The Grapevine

CFUW Ajax-Pickering

Monthly Newsletter

February 2026

Message from the President. . .

First and foremost, a very warm welcome to all our new members for 2026! Kirsten, Muzghan, Victoria and Marilyn M.! This is very exciting for our little chapter of women. We promise to value your input and support you in your CFUW journey. Please always feel welcome to reach out and approach any of our members. We are a group of very friendly ladies!

This winter weather has been crazy! January has been a very snowy month. Hopefully February will see a little less of the white stuff, especially on February 2nd (trivia fundraising night) and February 12th (our meeting night). Our February speaker will also be coming to us via Zoom so if the weather is truly inclement or if you are ill, you will not miss our speaker. Of course, we will still be having our in-person meeting so we hope that the majority of our members will join us in our meeting room.

Our speaker this month is my nephew Will Glatt. He grew up in London, ON (as did I) but he was a member of the Sea Cadets and was interested in sailing from a young age. He learned to sail on Lake Fanshawe in London but through the Sea Cadets was able to learn to sail on the Atlantic Ocean (Nova Scotia) and he taught sailing there for a few summers. His fascination with the oceans and ocean exploration lead to his University Studies in Remotely Operated Submersibles at Memorial University in St. John's, Newfoundland. There he met a Newfoundlander girl, and they wed and moved to the other extreme of the country - Victoria, BC. Will has spent his career doing deep sea explorations all over the world. I know very little about his work, but I am excited to learn more.

In friendship,

Louise S.



Next General Meeting

Thursday, February 12th, 2026

"Deep Sea Mining and Exploration"



Speaker:

Will Glatt,
Manager, Science and User Support, ROPOS

Meeting Location:

Pickering Rec Centre
(Chestnut Hill Rec Complex, Rm 2)
1867 Valley Farm Rd,
Pickering

Meeting Time: 7 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 Event Calendar: https://members.cfuw.org/calendar

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. There is no cost to attend.

Next Standing Committee Meeting Date: **Saturday, February 21st, 2026, on Zoom**
Topic: Critical Thinking and Artificial Intelligence. How Artificial Intelligence impacts Education.

Speakers: TBD

Click here for more info and to register: https://cfuwontcouncil.org/standing-committees/

CFUW Event Calendar

Looking for something to do? Don't forget to check the **CFUW Event Calendar**! There are lots of interesting CFUW events and activities listed by date, including upcoming CFUW study groups and meetings, webinars hosted by other clubs, Zoom meetings with interesting speakers, and club fundraising events. It's a hub for all things CFUW and it makes it easy to keep track of what's happening every month.

You can access the calendar at this link: https://members.cfuw.org/calendar

Minutes of General Meeting, Thursday, January 8th, 2025

1. Welcome and Land acknowledgement
2.Adoption of minutes from November as written in the newsletter. Adopter Gail L seconder Catherine G.

Executive meeting was held in December. Speakers are set for this half of the year. Still waiting to hear if we got our grant to cover the cost of the meeting room but I had confirmation that the budget was approved by council, and it was an item on the budget. We do need members who may be interested in leadership to join the executive and learn a role and perhaps join for next year, so please keep this in your thoughts.
Thank you for card. I appreciate all your thoughts and prayers.
Please keep long time member Agnes S in your thoughts as she recently lost her mom. Please send healing thoughts to Helen, Janet and Anneli who are all under the weather! Catherine G has sent a friendship card.
Speaking of weather - The coldest night of the year takes place in Pickering on February 28,2026 at Peace Lutheran Church at Liverpool Rd. and Bailey Ave. in Pickering. Check in starts at 4 pm. Muster at 4:45 pm. Send off 5 pm. return 6 pm for a light meal provided by volunteers. Choices are between a 2 km and a 5 km walk. Also, St. Paul's on the Hill food bank is looking for volunteers to help with both restocking and distribution of food on Tuesdays. Sign up sheet? 3 have signed up but right now they don't need anyone as per Gail. Will check back with food bank. Louise S, Cathy M and Joanne have signed up.

Report of Officers

Membership - Donna - 33 full members, 1 dual. 3 new members joined tonight! Kirsten, Victoria and Muzghan! Welcome to all! Update - new member Marilyn M!
Treasurer - Jane. Ontario dues have been paid, which includes our insurance for meetings. National dues will soon be paid.
Scholarship - Helen away, no update.
Advocacy - meeting is first Wednesday of every month.
Communications – Sandy – newsletter deadline is Friday, January 30th.
Publicity – Janet, no update.
Social - Catherine thanked the snack providers, Donna and Allison.
Fundraising - Kim G has tickets available tonight for Feb. 2nd trivia night at The Mansion in Pickering at Liverpool and Hwy 2. Tickets are $20.00 and there are 60 tickets available. Teams should be between 4-6 people.

Interest groups

Book Club – Carmen - January's book is *Be Ready when Luck Happens* by Ina Garten, at the home of Donna M. and co-hosted with Marilyn S.
Walk and Talk - Jane C. - weekly at 10 on Wednesdays.
Cards (virtual) - 7:00 on Mondays. Contact Cathy M. if interested.
Ladies Lunch - third Thursday of every month - Catherine Gillespie - lunch will be at Catherine G.'s house for a planning meeting for restaurant ideas.
Travel Group - Kim G. - River Cruise from Paris to Paris planned for November 2027. Invites have also been sent to Oshawa, Scarborough and Orillia chapters. Claudette, Allison, Louise S & Bob as well as Kim G. and Denis have signed up from our group. Special deal is available until Jan. 30, 2026.
Craft Club - Louise S - second Tuesday of every month. We will be making signs for our fundraiser trivia night.
Ladies Gourmet -?
Any new business? Sandy has an idea for a gardening group. There will be a seminar at Vandermeers on Saturday about indoor plants. Contact Sandy if interested.
Gail would like to start a conversational French group. Contact her if interested.
Donna is organizing an outing to see the movie Song Sung Blue and then dinner afterwards for Saturday. Book tickets if interested to join this outing.

Speaker tonight is Beth Kaplan: Memoir Writing - Why Telling the Stories of Your Life Matters

(minutes cont'd on page 4)

(minutes cont'd from page 3)

Beth Kaplan began her professional acting career in 1970 and worked for a decade as an actor, and in 1980 received her MFA in creative writing. She is the author of a biography and two memoirs, All My Loving, and Loose Woman, and a finalist for the Whistler Independent Book Award. Beth's guide to creative writing, True to Life, is the textbook used for the courses she has taught for thirty years at two Toronto universities. Beth's new memoir-in-essays, Midlife Solo: writing through chaos to find my way in the world, was reviewed as "an extraordinary life, written with tremendous heart, insight, and humour."

Having published many of her own personal memoirs, Beth will speak about her own experiences and her passion to encourage and teach others to do so as well. Note: The meeting was held as usual at the Pickering Rec Centre, however the speaker spoke to us over Zoom at the meeting. Some members also joined via Zoom.

Beth has been teaching about writing memoirs for 30 years. The first memoirs were cave paintings from 52,000 years ago. There are 2 kinds of people - Chroniclers and non-chroniclers. Some people keep journals. They are a good way to understand yourself. Journalists write about their passions. There are universal themes of pain, jealousy and other emotions. Beth has always been a chronicler. Beth got her writing start by writing personal essays in the Globe and Mail. She wrote about her divorce and had many people reach out to her. The American Psychological Society states that writing stories strengthens your immune system. Anyone who has survived childhood has enough material to write a book.

An autobiography is different from a memoir. An autobiography is an entire life from birth to death. A memoir is taking a slice of your life and illuminating it. They are often about dramatic times of change. One can just recount certain stories. it doesn't need to be a book. You can just focus on important moments of change, things like getting married, having cancer, having babies etc. A memoir can often have an ending like: And nothing was ever the same again.

Don't waste time with the small stuff, only the best and biggest bits. To begin: How is the world a better place if I stay silent? Pick your most energetic stories and your most important stories, learn how to tell those stories. Technical - start anywhere. The first draft will be very different from your final draft. Ask yourself questions: who, what, when, where, why and how? Writing is lonely and you can lose heart at times. Having a group is very important. Look for a class or editor. Use peers, not family. How to order it? Don't worry about it at the beginning of the process. Write your stories and put them in a box or a binder to start. Get your stories self-printed and bound. Have it professionally edited before printing.

Some people feel too old or too young, but Beth has a student who is 92 and another who is 99 and they are still writing. Journal conflict, challenge and change. Don't just write about what happened but how it made you feel and what it meant to you. What happened as a result? Sometimes you will benefit from therapy. Many memoirs are about trauma, and you need to resolve it before writing about it. The Diary of Anne Frank is a great example of a memoir. It changed the world and was one of the 100 most influential books of the 20th century.

Beth is available to speak at book clubs or other events. Examples of great memoirs: "I Regret Almost Everything" by Keith McNally. "Educated" by Tara Westover. Canadian memoirist Elizabeth Gilbert wrote "The Signature of Small Things". Beth's website is: BethKaplan.ca Beth teaches at U of T continuing studies.

Friendship Cards

Support of fellow club members is a big part of our club. If you have news about a member (serious illness or injury/death of a club member, or death of a spouse or child), please contact Catherine G. Catherine will advise all members and send a card on behalf of the club.

What's Happening at CFUW Ajax-Pickering

January Meeting

At this month's meeting, members enjoyed hearing from our speaker, Beth Kaplan.

This was the first time our club tried a hybrid in-person and Zoom meeting, and it worked very well once we resolved a few technical issues. This format gives our club more flexibility for accommodating remote speakers and club members who can't make the meeting in person due to illness or weather considerations. We will use the same format for our February speaker who will also be connecting remotely.



Coldest Night of the Year Event

Club members are invited to Durham Youth Services' signature event, **Coldest Night of the Year in Pickering**, taking place for the second year in Pickering on **Friday, February 28.** This national event raises critical funds for youth experiencing homelessness and housing instability right here in Durham Region.

Our goal this year is to raise **$40,000** in support of Steps to Stabilization, helping young people move from emergency shelter into safe, permanent housing with dignity and care.
There are lots of ways to get involved:

- **Walk** with us as an individual or team
- **Sponsor** a walker or team
- **Help raise funds** or share the event with your network

Getting involved is easy— **just click here:** https://cnoy.org/location/pickering
Every step and every dollar help provide safety, stability, and hope, supporting programs like **Joanne's House** and housing stabilization services for vulnerable youth.

Whether you join us on walk night or support from afar, your involvement truly makes a difference. Please feel free to share the link.

Together, we can ensure young people don't face the cold—or their housing journey—alone.

With gratitude and warmth,

Linda L.

Gardening Club

The first event of our new Gardening interest group kicked off in January with a seminar at Vandermeer's nursery. We listened to an interesting talk on "A Beginner's Guide to Houseplants", and best of all, Louise Z. won a $100 gift card! If you're a gardener and wish to attend more of these seminars, here's the link to upcoming seminars at Vandermeers: https://www.vandermeernursery.com/pages/events. If you see something of interest, feel free to send out an email inviting other members to one of these free events. An added bonus is being able to walk around the nursery and enjoy the colours and flowers in the middle of a long cold winter! We will be exploring other garden-related activities with this group in the coming months. New ideas and new members are always welcome!









Photos courtesy of Louise Z

Ladies Lunch

The January Ladies Lunch was hosted by Catherine G. at her home. Plans were discussed for future outings to local restaurants for this group.

Next month, we will be heading to Bistro '67, in Whitby. Bistro '67 is Durham College's award-winning restaurant where community, local agriculture and learning come together. Meals are prepared and served by skilled staff and students who create flavourful dishes inspired by fresh ingredients from the program's own gardens and other local suppliers across Durham Region. Diners support the next generation of culinary and hospitality professionals.



French Conversation Group



Bievenue à notre groupe français! An inaugural meeting was held recently to get this group up and running, and response has been enthusiastic! A big thanks to Gail for coordinating this new group. We hope to improve our French conversational ability by meeting to discuss interesting topics and getting together to cook while speaking in French, among other activities. If you would like to improve your French, consider joining this group! We have a variety of different skill levels but hopefully by meeting regularly, we will improve and have some fun while learning a new language.

This Month's Speaker

Will Glatt, Manager, Science and User Support, ROPOS

Will Glatt is ROPOS' Science Manager and has a decade of experience in Ocean Science and Technology. Remotely Operated Vehicles (ROVs) enable deep ocean exploration. As Canada's premier Science ROV, ROPOS (Remotely Operated platform for Ocean Science) has facilitated research projects with wide ranging international partnerships. As governments and companies pursue subsea mining on a commercial scale, ROPOS has played an important role in providing geological prospecting, environmental surveys and design of novel sampling tools to provide answers for scientists studying the feasibility and impact of extracting those valuable resources. This presentation will provide insight into the complexities of deep-sea mining and talk about scientific work being done to facilitate it.

A Woman to Have Coffee With: Minister of Foreign Affairs, Anita Anand



Anita Anand has been the Member of Parliament for Oakville East since 2019. She was born in Kentville, Nova Scotia, in 1967 and grew up in that community. Both her parents were physicians who had immigrated to Nova Scotia from India in the early 1960s. She attended Queen's University in Kingston, Ontario, for her undergraduate degree in political science and upon graduation went to Oxford University in England to complete an Honours B.A. in Jurisprudence. Upon completion of her degree, she returned to Nova Scotia, enrolling at Dalhousie University to obtain a Canadian Bachelor of Laws. In 1994, Anand was called to the Bar and articled at a law firm in Toronto, specializing in corporate law and finance. She received her Master of Law from the University of Toronto in 1996. What followed were several years of teaching law at various universities in Ontario. During this time, Anand was a recipient of the Fullbright Award and spent a year as a visiting professor of law at Yale University in the United States. Upon her election to Parliament in 2019, she has been Minister of Defence as well as Minister of Procurement, Transportation, Internal Trade, Health, and presently Foreign Affairs. As Minister of Procurement during the pandemic, her responsibilities included obtaining vaccine and personal protection equipment for the entire country. She and her husband have four children. They reside in her riding of Oakville, Ontario.

Questions

1. As well as your academic qualifications, what do you believe has prepared you the most for your role in government?
2. Equity, fairness, and inclusion have been specific policies both in government, post-secondary institutions, and in the corporate world for at least the last decade and, in some places, even longer. Today, many such institutions are formally discarding these policies. What do you think about the current situation? Do you believe such policies have been effective in the workplace?
3. What advice would you have to young women who are seeking careers in an environment of significant austerity and lack of employment opportunities?

https://www.ourcommons.camembers anita-anand
https://mpanitaannand.ca

Marcy R.

News from Other Clubs

Oshawa CFUW invites us to their February general meeting on **Wednesday, February 11th**. The topic is **Music as Therapy**. All guests are welcome.

Jone Webster, Publicity

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

February General Meeting

MUSIC AS THERAPY

with Toni Mongillo Desideri







Music therapy helps improve cognitive and social skills, emotional awareness and expression, and coping with mental health issues. Therapy techniques include singing, playing instruments, song writing, movement with music, and music discussion. Toni, Director of Creative Minds Music Therapy will tell us about it.

Wednesday, February 11, 2026 - 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

Did you know. . .?

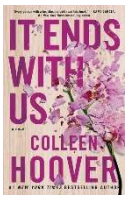
The Oshawa Club puts out an interesting and informative newsletter every month. To access their newsletters, click here: https://cfuw-oshawa-and-district.weebly.com/newsletters.html

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!

Book Club



Book Club is open to all, and all are welcome! We meet on the 4th Thursday of every month. The February Book Club meeting will be held on **Thursday, February 26th,** hosted by Catherine G. The book is ***It Ends with Us,*** by Colleen Hoover. Please contact Catherine to confirm attendance and meeting location.

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.

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.

Golf



Golf is finished for the year. This group will start up again in the spring as soon as the golf courses open. For more information, contact Cathy M.

Advocacy Group



We meet on the **first Wednesday of each month,** at **7 pm,** usually by Zoom. New members are welcome!

Craft Club



Craft Club meets on the **second Tuesday of every month**. NOTE: This month the group met earlier to make signs for our trivia fundraiser. Craft Club will resume on the regular meeting day in March.

Ladies Lunch Group

We meet the **3rd Thursday of each month**. This month's outing will be on **Thursday, February 19th**, at **12 pm** at **Bistro 67** in Whitby. Please contact Catherine G if you plan to attend.

Garden Club

Watch for emails on upcoming events for this group. We are looking at attending upcoming seminars and visiting local greenhouses. Any ideas for other gardening-related activities/events are welcome! You can check out this link for upcoming seminars at Vandermeers: https://www.vandermeernursery.com/pages/events Interested in attending any of these seminars? Send out an email to club members and let's make it an event! Contact Sandy for more information on this group.

Newsletter Deadline

Information for the March newsletter should be submitted by **Friday, February 27th, 2026.** 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).

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cards/ Trivia Night	3	4 Advocacy Mtg/ Walk & Talk	5	6	7
8	9 Cards	10 Craft Group	11 Walk & Talk	12 Club Meeting	13	14
15	16 Cards	17	18 Walk & Talk	19 Ladies Lunch Group	20	21 Ont. Council Standing Cmtte. Mtg.
22	23 Cards	24	25 Walk & Talk	26 Book Club	27 Newsletter Deadline	28 Coldest Night of the Year Walk