

## This Issue

### October's Guest Speaker: Denise Davy Who are the Homeless?

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Denise Davy is a nationally recognized journalist and author of *"Her Name was Margaret - Life and Death on the Streets."* She specializes in writing about mental health, homelessness and gender issues. Denise worked at the Hamilton Spectator for 26 years and was twice honoured with the Journalist of the Year award from the Ontario Newspaper Association. She is a recipient of a National Newspaper Award, several Ontario Newspaper awards and two awards from the Registered Nurses Association of Ontario. Four national journalism fellowships allowed her to investigate child prostitution in Thailand, poverty in India and the crisis in children's mental health services in Canada. She is the founder of *Purses for Margaret*, which provides toiletries to homeless women.



Denise tells the true story of Margaret and traces her life from her childhood to her death as a homeless woman on the streets of Hamilton. Her book explores the tragic life of a homeless woman and exposes the flawed plan that lead to today's homelessness epidemic. It is a heartbreaking illustration of what happens in our society to the most vulnerable.

The book, *"Her Name was Margaret - Life and Death on the Streets"* will be for sale at our meeting. The cost is \$25. You may also wish to purchase it prior to the meeting. It's available from [Indigo](#), or please also consider supporting [A Different Drummer Books](#) in Burlington. They also have copies of her book.

We hope you can join us in person, I am sure there will be a compelling discussion.

**We are looking forward to meeting with you on Monday, October 17th, either in person at Trafalgar Park Community Centre or via Zoom. More details will be sent before then.**

With great anticipation, I recently read an article in the Washington Post promising “10 tips for co-existing with Covid and Living a normal-ish life.” As with many things in life, the promise was short lived as most of the 10 tips have been well integrated into our way of life for the past two plus years. Getting our booster, masking in crowded places, meeting friends outside, using home tests and staying home when you are sick are certainly good judgement but not news. The underlying theme however did resonate – we are going to co-exist with this virus. It is incumbent upon each of us to choose what is reasonable risk for us and for the most vulnerable person in our circle. Our actions must be influenced by those for whom the risks of Covid are greater.

At CFUW we are all making choices about whether to attend interest groups in person, to get together in homes or in larger spaces and of course whether to attend our general meetings in person or by Zoom.

Prior to our next general meeting, a small group of dedicated members will be enhancing our capacity to hold successful hybrid meetings. We are working towards better visual and audio presentation for all our members regardless of how they are attending. We know that hybrid meetings reflect a “normal-ish” life.

Many of us will choose to make our debut into holiday festivities at our dinner on December 5<sup>th</sup>. Thank you to our very active committee who are very mindful of balancing risk and togetherness at our first big event in our “normal-ish” lives.

Other developments and changes will occur over the fall and winter. Like me, from time to time you may also think with fondness about our days of staying at home. Certainly less hectic, we balanced our social separateness with new ways to reach out to another, increased our creativity, and experienced joy at hearing of examples of our environment responding quickly to gentle handling. While we may never know with certainty whether dolphins swam in Venice, we do know that even the thought gave us a touch of whimsy in a difficult time and repair of our environment is possible.

When the time is right for you, our leadership team looks forward to greeting you in person. Happy fall and enjoy the magic of the changing season, the fall celebrations and the increasing normal-ish feeling of our lives.

Janice, Gay and Marlene



### Friendly Prodding Reminder

To have your name and contact details included in the Directory we **must** receive your membership form before October 17.

Our club resolution VAW-P was approved on August 28 at the CFUW National A.G.M. In developing the resolution, the following definition was used:

“Violence against Women in Politics is part of a spectrum of gender-based violence that includes physical, psychological, economic, and symbolic actions of harm or suffering against women that result in, or are intended to result in, harm or suffering against women simply because they are women. It is intersectional, as racialized minorities, members of LGBTQ2S community, the poor, religious minorities, disabled persons, and younger women tend to experience violence in politics disproportionately based on their social identities.” (Social Sciences and Humanities Research Council of Canada , March,2019).

Gender based violence has long been a priority for CFUW clubs but prior to our resolution there was no existing policy to address this specific issue. The intention with the resolution was to create broad policy that can form the basis of advocacy for clubs across Canada.

VAW-P happens at all levels of government. It is increasingly recognized as a significant barrier to women's participation in politics.

In Canada there is a sense that VAW-P is becoming more prevalent. Recent articles and events support this conclusion.

“Chrystia Freeland latest target of public threats, intimidation of women in Canadian politics.” Paas-Lang, Christian, CBC News, posted August 27, 2022.

“We are seeing more incidents (aggressive harassment) particularly involving women.” The Globe and Mail, August 30,2022.

“The Risk of Political Violence in Canada has never been higher”. Coyne, Andrew, The Globe and Mail, September 7,2022.

According to UN women, political parties are among the most common perpetrators of violence.

Attacks against women are often focused on physical appearance and sexuality rather than political views.

The proliferation of online abuse is particularly damaging as women appear to be disproportionately targeted.

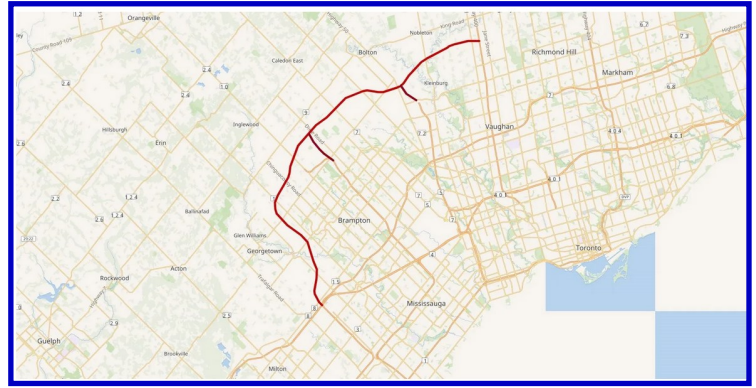
It is time to act to move the issue forward.

We will be developing implementation plans in the coming weeks.

**Contact Bonnie Jensen or Joyce See of the Advocacy Committee with ideas or to be involved.**

At our September meeting we were inspired by Lorraine Green and Carol Holmes to act now and do what we can to protect the environment for our grandchildren.

To that end GASP is participating in the Harvest Ontario Walk to Stop Hwy 413 on **October 1**. Learn about their concerns, how you can support them or take part [here](#).



A map of the proposed route of Hwy 413. Credit: OpenStreetMap Project



CFUW Ontario Council Women Helping Women

### **Speakers Series October 15 EDUCATION BEYOND THE SCHOOL**

Registration is now open for OC's first Speakers Series of the 2022-23 year. This session's theme is ***Education Beyond the School***, and the event will take place on Saturday October 15 from 10 a.m. to 12:30 p.m.

We have an exciting quartet of speakers!

**Kendra Mullins** will speak about yoga and its uses in improving coping strategies, managing stress and self-regulation. Given that so many are having difficulty dealing with mental health issues, this session will give us insight into how yoga can help in nourishing body, mind, and spirit.

**Kelly Taylor**, Volunteer and Operations Manager of **Windreach Farm**, will speak on the wide variety of programs at Windreach such as Learning-4-Life and the Community Participation Program. Windreach strives to enrich the lives of persons of all ages with disabilities and/or special needs.

**Black York Region Youth** – In 2020, teacher **Vanessa Stoby** and four youth founded BYR Youth, an organization striving to combat anti-black racism, systemic racism, anti-Indigenous hate and discrimination in all its forms within York Region through advocacy, education and communication. Vanessa will speak on the growth of BYR Youth and the milestones they have achieved.

And finally, a panel of young people will speak on the impact of identifying as LGBTQIA2S+.

**The Speakers Series is free and all CFUW members are welcome but advance registration is required.** More details at [cfuwontcouncil.org/standing-committees/](https://cfuwontcouncil.org/standing-committees/). Register [here](#).

**Marlene Bristol**

## “Stubborn Optimism” speech kicks off CFUW Oakville’s General Meeting

### *Grandmothers Act to Save the Planet (GASP) co-founders inspire action*

Excerpts of a presentation given by Carole Holmes and Lorraine Green

GASP made a [video](#) last spring which tells our story. There is a lot of “doom and gloom” about the climate crisis. But together we can remain hopeful and ensure our grandchildren, and children everywhere will inherit a liveable planet.

The most ominous message about the future comes from Mother Earth herself. She speaks fires, floods, melting glaciers, mega-droughts, heat domes and extreme weather events caused by the continuing extraction, processing and burning of fossil fuels. Although Canada is ranked 10th in the world for total GHG emissions, **Canada has the highest GHG emissions per capita** from the top 10 emitting countries and regions. Read more [here](#).



#### **The power of women and the core values of CFUW**

**We women have power** - especially educated and privileged women like us. We have what it takes to stop the self-destructive trajectory we are on. We know how to build a healthy environment for our children and grandchildren.

**Let’s build on the tenets of CFUW - social justice, equality, peace and public education.** Today we need the CFUW activist voices more than at any time in history. As an Indigenous grandmother, Renee, told us about the role of women: “This is our time. We are the wisdom carriers. We are the nurturers. All over the world, we are rising. We are needed to care for Mother Earth.”

#### **GASP tackles the climate crisis from all angles**

- The **Bank team** is supporting Senator Rosa Galvez’s Bill S-243 – *The Climate-Aligned Finance Act*, which will ensure all financial institutions are aligned with climate commitments. GASPs are also working on environmental shareholder proposals that will be presented at the annual general meetings of RBC, TD, and BMO.
- The **Pension Team** continues to work with *SHIFT Action for Pension Wealth and Planet Health* to push for the divestment of fossil fuels from pension plans, such as the Retired Teachers Pension Plans.
- The **Basic Income Team** recognizes the economic need and opportunity for a Basic Income and will ensure a to a greener future.
- The **Climate Health Team** is working with partners to urge the CBC to improve their climate reporting.

Our current major project is an action to raise awareness about the unnecessary, redundant HWY 413, called Harvest Ontario Walk (H.O.W.). We are circulating a petition asking the Federal Government to conduct a full Review Panel Assessment with the goal of stopping the proposed highway.

**Find a role for yourselves in this worldwide movement to recover the love and respect for nature. Channeling your angst into solutions makes you happier, healthier, and hopeful.**

We have a dream that 10 years from now, the earth’s temperature will level off, our weather will be more predictable, and the air will be cleaner. The continuation of our species is far more than saving ourselves from extreme weather. We can achieve a better world in which the human family not only survives but thrives.

#### **The most important climate action is to vote for climate leaders on October 24!**

CFUW members have a chance to vote in progressive municipal leaders who will act urgently on the Climate Crisis. For more information on this topic, visit the Ontario Climate Emergency [website](#) or view the non-partisan [video Hope & Climate Action at the Local Level: 2022 Ontario Municipal Election](#). This pre-municipal election webinar outlines the high level impacts of local level decision making and the power of municipal elections to secure your future amidst a climate emergency.

**Louise Brownlee**





## Truth and Reconciliation Committee

### Direction:

We seek meaningful and sustainable relations with Indigenous communities and organizations. We seek to look for the integration and presence in our policies, places and align our language as settlers to recognize the effects of systematic racism.

### Plans:

The committee is inviting new members to join.

During the period between Oct 4<sup>th</sup> and Nov 25<sup>th</sup> we mark

- \* The acknowledgment of Missing and Murdered Indigenous Women, Girls and Two Spirited Plus.
- \* The acknowledgment of violence, human trafficking and Lost Sisters.
- \* The acknowledgment of a call to action to educate, prevent and protect women.
- \* And the International day of The Elimination of Violence Against Women



### Information about MMIWG2S+:

- \* Town of Oakville: <https://www.oakville.ca/culturerec/indigenous-community.html>
- \* Oakville Public Library, <http://opl.ca/>
- \* Ontario Native Women's Association, [Report on Missing & Murdered Indigenous Women & Girls](#)
- \* Grandmother's Voice <https://www.grandmothersvoice.com>,
- \* [Video](#) and [article](#) about a living monument healing garden

Going beyond Land Acknowledgment,  
**Mary Smith**

Please contact Mary for more information about these events or this committee.

## UPDATES FROM OUR SISTER ORGANIZATIONS



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

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

All CFUW members are welcome to attend.

**The next event, Education Beyond the School, is on Saturday, October 15,**  
see details on page 4.



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

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

### **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.

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

The University Women's Club of Oakville Scholarship Fund hope to have several "Bring and Buy" book sales this upcoming year. The first will be at the October 17 General Meeting, starting at 6:30.

The cost is \$5 a book or 5 books for \$20.

Please bring along books that you have enjoyed over the past while and are willing to donate to the cause. Current books only please, any genre, mystery, bio, cookbook. Come prepared to find some good reading at bargain prices, including some recent books in good condition that you can give as birthday or holiday gifts. We will even have some unopened or barely used puzzles for sale.



The proceeds from these sales help to fund one high school scholarship. Support young female graduates in Oakville by bringing a book (or puzzle) and buying a book or puzzle. Your support and participation is always appreciated.

Please don't forget to bring cash.

Carolyn Collings Merk, Sue Stephens

## **Interest Group Activities**

A fun evening was had on September 8th with the Gourmet III group. Being a new member, my first foray into cooking gourmet was a dish called "Mushroom Risotto." Not being a mushroom lover, I had no experience with preparing them. Thank goodness for YouTube videos and Google. The recipe was in metric and called for 1.2 kg of mushrooms. I had no idea how many mushrooms I had! I was supposed to bake them in the oven at 200 degrees. Why were they not cooking?? I later found out it was supposed to be 400 Fahrenheit degrees. The cooking of the risotto took hours of stirring the pot. It is no wonder restaurants do not serve it. I was not going to give up! The group depended on me! I saw this as a learning opportunity and challenge. I did receive many compliments on my dish. Who knew I could make risotto?? Next month I am hosting the group and preparing the menu. My mother, being a former CFUW gourmet club member, would have been proud! Lots of laughter and great food! Think about joining one of our many food groups!!

Susan Stavin





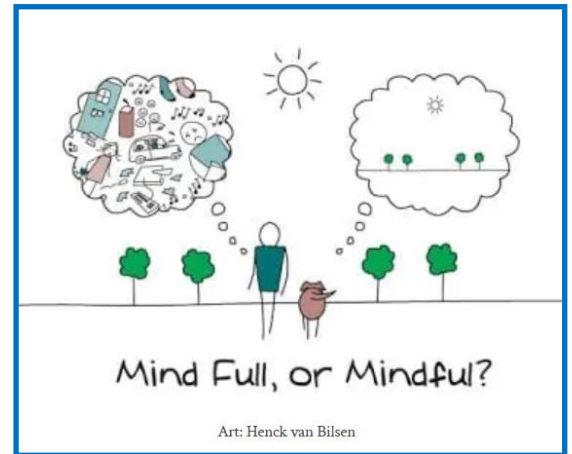
## **Exploring “Mind Full” and “Mindful” in our Lives**

“Mindfulness is “**awareness that arises through paying attention, on purpose, in the present moment, non-judgementally**”, as defined by Dr. Jon Kabat-Zinn. He pioneered the practice of mindful meditation in Western medicine, adapting it from age-old Buddhist traditions. He and other researchers have found evidence of many beneficial effects of mindful meditation in the promotion of health.

Our **Evening Mindful Meditation interest group** welcomes new members, as we share and practice guided meditations. Our one hour informal sessions are held the second Tuesday of the month from 8:00 to 9:00 p.m. The group is small and cozy, using a low-key, informal approach. For now, we meet via Zoom. Weather permitting, we may meet in someone’s home or outside. Our session is a very relaxing way to wind down after a busy day -- ready for a peaceful sleep!

Join us and learn how we are becoming more “mindful” and less “mind full”!

**Contact:** Leanne Siracusa



## **Issues to Advocacy – Prioritizing Issues to Address**

In this turbulent world, there are so many disturbing health and social justice issues. The Issues to Advocacy (I2A) group is thoughtfully discussing issues of concern and prioritizing three of them. In a modified delphi process (a process used to arrive at a group opinion or decision by surveying a panel of experts) we are building a consensus of three foci for our Club advocacy.



We continue to work closely with the Board, reporting next at the October 3 meeting and will update Club members at the October 17 general meeting. We look forward to continued collaboration with **Environmental Action Matters** with Louise Brownlee as their new lead. This year, we are pleased to partner with Mary Smith’s new team addressing **Truth and Reconciliation (T&R): Calls to Action** within the Club. Strengthening and increasing our partnerships will remain critical for more effective “collective” action.

We welcome and encourage any curious members to join us to participate in this important decision-making process. **Our next I2A meeting is October 12, 7:00 pm via Zoom.**

**Contact:** Leanne Siracusa

## **Baking with Hilary**

Hilary Vavasour invites more members to join her small groups on alternate Tuesdays. She has space for two more in the Baker’s Club, her experienced bakers, and would welcome many more beginners, or folk who would just enjoy the fun of baking together.

### **GROUP OF SEVEN PLUS – Painting Interest Group**

Looking for a new activity? Here's a popular option. Since the fall of 2020, CFUW members have been learning new skills in painting and enjoying new friendships in an "Oops to Awesome" course. What a wonderful, fun diversion during the social isolation of the pandemic – all on Zoom!

Novice and more experienced painters have learned through a step-by-step process led by artist Julie Wurtele. She has set a very relaxed atmosphere where there are "no mistakes, only happy accidents"! She exposes us to various styles of art in the once-a-week class, held over 8 weeks. We are learning the benefits of Zoom classes such as immediate feedback and suggestions from Julie. We give each other a lot of encouragement and always have a few laughs! There's no travel time or packing/unpacking of supplies.

The group is usually approximately ten. For any beginners or those who painted in the past, a great place to start is with the "Oops to Awesome" starting this November. A member said, "Julie has inspired hidden creativeness with her knowledge of color, perspective and technique."

For details, go to the Artfully You website <https://artfullyyou.ca>

**Contact:** Leanne Siracusa

Here are some samples of work our members produced last season.  
You can do it too!



## 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 met on the 4th Wednesday @ 9:30 am	If you have an idea for a new Book Club and / or are interested in restarting this group, please contact us through the Contact us link on the website and someone will get back to you.
	II	Sheila Aldoroty	1st Wednesday @ 10 am	Book: Trust Author: Herman Diaz Facilitator: Sue
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am	Book: What We Lost Author: Tawfig Rangwalaost
<b>BookBeat Evening</b>	I	Charlotte Jeneway	Last Thursday @ 7:30 pm	Book: Bloomsbury Girls Author: Natalie Jenner Host: Sarah S Presenter: Sarah S and Natalie J.
	II	Deborah May	1st Wednesday @ 7:30 pm	Book: Oh, William Author: Elizabeth Strout Presenter: Rada L. Hostess: Rada L.
	III	Helen Litton	First Tuesday @ 7:30 pm	Book: The Promise Author: Damon Galgut Hostess: Helen Litton
<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 M.
<b>Crime &amp; Caffeine Club</b>	II	Carolyn Collings-Merk	Fourth Monday from 1:30 to 3:30 pm	Book: The Woman in the Library Author: Sulari Gentill Presenter: Deb
<b>Literary Ladies</b>		Pam Schwartz, Sue Logan	1st Thursday @ 10:00 am	Book: The Winter Wives, Linden MacIntyre Presenter: Carmen M. Host: Judy M.
<b>Book Exchange</b>		TBA	One meeting to select books for the year	No Meeting in October
<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



**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 someone will get back to you.
<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 get together
<b>Word Power through Scrabble</b>	Pat Hillmer	2nd Tues. @ 1:00 pm	Tuesday, October 11th Host: Pat H

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

Name	Convenor	Date and Time	What's Happening?
<b>Couples Movie Night</b>	Leanne Siracusa	4 <sup>th</sup> Saturday of the month	Possible outdoor patio social in Details will be provided later.

**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	2nd Wednesday @ 7:00 pm.	Planning ongoing as the group reviews current key issues
<b>Environmental Actions Matter</b>		Louise Brownlee	3rd Wednesday @ 2.00 pm	This group continues to examine best practices to promote effective climate strategies for future generations
<b>Beyond Bloomsbury</b>	I	Mary Lennox Houd Linda Humphrey	4th Tuesday from 7:00 to 9:00 pm	Topic: Cybercrime. Speaker: Constable Mathew Host: Helen G
	II	Mary Ann Collins Williams	1st Tuesday at 7:00 pm	Topic: Tour of the Art Gallery at Garloch Gardens
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm Zoom Mtg	<b>No Meeting in October</b>

**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>	I	Alison Gemmell	4th Thursday @ 6:30 pm	Tuesday, October 25th Host: Val G.
	II	Edith Livet	2nd Thursday @ 6:45 pm	Thursday, Oct 13th at 6:45 pm Theme: Celebrating Ontario Maple Syrup Host: Anne D.
	III	Laurie Nordin MacLeod	2nd Thursday @ 7:00 pm.	Thursday, Oct 6th Theme: Fall Host: Susan S.
<b>Ladies @ Lunch</b>		Lise Moras	3rd Thursday @ 12 noon.	Date: Tuesday, October 25th at 12 noon Host: Sue Monaghan Location: Cynthia's Chinese House, Oakville
<b>Social Eves</b>		Gloria Tomlinson Susan Stavin	4th Wednesday @ 6:30 pm	Date: Thursday, October 27th Topic and Location: TBA
<b>Foodie World Adventures</b>		Eva Baxter	3rd Wednesday for dinner	Theme: An Ethiopian Dinner Date: October 19th
<b>New Bakers</b>		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm	No meeting in September. First Meeting on October 4th Zoom mtg
<b>Bakers Club</b>		Hilary Vavasour	4th Tuesday from 2-4 pm Zoom mtg	A social Baking Club with Hilary for women who know the basics of baking. Zoom mtg
<b>Bronte Neighbourhood Group</b>		Sheila Aldoroty	Every Thursday of the month except the first Thursday.	

Ladies@Lunch on a  
warm day last July





**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>	Karen Smith	New Painting Series Starting in November	See page 10 of this issue

**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	This months discussions focus on the courses Arctic Development and String Music Appreciation

**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 Zoom mtgs	Guided meditation followed by group discussion
<b>Mindfulness and Meditation</b>	I	Dodie Layton	3rd Tuesday at 10:00 am to noon	Tuesday, October 20th Book: Boundless Heart Author: Christina Freedman Location: TBA
	II	Chris Connell	1st Thursday at 10:00 am to noon	Tuesday, October 6 <sup>th</sup> Book: Boundless Heart Author: Christina Freedman Hostess: Chris C.
<b>Psychology and Spirituality</b>	I	Sue McArthur	October 13 th at 9:30 am	Topic: The Healing Self Author: Deepak Chopra Presenter: Kim S and Donna L. Hostess: Kim S.
	II	Leigh Mayers	October 24 <sup>th</sup> at 7 pm	Topic: The Myth of Normal Author: Gabor Mate Facilitator: Chris C 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 Susan Stavin	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
<b>Happy Hikers</b>	I	Linda Williams Heather Gates-Warner	Tuesday mornings weather permitting Sept to June	Generally meet just outside the lower doors of Oakville Place that are closest to LL Bean and the Shoppers Drug Mart on the south east side of the Mall TIME: 8:50 am * Weather permitting
	II	Helen Furman Trish Wood	Wednesday morning bi-weekly 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	Hike dates for the month of October are Wed. Oct. 5th and Wed. Oct 19th. Meeting time is 9:20 am for a 9:30 am start.

### Fibre Art Show at Queen Elizabeth Park Community Centre on Bridge Road.



Over 100 pieces of Fibre Art on display. Some by our member Hilary Vavasour. Those are her poppies on the left.

The Gallery is open between 11 a.m. and 7 p.m. each day until October 14. There is no entrance fee.

Thank you to the handful of people who have sent in recipes over the summer.

We still need more!!!

All of us have a handful of recipes that we go to time after time. The ones that are always successful, receive raves and are the most requested year after year. Maybe you haven't shared the recipe before but we are asking you to share these with us now!

We would really appreciate receiving your recipes as a Word document or a searchable PDF. Photos of recipes must be completely retyped which creates a problem for us. Be sure to include the number of servings. Don't miss our deadline of November 30.

**Please send recipes to [cfuwrecipes@gmail.com](mailto:cfuwrecipes@gmail.com)**

In October our thoughts turn to pumpkin. Try something new this Thanksgiving as an alternative to Pumpkin Pie, no pastry crust to tangle with. Maybe this will become a new family favourite.

### Pumpkin Shortbread Bars

#### SHORTBREAD CRUST:

- 1 cup all-purpose flour
- 1/2 cup unsalted butter, melted
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

#### PUMPKIN FILLING:

- 15 ounce can pumpkin puree (one can)
- 2 large eggs
- 1 cup sugar
- 1 tablespoon corn starch
- 2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 12 ounce can evaporated milk (one can)

#### INSTRUCTIONS:

Preheat the oven to 350 degrees and spray an 8x8-inch pan with non-stick spray, line with foil, and then spray with more non-stick. Set aside.

#### Shortbread Crust:

- In a medium-sized mixing bowl, mix together the flour, melted butter, powdered sugar, vanilla extract, and salt. Press the dough into the prepared baking pan and bake for 16-20 minutes, just until the outside starts to turn a light brown.

#### Pumpkin Filling:

- In a large bowl, whisk together the pumpkin puree, eggs, sugar, corn starch, pumpkin spice, cinnamon, salt, and vanilla extract. Then mix in the evaporated milk using a silicone spatula.
- When the crust is done, reduce the temperature to 325 degrees and allow the crust to cool for 5 minutes.
- Pour the pumpkin filling over the crust and bake for 60-65 minutes. To determine if the bars are done, the center should only slightly jiggle when shaken and the edges are completely set.

Allow the bars to cool at room temperature for 1 hour before placing them into the refrigerator for another 2-3 hours. (I recommend 3 hours). Once completely cooled, slice into bars and then serve with whipped cream.

Keep any leftover pumpkin bars in an airtight container in the refrigerator for up to 4 days.

Carolyn Collings Merk



## Mildred G. Allworth Award

### Noaf Qaqish



#### High School:

St. Ignatius of Loyola Secondary School

#### Extra curricular Activities:

Basketball, Student Council, Peer Mentorship, Graduation Committee, Equity and Diversity Committee, Asian Heritage Month, Youth Leadership Program, Graphic design for school fundraising.

#### Volunteering:

Halton Children's Aid Society, Reading Rocks Learning Disability Association of Halton and Hamilton, Good Shepherd Center.

#### Post-secondary:

Brock, BA BEd, child and youth studies

The Mildred G. Allworth Award recognizes students with academic excellence who demonstrate leadership skills and with significant school/community service.

Noaf Qaqish believes education is a key part of our future. While studying hard to achieve high academic excellence, she also takes every opportunity to volunteer in ways that will help her become a better teacher.

As a volunteer tutor for Reading Rocks with The Learning Disability Association of Halton and Hamilton, she created her own lesson plans, Power Points and educational games and saw the benefits of her work in her students' progress. She then mastered the lengthy process to become a tutor for the Halton Children's Aid Society, where she makes a huge impact on the children she serves. She is noted for her giving and compassionate work and her creative activities that created a fun learning environment.

Noaf is known for her gentle leadership and her strong work ethic. Her talents in graphic design in t-shirts and posters have helped support students in minorities. She is a Peer Mentor, a member of the Student Council, and the Youth Leadership Program, captained her school Basketball team and worked part-time throughout high school.

**CFUW Oakville is most proud to present Noaf Qaqish with the  
Mildred G. Allworth Award.**

## CFUW Oakville 2022-23 Event Calendar

Municipal Election  
October 24, 2022



Event	Location	Date	Time
Harvest Walk to Stop Hwy 413 Details <a href="#">here</a> and on page 4 in this issue.		Oct 1, 2022	
CFUW Oakville Board meeting		Oct 3 2022	2:00 pm
The Ward 3 Residents' Associations are jointly hosting a Municipal All Candidates Meeting on Tuesday, October 4th for residents to have an opportunity to hear directly from the candidates for Ward 3 Town Councillor, Mayor of Oakville and Halton Region Chair.	Oakville Trafalgar High School, 1460 Devon Rd	Oct 4, 2022	7:00—9:00 pm Doors open at 6:30 for informal meet and greet with candidates.
CFUW Ontario Council Speakers Series Education Beyond the School See page 4 in this issue		Oct 15, 2022	
Oakville Chamber Orchestra concert See September's In Touch or <a href="http://www.oakvillechamber.org">www.oakvillechamber.org</a>	St. John's United Church	Oct 16, 2022	3:00 pm
CFUW Oakville General Meeting Book Sale	Trafalgar Park Community Centre	Oct 17, 2022	6:30 pm
CFUW Oakville Board meeting		Nov 7, 2022	TBD
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Nov 21, 2022	7:00 pm
Membership Dinner Meeting Details on page 6 in this issue.	Oakville Convention Centre	Dec 5, 2022	6:00 pm
CFUW Oakville Board meeting		Jan 9, 2023	TBD
CFUW Oakville General Meeting	Via Zoom	Jan 16, 2023	7:00 pm



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