

This Issue

May Dinner Speaker: **Bill King**

Hamilton, Weird and Wonderful

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Bill King was raised in Hamilton, where he graduated from McMaster University. He is the author of *Buchanan of Auchmar*, *Hamilton's Stone Age*, *Hamilton, Weird and Wonderful* and numerous articles on local history. For several years he has conducted Downtown Hamilton Walking Tours on summer Sundays. He established "Authors in the Park" in 2021, a free annual festival for Hamilton readers and writers.



We are looking forward to meeting with you on
Monday May 5, 2025
at the May Dinner and Annual General Meeting.

Watch for your membership renewal form to arrive
in August and then join us next September. Until
then do enjoy a wonderful summer.

From our Leadership Team

The Spring Newsletter is always bittersweet. It signals the time of year for the May flowers, sunshine, outdoor activities and our Annual Spring Dinner. However, it is also the time that the formal year for CFUW Oakville draws to a close.

It has been truly an amazing year. The 75th Anniversary celebrations started our year on such a positive note, bringing our long history and traditions to the forefront. The Committee led by Hilary Vavasour did an amazing job with the display at QE Park Community Centre. This display was such an inspiration. We were even spotlighted on Halton News and on YouTube.

The Programme Committee, which this year was Susan Bowen, brought us wonderful quality speakers throughout the year. Whether we are exploring fast fashion, following women in physics and chemistry, growing older but living younger, following Adam Shoalts on his Arctic adventures, or figuring out how to downsize and move, we continue to learn and expand as an engaged group. Thank you, Susan for taking us on such a journey.

This year also saw a small group continue the task of updating both the Constitution and the By-Laws for our Club. It is wonderful that the Constitution has been passed by the membership and will now guide us into the future. Thanks to the Committee, Kyoko Kobayashi, Katherine Beaudry, Deborah May, and Marlene Bristol for all their hard work on this task. As well, thanks are extended to Joyce See, Lynda Sturgeoff, and Marlene Bristol who began this important review.

Volunteering in the capacity of leadership in an organization of the size of CFUW Oakville requires many hours, efforts and expertise. Our deepest thanks and appreciation to all; Kyoko Kobayashi, for her technology expertise and dedication to leadership and tasks; Deborah May, one of the mainstays of the Leadership team, for chairing most of the General Meetings and making sure we are a cohesive Leadership team; Katherine Beaudry for her unwavering support and organization of two annual dinners; Jillian Birnie for maintaining our fiscal responsibility; Linda Williams for stepping up to keep our minutes in pristine order; Brenda Walker and Gloria Tomlinson for all their efforts supporting the Interest Groups; Pat Zelonka for all the newsletters (and the gentle nudges for our Leadership submissions); Raine Greenwood, our Social Media Guru, for all of the outstanding tweets, posts and positive public relations; Susan Walkinshaw for keeping track of our membership and ensuring that new members feel welcome; and Marlene Bristol, for our hospitality at the meetings and reaching out to support our members in all the capacity needed. In each CFUW club, there is a small and dedicated group of women who work beyond just the club's perspective on issues and advocacy for the betterment of our society. This group led by Diane McCullough, worked on the provincial and national resolutions which showcased their expertise and knowledge of the topics. The Resolutions review and presentation was thoughtful and professional. We appreciate knowing that our thoughts and views are being carried to both the provincial and national conventions.

We would be remiss if we didn't thank each and every one of the Interest Group convenors, who quietly go about planning, and organizing all the activities that take place throughout the year. With over 30 interest groups whose membership varies from 8 to over 40, the task of keeping everything happening is daunting. Even as this year is formally drawing to a close, many of these interest groups will continue to meet and enjoy their activities throughout the summer months and still be right in the swing of it by September, in time to start again. Just know that your interest group members do appreciate you, as does the Board of CFUW Oakville.

We cannot express how much the efforts of all volunteers on our behalf of the membership of the club are appreciated.

So, as this very special 75th year of CFUW ends, we look forward to our Spring Dinner, a wonderful tradition and event that marks the drawing to a close one year and forecasts the year to come. The Dinner Committee led by Katherine Beaudry has done an outstanding job, organizing dinner choices, venue decorating and providing door prizes. Our speaker is sure to entertain and beguile us with some unknown and unusual information about our neighbouring Hamilton.

Enjoy our wonderful Canadian summer. See you in September!

Deborah May, Kyoko Kobayashi and Katherine Beaudry

The spring 2025 federal and spring elections focussed on tariffs and resulting economic instability. Health care responsibility was largely ignored. Remind your politician to also maintain a high quality, publicly-funded, universal health care system.



Ontario highlights health care spending but there is room for improvement.

- 6.4 billion has been invested in LTC since 2019. It does not reflect inflation, population growth or the number of beds lost to non-renewed license applications. Source: 2024 provincial budget
- 18,000 LTC beds are “open, under construction, or have approval to start construction,” since 2019.
- 40,000 more LTC beds are committed to be built or upgraded by 2028. Is that realistic?
- 48,000 seniors are on LTC wait list--many for over a year. Most of the placements are from the hospital. Patients living in the community with or without home care are low priority for LTC placement. Families who need help often resort to care in retirement homes without any government financial support. Only LTC homes are subsidized whether privately or publicly funded. Source: Ontario LTC Association
- \$500 million invested in mental health and addictions between 2018 and 2024 and pledged \$396 million over the next three years. Less than \$1 billion of \$3.8 billion (half from the federal government) allotted and no audit of the impacts and outcomes of money spent. Source: [Did Doug Ford deliver on his promises to fix Ontario health care? Toronto Star Feb. 22, 2025](#)
- Emergency Department 90 percentile waits were 7 ½ to 10 hours 2008-2021; 2022-24 wait time were 9 ½-13 hours.
- Emergency Department physician assessment wait was 3-4 hours 2008-2021; 2022-2024 wait was 4-4 ½ hours. Patients are older and medically complex, ie time consuming; patients with lower-acuity problems don't have other options; fewer places to see patients due to overcrowding; wards are full because of cutbacks on number of serviced beds and ALC patients are waiting for treatment, home care or LTC.
- 2008 till 2021-22, 90 percentile Emergency Department to in-patient wait for bed was 20 hours; 2024 about 27 hours

Good News:

- CIHI reported Ontario is leading the country on 26-week benchmark for joint replacement. Source: [Doug Ford promised to end hallway medicine. But Ontario's ER wait times have gotten worse in the past three years, confidential report shows, February 22, 2025, Toronto Star](#), [Kenyon Wallace](#) Business Reporter, and [Megan Ogilvie](#) Health Reporter
- **Halton Healthcare** has partnered with PaRx and **Halton Conservation** in December 2024. Doctors are encouraged to write a nature prescription with 10 free visits to Halton Conservation parks. It is a win, win solution. Connection to nature has been shown to improve mental health, lower blood pressure and extend life expectancy. People who visit parks have a stronger commitment to ecology preservation and community well-being.

Anne Douglas, CFUW Oakville representative for AWH

Advocacy

We have just completed the resolution process for 2025, covering post-secondary funding, a Seniors' Advocate, period poverty, sexual and reproductive health services, LGBTQ+ rights, the violence link, eliminating fossil fuels and housing rights. Last year it was ageing in place, standards in Long-Term Care, the Peatlands, and deep sea ecosystems. All these issues are worth advocating for. As an Advocacy Group we have to narrow our focus if we wish to accomplish anything. This year we did some exploring around Violence against Women, starting with those in politics.

The first step in advocacy is education. Education is not new to any of us. You do not have to belong to the Advocacy Group to become knowledgeable about issues. You can start by doing your own reading or watching excellent webinars hosted by CFUW. CFUW Study Groups develop excellent documents on issues as well.

Some reading that might interest you:

Happy Ever Older, Moira Welsh

Neglected No More, Andre Picard

The Indispensable Survival Guide to Ontario's Long-Term Care System, Karen Cumming and Patricia Milne

Options Open, Sue Lantz

Her Name Was Margaret, Denise Davy

Fire Weather, John Vaillant

Health for All, Jane Philpott

Water Confidential, Susan Blacklin

The Deepest Map, Laura Trethewey

Diane Mccullough, Advocacy Chair



CFUW Oakville is fortunate to have a wonderfully loyal group of members. Let's celebrate a few.

60 years: Carmen Montminy, Gail Volterra

50 years: Marilyn Hutchison

45 years: Brenda DeHaan

35 years: Carolyn Collings Merk

30 years: Jeanne Crockatt, Cynthia Ferrier

25 years: Jane Heakes.

CFUW Oakville is happy 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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Thank you to the following companies who have so generously donated door prizes for the May Dinner.

Milestones Burloak, Burloak Indoor Golf, Catch Hospitality and Abbeywood Spa.

Thank you also to our Crime and Caffeine Book Clubs for contributing the beautiful wine baskets.



Interest Group Activities

Gourmet III had an Indian dinner theme at Val Irvine's for our April dinner.

Val set the menu of samosas and pakoras, Lamb Biryani, Butter Chicken, Coconut Dal (lentil dish), Aloo Ghobi (cauliflower & potato dish), Cucumber salad with Paneer (white Indian cheese), and Ladoos (a coconut and almond dessert ball). All followed by homemade Chai spiced tea. It was an unforgettable dinner and dining evening!



Two views, so you can see everyone.

Interest Group Activities

Beyond Bloomsbury II

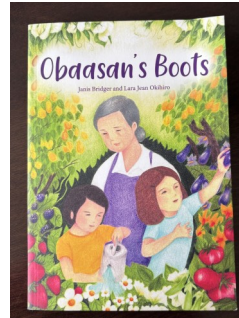
For our April Meeting, our guest speaker was Lara Okihiro who wrote a children's book, *Obaasan's Boots*, based on stories of growing up near her grandmother. Her book also tells of her grandmother's experience as a Japanese Canadian during WW II, reveals the painful story of Japanese internment, — families forced apart, whole communities uprooted, moved into camps, their houses and belongings stolen.

We learned a lot about her childhood with her grandmother and her family history as well as the events in Canada during this time. It's hard to believe what actually happened in Canada to the Japanese population out West.

Her book is a "good read" for everyone. Lara also speaks to many schools and organizations about this important topic.

Thanks to Hilary Vavasour for hosting.

Gloria Tomlinson



Some members of the golf group met at Burloak Indoor Golf to play 2 rounds of simulated golf on a course in the Dominican Republic followed by lunch afterwards! Thanks to Katherine Beaudry for organizing this.

Gloria Tomlinson

Last minute news: Mayor Burton presented Sybil R with a sign marking her contributions to Oakville, on the occasion of her 96th birthday. It will go on a big road in a new Mattamy development.

Mary Smith



Interest Group Activities for May and June 2025

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. They will try to accommodate your wishes.

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

| Name | | Convenor | Date and Time |
|-----------------------------------|-----|--------------------------------|--|
| BookBeat AM | I | Sheila Aldoroty | 1st Wednesday @ 10:00 am <i>Matrix</i> , Groff OPEN |
| | II | Martina Eisleb Marla Newton | 4th Wednesday @ 9:30 am OPEN |
| BookBeat PM | I | Charlotte Jeneway | Last Thursday @ 7:30 pm <i>The Lioness of Boston</i> , Franklin OPEN |
| | II | Mary Wood | 1st Wednesday @ 7:00 pm OPEN |
| | III | Helen Litton | First Tuesday @ 7:30 pm <i>The Secret Keeper</i> , Graham |
| Crime & Caffeine | I | Leigh Mayers | Last Monday @ 1:30 pm <i>The Housemaid</i> , McFadden |
| | II | Carolyn Collings Merk | 4th Monday @ 1:30 pm <i>First Lie Wins</i> , Easton <i>The Briar Club</i> , Quinn |
| | III | Susan Walkinshaw | 2nd Monday @ 1:30 pm <i>Then She Was Gone</i> , Jewel |
| West End Book Exchange | | Sue Stephens | Books are chosen in September for the year, for example: <i>Tell Me Everything</i> , Strout; <i>The Woman Behind the Door</i> , Doyle |
| We the North Book Exchange | | Joan Dunn | Books are chosen in September for the year, for example: <i>The Life Impossible</i> , Matt Haig; <i>Creation Lake</i> , Rachel Kushner |
| Literary Ladies | | Pam Schwartz | 1st Thursday @ 10:00 am <i>Health for All</i> , Philpot |
| Playing with Ideas | | Dodie Layton | 4th Thursday @ 9:30 am <i>Great Conversations — Vol 6</i> OPEN |

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 | Bonnie Jensen Laurie Nordin-MacLeod | Times vary through the month. |
| Word Power through Scrabble | Kathy Hall | 2nd Tuesday @ 1:00 pm |

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 | | Diane McCullough | 2nd Wednesday @ 7:00 pm OPEN |
| Aging Collaboratively | | Janice May | TBD OPEN |
| Beyond Bloomsbury | I | Mary Smith Sonia Ellis | 4th Tuesday @ 7:00 pm |
| | II | Carolyn Collings Merk Becky Pogany | 1st Thursday @ 7:30 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 pm OPEN |
| Mindfulness and Meditation | I | Jeanne Crockatt | 3rd Tuesday @ 10:00 am <i>Beyond Distraction</i> , S. Catherine OPEN |
| | II | Chris Connell | 1st Thursday @ 1:30 pm OPEN |
| Psychology and Spirituality | I | Sue McArthur | 2nd Thursday @ 9:30 am |

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

| Name | | Convenor | Date and Time |
|-----------------------------------|------------|-----------------------|---|
| Gourmet | I | Alison Gemmell | 2nd Thursday @ 6:30 pm |
| | II | Jan Dobson | 2nd Thursday @ 6:45 pm |
| | III | Laurie Nordin-MacLeod | 2nd Thursday @ 6:30 pm |
| | IV | TBD | Thursday evening OPEN |
| Ladies @ Lunch | | Lise Moras | 3rd Thursday @ 12:30 pm OPEN |
| Social Eves | | Marla Newton | 4th Wednesday @ 7:00 pm OPEN |
| Foodie World Adventures | | Eva Baxter | 3rd Wednesday, time TBD |
| Bakers Club | | Hilary Vavasour | 3rd Tuesday @ 2:00 pm |
| Bronte Neighbourhood Group | | Sheila Aldoroty | TBD OPEN |
| The Singles Network | | Dianne Murphy | Dates and times of events are determined by participants OPEN |
| Couples' Chat and Chow | | Leanne Siracusa | Weeknight, during the last week of the month OPEN |

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

| Name | Convenor | Date and Time |
|------------------------------------|-----------------|------------------------|
| Creativity through Drawing | Leanne Siracusa | Friday, 10:00—11:30 am |
| Creativity through Painting | Leanne Siracusa | ON HOLD for now |

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 | OPEN Any CFUW members who are interested in Dragon Boating are asked to contact Susan Stavin or Donna Kraayeveld |
| Golf | | Katherine Beaudry Angie Vassallo | OPEN |
| Happy Hikers | 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 OPEN |
| Pickleball | | Katherine Beaudry | Wednesday @ 2:00 pm to 4:00 pm |
| Walking with Friends | | Brenda Walker Jane Jewitt | Mondays @ 9:15 am OPEN |

Happy Hikers 1 at the Limehouse Conservation area in April



The Lilian Fulford Memorial Scholarship: Angela Xu Zheng

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.



Angela Zheng is a driven and compassionate individual who has consistently demonstrated exceptional leadership, critical thinking, and dedication to education. Throughout her high school career, Angela has been an active member of various extracurricular activities, including DECA and FBLA, where she held prominent leadership roles.

As Vice President of Training for her school's DECA chapter, Angela devoted over 500 hours to enhancing business education and increasing accessibility to resources. Her efforts led to a remarkable 50% increase in membership. Angela's impressive performance in regional and provincial competitions not only honed her business skills but also taught her the value of teamwork and communication.

Angela's commitment to education extends beyond her academic pursuits. She has generously shared her talents as a piano teacher and volunteer French and art teacher. Oakville Starz recognizes her impressive musical talents in singing, piano playing and conducting.

Angela's strong character, leadership, and work ethic have earned her recognition from teachers and supervisors. She excels at facilitating events, coordinating activities, and collaborating with others.

Despite facing personal challenges, including her brother's serious illness and the resulting financial strain on her family, Angela has maintained an excellent academic record. Her dedication to learning, facilitating educational opportunities, and perseverance in the face of adversity make Angela an outstanding candidate for this scholarship. This award will enable her to move closer to achieving her academic goals.

High School: White Oaks Secondary School

Extra Curricular Activities: Vice president of training at the school's DECA chapter; training executive of FBLA chapter; competitive debater.

Volunteering: CanFly Community volunteer French teacher; Oakville Starz volunteer choir member/ conductor/ accompaniment/ art teacher; Clarkson Summer Camp volunteer camp leader.

Work Experience: Mississauga Piano Studio- contract part-time piano teacher.

Post Secondary: McGill University

Specialization: Bachelor of Commerce

The CFUW is pleased to present Angela Zheng with the Lilian Fulford Memorial Scholarship.

The Miriam White Memorial Scholarship: Kera Lou Balkwill

The Miriam White Memorial Scholarship honours Miriam White, who was an active member of CFUW and past president. Miriam White was an extraordinary business woman who also loved and excelled at music, especially classical music. The ideal candidate for this award will demonstrate high scholastic achievement, have a strong musical background, demonstrate an interest in pursuing a career in business, and be enrolled in a Canadian University or College. Financial need is also a requirement for the award.



High School: T.A.Blakelock High School

Extra Curricular Activities: lead for creation of year book; Symphonic Wind Band; Rock Band; artistic pursuits in drawing, film & photography

Volunteering: Bronte Creek Provincial Park events volunteer; Music mentor for Bandology; Global medic; volunteer at school Art & Music department; Breakfast Club Volunteer

Work Experience: Bronte Creek Provincial Park Maple Festival

Post Secondary: University of Toronto

Specialization: Communication, Culture, Information & Technology

Kera Balkwill is a talented and passionate individual with a deep love for the arts. Throughout her academic journey, she has actively pursued her interests in music, art, film, and photography. As a dedicated member of her school's orchestral and rock bands, Kera has showcased her musical talents.

Kera's commitment to giving back to her community is evident in her role as music mentor for younger students at a summer band camp. Her leadership skills have been further exemplified through her responsibility for creating the school yearbook alongside a small team of peers.

Driven by her desire to make a positive impact on society, Kera's long-term aspiration is to become a teacher. She plans to pursue teachers' college after completing her undergraduate degree.

In addition to her academic and artistic pursuits, Kera has gained valuable work experience at Bronte Creek Provincial Park, assisting with their annual maple syrup festivals. This experience has enabled her to develop essential skills in communication, time management, teamwork, and has allowed her to gain self-confidence.

Despite her family's financial challenges and setbacks due to the COVID-19 lockdowns, Kera has remained dedicated to her academic studies, extracurricular activities, and community service.

Kera's teachers describe her as a creative, inventive, and focused individual who has made extraordinary progress over the years. Her imaginative assignments and active engagement in discussions demonstrate her creativity and curiosity. She is acknowledged and praised for her reliability, enthusiasm for learning, and commitment to attaining her future goals.

**The CFUW is pleased to present Kera Balkwill
with the Miriam White Memorial Scholarship.**

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 | Linda Williams |
| 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 | Susan Bowen |
| Hospitality | Marlene Bristol |
| Committees by Appointment | |
| Archivist | Hilary Vavasour |
| Directory | Carolyn Darimont |
| Nominations | Leadership Team |
| Web Manager | Pat Zelonka, Raine Greenwood |
| Communications/Publicity | Raine Greenwood, Pat Zelonka |
| Technology | Kyoko Kobayashi |
| Dinners | Katherine Beaudry |



The **Special Edition** of the CFUW Ontario Council Newsletter on **Environment and Climate Change** can be accessed [here](#).

See the notice of the **2025 AGM** [here](#).

The most recent edition of the OC newsletter is [here](#).

Ontario Council organizes many events throughout the year. See a list [here](#).

In particular, all members are welcome to attend the Speakers Series.



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Le pouvoir par le savoir.

Click on the date to read a recent newsletter from **CFUW National**.

[April 4](#), [April 11](#), [Special Earth Day issue](#), [April 25](#)

CFUW Oakville Event Calendar

| Event | Location | Date | Time |
|---|--|---------------|---------|
| Dinner and AGM | Oakville Conference and Banquet Centre, Wyecroft Rd. | May 5, 2025 | 6:00 pm |
| Membership Renewal Forms are available | | Aug 15, 2025 | |
| CFUW Oakville General Meeting Author Andrew Welch, <i>The Value Crisis</i> | TPCC | Sept 15, 2025 | 6:30 pm |

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

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