

This Issue

September's Guest Speakers: Lorraine Green, Carole Holmes Climate Crisis—Stubborn Optimism



Lorraine Green and Carole Holmes are Co-Chairs of GASP, *Grandmothers Act to Save the Planet*....one of several grassroots advocacy organizations that Lorraine and Carole started and continue to support.

Lorraine Green worked for a major financial institution for 23 years, then she owned and ran her own fine food catering service for 22 years. For years she has been involved in grassroots advocacy organizations especially those focused on women and social justice issues. Examples are WHAM, Oomama, the National Walk 'Stride to turn the Tide' that raises money for the African Grandmothers caring for the grandchildren whose parents died of Aids. Lorraine is also a member of GRAN (Grandmothers Advocacy Network) which works to influence policy change and effective action both in Canada and Internationally and she co-chairs GASP with Carole. "Climate change is the defining crisis of our time and it is happening even more quickly than we feared."

Carole Holmes was a high school teacher, consultant to Halton CAS, social planner for United Way in Calgary, and has been involved in several other social service programs. For 10 years she owned and operated Country Inn in Niagara-on-the-Lake. In 2005 she organized women to form Oomama, a grandmother group dedicated to grandmothers in Africa, is a founding member of the GRAN Grandmothers Advocacy group and was a founding member of WHAM (Women of Halton Action Movement) which was formed 37 years ago. Carole says that today the most important work is addressing the climate crisis.

GASP is a grassroots movement of 100 members who care deeply about our planet. They work on personal and political actions directed at leaving a green legacy.



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We are looking forward to meeting with you on Monday, September 19th, either in person at Trafalgar Park Community Centre or via Zoom. More details will be sent before then.

Welcome to the first edition of In Touch for the 2022-23 program year. We are planning carefully to adapt to the changing environment which, as we have witnessed over the past two years, unfolds as it does.

One of our board members coined the term “adaptive hybrid model” to describe our move to general meetings beginning in September, where members will have the choice to attend in person or virtually via the Zoom platform. We look forward to welcoming those of you who choose to come in person to our new location, Trafalgar Park Community Centre located on Rebecca Street very near the intersection with Kerr Street.

Interest groups will also be offered a Zoom link should they wish to continue to meet this way. New interest groups are forming and the process to indicate your interest in participating in groups new to you will change. Details can be found later in this edition. We look forward to finding new ways to educate ourselves and consider personal behaviour change and community action in many areas of social need and injustice.

We are planning a holiday dinner meeting on December 5th and know that for those members who choose to attend, a special evening of music and comradery awaits. We eagerly anticipate the time when all members feel comfortable joining together. That will be a celebration.

Over the past year we have seen:

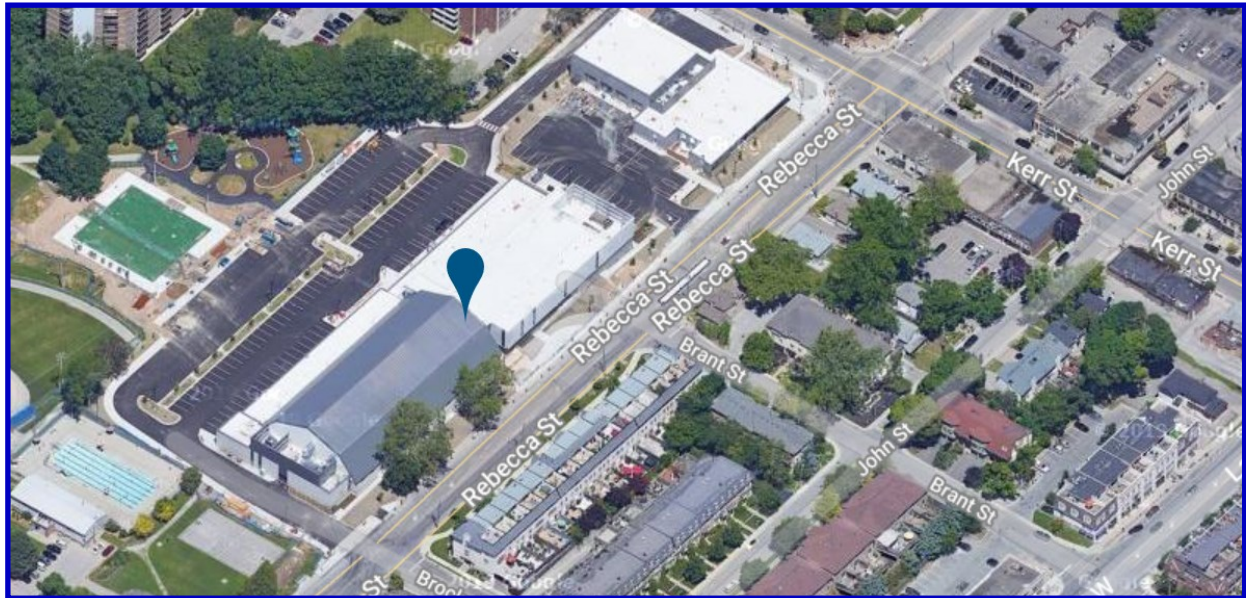
- just how quickly most of our members embraced renewing their membership online using e-transfers for their fees and donations to scholarship.
- impressive member participation and excellent programing with consistent virtual attendance of just under 100 members at our monthly general meetings.
- most of our interest groups meeting regularly again, creatively finding ways to further their interest and deepen friendships via the Zoom platform, meeting outdoors or in small groups in one another's homes.
- significant recognition for the actions taken related to our advocacy work, and support of the scholarship fund.

The pandemic influenced some aspects of our Club's operation but has also provided us with an understanding of our resilience and commitment to each other and the values of the Club. Could you imagine the reaction of our charter members to our intention to appoint a chief technical officer, or to the amount of Club business conducted electronically or to the decision we have made to avoid the winter weather and join the general meetings in January and February from the comforts of our home or winter home, wherever we may be?

As a leadership team, it is amazing to see our Club continue to move forward. We anticipate a year of new educational opportunities, new social connections, and ways to make a difference. Welcome to the year – we are off and running.

Janice May, Gay Loveland, Marlene Bristol

Our General Meetings will now be held at Trafalgar Park Community Centre located at 133 Rebecca Street, just west of the intersection with Kerr Street. Parking and the main entrance are on the north side of the building.



We are delighted to congratulate **Anne Douglas** for taking on the stewardship this year as Chair of Advancement of Women Halton. Formerly as advocate for the Health Portfolio for AWH and the Long Term Care Portfolio for CFUW, Anne's keen investigative approach to articles, in depth searches into tracking policies and new legislative laws as well as her work co-ordinating CFUW as allies with Ontario Health Coalition and AWH gave members of the community great experiences like our September 13th Walkabout. She was handed the personal portfolio for LTC by Luba Podolsky, a former CFUW Oakville member, who began the effort into the push for the four hours of care that is advocated now .

Anne continues to be a CFUW Trail Blazer! Congratulations!

Mary Smith

Congratulations!

Bonnie Jensen and Joyce See presented the
Resolution of Violence Against Women in Politics
to the CFUW National AGM and it passed with 223 votes For and 3 Against.

A huge success!

General Meeting Speakers for 2022– 2023

The Program committee (Susan Stavin, Sonia Ellis, Mary Smith) has managed in these uncertain times to organize an interesting list of speakers for the upcoming year. Of course it may change, but here is a sample of what you can look forward to.

Program for 2022-2023

Date	Speaker	Title	Location
Sept 19, 2022	Lorraine Green and Carole Holmes co-chairs of GASP, Grandmothers Act to Save the Planet	Climate Crisis - Stubborn Optimism	TPCC and Zoom
Oct 17, 2022	Denise Davy, journalist, author of "Her Name was Margaret"	Who are the homeless?	TPCC and Zoom
Nov 21, 2022	Mark Zelinski, photographer, author, artist	Heart of Turtle Island: The Niagara Escarpment	TPCC and Zoom
Dec 5, 2022	Versacello	Musical Entertainment	Dinner meeting TBD
Jan 16, 2023	Linda Orsini, founder of Global Wellness Education	Wellness and Ageing	Zoom
Feb 20, 2023	Natalie Jenner, author	Bloomsbury Girls	Zoom
Mar 20, 2023	David MacGowen, executive director of Canadian Business for Climate Policy	Climate Policy	TPCC and Zoom
Apr 17, 2023	Captain Judy Cameron, first Canadian woman pilot for Air Canada, named to Order of Canada	Making History in Canadian Aviation	TPCC and Zoom
May 15, 2023	Dan Cooper author, master gardener	Gardening from a Hammock	TPCC and Zoom
June	Membership Dinner		TBD

Friendly Reminder from Membership

If you haven't sent us your membership application for 2022-2023, please complete either the form emailed to you or the one on our website ([here](#)) and submit it along with payment to CFUW Oakville. Addresses and instructions are on the form.

To participate in an Interest Group, either on Zoom or in person, you need to be a paid-up member.

Passed with Flying Colours!



The National Resolution submitted by CFUW Oakville, *Violence Against Women (VAW) in Politics*, passed almost unanimously at the August AGM. Our Club extends our deep gratitude to Bonnie Jensen and Joyce See who initiated this resolution based on speakers at the October 2021 Speakers Series. Bonnie and Joyce have been truly committed to this issue and worked endless hours to develop this thoroughly-researched, action-oriented resolution. Throughout this 11 month process Joyce and Bonnie consulted with many others. Members of CFUW Oakville and other Clubs across the country strongly support this relevant resolution. We appreciate all Joyce and Bonnie's effort and are so proud of this success.

Reflecting, Reassessing and Renewing: A Fresh Start for Advocacy!

With the busyness of the last 4 years with 3 elections, it's time to "step back". This fall Issues to Advocacy (I2A) will be re-viewing, re-assessing and re-working our processes in advocacy. There are so many urgent issues of social justice! The resolution VAW in politics is strongly supported by our Club. Recent media have reported on privatization of health care, transfer of elderly patients to any long term care home without consent, and climate change/extreme weather events – to name only a few topics. We will continue close collaboration with members, the Board, Ontario Council and CFUW National, as we move forward. Together, we will:



- * identify several Club priorities and most impactful advocacy approaches.
- * build on our successes with our knowledgeable Club members.
- * strengthen partnerships with sister CFUW clubs and others.
- * brainstorm, "think out of the box".
- * rise to challenges in these trying times **and persist!**
- * have an effective impact on our priorities.

Come to learn and contribute to our discussions!

Save the date: September 14, 7:00—8:30 pm - All welcome! Curious members included!

Zoom OR in-person in a member's garden at 6:15 pm Please stay tuned for confirmation of venue.

National Day for Truth and Reconciliation --- September 30, 2022 – "Orange Shirt Day"



In 2021, Canada held the first National Day for Truth and Reconciliation on September 30. Mary Smith's article in the September 2021 newsletter informed us about the history of this initiative. In keeping with the *Truth and Reconciliation Calls for Action*, this commemoration educates and sensitizes Canadians about the horrific trauma experienced by Indigenous children in residential schools. Their families and following generations were/are profoundly affected. Many children did not survive to return home, evidenced by the shocking findings of their remains. Many others never recovered and continue to suffer. "Orange Shirt Day" was initiated by Phyllis Webstead, a member of

the Canoe Creek/Dog Creek First Nation. She was a survivor of abuse in the residential school system which led to this national campaign. As a young child, Phyllis was very excited about starting school and wearing her new orange shirt. To her horror, the shirt was immediately confiscated and replaced with the drab school uniform. This was only the first of many painful experiences to follow in this cruel environment! For more information: [Orange Shirt Day – Phyllis' Story | Stories \(northernhealth.ca\)](https://northernhealth.ca/orange-shirt-day-phyllis-story-stories)

Every Child Matters has been the theme of the campaign, from Sept. 26 – 30, 2022. More resources found at [National Day for Truth and Reconciliation - Canada.ca](https://northernhealth.ca/national-day-for-truth-and-reconciliation-canada.ca)

Contact: Leanne Siracusa

Thank-you to Sandy Thomson and Teri Shaw

In April, Sandy Thomson and Teri Shaw, Past Presidents of CFUW Oakville, finished six-year terms on Ontario Council. We would like to offer congratulations and thank them for their many hours of work on our behalf. Their brilliant contribution to CFUW is overwhelming!

In April, Sandy finished her second term as President of Ontario Council, as well as years before that on the CFUW National Board and as Regional Director of ON Huron. In 2012, Sandy was President of CFUW Oakville. She currently sits on the CFUW Charitable Trust Fellowships Committee. Sandy has written of her experience,

When I look back on my six years as your president and the years before that on the National Board and as Regional Director of ON Huron I am very grateful for the opportunity it has provided to serve and learn.

I am deeply fortunate to have worked with many outstanding women, both on the boards and with the OC clubs.

I wish nothing but the best for CFUW Ontario Council, CFUW National and for all the 48 clubs in our great province.

Sandra Thomson, Immediate Past President, CFUW Ontario Council

Teri was President of CFUW Oakville in 2001. She is a past CFUW National VP of Advocacy and was CFUW Ontario Council Advocacy Chair from 2016 to 2022. In January of 2008, Teri, along with Darla Campbell, another Past President of CFUW and Bev LeFrancois, an Honorary Member of CFUW Oakville, formed the Advancement of Women Halton. Today, AWH is a non-partisan, issue-oriented collaborative of approximately 25 community groups and social agencies.

In 2019, 2020 and 2021 Teri and Sandy joined CFUW President Kathryn Wilkinson from Mississauga in participating in the United Nations Commission on the Status of Women. From nearly 100 clubs in Canada, CFUW sends 20 delegates each year to join official representatives from UN Member States, UN agencies, and other accredited civil society organizations to discuss the progress and gaps in advancing the status of women in all regions of the globe

Marlene Bristol

At the 2019 CFUW National AGM, Teri, Sandy, Darla Campbell, and Myra Willis were honoured as "Notable Women".

Also in 2019, the CFUW Sage Award was presented to Sybil Rampen and the CFUW National President's Pin was presented to Roberta Brooks. Linda Williams and Mary Saunders were recognized for their work on the 1992 Women in Universities project.

CFUW Oakville is proud of the leadership and dedication of these women to CFUW and beyond.



The Oakville Chamber Orchestra will offer an October 16 concert which features a suite by **Amice Calverley**. Calverley is one of the female composers born at the turn of the nineteenth century whose works received little or no recognition. There is much to learn about this remarkable Oakville resident who had an exceedingly rare number of abilities: Egyptologist, nurse, pilot, artist, polymath, composer. She is also the **aunt of one of our members, Sybil Rampen**. We are in a different era now as female composers' works are rediscovered and brought to audiences. The OCO is proud to be a part of this new era.

Details and Ticket information: www.oakvillechamber.org



OAKVILLE CHAMBER ORCHESTRA

Live, Love, Listen

Music for the Theatre

Including works by Demuynek, Beethoven, Faure, Calverley, and Falla.

Featuring The world premiere of the Orchestral Suite from "Vel" by Amice Calverley. She was an English born Canadian composer and Egyptologist who lived for many years in Oakville.

Sunday October 16, 3pm in St John's United Church 262 Randall St. Oakville

For more information visit

www.oakvillechamber.org

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.



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

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

Have you received an odd email?

Some members report occasionally getting an email that seems to come from someone whose name they know, perhaps another Club member, which contains a vague invitation to click on a link to see if they know someone in 'these photos'.

However the actual 'from' address is not the address of the apparent sender. Some devices automatically show you the 'from' address, most tablets do not unless you ask ... usually by just touching the name of the sender.

I suggest that you be vigilant, don't click on links you don't recognize, check the 'from' address of the sender, and if it looks odd then mark that message as junk and delete it. Your device should soon learn to send any future such messages to your spam folder.

Pat Z

Cinq A Sept, May 30, 2022

At last a chance to enjoy an in-person gathering.





Where are the urns?

At the last board meeting someone remembered that before we began meeting at QE Park many years ago the Club owned a pair of coffee urns.

Are they in your basement? Do you recall who might have had them last?

Please share useful information with someone on the leadership team, or use the [Contact Us](#) link.

(We think there should be a Club projector too.)

Interest Group News

The Social Eves group enjoyed a lovely summer afternoon on June 23rd shopping with Karen from Karen's Closet. Amazing fashions and jewelry. Check out her website at <https://www.karencloset.ca/>



Social Eves enjoyed our year end meeting in June with a gathering at Arlene Wisser's lovely home on the lake - lots of great conversations - time to reconnect - and enjoy some appetizers, a delicious pasta dinner and dessert!
So nice to be able to get together again after such a long time!
Thanks to Arlene for being such an amazing host.

Looking to read new books, acquire new skills, explore the arts or join a walking group? Do you have an idea for a new interest group?

Interest groups are a great way to meet people, learn new things and participate in Club activities. Interest Groups are member driven and you must be a member of CFUW Oakville to participate. Both new and current members have started interest groups and / or have taken on the responsibility for leading or co-convening these groups. Over the years, our members have created over 40 groups that appeal to a wide range of member interests. Given the popularity of many groups, there are multiple interest groups with the same focus. Check out our existing Interest Groups on page 13 of this newsletter. If you have an idea for a new Interest Group, please let us know.

In this post-Covid period, groups are following provincial guidelines as they meet in person. ***This may impact the opportunity to take new people into some existing groups depending on space requirements.*** Other groups have decided to continue to meet on Zoom. An Interest Group may also decide to meet in person sometimes and hold some of their meetings on Zoom during the year.

Linda Love and Debbie Hoffman
Interest Group Co-Chairs

Attention All Members!

There will not be an opportunity to sign up for Interest Groups in person at our September meeting. If you participated in a group last year please let the convenor know now that you plan to continue (or not). New and returning members wishing to join groups should use the [Contact Us](#) link. An Interest Group co-chair will get back to you.

Walking With Friends — New Interest Group

Convenors – Deborah May, Brenda Walker

Mondays – weekly at 9:30 am

Walking – flat paths or paved routes in Oakville and Burlington for approximately 1.5 hours; meet at the designated route.

Room for 17 members.

The first walk will be Monday, September 24th, the week after the General Meeting. Once we have names and e-mails, we can send out the routes and describe the functioning of the group. Please feel free to contact the convenors soon if you are ready to join this group. You have their emails in your Directories, or you can use the [Contact Us](#) link and your message will be forwarded.

Social Eves Visit to Joshua Creek Heritage Art Centre

Some of our members visited there on a sunny May 4 for our meeting.

We walked the labyrinth, toured the art gallery and then Sybil Rampen - artist, author, creator and long time CFUW member - spoke to us about the facility, the programs and what it was like when her father, Captain Hugh Calverley, purchased it in 1950. Sybil and her husband bought a third of the property and over the last 60 years have been restoring it while retaining its major attributes.

She has written many books and kept a journal of her sketches and was able to entertain us with her many adventures and stories. A remarkable woman!

The barn gallery, 1827 house and studio is situated on a 12 acre 20,000 year old valley. It is a cheerful and welcoming sanctuary from urban life, where those who love art and nature come together to create, learn and grow. They host unique exhibitions by well-known and emerging artists and it is a place for weddings, celebrations, workshops, drum circles, classes, concerts, meetings, retreats and walks in the beautiful labyrinth.

Joshua Creek Heritage Art Centre is located at 1086 Burnhamthorpe Rd E, Oakville. Plan to visit if you haven't already!

Gloria Tomlinson



Ladies@Lunch

Ladies@Lunch met twice over the summer and will continue to enjoy dining out at noon on the third Thursday of the month so long as it seems safe to do so. The photos here were taken in August at the King's Arms Pub. Details of the September lunch, hosted by Gloria Tomlinson, will be emailed to members.

New members are welcome and should email convenor **Lise Moras**.



Baking Groups

This coming year I have changed the day for baking to Tuesday afternoons (no Thursdays). Dates to be confirmed.

I would like to encourage new bakers and those in the New Bakers class of last year who feel they still need more guidance to join this year's New Bakers group. This group will meet on the 1st and 3rd Tuesdays of the month starting October 4.

This season I am planning to start a separate Baker's Club which will meet once a month on the 4th Tuesday of the month from 2 pm to 4 pm.

First date for this group will be October 25. This is for previous members of the baking groups of the past 2 years and anyone else who is an experienced baker and who would like to join.

Looking forward to lots of new healthy recipes.

My contact information is in the Directory.

Hilary Vavasour



Hilary's Bakers, taken at the end of last year's delicious season. Usually they are inside, zooming from their kitchens.

Interest Group Activities for September 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
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 you have an idea for a new book club 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 Zoom	Book: <i>State Of Terror</i> Authors: Hilary Clinton and Louise Penny Presenter: Sheila A.
	III	Martina Eisleb Marla Newton	4th Wednesday @ 9:30 am	Book: <i>Friends and Enemies</i> Author: Barbara Amiel Facilitator: Gail Host: Marla
BookBeat Evening	I	Charlotte Jeneway	Last Thursday @ 7:30 pm Zoom and in-person mtgs	Book: <i>Woman of Troublesome Creek</i> Host: Susan S Presenter: Susan S
	II	Deborah May	1st Wednesday @ 7:30 pm	Book: <i>Greenwich Park</i> Host: Phyllis K
	III	Helen Litton	Tuesday Sept 13 @ 7:30 pm	Book: <i>The Good Left Undone</i> Author: Adrianna Trigiana Host: Linda P
Crime & Caffeine Club	I	Jane Heakes	Last Monday @ 1:30 pm	Book: <i>Bruno, Chief of Police</i> Author: Martin Walker Presenter: Judy P.
	II	Carolyn Collings Merk	Fourth Monday from 1:30 to 3:30 pm	Book: <i>Portrait of an Unknown Woman</i> Author: Daniel Silva
Literary Ladies		Pam Schwartz Sue Logan	1st Thursday @ 10:00 am Zoom in winter	Book: <i>The Sweetness of Water</i> Author: Nathan Harris Presenter: Sue L Host: Marie O
Book Exchange		TBA	One meeting in October to select books for the year	No meeting in September
Great Books		Dodie Layton	September meeting: Thursday September 13th Zoom mtgs	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?
Social Bridge	Convenor/ Contact needed to restart this group	Every Thursday @ 12:45 pm	Note: If you are interested in playing Social Bridge online, please connect with us through the Contact Us link on the website and someone will get back to you.
Duplicate Bridge	Mar Koreman	2nd & 4th Friday, 9 am to noon Playing online at present	Bridge Playing continues online
Marathon Bridge	Margaret Pospisil	Dates vary	Monthly bridge that uses a round robin format with occasional get-togethers
Word Power through Scrabble	Pat Hillmer	2nd Tues. @ 1:00 pm	ON HOLD

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	Possible outdoor patio social in September. 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?
Issues to Advocacy		Leanne Siracusa	2nd Wednesday @ 7:00 pm.	Planning as the group reviews key issues
Environmental Actions Matter		Louise Brownlee	3rd Wednesday @ 2:00 pm	This group will examine best practices to promote effective climate strategies for future generations
Beyond Bloomsbury	I	Mary Lennox Hourd Linda Humphrey	4th Tuesday 7:00 to 9:00 pm	Topic: Happily Ever After Speaker: Moira Welsh
	II	Mary Ann Collins-Williams	1st Tuesday @ 7:00 pm	Topic: Sybil Rampen will present her book <i>Pico</i> on September 6th Location: Joshua Creek Heritage Art Centre
	III	Carolyn Collings Merk Becky Pogany	1st Thursday @ 7:30 pm Zoom Mtgs	No Meeting in September

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	Host: Janice May Picnic by the Lake
	II	Edith Livet	2nd Thursday @ 6:45 pm	TBD
	III	Laurie Nordin-MacLeod	2nd Thursday @ 7:00 pm.	Host: Laurie Nordin-MacLeod
Ladies@Lunch		Lise Moras	3rd Thursday @ 12 noon.	Date: Thursday September 15 Host: Gloria Tomlinson Location: Oakville Pump & Patio
Social Eves		Gloria Tomlinson Susan Stavin	4th Wednesday @ 6:30 pm	Host: Arlene Wisser Dinner/planning at 6 pm
Foodie World Adventures		Eva Baxter	Meets Wednesday at a time convenient to members	Theme: Indian Food First mtg: September 14
New Bakers		Hillary Vavasour	Meets on the 1st and 3rd Tuesday from 2-4 pm	No meeting in September. First meeting on October 4
Baker's Club		Hilary Vavasour	4th Tuesday, 2 – 4 pm	New group begins in October
Bronte Neighbourhood Group		Sheila Aldoroty	Every Thursday of the month except the first Thursday 10:00 am to noon	

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

Name	Convenor	Date and Time	What's Happening?
Learning Through	Pat Zelonka	Tuesdays @ 1:30 pm via Zoom	September will be a planning meeting

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	Karen Smith	TBD	

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

Name		Convenor	Date and Time	What's Happening?
Evening Meditation		Leanne Siracusa	2nd Tuesday 8:00 to 9:00 pm Zoom mtgs	Guided Meditation followed by group discussion Additional information will be provided later.
Mindfulness and Meditation	I	Dodie Layton	3rd Tuesday @ 9:30 to noon Zoom mtgs	
	II	Chris Connell	1st Thursday @ 10:00 am to noon	Planning meeting on Sept 8 at Chris C's
Psychology and Spirituality	I	Sue McArthur	Sept 15 @ 9:30 am	Topic: Teaching Challenged Students Presenter: Sybil Rampen Hostess: Sybil R
	II	Leigh Mayers	2nd Monday @ 7 pm	Planning meeting Host and facilitator: Leigh

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	Wednesday Practices in May plus first 2 weeks of June at Burloak Canoe Club. No experience necessary	Next season starts May 2023
Golf		Sue McArthur	Tuesdays @ 9:30 am to noon May – early September (Some Mondays and Thursdays)	Next season starts Spring 2023
Happy Hikers	I	Linda Williams Heather Gates-Warner	Tuesday mornings weather permitting Sept to June	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: 8:45 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	First hike: Wed. September 21; 9:20 mtg for 9:30 am start
Walking with Friends		Deborah May Brenda Walker	Mondays @ 9:30 am	Mondays @ 9:30 am, walks of about an hour on flat or paved paths

CFUW-Oakville 75th Anniversary Cookbook

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

We still need more!!!

I encourage all of you to send in at least 1 favourite recipe from your collection.

If you are having trouble deciding, think about what you love to cook. Is it a fabulous main dish? Is it a delectable dessert? Is it a comforting winter soup or a cooling summer salad? What about special cookies that you like to make for your grand children (even if they are heading off to University)?

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

Sue Stephens

Here is a nutritious and tasty late summer salad that can be a complete vegan meal or a side dish served with grilled fish or chicken. You can vary it in many ways by adding cherry tomatoes, feta cheese, diced carrots or chickpeas. Enjoy!

Colourful Quinoa and Edamame Salad (Serves 4 as a main salad or 8 as a side salad.)

Ingredients

1 cup quinoa
2 cups water
1 lb. frozen shelled edamame
1 cup corn, frozen or fresh cooked
1 small red pepper (diced)
½ red onion (diced)
1 cup chopped unpeeled English cucumber
½ cup chopped coriander or parsley

Dressing

1/3 cup lemon juice
3 tbsp olive oil
1 tsp honey
1 tsp minced garlic
½ tsp ground cumin, chili powder, black pepper and salt
¼ tsp red pepper flakes

Procedure

Bring water to boil. Add quinoa and simmer for 15 minutes.
Remove from heat and let sit for 5 minutes.
Cook frozen, shelled edamame with ¼ cup water for 5 minutes in the microwave.
Mix with other vegetables.
Add dressing and cool in fridge for an hour.



Awards Committee and Scholarship Fund News

The Awards Committee is looking for new members. Being part of the Awards Committee is a satisfying experience, from connecting with the guidance counsellors to reviewing all the applications and choosing the winners, finally meeting with the winners at an awards reception, and knowing that we are helping young women on their educational journey. This committee reviews all scholarship applications and chooses the winners using a specific scoring system or rubric. The expectation for members is a five year commitment.

Duties that members of the awards committee are asked to take on include: meeting, liaising and communicating with guidance counsellors throughout the year; reviewing and updating applications yearly; creating, preparing and distributing posters advertising our scholarships; preparing certificates for the winners; organizing videos from the winners; writing articles introducing the winners to the members of CFUW Oakville; and chairing and coordinating the Awards Committee.

All new members are mentored by present members of the committee. This year we are especially looking for a CFUW member who has skills in preparing posters and certificates and a member who has technical expertise to organize, facilitate and integrate the videos of the winners into CFUW meetings. If you are interested in joining this dynamic committee, please contact Alison Gemmell at alisonwgemmell@gmail.com

In a year of many challenges, CFUW-Oakville is pleased to share the good news of \$27,500 in awards to Oakville students. These young women were selected from the city's publicly funded high schools, based on high academic achievement, outstanding community service, and demonstrated leadership. A big thank you to the Awards Committee for all their hard work over the past year and to all members of CFUW-Oakville for supporting the Scholarship Fund.

NAMED AWARDS:

RICHARD GARNETT MEMORIAL SCHOLARSHIPS

Eila O'Neil: Oakville Trafalgar

Karina Szalek: St. Ignatius of Loyola

JEAN MALCOLM SMITH COMMUNITY SERVICE AWARD

Alisha Ahmed: Abbey Park

MILDRED G. ALLWORTH AWARD

Noaf Qaqish: St. Ignatius of Loyola

SHIRLEY HENDERSON COMMUNITY SERVICE AWARD

Sofie Guzman: St. Thomas Aquinas

ACCESS SCHOLARSHIP

Brenna Byrne: Iroquois Ridge

LILIAN FULFORD MEMORIAL SCHOLARSHIP

Diya Shah: Garth Webb

PERFORMING ARTS AWARD

Emma Scoble: Oakville Trafalgar

RUTH SCHATZ MEMORIAL SCHOLARSHIP

Emma Holmes: Garth Webb

More on next page....

UNIVERSITY/COLLEGE CFUW-OAKVILLE ENTRANCE AWARDS:

Elma Chowdhury	Abbey Park
Jennifer Penman Herce	T. A. Blakelock
Haaniya Ahmed	Garth Webb
Alannah Nailah Isoke Aurelis	Holy Trinity
Drew Warnock	Iroquois Ridge
Sophie Galvan	St. Ignatius of Loyola
Brooke Muzzatti	Oakville Trafalgar
Emma Pascu	St. Thomas Aquinas
Audrey Setaih	White Oaks



Bottom L to R: Alisha Ahmed, Sofia Guzman, Emma Holmes, Drew Warnock, Jennifer Penman Herce
Middle L to R: Haaniya Ahmed, Brooke Muzzatti, Elma Chowdhury, Emma Pascu, Sophie Galvan, Audrey Setaih
Top L to R: Karina Szalek, Alannah Aurelis, Emma Scoble, Diya Shah, Eila O'Neil, Noaf Qaqish, Brenna Byrne

Photo collage by Raine Greenwood.

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.

Dragon Boaters raise \$840.00 for the Scholarship Fund

Thank you to Donna Kraaijeveld and her dragon boat team Sync or Swim for raising \$840 for the Scholarship Fund. The team competed in the Mississauga Canoe Club's 17th Annual Mississauga Dragon Boat Festival. The event was held on Sunday June 12, 2022 at the mouth of the Credit River in Port Credit and the team had a great day in spite of the rain.

Sue Stephens, Chair UWCOS Fund.

Richard Garnett Memorial Scholarship

Eila O'Neil



High School: Oakville Trafalgar High School

Extra curricular Activities:

Student Council Executive, Eco Council, Student Ambassador, Violin, Piano, Oakville Symphony Orchestra.

Volunteering:

Haldimand Bird Observatory, Halton Environmental Network, Ontario Nature Council, Oakville Symphony Youth Orchestra, Oakville Suzuki Association, Espresso String Quartet.

Post Secondary: McMaster University

The Richard Garnett Memorial Scholarship – Academic Excellence is awarded annually to a an academically excellent student with outstanding service to school or community who is pursuing engineering at a post-secondary institution. While meeting these requirements, Eila O'Neill also embodies the values of the Canadian Federation of University Women through her community spirit and leadership.

Eila's impactful volunteer initiatives at school led her to be nominated as a School Ambassador by her teachers for three consecutive years. In Grade 9 she founded the OTHS String Quartet. As a Student Council Executive and a member of the Eco Council Eila led the birdfeeder initiative, organized a food drive and coffee houses and led spirit days.

Many of Eila's community volunteer hours were dedicated to both local nature initiatives and music. She volunteered with the Haldimand Bird Observatory engaging in scientific research through bird tagging, the Halton Environmental Network as a camp counsellor, and the Ontario Nature Youth Council. She sewed and busked custom facemasks to raise funds for environmental initiatives.

As a concert master with the Oakville Youth Symphony Orchestra, she coached young musicians. She volunteers at retirement homes and community housing bringing the joy of piano, classical violin and traditional Irish fiddling and bringing people together through music. Eila achieved the Silver Level of the Duke of Edinburgh's International Award for her volunteerism and skill development.

Elia is described as a deeply caring young woman who demonstrates a tremendous work ethic, and dedication to making this world a better place.

**CFUW Oakville is most proud to present Eila O'Neil with the
Richard Garnett Memorial Scholarship.**

CFUW Oakville 2022-23 Event Calendar



[Orange Shirt Day
September 30](#)

Event	Location	Date	Time
CFUW Oakville Board meeting		Sept 12 2022	
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Sept 19 2022	7:00 pm
Orange Shirt Day See page 5		Sept 30, 2022	
CFUW Oakville Board meeting		Oct 3, 2022	1:30 pm
CFUW Ontario Council Speakers Series Find details here as they are available.		Oct 15, 2022	
Oakville Chamber Orchestra concert See page 7	St. John's United Church	Oct 16, 2022	3:00 pm
CFUW Oakville General Meeting	Trafalgar Park Community Centre	Oct 17 2022	7:00 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	Oakville Convention Centre	Dec 5, 2022	TBD
CFUW Oakville Board meeting		Jan 9, 2023	TBD
CFUW Oakville General Meeting	Via Zoom	Jan 16, 2023	7:00 pm

The October General Meeting will include the Club's Annual General Meeting. At that time you will be presented with the new slate of officers for 2022-2023. Filling all the positions is a work in progress.

We still need someone to manage the Club's social media presence and a Treasurer.

Don't wait for the phone call. Please volunteer now.

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

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and south of Cliff's Mower

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