

May 2024



Hello fellow members,

I want to say a huge thank you to all the members of the advocacy group for all their work in researching and presenting the resolutions from both National and Ontario Council. All of them were very well explained and we were able to make informed votes. We also had an amazing turnout and a wonderful potluck dinner. Thank you all for your contributions.

We will not have a member attending Ontario Council AGM this year but our Proxy vote for the OC resolutions will be taken by a member from Aurora-Newmarket club. I will be attending the National meeting in July to represent our decisions regarding our national resolutions.

Our fundraiser for May 11th is now officially sold out! If you have not yet sent your money to Erica, please do so soon. It should be a wonderful event. Thank you to all who have donated items or who will donate food to the event. I am grateful for everyone who purchased tickets and supported this event to benefit our scholarship fund.

We will be having our executive meeting this week and a number of members will be coming off from the executive. Please think hard about stepping forward and filling in the gaps in the executive. I can promise that nothing is too time consuming or difficult and all would be welcome no matter how long you have been a member.

In friendship,

Louise S.



Next General Meeting

Thursday,
May 9th, 2024

**“Functional Aging:
Health & Movement, A
Woman’s Perspective”**



Speaker:

Andrea Szabo

N.B. Please wear comfortable shoes/runners for a short movement break (if time allows).

Location:

Pickering Rec Centre
(Chestnut Hill Rec
Complex), Rm 2
1867 Valley Farm Rd,
Pickering

Meeting Time: 7 p.m.

Business meeting begins at 7 pm., followed by member social time (time permitting).

Speaker begins at 7:50.

Invite a friend & introduce them to the fun and friendship of CFUW!

Go Green! BYOMug!

Dates and Data

CFUW Websites:

Main website: <http://www.cfuw.org>

Ontario Council Website: www.cfuwontcouncil.org

CFUW on Facebook

CFUW has a Facebook group! If you are a Facebook user you can join the group by searching for Canadian Federation of University Women, or visit <http://www.facebook.com/group.php?gid=2232370205>

Ajax-Pickering CFUW on Facebook:

Our club now has its own Facebook page. You do not have to have a Facebook account to view this page. Simply Google Ajax-Pickering CFUW Facebook page or click on the following link: <https://www.facebook.com/CFUWAjaxPickering?ref=stream>

Ajax-Pickering on X (formerly Twitter): Use @CFUWajax

The Ontario Council newsletter, **Dates and Data**, is available on-line on the Ontario Council website. **The Communicator** newsletter is available on-line on the main website.

Ontario Council Standing Committee Meetings

Ontario Council Standing Committees in Legislation, Education, and Status of Women and Human Rights were developed to keep members aware of current issues in Ontario. The Committees meet three times a year - in October, November, and February - for a day with speakers, workshops and discussion. All Club members are invited to attend these meetings.

To make access to the Speakers Series equitable, CFUW Ontario Council will be using the virtual platform of ZOOM. Each event takes place on a Saturday morning and is two hours in length from 10 a.m. to 12 p.m. The format allows for questions from the floor through the chat function of ZOOM. Please save the dates and plan to join!

Standing Committee Meeting Dates for 2024:

Next Meeting: Standing committee meetings have finished for this club year. They will resume in the fall.

For more information, click here:

<https://cfuwontcouncil.org/standing-committees/>

"In the spring, at the end of the day, you should smell like dirt."

Margaret Atwood



Minutes of General Meeting, Thursday, April 11th, 2024

Agenda

Potluck supper. Thank you to all who contributed. Welcome and land acknowledgement. 22 members present
Previous months minutes as written in our newsletter were adopted by Catherine G. and seconded by
Claudette. Carried.

Treasurer - Erica away. National dues paid: \$1,815. Ontario Council dues paid: \$206.25. Balance is:
\$5,883.36.

Programming for next year- pretty full thanks to the work of the advocacy committee. Still a few spots open.

Fundraising - Ticket sales have gone well. Just 1 ticket left.

Advocacy - Janet M. has volunteered at Feed the Need in Durham. Has been established since 2009. They cover 2,500 sq. km. and provide 1.1 million meals/yr. It helps provide food to other food banks. It has a new initiative called "The Market" where folks can shop for food. We can help by fundraising and food drives. Gail added that St. Paul's on the Hill is separate. Food from Feed the Need does not filter down to Ajax-Pickering. You need to donate there separately.

Women I'd like to have coffee with - Marcy This month the spotlight is on Amal Clooney. She is a Human Rights lawyer focusing on International issues. She has been asked to advise National Governments such as Armenia. She has a very good success rate for her litigations and is one of the best human rights lawyers on the planet. A book called "The Last Girl" was written by Nadia Murad, one of the girls Amal Clooney represented. Amal is looking into Ukrainian war victims as well.

Gail has books written by the Pickering Historical Society. \$10.00 per book. All proceeds will go to the St. Paul's on the Hill food bank.

There will be an executive meeting called this month.

Carmen will hold a turtle walk on Sunday, April 14th at 2 pm in Ajax to learn more about the turtle's habitat. Email if interested.

Resolutions:

Caroline presented Resolutions 1-4. There was a question as to why some of these mentioned indigenous peoples and not others. Caroline made a very useful chart to try to explain how the first four resolutions were proposed to update or delete obsolete points in the current adopted resolutions book. A group of dedicated women have gone through the adopted resolutions book for areas which need improvement. These are National Resolutions:

#1. Archiving Select CFUW Resolutions. Presented by Caroline, Adopted by Caroline, Seconded by Catherine G. Passed unanimously by the members.

#2. Archiving Select CFUW Resolutions. Presented by Caroline.
Caroline highlighted an older resolution about tobacco and health based on a government directive from 1997. It will now reflect the 2023 directive which includes vaping. Adopted by Caroline, Seconded by Louise Z.

#3. Archiving Select CFUW Resolutions suitable for Combining. Presented by Caroline.
For example, both the Nutrition (1980) and the Food on School Premises (1977) adopted resolutions address nutritional aspects of food. A single resolution that includes the concepts proposed in each of the current adopted resolutions will be proposed. Caroline proposed the combining. Seconded by Gail.

#4. Combined CFUW Adopted Resolutions. Presented by Caroline.
An example: CFUW Advocacy Committee – A resolution combining the 1991 Adult Literacy Materials and the 1988 Adult Literacy adopted resolutions. Caroline proposed the acceptance of this resolution, seconded by Janet M.

#5. Restore and Preserve Canada's Peatlands. Presented by Janet.
The Peatlands were compared to nature's kidneys. Tag line is "For Pete's sake, don't use peat! Our chapter was in total agreement with the directives in the resolution. Proposed by Janet, seconded by Catherine G.

(minutes, cont'd on page 4)

(minutes, cont'd from page 3)

#6. National Database Documenting the Impact of Unsafe Drinking Water on Health in First Nation Communities. Presented by Jane.

There is still a lot of work to be done to have reservations have clean, safe drinking water. Bill C-61 is in its second reading in the House of Commons. It deals with safe drinking water on reserves. Issues Resolution mentions making results public, but this might involve a problem with privacy. 1st resolution should be reworded to "potential" health problems. Voting - 1st amendment with rewording - 1 abstain, 1 against. 2nd amendment - amend assuring privacy - 2 against. Jane proposed the amendment with recorded results, Catherine G. seconded.

#7. Preserving Deep Sea Ecosystems. Presented by Marcy.

New technologies are now available to mine resources from the seabed with potential danger to destroying whole ecosystems. This resolution asks to declare or extend a moratorium on deep sea mining. Proposed by Marcy, seconded by Zana. 1 abstained.

#8. Aging in the Right Place: Equitable Resources for all Canadians to Age at Home and in their Community Settings. Presented by Gail.

Currently the provincial government gives \$1.00 for home care vs \$6.00 for long term care. Most countries have a ratio of 1:1 for these services. 20 % of Durham Region residents are 55 years or older. Ajax has PACE program but Pickering has nothing. Proposed by Gail, seconded by Marcy. Unanimously supported.

#9. Incentives to Adopt New Service Standards for Long Term Care. Presented by Dana.

19.3% of Canadians are over 65. Should be accountability at the national level. 1 out of 2 people over 80 have some form of dementia. Proposed by Dana, seconded by Jane. Unanimously supported.

Ontario Resolutions

#1. Protecting Ontario's Vulnerable in Cold Weather Conditions. Presented by Marcy.

1. Mandates a safe and reasonable temperature at which Warming Centres will open to ensure the health and safety of our vulnerable citizens. 2. Mandates this temperature to be -5°C to 0°C. 3. Mandates these Warming Centres to be open 24/7 when such temperatures occur. Proposed by Marcy, seconded by Dana. Unanimously supported.

#2. The costs of medical appliances, which enhance the quality of life of all citizens in Ontario require legislative regulation. Presented by Dana.

Medical appliances have a wide range of costs, e.g. hearing aids from \$1000.00-\$4,000.00. Dana's father's are \$10,000.00 (special item for profoundly deaf). ADP offers medical devices but devices should be more regulated as in the USA. We felt that free enterprise was also necessary for the development of new technologies. Proposed by Dana, seconded by Caroline. 4 agreed as written, 8 against, 2 abstentions.

Scholarships Update

We will be offering a scholarship to a female graduating student at each of the 9 high schools in the Ajax-Pickering area. If any member would be interested in presenting our scholarship, please contact Dorothy. So far, these are the schools and locations that I have received:

Wednesday June 26 - 10:00am - *St. Mary Catholic Secondary School*, at The Embassy of the Kingdom God

Thursday June 27 - 7:00 pm - *Pickering High School*, at Tribute Centre

- 10:00 am - *PineRidge High School*, at Scarborough Convention Centre

- Time TBD - *Ajax High School*

- 12:00 pm - *J. Clarke Richardson Collegiate*, at OTU/Durham College

- 10:00 am - *Denis O'Connor*, at King St Community Church, Oshawa

Notre Dame Catholic Secondary School has contacted me but has not given me a date or location.

Ecole Secondaire Ronald-Marion usually holds their ceremony at their school on Brock Road.

Submitted by Dorothy

What's Happening at CFUW Ajax-Pickering?

Coming soon! Arts & Tarts High Tea

Great news - all tickets sold out for this exciting event! The proceeds for this event will go towards our Scholarship Program. See you on May 11th!



Wednesdays on the Walking Trail

The attendees of one of the weekly walks in April enjoyed lovely weather along the waterfront.



Photo courtesy of Louise Z.

April Ladies Lunch

April's lunch at the Stone Corner Pub was well attended. Next month we will be lunching at Scaddabush in Whitby.



CFUW Ajax-Pickering Advocacy Update

The Ontario Health Coalition is organizing a rally on May 30 to preserve and promote public medicare. In Toronto, people are to gather at noon on the south side of Nathan Phillips Square and then march to Queen's Park for the rally scheduled for 1:00. CFUW groups are joining in the protest.

Here is the event website: <https://www.stopforprofithealthcare.ca/>

The Ontario Health Coalition has a lot of useful information: <https://www.ontariohealthcoalition.ca/>

For more information, contact Caroline.

This Month's Speaker

For our May meeting, member **Andrea Szabo** will be our presenter. The topic will be **Functional Aging: Health & Movement, A Woman's Perspective**. Andrea is a certified Hatha Yoga teacher who specializes in Restorative Yoga and therapeutic movement. She has been teaching classes for more than 20 years. This month's talk will include discussion of modalities to support healthy movement as we age, as well as how to use most recent science to create the best foundation for active aging. **N.B. Please wear comfortable shoes/runners for a short movement break (if time allows).**

Interest Groups

Get involved—get connected!! Join an interest group!

Interest groups are a great way to get to know other club members, especially if you are new to the club. Joining one or several of these groups gives you the opportunity to spend time with members with similar interests. Feel free to join as many as you like (or start up a new one!) You are only limited by the amount of free time you have available! If you are a new member and are not sure how our interest groups work, please ask any club member for more information.

Book Club

The next meeting will be held on **Thursday, May 23rd**, hosted by Dale. The book is ***The Left Hand of Darkness***, by Ursula K. Le Guin. Please contact Dale to confirm attendance and meeting location.



CFUW Ajax-Pickering Walk and Talk

Our goal is to enjoy some fitness at local walking trails while connecting with other club members. Walk and Talk will continue throughout the year. If anyone has a preference for time, or suggestions for walking locations, please let Jane C. know. We meet **every Wednesday**. The time may be adjusted depending on weather. Details will be confirmed via email the week of the walk. Contact Jane C. if you wish to be added to the email contact list for this group to receive regular updates on activities.



Online Cards

We have a small, active group of avid card players and anyone is welcome to join us. Games are played online every Monday night at 6:30. Contact Cathy M. for more information.



Golf

Last year we played every week on Tuesday and Friday mornings and we will probably continue with the same days this year. New golfers are always welcome! If you're interested in joining the golf group but would prefer to play on another day or in the evening, please contact Cathy M or Sandy. The golf dates are flexible so we can try a different day if needed. You don't need to commit to every week. Come when you can!



Ladies Lunch Group

Come join the Ladies Lunch Group as we discover new restaurants in the area and old favourites. We meet the 3rd Thursday of each month. This month's lunch will be held at **Scaddabush Italian Kitchen and Bar**, 75 Consumers Dr, Whitby, on **May 16th at 12 pm**. An email with details will be sent out closer to the date.

Craft Group

Due to the Arts and Tarts Tea Fundraiser, there will be no craft group scheduled this month. Craft group will resume in the fall.



Advocacy

The Advocacy Committee meets on **May 1 at 7 p.m.** over Zoom. Everyone is invited - contact Caroline for the Zoom invitation. The last meeting for the club year for this group will be on June 5.

Newsletter Deadline

Information for the June newsletter should be submitted by **Friday, May 31st, 2024**. Submissions can be mailed, dropped off, or sent via e-mail (sbriell@bell.net). Contact Sandy at 905 428-0003 for further information.

Note from the Editor

The Grapevine is available in both electronic (Adobe PDF) and hardcopy formats, with electronic being the preferred, more cost-efficient format. **If you have recently changed your e-mail address or other contact information**, please let me know so I can update the club membership list and get the newsletter to the right place!

CLUB WEBSITE

<http://www.ajaxcfuw.ca/>

Suggestions for new content or design ideas for our website are always welcome! Please contact Sandy for more information.

Newsletters will be posted on the website so you will be able to access them online if needed.

Facebook/X (formerly Twitter)

We now send out meeting information via these social media platforms to encourage new members. Visit our new **Facebook page** (see page 2 for more info) or connect with us on **X** (@CFUWajax).

| May 2024 | | | | | | |
|-----------------|---------------------------|---------|---------------------------------------|---------------------------|----------------------------------|----------------------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | 1 Walk & Talk/ Advocacy | 2 | 3 | 4 |
| 5 | 6 Online Cards | 7 | 8 Walk & Talk | 9 Club Meeting | 10 | 11 CFUW Fundraiser Tea |
| 12 | 13 Online Cards | 14 | 15 Walk & Talk | 16 Ladies Lunch | 17 | 18 |
| 19 | 20 Online Cards | 21 | 22 Walk & Talk | 23 Book Club | 24 | 25 |
| 26 | 27 Online Cards | 28 | 29 Walk & Talk | 30 | 31 Newsletter Deadline | |