

## This Issue

November's Guest Speaker: Mark Zelinski

## Heart of Turtle Island: The Niagara Escarpment

Mark Zelinski trained as an artist and a designer and graduated as the top student of OCAD in 1979. His diverse career as a professional photographer has taken him across 80 countries, with clients ranging from The National Film Board of Canada to Panasonic. He is also a publisher, writer, painter, filmmaker, Fellow of Royal Canadian Geographic Society, member of The Explorer's Club, Board Member of UNESCO Niagara Escarpment Biosphere Network and winner of the Canadian Governor General's Medal.



Zelinski is best known for his "Books That Heal" initiative - donating 8,000 copies of his photography books to 100 worldwide charities. His internationally acclaimed photography books include forewords by HRH Prince Philip, The Honourable Lincoln Alexander, and The Right Honorable Justin Trudeau.

Zelinski's presentation of "Heart Of Turtle Island: The Niagara Escarpment" brings exquisite focus to the environmental treasures of the Niagara Escarpment, and to the diverse Indigenous and settler communities that thrive along its rugged, curving path. The show includes photos and stories from his global travels and a species-naming contest to win one of his books (valued at \$50).

Mark's books (see page 5) will be available at our November meeting at a 40% discount (from the usual prices of \$45 to \$60). Cash or Cheques only please. Books can be personalized with special instructions for signing. Send inquiries to [mark@markzelinski.com](mailto:mark@markzelinski.com) and see his website [www.markzelinski.com](http://www.markzelinski.com)

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**We are looking forward to meeting with you on Monday, November 21st, either in person at Trafalgar Park Community Centre or via Zoom. More details will be sent before then.**

Developing a “new vision, moving onward” speaks to most areas of our life – elevating even the mundane task of rearranging our closets as we say goodbye to this perfect October weather. Posted in my closet is a short list of questions pulled from a magazine years ago which guides this semi-annual ritual of deciding what to donate and what will re-emerge come spring. Does it show wear, is it comfortable, and does it still fit, are obvious. Does this garment fit my current lifestyle or reflect a past lifestyle? Does it project the image I want to project or an image that is no longer relevant? Those are questions that spark new visions, perhaps different answers, and momentum to move forward.

Involvement with family and friends may be a constant, but additional thoughts as to connecting with community and making a difference in our world could also be part of this transition into fall. Is this the year to develop new interests or get involved in the issues that are of great concern but not yet benefitting from your energy? Within our club, there are opportunities to develop your personal vision and move forward. We are fortunate to have members who are rejoining our board and executive after a few years away from leadership positions in the club. We have interest groups which foster learning and friendships, and we could use a few more that reflect your personal interests be they art, bowling, or music to name a few.

The priorities of our advocacy group touch many of the key issues that often feel overwhelming: climate change, health care, issues facing women in politics, the impact of big business on our daily lives and truth and reconciliation with indigenous peoples. You are most welcome to come, listen, learn, and gradually define our path from concern to positive action.

Could you help us move our club forward via social media? An amazing mentor is willing to help new volunteers refine our message, mine the advantages of social media and ensure that our membership includes younger women and women who reflect the diversity of Oakville. Could this be your year to join this team?

Please contact us to discuss your vision and your interest in moving our club forward in these or other ways important to you. At times it does feel as if we are losing ground in establishing a world where women are educated and valued. However, we are a growing and vibrant group of women who are resilient and won't give up. We look forward to joining with you to move this vision forward.

Marlene Bristol  
Deborah May  
Janice May



## Financial Statement

The Financial Statement for the year 2021-2022 is published here for the information of all members. The document has been reviewed externally and is considered to represent fairly the financial position of the club. Members who have questions or comments should contact the Treasurer, Jane Heakes.

<b>CFUW Oakville</b>		
<b>Financial Statement 2021-2022</b>		
<b>Paid Members</b>	<b>226</b>	<b>210</b>
<b>2021-2022 Income Statement</b>	<b>Budget 2021-2022</b>	<b>Actuals 06-01-21 to 05-31-22</b>
<b>INCOME STATEMENT</b>		
<b>INCOME</b>		
Membership Fees less scholarship donation	27,333.75	\$ 25,056.25
Included scholarship donation	3,390.00	\$ 3,105.00
Additional Scholarship Donation	3,390.00	\$ 4,769.26
Scholarship Donations external		
Badges	-	
Advertising	600.00	\$ 768.50
Interest	35.00	\$ 14.40
Other Income Miscellaneous		\$ 5,137.25
Ticketed Events (Dec / May)	6,250.00	
<b>TOTAL INCOME</b>	<b>40,998.75</b>	<b>\$ 38,850.66</b>
<b>EXPENSES</b>		
CFUW National Fees	12,265.00	\$ 11,330.00
Residual from National Fees Project	4,683.00	
CFUW Ontario Council Fees	1,401.25	\$ 1,286.50
Charitable Trust	1,000.00	\$ 1,000.00
Delegates Ont		
Delegates National		
Communications (website, rack cards, annual r	800.00	\$ 423.52
Hospitality (meetings, receptions Executive and	400.00	\$ 351.08
Other Operating Expenses (Systems, Records M	2,500.00	\$ 1,763.03
Interest groups	100.00	\$ 75.00
Awards / Scholarship	6,780.00	\$ 10,144.51
Programme	2,500.00	\$ 2,539.00
Resolutions / Advocacy	100.00	\$ -
Ticketed Events	6,250.00	\$ -
Venue Rental - Room & AV	1,479.96	\$ -
Venue Rental - Hospitality	680.00	\$ -
To be allocated	-	
Ticketed Events		
Venue Rental - Room & AV		
Venue Rental - Hospitality		
Bank Fees	50.00	\$ 65.84
<b>TOTAL EXPENSES</b>	<b>\$ 40,989.21</b>	<b>\$ 28,978.48</b>
Income in Excess of Expenses	\$ 9.54	\$9,872.18
<b>BALANCE SHEET</b>		
TD Bank - Chequing account		27,390.66
TD Bank - GIC/ Term Deposit		10,492.72
Assets	\$ -	37,883.38
Accounts Payable (from May 2020 dinner)		-\$ 2,655.00
Special project re women and girls		-\$ 4,683.00
Reserve		\$ 30,545.38

## CFUW Oakville Board of Directors 2022-2023

Executive		
<b>Leadership Team</b> Marlene Bristol Deborah May Janice May	<b>Secretary</b> Carolyn Darimont	<b>Treasurer</b> Jane Heakes
Standing Committee Chairs		
<b>Advocacy</b> Leanne Siracusa Maureen Callahan	<b>Finance</b> Jane Heakes	<b>Interest Groups</b> Linda Love Debbie Hoffman
<b>Newsletter Editor</b> Pat Zelonka Louise Brownlee	<b>Membership</b> Christina Connell Pat Zelonka	<b>Programme</b> Brenda Walker Susan Bowen
<b>Hospitality</b> TBD		
Committees by Appointment Chairs		
<b>Nominations</b> Leadership Team	<b>Publicity</b> TBD	<b>Web Manager</b> Pat Zelonka Raine Greenwood
<b>Directory</b> Pat Zelonka	<b>Archivist</b> Hilary Vavasour	
<b>Truth and Reconciliation</b> Mary Smith	<b>Dinners</b> Deborah May	<b>Technology</b> Lynda Sturgeoff
<b>Advocacy Subcommittees</b>		
<b>Advancement of Women</b> <b>Halton</b> Judy Moore	<b>Legislation</b> TBD	<b>Education</b> TBD



The Issues to Advocacy (I2A) group has welcomed three new members this fall - Chris Connell, Judy Moore and Maureen Callahan. With these additional rich experiences and diverse perspectives, we are proceeding well with the prioritization of three issues to address. We are pleased that Maureen Callahan has volunteered as a co-chair with Leanne Siracusa. The three new workgroups are tentatively named **“Thriving in Aging”, “Violence Against Women in Politics” and “Impact of Big Business on our Lives”**. Groups are researching and examining current evidence on these issue areas, narrowing the possible focus for each. This process will lead to recommendations for realistic, impactful education and advocacy actions for this year. Regular updates and communication will continue with the Board and through the “In Touch” newsletter.

Club members are encouraged to provide feedback through I2A contacts in interest groups and/or a “drop-in” to any of I2A meetings. Workgroups will further their background work during the time of the usual full I2A meeting. **The next meeting for the entire I2A group is December 14 at 7 p.m. via Zoom** when the workgroups will be reporting their progress. Why not join that meeting give your feedback? Or chat with I2A members – during a hike or Ladies lunch? Feel free to send questions or comments to Maureen or Leanne.

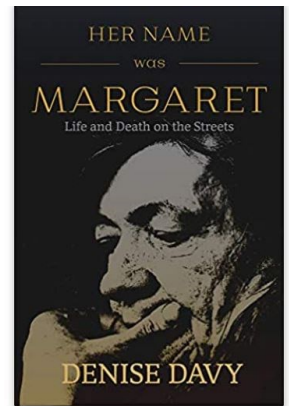
**Leanne Siracusa**

### ***Her Name Was Margaret***

At our October 17th meeting, Denise Davy, nationally recognized journalist and author of *“Her name was Margaret - Life and Death on the Streets”* spoke to our members. She has provided more information if you would like to learn more about the homelessness issue.

**Here is a link to the Canadian alliance to end homelessness - CAEH - as it’s packed with information and lots of studies and reports.** <https://caeh.ca/>

Denise mentioned the work that Medicine Hat is doing regarding homelessness. See below.



**Jaime Rogers**  
**Medicine Hat Community**  
**Housing Society**  
#104, 516 - 3rd Street SE  
Medicine Hat, AB T1A 0H3  
Phone: 403.527.4507  
Fax: 403.526.3163  
[info@mhchs.ca](mailto:info@mhchs.ca)

**Susan Stavin**, Program Committee

**Mark Zelinski's books** will be available on November 21 to CFUW Oakville members at a 40% discount. Books can be personalized with special instructions for book signing

<i>Heart of Turtle Island: The Niagara Escarpment</i>	regular \$60, CFUW price \$40 cash, inc. tax
<i>One Small Flame</i>	regular \$60, CFUW price \$40 cash, inc. tax
<i>Canada's Royal Garden</i>	regular \$60, CFUW price \$40 cash, inc. tax
<i>From the Field</i>	regular \$45, CFUW price \$30 cash, inc. tax
<i>“Untitled”</i>	regular \$45, CFUW price \$30 cash, inc. tax
<i>Outward Bound: The Inward Odyssey Volume 2</i>	regular \$60, CFUW price \$40 cash, inc. tax

Send inquiries to [mark@markzelinski.com](mailto:mark@markzelinski.com)

The period till November 25 marks our acknowledgment of MMIWG2S+ (Missing and Murdered Indigenous Women, Girls and Two Spirited Plus), our Stolen Sisters.

The pathways to safety, covering topics such as poverty, health care, violence, and sex trafficking are being brought forward throughout Indigenous Communities all across Turtle Island. Truth and Reconciliation calls of action seek reporting, police investigations and support for Stolen Sisters.

### Claudette's Story

It was difficult for the family to deal with the reported disappearance in the news which didn't mention her name but did include the words sex trade, drug addict and Aboriginal. She was a mother, a daughter, a sister, a strong girl with a contagious laugh at one time.

Reading Reference

<https://www.onwa.ca/learning-resources-mmiwg>

### Red Dress

Red is for the dress she wore,  
Red says that she is no more,  
Red, they called her, not her name  
So the victim takes the blame.

Orange is for the shirt they took,  
Orange and take another look  
At whose land you're standing on-  
The pain remains "though the school's gone."

Brown is for her eyes so bright,  
Forced to hitchhike, it ain't right.  
Red is for the blood they shed,  
Where's my child? Her mother said.

By Sandra Gorlick



November 8th also marks **Indigenous Veterans Day**, started in 1994 to recognize the many Indigenous soldiers who willingly joined in the fight to serve this country. They returned to a country that refused to see them and others as equal. Today there is the honoring of names, through battleships, monuments and remembrance ceremonies. They brought valuable skills, code talkers, bravery, persistence and a belief in freedom. They had been part of the allies from 1812. This year a postage stamp honours Sergeant Tommy Prince..

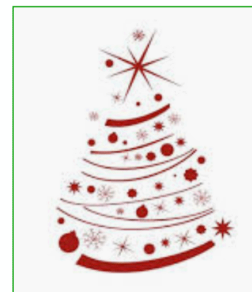
<https://globalnews.ca/news/9218120/postage-stamp-honours-canadian-indigenous-war-hero/>

"The more we learn, the more we stand together, for our young, old and generations yet to come."

**Mary Smith**



## CFUW Oakville Holiday Dinner Monday December 5, 2022



A time to reconnect again with fellow CFUW members and toast the season!

### Musical Entertainment by versaCello

Maximilian and Theodor Aoki are brothers from Hamilton, Ontario. Together, they arrange, compose, and perform contemporary music on two cellos.

Since forming versaCello in 2014, they have won the 2015 JUNOs *Turn It On: Sound Off* competition, recorded with JUNO award-winning producer John "Beetle" Bailey. Both are studying Engineering at McMaster University while concurrently pursuing exciting opportunities in music.



**Monday, December 5, 2022**

**Cash Bar:** 6 p.m.

**Dinner:** 7 p.m.

**Oakville Conference Centre**

2515 Wyecroft Rd

**Tickets:** \$50 - great value!

You can organize your own tables - **8 members per table.**

This year we are asking members to pay for tickets via e-transfer to  
fees@cfuwoakville.ca OR by cheque mailed to:

CFUW – Oakville, P.O. Box 30048, 478 Dundas St. W. Oakville, ON, L6H 6Y3

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

For more information:

Contact your Interest Group Convenor OR

Email Deborah May

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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and south of Cliff's Mower



**CFUW Oakville made a strong showing on October 1  
march to protest the proposed Highway 413 - the Harvest Ontario Walk**



CFUW-Oakville members rallying



More CFUW Oakville activists



*Above right:* Long line of marchers along Heart Lake Road.

Lorraine Green, one of event organizers, summed up the day: "The Harvest Ontario Walk, on Saturday, Oct 1 was a great success, with over 1000 people registering and approximately 700 people showing up at the Brampton Fairgrounds. Mother Nature co-operated and gave us a beautiful day."

This positive and fun rally filled with music, song and dance enabled people to voice their concerns in a creative and active way. By paving over 2000 acres of prime farmland, Hwy 413 will result in a cost to taxpayers of 6 to 10 billion dollars. One marcher held a sign reading Hospitals not Highways.

The event was covered by City News - you can see the crowd and hear the music in this clip - <https://toronto.citynews.ca/video/2022/10/01/activists-march-in-brampton-to-protest-highway-413/>

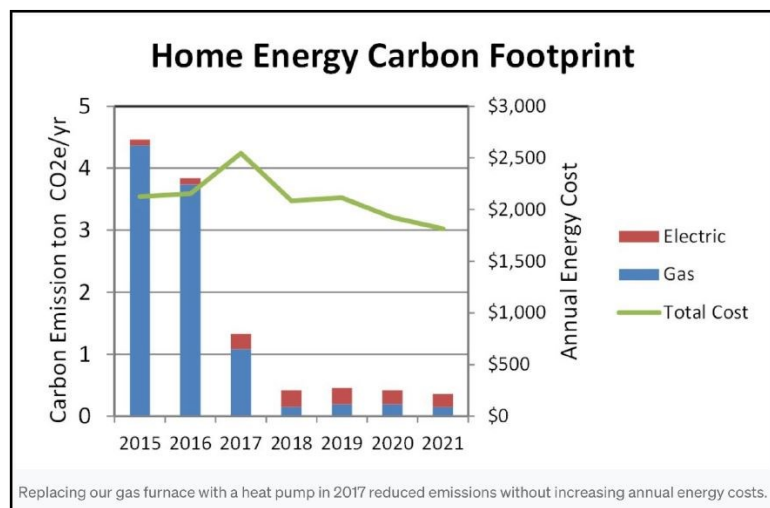
Oakville resident Susan Berry proposed the walk because she noted the worldwide crop failures caused by the climate crisis. She asked: "Where will food and clean water come from if we pave over prime farmland? We want to rely on an Ontario 'where good things grow.'" Boomer activism is on the rise as retirees return to their protest-movement youth. The mood on October 1 was upbeat. Many drivers on Heart Lake Road waved and honked supportively.

**Louise Brownlee**

## Heat Pumps for a Sustainable Future

The *Environmental Actions Matter* interest group met on October 19 to discuss the possibility of an educational zoom on air source heat pumps, a technology that can both heat and cool your home without burning fossil fuels.

In 2017, William and Lenore Nuttle, both Ottawa scientists, decided to replace their gas furnace with an air source heat pump. Their energy costs have not changed much over time but their carbon footprint has declined dramatically. The Nuttles live in an older home in one of the coldest cities in the world. Read their full story [here](#).



As the above chart indicates, heat pump technology can reduce your home's carbon footprint. William Nuttle says it's one of the best decisions they have ever made. Currently their home is 100% electric - no more natural gas. They replaced their gas oven with an induction oven. Their gas hot water heater has been replaced with a hybrid heat pump model.

### What's natural got to do with it?

#### BC doctors and nurses take aim at the Canadian Gas Association Greenwashing



Natural sounds healthy, right? The gas industry embraced the term “natural” in the 1930’s. Natural gas is really 80 - 95% methane gas, a powerful greenhouse gas. Over a 20-year period, it is 80 times more potent at warming the planet than carbon dioxide.

Natural gas is a fossil fuel which generates CO<sub>2</sub> when we use it to heat our homes or fuel our gas appliances. It emits 30% less CO<sub>2</sub> than oil but it still is a major source of the carbon footprint generated by our residential homes.

In 2021, BC doctors paid for a huge billboard ad by the Tsawwassen Ferry. The website <https://www.unnaturalgas.org> explains their position on unnatural gas - especially fracked gas.

BC health professionals have also filed a court case against the goliath Canadian Gas Association alleging it ran a false and misleading advertising campaign that touted gas as an eco-friendly fuel. <https://www.newwestrecord.ca/highlights/bc-doctors-file-request-to-investigate-canadian-gas-association-over-greenwashing-5873886>

**Louise Brownlee**



Thank you to those who have already sent us delicious recipes. The deadline for submission is November 30<sup>th</sup>, so please send in lots more recipes asap to [cfuwrecipes@gmail.com](mailto:cfuwrecipes@gmail.com).

We are looking for more soup, salads and dressings, main course, seafood and fish, and vegetarian main course recipes.

Some club members have asked whether attribution of recipes is required. Recipes cannot be copyrighted. Following the example of an earlier CFUW celebration cookbook, the names of contributors will be listed alphabetically at the beginning of the book and names will not be attached to an individual recipe.

The cookbook project will celebrate CFUW-Oakville's 75<sup>th</sup> anniversary and raise much needed money to support the funding of CFUW-Oakville's awards and scholarships that range from an award for every publicly funded high school in Oakville to an award for the performing arts.

Now that fall is here with colder weather, I start thinking about soup. I hope you enjoy the recipe below.

**Pat Hillmer**

**Have Some Madeira, My Dear, Soup  
AKA Mushroom and Leek Soup**

Serves 4 to 6

- 1 ½ tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped onion
- 1 leek, white and light green parts only, thinly sliced
- 2 ½ cups beef stock
- 1 cup diced, peeled potatoes
- 1 ½ tsp butter or margarine
- 12 oz (375 grams) assorted mushrooms sliced\*
- ½ tsp dried thyme
- 1/3 cup Madeira wine
- ½ cup 2% milk



1. In a non-stick pan, heat oil, saute garlic. onion and leek until softened (approximately 10 minutes).
2. Add stock and potatoes; cover and simmer for 20 minutes or until softened. Puree in a food processor or use a stick blender until smooth. Return to pan and set aside.
3. In a non-stick skillet, melt butter and saute mushrooms until soft (about 5 minutes). Add thyme and Madeira and cook for 2 minutes. Add to soup, stir to combine, and add milk.
4. If you like a thinner soup, add extra beef stock and/or milk to desired consistency.

\*If you prefer a smooth soup, you can puree everything together at the same time rather than adding the mushrooms separately.

### Report on Bring a Book, Buy a Book at the General Meeting, Monday Oct. 17, 2022.

Thank you to everyone who supported our book sale at the October meeting. We had a **lot** of books for sale and a lot left over. We saved the ones that we hope will sell in April and we donated some to a used book store.

We made a total of \$260. This is less than the usual \$400 but that is probably because of fewer people attending in person. We will hold another sale in April and hopefully we will do better.

Every little bit that goes in to our Scholarship Fund account helps support young women from Oakville in their post secondary journey.

### **Notice of Meeting: Scholarship Fund AGM**

The University Women's Club of Oakville Scholarship Fund will hold their Annual General Meeting Monday, November 21, 2022, either immediately before or immediately following the CFUW Oakville meeting. All members of CFUW Oakville are contributors to the Scholarship Fund and are invited to attend as well as anyone who has made donations to the Fund in the past year.

**Sue Stephens**

## UPDATES FROM OUR SISTER ORGANIZATIONS



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

Read about the Speakers Series [here](#). The next event is on November 26, **"Is the Administrative Justice System Working for the People of Ontario?"** All CFUW members are welcome. Register [here](#).



[Click here](#) to read the most recent **Newsletter** from **CFUW National**.

[Click here](#) to see the **CFUW Renaming Report**

**Reflections on Truth and Reconciliation Newsletter** is [here](#):



Walking with Friends is new this year to CFUW. Convenors are Deborah May and Brenda Walker.

We walk in neighbourhoods, parks, along lakeshores and any other areas of interest, on gentle terrain including pavement and plan to go out on a weekly basis for an hour to an hour and a half. The walks are planned by members and can be repeated, changed or invented but always enjoyed.

We hope to have a group of 18 members in all so have room for 3 more.



Foodies Ethiopian dinner on October 19

(Sadly we always miss the smiling face of the photographer. Here she is.)



## Interest Group Activities for October 2022

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
<b>BookBeat Morning</b>	I	Contact/ Convenor needed to restart this group	Time is flexible but traditionally this group meets on the 4th Wednesday @ 9:30 am	TBA
	II	Sheila Aldoroty	1st Wednesday @ 10 am	Book: Lessons in Chemistry Author: Bonnie Gamus Facilitator: Janice Zoom Mtg
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am	Book: Women Talking Author: Miriam Towe Host:& Facilitator: Marla
<b>BookBeat Evening</b>	I	Charlotte Jeneway	Last Thursday @ 7:30 pm	Book: Cloud Cuckoo Land Author: Anthony Doerr Presenter: Wanda Zoom
	II	Deborah May	1st Wednesday @ 7:30 pm	Book: The Mountains Sing Author: Nguyen Phan Que Mai Lead: Shirley Brosky
	III	Helen Litton	First Tuesday @ 7:30 pm	Book: Lady Sunshine Author: Amy Mason Doan Hostess: Ielca Torok
<b>Crime &amp; Caffeine Club</b>	I	Jane Heakes	Last Monday @ 1:30 pm	Book: Harlem Shuffle Author: Colson Whitehead Presenter: Linda L Host: Leigh
<b>Crime &amp; Caffeine Club</b>	II	Carolyn Collings-Merk	Fourth Monday from 1:30 to 3:30 pm	Book: The Rising Tide Author: Ann Cleeves Presenter: Dianne
<b>Literary Ladies</b>		Pam Schwartz, Sue Logan	1st Thursday @ 10:00 am	Book: Looking for Jane Author: Heather Marshall Presenter: Mary L Host: Pam S
<b>Book Exchange</b>		Myra Willis	One meeting to select books for the year	
<b>Great Books</b>		Dodie Layton	4 <sup>th</sup> Thursday @ 9:30 am	This group follows a reading program set up by the Great Books Foundation at University of Chicago Location:

**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?
<b>Social Bridge</b>	Convenor/ Contact person needed to restart this group	Every Thursday @ 12:45 pm	<b>Note:</b> If you are interested in playing Social Bridge online, please connect with us through the <b>Contact Us</b> link on the website and
<b>Duplicate Bridge</b>	Mar Koreman	2nd & 4th Friday, 9 am to noon Playing online at present	Bridge Playing continues online
<b>Marathon Bridge</b>	Margaret Pospisil	Dates vary	Monthly Bridge using a round robin format with an occasional in person gathering
<b>Word Power through Scrabble</b>	Pat Hillmer	2nd Tues. @ 1:00 pm	Tuesday, November 6 Host: Susan Walkinshaw

**Cinemas: At the Movies:** Couples movie night.

Name	Convenor	Date and Time	What's Happening?
<b>Couples Movie Night</b>	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
<b>Issues to Advocacy</b>		Leanne Siracusa Maureen Callahan	2nd Wednesday @ 7:00 pm.	No meeting in November * Open to new members
<b>Environmental Actions Matter</b>		Louise Brownlee	3rd Wednesday@ 2.00pm	Discuss upcoming topics for educational zooms on reducing GHG emissions. *Open to new members
<b>Beyond Bloomsbury</b>	I	Mary Lennox Hourd Linda Humphrey	4th Tuesday from 7:00 to 9:00 pm	Topic: El Camino Speaker: Nicola Ross
	II	Mary Ann Collins Williams	1st Tuesday at 7:00 pm	Topic: Meditation Hosted by Sybil R Location: Joshua Creek Heritage Centre
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm	Topic: Quilts of Valour Organizer: Helen L. Zoom Mtg

**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
<b>Gourmet</b>	<b>I</b>	Alison Gemmell	4th Wednesday @ 6:30 pm	Tuesday, November 8th Dinner at Alison's
	<b>II</b>	Edith Livet	2nd Thursday @ 6:45 pm	Thursday, November 10 <sup>th</sup> at 6:45 Theme: A Fall Harvest Menu Host: Jan Dobson
	<b>III</b>	Laurie Nordin MacLeod	2nd Thursday @ 7:00 pm.	Thursday, November 10 Theme: An Evening in Paris Planner: Carolyn C Host: Laurie N
<b>Ladies @ Lunch</b>		Lise Moras	3rd Thursday @ 12 noon.	Thursday, November 17 Host: Linda Love Location: Milestone's heated patio in Bronte
<b>Social Eves</b>		Gloria Tomlinson Susan Stavin	4th Wednesday @ 6:30 pm	Wednesday, November 23 Topic: Christmas Craft Location: Dove and Arrow on Kerr St in Oakville Organizer: Mary Wood
<b>Foodie World Adventures</b>		Eva Baxter	3rd Wednesday for dinner	Theme: Moroccan Food. Chef: Barbara H
<b>New Bakers</b>		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm	Zoom mtg
<b>Bakers Club</b>		Hilary Vavasour	4th Tuesday from 2-4	A social Baking Club on Zoom with Hilary for women who know the basics of baking.
<b>Bronte Neighbourhood Group</b>		Sheila Aldoroty	Every Thursday of the month except the first Thursday.	This group continues to meet on Zoom at 10am



**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?
<b>Group of Seven Plus</b>		New Painting Series Starting in November	Class led by Julie Wurtele

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

Name	Convenor	Date and Time	What's Happening?
<b>Learning Through MOOCs</b>	Pat Zelonka Beth Mastrangelo	First Tuesday @ 1:30 pm	Risk in Modern Society and podcast: The Model Health Show with Sean Stevenson

**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
<b>Evening Meditation</b>		Leanne Siracusa	2nd Tuesday 8:00 to 9:00 pm	Guided Meditation followed by Group discussion Open to new members Zoom Mtg
<b>Mindfulness and Meditation</b>	I	Dodie Layton	3rd Thursday at 10:00 am to noon	Thursday Nov 17 Book: Boundless Heart Author: Christine Freedman Zoom mtg
	II	Chris Connell	1st Thursday at 10:00 am to noon	Thursday November 3rd Book: Boundless Heart Author: Christine Freedman Hostess: Chris C
<b>Psychology and Spirituality</b>	I	Sue McArthur	November 10 <sup>th</sup> at 9:30 am	Book: The Currency of Gratitude Author: Michele Bailey Presenter: Bonnie J Zoom Mtg
	II	Leigh Mayers	Monday, Nov. 21 <sup>st</sup> at 7pm	Topic: Psychedelics and their relationship to Meditation, Spirituality and Psychology. Presenter: Deborah Rossiter. 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
<b>Dragon Boating</b>		Donna Kraaijeveld	Wednesday practices start in May and continue for 6 weeks at the Burloak Canoe and Kayak Club. No experience necessary.	Next Season Starts May 2023 *New Members Welcome
<b>Golf</b>		Sue McArthur	Tuesdays 9:30 am to noon May – Early September (Some Mondays and Thursdays)	Next Season Starts Spring 2023
<b>Walking with Friends</b>		Deborah May Brenda Walker	Monday mornings at 9:30 am	Weekly one hour walks on flat paths or paved surfaces in Oakville and Burlington. * New members welcome
<b>Happy Hikers</b>	I	Linda Williams Heather Gates-Warner	Tuesday mornings weather permitting Sept to June	Meet near the edge of the parking lot outside the lower doors of Oakville Place closest to LL Bean and Shoppers Drug Mart on the southeast side of the Mall. TIME: Carpool leaves at 8:45am * Weather permitting
	II	Helen Furman Trish Wood	Wednesday morning biweekly hikes across Halton. Locations and level of difficulty vary. Generally hikes appeal to hikers who prefer easy to moderate terrain while exploring our regional and urban environments Sept to June	Biweekly hikes on Wednesday mornings weather permitting * New members welcome



Social Eves, September 28 meeting

Photo collage by Raine Greenwood

## Shirley Henderson Community Service Award

### Sofia Guzman



#### High School:

St. Thomas of Aquinas Secondary School

#### Extra curricular Activities:

Ballet( 25-30 hours/week); part-time work at Starbucks.

#### Volunteering:

Youth International Climate Action Catalyst; Canada International Model United Nations delegate; Mission trips to Sierra Nevada as an academic assistant for the indigenous kids in the Arhuaco community; Oakville Green Conservation Association.

#### Post-Secondary:

International Development Program at Redeemer University

The Shirley Henderson Community Service Award recognizes outstanding school or community service and demonstrated leadership skills.

While Sofia Guzman achieved an outstanding academic average, she is also described as a student with a passion for community building and a natural leader. She is dedicated, organized and kind, with an abundance of respect and empathy for others.

Sofia was highly instrumental in the development and growth of Green Committee Connect. With initiative and reliability, she raised awareness of this climate action community, and created opportunities within the community for eco-businesses and groups to collaborate. She emerged as a leader among her peers, with a passion for community building, a strong sense of social responsibility and a commitment to breaking down systemic inequities in our communities. Sofia was a delegate for Model UN and spoke on women's rights issues and disarmament in the Yemen.

As a volunteer counsellor at Muskoka Woods summer camp Sofia organized campfire activities, themed programmes and encouraged and supported her campers towards personal growth by trying new things. Sofia was a volunteer academic assistant for the indigenous children of the Arhuaco on a mission trip to Columbia. She loves to dance and was a Nutcracker soloist at the Oakville School of Classical Ballet. Her volunteer work with the Oakville Green Conservation Association included invasive species removal.

Sofia sees herself working at a charity or non-profit organization, finding realistic solutions for communities in need. She has enrolled in the International Development Program at Redeemer University.

**CFUW of Oakville is most proud to present Sofia Guzman with the Shirley Henderson Community Service Award.**

## CFUW Oakville 2022-23 Event Calendar



[Ontario Native Women's Association](#)

Event	Location	Date	Time
CFUW Oakville Board meeting		Nov 7, 2022	TBD
CFUW Oakville General Meeting	Trafalgar Park Community Centre and Zoom	Nov 21, 2022	7:00 pm
Ontario Council Speakers Series <b>Is the Administrative Justice System Working for the People of Ontario?</b> See page 12 for the registration link.	Via Zoom	Nov 26, 2022	10:00 am
Membership Dinner Meeting Details on page 7 in this issue.	Oakville Convention Centre	Dec 5, 2022	6:00 pm
CFUW Oakville Board meeting		Jan 9, 2023	TBD
CFUW Oakville General Meeting <b>Louise Orsini, Wellness and Aging</b>	Via Zoom	Jan 16, 2023	7:00 pm
CFUW Oakville Board meeting		Feb 6, 2023	
CFUW Oakville General Meeting <b>Natalie Jenner, Author of Bloomsbury Girls</b>	Via Zoom	Feb 20, 2023	7:00 pm
CFUW Oakville Board meeting			
CFUW Oakville General Meeting <b>David MacGowan, Climate Policy</b>	TPCC and Zoom	Mar 20, 2023	7:00 pm
CFUW Oakville Board meeting			
CFUW Oakville General Meeting <b>Captain Judy Cameron, History in Canadian Aviation</b>	TPCC and Zoom	Apr 17, 2023	7:00 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](mailto:editor@cfuwoakville.ca). Advertising and hard copy distribution of the newsletter are co-ordinated by [editor@cfuwoakville.ca](mailto:editor@cfuwoakville.ca). Please contact us for rates or to purchase advertising space.

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