



100 years

October Virtual General Meeting

"Cooking with Herbs and Spices"

Ki combines her love of cooking with her passion for helping people



**Ki of Ki's Kitchen
& Feed your JOY**



Ki is a caterer, foodie, and blogger specializing in vegan dishes that support health. She is called the **QUEEN OF SPICE** for her food that is **FULL OF FLAVOUR** because she doesn't skimp on the spice.

Wednesday, October 14, 2020 - 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
www.cfuwoshawaanddistrict.com/
cfuw.oshawa@gmail.com



Stay well



from the President's Desk: Donna H.

Dear CFUW Oshawa and District members; I hope that many of you have had the opportunity to enjoy the last burst of summer weather. Many of us have been sorting through our wardrobes, getting ready for the cooler weather to come and putting our harvest décor around our homes.

Autumn colours, particularly orange, have begun to appear. This has been a reminder to me of the opportunity to participate in Orange Shirt Day on September 30th. Orange Shirt Day was started by Phyllis Webstad, a member of the Dog Creek Reserve, Williams Creek BC. Phyllis is a residential

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school survivor who tells a poignant story about her orange shirt in a *youtube* video. She wore the shirt, a gift from her Grannie, on her first day at a residential school. She was told to remove the shirt and she never saw it again.

This past August, at the CFUW National AGM, *Resolution 3: Achieving the Truth and Reconciliation Commission Calls to Action* was passed by the national membership. The goal of this resolution is to encourage individuals and organizations within Canada to work towards completing the recommendations outlined by the Commission, chaired by the Honourable Justice Murray Sinclair.

On September 26th I had the opportunity to attend a virtual event, *Pathway to Understanding*. A keynote speaker was Senator Murray Sinclair. He stated the four main goals of education are to teach the following to each child; a) where they come from. b) where they are going in later life. c) why they are here. d) Only then will the child be able to ask themselves the question, “Who am I”.

He further stated Indigenous communities have historically taught their children all of these points. He summarized that we need to walk “backwards into the future”, reflecting on the past but moving forward. He stated that there is much work to do, but if everyone does something reconciliation will move forward as a partnership of both Indigenous and non-Indigenous Canadians. The challenge is to be part of the solution! In the words of Senator Sinclair, “Don’t be overwhelmed. Just bite off what you think you can chew.” *Donna H.*

MEMBERSHIP *Janet N.*

So far, half of our members have paid their fees. Please keep in mind that the deadline for joining our club is October 31st. **The fees are the same as last year (\$115), and cheques can be made payable to “CFUW Oshawa and District”.** Although we won’t be paying rental fees for a few more months, our expenses continue with National dues, Ontario Council dues, and of course speaker fees.

Cheques can be mailed to Hedy Gadd at 6 Glenelge Court, Bowmanville ON L1C 4J1.

Our program committee has performed a miracle and engaged speakers for each of the fall meetings. All meetings, however, will be on Zoom as Kingsview United Church will not be open for community groups for a while.

ZOOMING FOR BEGINNERS

If you haven’t worked with Zoom for our General meetings, here is some information:

Before your first time signing on for a meeting, go to the following video on how to join a meeting:

https://www.youtube.com/embed/hIkCmbvAHQQ?rel=0&autoplay=1&cc_load_policy=1

It is a demanding address, but worth the effort. The “hIk” part has an upper case “i”, and the “0&autoplay” has a zero. The video will show you how to get the Zoom app.

Or: to get the app, you can go to the website <https://zoom.us/test>, click **Join** and see if, by following the on-screen instructions, you can download Zoom software so you see yourself on the screen. You can also create a Zoom account, but **you do not need a zoom account to join a Zoom meeting.**

The Zoom icon is movie camera inside a circle with rounded corners. Once it is on your device, you can join our General meetings at the times specified by clicking the link that you have been sent via an email to all members the day before the meeting. *Janet N.*

A Zoom practice session will be offered on Tuesday, Oct 6, at 7pm. Interested members who would like to practice signing into Zoom or to learn about additional Zoom features should contact Donna H for a link to the 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.

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 November newsletter should be received by Thursday, October 29th

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

This group met on Monday, September 28th at 1:30 pm outdoors at the home of Lindy K.
Book Selection: *Full Disclosure* by Beverley McLachlin.



Lina Z., Mary K., Lindy K., Jennifer C., Hedy G.

MYSTERY LOVERS BOOK CLUB 2 JANET B.

Contact convenor for information.

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READING GROUP 1 BARB L.

Tuesday, October 20th at 1:30 pm Host: Zoom meeting Discussion leader: Jane R.

Book Selection: *The Clay Girl* by Heather Tucker

MORNING COFFEE AND BOOK CHAT: MELANIE K.

Wednesday, October 7th at 10 am Host: Zoom meeting Discussion leader: Janyce C.

Book Selection: *Warlight* by Michael Ondaatje

GOLF Janet N.



Golf will continue until the weather is too cold.



CFUW Oshawa & District General Meeting Minutes

September 9, 2020 On Zoom Attendance: 23

1. Call to order by the President, Donna H.

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2. Land Acknowledgement:

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

3. Catherine R. introduced the speaker, Debra Mattson, who is the Communications and Fund Development Manager of the YWCA Oshawa. She gave a very thorough presentation of the many aspects of the programs offered by that organization which has been serving the community for seventy-five years. Those areas include supportive housing, community and outreach programs, and enrichment through recreation when possible. Covid19 does limit what activities can be offered. Funding is provided by the United Way, private foundations Starry Night galas and room rentals.

Sheila L. thanked Debra for her presentation to our CFUW meeting.

There was a five-minute break.

4. **Business Meeting:** Donna H

a) **Motion** to accept the minutes of the AGM of May 14, 2020. The minutes were reviewed at the August 26, 2020 Board of Directors meeting and were circulated in the September 2020 newsletter. Motion: Hedy G. Seconded: Jane R. Carried.

b) Treasurer's Report and Budget: Hedy G.

Financial Statement September 9, 2020

General Account Balance: \$4008.12

Scholarship Trust Fund: \$82.55

Motion: Hedy G., to accept the treasurer's report. Seconded by Lorraine V. Carried

Motion: Hedy G., to accept the budget as presented. Seconded by Barbara L. Carried.

c) CFUW News: Donna H.

d) Interest groups: Elaine L. said the reading groups are active, as well as the golfers. Watch the newsletter to learn about the other groups.

e) Zoom committee: Donna H., JoAnne P., Jone W.

There will be more Zoom workshops.

f) New business: Donna H.

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Announcements:

1. Next general meeting will be on Wednesday, October 14, 2020 at 7 pm on Zoom
 2. Ontario Council Speakers' Series/Workshops for 2020-2021
October 3, November 21, 2020 and February 27, 2021. The October 3 program will be virtual.
More details to follow.
 3. Next Board of Directors' meeting: Wednesday, October 28 at 1 pm on Zoom
- g) Motion to adjourn: Jane R. at 8:57 pm Happy bucks: Hedy G., Jone W., Linda P.



Post golf outdoor lunch on the deck on a beautiful fall day.
Jo-anne T., Barb L., Judy B., JoAnne P.

A follow up to our September speaker: about YWCA Durham

As a registered charity for 75 years, we have served the region's most vulnerable with dignity, respect and hope. YWCA Durham provides essential services for women and their children including emergency and transition housing and support services. We assist survivors of violence, homeless women and those who need extra support to live independently. We are a turning point for women at critical times in their lives. Our programs provide desperately needed safe, supportive accommodations but also include supports which allow women to regain their

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sense of self and independence. Our emergency shelter, housing and administrative offices are located in the central hub of the Region of Durham, in the city of Oshawa but our programs extend far further, to Ajax, Brock, Clarington, Oshawa, Pickering, Scugog, Uxbridge and Whitby.

It is our purpose to assist clients to thrive, not just survive. How do we do this? Below you will find specific details about each of our programs. Y's WISH Shelter It's the middle of the night. While your partner is sleeping, you know it's the only chance you have to escape because he watches you constantly. You wake up, get dressed quietly, grab the garbage bag full of clothing and toiletries you hid behind the furnace in the basement, and quietly wake your two young infants. Asking them to be quiet and not wake daddy, you zip up their coats, put on their mittens and toques and out you go, as fast as you can. You know that this is the only chance you have to escape. He has told you before that if you try to leave he will burn the house down with you and the girls in it. Sadly, this is an all too common and horrible scenario for the thousands of women fleeing domestic abuse.

On any given night in Canada, about 3,300 women (along with their 3,000 children) are forced to leave their homes, belongings and lives behind in order to escape the violence—often saving their life, and the lives of their children. Despite the fact that there are emergency shelters, approximately 200 women are turned away across Canada every night because the shelters are full. We know this statistic intimately, as our emergency Y's WISH Shelter continues to operate over capacity on a regular basis. Unfortunately, in 2018 we had to refer 574 women and children to other agencies due to this lack of capacity. In addition, we responded to 1,275 calls on our 24-hour crisis line. Although we receive some funding from the Province of Ontario, it is only a fraction of what we need to keep with the increasing demand in the Durham Region.

As a matter of fact, we have added six beds to our shelter that have no funding attached to them at all, simply in an attempt to avoid having to turn women and children away. As a result, in addition to the shortfall that already exists, we now also must raise the funds need for these additional beds. With this extra pressure, we are unable to expand our program, but, rather, we are just getting by. It is not an exaggeration to say that Y's WISH Shelter has saved the lives of thousands of women and children. It is the woman who does the work—moving toward a life free from abuse and understanding what it means to be in a healthy relationship. We provide the support and resources for that ever-important turning point in her life. The time that a woman spends in shelter is not a happy time; it is wrought with sadness, confusion and fear. We try to alleviate this stress and struggle by providing the safest place possible in a completely supportive and non-judgmental way.

We do not tell her what to do or what to think, but help her find her voice, her strength and her way out of violence. Without the support of individual and private foundation funding, we would not be able to continue the work we do. Interim, 2nd Stage and Supportive Housing: We offer several different and unique housing options for women. Interim Housing is a 6-bed housing and life skills program for homeless, single women. In 2017, 22 women were housed and 14 women transitioned back into the community. 2nd Stage Housing is the only program of its kind in Durham. Clients are referred from any of Durham's emergency VAW (violence against women) shelters and/or counselling services. Our program seeks to empower the residents through job and life skills development with a goal toward independent community living within 24 months. Additionally, we offer a 40-unit apartment building for women-led households and within this program we offer supports and services to meet clients' needs. 44 women and 47 children called

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this building home during 2017. Crisis Care Outreach and APPLE Community Programs: These programs offer flexible services to women as they establish new lives, free from abuse, for themselves and their families. Services are available to women residing in the shelter or community. Services include assistance to obtain/maintain affordable housing, advocacy with community agencies, follow-up counselling and support, assistance with safety planning, short-term, crisis counselling for women, information, legal support and referrals and outreach support to women in rural communities.

The APPLE Community Program provides ongoing, longer term counselling, support and advocacy for abused women living in the region. Adelaide's Attic: Adelaide's Attic, a vintage clothing and housewares store, allows current and past clients the chance to obtain goods that they need at a reasonable price. Many of our residents and other community group volunteers spend time working at the store to gain valuable retail and customer service experience. In 2016, Adelaide's Attic was supported by 1976 volunteer hours. Recreational Programming: YWCA Durham offers public recreational activities such as Karate and drop-in volleyball programs.

One of our few sources of revenue is gymnasium rental. We rent the space throughout the year to soccer, basketball, badminton, softball, pickleball and other sport teams. The gymnasium is host to large community events such as Take Back the Night, Missing and Murdered Indigenous Women's Memorial and various community events throughout the year. Over 5,000 people visit our gymnasium every year. In the Community: YWCA Durham is a long-standing leader in the region.

We are actively involved with a variety of violence against women community agencies and family and children advocacy organizations. We work closely with over 100 agencies and government departments that offer services to our clients. We work collaboratively with our sister shelters and related groups to develop initiatives and share resources. It truly does take a village to make our community a safer place for women and children to live. Summary: As you can see, we offer a diverse number of programs for women that take them from crisis to recovery. From our emergency shelter to the transition back into an independent and safe life, we offer programs that take care of the whole woman. We provide an inclusive community where women, children, youth and families are safe, inspired and empowered to grow.

Contact: Debra Mattson, Manager of Communication and Fund Development
(905) 576-6356 x106 dm@ywcadurham.org

