



IN TOUCH

Volume 29, Issue 4
December 2010/January 2011

Recognize the opportunities we are presented with to make a difference in the quality of our own lives and those of others.

Herstory, History, Voices of the Past

Pauline Grondin has been telling historical stories all her life. Today she makes history come alive as dressed in period clothing she takes us back to yesteryear to hear tales of the early settlers who planted their roots firmly in Canadian soil.



Canadian pioneer women stood beside the men in history, not behind them. The emphasis in Canadian history is often placed on the accomplishments of the men of the past and so many people assume that the women stayed beside the hearth or behind the spinning wheel. History is filled with her stories, women of bravery and accomplishment who helped to carve the wilderness for future generations of Canadians. They too experienced the hardship of a journey into the unknown, the rigors of war and confrontations with enemy forces beside their men and in support of their cause.

Pauline will be the speaker at our December dinner.

International Aid through a Social Justice Lens.

Our January speaker Barbara Carpio became an Assistant Professor at McMaster University in 1984 and is presently a tenured Associate Professor in the School of Nursing. She has been asked to conduct numerous international consultations and has also been involved with many conference and workshop planning committees.



Barbara has a Bachelor of Science (Nursing) from the University of Alberta, a Master of Science (Nursing) from the University of Toronto, and a Master of Science (Teaching) from McMaster University.

Her main research interests include transcultural nursing, training of lay health educators, and cross-cultural learning styles. Most recently, Barbara contributed to a published peer-reviewed book on health practices in Chile. She has provided consultations on nursing education and professional associations to Mexico, Chile, Nicaragua, El Salvador and Argentina as well as acted as project coordinator for a CIDA funded collaboration between McMaster and the Universidad de La Frontera in Temuco Chile.

http://fhs.mcmaster.ca/nursing/faculty_carpio.shtml

December Dinner - Monday, December 6

Speaker : Pauline Grondin
Harbour Banquet & Conference Centre
2340 Ontario Street, Oakville
Cash bar: 6:00 p.m. Dinner: 7:00 p.m.

January Meeting - Monday, January 17, 2011

Speaker: Barbara Carpio
Operating Engineers Hall, 2245 Speers Road
7 p.m. Social Hour, 8 p.m. Programme

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Meeting the 2010 Scholarship Winners



Tashia Petker is a recipient of a 2010 CFUW-Oakville University Entrance Scholarship of \$1000.00. Tashia is a graduate of Iroquois Ridge High School and is currently enrolled in the Life Sciences program at McMaster University in Hamilton with the intent to specialize in Biotechnology.

Tashia took great pride in her academic achievements and her involvement in music and art programs throughout high school. She was First Oboist for the Wind Ensemble at Iroquois Ridge H.S. and played piano for both the H.S. Senior Jazz Band and also for the Halton Youth Symphony Orchestra. Her talent as a visual artist was recognized with an award in 2009 for a painting that now hangs in the main office at Iroquois Ridge H.S. Tashia's personal and academic accomplishments were due in part to hard work and a desire to succeed regardless of any difficulty she faced.

Tashia is also proud of her work as a volunteer with mentally and physically handicapped children at Windrush Stables. She has also given her time and creative talent for fundraising projects at community and church functions.

Tashia wrote a note of appreciation, which reads in part "I will never forget your generosity and warm support which has enabled me to start down the pathway of my ambitions."
Congratulations, Tashia. We wish you much success in the future.



Sarah-Jane Senyk-Morrison is a recipient of a 2010 CFUW-Oakville University Entrance Scholarship of \$1000.00. Sarah-Jane graduated as an Ontario Scholar from the French Immersion program at Oakville Trafalgar H.S. She is currently studying Life Sciences at Queen's University in Kingston.

Sarah-Jane demonstrated a strong commitment to academics, extracurricular activities and volunteer initiatives in the community. She was a tutor and mentor for students in need at *Big Brothers Big Sisters* and for students needing private French lessons. Both of her references commented on how her maturity and sense of responsibility enhanced her leadership style - "Her patient, nurturing manner has benefited students socially, emotionally and academically." Her team building and communication skills were also highlighted in her role as a YMCA camp counselor for two summers.

Sarah-Jane also served on the school Athletic Council, Interact Club (Student Rotary), Link Crew and Tennis team.

Her strength of character and commitment to a wide range of activities will serve Sarah-Jane well in her future endeavors.

Joanne Badame and Brenda DeHaan,
Awards Co-chairs

Wills; Estate Planning, Administration, & Mediation

JOANNA J. RINGROSE
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Although it is not customary to conduct club business at our Holiday Dinner, this year we must interrupt our festivities to vote on the Proposed Amendments to CFUW National By-Laws. Hopefully we can proceed quickly with the voting process and then continue with celebrating the season, hearing our guest speaker and presenting an Honorary Membership. I will email the results of our vote on each of the four clauses to National on December 7, the deadline.

Both Bev LeFrancois and Bonnie Brown have expressed their gratitude to CFUW Oakville and are very pleased to be recognized for their dedication and work on behalf of our community and Canada. We will be presenting an Honorary Membership to Bonnie Brown at our Holiday Dinner on December 6. Unfortunately, due to health concerns, Bev LeFrancois will be unable to attend at this time and our presentation to her will be rescheduled to the spring.

At this time of year, we become especially aware of the many charities doing great work and fundraising for worthwhile causes. The need in our community and outside can be overwhelming! You may have noticed that, primarily because we have been busy preparing for the Ontario Council Annual General Meeting to be hosted by our Club in May, we have not planned any fundraisers this year for our Scholarship Fund. The theme for the Ontario Council AGM will be "Poverty." Throughout our 60th Anniversary Celebrations, we raised a considerable sum of money for the Fund and have subsequently been able to take a temporary respite from active fundraising. The Scholarship Committee Trustees and the Executive have begun discussions as to when we should organize a new event and what format it will take, probably to be held in late 2011 or in 2012. When planning your charitable contributions for the year, please consider including a personal donation to the University Women's Club of Oakville Scholarship Fund. Please remember that most of our awards are granted on the basis of financial need as well as merit. All contributions are tax-deductible and the young women who receive our awards are very deserving and appreciative.

Hopefully everyone will find time throughout the festive season to relax and enjoy the company of friends and family. Please accept my sincere wishes for a joyful and safe holiday!

Marlene Bristol, President



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Proposed Amendments to CFUW National Bylaws

CFUW Oakville will vote on the proposed changes at the December 6 dinner meeting and the results will be sent to National by December 7. We have to vote on 4 items:

1. Accommodation of American Citizens

The existing bylaw welcomes women living outside Canada who have a degree from a recognized Canadian university or college. The Canadian/American border clubs wish to attract women who do not have access to an AFUW and have a non-Canadian degree.

Proposed Amendment

2.2.1 has received a degree from a university or college (eliminated Canadian) OR

2.2.2 is a resident of the USA living near the Canadian border.

The first clause is more generic and welcomes women from other countries who may live in Canada part time.

2. Associate Members

It is a housekeeping issue to keep consistent language.

3. Associate Members

The existing bylaw passed in 2009 permits membership of women who did not have a degree.

Proposed Amendment

6.1 An associate member is a woman who has completed at least two years of post secondary education at an accredited University or College.

6.4 Associate members may comprise up to twenty percent of the total membership of the club.

The old wording was very awkward.

4. Define what category of members pay dues to National

Proposed Amendment

Bylaw III.1 "...Local Life Members, Associate Members and Student Members"

The point of the change was to clarify an ambiguity. Another clause specifies that general members have to pay dues.

Anne Douglas, Vice President

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CFUW Ontario South Fall Gathering Farm to Fork: A Locavore Strategy

Several Oakville members took the opportunity to enjoy the fall meeting hosted by Welland & District. The keynote speakers included a food writer, and two restaurateurs who advocated buying locally produced foods. Local foods are fresh and leave a small ecological foot print because transportation costs are modest. Guests took the opportunity to purchase preserves, honey, fruit and baking at the mini market.

In addition there were workshops on leadership and fundraising projects — house tour, fashion show and book sale.

How to become a Locavore:

- Connect with your food—local markets, food festivals, harvest celebrations
- Cook from scratch
- Dine at restaurants that use local foods
- Pay a fair price for food so local farmer can afford to run farms
- Learn to cook quick and delicious meals
- Start by allocating \$10 a week on local foods
- Host family dinners
- Learn slow cooking techniques

Anne Douglas, Vice President



A 2010 summer luncheon reunion of members of the Investment Group that last met in 1992.

L to R: Ann Ferguson, Suzanne Campbell, Sue Hierlihy, Doreen Hobbs, Libby MacAulay, Nora Smyth, Bev Peat

October **Boomers** with instructor Joy showing their great Zumba style.



Book Beat Evening II



Like many of us who love reading, my love for reading began when I was a child. For me, reading is and will always be a part of my daily routine just like eating and sleeping. In between this routine I always have a book close by to steal a few pages during a spare moment. Therefore I was happy for the opportunity to join Book Beat Evening II, one of the 31 interest groups of CFUW-Oakville. The Book Beat Evening II has existed for 10 years, and currently has 12 members, three of whom joined in September 2010. The common factor among us is of course the love of reading and talking about books.

We meet at a member's house on the first Wednesday of the month, from September to June. The host leads the book discussions. Judy Walker, the convenor of the group, always gives us a friendly reminder of the upcoming meeting dates, which book will be discussed, changes in the schedule, and she coordinated the tasks for hosting the November 2010 general meeting of CFUW-Oakville. The other members are Lyn Gilchrist, Lisa Droppo, Carol Palmer, Kathy Palmer, Carolyne Darimont, Mary Brown, Jane Avery, and Valerie Potter. This year's new members are Lori Harris, Anne Fuller, and Kathy Cleemput.

A few months ago, Kathy Palmer designed two sets of questions, one set for fiction and the other for non-fiction, which we are going to use to guide and help structure our discussions.

At the October meeting that was hosted by Lisa Droppo, we explored a new direction in book clubs – the Reading Circle. We all presented what we had been reading over the summer. Fiction and non-fiction books were critically discussed and suggestions for further reading were made. It was a fun and relaxing evening and we all left the meeting full of ideas for new and old books to read.

Our June meetings are planning events where we choose our reading list for the next year and assign hostesses. The books on the reading list for this year are: *The Brutal Telling*, *The Underpainter*, *The Elegance of the Hedgehog*, *The Postmistress*, *The Art of Racing in the Rain*, *Winter Vault*, and *South Riding*.

To find out more about what we read, visit our website at <http://www.cfuwoakville.ca/Book-Beat-Evenings-II.php>

Kathy Cleemput

December and January Interest Group Meetings

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Interest Group	Convenor(s)	Meeting Date/Time	Meeting Location & Topic/Activity/Speaker
Arts Quest	Joan Garside	Wed Jan 19th at 10:00am	Event: Ontario Historical Plaques Organizer: Ruth
Boomers	Karen Oliver	Wed Dec 15th at 6:30pm Wed Jan 26th at 7:30pm	Event: Christmas Potluck Organizer: Susan Walkinshaw Event: Persian Carpet tutorial Organizer: Val
Beyond Bloomsbury I	Bonnie Jackson	Tues Jan 25th at 7:30pm	Event: The YMCA Solicitor: Sue & Marianne Hostess: Bev Food: Bette & Nora
Beyond Bloomsbury II	Jane Avery Sue Monaghan	Tues Dec 7th at 7:30pm	Event: Christmas Potluck Hostess: Mary Ann Planner: Sue M/Jane
Literary Ladies	Gail Jefferies Christel Call	Thurs Dec 2nd at 10:00am Thurs Jan 6th at 10:00am	Book: The Little Stranger Author: Sarah Waters Presenter: Christel Hostess: Christel Book: The Help Author: Kathryn Stockett Presenter: Sue Hostess: Judith
Book Beat Morning III	Sue Monaghan	Wed Dec 1st at 10:00am Wed Jan 5th at 10:00am	Book: The Elegance of the Hedgehog Author: Muriel Barbery Presenter: Gail Hostess: Gudrun Book: Suite Francaise Author: Irene Nemirovsky Presenter: Joan Hostess: Pat
Book Beat Evening I	Sarah Sims	Thurs Jan 27th at 7:30pm	Book: The Piano Teacher Author: Janice YK Lee Presenter: Helen Hostess: Heather
Book Beat Evening II	Judy Walker	Wed Dec 1st at 7:30pm Wed Jan 5th at 7:30pm	Book: The Underpainter Author: Jane Urquhart Hostess: Valerie Potter Book: The Elegance of the Hedgehog Author: Muriel Barbery Presenter/Hostess: Marlene
Book Beat Evening III	Sue Stephens Sharon Pagans	Tues Dec 7th at 7:30pm Tues Jan 4th at 7:30pm	Book: The Birth House Author: Ami McKay Presenter/Hostess: Sue Book: The Help Author: Kathryn Stockett Presenter/Hostess: Brenda
Great Books	Iris Zawadowski	Thurs Jan 27th at 9:30am	Book: Of Friendship and of Solitude Author: Montaigne Presenter: Trina Hostess: Trina
Gourmet IV	Sue Stephens Lisa Droppo	Thur Dec 9th at 7:00pm Thur Jan 13th at 7:00pm	
Happy Hikers	Rosemary Shea Suzanne Yager	Every Tuesday at 8:50am for a prompt departure at 9:00am. Sears Parking Lot at Oakville Place	Most hikes are of 1 1/2 - 2 hours in duration and take place on the Bruce Trail. Poles and Hiking Boots are suggested. We are generally back to Oakville by noon.
In Town Trails	Beth Jefferson Marg MacLure	Every Tuesday at 9:10am	Walk the trails in & around Oakville. Once a month we explore a museum or gallery in the GTA
Issues	Lin Mackrael	Thur Jan 27th at 7:15	Topic: Mental Health Hostess: Anne Douglas
Music Appreciation	Dagmar Rydlo Maika Hanus	Wed Dec 8th at 10:00am Wed Jan 12th at 10:00am	
Psychology/Spirituality	Louise Brownlee Joanna Blair	Thur Dec 9th at 9:30am Thur Jan 13th at 9:30am	Topic: Toward a New Psychology of Women Presenter: Joanna Hostess: Hefina Topic: Ethical Will Presenter: Louise Hostess: Kathy



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Visit www.cfuwoakville.ca for more great reading

Dates of Interest

Date	Meeting or Event	Location	Theme
Dec 6	Holiday Dinner	Harbour Banquet and Conference Centre	Herstory, History, Voices of the Past
Jan 10, 2011	CFUW Oakville executive meeting	Oakville Public Library Central Branch	
Jan 17, 2011	CFUW Oakville general meeting	Operating Engineers Hall, 2245 Speers Road	International Aid Through a Social Justice Lens
Jan 21, 2011	Deadline for February In Touch submissions		
May 13 and 14 2011	CFUW Ontario Council AGM	Holiday Inn Oakville	Poverty



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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, Pat Zelonka at editor@cfuwoakville.ca Advertising and hard copy distribution of the newsletter are co-ordinated by Mary McCarney. Please contact her for rates or to purchase advertising space.