

January 2024

Happy New Year and welcome to 2024!!



Dear fellow members,

I'm sitting here on the eve of the New Year thinking of the year 2023. I'm so grateful that Covid-19 is no longer shutting down our entire lives. Yes, it is still omnipresent but with immunization, it has been reduced in impact. In Hollywood, 2023 has been named the year of women over 50! Many of our membership fall into that category and I feel the power that women have collectively.

We are a group of strong women who are united in our purpose of helping other women. The focus for this year within CFUW is fighting against gender-based violence. A number of us attended the December 6th ceremony to remember the École Polytechnique massacre 34 years ago, but also to mourn the loss of so many other women and children in Ontario and around the world. We heard a very moving account of a local Ajax woman who was brutally murdered by her fiancé a few years ago. The event was sponsored by Herizon House which is a woman's shelter located in Ajax. So many good works are being performed to help our world be a better and safer place in which to live.

It's hard to start a New Year without making a few resolutions. In 2024, I plan to start a gratefulness journal. I was given a notebook as a birthday gift and I'm going to try it out! How about you? What will your resolutions be?

In friendship,

Louise S.



Next General Meeting

Thursday,
January 11th, 2024

“New 9-1-1 technology and everything you ever wanted to know about 9-1-1”



Speaker:

Sandy Briell, Toronto Police
9-1-1 Operator (retired)

Location:

Pickering Rec Centre
(Chestnut Hill Recreation
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!

Go Green! BYOMug!

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 2024:

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

Save the date!

For more information click here:

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

Minutes of General Meeting, Thursday, December 14th, 2023

The December meeting was our holiday party. No minutes were taken.

News from the Oshawa Club

Oshawa CFUW invites us to their January general meeting on Wednesday, January 10th. The speaker is Craig Kelman, an urban beekeeper. All guests are welcome.

Jone Webster, Publicity



January General Meeting

Beecraft 101

By Craig Kelman, Urban Beekeeper



Cultivating
Colonies for
Sweet
Rewards



Join us in person or on Zoom as Craig who oversees bee colonies on private property and at Durham College talks about sustainable beekeeping in the local farming community.

Wednesday, January 10, 2024 - 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

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?

CFUW Ajax-Pickering at the Regent Theatre in Oshawa

In December, several club members attended the Barra Macneils – An East Coast Christmas concert at the Regent Theatre in Oshawa. It was a lovely festive evening, preceded by dinner at Avanti Trattoria. Below are some pictures of the event and attendees from the club. Thanks go to Caroline H. for organizing this event!

If you have an idea for an event, send an email out to club members with the details and let's get something organized! It's easy and fun!



Photos courtesy of Kim G.

CFUW Ajax-Pickering Annual Holiday Party

This year our holiday party was held at Sabina's Casual Dining and Pub in Pickering. Thanks go to Kim G for sending this picture of the group. Also, thanks to everyone who organized and coordinated festive games and activities at the party. What a great way to kick off the holiday season!



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 next meeting will be held on **Thursday, January 25th**, hosted by Louise S. The book is ***The God of Small Things***, by Arundhati Roy. Please contact Louise 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 has finished for the season. 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. **If anyone would like to organize the lunch for January**, please send out an email to all club members with details of the location and time.

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 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.

Scholarships

The following thank you letter and photo were received from Pine Ridge Secondary School:

As the Winter holidays approach, I wanted to take this opportunity to wish you and your family a joyous and festive season. May this time be filled with warmth, love, and cherished moments with your loved ones. I also wanted to take a moment to extend my deepest gratitude for your support and dedication to our Pine Ridge School community.

Your continuous support of our school through the Canadian Federation of University Women of Ajax has been instrumental in fostering a nurturing and thriving environment for our students on their post-secondary pathways. Your contributions have positively impacted their school experience, enabling them to grow academically, socially, and personally.

Once again, thank you for your invaluable support and commitment to our school. Your efforts have made a significant difference in shaping our educational journey and creating a positive learning environment.

Warm regards,

*Jim Pulickeel (he/him)
Guidance Department
Pine Ridge Secondary School*

Submitted by Dorothy N.



This Month's Meeting



Speaker Topic: New 9-1-1 technology and everything you ever wanted to know about 9-1-1

Speaker: Sandy Briell, retired Toronto Police 9-1-1 Operator, Police Dispatcher (and club member!)



Have you ever had to call 9-1-1? For many people, this can be a terrifying experience. 9-1-1 is for emergencies, and when you are already upset and panicking about the reason you called, the last thing you want to do is worry about how to call and what information to give.

At this month's meeting we will hear all about 9-1-1 and how it works, what happens when you call, and what's coming in the future with the new "Next Generation 9-1-1" technology and some of the related innovative, emerging technologies designed to make it easier to communicate for help in a digital world.

What's New in Advocacy

December 6th Vigil

On December 6th, nine members of our CFUW club attended a vigil at the Ajax Community Centre. The event was sponsored by Herizon House, a shelter for women escaping intimate partner violence. The program was extremely well presented and moving. Around the room, on tables, were portraits of each woman killed last year in Ontario, through intimate partner violence. Accompanying each portrait was a summary of the circumstances of her death. We read that these women came from many diverse backgrounds, communities and situations. I think all of us were surprised to see grandmothers who were sometimes victims of their grandsons or sons, and children who were killed along with their mothers. It reminded us that this type of violence often impacts other members of a family. As we came to the last portraits, many of us were surprised and horrified by the fact that 65 women and children were killed by intimate partner violence in Ontario in 2023.

The guest speaker was Sherry Robinson, the owner of Spa Sedona in Ajax. She told the heartbreaking story of the murder of her longtime employee and friend, Krissy Pejcinouski, and two of her children by her partner. It was hard to listen to. We were grateful that Ms. Robinson was able to share her story and admired her courage in doing so. We learned of the red flags that she saw in the relationship between her employee and the man she was involved with and how she tried to help her friend.

The afternoon ended with a video presentation of each of the 65 women killed in Ontario this year and a memorial to the 14 women killed on December 6th, 1989 at the Ecole Polytechnique in Montreal. We promised to never forget those 14 young women or why they died. Remembering each of those young women, several close to graduating, it was hard not to think about the lives they might have had. It is difficult to realize that it has been 34 years since that tragic evening and violence against women remains a problem still.

We left the vigil with heavy hearts but also, I think, with a renewed commitment to do all we can to eliminate intimate partner violence and the beliefs that foster it. We also came away with a deeper understanding of how prevalent intimate partner violence is in our own communities. As well, we all left with a great appreciation for Herizon House and those who work so compassionately and diligently with the women who are residents of the shelter.

Marcy R.

Photo courtesy of Caroline H.



Newsletter Deadline

Information for the February newsletter should be submitted by **Friday, January 26th, 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).

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Advocacy Mtg	4	5	6
7	8 Online Cards	9	10 Walk & Talk	11 Club Meeting	12	13
14	15 Online Cards	16	17 Walk & Talk	18 Ladies Lunch	19	20
21	22 Online Cards	23	24 Walk & Talk	25 Book Club	26 Newsletter Deadline	27
28	29 Online Cards	30	31 Walk & Talk			