

## This Issue

September's Guest Speaker: **Beth Foster**

Forest Bathing—Your Guide to Energy, Power and Healing

Articles	Page
September's Speaker	1
Leadership Message	2
Committees for 2023-24	3
CFUW Charitable Trust	4
Speakers for 2023-24	5
Cookbook News	6
Ontario Council CFUW National	6
Ageing and Personality Changes	7
Interest Groups	8-17
Business Supporters	18
Leslie Ashworth	19
This Month's Scholar Cindy Kuang	20
Event Calendar	21

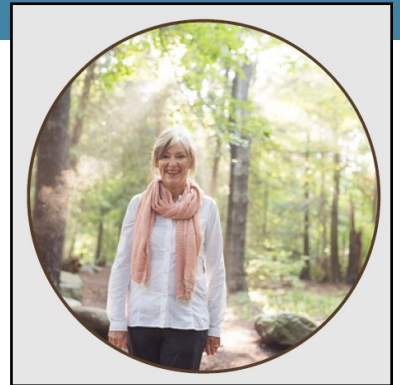
Forest Therapy (from the Japanese "Shinrin-Yoku") is a practice that promotes healing and wellness through immersion in the calming and restorative atmosphere of forests and other natural environments. Immersing ourselves in nature and engaging our senses helps us reap the many benefits of Forest Therapy, such as improve immune function, cardiovascular and respiratory health, and reduced stress and depression.

By reminding us that we are interconnected with nature and all living beings, Forest Therapy goes beyond physical benefits and stabilizes our mood and cognition, enhances creativity, often promotes feelings of joy, calmness and optimism and can even help us sleep better.

As a Nature and Forest Therapy Guide and Trail Certification Consultant, Beth leads people through the forest to find prosperity and an improved quality of life.

Beth has an MEd in Arts in Education from U of T and a BA in English and Dramatic Arts from Western as well as Association of Nature and Forest Therapy Guide Certification and is a Trail Certification Consultant.

Her web page is: <https://forestbathingwithbeth.com/>



**We are looking forward to meeting with you on Monday, September 18th, either in person at Trafalgar Park Community Centre or via Zoom.**

**The meeting will begin at 7 pm but the doors will be open at 6:30 pm to allow you to ask questions at the information table about Interest Groups.**

## From our Leadership Team

**Happy New Year!** September has always seemed like New Year's for many. It is the time that we see our children and/or our grandchildren return to school. Adults return to a work routine (office, from home, or hybrid) without the impact of summer vacations and maybe even modified summer hours. So, September begins with new routines, new goals and for some even new directions.

September is also the time that CFUW Oakville begins a new year. Our monthly meetings resume, Interest Groups begin to meet in full swing, the Advocacy group ramps up and we connect with our members both returning and new.

We welcome you back to our Monthly meetings at Trafalgar Park Community Centre located on Rebecca Street very near the intersection with Kerr Street. While we hope that our members will be able to join us in person, in keeping with the past year, hybrid meetings and Zoom only meetings will continue to be offered. Please check the calendar for specifics for the month.

Interest Groups will begin again and new interest groups are forming. The process to indicate your interest in participating in groups new to you is to use the Contact Us link. Please check the process shared later in this newsletter. New CFUW Members are invited to review the extensive offerings of Interest Groups that might match your interests.

Over the past year:

- we had two wonderful dinners, where our members reconnected with friends in person over delightful meals, listening to truly talented cellists and learned how to garden from a hammock.
- our members embraced technology with renewed memberships and dinner payments with e-transfer and attending meetings through our hybrid model.
- our interest groups continued to meet regularly, whether via Zoom, on patios, in parks or in one another's homes.
- a new initiative to explore Aging Collaboratively with Sue Lantz has begun to a resounding success and will be continuing during the current year.
- our advocacy work continued to raise awareness of women's issues within Oakville, across Canada, and throughout the world.
- our members continued to support the scholarship fund through their membership fees, direct contribution and fundraising activities.

The upcoming year is shaping up to be busy and fruitful, as we continue to redefine the way we operate, refresh our policies to reflect the new reality and reconnect to each other in meaningful, engaging and educational pursuits. Your leadership team welcomes you on this year's journey.

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

### Friendly Reminder from Membership

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.

## Executive Committee

Leadership Team	Marlene Bristol, Deborah May, Kyoko Kobayashi
Secretary	Carolyn Darimont
Treasurer	Jane Heakes

## Standing Committee Chairs

Advocacy	Janice May
Finance	Jane Heakes
Interest Groups	Gloria Tomlinson, Brenda Walker
Membership	Susan Walkinshaw
Newsletter Editor	Pat Zelonka
Programme	Brenda Walker, Susan Bowen
Hospitality	vacant

## Committees by Appointment

Archivist	Hilary Vavasour
Directory	Pat Zelonka
Nominations	Leadership Team
Web Manager	Pat Zelonka, Raine Greenwood
Communications/Publicity	Raine Greenwood, Pat Zelonka
Truth and Reconciliation	Mary Smith
Technology	Kyoko Kobayashi (Leadership Liaison)
Dinners	Katherine Beaudry

## Advocacy Subcommittees

Advancement of Women Halton	Judy Moore
Legislation	vacant
Education	vacant

## Finance Committee

Chair/Treasure	Jane Heakes
Leadership Team	Marlene Bristol
Treasurer, Scholarship Fund	Julia Barber (until December 2023)

## Ontario Council Representative

Regional Director, Ontario South	Joyce See
----------------------------------	-----------

## What do you know about the CFUW Charitable Trust?

And why should you be interested?

Our Oakville Club donates \$1000 to the Trust every year and now we have three CFUW Oakville members on the board of the Trust, - Kyoko Kobayashi, Sandy Thomson and Marlene Bristol.

Below is an article by Doris Mae Oulton, Chair of the Charitable Trust, which she wrote for the National newsletter.

### Message from Doris Mae Oulton, Chair of the CFUW Charitable Trust

[Click here to view the presentation from Arielle Bieniek.](#)

The CFUW National AGM demonstrated the symbiotic relationship and the complementary way the two organizations work together, furthering similar issues through the advocacy role of CFUW and ensuring that young women are developing the skills necessary for the practical implementation of solutions to these issues.

The Hamilton Club's resolution, now adapted as CFUW policy, "Towards a comprehensive maternal death prevention strategy" was meaningfully reflected by CFUWCT speaker, **Arielle Bieniek**. Her academic work is on how to improve the standard of care for birthing parents who are at risk of delivering pre-term by identifying optimal timing for antenatal corticosteroid (ACS) administration. ACS are used to develop premature babies' lungs and improve their survival outcomes. Arielle intends to work on informing new guidelines that evaluate what symptoms and measurements are most important and influential in predicting if birthing parents will deliver preterm and require ACS to improve ACS stewardship and health outcomes across Canada.

It was additionally exciting as Arielle was the Indigenous Women's Award winner for 2022/2023. Both her work and the Hamilton resolution speak of the additional vulnerability of marginalized women. It is a credit to the foresight of the Wolfville Club which established this award.

The founders of the CFUWCT established it to be the visible arm of CFUW's education goal. It was to promote education for women and make education more accessible by establishing a series of Fellowships and Awards for postgraduate studies. We are proud that we have been able to maintain that vision.

The CFUWCT is a registered charity which administers a portfolio worth approximately \$1.5 million dollars and, on average, distributes \$100,000 in Fellowships and Awards each year. Approximately three-quarters of the Trust's revenue comes from investment income and fundraising, and the balance is dependent upon the generous donations and memorial bequests of our members and friends.

The Board continually reviews the Trust's investments and monitors its administrative expenses as well as the efficiency of its operations. A description of each of the Fellowships and Awards offered, and Financial Statements are available on the CFUWCT website.

We urge you to view the CFUW CT speaker presentation on our website at: <https://cfuwcharitabletrust.ca>.

You are invited to join us for the CFUWCT AGM on October 28. The business meeting will be at 1:30 and be followed by a speaker.

Please consider donating to the CFUWCT at: <https://cfuwcharitabletrust.ca/canadahelps-org-donation-form/>

## General Meeting Speakers for 2023– 2024

The Program committee (Brenda Walker and Susan Bowen) has managed in these uncertain times to organize an interesting list of speakers for the upcoming year. Of course it may change, but here is a sample of what you can look forward to.

### Program for 2023—2024

Date	Speaker	Title	Location
Sept 18, 2023	Beth Foster	Forest Bathing—your guide to Energy, Power and Healing	TPCC and Zoom
Oct 16, 2023	DC Kristin Thomas	Romance Scams	TPCC and Zoom
Nov 20, 2023	Tim Burrows	Electric Cars	TPCC and Zoom
Dec 4, 2023	Valentyn Zadolanov	Musical Entertainment	Dinner meeting Oakville Convention Centre
Jan 15, 2024	Representative from the Jane Goodall Institute		Zoom
Feb 19, 2024	Maryam Mantieghi	Working in Bosnia with the UN and the plight of women in Iran	Zoom
Mar 18, 2024	Susan Williams	Purposeful Aging	TPCC
Apr 15, 2024	Paul Kelly	Beekeeping	TPCC
May 2024	Carolann Moisse, flutist	Musical Entertainment	Dinner meeting



Our Club is fortunate to be supported by several local businesses who advertise in this newsletter and our Directory. Please notice their ads on page 18 and consider using their services.

## CFUW Oakville 75th Anniversary Cookbook News

We are happy to announce the CFUW Oakville 75th Anniversary Cookbook **Make, Bake, Celebrate** will be available for purchase or pick up (if you preordered) at the October 18th General Meeting. Every page contains favourite recipes contributed by our own club members. It will make a great stocking stuffer, thank you or hostess gift. The cost is \$20 cash or cheque.

Thank you for your support of this fundraising project.  
**Carolyn Collings Merk, Pat Hillmer and Sue Stephens**



## 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.



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

[Click here](#) to read the most recent Newsletter from **CFUW National**.

It contains the **CFUW 2023 Virtual Annual General Meeting & Policy Session Newsletter** with information about and links to:

- 2023 CFUW AGM Feedback Survey
- Award Winners
- Adopted Policy Resolutions
- Meeting Photos
- AGM Booklets
- Approved Motions
- AGM Opening and CFUW Brand Refresh Presentation
- Presentation from Arielle Bieniek, Charitable Trust Breakfast Speaker
- Democracy, Women's Empowerment and Gender Equality: Exploring Connections with Carla Koppell
- Voting Results

and more.

## Aging and Personality Changes: the five big traits

CFUW Oakville member Joyce Wayne publishes a blog that may interest others in our Club. To subscribe to ***Retirement Matters, the mature woman's guide to politics, culture, and social engagement***, contact Joyce at [joycewayne1@gmail.com](mailto:joycewayne1@gmail.com). Subscriptions can be canceled at any time.

Here is a sample of what you can read there:

### Do personality types change with age?

What I'm learning is that our personalities, which I assumed were hard-wired into our brains, can change in unexpected ways as we age. Psychologists once believed that we stay the same as we age, but this view is changing. The long-standing theory that older people are entirely set in their ways is becoming obsolete.

In [The Atlantic magazine](#), [Faith Hill reports](#), "Something unexpected happens to many people as they reach and pass their 60s: their personality starts changing." It's not just cognitive impairment or dementia. "People's personalities can morph in response to their circumstances, helping them shift priorities, come to terms with loss, and acclimate to a changing life. These developments illuminate what personality really is: not a permanent state but an adaptive way of being," Hill writes.

### Big five personality traits

The method psychologists are using to determine these changes is to measure the "[Big Five](#)" [personality traits](#): agreeableness, conscientiousness, extroversion, openness to experience, and neuroticism. Certain events, such as retirement, empty nesting, and widowhood, can exert a significant impact on our aging personalities.

For instance, retirement can turn out to be a parade of wondrous experiences [travel, hobbies, and increasing time with friends and family](#). Even making new friends. Or it can play out differently, with the retiree experiencing loneliness, feelings of abandonment, and helplessness. As the University of Zurich's personality psychologist [Wiebke Bleidorn](#) told *The Atlantic*: "[What are people's lives like?](#) If someone is no longer strong enough to go to dinner parties every week, they might grow less extroverted; if someone needs to be more careful of physical dangers like falling, it makes sense that they'd grow more neurotic."

Yet it's important to see that personality changes could be positive and usher in a new, more meaningful lifestyle. And please don't forget that there are more of us than ever in Canada. As of July 2022, [there were 7,330,605 people 65 years of age and older living in Canada](#) or almost 20 percent of the population and growing. Life expectancy at 65 is 19.49 years for males and 22.19 years for females. Enjoy your changing personality and the many years ahead of a life well-lived.

**Joyce Wayne**



## Interest Group Activities

**Brenda Walker** and **Gloria Tomlinson** are the co-chairs for the coming year. Please contact them with any questions, concerns, ideas.

Are you looking to read a new book, acquire new skills, explore the arts, join a walking or hiking club, enjoy a monthly gourmet dinner? Do you have an idea for a NEW interest group?

Interest groups are a great way to meet new people, learn new things, and participate in some of the many Club activities. Interest groups are member driven and you must be a paid CFUW Oakville member to participate. Both new and current members have started Interest Groups and/or have taken on the responsibility for leading or co-convening these groups. Over the years, our members have created over 40 groups that appeal to a wide range of member interests.

Given the popularity of some topics, there are multiple Interest Groups with the same focus. Check out our existing Interest Groups on page 14 of this newsletter. If you have an idea for a new Interest Group, please tell us. If you are interested in joining a group, use the [Contact Us link](#) to let us know.

Some groups may be at capacity making it a challenge to accommodate in-person gatherings. If this is the case, we will speak to the convenor and put you on a wait list or try to set up a similar group for you to join.

### Gloria Tomlinson

Please note - there will be **NO sign-up** for groups at our September meeting.

There will be an information table set up to answer questions about all the Interest Groups. Members can then submit their names if interested in some groups, and one of the Interest Group Convenors (Gloria Tomlinson or Brenda Walker) will be in touch regarding availability for members to join.

If you are planning to return to your group(s) please let your convenor know  
if you haven't done so already



Hikers 2 had their season finale hike on June 14 at Morrison Valley Trail. Thanks to Wanda Crichton for taking on as lead. It was a great day for hiking.

Thanks also to Tricia Wood and Helen Furman for co-convening the group for the past two years - great job! Many new members joined the group this year! We are all looking forward to next year's start up in September.



## New Interest Groups

### LATE STARTERS MUSIC CLUB

Have you taken up an instrument in the last few years, or dusted off one you used to play to return to it? This might be the group for you then. The goal of this group is to find people who want to enjoy playing music together for fun. It might be that we end up small - a piano trio? a string quartet? Or, we may find there are more of us than that - enough for a chamber orchestra? a community band?

I am happy to act as the moderator of the conversation to get things started, to see what instruments people play and what music they would like to play together. From there, we will decide as a group, how to best to move forward.

If you are interested in this vibrant new group, please contact **Jane Jewett**.

### THE SINGLES NETWORK

The Singles Network is designed to enhance the opportunities for single members of CFUW to connect with other singles in the club to plan a full calendar of exciting in-person events, trips, and explorations of mutual interests every month.

From travel adventures, cultural events, dinners together, yoga retreats, and tours of interesting places, the possibilities for the single members of our club to enjoy outings together are limited only by our imaginations and our ability to make it happen.

Proposed First Meeting: Tuesday, October 10

Place: Dianne Murphy's home

Time: 2:00 pm

Contact: **Dianne Murphy**

### CRIME AND CAFFEINE III

This very popular book club was so well received that we needed to start a third one.

**Susan Walkinshaw** has kindly stepped up to convene a new one - tentative date would be the second Monday of the month in the afternoon, 1:30 to 3:30. New members are welcome.

If you are interested, contact Susan.

## New Interest Groups

### AGING COLLABORATIVELY

The inaugural meeting of this new interest group is being planned for later in September. If you are interested in joining other like-minded members who want to discover the possibilities to create a better journey in later life – this is a great place to be.

Based on the interests of our members, we will map out topics and approaches to guide our discussions about our own choices and options. We will be referencing the work of Sue Lantz and her Options Open guide which was introduced to CFUW Oakville this past spring. We may also decide to follow the healthy aging community development initiatives in Oakville and further afield.

If you have not already informed me of your interest, please send a quick email and I will be sure to invite you to our upcoming meeting. Based on the members who have expressed an interest to date, I know the group will exude positive energy and creative thinking.

**Janice May**

### Not a new group, but we need more members...

#### Description of the Great Books discussion group

This group is based on the Great Books Chicago Foundation's goal to help the world to enjoy and learn from the great thinkers and authors of western literature – both classic and modern writers; from Aristotle and Plato to Chaucer, Sartre, Yeats, Szamborska, Tolstoy, Shelley, Beauvoir, Kipling, Nietzsche, Foucault, etc., through short works (essays, excerpts, short stories) by these authors which have been compiled into wonderful anthologies by the Great Books Foundation, Chicago.

The Socratic discussion format is something which the Foundation describes as their "Shared Inquiry" method, which is guided by questions which they pose for readers at the end of each piece - not about the character development or themes, but about the much bigger picture: how these works have affected western thought and influenced society as we know it by addressing questions of perennial concern. Their hope is that the readers gain access to their own humanity by becoming more self-aware, more self-correcting and more self-fulfilling.

The discussions are very thought-provoking and stimulating, and greatly expand one's mind!

Please contact **Dodie Layton** if you would like to participate.

## Interest Group Activities

Some members of the golf group (Brenda Walker, Gloria Tomlinson, Deborah May, Katherine Beaudry, Susan Stavin) took lessons from the pro, Mandeo Singh Pathania, at Burlington Indoor Golf in June - hoping to improve their game! Lots of fun trying to put into practice what he taught us!



Social Eves had their year end dinner meeting in June at Arlene Wisser's beautiful home on the lake. Time to connect, enjoy a nice dinner and brainstorm some ideas and activities for next year. Gloria Tomlinson and Susan Stavin were thanked for their many years of convening this group. Thanks to Marla Newton who has volunteered (and is looking for a co-convenor) to lead this very social and fun group for next year.



## Interest Group Activities



Ladies @ Lunch August 17 at the Oakville Club. We were hosted by Susan W. and look at the special table we had!



The Walking with Friends group enjoyed a glorious August blue-sky day.



## Dragon Boat News

Congratulations to our Dragon Boat team, "Sync or Swim" for a very successful and fun season! We had a team of twenty plus women including alternates practice every Wednesday evening for six weeks with the Burloak Canoe Club. Aidan Tyrell was our coach again this year and he was patient and encouraging. We had lovely weather and often had two blue herons flying overhead. We competed in the Mississauga Dragon Boat Regatta held in Port Credit on June 11th. On our final race we overhead someone yell out, "go grannies." We laughed and I think this buoyed our spirits. We were surprised and delighted to earn a bronze medal! This was our first medal in a few years.

We are very grateful for the donations received to date for the Scholarship Fund. If you are able to donate please visit [cfuwoakville.ca](http://cfuwoakville.ca) and go to Donate to Scholarship Fund. You can choose to honour the Dragon Boat team. This year Dragonboaters raised \$2100 for the CFUW Scholarship fund. Thank you everyone for sponsoring and supporting the team!

Thank you to all the paddlers and see you next year! Here are some pictures of our winning team!!

**Susan Stavin and Donna Kraaijeveld**



## Interest Group Activities for September 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
<b>Bookbeat AM</b>	II	Sheila Aldoroty	1st Wednesday @ 10 am Zoom.
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am
<b>BookBeat PM</b>	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
<b>Crime &amp; Caffeine</b>	I	Jane Heakes	Last Monday @ 1:30 pm
	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm
	III	Susan Walkinshaw	Second Monday , 1:30 to 3:30 pm (Details to be decided)
<b>Literary Ladies</b>		Pam Schwartz	1st Thursday @ 10:00 am Zoom in winter
<b>Great Books</b>		Dodie Layton	4th Thursday @ 9:30 am May be Zoom mtgs

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

Name	Convenor	Date and Time
<b>Word Power through Scrabble</b>	Pat Hillmer	2nd Tues. @ 1:00 pm



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

Name	Convenor	Date and Time
<b>Couples Movie Night</b>	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. 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</b>		Chair - Janice May	2nd Wednesday @ 7:00 pm.
<b>Beyond Bloomsbury</b>	I	Linda Humphrey	4th Tuesday
	II		1st Tuesday
	III	Carolyn Collings Merk	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>Group of Seven Plus</b>	Leanne Siracusa	2nd Tuesday 8:00 - 9:00 Zoom
<b>Late Starters Music Club</b>	Jane Jewitt <b>New Group!!</b> See page 9.	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
	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 @ 6:30 pm
<b>Foodie World Adventures</b>		Eva Baxter	Wednesday @ time convenient to members
<b>Bakers Club</b>		Hilary Vavasour	3rd Tuesday @ a convenient time for members
<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>		<b>New Group!!</b> Dianne Murphy See page 9.	Tues Oct 10 @ 2:00 pm 1st meeting at Dianne's home

**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
<b>Evening Meditation</b>		Leanne Siracusa	2nd Tuesday 8:00 Zoom
<b>Mindfulness and Meditation</b>	I	Dodie Layton	3rd Tuesday @ 10:00 to noon
	II	Chris Connell	1st Thursday @ 10:00 am to noon Zoom
<b>Psychology and Spirituality</b>	I	Sue McArthur	2nd Thursday @ 9:30 am
	II	Joanna Ringrose	Last Monday @ 7:00 pm Zoom

**Technology:** Under Construction ... perhaps we will focus on podcasts this year, suggestions welcomed.

Name	Convenor	Date and Time
MOOC +	Lynda Sturgeoff	First Tuesday @ 1:30 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		New convenors needed	Wed Practices - May/June Burloak Canoe Club.
Golf		Katherine Beaudry	Tues/Thurs @ arranged times May – Early Sept
Happy Hikers	I	Lynda Sturgeoff Heather Gates- Warner	Tues am weather permitting Sept to June
	II	Sue McArthur Heather McKinley	Wed am bi weekly weather permitting - Sept to June
Walking with Friends		Deborah May	Mondays @ 9:15 am

There was space, so here are  
More Walking Friends.



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 of the cards below.





**All Things Technology!**  
Computers/Tablets/Cell phones  
lessons, set-up, advice, & support

Marshall Newton  
**(647) 787-5125**  
pomarshall\_n@hotmail.com



Photographing  
Families & Businesses  
in Oakville  
for over 12 years

**sarah@sarahsims.ca**  
**sarahsims.ca**  
**905.464.0648**



**Looking after Senior's homes**

- General Repairs & Replacement
- Age Adapting - Safety & Mobility
- Seasonal Maintenance
- Technology Support

Our specialized services use the skills, knowhow, and integrity of retired technical Professionals.

**Contact Us:**  
**289-259-5996**  
[paul@fixitforseniors.ca](mailto:paul@fixitforseniors.ca)  
[fixitforseniors.ca](http://fixitforseniors.ca)



**ISAGENIX**  
INDEPENDENT ASSOCIATE

Solutions for Weight, Energy &  
Performance, Healthy Aging

905-465-1088  
[arlenelwisser@aol.com](mailto:arlenelwisser@aol.com)  
[arlenewisser.isagenix.com](http://arlenewisser.isagenix.com)

**Arlene Wisser**  
Consultant



**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.

**barkley**   
**design • print**  
**& copy**

since 1992

**t 905.844.2226**  
[design@barkleyprint.com](mailto:design@barkleyprint.com)  
[www.barkleyprint.com](http://www.barkleyprint.com)

- Graphic Design / Artwork / Logos
- Flyers / Brochures / Business Cards
- Printing - 1 Colour to 4 Colour Process
- Digital B&W and Full Colour Copying
- Digital Output from Electronic Files

**480 MORDEN ROAD**  
**OAKVILLE, ON L6K 3W4**  
Speers & Morden north of A&W  
and south of Cliff's Mower



## Scholarship Fund News



**Leslie Ashworth** was awarded the CFUW Oakville Performing Arts Award in 2015.

Leslie has since graduated with a Bachelors degree from Glen Gould school of music.

She has also received a masters in music from Rice University and has just completed a masters at Juilliard.

She has been accepted into the PhD program in order to have a Doctor of Musical Arts degree.

Our website has an article [HERE](#) from 2020 with information and links to Suite Melody Care that Leslie initiated to allow young musicians to share performances in hospitals and retirement residences.



## RICHARD GARNETT MEMORIAL SCHOLARSHIP

### Cindy Kuang

The Richard Garnett Memorial Scholarships were established by his family in memory of Richard Garnett and his vibrant career in engineering. This Scholarship (one of two) is awarded annually, based on academic excellence and service to school or community, to a student attending a Canadian University in Engineering. Financial circumstances may be considered.



As an aspiring engineer, Cindy Kuang dreams of helping the global community. She finds tremendous satisfaction in helping others. With discipline, hard work and commitment, she achieved an outstanding academic average. But she also tutored other students and enjoyed seeing them succeed more than her own success.

Her strength and discipline in facing challenges permitted Cindy to tackle the steep learning curve of the SchoolReach Programme and become a serious competitor. While excelling herself, she also created a Team Instagram account and an online resource document helping to restore membership and Club turnout to previous levels.

As Youth Chair of the Green Party Electoral District Association, she established a youth website, social media channels, launched a youth ambassador program and facilitated new members.

Cindy also worked as a Lab Researcher for the Let's Talk Science's Climate Action Lab and as a volunteer campaigner for Relmagine Agriculture.

She tutors Math and French with her school's SITS Program and is the founder and head facilitator of an online writing forum's Sketch Request Program.

Cindy Kuang is currently enrolled at the University of Waterloo in Management Engineering.

#### High School:

White Oaks Secondary School

#### Extra curricular Activities:

White Oaks SchoolReach (competitive trivia) organizer and participant;  
Students Interactive Tutoring System;  
Student for Herd Immunity Designation;  
Halton Outreach; Halton Youth Leadership Symposium; Math and French Tutor.

#### Volunteering:

Youth Chair, Oakville Green Party EDA;  
Earth Day Cleanup; Relmagine Agriculture; Lets Talk Science's Climate Action Lab; Oakville Museum Summer Camp; Founder and facilitator of Sketch Request.

#### Post-secondary:

University of Waterloo, Management Engineering

**CFUW Oakville is extremely proud to present Cindy Kuang with the  
Richard Garnett Memorial Scholarship.**



## CFUW Oakville 2023-24 Event Calendar



[Orange Shirt Day  
September 30](#)

Event	Location	Date	Time
CFUW Oakville Board meeting		Sept 11 2023	
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Sept 18 2023	7:00 pm
<a href="#">Orange Shirt Day</a>		Sept 30, 2023	
CFUW Oakville Board meeting		Oct 2, 2023	1:30 pm
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Oct 16, 2023	7:00 pm
CFUW Ontario Council Speakers Series Find details <a href="#">here</a> as they are available.		Oct 21, 2023	
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	Via Zoom	Jan 16, 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.

CFUW Oakville mailing address: P.O. Box 30048,  
478 Dundas Street West, Oakville, ON L6H 7L8  
Email: [editor@cfuwoakville.ca](mailto:editor@cfuwoakville.ca)