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February's Guest Speaker: **Natalie Jenner**

Internationally bestselling author of *The Jane Austen Society*, *Bloomsbury Girls* & the forthcoming *Every Time We Say Goodbye*

Natalie Jenner is the internationally bestselling author of *THE JANE AUSTEN SOCIETY* and *BLOOMSBURY GIRLS*, which were both instant national bestsellers, Amazon Best Books of the Month, Indie Next Picks and People Magazine Books of the Week.

The runner-up for best historical fiction in the 2020 Goodreads Choice Awards, *THE JANE AUSTEN SOCIETY* has been published in more than twenty languages and has been optioned for film and television.

Natalie's third novel, *EVERY TIME WE SAY GOODBYE*, is scheduled for release in early 2024. Born in England and raised in Canada, Natalie has been a corporate lawyer and career coach and once owned an independent bookstore in Oakville, Ontario, where she lives with her family and two rescue dogs.

To learn more, visit www.nataliejenner.com.



CFUW Annual Meeting &
Dinner
Monday, May 15, 2023



See details on page 6

**Our general meeting on
Monday, February 20, 2023
will be held via Zoom.**

A primary care practitioner is the first health professional you see for health care services. This may be a family physician, medical specialist or a registered nurse, nurse practitioner or other regulated health professions. All have their own area of expertise. Developing relationships of trust with them lead to effective communication and accessible quality care. E.g. Ontario's recent improvement in access to primary care by authorizing pharmacists to prescribe treatments for minor ailments. Refer to <https://www.ontario.ca/page/pharmacies> .

Effective communication is often challenging when we are stressed, not feeling well, worried about uncertainties and/or feeling "rushed". We tend to communicate less well when we are stressed and anxious. Communication expert Maryanne O'Brien recommends increasing self awareness about your communication style in advance of a difficult situation. She explains that we are often responding in an "autopilot" mode or habitual patterns when anxious. Refer to [The Elevated Communicator — Conscious Company \(conscious-company.com\)](http://conscious-company.com).

Preparation Prior to Visit to Physician or Specialist: Self-Reflection Questions

- * Am I calm, open-minded? Can I listen carefully and patiently? How is my stress level?
- * What are my pre-conceived notions, assumptions, expectations for an outcome?
- * Is my thinking tainted by previous interactions with health practitioners?
- * Am I feeling discouraged or frustrated with chronic conditions e.g. lack of progress with treatment?

Other Preparation

- * Re Keep records of all your health appointments, tests with results, lab work, etc.
- * Bringing a trusted family member or friend with you if you can.
- * Always have a current list of your current medications and supplements, e.g. in wallet ..
- * Encourage the same practice for your family and friends.
- * **In emergencies, this information must be accessible for quick assessment and treatment .**
- * For more practical strategies for health care, refer to Angela Johnson's *Step by Step Guide for Navigating your way through Canada's Health Care System and Minimizing your Wait Time*. (2014). (Kindle edition available on Amazon.ca, \$2.99).

What recourse is available when dissatisfied with health care service

Despite our best efforts in communication, we may be dissatisfied with health care service and concerns have not been resolved. Your next recourse depends on the contextual details of the concern.

- * Regulated health professionals are self-regulated through their college which sets standards of practice and quality assurance measures. It investigates complaints from the public and takes appropriate action. E.g. College of Physicians and Surgeons of Ontario www.cpsso.com College of Nurses of Ontario www.cno.org
- * Hospitals designate staff to address complaints about in-patient care. E.g. Oakville Trafalgar Memorial Hospital [Patient Relations - Halton Healthcare](#).
- * For unresolved concerns, public can contact the Ontario Ombudsman who is authorized to take further action [Home - Ontario Ombudsman](#).

Coming next month: In the *In Touch Newsletter*, we will discuss long term care.

Maureen Callahan and Leanne Siracusa, Co-Chairs of Advocacy Committee



Advancement of Women Halton (AWH), established in 2008, is a non-partisan coalition of 20 community groups located in the Region of Halton. AWH seeks to promote the advancement of women by developing and supporting social, political, cultural, and economic strategies to achieve gender equality municipally, regionally, nationally, and internationally. CFUW Oakville was one of the founding organizations. AWH meets monthly with community group representatives.

Anne Douglas, a CFUW member, is the current Chair of AWH.

Website - <https://awhalton.com>

AWH activities for 2022-23 :

- * Members attended the Dedication of Veronica Tyrrell Park on August 27th in honour of a long-standing member of AWH and founder and chair of the Canadian Caribbean Association of Halton.
See: <https://vimeo.com/743901016/2ddba35944>
- * AWH members were urged to get involved and vote in the fall Municipal Election. This is where change can happen!
- * Grandmothers Act to Save the Planet (GASP) organised a walk on October 1 to stop the construction of Highway 413.
- * October was the 30th anniversary of Women's History Month. We noted some of the many significant firsts by Canadian women. The Women's History Month Theme this year was, "She did; now I can"
- * Also in October a letter was sent to the Ontario Ministry of Health and Long-Term Care regarding Southbridge Care Homes' application for a 30-year license renewal to build more beds and operate Orchard Villa. Orchard Villa had the highest number of COVID deaths in 2020, required the Military to intervene and the local hospital to manage the facility. There has been no reply from the Ministry of Health and LTC.
- * In November AWH supported "Ontario for All" in condemning the *More Homes Built Faster Act, 2022* which would allow housing development in the Green Belt, reduce flood protection and cancel many development fees which have been used by municipalities to pay for infrastructure.
- * We also contacted several Federal Ministers about the *Canada Disability Benefit Act* which keeps recipients below the poverty line and wrote to the Minister of Tourism, Culture and Sport regarding Hockey Canada's payments to sexual assault victims.
- * In December Burlington's Ubuntu hosted the annual vigil promoting an end to violence against women.
- * AWH representatives met in January with Minister of Families, Children and Social Development, Karina Gould, to discuss next steps in making affordable and accessible childcare a permanent reality and also discussed income insecurity.

- * Lisa LaFlamme will be the guest speaker for WHAM (Women of Halton Action Movement) at the UN-Dinner Party on International Women's Day, March 8. The proceeds support **Canadian Women for Women in Afghanistan** CW4WAFGHAN and Sexual Assault Violence Intervention Services (SAVIS).

Tickets: www.thedinnerpartyiwd.ca

Judy Moore, CFUW Oakville AWH Advocacy Subcommittee

January 12 Heat Pump Webinar well attended

With the help of Leanne Siracua, co-chair of the Advocacy Committee, CFUW Oakville co-hosted a hybrid webinar on how climate-friendly heat pumps can save you money. The workshop ran smoothly thanks to the IT skills of CFUW Oakville members Kyoko Kobayashi and Lynda Sturgeoff. We had about 60 participants on zoom and another 30 in the room including a few members of town council. It was a great turnout - if you missed the presentation, you can access a resource document and link to the recording [here](#).

We had two main presenters. Hart Jansson spoke about why we need to switch to heat pumps and abandon natural gas. He shared the greenhouse gas emissions released by the production and use of natural gas. When Hart switched to a heat pump, his Oakville home's GHG emissions declined **by 90%**! Jim Feilders, a retired civil engineer, has been offering free consulting for home-owners looking to switch to heat pumps for the past decade. He installed a heat pump in his Burlington home in 2010.

Why are heat pumps in the news these days?

They are key to solving the Climate Crisis. The Atmospheric Fund (TAF) recommends: "allocating **at least \$2 billion over four years** to implement a widely available incentive framework for heat pumps. To align with Canada's binding 2030 and 2050 climate targets, heat pumps need to be installed in over half a million homes and buildings per year on average." (The City of Toronto Council created TAF in 1991 to finance local initiatives to combat climate change and improve air quality in Toronto.)

Do heat pumps work in Canadian winters?

Yes! View Natural Resources Canada report. Heat pump technology has come a long way. Cold climate air source heat pumps have been proven effective in our climate. View the recording as Jim Fielders explains what you need. On this website, Toronto home-owners share their experience with heat pumps and green renovation projects. Jim Fielders outlined heat pump benefits:

Comfort

- More comfortable indoor temperature
- Less temperature fluctuation
- Less need for humidification in winter
- Less need for dehumidification in summer

Cost

- Reduced operational cost - no longer subject to increasing natural gas rates
- No need for temperature setback at night
- Lower cooling costs
- SMART Thermostat capable

Brett Tryon wrote an article for Chatelaine (excerpt on right)

"How To Heat Your Home Without Heating The Planet"

You don't need to burn fossil fuels to heat your home"

Heating your home with fossil fuels doesn't just keep you warm—it creates emissions that warm the planet. Home heating is Canada's largest source of residential greenhouse gas emissions. The good news: there's a more environmentally conscious option that can help you save energy, shrink your carbon footprint, and build Canada's resilience to a changing climate and fluctuating fuel prices. Here's what you need to know about switching from a gas furnace to a heat pump — and why you should consider it.

The global energy crisis is driving a surge in heat pumps, bringing energy security and climate benefits

News
30 November 2022

The Future of Heat Pumps

This special report in the IEA's World Energy Outlook series provides an outlook for heat pumps, identifying key opportunities to accelerate their deployment. It also highlights the major barriers



<https://www.iea.org/news/the-global-energy-crisis-is-driving-a-surge-in-heat-pumps-bringing-energy-security-and-climate-benefits>

Truth and Reconciliation Committee: Our Trip to the ROM

Our visit to ROM to view ***Being Legendary*** was transformative. Tanya Talaga, Globe and Mail columnist says: "Through his art, Kent Monkman shows us how to confront Indigenous erasure".

Coincidence? Upon the opening of the exhibit, following 150 years of pleas falling on deaf ears, a stolen meteorite shaped as a buffalo head was returned to the Cree Nation after decades. Museums have great power. ROM did not have any materials about Residential Schools and wanted Indigenous identity reflected beyond the diorama scenes housed in the basement.

Monkman shows prohibited scenes, for example children as witnesses. His scripts include Cree language and go beyond our language boundaries to express political, emotional and spiritual power, to move people to speak of an Indigenous experience. Miss Chief, gender fluid, feminist, saucy, bold and audacious, changes the perspective and is looking at you! Monkman followed Senator Murray Sinclair's advice to "build monuments to our own people" in creating a series of portraits called Shining Stars.

Kent Monkman simply wants us to add personal meaning, open to interpretation and emotions. "I want to authorize Indigenous experience both historical and contemporary into the canon of art history." His art takes us out of the darkness.

To see more examples of Kent Monkman's work look at this [Toronto Star article](#) or the YouTube video [ROM: Being Legendary "We are Made of Stardust"](#).

Mary Smith

Study for the Sparrow Themes: A bedroom in a residential school; Christianity in the background; prison attire and identities cut short; spirit in the sparrow and the child, hopes for freedom.



Pauline Shirt is an indigenous educator at George Brown College. Her skirt ribbons represent culture and resilience.



Mary Smith, Truth and Reconciliation Committee

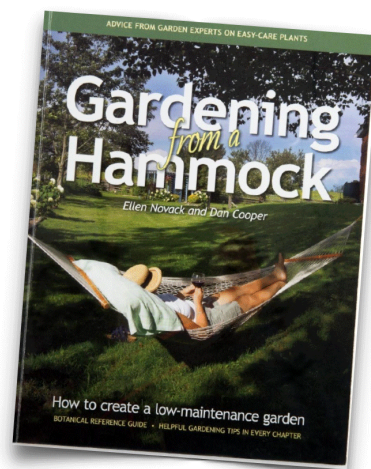
CFUW Annual Meeting & Dinner

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.**

DOOR PRIZES!

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

DOOR PRIZES!

For more information, please use the [Contact Us](#) link
on our website or [click here](#).

75th Anniversary Cookbook Title Contest – Deadline, February 28

Thank you to everyone who submitted recipes for our cookbook which will raise much needed extra money for the Scholarship Fund. In total, over 300 recipes were submitted by approximately half of our members. Way to go CFUW Oakville!

The editing process has started and is going more slowly than expected because the recipes sound so good that we keep stopping to try them out. We hope we will be able to fit them all in, but, due to printing costs, we are limited in the number of pages in the book.

A contest to choose the title for the cookbook is open to all members. Entries must be submitted by **February 28** and can be sent to cfuwrecipes@gmail.com The grand prize is a complimentary cookbook and a credit note at the front of the book.

Since the weather has been so grey, cold and generally unpleasant lately, I thought a colourful recipe with a touch of the tropics might cheer us all up.

Mango Salad – Serves 6

For the Salad

- * 3 ripe mangoes, peeled and sliced into thin matchsticks
- * 1 red pepper, sliced into thin matchsticks
- * ¼ cup red onion, sliced into thin matchsticks
- * ¼ cup basil, sliced thinly
- * ¼ cup cilantro, roughly chopped
- * ¼ cup peanuts, roughly chopped (optional, but a tasty addition)



For the Dressing

- * ¼ cup lime juice (about 2 limes)
- * 2 teaspoons sugar
- * 1/8 teaspoon salt
- * ½ tablespoon vegetable oil

1. For the salad, combine salad ingredients, except for the peanuts, in a serving bowl and toss.
2. To prepare the salad dressing, combine dressing ingredients in a small bowl and whisk together.
3. When ready to serve, drizzle the salad dressing over the salad and toss to combine.
4. If desired, garnish with peanuts. Keeps well.

Pat Hilmer

Cookbook Steering Committee

December Holiday Dinner

Our December Dinner was a huge success! Our members were welcomed to a lovely venue decked out in red and white with Red Poinsettias adorning the tables. Our menu of butternut squash soup, stuffed chicken and Crème Brûlée was enjoyed by all. Outstanding, talented musicians Versa Cello entertained us with wonderful cello arrangements of songs. But most of all, we enjoyed the comradery and ability to reconnect with our friends in person after such a long hiatus.

Our evening culminated in prizes! There was the 50/50 Draw to support the Scholarship Fund as well as Door Prizes provided by Oakville and speaker sponsors! On behalf of CFUW Oakville, we would like to thank Karen's Closet, Monastery Bakery and Delicatessen, and Metro for providing the Door Prizes for our December Dinner. As well Mark Zelinski, our November Speaker, provided a book of his outstanding photographs as a Door Prize. We are grateful to these Oakville businesses that have continued to support CFUW throughout the years.

The Dinner Committee of Susan Stavin, Gloria Tomlinson, Carolyn Menka, Louise Brownlee, Sonia Ellis, Lyndsey Thom and Val Irvine, chaired by Deborah May should be commended for an outstanding event.

Deborah May

Leadership Team



December Holiday Dinner



Interest Group Activities

Social Eves met virtually for our January meeting. Thanks to the big snow storm we had that night we had to cancel our in person meeting at Rada's house.

Twenty-five members joined in to hear our speaker Joyce Wayne, a CFUW member. Joyce is an accomplished author having written two novels. "Last Night of the World, her most recent novel, is based on the true story of a Canadian woman spy. Joyce also writes the bi-weekly blog [RetirementMatters.ca](https://retirementmatters.ca). Sign on or send Joyce your email at joycewayne1@gmail.com, and she'll ensure you receive copies.

Key points from her talk about creativity are:

- * It doesn't matter how old you are. Just dive right into creative activity.
- * Everyone has a creative side.
- * Creativity is one of the key ways to stay healthy as you age.
- * Creative writing strengthens the immune system.
- * Let your mind wonder. Daydream. You'll discover your creative self.
- * Quality relationships are the key to healthy and happy ageing.

Gloria Tomlinson and Susan Staviv

Interest Group Activities



The Happy Hikers 2 interest group had an in-house Cookie Exchange for our December 14, 2022 outing. Sixteen participants provided festive, tasty treats.

Crime and Caffeine group enjoying a December meeting.



Happy Hikers 2 first hike of the new year on January 11th, 2023 was mostly along the waterfront of Lake Ontario from Coronation Park to the Bronte Pier. It was a cold and blustery morning. We all had roses on our cheeks after this outing!

Tricia Wood



Interest Group Activities for February 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 on the website.
	II	Sheila Aldoroty	1st Wednesday @ 10 am Zoom Mtg	Feb 1st: <i>What Strange Paradise</i> Facilitator: Deborah
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am Zoom Mtg	Feb. 22nd: <i>Being Mortal: Medicine and What Really Works in the End</i>
BookBeat Evening	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Zoom and in-person mtgs	Feb 23rd: <i>What Strange Paradise</i> Author: Omar El Akkad Presenter: Donna L
	II	Deborah May	1st Wednesday @ 7:30 pm Zoom Mtg	Feb 1st: <i>The Rose Code</i> Author: Kate Quinn Lead: Suzanne V
	III	Helen Litton	1st Tuesday @ 7:30 pm	Feb 7th: <i>Violeta</i> Author: Isabel Allende Host: Betty D
Crime & Caffeine Club	I	Jane Heakes	Last Monday @ 1:30 pm	Feb. 27th: <i>Denial</i> Author: Bev McLachlin Presenter: Debbie H
Crime & Caffeine Club	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm	Feb. 27th: <i>Verity</i> Author: Coleen Hoover Lead: Laura
Literary Ladies		Pam Schwartz Sue Logan	First Thursday at 10:00 am	Feb 2nd: <i>Bloomsbury Girls</i> Author: Natalie Jenner Presenter: Karen M
Book Exchange		TBA	One meeting in October to select books for the year	
Great Books		Dodie Layton	4th Thursday from 10-12 am Zoom Mtg	<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	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	Feb 14th: Host: Susan W

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	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.	Feb 8th: Ongoing work continues on our identified Advocacy Issues for this year.
Environmental Actions Matter		Louise Brownlee	3rd Wednesday @ 2:00 pm	No February meeting.
Beyond Bloomsbury	I	Mary Lennox Hourd Linda Humphery	4th Tuesday 7:00 to 9:00 pm Zoom Mtg	Feb 28th: Cryptocurrency Planner: Barb R.
	II	Mary Ann Collins-Williams	1st Tuesday @ 7:00 pm Zoom Mtg	Feb 7th: <i>Daughters of the Occupation</i> Author: Shelly Sanders
	III	Carolyn Collings Merk	1st Thursday @ 7:30 pm	Feb 3rd: TBA

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	Feb 23rd: TBA
	II	Edith Livet	2nd Thursday @ 6:45 pm	Feb.9th: Gourmet Lunch with Friends Host: Sandy G.
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm	Feb 9th:
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12 noon.	Feb 16th: Mo's Family Restaurant Host: Moira P
Social Eves		Gloria Tomlinson Susan Stavin	4th Wednesday @ 7:00 pm	Feb 27th: Baking with Flair Lead: Hilary V. Zoom Mtg
Foodie World Adventures		Eva Baxter	3rd Wednesday at a time convenient to members	Feb15th: A Fondue Feast
New Bakers		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm Zoom Mtg	Feb 7th and Feb 21st: Learn and Develop Basic Baking Skills Facilitated by: Hilary V
Bakers Club		Hilary Vavasour	4th Tuesday, 2-4 pm Zoom Mtg	Feb 28th: Hosted by Hilary
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday 10:00 am to noon	Feb Meetings 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

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 and a podcast to follow and discuss.

Name	Convenor	Date and Time	What's Happening?
MOOC +	Pat Zelonka Beth Mastrangelo	First Tuesday @ 1:30 pm	JFK: Rise to Power and the podcast Freakonomics Radio

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 mtg	Feb 14th: Guided meditation followed by group discussion. Open to new members.
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 to noon Zoom mtg	Feb: <i>Boundless Heart</i> Author: Christine Freedman
	II	Chris Connell	1st Thursday at 10:00 am	Feb 2nd: <i>Boundless Heart</i> Chapter 1 Author: Christine Freeman Host: Leigh M
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am	Feb 7 th <i>Authenticity: A Guide to Living in Harmony with Your True Self</i> Speaker: Dr David Posen
	II	Leigh Mayers	2nd Monday @ 7 pm	Only Two Things in Life are Guaranteed: Death and Laughter Presenter: K Downey

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 around Halton	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

Foodies of the World enjoying their Singapore-themed dinner.



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 1950 to 1954:

World News

- * 1950 Hydrogen bomb was built
- * Vietnam war started
- * Planes begin first tourist service
- * 1950 Korean War started
- * 1952 King George VI dies
- * 1953 January - Coronation of Queen Elizabeth II
- * First drive in bank
- * 1954 IBM 's first electronic brain - computer

Women's Issues

- * 1952 First oral contraceptives product
- * First Pregnancy with frozen sperm
- * Women fined or sentenced to jail for using contraception in Connecticut

Cultural and Entertainment

- * 1950 RCA makes first colour TV
- * Drive-In Theatres begin
- * James Dean - teen idol
- * Ed Sullivan Show
- * "Gentlemen Prefer Blondes" with Marilyn Monroe was the most popular movie

Sports and Medical

- * 1953. Edmund Hillary climbed Mount Everest
- * Dr Mustard performed first successful heart surgery
- * Marilyn Bell swam Lake Ontario
- * Antihistamines became a popular remedy for colds
- * Helsinki Olympics

Hilary Vavasour, Archivist for CFUW Oakville

UPDATES FROM OUR SISTER ORGANIZATIONS



A recent **CFUW Ontario Council Newsletter** can be accessed [here](#).

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

The next event is on Saturday, February 25, on Zoom.

THE AFFORDABLE HOUSING CRISIS: TWO WORKING SOLUTIONS

The January issue of the **Ontario Council Advocacy Newsletter** is [here](#).



[Click here](#) to read the January 20th newsletter from **CFUW National**.

This issue contains several items of interest including:

- ◇ Save the Date for CFUW Meet and Greet Town Hall - February 16, 2023 at 7-8 pm ET
- ◇ 8th Annual International Day of Women and Girls in Science Event - February 11th, 2023 at 5:00PM CET
- ◇ Registration for a virtual screening of the film Woman. The film will be available for up to 100 views from CFUW members from February 5th to 7th, at your chosen time and location. Watch with your club, friends, or on your own! If you would like to view the film, [please register here and learn more](#).
- ◇ Club newsletters from a few other local Clubs



Every year, Canadians lose millions of dollars to the activities of scammers who bombard us with online, mail, door-to-door and telephone scams.

The Competition Bureau of Canada brings you the Canadian edition of *The Little Black Book of Scams* in the hope that this book will increase your awareness of the vast array of scams that target Canadians.

Scammers are sneaky and sly. They can target anyone, from youngsters to retirees. They can also target businesses. No one is immune to fraud.

Our group of superheroes has found a way to see through the scams. Their secret is simple: knowledge is power!

Read on to find out how you can also become a fraud-fighting superhero. Share this booklet with family and friends and start powering up!

[Download the 21 page pdf here](#)



Health and Medical Scams

This handy hint submitted by **Cheryl Bailey**.

We've been told again about a Club member receiving a questionable email that appears to come from another Club member inviting her to click and see some interesting photos of people she might recognize.

When you are in doubt about a message you can click on the 'From' field to inspect the true address of the sender and if it looks wrong then a good practice is to mark the message as spam and then, of course, delete it.

If you ever do click a link that feels wrong, never sign in on any page it sends you to. Instead open your browser separately to visit your accounts where you initiate your own sign-in.



cfuwoakville.ca

New Committee Members

Given that the role of Publicity has grown we are inviting volunteers. Please contact me for details if you would be interested in joining the Publicity Committee. Examples of involvement might be:

Local media coordination If you would like to help with coordinating local news coverage occasionally for things we do, like our scholarship announcements.

Digital media collaboration If you would like to help our online presence to thrive and enjoy participating with graphics, online content and social media.

Drop me an email if you would enjoy involvement with our publicity and social media.

Raine Greenwood, Publicity Chair

Richard Garnett Memorial Scholarship

Karina Szalek

The Richard Garnett Memorial Scholarships were established by his family in memory of Richard Garnett and his vibrant career in engineering. This Scholarship (one of two) is awarded annually, based on academic excellence and service to school or community, to a student attending a Canadian University in Engineering. Financial circumstances may be considered.



High School:

St. Ignatius of Loyola Catholic Secondary School

Extra curricular Activities:

St. Ignatius of Loyola Book Club, and Art Club; The University of Waterloo Computer Programming Contest; The Educational Computing Organization of Ontario; team member on an all-girls team for the DMZ CanHack workshops and competition; the NCWIT RISING Star Award.

Volunteering:

Volunteer for Big Brothers and Sisters of Halton and Hamilton.

Post Secondary:

Engineering at McMaster

Karina Szalek arrived in Canada from Poland just in time to start secondary school. While she overcame the many challenges associated with adjusting to life in a new country and to a new school system, Karina maintained an outstanding academic average and volunteered in her community. She dreams of transforming her lifelong interest in technology into the ability to design machines that will improve people's health and safety.

While participating in St. Ignatius of Loyola's Art and Book clubs, Karina applied her excellent work ethic to entering the University of Waterloo's Computer Programming contest and the Educational Computing Organization of Ontario's annual programming contest. She joined an all-girls team to learn about cybersecurity and the team competed in the DMZ CanHack annual competition. In her final year, Karina was awarded the NCWIT (National Centre for Women and Information Technology) Rising Star Award.

Karina was a volunteer with Big Brothers and Sisters of Halton and Hamilton in their after school mentoring program for at-risk children. With her respectful and welcoming manner, she developed healthy and positive relationships with her mentees while helping with homework completion and organizational skills.

Karina has enrolled in the Engineering Program at McMaster University.

CFUW of Oakville is extremely proud to present Karina Szalek with the Richard Garnett Memorial Scholarship.

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CFUW Oakville 2023 Event Calendar



Event	Location	Date	Time
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		Mar 6, 2023	
International Womens Day Lisa LaFlamme will be the guest speaker for WHAM at the UN-Dinner Party on International Women's Day. Tickets: www.thedinnerpartyiwd.ca and see page 3 of this issue.		Mar 8, 2023	
CFUW Oakville General Meeting David MacGowan, Climate Policy	TPCC and Zoom	Mar. 20, 2023	7:00 pm
CFUW Oakville Board meeting		Apr 3, 2023	
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 Details on page 6.		May 15, 2023	6:00 pm

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