



CFUW Oshawa and District
75th Anniversary Presentation
&
Annual General Meeting
Wednesday, May 12
7:00
Watch your email for the link
Or
Request a link at
cfuw.oshawa@gmail.com



CFUW Oshawa and District



from the President's Desk: Donna H.

When Fool's Day arrived on Easter Thursday this year, my mystic inner self contemplated "What does this forbode?" Our spirits were lifted as we compared our immunization experiences. Our "shots" would be providing us, within a few weeks, some degree of protection against the Covid virus.

To further warm our thoughts came a few wonderful days of early summer weather. A frenzy ensued of long walks, window washing, opening bins in search of lighter weight clothing, and country drives with convertible tops down and sunroofs open.

However, as my father used to say, "Life is a lesson about gravity. When you are UP the next step is your coming DOWN!" Sure enough, we entered a Provincial Lockdown to help us weather the 3rd wave of the pandemic. This action was necessary to enable our health system to continue functioning and to keep our communities and families safe. On Remembrance Day 2020, an elderly Canadian World War II veteran attending the ceremony at the National War Memorial, was interviewed by a

young media reporter. He stood alone, socially distanced, standing at attention for most of the service. The reporter asked why he came today, during the pandemic with some personal risks involved.

He replied to the news reporter, I came to honour my comrades and my country. But I also came to remind those of you that are younger, that you too are now in a war. There will be death and healing, sacrifice and victories, separation and togetherness. We will be victorious working together to make the world a better place.

It is with that wisdom in mind that CFUW National is speaking out about many issues exacerbated by the present pandemic. I encourage members to read the recent Club Action Newsletter, dated April 23, 2021 to become informed and involved in the issues presented. As our Canadian veteran stated, we can be a part of the effort moving forward.

The Power of Women Working Together.

Donna H

ADVOCACY

AGEISM IS KILLING OLDER ADULTS

Did you know that over 91% of older adults have said they want to stay at home and do not want to enter an institution (Home Care Ontario, 2020) Who is listening? Not government.

Did you know? “The 1.3 percent of GDP Canada now allocates to LTC falls well short of the OECD average of 1.7 percent. Worse, our spending relative to GDP has barely increased despite the surge in the number of seniors. Worse still, the measly 0.2 percent of GDP Canada spends on home care is one of the lowest allocations to home care in the OECD. And even worse than that, the ratio of more than 6 dollars spent on institutional care for every dollar spent on home care is one of the most imbalanced resource allocations in the developed world” (Drummond, Sinclair, Bergen, 2000)

Read the article by Seniors for Social Action, Ontario

https://d5bb3c6f-31a3-47ef-a85b-5c06ab03f844.filesusr.com/ugd/c73539_469f096ce49849698106170e5355f0e6.pdf

Read more here: <https://www.seniorsactionontario.com/>

Is it time to make some noise? Join the Advocacy group on Monday May 3rd 2pm via Zoom to discuss this topic, or any other you might propose.

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.

Condolences to Janet B. on the death of her father.

EDITOR BARBARA L.

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 barblewis@rogers.com

Reminder: items for the June newsletter should be received by Friday, May 28th

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Alice Sheffield
President 1956-57
Woman of Distinction

Sheffield Cookies
"For family and close friends, these particular cookies must be seen as Alice's signature recipe - no longer known as Coconut Crisps, they have been renamed in her honour. Like we could count on her, these are cookies we could count on; they were consistently close at hand and spoke of love."

Sheffield Cookies

Mix well:

1 c white sugar * 1 c brown sugar * 1 c butter *
1 egg

Add and mix well:

1 1/2 c flour * 1 1/4 c rolled oats * 1 tsp baking powder * 1/2 tsp baking soda * 1/2 tsp salt

Add and mix well:

3/4 c shredded unsweetened coconut

Form into small balls (1/2 to 3/4" in diameter) and place on greased cookie sheet pressing down with fork dipped in milk.

Bake 375 F. 6 - 7 minutes

Yield 14 - 15 dozen



INTEREST GROUPS *ELAINE L.**Book Lovers***“IT’S A MYSTERY”** *MARY K.*

Monday, May 24th 1:30 pm Zoom meeting

Book selection: *Agatha Christie-The Killings at Kingfisher Hill* by Sophie Hannah

MYSTERY LOVERS BOOK CLUB 2 *JANET B.*

Monday, May 31st 7:00 pm Book selection: *The Break Down* by B.A. Paris

READING GROUP 1 *BARB L.*

Tuesday, May 18th at 1:30 pm Host: Zoom meeting Discussion leader: Janet N.

Book Selection: *The Splendid and the Vile* by Erik Larson

MORNING COFFEE AND BOOK CHAT: *MELANIE K.*

Wednesday, May 5th at 10 am Host: Zoom Discussion leader: Lindy K.

Book Selection: *The Thirteenth Tale* by Dianne Setterfield

GOLF *Janet N.*

As soon as permitted. Please contact convenor.



CFUW Oshawa & District General Meeting Minutes

Wednesday, April 14, 2021 7 pm On Zoom Attendance: 40

Host & Chair: Donna H, Co-hosts: Jone W, Barb L, Melanie K. Recording Secretary: Sandra P.

1. Welcome, Donna H.
2. Screenshot: participants were asked to use only their first name on their video screen
***Participants were asked to mute themselves, turn off their video camera, and select Speaker View on their screens during the speaker presentation.
3. Speaker introduction: Catherine R
4. Speaker: Lois Gillette, President of The Durham Region Field Naturalists.

Presenting: *Nature in Durham Region*, followed by a question-and-answer period.
5. Janet B thanked the speaker.

FIVE MINUTE BREAK

Business Meeting (Recorded)

6. Call to order: Donna H Time: 8:30 p.m.
7. **Motion**: Sandra P., Elaine L. to approve the minutes of the Wednesday, March 10, 2021 General Meeting as posted in the April newsletter. **Carried.**
8. Treasurer's Report: Hedy G

General account balance as at March 10, 2021: **\$4, 398.62**

General Account bank balance as at April 14, 2021: **\$4, 297.57**

Scholarship Trust Fund balance: **\$82.55**

Motion: Hedy G, Janet N; to adopt the treasurer's report. **Carried.**
9. CFUW News: Donna H

A) National:

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- * CFUW National AGM, June 25 and 26. Virtual Event.
- * Indigenous Issues: Call to Action, Thurs. April 15, 7 p.m. Hedy G. attending.
- * Results of GWI per capita dues vote: 67.6 % of CFUW clubs voted to opt out.

B) Ontario Council:

- * Ontario Council AGM: May 14 and May 15, 2021. Virtual Event
- * CFUW members may sign up if they wish to do so as non-voting members.

10. Committee Reports:

A) Nominations: Sheila S, Janet N

- * Members are needed to volunteer to serve on the Membership Committee and the Interest Group Committee.

B) Program: Catherine R

- *The programs we had were well received by the membership.
- *Suggestions are welcomed for next year's programs.
- *Committee to survey the club on Survey Monkey re this year's programs.

D) Publicity: Jone W

- *At the April meeting we had 15 guests, including six members attending from other CFUW clubs. Our website seems to be successful.

E) Advocacy: Melanie K.

Members are urged to join Advocacy. One of the areas needing attention is seniors' living facilities to ensure they are providing a safe and healthy environment for their clients. Alternatives to LTC are needed as well as funding to support seniors who wish to stay in their own homes.

F) Interest Groups: as Covid restrictions allow;

- Golf-will begin in May. Contact Janet N for more information
- Walkers: Suggested trails e.g. Thickson Woods, Camp Samac

11. New Business:

A) Resolution 2: CFUW Cape Breton “Right to Repair” for Large Household

Appliances: Janet N presented

Motion to accept: Janet N Discussion to accept Carried

B) Resolution 3: AFDU Montreal Lakeshore. Canada’s Opioid Crisis

Motion to accept: Jone W Discussion to accept Carried

C) Ontario Council Resolution, prepared by St. Catherine’s: Human

Trafficking Awareness: Prevention and Detection

Motion to accept: Donna H Discussion to accept Carried

12. Announcements:

A) Board of Directors’ and Subcommittee Chairs’ meeting, April 28, 1 p.m.

B) CFUW Oshawa and District, AGM. May 12, 7 p.m. 2021 Zoom

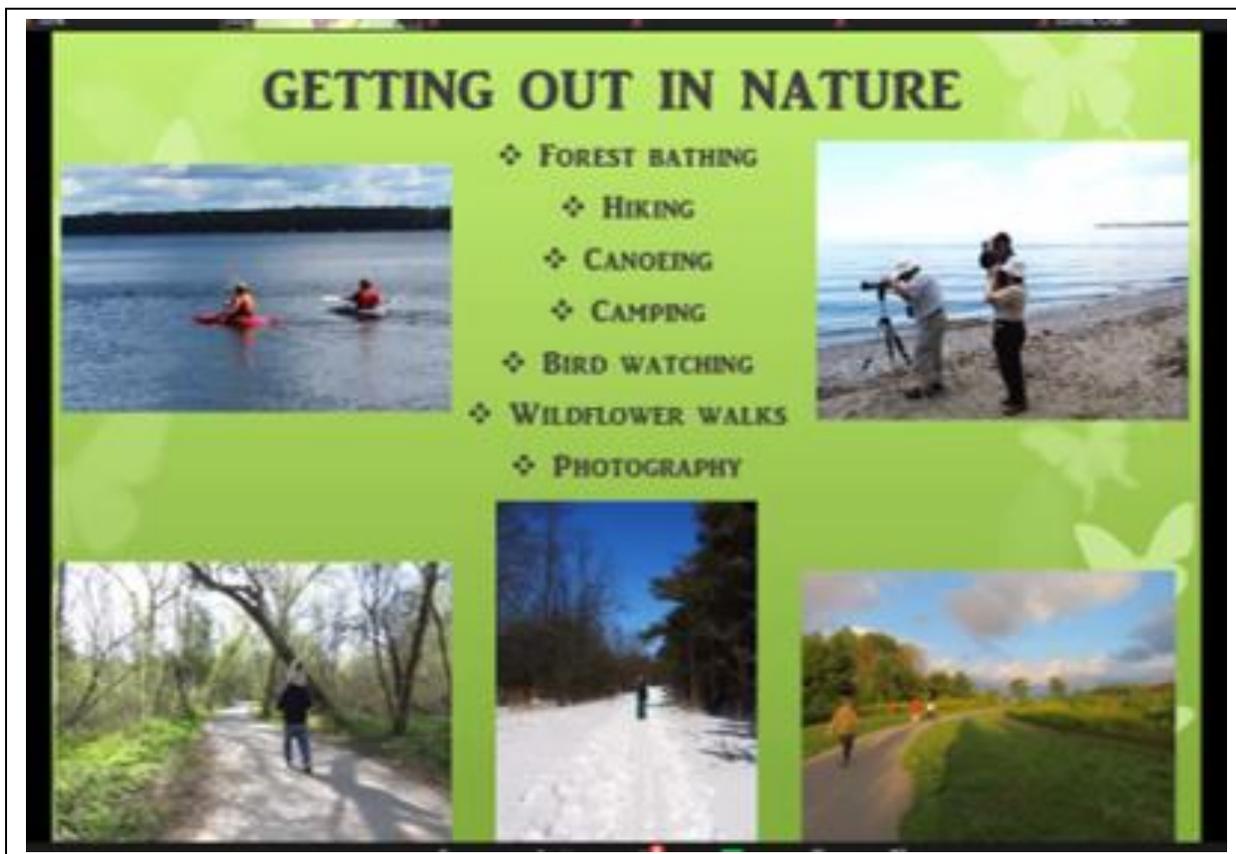
C) Ontario Council AGM, May 14 and May 15, 2021. Virtual Event

D) Joint Executive Meeting, Wed. May 26, 1 p.m. 2021. Zoom

E) CFUW National AGM, June 25 and 26. Virtual Event

Motion to adjourn: Hedy G at 9:33 pm Recording ended Happy Bucks!





Nature of Durham Region – Websites of Interest to Naturalists

Durham Region Field Naturalists WWW.DRFN.CA
<https://www.facebook.com/Durham-Region-Field-Naturalists-446402472129426/>

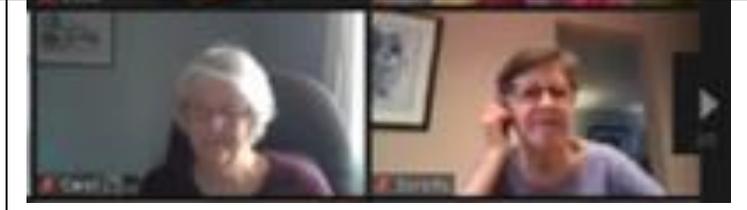
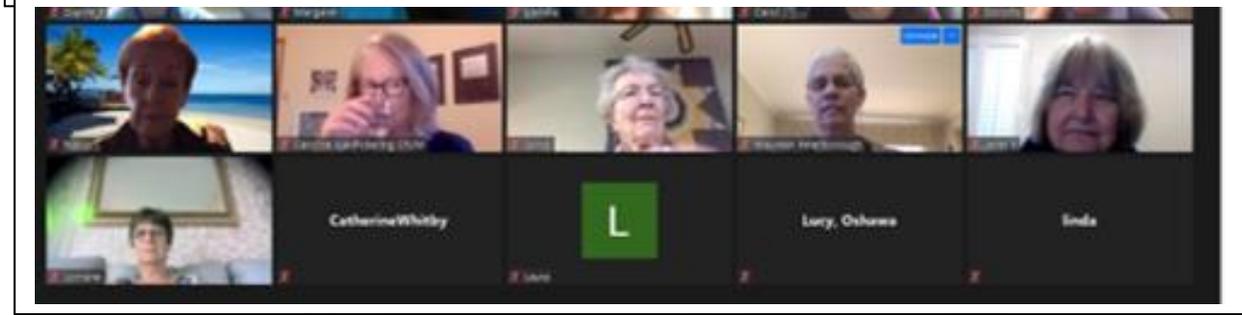
PICKERING NATURALISTS CLUB - Pickering Ontario Canada
North Durham Nature
www.invasivespeciescentre.ca

Ontario Nature <https://ontarionature.org/>
<https://ontarionature.org/programs/citizen-science/reptile-amphibian-atlas/species/>
<https://www.birdscanada.org/>
<https://www.ontariobutterflies.ca/home>

North American Native Plants Society NANPS
 Apps <https://ibird.com/>
A Community for Naturalists · iNaturalist.ca
<https://www.allaboutbirds.org/guide/merlin/id>

Plus if you go to the DRFN website www.drfn.ca you will find Guide to Natural Areas in Durham Region
Lois Gillette for CFUW April 14, 2

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Our April 14 general meeting was well attended. People were interested in hearing from Lois Gillette about wildlife in Durham Region.

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Join concerned Canadians from across the country as we take action for long-term care and elder justice on Tuesday, May 4. This is a public, National Town Hall event and will feature presentations from Isobel MacKenzie, BC Seniors' Advocate, Gavin Kotze, the Director of the Seniors' Branch of the NB Child, Youth and Seniors' Advocate Office and Robert Savoie, the Supervisor of Individual Case Advocacy, and Pamela Dawe, the Systemic Advocacy Consultant for the NL Seniors' Advocate Office.

After we hear from our speakers, we will spend the remaining time writing letters to our elected officials & chatting with each other about the day's action. Bring an envelope, paper, and a pen!

- [Click here to register for the Zoom Town Hall!](#)
- Bring your sign! We will take a group photo.
- Bring an envelope, paper, and a pen to write a letter!

Action ideas for May 4

1. Write a letter to your MP/MPP/MLA about the urgent need for standards of quality-controlled care. Email or snail mail!
 - Need ideas? [Click here for a template letter.](#)
 - Don't know your MP or their contact info? [Click here!](#)
2. Hang a poster in your community. [Click here for printable posters](#)
3. Attend the May 4 Town Hall! [Click here to register!](#)
4. Make a sign in support of LTC justice
5. Write a letter to the editor in your local newspaper about LTC
6. Raise awareness on social media
 - [Download & post one of these pictures](#)
 - On Twitter? Copy & paste one of these Tweets:
 - "Common evidence-based standards for #LTC will ensure that

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- the most vulnerable can live in safety, comfort, and dignity!
#ProtectOurSeniors #LTCJustice"
- "Canada needs universal, accessible, regulated, respectful, and quality long-term care to #ProtectOurSeniors!
#LTCJustice"
 - [Click here for more ideas & key politicians' Twitter handles](#)
7. Sign & share our [Open Letter to the Minister of Seniors & Minister of Health](#)
 8. Tell a friend or family member about your concerns & why you're taking action
 - Encourage them to learn more or take action themselves
 - Share the [CFUW LTC & Elder Rights toolkit](#)

