National web site)

It was an historic moment as Governor General Mary Simon, the first Indigenous person to hold this position, delivered the speech in English, French and Inuktitut. A number of CFUW priorities were addressed in the speech. Here are a few.

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

**Early Learning and Child Care**

-promised to continue building a Canada wide, affordable childcare system

**Climate Change**

-acknowledged plans to invest in public transit, cap and cut oil and gas sector emissions, protect our lands and oceans, while respecting traditional knowledge of our Indigenous peoples

**Gender Based Violence**

-acknowledged the rise in violence against women and girls and committed to move forward with the National Action Plan on Violence against Women and Gender-Based Violence

**Indigenous Peoples' Rights**

-stated that fighting systemic racism, sexism, discrimination, misconduct and abuse will remain a key priority and strengthened the commitment to survivors of residential schools

**Gender Equality**

-committed to increase the foreign aid budget to promote gender equity around the world

It's important that CFUW Clubs help make sure these promises translate into meaningful policy change. Unfortunately, plans for universal pharmacare, basic income, and reform in the long-term care sector were absent so we must continue to lobby for these.

**CFUW NEWS****CATHERINE R./JANET N.****November 27th Speaker Series recording is now available – Catherine R.**

**Tackling the Opioid Crisis:** The opioid crisis is a complex public health issue that has worsened during the COVID-19 pandemic, with many communities across Canada reporting record numbers of opioid-related deaths, emergency calls and hospitalizations. The session on November 27th was very informative and the meeting recording is now available.

<https://us02web.zoom.us/rec/share/9ZjLU-eT9Nau7pLgIi5-ItAqsTLM2v9WPzqho4ORgNzdwE7Y6F3uZTm5m62aHX8o.5u9RUqDCb9ZhOmBb>

**Passcode: V\$DW4hGT**

Please note that after you click on the link and are asked to enter the passcode, you must manually key the passcode, you cannot copy/paste.

**CFUW National Update – Janet N.**

For those of us who are hibernating a little more than expected with omicron challenging our equanimity, you will find several virtual events available over the next month or so listed in the Club Action Newsletter. The first event to consider are the webinars on January 19 @ 7 pm (EST) and January 22 @ noon (EST). The topic is **“What do National Board members do and would I want to do it?”** Then there is another webinar on January 27 @ 7 pm EST) on the **Extraction and Resettlement of Afghanistan People** whose lives are threatened by the Taliban

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

takeover. Close to this topic is an invitation from CFUW Halifax to join them to hear Hanna Gros speak on the practice of **Immigration Detention**. There are more invitations to virtual events coming from Newfoundland, Moncton, Kanata, Etobicoke, and Edmonton, so if you are looking for something to distract, inform, and inspire, there are many choices.

Also, if you haven't signed the petition urging Premier Ford and Education Minister Lecce to sign on to the **Federal Childcare Plan**, there is still time to do that at the Ontario Coalition for Better Child Care ([childcareontario.org](http://childcareontario.org)). There are 5758 signatures currently; the goal is 5900.

### **CFUW Ontario Council Update – Janet N.**

The Ontario Council website has a section on the activities of clubs participating in the **16 Days of Activism Campaign** (November 25-December 10). There are also links to updates on Bills 27, 37, and 75 if you follow legislative activity.

The next **Speakers Series** (Women Helping Women) will be on February 26 via Zoom. The topic will be **Education** with an overview of **Alternative Education Options** for at risk students and an update on the **Childcare Situation in Ontario** as possible topics. As soon as a speaker is confirmed, we will put the information in the newsletter with the link for registration.

## **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**

**DONNA H.**

### **COMMUNITY CARE DURHAM – Video Meeting on January 3<sup>rd</sup> – 2 PM**

Our Advocacy Group would like to invite any interested members to attend our Advocacy Zoom meeting on January 3, 2022 at 2pm. We have invited James Meloche, CEO of Community Care Durham, to have a discussion with us, regarding our focus on “Aging in Place”. This is our theme for this club year. If this topic is of interest to you and you would like to attend this meeting, please email Donna H.


*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.*

### **Programs and Services to assist Seniors with Home Maintenance Tasks by Donna H.**

#### **1. The Home and Vehicle Modification Program**

The program is available to permanent residents of Ontario who live with a substantial disability that impacts their mobility and daily function, and who can't afford the modifications they need to maximize their independence.

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

The Program Guidelines outline exactly who can apply for funding, and what kind of modifications are covered. Please read it carefully to make sure you, and the modifications you need, are both eligible.  [Home and Vehicle Modification Program Guidelines](#)

### **2. Snow Clearing Assistance in Oshawa**

The City of Oshawa provides snow clearing assistance to residents 65 years of age or older, and people with disabilities who have no resident without disabilities under the age of 65 living in the household. The Snow Clearing Assistance Program provides registered residents with assistance in clearing city sidewalks and driveway windrows. The windrow is the pile of snow at the bottom of the driveway that is left after a snowplow clears the street.

**Service Oshawa**, Phone: 905-436-3311, Toll-free: 1-800-667-4292

### **3. Community Care Durham Region**

This organization offers a variety of services to seniors and others in need. Check their services by opening this link: <https://www.communitycaredurham.on.ca/services/>

### **4. Home Maintenance Checklist**

This link provides a checklist to help individuals maintain their house in good repair so that larger repair problems can be avoided.

[Home-Maintenance-Checklist-Printable.pdf \(prudentreviews.com\)](#)

### **5. 'MILITARY BY OWNER'**

This is another home maintenance checklist that is very good for seniors and/or those living alone.

<https://blog.militarybyowner.com/15-home-maintenance-tasks-and-repairs-everyone-should-know-how-to-do>

### **6. 'SENIOR SAFETY ADVICE'**

This is an American publication, but it still has some good information regarding "Aging in Place". [Pros And Cons Of Aging In Place - Senior Safety Advice](#)

### **7. Concierge Service Company for Seniors**

A new trend is developing with development of a concierge service that will provide a variety of supports to help individuals in their own homes. The company below is one of the growing number of companies that not only provide in home health care but also a variety of other services to assist Aging in Place. <https://fullcirclehomecare.com/our-mission/>

### **8. 'CUSTODIA'**

A company that assists seniors with home and property maintenance. A new Canadian company that services southern Durham Region providing home and property maintenance services.

[Company - Custodia Seniors Support Services](#)

### **9. Network**

Get to know your neighbors, they can a great source of advice about home and property maintenance.

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

**SCHOLARSHIP****HEDY G.**

The **Ontario Tech University** sent out in December the CFUW Endowment Report for 2021.

Our two award recipients each received \$3,200 disbursed from our fund.

1. **Katherine Burditt**            **Nursing – Collaborative**, Faculty of Health Sciences  
 “This year has been difficult for many people, myself included. I have been working full-time on the front lines as well as attending school online full-time. This bursary will allow me to work less and focus more on my studies. I am so thankful to have received this award. It will benefit me and my studies greatly.”
2. **Brooke Davis**                **Nursing - Collaborative**, Faculty of Health Sciences  
 “With your support, I will pursue my academic and career goals and create a difference in health care in the future. I am beyond excited about this opportunity and your generosity has impacted me and my studies so much. Thank you.”

**Fiscal report for 2020-21**

<b>Opening Book Value at April 1, 2020</b>	<b>\$122,608.95</b>
In Year Donations	\$0.00
Interest and Dividends Earned	\$2,776.30
Capital Gains Realized	\$1,314.53
In Year Disbursements to Students	-\$6,400.00
<b>Closing Book Value at March 31, 2021</b>	<b>\$120,299.78</b>

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

Monday, January 31<sup>st</sup>            1:30 pm            Location: TBA  
 Discussion Leader: Lina Z.  
 Book Selection: *HOW A WOMAN BECOMES A LAKE* by Marjorie Celona

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

Saturday, January 29<sup>th</sup>            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.

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

**READING GROUP 1****BARBARA L.**

Tuesday, January 18<sup>th</sup> at 1:30 pm  
 Location: Video Meeting  
 Discussion Leader: Barb L.  
 Book: **HAMNET & JUDITH**  
 by Maggie O'Farrell



*December Video Meeting of Reading Group*

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

Wednesday, January 5<sup>th</sup> 10 am Location: Home of Janyce C. or Video  
 Discussion Leader: Lindy K.  
 Book Selection: **THE LAST BOOKSHOP IN LONDON** by Madeleine Martin

Wednesday, February 2<sup>nd</sup> 10 am Location: TBA  
 Discussion Leader: Marilyn F-L.  
 Book Selection: **THE FIREKEEPER'S DAUGHTER** by Angeline Boulley

**LADIES WHO LUNCH****LINA Z.**

This month's Ladies Who Lunch will be cancelled. Hopefully, the COVID numbers will be lower in February, and we will feel safer to meet in a restaurant. We still need volunteers for March, April, and May. Contact Lina at 905.576.0381 or email. [linazatzman1@gmail.com](mailto:linazatzman1@gmail.com).

**WALKING BUDDIES****MELANIE K.**

We missed you for our December walk so hope to see you in January 2022.

**Thursday January 13 – 10 AM**

We are doing the walk we didn't do in December and are going to 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. Meet at the parking lot on the north side of



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

Baseline Rd. W. If you use the 401, exit at Bowmanville Rd. go north and turn right onto Baseline Rd. The parking lot is about 150 meters east of Spry Ave. There is a sign. You can also exit at Liberty St in Bowmanville and go north and turn left onto Baseline Rd. You will not see the sign until you are past the entrance.



**Tuesday January 25 - 10 AM**

Meet in the parking lot on Bloor Street in Oshawa just west of Simcoe Street on the south side of the road. It is beside the gas station. We will go down the hill and pick up the Joseph Kolodzie Oshawa Creek Path named to honour our fellow club member's husband and walk south toward the lake as far as we want and then turn around and walk back.

Please RSVP to Melanie in case we change the location of the walk. A reminder will be sent out a few days before.

**HOLIDAY DINNER HEDY G.**

On December 8, seventeen club members enjoyed a delicious dinner at KB Food in Whitby. We were fortunate to have a private room for our club and the service was excellent. It was wonderful to see each other in person and to share our happenings over the year. Thank you to our president Catherine who donated the poinsettias on each table.



**PROGRAM SHEILA S.**

- 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**

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

**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.

**GENERAL MEETING MINUTES** **NOVEMBER 2021**

**Date: November 10, 2021** **Virtual Meeting on Zoom – 7:00 PM**

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 -JoAnne P. (thanks to JoAnne for stepping in for new grandma Donna)  
Co-Hosts-Melanie K.  
Recording Secretary- Sheila L.

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

As tomorrow is Remembrance Day, Catherine asked group to take a moment to remember all those who fought and died in the wars.

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

**Speaker: Stories of Transition, Family, Love & Hope - Jake Farr**

Introduction: Lina  
Thank you: Sheila S.

**Break.....**

**Business Meeting** (Recorded)

1. Call to order - Catherine at 8:21 pm.
2. Additions to Agenda?
3. **Meeting Minutes** of Oct. 13, 2021 circulated in the Newsletter  
Approval moved by: Janet N.      Seconded: Janet B.      All in Favour: Carried
4. Business arising from Minutes - N/A
5. **Treasurer’s Report** - Hedy

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



The <b>General Account</b> balance as of October 13 <sup>th</sup> , 2021 is	\$7,947.57
<b>Receipts:</b> Membership fees (9x \$115.00)	\$1,035.00
<b>Disbursements:</b> Program Honorarium	\$150.00
<b>General Account: Current Balance:</b>	<b>\$8,832.57</b>

<b>Scholarship Trust Fund: Previous Balance:</b>	\$82.55
Book Fair Profits:	\$383.00
<b>Scholarship Trust Fund: Current Balance:</b>	<b>\$465.55</b>

Approval moved by: Hedy

Seconded: JoAnne P.

All in Favour: Carried

## 6. CFUW News - Catherine

### National

- Clubs are being asked to support these endorsed resolutions by sending letters of support to various government officials. Catherine will send the letters on behalf of our Club.
  - Single use plastic
  - Right to Repair Appliances
  - Canada's Opioid Crisis
  - Post Pandemic recovery
- As an "opt out" Club, we will receive our GWI fees rebate sometime in January. We need to be thinking about how our Club can use this money most effectively.
- The 16 days of Activism on Gender Violence are Nov. 25- Dec. 10. I have asked JoAnne to put some of the messages from National on our web page.

### Ontario Council

- In the recent newsletter, Janet included ways to support the Child Care initiative.
- Speaker Series Nov. 27-10:00 am.- 12:30 pm. on Zoom.  
Topic is the Opioid Crisis. Preregistration is required. If interested ask Catherine for the link. The two speakers work on the frontline and so have firsthand knowledge of this crisis.

## 7. Committee Reports:

### Membership - Barb

- We have 41 paid members - 3 former members returned
- The new roster was emailed to everyone

### Program – Sheila S.

The speaker for the January 2022 General Meeting is a woman who will speak about

### **“One Lived Indigenous Experience & How to Move Toward Reconciliation”**

The speaker's mother and grandmother are survivors of the residential school system.

### Publicity - Jone

The Program flyer for the November meeting was sent to Jone's publicity contacts. The flyer has been added to our web and Facebook page.

### Newsletter - Jone

A new section has been added to the newsletter called **“For Your Benefit.”** Included in the November newsletter under the new section was the Prout's family insurance business, called

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

Special Benefits Insurance Services. Also promoted was the Great Winter Coat Collection and Give Away for St. Andrews Community Food bank.

**Scholarship** - Hedy

For club members wanting to make scholarship donations to Durham College or UOIT the way to make online donations has been outlined in a recent newsletter.

**Advocacy** - no report

**Social** - Karen (also see New Business)

Karen said the issue of when the clubs will return to in-person meetings is on hold right now as cases of the Covid-19 virus have been going up. Janet B noted that the children who attend the Montessori School at Kingsview United are not yet vaccinated. Jone W and Catherine R both said they thought a return to in-person club meetings might be better held off until March 2022.

**Interest Groups** - Melanie

- In November, **walking buddies** will be doing an urban walk but off- road, on a gravel path.
- Hedy has arranged for the **Let's Do Lunch** group to meet at Yardbirds in Bowmanville on November 19<sup>th</sup> at 12:00 noon. Lina Z said she may have someone who will plan a lunch outing for January 2022. Lina said she intends to plan the lunch for February 2022.
- New Interest Group "**Going Places**" -participants will plan the events, day and time will vary. Pat D. will help to coordinate the group

**Holiday Dinner** - Hedy

The dinner will be held on December 8th at KB Food at 120 Brock St. North in Whitby. Hedy noted that 19 people had already registered for the dinner and she was expecting 20-24 registrations prior to the dinner. Hedy outlined further details about the dinner.

**Archives** - JoAnne P.

Lina Z (former archivist) reported that she had found a book on the history of CFUW given to her by former Oshawa mayor and former CFUW President, Nancy Diamond. She will give the book to JoAnne P to store with other archive material.

## 8. New Business

**a) Survey** - Catherine

You should have received a survey in Survey Monkey to help us plan a return to in-person meetings. Please respond by Nov. 22 as we need your input.

**b) Group Emails**

If you have an email to go out to the whole membership, please send the information to Barb L. and she will distribute. Jone W appreciates Barb for agreeing to take on this task.

**c) Meeting Venue**- Catherine

If and when we return, Kingsview Church has advised us that we must vacate our meeting space by 8:30. Karen D said Kingsview's 8:30 timeline is firm as the custodian has to come in to clean up after the meeting. As we do not think this is feasible, we will look into other possible venues. A list of venues previously investigated will be reviewed. If anyone has any suggestions, please let a Board member know. The budget remains at \$125.00 per month for the meeting venue. WIFI would be an asset. We may even have to consider changing the night. Catherine R noted that recently she emailed 5 different churches and asked about the meeting rooms they offered to community groups. Catherine also has contacted The City of Oshawa regarding their community group rooms. A discussion then ensued as to the pros and cons of possible club meeting venues.

**9. Announcements/Upcoming Meetings/Events**

- Advocacy Group Meeting - Nov. 15 at 2:00 pm.
- Let' s Do Lunch - Nov. 19, 12:00 pm. -Yardbird -Bowmanville- RSVP to Hedy
- Deadline for Survey responses - Nov. 22
- Speaker Series - Nov. 27 - 10:00-12:30
- Newsletter submissions deadline - Nov. 28
- Holiday Dinner - Dec. 8 - 5:30 pm. KB Food, Whitby
- General Meeting - Jan.12, 2022 - 7:00 pm.
- Board Meeting - Jan. 26, 2022 - 1:30 pm.

**10. Adjourn:** at 9:11 pm (end recording)

**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](mailto:whitbywebsters@rogers.com)

**Items for the February newsletter should be received by Friday, January 28.**

---