

Reconciliation with Indigenous Women

The [Ontario Native Women's Association](#) (ONWA) has tabled a report with critical recommendations to be integrated into Canada's National Action Plan to address violence against Indigenous women and girls.

Michele Solomon's role within the Ontario Native Women's Association is Community Development Manager. In her role, Michele leads programs focused on Indigenous Women's Leadership. Michele also served on the ONWA Board of Directors from 1988-1993. Her main area of expertise is Mental Health and Addictions, stemming from her many years of employment as a Team Leader and Manager at Dilico Anishinabek Family Care and Health Centre. Her background in these areas has allowed her to obtain a strong knowledge of opioid addiction and treatment.

Michele is also a member and an elected Councillor for Fort William First Nation in her third term of office. She is a proud mother and grandmother. Michele earned a BA Indigenous Learning degree (Lakehead University) and Social Service Worker Diploma (Confederation College).

One of her many roles as Councillor is to provide guidance and knowledge towards a



substantial portfolio area for the First Nation, including Health and Community Services, Finance and Youth and Social Development.

At the May meeting, Michele will present the ONWA report—*Reconciliation with Indigenous Women*—focusing on the key recommendations and actions needed at a systemic level across all system domains, to begin addressing Missing and Murdered Indigenous Women and Girls. Michele will be joining the meeting via ZOOM and her presentation will take approximately 1 hour.

You may attend the May meeting in-person at The Centre on Hansen Blvd. **OR**, if you prefer, you can join the meeting via ZOOM. The ZOOM link will be sent out to members a few days prior to the meeting. Hope you can join us!

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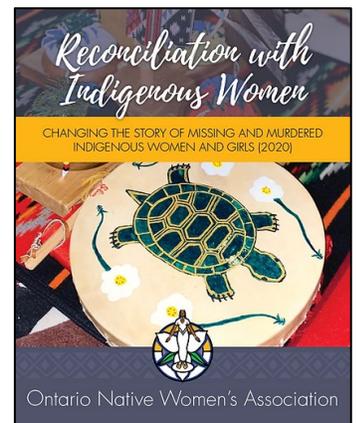
MAY GENERAL MEETING

Guest Speaker
Michele Solomon
*Community Development
Manager*
ONTARIO NATIVE
WOMEN'S
ASSOCIATION

Wednesday May 18th

6:45 p.m. via ZOOM **or** in-
person at **The Centre**
(Downstairs Meeting Room)
375 Hansen Blvd, Orangeville

Social time 6:45 to 7 p.m.
Meeting will begin at 7 p.m.



Books & Bakes!

BOOKSALE JUMP INTO SPRING
WITH
BOOKS, BAKES & IN THE
HILLS!



IN THE HILLS
A magazine of country living in the Headwaters region

Our first fundraiser since November 2019 was quite successful, we raised \$261.10! Naturally, the baked goods were the first items sold 😊 But there were plenty of books to keep us all browsing. And Signe's IN THE HILLS presentation was amazing! The funds raised will go towards the Club's scholarships for students from the four local high schools who are pursuing post-secondary education. Thanks so much for your support!

Eleanor's Book Review!

I have chosen two books this month ... both similar in some respect, but also very different.

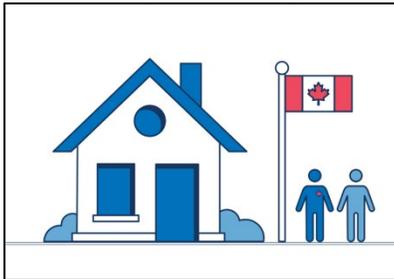
We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing by Jillian Horton MD

"Physician, heal thyself" This is an intensely personal account from a medical doctor who has reached a critical level of stress. Though she has mastered the scientific aspects of healing others, compassion, guilt and sleep deprivation are taking their toll. After suffering for some time, she attends a mindfulness retreat with other medical people, and discovers that only by healing her own issues will she be able to cope with the situation. Failure is how we learn to do better next time. Talk less and listen more, and above all value life which is precious and fleeting. This story is written with great sensitivity and honesty.

It's Never the Things you Think by Susan Gesner

In a world where we are faced with big events and cataclysmic disasters, it is indeed refreshing to pause and take note of the 'little' things we often overlook. Friends, music, simple kindnesses...all are the focus in this delightful collection of compelling anecdotes. The author suggests that we have the ability to enrich not only our own lives, but the lives of those around us...even total strangers. From the middle of the Margaree River, on local hiking trails, or even in the big city, we are encouraged to laugh, chat and interact with those we meet. Excellent whimsical illustrations enhance this slim volume, and we can all relate to these simple messages. What matters most is not always what you'd think.

Friends Helping Friends – Update



Thanks so much for your support! Including cash and furniture donations, the Friends Helping Friends (FHF) campaign for the Ghiasy family has raised more than \$6,000! \$4,000 of that came through CFUW Headwaters members and their connections. CFUW Mississauga contributed \$600, and the remainder came from non-CFUW sources. With the funds and furniture, the Ghiasys have been able to furnish both their apartments. Ajmal and Rateb (father and oldest son) are in process of getting their Ontario drivers licenses, and the whole family now have their OHIP cards.

Maryam, who is the oldest daughter, has taken a summer job with Tim Hortons at their Square One location. And the family have registered with the Newcomer Centre of Peel, a non-profit organization that hopefully will be able to assist with finding employment and community connections, including post-secondary education options.

A few weeks ago, the Ghiasys hosted a wonderful meal which Howard and I, and my Mum, thoroughly enjoyed. Lida is an amazing cook!



From left to right: Ajmal, Rateb, Howard, Ingrid, my Mum, Lida

Friends Helping Friends are still accepting donations for the Ghiasy family, especially gift cards for Walmart, Food Basics and Metro. **Any and all donation amounts will be helpful.** Monetary donations may be made by sending an e-transfer to 2022FriendsHelpingFriends@gmail.com. If you wish to donate a gift card, please contact [Ingrid Sproxton](#) and she'll make arrangements with you for pick-up. Thanks again for your support!

Proposed CFUW Headwaters Bylaw Amendments

Notice is hereby given that nine (9) amendments to the CFUW Headwaters bylaws have been proposed. We will take a vote on whether to accept the amendments at the AGM in June. If you are unable to attend the AGM, you will be able to vote by e-mail. Details on the e-mail voting procedure will be in the June newsletter.

FIRST PROPOSED AMENDMENT

Motion to Amend by striking references to “Constitution” and “Article”.

Existing Language	If Adopted
<p>Constitution</p> <p>Article I – Name</p> <p>Article II – Purpose</p> <p>Article III – Membership</p> <p>Article IV – Amendments</p> <p>Article V – Dissolution</p> <p>By-laws</p> <p>Article I – Executive Committee</p> <p>Article II – Duties of the Executive Committee</p> <p>Article III – Term of Office</p> <p>Article IV – Nominations and Elections</p> <p>Article V – Meetings</p> <p>Article VI – Finance</p> <p>Article VII – Fees</p> <p>Article VIII – Membership</p> <p>Article IX – Interest Groups</p> <p>Article X – Ad Hoc Committees</p> <p>Article XI – Awards, Scholarships, and Funding</p> <p>Article XII – Motions and Resolutions</p> <p>Article XIII – Additions and Amendments</p> <p>Article XIV – Rules of Order</p>	<p>Bylaws</p> <ol style="list-style-type: none"> 1. Name 2. Purpose 3. Membership 4. Amendments 5. Dissolution 6. Executive Committee 7. Duties of the Executive Committee 8. Term of Office 9. Nominations and Elections 10. Meetings 11. Finance 12. Fees 13. Membership 14. Interest Groups 15. Ad Hoc Committees 16. Awards, Scholarships, and Funding 17. Motions and Resolutions 18. Additions and Amendments 19. Rules of Order

Rationale

To simplify CFUW Headwaters’ bylaws and to use the structure and terminology for bylaws as defined in the Ontario Not-for-Profit Corporations Act (ONCA).

SECOND PROPOSED AMENDMENT

Motion to change the name of the Club to CFUW Headwaters.

Existing Language	If Adopted
<p>Constitution</p> <p>Article I – Name</p> <p>The name of the organization shall be “CFUW – Orangeville and District”.</p>	<p>Bylaws</p> <ol style="list-style-type: none"> 1. Name <p>The name of the organization shall be “CFUW Headwaters”.</p>

THIRD PROPOSED AMENDMENT

Motion to make the definition of membership more inclusive.

Existing Language	If Adopted
<p>Constitution Article III – Membership Members shall be women who aspire to the goals of the Canadian Federation of University Women (CFUW).</p>	<p>Bylaws 2. Membership Members shall be women or persons who identify as women, who aspire to the goals of the Canadian Federation of University Women (CFUW).</p>

FOURTH PROPOSED AMENDMENT

Motion to modify and re-sequence positions in the Executive Committee.

Existing Language	If Adopted
<p>By-laws Article I – Executive Committee The Executive Committee shall consist of the following: 1. Past President 2. President 3. First Vice-President 4. Second Vice-President 5. Recording Secretary 6. Hearts and Flowers 7. Treasurer 8. Membership Convenor 9. Directory Convenor 10. Programme Convenor 11. Archivist 12. Social Convenor 13. Newsletter Editor 14. Communications Convenor 15. Fundraising Convenor 16. Advocacy Convenor 17. Scholarship Convenor</p>	<p>Bylaws 6. Executive Committee The Executive Committee shall consist of the following: 1. Past President 2. President 3. Vice-President 4. Treasurer 5. Recording Secretary 6. Communications Convenor 7. Interest Group Convenor 8. Membership Convenor 9. Programme Convenor 10. Social Convenor 11. Fundraising Convenor 12. Advocacy Convenor 13. Scholarship Convenor</p>

Rationale

Change title of Second Vice-President to Interest Group Convenor. Absorb Newsletter Editor into Communications Convenor. Absorb Hearts & Flowers, Directory Convenor and Archivist into Membership Convenor and Membership Committee (See SIXTH PROPOSED AMENDMENT).

FIFTH PROPOSED AMENDMENT

Motion to update Duties of the Communications Convenor.

Existing Language	If Adopted
<p>By-laws</p> <p>Article II – Duties of the Executive Committee Communications Convenor:</p> <p>The Communications Convenor shall be responsible for all publicity, including but not restricted to:</p> <ul style="list-style-type: none"> • Making arrangements with the media as needed to publicize Club events • Maintaining the Club website • Publishing website updates at least two weeks before each general meeting. • Updating CFUW Orangeville & District social media platforms on a regular basis. Updates can be requests from the President or updates regarding CFUW National initiatives, CFUW Ontario Council initiatives as well as announcements or posts from the advocacy group and local community connections whose initiatives are congruent with the objectives of CFUW Orangeville & District. 	<p>Bylaws</p> <p>7. Duties of the Executive Committee</p> <p>Communications Convenor:</p> <p>The Communications Convenor shall be responsible for publicity, including but not restricted to:</p> <ul style="list-style-type: none"> • Publishing the newsletter at least two weeks before each general meeting and for sending out an e-mail reminder approximately 5 days prior to each general meeting. • Liaising with the media as needed to publicize Club events • Maintaining the Club website • Publishing website updates at least two weeks before each general meeting. • Updating CFUW Headwaters social media platforms on a regular basis. Updates can be requests from the President or updates regarding CFUW National initiatives, CFUW Ontario Council initiatives as well as announcements or posts from the advocacy group and local community connections whose initiatives are congruent with the objectives of CFUW Headwaters.

Rationale

Add publishing the newsletter to the duties of the Communications Convenor. Change references to CFUW Orangeville & District to CFUW Headwaters.

SIXTH PROPOSED AMENDMENT

Motion to update Duties of the Membership Convenor.

Existing Language	If Adopted
<p>By-laws</p> <p>Article II – Duties of the Executive Committee Membership Convenor:</p> <p>The Membership Convenor and/or members of the Membership Committee shall investigate all matters pertaining to membership, act as a Reception Committee at each meeting, and try to secure new members.</p>	<p>Bylaws</p> <p>1. Duties of the Executive Committee</p> <p>Membership Convenor:</p> <p>The Membership Convenor and members of the Membership Committee shall investigate all matters pertaining to membership. The convenor and committee shall be responsible for maintaining the Club records and archives of the club as required. Other responsibilities of the convenor and committee include publishing the Membership Directory and for making donations, sending flowers and/or</p>

	sending cards on behalf of the Club as per the Club's Hearts and Flowers policy.
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Rationale

Add hearts & flowers, directory and archivist activities to the duties of the Membership Convenor and the Membership Committee.

SEVENTH PROPOSED AMENDMENT

Motion to update Term of Office for Executive Committee members.

Existing Language	If Adopted
<p>By-laws Article III – Term of Office 3. Unless requested to do so by the Executive, Executive Committee members shall not hold the same office for more than two consecutive terms, but shall be eligible for subsequent election to another office.</p>	<p>Bylaws 2. Term of Office 1. Executive Committee members may serve for a maximum of two terms consecutively, or until the next annual meeting, or until their successors are elected or appointed.</p>

Rationale

Amend the bylaw to allow Executive Committee members to continue in their position until a successor is identified.

EIGHTH PROPOSED AMENDMENT

Motion to amend Awards, Scholarships, and Funding to make the process less prescriptive.

Existing Language	If Adopted
<p>By-laws Article XI – Awards, Scholarships, and Funding 1. Annually, the club shall present 80% of the proceeds of the November Silent Auction up to a maximum of \$1,000.00 to a charitable cause or causes, to be determined by the Executive Committee. Excess funds raised shall be returned to the Club's operating budget. 2. All requests for funding must be received in writing and must fulfill the requirements set by the Executive Committee. 3. Annually the Club shall present to <i>Orangeville and District Secondary School</i> the following scholarships:</p>	<p>Bylaws 16. Awards, Scholarships, and Funding a) All requests for funding must be received in writing and must fulfill the requirements set by the Executive Committee. b) Annually the Club shall distribute scholarships to each of the four local secondary schools: <i>Orangeville and District Secondary School, Centre Dufferin District High School, Westside Secondary School, and Robert F. Hall Catholic Secondary School.</i> c) Scholarships will be administered through an application process, adjudicated by the scholarship committee, and presented to the</p>

\$300 to an overall outstanding female graduate proceeding to post-secondary education;
\$200 to an outstanding female graduate in Social Sciences or Language Arts proceeding to post-secondary education.

Annually, the Club shall present to *Centre Dufferin District High School* the following scholarships:

\$300 to an overall outstanding female graduate proceeding to post-secondary education;
\$200 to an outstanding female graduate in at least three Grade 12 math and science courses proceeding to post-secondary education.

Annually the club shall present to *Westside Secondary School* the following scholarships:

\$300 to an outstanding female graduate proceeding to post-secondary education;
\$200 to an outstanding female graduate in French proceeding to post-secondary education.

Annually, the club shall present to *Robert F. Hall Catholic Secondary School* the following scholarship:

\$500 to an outstanding female graduate proceeding to post-secondary education.

The Club will encourage the above-named schools to recognize students who are not receiving other major awards.

4. The Club shall continue to hold at least one major fundraiser each year, in addition to the November Silent Auction and the May book sale, with the proceeds going to support the scholarship program for the coming year.

Executive Committee for final approval.

d) From time to time, the Club shall distribute additional scholarship awards as approved by the Executive Committee.

NINETH PROPOSED AMENDMENT

Motion to add a section on Severability and Precedence.

Existing Language	If Adopted
	Bylaws 20. Severability and Precedence a) The invalidity or unenforceability of any provision of these Bylaws shall not affect the validity or enforceability of the remaining provisions of these Bylaws.

Slate of Candidates for the 2022-2023 Executive Committee

1. President – Elisabeth Sachs
2. **Vice-president – Open**
3. Treasurer – Cathy Campbell
4. **Recording Secretary – Open**
5. Communications Convenor – Ingrid Sproxton
6. Interest Group Convenor – Kathy Wray
7. Membership Convenor – Louise Kendle
8. Programme Convenor – Pat Hanna
9. Social Convenor – Lindsay Lupton
10. **Fundraising Convenor - Open**
11. Advocacy Convenor – Lynn Cormier, Lynda Moore
12. Scholarship Convenor – Lori Ker, Margaret Morrison

Elections for the 2022-2023 Executive Committee will take place at the AGM in June. Nominations for Executive Committee positions are allowed from the floor at the AGM. Please consider putting your name forward to serve on the Executive Committee. In addition to the open positions, most of the Convenors would be very appreciative of your assistance if you're interested in co-convening.

Ontario Council

AGM – The Ontario Council Board made the difficult decision to cancel the in-person AGM & Conference that was being hosted by CFUW Kitchener-Waterloo on May 13 and 14. Instead, the OC AGM will be held virtually on May 14, 2022. President Elisabeth Sachs is our Club's voting delegate.

2022 Election Toolkit – The Ontario provincial elections are taking place on June 2nd. Check out [Ontario Council's Election Toolkit](#). It contains election information including backgrounders and questions for the candidates on issues of concern like affordable housing, the climate crisis, environmental assessments, and much more! Click [here](#) to learn more.

Upcoming Events

May 14, 2022 CFUW Ontario Council Annual General Meeting

May 16, 2022 @ 4PM

UWC Toronto – ZOOM Speakers Series with Amanda Bittner In her talk, Amanda will explore the dynamics of voters' perceptions of political party leaders – both in the US, where voters get to mark their ballots for their preferred presidential candidate, and in parliamentary democracies like Canada, where voters do not have a direct vote for Prime Minister. To request the ZOOM link please e-mail [UWC Toronto](#).

May 17, 2022 @ 10AM

CFUW Owen Sound and Area – ZOOM Speakers Series with Francesca Dobbyn Francesca, community advocate and long-time Executive Director of the United Way, Bruce Grey, will talk about one of her current projects, SOS (Supportive Outreach Services). Guests welcome, email [CFUW Owen Sound](#) for a ZOOM link.

May 17, 2022 @ 7PM

ARROW – DIVERSITY AND INCLUSION IN RURAL ONTARIO ARROW (Assembly Rural & Remote Ontario Women) is hosting a virtual discussion with three panelists. Guests welcome, email [Sandra Shaw](#) for a ZOOM link by May 14th.

May 18, 2022 @ 6:45 p.m. CFUW Headwaters – Reconciliation with Indigenous Women

June 5, 2022 12 to 5PM

CFUW St. Catharines – HOUSE & GARDEN TOUR Attend in-person or virtually! Tickets now available at [House & Garden Tour 2022 – Buy Tickets | Canadian Federation of University Women \(cfuwstcatharines.org\)](#).

June 18, 2022 10AM to 4PM

CFUW Aurora/Newmarket – HOME & GARDEN TOUR Nine selected homes and gardens in Aurora, Newmarket and Stouffville! For more info or to purchase tickets go to [Home & Garden \(cfuwaauroranewmarket.com\)](#).

SPRING IS HERE!!!!



SPRING IS HERE!!!!

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The Power of Women Working Together

