



**September General Meeting
& Welcome Back**
featuring
Pickering Museum Village
Presenting
**The Hand that Rocks the Cradle
Rules the World**



Wednesday, September 13th, 2017 7:15 P.M.
Kingsview United Church 505 Adelaide Ave. E. Oshawa



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Join Us.



FROM THE PRESIDENT'S DESK JONE W.

Welcome back to another year of camaraderie and activities at CFUW Oshawa and District. I hope that your summer was enjoyable and memorable, in spite of the unsettled weather. As your new President, I am looking forward to greeting those members that I know and meeting those that are new to me. It was suggested that I attend a meeting of each interest group to meet the members. With the coordinators' permission, I will try to do that, although it may just be a brief hello at the bridge playing groups.

The CFUW AGM was held in June in Richmond, BC. While no one attended from our club, I received the following information about the business session. The amendment to CFUW's Articles and Bylaws to leave GWI was defeated. A two-thirds vote was needed to pass the amendment. The amendment was supported by 57% of the clubs. I suspect that this issue may be tabled again at the next AGM which will be virtual to save expenses. The CFUW 2017/18 budget was approved with a \$49,000 deficit. National will need to take actions to balance their budget. The GWI dues were frozen at the current \$21 per member and the increases approved by GWI AGM last year will not be paid. GWI has formed an ad hoc committee to determine ways to reduce their costs.

A CFUW motion for an increase of dues for the May 2018/19 budget was discussed but no vote was taken. Because National did not present a projected 2018/19 budget, the clubs could not agree on an increase amount. National needs to provide 6 months' notice to the clubs of an increase in dues. The two resolutions were passed – 'The Right to Safe, Clean, Accessible Drinking Water and Sanitation on First Nations Reserves in Canada', and 'Universal Pharmacare'.

I am looking forward to working with our new executive, most of whom are seasoned veterans. The position of Vice-President is open. Please consider joining the board in this capacity either on your own or with a co-VP to share the duties which are light. This is a great way to learn more about our operations and participate in club planning and decision-making. Please contact me or any executive member to find out more. Our first executive meeting was a potluck on August 30 at my home. Hope to see all of you at our September 13, 2017 general meeting at 7:15 PM at Kingsview United Church.

ADVOCACY

Advocacy continues being a draw for new members. Although most of us are quite involved socially, the knowledge that CFUW makes a meaningful contribution to the improvement of lives of women and girls will often tip the balance in favour of joining.

All members are invited to participate in this committee and we welcome new interest. Next meeting is Thursday September 14 at 1:30 at the home of Janet N. Leader will be Melanie K. Please contact her for more information.

At our May meeting we established plans for the upcoming year. We are operating without an official chair but rather will share the duty.

Health care has always been on Advocacy's radar but this year it will become more of a focus. The theme for 2017/18 is "**End of Life: Care and Support for Families and Caregivers**". As such, we will look to present that topic at the International Women's Day meeting March 14th, 2018. We are currently speaking to potential presenters for this event as our contribution to the year's program. Work will start once again in earnest as the year begins. Stay tuned for updates. *JoAnne P.*

Movement is Medicine

Tai Chi is a particularly good exercise for older adults as there is minimal risk and it is suitable for those with limited mobility and/or medical conditions that prevent them from engaging in more demanding physical activities. Research also supports the benefits of aquatic exercise for older adults as it's gentle on joints, bones and muscles.

Evidence shows that exercise is a key component to optimal aging, promoting both a healthy body and mind. *Lorraine V.*

MEMBERSHIP JANET N.

Please keep me informed of any changes in your contact details. JoAnne P.'s email address is now proutj5@gmail.com Please note this on your Roster.

FRIENDSHIP MAUREEN A.

Reminder: Please inform Maureen A. if you know a member who should receive a get well or a sympathy card.

WAYS AND MEANS

Remember to bring books to sell at the General Meetings, starting in October. Donated books should be for reading pleasure and in good condition. Books will now be sold for \$2.

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

SCHOLARSHIP: DONNA H.

No report at this time.

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 October newsletter should be received by Wednesday, September 27th.

INTEREST GROUPS CONVENER RUTH F

Book Lovers



"IT'S A MYSTERY" MARY K

Monday, September 25, 7:30 pm Book Selection: *The Stranger* by David Bergen
Host: Janet N. Discussion Leader: Hedy G.

MYSTERY LOVERS BOOK CLUB 2 JANET B

Monday, September 25, 7:30 pm Book Selection: *The Delicate Storm* by Giles Blunt
Host: Pat D. Discussion Leader: Janet B.

READING GROUP 1 BARB L.

Tuesday, September 19, 1:30 pm
Book Selection: *The Redemption of Alexander Seaton* by Shona MacLean
Host: Sandy P. Discussion Leader: Sheila S. Refreshments: Sandy P.

MORNING COFFEE AND BOOK CHAT: MELANIE K.

Three members minimum required for discussion.
Tuesday, September 12, 10 am - noon
Book Selection: *The Painted Veil* by Somerset Maugham
Host: Lindy K. Discussion Leader: Marilyn F-L.

DINING**FOOD WITH FLAIR BOBBY M.**

No Information submitted.

LET'S DO LUNCH PAT D.

Date: last Friday of the month **Time:** 12:45 p.m.

**BRIDGE****BRIDGE BUDDIES: MONDAY EVENINGS KAREN D.**

Start time: 7:15 pm

Sept 18 @ Sue S. Oct 02 @ Carol T.

MONDAY AFTERNOON BRIDGE HEDY G.

Venue: Northwood Community Centre, 150 Beatrice St. Oshawa

Date and Time: Monday, September 11 and 25 at 1:30 pm

Players are to check their schedule to see if they have a bye that week. If you cannot attend, please find a substitute, then notify Hedy.

A new schedule will be handed out in October.

WEDNESDAY NIGHT BRIDGE DOROTHY W.

All games start at 7:00 p.m.

No information received.

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1. This year marks the 50th anniversary of **International Literacy Day** which UNESCO is celebrating under the banner 'Literacy in a digital world'. In conjunction, the Canadian Federation of University Women highlights this important day in the series on the Sustainable Development Goals. Our purpose is to overlay a recognized Theme Day with the SDG lens in order to shine a light on and bring the conversation to everyone.
2. On August 18, the CFUW national office received a delegation from the **Rwanda Association of University Women (RAUW)**. Shamsi Kazimbaya, the Coordinator of International Relations, Shakilla Umutoni from the Rwanda High Commission and Jasmin Warkola, a young member of the Association, and who has a degree in Gender Studies, attended the meeting.
The RAUW has 600 members, mostly young and very keen to undertake projects. One such initiative is fundraising for a women's room at schools so when girls have their period and may not have money for sanitary napkins, they may be on their own in a classroom. They are involved in educating and encouraging young girls to go to school because once menstruation starts, many girls do not attend.
The Association would be interested in working with CFUW on some joint projects.
3. **Ontario Council SPEAKER SERIES & WORKSHOPS Women in Political Leadership** - September 23, 2017 from 9:45 AM – 3:30 PM at Yorkminster Park Baptist Church, Toronto (Yonge north of St. Clair). Plenary speakers: Hon. Indira Naidoo-Harris, Minister of the Status of Women; Laurie Scott, PC Critic for Women's Issues; and Olivia Chow, former MP, former Toronto City Councillor. Luncheon speaker: Hon. Karina Gould, MP Burlington, Minister of Democratic Institutions. All CFUW members are welcome and encouraged to bring a friend. You must register by September 15 with \$35 fee (includes lunch) to CFUW Ontario Council.
<http://www.cfuwontcouncil.ca/index.html>
4. **OC 'TALK IT OUT' WORKSHOP** This is Ontario Council's fall meeting on October 28, 2017 at Yorkminster Park Baptist Church, Toronto (Yonge north of St. Clair). Registration and refreshments at 9 AM. Round Table Discussion with a moderator from 9:30 – 12 noon. President, VP, Membership Chair, Treasurer and Advocacy Chair are encouraged to attend. <http://www.cfuwontcouncil.ca/club-gatherings.html>

Last but not least: CFUW Oshawa & District 2017-2018 Budget from Hedy G.

Proposed	Actual	Proposed	Actual
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	2016-2017	2016-2017	2017-18	2017-18
Balance Forward	\$4,150.31	\$4,150.31	\$3,570.21	
RECEIPTS:				
Memberships	6500.00	5950.00	6000.00	
Contingency Fund	200.00	258.20	200.00	
Christmas Dinner	1500.00	1666.45	1600.00	
TOTAL RECEIPTS	\$8,200.00	\$7,874.65	\$7,800.00	
DISBURSEMENTS:				
CFUW Ontario Fees	382.00	369.50	375.00	
CFUW National Fees	4270.00	4130.00	4200.00	
Review	75.00	75.00	75.00	
Standing Committees	180.00	0.00	210.00	
Ontario Council AGM	200.00	110.00	200.00	
National AGM	500.00	380.00	500.00	
Committee Expenses:				
Advocacy	100.00	0.00	100.00	
Archives	30.00	14.53	20.00	
Newsletter	0.00	0.00	30.00	
Website	0.00	0.00	0.00	
Annual Report	25.00	0.00	0.00	
Friendship	30.00	0.00	25.00	
Gifts	75.00	89.32	90.00	
Membership/Roster	0.00	0.00	20.00	
Program	525.00	525.00	525.00	
Publicity	230.00	210.37	230.00	
Food and Beverages	200.00	193.04	250.00	
Room Rental	600.00	600.00	600.00	
President	75.00	0.00	50.00	
Treasurer	50.00	75.20	20.00	
Christmas Dinner	1500.00	1666.19	1600.00	
Contingency Fund	0.00	0.00	600.00	
Scholarship	0.00	16.60	0.00	
TOTAL DISBURSEMENTS	\$9,047.00	\$8,454.75	\$9,720.00	
Balance Forward	\$3,303.31	\$3,570.21	\$1,650.21	

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