

February Speakers Series

Volume 3, Issue 4

Resiliency During Extraordinary Times

At our next regular meeting night on February 17th, Karyn Hand from [CMHA Peel Dufferin](#) will lead us in a conversation focusing on fostering resilience in ourselves and others. This is especially important in COVID times when many around us are struggling.

CMHA defines mental health as “knowing and accepting yourself, understanding what makes you happy, building meaningful relationships, coping with problems of day-to-day living and maintaining a sense of humour. It also means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.”



Canadian Mental Health Association
Mental health for all

Join us on February 17th when Karyn will talk to us about striking a balance and developing resiliency, during these particularly stressful times. The program will begin with a half hour social gathering so everyone can catch up and we can work out any technical glitches before the formal presentation begins. Members are welcome to invite guests. Click [here](#) to join the ZOOM meeting at 6:30 p.m. on the 17th. Hope you can join us!

February 17th, 2021
Speakers Series

Guest Speaker

Karyn Hand

Canadian Mental Health Association – Peel Dufferin

Wednesday February 17th
6:30 p.m. via ZOOM

Get comfy, bring your beverage of choice, connect with your CFUW-O friends and learn something new.

Headwaters Community Wellness Council



As we heard in our January meeting, LHINs (Local Health Integration Networks) were replaced by Ontario Health Teams (OHT) due to Ontario government requirements. Our local Ontario Health Team is called the **Hills of Headwaters Collaborative**. The goal of the Hills of Headwaters Collaborative is to work in full partnership with patients, caregivers and families. This team approach includes committees, working groups and the **Community Wellness Council**. The Community Wellness Council was created for patients, families, and caregivers as a way to participate in the development of the new health model.

Please consider joining the **Community Wellness Council meeting on February 28 at 2:30pm** to learn what we are planning and to ensure your needs and voices are heard.

If you are interested in attending this meeting, please contact [Vickie Lewis](#) to receive the Zoom invite.

February 22nd is Human Trafficking Day

CryNot: Bringing Awareness about Human Trafficking in Dufferin-Caledon. February 22 is National Human Trafficking Awareness Day in Canada.

February 22nd is an important date on our calendar and there is a new group in town who wants to bring awareness about it.

The big picture of human trafficking is sinister and devastating: it involves recruiting, holding or influencing a person for the purposes of sexual exploitation or forced labour. It's the dark underbelly of a world-wide problem and here in Dufferin-Caledon it's closer than you think.

Human trafficking has a personal face – it's our daughters, our young vulnerable women who are being lured into prostitution, sex trafficking and other forms of exploitation. It's a study in the finely-tuned manipulation of the vulnerable: promises of love and affection, provision of drugs and alcohol, threats of violence against families and friends; it's all about complete control of the victim. Sex trafficking leaves a lasting impact on human life, families and communities. When the **Rotary Club of Orangeville** and **Compass Community Church** became aware of the threat of human trafficking in our area they formed a volunteer-driven group called **Cry Not** (Compass Rotary Youth- No Trafficking). For more information go to crynot.ca.

CFUW-O Membership Survey

In November and December, the Club conducted a survey to better understand the levels of importance and satisfaction that members place on various aspects of membership in CFUW, and to determine the level of member support for continued affiliation with CFUW National, CFUW Ontario Council and GWI (Graduate Women International). The survey link was sent to everyone who was a Club member in 2019-20, except for those folks who had moved away from the area; a total of 95 invitations to participate were sent. 64 respondents completed the survey between November 14 and December 24, 2020, a completion rate of 67%. After compiling the survey results, there are a number of key findings.

Interest groups, book exchange, reading groups and socializing opportunities appear to be the glue holding our Club together and without them our Club would probably see significant member loss. Satisfaction levels for interest groups and socializing opportunities were 95% and 92%, respectively. At the same time, our members also greatly appreciate and strongly acknowledge the opportunities offered by our Club for lifelong learning and advocacy. 79% of respondents perceived lifelong learning to be important, 69% said the same for advocacy opportunities, with satisfaction levels of 76% and 80% respectively. Almost three-out-of-four (71%) support continued affiliation with both CFUW Ontario Council and CFUW National. In sharp contrast, only one-in-four of our members support continued affiliation with GWI (27%).

Based on the comments and suggestions offered by our members, we need to consider repositioning our Club as one that tries to attract younger members, and an executive, from diversified backgrounds and focuses on providing:

- fun, friendship, and small, very social interest groups.
- opportunities **at the local level** to advocate on behalf of women and girls.
- lifelong learning opportunities which focus on lighter, less serious topics, away from politics.

Special Interest Groups

Two revived Interest Groups will be starting up if there is interest. They are:

Arm Chair Travel Since travelling in Canada or abroad is not available to us right now, this interest group is for those of us who have travelled and those of us who have an interest in planning our next trip. The idea is that using Zoom we can meet monthly to see and hear about an interesting location from one of our members who has travelled to that spot, from the comfort of our own *arm chairs*.

Soup Exchange We are not able to get together for Soup and Salad this winter, but we can prepare soup and exchange recipes. For those who are interested in participating, we would divide into groups of 5. Each of the 5 members in that group can make one type of soup with enough to share so there are 2 servings each for the other 4 participants. On the specific date of exchange, members would bring their prepared soup for each of the other 4 members of their group. Soup is exchanged in an outdoor location maintaining COVID distancing. Exchanging recipes and the option to Zoom while enjoying the soups are optional for the group of 5.

If you are interested in participating in either of these groups please email [Vickie Lewis](#). In addition, the interest groups listed below are also welcoming new members. Please contact the convenor by e-mail if you're interested.

Name of Interest Group	Convenors' e-mail
Active Living	Elizabeth Luce eluce1@icloud.com
Afternoon Book Discussion	Jeanette Williams jeanette.williams@sympatico.ca Laurie Jenkins Lauriejen@gmail.com
Art Appreciation	Sheila Wright s.wright7737@gmail.com Co-convenor Needed
Evening Reading Group	Judi Sullivan sulljudi@gmail.com
Ice Skating	Wendy Tumber wtumber@yahoo.ca Co-convenor needed
Women In Action	Lynda Moore Grahamandlynda2017@gmail.com

CFUW National

On January 26th, CFUW's **International Relations Committee** published a special edition newsletter that includes:

- Information about the International Relations Committee
- International work by CFUW Clubs
- 2021 IWD Project: TEMBO Canada
- UNCSW65 Virtual Session
- International Dialogue & Advocacy News
- Standing with Women in Afghanistan
- CFUW GWI News

[Click here](#) to access the newsletter.

GWI NFA2NFA PROJECT PARTNERSHIP: CFUW AND GWI-NETHERLANDS Afghan Peace negotiations: Their Perilous Significance for Women in Afghanistan

On **February 26**, Dr. Lauryn Oates from CW4WAfghanistan will address the joint Canadian Dutch Group on the importance of the peace negotiations for Afghan girls and boys education. CFUW members are welcome.

The project concludes with a GWI webinar on **April 24**, featuring Dr. Samar, human rights activist and mentor of *University Women Helping Afghan Women*, CFUW Ottawa. Also invited to speak are Habiba Sarabi, one of only four women on the 42 member peace negotiating team in Doha, and Mary Akrami, founder of the Afghan Women Network connecting women from across Afghanistan. We will hear from these remarkable Afghan women why the peace negotiations are so significant for Afghan women, and what we as educated women across our globe can do to help.

CFUW Ontario Council

OC Speakers Series

February 27, 2021 10 a.m. to 12:30 p.m.

Please register by 5 p.m. on February 26th. Click [here](#) to register.

Mental Health – From Prevention to Wellness

Our February 27th Speakers Series features three compelling speakers: Jennifer Pereira-Ashawasegai, an Anishinabek citizen from Henvey Inlet First Nation in Ontario, Kendra Fisher, a women's ice hockey goaltender, and Lori Spadorcia, Chief Strategy Officer at CAMH. The topic is mental health, moving from prevention to wellness.

Save the dates! May 14 & 15 [OC AGM](#) Lead 2021 Step into your Power, a virtual conference hosted by CFUW Orillia.

Upcoming CFUW Events

February 10, 2021 @ 9AM ZOOM Webinar

CFUW Etobicoke – 7th Annual Breakfast – STOP THE VIOLENCE Women, Men and Guns: What Needs to be Done?

With Dr. Wendy Cukier Tickets \$25 Register at www.cfuwetobicoke.ca/stop-the-violence-breakfast/

February 10, 2021 @ 7PM ZOOM Webinar

CFUW Oshawa – Revealing ADELAIDE McLAUGHLIN of Oshawa's Parkwood Estate

With Samantha George, Curator at Parkwood Estate. E-mail cfuw.oshawa@gmail.com to register.

February 10, 2021 @ 7PM ZOOM Webinar

CFUW London – Enhancing the educational opportunities and community capacity for Black Canadians

With Dr. Gervan Fearon, Brock University President & Vice-Chancellor, and Christine Williams, Vice-Chair of Centennial College Board of Governors. E-mail contactus@cfuwlondon.ca to register.

February 17, 2021 @ 6:30PM ZOOM Speakers Series

CFUW Orangeville – Resiliency During Extraordinary Times – Karyn Hand CMHA Peel Dufferin

March 8, 2021 International Women's Day

March 17, 2021 @ 6:30PM ZOOM Speakers Series

CFUW Orangeville – Cooking/Baking Demonstration with Heather Hayes

April 21, 2021 @ 6:30PM ZOOM Speakers Series

CFUW Orangeville – Commemorative Tattoos with Deb Davidson

CFUW-O programs will begin with a half hour social gathering so everyone can catch up and we can work out any technical glitches before the speaker begins. Members are welcome to invite guests.

CFUW Orangeville & District

E-mail: info@cfuworangeville.com

<http://www.cfuworangeville.com>

Advertising

To advertise in *connections*, send a copy of the ad (in JPEG format, please) to [Ingrid Sproxton](mailto:Ingrid.Sproxton). The cost for one ad is \$10. For \$50, you can put in an ad for one year (5 to 8 issues). Give or send your payment to Cathy Campbell, Treasurer, 11 Rose Ridge Lane, Mono, ON L9W 5Y3. The advertising deadline is the last day of the month preceding issuance of the current month's newsletter.

The Power of Women Working Together



7th ANNUAL CFUW BREAKFAST
STOP THE VIOLENCE
WOMEN, MEN AND GUNS: WHAT NEEDS TO BE DONE?
WITH DR. WENDY CUKIER

WHEN: Wednesday, February 10th, 2021 at 9 a.m.
WHERE: Zoom Webinar
TICKETS: \$25.00
REGISTRATION: www.cfuwetobicoke.ca/stop-the-violence-breakfast/

GUEST SPEAKER:

Dr. Wendy Cukier is a Professor of Entrepreneurship and Strategy at the Ted Rogers School of Management, at Ryerson University.

She is a co-author of the book *The Global Gun Epidemic* with Dr. Vic Sidel, as well as a range of peer-reviewed articles on the nature of gun violence and its prevention.

Dr. Cukier also holds two honorary doctorates in addition to the Meritorious Service Cross, one of Canada's highest civilian honours.



cfuw fefdu THE POWER OF WOMEN WORKING TOGETHER. LA PUISSANCE AU FÉMININ ENSEMBLE POUR RÉUSSIR.
IN SUPPORT OF
WOMEN'S HABITAT