



cfuw OSHAWA
AND DISTRICT

Realizing potential. For all women.

October 2025 Newsletter



cfuw fcd

Realizing potential. For all women.
Le pouvoir par le savoir.

October General Meeting

AI ESSENTIALS:

***A Practical Guide to Start Using AI
with NATALIE ARTHURS, Durham College***



Artificial Intelligence is all around us.

What does it mean and how can you use it safely and effectively? We'll explore the basics of AI, discuss its benefits and risks. You'll leave with a practical understanding of what AI is good at and the confidence to start experimenting!

Natalie Arthurs is the Senior Manager of the AI Hub at Durham College responsible for executing the Hub's mandate to accelerate AI adoption and innovation across the Canadian ecosystem.

Wednesday, October 8, 2025 - 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>



cfuw OSHAWA
AND DISTRICT



Membership information: annual dues are \$115. (no increase)

Dues for 2025-2026 are payable by October 31 at the latest.

Cash, or cheque to **CFUW Oshawa and District**. (no e transfers)

Interest Groups

Janet N

Reading One

Barbara L

Tuesday, October 21st at 1:30 pm

Host & discussion leader: Jone W

Book selection: *The German Wife* by Kelly Rimmer

Book Chat

Jane R

Wednesday, October 1, 10 am Discussion leader: Dianne H Host: Jane R

Book selection: *Dancing with the Muse in Old Age* by Priscilla Long

Bridge Buddies

Karen D

October 13th no bridge (Thanksgiving)

October 27th @ Northview. Please note that the new start time is 1:00 pm.

Let's Do Lunch

Pat D

Let's Do October Lunch: (last Friday of the month) *(and thanks to those who suggested it)*

Venue: **The Red Lobster**, 311 King Street West, Oshawa (south side, just east of Park Rd. S.)

Friday, October 31 (Halloween, no need to come in costume, ha, ha, ha) Time: **12:30 p.m.**

Parking: Free, onsite

Feel free to bring a former or prospective member or friend to encourage new members to join.

Contact: Pat D

-Menu also features chicken, steak and vegan choices:

something for everyone's palate, not to mention those free

Cheddar Bay Biscuits.



As well: For the November lunch we are potentially looking at **'High Tea'** at Marito's Coffee and Things in downtown Whitby - Mary St. & Byron in Pearson Lanes, for 12:30 p. m.

Looks wonderful. Further information pending.

Personal contact information of CFUW Oshawa and District members is considered confidential and not to be used for personal or business solicitation purposes.

Golf

Janet N

Golf continues every Friday morning until the weather becomes too cold to play.

New golfers are welcome. We play 9 holes, often followed by lunch.

Our September meeting was a social time.

On the right, social co-chair Pamela G is about to cut an 80th anniversary cake as we continue our celebration.

JoAnne P was disappointed that she was unable to show us the anniversary video that she had made. The Oshawa and District 80th Anniversary show is available through this link. Copy and paste into your browser.

<https://youtu.be/SdyAc0vUbhA>

Our Regional Director, Marg Esaw, attended our meeting. It was good to meet her in person.



80th Anniversary Memories

I joined CFUW Oshawa and District when a friend invited me to the September meeting. I belonged to a crafters group in the past, and I now enjoy playing bridge, golf and the monthly lunch outings.

My leadership roles have included Scholarship Chair, serving in the social committee and our 50/50 draw at our general meetings.

I find the club to be a very positive and co-operative group. I value my association with club members. I have met many lovely people at the club and have made many good friends and acquaintances.

Judy B joined 1996



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Women Leading Change

Join us at 10 AM on
Saturday, October 25th
for our first Speaker Series Event
for 2025-2026
as we explore...

DECLARING INTIMATE PARTNER VIOLENCE AN EPIDEMIC IN ONTARIO

Our panelists include:



Kristyn Wong-Tam
MPP Toronto Centre

Fartumo Kusow
Author, Teacher,
Mother, Podcaster



This is a free virtual event. For more information
and to register, see our website:
<https://cfuwontcouncil.org/standing-committees/>



Please join us at 10 AM on Saturday, October 25th for our first Speaker Series Event for 2025-2026. In this virtual session, we will be exploring the legislative process involved in declaring Intimate Partner Violence (IPV) an epidemic and why that is so important to women in Ontario.

In 2024, the Government of Ontario introduced legislation declaring IPV an epidemic. It was supported by all parties. Unfortunately, the legislation was under committee review when the provincial election was called last winter, and it did not receive Royal Assent. The legislation is being re-introduced and CFUW would like to see the legislative process completed: LET'S FINISH THE JOB!

Our October speakers' session will examine the newly introduced legislation, its possible practical impact on women's shelters and how families are affected by IPV.

Our Speaker Series events are free, virtual sessions held on our Zoom platform. After the speaker and panel discussion, there will be time to share and chat with other attendees.

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September *Let's Do Lunch* at Belle Vie café & bakery, Whitby. (Brock & Dundas)

Left: Sue S, Donna H and Jone W place their orders. Right: Dianne H, Sirpa H, Pat D, Karen N and Eleanor G enjoy catching up in a welcoming atmosphere.

Scholarship news:

Donations to the endowment funds for Durham College and Ontario Tech University can be made at the October and November General Meetings. Addressed, postage paid envelopes and forms for Durham College and Ontario Tech will also be available. **Donations of \$20 or more will receive a tax receipt.**



How to Donate to the CFUW Endowment Funds

To Durham College:

- Make a cheque or money order payable to “Durham College Foundation” but on the memo line, write “CFUW Oshawa and District Endowment Fund”.
- Ensure that your cheque has your name and address on it.
- Mail the cheque to: Durham College Foundation, 2000 Simcoe St. N, Oshawa, ON L1G 0C5
- Durham College Link: Durham College Online Giving (mycampus.ca)

To Ontario Tech University:

- Make the cheque or money order payable to “Ontario Tech University” but on the memo line write “CFUW Oshawa and District Endowment Fund”.
- Ensure that your cheque has your name and address on it.

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• Mail the cheque to: Ontario Tech University c/o Advancement Office; 2000 Simcoe St.
North, Oshawa, ON L1G 0C5

• Ontario Tech University Link: <https://giving.ontariotechu.ca/donate/index.php>

Donating Online



• Visit each school's website. Click on "Donate" or "Giving". Complete the form provided.

• If it says, "please use my gift for" or "other", type in CFUW Oshawa and District

Scholarship chair, *Lynn P*

National website: www.cfuw.org

Ontario Council Website: www.cfuwontcouncil.org

CFUW Oshawa & District <http://cfuw-oshawa-and-district.weebly.com>

The Ontario Council newsletter is available on-line on their website

The CFUW Club Action newsletter is available via the sign-up link on their main website.

Newsletter

Barbara L

Please submit all newsletter items to barblewis@rogers.com

Items for the November newsletter should be received by Wednesday, October 29th

Friendship

Maureen A

Significant news about a member (serious illness or injury or death of member, or death of her spouse or child) should be reported to Maureen A who will advise all members through an email from Barb L and send an appropriate card on our behalf.

Bring your gently used books, fiction or non-fiction only, to the next general meeting on Wednesday, October 8th. Please no large coffee table books. Books will be sold @ \$3 each. We will also have our regular Happy Bucks that evening.

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