



# CFUW VAUGHAN

Canadian Federation of University Women / Vaughan



Editor  
Vanessa Grafi - Maynard

## Newsletter

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## January 2011

### Notice of Meeting

**Date:** Tuesday, January 18, 2011

**Location:** Pierre Berton Resource Library  
4921 Rutherford Road

**Time:** 7:30 pm

**Speaker:** Theresa Dietrich

**Program:** A very long walk

Armchair travel enthusiasts will enjoy this whirlwind trip to Spain. Theresa Dietrich will share her adventures walking the Camino de Santiago de Compostela. Everyone in the community is welcome to join us.

### Report on October Program

Our guest speaker was Heike Heinze whose topic was 'What's Your Food Strategy: A Talk About Organic, Local and GMO-Free Food'. Heike is a member of the Canadian Organic Growers of Toronto and focused her talk on the problems and presence of Genetically Modified Organisms in the food system and how to avoid them by eating organic. Experts now estimate that more than half of our food already contains GMO's. She shared that learning about new options and the knowledge of a healthy alternative food system, people can take back control of their choices and feel good about the foods they eat along with its impact on the environment and their health. Andrea Wesson thanked Heike for her informative presentation which left us with a lot to think about regarding the choices we make and the consequences of 'going organic'.

### Restaurant Group

The next outing of the CFUW Vaughan Restaurant Group will be at "Farro Ristorante" in Maple on Wednesday, January 12, 2011 at 6:00pm. The address is 2316 Major Mackenzie Drive, Maple.

This restaurant is located on the north side of Major Mackenzie, a little west of Keele Street. Parking is at the rear. Please let me know by Friday, January 7<sup>th</sup> if you will be able to join us. Joan Stubberfield

### Welcome to a New Member!

Nancy Hopkinson has recently joined our club as a new member. Please add the following information to your Membership List:

Nancy Hopkinson  
104 Lynwood Cres., PO Box 99  
Nobleton, ON L0G 1N0 905-859-0761

### Annual Winter Dinner – February 15, 2011

The speaker at our February dinner will be Lawrence Scanlan, who will talk about his most recent book, "A year of living generously: dispatches from the front lines of philanthropy". Our dinner will be held on Tuesday, February 15, 2011 at L'Azzurra Ballroom in Woodbridge. The cost will be \$50 per person, a small portion of which goes to support our club's educational projects. Again we are asking our members to donate a prize donation for the dinner raffle, suggesting the prize be a minimum of \$25.00. Tickets can be purchased by contacting: Marg Stevens at 905-851-2086, Melanie Deathe van Dyk at 905-850-8213 or Andrea Wesson at 905-237-5403.

### CFUW Charitable Trust Fundraising

The CFUW Charitable Trust has arranged for a fundraising event at 2 p.m. on Thursday, May 12<sup>th</sup>, at the Shaw Festival Theatre, for a performance of "My Fair Lady". Tickets are \$60 each. If you are interested, please contact Carol Hare (harevpfinance@rogers.com) or Lynn Franklin (cfuwfin09@bell.net) for more information and to order tickets. All tickets must be paid for by March 25.

### Ontario Council Standing Committee Meeting

Saturday, January 22, 2011

Yorkminster Park Baptist Church  
1585 Yonge Street at Heath Street

The registration deadline is Monday January 17<sup>th</sup>. The \$30 fee includes morning and afternoon programs, and lunch. Some parking is available on the north side of the church and there is Public Parking at the Heath/Delisle lot, or take the St. Clair car to Yonge St. or the Yonge subway to the St. Clair Stop and walk 2 blocks north on Yonge. Registration on January 22<sup>nd</sup> is from 9:00 to 10:00 a.m. and the meeting begins promptly at 10:00 a.m.

The topic is *Fetal Alcohol Spectrum Disorder*, with two speakers: Cynthia Wesley-Esquimaux, Ph.D., Aboriginal Studies, University of Toronto, and Shelia Burns, Past Chair, FASD Ontario Network of Expertise. Our club has 3 members who are designated as a representative to each of the Standing Committees. However, please note that all club members are welcome to attend any of the Standing Committees meetings. The website link is:



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[www.cfuwontocouncil.ca/standing%20committees.html](http://www.cfuwontocouncil.ca/standing%20committees.html). If you are interested in a particular committee's meeting agenda, please talk to our representative. She'd be delighted to have you join her and/or substitute for her if she is unable to attend. You can obtain a registration form from the website, from any of our reps, or at the September General Meeting.

Our reps are

Education: Linda Cunningham,

Legislation: Monique Kelly

Status of Women and Human Rights: Diane Anderson

### **Judy Heddle**

We are all deeply saddened to hear that long-time club member, Judy Heddle, passed away just before Christmas. The following obituary was published in the December 30<sup>th</sup> edition of the Globe and Mail. Please note that there will be a memorial gathering at the McMichael Gallery (the Founders' Lounge) next **Tuesday, January 4<sup>th</sup> from 2 to 4 p.m.** We understand that at 3 p.m., Judy's husband John, her son Bob, and her daughter Catharine will offer a few words.

### **Judith Gail Heddle, B.A., M.A. RPDT (retired)**

Died peacefully on December 24, 2010 at Lady Minto Hospital on Salt Spring Island from metastatic breast cancer at the age of 71. She leaves her beloved husband John to carry on Scottish Country Dancing, walking with the Trail & Nature Club, caring for her Labrador retriever Sandy, and giving love and advice to their children and grandchildren. Her son Bob Heddle and his wife Paula of Kirkland, WA and their newborn daughters Tesla and Cashel will miss her dazzling smile and throaty chuckle. Her daughter Catharine Heddle and husband Terry Lee of Toronto and grandchildren Colin (7) and Simon (5) will miss her wisdom, exuberance, and sense of adventure, most especially when at the family cottage in Bala. Judy was born in Toronto to Olive Lavina Campbell and Peter John (Jack) McArthur. She was educated at the University of Toronto (Victoria College, Home Economics, Nutrition), and took her first job teaching at the University of Tennessee, where she supported John's doctoral studies. After a year in England and five years in San Francisco, where Bob and Catharine were born, they moved to Kleinburg Ontario. She worked for the Canadian Diabetes Association and the North York Health Department, established the Diabetes Education Centre at Doctor's Hospital, and later managed the York Region Heart Health Program. Judy was active in the Home & School and served as president of the Kleinburg Chapter of the Canadian Federation of University Women (CFUW). After 33 years in Kleinburg, they moved to Salt Spring Island, where she became a VP of the local CFUW chapter and president of the dance club. She remained in constant touch with her incomparable collection of friends wherever they were, and knitted her extended family together through letters, visits, and holiday dinners. She loved fun, friends, food, family, Christmas, literature, art, music, politics, travel, great discussions, and the great outdoors. She expected everyone to do the right thing. She loved churches, hymns, choir music, and Christmas spirit of generosity. She was the proud artist of the Unfinished Quilt, almost perfected her piano rendition of Ain't She Sweet, and was just getting rolling on her makeover of John's office. She never stopped trying to foster a love of music in her children, and was glad when one of them developed a love of opera. She had wonderful memories and often repeated stories of her friends from her time in California, England and France, of her very close friends in Kleinburg and of her classmates at the University of Toronto. All who knew her will miss her open, friendly intelligence, her enthusiasm, and her generosity of mind and spirit. We are enormously grateful to Dr. Sharon Allan of the BC Cancer Centre and Dr. Robert Crichton and the staff at Lady Minto Hospital for their exceptional care and skill, and to the many friends who brought soup, stew, cookies, and cheer in equal measure. Donations can be made to the BC Cancer Centre or the Lady Minto Hospital Foundation. Friends may gather at Salt Spring United Church in Ganges, B.C. on Thursday December 30 at 3:00 p.m. or at the McMichael Gallery in Kleinburg, ON on Tuesday January 4 between 2:00 p.m. and 4:00 p.m.