

This Issue

March's Guest Speaker: **David McGown**
Canadian Business for Climate Policy

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David co-founded Canadian Business for Climate Policy in 2020 to establish a business voice to advocate for stable and effective climate policy with all levels of government. As corporate advisor, he works with Canadian and international clients on strategic planning, economic development, climate finance, and disaster finance engagements.

At Insurance Bureau of Canada, he led policy development on flood risk, climate change and catastrophic risk and on regulatory initiatives for Canada's P&C (property and casualty) industry. As Vice President with CIBC, he worked in corporate development and public affairs.

His career started as a (very junior) political assistant, economist, and speechwriter at Queen's Park. With the Department of Finance in Ottawa, his work in international economics led to an opportunity to become a Special Assistant to the Minister of Finance and then EA to the Finance Deputy Minister.

David was Chair of JAZZ FM91 and President of the Couchiching Institute on Public Affairs. He served on the board of the Toronto Financial Services Alliance and on the Advisory Board of the Canada Institute - Woodrow Wilson Center in Washington, DC. He currently serves on the Program Advisory Council for Ontario's new International Business University.

He received the 2013 Queen's Jubilee Medal for his volunteer engagement. David holds a BA from Western University, and an MA from the Johns Hopkins School of Advanced International Studies. He is the author of two recent policy options perspectives on climate & emissions, and on the re-regulation of the province's wine, beer, and spirits industries for [Ontario 360](#).



Our general meeting on Monday, March 20, 2023 will be held at Trafalgar Park Community Centre and via Zoom.

From our Leadership Team

As March arrives you too may have heard tentative comments that the winter is almost over and it hasn't been too bad. We live with the quandary of appreciating milder winters while being very concerned about climate change and its impact on us and on future generations.

Similarly, as a leadership team we want to encourage younger women to join our club and so we continue to ensure our programs and activities are relevant to women of all ages. We also want to be responsive to our current membership who are interested in healthy aging and having choice and options available to them regardless of the aging scenario they envision.

In mid-April, we will introduce our membership to a *Collaborative Aging Approach* which will help you envision your aging in place vision (or other scenarios) to make the best choices and plans for healthy and empowered aging. This informative session will foster questions and important conversations with those with whom we are closest, which is why we are opening this Zoom session to friends and families. If there is interest, we will facilitate an interest group(s) to create informed plans for ourselves, research housing choices, learn more about co-creating new and appealing options and seek the best expert advice. And because we are CFUW Oakville, we will also broaden our social networks and have fun while we do so.

As March begins, my time on the leadership team is coming to an end. When I became President in the spring of 2020, little did I know that leading this club during the challenging context of the pandemic would be so meaningful and rewarding. The team of women who kept us relevant and focused during the subsequent years have been amazing. While we haven't secured our new person to come onto the leadership team later this spring, I know you are out there. As you step forward know you will love your involvement with Marlene, Deborah, the board members and the many, many, wonderful women who make this club so relevant and fun, regardless of your age.

Janice May

From our Treasurer

Two years ago CFUW Oakville voted to opt out of GWI (Graduate Women International) contributions by a significant majority (83%). The agreement put in place at the time was to still collect the equivalent amount of money which would have been directed to GWI as part of the membership fees. The intention was that our club would control where to donate that money in line with the goals of the Oakville Club membership. After 2 years the amount of money accumulated is in the vicinity of \$9000 (\$21 per person each year). A committee has been formed and is preparing several alternatives for our members to vote on. It is time to revisit how we want to proceed from here. Coupled with a request from the Scholarship Fund to increase the basic scholarship fees, three proposals have been suggested by the leadership team for your consideration.

Based on past discussions it is recognized that this is a very sensitive issue and it is important to respect each member's opinions. A vote will be taken on these proposals at the April general meeting. Questions and concerns can be directed to the leadership team at any time in the interim.

Proposals:

1. No change to the current membership dues of \$140. Continue to contribute \$21pp to the above account. Status quo.
2. Reduce the membership to \$129. Eliminate the \$21pp payment but contribute an extra \$10 to the scholarship fund for a total of \$25.
3. Reduce the membership dues to \$119. Eliminate the \$21pp payment with no extra payment to the scholarship fund which would remain at \$15.

Jane Heakes, Treasurer

Voice your Concerns about the Health Care Crisis to your MPP!



Stephen Crawford,
MPP Oakville



Effie Triantafilopoulos,
MPP Oakville North Burlington

Now more than ever, timely access to health care services is a major concern for many Ontarians. Since the onset of the pandemic, the shortage of family physicians and nurses is contributing significantly to long wait times and delays in medically-necessary health care. Much undue hardship, worry and frustration has resulted.

Our universal health care system has many strengths. The pandemic has highlighted its shortfalls.

Let's voice our concerns to our MPPs! Below are several points that could be used for a brief email message to your MPP. These letters are counted and influence our MPPs. Do not spend a lot of time on your message. This is not an essay!

- Expand the scope of practice for pharmacists, a very efficient strategy for minor ailments.
- Increase access to nurse practitioners to relieve strain on ERs.
- Fast track licensing of internationally-educated physicians, including the Canadians applying to return to Canada.
- Fast track licensing of internationally-educated nurses.
- Expedite negotiations for better pay for nurses (i.e. RNs, RPNs and PSWs) to attract and retain.
- Cap staffing agency fees which are straining staffing budgets and reducing the hours of care in hospitals.
- Expand use of Family Health Teams.

Email now! It takes less than 10 minutes.

Include your address and postal code.

Oakville Riding: MPP Stephen Crawford, Email: stephen.crawfordco@pc.ola.org

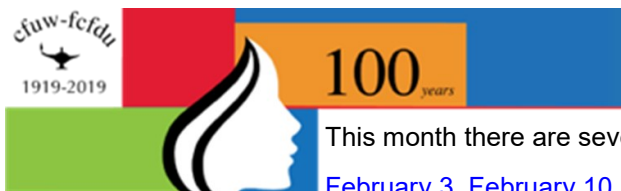
Oakville North Burlington: MPP Effie Triantafilopoulos, Email: Effie.Triantafilopoulos@pc.ola.org

THE POWER OF WOMEN WORKING TOGETHER !!



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

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



This month there are several newsletters from **CFUW National**. Enjoy!

[February 3](#), [February 10](#), [February 17](#).

Laughter is the best medicine!

Lynda Sturgeoff



Everyone knows that. But did you know that you can laugh for no reason and still reap all the benefits? This is called Laughter Yoga – a practice of laughing, clapping and deep breathing that brings physical health benefits. No yoga positions required!

If you want to learn more about unconditional laughter, come and join me at the Iroquois Ridge Community Centre (IRCC) on Wednesday, March 15 at 1 p.m.

I am a certified Laughter Yoga Leader.

Contact IRCC at 905-338-4255 or Cassie at 905-845-6601 ext. 3498 for more information.

Greetings from Milton!

For the past 6 years, Canadian Federation of University Women (CFUW) Milton & District has been hosting a community event on **International Women's Day** to mark the ongoing efforts to provide equity for women & girls..

This year's event will be on Wednesday March 8th, at 10 am.

We will start the event in Hugh Foster Hall - attached to Town Hall with access from King Street.

We then raise the International Women's Day flag in the courtyard on Mary Street, and march down Main street.

A great way to participate in real life activism and a networking opportunity. MCRC, Councillors, and community members will be there. Students are encouraged to bring their own banners / signs with their statements about equity.

We would love our sisters from neighbouring clubs to also join us.

Between 100 and 150 people are expected.

Regards,

Marina Huissoon,

Advocacy Chair CFUW Milton & District

What are the advocacy issues that interest you?

Join our discussion of proposed CFUW Resolutions for 2023!

What are CFUW Resolutions?

CFUW Resolutions are formal motions that propose positive change about a current issue of provincial, national and/or international importance. Each year, proposals are submitted by local clubs and each club develops a process for consideration and review. Resolutions that are adopted become CFUW policy and inform local advocacy activities with federal, territorial, provincial and municipal governments, and other relevant organizations.

How can you help?

Join a discussion group that is examining proposed resolutions and the supporting literature. Help identify areas of agreement and disagreement with the proposed resolution and suggest amendments to provide greater clarity of intent and proposed outcomes.



What topics are being considered this year?

The following proposed resolutions are being considered this year:

- A. Detention of foreign nationals seeking legal status in Canada.** Proposer: CFUW Halifax
- B. Implementation of a comprehensive federal/provincial maternal death prevention strategy.**
Proposer: CFUW Hamilton
- C. Fair Treatment for Canadians Suffering from Chronic Lyme Disease and Other Tick-Borne Diseases.**
Proposer: CFUW Perth and District
- D. Impact of Trade Agreements.** Proposer: CFUW International Relations Committee

How much of my time will this take?

Discussion groups will meet from March 10 – 19 to discuss resolutions and propose amendments.

What happens after the discussion groups finish their work?

- Summaries of each resolution and recommended amendments, if any, will be presented to the membership at the March 20th general meeting.
- Members may submit additional written input to the Advocacy Committee Co-Chairs between March 20th and April 20th.
- Final resolutions will be received May 23rd.
- A Survey Monkey poll will be circulated to our membership for Oakville club vote to accept or reject the resolutions between May 23 and May 30th.
- The results of the club vote will be communicated to representatives of our club who will attend the CFUW policy session in the summer.



If you are interested in participating – and we really hope that you are – please contact **Leanne Siracusa** (lsiracusa@sympatico.ca) or **Maureen Callahan** (maureen.callahan@cogeco.ca) and tell us which discussion group you would like to join.

Advancement of Women Halton (AWH) February 2023 Report



Sherry Saveil from Grandmother's Voice reported on her recent attendance at an international Indigenous conference in Australia. Colonialism is an international issue.

February Activities

1. Submitted Ontario Provincial Budget recommendations for the upcoming March budget.
2. Met with MPP Stephen Crawford to discuss childcare, income security and health care.
3. Mayor Burton's Leaders Round Table was attended by Anne Douglas, Chair AWH.
4. Letter sent to Minister Gould re post-secondary tuition financial relief for low-income families.
5. Letter sent re the Accessibility for Ontario's with Disabilities Act.

Advancement of Women Halton (AWH), established in 2008, is a non-partisan coalition of 20 community groups located in the Region of Halton. CFUW Oakville is a member.

Anne Douglas



I thought you might be interested in a community charitable organization that Sarah Sims and I belong to, **100 WOMEN WHO CARE, Oakville**. It is an extremely efficient and effective way to create meaningful local change.

The concept is brilliant because the power of 100 women at \$100 each can make a \$10,000 difference directly in the Oakville community. This is a \$400 per year, tax receipted commitment. Founded in 2013, 100 Women Who Care Oakville is one of more than 700 similar groups located worldwide that focus on coordinating funding for local, community charitable organizations. We gather four times a year for one hour to hear three short presentations from local non-profits in need. Members vote and one charity from each meeting advances to receive the contribution from the entire membership group! Such a collective, impactful donation. Everyone receives a tax receipt from the advanced charity for their portion of the donation. So although it doesn't need to be more than one hour, four times a year, there is opportunity to spend time together after with some food, drink and socializing.

Because one hundred percent of all donations go to the charities, each event is sponsored by cool venues and local businesses. It's a win-win! Anyone is welcome to join as a member at any time during the year. If you're interested, you could come with me or Sarah to the next event or you could look into it and join through the website (<https://www.100womenoakville.com>). It's a powerful group of amazing women with a great combined purpose. You might also partner with a friend and then your commitment would be \$200 each per year - not much when you consider it's the cost of a meal and a glass of wine for two.

Some charities that have received donations in the past include: Big Brothers Big Sisters Halton, Canadian Mental Health of Halton, Community Living, Distress Centre, Fareshare Foodbank, Guide Dogs, Halton Women's Place, Heartache2Hope, Hope Suite Hope, Ian Anderson House, Lighthouse for Grieving Children, Safetynet Services, Meals on Wheels. I'm hoping you might be interested in joining.

Gloria Tomlinson



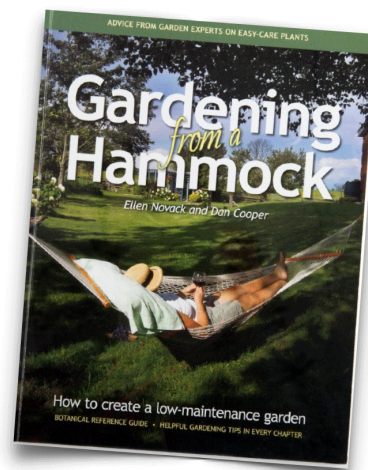
CFUW Annual Meeting & Dinner Monday, May 15, 2023



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

His entertaining presentation features:

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



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

Oakville Conference Centre
2515 Wyecroft Road
Tickets: \$70

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

Deadline for ticket purchase is ***Friday, April 28***.



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

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

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

Please read their ads and think of them when you need a service that they could provide.

Contacting them is easy Just click on any of the cards below.

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Interest Group Activities for March 2023

New and returning members who would like to join one of these groups are encouraged to use the [Contact Us](#) link to let the Interest Group Co-chairs know. They will work to accommodate your wishes.

Book Discussion and Exchange Clubs, morning or evening. Members of these book clubs choose books to read and discuss each month.

Name		Convenor	Date and Time	What's Happening
BookBeat Morning	I	Contact/ Convenor needed to restart this group	Time is flexible but traditionally this group met on the 4th Wednesday @ 9:30 am	If are interested in starting a new Book Club, please contact us through the Contact Us link.
	II	Sheila Aldoroty	1st Wednesday @ 10 am Mar 1, Zoom Mtg	Book: <i>The Maid</i> Author: Nita Prose Facilitator: Pat
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am Mar 22, Zoom Mtg	Book: <i>Her Hidden Genius</i> Author: Marie Benedict Facilitator: Bonnie
BookBeat Evening	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Mar 30, Zoom and in-person mtgs	Book: <i>Beloved</i> Author: Toni Morrison Presenter: Sarah
	II	Deborah May	1st Wednesday @ 7:30 pm Mar 1, Zoom Mtg	Book: <i>A Beautiful Spy</i> Author: Rachel Hore Lead: Mary
	III	Helen Litton	1st Tuesday @ 7:30 pm Mar 8	Book: <i>The Midnight Library</i> Author: Matt Haig Host: Sharon
Crime & Caffeine Club	I	Jane Heakes	Last Monday @ 1:30 pm Mar 27	Book: <i>The Long Call</i> Author: Ann Cleeves Presenter: Brenda
Crime & Caffeine Club	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm Mar 27	Book: <i>Lost Immunity</i> Author: Daniel Kalla Lead: Joan Zoom Mtg
Literary Ladies		Pam Schwartz Sue Logan	1st Thursday @ 9:30 am Mar 2	Book: <i>Bloomsbury Girls</i> Author: Natalie Jenner Presenter: Karen
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
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 Mar 14	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	Watch for an email in April about an April event.

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 Mar 8	Ongoing work continues on our identified Advocacy Issues for this year.
Environmental Actions Matter		Louise Brownlee	3rd Wednesday @ 2:00 pm Mar 15, Zoom Mtg	Conversations and discussions continue on environmental issues * New Members Welcome
Beyond Bloomsbury	I	Mary Lennox Hourd Linda Humphery	4th Tuesday, 7:00 to 9:00 pm Mar 28, Zoom Mtg	Speaker: Dann Wybenga Topic: Truth and Reconciliation
	II	Mary Ann Collins-Williams	1st Tuesday @ 7:00 pm Mar 7, Zoom Mtg	Speaker: Janet Jansson, an Artist, at Sybil's home
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm Mar 2, Zoom Mtg	A presentation by Cheryl Bailey, Artist

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 Mar 22	Host: Pat H
	II	Edith Livet	2nd Thursday @ 6:00 pm Mar 9	Eating out at: the Por Vida Mexican Restaurant
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm Mar 9	Host: Sonia
Ladies @ Lunch		Lise Moras	3rd Thursday @ 12 noon Mar 16	Host: Moira P
Social Eves		Gloria Tomlinson Susan Stavin	4th Wednesday @ 7:00 pm Mar 22	Speaker: Tera van Beilan Organizer: Deborah M Host: Leanne
Foodie World Adventures		Eva Baxter	3rd Wednesday at a time convenient to members Mar 15	Theme: Food from Jamaica Host: Eva Baxter
New Bakers		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm Mar 7 and 21, Zoom Mtg	Learn and Develop Basic Baking Skills Facilitated by: Hilary
Bakers Club		Hilary Vavasour	4th Tuesday, 2-4 pm Mar 28, Zoom Mtg	Hosted by Hilary
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except first Thursday 10:00 am to noon	March Meeting as scheduled Zoom meetings continue



Gourmet III - For our February meeting at Val Irvine's, we enjoyed an amazing Indian meal with the recipes that she had sent out. Each dish was so authentic with spices purchased at a local Indian grocery store. NB - Val's beautiful Indian attire! We all agreed that we would definitely make these dishes again for our family and/or dinner guests. Thanks Val for a great feast and a fun time!

Gloria Tomlinson

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	Skepticism and Michael Shermer podcasts

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 Mar 14, Zoom mtg	Open to new members who are interested in learning more about meditation
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 10:00 to noon Mar 21, Zoom mtg	<i>Boundless Heart</i> Author: Christine Freedman
	II	Chris Connell	1st Thursday at 10:00 am Mar 2	<i>Boundless Heart</i> , Chapter 2 Author: Christine Freeman Host: Chris Connell
Psychology and Spirituality	I	Sue McArthur	2nd Thursday @ 9:30 am Mar 9	Topic: Climate Update Presenter: Louise Brownlee
	II	Leigh Mayers	Last Monday @ 7 pm Mar 27	Topic: <i>Bittersweet: How Sorrow and Longing Make Us Whole</i> Author : Susan Cain Presenter: Julie Zoom Mtg

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	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: 9:00 am
	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
Walking with		Deborah May Brenda Walker	Mondays @ 9:30 am	Mondays @ 9:30 am, walks of about an hour on flat or paved paths

Walking with Friends, a new interest group this year, has been enjoying the fresh air and friends at walks in the neighbourhoods and in our parks. Coffee and treats after our fresh air has provided us with lots of opportunities for lively discussion, laughter and comradery.

Here we are at Lasalle Park on February 13.

Deborah May



A big thank you to all CFUW Oakville members who have been busy in January and February editing the many recipes that our members have contributed to the 75th Anniversary Cookbook. Carolyn Collings-Merk, Sally Davis, Pat Hillmer, Val Irvine, Helen Litton, Melany Smith, Laura Temple-Smith and Sue Stephens have all been immersed in reading recipes and contacting contributors for clarification of ambiguities. I know that some of you have been contacted several times and we thank you for your patience. We have received over 300 recipes from club members, and we are very appreciative of the high participation rate.

As many of the recipes submitted are long and will take up a full page in the book, we will have more recipes that we can use. We do have some duplicates and so will only print one version of a recipe. We are not attaching names to the recipes, but we will have a page that list the names of everyone who has contributed a recipe even if it does not appear in the book.

We plan on preselling the book at our April 17, 2023 general meeting and at the May 15, 2023 Dinner Meeting. The books will be sold for \$20.00 and if we sell all 400, we should make over \$5000 for the Scholarship Fund. Plan on buying several as gifts for friends and family. This is an easy way to support your club and the young women in Oakville who are going on to post-secondary education.

Liven up your March with a tasty recipe that will be in the cookbook. Enjoy!

Sue Stephens

SHAKSHUKA ... A tasty Middle Eastern dish for brunch or dinner.

- * 3 tbsp extra-virgin olive oil
- * 1 large onion, halved and thinly sliced
- * 1 large red bell pepper, seeded and thinly sliced
- * 3 garlic cloves, thinly sliced
- * 1 tsp ground cumin
- * 1 tsp sweet paprika
- * 1/8 tsp ground cayenne, or to taste
- * 1 28 ounce can whole plum tomatoes with their juices, coarsely chopped
- * 3/4 tsp kosher salt, plus more as needed
- * 1/4 tsp black pepper, plus more as needed
- * 5 oz feta, crumbled (about 1 1/4 cups)
- * 6 large eggs
- * 1/2 chopped cilantro and parsley
- * hot sauce, for serving



Preheat oven to 375 F.

Heat oil in a 10 inch oven proof skillet over medium-low. Add onion and bell pepper. Cook gently until soft, about 15 minutes. Add garlic and cook until tender, 1 - 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute.

Pour in tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper if needed. Stir in crumbled feta.

Gently crack eggs into skillet over tomatoes. Season eggs with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7-10 minutes.

Sprinkle with cilantro and serve with hot sauce.

Serves 4 – 6

Performing Arts Award

Emma Scoble

The Performing Arts Award recognizes excellence in one of the performing arts, including Music, Drama and Dance. Demonstrated leadership skills, significant school or community service, and acceptance into a post-secondary program in the Performing Arts at a Canadian University or College are requirements for this award. Financial need may be considered.



Emma Scoble dreams of becoming a film Director in order to be able to tell stories and give voices to people who might not otherwise have one. Her passion for learning is reflected in her excellent academic achievements, as well as her firsts in Dramatic and Visual Arts marks. Her dramatic intuition was clear in both her solo and group performances for her school's Drama Program. She participated in the One Act Festival where students write, direct and perform plays. Outside the classroom she continued to develop her creative skills as a member of a creative ensemble.

In addition to her academic and volunteer work in Drama at school, Emma also volunteered at W.H. Morden Public School working with small groups of students to create bulletin boards and the school mural. She assisted with the direction of the W. H. Morden school play, and took on a leadership position with Grade 6-8 students working on voice and blocking.

While participating herself, Emma volunteered with the Oakville Synchronized Swimming Program and demonstrated her leadership skills as an assistant Coach, teaching young girls swimming in a team environment.

Emma has enrolled at the University of Toronto in Humanities with a major in Theatre.

High School:

Oakville Trafalgar High School

Extra curricular Activities:

Oakville Trafalgar Film Club, Improv Club, One Act Festival, Concert Band, Reach for the Top, School Beautification, School Daze Assistant Director.

Volunteering:

Synchronized Swimming Assistant Coach, Synchronized Swimming Show Design, Creating A Scene backstage volunteer, Juvenile Diabetes Research Foundation Gala Attendant, Relay for Life, Burlington Centre for the Performing Arts.

Post-Secondary:

University of Toronto, Humanities with a major in Theatre

CFUW of Oakville is extremely proud to present Emma Scoble with the Performing Arts Award.

CFUW Oakville 2023 Event Calendar



Event	Location	Date	Time
CFUW Oakville Board meeting	Zoom	Mar 6, 2023	
International Women's Day—Women and Gender Equality See page 4 for information about CFUW Milton's march beginning at 10 am.		Mar 8, 2023	
CFUW Oakville General Meeting David MacGowan, Climate Policy	TPCC and Zoom	Mar. 20, 2023	7:00 pm
CFUW Oakville Board meeting	Zoom		
CFUW Oakville General Meeting Captain Judy Cameron, History in Canadian Aviation	TPCC and Zoom	Apr. 17, 2023	7:00 pm
CFUW Oakville Board meeting	Zoom	May 1, 2023	
CFUW Oakville Membership Dinner Meeting Dan Cooper, author, master gardener See page	Oakville Conference Centre	May 15, 2023	6:00 pm

IN TOUCH is published for members and prospective members of CFUW Oakville, eight times a year. Deadline for submission is the Wednesday after the General Meeting (held on the third Monday of the month). All submissions should be directed to the Editor at editor@cfuwoakville.ca. Advertising and hard copy distribution of the newsletter are co-ordinated by editor@cfuwoakville.ca. Please contact us for rates or to purchase advertising space.

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