

**September 2025**



## *Message from the President. . .*

Welcome all to a new year of speakers, interest groups, advocacy, fun and friendship. We believe we have a great lineup of speakers this year. Some will educate, some will amuse you and some will deepen our commitment to our local community. As always, we value your input and the executive is here to serve you and your CFUW needs. Please speak up and let us know what we can do better.

We belong to a large group of committed women from coast to coast. CFUW has 90 clubs nationwide with 6,784 members. We are considered a small chapter with approximately 33 members whereas the largest group, Ottawa, has over 500 members. Each and every chapter has a scholarship component and an advocacy focus to differentiate us from other groups. I consider our membership to be a group of caring women who want to help other women and children and to learn alongside their peers.

We have a fabulous group of new members, and we plan to have a new member's tea with some of the executive so that we might get to know you a little better and answer any of your questions. I know it can be a little intimidating to come to meetings where you might not know too many people. Please check your calendars for either Monday, September 29th or Tuesday, September 30th.

In friendship,

Louise S.



## **Next General Meeting**

**Thursday,  
September 11<sup>th</sup>, 2025**

### **“Meet & Greet”**



### **Speaker:**

***New!***

For our first meeting of the year, there will be no speaker. We will discuss business and events/changes for the upcoming club year and enjoy time spent catching up with each other and meeting new members.

### **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*

***Come out and get caught up after the summer!***

***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 Event Calendar: [CFUW National Event 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.

### **Next Standing Committee Meeting Date:**

Standing committee meetings have not yet been announced for this club year. You can check for updates on upcoming events for the next club year at the following link:

<https://cfuwontcouncil.org/standing-committees/>

### **New CFUW Tool to Check Out!**

Looking for something to do? Don't forget to check the new **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: [CFUW National Event Calendar](#)

## Minutes of General Meeting, Thursday, June 12<sup>th</sup>, 2025

There are no minutes for the June meeting as members attended our June dinner, and no business was discussed. Outstanding business from the end of the last club year and new business will be discussed at the September meeting.

*Welcome back to another great club year!!*

Meetings are the **2nd Thursday of each month.**

**Location:** Pickering Rec Centre (Chestnut Hill Recreation Complex), Rm 2, 1867 Valley Farm Rd, Pickering)

### Meeting Format

We plan to start meetings at 7 pm sharp. Our business meeting will last for approximately half an hour, followed by member social time (time permitting). Our speaker will begin around 7:50.

*What will you do this club year?!*

### Your 2025/2026 Executive

**President:** Louise S.  
**Vice President:** Anneli  
**Past President:** Jane  
**Program:** Donna and Janet  
**Secretary:** Anneli  
**Advocacy:** Jane (acting)  
**Treasurer:** Jane  
**Membership:** Donna  
**Newsletter/Website:** Sandy  
**Fundraising:** Kim G.  
**Scholarships:** Helen  
**Publicity/Social Media:** Janet  
**Social:** Catherine G.

## This Month's Meeting

The executive has made a decision to forgo a speaker for the September meeting. Many of the CFUW chapters I have spoken with follow this format as it is a time to come back together and find out in a little more depth about our executive, as well as our convenors and interest groups. We are always looking for input from members, and this is your chance to let us know what other activities may be of interest such as theatre outings, advocacy outings, fall activities, small day trips etc. We have ladies who lunch but what about a dinner club? Our executive is here to serve you and meet the needs of our group.

**Changes for our Social at meetings:** We are trying to implement a new way to share the load for the member who coordinates our social refreshments for each meeting. Thank you, Kim G. and Catherine G., for bringing snack for September. As we always do, we will have a sign-up sheet for snacks throughout the year. Of the two people who have signed up for snack in October, one of you will be responsible for taking the supply bin home from the September meeting and bringing it back the next month along with your snack. This is a commitment for 1 month, and if for some reason you are not able to attend, you need to let Catherine G. know asap as we will need to make arrangements for the bin. Catherine will be responsible for restocking supplies. The new twist is if you are bringing sweet snack, please also bring 500 ml of half and half. If you are bringing savoury snack, please bring 500ml of milk for tea.

Louise S.

## 2025/2026 Membership Dues

**Full Member: \$125.00**

**Student Member: \$62.50**

**Dual Member: \$50.00**

**Dues are payable as soon as possible. Please remember to send your payment to our treasurer, Erica B.**

**NOTE: Bring a cheque to the first meeting or dues can be paid via e-Transfer. An email with instructions will be sent out prior to the September meeting.**

### **Do you know where your dues go? Here's a breakdown of how your money is used:**

Our dues go towards advocacy work at all levels. There is incredible power of women working together but this takes some money.

CFUW National	\$55.00	Advocates nationally for CFUW goals. Sends delegates to present at UN. Awards graduate and post-graduate scholarships, fellowships and bursaries.
Ontario Council	\$6.25	Promotes on-going education through speaker series and standing committees and provides general insurance for clubs.
Ajax-Pickering	\$48.75	Honorariums for monthly speakers and meeting expenses, fees to register for Ontario and National Annual General Meeting and Standing Committees, website and other print publicity.
	\$15.00	CFUW Ajax-Pickering Scholarship Fund

## Speakers for 2025/2026

Here's our program for this club year! All meetings are held on the 2<sup>nd</sup> Thursday of the month. Meetings will be in person unless otherwise advised.

**Sept 11<sup>th</sup> - *Meet and Greet*** – Members will receive updates on business, events and activities for the 2025/2026 club year and have an opportunity to socialize after the summer break.

**Oct 9<sup>th</sup> - *She-Wolves of the Throne: Queens Who Ruled*** **Speaker:** Lianne Harris, history specialist, artist and illustrator

**Nov 13<sup>th</sup> - *Durham Youth Services and their Work*** **Speaker:** Linda Lyons, Fund Development Coordinator

**Dec 11<sup>th</sup> - *Holiday Party***

### **2026**

**Jan 8<sup>th</sup> - *Memoir Writing: Why Telling the Stories of Your Life Matters*** **Speaker:** Beth Kaplan, author

**Feb 12<sup>th</sup> - *Deep Sea Exploration*** **Speaker:** Will Glatt, deep sea diver

**Mar 12<sup>th</sup> - *My International Youth Internship with YMCA Bogota*** **Speaker:** Sali Cattan

**April 9<sup>th</sup> - *Resolutions***

**May 14<sup>th</sup> - *TBD***

**June 11<sup>th</sup> - *Year End Dinner***

## CFUW and Scholarships – *Did you Know...*

CFUW Ajax-Pickering awards a scholarship to a graduating young woman at each of the high schools in Ajax and Pickering. Supporting education for women and girls is a cornerstone program for CFUW and the money is awarded by CFUW Clubs and the CFUW Charitable Trust. The CFUW Charitable Trust provides funds for a range of post graduate awards and fellowships to women. CFUW's Fellowship and Award winners have produced work in a variety of academic areas, including international humanitarian efforts, feminist and gender analysis, advanced science, medicine, social justice and human rights for women and girls. The Trust is supported by donations from CFUW clubs, individual club members and non-members. Find more information about donating to the Charitable Trust or applying for a post graduate fellowship or award at <http://cfuw.org/> or talk to our new Scholarship Director, Helen.

### **HISTORY OF CFUW AJAX-PICKERING SCHOLARSHIP**

1988 – Our first scholarship of \$50.00 was awarded to one student. It was decided by the membership to go in alphabetical order, starting with Ajax High School.

1989 – Increased number of scholarships to four – one \$50.00 scholarship for each of the 4 high schools – Ajax High School, Denis O'Connor Catholic High School, Dunbarton High School and Pickering High School.

1990 – Amount increased to \$100.00 each.

– October 1990 – The Constitution became effective – Chairperson Karen Empringham and Vice Chairperson Susan Hale developed it. “The object of the Organization shall be to administer scholarship monies; these monies are to be used to advance the post-secondary education of selected Ajax-Pickering residents and/or students”. Qualified for tax-exempt status, as a Registered Charity and a charitable organization, requiring Income Tax to be submitted yearly; given a Registered Number which was converted in 1997 to a “Business Number” (BN).

1991 – St. Mary Catholic High School added.

– Added – “one-year free membership at our club upon completion of their university degree”.

1993 – Pine Ridge High School added

1994 – Amount increased to \$150.00 each

1997 – Amount increased to \$250.00 each

1998 – Special 10<sup>th</sup> Anniversary Scholarship of \$1000.00 awarded to one student. Criteria and selection completed by a committee of club members.

– Exeter High School added

2002 – Last year for Exeter High School, school closed

2003 – Awarded 2 scholarships/school due to the double cohort school year

2004 – Notre Dame Catholic Secondary School and J. Clarke Richardson Collegiate added, total 8 high schools

2008 – Special 20<sup>th</sup> Anniversary Scholarship of \$2000.00 awarded

2010 – Amount increased to \$300.00 each

2013 – Amount decreased to \$200.00 each

2018 – Amount increased to \$300.00 in recognition of our Club's 30<sup>th</sup> Anniversary, one more school added – Ecole Ronald-Marion in Pickering

2019 – 9 scholarships, \$200.00 each

2022 – Amount increased to \$250.00 each

2024 – Amount increased to \$300.00 each

Funding over the years has come from various sources: Scientists in Schools (was our major funding for a number of years), book sales, Regal Catalogue sales, Cowboy Chuck picture sales, Mary Kay cosmetics sales, Discovery Toys, stained glass sales, raffle tickets for Miss Saigon, members' donations, garage and plant sales, euchre fundraising, Supperworks, Silpada Jewellery sales, Pampered Chef sales, Organic Coffee and Tea sales, Herongate Theatre, International Women's Day Luncheon, MAC makeup sales, High tea and art events and memorial donations “in memory” for 2 of our members (Karen Empringham and Diane Leahy) who both passed away spring 2015. We also receive money from Charities Aid Foundation Canada.

Karen was President of our Club for 2 different terms and was the member who was instrumental in starting the Scholarship Fund. Karen was very active in our club for a number of years, often presenting at least 1 scholarship yearly, and continued to be a member even when she moved to Prince Edward County in 2010, leaving the club in 2013.

Diane was also very active in all the fundraising events for the Scholarship fund. She took pride in presenting our scholarship at Notre Dame every year.

## Scholarship Thank You Letters Received

Dear CFUW Ajax/Pickering,

I hope you are well. Thank you for choosing me as this year's CFUW award recipient! It is truly an honor. I have attached my personal photo below. I will be attending the university of Waterloo this fall studying Mathematical Economics!

Thank you,  
Mohi Kambo



Good afternoon,

My name is Alexandria Boehm and I recently graduated from St Mary Catholic Secondary School. I was the recipient of the CFUW Ajax-Pickering Chapter's Award for Excellence at my graduation. I wanted to express my gratitude to the foundation for the scholarship and say how much I appreciate it. I will be attending McGill university in the fall to study Art History with a minor in Chemistry as my ultimate goal is to get a Masters degree in Art Conservation. I have attached a photo of me at graduation and you have my permission to use the photograph in your monthly newsletter :) Thank you again for your generosity and support.

All the best,  
Alexandria



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## CFUW Resolutions Update

The resolutions discussed and voted on at our meeting in March were brought to the clubs at the AGMs for Ontario Council and National this summer. The following are the results of voting by clubs at these meetings:

Ontario Council: Both resolutions passed.

National: All resolutions passed as amended.

You can view the CFUW Ontario Council and National websites for more information on the progress of these resolutions.

## Friendship Cards (New)

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 New at CFUW Ajax-Pickering

### June Year-End Dinner

Our June year-end dinner was held at The Village Public House restaurant this year and it was a great way to end a fantastic club year. Here are a few pictures from the event:



Photos courtesy of Kim G.

*"You'll know the people that feed your soul...because you'll feel good after spending time with them."*

- Denise Linn

## News from Other Clubs

Oshawa CFUW invites us to their September general meeting on Wednesday, September 10<sup>th</sup>. They will present an anniversary video of their 80-year history, as well as introduce their interest groups and scholarship programs. There will be a social time for members and guests to talk informally. All guests are welcome.

Jone Webster, Publicity



# September General Meeting New Beginnings Welcome



Join us as we start a new year of learning, participating, supporting and socializing! View our amazing 80-year history. Hear about our interest groups and educational scholarships. Meet our members.

**Wednesday, September 10, 2025 - 7:00 PM**  
All Guests Welcome - Free Admission  
St Mark's United Church 201 Centre St S, Whitby



### 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 4<sup>th</sup> Thursday of every month. The September Book Club meeting will be held on **Thursday, September 25<sup>th</sup>**, hosted by Kim G. The book is **My Friends**, by Fredrick Backman. Please contact Kim to confirm attendance and meeting location.



**Book Club List for 2025/2026**

Date (4 <sup>th</sup> Thurs, 7pm)	Host	Book Title, Author
September 25, 2025	Kim G.	<b>My Friends</b> , Fredrick Backman
October 23, 2025	Heather T.	<b>The Retirement</b> , Sue Hincenbergs
November 27, 2025	Caroline H	<b>The Invisible Life of Addie Larue</b> , V.E. Schwab
<b>December 2025</b>	<b>Merry Christmas!!!</b>	-----
January 22, 2026	Donna	<b>Be Ready When Luck Happens: A Memoir</b> , Ina Garten
February 26, 2026	Catherine G	<b>It Ends with Us</b> , Colleen Hoover
March 26, 2026	Louise Z.	<b>Atmosphere</b> , Taylor Jenkins Reid
April 23, 2026	Louise S.	<b>Fire Weather</b> , John Vaillant
May 28, 2026	Lana P.	<b>The Names</b> , Florence Knapp
TUESDAY June 23, 2026	Cathy H.	Year End Potluck/Book Selections

Additional Book Suggestions:

- Everything Tuberculosis** by John Green
- Broken Country** by Clare Leslie Hall
- The Greatness Mindset** by Clare Louis Howes
- Truth and Repair** by Judith Lewis Herman

Thank you to everyone for your recommended books and offers to host. Happy reading!

Carmen R.

**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

Regular golf times are Tuesday and Friday mornings and we're always looking for new golfers to join our group. You do not have to be a pro! Come out and enjoy a great walk and talk with fellow club members while you play 9 holes. You don't have to come every week. Just let us know so we can book enough tee times. Although we usually play in the morning, we can change the time for anyone who is working and can't make a day tee time. For more information, contact Cathy M.



## Advocacy Group

We meet on the **fourth Wednesday of each month**, at **7 pm**, usually by Zoom. New members are welcome! Updates for this group will be provided at the September meeting.



## Craft Club

Craft Club will meet on the **second Tuesday of every month**. The September craft group will meet on **Tuesday, September 9 at 10 am**. Please contact Louise S if you are interested in participating.



## Ladies Lunch Group

We meet the **3<sup>rd</sup> Thursday of each month**. September's outing will be at the **Port** restaurant in Pickering where we will enjoy some patio time while the weather holds. This month's lunch is on **Thursday, September 18<sup>th</sup> at 12 pm**. The address is 1289 Wharf St. Please email Catherine G if you plan to attend.

## Ladies Gourmet

Louise S will hold a Ladies Gourmet event on **Saturday, September 27<sup>th</sup> at 6 pm**. This is a special Ladies Gourmet that will be in the format of a murder mystery evening. Due to this format, attendance will be limited to 10 participants. Attendees will each bring a dish for the dinner. The theme is Alice in Wonderland, and each attendee will be dressing up in costume. The mystery part is done in four rounds, and clues and script will be available on the night of the event. Louise will bring costumes and menus to the first meeting and will provide additional details on this event. The event will last approximately 3 hours.

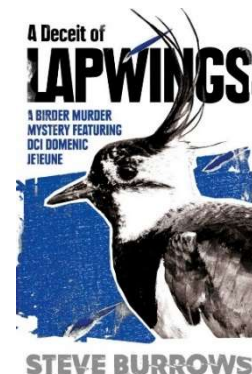


## Author Update:

Many of you may remember Steve Burrows, author of the Birder Murder Mystery series of books, who spoke to us at our January meeting earlier this year.

Steve was happy to see the interest in his books among our club members, and he wanted to let our group know that the ninth title in the Birder Murder Mystery series, *A Deceit of Lapwings*, comes out in North America on Tuesday, August 26<sup>th</sup>.

If you enjoyed Steve's previous books, support a local writer and be sure to check out his latest offering in this series.



### Newsletter Deadline

Information for the October newsletter should be submitted by **Friday, September 26<sup>th</sup>, 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).

<b>September 2025</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Cards	<b>2</b> Golf	<b>3</b> Walk & Talk	<b>4</b>	<b>5</b> Golf	<b>6</b>
<b>7</b>	<b>8</b> Cards	<b>9</b> Golf/ Craft Group	<b>10</b> Walk & Talk	<b>11</b> Club Meeting	<b>12</b> Golf	<b>13</b>
<b>14</b>	<b>15</b> Cards	<b>16</b> Golf	<b>17</b> Walk & Talk	<b>18</b> Ladies Lunch Group	<b>19</b> Golf	<b>20</b>
<b>21</b>	<b>22</b> Cards	<b>23</b> Golf	<b>24</b> Walk & Talk Advocacy Mtg	<b>25</b> Book Club	<b>26</b> Golf Newsletter Deadline	<b>27</b> Ladies Gourmet
<b>28</b>	<b>29</b> Cards	<b>30</b> Golf				