

January 2025



Message from the President. . .

Dear fellow members,

I just want to wish everyone a very happy New Year. I like Albert Einstein's quote: "Learn from yesterday, live for today and hope for tomorrow". I would like our group to perhaps focus on a group where we can give hope for tomorrow for a group or individuals.

I have found that in my life so far, I have always been moving forward with very little time to look back and appreciate what has been accomplished. We are always quick to praise others for their achievements, but we should also congratulate ourselves for some things we have done. So many of our sister chapters are doing so many great projects. I'm very proud of our scholarships but I really appreciated the donations to the food bank as well as all the backpacks which were filled for The Refuge this past December. It was members of our club, inspired by our speaker, who swung into action to help. Thank you for everyone who participated. I'm sure they were put to immediate good use.

Let's have a great 2025!

In friendship, Louise S



Happy
New
Year

JANUARY

Next General Meeting

Thursday,
January 9, 2025

"From Birder to Birder
Murder"



Speaker:

Steve Burrows, author of
Birder Murder Mystery
Books

Meeting 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

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, December 12th, 2024

The December meeting was our holiday party. No minutes were taken.

CFUW Ontario Council Event

CFUW Ontario Council cordially invites Club Presidents, Leaders and Members to the 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.

Guest Speaker: The Honourable Marilou McPhedran will address How to Achieve Respect and Civility in Today's Society. Canadian lawyer, human rights advocate and politician, Marilou became a member of the Senate in October 2016.

The event will also feature: Update on a new CFUW Grants Program, Sharing Corners. Door Prizes.

This is a free, virtual event on our Zoom platform. Please register to attend.



**NEW
YEAR'S
PARTY**

January 13th, 2025
4:00 PM

All CFUW Ontario Presidents, leaders and members are invited to attend this virtual event, featuring our special guest: Senator Marilou McPhedran!

Register to attend at www.cfuwontcouncil.org



What's New at CFUW Ajax-Pickering

CFUW Ajax-Pickering Holiday Party

We had a great turnout at our annual holiday party in December. A number of delicious potluck items were enjoyed by attendees, and dinner was followed by a fun "blind auction" which raised funds for a local foodbank. Big thanks go to Louise for hosting this enjoyable event in her beautifully decorated home.



Photos above courtesy of Kim Gervais



A few people requested recipes from the potluck. Here are two that were received for the newsletter:

Zana's Vegan Gluten-free Mexican Wedding Cookies

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 18 cookies

Freezer Friendly: 1 month

Ingredients

COOKIES

- 1/2 cup softened vegan butter
- 1/3 cup powdered sugar (ensure organic for vegan-friendly)
- 1 tsp vanilla extract
- 3/4 cup MB 1:1 Gluten-Free Flour Blend*
- 3/4 cup almond flour
- 1/4 tsp sea salt
- 2/3 cup chopped pecans

FOR ROLLING

- 1/3 cup powdered sugar (ensure organic for vegan-friendly)

Instructions

1. Preheat your oven to 400 degrees F (204 C) and line a baking sheet with parchment paper.
2. To a medium bowl add softened vegan butter and powdered sugar. Use a handheld or stand mixer to beat the mixture on high until it's light and fluffy. Add vanilla and beat again.
3. Add gluten free flour, almond flour, and salt. Mix on low until just combined. Add the chopped pecans and give it one final stir.
4. Scoop out tablespoon-sized pieces of dough and roll into little balls. Place them about an inch apart on the baking sheet.
5. Bake for 9-11 minutes until the tops are just starting to turn golden. Fill a small bowl with powdered sugar and set aside. Let the cookies cool on your baking sheet for 3-5 minutes before generously rolling in the powdered sugar. Once the cookies are completely cool, roll them in the powdered sugar again and enjoy!
6. Delicious with dairy-free milk or a cold glass of eggnog! Store leftovers in an airtight container at room temperature for 3-5 days. If making ahead of time, you can store the pre-portioned raw cookie dough in the freezer and leave in the oven for a minute or two longer if baking from frozen.

Notes

*You could substitute another gluten-free flour blend (such as our DIY blend or a similar store-bought blend) for the MB 1:1 GF Flour Blend, but we haven't tested it and can't guarantee the result. You may need to use more of it for a similar texture (reference the photos).

*If you don't like or can't have pecans, you can substitute hazelnuts, almonds, or walnuts.

Here's the link to the online recipe:

[Vegan Gluten-Free Mexican Wedding Cookies - Minimalist Baker](#)

Dana's Fried Rice

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 4 -6 servings

Ingredients

- 3 tablespoons butter, divided
- 2 large eggs, whisked
- 2 medium carrots, peeled and diced
- 1 small white onion, diced
- 1/2 cup frozen peas
- 3 cloves garlic, minced
- salt and black pepper
- 4 cups cooked and chilled rice (I prefer short-grain white rice)
- 3 green onions, thinly sliced
- 3–4 tablespoons soy sauce, or more to taste
- 2 teaspoons oyster sauce (optional)
- 1/2 teaspoons toasted sesame oil

Instructions

1. Heat 1/2 tablespoon of butter in a large sauté pan* over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
2. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined. Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally. (I like to let the rice rest for a bit between stirs so that it can crisp up on the bottom.) Then add in the eggs and stir to combine. Remove from heat and stir in the sesame oil until combined. Taste and season with extra soy sauce, if needed.
3. Serve immediately or refrigerate in a sealed container for up to 3 days.

This Month's Speaker



Steve Burrows, author of the Birder Murder Mystery series.

Join us this month for a light-hearted slideshow that moves between the worlds of birding, publishing and research travel, following Steve's route from environmental journalist to author of the best-selling Birder Murder Mystery series.

Steve's first work of fiction, *A Siege of Bitterns*, won the Crime Writers of Canada award for Best First Novel, and was selected as one of the Globe & Mail's top 100 books of the year. The Birder Murder mystery series currently features eight titles, and there are more to come!

Steve will have copies of all eight titles available for purchase and signing at the event. The cost is \$20.00 total per book, and he can accept cash or card payments.

What's New in Advocacy

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

Submitted by Caroline

Upcoming Wine Tasting Fundraiser!

We are excited to announce our next fundraiser. Want something fun to do on a Tuesday night in February? Well, we have the perfect activity. Join us for a guided wine tasting with wines featured from Big Head Wines in Niagara on the Lake. The three wines (white, rosé and red) will be delivered to your door and on the night of the event a trained sommelier will guide the tasting via zoom. This way no one needs to go anywhere, and you can enjoy the event from the comfort of your home.



Details:

Date: Tuesday February 18, 2025

Time: 7:00pm for 1 hour

Cost: \$50.00 for three wines (the sample bottles provide enough for two people to taste each wine so \$25.00 per person)

We do need 14 people to host the event.

Please RSVP to Kim by January 15th. Payment will be required with your RSVP by e-transfer to Erica at ebru801@rogers.com. A portion of the funds collected will go to the scholarship fund.

Kim G.

Interest Groups

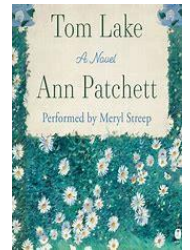
Get involved—get connected!! Join an interest group!

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 January Book Club meeting will be held on **Thursday, January 23rd**, 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.

Craft Club

This group will be meeting the **first Tuesday of every month**. This month's meeting is on **Tuesday, January 7th** from **10am-12:30pm** at **Louise S's** home. Please RSVP to Louise if you plan to attend.



Ladies Lunch Group

We meet the **3rd 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 February newsletter should be submitted by **Friday, January 31st, 2025.** 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).

January 2025

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