

## This Issue

### October's Speaker: **Kimberly Viney** Future Vision for Botanical Gardens

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Kimberly Viney is the newly appointed Chief Operating Officer of the Royal Botanical Gardens. With her extensive entrepreneurial background, she is thrilled to begin a new and exciting opportunity with the RBG. As the COO she will co-lead the implementation of the new strategic twenty-five-year master plan for growth along with overseeing all of the multi-faceted operations. She states that it is an exciting time to be joining RBG and will enjoy contributing to its success and being part of the stewardship team for Canada's iconic botanical gardens. Learn more about RBG here: [rbg.ca/about](http://rbg.ca/about)



We are looking forward to meeting with you on Monday, October 21, 7 pm, at the Trafalgar Park Community Centre, 133 Rebecca Street.

#### Friendly Reminder from Membership

If you haven't sent us your membership application for 2024-2025, please complete either the form emailed to you or the one on our website ([here](#)) and submit it along with payment to CFUW Oakville. For you to be included in the Directory we must have your payment and information by October 21.



Fall is a wonderful time, full of changing weather and changing colours. As we gaze upon the trees of splendor, colours and sunsets ablaze, our minds wander to reflections upon life — family, good friends, good times and of course, good food. We have seen so many changes in our lives. The changes to the larger world around us and our closer to home world. Each change brings the ebb and flow of the times. Reflection can be wonderful as it can put many things into perspective.

As one looks back upon life and the friends and family that have been such a big part of one's story, it is so easy to think of those who are not here with us. Whether that person has moved across the world, or to a new neighbourhood, drifted away or has left us permanently, each one made a difference in our lives. Each of us carries a piece of that friendship in who we are and in how we view the world.

Remembering is important — it gives credence to the lives lived, empowers us to continue the journey, and provides hope for the future. Being thankful for those who have been in our lives fills one's heart with joy. Each of us has a variety of levels of friendships – some are casual acquaintances we see occasionally, some are friends who move in and out of our lives with the changing times, others are those life-long friendships where each knows the other's secrets oh so well and maybe even one is that best friend who is so close you seem to be joined at the hip. When we need a friend, someone always seems to step up. Those are angels that appear in our life when we need a kind word, a gesture of support, a hug or more. Whether that angel is with you for a short time or a long-time, our gratitude for them is ever present.

As Thanksgiving approaches, it is time to think of our CFUW friends and how we support each other. It is so inspiring to see our members checking in on each other, offering support in so many different ways; phone calls, visits, cards, food packages and so much more. Be thankful for our angels who reach out and touch the lives of our larger community family. This group of women is amazing in their community spirit, their friendships, their dedication to the greater good and their support. A group of angels, what could be better. So I hope, like me, you are very proud and grateful to be part of this group.

**Deborah May, Kyoko Kobayashi, Katherine Beaudry**  
**Leadership Team**

### **Notice of Meeting: Scholarship Fund AGM**

The University Women's Club of Oakville Scholarship Fund will be holding a short Annual General Meeting Monday November 18, 2024 either immediately before or immediately following the CFUW Oakville meeting. 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**

**Nomination Form - Halton Charity Donation**

Holiday Dinner - December 2024

Please complete the information requested and forward to Gloria Tomlinson ([gloria.tomlinson@gmail.com](mailto:gloria.tomlinson@gmail.com)) or Deborah May ([dnmay0908@outlook.com](mailto:dnmay0908@outlook.com)) by October 31, 2024.

Name of CFUW Member(s) submitting Nomination: \_\_\_\_\_

Name of Proposed Halton Charity: \_\_\_\_\_

Purpose or Mission of Charity: \_\_\_\_\_

\_\_\_\_\_

Support for Recommending this Charity: \_\_\_\_\_

\_\_\_\_\_

Does this Charity issue Tax Receipts: \_\_\_\_\_

\*\*\*\*\*

**Decision Process:**

The Executive will meet on November 4, 2024 to select the charity based upon all submissions.

The Executive will inform the members regarding the status of their charity submission. The charity selected will be announced at the November 18 General Meeting. At that time, information about the selected charity will be provided. There will be information about the selected charity in the November or December, In Touch Newsletter.

The CFUW Member who submitted the selected Charity will be responsible for:

- Contacting the Charity
- Arranging for the submission for the In Touch Newsletter (having it prepared to make the November issue would be recommended)
- Arrange to speak or have a representative of the Charity speak at the November 18 General Meeting about the Charity and its mission for approximately 10 minutes
- Arrange to have a representative of the Charity or act as a representative of the Charity at the Holiday Dinner from 6pm to 7pm to collect donations, issue tax receipts as applicable and submit the total amount of donations collected in a report to the CFUW Executive

**Previous Charities Selected**

- Dec 2015 — Cash for Footwear for a Syrian Family
- May 2016 — Halton Women’s Place – items donated to the Women’s Shelter
- Dec 2016 — Food 4 Kids
- May 2017— Big Brothers/Sisters
- Dec 2017 — Wellspring
- May 2018 — Radius
- Dec 2018 — Halton Women’ Place – Educational program
- May 2019 — Joshua Creek Heritage Centre
- Dec 2019 — Lighthouse for Grieving Children
- Dec 2023 — Children’s Aid Foundation of Halton

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

Please consider using their services and telling others about them.



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Marshall Newton  
(647) 787-5125  
p6marshall\_n@hotmail.com

### CFUW Oakville Leadership Team Portfolio Contacts for 2024-2025

Deborah May	Kyoko Kobayashi	Katherine Beaudry
Scholarship Advocacy Programme Finance	Communications, Publicity Meeting Venues, Rentals Ontario Council Charitable Trust	Dinners Interest Groups Membership CFUW National Contact

### CFUW Oakville Executive & Committees for 2024-2025

Executive Committee	
Leadership Team	Deborah May, Kyoko Kobayashi, Katherine Beaudry
Secretary	Carolyne Darimont
Treasurer	Jillian Birnie
Standing Committee Chairs	
Advocacy	Diane McCullough
Finance	Jillian Birnie
Interest Groups	Gloria Tomlinson, Brenda Walker
Membership	Susan Walkinshaw
Newsletter Editor	Pat Zelonka
Programme	Yasemin Sezer, Susan Bowen
Hospitality	TBD
Committees by Appointment	
Archivist	Hilary Vavasour
Directory	Carolyne Darimont
Nominations	Leadership Team
Web Manager	Pat Zelonka, Raine Greenwood
Communications/Publicity	Raine Greenwood, Pat Zelonka
Truth and Reconciliation	Mary Smith
Technology	Kyoko Kobayashi
Dinners	Katherine Beaudry



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The most recent 2024 issue of the CFUW Ontario Council Newsletter can be accessed [here](#) .

Read about the **Speakers Series** [here](#). All CFUW members are welcome to attend. The next event is a Zoom meeting on October 26 at 10 am. The topic is **Funding for Post-Secondary Institutions**. The guest speaker is Peggy Satler, MPP for London West.

Click on the date to read a recent Newsletter from **CFUW National**.  
[September 6](#), [September 13](#), [September 20](#), [September 27](#).

The Sharing Corner of each issue or the links to newsletters from other clubs is a fun way to learn about activities and events across Canada.

### *In Remembrance*

#### *Linda Humphrey (1943—2024)*

Linda was an enthusiastic and vibrant member of CFUW Oakville from 2017 to 2024, and long-time convenor of Beyond Bloomsbury 1. She passed away suddenly at the age of 81 and will be greatly missed by all who knew her.

### **Note from your newsletter editor:**

So that there is time to format your submissions nicely and give the proofreaders time to find all my errors, we set the submission deadline at the 25th of the previous month for a newsletter that will be delivered to you on the first of a month. You've seen that I can be flexible, but please, this date is more than just a suggestion.

However there is an exception to every rule. I am away at the end of October, will return on November 1 and then create a newsletter from whatever I find in my mailbox. I would like to see many emails dated before October 25.

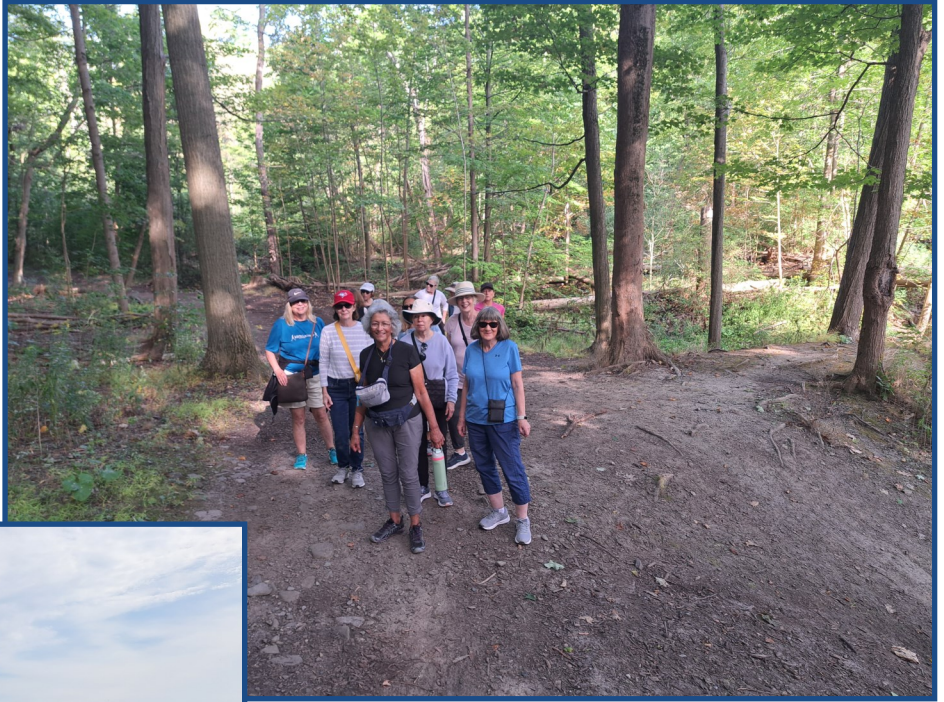
### **Don't be fooled**

A Club member has reported receiving an email that appeared to come from a CFUW source, but it could not have come from CFUW because it was looking for an investment partner and would guarantee a 10% return on any investment. CFUW does not do that.

Please remember the advice about being vigilant that we were given last October by DC Kristin Thomas who spoke to us about scams. You can see a summary of her advice here in the November 2023 In Touch on page 8. <https://cfuwoakville.ca/wp-content/uploads/Nov-2023-web.pdf>

## Interest Group Activities

Happy Hikers 2 on the Joshua's Creek Trail on a glorious September day



Happy Hikers 1 at the Marsh Trail Lookout in Cootes Paradise, Royal Botanical Gardens. Another great September day.



## Interest Group Activities

Crime and Caffeine II members and a few guests enjoyed a great outing on September 12, lunch at Niagara-on-the-Lake Golf Course, followed by a play at the Shaw Festival, Sherlock Holmes and The Mystery of the Human Heart.

Thanks to Carolyn Collings Merk for organizing this day that was enjoyed by all!



### LIKE SCRABBLE??

**\*\*Have Fun Trying for a Triple Word Score!\*\***

Since CFUW Scrabble group's formation, we had limited our number to eight players. This number was comfortably accommodated in the homes of our rotating hosts. However, the group has decided to increase the number to ten players. We will welcome the first two new applicants. Any others interested would be added to a wait list. If you are interested, email [info@cfuwoakville.com](mailto:info@cfuwoakville.com)

Thanks to all the members who signed up to join new groups and to the convenors for welcoming them.

Please see the chart on Page 9 to see which groups still have openings.

If you are interested in joining a group or starting a new one, email [info@cfuwoakville.ca](mailto:info@cfuwoakville.ca) and someone will be in touch with you. Please do NOT contact the Interest Group convener personally.

Thanks,

**Gloria Tomlinson and Brenda Walker**

## Interest Group Activities for October 2024

New and returning members who would like to join one of these groups are encouraged to let the Interest Group Co-chairs know at [info@cfuwoakville.ca](mailto:info@cfuwoakville.ca) . 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>The Hazelbourne Ladies Motorcycle and Flying Club</i> , Simonson <b>OPEN</b>
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am <b>OPEN</b>
<b>BookBeat PM</b>	I	Charlotte Jeneway	Last Thursday @ 7:30 pm
	II	Mary Wood	1st Wednesday @ 7:00 pm <b>OPEN</b>
	III	Helen Litton	1st Tuesday @ 7:30 pm
<b>Crime &amp; Caffeine</b>	I	Leigh Mayers	Last Monday @ 1:30 pm <i>The Phoenix Crown</i> , Quinn and Chang
	II	Carolyn Collings Merk	Last Monday @ 1:30 pm <i>We Solve Murders</i> , Osman
	III	Susan Walkinshaw	2nd Monday @ 1:30 pm <i>The Wager</i> , Grann
	IV	TBD	7:00 pm <b>OPEN</b>
<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>Health for All</i> , Philpot
<b>Playing with Ideas</b>		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
<b>Marathon Bridge</b>	Bonnie Jensen Laurie Nordin-MacLeod	
<b>Word Power through Scrabble</b>	Kathy Hall	2nd Tuesday @ 1:00 pm <b>OPEN</b>

**Couples' Chat and Chow:** Couples dine out on a weekday evening.

Name	Convenor	Date and Time
<b>Couples' Chat and Chow</b>	Leanne Siracusa	Weekday evening, (Mon-Thur), 4th week, dates TBD <b>OPEN</b>

**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</b>		Diane McCullough	2nd Wednesday @ 7:00 pm <b>OPEN</b>
<b>Aging Collaboratively</b>		Janice May	TBD <b>OPEN</b>
<b>Beyond Bloomsbury</b>	I	Mary Smith Sonia Ellis	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
<b>Creativity through Painting and Drawing</b>	Leanne Siracusa	Monday, 10:00 am, Zoom 6 or 8 week courses, dates TBD <b>OPEN</b>

**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 Thursday @ 6:30 pm.
	II	Jan Dobson	2nd Thursday @ 6:45 pm
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm.
	IV	TBD	Thursday evening <b>OPEN</b>
<b>Ladies @ Lunch</b>		Lise Moras	3rd Thursday @ 12 noon. <b>OPEN</b>
<b>Social Eves</b>		Marla Newton	4th Wednesday @ 7:00 pm
<b>Foodie World Adventures</b>		Eva Baxter	3rd Wednesday, time TBD
<b>Bakers Club</b>		Hilary Vavasour	3rd Tuesday @ 2:00 pm
<b>Bronte Neighbourhood Group</b>		Sheila Aldoroty	TBD <b>OPEN</b>
<b>The Singles Network</b>		Dianne Murphy	Dates and times of events are determined by participants <b>OPEN</b>

**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 pm <b>OPEN</b>
<b>Mindfulness and Meditation</b>	I	Dodie Layton	3rd Tuesday @ 10:00 am <i>Beyond Distraction</i> , S. Catherine <b>OPEN</b>
	II	Chris Connell	1st Thursday @ 1:30 pm <b>OPEN</b>
<b>Psychology and Spirituality</b>	I	Sue McArthur	2nd Thursday @ 9:30 am

**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
<b>Dragon Boating</b>		Donna Kraaijeveld Susan Stavin	Wednesday practices in May and June at the Burloak Canoe Club.
<b>Golf</b>		Katherine Beaudry Angie Vassallo	<b>OPEN</b>
<b>Happy Hikers</b>	I	Lynda Sturgeoff Marcia Hays	Tuesday am weather permitting Sept. to June
	II	Sue McArthur Heather McKinlay	Wednesday am bi-weekly weather permitting - Sept. to June <b>OPEN</b>
<b>Pickleball</b>		Katherine Beaudry Tania Tani	Wednesday @ 2:00 pm to 4:00 pm First 8 week session Sept 4 to Oct 23 For experienced players <b>OPEN</b>
<b>Walking with Friends</b>		Brenda Walker Jane Jewitt	Mondays @ 9:15 am <b>OPEN</b>

The Social Eves group recently enjoyed a wonderful evening at Arlene's beautiful lakeside home. The evening was our first get together of the year, and enabled us to sample delicious appetizers and desserts as we spent time with new and long-time members.

Marla Newton



# University Women's Club of Oakville Scholarship Fund

The **CANADIAN FEDERATION OF UNIVERSITY WOMEN OF OAKVILLE Awards** were established to recognize academic excellence, significant school/community service and leadership



Ava Casha

High School:

White Oaks Secondary School

Extra curricular Activities:

Study Groups; volunteer fundraiser for unhoused individuals; Lifeguard, Swimming Instructor and Deck Supervisor for Town of Oakville Pools; Real Canadian Superstores employee and trainer of new staff.

Post Secondary:

University of Guelph

Ava Casha's pool supervisor at the Town of Oakville described Ava's leadership and strong work ethic with these words: "Ava does not stop when the clock stops paying her. She is only done when she is satisfied that everyone has been helped, is safe, and is happy with their experience."

While she earned the necessary excellent grades to remain on the Honour Roll for all four years of high school, Ava also worked 30 hours each week. She helps her single mother with the care of her unwell grandmother, and volunteers to raise money for unhoused individuals.

Ava plans to become a lawyer. She has devoted much of her time in High School working to improve the lives of others. As a Deck Supervisor with the Town of Oakville, she not only supervised lifeguards, but also taught other new instructors. As a lawyer, she plans to continue helping others. She hopes to succeed well enough to be able to offer significant pro bono work to provide legal representation to those who cannot afford it.

Ava began working at Real Canadian Superstores when she was 15. She continues with this work to help to finance her education and helps to train new staff. As a dedicated student, Ava participated in study groups throughout high school, where she was respected by her peers. Her time managements skills permitted her to incorporate her academic work, volunteer hours, help with her aging grandparents, and employment with resounding success.

Ava Casha is currently enrolled at the University of Guelph in Justice and Legal Studies.

**CFUW of Oakville is extremely proud to present Ava Casha with one of the three CFUW of Oakville Awards.**

## CFUW Oakville Event Calendar

Event	Location	Date	Time
CFUW Board meeting	Zoom	Oct 7, 2024	7:00 pm
CFUW Oakville general meeting Kim Viney, Nature and the Environment	TPCC	Oct 21 2024	7:00 pm
CFUW Ontario Council Speakers Series Funding for Post-Secondary Institutions Registration info <a href="#">here</a> . Or see page xx	Zoom	Oct 26 2024	10:00 am
CFUW Board meeting	Zoom	Nov 4, 2024	7:00 pm
CFUW Oakville general meeting Shohini Gose, Women in Science	TPCC	Nov 18, 2024	7:00 pm
Holiday Dinner	Oakville Conference Centre	Dec 9, 2024	
CFUW Board meeting	Zoom	Jan 6, 2025	7:00 pm
CFUW Oakville general meeting Gillian Lockitch, Growing Older, Living Younger	Zoom	Jan 20, 2025	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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