

December 2024



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

Dear fellow members,

It's beginning to look a lot like Christmas! There's a little snow on the ground to put us all in the holiday mood.

As I look back at 2024, I like so much about our little chapter. I have thoroughly enjoyed our speakers this year. I like that we have strong involvement in our advocacy group. New members are joining into book club and even our travel group. I love to see new faces joining in and making connections. This chapter is ours and if you have a new idea or interest, please bring it forward. You never know who else would have a similar passion. One example is Andrea who is hosting her Yoga class outing.

I'm really looking forward to our Christmas celebration. It will be a true potluck so it's pretty much a blind dinner. I have a couple of warming trays so if you need to keep things warm, I've got you covered. I will be serving warm spiced (but not spicy) apple cider as well as mulled wine, but I'll also have a variety of hot and cold drinks available. Please remember about our blind auction as well. We have lots of really good prizes as well as some zonks but that's all part of the fun! All proceeds will be going to our local food bank.

This is the way it will work. You will donate \$10.00 and receive \$10.00 worth of poker chips to bid on items. If you donate \$20.00, you will receive \$25.00 worth of chips. If you do not want your item, you can try to sell it for chips from other bidders so that you can bid again. Let's have some fun as we fundraise!

Please try to carpool as much as possible. We do have our adjacent lot available for parking as well. I hope to see you all for our year end celebration!

In friendship,

Louise S.



## Next General Meeting

Thursday,  
December 12, 2024

### "Holiday Potluck Party"



#### Speaker:

No speaker this month. We will enjoy a potluck dinner and fun activities!

#### Meeting Location:

Louise S's house

**Meeting Time: 6:30 p.m.**  
**(earlier than our usual meeting time)**

*Please bring a potluck dish and \$10 (or more) for our blind auction donation to our local food bank at St Paul's on the Hill.*



## **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 2025: TBD**

### **Ontario Council Virtual New Year's Party!**

Ontario Council cordially invites Club Presidents, Leaders and Members to our Presidents Plus Virtual New Year's Party.

**Monday, January 13th, 2025**

**4:00 – 5:30 PM**

Let's celebrate 2025 together!

Bring your favourite libation – Toast the New Year!

**Featured Guest Speaker:** the Honourable Marilou McPhedron will address "How to Achieve Respect and Civility in Today's Society"

To register for the party, click here: [Meeting Registration - Zoom](#)

For more information on Ontario Council Standing Committee meetings, click here: <https://cfuwontcouncil.org/standing-committees/>

## Minutes of General Meeting, Thursday, November 14<sup>th</sup>, 2024

Welcome to all members, and visitors, Janine & Susan. Land Acknowledgement by Louise S. Cathy and Claudette seconded last meeting's notes.

We are still waiting for the city's approval of the room grant.

Louise advised that on Nov. 30<sup>th</sup> the Ontario Council will have its Speakers Series about Affordable housing and human rights. Sign up directly online.

### Report of Officers

Membership – Donna is away. Per Erica, there are 32 members including Janine.

Treasurer - Erica advised we have a healthy budget and current bank balance is \$7383.63. Erica mentioned that there was a very good fundraising effort led by Kim G for a total of \$660.59 for the scholarship fund, as well as \$240 donated to the scholarship fund from the membership fees since we are no longer participating in the National Council program.

Scholarship - Dorothy has retired from this position after 36 years. New coordinator for this role, Helen, gave a review of the scholarship program for the benefit of our newest members. Here follows some of her review's major points: Since 1988 the Ajax-Pickering chapter of CFUW has been granting scholarships to women graduates from local high schools to help them pursue a university education. The club awards scholarships to graduating Grade 12 female students in each of the nine high schools in Ajax and Pickering. The value of the scholarships is determined annually by the club and for 2025 will be \$300 per student. The scholarships' recipients are selected by the schools based on criteria set by the club. The scholarships are funded through yearly fundraising activities of the club, donations from members and the community, and a small portion of the members' annual dues, approximately \$7.00 per member. The current scholarship bank balance is \$4355.66 which includes the \$660 profit from the recent VanderMeer Nursery fundraiser. Investments include \$6473.31 locked-in G.I.C. at 4.25% with BMO maturing August 26, 2025, as well as three \$1000 cashable G.I.C.s for one-year terms with BMO maturing October 16, 2025. Adding our cash in the bank and the investments, the scholarship total assets are \$13,828.29.

Advocacy - Caroline advises that the last meeting, 1<sup>st</sup> Wed of the month, was held by Zoom. They did go on a field trip to listen to a panel discussion on Sustainability. December 6<sup>th</sup> is a remembrance for the Massacre of the Montreal university students. In addition, the Horizon House will recognize the women and children in Ontario who were killed by domestic violence, showcasing them by photos and presenting a bit of their lives. This year the free event will take place at Ajax Community Centre, possibly the Admiral's Room, but Caroline will advise to confirm the room.

Communications - Janet has no further news other than getting the club to be included in the Town's registry of clubs available in the area.

Social - Louise Z thanks Jane and Dorothy for the treats. January had a spot left for a volunteer to bring in treats. Gail offered to bring in something.

### Interest Groups

Book Club - Carmen not in attendance. Louise advises that the meeting will be at Andrea's home discussing the book, The Hostage by Clare Mackintosh.

Walking Group - Jane advises that on Wednesdays, they will be walking and it's not necessary for you to advise her unless you may need to confirm that you'll be a bit late arriving at the designated starting point as instructed in her weekly email.

Card Group - Cathy says the group uses the Trickster app along with Zoom for social discussion. Let her know and she'll provide specifics.

Lunch Group - Catherine not in attendance. Louise advised that regular third Thursday meeting was planned to be in the Distillery District but there may be concerns about the Taylor Swift concert and delays to transportation services. To be determined whether Catherine can secure reservations.

Travel Group - May 21<sup>st</sup>, 2025 cruise is still on the books.

Craft Club - first Tuesday of the month will be at Louise's house and working on preparations for the spring tea event.

*(minutes cont'd on page 4)*

(minutes cont'd from page 3)

Holiday potluck will be at Louise S's home at 6:30, 2nd Thursday of December, the 12th. She requests that we carpool as much as possible, as parking space is limited. Those with mobility issues can contact Louise for instructions to enter the house rather than using the front stairs that may be daunting, without railings. Please bring \$10 with you to be donated to the local Food Bank. We will be doing a Blind Auction where you will bid on wrapped items with play money that you'll be given in place of your \$10 donation. Some good prizes and some zonks. :) Any other suggestions for activities are welcome.

**Speaker:** Clarence Keesman, Executive Director of The Refuge, a Christian organization, at Albert & Olive Streets, with approximately 15 full time staff and many volunteers. They work with homeless young people and are currently renovating a building to accommodate people. They may not be addicts, but perhaps recent immigrants or teens that have left their home for various reasons. Additionally, Holy Cross High School in Oshawa will have 26 units with private bathrooms and kitchens, and a common area, with couches and chairs as well as an oven.

The Refuge has many programs available to the youths, like their breakfast and lunch meals, Friday nights where meals are served, provide help with accessing housing, access to clothing, sports programs, music programs, etc. Approximately 92% of their clients have experienced abuse of some sort. There have been some success stories like the drug addict whose heart had to be assisted by EMT, who then went on to become a father at a young age, became an addiction counsellor and got full custody of his son, who was born with no addictions or complications.

The number of youth served by The Refuge from Jan.1st to Oct. 31 was 454 unique individuals which is an increase of 25% from last year and 54% increase from 2022. Total interactions with youths in 2024 throughout all their programs was 11,902, a 49% increase from last year, and 79% increase from 2022. Durham Region has a By-Name List so that the homeless whose needs suit the services that The Refuge is able to provide will be directed to the Refuge.

Rat Park, in Vancouver was used as a laboratory by a UBC Professor, studying caged isolated rats with little to do but were provided with morphine-laced water. The rats would drink the water and eventually died. In the Rat Park, rats were provided with the same morphine-laced water but they started to reject the morphine water as there were other rats to commune with and other sources of amusements and food. Like rats, humans are social creatures and need to feel as though they are in a community where they belong.

Homeless youth are looking for community and would like for people to smile, greet them & inquire what they need, not assume that they're addicts or dangerous. The Refuge does not give up on people, so clients shouldn't give up on themselves.

## This Month's Meeting

### CFUW Ajax-Pickering Christmas Potluck!!



**When:** Thursday, December 12<sup>th</sup>

**Time:** 6:30 pm

**Where:** Louise S's home

Please bring a potluck dish as well as \$10 (or more!) for the blind auction. Proceeds go to the local food bank.

Come and join fellow members and enjoy the festivities of the season!



## What's New in Advocacy

The following is an event members may be interested in attending. The event will honour the women killed in the 1989 Montreal Ecole Polytechnique attack, as well as women lost to femicide in Ontario. For more information, contact Caroline.



**HERIZON HOUSE**  
INVITES YOU TO OUR

# December 6th VIGIL

WE INVITE YOU TO HONOUR WOMEN LOST TO GENDER-BASED VIOLENCE

DECEMBER  
**6TH**  
2024

**Ajax Community Centre**  
HMS Room  
75 Centennial Rd. Ajax

10:00AM  
TO  
11:30AM

Join us as we mourn the women killed in the 1989 Montreal École Polytechnique attack, and every woman lost to femicide in Ontario.

This is a **FREE** event. Light food & refreshments provided.

**Everyone is welcome to attend.**

## December Thoughts

On December 6th we will honour our promise to never forget them and remember the young women who lost their lives at the Montreal Polytechnic on December 6<sup>th</sup>, 1989. Sadly, violence against women, especially domestically, has in the years since that horrific event, increased in many societies. This is true both nationally and internationally. As members of CFUW, we have both a responsibility and opportunity to do all that we can to help eradicate what has not always been accorded the seriousness it demands. We can lobby governments on all levels to address the issue of violence against women through legislation, public education, research and ongoing campaigns. We can teach our daughters and granddaughters what is acceptable in a relationship and what is not. And, we can lobby our politicians to fund resources as needed to provide women caught in situations of domestic violence with the means and support to safely leave the situation.

Domestic violence is complicated, with many factors leading to what are often tragic outcomes. Research into its causes and impact on families, especially those with children, needs to be seen as a priority in terms of the wellbeing of our society and as such, funded accordingly.

However, the reality of violence against women is unfortunately a global issue. We obviously cannot intervene in many countries around the world but we can bear witness to the victims of such violence. We will never know the names of those women around the world who will die from violence being directed to them or who are threatened with violence should they not comply with the societal norms of their communities. However, we can make sure the women of Afghanistan, Sudan, the Middle East and so many other countries are not forgotten just as we will never forget the 14 young women who died on December 6<sup>th</sup>, 1989 at the Montreal Polytechnic.

*Submitted by Marcy*

## SAVE THE DATE! February 22, 2025

This date is for the fundraising walk, The Coldest Night of the Year. This family-friendly event will be in Oshawa, raising funds for The Refuge, a center supporting youth homelessness and youth at risk of homelessness.



Our team is called AjaxPickeringCFUW and details can be found at <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1022294&langPref=en-CA>



### [CNOY 2025 Fundhub Canada](#)

The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities. Let's change the tune for people experiencing hurt, hunger, and homelessness... because it's cold out there.  
[secure.e2rm.com](https://secure.e2rm.com)

*Submitted by Caroline*

## 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.

**NOTE: There is no book club this month.** The January Book Club meeting will be held on **Thursday, January 23<sup>rd</sup>**, hosted by Helen. The book is **Tom Lake**, by Ann Patchett. Please contact Helen 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 7 pm**. Contact Cathy M. for more information.



### Golf

Golf is done for this season. Watch for updates in the spring when this group starts up again. We may also explore an indoor golf facility over the winter to chase away the winter blahs! Details to come!



### 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, December 4<sup>th</sup> at 7 pm over Zoom**.

### 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. Please RSVP if you plan to attend.



### Ladies Lunch Group

We meet the **3<sup>rd</sup> Thursday of each month**. Next outing TBD. Watch for an email with more details on upcoming events for this group.

### Newsletter Deadline

Information for the January newsletter should be submitted by **Friday, December 27<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).

## December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cards	3 Craft Club	4 Walk & Talk/ Advocacy Meeting	5	6	7
8	9 Cards	10	11 Walk & Talk	12 Club Meeting (Holiday Potluck)	13	14
15	16 Cards	17	18 Walk & Talk	19	20	21
22	23 Cards	24 Christmas Eve	25 Christmas Day	26	27 Newsletter Deadline	28
29	30 Cards	31 New Years Eve				