

This Issue

January's Guest Speaker: **Linda Orsini** Healthy Aging



Linda Orsini is Founder of Global Wellness Education for Healthy Aging. As a Corporate Speaker, Meditation Guide, Spiritual Coach, Yoga Teacher and Reiki Master, Linda will share perspectives on:

- Finding peace in your own skin
- Somatic movements for agility, mobility, flexibility
- Self-Compassion practices to release fear, anxiety and uncertainty
- Learn how to emotionally comfort physical pain
- Finding radiance and joy by looking forward to new possibilities
- Transforming the physicality of the aging process

Linda was an elementary educator who has made it her mission to share the teachings and trainings of meditation, yoga, mindfulness, sound and energy healing to help others tap into greater health, self-compassion, ease, flow and joy.

Staying active and being committed to continual growth in our wisdom years are vital to giving each of us the 'best chance' to enjoy the years that remain and to appreciate life and those we love.

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**Our general meeting on
Monday, January 16, 2023
will be held via Zoom.**



Join CFUW in advocating for an end to Gender-Based Violence

- Send a letter to your politician asking for an end to **Violence Against Women in Politics** (see page 3)
- Sign the online petition to **Strengthen Bail Laws to Protect Victims of Gender-Based Violence** (see page 3)

The article entitled *Tips for Coping with 'Globophobia'* immediately caught my attention in a recent pursuit of the Montreal Gazette. Gerald Wiviott, a well-respected psychiatrist who has “had the privilege of participating in the lives of many people” over the past fifty years pondered a new reality. Patients, especially thoughtful and insightful younger people, are feeling despair over what kind of a future they will have. We are becoming fearful of our world.

Dr. Wiviott explains that with a constant diet of doom reported in our news and social media, it is no longer just philosophers who ponder existential angst. This fear of the state of our world may manifest in feelings of anxiety, insomnia, and hopelessness, but cannot be treated in the context of family dynamics or intrapsychic conflict. Thinking, caring and compassionate human beings live with apprehension over what is to become of us and the world of our grandchildren.

How can we cope and move forward? Like all good therapists, Dr. Wiviott describes four key elements that can help us navigate the ups and down of our daily lives. Finding something meaningful, whether family, friends, work, hobbies, artistic endeavours, volunteer work or travel is essential. More than ever, we need to stay connected with one another whether in social groups, congregations, families, or activist groups: we are in this together. Intentionally choosing the attitude we will assume even as we feel overwhelmed and, whenever possible savouring parts of life with full gusto round out his advice.

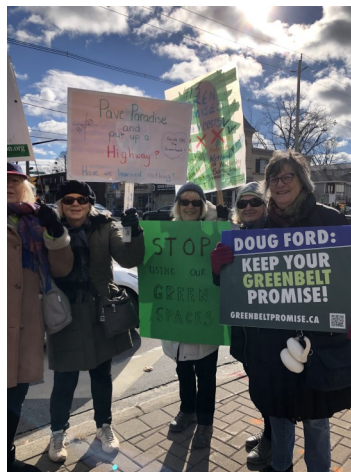
Last Friday all these strategies melded together as I stood outside the constituency office of our MPP protesting the proposed legislation that will significantly weaken environmental protections and enable development of the greenbelt. While our protest may not stop the legislation, it was the most meaningful personal action I could take in that moment. Standing beside like-minded individuals from many environmental groups and a significant showing of our CFUW members, clearly reflected our connection and that we are all in this together. Choosing an attitude of action and raising my voice even as while overwhelmed was empowering. Savouring the moment of beautiful sunshine, the gentle wind, and the safety I feel moving about in this community brought something akin to happiness in that moment.

I was so proud to stand beside Louise Brownlee and the other members of our Environmental Actions Matter group as well as all my CFUW colleagues. As my sign said, I was there for my three and soon to be four grandsons, but I was also there for my own mental health. Sometimes a feeling of peace and wellbeing comes at unexpected times and even at the intersection of Rebecca and Kerr Streets.

As we enter the darkest month of the year, I hope the celebration of light from your tradition shines brightly, and that you find meaning, connection, inspiration, and enjoy savouring with gusto the small moments. In belonging to CFUW Oakville, know that we are all in this together.

Janice May, on behalf of the leadership team

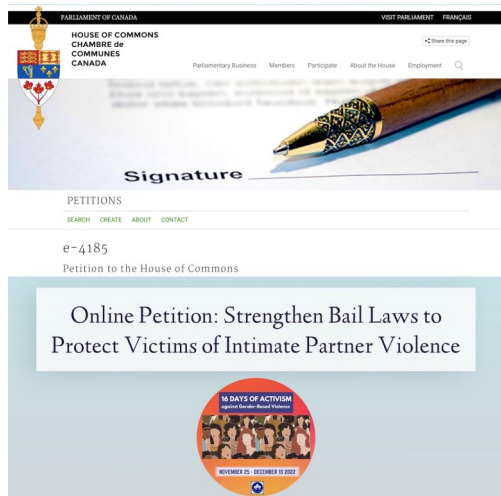
CFUW Oakville members in front of our MPP's office protesting legislation that will enable development of the greenbelt.



Let's Advocate to Protect Victims of Gender-Based Violence

During this *16 Days Against Gender-Based Violence* campaign, here are two opportunities to act:

1. The 2022 CFUW National Resolution, ***Strengthening Bail Laws to Protect Victims of Intimate Partner Violence***,



was passed and has become CFUW policy. CFUW Orillia has created an online petition with the support of their Member of Parliament for Simcoe North, Adam Chambers, urging the Federal Government to take the actions suggested in the Resolution. Once we have garnered **500 signatures**, Adam Chambers will present the petition results in the House of Commons.

Please consider signing as soon as possible as the petition will be **closed on December 7th.**

<https://petitions.ourcommons.ca/en/Petition/Sign/e-4185>

Please pass the petition link to friends and family requesting they also sign.

2. The 2022 CFUW National Resolution ***Violence Against Women in Politics (VAW-P)*** was passed and has also become CFUW policy. CFUW Oakville has written letters to our Oakville MPs, MPPs, the Mayor of Oakville and the Chair of the Halton Regional Council requesting their support to help end violence against women in politics and to help draw the attention of the federal, provincial, and local governments to this serious issue. We have also developed a template that CFUW Oakville members can use as a base for their own letter to politicians.

You can find the template letter and a list of Oakville politicians and their addresses on the Advocacy page of our website [here](#):

Please consider writing your own letter and encouraging your friends and family to do the same.

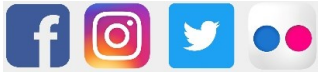


Finally, we are pleased to tell you that the Town of Oakville will be **lighting up Town Hall orange** on December 1st to 10th to recognize the *16 days against gender-based violence* campaign. Tell your friends and relatives the significance of the orange lights!

We recognize now that violence against women in politics is not only a threat to women, but also a threat to democracy. (Madeleine K. Albright)

Maureen Callahan, Leanne Siracusa, Raine Greenwood

A Publicity Chair role originally involved arranging for coverage in local papers and producing materials for libraries to present who we are and what we do. Publicity has grown and evolved. First there was Facebook, then Twitter and a Flickr photo gallery, followed by Instagram. Today we have followers across social media:



Facebook	260
Instagram	357
Twitter	256

Our Flickr account has accumulated over 700 photos and videos.

The Future: We tell the story of what we do, for all our followers. Who are our followers?

- ◇ people who share our ideals, values and interests wherever they may be.
- ◇ local women who might be potential members.
- ◇ CFUW clubs across Canada (there are over 60 chapters with FB pages).
- ◇ and most importantly our present CFUW Oakville members.



cfuwoakville.ca

If you are yet to become a follower, want to support the club and see our updates as they publish, “follow” each account. Visit cfuwoakville.ca where social media icons are at the very top of the home page. On Twitter & Instagram just “Follow” while signed in. Follow or Like the Facebook Page.

Posts aim to be eye-catching & brief, sometimes including a link to articles or more information. They showcase:

1. What we do,
2. Issues CFUW women or Oakville women care about, and
3. Sometimes value-added links to studies, reports, health and voting resources etc.

New Committee Members

Given how much the role of Publicity has grown we are inviting volunteers. Please contact me for details if you would be interested in these roles:

LOCAL MEDIA COORDINATOR Understanding our local media landscape, wordsmithing and pulling together great news coverage for things we do, like our scholarship announcements.

DIGITAL MEDIA COLLABORATOR Seeing value in social media; wanting to help our online presence to thrive. Would enjoy developing skills with graphics, online content and social media admin.

Raine Greenwood, Publicity Chair

Do you know of a shopping cart that needs a new home?

The CFUW Oakville tech team needs a cart similar in size to this one to store and transport our new equipment used for hybrid meetings. Any old cart would do as it doesn't need to go far - so please keep us in mind if you are no longer in need of yours or see one at a garage sale or thrift store. Please let us know via Contact Us on the website and we will happily come and collect the cart.



UPDATES FROM OUR SISTER ORGANIZATIONS



CFUW
**ONTARIO
COUNCIL**

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

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

UWC Toronto with CFUW North Toronto have invited all Ontario Clubs to join their annual memorial event to commemorate the victims of the Montreal Massacre on Tuesday December 6th at 10:00am by Zoom.

To register please go to info@UWCToronto.ca



[Click here](#) to read the **Newsletter** from **CFUW National** with information about their **16 Days of Activism against Gender-based Violence**.

[Click here](#) to read the November newsletter from **CFUW National**.

We invite you to join us for coffee and conversations as we extend our experiences of language, identity and governance from settlers' perspectives to Indigenous Voices. As you listen to "*Going Beyond Land Acknowledgement*", the truth of events is shared as are our personal reflections. Ask Mary Smith for the time and place of our next meeting.

Within Our Community you could investigate:

- Oakville Library: Red Dress Project
- Tannery Park: Moccasin Identifier Project and History Wall Orange Crosswalk at Thomas and Church
- Moccasin Trail at Lions Valley Park and along Bronte Creek, plaques containing Indigenous heritage, stories, verses, information relating to land, water and sky and showing a reverence for Mother Earth.

For Indigenous leaders of distinction we suggest you research or view:

- The Honourable Murray Sinclair (Anishinaabe) appointed 15th Chancellor of Queen's University.
- Oakville resident Susan Aglukark, Juno Award winning performance artist, founder of Arctic Rose Foundation, who spoke at the Burlington Library, is the author of two children's books
- Chief Stacy Laforme spoke at the Burlington Library about *Power of Language*, was elected to the Mississaugas of the Credit First Nations council since 1999, with many honored accomplishments. See him recite his poem with music by Kevin Hearn from Gord Downie's band at <https://www.youtube.com/watch?v=BHXBtMb8Nq8>.
- Jeremy Deutcher performed *The Honour Song* at Hamilton Place and won the Polaris Prize for Music; Hear his music at <https://www.youtube.com/watch?v=6pDRpDjrBZE> or watch this interview, <https://www.youtube.com/watch?v=-u9qt7tCdCg>.
- Kent Monkman, Cree Artist; see *Being Legendary* art installation at the ROM <https://www.youtube.com/watch?v=ae0lrX4j0u0>.

Opportunities for All

- Grandmother's Voice, Indigenous Artisan Gift Market
December 3rd: 9 am to 5 pm. December 4th: 11am-3pm. Location: Country Heritage Park, Tremaine Rd. just south of the 401.
<https://www.grandmothersvoice.com/> or checkout Grandmothers Voice FB page
- Upcoming Trip to ROM: Kent Monkman, visual artist, Cree: Show is entitled Being Legendary
January 18th, approximately 8.30 am departure. Contact Judy Moore for information. We are all going on the Go Train!

Celebrate December 21st Winter Solstice

Ontario Native Women's Association "Great Spirit Moon" is the time that we come to truly understand life. The winter season is when we tell our Creation stories, how all of Creation came to be, the universal family, the night sky, and about the creation of all our relations.

<https://www.onwa.ca/full-moon-ceremony>



From the TRC Committee:

Mary Smith, Sandra Gorlick, Judy Moore, Sonia Ellis, Gay Loveland and Hilary Vavasour



CFUW-Oakville members attend the “Hands off the Greenbelt” rally

Event organized by Grand(m)others Act To Save The Planet attracted almost 200 residents

On November 21, CFUW-Oakville members saw inspirational photos of the Greenbelt by award-winning photographer Mark Zelinski. Many of us bought his book “Heart of Turtle Island - The Niagara Escarpment” published in 2017. The chapter on the Greenbelt says: “The Greenbelt lands continue to stay natural and green, functioning as a habitat for wildlife and recharging its vast aquifers. Every year, the forested areas of the Greenbelt alone have offset the emissions of 56 million cars. Scientists calculate the ecological services provided by the Greenbelt to be worth a conservative \$3.2 billion every year.” Zelinski urged members to fight for greenbelt protection. Opening this precious resource to developers is a dangerous precedent. It looks like many members heard his message.

Louise Brownlee

Are you going to the dinner on Monday?
Have you remembered your cash for the 50-50 draw?

Save \$\$ with Climate-Friendly Heat Pumps

CFUW Oakville is jointly hosting a free Heat Pump Webinar

Thursday January 12, 2023

7 p.m. - 8:30 p.m.



Heat pump basics and myth-busting

- Available rebates
- Examples of heat-pump installations
- "Ask an Expert" panel

This will be a hybrid event. You can watch the webinar on zoom or join in person. The meeting will be held in the Kinsmen Room, Trafalgar Park Community Centre, Oakville

Register in advance for the zoom [here](#).

Co-sponsored by Grand(m)others Act To Save The Planet (GASP) & Halton Action for Climate Emergency Now (HACEN)

Heat Pumps are the future of heating and cooling without fossil fuels

The Ontario Clean Air Alliance says that heat pumps can reduce greenhouse gas emissions by 35 - 45% in Ontario rising to 100% when our electricity system is decarbonized. The shift to residential heat pumps must start now because heating systems last for 15-20 years.

Washington state issued legislation last month requiring heat pumps for all new buildings. Find out [more](#). New York State's climate council wants heat pumps in all new homes by 2024. Read [more](#).

Tweet



Governor Jay Inslee
@GovInslee

WA is now the first and only state in the country to require all new buildings to use clean, healthy, efficient heat pumps for space and water heating. Buildings are our fastest growing source of emissions due to gas furnaces and boilers. This is a big step forward!



America Is All In @americaisallin · Nov 4

Breaking news: Washington is ready to #BuildElectric! The State Building Codes Council has voted YES on #BuildingElectrification. Building with heat pumps instead of furnaces will make our homes healthier, more efficient, AND less expensive. A step towards #HealthyHomes for all!

Walking in Stephen Guibeau's shoes

What's it like to be Environment Minister in an oil rich country?

During COP 27, the Climate Action Network Canada (CAN-RAC) sat down for a video [interview](#) with Stephen Guibeau, Canada's Environment Minister. Key messages include:

- His government cannot tell the oil and gas industry to slow down production. The provinces control the use of natural resources. But the federal government has jurisdiction over pollution. The carbon tax is a *price on pollution*. He emphasized that everything the federal government does is challenged in court by the provinces or private companies or both so they have to be solid ground with legislation. This takes time.
- In terms of pollution, the federal government has issued plans to reduce methane emissions and put a cap on emissions of the oil and gas sector.
- Since the federal government doesn't have control over the supply side of oil and gas so they are trying to influence the *demand* side of the equation by investing in public transit, electric vehicles, heat pumps - all strategies to get us off fossil fuels.

Thank you to everyone who stayed for the Scholarship Fund AGM both in person and on Zoom. It is a legal necessity that we have an AGM every year.

Members of the Awards Committee have finalized the applications for the 2023 awards and these will be posted on the CFUW Oakville website in mid-December.

We will be able to hold our 50/50 draw at the holiday party on December 5. Don't forget to bring cash. You might be the lucky winner.

75th Anniversary Cookbook

Thank you to all members who have sent in recipes and a special thank you to Linda Love who reached out to all the interest groups to encourage their members to submit their favourite recipes. We now have over 300 recipes and we can get down to the nitty gritty of putting them into a book.

Here are a couple of special sweets to enjoy with your mid-morning coffee or afternoon tea. You could also make these as small gifts for friends. Enjoy!

Chocolate Orange Biscotti

Ingredients

- 1 3/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 stick (8 tablespoons) unsalted butter
- 1 cup granulated sugar
- 2 tablespoons grated orange zest
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 8 ounces dark chocolate roughly chopped



Instructions

1. Cream The Butter and Sugar: Combine the flour, baking soda, baking powder and salt in a medium bowl and whisk until evenly mixed; set aside. Combine the butter, sugar, orange zest and vanilla in the bowl of a stand mixer fitted with a paddle. Beat at medium-high speed until light in color and fluffy.

2. Add Remaining Ingredients: With the mixer still running, add the eggs one at a time, beating well after each addition. Reduce the speed to low, add the chopped chocolate and mix until just combined. Add the flour mixture and mix just until incorporated. Cover and refrigerate until well chilled, about 1 hour.

TIP: Biscotti dough can be made to this point up to 1 month ahead. Wrap in plastic then put in a resealable plastic bag and freeze until ready to use.

3. Shape And Cut the Biscotti Dough: Heat the oven to 350°F and arrange a rack in the middle. Line a baking sheet with parchment paper. Divide the dough in half. On a lightly floured surface, using lightly floured hands, roll each half into a log 1.5 inches in diameter. Arrange the logs on the prepared baking sheet, spacing them 5 inches apart.

4. Bake The Biscotti: Bake until light brown and firm to the touch, about 30 minutes (the logs will spread during baking). Remove from the oven and let cool slightly on the baking sheet. Leave the oven set at 350°F.

5. Bake The Sliced Biscotti: Using a spatula, carefully transfer the logs to a work surface. Using a serrated knife, cut on the diagonal into slices 3/4 inch thick. Arrange the slices, cut side down, on the baking sheet and bake until golden brown, about 15 minutes. Transfer the cookies to wire racks to cool.

TIP: Store in an airtight container at room temperature for up to 2 weeks.

Double Dark Chocolate and Ginger Biscotti

Makes about 18 biscotti

Ingredients

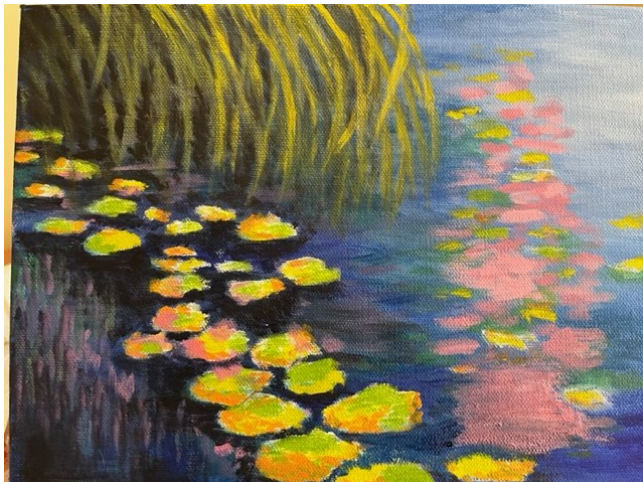
- 1 cup all purpose flour
- 1/3 cup unsweetened cocoa powder
- 1+ 1/2 tsp baking powder
- 1/4 tsp salt
- 1 large whole egg plus 1 large egg yolk
- 1/2 cup sugar (can be reduced)
- 1 tsp pure vanilla extract
- 1/4 cup neutral tasting oil such as canola or safflower
- 1/2 cup walnuts coarsely chopped
- 1/2 cup (3 oz) coarsely chopped bittersweet chocolate (at least 70%)
- 1/4 cup finely chopped crystallized ginger



Instructions

1. Pre heat oven to 350 F. Line large baking sheet with parchment paper. In medium bowl, whisk together flour, cocoa, baking powder, and salt until well combined. In another bowl, with electric mixer, beat egg, egg yolk, and sugar until light and fluffy; beat in the vanilla and oil until well combined.
2. With mixer on low, beat in flour mixture until combined. Mix in walnuts, chocolate and ginger - with spatula or spoon - dough will be stiff.
3. With moistened hands shape dough into two logs - approximately 7 in long , 1 in thick , 2 in wide. Bake until set on top - about 25 mins. Transfer sheet to a wire rack; let cool 30 to 40 mins. Reduce oven temperature to 325 F.
4. Transfer logs to cutting board. Trim ends and cut each log on the diagonal into 1/2 in thick slices. Bake, standing up about 20 mins until crisp - or flat side down and rotate after 10 mins. Cool about 5 mins on sheet then transfer biscotti to rack to cool completely. Biscotti can be stored up to 1 week at room temperature in an airtight container.

Paintings by members of our interest group **Group of Seven Plus**, inspired by Monet



Recall Advisories



Here is a great resource that provides you with the latest recalls and safety alerts under categories:

- Health products
- Medical devices
- Foods
- Consumer products

Recalls Advisories and Safety Alerts in Canada are vital to

you and your family. Safety issues and recalls of products, foods and medications are sometimes reported in the media, but they cover the tip of the iceberg, as you will discover when you visit recalls-rappels.canada.ca/en You will find everything from issues with foods and medications, to recalls of unsafe products and autos. We will keep an eye out for more online resources you can use.

Raine Greenwood

Interest Group Activities



Bloomsbury III enjoyed a presentation about Quilts of Valour.

Their website calls each quilt a hug from a grateful nation and a tribute to an injured Canadian Armed Forces member.

<https://www.quiltsofvalour.ca/home>

Gourmet Group One News: “Purses for Margaret”

At the CFUW Oakville meeting on October 22, Denise Davey, author and investigative reporter, delivered an eloquent speech about homelessness, her book “*Her Name was Margaret: Life and Death on the Streets*”, and the *Purses for Margaret* initiative. Ms. Davey’s words “her story never leaves you” proved true for many of us and inspired the Gourmet Group One to bring *Purses for Margaret* to their November dinner.

We thank Denise Davy for her compassionate insights, and for her compelling words.

Each Gourmet Group member will fill an older, but still useful, purse with women’s hygiene essentials. These are designed to help a homeless or vulnerable woman by providing some everyday female necessities.

The Gourmet Group’s *Purses for Margaret* will be donated to The Kerr Street Mission in Oakville.

Carole McMahon

Interest Group Activities

Happy Hikers at Scotsdale Farm, a UNESCO World Heritage site in Halton

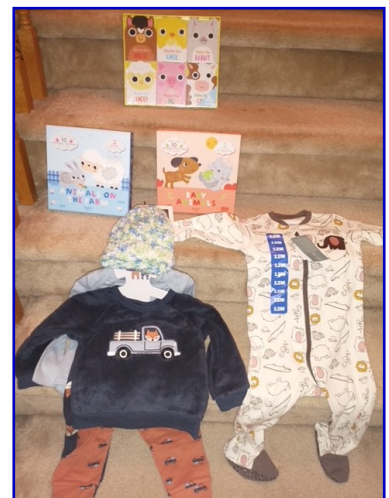


Foodies enjoying their November Moroccan dinner



Social Eves members donated money, and our last speaker, Bee Lee, donated her speaker fee to buy gifts plus a \$100 Walmart gift certificate for a needy single mother and young son in Oakville whose Christmas will now be much happier thanks to their generosity. Thanks to Susan Stavin and Jeanne Crockatt for shopping and wrapping.

Gloria Tomlinson



Interest Group Activities for December 2022 and January 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 are interested in restarting a new Book Club, please contact us through the Contact Us link.
	II	Sheila Aldoroty	1st Wednesday @ 10 am Zoom Mtg	Dec. 7th: <i>Freezing Order</i> Facilitator: Gudrun Jan. 4th: <i>The Great Circle</i> Facilitator: Gay
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am Zoom Mtg	Dec.: No Meeting Jan.: <i>Women Talking</i> Facilitator: Marla N
BookBeat Evening	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Zoom and in-person mtgs	Dec.: No Meeting Jan. 26th: <i>The Dictionary of Lost Words</i> Presenter: TBA
	II	Deborah May	1st Wednesday @ 7:30 pm Zoom Mtgs	Dec. 7th: <i>The Rose Code</i> Lead: Suzanne V Jan. 4th: <i>Five Little Indians</i> Lead: Leanne S
	III	Helen Litton	1st Tuesday @ 7:30 pm	Dec. 6th: <i>Daughters of the Occupation</i> Host: TBA Jan. 3rd: <i>True Biz</i> Host: Linda P
Crime & Caffeine Club	I	Jane Heakes	Last Monday @ 1:30 pm	Dec. 12th: <i>All the Devils are Here</i> Presenter: Pat H Jan. 30th: <i>The Salaryman's Wife</i> Presenter: Sally
Crime & Caffeine Club	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm	Dec.: No Meeting Jan 23rd: <i>The Merchant's House</i> Facilitator: Laura
Literary Ladies		Pam Schwartz Sue Logan	1st Thursday @ 10:00 am Zoom in winter	Dec. 1st: <i>Harlem Shuffle</i> Presenter: Marg M Jan. 5th: <i>The Diamond Eye</i> Presenter: Joanne D
Book Exchange		TBA	One meeting in October to select books for the year	
Great Books		Dodie Layton	4th Thursday from 10-12 am Zoom mtgs	<i>The Seven Deadly Sins Anthology</i>

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	TBA	Note: If you are interested in playing Social Bridge online, please connect with us through the Contact Us link on the website and someone will get back to you.
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	Dec. 13th: Host: Jane H Jan. 10th: Host: Judy P

Cinemas: At the Movies: Couples movie night.

Name	Convenor	Date and Time	What's Happening?
Couples Movie Night	Leanne Siracusa	4th Saturday of the month	Currently on Hold

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 Maureen Callahan	2nd Wednesday @ 7:00 pm.	Mtgs on Dec. 14th and Jan. 11th Ongoing work continues on our identified Advocacy Issues for this year
Environmental Actions Matter		Louise Brownlee	3rd Wednesday @ 2:00 pm	Dec. 21st: Climate Change and Response in Halton Region Speaker: Lisa Kohler Jan. 18th: Best Practices for Reducing GHG Emissions
Beyond Bloomsbury	I	Mary Lennox Hourd	4th Tuesday, 7:00 to 9:00 pm	Dec.: No Meeting Jan. 24th: Bloomsbury Girls
	II	Mary Ann Collins-Williams	1st Tuesday @ 7:00 pm Zoom Mtgs	Dec. 6th: A Christmas gathering at Sybil's; appetizers and desserts Jan. 3rd: Inventors
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm Zoom Mtgs	Dec. 8th: No meeting Jan. 5th: Elevators, the Ups and Downs, Gary MacLeod

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 Wednesday @ 6:30 pm	Dec.: Lunch at the White House in Waterdown Jan.: Helen to Host
	II	Edith Livet	2nd Thursday @ 6:45 pm	Dec. 8th: Appetizers for the Holidays Jan.12th: Joan to host
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm.	Dec. 8th: Theme: Barefoot in Paris Host: Helen F. Jan.: Theme: Afghanistan Host: Sue S
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12 noon.	Dec.: TBA Jan.: TBA
Social Eves		Gloria Tomlinson Susan Stavin	4th Wednesday @ 7:00 pm Zoom In Jan	Dec.: No Meeting Jan.: Creativity and Aging Presenter: Joyce Wayne
Foodie World Adventures		Eva Baxter	3rd Wednesday at a time convenient to members	Dec.: TBA Jan.: TBA
New Bakers		Hilary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm	Dec. and Jan.: continue to develop baking skills
Bakers Club		Hilary Vavasour	4th Tuesday, 2-4 pm	Dec.: Cookie Exchange Jan:
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday 10:00 am to noon	Dec. and Jan. 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

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	Dec.: The Nature of Genius and podcast Think with Pinker Jan.: TBA

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 8:00 to 9:00 pm Zoom mtgs	Dec.13th and Jan. 11th Open to new members who are interested in learning more
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 to noon Zoom mtgs	Dec.: TBA Jan: <i>Boundless Heart</i> Author: Christine Freedman
	II	Chris Connell	Dec. 8 at 10 am (note date change) Jan 5 at 10am	Dec.: Discussions on a talk by Tara Brach Jan: <i>Boundless Heart</i> Author: Christina Feldman
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am	Dec. 8th: Poetry: A Healing Tool Speaker: Susan Ksiezopoloski Jan.12th: Authenticity: A Guide to Living in Harmony with Your True Self Speaker: David Posen
	II	Leigh Mayers	2nd Monday @ 7 pm	December: No Meeting Jan 23: Presenter Sandra Topic: TBA

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 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 southeast side of the Mall. Time of departure: 8:45 am * Weather permitting
	II	Helen Furman Trish Wood	Wednesday morning biweekly hikes across Halton	Dec. 14th: cookie exchange and coffee morning Hikes planned for Jan 11th and Jan 25th
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

Paintings by members of our interest group **Group of Seven Plus**, inspired by Norval Morrisseau



Jean Malcolm Smith Community Service Award

Alisha Ahmed

The Jean Malcolm Smith Community Service Award honors Jean Malcolm Smith, well-known for her leadership and volunteerism in the community.



High School:

Abbey Park High School

Extra curricular Activities:

Abbey Park Student Council Vice-President; Model UN Executive member; HOSA President; DECA PR manager; TedXYouth@Abbey Park Co-President.

Volunteering:

MYNA - Shelter Runs organizer, MYNA Retreat; North Oakville Youth Development Council; Oak Park Neighbourhood Centre; Young Women in Leadership

Post Secondary:

McMaster University, Health Sciences

Alisha Ahmed's outstanding record of community service and volunteerism is driven by her dual goals to make a difference in her communities and to help others succeed.

While maintaining the excellent academic average that earned her a place on Abbey Park's Honour Society each year, Alisha also served as Vice-President of her Student Council. She was an executive of Abbey Park's Model United Nations, and President of HOSA (future Health Professionals of America). In each role, while Alisha led, she also devoted herself to creating and mentoring leadership opportunities for others.

Alisha worked with MYNA, a youth-led volunteer group to make a difference in the community. She team-lead the annual shelter run, and spearheaded the delivery of 400+ meal packages to shelters and those in need. She led MYNA's first ever Winter Retreat for 80 students. While Alisha spent 12 hours per week working as a Pharmacy assistant and cashier, she volunteered with the North Oakville Youth Development Council, worked as a volunteer Tutor at the Oak Park Neighbourhood Centre, delivered an inspirational TedX Youth Talk, and earned the Town of Halton Hills Volunteer Recognition Award.

Alisha plans to enrol in medical school to become a family practitioner. She will minor in Globalization Studies to practice medicine in developing countries, applying her scientific knowledge and training to make effective differences in a global setting. She has enrolled at McMaster University in a Health Sciences program.

CFUW of Oakville is extremely proud to present Alisha Ahmed with the Jean Malcolm Smith Community Service Award.

CFUW Oakville 2022-23 Event Calendar



Event	Location	Date	Time
16 Days of Activism Against Gender-based Violence See a link to UN Women here and a link to Government of Canada information here		Nov. 25 to Dec. 10, 2022	
Membership Dinner	Oakville Convention Centre	Dec. 5, 2022	6:00 pm
UWC Toronto annual memorial event to commemorate the victims of the Montreal Massacre See page 5 for registration information	Via Zoom	Dec. 6, 2022	10:00 am
CFUW Oakville Board meeting		Jan. 9, 2023	TBD
Heat Pump Webinar See page 8		Jan. 12, 2023	7-8:30 pm
CFUW Oakville General Meeting Louise Orsini, Wellness and Aging	Via Zoom	Jan. 16, 2023	7:00 pm
CFUW Oakville Board meeting		Feb. 6, 2023	
CFUW Oakville General Meeting Natalie Jenner, Author of Bloomsbury Girls	Via Zoom	Feb. 20, 2023	7:00 pm
CFUW Oakville Board meeting			
CFUW Oakville General Meeting David MacGowan, Climate Policy	TPCC and Zoom	Mar. 20, 2023	7:00 pm
CFUW Oakville Board meeting			
CFUW Oakville General Meeting Captain Judy Cameron, History in Canadian Aviation	TPCC and Zoom	Apr. 17, 2023	7:00 pm
CFUW Oakville Membership Dinner Meeting Dan Cooper, author, master gardener		May 15, 2023	

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p6marshall_n@hotmail.com

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CFUW Oakville mailing address: P.O. Box 30048,
478 Dundas Street West, Oakville, ON L6H 7L8
Email: editor@cfuwoakville.ca