The Grapevine

CFUW Ajax-Pickering
Monthly Newsletter

November 2026

Message from the President. . .

November already! What happened to October? It goes by so quickly, especially when you're away for half the month. It's a good time to declutter stuff while switching from summer clothing to winter and generally make your home cozy for the upcoming winter festivities and the inevitable chill we can always count on for a Canadian Winter. I think about each and every Remembrance Day. War is Hell and I hope never to experience it myself.

And speaking of time flying! Did you know that it's been just over 40 Years that the Chernobyl Nuclear Explosion occurred and now the area is considered a Nature reserve with some wild horses, elk, deer, foxes and boar. There are 7 times higher populations of wolves in this zone than in other nearby nature reserves, likely due to the lack of hunting in the area. Much of the radioactivity decayed within weeks of the explosion, and after a year, there remained less than 1% of the initial contamination, but most of the area remains off-limits to humans because of the lingering threat of radiation poisoning and cancer.

As I mentioned earlier, I was away for 2 weeks so didn't have the opportunity to listen in on any webinars.

Upcoming:

(National) Nov 17, 2026, 1-2:30 pm, Special event notice of *From Red Dresses to Memory Stones: Multimedia Activism and Gender-Based Violence in Canada*. As a lead up to the 16 Days of Activism to Address GBV, exploring the interventionist work being spearheaded by Canada's leading activists and how they are using creative, accessible, collaborative, and multimedia approaches to challenge dominant narratives, amplify survivor voices, and mobilize audiences for social change.

The Ontario Council's Speaker Series #2 webinar is on Sat November 28 10-12, where they will discuss *The Gender Pay Gap in Ontario, Policy Landscape and Advocacy Levers and What can CFUW Ontario Council do.*

CFUW Southport is hosting Dr Evelyn Forget, an officer of the Order of Canada and a Professor at University of Manitoba. She's researched the health and social consequences of poverty and inequality. Her topic will be *How a basic income could help address growing economic challenges to provide greater security, dignity and opportunity in an uncertain world*. Register for this zoom session here: https://bit.ly/AFloorBeneathOurFeet

I hope everyone voted on October 26th and that your choices for mayor and councillors were elected.

Anneli

Next General Meeting

Thursday, November 12th, 2026

"SafeHope Home – Human Trafficking Recovery Programs"

SafeHope HOME

Speaker:

Maggie Beattie, Addiction Counsellor and Community Coordinator, SafeHope Home

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.

Next Standing Committee Meeting Date: **Saturday, November 28, 2026**, 10-12 pm, virtual event via Zoom
Theme: **"Women's Economic Security"**.

Speakers: Dr Lyn Huang, Director of Research and Policy at the Prosperity Project, Katherine Scott, Senior Researcher, Canadian Centre for Policy Alternatives.

Click here for more information and registration information:
https://www.cfuwontcouncil.org/womens-economic-security-speaker-series-2

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, October 8th, 2026

Anneli: Land acknowledgment. Housekeeping item: reply to sender only when responding to an email broadcast invitation. Upcoming: National Council webinar, October 15, on topic of seniors' concerns; CFUW Burlington guest speaker on October 18.; CFUW Scarborough open house on October 19; CFUW Peterborough documentary on dementia; Ontario Council speaker series begins on October 24. Opportunity available to publicize our club as sponsor at upcoming community event on November 6; costs from $250 - $2000. Questions whether advertising like this should be considered in our budget.

Officers' Reports

Treasurer – Jane: Account balance is $8,248.15.

Membership – Donna: Thirty-five (35) paid members. Visiting member, Nancy, CFUW Ottawa introduces herself. Various involvement for 12 years including, raising funds to allow university study for Afghan young women and to broaden their potential. Noted: Ottawa chapter has over 500 members and is the largest chapter in Canada.

Scholarship Fund - Helen: Absent.

Communication/Media - Janet: Continues advertising/posting club information on club/regional websites.

Fundraising – Kim G.: Vandermeer Nursery fundraising campaign is underway. Handouts circulated. Order deadline is by November 2. 100% of funds raised from purchases will support the scholarship fund. Payment options available; purchases will be distributed at November general meeting, in advance of Christmas. Registration for Euchre Night fundraising event on November 30 is open. Flyer in circulation. Ticket price is $25. Registration forms for play and for donation of snack items circulated; response required in advance of play date, sometime in November; capacity up to 52; explains format of play; 8 rounds of play.

Advocacy – Kim M.: absent. Jane was present at advocacy meeting held previous night. Provides a general report of meeting discussions including selection of seven topics for club's involvement.

Social - Catherine: absent.

Interest Groups

Cards - Cathy M.: Resumed play this week. Online on trickstercards.com; Monday nights.
Walk and Talk/Golf – Jane: Both are Ongoing. Walk and Talk is on Wednesdays.
Crafts – Louise S.: Had fun making pumpkins this week. Meet first Tuesday of month.
Conversational French Group – Gail: absent. Louise indicates group meeting is pending.
Book Club – Dale: Takes place at Catherine's, two weeks from tonight.
Yoga – Andrea: absent due to illness. Further information to come.
Other interest group update information expected from Sandy, when she returns from her trip.

Minutes of September, General Meeting

Jane corrected/clarified financial information, as follows**.**

> The CFUW Ontario Council Small Club grant, for clubs with 60 or less members who send a delegate to the Ontario Council AGM, was applied for and we received $181.50. Our club applied for a community grant from the City of Pickering in past years and have received this grant in an amount that covers the cost of our meeting room.

Minutes accepted with correction by Louise S.; seconded by Louise Z.

Break

(minutes cont'd on page 4)

(minutes cont'd from page 3)

Guest Speaker: **Martin Franseen, Retired Detective**
Topic**:** Last Wills and Testament, Powers of Attorney

There's a system in place that allows you to plan for your future as it concerns your health care and property. In the event that something happens to you and when you are no longer alive, the system allows your wishes to be carried out by a person(s) you have entrusted and authorized to fulfill those wishes on your behalf (providing they are 18 years or older).

Assuming that one's partner has legal authority is ill-advised. He explains the "must have" documents to put in place, are as follows:

1) **Powers of Attorney for Personal Care** - covers your wishes for your personal life: health care, where you're going to live, your clothing, medical treatments, nutrition, hygiene, etc.
2) **Continuing Powers of Attorney for Property** – as it relates to what you own. Outlines your wishes as to how to manage your financial affairs, such as paying bills, managing bank accounts and property, including buying or selling real estate. It remains valid if you become mentally incapable.
3) **Last Will and Testament** – Unlike the above powers of attorney, which express your wishes *while you're alive,* the will, while created while you're alive, states how you want things such as your money, property and personal possessions distributed *after you die*.

You have the choice of working with an estate lawyer to create a formal, witnessed will, or you may choose to hand write, from start to finish, a holographic will. A holographic will does not require witnesses. It must be handwritten, signed and dated by the writer.

"Must have" documents should be located in an unlocked, accessible place and disclosed to the individuals expected to carry out your wishes. Having these documents in place actually helps those around you. They clarify what you wish to happen and provide instructions for the appointed individuals to execute what you've written. It makes their lives much easier to follow your wishes.

Mr. **Franseen** can be reached at, martycopper@gmail.com for follow-up questions.

NOTE: Our October speaker sent multiple files to Donna at our request. These include the following:

1. Continuing Power of Attorney for Property (Sample 1 & 2)
2. Revocation of a POA or Last Will & Testament Document
3. Checklist: Capacity to grant/revoke a Continuing POA for Property
4. Misuses & Abuse of Continuing POA for Property
5. POA for Personal Care - Sample
6. Estate Settling (many files for this)

Please contact Donna if you're interested in obtaining copies of any of the information discussed by the speaker.

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.

This Month's Meeting



Speaker: Maggie Beattie, Addiction Counsellor and Community Coordinator, SafeHope Home

SafeHope Home is a survivor led charitable organization supporting women and survivors of sex trafficking, sexual exploitation, and human trafficking. We provide safe housing, trauma-informed care, outreach support, and practical resources to help survivors heal, rebuild their lives, and move toward a future of safety, stability, and independence. Through individualized support, recovery programming, and advocacy, we walk alongside survivors wherever they are in their journey.

Maggie Beatie is recognized as a distinguished advocate for women. She has earned respect and admiration of her colleagues during her long career in addiction services and sexual assault organizations. At McMaster University, she studied addiction and mental health and has become a natural learner and teacher, embracing and sharing knowledge with her community. She began her career in 1989, working with women in addiction treatment centres. She was passionate about helping women heal and used her background and education to make a difference at Bethesda House – a shelter for women and children, the Durham Rape Crisis Centre and Destiny Manor – a women's treatment centre (now known as Pinewood's Women's Residential Treatment Centre). She also spent many hours professionally and personally supporting and advocating for women who had been incarcerated. Many of the women suffered from addiction and lived traumatic lives of human trafficking, sexual exploitation, and abuse. Later in her career, Maggie spent over 20 years working in the walk-in crisis unit, welcoming people looking for a way out of addiction at Pinewood Centre of Lakeridge Health. She became familiar with the homeless, mandated and street population and how underserved they are. Maggie accepted a position at Safe Hope Home in 2018 facilitating addiction-specific groups. Today she holds the title of Addiction Counsellor. It is here at SafeHope Home where all her experience has come together serving the women who seek safety and healing. It's clear to everyone who meets Maggie that she uses her skills and passion at every opportunity to advocate for women and those who have suffered the wounds of trauma and addiction. Every woman she works with gets the same energy she would give her daughter, sister, or friend. She lives in Oshawa, Ontario and loves to spend time on Lake Kashwackamack with her husband of 35 years, Rick. She is a loving mother of five, grandmother of five, and great-grandmother of one. When she is not helping others, she can be found playing pool in local billiards leagues. Quote from Maggie: "When I leave work, I stand for a moment on the stoop and admire the view as I contemplate everything I have experienced in life. Every piece of education, every job, and every client has been a blessing in my life to lead me to this very moment at Safe Hope Home. It truly is an honour to work with such a dedicated team of talented, powerful and experienced women."

434
Trauma Therapy Sessions

2529
Reached via Training Sessions

60
Survivors and their children served so far in 2024

Source: SafeHope Home website

What's New at CFUW Ajax-Pickering

Upcoming Fundraisers for this Year - *SAVE THE DATE!*



Euchre Night

We will be hosting an event on **Monday, November 30th**. We hope members will bring friends and family for an evening of cards & snacks. Beginners are welcome too. Please contact Kim G. for more information or check her recent email for information on how to purchase tickets. Please let Kim know by November 15th whether you are attending so that she can coordinate supplies.

NOTE: Kim is also looking for help with card tables and chairs - if you have any we can borrow for the evening, please let her know.

Trivia Night



By popular demand, the Trivia Night will be repeated - the date is confirmed for **Monday, January 25th**. We hope to increase the number of participants this year, so we are letting everyone know the date early so you can advise your friends. Full details will be coming later in the year. For now, please save the date.

There may be another event in the Spring. Those details will be communicated once it is confirmed.

Kim G.

October Meeting

At this month's meeting, our speaker, Martin Franseen, spoke to us about Powers of Attorney and Last Will and Testaments. As always, our refreshment table was loaded with goodies and beautifully decorated for the season! Lots of great information was presented at the meeting, and copies of various documents that were discussed can be obtained from Donna.







Photos courtesy of Kim G.

Advocacy



As we kick off October, I want to take just two minutes to recognize Women's History Month in Canada.

October is significant in Canadian history because on October 18, 1929, the Privy Council officially declared that women were legally considered "persons" under the law, making us eligible to sit in the Senate and hold public office.

One remarkable figure who paved the way right around that time was Agnes Macphail. In 1921, she became the first woman ever elected to the Canadian House of Commons. Later, in 1943, she became one of the first two women elected to the Ontario Legislature right here in our province.

She was a fierce advocate for equal pay for women, prison reform, and social justice. One of her famous quotes that really speaks to the work of our Advocacy Committee is:
"I do not want to be the angel of any home: I want for myself what I want for other women, absolute equality. After that is secured, then men and women can take turns being angels."

Macphail did not stick to "traditional" women's issues of the era; instead, she used her platform to confront powerful institutions:

- **Equal Pay for Equal Work:** In 1951, during her time in the Ontario Legislature, Macphail successfully pioneered and sponsored Ontario's Employees Fair Remuneration Act, which was the first equal pay legislation in Canada.
- **Prison Reform:** After personally inspecting penitentiaries and witnessing inhumane conditions, Macphail became a relentless champion for the incarcerated. Her pressure led to the creation of the Archambault Commission in 1936, which drastically overhauled the federal prison system to focus on rehabilitation over punishment.
- **The Elizabeth Fry Society:** Driven by her distress over the treatment of women in the justice system, she founded the Elizabeth Fry Society of Canada in 1939 to support women in conflict with the law.
- **Agrarian and Worker Rights:** Raised on a farm in Grey County, Macphail was a schoolteacher who fiercely championed the working class, fighting for senior pensions, family allowances, and minimum wage protections for miners and farmers.

Macphail proved that having a seat at the table means using your voice for systemic change. That legacy is exactly what we are continuing right here in our committee work today!

Kim M.

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

— Angela Davis

News from Other Clubs

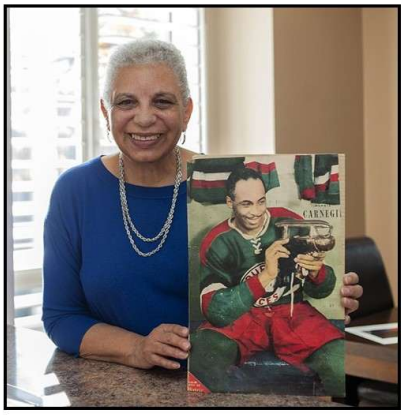
Oshawa CFUW invites us to their November general meeting on **Wednesday, November 11th**.
All guests are welcome.

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

November General Meeting

The Herb Carnegie Story

- lessons passed on from father to daughter -



Bernice Carnegie's father was a Black hockey player in the 1940's and 1950's. Herb's credo of *Future ACES* fostering responsible, respectful and caring behaviour by youth was adopted by hundreds of Ontario schools. Bernice's ongoing work promotes acceptance and inclusion.

Wednesday, November 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

Jone Webster, Publicity

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 November Book Club meeting will be held on **Thursday, November 26th**, hosted by Louise S. The book is ***Taipei Story,*** by R. F. Kuang. Please contact Louise 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. Contact Jane to be added to the email list.

Golf



We are winding up golf for this year, although we will continue to play for as long as the weather holds and the courses stay open. Regular golf will begin again in the spring. For more information, contact Cathy M.

Advocacy Group



We meet on the **first Wednesday of each month,** at **7 pm**. New members are welcome! The meeting will be online on Microsoft Teams. Contact Kim M. if you are interested in this group.

Craft Club



Craft Club is held on the **first Tuesday of the month**. Louise has been away so this month's meeting is cancelled. Watch for emails with updates on upcoming activities for this group.

Ladies Lunch Group

We meet the **3rd Thursday of each month**. This month's lunch is on **Thursday, November 19th** at **12 pm**. **Location TBD.** Please contact Catherine G. if you are planning on attending. All are welcome.

French Conversation Group



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

Garden Club



The Garden Club is a group for anyone interested in gardening and attending garden-related events. You don't have to be a gardener or have a garden! Our next event is a greenhouse tour at **Vandermeer's Nursery** on **Sunday, November 8th** at **2 pm**. If you are interested in attending, please purchase your own ticket in advance from their website. We will meet at the main building at Vandermeers.

All ideas for garden-related events and outings are welcome! If you're interested in joining this group, please contact Sandy.

Travel Group



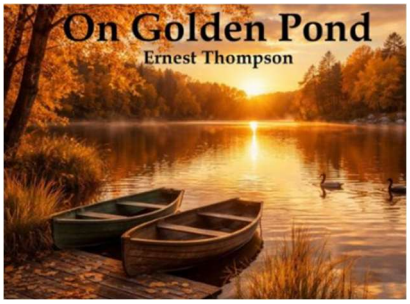
This group is for people who love to travel and share adventures with fellow club members. Trips to various locations are organized as a group event, based on the travel interests of club members. For more information, contact Kim G.

Games Group **New!*



Do you like board games and cards? This group might be for you! We hope to get this group up and running soon, hopefully by next month. If you're interested in joining, contact Sandy for more details.

Do you love the theatre? *Come to On Golden Pond!*



Linda L. and I have both recently joined the Board of Directors of the Brain Injury Association of Durham Region (BIAD), a wonderful organization supporting people living with brain injuries and their families.

BIAD has purchased a block of tickets for the final performance of *On Golden Pond* at Ajax Community Theatre on Saturday, November 28, at 2:00 p.m. This production is especially close to our hearts, with Linda directing and me looking after wardrobe!

We would love to have some of our CFUW ladies join us for an afternoon at the theatre while supporting BIAD. Tickets are $25 each. If you're interested, please let Linda or me know how many tickets you would like, and we'll put them aside for you. If you are interested in coming, we will ensure you are all seated together,

If that date doesn't work for you, tickets for other performances can be purchased online through the theatre @ ajaxtheatre.com.

Kim M. and Linda



Newsletter Deadline

Information for the December newsletter should be submitted by **Friday, November 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).

November 2026

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