cfuw OAKVILLE

IN TOUCH

Let's Give to Gain!

September 2026 Vol 45, Issue 1

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September's Speaker: **Patricia Debly**

The Emotional and Visual Dimensions of Music

Music is traditionally understood as an art form that engages our hearing and shapes our emotions. Yet music also invites us to "see" with our imagination, conjuring images, scenes, and colours that deepen our connection to sound. Throughout history, composers have used melody, rhythm, harmony, and instrumentation to paint vivid pictures in the listener's mind—from flowers and rain-soaked gardens to the buzzing of insects. This lecture will present examples from different centuries and countries to illustrate how classical composers created these visual effects through music.

The lecture will conclude with unusual musical scores that depart from standard treble and bass clefs, revealing the diverse styles of notation from the Renaissance to the late twentieth century. By simply looking at these scores, one can often sense whether the music expresses love or laments the ravages of war.

We are looking forward to our first meeting with you on Monday, September 21, 2026 at the Oakville Trafalgar Community Centre, OTCC, 133 Rebecca Street.
The meeting will begin at 7 but doors will open at 6:30 to give you time to ask questions about Interest Groups or to sign up and to greet old and new friends.

Leadership Message

As we enjoy the last few weeks of summer, we look forward to the energy Fall brings. It is the time where we get back into our CFUW activities and traditions. CFUW Oakville is special because of the incredible women who make up our membership. We look forward to reconnecting with old friends and warmly welcoming our new members.

In July, Marlene Bristol and I attended the CFUW National AGM in Montreal. It was a wonderful opportunity to gather with clubs from all across Canada.
Networking with like-minded women who share similar concerns and interests, learning about their successes and listening to their advice during small group meetings and organized dinners, as well as listening to the many inspirational speakers was truly a rewarding experience.
One of the keynote speakers was Julie S. Lalonde, who spoke on Bystander Intervention in relation to her work with various organizations addressing Gender Based Violence. In 2023 she launched the Canadian Anti-Stalking Association.
Another inspiring speaker was Ella Walsh, recipient of the CFUW Charitable Trust Memorial Award. She discussed her PhD thesis on "Enabling Magnetic Sensing for Surgical Continuum Robots".

Also at the AGM we voted on the two CFUW National Resolutions, both of which passed.
Canadian Response to the Education Crisis for Women and Girls in Afghanistan
Countering Disinformation in Canada Details are available in a recent newsletter.

This year we have adopted the 2026 International Women's Day theme, **"Give to Gain,"** as inspiration for our Club's 2026/27 tagline: "**Let's Give to Gain."** Our members give in so many ways: supporting our scholarships, helping one another through life's challenges, volunteering their time and talents, sharing their knowledge, and contributing to the many activities that make our Club so vibrant. And through giving, we gain so much in return—the pride of celebrating the achievements of our scholarship recipients, the satisfaction of making a difference, the joy of shared experiences, and, perhaps most importantly, the gift of lasting friendships. The open palms in the *Give to Gain* symbol represent both giving and receiving—a wonderful reflection of who we are as a Club.

Let's continue to Give to Gain!

We look forward to seeing everyone at our September in-person only General Meeting!

Katherine Beaudry, Kyoko Kobayashi, Deborah May
CFUW Oakville Leadership Team

See a recent edition of the OC newsletter **here.**
Ontario Council organizes many events throughout the year. See a list of OC events as well as some individual Club events **here.**
In particular, all members are welcome to attend the Speakers Series. Reports from past Speakers Series events are available **here.**

Click on the date to read a recent newsletter from **CFUW National.** **Aug 14**, **Aug 21,** **2026 AGM Post Report**, **Aug 28**.
The Aug 21 edition has all the details of the 2026 adopted resolutions.

Calling All New Members (and current members)

Come to the September 21 meeting and pick up the CFUW Oakville 75th Anniversary Cookbook for only $20. All proceeds go directly to the Scholarship Fund which awards scholarships to qualified Oakville high school students.

Friendly Reminder from Membership

If you haven't sent us your membership application for 2026-2027, 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.
For your name to be included in the Directory, we need your completed application by October 19, 2026.

Thank you from your Membership Co-chairs

May Dinner Celebration

May Dinner door prize winners

Those with over 40 years of membership were celebrated at the May dinner .

May 4 Dinner

Local News

Halton seniors will have access to recreational activities including drop-in programs, card and board games, table tennis, luncheons, and fitness classes designed for a variety of interests and abilities at the Sixteen Mile Older Adult Centre on the ground floor of the Sports Complex on Neyagawa Blvd. Programing will begin in September.

See details in the Oakville Senior Services brochure, and in articles from Inside Halton and Burlington Today.

Ontario Council AGM

Once again it was my privilege to represent CFUW Oakville at the Ontario Council Annual General Meeting in Peterborough. As this was the alternate year, it was an in-person meeting. In-person meetings are so much more engaging than virtual meetings. From the Opening Ceremonies on Friday night to the last session on Saturday afternoon it is an opportunity to meet women from various CFUW Clubs across Ontario, as well as to gain insight on current topics. Also, a critical part of the agenda is the Business Meeting where the Ontario Council resolutions are presented and voted on.

CFUW Peterborough had developed a fun activity for Friday evening where delegates could mingle and share ideas. I always find it interesting to know that CFUW Clubs across Ontario grapple with similar issues and to hear ideas they have tried to in order solve the problems.

The Business Meeting began bright and early on Saturday morning. The one resolution from CFUW London – Minimizing the Negative Effects of Postpartum Depression – had been revised, after the input from all Ontario Clubs, but the intent was the same. It was moved and seconded by two young women who spoke very eloquently. The resolution was accepted with no opposition.

The morning session concluded with the Honourable Donna Dasko, Senator for Ontario, as guest speaker. She began with an historical perspective of women in politics and went on to discuss why it is important to have women involved. Not an easy task! A comment she made that stuck with me is "Women in public life take two steps forward and two steps back". However, she firmly believes more women need to be in politics. They have a different style of leadership than men and are more interested in health care, education, social services, and programs against domestic violence. Unfortunately the opposite is true! Fewer women are running for election. Her advice, "Try and give women support and convince them that their work is valuable".

My Saturday afternoon concluded with participation in two very informative workshops.

- Encouraging Resilient, Age-friendly and Inclusive Communities
- Strengthening Relationships with our Indigenous Sisters and Communities

In my opinion, overall, a very worthwhile experience!

Diane McCullough

The Scholarship Committee will be having a **book sale** at the September general meeting.

We will be accepting books to sell that night.
The requirements are that the books should be:

- Book club -type of fiction
- Published within the last ten years.

Books will sell for $5 each and $20 for five.
Please bring cash.

Interest groups are at the core of CFUW clubs. It is through the interaction and conversation in interest groups that names and faces get converted into friends. I encourage all of you to find an interest group to join, if you haven't already done so. Contact me (interestgroups@cfuwoakville.ca) if you have questions about any of our interest groups or if you want to join one.

If you have an interest that isn't covered by any existing groups, or all relevant groups are full, let me know and we can discuss starting a new group.

A reminder to group convenors to take pictures of your activities and send them (in original size) to Pat Z for the newsletter and to Raine G for our website gallery, archive, or social media, along with a short write-up.

On May 21, nine group convenors plus Gloria Tomlinson and Christine Forber met at Boston Pizza to discuss Interest Groups. The wide-ranging discussion included wait lists, plans for the September General meeting, suggestions of where groups could meet other than in member's homes, issues with getting new convenors, requiring group members to plan activities, joint activities with other groups. In summary, attendees agreed that the meeting was very useful and interesting. Everyone agreed we should plan to do this again next year, around the same time.

Thank you to those who took time to attend the meeting. Special thanks to Gloria for booking the Boston Pizza patio, which was a great venue for us, and for taking notes during the discussion. If you would like a detailed summary of our discussion, please let me know, interestgroups@cfuwoakville.ca.

Christine Forber

Interest Groups Chair

On May 1, **Gourmet 3** visited a beautiful and plentiful Tulip Farm in Niagara-on-the-Lake followed by lunch at Carolyn Collings Merk's house. A great time was had by all!

Conversations filled with laughter and summer plans marked the evening of June 16, as members of **Social Eves** celebrated the successful end to another year. Arlene graciously hosted the gathering, which included a dinner of cannelloni, homemade appetizers and desserts. Many thanks to Arlene, Gloria and to everyone who contributed to an enjoyable evening.

Couples' Chat and Chow

Our CFUW Dragon Boat team, "Sync or Swim" had another outstanding season of paddling. We had a terrific coach from the Burloak Canoe Club and had 8 practice sessions on Wednesday evenings in May and June. We had many wildlife sightings such as herons, swans, beavers and even a coyote sitting on the bank watching us! We raced in the Mississauga Dragon Boat Regatta on June 20th and had one of our best race times ever, winning a medal!

Susan Stavin

Business Supporters

CFUW Oakville is happy to have the support of several local businesses who pay for advertising in each newsletter and in our Directory.
Please consider using their services and telling others about them.

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Make a BIG Impact: Volunteer with BBBS at Oakville Delta Bingo!

We're looking for enthusiastic volunteers to join the Big Brothers Big Sisters team at **Oakville Delta Bingo**!

Volunteering with us is a simple way to give back, meet great people, and help ignite potential in young people across our community. Your time at Delta Bingo helps support the programs and mentoring relationships that connect young people with caring adults who believe in them.

💙 **What You'll Be Doing**

As a Delta Bingo volunteer, you may help with:

Welcoming and engaging with guests

Supporting bingo and cabinet games

Representing Big Brothers Big Sisters in the community

Creating a positive, welcoming experience for everyone

No previous experience is required—just a friendly attitude and a willingness to help!

🙌 **Why Volunteer?**

For as little as one 2-hour shift per month, you can help make a difference. By giving your time, you're helping create opportunities for young people to build confidence, develop meaningful connections, and realize their full potential.

Interested in volunteering?

Pair up with a friend and turn a few hours of your time into a lasting impact in the life of a young person.

Please reach out to Melissa at m.pelletier@bigbrothersbigsisters.ca for more information or to register.

Thank you for being someone who believes in the power of connection.

Interest Group Activities for September 2026
New and returning members who would like to join one of these groups are encouraged to let the Interest Group Chair know at interestgroups@cfuwoakville.ca
They will try to accommodate your wishes

Book Discussion and Exchange Clubs, daytime or evening. Members of these book clubs choose books to read and discuss each month. Book exchange groups do not meet for discussion; they pass each book around the group.

Name		Convenor	Date and Time
BookBeat AM		Angela Hantoumakos	1st Wednesday, 10:00 am *Bad Juliet,* Blunt
Page Turners		Marla Newton Martina Eisleb	2nd Monday, 1:00 pm
BookBeat PM	1	Charlotte Jeneway	Last Thursday, 7:30 pm **OPEN**
	3	Helen Litton	1st Tuesday, 7:30 pm
Reading Circle		Deborah May	2nd Wednesday, 7:00 pm
Crime & Caffeine	1	Leigh Mayers	Last Monday, 1:30 pm
	2	Carolyn Collings Merk	4th Monday, 1:30 pm
	3	Joan Dunn	2nd Monday, 1:30 pm
Central Book Exchange		Marion Davis	Books are chosen in Sept for the year
West End Book Exchange		Sue Stephens	Books are chosen in Sept for the year **OPEN**
We the North Book Exchange		Marg MacLure	Books are chosen in Sept for the year
Literary Ladies		Pam Schwartz	1st Thursday, 10:00 am

Bridge, Scrabble and other board games: Friendly social groups to test one's skill and enjoy different scenarios.

Name	Convenor	Date and Time
Marathon Bridge	Margaret Pospisil Laurie Nordin-MacLeod	Times vary throughout the month **OPEN**
Word Power through Scrabble	Wanda Crichton Lyndsey Thom	2nd Tuesday, 1:00 pm

Exploring Ideas Together: Advocacy Committee presents an opportunity to educate ourselves on current issues and explore ideas together. Aging Collaboratively members want to discover the possibilities to create a better journey later in life; Beyond Bloomsbury members meet once a month to listen to speakers and discuss topics such as health, politics, education.

Name	Convenor	Date and Time
Advocacy Committee		2nd Wednesday, 7:00 pm **OPEN**
Aging Collaboratively	Janice May	4th Tuesday, 3:30 pm **OPEN**
Beyond Bloomsbury	June Cockwell	4th Tuesday, 7:00 pm

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

Name	Convenor	Date and Time
Evening Meditation	Leanne Siracusa	2nd Tuesday, 8:00 pm **OPEN**
Mindfulness and Meditation	Reet Kazakoff	3rd Tuesday, 10:00 am **OPEN**
Meditation and Mindfulness for Beginners	Sandra Gorlick	2nd Monday, 10:00 am **OPEN**
Psychology and Spirituality	Sue McArthur	2nd Thursday, 9:30 am

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; Couples' Chat and Chow dine out on a weekday evening.

Name		Convenor	Date and Time
Gourmet	**1**	Alison Gemmell	2nd Thursday, 6:30 pm
	2	Anne Douglas	2nd Thursday, 6:30 pm
	3	Laurie Nordin-MacLeod Sue Stephens	2nd Thursday, 6:30 pm
Ladies@Lunch		Lise Moras	3rd Thursday, 12:30 pm **OPEN**
Social Eves		Marjorie Bell Nancy Stavert	4th Wednesday **OPEN**
Foodie World Adventures		Eva Baxter	3rd Wednesday, time TBD
Bronte Neighbourhood Group		Sheila Aldoroty	TBD **OPEN**
The Singles Network		Diane Murphy	Dates and times of events are determined by participants. **OPEN**
Couples' Chat and Chow		Leanne Siracusa	Weeknights during the last week of the month **OPEN**

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 level routes.

Name		Convenor	Date and Time
Dragon Boating		Judy Pielsticker Susan Stavin	Any CFUW members who are interested in Dragon Boating are asked to contact Susan Stavin or Judy Pielsticker. **OPEN**
Golf		Katherine Beaudry Angie Vassallo	**OPEN**
Happy Hikers	**1**	Jane Underwood Joyce See	Tuesday am, weather permitting, September to June
	2	Wanda Crichton Judith Setton	Wednesday am, bi-weekly, weather permitting September to June, **OPEN**
Walking with Friends		Brenda Walker Jane Jewitt	Monday, 9:15 am **OPEN**

The **Foodie World Adventure** group enjoyed a Vietnamese dinner in April.

CFUW-Oakville announces Scholarship Winners: $28,500 for 2026

CFUW-Oakville announces the successful recipients of the University Women's Club of Oakville Scholarship Fund awards and scholarships for 2026. CFUW-Oakville is pleased to announce scholarships of $28,500 in total to help local students with their educational journey. These young women were selected from the city's publicly funded high schools, based on high academic achievement, outstanding community service and demonstrated leadership.

We thank the CFUW members and their families and friends who have donated to the scholarship fund. We especially thank the family members of Lilian Fulford, Richard Garnett and Miriam White who sponsor named scholarships in memory of a loved one; and Melissa Vassallo Idiens who sponsors the Access Scholarship. The Mildred Allworth and Jean Malcolm Smith scholarships, named after previous CFUW members, are funded by CFUW Oakville member donations.

Introducing our Scholarship Winners From Left to Right:
Susana Maria Junco Arciniegas, Meghan Calicchia, Scarlett Coulter, Anna D'Cuhna, Ellis Kim, Elva Yang, Qinyao Wu
Not Shown: Nabira Rashid, Jessica Wang, Grace Shen, Olivia Zimmermann

Raine Greenwood

This Month's Scholar – Ellis Kim

Jean Malcolm Smith Award: The Jean Malcolm Smith Award honors Jean Malcolm Smith, a past President of CFUW Oakville, who was well-known for her contribution to the community. The ideal candidate will have demonstrated leadership skills and have outstanding school and/or community service.

Ellis is a scholar whose achievements reflect her commitment to academic excellence, leadership, and service. She graduates with a 95.6% average and has completed 1,400 verified volunteer hours.

In high school, Ellis demonstrated strong leadership through a variety of roles. She served as President of DECA and President of the Oakville Junior Optimist Club, as well as Chief Development Officer for Marketyze. She also held leadership postitions with Dear Asian Youth, Target Alpha Canada, and the Knowledge Society.

As leader of her Woodwind Ensemble, she performed in various settings, earning Gold ratings and invitations to MusicFest Nationals twice.

Teachers describe Ellis as a student of the highest calibre, recognizing her intellectual curiosity, innovative thinking, and commitment to excellence. She has won numerous competitions which showcase these strengths.

Driven to give back and create impact, Ellis was selected as her school's recipient of the Tom McNaught Community Service Award.

With her strong academic record, determination, and personal qualities, Ellen is poised for success. She aspires to become a corporate lawyer or entrepreneur.

It is with great pleasure that CFUW Oakville presents Ellis Kim with the Jean Malcolm Smith Award.

High School: Iroquois Ridge High School

Extra Curricular Activities: DECA, President; Woodwind Ensemble, Oboist, Leader; Student Voice, Secretary Director; Debate Club, Equity Officer, Senior Training Executive, and Communications Executive; Concert Band, Saxaphonist, Oboist; Korean Club, Treasurer; Believe Leadership Course, Co-President; Interact Club, National Chair; French Club, Treasurer; Equity and Cultural Council, Treasurer.

Volunteering: Junior Optimist Club, President; Taiwan Overseas English Teaching Camp, Teacher; Marketyze; Target Alpha Canada, Director of Chaper Development; Generation Green Dear Asian Youth, International Regional Manager; Future Lawyers Toronto; Halton Youth Voices Council; Federation of Canadian Secondarty Students

Awards: University of Toronto Band Association; Festival Gold Performance Rating; DECA Provincial Champion; University of Delaware Top 100 Emerging Innovations; University of Toronto Book Awards; DECA International 5th Place Finalist; Tech Under 20 Cup 1st place; Tom McNaught Youth Appreciation Award: Optimist Oratorical Contest 1st place; Python's Pit; Believe Initiative National Fair 1st place; Optimist Essay Contest 3rd place; Student of Excellence; Valedictorian.

Work Experience: 6 different jobs including tutoring, baby sitting, data entry, UI/UX Designer; Assistant Program Coordinator.

Post Secondary: University of Toronto, Arts and Science

Event Calendar

Event	Location	Date	Time
Membership renewal forms are available on our website here		Aug 18	
CFUW Oakville General Meeting **Paticia Debly,** The Emotional and Visual Dimensions of Music **Scholarship Committee Book Sale**	Oakville Trafalgar Community Centre (OTCC) 133 Rebecca St	Sept 21	Doors open at 6:30, meeting begins at 7 pm
National Day for Truth and Reconciliation Orange Shirt Day		Sep 30, 2026	
Women's History Month		Oct 1 - 30	
CFUW Oakville General Meeting	Oakville Trafalgar Community Centre (OTCC) 133 Rebecca St	Oct 19, 2026	Doors open at 6:30, meeting begins at 7 pm

IN TOUCH is published for members and prospective members of CFUW Oakville, eight times a year. Deadline for submission is the Wednesday after the General Meeting (held on the third Monday of the month). All submissions should be directed to the Editor at editor@cfuwoakville.ca Advertising and hard copy distribution of the newsletter are co-ordinated by editor@cfuwoakville.ca. Please contact us for rates or to purchase advertising space.

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