

March Virtual General Meeting

Women's Mental Health Through the Lifespan



Dr. Juveria Zaheer,
Psychiatrist, CAMH

Dr. Zaheer will discuss women's mental health, research and advocacy with a focus on caring for ourselves and each other.

Wednesday, March 10, 2021 - 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
cfuw.oshawa@gmail.com
www.cfuwoshawaanddistrict.com



FROM THE PRESIDENT DONNA H.

On Thursday evening, February 18th, I experienced a feeling of satisfaction as our club participated in a GWI information night. It really was an open sharing session. Before the meeting, I asked two

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members our club to represent opposing perspectives regarding the GWI vote. Both speakers did their homework and gave us interesting information to think about.

Some of the information discussed at the session is being included in the newsletter. I hope each member will read all this information as well as that sent out previously before you make your voting decision.

Your Board of Directors will be meeting on Feb. 25th to finalize the voting details. Within approximately a week, you will receive an email with instructions on how to proceed with the vote.

You can vote only once. The voting link we will be using is called Survey Monkey. We have created a confidential free account with a username and password. Two members of the Board can access the account. When you click on the link, the Vote/Survey will appear immediately. Enter your first and last name (we have to know who has voted) answer the question(s) and click on **submit**. If you have any issues at all, i.e., you are unable to enter data, we can then send you a ballot via email. Please call if you do not have email available. A ballot can be delivered to your home and picked up or mailed if required.

CFUW National decided to move forward with this voting process because they were advised by their lawyers that the CFUW National Executive has the responsibility to ensure the financial viability of the organization under the new NOT for Profit Legislation Guidelines. It is not about taking sides. CFUW National will still be a member of GWI. All CFUW clubs across Canada are independent and are now free to make their own decision regarding membership in GWI.

Our voting decision will affect us for the year 2022. Whatever CFUW Oshawa and District votes for, OPT IN or OPT OUT, can also be reversed a year later, if our membership presents a motion and it passes. Nothing is carved in stone.

So, in summary, with freedom comes responsibility. Let's have an excellent voter response. Call or email Donna if you need assistance. *Donna H.*

Two member views of the GWI (Graduate Women International) question:

A) The Opt In Opinion

Note – it is our **club** that currently is a member of GWI (not individual people).

Similarly, it is CFUW National that is a member of GWI. CFUW National has committed to remain a member of GWI but possibly with fewer membership numbers and therefore decreased financial support.

GWI has goals that are shared with both our national and our individual clubs:

- To promote education for women and girls around the world
- To promote international cooperation around issues affecting women and girls
- To advocate for the advancement of human rights status for women and girls.



GWI has a robust website that describes the work it does internationally. These are some of the main projects and/or tasks:

- Advocates for women's rights by regularly engaging with a wide variety of international organizations (50+) such as the World Health Organization, the UN, UNICEF, etc.
- Annually awards fellowships and research grants to women in a variety of countries.
- Chooses several projects a year with which to work directly – e.g., this year, *Teachers for Rural Futures*, teenage girls completing their education in Uganda, microgrants for women starting small businesses, and grants for women displaced by war.
- Works with regional groups to support the exchange information, organize conferences and webinars, publish newsletters, etc.

Approximately 6000 women and girls globally have been positively impacted by GWI projects since 2015. Now more than ever, help is needed around the world because of the projected challenges caused by the pandemic. The UN estimates that COVID-19 will push 47 million additional women below the poverty line.

In 2016, GWI was near insolvency but has been working since to strengthen their financial accountability. Their success so far is in the Triennial Report 2019 available on-line.

In Canada we are in a privileged position compared to many women around the world. Membership in GWI provides support for their work to support women and girls. We are being asked to weigh this against the financial challenges of CFUW National and the financial requirements of our local club.



B) The Opt Out Opinion

Basically, many of the same CFUW goals can be accomplished without GWI; opting out will not affect our focus on local needs and activities, and it might also reduce our annual membership costs.

National CFUW Advocacy for women and girls will continue:

1. CFUW National will continue to work at the United Nations Commission on the Status of Women
2. CFUW National will continue to advocate for women and girls through IAW (International Alliance of Women)
3. Our club has sponsored International projects with and without National CFUW projects.
4. The work that our CFUW National committees do within Canada advocating for women and girls at federal government committees is active and praiseworthy. There are reports available summarizing their efforts. The results of their work may not be seen at the local level, but it is encouraging to see the National office doing what we cannot do locally but support wholeheartedly.

Financial challenge may be mitigated somewhat by removing the GWI dues.

1. Our club membership is shrinking which means the per capita cost of renting a venue increases.
2. The search for cost effective venues for meetings is a very difficult task. Over the past years, ad hoc committees have been tasked to find a meeting place; the availability of locations with parking, kitchen, appropriate room size, seating setup and takedown, while being financially feasible, presents a challenge. Thus far, Kingsview is a good location, and it might be possible to negotiate a little more flexibility in the cost given that there are a couple of club members who belong to the congregation.

Withdrawal from GWI will not stop our support of local projects for women and girls and related charities.

1. Our club will continue to donate at the local level to the college, the university, to other organizations such as The Refuge, Luke's Place, and Herizon House.
2. In the same way, our club members will still be able to support charitable projects at a national level, or international level, by contributing as individuals. Some international projects may not be specifically for females, but the work that the many Canadian and international charities do will ultimately benefit women and girls as well as the communities where the organizations work.

Opting out will not be the end of GWI, but it will end the discussion that has paralyzed CFUW at the national level.

Use this link to access CFUW National commentary on the GWI question:

<https://mailchi.mp/rogers/presidents-message-february-24-963704?e=82fe5380f6>

Expect an email ballot (Survey Monkey) on March 4. Please vote by March 18. Thanks!

HELP WANTED WITH RESOLUTIONS

We will be presenting two resolutions at both the March and April General Meetings. Please let Donna H know if you are willing to lead a discussion regarding any one of the resolutions below. (See Club Action Newsletter Feb. 16, 2021)

Proposed Resolutions for AGM 2021

Send proposed amendments to the emails of proposers (included).

Resolution 1 - CFUW Nepean - Single use Plastics and Plastic Packaging

resolution1@cfdu.org

Resolution 2 - CFUW Cape Breton "Right to Repair" for Large Household Appliances

resolution2@cfdu.org

Resolution 3 - AFDU Montréal Lakeshore - Canada's Opioid Crisis

resolution3@cfdu.org

Resolution 4 - CFUW International Relations Committee - Post-Pandemic Recovery for Women in Canada

resolution4@cfdu.org

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March 8

On behalf of the Office of Equity, Diversity & Inclusion at Durham College, we are pleased to invite you to attend an empowering and engaging conversation to celebrate International Women's Day 2021.

Our panel will include Patrice Barnes, Nancy Shaw, Linda Flynn, MA, CFRE and Bandini Mehta Sethi, women who lead and serve in Durham Region in various ways.

Please join us on Monday, March 8 at 10 a.m.

Please register in advance <https://www.eventbrite.ca/e/women-leading-the-way-dc-celebrates-iwd-2021-tickets-142744760421>

Julie VanHartingsveldt, CFRE
Office of Development and Alumni Affairs

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 April newsletter should be received by Monday, March 29th



Please save the books you have read! Our Advocacy Group will be collecting books to donate to The New Friends Book Shop in Ajax this spring. This book shop is a voluntary organization that donates profits to help fund Joanne's House and Herizon House in Durham Region. Thanks!

INTEREST GROUPS *ELAINE L.*

BOOK LOVERS

IT'S A MYSTERY MARY K.

Monday, March 22nd at 1:30 pm Zoom meeting

Book selection: *The Guest List* by Lucy Foley



MYSTERY LOVERS BOOK CLUB 2 JANET B.

Monday, March 29th at 7:00 pm Zoom meeting

Book selection: *Pieces of Her* by Karin Slaughter

READING GROUP 1 BARB L.

Tuesday, March 16th at 1:30 pm Zoom meeting Discussion leader: Sharron B.

Book Selection: *A Long Petal of the Sea* by Isabel Allende

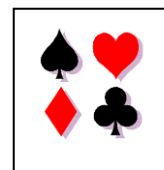
MORNING COFFEE AND BOOK CHAT: MELANIE K.

Wednesday, March 3rd at 10 am Discussion leader: Melanie K. Book selection:
Growing Old:

Notes on Aging with Something like Grace by Elizabeth Marshall Thomas

BRIDGE

Trickster bridge app.





At the February general meeting, we enjoyed a very interesting talk by Samantha George, curator at Parkwood Estate in Oshawa.

CFUW Oshawa & District General Meeting Minutes

Wednesday February 10, 2021. 7pm. Zoom Videoconference

Chair: Lorraine V, Co-Hosts: Barb L, Melanie K, Jone W Recording Secretary Sandra P

1. Welcome members and guests, Lorraine V
 2. There were 34 attendees for the speaker including 8 guests and 24 members stayed for the meeting.
 3. Screenshot, participants use first name only on their video
 4. Speaker introduction: Lynda B
 5. Speaker Samantha George, Curator of Parkwood Estate, Oshawa, Ontario
"Revealing Adelaide McLaughlin of Oshawa's Parkwood Estate"
 6. Sheila L thanked the speaker
- Five Minute Break

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7. Business Meeting : Call to order: Lorraine V
8. Approval of the minutes of the Wed. Jan. 13, 2021
Motion: Sandra P Seconded: Catherine R Vote: Carried
9. Treasurer's Report: Hedy G
Balance as of September 9, 2020: **\$4,008.12**
General Account bank balance: **\$7,589.62**
Scholarship Trust Fund Current balance: **\$82.55**
Moved to accept: Hedy G Seconded: Barbara L Vote: Carried
10. CFUW News:
 - A. Ontario Council: Ontario Council Speaker's Series, Sat. Feb. 27, 10 a.m-12:30 p.m.
Topic is Mental Health
 - B. GWI per capita dues vote: Jone W
The reasoning by the CFUW National board was presented for adopting a motion to permit clubs to decide if they want to be included in the GWI per capita dues calculation starting with the 2021-22 year. We need to conduct a vote of all our members and submit the result to National by March 31. We will use survey monkey and phone/email contact to reach all our members. Discussion and questions followed.
Donna H will host an information Zoom meeting on Thursday February 18 at 7PM.
11. Committee Reports:
 - A) Membership: Janet N: A new Roster has been sent out
 - B) Nominations Committee: Janet N and Sheila S and others
 - C) Advocacy Committee: Melanie K:
CFUW and Advocacy have a long and important history together. It was started in part because women were not able to practice a profession or take a job if they were married. It is one of the few organizations you can be a part of that is run by women and focuses on issues affecting women at a local level, a national level and international level. The CFUW Facebook Page often brings to light difficult topics affecting the wellbeing of women. Our Oshawa CFUW Advocacy Committee tries to support the work of the National CFUW. We welcome new members.

International Women's Day is March 8th. Our CFUW March meeting will have Dr. Juveria Zaheer, a research psychiatrist at CAMH Toronto who will speak about mental health issues across the lifespan. She is Jennifer C's daughter-in-law.
 - D) Interest Groups: Elaine L – No new update
 - E) Friendship - February 17 is Friendship Day. Suggestion: call other members that day.
 - F) Publicity: Jone W

The monthly meeting flyer is sent to other CFUW clubs, some newspapers and several Facebook sites. We have been attracting guests from other CFUW clubs and the public.

12. New Business-Nothing to report

13. Announcements:

A) Oshawa and District, GWI Dues Vote Information night, Feb. 18, 2021. 7pm on Zoom.

B) Ontario Speakers' Series, Sat. Feb. 27th, 10 am-12:30 p.m. Register for a spot. Topic is Mental Health

C) Items for March newsletter are due Friday Feb. 26, 2021

D) March 8th International Women's Day

E) March General Meeting, Wed. March 10, 2021, 7pm on Zoom

F) Nominating Committee welcomes suggestions for President and Vice President

Motion to adjourn: Lina Z 9:05 p.m.

Happy Bucks:

