

# CANADIAN FEDERATION OF UNIVERSITY WOMEN ETOBICOKE

#### CFUW is committed to:

 $\bigstar$  The pursuit of knowledge

- $\star$  The promotion of education
- $\star$  The improvement of the status of women and human rights
- $\star$  Active participation in public affairs in a spirit of cooperation and friendship

Issue7

#### Volume 38

#### APRIL/MAY2012

#### ANNUAL GENERAL MEETING: Refreshments: 7:30 p.m. Meeting: 8 p.m., Thursday, April 12, 2012 Fairfield Seniors' Centre 80 Lothian Ave.

**EXECUTIVE MEETINGS: 7:30 p.m. Thursday, April 5, & Tuesday, May 1** Fairfield Seniors' Centre

#### CONTENTS

President's Message 2
Announcements 3-4
CFUW National Annual Meeting 5
Ontario Council News 5-7
Standing Committee Reports 5-7
Etobicoke Club News 8 - 15
Proposed Budget & Conf.Reserve8-9
Finance & Nominating Reports 10
Condolences 10
Hospitality & Interest Groups. 11-12
Toronto Caucus
In the Community 13-16

Annual General Meeting: April 12, 2012

SPEAKER: Ken Purvis, Historian, Musician, Curator at Montgomery Inn Sounds and Memories of War of 1812

(See page 4 for details)

#### BANQUET

Thursday, May 3, 2012 Note this is the FIRST Thursday. (See page 3 for details)

There will be no newsletter in May. The final submission date for the **JUNE** issue will be **Monday, MAY 14, 2012**.

Final submission for the **SEPTEMBER** issue will be Monday, June 18, 2012. Please send to Moira Hoogeveen,

e-mail: mohoog@sympatico.ca

#### IMPORTANT NOTICE:

Should there be a strike of inside workers on the date of our next meeting, we will meet at **HUMBER VALLEY UNITED CHURCH on Angelsey Blvd**. We will notify connected members by email. Others, please watch the local news for information, or call Barb Willoughby.

# PRESIDENT'S MESSAGE ...



Presenters of the Resolutions: From the Issues Group: Barb Willoughby, Gael Hepworth, Peggy Pinkerton, Chris Gude

At our March Resolutions Meeting we discussed and voted on the six resolutions that will be presented at the AGM in Victoria. Thanks to Pat Ferbyack who chaired the meeting, Peggy Pinkerton who prepared the visual presentation and chaired the discussion of the resolutions, and to members of the Issues Group, Avery Fleming, Christine Gude, and Gael Hepworth who presented the background and research on the resolutions that they had studied. We began our collection for CARE Canada's maternal health project and there will be another opportunity to contribute at our April meeting. On March 22nd we enjoyed another Card and Games Party, a fundraiser, for our Charitable Trust. Thanks to all of the members who worked to make this event

such a success.

CFUW Ontario Council (OC) is associated with 60 other groups in the bi-national Great Lakes Basin which have been actively working for the past seven years to provide input and ensure citizen participation in the renegotiation of the Great Lakes Water Quality Agreement. CFUW is a signatory on a letter sent in February to all the Great Lakes MPs and Great Lakes Senators concerning the Great Lakes Water Quality Agreement. There have only been three renewals of the agreement in the last 40 years and this renewal could last for 20 years. The groups involved urge that this renewal be able to address key issues and meet evolving challenges that threaten the ecosystem. The text of the letter can be found at cfuwontcouncil.ca.

The OC Standing Committees met on March 17th and the topic was "Wage Gaps and Pay Equity in Ontario", presented by Emanuela Heyninck, Commissioner of Ontario's Pay Equity Commission. Reports are in this issue.

CFUW had representatives at the 56th meeting of the UN Commission on the Status of Women. The topic of this year's session was Rural Women, and as countries spoke recurrent themes emerged: violence against women, lack of access to credit, lack of access to land, lack of access to decision-making, and the fact that Millennium Development goals have not been met. See more about the meetings at cfuw.org.

Our committees are busy preparing for upcoming events. On May 11-12 we are hosting the Ontario Council AGM. Our Local Arrangements

Committee has chosen the theme, "Green Energy: Is a Future without Fossil Fuels Viable?". The AGM provides an opportunity to meet CFUW members from the 55 clubs across the province and to learn more about this timely topic. Our banquet will be a week earlier this year, May 3rd at Lambton Golf Club.



Sounds and Memories of the War of 1812.

At our April AGM the speaker will be Ken Purvis and his topic is:

See you on April 12th.

n. – Barb Willoughby, President

## ANNOUNCEMENTS ...

# (Please note the early date: the FIRST Thursday of May) CFUW Etobicoke BANQUET Thursday, May 3, 2012

Reception 6:00 p.m. Dinner: 7:00 p.m. Lambton Golf and Country Club 100 Scarlett Road Guest Speaker: **DIANE DUPUY** Founder of Famous People's Players Topic: **DREAMS COME TRUE** 

# m.

Baby Spinach & Blond Frisee Salad Heirloom tomato, toasted cashews, king oyster mushroom, Thai balsamic vinaigrette

MENU

Choice of:

Stuffed Pork Tenderloin

w/apple, sundried cherry, rosemary, caramelized onion filling, Calvados jus, potato latke, medley of vegetables

#### or

Seared Northern Pickerel

lemon caper dill butter, medley of wild rice, medley of vegetables

Dessert:

Crispy Tuile Basket filled with fresh berry medley

#### Coffee or Tea

Tickets \$57.00 - Sales will start at our February General Meeting Tickets sellers: Debby Wright, convenor Carolyn Bailey Diane Hercus Lou Richardson

Betty Sheils Evelyn Silvester

#### Membership Fees:

Bring your cheque book to the banquet and take the opportunity to pay your fee for next year. One less thing to remember to do during the summer!

- Ginny Marshall, Membership Convenor

**\$ \$ \$ \$** 



Annual Meeting - Thursday, April 12, 2012 Sounds and Memories of War of 1812 Ken Purvis, Historian, Musician, Curator at Montgomery's Inn Presentation on the Battle of York with Music

Help Celebrate the 200th Anniversary of the War of 1812.

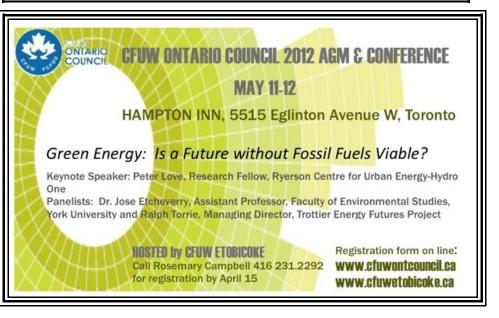
Learn about the battle of York (Toronto) Hear military music of the period presented by Ken Purvis, currently a curator at Montgomery's Inn

#### LINEN COLLECTION

Please bring to our April general meeting donations of items in good condition:



bed linens, towels, small kitchen appliances, pots & pans, cutlery and crockery, for Ernestine's Women's Shelter and Women's Habitat. This will help clients start up their new homes.



#### Also on the panel:

Adarsh Mehta, Chair of the Board of Directors of the Canadian Wind Energy Association.

## CFUW NATIONAL NEWS...



#### EASE JOIN US IN VICTORIA JUNE 21 -24, 2012 UW AGM AND CONFERENCE

r programme details please see our Etobicoke Dec/Jan newsletter.]

actions in Victoria (www.tourismvictoria.com) include the Royal

BC Museum, the world renowned Butchart Gardens, Canada's oldest Chinatown and a vibrant downtown with shopping to suit every taste. Outdoor activities include hiking, whale watching, and kayaking among others. Whatever you do we know you will enjoy our fresh ocean air and gorgeous flowers.

- Dawn Jones & Paddy McGowan, Co-Chairs CFUW AGM 2012



# CARE CANADA INTERNATIONAL WOMEN'S DAY PROJECT.

Defending Dignity. Fighting Poverty. This year, CFUW's partnership with CARE Canada focuses on the important issue of maternal health. Help

make pregnancy and delivery safer for 30 million women in Africa, Asia and Latin America. Thanks to the strong relationship between CARE Canada and the Canadian Government, every dollar you donate to CARE's Maternal and Child Health Programming will be matched three to one. This means that every \$1 of your donation becomes \$4.

We'll collect at our April meeting.

## CFUW ONTARIO COUNCIL NEWS...

#### Reports from Standing Committee Meetings March 17, 2012 MORNING SESSION:

The subject of the morning session was pay equity, and the presenter was Emanuela Heyrinck, lawyer, and member of the Ontario Pay Equity Commission. The Commission enforces the Pay Equity Act (1988), which requires equal pay for work of equal value between men and women, and considers full-time, part-time and seasonal workers, in the public sector and private sector employers of more than 10 employees.

She outlined the history of the wage gap between men and women (26% in 2006), and the past assumptions that led to it:

- Men were better educated than women possibly true in the past, but not now.
- Level of unionization applies more to "men's," i.e. manufacturing, jobs, which were better paid: union membership is now declining
- Women disproportionately involved in family responsibilities, which were seen as distractions from work
- The ghettoization of women in low-paying jobs
- Discrimination in hiring and promotion

Pay Equity aims to establish equity in employment and compensation by giving greater recognition to the value of work predominantly done by women. This the Commission does by analyzing companies' work forces, and comparing those jobs done mainly by men with those done mainly by women under four criteria: skill, working conditions, responsibility and effort required. Pay for female jobs deemed comparable to men's will be raised, men's will not be lowered.

Ms. Heyrinck concedes that this issue is not as "trendy" as it was in the '80s and '90s, and laments that with only 15 members the commission can only deal with 1500 of the 90,000 eligible companies in Ontario per year. She praises the Ontario Family Law Act for helping to bridge the gap for divorced women, but feels that legislation has gone as far as it can go. She would like a government wage gap strategy to deal with all aspects of the problem at once, and for young women entering the work force to be aware of this issue and agitate for changes.

#### **Standing Committee - LEGISLATION**

Guest speaker was Dr. Cheryl Gaver, research associate at the University of Ottawa with an interest in global issues, religious studies and aboriginal cultures, speaking on the difficulties in communication between peoples with completely different cultures and worldviews.

Dr. Gaver's focus was on the difference between the cultures and worldviews of aboriginals and non-aboriginals in Canada, and the often-inadvertent misunderstandings resulting from them. She described cultural differences under three headings:

- Visual language, clothing, food, housing
- Intangible style of greeting (bow? Shake hands?); do men and women sit together? Do women wear trousers, headscarves?

• Worldview - how do we look at the world? How do we organize it, and what is our place in it?

This led to a discussion on individualism, what it is, how it is expressed, and different views of the relationship between the individual and society. For example, in the Judeo-Christian tradition, the individual is dominant, superior to and separate from the rest of creation, while the aboriginal view is that the individual is on the bottom, dependant on the rest of his environment. Some cultures (notably ours) have strong bonds to a nuclear family, aboriginal cultures tend to be more fluid, with stronger bonds to community or clan, or something more nebulous: e.g. one is related to everyone with the same name.

In dealings between aboriginals and non-aboriginals, lack of awareness of these and more deep-rooted differences can lead to differences in interpretation resulting in gridlock in negotiating serious issues, and sometimes toxic lack of understanding and tolerance between the parties.

Dr. Gaver illustrated her talk with examples, anecdotes and interactive games and quizzes. She believes that healing can come from awareness, education and inclusiveness. - Peggy Pinkerton

#### Standing Committee: STATUS OF WOMEN AND HUMAN RIGHTS

Our afternoon session leader, Rhea Pretsell, opened the discussion with concerns arising from the morning's speaker, Emanuela Heyninck, of the Ontario Pay Equity Commission. Even though there is encouragement now for women to enter the trades and non-traditional jobs, some women do not want to do them. One of the causes may be that even after a woman is hired for the job, there is a toxic environment in the workplace. Perhaps diversity training, in the same way it happened to accessibility training, needs to be presented as a program for Occupational Health.

Another idea was that we could give "added-value" to the traditional female jobs such as day-care, social services, etc. which have been lower-paying and less secure.

Some participants felt women had made progress and that the next 50 years would bring more positive gains. But others were concerned that women's rights are presently being eroded. The conclusion is that we must keep up the fight for young women!

Providing day-care is a crucial factor in pay-equity for women. The Toronto Caucus is encouraging everyone to attend the information session "Invest in Our Future" on April 25 at O.I.S.E. at which the Honourable Margaret McCain will present her "Early Years Study 3".

- Linda Rose

#### **Standing Committee- EDUCATION**

The Education Committee discussed the section of the Drummond Commission Report regarding the expenses of the education sector. The executive summary of this section is 140 pages long. Needless to say, ours was just a brief examination of the Commission's thought provoking report on education. There are 27 recommendations addressing elementary and secondary education and 30 recommendations addressing post secondary education

The commission affirms that a strong education system is critical to Ontario's prosperity and global competitiveness. The province funds nearly 98 percent of education sector expenses. Over the past decade, provincial spending on elementary and secondary education has grown significantly despite declining enrolment. The Commission believes that the sector growth should be held to 1 percent per year. This 1 percent increase would provide the sector with \$1.6 billion more to spend in 2017-18. Current spending rates would result in a requirement of \$4.4 billion in the same year, creating a shortfall of \$2.8 billion.

CFUW has been advocating on behalf of equitable funding of aboriginal education. The Commission recognizes the problem and advises the province to pressure the federal government to provide adequate funding. If this fails the province should provide funds.

The Commission advises cancellation of the full day Kindergarten program. If it is continued, full implementation should be delayed until 2017-18. An increase in class size is recommended for all primary grades. However, these increases should not jeopardize programs targeting improved graduation rates.

At the secondary level students will be limited to 32 credits that are funded by the government. Students would have to pay for further credits. This policy does exist in Alberta. At present 30 credits are required to graduate.

There are a number of recommendations for cost cutting regarding the compensation of both teaching and non-teaching staff. Transportation costs were also reviewed, as this is a major expense in many jurisdictions. The controversial topic of school closures and consolidation of facilities is addressed as another efficiency to be pursued.

At the post secondary level enrolment has grown dramatically in recent years, but there is no coherent plan that addresses the whole system. Rapid expansion, combined with the low funding levels, has undermined quality: more sessional instructors, larger classes and less contact with professors. Ontario provides the lowest per student provincial operating grant funding in Canada to its universities and colleges. The text of the report is online and CFUW policy identifies many of the issues that are mentioned. If we do not have policy, clubs can write to their MPPs or MPs and ask questions.

- Barb Willoughby

CFUW ETOBICOKE NEWS...

	Actual	Actual	Proposed	2011-12	Proposed
	2009-10	2010-11	2011-12	YTD	2012-13
Full Paying Members	284	276	271	279	270
Dual Members	5	3	3	5	5
Local Life Member	1	1	1	1	1
Fotal Membership	290	280	275	285	276
Dues for CFUW National	60	60	60	60	60
Dues for CFUW Ontario Council	5.5	5.5	5.50	5.5	5.5
Dues for CFUW for Etobicoke Charitable	12.00	12	12	12	12
Dues for CFUW Etobicoke	23.50	23.5	23.5	23.5	23.5
Fotal Dues per member	101.00	101	101	101.00	101
Dues for CFUW National	17010	16560	16320	16800	16200
Dues for CFUW Ontario Council	1562	1518	1496	1540	1485
Dues for CFUW Etobicoke Charitable	3468	3348	3300	3408	3240
Donations for Charitable Trust	3208	2905	2900	3310	3000
Fotal Revenue for transfer	25248	24331	24016	25058	23925
Dues for CFUW Etobicoke	6791.5	6557	6439	6674	6345
Advertising: roster & newsletter	60	20	20	105	85
Book Sale	468	623	600	744	700
nterest Earned	445	295	150		150
Magazine Sales	1678	1182	1000	1422.3	1000

Administration	412.74	200	350	138.54	350
Banquet (expenses less ticket sales)	-103	109	150		150
Contribution to Conference Reserve	2000	2000	2000	2000	2000
Donations - memoriam & other	50	75	150	36	150
Dues for Life Member	65.5	65.5	65.5	65.5	65.5
Hospitality	636.14	415	700	409.75	700
Liability Insurance	143.5	140	140	142	141
Newsletter	1586.31	2009	1750	678	1800
Programme	1275	1289	1300	875	1300
Publicity	119.15	148	180	172.5	150
Rent	509.36	667	700	682.72	900
Roster	226	37	255	243	260
Miscellaneous	75.52	16	50	33.34	50
Website			100		240
Total Expense for CFUW Etobicoke	6996.22	7170.5	7890.5	5476.35	8256.5
				I	
Excess Revenue over Expense	2446.28		318.5		23.5

CFUW Etobicoke - Conference Reserve 2012-2013					
	Actual	Actual	Actual	Actual	Propos ed
	2008-09	2009-10	2010-11	2011-12	2012-13
Reserve Balance of previous year	-275	529.8	344.3	1943.06	2301.06
Annual Budgeted Contribution 50% Operating Excess-prior	2000	2000	2000	2000	2000
year	1013	617	1447	773	0
Total Revenue	2738	3146.8	3791.3	4716.06	4301.06
	Montreal	Winnipeg	Ottawa	St. John's	Victoria
	QC	MB	ON	ND	BC
National AGM fees (2)	740	790	425	400	850
National AGM travel/hotel	761	1346	653.24	982	1900
Standing Committee mtgs. (3)	270	270	300	300	300
Central Ont. Fall Gathering (2) Ont. Council AGM fees (2) Ont. Council AGM travel/hotel	90 180	80 180	90 180	0 190	100 190
(2)	167.2	136.5	200	143	50
Total Expense	2208.2	2802.5	1848.24	2015.00	3390
Excess/deficit	529.8	344.3	1943.06	2701.06	911.06

#### **Finance Committee Report**

The members of the Finance Committee met on January 25 and considered a proposed budget presented by the Chair, Pat Joyce. The revised document was presented to the Executive on February 2, whose suggestions have been incorporated into the version printed here. This proposed budget will be presented to the membership at our Annual General Meeting on April 12 for their approval. Please bring this newsletter to the meeting.

I thank both the Committee and the Executive for their input.

- Pat Joyce, Finance Committee Chair

#### **Nominations Committee**

The slate of candidates for the 2012/13 Club year is as follows:

President	Pat Ferbyack
Past President	Barbara Willoughby
Vice-President	Shelley Pringle
Recording Secretary	Nancy Zingel
Corresponding Secretary	Jo Ann Marriot
Treasurer	Suzanne Wade
Convenors:	
Membership	Ginny Marshall
Program	Pat Joyce
Interest Groups	Lois Nield
	Maureen Wilis

Newsletter

To be announced Thank you to the members who have agreed to let their names stand for election.

- Pat Joyce, Nomination Committee Chair

CONDOLENCES It is with sadness we report the death of

# **JANET HUNT**

a member of our club for many years. On behalf of members of the Club we extend sympathy to Janet's family A \$25.00 donation will be made by the Club, in her name, to The Elizabeth Sweet Capital Fund.

> **CONDOLENCES** to

Helen Maksimowich

whose sister passed away in February. Members of the Club extend sympathy to Helen and her family

Thanks to our Hospitality Helpers! Many thanks to all the March General Meeting volunteers from Horizons book Group who decorated Fairfield and made and donated wonderful St. Patrick's Day treats.



Nancy Bailey, Lois Griffin, Ann McElhinney, Dorothy Purchase, Norene Turvolgyi, Catherine Vivian, Roma Saunders, Eleanor McKitrick and Valerie Ventins. Thanks so much!!

#### LAST CALL BEFORE THE APRIL 20TH DEADLINE:

Lively Arts II invite you to join us to see " 42nd Street " at Stratford Festival Theatre on May 24th 2 p.m. This is the premier musical for 2012 -- we have good seats and we've chartered a bus so we can talk all the way there and back!



All CFUW members are welcome and you can invite friends and/or family to join us on this day trip. As of March 9, 2012, we need about 10 more to make the luxury coach a viable option.

We have booked A+ seating for this play: the first three rows of the centre balconv. We have also booked a private luxury coach and estimate that the total cost will be about \$100 per person for

the play and coach, provided we can fill the bus.

We will leave by 9:30 a.m. from Islington subway station and do lunch in separate groups in Stratford so that we get to the play on time. Picnics are possible depending on the weather.

You will be able to choose your actual seats (in priority sequence of when your money is received) when we get the actual seat numbers in late April.

Please let us know if you are interested by phone or email and send your cheque for \$100 to Audra Hudek (see roster) asap to hold your seat(s).

YOUR MONEY IS TOTALLY REFUNDABLE UNTIL APRIL 20TH when we must finalize our seating requirements.

Please Note : "Balcony seating is not accessible to anyone who requires a wheelchair or a walker, or who finds stair climbing challenging".

#### INTEREST GROUP NEWS ... DATE BOOK LEADER HOSTESS AFTERNOON BOOK GROUP Little Bee by Chris Cleave Carolyn Apr. 24 May 15 Book Selection for Next Year TBA BGT LIT Apr. 3 Secret Daughter by S.S. Gowda Jov F. Joy F. Let the Great World Spin Ann McE May 1 Joanne C. by C. McCann BOOKENDERS Cutting for Stone by A. Verghese Sandv M. Marianne H. Apr. 17 The Finkler Question by H. Jacobson May 15 Marianne H. Jean G. BOOKWORMS The Paris Wife (read first) by P. McLain Shellev P. Audrev F. Apr. 24 A Moveable Feast by E. Hemingway May 22 Alone in the Classroom by E. Hay Judy Mc Shelley P.. CANADIAN BOOK DISCUSSION GROUP Apr. 4 The Flving Troutmans by M. Toews Moira H. Nancv L. May 2 Midnight at the Dragon Café by J.Bates Beth C. Kathy G. HORIZONS The Elegance of the Hedgehog Apr. 17 By M. Barbery Catherine Ann May 15 Help by K. Stockart Lorna Roma **JAUNTERS**

Monday, April 16 --NEW DATE! Koerner Hall tour. Organizers: Anne Hendriks and Linda Johnson.

May 15 Parkwood Estate and Gardens in Oshawa: Carolyn Bailey and Rosemary Campbell

#### WALK & TALK SCHEDULE

For the time and location of the walk, please call one of the organizers the day before. All are welcome, even if you haven't signed our roster. Bring a brown bag lunch.

	,	0
Mar. 6	Jean Passi	Margaret King
Mar. 13	Elinor Fillion	Evelyn Silvester
Mar. 27	Shirley Scott	Margaret King
Apr. 3	Moira Hoogeveen	Pat Witol
Apr. 10	Tish Harrison	Evelyn Silvester
Apr. 24	Marjorie Devine	Marney Showalter
May. 1	Joan McKenzie	Jean Passi
May 8	Elinor Fillion	Marney Showalter
May 22	Elinor Fillion	Marney Showalter
May 29	Evelyn Silvester	Sandy DiCresce

# CFUW TORONTO CAUCUS in collaboration with THE ATKINSON FOUNDATION...

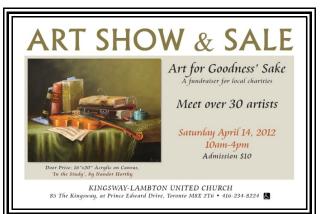
**Hon. Margaret Norrie McCain** Co-author of Early Years Study 3 (earlyyearsstudy.ca) and Chair, Margaret & Wallace McCain Family Foundation

Kerry McCuaig Fellow Early Childhood Policy, Atkinson Centre, OISE /University of Toronto

OISE/UofT Library 252 Bloor St. West April 25, 2012, 5:00 p.m. Light refreshments will be available RSVP (by April 20) to Margaret McGovern mjmcgovern@sympatico.ca

IN THE COMMUNITY ...

# **MEET THE ARTISTS!**



Parking is free on neighbourhood streets. Or take the TTC - 2 blocks north of Bloor Street. Your \$10 admission ticket is entered into the draw for the door prize, as pictured. Complimentary coffee & homemade cookies are served.

The Show features original contemporary & traditional art, wood turning, jewellery, Inuit carving,

folk art, ceramics, and photography.

#### FUNDRAISER FOR F.A.M.E.

Ladies, join your CFUW Etobicoke friends at a fundraiser for F.A.M.E. (Family Association for Mental Healthy Everywhere) which started in Etobicoke in 1989. Tickets for this event on Sunday, April 29 at 1:00 are \$50 and include food, silent auction and a stage show by students of the Etobicoke School of the Arts. It's being held at The Great Hall on 1087 Queen Street West near Dovercourt. For tickets and more information check out www.simplydivas.ca Here is an exciting fundraiser for our club, thanks to Angela Capobianco:

FUNDRAISER (10% of sale to CFUW Etobicoke)

# JEWELLERY SALE: Apr. 23-25, 9 a.m. to 4 p.m.



The Classics: Sterling Silver Bracelets, earrings and chains

> **Brand Name Styles**: David Yurman Tiffany

**New Inventory**: Hair Clips and Holders Stainless Steel Chains and Crosses

Contact information: Angela Capobianco 113 Stapleton Drive 416-245-4352

#### From the office of Donna Cansfield, M.P.P.:

April 16th, 2012 Seniors' Advisory Group meeting Topic - **Seniors' activities in our community** 2.30- 4.00pm Richview Library

May 14th, 2012 Seniors' Advisory Group meeting Topics - **Oral health and diabetes** 2.30 - 4.00pm Richview Library







#### I\$LINGTON HEALTH& WELLNE\$\$ FAIR

April 16, 2012, 3p.m.-7 p.m. Islington United Church, 25 Burnhamthorpe Road, Etobicoke For more information contact: Gary Hepworth Village of Islington BIA, 416-623-8229

- Meet exhibitors from our local community
- Meet volunteers from charitable societies
- Tips for maintaining a healthy lifestyle Refreshments Door prizes
- Interesting presentations Free admission, bring your family and friends

#### NOMINATIONS CALLED FOR SENIOR'S AWARD:

Here is the partial content of a letter received from the Ontario Minister for Seniors, Linda Jeffrey:

February 24, 2012

Dear Friends:

Each year, the Government of Ontario celebrates the accomplishments and contributions many of our wonderful seniors make to communities across Ontario. This year, the Senior Achievement Award will once again highlight the significant voluntary and professional achievements made by individuals after they reach the age of 65.



... As Minister Responsible for Seniors, it will be my great honour this fall to join the Honourable David C. Onley, Lieutenant Governor of Ontario, in officially recognizing the award recipients at a ceremony at Queen's Park.

Online nomination forms and information outlining details of the program, the selection criteria and the procedures followed are available at: www.ontario.ca/honoursandawards.

The deadline date for nomination is June 15.

If you require further information, please contact the Ontario Honours and Awards Secretariat at 416-314-7526....

#### **RECOGNIZING STROKE**

Here is the substance of a notice spotted at Fairfield. It is good information to remember...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

#### **RECOGNIZING A STROKE**

Remember the 3 steps: STR. Read and Learn!

Doctors say a bystander can recognize a stroke by asking three simple questions: **STR**:

- S: Ask him/her to SMILE.
- T: Ask him/her to TALK AND SPEAK A SIMPLE SENTENCE coherently. "It is sunny out today."
- **R:** Ask him/her to **RAISE BOTH ARMS**.

Another "sign" of a stroke is this: Ask the person to **STICK OUT HIS/HER TONGUE**. If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with **ANY ONE** of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

#### **IMPORTANT NOTICE**

The newsletter will henceforth be posted on our new website, and because of privacy concerns, the executive has decided not to print telephone numbers of members in the newsletter. Please look them up in your roster.