



IN TOUCH

Volume 30 #4

December 2011/January 2012

“Step Forward”

CFUW Oakville December Holiday Dinner

Monday, December 5, 2011

Harbour Banquet & Conference
Centre

2340 Ontario Street, Oakville

Cash Bar
6:00pm

Dinner
7:00pm

John D. Huston
"How the Victorians
Invented
Christmas"



January Meeting

Monday, January 16, 2011

How Music Affects Brain Development

Sue Stevens

Can infants recognize tunes? What is the relationship between music and infant movement; between music and language acquisition? Does musical training affect brain development? Is music a cultural invention or an evolutionary adaptation?

Dr. Laurel Trainor of McMaster University's Department of Psychology, Neuroscience & Behaviour investigates these and other intriguing questions at the McMaster Institute for Music and the Mind.



Dr. Laurel Trainor

Laurel Trainor is a Professor in the Department of Psychology, Neuroscience and Behaviour at McMaster University, a Research Scientist at the Rotman Research Institute at Baycrest Hospital, and the Director of the McMaster Institute for Music and the Mind. She has published over 100 research articles and book chapters on the neuroscience of auditory development and the perception of music in journals including *Science*, *Nature*, *Journal of Neuroscience*, *Signal Processing and Psychological Science*. She is a fellow of the Association for Psychological Science, and an *Innovator of Distinction*. She holds major grants from the Canadian Foundation for Innovation, The Canadian Institutes of Health Research, the Natural Science and Engineering Research Council of Canada, the Social Science Research Council of Canada and the Grammy Foundation. She has given invited keynote addresses at many major academic conferences and her research has a high media profile.

Laurel is the founding director of the McMaster Institute for Music and the Mind, a multidisciplinary group of researchers whose mandate is to promote the scientific study of music, to promote music education, and to engage the community. This group has recently received a \$6 million grant from the Canada Foundation for Innovation and partners to build cutting edge laboratories to study music performance and performer-audience interactions. Laurel also has a Bachelor of Music Performance from the University of Toronto, likes playing chamber music, and is currently principal flute of Symphony Hamilton.

Inside this issue

President's Message	2
Executive	3
Interest Groups news	4
Happenings	4
Interest Groups schedule	5
CFUW Oakville Award Winners	6
IFUW	7
CFUW Resolutions	7
Oakville Resolution	7
Membership	7
Dates of interest	8

President's Report

Anne Douglas, President



The Christmas and holiday season is fast approaching—parties, dinners, family celebrations, special religious services and music presentations. Many of the interest groups are also having lunches. Enjoy the season.

Women's Mental Health and the Legal System was the focus of the presentation in November. One of the things the presenters noted was that the Halton judicial system is lagging

behind other municipalities as we do not have a Mental Health court and support staff to deal with less serious offences committed by mentally ill individuals. The goal of the specialized court is to divert the offenders into the most appropriate treatment program.

The January speaker at the General Meeting will be Dr. Laurel Trainor, McMaster University. Her topic is "How Music Affects Brain Development." I am looking forward to the presentation that comes with rave reviews from CFUW Burlington. Bring a guest to this meeting to introduce them to CFUW and all we have to offer.

The February meeting will feature the entrepreneurial businesses of members. Please contact Gloria Tomlinson if you wish to make a presentation during the social hour.

This year there will be eight resolutions to discuss at the March meeting. Come and discuss the issue that is of most interest to you. We are also having a tea party with music.

The Awards Committee will soon be delivering application forms to the Oakville, publically-funded high schools. The scholarships are given to young women who are entering university in the fall of 2012, have high academic achievement, need financial assistance and are active in school or the community. This year we will again have an additional scholarship for someone who has a disability or is

studying in the disability field. Application forms will be available soon on the CFUW Oakville website. Please forward application forms to deserving candidates. The CFUW National Constitution and Bylaws will be updated at the June 2012 AGM in Victoria, B.C. The proposed changes can be reviewed on the CFUW Oakville and CFUW National websites. The Oakville club will make comments in the new year. Contact me if you wish to sit on the review committee.

Are you an aspiring cook who wishes to expand your cooking skills and enjoy an outstanding dinner once a month? There is room for more members to form a new gourmet group. Contact Anne Douglas, if interested.

The New Members Welcome was held recently at the home of Susan McArthur. The executive members and new members had an opportunity to meet and learn more about CFUW. Welcome the new members to your interest groups.

The Issues group has written letters to the local MPs regarding the cancellation of the long-gun registry. An easily accessible gun puts the lives of abused women at even higher risk. The need to acquire a permit to have a long-gun may reduce potential injury.

The chrysotile asbestos issue continues to receive media attention. Chrysotile is a carcinogen and mined in PQ and shipped to developing nations to be processed into building materials often using lax work-place safety practices. There is no safe exposure to chrysotile exposure. Lung disease, asbestosis and mesothelioma may develop after 20 to 40 years. Presently, the Quebec mines have halted production while awaiting financing. This is the perfect time for individuals to exert their influence and write to their MP to stop the production and export of asbestos. Background information will be available shortly on the CFUW Oakville website.

Susan McArthur and Sarah Sims are job sharing the position of honorary past president. Thank you, Susan, for your support and guidance. Sarah, welcome to the Oakville CFUW executive.

Merry Christmas and Happy Holidays.



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Your 2011-2012 Executive Committee

Lise Moras

Interest Groups Coordinator

Before graduating from the University of Western Ontario (Honours BA Mathematics, 1970) and the University of Toronto (BEd), I lived in Florida from 1956 to 1963. This experience was an eye-opening one for our family as we witnessed first-hand American Civil Rights history in the making. These childhood memories are still very vivid. I began my high school teaching career in Toronto, teaching senior mathematics and, 36 years later, retired as Head of the Library and Computer Information Centre. Early on, we moved from Toronto to Georgetown where I joined CFUW and made some wonderful lifelong friends. Fourteen years later, we built a new home in Glen Abbey, but I didn't join CFUW Oakville until last year as I was so busy being a working mom to our son and three daughters. Our family has just returned from Jamaica where our oldest daughter, Susanne, was married on the beach November 12. It was such a beautiful wedding and wonderful family time! Upon retirement, I taught for a year at an international school in Germany which was a wonderful experience complete with many travel opportunities, including a visit to the Pyramids.



Joining CFUW Oakville has given me the opportunity to make new friends in Oakville and pursue interests that I never had time for before. As a new member, everyone has been very friendly to me and I hope that through my executive position as Chair of the Interest Groups, I can make a valuable contribution to the Club. By joining the Boomers, Marathon Bridge, Dragon Boating, Couples Movie Group, Lunch Bunch, Hiking, and Bloomsbury III, I am enjoying the rich diversity and friendship found within our Club's interest groups and I especially encourage new members of our Club to join in the fun.

Laurie Nordin-MacLeod

Awards Committee Co-Chair

Originally from Northern Ontario (Dryden, Thunder Bay, and North Bay), my education has ranged from a community college diploma (Cambrian) in food and nutrition through to an M.Ed. in Adult Education (Toronto) in 1990. It was a memorable moment in my life to have my daughter who was then five years old at the convocation. She shouted "Way to go Mommy" when I crossed the stage.



Oakville has happily been my home since 1981 when my

husband was transferred to Hamilton. We were one of the original residents in Glen Abbey. Our daughter Christine was born here and is now teaching French with Peel District School Board.

As a home economist, I taught with both the York Region and Peel District School Boards where I was involved in Family Studies, Co-operative Education, and Adult Education.

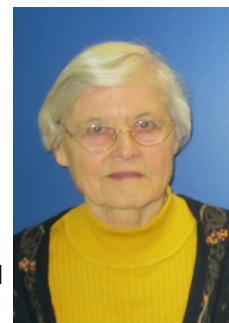
Shortly before retirement, I wished to broaden my scope in the community and CFUW Oakville was a natural fit. I have really enjoyed the company of the Awards Committee, Marathon Bridge, Book Beat I, Golf and the executive members. Outside of CFUW, I am active in yoga, bridge, spinning classes, the Canadian Club, and travel. Recently I took a course in handwriting analysis. I am also interested in improving my knowledge of art history and will be taking my first course on art related to the Nativity this month in Florence.

I am looking forward to my continued involvement with CFUW. I really appreciate the friendships I have gained and the support I have received especially during the last year. Thank you!

Luba Podolsky

Chair, Standing Committee on Resolutions

Hamilton was my home where I attended McMaster University and then trained as a medical technologist. After several years at St. Joseph's Hospital in the laboratory I moved to Ottawa and worked at the Laboratory of Hygiene, Department of Health and Welfare. Then teaching called and I switched to teaching high school science and attended Ottawa University for upgrading in my new career. On retirement, followed by some time volunteering at the Genetic Research Lab of the Children's Hospital of Eastern Ontario, my formal work career came to an end.



In Ottawa I joined the National Council of Women and participated at the local and provincial levels. When



family reasons brought me to Oakville I joined CFUW and the Issues group. With some experience in this kind of activity in Ottawa I found myself chair of the Resolutions Committee last year when Lin Mackrael finished her term.

Valerie Potter Archivist

I joined CFUW Oakville in 2006 on the invitation of Carolyne Darimont, although I had been hearing about the group for several years from another former member. I started out as Archivist, to fill a vacant position, and took on Publicity Chair as well, until 2009. I have, variously, been a member of the Book Beat Evening II and III, Beyond Bloomsbury II and III, Book Exchange, and Boomers.



Originally from Ottawa, I have a Bachelor's degree in English and Linguistics from Carleton University, and went on several years later, to obtain my Masters in Library and Information Sciences from UWO. Although I have worked for many years in corporate libraries, I now work in the communications field as a technical editor.

The CFUW has been a wonderful way to meet new people and to learn and discuss many new ideas sparked by our varied guest speakers and interest group topics.

Interest Group News

Lise Moras, Interest Group Chair

This month, we are highlighting two groups that would like to welcome additional new members. They are Gourmet I and the Couples Movie Group, which meet the fourth Saturday of the month.

If you are interested in joining either of these groups, please email Lise at InterestGroups@cfuwoakville.ca

Boomers do Zumba!



Happenings

Marlene Bristol, Past President

Congratulations to Gloria Busse who successfully reached the 19,344-foot summit of Mt. Kilimanjaro, Tanzania, in a blinding snowstorm on October 12, 2011.

On November 10, Mayor Rob Burton, Members of Council and hundreds of residents cheered on Oakville's official medal bearer Melissa Vassallo as she entered Sixteen Mile Sports Complex to celebrate the 25th Anniversary of Rick Hansen's original Man In Motion World. Melissa has become a passionate advocate for inclusiveness for people with disabilities.

Best wishes to the family of our hard-working club president, Anne Douglas, as they welcome the arrival of Brynn, a second grand-daughter and a sister for Avery.

On November 12, Lise Moras and her husband Harald celebrated the wedding of their daughter Susanne to Jason Bartell on the beach in Runaway Bay in Jamaica.

In celebration of International Women's Day, on March 8 at the Oakville Conference and Banquet Centre, the Women of Halton Action Movement (WHAM) and Zonta of Oakville will be hosting **The Dinner Party** with keynote speaker Michele Landsberg, "one of Canada's best-known social justice activists." Proceeds will go to SAVIS (Sexual Assault and Intervention Services) and CSAW (Canadians in Support of Afghan Women). CFUW Oakville has reserved one table and seats are disappearing quickly. Tickets are \$50 and are available from Teri Shaw.

50/50 Draw
Bring your Toonies to this
year's Holiday Dinner.
Tickets are \$2 or 3 for \$5

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Interest Groups

Monthly Details and Updates

Interest Group	Convenor(s)	Meeting Place/Time	Description
Boomers	Jane Heakes	Dec 14 @ 6:30 Hostess: Helen Sami Jan 25 Moonshine Café, Kerr St	December: Christmas Potluck January: Casual Live Music -- in a time warp!
Beyond Bloomsbury III	Sue Stephens	Thursday Dec 1 @7:30 @ home of Sue Stephens Jan 5 Hostess Marilyn Hutchison	December: Donna Thicke Slide/talk show "Walking the Camino de Santiago" January: Dr. Susan Curran, Chair, Oakville Sustainable Food Partnership
Book Beat Morning II	Pat Zelonka	Dec 7 @ 10:00 am Hostess Gudrun, Facilitator Gillian Jan 4: Hostess Gay, Facilitator Dee-Ann	December: The Golden Mean by Annabel Lyon January: Cutting for Stone by Abraham Verghese
Book Beat Evening II	Kathy Cleemput	Dec 7 @ 7:30pm Hostess: Kathy Cleemput Jan 4 Hostess: Carolyne Darimont	December: Swan Thieves by Elisabeth Kostova January: The Help by Kathryn Stockett
Book Beat Evening III	Julie Eldridge	Dec 6 @ 7:30pm Hostess: Mary January 10 Hostess : Sue	December Book: The Wayfarers by Wade Davis January Book: Alone in the Classroom by Elizabeth Hay
Great Books	Iris Zawadowski	9:30 am Thurs Jan 26	Hostess: Sally Jackson Reading: The secret sharer Discussion : Sally Jackson
Gourmet IV	Julie Eldridge	January 12 @ 7:00pm Hostess Patti Kent —	Lighthearted Menu
Lunch Bunch	Becky Pogany	Thur Dec 15 @ noon @ Jonathan's	RSVP Lise Moras by Dec 8
Hunting Forbears	Cheryl Bailey	2nd Wed 7PM Oakville Public Library-Central	research area, main floor—Genealogy
Psychology/Spirituality	Louise Brownlee	Thursday Dec 8 @ 9:30am @ home of Hefina Phillips	Beth Jefferson will give a talk on "Living in Harmony and Joy"



Dragonboaters in full gear

The full Interest Groups schedule is in the September newsletter as well as on the web page at

<http://www.cfuwoakville.ca>

Please send monthly information to Lise at interstgroups@cfuwoakville.ca or phone her for publication on this page.

2011 CFUW Oakville Award Winners

Recipients of 2011 CFUW-Oakville University Entrance Scholarships

Marsha McLeod

Marsha McLeod is a graduate of Oakville Trafalgar High School and a recipient of one of our University Entrance Scholarships this year. She is attending the University of Toronto, majoring in Conflict Studies, with minors in Visual Arts and English. She plans to attend graduate school in Journalism or Law.



Her teacher, Deborah Cohen, commented that Marsha demonstrated “the best values of leadership, intellectual vigour and discipline while remaining considerate of the perspectives of others.” She demonstrated these traits while competing in her school’s Model United Nations and then representing her school in the University of Toronto Model United Nations.

She also displayed these qualities in her position as Age Group Co-ordinator for the past three summers at the Burloak Canoe Club. She has co-ordinated and coached the Canoe Kids programme, the Learn to Paddle programme, the Master Kayak programme and Dragon boating. In addition she trains 18-26 hours a week in sprint kayaking and successfully competed in the Canadian National Championships winning two gold medals and one bronze in 2009. In 2010, she three gold medals and a silver, winning a place on the Junior National Sprint Kayak Team.

Although her father’s death from cancer in 2009 was devastating, Marsha’s determination has not wavered and she continues to balance her studies with her coaching and rigorous training for the national team. Marsha commented, “In the end, it does not matter what I win, or whether my Olympic dreams are realized in 2016: I have overcome obstacles that I thought were going to hold me back and didn’t let them stop me. That is the accomplishment that I will always be proud of.” Marsha is a young woman who clearly shows the ability and heart to accomplish whatever she sets out to do.

Jessica Skultety

Jessica is a University Entrance Award winner who graduated from White Oaks Secondary School. She is currently attending McMaster University taking a Bachelor of Science degree in Kinesiology leading to graduate studies in Rehabilitation Medicine. She has been inspired by non-profit organizations and hopes to work with NGOs in developing countries to improve their health and training programmes.



Jessica’s French Immersion teacher commented, “Jessica has demonstrated an extremely high level of academic achievement and an insight far beyond her age.” These qualities led Jessica into leadership roles in her school with the Free the Children Committee, where she developed several school-wide fundraising campaigns. One “Power of One” campaign raised over \$2,200 and led to the creation of White Oaks sister school in Emori Joi, Kenya. She continues to help raise funds in support of other projects--\$1,500 for a village water supply and \$2,500 for a village animal herd in Kenya as well. Her staff advisor said “I am constantly challenging the Free the Children committee with new ideas and Jessica always takes charge and doesn’t give up until everything is complete. She comes up with new ideas herself and then delivers them. She is great at motivating others.”

Jessica’s ability to motivate others was also employed in her role as a weekly tutor for younger students at Big Brothers and Big Sisters of Halton. Jessica has many talents which she uses well to support and inspire others to believe in themselves and what can be accomplished with the “Power of One.”

Correction: The Awards Committee regret an error in the November In Touch. Laura Ann Goodfellow and Melissa He. were incorrectly identified as Mildred G. Allworth Award winners, instead of as University Entrance Award winners. The only Mildred G. Allworth Award winner for 2011 was Jessica Kim and she was profiled in the October In Touch. We regret any confusion that our error caused.



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Karen Oliver
CFUW

National Resolutions

Details will be available February 1. The study and discussion of resolutions will take place at the March General Meeting. Voting will take place on resolutions at the April General Meeting.

CFUW Barrie & District-Retention of Women in Skilled Trades and Non-Traditional Occupations

CFUW Cowichan Valley-Affordable Housing: Senior Women

CFUW Halifax-Request to Governments in Canada to Conduct Gender Based Analysis of Climate Change Policies and Programs and to Include Women in Decision-Making

CFUW Kincardine-Moratorium on the Construction of Industrial Wind Turbine Developments

CFUW Oakville-A Mental Health Strategy For Canada

CFUW Ottawa-Accessibility for People with Disabilities: A Barrier-free Environment for All

CFUW Portage la Prairie-Preservation of Agricultural Land

CFUW Richmond BC-Ensuring Food Security in Canada

Resolution from CFUW Oakville for National AGM

If you have further suggestions please contact Luba Podolsky or Anne Douglas ASAP.

Toward a Mental Health Strategy for Canada

Resolved that the Canadian Federation of University Women (CFUW) urge the Government of Canada, in collaboration with its Provincial, Territorial and Aboriginal governing bodies, to create and implement a strategy that promotes mental health, helps to prevent mental illness and/or addiction, and cares for those suffering from mental illness and/or addiction.

Resolved that CFUW urge the Govt. of Canada to ensure that its mental health strategy includes but is not limited to:

- Promotion of mental health
- Prevention of mental illness/addiction
- Provision of early diagnosis and effective treatment
- Facilitation of the recovery of patients and their inclusion in the community
- Regular reporting to Canadians on: strategy outcomes and effectiveness; financial accountability; and progress toward a sustainable mental health care system.
-

CFUW/IFUW News

Marlene Bristol, Past President

This is a reminder that the CFUW International Women's Day Project is again with CARE Canada and the focus is on using your dollars to support Maternal and Peri-natal Health Care around the world, especially where the need is greatest. For every dollar that a CFUW member donates, the government will match it with three additional dollars so that your dollar becomes four dollars. To date, CFUW has raised over \$30,000 for CARE Canada for projects that helped women and children around the world. The challenge is that every member will donate a Toonie. Please make your cheques out to CFUW and send them to CFUW National Office, 251 Bank Street, Suite 305, Ottawa, Ontario, K2P 1X3, indicating that they are for the International Women's Day Project 2012. There will be no tax receipts issued either through CARE Canada or through CFUW.

CFUW has had an International Women's Day Project to raise funds to assist in the developing world since the Asian tsunami, when CFUW supported the Sri Lankan Federation through the Bina Roy Program and made it possible to fund the building of a small house in Sri Lanka. Our next project supported raising funds to support the Stephen Lewis Foundation and his work on HIV/AIDS. The following year found CFUW in support of WaterCan. CARE Canada subsequently came to us with a proposal that gave us excellent feedback on how our money was spent as well as profile in their publications. The first year CFUW supported Afghan Women, followed by a project in Nepal, last year it was Zambia and this year we will support a very real need for maternal health care.

Susan Russell
CFUW Coordinator for International Relations

Membership

Susan Walkinshaw, Membership Chair

Undistributed 2011-2012 CFUW Oakville Membership Directories, membership cards, and badges, will be available at the Holiday Dinner, December 5. If you do not plan to attend please make arrangements for a friend to pick them up on your behalf.



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Dates of Interest

Dec 5	CFUW Oakville Christmas Dinner John Huston, Actor - "How the Victorians Invented Christmas"	Harbour Banquet & Conference Centre	Social 6 pm Dinner 7 pm
Dec 6	National Day of Remembrance and Action on Violence Against Women		
Dec 6	CFUW Toronto December 6th Memorial Luncheon Contact annmce@sympatico.ca for ticket info. \$50	UofT Faculty Club 41 Wilcocks St. Toronto	Cash Bar 11:30 am Luncheon 12:15 pm
Jan 9	CFUW Oakville Executive Meeting	Public Library Program Room	7 pm
Jan 16	CFUW Oakville General Meeting Dr. Laurel Trainor "How Music Affects Brain Development"	Operating Engineers Hall	Social 7 pm Meeting 8 pm
Jan 21	CFUW Ontario Standing Committee Meeting	Yorkminster Park Baptist Church, 1585 Yonge St	
Jan 31	Constitution and Bylaw amendments due		
Feb 1	Resolutions with background available		
Feb 13	CFUW Oakville Executive Meeting	Public Library Program Room	7 pm
Feb 27	CFUW Oakville General Meeting Dr. Linda Williams, Stephen Lewis Foundation "Grandmothers to Grandmothers Project"	Operating Engineers Hall	Social 7 pm Meeting 8 pm
Mar 8	International Women's Day		
Mar 8	International Women's Day Dinner—Women of Halton Action Movement (WHAM)		
Mar 12	CFUW Oakville Executive Meeting	Public Library Program Room	7 pm
Mar 17	CFUW Ontario Standing Committee Meeting	Yorkminster Park Baptist Church, 1585 Yonge St	
Mar 19	CFUW Oakville General Meeting — Tea and Resolutions	Operating Engineers Hall	Social 7 pm Meeting 8 pm
Mar 26	CFUW Burlington General Meeting	Poverty in Halton, Joey Edwardh Former Dir. Community Development Halton	
Apr 16	CFUW Oakville General Meeting Dr. Lori Woolford "Training Surgeons in Third World Countries"	Operating Engineers Hall	Social 7 pm Meeting 8 pm
May 12	CFUW Ontario Council Annual General Meeting	Etobicoke, ON	
May 14	CFUW Oakville Annual General Meeting and Dinner	Harbour Banquet & Conference Centre	Cocktails 6 pm Dinner 7 pm
June 21-24	CFUW National AGM	Victoria BC	

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 3rd Monday of the month).

All submissions should be directed to the Editor, Carolyn Darimont at editor@cfuwoakville.ca

Advertising and hard copy distribution of the newsletter are coordinated by Jean Stoten.

Please contact her for rates or to purchase advertising space.

CFUW Oakville

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