

This Issue

April's Guest Speaker: **Judy Cameron**

Making History in Canadian Aviation

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On Dec. 29, 2021, the office of Her Excellency the Right Honourable Mary Simon, Governor General of Canada, named Captain Judy Cameron as one of the newest appointees to the Order of Canada.

"On behalf of everyone at Air Canada, we salute and applaud Judy on receiving Canada's highest honour that recognizes outstanding achievement, dedication to the community and service to the nation, and enriching the lives of others while making a difference to this country. Judy has been a trailblazer throughout her entire career, and she continues to be a tremendous ambassador, tireless mentor and inspiration to the next generation of female pilots. Warmest congratulations, Judy!" said Arielle Meloul-Wechsler, Executive Vice-President, Chief Human Resources and Communications Officer at Air Canada.



Judy Cameron became the first female pilot hired by Air Canada, Canada's largest airline, in April 1978 at the age of 23. She was the first woman to graduate from Selkirk College's Aviation Technology Program in 1975. Throughout her flying career of 40 years and over 23,000 hours, she has flown the DC-3, Twin Otter, Hawker Siddeley 748, DC-9, Lockheed 1011, Airbus 320, Boeing 767 and Boeing 777 to the far corners of the world. She became a captain in 1997 and in 2010 she became the first female captain in Canada of a Boeing 777, the largest aircraft in Air Canada's fleet. She retired in 2015, received the Elsie MacGill Northern Lights award in the Flight Operations category that year, and in 2016 she was chosen by the 99s (International Organization of Women Pilots) to be on its Canadian postage stamp. Today, Captain Cameron continues her volunteer work mentoring and supporting the next generation of female pilots with the Northern Lights Aero Foundation. In 2019, Air Canada proudly launched the Captain Judy Cameron Scholarship in her honour with the goal of helping the next generation of women follow in her trailblazing footsteps. To date, eight scholarships have been distributed to help young women pursue non-traditional professional aviation careers as commercial pilots or aircraft maintenance engineers.

Our general meeting on Monday, April 17, 2023, will be held at Trafalgar Park Community Centre, 133 Rebecca Street, and via Zoom.

Please remember your cash/cheque to preorder a Cookbook (page 11) and your books and cash for Bring and Buy (page 13)

**Please Save this Date and
Invest in your Future Contentment**

On Wednesday April 19, 2023, at 7:30 pm, join fellow members and guests to hear Sue Lantz, founder of the Collaborative Aging Approach. Sue's entertaining and thought-provoking presentation will help you envision your preferred aging scenario and point the way towards making the best choices and plans for healthy and empowered aging – your way.

Please invite those friends and family who will be with you as you age to join us on Zoom. This talk is relevant to all and will spark important conversations that will impact your future happiness. The presentation will touch upon all aspects of healthy living including housing, social networks, health, community resources, and family relationships.

In the weeks following the presentation, CFUW will offer interest group participation for members who want to continue this conversation using Sue's guidebook entitled Options Open: The Guide for Mapping Your Best Aging Journey. As always, the details will be determined based on your preferences and availability.

Please visit Sue's website <https://collaborativeaging.com/> to see why we are excited to bring this opportunity to our members and their guests. If you would like a copy of the guidebook prior to the event, let us know as Sue has offered a special price of \$22.00 per book and we will make arrangements to bring them to Oakville for a convenient pick up.

If you have questions, please contact either of us.

Janice May or

Alison Gemmell



**The brutality of politics hits women hardest.
Learn more about this important issue on May 4, 2023 at 7pm.**

At the 2022 Annual General Meeting of CFUW, our Oakville Club had a resolution unanimously approved. The resolution is titled *Violence Against Women in Politics*. See page 7 of this document: <https://cfuwadmin.org/wp-content/uploads/2022/10/Fall-2022-Advocacy-Toolkit-full.pdf> for the approved resolution. The resolution allows the Club and **you** as individual members to advocate to address this escalating issue.

Since the passage of our resolution, a small working group has come together to address the issues identified in the resolution and the background research. While the information gathering process for the resolution ended in 2022, examples of the challenges women in politics continue to endure can be seen regularly in the media. Most recently, we have seen two progressive, strong women politicians - Nicola Sturgeon (First Minister of Scotland) and Jacinda Ardern (Prime Minister of New Zealand) resign their posts citing, in part, the constant harassment and hateful messaging they have had to endure. On March 8, 2023, International Women's day, Governor General Mary Simons announced she was closing the comment section on Rideau Hall's online platforms because of the "misogynistic and racist vitriol" directed at her as a woman, a woman of colour and Indigenous woman.

To help members of our Club understand the roots of the issues women are facing, CFUW is hosting a special Zoom event where we will hear from an expert on hate crimes, **Dr. Barbara Perry**.

Dr. Perry is a Professor in the Faculty of Social Science and Humanities at Ontario Tech University, the Director of the Centre on Hate, Bias and Extremism, and holds a UNESCO Chair in Hate Studies. She has written extensively on social justice generally, and hate crime and right-wing extremism specifically. She has published several books spanning each of these areas.

Please join us on May 4, 2023 at 7:00. Save the date.

A zoom link will be sent to members closer to the date.

For more information, contact Bonnie Jensen, bonnie_jensen@hotmail.com or Joyce See, joyceassee@gmail.com.



Climate change fear can be paralyzing. But you can spur action through hope, says scientist.



In our speaker series for 2023, we enjoyed a dynamic presentation from David McGown on the impacts of climate change both on Canada and beyond. He impressed upon us the time it takes to make major change, both social and environmental. When asked who was someone who could lead that change with the most intelligent perspective, he spoke highly of Katherine Hayhoe, recommending her as "one of the most thoughtful commentators in the climate space". She was recently interviewed by Matt Galloway on CBC radio. The link is below.
Thank you David McGown.

<https://www.cbc.ca/radio/thecurrent/climate-report-katharine-hayhoe-1.6785778>

Brenda Walker, Program Committee





Do you know that....

..... “Most permanent solutions to current (health care) challenges will take time to deliver better care to patients. Most, but not all. (Home Care Ontario, *Stabilizing Ontario’s Home Care System and Rebuilding a Better System of Seniors’ Health Care*, 2023).”

..... “Ontario’s home care system can be stabilized and scaled-up faster than any other part of the health system. It is the quickest, most effective way we can give our loved ones the care they deserve and relieve the pressure on overcrowded hospitals—and it can be done in a matter of months, not years (Home Care Ontario, 2023).”

..... “In fact, with more than 60,000 staff, Ontario’s home care system delivers more care to our seniors than any other part of the senior care system” (Home Care Ontario, 2023).”

..... “But decades of underfunding and low wages have driven front-line home care staff to higher paying settings including retail and food service sectors.... But with the right supports, these staff can be quickly attracted back into home care (Home Care Ontario, 2023).”

..... “From newly negotiated federal transfer funds, the Ford government would dedicate \$300 million to raising the contract rate for home and community care workers, (CBC News, Budget Highlights, March 23, 2023).”

..... “The (Ford) government also plans to accelerate the \$1 billion it pledged over three years for home care. Some \$300 million of that will be spent on contract rate increases to stabilize the home and community care workforce, (CBC News, March 23, 2023).”

In its Pre-Budget submission, February 2023, Home Care Ontario recommends that: “To stabilize the home care system and better support more patients outside of hospitals, the government should:

1. Fast track the expenditure of the remaining \$880M budget commitment for home care towards contract rate increases to better support home care staff, and also towards proven innovative funding models such as High Intensity Supports at Home (HISH) and Hospital at Home.
2. Develop a system-wide Health Human Resources strategy, which prioritizes home care.
3. Modify and enhance the newly created Home Care Tax Credit to better support more seniors wishing to remain living at home.”

Are you concerned about the future of home and community supports for seniors and caregivers? The National Council on Seniors is asking for input on these needs.

Please follow this link, learn about this opportunity, and take the survey.

The Survey closes April 14, 2023. Let’s use our words and raise our voices!

[Share your thoughts: Supporting Canadians Aging at Home - Canada.ca](#)



Contact: **Maureen Callahan and Leanne Siracusa**, Co-Chairs Advocacy Committee

Excerpt from AWH (Advancement of Women Halton) Bill 60 Review



Canadians are very proud of the long history of the publicly-funded health care that has allowed **all** citizens access to quality medical services. But the pandemic revealed:

1. Lack of spare capacity to handle a surge let alone a pandemic. Ontario spends less per capita on health care than eight of the provinces. Underfunding the health care capacity probably contributed to additional lock downs, additional zoom school days, more mental health issues and more small business instability. Penny-wise and pound-foolish?
2. Demoralized nursing staff who were financially compensated below inflation by **Bill 124**. They also experienced increasingly challenging work conditions.

Bill 60 Does Not:

1. **Adequately address severe staffing shortage.**
2. **Recognize the extra surgical capacity** that is available in most areas of the province as noted by the Ontario Auditor General in 2023.
3. **Give transparent justification** that for-profit community surgical and diagnostic centres (CSDC) will more effectively address backlog. The existing surgery clinics receive 20% more funding per EASIER procedure compared to public hospital funding to allow for a profit margin (Dr. Bob Bell, CBC Cross-Country Check Up February 2023).
4. **Assure no fast-tracking** in the for-profit CSDCs. Ontario funds joint replacement for about \$12,223 and Canadian for-profit clinics are charging \$20-\$28,000 for **low-risk** patients. The discrepancy in pricing may financially encourage doctors to maintain a long publicly-funded list and prioritize the for-profit list. (Globe & Mail June 10, 2017 *Some Doctors are charging both Government and patients privately in illegal double dipping practice.*)
5. **Oversee corporate licensee's application** for CSDC. During the pandemic, substantially higher COVID cases and deaths occurred in Ontario's for-profit long term care homes. With this shameful record, it is illogical to entrust private equity firms to provide health care. They prioritize profit over care.

What more can be done to restore confidence in public health system:

1. **Assure transparency and accountability.** The Financial Accountability Office March 8, 2023: "projects that the Province's health sector spending plan has a net funding shortfall over the six-year period from 2022-23 to 2027-28 of \$21.3 billion" (Ontario Health Sector: Spending Plan Review).
2. **Increase funds and hours** to public hospital surgery and diagnostics to decrease the backlog.
3. **Create centralized intake and referral systems** to reduce specialist wait times.
4. **Bargain in good faith** with **FAIR** salaries and benefits to attract, retrain and retain health care workers across the health care continuum.
5. **Cap Nursing agency fees**, as Quebec is doing, to remove the salary advantage.
6. **Restore per capita funding** for public health care to align with other provinces. Presently, Ontario funds public health care at the second lowest per capita in Canada (CIHI National Health Expenditure Database 2022).
7. **Honour Canada Health Act** 1984 intent. Fund the public hospitals to provide economical, high-quality equitable, accessible care for **everyone**.
8. **Provide stable funding** for the proactive community service and public health agencies. These agencies are proactive in promoting health and wellbeing of Ontarians.
9. **Increase access to primary care practitioners** such as physicians, nurse practitioners and family health teams.

Leanne Siracusa, Anne Douglas and the Health Committee

Frame climate change as a health issue

Recommendation by CFUW Oakville's March guest speaker

David McGown, the guest speaker at CFUW Oakville's March monthly meeting recommended that the best way to motivate climate action was to frame it as a health issue. McGown pointed out that health issues - more than GHG reduction issues - were key factors in shutting down Ontario's coal-burning generating stations between 2005 and 2014.

In the late 90's, Ontario's air pollution was termed a "public health crisis" by the Ontario Medical Association, which called for **massive reductions in emissions**



Shutdown of Ontario's coal-fired plants ended smog days

such as nitrogen oxides.

The March 2001 announcement for coal plant shutdowns was made by the Ontario Environment Minister Elizabeth Witmer. Having just switched from four years as Health Minister, she said: "This will have an impact not only on our environment, but also for human health." **There were 53 Ontario smog days in 2005.** Smog days are mostly a thing of the past.

We can make big changes!



It took 50 years to get cigarette smoke out of bars and restaurants
How long will it take to reduce greenhouse gas emissions in the atmosphere?

David McGown pointed that changing people's attitudes about climate change is part of social change which takes time. He used smoking as an example. It took 50 years to get smoking out of bars and restaurants in Ontario. In 1964, the US Surgeon General issued a report on the health impacts of tobacco. Of course the tobacco industry fought back - it wasn't until 2015 that smoking was banned in restaurants. The [Canadian Association of Physicians for the Environment](#) developed a campaign protesting fossil fuel ads. See ad at left.

Fossil fuels – coal, oil and gas – are by far the largest contributor to global climate change, accounting for over 75 per cent of global greenhouse gas emissions

New book *The Petroleum Papers* reveals Fossil Fuel industry misinformation campaign

The Petroleum Papers by Geoff Dembicki's shows how companies such as Koch Industries and Exxon profited from Canada's oil sands and then spun those profits into international networks of climate denial that would help extend the oil sands' lifetime.

In 1992, 88 percent of Americans believed that global warming was a serious problem. By 1997, only 42 percent agreed with that statement. Dembicki blames what might well be the best-financed disinformation campaign in history for this startling turnaround.

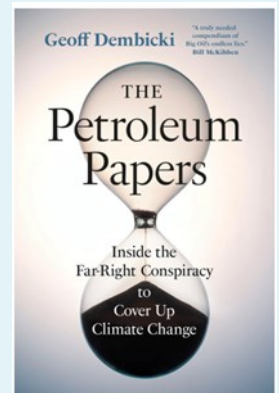
Dembicki drew heavily on The [Imperial Oil Files](#) published by Desmog in 2019.

The files demonstrated that Imperial Oil knew about climate change by the late 1970s. Further, it studied climate solutions — so that it could try to shut them down.

To read [more](#)

Six McMaster students went on a hunger strike last week to protest McMaster's decision to invest in four natural gas-powered generators.

The students felt that McMaster should not be investing in fossil fuel infrastructure. The university said it has aggressive decarbonizing targets. The gas powered generators will run no more than 100 hours/year during peak demand times.



Ranked one of top ten 2022 books by Washington Post

Earth Day Message for CFUW Oakville

There is hope everywhere!

Sign up for Dr. Katharine Hayhoe's newsletter

[Professor Katharine Hayhoe](#), a leading climate scientist was interviewed by Peter Mansbridge during his [podcast on March 27](#). She said that many people are noticing how climate change is "super-sizing" extreme weather events. This helps to personalize the climate crisis. She added that there is hope everywhere. You can sign up for [Dr. Hayhoe's newsletter](#) for tips. In each edition, she offers good news, not so good news and individual actions.

Federal Budget supports clean energy technologies

[The Energy Mix](#) reports that the federal budget released on March 28 offers tax credits for clean energy development and a pledge to secure Canada's place in a global green economy. Deputy Prime Minister and Finance Minister Chrystia Freeland, set aside \$83 billion in multi-year funding for mostly clean energy. The Canadian Renewable Energy Association is thrilled.

Oakville residents, including CFUW Oakville members, rallied to save the Greenbelt



This past year many CFUW Oakville members participated in rallies to protect Ontario's treasured Greenbelt. If we don't stand up for this resource, and we allow developers to pick away at it by a thousand cuts, we will lose it. There is hope everywhere when we speak out. Thank you for speaking out CFUW Oakville!!

Ontario's Greenbelt is the heart of the Greater Golden Horseshoe - its permanent protection is essential for climate resilient communities and a thriving local economy.

Celebrate Earth Day by hiking a trail on the Greenbelt.

Louise Brownlee, Environmental Actions Matter

A word from poets

Many artists and poets are creatively expressing hope for climate action.

Sybil Rampen shared a link to a "**Lost Generation**" [palindrome video](#)

For Earth Day we have included a palindrome poem for inspiration.

Every day the planet burns a little more

We only have a short while

So quick, let me tell you

We're too far gone to turn this around

I can't believe

It is all too late, too late

How can you say

But do not give up hope

Every day the planet burns a little more

And hot air rises

While governments pump out empty promises

We are powerless

Don't be so foolish to imagine that

Together we have a voice

Big enough to change the world

The decisions we make each day are

Unimportant

The food we eat, the things we buy, how we get around

How naive to think

The destruction of centuries could be undone

In a few decades

If we could just find reverse

(now read this poem from bottom to top)

Brian Bilston

Equal Pay Day

Equal Pay Day in 2023 is April 4th. It symbolizes how far into the next year the average woman must work in order to have earned what the average man had earned the year before. The day, sponsored by the Equal Pay Coalition, is dedicated to raising awareness of the gender pay gap. This year's focus is on privatization of public services and how that affects the gap.

The gender pay gap affects women in so many ways – having the money and resources to support their families, having the money and resources to support their own retirement and aging. Women live longer than men but due to lower salaries, have lower pensions and other supports for their aging. While the 'she-cession' might be over (Canadian women in the labour force hit a record high of 85.7% in February - Chrystia Freeland, Budget 2023), it does mean that the gap in wages requires a larger push to rectify, as it will be too easy to ignore.

CFUW and Ontario Council have been supporters of the Equal Pay Coalition for many years. The first CFUW resolution supporting equal pay (admittedly for teachers only) was in 1920.

The Canadian Women's Foundation also has an excellent page. <https://canadianwomen.org/the-facts/the-gender-pay-gap/>

Download the Action Toolkit from Equal Pay Coalition for more information and action requests.

A graphic for Equal Pay Day. On the left, a dark blue box contains the text: "=\$ ONTARIO EQUAL PAY COALITION", "Take Action for Women's Economic Justice.", "Equal Pay Day is April 4, 2023. Join us as we say **No to Privatization**. Profits don't care. Privatization hurts.", and "Your action makes a difference!". To the right is a photo of two women smiling, one holding a white sign that says "#EqualPayDay" and features a large red equals sign followed by a dollar sign. Further right is a red button with the text "Download the Toolkit".

Teri Shaw



The latest **CFUW Ontario Council Newsletter** can be accessed [here](#).

Read about the Speakers Series [here](#).



Please read the [March 17th](#), [March 24th](#) and [March 31st](#), newsletters from CFUW National.

Questions and Conversations about Land Acknowledgment

Let's begin with a defining question: Is a Land Acknowledgement statement important?

If you are wondering, as many are, Land Acknowledgement is related to the process of Land acquisition policies that have dramatically impacted Indigenous Nations. This is our history and part of reconciliation. Today our acknowledgement of past truths creates allyship. We acknowledge the land, and take on the reconciliation to be stewards of the land.

It names Nations, gives relevance to Indigenous Identity and Indigenous Presence. It creates for us as settlers questions about the meaning of the names from past to present.

It includes the cultural values based on Land, as the teacher and spiritual knowledge keeper, which passes all forms of knowledge from astronomy, botany, medicine, survival and spiritual practices to the people.

We are in a present resurgence of art works in public spaces and Land Acknowledgement of the Nations that live here.

- Union Station has House of Bâby, a 35' lenticular image, where Indigenous and Black enslaved people are recognized as the unpaid labor that produced great wealth. <https://torontounion.ca/events/house-of-baby/>

Here are a few more resources for you to explore from Tom Highway, Sheridan Indigenous Community and TVO.

- Laughing with The Trickster:
<https://www.cbc.ca/radiointeractives/ideas/cbc-massey-lectures-tomson-highway>
- How do you define an Indigenous Worldview? Perspectives from Sheridan's Indigenous community:
<https://www.youtube.com/watch?v=XpaOxQiOXz4>
- A spoken word poem written by James Thunder to his younger self about the things he's learned about colonization in Canada:
<https://www.youtube.com/watch?v=12KZIBhgWIM>
- A variety of topics from TVO, thoughtful discussions and first person narratives that are reliable and contextual:
<https://www.tvo.org/current-affairs/tag/indigenous>

You may be the next poet, author or educator to be a change maker and share through questions and conversations or unique role as advocates. If you are interested in author talks, cultural events please let me know.

Mary Smith, Truth and Reconciliation Committee

We Didn't Learn

We didn't know that the trees could communicate,
But now that science tells us that it's true, we believe.

We didn't know or learn, that treaties apply to us all,
We thought they just gave us their land, to use, to sell, to inhabit – to pollute.

We didn't know, or learn, of their deep spirituality, or the value of their culture,
Because we judged and thought our religion and economy to be superior.

We didn't know, or learn, that there lived First Nations peoples among us,
Because the Indian Act had separated them from us, isolated them on Reserves of poor land.

We didn't know, or learn, that in their schools they were beaten for speaking their language, assaulted for being vulnerable,
and even some, they were buried in graves unmarked.
But their mothers who waited for them knew, and they never stopped wondering and grieving.

We didn't know where their pain came from, or their strength or their laughter...
We ought to have known, we ought to have learned, but we didn't until now.

Now is the time,
To listen
To learn,
To write,
To read,
To befriend,
And it is a time to advocate for justice.

Sandra Gorlick, Truth and Reconciliation Committee



Images from the Radical Stitch exhibit at the Art Gallery of Hamilton.

More information about their exhibits here: <https://www.artgalleryofhamilton.com/exhibitions/current-exhibitions/>

What do you envision for Oakville's future? From now until mid-April the town is providing several opportunities for the community to get involved and share their feedback on what the town should prioritize over the next four years to ensure Oakville continues to be one of the best places to live.

The Town of Oakville's [online survey](#) is now open until April 10 and will take about 10 to 12 minutes.

It is anonymous and confidential.

Help shape our goals and priorities!

Share your vision for Oakville's future and what actions can be taken to ensure the town continues to be a great place to live.

Take our online survey or join us at an upcoming community open house.

Visit oakville.ca to learn more.



OAKVILLE

April Scholarship Fund News

We will begin pre-selling cookbooks at the April 17 general meeting. The price is \$20.00 per book, cash or cheque accepted. There will also be an opportunity to purchase cookbooks in advance at our May dinner meeting.

The pre-orders will help us determine the best number of copies to order. The cookbooks will be ready for pickup in the fall.

Here is another great recipe you will find in our cookbook. It was a big hit at Gourmet 111 last spring. It is seasonal, simple and sensational.

Strawberry Rhubarb Cream

- ◇ 2 cups chopped fresh or frozen rhubarb
- ◇ 8 tbsp plus 3 tbsp sugar, divided
- ◇ 3 tbsp water
- ◇ 2 cups sliced fresh strawberries
- ◇ 1 1/2 cups heavy whipping cream, whipped
- ◇ Additional sliced fresh strawberries



Serves 8

Directions

In a small saucepan, combine the rhubarb, 8 tbsp sugar and 3 tbsp water. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, until tender, about 10 minutes. Transfer to a small bowl; cool to room temperature.

Place strawberries and remaining sugar in a food processor; cover and process until pureed. Stir into rhubarb mixture. Fold in whipped cream. Spoon into 8 parfait glasses or dessert dishes. Cover and refrigerate until chilled. Garnish with additional berries.

Enjoy!

Carolyn Collings Merk



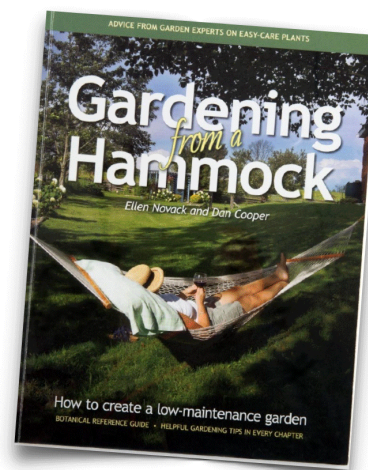
CFUW Annual Meeting & Dinner Monday, May 15, 2023



Just in time for gardening season, our guest speaker will be Dan Cooper, Master Gardener, photographer and co-author of ***Gardening from a Hammock***. Dan will show us how to create our own low-maintenance gardens and still find time to relax in the hammock.

His entertaining presentation features:

- lovely photographs of easy-care plants by award-winning photographer Paul Zammit and other professional photographers
- ideas on plant combinations for low maintenance gardening
- tips on water conservation and drought-tolerant plants
- how to minimize weeding and cut down on gardening chores. More time for reading!



Monday, May 15, 2023
Cash bar: 6 pm - 6:45 pm
Dinner: 7 pm

Oakville Conference Centre
2515 Wyecroft Road
Tickets: \$70

You can organize your own tables - **8 members per table**.
We are asking members to pay for tickets via e-transfer to
fees@cfuwoakville.ca OR by cheque. **Be sure to include
your name with the e-transfer.**

Deadline for ticket purchase is Friday, April 28.



Bring cash for our traditional
50-50 Draw Scholarship Fundraiser!

For more information, please use the [Contact Us link](#) on cfuwoakville.ca website

Our CFUW Oakville Club has compiled the records accumulated since our inauguration in 1949. These records are now archived with the Historical Society of Oakville and can be accessed through the Club's Archive Committee.

In looking through some early data I thought it would be interesting to list some of the events that occurred world-wide during our first 5 years. This list was originally compiled by one of our first club members Nancy Williams.

From the years 1955-1959:

World News

- * Israel attacks Gaza Strip.
- * Fighting in Cuba.
- * Alaska becomes the 49th state.
- * Population boomed.
- * St. Lawrence Seaway established.

Cultural and Entertainment

- * Canada Opera Company is formed.
- * 1958 stereo records developed.
- * The car became the prime symbol of power, affluence and social standing.
- * People moved to suburbs.
- * Supermarkets became the new marvel.
- * Buddy Holly, Richie Valens, and Big Bopper were killed in a plane crash.
- * Elvis Presley and Pat Boone were popular.
- * Rock n' roll was born.
- * Ben Hur, Sound of Music, Dr Zhivago and The King and I became movies.
- * Disneyland opened in California.
- * Hula Hoop became a fad.

Archives

- * 100th Anniversary of Oakville's Incorporation as a town.
- * 1955 first CFUW Bridge group started.
- * 1956 the CFUW Choral Group started.
- * 1959 CFUW Newsletter started to attract new members.

Sports /Medical

- * Canadian Football League established.
- * Marilyn Bell swims the English Channel.
- * Polio vaccine tested in humans.
- * Cigarette smoking causes lung cancer.
- * Thalidomide linked to birth defects.
- * 1956 Melbourne Olympics.

Women's Issues

- * Recognition of a wife as a partner in her husband's life earnings.
- * Ellen Fairclough becomes the first Canadian female Cabinet Minister.

Hilary Vavasour, Archivist

The University Women's Club of Oakville Scholarship Fund will be having the final **"Bring and Buy"** book sale of the Club year.

It will be held **April 17 at the General Meeting, starting at 6:30.** This is a great chance to stock up on good reads for summer at the cottage or by the pool.

The cost is \$5 a book or 5 books for \$20.

Please bring along books that you have enjoyed over the past while to donate. Current books only please, any genre, mystery, biography or fiction. Your support for this fundraiser is very much appreciated.

Remember to bring your cash.

Carolyn Collings Merk and Sue Stephens



Interest Group Activities

Bloomsbury 111 gathered for an enjoyable presentation by Cheryl Bailey titled “An Artist’s process ..beyond the canvas”. Cheryl hosted in her home with her wonderful paintings on display. View all Cheryl’s works at her website cherylbailey.ca and subscribe to her newsletter.



The Social Eves group met on Wednesday March 22nd to hear Tera van Beilen, a Canadian competitive swimmer who spoke about women in sport. Tera is an inspirational, dynamic speaker who shared her Olympian journey. Here she is proudly displaying her medals earned from numerous events including the Pan Am Games. She has since become a Marketing Manager for Speedo Canada and is enjoying maternity leave with baby daughter, Brynley Marya. Thank you to Deb M. for organizing and Leanne S. for hosting.

Interest Group Activities for March 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 work 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	What's Happening?
BookBeat Morning	I	Contact/ Convenor needed to restart this group	Time is flexible but traditionally this group met on the 4th Wednesday @ 9:30 am	If you have an idea for a new book Club or are interested in restarting this group, please contact us through the Contact us link on the website.
	II	Sheila Aldoroty	1st Wednesday @ 10 am April 5th Zoom	Book: <i>Being Mortal</i> Author: Atul Gawande Facilitator: Chris
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am April 26th	Book: <i>Indian in the Cabinet; Truth to Power</i> Author: Jodi Wilson Raybould
BookBeat Evening	I	Charlotte Jeneway	Last Thursday @ 7:30 pm April 27th Zoom and in-person mtgs	Book: <i>Still Life</i> Author: Sarah Winman Presenter: Marilyn
	II	Deborah May	1st Wednesday @ 7:30 pm Date: April 5th	Book: <i>Lessons In Chemistry</i> Author: Presenter: Marlene
	III	Helen Litton	1st Tuesday @ 7:30 pm April 4th	Book: <i>The Chancellor: The Remarkable Odyssey of Angela Merkel</i> Author: Kati Marton Host: Sue Stephens
Crime & Caffeine Club	I	Jane Heakes	Last Monday @ 1:30 pm April 24th	Book: <i>The Glass Hotel</i> Author: Emily St John Mandel Presenter: Marla
Crime & Caffeine Club	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm, April 24th Via Zoom	Book: <i>Lost Immunity</i> Author: Daniel Kala Presenter: Joan
Literary Ladies		Pam Schwartz Sue Logan	1st Thursday @ 10:00 am April 6th Zoom and in person	Book: <i>Five Little Indians</i> Author: Michelle Good Host: Christel Call
Book Exchange		TBA	One meeting in October to select books for the year	
Great Books		Dodie Layton	4th Thursday @ 9:30 am Zoom mtgs	This group follows a reading program set up by the Great Books Foundation at University of Chicago

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

Name	Convenor	Date and Time	What's Happening?
Social Bridge	Convenor/ Contact needed to restart this group	Every Thursday @ 12:45 pm	Note: If you are interested in playing Social Bridge online, please connect with us through the Contact Us link on the website.
Duplicate Bridge	Mar Koreman	2nd & 4th Friday, 9 am to noon Playing online at present	Bridge Playing continues online
Marathon Bridge	Margaret Pospisil	Dates vary	Online Bridge with an occasional Social Zoom get together
Word Power through Scrabble	Pat Hillmer	2nd Tues. @ 1:00 pm April 11th	Host: Cathy Hall

Cinemas: At the Movies: Couples movie night.

Name	Convenor	Date and Time	What's Happening?
Couples Movie Night	Leanne Siracusa	Couples evening movie, 4th Saturday of the month;	Restarting April 1. Dinner only at 7 pm. Meet at Baton Rouge (Winston Churchill cineplex plaza). Open to any members and partners.

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. Environmental Actions Matter responds to climate change at the level of personal action

Name		Convenor	Date and Time	What's Happening?
Issues to Advocacy		Leanne Siracusa	2nd Wednesday @ 7:00 pm April 12th	Ongoing work continues on our identified Advocacy Issues for this year
Environmental Actions Matter		Louise Brownlee	3rd Wednesday @ 2:00 pm April 19th Zoom	Conversations and discussions continue on Environmental Issues. New Members Welcome
Beyond Bloomsbury	I	Mary Lennox Hourd Linda Humphrey	4th Tuesday 7:00 to 9:00 pm April 25th	Topic: Mental Illness Presenter: Dr. Karl O'Sullivan Planner: Pam Schwartz
	II	Mary Ann Collins-Williams	1st Tuesday @ 7:00 pm April 4th	Speaker: Jan Vinai
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm Thursday, April 6th	Topic: Iranian Canadian Lawyer, Author Maryam Manteghi Planner: Laurie

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	What's Happening?
Gourmet	I	Alison Gemmell	4th Thursday @ 6:30 pm April 27th	Host: Cathy
	II	Edith Livet	2nd Thursday @ 6:45 pm April 13th	Host: J Crockett
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm. April 20th	Host: Gloria
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12 noon. April 20th	Location: Easy on the Fourth, at the site of the old Abbey Arms http://www.easyonfourth.ca/ Host: Joyce See
Social Eves		Gloria Tomlinson Susan Stavin	4th Wednesday @ 6:30 pm April 26th	
Foodie World Adventures		Eva Baxter	Meets Wednesday at a time convenient to members; April 19th	Theme: Greece
New Bakers		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm April 5th and April 19th	Learn and Develop Basic Baking Skills Facilitated by: Hilary
Bakers Club		Hilary Vavasour	4th Tuesday, 2 – 4 pm April 25th	
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday, 10:00 am to noon	April Meeting as scheduled Zoom meetings continue

Exploring the Arts Together: A painting group conducts online 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	What's Happening?
Group of Seven Plus	Leanne Siracusa	This group combines painting and drawing and is run by an external artist. Discounts are available to CFUW members who are beginner and intermediate painters. The group combines drawing and meditation.	Please contact Leanne for more info on these 6-8 week courses.

Technology Each month we pick a Massive Open Online Course to follow and discuss.

Name	Convenor	Date and Time	What's Happening?
MOOC +	Pat Zelonka Beth Mastrangelo	First Tuesday @ 1:30 pm April 4th	Tangible Things: Discovering History Through Art Works, Artifacts, Scientific Specimens and The Stuff Around You

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	What's Happening?
Evening Meditation		Leanne Siracusa	2nd Tuesday at 8:00 to 9:00 pm, April 11th Zoom mtgs	Open to new members who are interested in learning more about meditation
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 to noon April 18th Zoom mtgs	<i>Boundless Heart</i> Author: Christine Freedman
	II	Chris Connell	1st Thursday @ 9:30 am to noon April 6th	<i>Boundless Heart</i> Author: Christine Freedman Host Chris
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am Date: April, 13th	At Sybil's Art Gallery Fathers an Exhibition Presenter: Sybil Rampen
	II	Leigh Mayers	Last Monday @ 7 pm April, 24th Zoom Mtg	Happy Life based on Podcast by Arthur Brooks, <i>The Atlantic</i>

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	What's Happening?
Dragon Boating		Donna Kraaijeveld Susan Stavin	Wednesday Practices in May plus first 2 weeks of June at Burloak Canoe Club.	Next Season Starts Spring 2023
Golf		Sue McArthur	Tuesdays@ 9:30 am to noon May – Early September (Some Mondays and Thursdays)	Next Season Starts Spring 2023
Happy Hikers	I	Linda Williams Heather Gates-Warner	Tuesday mornings weather permitting 8:45 am Sept to June	Hikers meet in the parking lot outside the lower doors of Oakville Place that are closest to LL Bean and the Shoppers Drug Mart on the south east side of the Mall TIME of departure: 8:45 am
	II	Helen Furman Trish Wood	Wednesday mornings bi weekly Sept to June	These hikes generally appeal to hikers who prefer easy to moderate terrain and enjoy exploring local, regional and urban environments Biweekly Hikes on Wednesday mornings Sept to June * Weather Permitting
Walking with Friends		Deborah May Brenda Walker	Mondays @ 9:30 am	Mondays @ 9:30 am, walks of about an hour on flat or paved paths

Hikers II, on a sunny day in March,
International Women's Day



Lilian Fulford Memorial Scholarship

Diya Shah

The Lilian Fulford Memorial Scholarship honors Lilian Fulford, a former President of CFUW Oakville. The ideal candidate will demonstrate an interest in both Computer Science and Music. Academic achievements, significant school and/or community service and financial need are considerations for this award.



By working part-time throughout her high school career, and managing her time to study diligently, Diya Shah achieved her dual goals of achieving academic excellence while saving enough to pay for her first year in University herself. Diya epitomized the ethos of the First Robotics Program – to contribute to a better society and to live a meaningful life – throughout high school. She Co-Led the Business team with intelligence and gifted communication skills. She led her Ranger Unit in Girl Guides with enthusiasm and empathy, while generating discussions on human rights and activism, was a leader for the Girl Guides Thinking Day, and participated in Kerr St. Mission Food Drives.

Through her committee participation, Diya contributed to a healthy school community. She provided mentorship for Grade Nine students through the Link Crew. As a member of the FRC15409 Robotics Business team she applied her communication and organizational skills to work with community sponsors to ensure the financial viability of the team to compete at events around Ontario. Diya's strong work ethic also permitted her to volunteer with the Community Youth in Action Network and to participate on her school's Cross Country and Badminton Teams.

Diya has enrolled at Wilfred Laurier University in a combined Business and Computer Science Program.

High School:

Garth Webb Secondary School

Extra curricular Activities:

Co-captain FRC5409 Robotics Team;
Yearbook Club; Link Crew; Cross-Country
Team; Badminton Team

Volunteering:

Co-Counsellor- Kerr St. Mission Summer
Camp; Community Youth in Action;
Girl Guides; Oakville Leo Club;
Bollywood Dance

Post Secondary:

Wilfred Laurier BBA in Business and
Computer Science

**CFUW of Oakville is extremely proud to present Diya Shah with
the Lilian Fulford Memorial Scholarship**

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CFUW Oakville 2023 Event Calendar



Event	Location	Date	Time
CFUW Oakville Board meeting	Zoom	Apr 3, 2023	
Equal Pay Day See page 8		Apr 4, 2023	
CFUW Oakville General Meeting Captain Judy Cameron, Making History in Canadian Aviation	TPCC and Zoom	Apr. 17, 2023	7:00 pm
Collaborative Aging See page 2	Zoom	Apr 19, 2023	7:30 pm
Earth Day https://www.earthday.org/earth-day-2023/ See page 6		Apr 22, 2023	
CFUW Oakville Board meeting	Zoom	May 1, 2023	
Dr. Barbara Perry will speak about hate crimes and violence against women in politics. See page 3 of this issue.	Zoom	May 4, 2023	7:00 pm
CFUW Oakville Membership Dinner Meeting Dan Cooper, author, master gardener See page 12	Oakville Conference Centre	May 15, 2023	6:00 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. 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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