

October 2024



Message from the President. . .

Dear fellow members,

I think the autumn is my favourite time of year. It is the time when many things start up again, such as school and clubs such as ours. It's a time when the days are starting to grow shorter but also a time when we see the beauty of the fall foliage and the harvest of many foods which grew over the summer. It is also a time of more reasonable temperatures, as well as a time of industry and preparation for winter.

It's exciting to see all the activities happen with our club members as well. We had a fantastic outing to see author Matt Haig, and another journey up to Uxbridge for the lunch group who enjoyed Slab Town Brewery. If you have an interesting destination, please share it with the group. I'm sure you will find willing participants who would enjoy it as well.

Last year we were able to give one person from each of our nine high schools a \$300.00 scholarship to help defray the costs of their higher education. Our new fundraising chair, Kim G., has plans to raise money through our Vandermeer sales and we also will have our Alice in Wonderland high tea to support the scholarships. Please support these endeavours.

Advocacy has already been active with joining the walk in support of the victims, as well as prevention of Intimate Partner Violence. Thank you for your work on that. I look forward to a busy fall schedule.

In friendship,

Louise S



Next General Meeting

Thursday,
October 10th, 2024

“Personal Home &
Travel Safety Tips and
Crime Prevention”



Speaker:

Senior Constable Darryl
Rice, Durham Regional
Police Service

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!

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.

Standing Committee Meeting Dates for 2024/2025:

Speaker Series: Post Secondary Funding **October 26th** 10 am to 12 pm on Zoom

Our first Speaker Series event for this CFUW year will focus on Post Secondary Funding. This is a virtual meeting, held on our Zoom platform. These events are free and all members are welcome to attend but you must register to attend.

About the Speaker Series: Funding for Ontario colleges and universities affects students and their parents. The subject is an ongoing issue of discussion and has become of greater concern with the institutions' reliance on enrollment of foreign students, who pay higher fees than local students. To understand the ongoing base funding and the role foreign students play in ongoing funding we have invited two speakers to provide some insight.

Guest Speaker: MPP Peggy Sattler

Registration is now open. If you are interested in attending, [Click Here](#) to register.

For more information click here:

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

Minutes of General Meeting, Thursday, September 12th, 2024

Welcome all to new year. Land Acknowledgement announced by Louise S. Catherine and Kim G. adopted and seconded last meeting's notes.

Louise advised that she had attended the National meetings in Edmonton, AB where there were 121 attendees. Last year there were 6,643 members across Canada and \$1.2 million in scholarships were granted. Grant proposal for the club meeting room has been submitted and awaiting their reply. As well, a grant proposal to the town of Ajax has been submitted for \$5000 for scholarship funds and awaiting a reply.

Report of Officers

Membership - Donna is happy. Thanks to all for submitting their forms and fees.

Treasurer - Erica advised that she had created a mini review of the account that would be available for those interested in checking more clearly. Currently \$5973.61 is in the bank balance, with the only difference for this coming year being a \$2400 earmarked for the delegates fees and expenses. If any of the reporting officers have expenses that she can repay, please advise Erica. For instance, Social has not been taking their allotted funds but Louise Z is making her expenses a donation to the club. Erica had budgeted as if there were only 20 members however last year we had 33 members, reflecting an increase in income. Erica mentioned that she needs the password emailed to her when members submit their payments by e-transfer. It was generally discussed that the password should be standardized.

Advocacy - Caroline is not attending this meeting so Marci advises that they are open to new ideas and new members. This year they would like to focus on environmental issues and climate changes, as they impact women within our community. In national terms, we are encouraged to submit letters as individuals when the National Council requests support on National issues. In the past, we have been involved in supporting Food Banks and Christmas hampers. The group does research on specific issues, then brings their finding to the group for further involvement. If there is an election call, we will work within the community to ensure voters go out to their respective polls. We do not endorse any specific candidates but remain neutral. On Saturday, Sept 21st in Whitby, they will be participating in a walk in support of Luke Support & Resource Centre for Women and Children. All are welcome to join in this walk.

Fundraising - Kim G. advises that there will be another Vandermeers Nursery campaign this year. It'll be starting earlier than the previous one in order to allow for family and friends to be included, as well as having vouchers for holiday decorating. At next month's meeting, Kim will have more details available and bring in vouchers. She's also working on a wine event with tasting from a Niagara vineyard in the new year, which will be conducted over zoom. On May 3-4 there will be a fundraising Alice in Wonderland Tea. The Saturday session will be for adults only and Sunday will include children, gearing for ages 5-12 years old.

Communications - Sandy and Janet want to have outlines of the speakers, their bios and their topics beforehand to update the website and Facebook page.

Social - Louise Z thanks helpers who brought the goodies up to the meeting room since the elevator was out of commission. Thanks to Catherine for bringing in the sweets for this meeting. There is a signup sheet for everyone to pick a sweet or savoury treat to bring to future meetings. It was suggested that the person bringing in treats should come a little early, say 6:30, in order to help Louise bring in all her supplies and keep it safe. In the planning of the Alice in Wonderland Tea, there should be 2 teams required to serve and otherwise help out with kitchen duties and crafts. The days will be quite busy and it would not be fair to one group to have all the duties for both days. There is a possibility to have a New Members Tea on Oct 3, to be confirmed.

Interest Groups

Book club - Carmen advises that the monthly Book club meetings are on the fourth Thursday of the month. This month's meeting on the 26th, (7pm) will be hosted by Kim G., to discuss "Lady Tan's Circle of Women" by Lisa See.

Walking group - continues on Wednesday, timing for now will be 10am. Jane will send an email with details.

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

Lunch group - Catherine is organizing the ladies lunch for next Thursday at Slabtown Cider in Uxbridge at 12.

Please let her know if you will be attending.

Travel Group - Kim advises that the Baltic cruise will be coming up in the spring, 11 passengers on Princess Cruises departing from Southampton on May 31. Additions welcome. 2026 cruises are already starting to be available so the next tour should be discussed soon.

(minutes cont'd on page 4)

(minutes cont'd from page 3)

Craft Club - will be starting on first Tuesday of the month, 10 am, as of October when decorations for the Alice in Wonderland tea will begin alternating between afternoon and evening, at Louise's house.

Programming - has been set and Sandy has posted the information on the website. The previously discussed plan of an outing at Vandermeer Nursery, in place of the usual meeting place, was suggested for May. It is not possible as the nursery will be in their busiest time of the year. Alternatives will need to be discussed. The holiday party will be potluck at Louise S's house on the regular Thursday in the month of December. End of year gathering will have to be delayed to 3rd Thursday of June (the 19th), as the Travel group will be away on our usual day. To be determined whether the meeting will be at a restaurant or in a backyard with prepared meal or a food truck.

Andrea reminds everyone that she has not forgotten about the yoga retreat idea that was mentioned in her earlier talk. She will send an email to determine numbers of participants, dates and other details.

Speaker: Brian Kelly. Kelly Household Journey to Zero Carbon. Brian, a lifelong environmentalist and a founding member of Pollution Probe from 1969, worked with the Federal government, Marbek Resource Consultants, Ontario Hydro, York U and most recently Region of Durham.

A deck of Brian's presentation slides was provided, through an email from Dale T. In this report, he has listed out the steps that he had taken renovating their house, along with their costs and rebates, as well as their switch to an EV car. He has also noted the savings and the rates of payback for the larger proponents of their renos. Brian wanted us to keep in mind that vehicles are a significant portion of a household's carbon emissions. Phase your home retrofits and efficiency upgrades as they will likely take time. Remember in your calculations the cost of normal equipment replacements. Remember to consider all level of Government rebates, climate adaptation measures and carbon charge saving. Also consider alternative electricity rate plans.

Some of the items that Brian has already tried to promote with the town and builders is to have the default heat and a/c source as Heat Pumps in all new houses rather than natural gas. There is currently a plan for building a community in North East Pickering which could be the ideal time to initiate a Climate Smart Community with low carbon emissions and low climate impacts. This would mean no natural gas residential heating but only electric heat pumper geothermal systems. There should be roughed-in connection for EV chargers as the government is aiming for all EV vehicles in the near future. Climate resilience measures of light-coloured roofing materials, hurricane straps for future violent weather and back-up valves, to be in line with our increasing active weather systems.

Climate Activism - as per Brian Kelly, these elements are: 'The Price I (Gladly) Pay For the Security & Safety of My Children and Grandchildren.

What's New at CFUW Ajax-Pickering



Members enjoying the presentation by Brian Kelly at our September meeting.

Photos courtesy of Kim G.



An enjoyable evening was had by some of our members who attended the Matt Haig book night at the Book Drunkard Literary Festival in Uxbridge.



We had a beautiful day out this month at the Slabtown Cider Company in Uxbridge. The Pumpkin Spice seasonal cider was particularly tasty!

Photos courtesy of Catherine G.

June Year End Dinner



In June, our members enjoyed an end of year get-together hosted by Louise S in a lovely outdoor setting. New this year was catering from a food truck – a fun idea!

Photos courtesy of Kim G.

News from Other Clubs

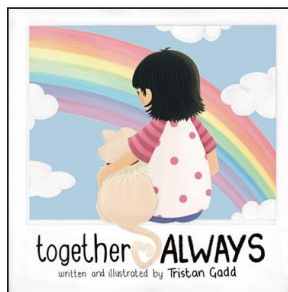
Oshawa Club

Oshawa CFUW invites us to their October general meeting on Wednesday, October 9th. All guests are welcome.

Jone Webster, Publicity



October General Meeting **Self-Publishing A Children's Book**



Join us as Tristan Gadd, author and illustrator will share her process of writing, illustrating and self-publishing her debut picture book. She'll conclude with hands-on activities to spark your creativity.

Wednesday, October 9, 2024 - 7:00 PM
All Guests Welcome - Free Admission
St Mark's United Church, 201 Centre St S, Whitby

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: <http://www.cfuwoshawaanddistrict.com/newsletters.html>

Interest Groups

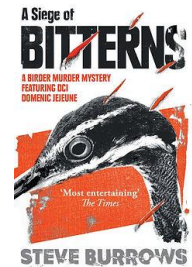
Get involved—get connected!! Join an interest group!

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

Book Club is open to all, and all are welcome! We meet on the 4th Thursday of every month. The October Book Club meeting will be held on **Thursday, October 24th**, hosted by Dale. The book is ***A Siege of Bitterns***, by Steve Burrow. Please contact Dale 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. 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 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 Cathy M. for more information.



Advocacy Group

We meet on the **first Wednesday of each month**. New members are welcome! We will discuss climate change action and issues this year. For more information, contact Marcy or Caroline.

Craft Club

This group will be meeting the **first Tuesday of every month**. Watch for updates via email on upcoming activities. The contact for the group is Louise S.



Ladies Lunch Group

We meet the 3rd Thursday of each month. This month our outing will be on **Thursday, October 17th at 12 pm** at **Paul Wong's**, 376 Kingston Rd, Unit 8 in Pickering. Please RVSP to Catherine if you plan to attend.

What's New in Advocacy

Community Walk to End Intimate Partner Violence

CFUW Ajax-Pickering members raised \$250 during the Community Walk to End Intimate Partner Violence in Oshawa on September 21. Funds will be used by local agencies such as Herizon House, Victim Services Durham, Luke's Place and YWCA Durham to end intimate partner violence. Thanks for participating.

Caroline

This Month's Speaker



Don't be a victim!

Senior Constable Darryl Rice from the Durham Regional Police Service will speak to our group about Personal Home & Travel Safety Tips and Crime Prevention. Be proactive in protecting yourself! We all need to be aware and not be a target.

Constable Rice spoke to our group last year and he was very well received. He is a very engaging, interesting speaker who uses humour to convey important information related to crime prevention. Consider bringing a friend to this meeting to hear more about this important topic!

Food for Thought . . .

A squirrel has more rights than a girl in Afghanistan today because public parks have been closed to women and girls.

A female cat has more rights than a woman in Afghanistan today because a cat may go sit on her front stoop and feel the sun on her face. She may chase a squirrel into the park.

A bird may sing in Kabul but a girl may not. Under Taliban law, a woman must refrain from singing or reading poetry in public. Women's voices are not to be raised outside of home.

Women are to fully cover their faces and bodies when leaving home which can be done only for "necessary circumstances". A woman may only travel with a male guardian.

Meryl Streep Speaking to the United Nations Ng Kelly. Cats have more freedom than Afghan Women BBC, 24 September, 2024

Submitted by Marcy

Newsletter Deadline

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

October 2024

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