

This Issue

January's Guest Speaker: **Bella Lam** Jane Goodall Institute of Canada

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Bella has worked in the NGO sector in sustainable development and international cooperation for over twenty years, amplifying voices of local partners in Sub-Saharan, South Asia, and Latin America.

She joined the Jane Goodall Institute of Canada in 2016 working with the Programs team in community-centred conservation through the lens of gender and climate justice. In June 2022, Bella was appointed as the CEO to lead the Institute in forging a strategic path to address the three crises we face in our world today: climate change, biodiversity loss and environmental inequity.

Her background in sustainable development is centred on the understanding that all aspects of the ecosystem: people, wildlife and the environment, are deeply interconnected. Bella is also the Vice-President of the Ontario Council of International Cooperation Board of Directors, supporting civil society organizations based in the province. She is a strong advocate of working in a multi-stakeholder environment and leveraging collaborative partnerships to scale up impact.

"If you want to go fast, go alone; if you want to go far, go together".



From our Leadership Team

As we come into this season of traditions, our thoughts go to family, festivities, lights and resolutions. One of the CFUW Oakville traditions is to celebrate at our Holiday Dinner. This year's dinner is no exception as the planning is in its final stages. At this dinner, we celebrate our accomplishments from the first half of the year, enjoy wonderful friendships and get to know our new members; welcoming them to the organizations and the friendships. We also enjoy fabulous entertainment and food.

This time of year, also brings thoughts of peace on earth, goodwill to man. It is a difficult time to be separated from family or in stressful situations. Many people in our communities are experiencing trying circumstances, whether it be hunger, homelessness, food insecurities, mental health issues or other stressful situations.

Since our Club founding in 1949, CFUW Oakville has worked to improve the lives of woman and to support the community. We have worked through our Advocacy teams to improve the status of women, to promote human rights, public education, social justice, and peace. We have accomplished so much more as a local CFUW and as a member of our CFUW Ontario and National group than we could ever have accomplished as individuals. CFUW encourages us and supports us to use our individual and collective expertise to bring about change.

Our Holiday dinner affords us an opportunity to collectively embrace our spirit of community through our donations. This year we are supporting the Children's Aid Foundation of Halton, to help make Holiday Dreams come true for vulnerable youth receiving services through the Halton Children's Aid Society (Halton CAS Society) where we hope to brighten the holiday season for these youths. We are also continuing our traditional 50/50 draw to support our Scholarship Fund.

For each of us, this holiday season, let us find a way to bring some light into another's life and do what we able to do. Give of your time, your support and friendship, it does make a difference. Collectively, we will continue our 75 year tradition of making a difference, of accomplishing more than we think we can, changing our community for the better and being the women that we have aspired to be.

May each of you and your families enjoy a season full of joy, hope and love.

From our family to yours, Happy Holidays and Happy New Year.

Deborah May, Marlene Bristol, Kyoko Kobayashi



If you will be attending the **Holiday Dinner** please remember to bring

***cash for the 50/50 draw** in support of the Scholarship Fund

***and a gift card** suitable for a teenager as we are supporting the Halton Children's Aid Society this season.

Doors will open at 6 pm. Thank you. We'll see you there!

Cheers from the Holiday Committee



We would like to thank the following for their donations for **door prizes** for our Holiday dinner.

- *2 wine baskets from the Hikers groups
- *Monastery gift basket
- *Classic Bowl
- *Abbeywood Spa
- *Easy on Fourth
- *Fortelli - 339 Lakeshore Rd. East
- *Signed Book - Seeking Social Democracy by Edward Broadbent
- *Burloak Indoor Golf

Cookbook Thank you

Make Bake Celebrate



75th Anniversary Cookbook
CFUW Oakville

In the summer of 2020, Pat Hillmer came up with the idea that the Awards Committee should organize a cookbook as a fundraiser for scholarships. She reached out to Sue Stephens, the chair of the Scholarship Committee, who enthusiastically offered her help. With Carolyn Collings Merk, at that time the vice chair of Scholarship, they formed the steering committee. They decided that the cookbook would be completed in time for CFUW Oakville's 75th anniversary.

CFUW members were asked to contribute their favourite recipes. Once the recipes started to come in, it was realized quickly that more help was required to edit the recipes in a standard format and then to proofread them and check again for accuracy. And magically, (with a great deal of work) the *Make Bake Celebrate* 75th Anniversary Cookbook for CFUW Oakville was completed!

Our sincere thanks go to Pat Hillmer, Sue Stephens, Carolyn Collings-Merk, Sally Davis, Val Irvine, Helen Litton, Melany Smith and Laura Temple-Smith for all their hard work. Also thank you to the many CFUW Oakville members who contributed recipes. All profits will go to building a strong, self-supporting scholarship fund to support scholarships for post-secondary education for young women in Oakville.



Photo by Raine Greenwood

Online Webinar

SMALL HOMES

BIG CHANGE

BRINGING THE GREEN HOUSE MODEL TO CANADA

Green House principles and practical strategies will be presented to long-term care advocates, staff, and family councils to encourage the development of Green House homes and person-directed living practices in Canada.

Online on Zoom.
Registration is free.



Wednesday December 6, 2023
12:00 PM - 1:00 PM



Alex Spanko

Director of Communications and
Marketing at the Center for Innovation:
The Green House Project + Pioneer
Network



Free Webinar Presented by Family Councils Ontario & CARP Ottawa

Alex Spanko will talk about Green House principles and practical strategies to encourage the development of Green House homes and person-directed living practices in Canada.

The Big Change website is [here](#).

Register for the seminar [here](#).

Visit us online to register, spaces are limited.

www.fco.ngo/events/19169/greenhouse-model-webinar

Interest Group Activities

Happy Hikers 1 after climbing through the 'Hole in the Wall' at Limehouse, November 14th 2023.

Submitted by Heather Gates-Warner



Social Eves Table
Decoration Workshop at
Terra Nursery

Submitted by Donna
Kraaijeveld

Interest Group Activities



Mah Jong - Do you like to play? Would you like to play on a regular basis? If so, contact Susan Walkinshaw. She needs 3 others to start up this group.

Hikers I outing on November 28 at Scottsdale Farm. It was cold (-5) and as you can see, there was snow on the ground, but it was a beautiful day for a hike.

Thank you Lyndsey for leading this hike.

Photos by Kyoko Kobayashi



Social Eves, organized by Gloria Tomlinson, sponsored a very needy family, a single mother and 15 month old son, for Christmas.

We collected enough money to buy everything on their wish list plus gift certificates from Winners and Walmart for clothes and groceries. They will now have a very merry Christmas.

Thanks to the shoppers: Susan Stavin, Erika Simon and Jeanne Crockatt.



Interest Group Activities for December 2023 and January 2024

New and returning members who would like to join one of these groups are encouraged to use the [Contact Us](#) link to let the Interest Group Co-chairs know. They will try to accommodate your wishes.

Book Discussion and Exchange Clubs, morning or evening. Members of these book clubs choose books to read and discuss each month. 'Playing With Ideas' members read one short selection each month from an anthology.

Name		Convenor	Date and Time
Bookbeat AM	II	Sheila Aldoroty	1st Wednesday @ 10:00 am <i>Dec: Hamnet and Judith</i> , O'Farrell <i>Jan: The Sleeping Porter</i> , Mayr
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am <i>Jan: Bloomsbury Girls</i> , N Jenner
BookBeat PM	I	Charlotte Jeneway	Last Thursday @ 7:30 pm <i>Jan: Yellowface</i> , Kuang
	II	Mary Wood	1st Wednesday @ 7:00 pm <i>Dec: Being Seen</i> , Elsa Sjunneson <i>Jan: Looking for Jane</i> , Heather Marshall
	III	Helen Litton	1st Tuesday @ 7:30 pm <i>Dec: Recipe for the Perfect Wife</i> , Brown <i>Jan: Lessons in Chemistry</i> , Garmus
Crime & Caffeine	I	Jane Heakes	Last Monday @ 1:30 pm <i>Dec: The Violin Conspiracy</i> , B Slocumb <i>Jan: The Zig Zag Girl</i> , Elly Griffiths
	II	Carolyn Collings Merk	4th Monday @ 1:30 pm <i>Jan: Everyone in my Family has Killed Someone</i> , B Stevenson
	III	Susan Walkinshaw	2nd Monday @ 1:30 pm <i>Dec: The Lock Up</i> , J Banville <i>Jan: The Art Thief</i> , M Finkel
West End Book Exchange		Sue Stephens	Books are chosen in September for the year
We the North Book Exchange		Joan Dunn	Books are chosen in September for the year, for example: <i>Tom Lake</i> , Ann Patchett <i>Secret Life of Sunflowers</i> , Marta Molnar
Literary Ladies		Pam Schwartz	1st Thursday @ 10:00 am <i>Dec: Ducks: Two Years in the Oil Sands</i> , K Beaton <i>Jan: The Violin Conspiracy</i> , B Slocumb
Playing with Ideas		Dodie Layton	4th Thursday @ 9:30 am <i>Great Conversations– Vol 6</i>

Bridge, Scrabble and other Board games: Friendly social groups to test one's skill and enjoy different scenarios.

Name	Convenor	Date and Time
Marathon Bridge	Margaret Pospisil	Once or twice a month
Word Power through Scrabble	Phyllis Kingsley	2nd Tuesday @ 1:00 pm

Cinemas: At the Movies: Couples movie night / dinner

Name	Convenor	Date and Time
Couples Movie Night	Leanne Siracusa	TBD

Exploring Ideas Together: Issues to Advocacy presents an opportunity to educate ourselves on current issues and explore ideas together. Aging Collaboratively members want to discover the possibilities to create a better journey later in life; Beyond Bloomsbury members meet once a month to listen to speakers and discuss topics of interest such as health, politics, education, art and literature.

Name		Convenor	Date and Time
Advocacy Committee (Issues to Advocacy)		Chair - Janice May	2nd Wednesday @ 7:00 pm
Aging Collaboratively		Janice May	Wednesday
Beyond Bloomsbury	I	Linda Humphrey	4th Tuesday @ 7:00 pm
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm

Exploring the Arts Together: Creativity through Painting and Drawing conducts online painting classes with guidance from an artist using acrylics on canvas to create personal masterpieces for pleasure, skill building and camaraderie.

Name	Convenor	Date and Time
Creativity through Painting and Drawing	Leanne Siracusa	Monday, 10:00 am dates to be determined

Celebrating Good Food and Conversation: Gourmet groups meet monthly to share fine food, menus, recipes and good company; Ladies@Lunch is a fun group that meets monthly for lunch and socializing; Foodie World Adventures members enjoy cooking, baking and experimenting with unusual ingredients from around the world. Social Eves focuses on exploring a wide variety of interests and topics while providing an opportunity to socialize, network and have lots of fun.

Name		Convenor	Date and Time
Gourmet	I	Alison Gemmell	4th Wednesday @ 6:30 pm. Zoom when necessary
	II	Joan Dunn	2nd Thursday @ 6:45 pm
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm.
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12 noon.
Social Eves		Marla Newton	4th Wednesday @ 7:00 pm
Foodie World Adventures		Eva Baxter	3rd Wednesday
Bakers Club		Hilary Vavasour	3rd Tuesday @ 2:00 pm
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday - 10:00 am to noon Zoom
The Singles Network		Dianne Murphy	Dates and times of events are determined by participants

Meditation and Mindfulness Evening Meditation enjoys the relaxation of a guided meditation followed by a group discussion. Mindfulness and Meditation explores through readings, discussions and practice and Psychology / Spirituality explores the human soul in a cheerful and friendly atmosphere. Research is shared. and discussed.

Name		Convenor	Date and Time
Evening Meditation		Leanne Siracusa	2nd Tuesday @ 8:00 pm Zoom
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 am
	II	Chris Connell	1st Thursday @ 1:30 pm Zoom
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am

Technology: Members listen to several podcasts on a chosen topic and chat about the ideas discussed there.

Name	Convenor	Date and Time
Podcasts and Chat	Lynda Sturgeoff	First Tuesday @ 2:00 pm Podcasts about Time

Physical Activity: Dragon Boating, Golf, and Happy Hikers are opportunities for members to participate in the activities they enjoy, in the company of friends and other members; Walking with Friends chooses flat paved routes.

Name		Convenor	Date and Time
Dragon Boating		Donna Kraaijeveld Susan Stavin	Wednesday practices - May/June Burloak Canoe Club.
Golf		Katherine Beaudry	Tuesday and Thursday @ arranged times May – Early Sept
Happy Hikers	I	Heather Gates-Warner Lynda Sturgeoff	Tuesday am weather permitting Sept to June
	II	Sue McArthur Heather McKinley	Wednesday am bi weekly weather permitting - Sept to June
Pickleball		Katherine Beaudry Tania Tani	Wednesday/Thursday @ 2:00 pm
Walking with Friends		Deborah May	Mondays @ 9:15 am

UPDATES FROM OUR SISTER ORGANIZATIONS



The latest CFUW Ontario Council Newsletter can be accessed [here](#).

Read about the Speakers Series [here](#). The next meeting will take place on February 24, 2024 via Zoom.

All CFUW members are welcome to attend.



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

Click on the date to read a recent Newsletter from **CFUW National**.
[November 3](#), [November 10](#), [November 17](#), [November 24](#).

THE JEAN MALCOLM SMITH AWARD

Joscelyn Wilson

The Jean Malcolm Smith Award honors Jean Malcolm Smith, a past President of CFUW Oakville, who was well-known for her contribution to the community. The ideal candidate will have demonstrated leadership skills and have outstanding school and/or community service.



High School:

Thomas A. Blakelock High School

Extra curricular Activities:

Weekly Piano lessons and practice.

Volunteering:

Oakville Horticultural Society Junior Gardening; Arthouse Halton; The Salvation Army

Work Experience:

Futures Gymnastics Coach; Biweekly house cleaning; Babysitting.

Post Secondary:

University of Toronto

Throughout high school Joscelyn Wilson's academic average demonstrated an exceptional ability in Mathematics and Sciences. She applied the diligence, hard work and collaborative spirit that permitted her to excel academically, to volunteering.

In her role with the OHS Junior Garden Program Jocelyn learned how to start a garden from scratch, where and when to plant and how to care for the food they have planted. She took these skills further to organize and plan Community beds, took the initiative to organize volunteers to weed, water and harvest these community beds, and to engage families in growing their own food. All families who participated in Jocelyn's initiative were able to harvest their own radishes, lettuce, cabbage, herbs, onions and more. In addition to helping others to learn to grow their own food, she was a role model for the youth in each family.

Jocelyn worked as a recreational gymnastics coach throughout high school and spent 4 hours biweekly working as a housecleaner. In the manner of a true leader, Jocelyn was not deterred by hardship. She worked not only for herself, but also to contribute to the finances of her family. Jocelyn also volunteered for Arthouse Halton. She plays the piano and volunteered for The Salvation Army at Christmas time.

Jocelyn has been admitted to a Chemical and Physical Sciences Program at the University of Toronto.

**CFUW Oakville is extremely proud to present Joscelyn Wilson with the
Jeane Malcolm Smith Award.**

CFUW Oakville is fortunate to have the support of several local businesses who pay for advertising in each newsletter and our Directory.

Please read their ads and think of them when you need a service that they could provide.

Contacting them is easy Just click on any card.



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CFUW Oakville 2023-24 Event Calendar



Event	Location	Date	Time
16 Days of Activism Against Gender-based Violence See website here		Nov 25 til Dec 10	
Membership Holiday Dinner Meeting	Oakville Convention Centre	Dec 4, 2023	6:00 pm
Human Rights Day See website here		Dec 10, 2023	
CFUW Oakville Board meeting		Jan 9, 2024	
CFUW Oakville General Meeting Representative from the Jane Goodall Institute	Zoom	Jan 16, 2024	7:00 pm
CFUW Oakville Board meeting		Feb 5, 2024	
CFUW Oakville General Meeting Working in Bosnia with the UN	Zoom	Feb 19, 2024	7:00 pm
CFUW Oakville Board meeting		Mar 4, 2024	
CFUW Oakville General Meeting Purposeful Aging	Trafalgar Park Community Centre	Mar 18, 2024	7:00 pm
CFUW Oakville Board meeting		Apr 1, 2024	
CFUW Oakville General Meeting Beekeeping	Trafalgar Park Community Centre	Apr 15, 2024	7:00 pm
Membership May Dinner		May 6, 2024	6:00 pm

IN TOUCH is published for members and prospective members of CFUW Oakville, eight times a year. Deadline for submission is the Wednesday after the General Meeting (held on the third Monday of the month). All submissions should be directed to the Editor at editor@cfuwoakville.ca. Advertising and hard copy distribution of the newsletter are co-ordinated by editor@cfuwoakville.ca. Please contact us for rates or to purchase advertising space.

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