



### Upcoming Events

**November Executive Meeting**  
Tuesday, Nov. 3rd, 2020  
Starting 1:15 pm Opening 1 pm Zoom

**November Monthly Meeting**  
Tuesday, November 10th, 2020  
7:15 pm Zoom (schedule page 2)

**CFUW North Toronto Fundraiser  
Portrait Photography**  
Saturday, November 7th, 2020  
Just a few spots left

**December 6th Memorial Luncheon**  
Cancelled

### November Speaker

Tuesday, November 10th, 2020

Dr. Romila Verma  
“Four Pillars of Water Sustainability  
in Ontario”

Founder, Water Speaks; Founding Director, Trans Africa Pipeline

Dr. Verma is an Instructor at the School of the Environment and Department of Geography at the University of Toronto. Her expertise is on global water management and environmental issues. She is the founder of Water Speaks, an organization committed to advancing the voice of water through research, education and action. [www.waterspeaks.org](http://www.waterspeaks.org) She is also the Founding Director of Trans Africa Pipeline working to find solutions to provide clean water to the residents of the Sahel region in Africa. [www.transafricapipeline.org](http://www.transafricapipeline.org)

### Table Of Contents

Page 1	President's Message, November Speaker, Upcoming Events, Table of Contents
Page 2-4	Member News
Pages 5-6	CFUW OC Speakers' Series, CFUW
Page 7	November Interest Group Schedule
Page 8	Additional Information
Page 9	CFUW NT Fundraiser, Portrait Photography



### President's Message

*It is enough  
To smell, to crumble the dark earth  
While the robin sings over again  
Sad songs of Autumn mirth.  
(Edward Thomas, "Digging")*

Autumn is my favourite season, blazing with colour. Recently, I found a new variety of double fringed tulips to plant as cooler winds arrive.

On November 11th, 2020, Remembrance Day will bring to mind the world wars, of great loss and strife. Across Canada, many women of CFUW work for a more equitable, more peaceful world.

To stay safe, our meetings will be over Zoom for 2020-2021.

In October, the Presidents of the Ontario CFUW Clubs met and exchanged helpful ideas at the Fall Hub meeting; and at the October 3rd, 2020 Ontario Council Speakers' Series, CFUW North Toronto member Karen Henderson, gave a well received presentation on Long Term Care.

We had a great turnout at the CFUW NT Oct.13th General Meeting, Members enjoyed Betty Jane Wylie, our speaker, and the introductions of the wonderful new and fairly new members. Unfortunately, there were some auditory lapses. Thank you for bearing with me.

On Nov. 10th, I look forward to listening with you to Dr. Romila Verma who will discuss Water Sustainability in Ontario. Also the new Regional Director, Judith Pownall, will Introduce herself. Please feel free to bring a guest!

It has been a tradition not to have a December General Meeting. So do come on November 10th, register early and meet when we open at 6:30 pm over Zoom, to start at 7:15 pm.

After this general meeting, we will meet virtually on January 12, 2021. May you and your family keep well!

Stay safe and happy,  
Jane Shen, PhD

## MEMBER NEWS

### CFUW North Toronto November General Meeting Schedule



1. November 4th—Registration Invitation Sent
2. November 4th—Agenda Sent
3. Nov. 10th—Reminder Sent

**Meeting**  
November 10th  
Meeting Opens 6:30 pm  
(Access early and chat with friends)  
**Meeting Begins 7:15 pm Sharp**

**Schedule**  
President, Jane Shen, Opening Remarks  
Speaker, Dr. Romila Verma  
*Four Pillars of Water Sustainability In Ontario*  
Business Meeting  
Concluding Remarks

Judith Pownall, Regional Director, will be on the agenda of the Business Meeting and will speak briefly.

### December 6th

It has been 30 years since the tragic mass shooting at l'École Polytechnique de Montréal (December 6, 1989) that saw the promising lives of fourteen young women cut violently short.



On December 6, we remember Geneviève Bergeron, Hélène Colgan, Nathalie Croteau, Barbara Daigneault, Anne-Marie Edward, Maud Haviernick, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault, Annie Turcotte, and Barbara Klucznik-Widajewicz.

### Cancellation December 6th Luncheon



Due to the COVID-19 pandemic and the closure of the U of T Faculty Club until September 2021, the annual December 6th Memorial Luncheon has been cancelled.

### CFUW North Toronto October Monthly Meeting

Our October monthly meeting began with an entertaining and informative presentation on ageism by Canadian author, Betty Jane Wylie. Her latest book, *Endings: A book for almost everyone*, tackles the subject of women and ageing with humour and charm.

The Business Meeting proceeded quickly with reports from the Executive and some of our convenors.

Helen Penfold, Advocacy Convenor, spoke on plans for a celebration of the 50th Anniversary of the Royal Commission on the Status of Women. Laura Sabia, a Past President of CFUW, played an important role lobbying for the establishment of the Commission which was tabled in Parliament on December 7th, 1970.

Janet Hurd, Chair of the Scholarship Committee, reported that negotiations for the CFUW NT-OCAD endowment are now complete and the first recipient will be in 2022.

Teri Emanuele, Fundraising Convenor, reported that there are only three spaces left for for the November 7th photo shoot. Leslie Maher reminded members that we are still selling packages of blank gift cards. Each card displays a photo of an original work of art by a Club member.

Janet Dunfield, Club Treasurer, stated that we now have 83 paid up members and six dual members.

Karen Henderson, Membership Convenor, introduced our new members from 2019-2021. Each new member spoke briefly about their background and their reasons for joining CFUW. We are fortunate to have such talented, accomplished women join our Club.

## MEMBER NEWS

### Volunteer Opportunity

#### Toronto Caucus: Early Learning/Child Care A Project of the Toronto Caucus:

Ladies:

Here is an opportunity to get involved in advocacy with a dedicated group of women from the six CFUW Toronto clubs. The current project is action on early learning/child care.

Linda Sheppard, our current rep on this group is taking a leave because of a time conflict with a class and is looking for someone to fill in for her for the next few months.

The commitment is one two-hour meeting a month, now on Zoom, and participating in any actions decided by the group.

If you are interested, please be in touch with Linda at 416-558-6660 or [lshep@rogers.com](mailto:lshep@rogers.com).



### A Must Read Book *A Mind Spread Out On The Ground* Author—Alicia Elliott

I have just finished reading a book of essays by Alicia Elliott, a young Tuscarora woman of the Six Nations of the Grand River. It is searingly personal and asks essential questions about the treatment of Native people in North America while drawing on intimate details of Alicia Elliott's own life and experience with intergenerational trauma.

I highly recommend it.  
Wendy Frew

*A Mind Spread Out On The Ground* was shortlisted for the Hilary Weston Writers' Trust For Non Fiction 2019 and named one of the Best Books of 2019 by The Globe and Mail, Quill and Quire, CBC and The Hill Times.

For more information on Alicia Elliott go to:

<https://www.cbc.ca/books/a-mind-spread-out-on-the-ground-1.4930281>

<https://www.penguinrandomhouse.ca/books/588523/a-mind-spread-out-on-the-ground-by-alicia-elliott/9780385692380>



### Advocacy Committee And Current Issues Interest Group

One of the top priorities for our group this year is to advocate for better long-term care. This is a complex issue and

we are bombarded with various aspects such as profit vs non-profit, surprise government inspections, fairly paid staff, federal involvement, military aid, other options in the community. The list goes on. We aspire to have our advocacy efforts target where we might have the best success. I am pleased to say that Karen Henderson will speak at our next meeting. Karen, a member of CFUW NT and an expert in this field will help us focus our strategies.

The members of our group are sharing a variety of articles, opportunities to attend Zoom meetings, and possible letters to write to councillors, MP's and MPP's for other initiatives including homelessness, violence against women and a safe and secure drug supply.

Helen Penfold, Convenor

### Zoom Cocktail Party



Seven members of the Quick and Easy Gourmet Group zoomed in on a virtual cocktail party in downtown Toronto on Wednesday, October 7th, 2020. It was a welcome chance to see everyone-and catch up on everyone's COVID adventures.

We had not met since February, and we craved the exchange of news and recipes. There was a wide selection of nibbles, and favourite drinks ranging from red and white wines to cocktails, such as a Lillet Hero. The most enjoyable part of the evening was catching up on each others news - some of us actually did something interesting over the summer! Cottages were visited, copious new recipes were tried, bread was baked and some great stories were exchanged. We had so much fun that we will have another Zoom cocktail party in November!!

The conversation continued at a frantic pace. We all perfected the technique of breaking in when we saw another member raising their glass or trying a nibble. The advantage of a cocktail party is you have to pause to imbibe or eat!

Moira Hudgin

# MEMBER NEWS

## The Eclectic Gourmet

Who are those masked ladies? They are Janny, Antonieta, Marlene, Cathy and Jeanne...some of the Eclectic Gourmet Group who enjoyed a socially distanced lunch (bring your own) on Friday, Oct. 2nd, 2020 on Marlene's patio.

Now you see them, soon you won't, as The Eclectics have decided to suspend any activities and/or get togethers indefinitely.

Cathy Barker



## Music At Your Fingertips

With the approach of colder weather and no sign of the pandemic abating, you'll likely be spending more time indoors during the next few months, and perhaps looking for more online activities. If you like classical music, here are a few suggestions to brighten your days.

### Medici TV

[Medici.tv](https://www.medici.tv) offers a wide selection of concerts, operas, ballets, music documentaries and masterclasses from around the world that you can watch at any time, any day. If you have a Toronto Public Library card, you can access these free of charge. Here's how:

Log on to the TPL website. In the "search" box, enter [medici.tv](https://www.medici.tv). You'll be transferred to the [medici.tv](https://www.medici.tv) site, where you can choose from many selections.



### Wigmore Hall

London's Wigmore Hall is another source of great performances by internationally renowned artists. Donations are solicited, but not necessary. Otherwise, concerts are free. Each concert is live streamed, and remains available for 30 days thereafter. Remember that the concerts are advertised in UK time, which is five hours ahead of ours. Here's how:



Go to the website [wigmore-hall.org.uk/watch-listen/live-stream](https://www.wigmore-hall.org.uk/watch-listen/live-stream). Create an account if you don't already have one, or sign in if you do. This will take you to the page that tells you all you need to know about these wonderful concerts.

### VOCES8 Foundation

Thanks to Joan Gauthier for another suggestion. She has recently enjoyed a 10-concert festival of choral music from London, presented by the VOCES8 Foundation. Joan has described these concerts as "superb". From December 1st, 2020 to January 6th, 2021, VOCES8 will be presenting "LIVE from London - CHRISTMAS", "a snow-dusted selection of your favourite holiday pieces". It sounds a wonderful way to help celebrate the holiday season. Go to their website, [voces8.foundation/livefromlondon-christmas](https://www.voces8.foundation/livefromlondon-christmas) for all details.



Finally, don't forget YouTube, where you can find an extensive collection of music of all types to suit your taste and mood.

Happy listening!  
Sue Callaghan

The opening remarks and welcome were given by Sandy Thompson, President of CFUW Ontario. Sandra Shaw, Chair, Status of Women and Human Rights, introduced the speakers. The overall topic was ageism and issues in Long Term Care.



**Karen Henderson**  
**Founder and CEO of The Long Term Care Planning Network**

Karen Henderson is a valued and respected member of CFUW-NT. She is also the founder and CEO of the Long Term Care Planning Network. Karen was motivated to pursue this career when she endeavoured to assist her father who had dementia and was in a Long Term Care facility.

As we all know, with the arrival of the pandemic, the overwhelming problems associated with the elderly and their care in facilities have become abundantly clear. Karen calls it "Covid carnage". Eighty-one percent of all the Covid deaths in Canada came from nursing homes. This was due in part, to the lack of preparedness, lack of protective equipment, lack of training and poor salaries for Personal Support Workers, no system of infection control, and overcrowded conditions. It was a recipe for disaster and now is the time to rethink how Long Term Care facilities are organized and funded. This can only be accomplished if there is a complete overhaul of the system of care for the elderly and this needs to be done with transparency and accountability. In the Throne Speech the government promised to work with the provincial governments and Territories to improve conditions. She spoke of the \$100 million class action law suit against Révera retirement homes.

Karen is a certified Professional Consultant on aging and she is an advocate for the elderly. She is fighting against abuse, neglect and deaths in Long Term Care facilities. She is lobbying the Federal and Provincial governments for a multitude of changes that will ultimately affect and, hopefully, improve all our lives. She knows that the vast majority of people would like to remain in their own homes and live independently, with dignity. However, that is often not possible due to aggravated mental or physical ailments and they need to find a dependable facility. Karen will do her utmost to see that many important improvements are made and implemented. We are so fortunate to have a person of her dedication in our corner.

Report submitted by Sandra Munn



**Dan Levitt**  
**Elder Care Leader, Writer, Gerontologist, Executive Director of Tabor Village**

Dan Levitt is Executive Director of Tabor Village in Abbotsford B.C. and a gerontologist. He began his presentation with a focus on the perception of aging in society (e.g. millennials think old age is in your 50's. If you are in your '70's old age is 90) Ageism needs to be dealt with as readily as sexism and other 'ism's. Age should not be stigmatized. For example he cited the triangle sign showing 'elderly people crossing' as a man and woman bent over with canes. Why are there so many 'anti aging stores? Wrinkles are gorgeous! One is not growing older but "bolder". Age is just a number. For example, Ruth Bader Ginsberg did not retire at 87 but lived every day. There are many examples of those in later years who still work and even participate in marathons and master games.

But for others who require care and are unable to live independently, then LTC facilities are an option. When one enters one of these homes they do not surrender their rights. They do not become second rate citizens. Dan listed six rights entitled to be recognized. 1) access to physician 2) ability to move out 3) maintain contact with family 4) access to hospital 5) need to long term planning 6) family need to be involved in planning care. Isolation is to be avoided and policies should reflect an enjoyment of life. Cities must pay attention to the design of facilities to avoid multi room accommodations so privacy is provided. In conclusion Dan recommended we check out the movie *Father* coming out later in fall starring Anthony Hopkins.

Report submitted by Helen LeDuc

## SPEAKERS SERIES CONTINUED

Saturday, October 3rd, 2020  
"Elder Care, Protect The Vulnerable"



### Michèle Harding Chair of Board of Directors for Care Watch Ontario

Michele Harding of Care Watch was the last speaker. Many of her comments overlapped with the previous speakers. Care Watch is a not-for-profit advocacy group, one of many who work to let people continue to live in their own homes with support at various levels of need.

Historically, Home and Community Care was provided on a voluntary basis by charitable organizations. Now, just as in LTC there are a variety of providers: private companies, non-profits and municipalities. Sixty percent of these are for-profit which is the fastest growing sector. One of the main concerns is, 'Are they focused on the needs of the residents or their shareholders' ? Hospitals get the largest share of money, then LTC and then HC, even though most people want to remain in their homes. If more people could stay in their homes it would relieve the pressure on hospitals as well as LTC. Should it all be a publicly funded, tax based public scheme like our health care user co-payments and/or charitable donations? The government is rushing to build more LTC and as a result not giving the money to HC which provides help to the majority who want to stay in their homes.

#### Money Distribution:

Home Care \$3.2B    Community Support \$645.M    Assisted Living in Supportive Housing \$341.M  
Hospital Operations \$18.9B    Capital Funding 4.8B    LTC \$4.62B

Care Watch calls for increased investment in home and community care, stable funding via a tax based, public insurance. They also call for a comprehensive basket of services established as a provincial standard and required province wide. Access should be based on need, not ability to pay or residential location. Not all HC needs are medical. There is transportation, socialization, meals, shopping...who pays for these services?

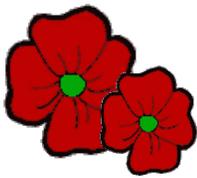
We have all been made aware of the LTC problems in the last number of months. It is the same for the HC workers who are mostly women, racialized, newer immigrants thus having lower pay, less security, and part time hours. Home Care workers get paid less than in Long Term Care.

A new system of restructuring is underway with Ontario Health Teams for choosing the plan, funding and delivering home care services. Michele challenged us all to advocate and to educate younger people about the situation and to rethink the present model so that as in other places the allotment of money is reversed and home care gets the most money.

Report submitted by Bonnie Evans



**CFUW 2021 AGM**  
Deadline for Intents to Submit a  
Resolution for AGM 2021  
DEADLINE: NOVEMBER 15,  
2020



# NOVEMBER INTEREST GROUP SCHEDULE



INTEREST GROUP	CONTACT	DATE/PLACE	EVENT
Advocacy	Helen Penfold 647-343-0414 <a href="mailto:helenrpenfold@gmail.com">helenrpenfold@gmail.com</a>	Thursday, Nov. 12th, 2020 1pm Zoom	If you want to be included in the Zoom call, please contact Helen in advance.
Art Sparks	Margery Snider 905-640-4172 <a href="mailto:margerysnider@gmail.com">margerysnider@gmail.com</a>	Activities suspended until further notice	
Books Last Tuesday Afternoon	Linda Andrews 416-485-4903 Janny Beare 416-489-3656	Tuesday, Nov. 24th, 2020 Zoom	<i>Unsheltered</i> Author-Barbara Kingsolver Reviewer-Laurel Henning
Books International Wednesday Evening	Rita Pieroni 416-483-5143 <a href="mailto:ritapieroni@rogers.com">ritapieroni@rogers.com</a>	Wednesday, Nov. 18th, 2020 Zoom	<i>Educated</i> Author-Tara Westover Reviewer-Eva Biro
Books No Stress--Third Thursday	Janet Dunfield 416-484-9304 <a href="mailto:briandunfield@sympatico.ca">briandunfield@sympatico.ca</a>	Thursday, Nov. 19th, 2020 Sheila Kappele Zoom	
Books No Stress--Second Monday	Sally Smith 416-322-9044 <a href="mailto:smithcon@rogers.com">smithcon@rogers.com</a>	Monday, Nov. 9th, 2020 1:30 pm Zoom	
Concertgoers	Sue Callaghan 647-348-7093 <a href="mailto:lsm.susan@gmail.com">lsm.susan@gmail.com</a>	Waiting for information on reopening of concert halls.	
Current Issues	Joan Gauthier 647-343-2808 <a href="mailto:gauthier91083@rogers.com">gauthier91083@rogers.com</a>	See Advocacy Joint Meeting	
Food Eclectic Gourmet	Cathy Barker 416-423-0585 Jeanne Scotland 416-422-2915	Activities suspended until further notice	
Food Fun With Food	Nita Reed 416-488-5442 <a href="mailto:reednita@gmail.com">reednita@gmail.com</a>	No future meetings planned	
Food Quick and Easy Gourmet	Sharry Stodart 416-444-7412 <a href="mailto:msstodart@gmail.com">msstodart@gmail.com</a>	TBA	
French Conversation	Karen Hammond 647-351-0841 <a href="mailto:karhammond@hotmail.com">karhammond@hotmail.com</a>	No information received	
French Déjeuner Divas	Janny Beare 416-489-3656 <a href="mailto:jannybeare@hotmail.com">jannybeare@hotmail.com</a>	Wednesday, Nov. 18th, 2020 1pm Zoom meeting	

## ADDITIONAL INFORMATION



### Company of Walkers

**Tuesday, November 3rd, 2020**  
**Humber Valley Walk (Old Mill)**

Meet: Etienne Brulé Park parking lot (near the Old Mill)

Directions: From Bloor St. West, turn north onto Old Mill Trail (west of Humber River Bridge), right on Old Mill Rd, cross the Old Mill bridge and immediately turn left at entrance to Etienne Brulé Park. By TTC, get off at Old Mill station and follow these directions on foot.

**Tuesday, November 10th, 2020**  
**Todmorden Mills to Crothers Wood**

Meet: Todmorden Mills Park Heritage Museum & Art Centre parking lot.

Directions: Todmorden Mills is on Pottery Rd. Go south on Bayview to Bayview Extension, turn left on to Pottery Road at the bottom of the hill. From DVP, take Bayview/Bloor exit and follow Bayview north to Pottery Rd. From east end, access off Broadview Ave. Park in second lot, just past the footbridge.

**Tuesday, November 17th, 2020**  
**Alexander Muir Gardens/Sherwood Park**

Meet: Parking lot, located south of the gardens

Directions: The paved entrance to the park is Alexander Muir Rd., located on the south side of the gardens, on the east side of Yonge Street, a few blocks south of Lawrence and Yonge. There is a park sign. Drive past the tennis courts to the parking lot. Parking lot is limited, so carpooling or subway to Lawrence is recommended.

We will meet at 9:50 a.m. and start our walk at 10:00 a.m. sharp. more time to get there.

We walk rain or shine (unless constant rain is forecast). Friends are always welcome. Contact Margery Snider: 904-640-4172 [margerysnider@gmail.com](mailto:margerysnider@gmail.com)

### The Munk Debates/Dialogues

***BIG IDEAS. SMART CONVERSATION.***

The COVID-19 pandemic enters a new phase this autumn. Are governments up to the challenge of a second wave of infections? How is the all-important economic recovery likely to play out? And, what are risks – domestic and global – of a high stakes U.S. election? The Munk Dialogues are a weekly interactive video conversation about the big issues and events transforming our lives.

**Free**

with email registration

- Video and audio streaming of the last 12 months of our online library of debates
- Access to written transcripts of all our debates for reading and research
- Monthly newsletter featuring our best debates, dialogues and podcasts

For information go to: [munkdebates.com](http://munkdebates.com)



**UWC Toronto Zoom Speaker**  
**November 16th @ 4 pm - 5pm**  
**All CFUW OC Members Are**  
**Invited**

University Women's Club of Toronto is hosting a series of speakers on Zoom this fall. UWC welcomes all interested Ontario Council members to register for one or more of the Zoom talks by sending an email to [info@uwctoronto.ca](mailto:info@uwctoronto.ca).

November 16, 2020, 4:00 pm

"Lunacy: Life Begins At the End of Your Comfort Zone"

Ian Evans, adventurer and inspirational speaker, will share lessons he has learned in some of the world's most extreme and challenging environments, from the South Pole to the Australian outback.

# CFUW-NT FALL FUNDRAISER



## PORTRAIT PHOTOGRAPHY

BY TORONTO CAMERA CLUB  
PHOTOGRAPHERS,

SHELLEY HASSARD & JIM ORGILL

**WHERE:** the Toronto Camera Club at  
587 Mt Pleasant Road

**WHEN:** Saturday, November 7<sup>th</sup>

**TIME:** Appointments will begin starting at 10am  
and will be about 20-25 minutes in length

**COST:** \$50.00 for a one or two persons private  
sitting/appointment

**WHAT:** You will receive professional portrait  
photographs (3-5) after a little editing sent to you  
via email. The pictures can then be taken by USB  
key or emailed to a photo shop for printing to your  
specifications.

**WHY:** So you can i) update your Facebook photo,  
ii) give a picture to family and friends, iii) have  
pictures of a loved one or two, iv) you are  
contributing to the CFUW-NT Scholarship Fund.

**How:** Make an appointment by calling  
Teri Emanuele at 416 489-1874 or  
Ann McCutchan at 416 485-5439.

**NOTE:** COVID-19 protocols will be in place.

