

March 2024



Dear fellow members,

This weekend we will set the clocks ahead which is a sure sign that spring is right around the corner. We have already experienced unseasonable warm weather. I went away for winter camping this past weekend but many of our winter activities had to be adapted due to lack of snow. La Nina at work!

This has been my first year as president of our chapter and I have now been more exposed to all the work which goes on at the regional, provincial and national levels. I am constantly in awe of the quality of members and their dedication to various causes on behalf of women and families in Canada. I expect to learn a lot more at our national meeting in July of this year. We are looking for one or two representatives to attend the Ontario Council meetings in Windsor, Ontario in May. Please speak to me if you are interested.

Resolutions will be coming to us this month which we need to review at our May meeting. These are changes to our constitution proposed by various chapters. We will need members to research and present these to our group where our members will then vote. It will be a potluck supper so we will start the meeting earlier.

Arts and Tarts High Tea. This will be held at my home on May 11, 2024 from 1pm-4pm. Tickets will be available for sale at our next meeting. The cost will be \$50.00 per person. Please invite family, friends and neighbours to support our scholarship fund!

In friendship,

Louise S.



## Next General Meeting

Thursday,  
March 14<sup>th</sup>, 2024

“Cooperative Housing Model for Seniors”



### Speaker:

Louise Bardswich

### 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](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 2024:**

**Next Meeting:** Standing committee meetings have finished for this club year. They will resume in the fall.

For more information, click here:

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

*"March is a tomboy with tousled hair,  
a mischievous smile, mud on her  
shoes and a laugh in her voice."*

— Hal Borland



## Minutes of General Meeting, Thursday, February 8<sup>th</sup>, 2024

Welcomed all and Land Acknowledgement announced by Louise S. Ontario Council Speakers Series will begin with a discussion on AI. Louise attended a meeting with our regional director where they were mostly discussing changing the club's job descriptions in an effort to attract more participants to the vacant positions.

### Report of Officers

Treasurer - Erica was away - Louise S advised that national dues were paid recently.

Membership - Donna advised that we still have 33 paid members and that there was one individual who had shown interest in attending but we've not seen her yet.

Scholarships - Dorothy claimed there's nothing new and the scholarship bank balance is \$5870 with \$75 to be added to the account.

Fundraising - Louise Z is spearheading the High Tea and Art fundraiser. There was a suggestion of going to VanderMeers in the spring, as well as a possible spring wine tasting from Dana. The High Tea and Arts event will be May 11 with a maximum of 30 people. It will be run as half the group being instructed on the watercolour painting by Erica, while the other half of the group will have their high tea, then halfway through the reverse. Last year's event had a few hiccups on the turnover of the two groups although most participants didn't notice. Tickets will be \$50. (Up from \$35 last year.). Louise S is working on producing the tickets and they should be available for our next meeting. Dorothy advised that her friend's mother has given up her 60-year-old china set that's similar to one of Louise Z's sets so she'll take the 12 teacups and luncheon plates. These will be used at the High Tea. There are quite a number of volunteers although if somebody wanted to volunteer their services, please speak to Louise Z.

Advocacy - Carolyn advised that this month's meeting was delayed until next Monday. Some group members were to attend a meeting about some new buildings in Durham and they wanted to get the information to present to the group. It would be a Zoom meeting.

Marci wanted to advise that she discovered a very interesting book for young girls, "Girls hold up the world" by Jada Pickett Smith. As a current model for 'Girls hold up the world', the Former Deputy Prime minister of Denmark, Sigrid Kaag, is a woman who will change the world. She has a B.A. in Middle East Studies, M. Phil in International Relations and an M.A. in Middle East Studies. She works at:

- UN as Sr UN adviser in Sudan
- Int'l Org'n for Migration in Jerusalem, including Palestinian Territories, Lebanon, Jordan and Syria
- UNICEF Regional Director for Middle East & North Africa
- OPCW (Org. for the Prohibition of Chemical Weapons)-UN Joint Mission for the destruction of Syria's chemical weapons
- UN Special Coordinator for Lebanon
- Joint World Bank-WHO Global Preparedness Monitoring Board
- World Economic Forum for Humanitarian Investing
- Dutch Minister for Foreign Trade and Development Cooperation
- Democratic Party leader but was censured due to the late evacuation of Dutch citizens and local civilian personnel from Afghanistan and she resigned from elected party Leader but continued on as Minister of Finance.

On January 8, 2024, she's the UN Sr Humanitarian & Reconstruction coordinator for Gaza, to establish a UN mechanism to accelerate aid deliveries through non-fighting states.

Marci wanted us to know her name since we don't often get to know the incredible works that are done, especially by women: Sigrid Kaag.

Communication/Publishing - Janet has nothing to report currently.

Carolyn advised that Muzghan is now working with Right to Play, her former employer, so she's excited. Eldest daughter studying aeronautical engineering in Downsview. Eldest son has completed high school at the basic level, working at Pizza Pizza. The middle daughter is still in high school and wants to become a doctor. Youngest child is in Grade 8. And the baby is 15 months old.

(minutes, cont'd from page 3)

### **Interest Groups**

Book club - monthly meetings held on the last Thursday of the month, Erica is hosting this month: *Demon Copperhead*, by Barbara Kingsolver

Walking group - continues on Wednesday, Jane will send an email with details.

Lunch group - Catherine will organize, likely Sabina's Restaurant, and will send out an email for the 13th.

Travel Group - Kim Gervais & Claudette - Baltic cruise has a \$270 deposit required so check with friends and family to book this trip. There is a minimum number of participants required.

Craft Club will be decorating Valentine's cookies next Tuesday evening at 7, at Louise's house.

Card group – Cathy M advises they are playing on Monday nights 6:30 through Trickster/Zoom sessions. All are welcome to join.

**Speaker:** Stacey Carroll, speech & language pathologist, Balanced Life and building a business. York BA double major in psychology and linguistics, U of T Master of Speech & Language Pathology. Married a friend of Donna's son and has two daughters.

Started working as a School Board Speech Pathologist at Kawartha School Board serving 10 schools, Peterborough and Clarington. She worked as a volunteer at Grandview Children's Centre and then worked part time, doing mainly assessments, then would work through some maternal leaves. Moved to Durham Catholic School Board, working in various roles in 5 schools. At Durham Catholic, there were less clients, better organized and better pay. Within the second year, she joined the Autistic specific team with a great mentor in that team. She started to take on private clients on the side. Working on the assessments involved creating plans and strategies for the students, parents and teachers but not actually working the plans which she enjoyed. In the early intervention group, she was working more with the students and staff. She continued to see some private clients. March of 2022, after developing the possibility of taking on a caseload of private clients, she rolled out a website and social media towards opening her own clinic, establishing her business Connect2Communicate. Public sector work has perks of the time off within the school year but the frustration of not being able to do the job that they were meant to do. Grandview services are in great demand so that wait lists are up to 18 months for infants, and school aged children wait list was up to 3 1/2 years. While working privately, she is able to set her own schedule, flex hours and time off periods. Website was set up by a media specialist, who usually works corporate media & branding but advocates for small business so had a very reasonable price for her business.

First step for her business was set up caseload. She discussed with her coworkers at Grandview about the need for her services. Lots of clients were in the area so she had no problem to fill her schedule. Next, she had to find a place since she didn't want to work out of her home. She got word from a neighbour that there was office space available for herself. Soon she needed a Speech therapy assistant so needed a larger office and there was a suite available in the same building. The business expanded so that she needed an even larger suite and another service had to move out, also in the same building. Grandview's Bowmanville office is also in that building, so that if the parents want to start on therapies right away, rather than delaying services, Grandview suggests her company. There are 10 people on her staff, some are part time. Other than herself as owner/pathologist, there is a bookkeeper, 2 part time Speech & Language Pathologists, 2 full time and 5 casual communicative disorder assistants. Services have been supporting 350 families over the years of the business being opened. She continues to learn about non-Speech Pathology areas such as HR functions, tax forms and sales.

Services provided by her company: Speech Sound Production, Stuttering, Oral Language Skills, Literacy Skills, Social Communication Skills, Autism Spectrum Disorder Services takes about 60% of the caseload, and Augmentative & Alternative Communication with a variety of methods and tools. Some of the tools Speech Language Pathologists use are communication devices & boards, iPads with communication-based apps (LAMP: Words for Life, TouchChat, Snap+Core, Proloquo2Go) or single hit message buttons. She gave us some examples of the different therapies successes she had since opening her business. There are challenges to owning a business and trying to balance work-life. There are long hours, hiring & managing employees, but there is fulfillment and satisfaction from her successes and being able to perform the therapies that she has been trained to use.

## News from the Oshawa Club

Oshawa CFUW invites us to their March general meeting on Wednesday, March 13<sup>th</sup>. The speaker is Sarah Shields, Project Manager, Sustainability and Climate, Town of Whitby. All guests are welcome.

Jone Webster, Publicity



cfuw cfdud

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

### March General Meeting

# Global Warming

## With Sarah Shields, Town of Whitby



*What you  
need to know  
and how you  
can help*



Join us in person or on Zoom as Sarah talks about the importance of keeping the global warming increase below 1.5 degree Celsius; what it will take to do so; and what actions each person can take.

**Wednesday, March 13, 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](mailto:cfuw.oshawa@gmail.com)

[cfuw.oshawa@gmail.com](mailto:cfuw.oshawa@gmail.com)

<http://cfuw-oshawa-and-district.weebly.com>



cfuw OSHAWA  
AND DISTRICT

### 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?

As part of the Advocacy Committee's interest in housing, Team CFUW Ajax-Pickering supported The Coldest Night of the Year fundraiser walk for The Refuge Youth Centre in Oshawa on February 24. Many thanks for raising \$200 and for walking the 5K route on the frosty moonlit evening. We were proud to be one of 26 CFUW teams from across Canada participating this year.

The Refuge works to support people facing homelessness. This agency is almost ready to open 26 supportive housing units set in a repurposed public school and we saw the building as we completed the evening walk for CNOY24. By partnering with many agencies, and organizing the Coldest Night of the Year fundraiser, The Refuge is able to make supportive homes, provide counselling and basic needs for vulnerable youth. For more information on this community agency: <https://refugeoutreach.com/>



From the Coldest Night of the Year Organizers: Thanks to all of your dedication, hard work, leadership and heart, our Coldest Night of the Year event last Saturday was a great success! We have SURPASSED our fundraising goal of \$140,000 with a current total of \$147,118! **Out of 191 participating cities across Canada, Oshawa's WALK for The Refuge ranks #3 for the most amount of walkers, #7 for the most amount of teams, and #21 in Canada for the most money raised!** This exceeds the goal we had set for ourselves and we couldn't have done it without you.

Submitted by Caroline H

## February Craft Club – Cookie Making!



Club members attending the February Craft Club made some beautiful cookies for Valentines Day.

*Photos courtesy of Louise S*

## Club Members attend Winter Camp



A few of our club members recently attended a Winter Camp. Snow was sparse but it was still an enjoyable weekend for all.

## Save the Date!! CFUW Ajax-Pickering Fundraiser Tea

This upcoming event promises to be a memorable one for all! Last year's tea was a huge success. Never tried watercolour painting? Now is your chance! Invite your family, friends or neighbours and come out and enjoy a delicious high tea and try your hand at some creative painting.

Tickets will be available at the March meeting.



### CFUW Ajax-Pickering presents Arts & Tarts High Tea!



**When:** Saturday, May 11<sup>th</sup>, 2024, from 1 pm - 4 pm

**Where:** 2681 Greenwood Rd, Ajax

**Cost:** \$50 per person (all proceeds go towards our Scholarship Program)

## 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, March 28<sup>th</sup>**, hosted by Louise Z. The book is ***Moorewood Family Rules***, by Helenkay Dimon. 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

Now that the weather is improving, 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 3<sup>rd</sup> Thursday of each month. This month's lunch will be held at the **Portly Piper**, 235 Bayly St W, Ajax, on **March 21<sup>st</sup> at 12 pm**. Please contact Catherine if you plan to attend.

### 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. This month's meeting will be on **Tuesday, March 19<sup>th</sup> at 10 am** at **Louise S's** house. The craft will be origami.



### Advocacy

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



**Newsletter Deadline**

Information for the April newsletter should be submitted by **Friday, March 29<sup>th</sup>, 2024**. 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).

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