



Carol Schwartz with Port Perry Golden Girls Beverly Brown and Martha Casson, who spoke about their senior living solutions at the November meeting.

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FROM THE PRESIDENTS – SHEILA S. & DONNA H.

With December here and the holiday season upon us, it is wonderful to reflect on the achievements of CFUW nationally as well as on the international stage in the past year. CFUW clubs across our vast land celebrated the 100th Anniversary of CFUW National.

Our club organized an April fashion show which raised one thousand dollars for a 100th anniversary award which will be presented this spring to a second year Durham College female student. We also enjoyed representing ourselves as Women of Distinction at our AGM in May.

CFUW has accomplished a great deal in the last 100 years. However, gender-based violence is a reality in our world. GBV comes in many forms and degrees. Indigenous women in many countries face higher rates of violence proportionately. Canada is no exception.

May we be mindful of the following dates:

Dec. 6: The National Day of Remembrance and Action (regarding violence against women) aka. The Montreal Massacre, when 14 women were murdered because they were women seeking higher education!

Dec. 10th International Human Rights Day

As we approach the 75th Anniversary of CFUW Oshawa and District, we should take time to reflect on how we can use the CFUW National Toolkit, *16 Days of Activism*, in 2020 as a demonstration of our commitment to empowering women.

Thank you. Co-presidents *Donna H. and Sheila S.*

Hedy G. and I attended the Speakers' Series in Toronto on November 30. The keynote speaker was a brilliant psychologist, Dr. Andrea Wilkinson. Her topic was *Brain Health and Aging: Pathways to Aging Well*. She said that 'brain games' just make you good at the particular game. They don't help your brain.

Dr. Wilkinson spoke about the four pillars of brain health:

1. Physical activity, especially walking, which stimulates neurogenesis, the growth of new brain cells in the hippocampus, the seat of learning and memory.
2. Eating a well-balanced diet of whole foods with a minimum of processed foods. New research favours fermented dairy (yogurt, cheese) over fluid milk in relation to brain health.
3. Socialization; groups are stimulating
4. Mental challenges: getting enough deep sleep, which "cleans" the brain, managing stress levels and sustained mental effort in whatever is unique to you (learning new things).

Dr. Wilkinson's website is brainshape.ca

We also heard **good news** at this meeting: the government of Ontario has committed \$20 million to combat human trafficking and provide victim support. *Barbara L.*

CFUW OSHAWA AND DISTRICT 75 YEARS OF HISTORY

The first Christmas party was held in 1945 in the Y.W.C.A. drawing room. From 1953-59, the dinners moved to St. George's Parish Hall. Hard to believe, but tickets were only \$2.00 in 1953. The location of the Christmas dinner changed several times, moving to the Genosha Hotel, Durham College, the Holiday Inn and the Oshawa Golf Club.

The singing of carols, of course, became a tradition, led by various musicians or groups. In 1955, Peggy Drynan composed the special grace which is still sung each year at the holiday party. *Hedy G.*

ADVOCACY *Mary K.*

This year our club has chosen to support Safe Hope Home, a shelter for young female victims of sex trafficking. The biggest need is financial support, but items such as feminine hygiene products, shampoo, conditioner, a deodorant, shower gel, lotions and makeup, are also much appreciated. Gift cards are also acceptable. Advocacy group members will collect cheques, payable to Safe Hope Home, as well as hygiene products at the holiday dinner on December 5. Any monetary donation over \$20 will be issued with a tax receipt by the charity. **If you cannot attend the dinner but wish to make a donation, please contact Mary K. or Hedy G.**

WAYS AND MEANS

A reminder to members: please bring in gently used books to sell at the general meeting in January. Books will be priced at \$2 each.

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.

EDITOR *BARBARA L.*

Only the last name initials of members are published in the newsletter. Please refer to your roster for contact information. Please submit all newsletter items to barblewis@rogers.com

Reminder: items for the January newsletter should be received by Sunday, December 29th

INTEREST GROUPS *ELAINE L.***Book Lovers****"IT'S A MYSTERY"** *MARY K.*

Monday, January 27 at 7:30 pm Host: Jennifer C.
Book Selection: *The Huntress* by Kate Quinn

Discussion leader: Hedy G.

MYSTERY LOVERS BOOK CLUB 2 *JANET B.*

Monday, January 27 at 7 pm Host, Marianne C.
Book selection: *Dark Saturday* by Nicci French

Discussion leader, shared

READING GROUP 1 BARB L.

Tuesday, December 17 at 1:30 pm Host, Elaine L. Discussion leader, Barb L.
 Book selection: *Emma* by Jane Austen

MORNING COFFEE AND BOOK CHAT: MELANIE K.

Wednesday, December 4 at 10 am Host, Janyce C. Discussion leader, Diane H.
 Book selection: *Life on the Ground Floor: Letters from the Edge of Emergency Medicine*
 by James Masklyk

**DINING, etc.****LET'S DO LUNCH CATHERINE R.**

Friday, January 31st at 12:30 p.m.

The Brock Street Brewing Company, 244 Brock Street South, Whitby. Please contact Pat D.

**BRIDGE****BRIDGE BUDDIES: MONDAYS KAREN D.**

December 2, 7:15 pm at Joan M.
 December 16, 5:30 pm at The Brock House, Whitby

MONDAY AFTERNOON BRIDGE HEDY G.

Monday, December 9, 1:30 pm at Northview Community Centre

WEDNESDAY NIGHT BRIDGE LINDA P. & MARIANNE C.

December 4 at Lina Z.
 December 18 at Marianne C.

**CFUW Oshawa and District
General Meeting Minutes Nov. 13, 2019**

Speakers: Martha Casson and Bev Brown- “How to Live as a Golden Girl”

Attendance: 38 (including several guests)

Break

Business Meeting

Call to order and welcome- 8:00 p.m.- Sheila S.

Approval of minutes- Motion by Jennifer C. to accept the minutes of the October 9, 2019 general meeting and seconded by Donna H. All in favour. Carried.

Ontario Council- Sheila S. - the next speaker series is on November 30 in Toronto- see Sheila if you are interested in attending

CFUW National- Donna H.

-there will be a meeting of the GWI leaders on November 28 to prepare for their presentation to the Commission on the Status of Women at the United Nations March 9-20, 2020.

- Dec. 6 is the National Day of Remembrance to remember the Montreal Massacre and concerns re missing Indigenous women- see www.womenwontforget.org

-the Ontario Council AGM is in Orillia May 22/23

-the National AGM is in Ottawa June 18-20

-there is a tool kit available on the National website called “16 days of Activism”

-the Beijing Declaration on Gender Equality reports that at the current pace it will take 164 years to close the gender gap

Treasurer’s Report- Hedy G. - as of October 30, 2019- General Account balance is **\$7674.31** and Scholarship Trust balance is **\$239.55**

Committee Reports

1. Advocacy- Hedy G.

- plans have been firmed up for the showing of the documentary on the *Doctrine of Discovery* on March 25. A moderator for discussion after the film has been chosen.

2. Membership- Janet N.- 48 paid members with two more pending

3. Social- Sheila S. proposed that we change the starting time of our meetings to 7:00 p.m. to ensure we can vacate the church by 9:00-9:15. **Motion** by JoAnne P. Seconded by Sandy P. All in favour. Carried.

4. Interest Groups and Holiday Dinner- Elaine L.

-19 tickets sold for the holiday dinner December 5 at Harmony Golf Club- call Elaine if you want a ticket

- the next Let's do Lunch is Nov. 29 at Queen's Castle, Bowmanville. RSVP to Hedy G.

5. Program- Sheila L.

-Paul McGary from Pinewood Centre will speak on the opioid crisis at the January meeting

6. 75th Anniversary- Catherine R.

-it was decided that we will not have a keynote speaker

- instead we will focus on highlights from members and will have some type of musical entertainment

7. Scholarship- Donna H. - the recipient of our 100th anniversary award will be chosen by the end of the month. Hopefully she will be able to attend one of our meetings in 2020.

Announcements

-next general meeting is January 8th

- next Executive meeting is January 29th at 1:30 at Elaine L.

50/50 draw – Sue S.

Happy Bucks- all

Adjournment- Janet B. moved to adjourn at 8:55 p.m.

Happy Holidays!

