

October 2026



Message from the President. . .

October celebrates the traditional Canadian Thanksgiving meals and Halloween. If you're this year's host for Thanksgiving, you'll be going through the rituals of cleaning and setting up the house for visitors. Then meal planning, shopping for turkey, ham, or other possible roasted meat along with side dishes of various vegetables. Stressful? Maybe, depends on your experience of hosting. Another element of the Thanksgiving weekend is the family gathering, with fun conversations with favourite aunts or uncles and avoiding that wacky relative that we try to hide or escape from at every chance. This is a relatively relaxed holiday celebration since it doesn't require extensive planning and pre-purchasing of gifts to be exchanged, other than possibly a dish to share at the main event, or wine.

Many folks make an effort to support local Food banks by shopping for additional food to deposit in bins at grocery stores, delivering food to food-bank locations, assisting in distribution of the food at those locations or serve at open kitchens.

October also has other rituals like apple picking, baking something with those apples or maybe pumpkin. Collecting pinecones and colourful leaves to decorate around the house or make a craft. Going for a drive in the countryside to leaf peep or photograph the changing colours or head to a farmer's market or White Feather Farms near Port Perry. You might have your fireplace on for the first time this season while reading a book or watching a football game or a scary movie.

I think that most of us are of an age that we remember running around our childhood neighbourhood with our friends or on our own, without parental supervision. Stashing bags and pillowcases with all sorts of treats. In our current neighbourhood, 25-30 years ago, we had over 100 kids come to the door. But now, those kids are all grown up and there are a lot of empty nesters in our 'hood. We haven't bothered to stock up on treats for the last couple of years since we had only 5-6 kids come around. Seems a bit sad in the current state of the world.

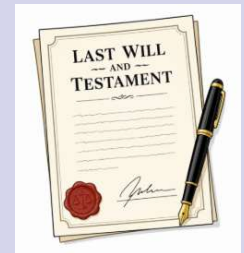
Anneli



Next General Meeting

**Thursday,
October 8th, 2026**

"Last Will and Testaments, Powers of Attorney"



Speaker:

Martin Franssen, Retired
Detective, Durham Regional
Police Service

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, October 24, 2026**, 10-12 pm, virtual event via Zoom

Theme: **"Leading Change through Legislation".**

Speakers: Peggy Sattler, MPP (London West), Christine King, lobbyist, and Ted Hsu, MPP (Kingston and the Islands)

Click here for more information and registration information: <https://cfuwontcouncil.org/events/>

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, September 10th, 2026

Anneli first acknowledged the land on which we meet and welcomed everyone.

Transitioning from the secretarial role, she introduced herself as the new president, her role, endeavors and expectations for the year. She introduced Claudette as the new secretary.

Several upcoming webinars that may be of interest are available. To register, visit the calendar page at the national website, <https://members.cfuw.org/calendar>. The list includes:

September 15 - Beyond Bill C-16: turning legislative reforms into survivor safety - discussing gender-based violence and why the reforms in this bill matter and mean for survivors.

September 22 - Online Gaming, Online Harm: Supportive Strategies for building resilience to help young people online understanding the digital spaces and harms they can cause.

September 29 - Meeting Youth Where They Are: engaging boys and young men in digital spaces to prevent gender-based violence.

She also highlighted discussions of interest from the last National AGM which she attended with past president, Louise S.

Anneli explained the secretary's role as one of making notes of what transpires during the meeting and providing a permanent record of same in the form of minutes, to be published in the monthly newsletter.

Members of the executive were invited to provide a synopsis of the service they provide in their respective roles, as follows:

Executive roles

Past President: Louise S. supports the new president.

Treasurer: Jane manages monies received from various sources into the organization. Financial status/statements are made accessible and available for viewing by members. Account balance is \$6,066; \$2,000 is budgeted for national AGM chapter attendance; the club meets the City of Pickering's criterion, of under 40 members, for a grant. The club applies for and receives the City's grant, which basically pays for the rental of our monthly meeting room.

Membership Chair/Program: Donna likes this role which she has held for a number of years. Service includes: recruiting new members, ensuring the required information is secured, keeping the membership list up to date, ensuring membership dues are met, and she plans the welcoming meet and greet for new members. There are currently 39 members. As part of this role, Donna also leads the program/selection of topics of interest for presentation each month and secures the guest speaker on each topic. The list of speakers for the entire year is shared with the group. Next month's topic explores the area of last will and testament and powers of attorney.

Advocacy: Kim M. sets the goals and plans for procedure and basis of selection for this year's social topics of advocacy, supported by the club. Interested members are invited to join the group, which is expected to meet monthly, virtually, on the Microsoft Teams platform instead of Zoom.

Scholarship Fund: Helen - Since 1988, female high school graduates have received scholarships from this chapter. Recently, a scholarship amount of \$500 was awarded to each of nine high school graduates. Thank you notes were received from five of the recipients. The selection process and criteria for selections were explained. As a registered charity, Helen ensures the club's responsibilities for issuing tax receipts and that the CRA standards/requirements are met.

Communications/Media: Janet - Generates interest in the chapter by publishing information about the club on social media Apps such as Facebook.

Newsletter/Website: Sandy – Our monthly newsletter editor/publisher also manages our website, including content and keeping it up to date. As a former career technology professional, Sandy has served in this role for more than 20 years. She compiles the newsletter, layout and content, including submissions received from members, to meet end of month publication deadlines. Ensures newsletters are accessible on our website -- current issue and approximately five back issues. Invites newsletter submissions and ideas to meet publication deadline.

(minutes, cont'd on page 4)

(minutes, cont'd from page 3)

Fundraising: Kim G. – Fundraising involves planning and executing activities that raise funds for the club. One hundred percent of the funds raised goes to the scholarship fund. Goal is to raise at least \$4,500 annually, the amount required to cover nine scholarships. Last year's successful activities, including Vandermeer Nursery initiative, a Trivia night event and a garage sale, met the \$4,500 goal covering all nine scholarships awarded. Except for the garage sale initiative and with the possible addition of an evening of Euchre card game event, a Spring Kentucky Derby event with a silent auction, similar fundraising activities are anticipated for this year.

Social: Catherine – Coordinates the provision of treats and refreshments for each general meeting. Involves inviting members to commit to providing either sweet or savory treats for a specific meeting date. Members' commitments are noted on a list circulated for this purpose. Ensures supply containers are provided to the member(s) responsible for the treats for each monthly meeting.

As social coordinator, on the third Thursday of each month, Catherine also convenes an informal lunch, at an area restaurant, chosen by interested members. All are welcome. To facilitate reservations, interested members are required to provide advance notification of their attendance, following the e-mailed broadcast of the selected venue for that month.

Presentation

As an expression of gratitude for her 3-year service as president, the club presented Louise S. with a bouquet of flowers. Jane made the presentation.

Break Conversational icebreaker questions preceded the snack/refreshment break in the meeting.

Interest Groups

- **Fundraising:** - Kim G. expects fundraising initiatives similar to last year. Plans include: a November 30th Euchre Night event, Vandermeer Nursery undertaking launch at the October meeting, trivia night on January 25, 2027 and Kentucky Derby event on May 1, 2027.
- **Cards:** - Cathy M. - Played online on Trickster platform; usually on Monday nights. Players meet/share virtually on Zoom.
- **Golf/Walk and Talk:** - Jane reports approximately eight members regularly golf together. Twice weekly play options are available at two golf courses. Weather permitting, play continues up to October/November.
 - Walk and Talk welcomes anyone who wants to show up for a weekly walk along the lake path. This happens on Wednesdays at approximately 10: 00 a.m. Jane continues her weekly e-mail broadcast detailing time and meeting place. Interested participants are encouraged to notify Jane in advance, as she ensures the walk will not start without them.
- **Craft Club:** - Louise S. advises that the club is expected to start in October and will include one in December. The group usually meets, for two hours, either on a Tuesday or Thursday, at her home. It's usually a fun time, Louise observes.
- **Conversational French Group:** - Gail spearheads this group. In her absence Louise S. reports that the group usually meets twice monthly, both virtually on Zoom and in-person. They tackle a variety of topics as part of their routine.
- **Book Club:** - Dale - The book club continues to meet, in person, once monthly. Some months are skipped. The club seeks volunteers who will commit to hosting a meeting in their home.
- **Travel Club:** - Kim G. - This informal group came together as an endeavour facilitated by member travel enthusiasts. Kim puts together travel opportunities for their consideration and will make them happen as per interest. A Seine River cruise from Paris to Normandy is planned for November 2027. In response to a member's query, Kim indicates there may be a couple of spots left.
- **Garden Club:** - Sandy - An informal group created by gardening enthusiasts, Sandy advises that the group has visited a couple of nurseries this past year. E-mail broadcasts provide information/events as necessary, as there is no set agenda. Sandy says they are looking for ideas.
- **Other interest group:** - Sandy advises that member interest has prompted consideration for the creation of an in-person, games group for board games and or Euchre and card games. This will likely be a once-a month event, in a volunteer host's home. An exploratory e-mail in this regard is expected to be circulated by Sandy.

(minutes, cont'd on page 5)

(minutes, cont'd from page 4)

Other Business

Catherine states plan for **new members tea** is to come. She recommends participating in interest group activities, as it is a good way for new members to get to know the club, outside of monthly meetings.

Two new members joined the club and were in attendance. Donna invited them to introduce themselves.

In response to member interest, Andrea intends to plan a **restorative yoga session and dining**, similar to last year. She intends to inform members as planning gets underway.

Spearheaded by Linda, a **Theatre production of "On Golden Pond"** scheduled to take place several dates in November, was announced at the meeting in Linda's absence. The venue is The Ajax Centre for the Arts (formerly St. Francis Centre for Community Arts and Culture).

It was noted that the club has had **ad hoc group** movie outings in the past.

The president welcomes **new interest group ideas**.

Report from Anneli re Recent CFUW Webinars

I listened to a couple of CFUW webinars last month.

The Bill C-15: Reforming Legislation to support survivors of domestic violence and gender abuse. Angela Marie MacDougall, a Speaker, Trainer + Workshop Facilitator at Battered Women Support Services, said that this Bill will create an opportunity to move the law closer to the way survivors experience intimate partner violence. Law enforcement did look at Gender-based Violence offences by the singular incident, visible injury, individual acts and conflict framing, whereas the new Bill will require law enforcement to seek patterns over time, their cumulative impact, psychological and non-physical harm such as domination, entrapment and deprivation of liberty. This Bill includes technology-facilitated violence where the image may be fake (Deepfakes) but the intention of coercion and threatening violence, control or punishment are apparent.

The *Online Gaming, Online Harm* webinar discussed a Christchurch (New Zealand) Call Foundations' Catalyst project created in the aftermath of the mass shooting they experienced in 2019 when a white supremacist gunned down 50+ people in a mosque. They have combined the specialties of terrorism and violent extremism, and gender-based violence into a course for anyone interested in online extremism or dealing with intimate partner violence. This program is currently being offered by Western University as their Neighbours, Friends & Families training.

Anneli

This Month's Meeting



Speaker: Martin Franssen, retired Detective, Durham Regional Police Service

Our speaker this month is a Retired Detective with Durham Regional Police Service. Martin Franssen will be highlighting a number of concerns, as law enforcement, that he has seen over his 12-year experience dealing with Wills and Powers of Attorney. Learn why everyone, aged 18 years and older, should have all documentation with reference to Wills and Powers of Attorney. This session promises to protect your interests while supporting your well-being.

What's New at CFUW Ajax-Pickering



September Meeting

This month was our “meet and greet” meeting – time to renew old friendships and meet new members, while catching up on club business. A big thanks, and a bouquet of flowers presented by Jane, was given to honour Louise S, our hard-working past president.



Photos courtesy of Kim G.



September Walk and Talk

This month, our Walk and Talk Interest Group was lucky enough to catch the start of the migration of the monarch butterflies. Quite by chance, attendees on this walk came across bushes full of butterflies ready to head south.

You can enjoy fresh air, get some exercise and discover amazing sights such as this by joining the Walk and Talk group on Wednesday mornings.

Photo courtesy of Jane

September Book Club

Book club had a successful kickoff this month with a large number of members attending. The book was *"The Correspondent"*, by Virginia Evans. Many interesting conversations and discussions were sparked by questions led by Kim G., who hosted this month's meeting. Next month's book is *KIN*, by Tayari Jones.



Photo courtesy of Kim G

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.

Vandermeer Holiday Campaign Fundraiser

Vandermeer Fundraiser



Help Support Our Scholarship Program

A variety of products and gift cards can be purchased through our fundraiser at no additional cost. This program can be easily shared with family and friends to increase our sales totals. For program details please contact Kim Gervais at kimgervais1@gmail.com. **Orders are due by November 2.**

This is a wonderful program where we offer members the opportunity to purchase vouchers for holiday plants and gift cards from a local nursery in Ajax. A percentage of our sales is collected, and 100% of those proceeds are put towards the scholarship fund.

Order forms and full details will be distributed at the October meeting so vouchers can be received by mid-November in plenty of time before the holidays. Plants can be picked up whenever convenient for you. If you're unable to attend the October meeting to get a form, you can still participate. Contact Kim G. for an order form and information on how to order.

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. Ticket details will be communicated soon.

NOTE: I am also looking for help with card tables and chairs - if you have any we can borrow for the evening, please let me 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.

News from Other Clubs

Oshawa CFUW invites us to their October general meeting on Wednesday, October 14th. All guests are welcome.



October General Meeting **Durham Greener Homes**



Learn practical ways to improve home comfort, reduce energy costs, and make your home more energy efficient and weather-ready. Discover free home energy coaching, cash-back rebates, financing options, and other support available for eligible home upgrades.

Wednesday, October 14, 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>



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 October Book Club meeting will be held on **Thursday, October 22nd**, hosted by Catherine G. The book is ***KIN***, by Tayari Jones. 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

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**. New members are welcome! The first meeting will be on **Wednesday, October 7th**. 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**. This month's meeting is on **Tuesday, October 6th**, at Louise S's house. Please contact Louise if you are interested in attending. This month we will be making sweater pumpkins. Everyone needs to bring their own sweaters to use for the pumpkins depending on what colour you want to make. If they don't have one at home, they can thrift one from a thrift store. Here's a link to what we will be making:
https://www.youtube.com/watch?v=iTrKh_1bOXc



Ladies Lunch Group

We meet the **3rd Thursday of each month**. This month's lunch is on **Thursday, October 15th at 12 pm.** at **Sauter's Inn**, 109 Old Kingston Road, Ajax (Courtyard complex). 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 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 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.



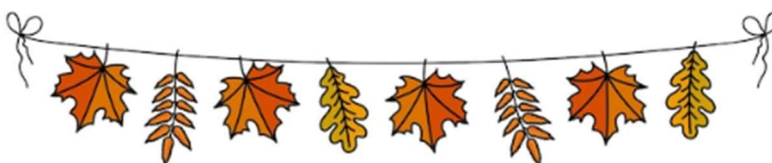
Games Group ***New!**

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.



It's Fall! Looking for something to do? Here are a few ideas for autumn fun:

- Hiking and nature walks, horseback riding or biking, fall photography
- Apple picking and pumpkin patches
- Scenic drives and train rides
- Sip on hot apple cider, pumpkin spice lattes, or hot chocolate under the crisp fall sky
- Make pumpkin pies, caramel apples, or other fall-inspired recipes at home
- Wine and cider tastings
- Harvest festivals
- Carve pumpkins, make leaf collages, or decorate your home with autumn scents and colors
- Sit by a fire, roast marshmallows, or enjoy a cozy evening with friends
- Host a Hallowe'en costume party, visit haunted houses, or have a movie marathon with friends



Newsletter Deadline

Information for the November newsletter should be submitted by **Friday, October 30th, 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).

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Golf	3
4	5 Cards	6 Golf/ Craft Club	7 Walk & Talk/ Advocacy Mtg	8 Club Meeting	9 Golf	10
11	12 Cards	13 Golf	14 Walk & Talk	15 Ladies Lunch Group	16 Golf	17
18	19 Cards	20 Golf	21 Walk & Talk	22 Book Club	23 Golf	24
25	26 Cards	27 Golf	28 Walk & Talk	29	30 Golf Newsletter Deadline	31