

OUTREACH

March 2021

INSIDE THIS ISSUE

- 1 Message from the Executive Director
- 2 The Energy of Spring
- 3 10 must-know things about Viola Desmond
- 4 A Brief BIO of Ms. Amy Nelson

Social Work Week is March 1-7!
- 5 Malala Yousafzay

Jody Wilson-Raybould

Dr. Geetanjali Chopra
- 6 20 inspirational quotes from women through history for International Women's Day

Message from the Executive Director

By Elizabeth Nykorowysch Macnab, CHRL

March is a month when we look forward to Spring, and another change. March is also when we reflect on the impact of women, on society. We might recognize some women from history.

Florence Nightingale was a British nurse, a social reformer and statistician best known as the founder of modern nursing. Her experiences as a nurse during the Crimean War were the foundational for sanitation.

Marie Curie received the Nobel Prize in 1911 for her services to the advancement of chemistry by the discovery of the elements radium and polonium, by the isolation of radium and the study of the nature and compounds of this element.

In the 1850's, Mary Shadd Cary who immigrated to Windsor was the 1st black woman newspaper editor in North America. She was a tireless advocate for universal education, black

emancipation, and women's rights. North America's 1st First Nations saint was Kateri Tekakwitha. Hers is a story of resilience in the face of colonial incursions, and of a woman who tried to revitalize her traditions and values despite her conversion to Catholicism. Shortly after Canadian women got the right to vote in Manitoba in 1916, Agnes Macphail was the 1st woman elected to the House of Commons.

We all know someone today who believed "things had to change". Today we call these women influencers.

They are role models who shape our communities. This month we showcase stories of older women who impacted and influenced our communities.

These are older women could have been marginalized due to race or disability or language. Instead, they pushed through barriers and corrected injustices. Through their vision and efforts, they disrupted the status quo. Where would we be now without those women and their dreams for a better world as we age?

Ontario Society of Senior Citizens Organizations

La Société des Organisations des Citoyens Aînés de l'Ontario

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Welcome Spring!



The Energy of Spring

Yes, March is here, and before we know it, it will be spring. Winter as we know it to be a gloomy and never-ending cold season. The bustling sounds of people starting to talk about their gardens, cleaning those Leaf traps and bringing out those lighter jackets.

Winter hibernation is almost over, and don't spend all your moment cleaning and not enjoying the excitement and calmness springs bring.

To benefit from the seasons, take some time to study what the different seasons bring and nature changes by reaping the benefits.

When we applied and adapted to the season well, we can accomplish many areas of our lives throughout the year.

Sometimes we have unfinished projects and wonder why we can't finish them, but merely understanding the seasons' cycle and your mood can change.

Fall is the end of nature's cycle, and the earth becomes dead. Harvesting is finished—the season of feeling sad begins.

Fall is the time to ensure that we have all the resources to sustain us throughout the next few months. We do it, and so the animals and plants every source of nature began planning and preparing for the cold dark months ahead.

Wintertime we begin to be in wonder mood, the dull days have us thinking different idea and bringing inspiration out. This season brings all the indoor projects to life, and creativity is at its high.

Spring is when we take action and bring out all the

imagination and ideas to the surface. Spring brings happiness and accomplishments; it is our focus to succeed on our winter ideas.

Summer is the season when we celebrate what we grow in the spring. The abundance of all the hard work and time we put into our projects is consuming and enjoyable for people.

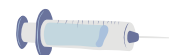
<https://experiencelife.com/article/the-energy-of-spring/>

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Protect yourself with this years flu shot!

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Celebrating Women Around the World.



10 must-know things about Viola Desmond

"All she just wanted to see a movie."

On November 8, 1946, Viola Desmond wanted to see a movie and never intended to make history that day.

In Nova Scotia, while the mechanics were repairing her 1940 Dodge, the 32-year-old woman got a movie ticket for the seven o'clock viewing of *The Dark Mirror*.

She requested a seat below; however, the cashier did not

oblige and give her one ticket for upstairs and her change. Desmond processed to the main floor ignoring the segregated rules and took a seat.

They dragged her out after refusing to leave and put her into a taxi, where she spent the night behind bars.

The police charged her with failing to pay the full tax on her ticket by one cent off, nevermind; she had requested the main floor but was ignored and issued the upstairs ticket by the cashier.

Desmond told the judge that she offered to pay what she owed, and they wouldn't accept it, and she had to pay \$26.00.

In Halifax, everyone knows Viola for her beauty products which carry her name and Desmond School of Beauty Culture.

"Do your little bit of good where you are," she once said. "It's those little bits of good put together that overwhelm the world."

On December 8, 2016, the Bank of Canada announced that Viola Desmond would be on the \$10.00 bills.

1 Her Affidavit has details of the incident at the movie Theatre.

2 She was in the National Film Board of Canada documentary by Roger McTair, (2000)

3 Desmond was in Heritage Minute, 2016 Black History month.

4 Kandyse McClure, who played Viola Desmond, felt honoured to play her in the Heritage Minute.

5 In 2010, the Nova Scotia government presented Desmond's family with a "Free Pardon."

6 Desmond die on February 7, 1965, in New York and buried in Halifax.

7 She was chosen to be on the 10 dollar bill out of five people.

8 Canada Post unveiled February 2012 the posted stamp with Viola Desmond.

9 Graig Smith told CBC that Desmond story should be part of history in schools.

10 In March of 2018, the banknote was released.

For more information:
<https://www.we.org/en-CA/we-stories/local-impact/viola-desmond-to-become-face-of-canadas-10-bill>

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A Brief BIO of Ms. Amy Nelson

Ms. Amy Nelson was born in Spaldings, Jamaica. She received her diploma of nursing from the Kingston Public Hospital and Victoria Jubilee Nursing Schools in Kingston, Jamaica.

Amy migrated to Canada in 1959. She gained employment at the Toronto General Hospital and served there as a nurse from 1959 to 1986.

Amy is a people's person. She is community oriented. She was a founding member of the well recognized Jamaican Canadian Association. As a member of this Organization, she chaired many of its standing committees.

Amy is the founder of the

Jamaican Canadian Associations Women's Committee, and served as a member of the Seniors' Advisory Committee of Canada.

Amy Nelson devoted humanity is displayed in her unceasing efforts in her to help her fellow human beings on a world-wide scale.

She has volunteered with Medical International since 1971, and worked in places such as Latin America and the Caribbean, Asia, Africa and Europe.

Since 1994, Amy has volunteered with Eye Care Mission International which provides eye care for citizens in depressed countries.

Amy Nelson's humanitarian voluntary work, rivals or is on par with Mary Jane Seacole.

By: Dr. Vincent G. Conville



Social Work Week is March 1-7!

Every year, across Canada, Organization and Communities celebrates PSW workers for their hard work, passion, and commitment to their patients. The first week of March between 1-7th Ontario is celebrating Social Workers, and the theme this year is You Are Not Alone. Social workers: Real Experts for Real Life." Ontario's dealing with many issues like stress, Bullying, addictions, and many other problems would assign to a social worker. They are known as the front-line supporters. Social workers are known as members of The Ontario Nurses' Association. They are highly skilled and add value to the Health Care System. They assist with the qualities of people's lives and play a big part in giving help.

<https://www.ona.org/news-posts/social-work-week/#:~:text=Each%20year%20communities%20and%20organizations,1%2D7%2C%202021.>

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July 12, 1997, a girl was born to Ziauddin and Tor Pekai in Mingora, the largest city in Pakistan, and her name is **Malala Yousafzai**.

Mala showed interest in education at a young age, and her father ran a school in the city.

Mala was ten years old when the Taliban started to take control of Swat Valley. They banned girls from going to school and any other activities like going to the movies and any social events. "Suicide attacks were widespread," 400 schools were destroyed by 2008. Mala was not going down without a fight for her and other girls' rights to have an education, and her father was there fighting with her. "How dare the Taliban take away my basic right to education?" she once said on Pakistani TV.

<https://www.nobelprize.org/prizes/peace/2014/yousafzai/facts/>



Jody Wilson-Raybould has recently started to take action into missing and murdered women cases to fulfill her role as the new Justice Minister. She has also begun to understand the ties between the Liberal Party with First Nation organizations. Raybould was the councillor for the We Wai Kai nation and helped develop a framework for budget, finance and more. As her role entails, she wants to bring justice to the First Nations and make a difference in the First Nations' unfairness. Jody always sticks to her main goal in this message, "Societies that govern well simply do better economically, socially, and politically than those that do not."

Good governance increases society's chance of meeting the needs of its peoples and developing sustainable long term economic development, and First Nations are no different,"

<http://www.firstnationsdrum.com/author/frank-larue/>



Wishes and Blessing is a non-profit organization founded by **Dr. Geetanjali Chopra**. Her vision is to spread happiness and to make dreams come true.

Dr. Chopra's goals are to ensure that the rich received blessings while fulfilling others' dreams, and that's how she found the name Wishes and Blessing. She finished her schooling at the Convent of Jesus and Mary in New Delhi. She went on to get her Masters etc. She started as a journalist and ended with her childhood dreams to be in social service. "I did have a vague idea as a child that I wanted to spread happiness. I only knew formally that I wanted to start an organisation in 2014." she said when asked what motivates her.

<https://www.startupcolleges.com/dr-geetanjali-chopra-founder-wishes-and-blessings/>

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20 inspirational quotes from women through history for International Women's Day

By Rachel Dinning



Emmeline Pankhurst
(1958-1928)

"You have to make more noise than anybody else, you have to make yourself more obtrusive than anybody else, you have to fill all the papers more than anybody else, in fact you have to be there all the time and see that they do not show you under, if you are really going to get your reform realised."



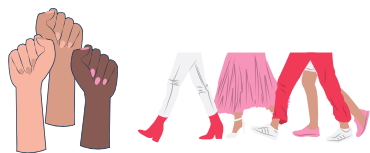
Marie Curie
(1867-1934)

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."



Rosa Parks
(1913-2005)

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I was at the end of a working day... No, the only tired I was, was tired of giving in."



Florence Nightingale
(1820-1910)

"To be 'in charge' is certainly not only to carry out the proper measures yourself, but to see that everyone else does so too."



Mary Seacole
(1805-81)

"Unless I am allowed to tell the story of my life in my own way, I cannot tell it at all."



Madam CJ Walker
(1867-1919)

"I am a woman who came from the cotton fields of the South. From there I was promoted to the washtub. From there I was promoted to the cook kitchen. And from there I promoted myself into the business of manufacturing hair goods and preparations... I have built my own factory on my own ground."



Princess Diana
(1961-97)

"The greatest problem in the world today is intolerance. Everyone is so intolerant of each other."



Patsy Mink
(1927-2002)

"We have to build things that we want to see accomplished, in life and in our country, based on our own personal experiences ... to make sure that others ... do not have to suffer the same discrimination."

<https://www.historyextra.com/period/modern/quotes-women-motivational-inspirational-positive-history-international-womens-day/>

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