

October 2023



### *Message from the President. . .*

Dear fellow members,

Welcome to our new members and prospective members. I hope you will enjoy the wonderful camaraderie and continuing development of our chapter of the CFUW. We are a committed group who are involved in important issues and fundraising for our scholarship fund but in the nicest way possible!

October always brings with it Thanksgiving. I'm thankful for many things. Being born to loving parents in this great country of ours. Being born at a time when women can be anything they are willing to work for. Having a wonderful family with healthy children and grandchildren. For friends such as those whom I've met here in CFUW.

I'm thankful to have had such a hot and rainy summer and now I am thankful that the temperatures have become more temperate and I can enjoy the beauty of the fall foliage.

I look forward to seeing/meeting you at our October meeting.

In friendship,

Louise S.



**Realizing potential. For all women.**  
**Le pouvoir par le savoir.**

The logo above is the new logo for CFUW! More information on this change and what the graphic represents will be provided in an upcoming newsletter.

## Next General Meeting

**Thursday,  
October 12<sup>th</sup>, 2023**

**“Hypnotherapy”**



### **Speaker:**

Lisa Carnwith,  
Hypnotherapist

### **Meeting Location:**

Pickering Rec Centre  
(Chestnut Hill Rec  
Complex), Rm 2  
1867 Valley Farm Rd,  
Pickering

**Meeting Time: 7:00 p.m.**

*Business meeting begins at 7 pm., followed by member social time (time permitting). Speaker begins at 7:50*

**Invite a friend & introduce them to the fun and friendship of CFUW!**

## **Dates and Data**

### **CFUW Websites:**

Main website: <http://www.cfuw.org>

Ontario Council Website: [www.cfuwontcouncil.org](http://www.cfuwontcouncil.org)

### **CFUW on Facebook**

CFUW has a Facebook group! If you are a Facebook user you can join the group by searching for Canadian Federation of University Women, or visit <http://www.facebook.com/group.php?gid=2232370205>

### **Ajax-Pickering CFUW on Facebook:**

Our club now has its own Facebook page. You do not have to have a Facebook account to view this page. Simply Google Ajax-Pickering CFUW Facebook page or click on the following link: <https://www.facebook.com/CFUWAjaxPickering?ref=stream>

### **Ajax-Pickering on X (formerly Twitter): Use @CFUWajax**

The Ontario Council newsletter, **Dates and Data**, is available on-line on the Ontario Council website. **The Communicator** newsletter is available on-line on the main website.

## **Ontario Council Standing Committee Meetings**

Ontario Council Standing Committees in Legislation, Education, and Status of Women and Human Rights were developed to keep members aware of current issues in Ontario. The Committees meet three times a year - in October, November, and February - for a day with speakers, workshops and discussion. All Club members are invited to attend these meetings.

To make access to the Speakers Series equitable, CFUW Ontario Council will be using the virtual platform of ZOOM. Each event takes place on a Saturday morning and is two hours in length from 10 a.m. to 12 p.m. The format allows for questions from the floor through the chat function of ZOOM. Please save the dates and plan to join!

### **Standing Committee Meeting Dates for 2023/2024:**

**October 21<sup>st</sup>, 2023** **Women on the Move** This event will showcase the accounts of three women coming from different parts of the world and settling in Ontario. The speakers have been asked to tell us their stories. To register, click here: <https://us06web.zoom.us/meeting/register/tZclcemqrz8iGNdCX8RUe-S4F67Ut7yIrgQj#/registration>

**November 25<sup>th</sup>** **2023 Intimate Partner Violence: Ontario's Unacknowledged Epidemic and its Impact on Women and children.**

**February 24<sup>th</sup>, 2024** **Artificial Intelligence and its Potential for Women in a Digital World**

*Save the dates!*

For more information click here:

<https://cfuwontcouncil.org/standing-committees/>

## Minutes of General Meeting, Thursday, September 14<sup>th</sup>, 2023

Jane - in place of New President, Louise S., who is away. Donna introduced new attending members: Jenn, Kim, Claudette and Kim. Minutes from June Meeting/Dinner were not presented for approval since no business was discussed in the noisy restaurant.

### Report of Officers

In the most recent newsletter, there was mention of some of the executive positions being open so if anyone is interested in getting more details or taking on one of the positions, please make yourself known.

Program - for this year, the executives have made up a selection of speakers in the interim until the Programming position is filled.

Treasurer - in Erica's absence, Jane advised that the current balance in the account is \$1,469.86. This reflects the payment of the \$600 copyright issue. Normally, the budget would be presented, but in Erica's absence, it will be presented next month. Usually, fees would be paid to Erica, but Donna will be accepting payments and completed membership forms. Please advise Donna if e-transfer is your payment method of choice so she can confirm that payment is received in the account.

Scholarships - Dorothy - Current bank balance is roughly \$5000. Nine area schools receive \$250 per scholarship. One student has not cashed her cheque although a Thank You message has been received. Dorothy will follow up with the student on her return from an upcoming vacation.

Newsletter & Website - Sandy - handles the issuing of the newsletter, although Donna sends the newsletter to each new member. On the website, the newsletter is posted monthly as well. Sandy will be away from Oct 8 onward so any articles should be sent to her well prior to that date to be included in the next newsletter. Membership Forms request your approval to have your picture in newsletter, website or Facebook pages. No emails or other personal information is divulged outside of the club members.

Social - Louise Z passed around a sign-up sheet for volunteers to bring something sweet or something savoury for the monthly meeting treats. Doesn't have to be fancy or homemade, can pick up from Tim Horton's or premade cheese plates. If you give your phone number, Louise will text with a reminder. Allergies should be noted, usually peanut, possibly tahini and sesame sauces. Spicy items should be noted for those who are unable to handle the spice.

Ladies Gourmet group - will make a New Member Tea instead of a gourmet dinner. Discussion of when & where to be emailed.

### Interest Groups

Book club - monthly meeting will be held on the 28th of September, at Andrea's home. The book to be discussed is *One Italian Summer*, by Rebecca Merle.

Walk and Talk - carrying on weekly, on Wednesday at 10 am, but towards the end of the month, meetup timing will change to 1 pm. Please note that all abilities are welcome. Jane will send out a reminder email.

Card group - will pick up again for Monday night Zoom sessions. All are welcome to join.

Lunch group - Sandy advised that we lunch in Ajax on the 3rd Thursday of the month, this month it's the 21st. A few restaurants were proposed, The Mansion, Portly Piper, MacKenzie's Pub, Symposium. The group decided to go to an Italian restaurant across the street from the Black Dog, as suggested by Andrea. Details will be mailed by Catherine. All are welcome.

National (Ottawa) and Ontario Councils are not very busy. The National council will provide a new logo and a webinar to discuss its use. National General Meeting will be in-person this year. Ontario Council have not announced the theme for this year's speakers but will be Saturday mornings on Zoom. More details to follow.

Andrea announced that she, as Yoga instructor, can host a Yoga, Wine & Dine for 8 people. Wine samples will be served at the studio post-session. The cost would \$30 per person with your additional \$ for the dinner and drinks. Let her know if you're interested.

Cindy gave huge thanks to everyone for the \$600 donated to Scientists in Schools. She mentions that they require a few presenters, so if you or someone you know, could facilitate the Science program, please contact her.

Speaker: Daryl Rice, with the Durham Regional Police Services for 26 years, has a regular show, 'Seniors Talking to DRPS', on Roger's cable 10, one of the most popular local programs on the Rogers network. Definition of a Victim: anybody can be a victim of fraud. It is a crime to rip people off, in person or online. Any time someone tries to get you to immediately sign a deal as your last chance or asks for your personal information, Slow Things Down.

*(minutes cont'd on page 4)*

*(minutes cont'd from page 3)*

Nothing needs to happen right away, particularly if you didn't ask for help or services. Don't be afraid to call someone for advice or a second opinion. Seniors are the most likely targets for fraud scams because they are usually easily accessible, they trust people or are polite, and usually have the financial means, with the most assets to be swindled.

DO Hang Up. Especially on unsolicited phone calls.

DO Delete Emails. Especially from unknown sources, and never click the links inside the email, nor 'reply'.

DO Keep Your Personal Info Private. Do not release too much information on social media that may trigger crooks to attack you or your possessions.

Do Be Assertive and remain calm. It is estimated that less than 5% of fraud victims report identity thefts or frauds to the police, usually out of embarrassment.

DON'T provide your banking info, (credit cards, accounts, PIN #s) or government issued id's like a SIN #, passports and such.

DON'T click on links in suspicious emails.

DON'T let strangers in your house. They may try to get into your home claiming that the rented item you have, such as a water heater, is their property and they have a right to inspect it. No, they do not have that right to enter your home. Even in condo buildings, they should not be in your hallway as it's not a public space. They must be outside of the entry doors.

DON'T be frightened to reject their offers. IF they linger and try to persist in getting your approval, tell them you are calling the police and they will run away pretty quick. You do not have to open your door. You could shout through the door that you're busy, on the phone and they have no appointment with you.

Further Online and In Person Safety tips:

Have a secure password that is NOT easily guessed, like 12345678, ABCDEFGH, your birthdate, etc.

Don't share your password with anyone, even certain family members. Someone may try to enter your computer with the password and access your banking info and withdraw money without your consent.

When WiFi is Free, your device (phone, iPad, tablet) can be hacked since your device will show up as connected to the provider's WiFi. Hackers have ways to get into your data thru that WiFi. Don't use the Access Automatically feature on your device. To be safe, clear the history from your browser before joining the Free WiFi. It may take an extra minute to join the Free WiFi. Then once you're on the Free WiFi server, you can look up and search, but DO NOT go into any personal accounts where banking or store accounts remember your password or credit card information for the next time you shop online. The sites provide the saved information for your convenience but it's safer to enter your information each time, especially as large stores' and institutional data are being regularly breached. Do your banking and online shopping from your own home WiFi service.

To protect yourself from Blue Snarfing, deactivate your Bluetooth connectivity when not in use. Crooks can copy any data from your device through the Bluetooth connection. The Bluetooth app is continually searching for connections with any device and can automatically connect to your device info. From your car, there is about a 30-foot radius of that connection-seeking Bluetooth because the car's computer will hold the device's data until the next time you go to connect. Do deactivate your Bluetooth.

Do keep your device updated by installing any software updates or revisions. Buy any anti-virus programs from a reputable physical store such as Staples or Best Buy, rather than downloading from a third party.

Gift Cards scams in the rotating stands can be hacked by the scammers, adding their fake illegal gift cards in place of the legitimate cards. It is best to buy the gift card from the actual store that you want the card to be from. They are usually close to the cashier, so likely they would see anyone messing about the cards, like applying a fake card number or scratching off the legitimate code. Hold on to your cashier receipt of the gift card purchased. Treat the cards as cash and use them as soon as possible to avoid any issues. Read the terms and conditions as there may be an expiry date or exceptions for using the card.

Outside power sources can be convenient but they could be hacked if the charge unit is provided by the power service, or Uber/RideShare. The plug could be infected with some virus or cause damage to your device. You could use your own charge unit in a regular wall plug without incident.

When Shopping Online, ensure that the site you are using has an 'S' at the end of site's URL: 'http' which indicates that it is a secure site. Stay away from affiliated sites as they are usually not secure and may not provide the product you expect that you are buying. DON'T leave your credit card on the store account for next purchase. Clear your history daily if you shop online frequently.

*(minutes cont'd on page 5)*

(minutes cont'd from page 4)

**In-Person scams** You can tell people to get off your property or tell them that they stayed beyond the time granted. Don't be afraid to close the door on them.

Police can enter your home only under 3 circumstances: 1. Your invitation. 2. They have a warrant for some foul play with expected evidence within your home. 3. If on a welfare check, they do not get a response or see that something is a-miss, they will force entry to ensure your safety.

**Romance Scams** the initial emails will be very complimentary since the scammer will have studied your profile in detail and know all your preferences. The scammer will most likely not allow phone calls or FaceTime directly, always having some excuse that they can't use their phone or device. There may be a lengthy pause between communications and when they return, the scammer will say they've gone through some tragedy or misfortune. They will likely say that they wanted to surprise you by visiting and going to places you enjoy but now they don't have the money due to the tragedy. If you offer to pay for their trip to your area, they will most likely refuse but at your insistence, will take up your offer, then request more money because something else happened or was more expensive than first estimated. There goes all your hard-earned cash. DON'T Do it! Be Safe.

## News from the Oshawa Club

Oshawa CFUW invites us to their October general meeting that will be presented in person and on Zoom. The speaker is a representative from Community Care Durham who will discuss the programs and services offered locally to support residents to safely and independently age at home. Those interested in the Zoom link should submit their request to [cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com) by October 10th. Jone Webster, Publicity

**October General Meeting**  
**Community Care**  
**Durham (CCD)**  
With Melissa Rudan



**Join us in person or on zoom as Melissa describes the programs and services offered by CCD to support residents to safely and independently age at home.**

**Wednesday, October 11, 2023 - 7:00 P.M.**  
All Guests Welcome - Free Admission  
**St Mark's United Church, 201 Centre St S, Whitby**  
Email your request for a Zoom Link to [cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)

CFUW Oshawa and District  
[cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)  
<http://cfuw-oshawa-and-district.weebly.com>



## Did you know. . . ?

The Oshawa Club puts out an interesting and informative newsletter every month. To access their newsletters, click here: <https://cfuw-oshawa-and-district.weebly.com/newsletters.htm>

## What's Happening at CFUW Ajax-Pickering?

What are we up to this year? Well, we started off the month with a great speaker, Darrel Rice, from Durham Regional Police Service who spoke to us about the many forms of fraud and how to protect ourselves. This important topic was presented with humour, and lots of interesting and helpful facts to keep us safe.



Below, the September Ladies Lunch group enjoyed a wonderful Italian lunch at Tutti Pasta Giorni.



Photos courtesy of Kim G.

**Editor's Note:** Pictures from club events are always welcome! If you're attending any club event, please consider taking photos and email them to Sandy for inclusion in an upcoming newsletter!

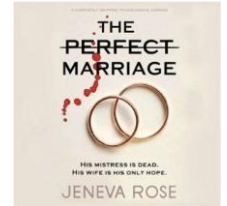
## Interest Groups

*Get involved—get connected!! Join an interest group!*

Interest groups are a great way to get to know other club members, especially if you are new to the club. Joining one or several of these groups gives you the opportunity to spend time with members with similar interests. Feel free to join as many as you like (or start up a new one!) You are only limited by the amount of free time you have available! If you are a new member and are not sure how our interest groups work, please ask any club member for more information.

### Book Club

The October Book Club meeting will be held on **Thursday, October 26<sup>th</sup>**, hosted by Catherine G. The book is ***The Perfect Marriage***, by Jeneva Rose. Please contact Catherine to confirm attendance and meeting location.



### CFUW Ajax-Pickering Walk and Talk

Our goal is to enjoy some fitness at local walking trails while connecting with other club members. Walk and Talk will continue throughout the year. If anyone has a preference for time, or suggestions for walking locations, please let Jane C. know. We meet **every Wednesday**. The time may be adjusted depending on weather. Details will be confirmed via email the week of the walk. Contact Jane C. if you wish to be added to the email contact list for this group to receive regular updates on activities.



### Online Cards

We have a small active group of avid card players and anyone is welcome to join us. Games are played online every Monday night at 6:30. Contact Cathy M. for more information.



### Golf

Feel like getting out for a round of golf? Join us on Tuesday or Friday mornings for 9 holes of play at a local golf course. All skill levels are welcome. Contact Jane or Lori for more information.



### Ladies Lunch Group

Come join the Ladies Lunch Group as we discover new restaurants in the area and old favourites. We meet the 3<sup>rd</sup> Thursday of each month. This month our outing will be on **Thursday, October 19<sup>th</sup>** at the **Black Dog Pub** at **87 Island Rd** in Scarborough. Jane is organizing the lunch and an email will be coming out shortly with more information on this event.

## This Month's Speaker



This month's speaker will be Lisa Carnwith, a licensed Hypnotherapist. Lisa has only been practicing for a few years but has a long list of accomplishments. She is an engineer, a scientist, a crafter, a remarkable baker, a lead singer in a rock band and an accomplished musician, as well as being an all-around wonderful person.

Come out to this month's meeting and meet our engaging speaker, and don't forget to invite a friend or two!

**Newsletter Deadline**

Information for the November newsletter should be submitted by **Friday, October 27<sup>th</sup>, 2023.** Submissions can be mailed, dropped off, or sent via e-mail (sbriell@bell.net). Contact Sandy at 905 428-0003 for further information.

**Note from the Editor**

*The Grapevine* is available in both electronic (Adobe PDF) and hardcopy formats, with electronic being the preferred, more cost-efficient format. **If you have recently changed your e-mail address or other contact information**, please let me know so I can update the club membership list and get the newsletter to the right place!

**CLUB WEBSITE**

<http://www.ajaxcfuw.ca/>

Suggestions for new content or design ideas for our website are always welcome! Please contact Sandy for more information.

Newsletters will be posted on the website so you will be able to access them online if needed.

**Facebook/X (formerly Twitter)**

We now send out meeting information via these social media platforms to encourage new members. Visit our new **Facebook page** (see page 2 for more info) or connect with us on **X** (@CFUWajax).

**October 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Golf	4 Walk & Talk	5	6 Golf	7
8	9	10 Golf	11 Walk & Talk	12 Club Meeting	13 Golf	14
15	16	17 Golf	18 Walk & Talk	19 Ladies Lunch Group	20 Golf	21
22	23	24 Golf	25 Walk & Talk	26 Book Club	27 Golf Newsletter Deadline	28
29	30	31 Golf				