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## Message from the Leadership Team

December and winter roared in with a vengeance this past weekend. The ensuing ice storm forced me- and perhaps you- to stay inside and finally open those Christmas boxes, so carefully organized last January and now looking chaotic.

Diane and I have overseen a quiet month in our club. Thanks to all of the convenors, committee chairs and the executive members, our club seems to be running smoothly, providing stimulation and socialization opportunities for all of our members and also helping our community. We provided some much needed assistance by contributing to/making baskets for the annual Basketeers program at Nova Vita. Lynne M. and Barb P. seemed to be enjoying the excitement of shopping for these when I met them at Home Hardware last Thursday. Some talented knitters and crocheters, organized by Rhynda B. made a variety of hats, mitts, and cowls in various sizes to give to Why Not Missions or other organizations in Brantford. There was an impressive display of these articles at the November General Meeting. Thanks to all of you. Thanks also to Janet K., and friends, for sharing her passion for photography with a beautiful presentation; her photography was stunning.

We were pleased that the Scholarship Committee received several applications for our Award B in October. After reviewing the applications, they

decided to grant four awards. Two of the recipients, plus one delightful young man, attended the November meeting to receive their awards. Unfortunately one applicant had to drop out of her program so declined our award. Thanks to Naomi K. for overseeing this process in her new role as Scholarship Chair.

We look forward to seeing many of you at our annual Christmas Potluck, graciously hosted by Lynn H. on Wednesday December 11 @6 pm. Check the previous flyer for further details.

We wish you a joyful, hopeful and happy holiday season and a healthy and invigorating 2020.

*Respectfully submitted by Brenda M. And Diane M.*

Happy Holidays!

## News from National:

### RESOLUTIONS FOR THE 2020 AGM

CFUW National has notified the clubs that there will be Resolutions presented at the 2020 AGM. We will receive them in the new year for discussion and voting.

The topics this year are: Review of the Canada Health Act and the Definition of Medically Necessary Care; Payday Loans; and Truth and Reconciliation Details. Stay tuned for further information.

## Ontario Council Speakers' Series

I attended this session in Toronto which was very stimulating and informative. The keynote speaker Dr. Andrea Wilkinson, PhD. in Psychology, provided a wonderful presentation on "Brain Health: Pathways to Aging Well". She focussed on 4 critical factors to maintain or improve brain function: Physical Fitness, Food and Nutrition, Socializing and Mental Consideration (adequate sleep, stress reduction, etc.). Her Power Point provided more details about all of these factors, some of which can be found on the web-site-[brainshape.ca](http://brainshape.ca) or by listening to her weekly podcasts on [brainshape.ca/podcast](http://brainshape.ca/podcast). It would be worthwhile to check these out sometime. Research has shown that just simple changes or continuing practices in lifestyle, such as walking 30 minutes daily, eating a Mediterranean Diet (modified for your needs), Social Contact and Adequate Sleep(7-10hor. Continuous) will maintain or improve Brain Health as we age.

Co-housing was the topic of the afternoon session that I attended. This unique type of shared housing may help some seniors to stay independent for more years , but increasingly this type of housing is helping young people to afford accommodation in Canada's most expensive cities. If you are interested check out **Oak Hill** co-living in Rockwood, ON. There are many more examples of co-living that you can also research online. Mary E. Will also be addressing Housing for Seniors at the January General Meeting. Submitted by Brenda M.

## CFUW Scholarship Committee Report

Here is a picture of the two women who received the Award B Mature Student Scholarships: Brandi Bilodeau on my right ; yours truly; Wendy Fulsom on my left. Tammera Eckenswiller, the third woman, was unable to attend. Brandi, from Conestoga College, is enrolled in Early Childhood Education and Wendy is from Westervelt College, enrolled in Executive Administration. Naomi K.



## Basketeer Programme for Nova Vita 2019

Thanks to the generosity of club members, CFUW Brantford has donated four gift baskets to Nova Vita this year. We have purchased serviceable and reasonably priced items for the kitchen and have enclosed them in a large blue tote which can later be used for storage by the recipients. Each basket contained identical items, and all were purchased at discounted prices, from 60% to our charitable discount of 15%. Included in each were the following: electric jug kettle, tea towels and dish cloths, a saucepan, a set of cookie sheets, a toaster oven, a measuring cup and spoon set, a set of glasses, flatware set, Correlle dinnerware set, and a paring knife.

By shopping the discounted specials and using our 15% charitable discount, we were able to save \$250.00 in spending our \$800.00. The Home Hardware staff were most helpful as we filled our carts! Special thanks to Murray McEwen for delivering these hefty baskets to the Nova Vita Shelter once again this year! submitted by Lynne M. and Barb P.



# News & Reviews Dates and Schedules

## Creative Cookery:

A delightful meal with the theme "Cooking Ahead" at Barb S's.



The other Creative Cookery group at Gloria S's, celebrating Norah's birthday.



## Dining Out:

Our Dining Out Group thoroughly enjoyed our lunch at the Cookhouse in Rockton on Nov 13th. Our next outing is January 17th to the Abe Erb Brewery in Ayr. Lin F.



## Thursday Evening Book Club:

We discussed the book "Becoming" by Michelle Obama ( Crown Press New York). Becoming is a biography and memoir . Michelle starts out her biography describing her humble childhood and teenage years . She also includes her years at Princeton and studying for her law degree at Harvard .

Obama describes her early years with Barack and her years as First Lady in the White House . Everyone in the group thought it was a very inspiring read and would recommend the book.

Submitted by, Margot K.

## Walking Group:

Submitted by Janet K.



## Knit 'Natter

The knit & natter group, hosted by Rhynda B., and comprised of Lynn D., Bev G., Penelope J., Janet K., Joyce M., and Norah O., with a wool donation by Brenda M., were very productive, creating 2 headbands,3 cup warmers,6 scarves,8 newborn beanies, 21 hats,6 neck warmers, 3 cowls, and 8 mittens. A donation has been made to Rosewood House, of the larger sized items, which was very appreciative.

The mittens and warm winter woolens for young ones are finding homes with families in need. A call went out by my employer, Brant FACS, about a family who had lost everything, so I let it be known that there were woolens for the children. This led to inquiries about woolens for more families in need and so the woolens are finding homes where they are much appreciated. Betsy C.



Creations by: Lynne D., Bev G., Penelope J., Janet K., Norah O., Joyce M.

**Monday Evening Book Club:** Next meeting is Monday the 9th at Norah O.'s, at 7:00 p.m. to discuss "A Fine Balance", by Rohinton Mistry.



**Creative Cookery:** Wednesday, December 18th is the combined Creative Cookery Christmas dinner at the Golf and Country Club at 6:00 p.m.

## May Banquet

The Program Committee is pleased to announce the speaker, **Barbara Hooper**, for our May banquet and annual meeting. Barbara is Executive VP, Treasury and Corporate Development, TD Bank Group. She was honoured for her strategic vision and leadership, her dedication to creating positive social change and helping women achieve the rewards of a fulfilling career, while working tirelessly to create a workplace culture that champions inclusion and diversity.

The Banquet is on May 27, 2020. Price per ticket is undecided..



## 2019-2020 EXECUTIVE

### PRESIDENT IN NAME:

- Janet Rubas

### ROTATING PRESIDENTIAL TEAM:

- Jane Binkley
- Elizabeth Capitano
- Lin Fines
- Lynn Haylock
- Tish James
- Carol Kent

- Brenda Malvern

- Anne Martin

- Diane Morgan

### PAST PRESIDENT:

- Penelope Jeffery
- Patti Kunashko

**SECRETARY:** Dian Kuzyk

**TREASURER:** Mieke Schroeder

### STANDING COMMITTEE CHAIRS:

- Advocacy:** Betsy Capitano
- Communications:**
- Interest Groups:** Jane Binkley
- Membership:** Bev Osborn
- Program:** Anne Martin
- Scholarship:** Naomi Kral
- Social:** Norah O'Leary

### Members:

All the best to you and yours throughout Christmas and the New Year!



To those who have just had surgery or are battling the cold or flu or other illness, we wish you a speedy recovery and the joy of Christmas and New Years.

## December Christmas Potluck

Wednesday, December 11th

6:00 p.m. at the home of Lynn H.,

Bring:

1. Appetizer (if your name starts with A-L)  
Dessert (M-Z)
2. Two toonies for dish rental and incidentals
3. Your own alcohol if you wish it.
4. A plastic bag for your boots

R.S.V.P cfuwbrantford@yahoo.ca



## Community Events:

### Christmas Cantata:

**What:** Christmas Cantata presented by Fairview United Choir, combined with ProMusica (Nora Fueten, Director) and orchestral accompaniment

**When:** Friday December 15 @7:30

**Where:** Fairview United Church

**Tickets:** \$15 available in advance by calling the church office at 519-752-8549.

The Brantford School of Instrumental Music proudly presents  
**Sunday Serenade**  
featuring  
— The Brantford —  
Memorial Concert Band &  
Community Symphony Orchestra  
DECEMBER 22, 2019 • 3:00 PM  
BEST WESTERN HOTEL  
19 Holiday Drive, Brantford  
Admission - \$ Donation www.bsimm.ca



Wednesday, February 12, 2020

7:30 pm

## DUNSDON LEGION

9 Toll Gate Road, Brantford

\$100/team of four - \$15 charitable receipt per person  
*Invite friends, relatives, co-workers!!*

**FOOD!! PRIZES!! FUN!!**

Proceeds to CFUW Brantford Scholarship Fund

A registration form can be found at [cfuwbrantford.org](http://cfuwbrantford.org)



*Dynamic Women Can Make a Difference*