

## This Issue

## November's Guest Speaker: **Tim Burrows** Should Your Next Car be Electric?

Articles	Page
November's Speaker	1
Leadership Message	2
Ontario Council CFUW National	3
Financial Statement	4-5
Gender Based Violence	5
Holiday Dinner	6
Advancement of Women Halton	7
Reminders about Scams	8
Interest Groups	9-14
This Month's Scholar Ramisha Rashad	15
Business Supporters	16
Event Calendar	17

Tim is a retired Vice President of Forty Creek Distillery and a graduate of the University of Toronto where he earned an honours degree in psychology.

Tim has owned and driven battery-electric cars for the past 10 years and has logged over 300,000 kilometres without the need for gasoline or diesel fuel. He now enjoys sharing his EV experience with others and breaks down many myths and misconceptions about electric vehicle ownership.

His talk is entitled "Should Your Next Car be Electric?" and in it, he explains why we've reached a 'tipping point' where electric cars are replacing those powered by gasoline.

Tim also touches on the state of self driving technology and what autonomous cars could mean for the future. Tim is a board member of the Electric Vehicle Society, a non-profit organization which works to promote the understanding and adoption of electric mobility in Canada. In his role there, he produces a monthly webinar called "Canada Talks Electric Cars".



We are looking forward to meeting with you on Monday, November 20th, either in person at Trafalgar Park Community Centre or via Zoom.

The meeting will begin at 7 pm.

## From our Leadership Team

Our theme for this year is '**Reconnecting, Redefining and Refreshing**'. Since September, and as we look ahead, this has certainly been playing itself out.

We are all **reconnecting** as we gather at our monthly General Meetings whether in person or online. Judging by the level of activity and chatter at our meetings, there is a lot of reconnecting happening! Our Interest Groups are also in full swing with members reconnecting and enjoying many different activities. There is such a variety of groups with opportunities to engage in conversation, camaraderie and share common interests. It's so nice to see so many members actively participating in these.

Every year brings new challenges and opportunities directed at improving and **redefining**. At our club level, we continue to do this. Some new Interest Groups have been added to cater to members' interests. Thanks go to the leaders who have stepped up to form these groups adding to the diversity of the activities offered by our club. The Advocacy Group have been working hard on redefining how this group will operate going forward and what topics they will focus on. Advocacy remains an important pillar of our club and this group is not pausing on their passion or commitment to continue their work, just looking to focus on the most important issues where they can make meaningful progress.

At the National level, CFUW has launched a program on **refreshing** our brand. Our former tagline 'The Power of Women Working Together' has been replaced with 'Realizing Potential. For all Women. Le pouvoir par le savoir.' The second part in French is 'Power through knowledge.' This new refreshed tagline reflects the spirit and energy of CFUW, supports our foundation in lifelong learning and advocacy and is inclusive of all women. While this reflects our outward intent and action, let's not forget that this will be achieved through the Power of Women Working Together. At our local club level, we are delighted to have welcomed a number of new members. We hope you have been able to connect with others and be welcomed into many of the activities of our club.

Looking ahead, we anticipate seeing you at our November General Meeting and our upcoming Holiday Dinner on December 4<sup>th</sup>. In the meantime, let's all continue to reconnect, redefine and refresh as we go about our daily activities.

**Deborah May, Marlene Bristol, Kyoko Kobayashi**

## UPDATES FROM OUR SISTER ORGANIZATIONS



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

Read about the Speakers Series [here](#). The next meetings will take place on November 25 and February 24.

All CFUW members are welcome to attend.



Click on the date to read a recent Newsletter from **CFUW National**.  
[October 6](#), [October 20](#) and [October 27](#).

# Financial Statement

The Financial Statement for the year 2022-2023 is published here for the information of all members. The document has been reviewed externally and is considered to represent fairly the financial position of the club as of May 31, 2023. Members who have questions or comments should contact the Treasurer, Jane Heakes.

## Financial Statement 2022-2023

### Members

214

208

202

	Budget 12	Actuals 12	Proposed
	months to May	months to May	Budget 12
	31, 2023	31, 2023	months to May
2022-2023 Income Statement			31, 2024

### INCOME

Membership Fees less scholarship donation	\$ 25,547.50	\$ 25,772.50	\$ 20,396.00
Included scholarship donation	\$ 3,105.00	\$ 3,135.00	\$ 4,975.00
Additional Scholarship Donation	\$ 4,761.00	\$ 5,543.50	\$ 4,500.00
Scholarship Donations external		\$ 20.00	
Advertising	\$ 700.00	\$ 850.00	\$ 750.00
Interest	\$ 35.00		
Other Income Miscellaneous	\$ 60.00	\$ 144.00	\$ 60.00
Ticketed Events (Dec )		\$ 6,055.00	
Ticketed Events ( May)		\$ 6,250.00	
<b>TOTAL INCOME</b>	<b>\$ 34,208.50</b>	<b>\$ 47,770.00</b>	<b>30,681.00</b>

(included \$2655 from 2020)

### EXPENSES

CFUW National Fees	\$ 11,110.00	\$ 11,110.00	\$ 10,725.00
CFUW Ontario Council Fees	\$ 1,271.50	\$ 1,281.75	\$ 1,240.50
Charitable Trust	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Delegates Ont	\$ 350.00		\$ 350.00
Delegates National	\$ 600.00		\$ 600.00
Communications (website, rack cards, annual report, newsletter, etc.)	\$ 850.00	\$ 643.47	\$ 850.00
Project to support women and girls	\$ 4,000.00		
Hospitality (meetings, receptions Executive and new members)	\$ 600.00		\$ 600.00
Other Operating Expenses (Systems, Records Mgt. etc)	\$ 2,400.00	\$ 2,086.09	\$ 2,400.00
Interest groups	\$ 100.00		\$ 100.00
Awards / Scholarship	\$ 7,866.00	\$ 9,211.50	\$ 9,475.00
Programme	\$ 3,000.00	\$ 2,400.00	\$ 3,000.00
Resolutions / Advocacy	\$ 100.00		\$ 100.00
Ticketed Events (Dec )		\$ 5,914.01	
Ticketed Events ( May)		\$ 6,267.17	
Venue Rental - Room & AV	\$ 1,884.25	\$ 1,263.50	\$ 1,500.00
Venue Rental - Hospitality	\$ 550.00	\$ 88.56	\$ 400.00
Bank Fees	\$ 60.00	\$ 135.29	\$ 150.00
<b>TOTAL EXPENSES</b>	<b>\$ 35,741.75</b>	<b>\$ 41,401.34</b>	<b>\$ 32,490.50</b>
<b>Income in Excess of Expenses</b>	<b>-\$ 1,533.25</b>	<b>\$ 6,368.66</b>	<b>-\$ 1,809.50</b>

Continued on page 4

BALANCE SHEET			
TD Bank - Chequing account		\$ 31,104.32	
TD Bank - GIC/ Term Deposit		\$ 10,746.82	
Assets		41,851.14	
Accounts Payable			
Special project re women and girls			
2020-2021		\$ 4,666.00	
2021-2022		\$ 4,326.00	
2022-2023		\$ 4,242.00	
Reserve		\$ 28,617.14	



### CFUW-Oakville 75th Anniversary Cookbook.

Looking for a good birthday, holiday or hostess gift? Look no further than the CFUW Anniversary Cookbook. The book is available now and we would like to thank everyone who has already purchased a copy. The books will be available for pick-up and purchase at the November 20th general meeting and at the Dec. 4th Holiday Dinner.

If you need a book sooner you can send an email to [cookbook@cfuwoakville.ca](mailto:cookbook@cfuwoakville.ca)

Remember 100% of the profits from the sale of the books go to the Scholarship Fund which provides awards to young Oakville women to assist them with the cost of post secondary education.

**Sue Stephens**



From the Joshua Creek Newsletter:

It is our pleasure to share the news that **Sybil Rampen**, long time CFUW Oakville member, has been honoured with the **2023 Arts for Mental Health Award** by the Mississauga Arts Council!

This award is a testament to Sybil's outstanding contributions to arts and wellness.

Through programs such as Art From The Heart and her efforts with Community Living Oakville, Sybil has helped people discover their inner artist and create a community based on love, acceptance, and creativity.

**Gender Based Violence (GBV)** is a pervasive and deep-rooted issue that effects individuals and communities worldwide.

The U.N Declaration on the elimination of Violence Against Women defines it as “any act of GBV that results in physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion, or obvious deprivation of liberty, whether occurring in public or private life.”

According to Statistics Canada (2018 data) 44% of Canadian women aged fifteen and over reported some form of psychological, physical, or sexual abuse in the context of an intimate relationship in their lifetime.

On November 9, 2022, the Honourable Marci Ien, Minister for Women and Gender Equality and Youth, announced a National 10-year action plan to end GBV in cooperation with the provinces and territories.

Ontario has chosen not to declare GBV an epidemic despite a 2022 coroners’ inquest into the 2015 murder of three women recommending the province do so. However, many Ontario Municipalities have opted to declare it an epidemic including Halton (July 14, 2023) and Oakville (October 2023).

Survivors of GBV face many challenges including, stigma and shame, legal challenges such as navigating a complex legal system, and lack of awareness of available support services.



### **What can you do: A Call to Action!**

- Acknowledge the problem. Society tends to minimize attitudes and behaviours that contribute to GBV.
- Raise awareness of the upcoming 16 Days of Action to End GBV November 16 to December 10 including the International Day for the Elimination of Violence against Women November 25.
- Register for and attend the Ontario Council Speakers Series on November 25<sup>th</sup> “Intimate Partner Violence”. Information [here](#). Register [here](#).
- Support (volunteer or donate) our community organizations that provide critical services to victims. e.g., Sexual Abuse Violence Intervention Society – SAVIS, and Halton Women’s Place.

**Together we can help create A SAFER MORE EQUITABLE SOCIETY.**

Sources:

Government of Canada website Women and Gender Equality Canada

Inside Halton.com Oct. 16, 2023

CBC News July 9, 2023

UN Declaration on the Elimination of Violence Against Women, Article 1

**Bonnie Jensen, Advocacy Committee**





## CFUW Oakville Holiday Dinner Monday December 4, 2023



A time to connect with fellow CFUW  
members and toast the season!



### Newly arrived from the Ukraine - Two Families Band

Professional musicians with  
extensive experience and a  
repertoire of music in different  
languages and styles: jazz,  
blues, folk, and rock and roll.  
Musical instruments: guitar,  
flute, domra, harmonica, two  
vocals and double bass.

**Monday, December 4, 2023**

**Cash Bar:** 6 p.m.

**Dinner:** 7 p.m.

**Oakville Conference Centre**

2515 Wyecroft Rd

**Tickets:** \$70 - 3 course meal, musical  
entertainment and door prizes

You can organize your own tables - **8 members per table.**

Pay for tickets via e-transfer to [fees@cfuwoakville.ca](mailto:fees@cfuwoakville.ca) OR by cheque mailed to:  
CFUW – Oakville, P.O. Box 30048, 478 Dundas St. W. Oakville, ON, L6H 6Y3

**Bring cash for our traditional 50-50 Draw Scholarship Fundraiser!**

For more information:

Contact your Interest Group Convenor OR  
Katherine Beaudry

**Help! Our treasurer, though talented, is NOT A MIND-READER!**

When you submit an e-transfer from an email address that does not clearly identify your own name, how can she tell who gets the dinner ticket? Please include a note in the space provided with the e-transfer.

**Advancement of Women Halton (AWH)** is a collaborative of 20 organizations in Halton who advocate for Women and Children. CFUW Oakville has been a member for many years. The organizations represent cultural groups, social agencies, educational groups and environmental groups. Because of the diverse interest of the AWH membership, advocacy work has focused on a few topics. The research committees for 2022-23 were Health, Income Security, Education and Childcare, and Democracy. As an organization, our influential impact on decision makers is enhanced if we specialize.



Last year 2022-23 was very active. We:

- a. wrote eight letters to politicians re LTC, Canada Disability Act, sexual assault, Child Care Act;
- b. signed on to support two organizations' letters re the Greenbelt and EI reform; wrote three briefs regarding the Ontario Government Budget, Early Learning and Childcare and the Halton Region Strategic Business Plan;
- c. met with five politicians;
- d. contributed to an August article *Halton Non-Profits Struggling Without Sustained Funding* published in the Metroland papers;
- e. had eight speakers at the AWH general meetings;
- f. supported many events sponsored by AWH members

AWH is a collaborative of energetic, goal orientated, insightful women.

Please read the **AWH newsletter**, edited by Tina Agrell [here](#).

**Anne Douglas**

**AWH Chair**



You're invited to the Joshua Creek Heritage Art Centre Holiday Handmade Market taking place Saturday, November 18th from 10:00AM-4:00PM!

Get your Christmas shopping done by supporting local artisans!

**\$2.00 admission fee   Free and accessible parking**

Submitted by **Sybil Rampen**

## Meals on Wheels - volunteers urgently needed!



Looking for a great way to give back to your community? Consider volunteering at Oakville Meals on Wheels. This organization has been a staple of the community for 47 years, and today services over 100 people each week who need a hot, nutritious meal. The demand has increased since the onset of the pandemic, and they are always in need of drivers, whether you can take a regular weekly route or deliver from time-to-time. Meals are delivered through the lunch hour from Monday to Friday between 11am-1pm.

If you are interested, email [info@oakvillemealsonwheels.com](mailto:info@oakvillemealsonwheels.com) or call 905-842-1411.

Presently, Gloria Tomlinson and Joyce See, along with their husbands, are volunteers. Contact them if you would like some more info. Many do it alone - some with a partner.

They say it is a very rewarding experience to see the faces and hear the thank yous from the clients. Sometimes they are the only people they see and talk to that day!

## Senior Scams



**D.C. Kristin Thomas** of the Toronto Police Services reminded us at our October general meeting to be vigilant and beware of scams, to be wary and not give out financial or personal information over the phone, but never to be ashamed to tell someone if we feel that we have been taken advantage of. She left us her email address in case you have questions for her: [7660@tps.ca](mailto:7660@tps.ca)

**Halton Regional Police Service** is our local source of help. If you feel you've been scammed or for information contact the HRPS Fraud Intake Office by dialing [905-465-8741](tel:905-465-8741) (Monday to Friday 8:00 a.m. – 4:00 p.m.), or by dialing [905-825-4777](tel:905-825-4777) or see their web page [here](#).

As D.C. Thomas said on her information handout, the list of top senior scams includes:

- Canada Revenue scam
- Grandparent scam
- Public Utility scam
- Lottery scams and more

How to recognize a scam?

- It sounds too good to be true
- The caller is more excited than you are
- You need to send cash to get your winnings
- You are told not to tell anyone

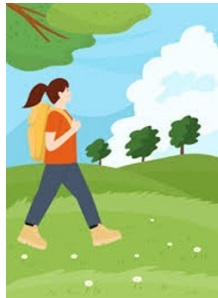
If you have been scammed:

- Contact police immediately
- Contact a family member or friend
- Close all of your compromised accounts and notify your financial institution
- Call Equifax and TransUnion, the credit bureau agencies (1-800-465-7166 / 1-800-663-9980)



## Interest Group Activities

### Hikers-2



**We're a lively, friendly group of women who enjoy the outdoors and walk beautiful, wooded trails around town. Our hikes are bi-monthly, on Wednesdays, from September to mid-June. Each member plans one or two hikes per season. We meet at a selected trail entrance at 9:15 am for a 9:30 am start and a ~ 1.5 hour hike.**

**New members are welcome!**



### **New Interest Group: PICKLEBALL**

Pickleball - the fastest growing sport in North America!

Katherine Beaudry and Tania Tani have worked very hard to get this new group up and running. They have booked courts for playing - once a week - alternating on Wednesdays and Thursdays -2-3 pm - from now until April.

Lessons are also being arranged with the instructor there.

They have booked B Town Courts in Burlington just west of Walkers Line. It will be just our group playing together during the booked time. Cost for playing on the courts will be \$6 person. Twenty women have signed up so far and there are still a few openings. Both beginning and experienced players welcome.

If interested, contact Katherine Beaudry.

## HAPPY HIKERS TRAVEL TO TOBERMORY

September 26-28, 14 Happy Hikers, and a mix of long-time and newer hikers travelled to Tobermory for three glorious days of hiking. The weather was surprisingly fabulous, with temperatures hovering around 25 degrees so there was no need for the gloves and toques we all packed "just in case."

The first hike was the Lion's Head Trail which features some of the oldest forest ecosystems in North America. It was an easy walk, mostly flat, with lovely views of the incredible turquoise and ultramarine blue waters of Isthmus Bay and many look-out opportunities to view the cliffs opposite to see the famous visage which gave the area its name.

Happy Hour, both nights featured wine and delicacies, some home-made, tempting us to indulge in foods we normally avoid, being "healthy," Happy Hikers.

On the morning of Day II, from the National Park Visitors Centre, hub for Bruce Peninsula National Park, we followed the Main Bruce Trail to Dunks Bay. This forest trail featured giant majestic trees, a diverse selection of mushrooms, interesting root and rock formations that were challenging. Difficult as it was to maintain silence among chatty friends, we practiced Forest Bathing as we made our way through the forest, looped back to the Visitors Centre, and enjoyed a short rest and our picnic lunch.

To kick off the afternoon, several made the 200+ stair climb to the Lookout Tour, then we hiked the Burnt Point Loop experiencing variable heights and changing conditions of roots, rough, rocky sections and beaches, altogether a challenging route.

Later in the afternoon, we took a shortcut back to the hotel, where we enjoyed another well-deserved Happy Hour, followed by dinner at Shipwreck Lees, where the server was as entertaining as the décor. Though we were deservedly tired, and planned an early start the next day, the group literally danced their way out the door, and onto the restaurant's deck. Who knew we had such talent?

Day III featured the Grotto Hike, among the most popular places to hike in Ontario. The scenery was beautiful and we followed a mostly flat but still challenging route through the forest. We made a loop along the water, ate lunch together, then headed for our cars and the trip home.

This trip provided more challenges than our weekly hikes around Halton, and with the support of others, even a new hiker successfully completed three days of hiking. Very Special Thanks go to those who organized this trip: Judy Moore, Helen Gareau, Karen Motherwell, Sonia Ellis and Carolyn Menka. Their efforts provided an amazing experience, increasing our appreciation for the beauty of The Bruce Trail.

Submitted by **Judy Moore**



## Interest Group Activities for November 2023

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
<b>Bookbeat AM</b>	II	Sheila Aldoroty	1st Wednesday @ 10:00 am <i>A Gentleman in Moscow</i> , Towles
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am <i>EM</i> , Thuy
<b>BookBeat PM</b>	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Zoom/in-person
	II	Mary Wood	1st Wednesday @ 7:00 pm <i>Late Nights on Air</i> , Hay
	III	Helen Litton	1st Tuesday @ 7:30 pm <i>The Sleeping Porter</i> , Mayr
<b>Crime &amp; Caffeine</b>	I	Jane Heakes	Last Monday @ 1:30 pm <i>The Bangalore Detective Club</i> , Nagendra
	II	Carolyn Collings Merk	4th Monday @ 1:30 pm <i>Blackwater Falls</i> , Khan
	III	Susan Walkinshaw	2nd Monday @ 1:30 pm <i>Rather the Devil</i> , Rankin
<b>West End Book Exchange</b>		Sue Stephens	Books are chosen in September for the year
<b>We the North Book Exchange</b>		Joan Dunn	Books are chosen in September for the year
<b>Literary Ladies</b>		Pam Schwartz	1st Thursday @ 10:00 am <i>Horse</i> , Brooks
<b>Playing with Ideas</b>		Dodie Layton	4th Thursday @ 9:30 am May be Zoom mtgs <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
<b>Marathon Bridge</b>	Margaret Pospisil	Once or twice a month
<b>Word Power through Scrabble</b>	Phyllis Kingsley	2nd Tuesday, November 14, @ 1:00 pm

**Cinemas: At the Movies:** Couples movie night / dinner

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

**Exploring the Arts Together:** Group of Seven Plus conducts online painting classes with guidance from an artist using acrylics on canvas to create personal masterpieces for pleasure, skill building and camaraderie; Late Starters Music Club hopes to enjoy making music together.

Name	Convenor	Date and Time
<b>Creativity through Painting and Drawing</b>	Leanne Siracusa	Monday, 10:00 am dates to be determined
<b>Late Starters Music Club</b>	Jane Jewitt	Details to be determined. If interested, please contact Jane or Interest Group Co-chairs.



**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
<b>Gourmet</b>	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.
<b>Ladies @ Lunch</b>		Lise Moras	3rd Thursday @ 12 noon.
<b>Social Eves</b>		Marla Newton	4th Wednesday @ 7:00 pm
<b>Foodie World Adventures</b>		Eva Baxter	3rd Wednesday
<b>Bakers Club</b>		Hilary Vavasour	3rd Tuesday @ 2:00 pm
<b>Bronte Neighbourhood Group</b>		Sheila Aldoroty	Every Thursday of the month except first Thursday - 10:00 am to noon Zoom
<b>The Singles Network</b>		Dianne Murphy	TBD

**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.

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

**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



Hikers and dogs enjoying a glorious October day at Jack Darling Memorial Park.

## THE SHIRLEY HENDERSON COMMUNITY SERVICE AWARD

### Ramisha Rashad

The Shirley Henderson Community Service Award honors Shirley Henderson, a past President of CFUW, who was well-known for her leadership and her contribution to the community. The ideal candidate will have contributed significant school and/or community service.



#### High School:

Abbey Park High School

#### Extra curricular Activities:

Student Athletic Council, Medlife, Link Crew, Volleyball and Volleyball Scorekeeper, Basketball Scorekeeper, HOSA Competition for Medical Terminology,

#### Volunteering:

Math and English Tutor for Grade Three Students, Syrian Refugee Tutor, Retirement Home volunteer, Tree Planting, Children Events Volunteer, Fundraiser.

#### Work Experience:

Tom Hortons and Sunrise Retirement Home

#### Post-secondary:

Queen's University, Life Sciences

In a true reflection of Shirley Henderson's community spirit, Ramisha Rashid works to lead and to give back, with dedication, passion, and exceptional compassion. Her outstanding academic average is a testament to her intelligence and commitment to excellence.

As the daughter of new Canadians, Rashima has an abundance of experience with the challenges of immigrating to a new country. Throughout High School she has worked 19 hours per week to contribute to her family's finances, while also saving for university. In addition to her academics and her part time work, Rashid was an active community volunteer. When tutoring female Syrian refugees, Ramisha drew on her own experiences to have a positive impact on their adjustment to Canada. She also welcomed the enthusiasm and curiosity of the Third Graders she regularly tutored. Her volunteer work at a Retirement home eventually led to a part time job with that home.

While working at part-time jobs at both Tim Hortons and the Sunrise Retirement Home, Ramisha also sat on the Garth Webb Athletic Council, Medlife and participated in LinkCrew. She regularly participated in charity events and fundraisers. Her positive outlook and willingness to work hard made her a welcome addition to these initiatives.

Ramisha's goal is to be admitted to Medical School and to eventually become a certified Surgeon. She was admitted to the Life Sciences Programme at Queen's University.

**CFUW Oakville is extremely proud to present Ramisha Rashad with the Shirley Henderson Community Service Award.**

## THE RELAXATION ROOM

Burlington

Reiki Master and Practitioner

Linda Pinkney

Email: [lindap.relaxroom@gmail.com](mailto:lindap.relaxroom@gmail.com)  
or [la.pinkney@gmail.com](mailto:la.pinkney@gmail.com)

Phone: 905-302-9222  
[www.therelaxationroom.ca](http://www.therelaxationroom.ca)



Offering : Reiki, Black Pearl & Aroma Touch back rub .  
It's like a day at the spa..come in and enjoy.

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.

**SS**  
**SARAH SIMS**  
PHOTOGRAPHY

Photographing  
Families & Businesses  
in Oakville  
for over 12 years

[sarah@sarahsims.ca](mailto:sarah@sarahsims.ca)  
[sarahsims.ca](http://sarahsims.ca)  
905.464.0648



## All Things Technology!

Computers/Tablets/Cell phones  
lessons, set-up, advice, & support

Marshall Newton

(647) 787-5125

[p6marshall\\_n@hotmail.com](mailto:p6marshall_n@hotmail.com)

**ISAGENIX**  
INDEPENDENT ASSOCIATE

*Weight Wellness, Performance, Vitality+ Well-Being*

*"Find super nutrition - from healthy Kid Smoothies to  
Telomere support that helps slow aging!"*

[arlenelwisser@aol.com](mailto:arlenelwisser@aol.com)

[arlenelwisser.isagenix.com](http://arlenelwisser.isagenix.com)

*Ask Arlene*

905-465-1088



**tw**  
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## CFUW Oakville 2023-24 Event Calendar



Event	Location	Date	Time
CFUW Oakville Board meeting		Nov 6, 2023	
CFUW Oakville General Meeting Should your Next Car be Electric?	Trafalgar Park Community Centre	Nov 20, 2023	7:00 pm
Ontario Council Speakers Series "Intimate Partner Violence". Register <a href="#">here</a> or see page 2.	Zoom	Nov 25, 2023	10:00 am til 12:00 pm
Membership Holiday Dinner Meeting See page 5.	Oakville Convention Centre	Dec 4, 2023	6:00 pm
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

**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](mailto:editor@cfuwoakville.ca). Advertising and hard copy distribution of the newsletter are co-ordinated by [editor@cfuwoakville.ca](mailto:editor@cfuwoakville.ca). Please contact us for rates or to purchase advertising space.

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