



Message from the President. . .

Dear fellow members,

I feel like we're off to a great start. I'm so thrilled that our new members are not being shy but are getting involved joining clubs and providing leadership with fundraising ideas (Kim G) and a new travel club (Claudette and Kim G). At our first craft club we had 2 new members attend (Kim and Kim) and another new member (Jenn) has come forward with an idea for craft club # 2!

Thank you to Louise Z for hosting our welcome tea for new members Kim, Kim, Zana, Jenn and Claudette. I'm so sorry we missed our newest members Dana and Joanne but I hope you feel right at home as well.

I'm so happy to have our Advocacy group reinstated. It is such a valuable part of CFUW. If you have an interest in learning more, please reach out to either Caroline H or Marcy R. The meetings are once per month on the 4th Wednesday of the month via Zoom.

It was a great idea at our October meeting to go around the table and to learn a little about each other. This club is all about learning new things and learning from and about each other. I learned many new things from our speaker, Lisa Carnwith, whom I've known for 25 years! It's amazing what we can learn from each other.

We have speakers this year from within our own group. I am really excited to hear about their areas of expertise.

Please support the fundraising project put forward by Kim G. It will benefit our scholarship program. We support one student from each high school for a minimum of \$200.00 per person which means we need to raise a minimum of \$1,800.00 per year to fulfill our commitment. Even if you are not interested in the Christmas plants, the gift certificates cost \$30.00 and retain their value. You can even use them for your spring planting!

Looking forward to seeing you at our November meeting.

In friendship,

Louise S.



Next General Meeting

Thursday,
November 9th, 2023

“Legacy of a Lost Lake: The rise and fall of Lake Iroquois”



Speaker:

Mark Stabb, Program Director - Central Ontario East, Nature Conservancy of Canada - Ontario Region

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

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:

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

For more information on speakers for this event, click here: <https://cfuwontcouncil.org/standing-committees/>

To register, click here: <https://us06web.zoom.us/meeting/register/tZwodO6rqzwwE9co1u-T9dnt-S0hPhEXCOvR#/registration>

February 24th, 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 14th, 2023

First meeting chaired by newly appointed President Louise Simmonds. Land Acknowledgement announced by Louise S. Thanks to Catherine and Louise Z for arranging the meeting's treats. The position of Program Coordinator is still vacant but the speakers have been lined up for the year during the executive meeting earlier in the year. If anyone is interested in taking on one of the vacant positions - Vice President, Publicity or Social - please get further details from Louise S or other executive members.

Report of Officers

Program - for this year, the executives have made up a selection of speakers in the interim until the Programming position is filled. The Speaker for November will be Mark from Nature Conservancy of Canada – Ontario Region, and he requests that we watch the NFB film “Ice Age” in order to follow his discussion better. Treasurer - Erica presented the Budget figures for 2023-2024, with expected Revenue as \$3110.00 and Expenses of \$4961.00. The expenses reflect the payment of the \$600 copywrite infringement issue which was recently paid, as well as a transfer of funds from the club account to the Scholarship account. We have 26 paid members this year.

Membership - Donna introduced the membership all around: Claudette L - was looking for something to do and is interested in travel; Anneli C - started in the club prior to Covid and am the secretary; Carmen R - participating for 4-5 years, was persuaded by mother who is a member in the Oshawa club, first year as the Book Club coordinator; Lori B - member for 15 years and enjoys the various social groups; Joanne A - book club was the main attraction for her to check out the club; Erica B - has been a member for 35 years, was one of founders of the club, has held a few positions including President twice and this is her 2nd year as Treasurer; Cathy M - has been a member almost as long as Erica and enjoys the women's company; Janet M – has been a 20 year member; Louise Z - a founding member, with Erica, created the Scientist in School program. Her mother was a member in the Montreal branch; Helen E - participated for 1 year and has now returned to the club, looking forward to Book club; Louise S - was a Fundraising coordinator for several years and has now been persuaded to be President; Cindy A - 33 year member, enjoys the higher level activity of the Ontario Council and the National Council, with the Advocacy being an important consideration, worked with Scientists in School program for many years and is excited about having the program now nationally. If you or someone you know would like to be a presenter in the schools, please let her know as many of the previous presenters have dropped out with the Covid situation; Kathy P - reading club was the attraction for her; Carrie is Kim M's sister-in-law and joined her this evening, interested in the Book club as well; Kim M - has been coming for 2 months, was in a panic with kids getting more independent, works from home so good to get out; Andrea S - has been a member for 1 1/2 years, is a yoga teacher, was at a loss when everything stopped during Covid and had been very involved in her daughter's school; Dale T has been a member since early days and enjoys the companionship of women; Kim G - is a new member and very much enjoyed the recently held New Member's Tea; Catherine G - an early member and has made many good friends over the years; Heather T - has been a member 29-30 years at the suggestion of her mother-in-law, recalls one of her first meetings was a baby shower for her baby; Gail L - club was suggested by others and joined for the advocacy and higher level being important for women's advocacy, it's on a different level than the Probus clubs; Jane C - created a group in Kincardine because she worked with men and this group balanced with her work life, appreciates the advocacy and club's participation in annual resolutions.

Scholarships - Dorothy not in meeting - but will be continuing with 9 schools being granted the scholarship again.

Fundraising - position is currently vacant - discussion of a possible Tea and Art in that each participant would create their own artwork along with a Tea.

Advocacy - Marcy, Dale, Janet and Jane are getting involved, should anyone like to join them or find out about their future plans, Resolutions and how to advocate in our group. There will be a Zoom meeting October 25th.

Newsletter & Communication - Janet will be working on the web.

Social - Louise Z had passed around the sign-up sheet for treat volunteers and all slots are complete.

Interest Groups

Book club - monthly meetings held on the last Thursday of the month, 26th of October, at Catherine's home. The book to be discussed is *The Perfect Marriage*, by Jeneva Rose.

Card group - Monday nights through Trickster/Zoom sessions. All are welcome to join.

(minutes cont'd on pg 4)

(minutes, cont'd from pg 3)

Lunch group - the next lunch will be at the Black Dog, in Scarborough. Details will be emailed by Jane. All are welcome.

Golf - will continue on Tuesdays and Fridays until the weather turns nasty. Playing 9 holes, walking and no scores kept unless you want to keep your own score.

Craft Club - as discussed by Louise S, will be held on Tuesdays on a monthly basis. This first meeting will be held at Louise's home in the morning, 10am. Next month's meeting will be in the evening, then rotating between the two times, month by month.

Gourmet Club - was discussed but not confirmed as yet.

Walk and Talk - carrying on weekly, on Wednesday **at 1PM**. Please note that all abilities are welcome. Jane will send out a reminder email.

There is an outing that Carolyn emailed the group, December 9th, to see the Barra McNeils' Christmas show in Oshawa's Regent Theatre, with a dinner beforehand.

For the December meeting which is usually our Christmas party/dinner, any suggestions where to go?

The Ontario Council's Speaker's Series will be starting up again on the 21st on Zoom. They reach more members by zoom than by meeting in person.

Claudette suggests that we create a Travel group and will send an email for suggestions and see what kind of travel members would be interested in doing.

Speaker: Lisa Carnwith, Hypnotherapist. Owner of Mind Body Engineering. Spent 15 years in Scientists in School, is a musician but was not focused enough to be a 'musician', her parents were curious and made her curious about many subjects. Studied psychology at U of Guelph, in particular criminal minds. Then studied Industrial Engineering at Ryerson. She was assaulted at school, as well as at first employer, Steelcase. She was in a narcissistic relationship, had eating disorders/body dysmorphia and multiple family members died within a 5-year period. She was in Trauma then went to hear Mike Mandel the Hypnotist. Although he performs as a show-hypnosis, she began to study with him for wellness, mindscaping, and therapeutic hypnosis. In the 5-day course, she had her trauma cleared then she continued studying to help others release their traumas.

Many people have a fear of being hypnotized, thinking that they'll be made to cluck like a chicken or dance uncontrollably. She says that everyone has been hypnotized on their own, whether it's doing some sport or driving in the car, where your state focus is so intense that you don't realize how you got home. She will prepare you to be in a similar relaxed state to then be able to talk about your issue. You will not do anything you don't want to do. Often therapists suggest women use a talk therapy to feel safe, like our group where we are safe. There are studies to show that you can only keep 5 to 9 issues in your conscious mind, without getting too muddled and causing more anxiety. Unconsciously your mind will keep 20 million things going on, breathing, muscle movement, eyes, blood circulation and all the other bodily functions. In amongst the 20 million things that are going on is an area referred to as the critical faculty where you store things that you've learned, not always true things. Hypnosis removes that critical faculty to allow you to work on what you want from life. It's important to be specific about the things that you want because what you don't want can go on infinitely. For instance, on a long drive, listen to an audio book to teach yourself something rather than drifting off into a mindless state and get home before you realize where you are.

We have sympathetic reactions like fight, flight and freeze which are created to keep ourselves safe. The parasympathetic reactions are to rest and digest. Hypnotherapy will bring you to a state of relaxation, or the parasympathetic reaction, to where you're viewing the past events that are troubling you as a movie. As the movie unfolds, you can re-assess situation to re-evaluate if you might have misunderstood the situation or to reframe your role in the event. Moving between the two states will help you put the event into a case and put it on a shelf. The body keeps score and carries it in the tote bag. The sympathetic reaction is the alert and by moving into a parasympathetic state you can reframe yourself. Everybody deserves to feel fine.

She suggested reading the book by James Nestor, 'Breath: The New Science of a Lost Art'.

The New CFUW Logo

The new CFUW logo was designed to create a positive and memorable first impression and show who we are to the world. Each part of the stylized graphic represents a different aspect of the essence of our organization.



OPENING BOOK
- a foundation in learning and education -
- open and expanding -



UNFOLDING PAGES
- a long history with many achievements -
- diversity of members - a mosaic / lotus flower -



FLAME
- lamp of learning - legacy brand -
- lighting the way upward and forward -

The new look is refreshing, and a change to a more modern look and feel. If you require a CFUW logo for any publications relating to the club, you can access the official graphics in a stored Google drive site created for the use of all CFUW clubs. Here's the custom logo for our club:



News from the Oshawa Club

Oshawa CFUW invites us to their November general meeting. The speaker is Eleanor Gummer, a member of their club who is a well-known musician and musical educator and author. Eleanor will be speaking about her research into underrepresented women composers from the last 300 years and demonstrating some of their music at the grand piano at St Mark's Church in Whitby. All guests are welcome.

Jone Webster, Publicity

cfuw  fcfd

THE POWER OF WOMEN WORKING TOGETHER
LA PUISSANCE AU FÉMININ: ENSEMBLE POUR RÉUSSIR.

November General Meeting

Women Composers: The Underrepresented

By Eleanor Gummer



Join us for a special evening of music and discussion at the grand piano.



Eleanor, founder of the *Whitby School of Music*, researcher, author and composer will talk about little-known women composers from the last 300 years and demonstrate their music.

Wednesday, November 8, 2023 - 7:00 P.M.

All Guests Welcome - Free Admission

St Mark's United Church, 201 Centre St S, Whitby

CFUW Oshawa and District

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?

Ladies Lunch - October



The October Ladies Lunch event was held at the Black Dog Pub in Scarborough. There was a great turnout for this event!

Photo courtesy of Kim G.

New Member's Tea



CFUW Ajax-Pickering always excels whenever there is food involved and the New Member's Tea was no exception! Members enjoyed a number of delicious treats as they got to know the new members in the club.



This was a great event to get to know other members. We are especially delighted to have a number of new members this year and we all look forward to enjoying shared activities during the club year.

Photos courtesy of Kim G.

October Meeting – Speaker Lisa Carnwith, Hypnotherapist



Members enjoyed listening to this month's speaker who spoke to the club about hypnotherapy and its benefits.

Pictures courtesy of Kim G.

*"Learn continually - there's always "one more thing" to learn!"
- Steve Jobs*

New Interest Group – Craft Group!

Louise S has proposed a new interest group for anyone interested in crafting. There was a great turnout for the first event which involved making centerpieces using water beads. You can see the wonderful results in the pictures below.



"Crafting is not about being perfect, it's about enjoying the process."

– Unknown

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

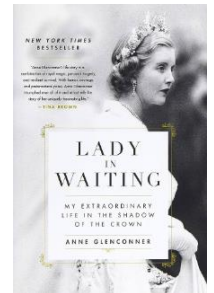
Interest Groups

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 November Book Club meeting will be held on **Thursday, November 23rd**, hosted by Helen. The book is ***Lady in Waiting***, by Anne Glenconner. Please contact Helen 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

Our golf will soon be wrapping up for the year (although we may still be able to squeeze in a game or two before the snow flies!) Watch for updates on this group in the spring when we start up again. New golfers are always welcome!



Ladies Lunch Group

Come join the Ladies Lunch Group as we discover new restaurants in the area and old favourites. We meet the 3rd Thursday of each month. This month our outing will be on **Thursday, November 16th** at **Crepe Castle**, 1995 Salem Rd N in Ajax. Louise S is organizing the lunch and an email will be coming out shortly with more information on this event.

Craft Group

This new group will be meeting once a month on a Tuesday – alternating between morning at 10 am one month and evening at 7 pm the next month. Watch for email updates on this fun group!



Advocacy

The Advocacy group meets on the **1st Wednesday of the month** via Zoom. This year's meeting dates are December 6, January 3, February 7, March 6, April 3, May 1, and June 5. If you are interested in participating in this group, contact Caroline for more information.

This Month's Speaker



Our speaker for November will be Mark Stabb, Program Director - Central Ontario East, Nature Conservancy of Canada - Ontario Region.

Mark Stabb is the Nature Conservancy of Canada's (NCC's) program director for Central Ontario – East and oversees conservation projects across the Rice Lake Plains on the Oak Ridges Moraine, on the limestone landscape of the Napanee Plain and around Prince Edward County and the islands and shores of the eastern Lake Ontario coast. Before joining NCC in 2006, Mark worked as a biologist and park planner for the Government of Ontario, as a teacher at a community college, as a wetland program manager and as a freelance writer and ecological consultant on forestry matters.

An avid hiker and naturalist, Mark's current fascination is with exploring the landscape legacy associated with glacial Lake Iroquois. Mark lives with his partner and two daughters (and his 'prairie' dog Ella) in Uxbridge, where they can be found on local trails searching for flying squirrels.

Mark will present "Legacy of a Lost Lake: The Rise and Fall of Lake Iroquois" describing the geological history in Ontario at the time of the last ice age.

Prior to the meeting, please watch the NFB documentary "The Rise and Fall of the Great Lakes". This will enhance your understanding of the presentation. You can access this documentary on Youtube at the following link: https://www.youtube.com/watch?v=afs_A_Lz2w4

Editor's Note: The bio and photo above are from the Nature Conservancy of Canada site.

Vandermeer Nursery Fundraiser

We are now signed up for the Vandermeer fundraiser. This initiative will help raise funds for our Post-Secondary Scholarship program. Please consider supporting this fundraiser by buying gifts for family and friends (and you!). This offer includes gift cards, so if you don't wish to buy a seasonal basket, you can stock up on gift cards for next year's gardening season or maybe even for a little tropical greenery to beat the winter blahs! (Don't forget – one can never have enough plants!)

Contact Kim G if you're interested in purchasing products and contributing to this fundraiser.

Deadline is November 23!

Vandermeer Fundraiser

Help Support Our Scholarship Program

A variety of products and gift cards can be purchased through our fundraiser at no additional cost. This program can be easily shared with family and friends to increase our sales totals. For program details please contact Kim Gervais at kimgervais1@gmail.com. **Orders are due by November 23.**

Scholarships

The following letter was received from one of our scholarship winners:

Hello CFUW,

My name is Angelika (Lyka) Loyola and I was the recipient of the Canadian Federation of University Women Ajax - Pickering Award for excellence. As requested, I will attach a photo of me for the archive. I apologize for the late response.

Sincerely,
Angelika (Lyka) Loyola



Editor's Note: Lyka previously sent a note to our club (published in the September newsletter) thanking us for awarding her the CFUW scholarship. Lyka attended Notre Dame Catholic Secondary School.

CFUW Ajax-Pickering Holiday Party!



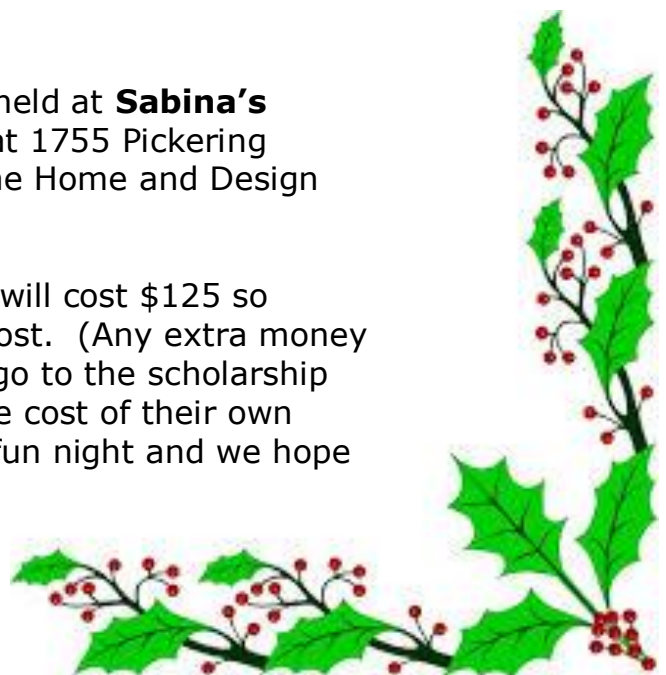
**Thursday,
December 14th**

HOLIDAY
PARTY

Save the Date!!

This year our holiday party will be held at **Sabina's Casual Dining and Pub**, located at 1755 Pickering Parkway, Unit 20 in Pickering (in the Home and Design Centre plaza).

We will have a private room which will cost \$125 so please bring \$5 to help cover the cost. (Any extra money collected above the room rate will go to the scholarship fund). Club members will cover the cost of their own meal and drinks. This is always a fun night and we hope everyone can make it!



Learning about Advocacy...

Narges Mohammadi Nobel Prize for Peace 2023

Narges Mohammadi is an Iranian Women's Rights advocate. She was awarded the Nobel Prize for her continuous fight against the ongoing oppression of women in Iran and her continuous advocacy of human rights in that country. The Iranian government knows her well, having arrested her 13 times, convicted her 5 times and sentenced her to a total of 31 years in prison and 154 lashes.

Ms Mohammadi has advocated for equality and women's rights since she was a student in the 1990's. In 2003 she became involved with a Human Rights Centre founded by a previous Nobel Peace Prize winner, Iranian lawyer Shirin Ebadi. Ms Mohammadi was arrested in 2011 and sentenced to many years of imprisonment for her work in assisting other jailed activists and their families. After her release on bail, she campaigned with others against the death penalty as Iran is a country that executes a high number of its citizens. As a result, she was imprisoned again and worked behind bars to oppose Iran's systemic use of torture and violence especially directed at women prisoners.

Last year, from prison she helped to support and organize the largest political protest since the present government assumed power in 1979. The protest was caused by the death of a young woman, Mahsa Amini, who died in custody having been arrested by the morality police whose duty it is to monitor the actions of Iranian citizens making sure they are conforming to the regime's interpretation of religious law. The young woman had initially been detained for not wearing a hijab. Mostly it is women who are arrested, and while in custody they may also face sexual abuse by the authorities.

The demonstration saw 500 women killed and thousands injured or blinded by rubber bullets. As well, 20,000 women were arrested. But the world witnessed the courage and the resolve of the demonstrators against the Iranian government's ongoing brutality, as well as the ongoing oppression of women's rights. From her prison cell, Ms Mohammadi organized actions among the other prisoners in solidarity with the demonstrators. As a result of the demonstration, Iranian police have been ordered by the regime to increase the enforcement of morality laws especially directed towards women. While Ms Mohammadi, as a result of her actions was prohibited from receiving any phone calls or visitors, she still was able to get an article she wrote out of prison which was published by the New York Times. Her message was "the more of us they lock up, the stronger we become".

As I write this, it has been announced in various media the death of another young Iranian woman who was initially accosted by Iranian authorities for not wearing hijab.

Submitted by Marcy R.



"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them."

Laurence Binyan

Newsletter Deadline

Information for the December newsletter should be submitted by **Friday, December 1st, 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).

November 2023

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