

This Issue

January's Speaker: **Gillian Lockitch** Age is Just a Number

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Dr. Lockitch is the founder of Growing Older, Living Younger, a platform that aims to change aging at the cellular level, promote health span over lifespan, and help people feel vibrant, healthy, and energetic as they age. As a medical specialist with a doctorate from University of Cape Town and degrees from the University of British Columbia she has over 25 years of experience in research and education in biochemistry, genetics, and nutrition. Dr. Lockitch uses her expertise to guide people to age gracefully by implementing strategies for wellness and youth preservation.



The GOLY website <https://www.askdrgill.com/> is a hub for all things related to Growing Older, Living Younger including the GOLY Blog, the Podcast Blog and links, Sources and Resources.



We are looking forward to meeting with you at the Holiday Dinner on Monday December 9 and again in the new year on Monday, January 20 via Zoom.

It's starting to look a lot like Winter!



As winter approaches and the weather turns colder, we find ourselves tidying up our yards and enjoying the beauty of fallen leaves on our trails. We have much to be thankful for as we wrap up the first quarter of our club's 2024-25 year. From inspiring speakers to our memorable 75th Anniversary Grand Opening, and the joy of connecting with fellow members at General Meetings and Interest Group gatherings, it has been a wonderful start.

As we prepare for the holidays and the upcoming year, we eagerly anticipate our Holiday Dinner on December 9. This event is always a special occasion to dress up and celebrate with friends. Who could forget the spontaneous dancing that last year's music inspired? Let's make this year's celebration just as special and fun!

Our 75th Anniversary display at QE Park Community Centre will remain up until January 5. If you haven't had a chance to see it yet, or if you'd like to revisit the display to read about each decade of our club and the profiles of some of our members over the years, please take advantage of this opportunity.

This season is also a time for reflection on the wonderful experiences and achievements of the past year. Whatever your plans for the holiday season, we hope you find some time to relax and enjoy the company of friends and family as we look forward to the new year.

Wishing you all the best for the holidays,

Katherine Beaudry, Kyoko Kobayashi, Deborah May

CFUW Oakville Leadership Team



Please remember to go to QEPC before January 5 to admire our wonderful 75th Anniversary display.

You could also enjoy the 75th Anniversary album of photos available on our website.

[Click here.](#)



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

Please consider using their services and telling others about them.



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As a member of the CFUW National Subcommittee Status of Women and Human Rights, Bonnie Jensen wrote an excellent article for the Club Action Newsletter. Bonnie is also a member of CFUW Oakville's Advocacy Committee. The group felt it was important to reproduce her article in our own newsletter.

Diane McCullough, Advocacy Chair



Breaking the Silence – Addressing Violence Against Women in Canadian Politics

Violence Against Women in Politics (VAW-P) is a pervasive and deep-rooted issue that affects individuals and communities worldwide.

UN Women defines VAW-P as any act, or threat, of physical, sexual, or psychological violence that prevents women from exercising and realizing their political rights and a range of human rights.

In 2022 CFUW membership unanimously approved a resolution regarding VAW-P. The intent of the resolution was to highlight the negative political environment for women in Canada and to urge action.

As a co-proposer for the resolution I attended a meeting with Pam Damoff, three-term Member of Parliament for Oakville-North Burlington, Ontario. In late May Ms. Damoff had shared that she would not seek re-election because of fears for her safety and disgust with toxicity in politics. "The threats and misogyny I have experienced as a member of parliament are such that I often fear going out in public." Her colleague Anita Anand MP Oakville echoed her concerns. "This is the reality of political life right now, especially for women."

In our meeting Ms. Damoff decried, "people don't believe how bad it is."

Attacks against Canadian women politicians are so common it would be impossible to document them all here. The intended message is always the same- women do not belong in politics.

A positive step discussed at the meeting and a beacon of hope is the Canadian Association of Feminist Politicians' initiative (June 19, 2024) to have parliamentarians sign a pledge to call for improvements to their workplace with respect to harassment and civility.

What Can Members or Clubs do: A Call to Action!

- Acknowledge the problem. If you see it, say it
- Raise awareness by sharing stories of politicians who have experienced similar incidences of harassment or abuse. Include women politicians as speakers to highlight the issue
- Send letters to editors and news media to denounce gender based political violence
- Support political candidates who stand against violence in politics
- Prior to upcoming elections hold all candidates' meetings focused on platforms and issues

Together we can help create A SAFER MORE EQUITABLE SOCIETY.

Bonnie Jensen



This year, at our Holiday Dinner which will be held on December 9, we will be supporting the **FOOD4KIDS Halton Charity**. We were fortunate to have Jennifer Sully-Ferraro, Executive Director for FOOD4KIDS, give a short presentation on the charity at our general meeting November 18. FOOD4KIDS Halton provides packages of healthy food for elementary age kids with limited or no access to food each weekend. There are over 1,000 children in Halton struggling through each weekend without food.

FOOD4KIDS Halton is funded through donations or one time grants. <https://food4kidshalton.ca/>

Let's help address hunger in our own home community.

There will be a representative at the dinner and will accept cash, cheque, or credit or debit cards for donations. Thank you to Leanne Siracusa for nominating this most important charity.

Reminder: the Holiday Dinner will be held at the Oakville Conference Centre, 2515 Wyecroft Rd., Oakville. Doors open at 6pm for cocktails and mingling. Seating is at 6:45pm. Please remember to bring cash for the 50/50 tickets as well as cash/card/cheque in support of the FOOD4KIDS Halton Charity.

See you there!

The Leadership Team Holiday Committee

Your **Directory** will be available to pickup at the dinner unless you opted to have it mailed. In that case it will arrive after the postal strike is settled.

Susan Walkinshaw, Membership Chair

Many thanks to our generous donors who have offered door prizes for the Holiday Dinner:

- Watch us Women
- Monastery Bakery
- Abbeywood Spa
- Royal Windsor Pub
- Classic Bowl, Mississauga
- Baskets of wine from Gourmet I, II, III and Beyond Bloomsbury II
- Burloak Indoor Golf

CALLING FOR AWARDS VOLUNTEERS: The CFUW OAKVILLE Awards Committee.

Would you enjoy fostering academic achievement and leadership in Oakville's young women... like to meet and work with other CFUW Oakville members...wish to feel a rewarding sense of inspiration and accomplishment?

The Awards Committee identifies worthy recipients for our Scholarships and Awards. We connect with Oakville High Schools to ensure eligible applicants are aware of our awards and evaluate applications and allocate awards. We also host an annual awards celebration where winners and their families can meet and mingle with the Awards Committee and form valuable connections with other Award winners.

Experience is not necessary – just an interest in fostering success in Oakville's young female leaders, and a touch of time and work.

Please contact our Awards Committee Chair, Jane Garnett, for further information.

Email: jgarnett@cogeco.ca

Carole McMahon



The most recent 2024 issue of the CFUW Ontario Council Newsletter can be accessed [here](#).

Read about the **Speakers Series** [here](#). All CFUW members are welcome to attend.

[Please support CFUW Georgetown's petition on legally enforced drinking water regulations.](#) Please sign before **December 7**.



Click on the date to read a recent Newsletter from **CFUW National**. [November 8](#), [November 15](#), [November 22](#), [November 29](#)

The Sharing Corner of each issue or the links to newsletters from other clubs is a fun way to learn about activities and events across Canada.

Indigenous Study Group : Announcing a new Interest Group based on Truth and Reconciliation Committee calls for Action.

The call for action of the committee has been modified to reflect the actions we continue to engage in as an interest group. "Using what you are learning, take on the role of becoming an ally."

This interest group is focused on deepening our understanding through education linked to action which connects us with Indigenous events, communities and opportunities to participate and volunteer.

We are so fortunate to have a wide variety of local organizations with which we can participate that also support this initiative in Halton: churches, synagogues, GASP (Grandmothers Act to Save the Planet), and the Canadian Caribbean Association of Halton just to name a few.

If you are interested in joining this group please contact me and I will add you to the list.

Mary Smith, convenor

University Women's Club of Oakville Scholarship Fund

The **CANADIAN FEDERATION OF UNIVERSITY WOMEN OF OAKVILLE Awards** were established to recognize academic excellence, significant school or community service and leadership.

The Mildred G. Allworth Award honors Mildred G. Allworth, who was highly regarded for her leadership and her contributions to the University Women's Club of Oakville. Applicants must have a minimum overall average of 80%, demonstrated leadership skills and significant school or community service.



Jaya Kapur's high school record demonstrates a focused dedication not only to her academic studies, but also to community service. She paired her outstanding academic work with inspiring contributions to her school and her community. She is described by her teachers as a strong, insightful leader who combines boundless hard work and energy with kindness.

The Oakville Leos Club implements projects to address global issues. Beyond volunteering with the Leos Club for four years, and serving as its President, Jaya developed a very successful soccer equipment drive. The soccer equipment was delivered to countries whose children do not have access to sports equipment. She organized, planned, and executed the Terry Fox Run at her school. Jaya was an executive member of the Garth Webb Athletic council, wrote regularly for the school newspaper, and played on the Varsity basketball team. She is a volunteer tutor with Safetynet Oakville, where in addition to weekly tutoring, she participated in the launch of a literacy program for children reading below their grade level.

Jaya's volunteer work with senior citizens provided her with valuable insights into the complexities of the cognitive process. Through her tutorial work with young children, she realized the impact of diverse cultural and background influences on children's cognitive development. These experiences drive Jaya's interest in research on the human brain. She hopes to develop this interest through becoming either a Psychiatrist or a Neurosurgeon.

Jaya Kapur is currently attending The University of Waterloo in Science and Biotechnology.

High School:

Garth Webb Secondary School

Extra-curricular Activities:

Executive member Garth Webb Athletic Council; DECA Business Case Competitor; School Newspaper writer; Varsity Girls Basketball team.

Volunteering:

President - Oakville Leos Club;
Safetynet Oakville - Volunteer Tutor;
Palermo Village Retirement Residence;
Non-profit Tutoring business to create a learning environment for differences in learning styles.

CFUW of Oakville is extremely proud to present Jaya Kapur with the Mildred G. Allworth Award.

Interest Group Activities

Last Thursday evening, **Beyond Bloomsbury II, formerly BBIII**, were treated to an interesting history of Becky Pogany's accomplished and resilient family.

Beginning in Poland in the late 19th century and then establishing a life in Siberia, we were enthralled by their journey through the decades, which took them to Harbin, Shanghai, Israel, Argentina, Australia, and finally, Canada.

While much of the family's history, years marked by wars and political unrest, was familiar, Becky's personal stories added a poignant and intimate dimension. She was born in Shanghai, but the family had to leave China after the war, when new national Chinese policies forced Europeans to leave the country. From there they were on the move again and were one of the early families to settle in the newly created Israel. She later attended universities in both Argentina and Australia.

Judging by the 90% turnout, this large group was awed by Becky's fascinating history. We are truly enriched by her willingness to share.

Hosted by Becky, the evening was a resounding success. It was heartwarming to hear that of all the places her parents had lived, Canada was where they truly felt they were home.

Carolyn Collings Merk



Interest Group Activities

The CFUW Social Eves event on November 21, 2024 was a festive and creative evening at Terra Greenhouses. Participants made their own individual and very beautiful table centrepieces for the holiday season. It was a wonderful time for all.



New Members' Reception,
November 2024



Interest Group Activities for December 2024 and January 2025

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

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

Name	Convenor	Date and Time
BookBeat AM	I Sheila Aldoroty	1st Wednesday @ 10:00 am <i>Table for Two</i> , Towles <i>Anita de Monte Laughs Last</i> , Gonzale
	II Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am OPEN
BookBeat PM	I Charlotte Jeneway	Last Thursday @ 7:30 pm No December meeting <i>The Women</i> , Hannah OPEN
	II Mary Wood	1st Wednesday @ 7:00 pm OPEN
	III Helen Litton	December 10 @ 7:30 pm <i>Factfulness</i> , Rosling <i>Demon Copperhead</i> , Kingsolver
Crime & Caffeine	I Leigh Mayers	Last Monday @ 1:30 pm <i>The Phoenix Crown</i> , Quinn and Chang
	II Carolyn Collings Merk	4th Monday @ 1:30 pm No December meeting <i>The Grey Wolf</i> , Penny
	III Susan Walkinshaw	2nd Monday @ 1:30 pm <i>The Gilded Cage</i> , Lackburg <i>Has Anyone Seen Charlotte Salter?</i> , French
West End Book Exchange	Sue Stephens	Books are chosen in September for the year, for example: <i>The Hazlebourne Ladies Motorcycle and Flying Club</i> , Simonson; <i>Murder by Candlelight</i> , Martin
We the North Book Exchange	Joan Dunn	Books are chosen in September for the year, for example: <i>Lady Tan's Circle of Women</i> , See; <i>The Heaven and Earth Grocery Store</i> , McBride
Literary Ladies	Pam Schwartz	1st Thursday @ 10:00 am <i>Health for All</i> , Philpot
Playing with Ideas	Dodie Layton	4th Thursday @ 9:30 am <i>Great Conversations — Vol 6</i> OPEN

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

Name	Convenor	Date and Time
Marathon Bridge	Bonnie Jensen Laurie Nordin-MacLeod	Times vary through the month.
Word Power through Scrabble	Kathy Hall	2nd Tuesday @ 1:00 pm

Exploring Ideas Together: Issues to Advocacy presents an opportunity to educate ourselves on current issues and explore ideas together. Aging Collaboratively members want to discover the possibilities to create a better journey later in life; Beyond Bloomsbury members meet once a month to listen to speakers and discuss topics of interest such as health, politics, education, art and literature.

Name		Convenor	Date and Time
Advocacy Committee		Diane McCullough	2nd Wednesday @ 7:00 pm OPEN
Aging Collaboratively		Janice May	TBD OPEN
Beyond Bloomsbury	I	Mary Smith Sonia Ellis	4th Tuesday @ 7:00 pm
	II	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm

Meditation and Mindfulness Evening Meditation enjoys the relaxation of a guided meditation followed by a group discussion. Mindfulness and Meditation explores through readings, discussions and practice and Psychology / Spirituality explores the human soul in a cheerful and friendly atmosphere. Research is shared and discussed.

Name		Convenor	Date and Time
Evening Meditation		Leanne Siracusa	2nd Tuesday @ 8:00 pm OPEN
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 am <i>Beyond Distraction</i> , S. Catherine OPEN
	II	Chris Connell	1st Thursday @ 1:30 pm OPEN
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am

Celebrating Good Food and Conversation: Gourmet groups meet monthly to share fine food, menus, recipes and good company; Ladies@Lunch is a fun group that meets monthly for lunch and socializing; Foodie World Adventures members enjoy cooking, baking and experimenting with unusual ingredients from around the world. Social Eves focuses on exploring a wide variety of interests and topics while providing an opportunity to socialize, network and have lots of fun. Couples' Chat and Chow: Couples dine out on a weekday evening

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

Exploring the Arts Together: Creativity through Painting and Drawing conducts online painting classes with guidance from an artist using acrylics on canvas to create personal masterpieces for pleasure, skill building and camaraderie.

Name	Convenor	Date and Time
Creativity through Painting and Drawing	Leanne Siracusa	Monday, 10:00 am, Zoom 6 or 8 week courses, dates TBD OPEN

Physical Activity: Dragon Boating, Golf, and Happy Hikers are opportunities for members to participate in the activities they enjoy, in the company of friends and other members; Walking with Friends chooses flat paved routes.

Name		Convenor	Date and Time
Dragon Boating		Donna Kraaijeveld Susan Stavin	Wednesday practices in May and June at the Burloak Canoe Club.
Golf		Katherine Beaudry Angie Vassallo	OPEN
Happy Hikers	I	Lynda Sturgeoff Marcia Hays	Tuesday am weather permitting Sept. to June
	II	Sue McArthur Heather McKinlay	Wednesday am bi-weekly weather permitting - Sept. to June OPEN
Pickleball		Katherine Beaudry Tania Tani	Wednesday @ 2:00 pm to 4:00 pm
Walking with Friends		Brenda Walker Jane Jewitt	Mondays @ 9:15 am OPEN

Hikers II enjoyed a fall day in Glen Abbey



CFUW Oakville Leadership Team Portfolio Contacts for 2024-2025

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

CFUW Oakville Executive & Committees for 2024-2025

Executive Committee	
Leadership Team	Deborah May, Kyoko Kobayashi, Katherine Beaudry
Secretary	TBA
Treasurer	Jillian Birnie
Standing Committee Chairs	
Advocacy	Diane McCullough
Finance	Jillian Birnie
Interest Groups	Gloria Tomlinson, Brenda Walker
Membership	Susan Walkinshaw
Newsletter Editor	Pat Zelonka
Programme	Susan Bowen
Hospitality	Marlene Bristol
Committees by Appointment	
Archivist	Hilary Vavasour
Directory	Carolyne Darimont
Nominations	Leadership Team
Web Manager	Pat Zelonka, Raine Greenwood
Communications/Publicity	Raine Greenwood, Pat Zelonka
Technology	Kyoko Kobayashi
Dinners	Katherine Beaudry

CFUW Oakville Event Calendar



Event	Location	Date	Time
16 Days of Activism Against Gender Based Violence. More info here,		Nov 25 —Dec 10	
Holiday Dinner	Oakville Conference Centre	Dec 9, 2024	See page 5.
CFUW Board meeting	Zoom	Jan 6, 2025	7:00 pm
CFUW Oakville general meeting Gillian Lockitch, Growing Older, Living Younger	Zoom	Jan 20, 2025	7:00 pm
CFUW Board meeting	Zoom	Feb 3, 2025	7:00 pm
CFUW Oakville general meeting Natasha Henry-Dixon, Black History in Ontario	Zoom	Feb 17, 2025	7:00 pm
CFUW Board meeting	Zoom	Mar 3, 2025	7:00 pm
CFUW Oakville general meeting Adam Shoalts, Adventurer and Author	TPCC	Mar 17, 2025	7:00 pm
CFUW Board meeting	Zoom	Apr 7, 2025	7:00 pm
CFUW Oakville general meeting Kim Rellinger, Google Canada	TPCC	Apr 14, 2025	7:00 pm
Dinner and AGM		May 5, 2025	

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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