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February's Speaker: **Jill Heinerth**

The Science of Cave Diving

From technical dives deep inside underwater caves to being the first person to swim inside Antarctic icebergs, Jill Heinerth, a Fellow of the International Scuba Diving Hall of Fame, collaborates with climatologists, archaeologists, biologists, and engineers worldwide. Jill has made TV programs for the CBC, BBC, National Geographic, and produced independent films. Her books *Into The Planet* and *The Aquanaut* have been lauded by diverse voices from Oprah to the New York Times, Wall Street Journal and Dolly Parton and a new documentary *Diving Into The Darkness*, celebrates her life as an explorer.



A sport once tagged as the domain of adrenaline junkies, cave divers have become an important asset to scientists exploring global climate change, archaeology, water issues and unique biology. Jill Heinerth will share stories from expeditions to faraway caves around the world from Egypt to Antarctica and Bermuda to the Bahamas. She'll offer a fast-paced multimedia show about tiny venomous creatures and ancient lofty stalagmites that tell the story of earth before man.



www.IntoThePlanet.com

www.DivingIntoTheDarkness.com

We are looking forward to our next General Meeting with you on
Monday February 23, 2026 via Zoom.
Note: Date Change! Not the third Monday!

From our Leadership Team

Once again, February is upon us. Despite the snow, biting winds, and frigid temperatures outdoors, it is also a month of warmth and shared love.

The warmth we create for one another is demonstrated by checking in on those who may feel isolated in the winter—whether by shovelling an extra driveway, stopping by for a coffee, sharing a meal, or running an errand for a friend or neighbor. We can ensure that "warmth" is much more than just a temperature!

February is a month to embrace love in all its forms: from celebrating Valentine's Day on February 14th and honouring our girlfriends on Galentine's Day (February 13th), to showing love for our community by celebrating Black History Month. We also celebrate Random Acts of Kindness Day on February 17th, which falls during Random Acts of Kindness Week, February 14–20. Although we may picture the grand gestures often associated with Valentine's Day, we appreciate that love often shows up in small, everyday ways.

Finally, we embrace self-love in February by dedicating time to our own well-being. Take a moment for quiet reflection—whether that means a spa day or enjoying a brisk walk outdoors to appreciate the stillness of the crisp winter air.

We wish everyone a Happy Family Day.

Stay safe, warm and cozy during our shortest but coldest month of the year!



Katherine, Kyoko, Palma

Leadership Team

Debbie Brunet has assumed the role of Programming Chair for 2026-2027. We are so happy to have her on board and know that she will be wonderful in this role. She is a pleasure to work with and is very resourceful. Gloria Tomlinson is the Co-Chair. On behalf of CFUW thank you both very much!

If anyone has ideas or preferences for Speakers please send them along to Debbie Brunet,



See a recent edition of the OC newsletter: [December 2026](#)

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

In particular, all members are welcome to attend the Speakers Series. The next Speakers Series event will be on February 21, 2026 via Zoom.

Topic: Artificial Intelligence and Education.

[Info and Registration here..](#)



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

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

You have many to catch up on!

[December 5](#), [December 12](#), [December 17](#),
[January 9](#), [January 16](#), [January 23](#), [January 30](#)

Background Information Regarding Women's Health Research

The historic roots of the lack of health research that includes women dates back to the 1970s when laws were enacted banning women of childbearing "potential" from being included in clinical trials. The unintended side effect of the ban was that most research responsible for the medical procedures, imaging tools, and medications we all have access to today are based on men. For Canada, according to the report *The Case for Advancing Women's Health in Canada*, November 13, 2025, this means:

- Canada has one of the largest women's health gaps, placing 5th worst globally.
- 7% of health research in Canada focuses specifically on women, despite women comprising approximately 50% of the Canadian labour force.
- Unmanaged symptoms of menopause cost the Canadian economy \$3.5 billion annually, including \$237 million in lost productivity and 540,000 lost workdays per year.
- The Hologic Global Health Index ranks Canada 64th globally-well behind peers such as Germany (#6), the UK (#41), the US (#38), and Australia (#59).
- 75% of adverse drug reactions are experienced by women.
- 70% of Chronic Pain Patients are women, yet the treatment for them is based on men.
- Less than 9% of program and course descriptions at 16 medical schools include women's health.
- In 2023, among Canadians aged 18-34, 12% fewer women than men rated their mental health as "very good" or "excellent" (link to the report is below).

The *Case for Advancing Women's Health in Canada* report was developed in collaboration with the IWK Foundation, with contributions from Femtech Canada and input from national stakeholders. The report goes on to recommend:

- The appointment of a National Women's Health Chair – to lead the development of a National Women's Health Strategy. In addition, the chair would establish a Cross- governmental Women's Health Taskforce convening all levels of government and community health leaders to contribute to the national strategy.
- The development and implementation of a modern National Women's Health Strategy – that will deliver measurable outcomes and establish a cohesive national framework to advance health equity, close critical data and research gaps, and strengthen education and awareness across the health system.
- Commit to a 10-year women's health investment plan – by establishing multi-year federal funding for the key priorities identified within the new strategy. (1)

There are glimmers of progress. The Canadian Institutes of Health Research (CIHR) has mandated sex- and gender-based analysis (SGBA+) in funding applications in 2010, and the number of funded grants that mention "sex or gender," doubled between 2020 and 2023. But progress is still slow. The female-specific research share hasn't budged past ~7%. And diseases that affect women disproportionately or differently, like cardiovascular disease, depression, dementias, headache disorders, musculoskeletal disorders, receive research attention far below what their burden demands. (2)

Hopefully, understanding the impacts of the lack of research into women's health will provide CFUW members with information they can use for individual advocacy when opportunities present themselves.

(1) *The Case for Advancing Women's Health in Canada*, November 13, 2025, <https://iwkfoundation.org/sites/default/files/attachments/2025-iwk-foundation-deloitte-the-case-for-advancing-womens-health-in-canada.pdf>

(2) The Partnership for Women's Health Research Canada (PWHR) <https://pwhr.org/>

Joyce See, Advocacy Member

2026 Resolutions

The Advocacy Committee is reaching out to all those who might be interested in participating in the 2026 resolution reviews.

The wording for the three National resolutions is expected on March 6. Review for the National resolutions will begin as soon as we have the wording.

The intents are out now and are as follows:

Intent #1 (CFUW Ottawa) Canadian Response to the Education Response in Afghanistan

Intent #2 (CFUW Northumberland) A strong, Equitable Canadian Economy

Intent #3 (CFUW Guelph) The Destructive Impact of Disinformation

Members of the Advocacy Committee will be participating in the reviews of the resolutions and we would appreciate as much input as possible from Oakville members. If you would be interested in participating in the review of a particular resolution please let me know and you will be contacted by an Advocacy member.

The results of the National Resolution reviews will first be presented at the Advocacy Meeting on March 26 when the Committee will make final decisions. Recommendations from the Advocacy Meeting will then be presented for voting at the April 20 General Meeting.

Diane McCullough
Advocacy Chair



As Louise Brownlee says, it's great to see a CFUW Oakville member honoured like this. **Bonnie Jackson** is an incredible community supporter.

The Oakville Community Foundation has announced that Bonnie Jackson has been awarded the Adrian Coote Volunteer Award that recognizes a volunteer who has given extraordinary services to the Oakville Community Foundation.

Read more about this [here](#).



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

Please consider using their services and telling others about them.

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twdecorating.com

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sarahsims.ca
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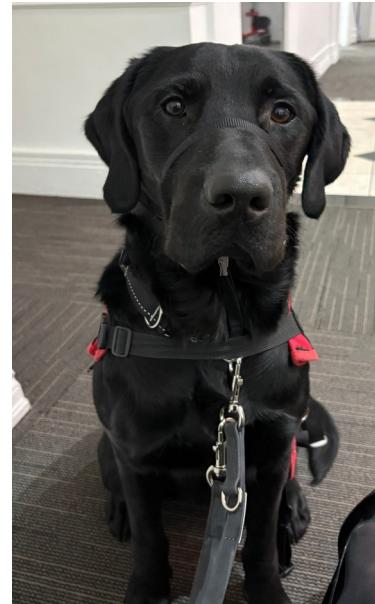
CFUW Members:

We are extremely grateful for the opportunity to attend your December 8th Holiday Dinner.

Thanks to your generosity \$4,240 was raised for The Difference Campaign.

We appreciate your support.

Chris Marneau
Campaign Major Gifts Officer
&
PeaJay
Autism Assistance Dog



Lions Foundation of Canada Dog Guides' mission is to empower Canadians with disabilities to navigate their world with confidence and independence by providing Dog Guides at no cost to them and supporting each pair in their journey together.

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Charitable Tax Number: 13024 5129 RR0001



December Holiday Dinner

Black Lab Peajay thoroughly enjoyed the holiday dinner too.



Deborah May thanking Kathrine Beaudry for her excellence in dinner organization.

This would be a good place to remind you that our website gives you access to the whole Flickr library of Club photos. Use the website Menu Bar "Gallery" option at the top of the page for the latest photos and more albums. Visit cfuwoakville.ca to see for yourself.



Holiday Dinner



Holiday Dinner Draw Winners

Thank you to the following for the prize donations for the Holiday Dinner -

Monastery Bakery - Gift basket

Abbeywood Spa - Gift certificate

Classic Bowl - Family bowling gift certificate

Burloak Indoor Golf - Two hours on the simulator

Wine for the gift baskets - CFUW Golf Group

Assembling the gift baskets - Carolyn Collins Merk



Holiday Dinner Fun



Interest Group Activities



Ladies@Lunch at Pasquale's in December



Mindful Meditation enjoyed a holiday social evening

Interest Group Activities for February 2026

New and returning members who would like to join one of these groups are encouraged to let the Interest Group Chair 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	Angela Hantoumakos	1st Wednesday @ 10:00 am <i>Dictionary of Lost Words</i> , Williams
	II	Marla Newton Martina Eisleb	4th Wednesday @ 1:00 pm OPEN
BookBeat PM	I	Charlotte Jeneway	Last Thursday @ 7:30 pm James, Everett OPEN
	II	Mary Wood	1st Wednesday @ 7:00 pm <i>Mrs. Van Gogh</i> , Cauchi OPEN
	III	Helen Litton	First Tuesday @ 7:30 pm <i>Being Mortal</i> , Gawande
Crime & Caffeine	I	Leigh Mayers	Last Monday @ 1:30 pm OPEN
	II	Carolyn Collings Merk	4th Monday @ 1:30 pm Jan: <i>Death on the Island</i> , Read
	III	Susan Walkinshaw	2nd Monday @ 1:30 pm <i>Cold Burn</i> , Landau
Central Book Exchange		Marion Davis	Books are chosen in September for the year,
West End Book Exchange		Sue Stephens	Books are chosen in September for the year,
We the North Book Exchange		Joan Dunn	Books are chosen in September for the year, <i>She Didn't See It Coming</i> Shari Lapena <i>Isola</i> , Allegra Goodman
Literary Ladies		Pam Schwartz	1st Thursday @ 10:00 am <i>Orbital</i> , Harvey
Playing with Ideas			4th Thursday @ 9:30 am 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	Margaret Pospisil Laurie Nordin-MacLeod	Times vary through the month. OPEN
Word Power through Scrabble	Wanda Crichton Lyndsey Thom	2nd Tuesday @ 1:00 pm OPEN to 1 more member

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	4th Tuesday @ 3:30 pm beginning January 27 OPEN
Beyond Bloomsbury	I	June Cockwell	4th Tuesday @ 7:00 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 pm OPEN
Mindfulness and Meditation	I	Jeanne Crockatt Reet Kazakoff	3rd Tuesday @ 10:00 am 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	Anne Douglas	2nd Thursday @ 6:30 pm
	III	Laurie Nordin-MacLeod Sue Stephens	2nd Thursday @ 6:30 pm
	IV	Krystyna Skrabka	4th Thursday @ 5:00 pm OPEN
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12:30 pm OPEN
Social Eves		Marjorie Bell Nancy Stavert	4th Wednesday, Jan 28, Zoom with Ian Elliott, A Different Drummer bookstore 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

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		Judy Pielsticker Susan Stavin	OPEN Any CFUW members who are interested in Dragon Boating are asked to contact Susan Stavin or Judy Pielsticker
Golf		Katherine Beaudry Angie Vassallo	OPEN
Happy Hikers	I	Marcia Hays Jane Underwood	Tuesday am, weather permitting, Sept. to June
	II	Wanda Crichton Judith Setton	Wednesday am, bi-weekly, weather permitting, Sept. to June OPEN
Pickleball		Pickleball is no longer a CFUW Interest Group but play continues. Please contact Katherine Beaudry directly if you'd like to join them.	
Walking with Friends		Brenda Walker Jane Jewitt	Mondays @ 9:15 am OPEN

Diehard Hikers 2

It was -15, windy and snowing but this brave group hiked the Bronte path and celebrated with lattes at the Columbia Coffee House!!

Judy Pielsticker, Anne Douglas, Sandy Gaik, Angela Hantoumakos, Joan Dunn, Erica Simon, Helen Furman and Donna Kraayeveld (photographer)



University Women's Club of Oakville Scholarship Fund

Richard Garnett Memorial Engineering Scholarship (Financial): Daria Maleshko

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 and/or community, to a student attending a Canadian University to study Engineering.



Daria is a dedicated student and athlete, demonstrating exceptional leadership and commitment to her school and community. As a member of the basketball, rugby, volleyball, and touch football teams, she has consistently shown her ability to work well under pressure and lead by example. Her mentorship role in the Athletic Mentorship Club has helped new rugby players build confidence and develop their skills.

Daria's volunteer work is a testament to her compassion and empathy towards others. She has been a dedicated volunteer at the local Ukrainian community centre, where she has helped organize events, assist refugees, and packed food for deliveries. Additionally, she has volunteered at sports camps, teaching children the importance of teamwork and sportsmanship. Her leadership abilities have also been evident in her co-founding of the Girls in STEM Club, where she has inspired younger students through hands-on projects.

Daria has been named to the Garth Webb Secondary School honor roll every year; and has also been recognized as an exceptional student through the prestigious Student of Excellence Award, which is awarded to the student who best exemplifies the qualities of outstanding leadership, dedication to school community, achievements in academics and participation in extracurricular activities.

Daria has demonstrated her academic excellence through her involvement in the Peer Tutoring Club, serving as a chemistry and math tutor. She completed a Co-op term at a local business, where she worked with software and hardware to build and repurpose computers. She will continue to refine these skills at Queen's University where she plans to pursue an undergraduate degree in computer engineering with a minor in project management.

Through her volunteer work and academic pursuits, Daria has demonstrated a strong work ethic, reliability, and a willingness to go above and beyond expectations. Her teachers recognize her capacity for leadership as her finest quality, describing her as a creative, responsible, and caring student with excellent critical thinking skills.

It is with great pleasure that the CFUW presents Daria Maleshko with the Richard Garnett Engineering Scholarship (Financial).

High School: Garth Webb Secondary School

Extra Curricular Activities: Rugby, basketball, volleyball, touchfootball, kickboxing/sparring.

Volunteering: Saint Volodimyr's Cultural Center 10 hours; Burloak Basketball-Summer Camp Leader 30 hours; Inner Warrior Fitness-Summer Camp Leader 17 hours; Garth Webb Secondary School-Peer Tutoring 15 hours.

Awards: Halton District School Board Student of Excellence 2025; Varsity Rugby Halton Championships – Gold Medalist 2023; Ontario Provincial Martial Arts Championship Bronze medalist 2023; Sr. Girls Basketball Tier 1 Silver medalist 2024; Kumon Advanced Honour Roll Math – Gold 2022; Kumon Math Level J Competition 2021; Kumon 5+ years Commitment Award 2022; Student of Excellence Grade 9 French 2021; Student of Excellence Grade 9 Geography 2021.

Work Experience: Booster Juice 2023-2025; Technoid Inc, Co-op student 2024-2025.

Post Secondary:

Engineering, Queen's University

CFUW Oakville Leadership Team Portfolio Contacts for 2025-2026

Kyoko Kobayashi	Katherine Beaudry	Palma Robinson
Meeting Venues, Rentals Finance Charitable Trust Technology Membership	Dinners Interest Groups National Contact Ontario Council	Scholarship Advocacy Program Communications, Publicity

CFUW Oakville Board for 2025-2026

Executive Committee	
Leadership Team	Kyoko Kobayashi, Katherine Beaudry, Palma Robinson
Honorary President	Deborah May
Secretary	Linda Williams, Helen Furman
Treasurer	Jillian Birnie
Standing Committee Chairs	
Advocacy	Diane McCullough
Finance	Jillian Birnie
Hospitality	Marlene Bristol
Interest Groups	Christine Forber
Membership	Sheila Aldoroty, Janis Fournier
Newsletter Editor	Pat Zelonka
Program	Debbie Brunet, Gloria Tomlinson
Technology	Kyoko Kobayashi
Website / Social Media	Raine Greenwood

CFUW Oakville – Committees by Appointment Chairs for 2025-2026

Committees by Appointment Chairs	
Archivist	Hilary Vavasour
Nominations	Leadership Team
Dinners	Katherine Beaudry

CFUW Oakville Event Calendar



February 15 is
National Flag Day

Event	Location	Date	Time
CFUW Oakville Board meeting	Zoom	Feb 2, 2026	7:00 pm
CFUW Oakville General Meeting Jill Heinerth, The Science of Cave Diving	Zoom	Feb 23, 2026	7:00 pm
Ontario Council Speakers Series Critical Thinking and AI	Zoom	Feb 21, 2026	10:00 am
CFUW Oakville Board meeting	Zoom	Mar 2, 2026	7:00 pm
CFUW Oakville General Meeting Stephen Hott, Downsizing for Seniors	TPCC and Zoom	Mar 16, 2026	7:00 pm
CFUW Oakville Board meeting	Zoom	Apr 6, 2026	7:00 pm
CFUW Oakville General Meeting Derek Gray, Fraud 101/ Financial Crimes	TPCC and Zoom	Apr 20, 2026	7:00 pm
Spring Dinner	Oakville Conference Centre	May 4, 2026	6:00 pm

Need your Directory?

Membership has quite a few directories that were not picked up this year. They will be available at the next in-person meeting but if you would like yours sooner please arrange with either **Sheila Aldoroty** or **Janis Fournier** to obtain one.

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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