

April 2024



Dear fellow members,

I want to wish everyone a Happy Easter! I hope you were able to spend time with family and friends and enjoy the beautiful weather! I had a house full of family and fun!

This month's meeting will be all about resolutions. This is an important meeting to attend, especially if you have not been exposed to the advocacy that our club and the National club is involved in. CFUW national has a constitution and it needs to be updated and changed to reflect the changes in the world at large and for women and children in particular. Every year various chapters propose changes to the constitution which, if adopted, we can then support and advocate for on behalf of the CFUW. The topics range this year from warming centres to long term care. Our amazing advocacy team will be doing the research behind the resolutions and I know it will be an interesting and educational meeting. Please don't forget that it will be potluck. Please remember to bring your own plate, cutlery, and cup.

Other club news: please bring any silent auction items to Catherine G. and please invite friends, family and neighbours to purchase tickets to our Arts and Tarts fundraiser for our scholarship fund!

In friendship,

Louise S.



Next General Meeting

Thursday,
April 11th, 2024

“Resolutions & Potluck”



Speaker:

There is no speaker this month. We will be discussing and voting on CFUW resolutions.

Location:

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

Meeting Time: 6:30 p.m.

Please note the change in start time for this month's meeting.

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:

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/>



Minutes of General Meeting, Thursday, March 14th, 2024

Welcome all and Land Acknowledgement announced by Louise S.

Report of Officers

Programming - Louise advises that we are still looking for someone to head up the programming. Thanks to Advocacy Group we do have a speaker for the September meeting.

Treasurer - Erica advises that not much has changed and the current balance is \$5883.36.

Membership - Donna advises that we are still at 33 paid members.

Scholarships - Dorothy advises that some of the schools have given her some dates. Louise mentions that since Dorothy has been doing the Scholarship Officer position for such a long time, there will be an executive meeting to discuss new officers as necessary.

Fundraising - Louise Z is spearheading the High Tea and Art fundraiser. Had a productive meeting with lots of volunteers to fill in spaces to help out. The service and switchover will go much smoother this year. Louise S has the tickets available at \$50 per ticket. Louise received an invitation to the Scarborough club's high tea which is only \$25 for 2 hrs at a church without the painting aspect. Our event will be Saturday May 11th.

Advocacy - Marci away so Carolyn advises that there is a UN Commission on the Status of Women being discussed. CFUW National sent 20 people to the conference. If you ever want to go, please apply earlier in the year. The conference theme they'll be discussing is accelerating the achievement of women, addressing poverty and financial strengthening with the gender perspective. CFUW position is that education is the key out of poverty. They are hosting a parallel event with speakers arranged so that others at the conference will be able to attend. The UN says Poverty is someone who makes less than \$2.15 a day. In 2020, over 3,000,000 people are in that category, mostly native Canadians. First Nations children are most likely to be living in poverty.

Advocacy Group is looking at the Resolutions for the next meeting. There's lots of viewing available for the event online. Louise announces that we will be having a potluck, with an early start of 6:30 rather than 7pm. For those who are new to the club, the resolutions are an annual presentation that is discussed by the clubs around the country. These resolutions will be discussed at the next meeting, and members will decide which resolutions we agree for Louise S to take to the AGM. If the resolutions are accepted at the AGM, we will look at how we can advocate for those causes. Two of the resolutions are about Long Term Care, if you are interested in that area, and aging in place.

Every month the group discusses various groups in the community that are doing good works. Caroline, Erica and Janet went and supported The Refuge in Oshawa, who work with homeless people. They went out on the Coldest Night of the Year and raised \$200 for their cause. They are planning to attend again next year.

This meeting, we are supporting the Scientists in School, which was initiated by women in this club. This perfectly suits the CFUW theme of 'Education is the key out of poverty', especially with girls in Science education. Cindy talks about the programme. 1989 started by Erica and Nancy Williams and now at the 35th year. It provides confidence in STEM. The small group grew to reach 700,000 students pre-covid. It has been a charity since year 10. The revenue model is a charitable organization with 20% of annual funds from corporations and community foundations, with 80% by user fees. Covid was a major setback. Once they started back, the programme was online, with each student getting their own package of materials for the workshop. They have 40 topics for in-person and 40 topics for online learning. Online has opened up the programme to rural and indigenous students. A sample kit for the electricity workshop

(minutes cont'd on page 4)

(minutes cont'd from page 3)

includes copper tape, light bulbs and resistors, with the circuit drawings to teach them the concept of electricity. Help promote the programme, as some districts may not know about them.

Their first workshop in the Yukon is in a couple of weeks and Cindy is very excited about that development. Presenter recruitment is difficult as they have dropped off with the pandemic. If you or someone you know is interested in being a presenter, in person or online, contact Scientists in School. A big surprise to Cindy was the excitement of the kids getting their own materials and how they wanted to show the family at home what they learned in the workshop. Summer workshops will be done in the community, in childcare centres, in boys and girls groups. An easy way to help promote Scientists in School is to follow their Facebook page and Share when there is some programme that is of interest.

Ontario Council, as per the latest newsletter that Louise S sent out, is running a speaker series on Food and Food Insecurity that you can sign up to attend.

Carmen discussed a situation in her neighbourhood, down by the lake, where she observed the turtles come out to lay eggs out on the road, near Lake Driveway Carruthers Pavilion. She wanted to know if there were easy ways to get the turtles protected. She wanted to contact her town rep to get some sign or other notice. Some of the suggestions were to get material to surround the area in a fence or boxes such as Conservation Area Lynde Park uses. If there are Blandings Turtles, the Toronto Zoo has a program where they rescue turtle eggs and have them hatch along the Rouge River on the zoo property. Suggestions to call turtle watch groups, rescues or Naturalist groups or Conservation areas may be able to help bring a solution to the site. Gail L has some potential sources which she will forward to Carmen who can then include all the group to get involved in contacting these sources for assistance.

Resolutions have just been sent by email and Louise S asks if there are any that are of particular interest to you. Please contact Louise or Caroline to let them know that you would like to delve into the area. Louise will be going to the National AGM in Edmonton in July. Anyone else interested in attending the Ontario AGM in Windsor or the National at Edmonton, please let Louise know.

Gail advises that her community group will be supporting the Food Bank by standing and giving out leaflets with their required foods, at various groceries in the area. Cash donations can be made on their website. They prefer cash donations so that they can get the required foods at cost. No pasta please.

Interest Groups

Book club - monthly meetings held on the last Thursday of the month, on the 28th, Louise S is hosting this month: Moorewood Family Rules by HelenKay Dimon.

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

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

Lunch group - Catherine G. is organizing lunch next Thursday at the Portly Piper. Please let her know if you will be attending.

Craft Club will be next Tuesday evening at 7, at Louise's house, origami cranes.

Travel Group - Louise advises that someone from Scarborough will be joining their small group for the Baltic cruise.

Speaker: Louise Bardswich. Topic: Cooperative Housing Model for Seniors.

"April is the kindest month. April gets you out of your head and out working in the garden."

-Marty Rubin



News from the Oshawa Club

Oshawa CFUW invites us to their April general meeting on Wednesday, April 10th. The speaker is Dr. John Hunchak, M.D. All guests are welcome.

Jone Webster, Publicity



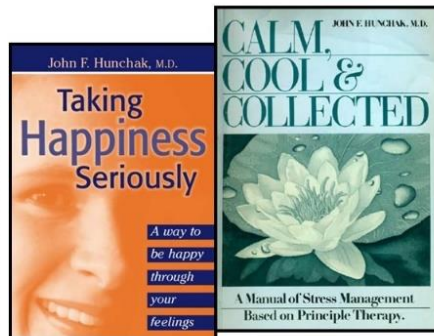
April General Meeting

Mental Health

With Dr. John Hunchak, M.D.



*The Story
behind
Mental
Health:
Tip Top Tips*



Join us as Dr. John talks about his tip top tips for life skills training and mental health to help guide you in processing everything that happens in your life.

Wednesday, April 10, 2024 - 7:00 PM
All Guests Welcome - Free Admission
St Mark's United Church, 201 Centre St S, Whitby



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?

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.

Five reasons why you should attend:

- All proceeds go to the Scholarship Program! An easy way to support the community!
- Delicious treats!
- Learn something new!
- Socialize and meet people – old friends and new!
- Two events in one at the amazing price of \$50!



CFUW Ajax-Pickering presents

Arts & Tarts High Tea!



When: Saturday, May 11th, 2024, from 1 pm - 4 pm

Where: 2681 Greenwood Rd, Ajax

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

Editor's Note: I hope many of you will consider attending this fundraiser. The proceeds go to such a good cause and the price is very reasonable considering that the cost for a paint night event is usually \$45+ and the average cost for a high tea is \$50-70 so you are getting both events for half the price you would normally pay for these two activities.

I attended last year's tea with my daughter and we both thoroughly enjoyed it. The food was absolutely delicious and beautifully served, we met new people, and we had a lot of fun making fascinators even though we had never done anything like it before. This year we look forward to the painting!

I am certainly no artist, but I've been to a couple of paint night events in the past and they are a lot of fun and surprisingly relaxing and de-stressing, even for someone who has never painted before. It's fun to see how everyone ends up having their own personal style in their finished painting and you get a great sense of accomplishment when you look at your finished artwork.

Please consider attending this event and bringing a friend or two. If you can buy or reserve your tickets as soon as possible, that would greatly help the organizing committee. You can contact Louise S or purchase them at the April meeting. Hope to see you there!

CAN YOU HELP?

We need items for the silent auction at the fundraising tea! If you have an item you can donate, please contact Catherine G to arrange drop off or to find out more about what kind of items are needed. The Craft Group will be working on putting the auction packages together at their meeting on April 18th so please contact Catherine in advance of that date.



How do CFUW Resolutions Work?

This month we will be discussing and voting on CFUW resolutions at our meeting. Resolutions for the upcoming Policy Session are reviewed by the CFUW Resolutions Committee. After the proposers have been contacted and final versions have been compiled, the Proposed Resolutions are translated and sent to Clubs for discussion and voting.

These are the resolutions we will be voting on at our meeting:

Resolution 1 – CFUW Advocacy Standing Committee: Archiving Select CFUW Adopted Resolutions I

Resolution 2 – CFUW Advocacy Standing Committee: Archiving Select CFUW Adopted Resolutions II

Resolution 3 – CFUW Advocacy Standing Committee: Archiving CFUW Adopted Resolutions Identified for Combining

Resolution 4 – CFUW Advocacy Standing Committee: Combined CFUW Adopted Resolutions

Resolution 5 – CFUW North Delta / Surrey: Restore and Preserve Canada's Peatlands

Resolution 6 – CFUW Georgetown: National Database Documenting the Impact of Unsafe Drinking Water on Health in First Nation Communities

Resolution 7 – CFUW Nanaimo: Preserving Deep Sea Ecosystems

Resolution 8 – CFUW Advocacy Standing Committee: Aging in the Right Place: Equitable Resources for all Canadians to Age at Home and in their Community Settings

Resolution 9 – CFUW Advocacy Standing Committee: Incentives to Adopt New Service Standards for Long Term Care

This is one of the most important activities we do as a Club. Our input can make a difference and we need our voices to be heard. Please consider coming out to this meeting to add your input and opinions. Besides – it's a potluck! What's not to like?!

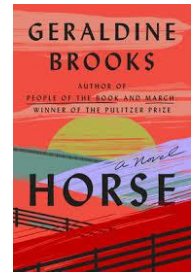
Interest Groups

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, April 25th**, hosted by Jane. The book is ***Horse***, by Geraldine Brooks. Please contact Jane 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

Many of the courses are just starting to open so we will play as soon as the weather warms up a bit more. New golfers are always welcome! An email will be sent out soon with details on this year's season.



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's lunch will be held at **The Stone Corner Pub**, 1900 Dixie Rd, Pickering, on **April 18th** at **12 pm**. Please contact Louise S. 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, April 16th** at **7 pm** at **Louise S's** house. The group will be working on silent auction packages for the upcoming tea fundraiser.



Advocacy

The Advocacy group meets on the **1st 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 May newsletter should be submitted by **Friday, April 26th, 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).

April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Online Cards	2	3 Walk & Talk	4	5	6
7	8 Online Cards	9	10 Walk & Talk	11 Club Meeting	12	13
14	15 Online Cards	16 Craft Group	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				