

IN TOUCH

"Reconnect, Redefine and Refresh"

This Issue

October's Guest Speaker: **DC Kristin Thomas**
Romance Scams

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Detective Constable Kristin Thomas has been with the Toronto Police Service for the past 23 years. She has worked and assisted in a variety of roles in the Criminal Investigation Office but the majority of her time was spent as a Divisional Fraud Investigator.



DC Thomas is now with the Corporate Crime Section of Financial Crimes Organized Crime Unit. She is extremely passionate about her role as investigator and will share her vast knowledge of "Romance Scams".

We are looking forward to meeting with you on Monday, October 16th, either in person at Trafalgar Park Community Centre or via Zoom.

The meeting will begin at 7 pm.



From our Leadership Team

As we look out our windows or gaze as we walk, the glorious colour changes of nature explode all around. The pumpkins are proudly displayed everywhere and the smell of pumpkin spice finds its way into much of our homes. Coffee shops offer pumpkin spice lattes and pumpkin donuts. Stores have Halloween costumes for the children and many adults. Fun size chocolate bars appear on the shelves just waiting... alright begging to be taken home; then never lasting until that special day of ghosts, goblins and an array of princesses and pirates. Fall is such a special time. Wardrobes change; sandals become boots, shorts become long pants and flowing tops give way to sweaters. Our thoughts turn to Thanksgiving and family traditions.

Much like you, I reflect at this time of year about the changes and the events that have led to this family focused time of year. I think about how we live in a wonderful place and in a great country (number 2 in the world rankings at the latest publication) and of how the seasons change and bring us delights with each passing day through each one of those seasons. We are able to enjoy many outdoor activities throughout all of our seasons, even if some are season specific; golfing, hiking, swimming, skiing, gardening and loads of others. We are able to read and socialize with friends, study as we will, take on new activities and visit many wonderful local events. Many of our passions and activities we enjoy with our other CFUW friends.

I also ponder while gazing out the window on the struggles of others as they respond to the climate events and the changes in their part of our country and the larger world. There have been so many devastating events lately, some close to home and others all over the world. I think about the wild fires of BC and Quebec, the storms that hit Peggy's Cove, not once but twice this year, the floods of Libya, the fires in Greece, the earthquake in Morocco, the eruption of the volcano in Italy, and the wildfires in Hawaii. This list is not everything. I searched the Internet for climate events of 2023 and the month by month list was gut wrenching. Every event has a human toll in lives lost and devastation to the people of the area and their survival. How do you rebuild? Who is resilient? What would we do if this happened to us?

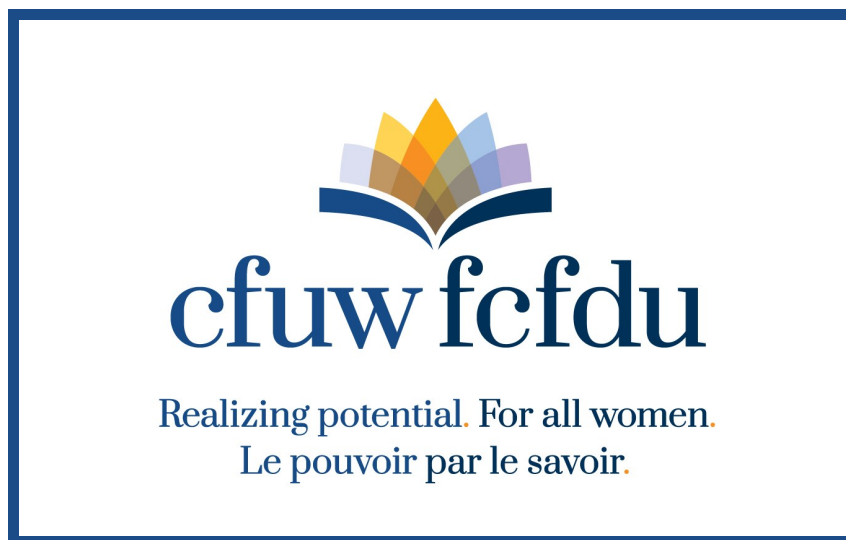
While we enjoy this lovely fall weather and spend time with our family in this month of Thanksgiving, let us reflect upon all that is important to each of us and our family members. Let us reflect on the world and the kind of place we want it to be as well as our impact on our world. Most of all let us be grateful for this place we call home and the family, friends who share it with us.

Deborah May, Marlene Bristol and Kyoko Kobayashi

The members of our three-person leadership team discuss and share all the Club responsibilities, but for efficiency they have assigned specific tasks to each. When you have questions or comments about a matter, this chart may help you decide who to contact first.

Leadership Team Liaison Portfolios 2023-2024

Deborah May	Kyoko Kobayashi	Marlene Bristol
Scholarship	Advocacy	Charitable Trust
Interest Groups	Communications	Finance
Programme	Publicity	Membership
Dinners	Meeting Venues Rentals	
National Contact	Ontario Council	



In the spring of 2022 CFUW National and KiK Partners began work to create new branding materials for the Clubs to use.

To summarize the explanation given at the branding roll-out: A brand is not just a logo. The organization members are the brand. The activities, the energy, the way we act with the world on a daily basis is our living brand expression. The logo and tagline must create a positive and memorable first impression to show who we are to the world.

The logo, tagline, and font are available for use now, banners and letterheads will come soon.

Briefly, the symbols in the logo represent:

- * **Opening Book:** a foundation in learning and education, open and expanding
- * **Unfolding Pages:** a long history with many achievements, diversity of members
- * **Central Flame:** lamp of learning, a reference to our former lamp logo

And in the tagline text:

- * **Realizing** means both understanding and making real; a process which speaks to the foundations of lifelong learning
- * **Potential** is what we see and bring to life
- * **For all women** refers both to our members and the advocacy work we do for all women
- * **Le pouvoir par le savoir** is not a direct translation but incorporates the essence and intent of the English version

Notice of Meeting: Scholarship Fund AGM

The University Women's Club of Oakville Scholarship Fund will hold their Annual General Meeting Monday, November 20, 2023. All members of CFUW are contributors to the Scholarship Fund and are invited to attend as well as anyone who has made donations to the Fund this past year.

Carolyn Collings Merk, Chair, Scholarship Fund



Just a friendly reminder...

Have you submitted your membership renewal form?

Susan W, our Membership Chair, asked that we make this reminder more eye-catching than we did last month. Did it work?

If you haven't sent us your membership application for 2023-2024, please complete either the form emailed to you or the one on our website ([here](#)) and submit it along with payment to CFUW Oakville. Addresses and instructions are on the form.

To participate in an Interest Group, either on Zoom or in person, you need to be a paid-up member. To have your information included in the Directory we need it before October 16.

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 October 21, November 25 and February 24.

All CFUW members are welcome to attend.



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

[Click here](#) to see the **CFUW Renaming Report**

Click on the date to read a recent Newsletter from **CFUW National**.
[September 15](#) and [September 29](#).

Advocating Your Way

Advocacy has always been and will continue to be a pillar of CFUW.

By joining CFUW, educating yourself on issues and taking advantage of opportunities to discuss issues with family and friends, you are an advocate.

Our club has an impressive record of contributing resolutions which have become the basis for national advocacy in areas including mental health, elimination of asbestos, equal pay for women in academia, quality in long term care and violence against women in politics. We combine knowledge with passion and know how to effectively advocate for those issues which improve our society, and in particular the lives of women and girls.

Although we know just how effective advocacy can be, many of us were both delighted and surprised with our Premier's recent apology and change of direction regarding the Greenbelt. Advocacy does work and many of our members have been actively involved in efforts to keep this issue at the forefront for a long time. So, while there are many associated issues needing ongoing advocacy, we pause to celebrate and congratulate those who led this effort.

Our advocacy committee will be focusing our work this year on a few issues which we think we will resonate with our membership at large and where some progress can be made. Without joining the committee, (although you are most welcome to do so) we will be looking to you to involve yourself in advocacy action which reflects your values and your comfort level.

CFUW Ontario Council sponsors a speaker's series which will continue virtually this year using Zoom. If you register, you will be able to watch live or at another time convenient to you. Participating in this series is advocacy and will provide a basis upon which to discuss the issues with family and friends, and perhaps spur you to make your voice heard where it counts.

I urge you to register for the upcoming event *Women On the Move*, showcasing the experience of three women from different parts of the world who are settling in Ontario. The event is two hours in length and begins on Saturday October 21st at 10:00 am. Please use this link for more information: [CFUW Ontario Council Speakers Series](#). The ZOOM registration link will be available soon.

CFUW National recently released this short video which explains the role of advocacy and activism within CFUW. [View it here.](#)

We are all advocates, some of us more active than others. I hope our committee's work will engage you this year, and that you will enjoy being an advocate, in your own way.

Janice May, Chair, Advocacy Committee

CFUW Oakville Gallery: Images Of Us .. For Us

Our gallery of photos and videos displays and stores memories of what we did and who we are. While it has existed for several years, it is now more prominent on our website. It has its own page where you can view the latest or dig deeper for our earlier collection.

Does your interest group enjoy some great moments? Send us your photos to add to our albums. When you do that, all of us including future members will have a treasured record of special times and old friends. Remember though, size matters with digital and we want to preserve the best we have.



Why does size matter with photos you send? Since 2017 (when iPhone 8 emerged) phones take up to 12 megapixel photos measuring about 4032 X 3024 pixels. Future devices are about to produce and display even larger, better images. Send the best you have, without the compression that is sometimes imposed by an email app. To do this, send up to 2 photos from your iPhone as attachments and select the option of "original size". On other phones, check your settings to ensure photos can be sent directly without compression.

Compression destroys pixels to reduce size and resolution. Future viewers will want to see the highest resolution images we have. Below is a chart showing how the pixel size of photos has grown since 2007.

We love the photos already in our Gallery, so keep them coming and I will add them to the timeline memorializing great activities and great friends.

Raine Greenwood



chart from Life in Lofi

Interest Group Activities



The Social Eves had a delicious potluck dinner and planning meeting at the lovely home of Arlene Wisser on September 20th. Her husband was able to capture all our smiling faces in this picture! Our next event is October 25th.

Marla Newton, Susan Stavin

Ladies@Lunch meet on the 3rd Thursday of each month at a different restaurant each time. Members take turns picking the restaurants and making reservations. It is a fun time dining at the various restaurants, sitting with old friends and meeting new ones. There are 40 members with **Lise Moras** as the convenor and room for a few more.

No obligation to come out each month - just whenever you want.

Contact **Gloria Tomlinson** if you are interested in joining and dining!



Podcasts and Chat

Do you enjoy spirited, far-ranging conversation about an assortment of topics? Do you enjoy listening to enlightening and engaging speakers? If so, then '**Podcasts and Chat**' is the interest group for you. Each month we listen to a few podcasts on a topic we all agree upon. Then we meet, virtually, on the first Tuesday of the month at 2 p.m. to discuss it. We may learn something new, strongly agree or disagree with the material, and love or sometimes hate the podcaster. It all makes for a lively discussion. If you're interested, please contact Gloria Tomlinson, Brenda Walker or me – **Lynda Sturgeoff**

Interest Group Activities for October 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.

Name		Convenor	Date and Time
Bookbeat AM	II	Sheila Aldoroty	1st Wednesday @ 10 am Zoom.
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am
BookBeat PM	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Zoom/in-person
	II	Mary Wood	1st Wednesday @ 7:00 pm
	III	Helen Litton	1st Tuesday @ 7:30 pm
Crime & Caffeine	I	Jane Heakes	Last Monday @ 1:30 pm
	II	Carolyn Collings Merk	4th Monday from 1:30 to 3:30 pm
	III	Susan Walkinshaw	2nd Monday , 1:30 to 3:30 pm (Details to be decided)
West End Book Exchange		Sue Stephens	
Literary Ladies		Pam Schwartz	1st Thursday @ 10:00 am Zoom in winter
Great Books		Dodie Layton	4th Thursday @ 9:30 am May be Zoom mtgs

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	4th Saturday of the month

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 to 9:00 pm
	II		1st Tuesday 7:00 pm
	III	Carolyn Collings Merk	1st Thursday 7:30 pm Zoom Mtgs

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
Group of Seven Plus	Leanne Siracusa	2nd Tuesday 8:00 - 9:00 pm Zoom
Late Starters Music Club	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
Gourmet	I	Alison Gemmell	4th Wednesday @ 6:30 pm. Zoom
	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 @ 6:30 pm
Foodie World Adventures		Eva Baxter	Wednesday @ a time convenient to members
Bakers Club		Hilary Vavasour	3rd Tuesday @ a time convenient to members
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday - 10:00 am to noon Zoom
The Singles Network		Dianne Murphy	Tuesdday Oct 10 @ 2:00 pm

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
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 to noon
	II	Chris Connell	1st Thursday @ 10:00 am to noon, Zoom
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am
	II	Joanna Ringrose	Last Monday @ 7:00 pm Zoom

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 See page 8

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	Lynda Sturgeoff Heather Gates- Warner	Tuesday am weather permitting Sept to June
	II	Sue McArthur Heather McKinley	Wednesday am bi weekly weather permitting - Sept to June
Walking with Friends		Deborah May	Mondays @ 9:15 am

The Golf group enjoyed the last game of the season and lunch at Oakville Executive on Sept. 25.

Susan McArthur is the original convenor and has taken on this role for 20 years! She was thanked and presented with a gift on behalf of the group by the incoming convenor, Katherine Beaudry.

Looking forward to another great season next year. 🏌️



LILIAN FULFORD MEMORIAL SCHOLARSHIP

ZANIA JACKSON

The Lilian Fulford Memorial Scholarship honors Lilian Fulford, a former President of CFUW Oakville. Applicants require a strong interest in Computer Science and Music, and significant school and or community service. This award recognizes financial need.



High School:

Thomas A. Blakelock High School

Extra curricular Activities:

Thomas A. Blakelock Wind Ensemble, Jazz Band, Jazz Combo; Student Council PR Lead, Art Club President, Track and Field; Basketball Team; Soft Ball Team, Eco Club Vice President; Tiger Crew.

Volunteering:

High Rendition Jazz Concerts; Young Musicians Mentor; Masterworks of Oakville Chorus and Orchestra Ensemble; Eco Night; Coach in Training; McMaster Walk and Wheel volunteer, performer, and fundraiser; Illuminight St. Joseph's Hospital; Grade 8 Transition Assistant, Library Assistant.

Post Secondary:

Sheridan College Art Fundamentals

With determination, inspiration and a tremendous capacity for hard work, Zania Jackson maintained an outstanding academic average, while becoming an accomplished musician and volunteering to help others. She managed her own small company while also working at two other jobs throughout High School.

The Hamilton Health Sciences Foundations describes Zania as a young philanthropist and a dedicated ambassador for McMaster's Children Hospital. Over her years of volunteering for McMaster's Children's Hospital she repeatedly demonstrated care for communities with her inspired and creative volunteerism. She regularly donated 10% of her earnings from her Pet Care business to the Foundation.

Her school Guidance Counsellor describes Zania as a spectacular musician whose joy and hard work inspired her fellow students to create a better community. At every opportunity she played and shared her music knowledge with other students through tutoring and coaching. While playing on Blakelock's Basketball and Softball teams, participating in the Jazz Band, a Jazz Combo, and the Blakelock Wind Ensemble, Zania was also the Art Club President, Student Council PR Lead, and the Eco Club Vice President.

Zania dreams of applying her computer skills to becoming an animator to bring people and families together by telling stories through animation. She is currently enrolled in Sheridan College's Art Fundamentals Programme.

**CFUW Oakville is extremely proud to present Zania Jackson with the
Lilian Fulford Memorial Scholarship.**

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
CFUW Oakville Board meeting		Oct 2, 2023	
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Oct 16, 2023	7:00 pm
CFUW Ontario Council Speakers Series Women on the Move Register here .	Zoom	Oct 21, 2023	10:00 am til noon
CFUW Oakville Board meeting		Nov 6, 2023	
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Nov 20, 2023	7:00 pm
Membership Holiday Dinner Meeting	Oakville Convention Centre	Dec 4, 2023	
CFUW Oakville Board meeting		Jan 9, 2024	
CFUW Oakville General Meeting	Zoom	Jan 16, 2024	7:00 pm

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