

September 2026



Message from the President. . .

Welcome to our members and guests. Ah September. It's always a good time to re-evaluate what you could study or do in the upcoming months. I used to love shopping for new school bags, pens and shoes. Going back to work after Labour Day, you could always tell that school was back in session. The traffic was heavier during rush hours. Buses, trains and subways are packed with more riders. Our home lives also became more organized, and routines adhered to more strictly, for a few days at least.

I trust everyone had a fabulous summer. Louise and I attended the National AGM in Montreal in July. The first day was for touring the city with the local club members. During the first 'business' day, we were divided into groups to brainstorm about club democracy and leadership, membership attraction and retention, etc. The speakers we heard from were Kahsennenhawe Sky-Deer. She's a former Grand Chief of the Mohawk Council in 2021, the first female, 2spirited, elected for the role. She spoke about everyone living on our home planet that must be respected and cared for, as each element is connected and has its purpose. Dr Carla Fehr, PhD (Duke University) spoke about mentoring one of her PhD students investigating the accuracy of facial recognition programs. The final speaker of the day was Julie S. Lalonde, founder of the Canadian Anti-Stalking Association. She focused on ending gender-based violence, engaging bystanders to step up in some conflicts, and building communities of support. She suggests using your phone to record the encounter and provide the victim should they take the issue up with a senior position. Julie suggested that the 'golden rule' be amended to: Treat people as they want to be treated. We are not the baseline for everyone's situations. She has written an award-winning memoir: Resilience is Futile: The Life and Death and Life of Julie S. Lalonde. On our final day, the resolutions were voted on, all were passed.

We have an interesting lineup of speakers coming this year to inform us about addiction, Girls Inc., A.I., historic Hidden Lives of women and other topics. We have some events to be finalized like another Trivia Night which was very popular last year. This year's tea event will be May 1st with a Kentucky Derby theme. As well, we'll be including a couple of potluck events which are always tasty.



Next General Meeting

Thursday,
September 10th, 2026

"Meet & Greet"



Speaker:

There will be no speaker this month. 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

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.

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/>

CFUW Event Calendar

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: <https://members.cfuw.org/calendar>

Minutes of General Meeting, Thursday, June 11th, 2026

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 2026/2027 Executive

President: Anneli

Vice President: **Position not filled**

Past President: Louise S.

Program: Donna, Louise S.

Secretary: Claudette

Advocacy: Kim M.

Treasurer: Jane

Membership: Donna

Newsletter/Website: Sandy

Fundraising: Kim G.

Scholarships: Helen

Publicity/Social Media: Janet

Social: Catherine G.

This Month's Meeting

We will continue with the new format we started last year with a "meet and greet" for the September meeting instead of having a speaker. This will give club members time to get caught up after the summer, enable us to greet and get to know new members, and take care of any outstanding business from the previous club year.

Social at meetings:

The new format of "sharing the load of work" that we implemented last year, where different club members take the refreshment supplies home each month, seemed to work well so we will be continuing with this format.

As we always do, we will have a sign-up sheet for snacks throughout the year. One of the two people who have signed up for snacks for a particular month will be responsible for taking the supply bin home from the previous month's meeting and bringing it back the next month along with your snack. You only have to commit to this the month where you are bringing a snack. If for some reason you are not able to attend the monthly meeting and you have the bin, 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. If you are bringing a sweet snack, please also bring 500 ml of half and half. If you are bringing a savoury snack, please bring 500ml of milk for tea.

2026/2027 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, Jane C.

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 2026/2027

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

Sept 10th - *Meet and Greet* – Members will receive updates on business, events and activities for the 2026/2027 club year and have an opportunity to socialize after the summer break.

Oct 8th – *Last Wills and Testaments, Powers of Attorney* Speaker: Martin Franseen, Retired Detective

Nov 12th – *SafeHome Hope* Speaker: Maggie Beattie, Addiction Counsellor

Dec 10th - *Holiday Party*

2027

Jan 7th – *Girls Incorporated Durham* Speaker: Yvette Nechvatal-Drew, CEO

Feb 11th – *All Things AI – A General Overview of Artificial Intelligence* Speaker: Sandy Briell

Mar 11th - *TBA*

April 8th – *CFUW Resolutions*

May 13th – *Amazing Women – Hidden Lives* Speaker: Lianne Harris

June 10th - *Year End Dinner*

Scholarship Thank You Letters Received

Hello Ms. Ecker,

I apologize for such a late email, life has been a little hectic lately.

I wanted to say how thankful and honoured I am to receive the CFUW award. There are no words for how grateful I am to have even be a contestant let alone a recipient of this award.

I plan on continuing my education next year at York University with a BFA in Theatre - Production and Design. I hope to continue with my passion for life long learning, and can't thank you enough for your support and contribution towards this.

I also saw your note for your newsletter, and have attached a photo of myself here, however if you need me to email it to cfuw.ajax.Pickering@gmail.com I can do that as well.

I give you permission to use my photo in your monthly newsletter.

Once again, thank you so very much,

Sincerely,
Shelby Waite



Thank you for selecting me as the Ajax High recipient for this year's scholarship. This will support me as I pursue a degree in Life Sciences at the University of Toronto St. George. I have attached a picture of myself, and give permission to use it in your newsletter.

I look forward to joining as a member following the completion of my bachelor's degree!

Thank you,
Anam Javed
Ajax High School



Dear Ms. Ecker,

Thank you so much for selecting me as the 2026 recipient of the CFUW Ajax-Pickering Chapter's Award for Excellence. It is a real honour to be recognized by an organization that has supported graduating students in our community for so many years, and I am very grateful for both the award and the encouragement behind it.

By way of introduction, my name is Hansika J. Shetty. This fall I will be beginning my undergraduate studies at the University of Toronto, where I have enrolled in Rotman Commerce at Woodsworth College.

I have attached a photo for your newsletter, and I am happy to give my permission for the chapter to use it. If you would prefer a different photo or a particular format, please let me know and I will gladly send another.

I would also love to learn more about the complimentary one-year membership mentioned in the letter. Could you share a bit more about how it works and when it would begin once I complete my degree?

Thank you again for this generous recognition. It means a great deal as I begin this next chapter.

Warm regards,
Hansika J. Shetty
J. Clarke Richardson High School



To whom it may concern,

Thank you very much for my scholarship, I really do appreciate that you decided to award me this scholarship.

I also do give you the permission to use my photo for your newsletter (please see photo attached below). I am attending Ontario Tech University for Bachelors of Science in Nursing.

Thank you
Nyrie Gomez Letang
Archbishop Denis O'Connor



CFUW Resolutions Update

The resolutions discussed and voted on at our meeting in April 2026 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: Resolution passed.

National: Both resolutions passed.

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

AGM meeting July 23 and July 24 details

On the speaker day, the introductory speaker was Kahsennenhawe Sky-Deer. She's a former Grand Chief of the Quebec Mohawk Council in 2021, the first 2spirited, female, elected for the role. Previously, she served as her local Council Chief for 12 consecutive years. During her leadership, she was involved in a landmark partnership with Hydro Quebec to deliver renewable energy to New York City. As well, she chaired a capital campaign for a new Language, Culture, Tourism and Museum facility in Kahnawa:ke which raised \$56 Million. In 2024, she received a King Charles III Coronation Medal and in 2025 was honoured with United Natives Athlete of the Year Award. She attended the University of Central Florida and played in the Professional Woman's Football League as quarterback. She graduated with a BA in Psychology from U of CF. She is known for her advocacy of Indigenous communities, in particular for women, youth and LGBTQ+ rights and the intergenerational trauma from residential schools and cultural genocide. She is a Vice President of Dable Advisory and Consulting Services as well as her own consulting service. She spoke about everyone living on our home planet that must be respected and cared for, as each element is connected and has its purpose.

Dr Carla Fehr, PhD (Duke U,) studied gender, race, and STEM, having written many peer-reviewed papers. She is a Professor and Wolfe Chair in Scientific and Technological Literacy at U of Waterloo, teaching Social Justice, Entrepreneurship and Equity in Science and Technology. She has been the mentor for researchers in the fields of health, molecular biology, computer science and engineering. She spoke about mentoring one of her PhD students who was investigating the accuracy of facial recognition programs. There were three companies included in this study: Microsoft, IBM and a Chinese program called FACES++. The findings were the same pattern across the board. White Males had the closest to 0% errors, White Females were 1-7% erroneously identified. Black Males were found to be misidentified about 6-12%, Black Females were the most misidentified at 20-39%. Much work needs to be done to correct the female and non-white male segments of these recognition systems abilities.

(AGM Meeting cont'd on page 7)

(AGM Meeting cont'd from page 6)

Julie S. Lalonde, spoke on Bystander Intervention to Build Community Care. She started the only organization in Canada to address criminal harassment: Canadian Anti-Stalking Association. She's a public educator and women's rights advocate, presenting her work in seven countries on 4 continents, in both English and French. She worked with organizations focusing on ending gender-based violence, engaging bystanders to step up in some conflicts, and building communities of support. Most people do not intervene because 'it's none of my business', 'I don't have time to get involved', 'I don't know the actual context of the situation', 'Someone else can handle it better' or the abuser might turn their fury towards you. She suggests: in the workplace, use your phone to record the encounter and give it to the victim so that they can take the issue up with HR or a more senior position. Or diffuse the situation by going up to the arguing pair and ask 'Can I borrow you for a minute? I need you to help me with fax machine, or coffee maker, etc.' By moving the victim out of the situation, then you'd be able to ask if they're ok. Similarly in the real world, you could diffuse the matter by recording the situation, 'everyone' records all sorts of situations, or go up to the 'victim' and say 'oh hi, funny seeing you here, did you have time for a quick cup of coffee to catch up'. Removing the 'victim' from the situation and asking if they are ok or if you could help in any way, or at least disrupting the flow of the argument. Of course, these suggestions should only be used without putting yourself in physical danger. Julie suggested that the golden rule be amended to: Treat people as they want to be treated. We are not the baseline. She has written an award-winning memoir: Resilience is Futile: The life and Death and Life of Julie S. Lalonde.

On our final day, the resolutions were voted on, most were passed unanimously. There was some discussion about separating segments of the resolution regarding the Canadian Response to the Education Crises for Women and Girls in Afghanistan. Ultimately the majority ruled in favour of the resolution passing in its entirety: 236 votes in favour and 8 against. The resolution for Countering Disinformation in Canada was passed 243 votes for and 1 against. That 'against' vote was likely from the member who wanted to change the word 'disinformation' as it might be considered as a new trendy word, to read as 'misinformation and false information'.

Wikipedia has a comprehensive definition that includes both and then some: False or misleading information deliberately spread to deceive people, or to secure economic or political gain and which may cause public harm employing strategic deceptions and media manipulation tactics to advance political, military, or commercial goals. Disinformation is implemented through coordinated campaigns that "weaponize multiple rhetorical strategies and forms of knowing—including not only falsehoods but also truths, half-truths, and value judgements—to exploit and amplify culture wars and other identity-driven controversies." In contrast, *misinformation* refers to inaccuracies that stem from an inadvertent error. "Fake news" has sometimes been categorized as a type of disinformation. Some researchers have cautioned against using the term *misinformation* in academia because of its lack of precision and its contested use in public and political discourse regarding news coverage or information.*

Anneli

*Definition Source: Wikipedia

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.

Advocacy

CFUW Vision

Women and girls are educated and empowered to make transformative change in the world.

CFUW Mission

Achieve educational and economic equality and social justice through continuous learning and empowerment.

CFUW's national membership passes annual Resolutions on the topics on which we would like to advocate that align with the vision and mission. Broad topics.

Advocacy Study Groups are formed when a group of people with a common interest in an issue get together to talk about the issue, do some research, and may or may not determine to take some action.

CFUW members in a Study Group may decide to create a CFUW Resolution and help the entire membership learn about their issue, or may use an existing adopted Resolution to take action with decision-makers and influencers. A Study Group may decide to approach a like-minded ally to join them in finding and implementing a viable solution to the issue.

CFUW National currently has two active Study Groups:

Long-Term Care & Seniors' Rights

Saving Canada's Public Health Care System

At our club

Look at areas of interest to advocacy group members, could be local issues, or anything that aligns with CFUW resolutions,

Action could take the form of letters, protests, fundraising, show of support, education.

Lead the rest of club in an area of interest, organize participation.

Support review and passing of National and OC resolutions.

Brief info moment on local groups, Coldest Night of the Year, Terry Fox run, Womens shelter gift cards, food bank, preservation of wetlands, curbing development.

Meet on zoom at the moment, once a month, has been 1st Wednesday evening, could be a different time or venue depending on interest.

Jane



What's New at CFUW Ajax-Pickering

June Year-End Dinner

Our June year-end dinner was held at the home of Louise S. It was a beautiful evening to socialize outside in Louise's lovely backyard. We enjoyed pizza, salad and dessert 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.

News from Other Clubs

Oshawa CFUW invites us to their September general meeting on Wednesday, September 9th. All guests are welcome.

Jone Webster, Publicity



September General Meeting Welcome Social



Join us as we start a new year of friendship, learning, participating, supporting and socializing! Hear about our educational scholarships and interest groups including bridge, golf and reading groups. Meet our great members!

Wednesday, September 9, 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>



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>

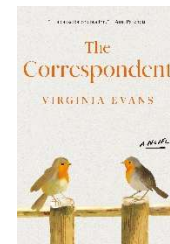
Interest Groups

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! You can find out more about these groups at our September meeting.

Book Club

Book Club is open to all, and all are welcome! We meet on the 4th Thursday of every month. The September Book Club meeting will be held on **Thursday, September 24th**, hosted by Kim G. The book is ***The Correspondent***, by Virginia Evans. Please contact Kim to confirm attendance and meeting location.



Book Club List for 2026/2027

Date (4 th Thurs, 7pm)	Host	Book Title, Author
September 24, 2026	Kim G.	The Correspondent , Virginia Evans
October 22, 2026	Catherine G.	KIN (an Oprah book) , Tayari Jones
November 26, 2026	Caroline H	A Taipei Story , R. S. Kuang
December 2026	Merry Christmas!!!	-----
January 28, 2027	Andrea	At a Loss for Words , Carol Off
February 25, 2027	Jane	A Far Flung Life , M. L. Stedman
March 25, 2027	Louise Z.	The Secret Keeper , Genevieve Graham
April 22, 2027	Dale	Everything is Tuberculosis , John Green
May 27, 2027	TBD	
TUESDAY June 15, 2027	Joanne	Year End Potluck/Book Selections

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. 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 **first 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 resume for the upcoming club year however the regular meeting date and time may change. Please contact Louise S if you are interested in this group. Louise will provide more information about Craft Group at the September meeting.



Ladies Lunch Group

We meet the **3rd Thursday of each month**. This month's lunch is on **Thursday, September 17th at 12 pm.** at Makimono (Japanese cuisine), 1790 Liverpool Rd, just off the 401. Please contact Catherine G. if planning on attending. All are welcome.

French Conversation Group

We would like to try starting this group up again in the fall. Everyone is welcome to join! Next meeting dates TBD. Contact Gail L. for more information.



Garden Club

The Garden Club is a new group for anyone interested in gardening and attending garden-related events. Last year, we attended free seminars at Vandermeers Nursery. The following are some upcoming events at Vandermeer's:



Fall Bulbs for Spring Color - **Saturday, September 12, 11 am.**

Fall Garden Tasks for Spring Success – **Saturday, September 19, 11 am.**

All ideas for garden-related events are welcome! Some possible ideas for this group: visiting Allan Gardens Conservatory, Centennial Park Conservatory, Edwards Gardens and the Toronto Botanical Gardens or the greenhouse at the Zoo. These trips could also be combined with a lunch out for attendees.

If you're interested in attending either of the events at Vandermeer's or have ideas or suggestions for interesting outings, please contact Sandy.

Travel Group

This group is for people who love to travel and share adventures with fellow club members. Trips to various locations are organized as a group event, based on the travel interests of club members. For more information, contact Kim G.



Games Group **New!*

Do you like board games and cards? This group might be for you! There has been some interest in starting a group that meets regularly in person to play games such as in-person Euchre, learning to play mahjong or bridge, or playing board games such as Scrabble or Catan or any old favourites people are interested in. Bring your ideas to the September meeting and we can decide how to proceed with this new interest group.



Newsletter Deadline

Information for the October newsletter should be submitted by **Friday, September 25th, 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).

September 2026

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