



This Issue

Article	Page
October's Speaker	1
Leadership Message	2
Ontario Council CFUW National	3
Holiday Dinner	3
Business Supporters	4
Interest Groups	5 - 10
Thank-yous	10
Scholarship News	11
This Month's Scholar Grace Shen	12
Leadership Chart	13
Event Calendar	14

October's Speaker: **Hailey Patry**

The best is yet to come!
How to make the rest of your years the
BEST of your years

Hailey Patry, A.K.A. "The World's Happiest Woman" will present a joy-producing workshop on October 19. Hailey is a True Happiness Coach and author of 8 award-winning books. She will share her proven, practical happiness hacks, and her 5 step I.D.E.A.L. Happiness Method.



Nicknamed the "World's Happiest Woman", and the recipient of countless business and life impact awards, Hailey is a Master Coach on happiness, relationships, communication and success. She was recently awarded an Honorary Doctorate for her internationally recognized work. Having spoken to over 4 million audience members and with students in 136 countries, she is an international speaker, coach and facilitator, plus an award-winning author with eight International-Best-Selling Books. When she's not serving her amazing clients, you'll see her out in nature with her family.

Read more about our speaker here: theliftedlid.com

We are looking forward to our meeting on Monday, October 19, 2026 at the Oakville Trafalgar Community Centre, OTCC, 133 Rebecca Street or via Zoom. Doors will open at 6:30, the meeting will begin at 7.

Leadership Message

Our September General Meeting was once again a wonderful opportunity for members to gather in person and enjoy one another's company after the summer months. Our October and November meetings will be held in a hybrid format, allowing members to participate either in person or via Zoom—whichever works best for you.

We're delighted to welcome several new members to our club, and we thank everyone who has renewed their membership so far. If you haven't yet had a chance to renew, please do so by October 19 to have your name included in this year's Directory.

At our September General Meeting, we shared that several volunteer opportunities are available, including ongoing leadership roles and one-time projects. The success of our Club has always depended on members who generously share their time, talents, and ideas.

If you have been considering becoming more involved, we invite you to explore how you might contribute. No one is expected to take on a role alone—there are members ready to offer support, guidance, and collaboration. Volunteering in a leadership role can be a rewarding way to connect with fellow members, make a meaningful contribution, and help shape CFUW Oakville's next chapter.

Please give some thought to how you might be able to help. Every contribution, large or small, makes a difference, and we would be delighted to hear from you.

Katherine Beaudry, Kyoko Kobayashi, Deborah May
CFUW Oakville Leadership Team



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

The first Speaker Series talk will take place on October 24, 10 am to 12 pm on Zoom: **Leading Change Through Legislation**. Join for an invigorating talk with two sitting MPPs and a lobbyist and discuss how an idea becomes law.

[Read more and Register here.](#)



Click on the date to read a recent newsletter from [CFUW National](#). [Sept 4](#), [Sept 11](#), [Sept 18](#), [Sept 25](#).

The Sept 25 issue contains a link to the Fall Advocacy Package.

Please remember to **Save the Date for our Holiday Dinner** to be held on
Monday, December 7, 2026. Details will follow.

Those who would like to contribute a bottle of wine for the Holiday Dinner wine baskets are asked to please bring them to the next General meeting. They may also give them to Gloria Tomlinson, Katherine Beaudry, Deborah May or Kyoko Kobayashi if convenient.

Friendly Reminder from Membership

If you haven't sent us your membership application for 2026-2027, 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.

For your name to be included in the Directory, we need your completed application by October 19, 2026.

Thank you from your Membership Co-chairs

Business Supporters

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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Marshall Newton
(647) 787-5125
p6marshall_n@hotmail.com

Interest Groups

Interest groups are at the core of CFUW clubs. It is through the interaction and conversation in interest groups that names and faces get converted into friends. I encourage all of you to find an interest group to join, if you haven't already done so. Contact me (interestgroups@cfuwoakville.ca) if you have questions about any of our interest groups or if you want to join one.

If you have an interest that isn't covered by any existing groups, or all relevant groups are full, let me know and we can discuss starting a new group. Speaking of which, someone asked me about a Mahjong group. Any interest? What about knitting or other handicrafts?

A reminder to group convenors to take pictures of your activities and send them to Pat Z for the newsletter and Raine G for website gallery, archive or social media, along with a short write-up. Please send **high resolution photos** as they display better, especially on the website and social media.

Christine Forber

Interest Groups Chair

Hikers 2

First hike
of the fall



Interest Groups



The Golf group enjoyed refreshments after golfing in Lowville.



Social Eves had their Fall dinner/planning meeting in September at Arlene's lovely home on the Lake.

Interest Group Activities for October 2026

New and returning members who would like to join one of these groups are encouraged to let the Interest Group Chair know at interestgroups@cfuwoakville.ca
They will try to accommodate your wishes

Book Discussion and Exchange Clubs, daytime or evening. Members of these book clubs choose books to read and discuss each month. Book exchange groups do not meet for discussion; they pass each book around the group.

Name		Convenor	Date and Time
BookBeat AM		Angela Hantoumakos	1 st Wednesday, 10:00 am <i>The Book Club for Troublesome Women</i> , Marie Bostwick
Page Turners		Marla Newton Martina Eisleb	2 nd Monday, 1:00 pm
BookBeat PM	1	Charlotte Jeneway	Last Thursday, 7:30 pm <i>Six Days in Bombay</i> , Alka Joshi
	3	Helen Litton	1 st Tuesday, 7:30 pm <i>Year of Wonders</i> , Geraldine Brooks
Reading Circle		Deborah May	2 nd Wednesday, 7:00 pm <i>Broken Country</i> , Claree Leslie Hall
Crime & Caffeine	1	Leigh Mayers	Last Monday, 1:30 pm <i>London Falling</i> , Patrick Radden Keefe
	2	Carolyn Collings Merk	4 th Monday, 1:30 pm <i>The Scent of Lilacs</i> , Antonia Giglio
	3	Joan Dunn	2 nd Monday, 1:30 pm <i>The Deepest Fake</i> , Daniel Kalla
Central Book Exchange		Marion Davis	Books are chosen in Sept for the year
West End Book Exchange		Sue Stephens	Books are chosen in Sept for the year OPEN
We the North Book Exchange		Marg MacLure	Books are chosen in Sept for the year such as <i>Operation Sparrow: The Incredible True Story of the Spies Who Tricked Hitler and Won the War</i> , Jason Bell
Literary Ladies		Pam Schwartz	1 st Thursday, 10:00 am <i>Book of Lives</i> , Margaret Atwood

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 throughout the month OPEN
Word Power through Scrabble	Wanda Crichton Lyndsey Thom	2 nd Tuesday, 1:00 pm

Exploring Ideas Together: Advocacy Committee 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 such as health, politics, education.

Name	Convenor	Date and Time
Aging Collaboratively		4 th Tuesday, 3:30 pm
Beyond Bloomsbury	June Cockwell	4 th 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, discussion and practice, Psychology and 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	2 nd Tuesday, 8:00 pm OPEN
Mindfulness and Meditation	Reet Kazakoff	3 rd Tuesday, 10:00 am
Meditation and Mindfulness for Beginners	Sandra Gorlick	2 nd Monday, 10:00 am OPEN
Psychology and Spirituality	Sue McArthur	2 nd 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 dine out on a weekday evening.

Name		Convenor	Date and Time
Gourmet	1	Alison Gemmell	2 nd Thursday, 6:30 pm
	2	Anne Douglas	2 nd Thursday, 6:30 pm
	3	Laurie Nordin-MacLeod Sue Stephens	2 nd Thursday, 6:30 pm
Ladies@Lunch		Lise Moras	3 rd Thursday, 12:30 pm
Social Eves		Marjorie Bell Nancy Stavert	4 th Wednesday OPEN
Foodie World Adventures		Eva Baxter	3 rd Wednesday, time TBD
Bronte Neighbourhood Group		Sheila Aldoroty	TBD OPEN
The Singles Network		Diane Murphy	Dates and times of events are determined by participants. OPEN
Couples' Chat and Chow		Leanne Siracusa	Weeknights 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 level routes.

Name		Convenor	Date and Time
Dragon Boating		Judy Pielsticker Susan Stavin	Any CFUW members who are interested in Dragon Boating are asked to contact Susan Stavin or Judy Pielsticker. OPEN
Golf		Katherine Beaudry Angie Vassallo	OPEN
Happy Hikers	1	Jane Underwood Joyce See	Tuesday am, weather permitting, September to June
	2	Wanda Crichton Judith Setton	Wednesday am, bi-weekly, weather permitting September to June, OPEN
Walking with Friends		Brenda Walker Jane Jewitt	Monday, 9:15 am OPEN



Pat Z (newsletter) and Raine G (website and publicity) were surprised with sunflowers at the September general meeting.

Note from the editor: On behalf of all the Club members I'd like to thank our leadership team and all our other volunteers for making our Club run so smoothly.



Our CFUW Dragon Boat team, "Sync or Swim" had another outstanding season of paddling. We had a terrific coach from the Burloak Canoe Club and had 8 practice sessions on Wednesday evenings in May and June. We had many wildlife sightings such as herons, swans, beavers and even a coyote sitting on the bank watching us! We raced in the Mississauga Dragon Boat Regatta on June 20th and had one of our best race times ever, winning a medal!

We appreciate your generosity and support donating to the CFUW Scholarship Fund. Your donations help to make it possible for female graduates of publicly funded secondary schools to receive awards to help with the cost of their post-secondary education. We have received close to \$1500 to date. A huge thank you for everyone's support.

Here is a picture of our winning team!!

With appreciation and gratitude,
Susan Stavin
Judy Pielsticker
Co-captains of Sync or Swim

This Month's Scholar – Grace Shen

Richard Garnett Memorial Engineering Scholarship (Academic): Grace Shen

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.



High School: Oakville Trafalgar High School

Extra Curricular Activities: Halton District School Board Student Senate, Student Senator & Director of Operations; Student Council, President; TEDx OTH, President; Debate Club, Executive; DECA, Executive; Relay for Life, Recruitment & Recreation Committee Member; Reach for the Top Trivia, OT Junior Team Competitor.

Volunteering: New Mentality Halton, Youth Leader & Facilitator; Halton Youth Voices Council, Chair; Big Brothers Big Sisters of Halton and Hamilton, Homework Club Mentor; Youth of Canada, Sponsorship Coordinator; Superposition Toronto, Operations Coordinator; Town of Oakville, Sports Instruction & Preschool Volunteer; Human Nature Projects, Community Representative; Burlington Green, Waste Diversion Ambassador; Halton Environmental Network, Volunteer.

Awards: U of T National Book Award; Tom McNaught Youth Appreciation Award; HDSB Student Sustainability Leadership Award; Python's Pit Competition Winner; Tech Under Twenty Cup 1st Place; 7 x DECA Award Winner; 7 Subject Awards; AP Scholar Award; Kode with Klossy Mobilt Development Summer Program Certificate

Work Experience: Code Ninjas Oakville, Coding Instructor

Post Secondary: University of Waterloo, Mathematics, Plan: Computer Science Honours Co-op

Grace is an exceptional student whose academic achievements, leadership, and commitment to community make her an ideal scholarship recipient. She has maintained an outstanding 98% average throughout high school while consistently challenging herself with rigorous coursework, including five Advanced Placement courses, earning the AP Scholar Award. She has also excelled in mathematics, computing, debate, and DECA.

Grace's leadership extends across school and district initiatives. She serves as President of the TEDx Youth Speaker program, HDSB Student Senator, Debate Club Executive, DECA Club Executive, and Student Council Co-President, and Co-Director of Operations for HDB Student Senate.

Through these roles, she mentors younger students, advocates for student voice, coaches peers, and develops initiatives that strengthen the school community. Her contributions have earned her the Tom McNaught Youth Appreciation Award and the HDSB Student Sustainability Leadership Award.

Grace plans to study Computer Science and ultimately pursue a career in the video game industry, where her creativity, technical curiosity, and problem-solving skills can come together. Her personal philosophy captures the mindset she brings to every challenge: "Explore everything, because discovery is unintentional."

It is with great pleasure that CFUW Oakville awards Grace Shen the Richard Garnett Engineering Academic Scholarship.

CFUW Oakville Leadership Team Portfolio Contacts for 2026-2027

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

CFUW Oakville Board for 2026-2027

Executive Committee	
Leadership Team	Kyoko Kobayashi, Katherine Beaudry, Deborah May
Secretary	Linda Williams, Helen Furman
Treasurer	Jillian Birnie
Standing Committee Chairs	
Advocacy	
Finance	Jillian Birnie
Hospitality	Jocelyne Kerby, Susan Bowen
Interest Groups	Christine Forber
Membership	Sheila Aldoroty, Janis Fournier
Newsletter Editor	Pat Zelonka
Programme	Debbie Brunet, Gloria Tomlinson
Website / Social Media	Raine Greenwood

CFUW Oakville – Committees by Appointment Chairs for 2026-2027

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

Event Calendar



Event	Location	Date	Time
Women's History Month		Oct 1-30	
CFUW Oakville Board Meeting	Zoom	Oct 7, 2026	7:00 pm
CFUW Oakville General Meeting Haily Patry, The Best is Yet to Come.	Oakville Trafalgar Community Centre and Zoom	Oct 19, 2026	Doors open at 6:30, meeting begins at 7 pm
CFUW Oakville Board Meeting	Zoom	Nov 2, 2026	7:00 pm
CFUW Oakville General Meeting Jeopardy Night with Sarah Murphy	Oakville Trafalgar Community Centre and Zoom	Nov 16, 2026	Doors open at 6:30, meeting begins at 7 pm
Holiday Dinner		Dec 7, 2026	
CFUW Oakville Board Meeting	Zoom	Jan 4, 2027	7:00 pm
CFUW Oakville General Meeting	Zoom	Jan 18, 2027	Meeting begins at 7 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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