

**MEETING:**

On Zoom  
 Tuesday, November 10, 2020, 7:30 pm  
 Social Time starts at 7:00  
 A meeting link will be emailed to you.

**SPEAKER:**

Dr. Robin Williams  
 Paediatrician and  
 Public Health Physician

## COVID-19 Pandemic: An Update - Where we are, where we have been, and where we are going



A paediatrician and public health physician, Dr. Williams is currently a Special Advisor to the Ministry of Health and Long-Term Care in Ontario,

She has a special interest in early literacy and early child development.

In 2014, Dr. Williams was also named a recipient of the Order of Canada "for her contributions as a public health leader promoting effective policies in early childhood development".

and a former Medical Officer of Health for Niagara Region (1995 to 2011). She is widely recognized locally, nationally, and internationally for her contributions to the area of children's health and welfare. She is a former Chair of the Council for Early Child Development. Her outstanding work in the area of early childhood development led to her appointment as Chair of Ontario's 18-Month Expert Panel.

As the past-president of the Canadian Paediatric Society, (2013-14), Dr. Williams has also taken on an active role in advocating for a federal child and youth health commissioner, who would support children's interests at the national level and report on their progress, as well as promoting children's literacy as an important part of health and well-being. Currently, Dr. Williams is a member of the Board of Brock University, acting as co-chair.

## President's Message from Gail Neff

I've been encouraging you to access the CFUW Provincial, National and International websites, and read their newsletters because they will keep you connected to good things that are happening during these isolating times. They will also alert you to creative ways you can help make changes in the welfare of women and girls that are still needed.

The September Ontario Council Newsletter has a message from the Ontario Council President, as well as two particularly inspirational essays by two Club Presidents on the value of CFUW

Membership that I highly recommend you read. [Ontario Council News Sept - issue 16.](#)

I have been taking my own advice and emailing requests for invites to Webinars and CFUW club speakers. The Ontario Council Virtual Speaker's Series on October 3 was really informative and enjoyable. Three speakers covered various issues on how elders are viewed by society,



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Editor:  
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[CFUWStCatharines.org](http://CFUWStCatharines.org)

*President's message continued...*

why Eldercare is so underfunded, and what we can do about it. The three slide presentations can be viewed on the OC website under Speaker Series by clicking on "here" in each of the speaker introductions. [Elder Care](#) My favourite quote from the event was "We're not getting older, just bolder!"

Speaking of older and bolder, I also enjoyed a TED talk on aging by Jane Fonda that was so good I didn't want her to stop talking! [TedXWomen - Jane Fonda](#) The CFUW Nepean Club hosted a speaker on Canadian Gun Control. I was surprised to learn that the numbers of guns in Canada is three times larger now than 15 years ago primarily because laws are not being enforced! The CFUW Georgetown Club speaker, Joy Hurst, is the CFUW National VP for International Affairs. She spoke from her home in Edmonton. She stressed that concerns for women are the same worldwide and locally, and Meet and Greet meetings between international clubs are very valuable for sharing ideas and strategies in real time. She also pointed out that one way we can help women internationally is to hold our own government accountable for the promises and agreements made at the United Nations Council on the Status of Women (UNCSW).

An email from the National Advocacy Coordinator, Charlotte Akin, included a CFUW response to the Speech from the Throne in the form of a letter by our National President, Kathryn Wilkinson, to Prime Minister, Justin Trudeau.

[CFUW letter to JTrudeau - throne speech](#)

A number of CFUW Resolutions were addressed in the Speech from the Throne including:

- swift response to the recommendations of the National Inquiry into Missing and Murdered Indigenous Women and Girls as well of the Truth and Reconciliation Commission

- adopting policies that mitigate Climate Change and which would help produce millions of good paying jobs

- establishing national standards for Long Term Care
- funding more affordable and high quality child care

Also in the email from Charlotte Akin is a call to action.

Template letters are attached to allow members across Canada to write to their elected officials, either by email or snail mail to support the proposed actions to improve childcare. Click here to see the template letters.

[Local Template letter re: throne speech-child care](#)

[Premier template letter re: throne speech-child care](#)

We are also being encouraged to write letters to the Editor in our local papers, and sign petitions by CFUW and partners such as the Niagara District Council of Women. I plan to write, as President of the St.

Catharines Club, as well as personally, hand-written letters to Premier Doug Ford, St. Catharines MP Chris Bittle, and MPP Jennie Stevens, and Thorold MP Vince Badaway, and MPP Jeff Burch. I hope you will answer the call yourselves as well by adapting the templates. We may be isolated, but we can still demonstrate the "Power of Women Working Together"! I hope you are enjoying the spectacular fall colours. "See" you on November 10th.

## Tips to help you find and receive communication from CFUW St. Catharines

If you ever can't find the monthly newsletter, Zoom invitation, Program Committee Survey or any other communication from CFUW St. Catharines, search your folders for messages from [info@cfuwstcatharines.org](mailto:info@cfuwstcatharines.org) This is the address now associated with all of the messages we send out to the whole membership. If you find the messages are often in your junk or other folders, try adding the above email address to your address book to help emails come straight to your inbox.

You can also find the **newsletters** and **Zoom meeting links** on our website. Both are under the **Members Only** heading. You do not need to login for newsletters.

For the Zoom Meeting link, put your mouse over Membership Login, then click to the right on CFUW Monthly Zoom Mtg Info, enter our password, and you will see the meeting link in blue.

For general questions or comments, you can always reach us at [cfuwstcatharines@gmail.com](mailto:cfuwstcatharines@gmail.com)

# CFUW Garden Tour

June 6, 2021

from Barb Legg and Mary Jane Waszynski, Co-Chairs



We have eight gorgeous gardens booked for next June. They have already been photographed for the booklet and our website. If you have any questions, please contact the co-chairs at [mjwaszynskiOT@hotmail.com](mailto:mjwaszynskiOT@hotmail.com) or [blegg@bell.net](mailto:blegg@bell.net)

We need many members to help on the day of the event as Guides, Head Guides and Ticket Guides. If you can help on June 6, and haven't yet given your name, please contact Valerie Parke at [valerie.parke11@gmail.com](mailto:valerie.parke11@gmail.com) Thank you for your support!

## Join us on Zoom!

The monthly meetings on Zoom are a different experience but are still fun and informative.  
We always have Social Time between 7 – 7:30 P.M.

You can still invite friends/potential members to join as well.  
Simply let the Virtual Platform Committee know ahead of time.  
Contact them as well if you wish to participate by phone.



[cfuwstcvirtualmtg@gmail.com](mailto:cfuwstcvirtualmtg@gmail.com)



## Executive Slate Announcement

We are pleased to announce that Liina Veer has taken on the role of Advocacy Chair.  
Please contact Liina if you are interested in joining the committee.

CFUW National Information  
[National Fall Advocacy Package](#)  
[Club Action Newsletter Oct 21](#)



## Ideal Gift – Charitable Fund



Christmas shopping blues got you down, especially in these COVID times?  
Unsure as to size, colour preference, style?

The Charitable Fund has an answer for you: one-size-fits all,  
and hands-free delivery!!!

***The perfect gift: a donation to the CFUW St. Catharines Charitable Fund  
to honour your family member or friend.***

In return, you will receive a card to give as your gift and an income-tax receipt for donations of \$30.00 and over. Plus, you and your gift's recipient will have the satisfaction of knowing you have helped female students access higher education, as well as having contributed to charities for women and children in Niagara.

To order, please contact **Sue Hunt** at [fonzmom@hotmail.com](mailto:fonzmom@hotmail.com) or call her at 905.935.9280.

To make a payment use **Interac e-Transfer** to [cfuwstcathcharitable@gmail.com](mailto:cfuwstcathcharitable@gmail.com)

For **credit card** donations, use [Canada Helps](#)

Or you may mail a cheque payable to CFUW St. Catharines Charitable Fund to Sue Hunt.

The deadline for ordering is Thursday, December 10, 2020.  
We would like to thank everyone for their tremendous support.

## Charitable Fund News

from Grace-Ann Cambray

A Math Award of \$500.00 is given each year to the female student in each of the 12 area high schools who achieves the highest grades in two mathematics courses in her last year of high school. Two such awards are also given in Adult Math Education. Here is one more of our recipients.



### **Math Award Recipient**

#### **Samantha Adams writes:**

*I would like to take this opportunity to thank you for your generous funding of the Canadian Federation of University Women Math Award that I received as a Beamsville District Secondary School Graduate. I am very honoured to receive this recognition.*

*The combination of my deep interest in both the anatomical and psychological aspects of humans, my eagerness to lend a hand and help others out, and all of the experience I have gained through volunteering and competitive wrestling have led me towards my aspiration of becoming a Registered Nurse.*

*I am very thankful for this award as it will help reduce some of my financial stress regarding the many expenses that come with attending University. (Samantha is now attending Brock University and lives at home in Vineland.)*

*What a remarkable young woman!*

## Members' Corner Bookshelf – Books We've Read and Recommend

from Martha Abra

Hi everyone - What have you been reading lately? Do you have any recommendations for books that other CFUW members might be interested in reading? Also - do you have any authors who you follow?

Please email your recommendations to Martha Abra [marthaabra@gmail.com](mailto:marthaabra@gmail.com)- THANKS!  
Here are this month's recommendations.

### ***The Bird Way* by Jennifer Ackerman. Recommended by Marian Lips**

"A fascinating look at bird behaviours. You will never use the disparagement "bird brain" again."  
"There is the mammal way and there is the bird way." But the bird way is much more than a unique pattern of brain wiring, and lately, scientists have taken a new look at bird behaviors they have, for years, dismissed as anomalies or mysteries. What they are finding is upending the traditional view of how birds conduct their lives, how they communicate, forage, court, breed, and survive. They are also revealing the remarkable intelligence underlying these activities, abilities we once considered uniquely our own: deception, manipulation, cheating, kidnapping, infanticide, but also ingenious communication between species, cooperation, collaboration, altruism, culture, and play."

### ***The Silent Patient* by Alex Michaelides. Recommended by Joyce Chappell**

"I reread the last chapters several times trying to figure out what I had missed as I did not foresee the ending. Very different."  
Often referred to as a psychological thriller, this debut is hypnotic and haunting. Alicia, a famous painter, appears to have a perfect life until she shoots her husband in the face five times and becomes silent. She does not speak at her trial or in the criminal mental hospital. A criminal psychotherapist is determined to get her to talk. Through intelligent character analysis, the "blank canvas" of Alicia is filled leading to an astonishing and unpredictable ending.

### ***One Good Reason* by Séan McCann and Andrea Aragon. Recommended by Trish Loat (on 2020-21 Revolving Books List)**

"I wasn't sure how much a book about "Addiction and Recovery, Music and Love" would appeal to me. I was wrong, What a great read."  
In this deeply personal memoir, co-written with wife Andrea Aragon, singer-songwriter and renowned mental health, addiction, and recovery advocate Séan McCann describes his childhood in Newfoundland indoctrinated in strict Catholic faith, followed by the creation of the wildly successful musical group *Great Big Sea*, his courtship and early marriage with Aragon, and his battle with alcoholism that nearly cost him everything. At the heart of this insightful coming-of-recovery is McCann's exploration of the root cause of his alcoholism, a secret he kept until 2014 when he came out as a survivor of childhood sexual abuse. Aragon's parallel narrative offers a rare and intimate spousal perspective, making the memoir a nuanced and complex portrait of the effects of addiction on family.



Did you know you can use our Zoom account for your book club or other interest groups or committee meetings?

Contact the Virtual Platform Committee at [cfuwstcvirtualmtg@gmail.com](mailto:cfuwstcvirtualmtg@gmail.com) for details.

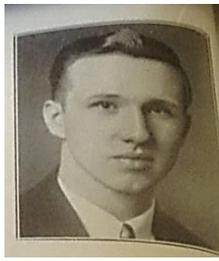
**Interest Groups-** During the pandemic, some groups have ceased to meet temporarily. However, some groups are meeting in different formats such as Zoom. Please contact your convener to confirm the group's decision, which will be in accordance with public health measures.

Some general information can be found on our website under Events Overview.

# History Corner – Scholarship Winners 1926-1929

from Caroline Nolan, Chair, Anniversary 100 Ad Hoc Committee

From the St. Catharines Collegiate yearbooks of 1926 to 1929, we have a fascinating glimpse into our past. Our first scholarship was awarded in 1926 to Henry Tiplin. Chronologically, Leslie Warner, Muriel Hodson and Helen Stevens were the next annual recipients of our award.



The University Women’s Club of St. Catharines began giving a \$50 scholarship to be awarded annually to the student of fifth form who had made the highest aggregate mark at the Department Examinations in June and who intended to proceed to any Canadian university. **Henry** was the first recipient.

**Leslie** received the award the following year for general proficiency in upper school. He went on to attend the University of Toronto.

**Muriel** received the award in 1928. She attended Victoria College of the University of Toronto, specializing in English and History.

**Helen** won the University Women’s Club scholarship for the fifth form pupil with highest total marks at the June examination of 1929. She was also assistant editor of “Vox” and went on to Victoria College as well.

# Refugee families – Updates, Good News and a New Endeavour

from Denise Bradden

Our original family are doing very well and have saved a sufficient amount of money to be able to purchase a house. Your generous donations five years ago have resulted in this and a happy Reetaj setting off to school this September.



As a result of pledges made a year ago, we have been able to plan to bring Nuha’s sister and family from Turkey, and this week the Catholic diocese of St Catharines accepted their papers for processing. I spoke recently about the last family, Mohammad’s family, stuck in Jordan with no health care and unable to go anywhere.

I desperately needed funds to get them out when suddenly, on Wednesday, the UN contacted Mohammad to process the family to come to Canada as government sponsored refugees. So, no fundraising is needed. However, the government guidelines for what is provided is based on welfare living and only \$850 monthly is allocated for shelter. As you all know, this is not at all realistic, so we need to boost up the funds available. Please consider donating some of the money you may have saved from COVID restrictions to help. I am keeping a special account for refugee funds and donations can be made to me and held in trust until they come. Cheques or e-transfers will be accepted. [denisebradden@gmail.com](mailto:denisebradden@gmail.com) 905-892-9293