

June 2024



Hello fellow members,

I want to begin by thanking the City of Pickering for their aegis in approving our grant proposal. It is because of the City of Pickering that we have a lovely, central, safe place to meet every month where we discuss our monthly business and have our monthly speakers.

Next month we will be meeting at my home at 2681 Greenwood Rd. where we will be having dinner provided by Food Cabbie. Please note that we will start at 6:30 and anyone is welcome to arrive beforehand. The choices of items will be as follows: 16 Chicken Souvlaki 7 Fish Tacos 7 Philly Cheese steaks 3 Italian Veggie Samos. I will be selling vouchers for your preferred meal which you will hand in to Spiros our food truck vendor. The amount will be \$40.00pp payable by cash, cheque or e-transfer to me. Supper also includes a soft drink and a garden salad. I will provide some wine.

Hopefully the weather will co-operate and we'll be able to meet and eat outside. Please feel free to bring your swimsuits if you fancy a swim or hot tub after supper.

I also want to thank everyone for the amazing success of the Arts and Tarts High tea. Specifically, Erica Bruce for her Arts and Louise Z for organizing the Tarts section. So many hands were involved in this and it was a great success. We will announce the totals for both the tea and the silent auction at the June meeting.

It's been a wonderful first year for me as President. The executive has been outstanding in their support of my endeavours. Special thanks to Jane for her mentorship. I wish all of you a wonderful summer and I look forward to another great year in September!

In friendship,

Louise S



## Next General Meeting

Thursday,  
June 13<sup>th</sup>, 2024

“June Dinner”



### Location:

Louise S's home  
2681 Greenwood Rd

**Meeting Time: 6:30 p.m.**

Please be sure to respond as soon as possible to the email invite sent out this week so Louise can confirm numbers.

BYOB (bathing suit, if you would like to enjoy a swim or hot tub!)

This is our last meeting of the club year, so hopefully many of you will be able to attend and enjoy a social time with other club members to finish off a great club year!

## ***Dates and Data***

### **CFUW Websites:**

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

Ontario Council Website: [www.cfuwontcouncil.org](http://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/>



## Minutes of General Meeting, Thursday, May 9<sup>th</sup>, 2024

Welcome all and Land Acknowledgement announced by Louise S. Last month's minutes approved, Caroline.

### Report of Officers

Programming - Advocacy Group has arranged for speakers for most of the monthly meetings next year, with Constable Daryl R. back to speak in October.

Louise thanked all who participated in the fundraiser, Arts and Tarts, either by working the event and those who came to enjoy the treats.

Executive meeting held and the following positions available:

**Vice President** to learn the ropes for next year as Louise will not be available.

**Scholarship** is open as Dorothy has been doing this position for 35 years and wants to retire from the position.

**Fundraising** is an open position. Kim G. arranged the Vandermeer plant or gift card program which raised about \$400 and will do so again this coming year. She may step into the fundraising role.

**Newsletter/Website:** Sandy will continue in the position but is willing to train someone if anyone is interested.

**Communication:** It would be helpful to have someone assist with Facebook/other social media posts.

**Social:** Louise Z will continue but wants help bringing goodies into the building.

**Treasurer** - Erica will continue in this role, no update provided.

**Membership** - Donna will continue in this position.

**Advocacy** - Caroline will continue to head this group.

Scholarships - Dorothy advises that she will train someone. Current scholarship account is at a \$6110 balance + extra dollars in a GIC and cheques from the Charitable Trust Fdtn. Increase for this year's scholarship was suggested as we have a healthy balance and can handle the \$300 proposed scholarship. Historically the scholarship has been as low as \$200 and up to \$300. Louise held a vote in the group, by hands up and the \$300 scholarship was carried.

City of Pickering grant for room rental has been approved. It was agreed that we will apply for the grant again next year.

Dana suggested the idea of their Wine Club in Niagara where they have a sommelier discuss the wines by Zoom.

### Interest Groups

Book club - monthly meetings held on the last Thursday of the month. This month's meeting will discuss the book, The Left Hand of Darkness, by Ursula Le Guinn, hosted by Dale.

Walking group - continues on Wednesday, Jane will send an email with details. The recent Greenwood expedition went well.

Card group - Cathy M. advises they will start up playing on Monday nights 6:30 through Trickster/Zoom sessions. All are welcome to join.

Golf group - will be headed up by Cathy M.

Lunch group - Catherine is organizing lunch for next Thursday at Scaddabush in Whitby. Please let her know if you will be attending.

Travel Group - Kim has organized the Baltic cruise with a number of passengers. Additions welcome.

Craft Club - will start up again next year usually on a Tuesday alternating between afternoon and evening, at Louise's house.

\*\* Dale suggested a group visit to the AGO which currently has an exhibit of women artists, 'Her Space', running until July 17, 2024. Lunch nearby can be arranged as well.

+++Next and final meeting of the year will be held at Louise's house at 6:30pm. She has arranged for a Food Truck with a variety of foods available. The price will be \$40/person. Hopefully the weather will cooperate, and the dinner meeting can be held outside.

(minutes, cont'd on page 4)

**Speaker:**

Club member Andrea discussed Functional Wellness and Aging aka Use it or Lose it. Her career history started at a business publishing conglomerate and then to a yoga instructor. In her 20-30's, she had 2 car accidents which resulted in 3 years of rehabilitation, physiotherapy, and yoga for mobility. She enjoyed yoga so much that she became a teacher. In her mid-40's, she was pregnant with a high-risk and from week 16 was on solid bedrest. Restorative yoga was a rarity at the time, and she became involved in this type of yoga.

She's working on Functional yoga for Aging. How are we currently aging? Vast majority of people in nursing homes are immobile or in wheelchairs. But in Blue Zones such as: Ikaria, Greece, Sardinia, Italy, Okinawa, Japan, Nicoya Peninsula, in Costa Rica, an Adventists' community in California, people live into the 90's-100's in good health and mobility, with plenty of social contact. She suggests movies on Netflix: Live to 100: Secrets of the Blue Zones as well as You Are What You Eat: A Twin Experiment.

How do we see ourselves in future? 2 ways to discuss aging by Health Span and Life Span. Health Span is more important and should be more in our focus so that our good health lasts longer than dropping off before our latter years. Life expectancy's Global average is 73 years. In Canada life expectancy is 81 years, and Japan as the oldest is 85 years old. The US, where the medical spending is highest, the life expectancy is 76 years for those born in 2021, which is lower than their previous 79 years.

Having wealth is not always beneficial to your health since you will have more remote-controlled equipment in your home, cars that allow you to travel near or far and an abundance of food, often processed food. The more devices you have, there's a reduction in the movement that you would do. Functional health is the ability to have sufficient strength to be active and mobile so that we can move up and down stairs, carry groceries without repercussions, do your own personal hygiene that includes torso rotation for showering yourself, travel, play golf if desired, and playing and keeping up with grandkids. It's essential to keep in mind your 'why', why are you going to keep yourself in good health. Unfortunately, we are currently experiencing a lack of medical doctors, especially gerontologist for the aging Boomer population. Our medical system is reactive rather than preventative in most cases, and women's health in particular. There is little knowledge about diseases that affect mostly women, osteoporosis, or have different symptoms, heart attacks.

Factors that affect functional health include physical activity, mental health, nutrition (supplements), social connections, sleep, breath, life purposes and being in nature. Sitting is the new smoking as per Dr James Levine. The invention the chair and the computer are 2 major changes to our environment that humans have created and not for the betterment of our health. Movement improves both the health span and the life span. Two types of movement are essential to your physicality, Scheduled movement, such as gym workouts, classes and regular exercise routines, and Non-scheduled movement, such as household tasks, parking furthest in the lot from the doors, taking stairs rather than the elevator. The main elements of physical fitness required for functional wellness are strength, balance, stability, mobility, aerobic capacity, and flexibility.

\*\* In the session's midpoint, exercises for those who were participating. 5 minutes of full body stretches, 5 reps of all exercises: Standing shoulder width apart raise and lower your body, slightly wider stance with circular motion inward then outward to activate the ankles, slightly wider feet stance & hands on waist and small side lunges to each side, sway hips from side to side then move hip in circular motion both clockwise and anticlockwise, hands to hip crease with softened knees and hinge the upper body, lunge forward on each leg, squat with arms forward, feet slightly narrower & one arm forward and the other backward with head turning to see the back arm by rotating the torso, feet slightly wider than hips & alternate knees up, feet hip width apart & arms parallel in front then swing back, hands in front alternate palms swing up and down, palms forward then one arm turning back & look over the shoulders, image a pencil at the end of your nose that you draw circles in front of you clockwise and anticlockwise, raising arms up head is following this movement, turning the palm in then out, breathing in with the raising and exhale lowering the arms and head.

These were straight up stretching exercises. Using resistant bands will increase the difficulty of the exercises.

*(minutes, cont'd from page 4)*

Lots of videos on YouTube for 5 minutes stretches. Strength training is important to keep functioning. Frailty is an issue defined by loss of muscle strength, bone density and aerobic capacity. When exercise routines are stopped, the result is frailty and decreased life expectancy. Frailty Syndrome can be measured by the speed of your natural walk. When the pace is lower than a certain speed, your likelihood of frailty and dementia is increased. Other tests for diagnosing Frailty Syndrome are squats and grip strength, lifting strength and posture.

NPR-TED talks have a series, 'Body Electric', that follows an experiment of three groups of people exercising or doing any sort of movement for 5 minutes, after 25 minutes of non-activity, every 2 hours or every hour. The group of participants who exercised after 25 minutes had the best results of health biomarkers, lower blood sugars, lower blood pressure, more energy, more productivity, better mood. Some participants had blood tests that showed their improved markers were better with exercise than with prescribed drugs.

The 5-minute exercise model is doable for most people but there are some difficulties to being consistent, for example, while driving, in a meeting and forgetfulness. Don't let perfect be the enemy of good enough, but consistency is key. If you don't have a 30-minute period, move for the amount of time you do have, and you may have more time later in the day. Variety in your activities will help to keep your attention on consistency of movement in your life. Strength training is best done twice per week at a minimum for seeing a difference in your strength, with the optimum being up to 50% of your activity. Use tools, habits, and people to support your movement. Find your fit. Know your 'why'. Knowledge is power. If you need to sit, sit with better posture. To change your health, you need to change your mind.

Andrea suggests Youtube Fitness Videos: Kinesthetic Health - At Home Exercises for Seniors; More Life Health Seniors - Mike - Physiotherapist and Exercises for Seniors - Curtis Adams of Vitalfl.com. Film: Why Are We Fat? Part 1, 2 & 3 Documentary with Chef Simon Gault.

Convenience is killing us. Commit to be fit.



## Scholarships Update

The Scholarship Fund has received another generous donation of \$200.00 from Lynn Searby, sister of one of our former members, Diane Leahy, who unfortunately passed away in 2015. Diane was a very active member in our club, especially Book Club. She was a former teacher and took great pride in presenting our scholarship each year at Notre Dame Catholic Secondary School.

*Submitted by Dorothy*



## What's Happening at CFUW Ajax-Pickering?

### Fun and Fitness at the May Meeting!

This month's meeting was all about functional wellness and aging and you can see that those attending enjoyed practicing some exercises to help with stretching, flexibility and balance.

Lots of great information was provided by our own club member, Andrea.

Stay healthy! Commit to be fit!

(and maybe consider joining the walking group on Wednesday mornings...!)

*Photo submitted by Kim G*



### Arts and Tarts Fundraiser a Resounding Success!

The Arts and Tarts fundraiser was held on May 11<sup>th</sup> and a wonderful time was had by all who attended. This very successful fundraiser was graciously hosted by Louise S. Art instruction was provided by Erica and many behind-the-scenes hands helped make this event a success by assisting with planning and coordinating, making sweet treats, decorating, set up, and clean up. Guests enjoyed a lovely high tea and then put their creative minds to work as they painted a flower arrangement in watercolour paint. A popular silent auction with some great items was also part of the activities enjoyed by guests. Here are some pictures from the event:







Sweet treats!

Beautiful flowers!

Pretty china and teacups!



## The Art Part – watercolour painting!

Artists hard at work!



Erica sharing her art expertise, with much patience for the rookie artists!



The volunteer help crew!

So much fun!

Photos submitted by Agnes and Kim G.

## Ladies Lunch!

This month's lunch was held at Scaddabush in Whitby. We had a great turnout of members, and the food was delicious! It was the perfect restaurant for a large group to socialize and enjoy some great conversation. If you haven't participated already in this interest group, come out and find out what you've been missing!

*Photo submitted by Kim G.*



## This Month's Meeting

# CFUW Year End Celebration!!

Thursday, June 13, 2024

6:30 pm

2681 Greenwood Rd.



This year's June Dinner will be a celebration of fun, friendship, and a food truck! (And maybe a swim or hot tub if you're up for it!)

Attendees will enjoy a welcome drink, a food truck supper, and various desserts. Dinner will be \$40 per person, payable by cash (preferred) or e-transfer to Louise S. You will receive a voucher for the meal that will be your first or second choice. Choices are: Fish tacos, chicken souvlaki, Philly cheese steak, or Italian veggie samo. All meals come with a side salad and soft drink.

An email invitation was sent out this week to all members so that food truck orders and number of attendees can be confirmed. Please make sure you RSVP to Louise S. as soon as possible if you are attending.

This will be the final meeting of the club year so come on out and enjoy some time with other club members before we break for the summer.

"Everything good, everything magical happens between the months of June and August."

- Jenny Han



# 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

This month we meet for dinner or appetizers at the home of Carmen, and we'll be choosing books for the following club year. Carmen will send out more details for the format of the meal which will be potluck style. The meeting will start at 7 pm. Please contact Carmen if you are planning to attend.

## 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. 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

New golfers are always welcome! If you're interested in joining the golf group, please contact Cathy M or Sandy. We are currently playing Tuesday and Friday mornings. 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 3<sup>rd</sup> Thursday of each month. This month's lunch will be held on **June 20th at 12 pm**. A venue has not been chosen so if anyone has any ideas about where to go this month, please get in touch with Catherine G.

## Craft Group

There will be no craft group scheduled this month. Craft group will resume in the fall.



## Advocacy

Meetings for this group will resume in the fall. Contact Caroline if you're interested in joining.



**Newsletter Deadline**

Information for the September newsletter should be submitted by **Friday, August 23<sup>rd</sup>, 2024.** Submissions can be mailed, dropped off, or sent via e-mail (sbriell@bell.net). Contact Sandy at 905 428-0003 for more 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).

<b>June 2024</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Online Cards</b>	4 <b>Golf</b>	5 <b>Walk &amp; Talk</b>	6	7 <b>Golf</b>	8
9	10 <b>Online Cards</b>	11 <b>Golf</b>	12 <b>Walk &amp; Talk</b>	13 <b>Club Meeting</b>	14 <b>Golf</b>	15
16	17 <b>Online Cards</b>	18 <b>Golf</b>	19 <b>Walk &amp; Talk</b>	20 <b>Ladies Lunch</b>	21 <b>Golf</b>	22
23/ 30	24 <b>Online Cards</b>	25 <b>Golf</b>	26 <b>Walk &amp; Talk</b>	27 <b>Book Club</b>	28 <b>Next Newsletter Deadline: Fri Aug 23<sup>rd</sup></b>	29