

November 2024



### *Message from the President. . .*

Dear fellow members,

November is a time of remembrance. To remember all those who have sacrificed for our freedom both in big ways and small. I'm very grateful to be living in our great nation of Canada. One side of my family arrived in Quebec in the 1650s from Paris. Jean Martel was a settler and his wife a Fille du Roi imported to marry and grow the colony near Quebec City. The other side came from England in the 1920s. We are a land of diversity.

I want to heartily thank Dorothy who was honoured at our October meeting for her wonderful contribution to our group. 36 years at the helm of the scholarship fund is a huge job done. I know Helen will be given an easy transition. Scholarship is a wonderful part of each and every CFUW chapter albeit they all administer their funds very differently. I really like the fact that we give something to each and every one of our 9 High Schools. I hope we can continue to grow that fund. That leads me to my next topic - fundraising.

Thank you, Kim G and her helpers Helen and Erica, for continuing to raise money for our scholarship fund. First of all is our Vandermeers program. I hope everyone was able to get their orders in on time. I know mine was down to the last minute - sorry. It was difficult to decide exactly what to get. Everything looks so lovely. I am also looking forward to our wintertime wine tasting lead by Dana. It's exciting to add something new!

I am thankful for a great group of women wanting to make a difference in the lives of others. In friendship, Louise S



## Next General Meeting

**Thursday,  
November 14<sup>th</sup>, 2024**

**“The Refuge Youth Residence – New Building and Affordable Housing”**



### **Speaker:**

Clarence Keesman,  
Executive Director

### **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](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.

### **Standing Committee Meeting Dates for 2024/2025:**

**Speaker Series:** Affordable Housing: A Human Right **Sat, November 30<sup>th</sup>** 10 am to 12 pm on Zoom

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:** A panel of speakers will discuss the past and present reality of Affordable Housing, what led to our current crisis, and strategies to better the situation.

**Panelists:** Chiara Padovani, social worker and human rights advocate **Doug Kwan**, Director of Advocacy and Legal Services for the Advocacy Centre for Tenants Ontario (ACTO)

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, October 10<sup>th</sup>, 2024

Welcome to all who were not able to attend the September meeting.

Presentation of an Orchid plant to Dorothy for her 36 years of wonderful service as steward of the scholarship fund and as a member of the executive.

Adoption of minutes from September as written in the newsletter. First - Donna M, Seconder - Dorothy N

Still waiting to hear about our grant proposal for City of Pickering for our meeting room and the town of Ajax for \$5000.00 towards the scholarship fund.

### Report of Officers

**Membership** - new membership form - please fill out. Only 1 member not returning. 3 new members: Lana, Janine and Catherine. Executive to take them out for coffee. Date TBD

**Treasurer** - Erica So far 28 paid members. Balance is: \$9,323.61

**Scholarship** - Helen will be contacting schools as to change of Scholarship chair.

### Advocacy

- Meeting is first Wednesday of every month via Zoom.
- Marcy went on walk for Herizon House.
- Four members attended The Great Sustainability Debate at the Abilities Centre.
- Marcy spoke about the food bank and the importance of dog and cat food as well as kitty litter. Pet Smart also accepts donations. Rent will accept open animal food.
- Marcy continued her series of who she'd like to share coffee with. This month her choice is Marie-Claude Michaud, the Department of National Defence Executive director of Valcartier Family Centre which provides services to the armed forces wherever they are in the world. She went to Afghanistan and after that she needed to take a leave of 8 months and regroup. She had worked in a very male environment and had to act as a male. After Afghanistan, she came up with a new leadership model which would acknowledge both mental and physical health and accept mistakes. Marcy would like to ask about how her leadership model would function in other situations.

### Fundraising

- Kim G handed out forms and will send out a soft copy for the Vandermeer fundraising. Vouchers will be available at the November meeting. Deadline for orders is November 4th. Forms to Helen and money to Erica.
- Kim and Dana have been working on a wine tasting fundraiser in February via Zoom. Dana will give us further information about this closer to the date.
- May 3rd& 4th for the high tea. It will be based on Mad Hatter's tea party. Saturday will be adults and Sunday will be adults and children - ages 5-12. We want to see 40 tickets for Saturday and approx. 30 for Sunday. Please think about volunteering for 1 day and attending 1 day. Price will be the same as last year but kids are half price.

**Communications** - Sandy Please send in interesting articles. Special thanks to Marcy, Kim G and others who contributed content for the newsletter.

**Publicity** - Janet Putting meeting info on Durham website.

**Social** - Louise Z Everything set up for monthly snacks and helper. Thanks to Kim G and Janet and Catherine G this month.

### Interest groups

- a) Book club - A Siege of Bitterns by Steve Burrows at the home of Dale.
- b) Walk and talk - Jane Clemo - weekly at 10 am on Wednesdays but will soon move to 1 pm.
- c) Cards - 6:30 on Mondays - contact Cathy M.
- d) Lunch group - third Thursday of every month - Catherine G is convenor this month. Next month will be to the Distillery district for their Christmas market.

*(minutes cont'd on page 4)*

*(minutes cont'd from page 3)*

- e) Travel group - trip to Baltic going on May 31st from Southhampton, England. 12 people signed up. Still room for others.
- f) Craft club - has moved to the first Tuesday of the month. November will be 7 pm. If not enough evening interest it will be moved to the morning. When responding, please state your preference. We will be making card soldiers and bread and butterflies.
- g) Movie night - Donna to organize and select a movie.

New Member's tea on hold. Will be coffee with some of the exec.

Program has been set for the year. Sandy will be putting everything on the website and the newsletter.

Holiday party this year will be pot luck at my house. 6:30pm

Year End party will move to the third Thursday in June because of the travel club cruise. Looking for ideas.

Restaurant? Catered party in a back yard?

Speaker tonight is Constable Darryl Rice of the Durham District police force. He spoke about safety at home and while travelling. We need to lock all doors and windows as well as doors from garage to outside and interior doors from garage to inside. There are new programs available to guard against adults targeting children and for children sending or receiving naughty bits photos. Keep an eye on what websites your child is accessing. When travelling wear a hidden purse or a cross body purse where you can keep an eye on your valuables. Take a photo of all your ID and bank cards to keep a hard copy in a place where you can access in case of theft. Don't use public Wi-Fi for any financial dealings. Thieves will have access to all your banking info. Even your free Wi-Fi at your hotel is not safe. Put your phone on data while you do your transaction. Do not leave Bluetooth on.

## ***What's New in Advocacy***

### **The 16 Days of Activism Against Gender-Based Violence**

This is an annual international campaign that begins on November 25, the International Day for the Elimination of Violence Against Women, and ends on December 10, Human Rights Day. It was started at the inaugural Women's Global Leadership Institute in 1991 and is one of the largest organizing strategies in the prevention and elimination of gender-based violence around the world. CFUW members participate in this campaign.

During the 16 Days, Canada observes the National Day of Remembrance and Action on Violence Against Women on December 6. This marks the anniversary of the École Polytechnique massacre (also known as the Montreal Massacre). On December 6, we plan to join our community members at the Herizon House Memorial Event, as we remember the 14 women who were murdered at École Polytechnique, and the Ontarian women and children murdered this year, simply because they were women and girls. Please save the date, **December 6**, and watch for more details about the location and time.

### **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

## What's New at CFUW Ajax-Pickering

### The Great Sustainability Debate – Regent Theatre



A few club members attended an event at Ontario Tech "The Great Sustainability Debate" at the Regent Theater in early November.

The panelists were given questions and then they would give their opinion(s).

They gave out door prizes and free refreshments at this free event. It was a really nice evening.

*Photo and writeup courtesy of Kim M.*

The following information on sustainability was provided by the University:

#### What is sustainability?

Sustainability means our needs are met, without jeopardizing future generation's ability to do the same. Sustainability is a three-tiered thought process encompassing environmental well-being, social justice and economic prosperity.

Ontario Tech University is committed to ensuring that sustainability is reflected in our policy, planning and decision-making processes. As an institution of higher learning, Ontario Tech University values the opportunity to play a vital role in supporting principles of sustainability. The university seeks to be both a model and catalyst of change by demonstrating stewardship of the natural and built environment in a manner that is socially, environmentally and economically responsible.

#### Environmental Sustainability

- Earth's environmental systems are balanced.
- Natural resources are not over-consumed and are able to replenish themselves.
- People make responsible decisions that minimize their negative environmental impact.

#### Economic Sustainability

- People and communities around the world have access to resources and finances to meet their needs.
- Economic development happens without harming ecological health or social equity.
- Secure sources of livelihood are available.

#### Social Sustainability

- Social justice is ensured.
- Human rights and basic needs are universally met by all people.
- Resources are in place and available to ensure families and communities are healthy.
- People are protected by respecting personal, labour and cultural rights.

Here is a link if you would like to see all the University has to offer about this topic:

<https://sites.ontariotechu.ca/sustainability/sustainability-at-uoit/publications.php>



**October Meeting Speaker: Sgt Darrel Rice – Durham Regional Police**



This month, our speaker was Sgt Darrel Rice from Durham Regional Police Service. He gave an engaging and helpful talk about safety tips and crime prevention.

*Photos courtesy of Kim G.*

**Golf Group on the links**



The golf group had a great year this year! This is a very active group that golfs twice a week. We start as early as we can in the spring and, as of the writing of this newsletter, we are continuing to golf into November as long as the weather cooperates (sometimes with earmuffs, gloves and extra layers!)

Last month we enjoyed an outing to The Mill Golf Course in Cobourg where we met up with Lori for lunch.

This picture is some of our Friday golf crew with the gorgeous fall colours in the background on the 9<sup>th</sup> hole at Riverside Golf Course.

*"I've learned that people will forget what you said, will forget what you did, but people never forget how you made them feel".*

*Maya Angelou  
1928-2014*

*Submitted by Marcy R.*

## News from Other Clubs

### Oshawa Club

Oshawa CFUW invites us to their November general meeting on Wednesday, November 13<sup>th</sup>. All guests are welcome.

Jone Webster, Publicity



## November General Meeting *My Experiences On Jeopardy!*



Join us as Juveria Zaheer, a local psychiatrist talks about her experiences on the popular TV game show, Jeopardy! She won the Second Chance and Champions Wildcard Tournament and returned for the Tournament of Champions in early 2024.

**Wednesday, November 13, 2024 - 7:00 PM**

All Guests Welcome - Free Admission

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

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

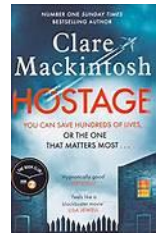
*Get involved—get connected!! Join an interest group!*

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 4<sup>th</sup> Thursday of every month. The November Book Club meeting will be held on **Thursday, November 28<sup>th</sup>**, hosted by Andrea. The book is ***Hostage***, by Clare Macintosh. Please contact Andrea 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

We are still golfing until it gets too cold to hold a club (!) however we are very close to the end of the season for this group. Watch for updates in the spring when this group starts up again.



### 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. The next meeting is **Wednesday, November 6<sup>th</sup> at 7 pm** over **Zoom**. Contact Caroline for more information.

### 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. This month's meeting is on **Tuesday, November 5<sup>th</sup> at 10 am** at Louise's. Please RSVP if you plan to attend.



### Ladies Lunch Group

We meet the 3<sup>rd</sup> Thursday of each month. This month our outing will be on **Thursday, November 21<sup>st</sup> at 12 pm**. Location TBD. Watch for an email with more details on this month's outing.



## This Month's Speaker

**Speaker: Clarence Keesman,  
Executive Director at The Refuge Youth Residence**

Clarence has been working at The Refuge for almost 20 years and still loves what he does. He graduated from Redeemer University in Hamilton with a major in Business and a Minor in Sociology. He took sociology because there was a pretty girl there who eventually became his wife. Clarence and his wife have 4 children (one still at home), a few cats and an adorable dog. He is also a beekeeper, makes maple syrup and loves the outdoors.



## ***Vandermeer's Fundraiser Reminder!! Due November 4<sup>th</sup>!***

***If you're reading this newsletter on Monday, November 4<sup>th</sup>, it's not too late!! You can still get your order in!***

Money that we raise with this fundraiser will go towards our Post Secondary Scholarship program. Every order counts!

Please help by taking orders and payment from family, friends, neighbours & coworkers for fundraising items. Complete the Order Total Sheet sent out via email earlier this month and send it to Kim G. by November 4<sup>th</sup>. All payments need to be sent or given to Erica by November 4<sup>th</sup>.



**Important payment information** - payment is to be submitted at the same time as your order. You can pay by e-transfer to Erica at [eBruce801@rogers.com](mailto:eBruce801@rogers.com). Or if you want to pay by cash or cheque, please make cheques payable to CFUW Ajax Pickering and drop the cheques or cash off to Erica. (Please make cheques payable to CFUW Ajax Pickering)

Vouchers will be distributed at the November meeting on November 14<sup>th</sup>.

**Thank you for supporting our initiatives!**

*"I think people forget that it doesn't take a big donation to help someone, just a lot of little donations."*

*Hanna Teter*

### Newsletter Deadline

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

## November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>Cards</b> Vandermeer's fundraiser due	5 <b>Golf/ Craft Club</b>	6 <b>Walk &amp; Talk/ Advocacy Meeting</b>	7	8 <b>Golf</b>	9
10	11 <b>Cards</b>	12	13 <b>Walk &amp; Talk</b>	14 <b>Club Meeting</b>	15	16
17	18 <b>Cards</b>	19	20 <b>Walk &amp; Talk</b>	21 <b>Ladies Lunch Group</b>	22	23
24	25 <b>Cards</b>	26	27 <b>Walk &amp; Talk</b>	28 <b>Book Club</b>	29 <b>Newsletter Deadline</b>	30 <b>Ont Council Speaker Series</b>