



Meeting cancelled for May Due to Covid -19 Pandemic

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Message from the Leadership Team

Nothing could have prepared us for the severity of the Covid-19 pandemic with the extensive worldwide morbidity and mortality causing the consequent confining strategies required to stay safe and healthy. However, by now we should be used to social isolation/distancing and have a degree of routine worked out, including learning new ways to go about our daily lives. Who would have thought that we would be ordering groceries on line, wearing masks, not driving our cars, using new technologies such as Zoom to 'get together' with friends over cocktail hour or 'see' our children and grandchildren, playing online games such as bridge, attending and conducting meetings virtually, working at home full time and home schooling all children?

The effect on our club of Covid-19 has been unprecedented. The year was happily proceeding as usual until March when everything everywhere in the country came to an abrupt halt. For the first time in recent history, 3 club meetings in a row (March, April and May) had to be cancelled, including our annual banquet. As well, the first ever virtual Executive Meeting, that went very well, occurred on April 14, 2020 with 16 members. In reading the May newsletters of 2018 and 2019, there was mention of banquet planning, ticket sales, the annual Blue Lake picnic, the All Candidates' Meeting in May 2018, etc. At this time, the only thing that could happen, hopefully, is the picnic, always a highlight to end the year. "Who knows?" is the common question these days, even from all of the experts. Who knows when anything will be back to 'normal' again, if ever.

Just when we thought that things could not get any worse, sadly, it did. 2 more tragedies affected Canada, in particular. First, the senseless massacre in Nova Scotia happened and more recently the tragic loss of life in a helicopter crash overseas.

Amidst all the apparent negativity, one has to look for more positive and hopeful signs. After a couple of years of

uncertainty regarding the future of GWI and the future of CFUW National, a working group has been formed to spend the next month meeting (online, of course) with a lawyer/ mediator, Rebecca Bromwich in Ottawa, to investigate options and ideas for a reasonable and fair resolution. CFUW Brantford is fortunate to have Lin Fines selected as one of the 12 participants out of a pool of 25 that applied from across Canada. Congratulations, Lin. We are all behind you!

As well, the world goes on. Spring has finally arrived, I think. The temperature fluctuates widely but the flowers are starting to bloom, the trees are budding, many birds are back and people are anxious to get out....carefully.... and enjoy it all.

The other positive outcomes of this pandemic are the significant cooperation within our federal, provincial and territorial governments to provide widespread emergency funding measures for citizens and businesses, the huge acts of kindness occurring in communities, the outstanding commitment of the front line essential workers across the country, the creativity that is being generated to contribute, provide entertainment and reduce stress, and the acceptance by the majority to comply with the restrictions.

To change the subject, did you all know that we have a former Canadian Olympian in our club? I only recently learned that Patti Kunashko was on the Canadian National Fencing Team in her youth and competed in the 1976 Olympics in Montreal. She would have competed in Moscow in 1980, as well, but those Games were boycotted and did not take place. Congratulations, Patti!

On that happy note, don't forget to pay your membership dues as soon as possible and don't forget to be thankful that we live in the best country in the world. Thanks, Canada!

Respectfully submitted and wishing everyone good health.
Anne Martin, President for April 2020.

News from National

NATIONAL CFUW AGM:

Due to the COVID-19 situation the AGM scheduled for June 18-20, 2020 will now take place virtually and not in Ottawa. It will occur from 12:00 to 3 Pm June 19th and June 20th 12 noon to 4 pm. Each club must complete a credentials form which is now available on the CFUW website In order to vote. . The form must be sent to Betty Dunlop at cfuwed@rogers.com by May 29, 2020. If voting via a proxy, the proxy must be given specific instruction related to how to cast the club's vote(s), but also be given discretion if new information unfolds at the AGM.

As the AGM draws near there has been an information overload. Firstly, is the ongoing discussion of the Guelph Motion to remove membership in GWI from the Constitution, which CFUW Brantford has voted to support. There has also been information forwarded by National respecting proposed changes to the bylaws and articles, some of which appear to be housekeeping, but some of which would result in significant changes to how CFUW is governed, and the power that clubs will have in the organization as a whole. The latter issues are as follows:

The issue of weighted voting as the current weighted voting structure violated the Canada not for Profit Corporations Act unless the current structure is approved by a 2/3rds majority at the AGM; and,

A motion that the CFUW budget is no longer "approved" at the AGM but "presented" on the justification that "approval" is not required by the *Canada Not-for-Profit Corporations Act*. The initial materials indicated that this would mean fee increases will not need approval at the AGM.

There is a tight timeframe to determine how the club will vote at the AGM, made tighter by the COVID 19 situation, but it will need to be determined somehow.

ONTARIO COUNCIL NEWS:

Ontario Council will also be holding an electronic AGM that will be held on May 23, 2020. There are a number of proposed changes to the Constitution and Bylaws and should you like to review these proposals they can be found on the website OR by clicking the link on the April 18, 2020 CFUW Ontario Council News. Should you wish to put your name forward for one of the empty executive positions, packages can be obtained through the link in the April 18, 2020 CFUW Ontario Council News.

CFUW Ontario Council submitted comments concerning the 2020 budget to the Ministry of Finance that included advocacy for issues related to the need for public consultation respecting the budget, affordable child care, supports for

care givers, support for public educations and full day kindergarten. CFUW Ontario Council sent a letter to Doug Ford on behalf of the CFUW Charitable Trust requesting more support for post-secondary students.

The recent newsletter contained a link to CanadaHelps.org and asked clubs to think about organizations that require support, especially now, including hospital foundations, food banks and food services, women's shelters and sexual assault services, programs supporting children, and programs supporting mental health services.

Ontario Council is looking for COVID 19 Stories and should you like to submit one sent it to communications@cfuwontariocouncil.org

COVID 19:

The CFUW Club Action Newsletter of April 2, 2020 had some interesting articles related to how COVID 19 is affecting women ---one that I found interesting was from The Atlantic, by Helen Lewis, The Coronavirus is a Disaster for Feminism. The Newsletter of April 12, 2020 also had interesting material on this topic, including a webinar, Hope for COVID-19 Treatment, that can be accessed at alumni.ubc.ca/Covid-webinar & a press release related to the impact on long term care homes that can be accessed via a link in the newsletter itself.

CFUW/ GWI Relations:

CFUW is looking for volunteers to sit on a mediation working group to make recommendations for solutions/options related to the conundrum related to GWI. The meetings will be facilitated by a mediator and help via zoom. A 30-hour commitment is anticipated and the recommendations will be presented at the AGM in June. If interesting in putting forward an application to sit on the committee the April 17, 2020 Club Action Newsletter contains a link to the application.

Important Dates:

May 19, 2020 – last day for amendments for CFUW proposed resolutions

May 20, 2020 is now the deadline to submit amendments to "resolved" clauses of resolutions—was April 15, 2020

May 26, 2020- there will be a virtual workshop, via ZOOM, respecting recruiting and retraining membership. An invitation and link will be forwarded closer to the date.

May 29, 2020 last day for club credentials form to be sent to CFUW c/o Betty Dunlop at cfuwed@rogers.com

Essentially all fundraising activities, meetings and social events have been cancelled due to COVID 19.

Respectfully yours, Betsy C.

CFUW Brantford

RESULTS OF THE SURVEY MONKEY VOTE ON THE GUELPH MOTION:

The Ad Hoc Committee, commissioned by our Executive/Leadership Team, presented a motion to support and sign the Motion that CFUW Guelph will put forward for the CFUW National AGM. Because our General Meeting for April was cancelled due to covid 19, the vote was conducted by Survey Monkey, with a completion date of April 28th, 2020. There were 53 members who responded, and there was a 97% vote to accept the Motion:

that CFUW Brantford support the Motion made by CFUW Guelph and formally join the list of clubs supporting this motion.

Motion made by Lin Fines, seconded by Jane Binkley, and supported by the Ad Hoc Committee.

The Guelph Motion: That Article 4, stating that 'CFUW shall be a member of GWI' be struck from the Articles and Bylaws of CFUW and that it be amended to state that 'CFUW supports international advocacy for the education and welfare of women and girls.'

PARTICIPATION ON CFUW NATIONAL MEDIATION WORKING GROUP:

CFUW National has established a working group to work with a Mediator to seek a solution or options to resolve the position within CFUW about continued membership in GWI. Members of the Mediation Working Group will serve under the auspices of the CFUW Board of Directors. We are pleased to announce that Lin Fines has been chosen to serve on this Working Group along with eleven other women from CFUW clubs across Canada between April 28th and May 31st. Lin says that she expects to invest 30-50 hours in the next month. She notes that the Working Group's report will be presented to CFUW National to be considered at the AGM, but will miss the deadline for making a Motion or resolution. While this is unfortunate, it is hoped that the information will be robust enough that it will support other Motions or resolutions that will have been submitted within the timelines required.

MEMBERSHIP RENEWAL

MEMBERSHIP RENEWALS are due in MAY. The membership fees are \$121.00.

Everyone will have received the renewal forms and information by the time of the Newsletter. If they have not please contact me:

Bev Osborn osb484@rogers.com
510-755-0724

Thanks.
Bev O.

Scholarship Fund

If you are celebrating a special occasion this spring or summer or wish to make a donation in memory of a loved one, please consider the CFUW Scholarship Fund to support young women who are furthering their education.

Naomi K.

NOMINATIONS

The Executive of CFUW Brantford is recommending that we follow the same leadership format next year as we have used this year. This model involves a group of volunteers who take on the duties of leadership for one month each. These duties include such items as monitoring the CFUW email (and forwarding such emails as necessary), creating agendas for the Executive and General Meetings, and chairing (or finding a chair) for the meetings. We have a number of experienced people who have agreed to take on this responsibility again next year. However, we would like to include more members in the running of our organization. To that end, we are hoping to create partnerships in which an experienced monthly president teams up with someone new to the role. This will allow our leadership team to grow through mentorship and create a larger pool of knowledge for the future. If you would be interested in taking advantage of this opportunity, or would like to hear more about it, please contact either Penelope J or Lin F.

Thank you for giving serious consideration to helping the operation of your club,

Penelope and Lin
Nominations Committee

CFUW EXECUTIVE

Your Executive meets digitally to deal with club business.



During this time of unprecedented lockdown, the Executive will continue to work for you.

INTEREST GROUPS

Creative Cookery: The sharing of recipe ideas and lots of discussion took place on our Zoom meeting. In spite of some technical challenges we all enjoyed the meeting. Then we got busy sharing our traditional Easter recipes and trying them out. So much for dieting during the lockdown.



Games Group: Our first Games session hosted by Marsha in April using Zoom. A new experience for us all. It was great "seeing" each other. We even played a bit of Trivia. We meet every other week and enjoy more chatting than games.



Many thanks to the Interest group contacts and participants who provided news and pictures for the newsletter. This is our members' connection to what is happening in the club. When many contribute it makes putting together a newsletter much easier.



Monday Night Book Club

We will take up where we left off, starting September 21, with a discussion of **Becoming** by Michelle Obama.

Sept 21 will be **Becoming**

October 19 will be **Good and Mad**

Nov 16 will be **Island of Sea Women**

Dec 7 or 14 (TBA) will be **White Bone**

At the meeting in September, we can discuss the process for choosing new books for January to June, 2021. Let's hope things are somewhat normal by then. I don't know though....We've had the floods, the disease, hail the other day, swarms of locusts in Africa, fires in Australia and wild animals are taking over the main street of Banff! That's only 6 of the 10 plagues.

In May, the **Thursday Night book club** will be discussing the book **Born a Crime** by Trevor Noah.

Dining Out Group: We are missing our monthly adventures with friends to explore restaurants near and far. It is a pleasure to participate in lively conversation and enjoy delicious food. We look forward to seeing one another over a dining table soon. Meantime, everyone - stay healthy and safe.



Personal News:

Just to put a smile on your face, here is Tippy the wonder cat, the terror of every chipmunk in the neighborhood, in his Easter bonnet.

Betsy C.



Marsha S. has been keeping busy during social isolation by making *pysanky* -- or written Ukrainian Easter Eggs. This custom predates Christianity and there's a belief that the world will end when people stop making *pysanky*. Marsha is doing her best to stop that from happening. Here's her most recent..





Scholarship A to be presented in Memory of Marion Nelles

(nee Dymond)

March 1st, 1928 to March 29th, 2020

Born in Toronto, Marion lived in a variety of places in Ontario during her childhood. After marrying D. Hardy Nelles, the couple moved to Tilbury, before settling in Brantford in 1957 with their two children. Marion first worked at the YMCA, and

subsequently pursued a Teaching Diploma from McMaster Teacher's College, then an Honors BA in Psychology at the University of Western Ontario. All of Marion's post-secondary education was completed by driving to London or Toronto, while balancing multiple priorities with a young family and a full-time job.

Marion's first teaching position was in a one-room school in Oakland, teaching Grades 1 through 8, and then in an elementary school in Scotland, teaching Grades 6 and 7. The last 23 years of Marion's career were spent at North Park Collegiate, teaching Typing and Business Practice. When Marion retired at 60, she set-off to fulfill another ambition - to see the world. She travelled to Nepal, India, Tunisia, Japan, Thailand, Singapore, Malaysia, Macau, Turkey, Poland, most of Western Europe and much more. Marion was in Tiananmen Square in June 1989 the day before the Massacre, and saw the trouble starting. Marion made many friends, with whom she kept in touch over the years.

Marion's insatiable curiosity and sense of adventure resulted in her co-owning Thoroughbred racehorses, completing painting courses in Algonquin Park and a Creative Writing Course at Oxford, belonging to a Creative Writing Group on Six Nations, and attending the Commonwealth Rowing Championships in Scotland. On the home front, Marion was curator of the Nelles Family History, organized family reunions that usually drew more than a hundred people each year and enjoyed family time around her pool or on 'date nights' with her grandchildren. Creatively, Marion wrote poetry and short stories, some of which were published in local newspapers, and she served as the Travel Editor for a local publication. Marion was a member of CFUW for 38 years and participated in many groups during that time, including Book Club, Dining Out, Bridge, Film Club, Food with Thought, and World Awareness.

One of Marion's finest characteristics was her resilience, her ability to manage uncertainty and change. When life presented a challenge, she got on with things - with nary a complaint - got a good job, went to university, and at age 87 when she gave-up driving she began taking taxis, along with accepting rides from a few treasured friends, all without missing a beat. Marion was independent, kind, humorous, and straightforward - a woman who loved her family and community.

CFUW Brantford will be proud to present Scholarship A this year, in memory of Marion Nelles.

Thank you!

I would like to extend my thanks to my CFUW friends for their best wishes and care this winter. The emails, the phone calls, the cards AND the food were all greatly appreciated. My back problems dragged on for several months but I am happy to report that I am able to sit and stand again and even do some short walks. I had three trips by ambulance to the ER at Brantford General and was so impressed by the care and patience and good humour of the EMS, the doctors and nurses. And (tongue in cheek) I had the opportunity to "sample" most of the pain medications that are available. Another positive outcome was that Bob learned to master several appliances, including the washing machine. He is still doing all the grocery shopping.

Mieke S.



Congratulations!



Betsy C. became a first time Great Aunt on March 2, 2020 to a beautiful little girl Elena Anne.

Pandemic Positives

This pandemic is a very trying experience for everyone: creating fear, unsettled feelings, loneliness and too frequently, illness and deaths. Fortunately there are many bright lights among the darkness. Many people, especially women, are going above and beyond to help others through the trials and tribulations. I know one person is doing grocery shopping for neighbours, another who is making plastic face shields for the hospital workers on a 3-D Printer and another who has made 450 face masks for family, friends and several nursing and retirement homes in the area. Think about what you or others that you know about have done to be helpful to someone or to some group. Tell us about it - no matter how big or small. It would be heartwarming to be able to celebrate those efforts in the next issue. Feel free to use names or to tell an anonymous story about a member or others you know about. Let's acknowledge some of the good deeds that are helping to make life better for others.

Contributed by Betty Anne W.

2019-2020 EXECUTIVE

PRESIDENT IN NAME:

- Janet Rubas

ROTATING PRESIDENTIAL TEAM:

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

Meeting

Watch your email for notifications of meetings and hopefully we will be meeting again in September.

Banquet

Because of the current Covid-19 situation, I am sorry to have to announce that our annual banquet has been cancelled.

The AGM will take place at a later date.

Meanwhile, please stay safe! We'll celebrate when this is over!!

Lynn H. and the Banquet Committee 🌸🌸

Staying Socially Connected from Afar

Stephen Porges, Ph.D. and Director of the Trauma Research Center at Indiana University discusses how we need to be apart to deal with the pandemic, *but we still need to be sensitive to our nervous system's need to socially connect.* By socially connecting with others, it helps us to co-regulate.

"If we don't engage people for a period of time, we start to become too isolated and this is really bad for our nervous system. As we separate, the notions of being overly concerned or paranoid about the situation will increase because we are not getting sufficient opportunities to co-regulate." ~ Stephen Porges

He explains that it's very important to hear each other's voices, thus telephone and even better, video-chat helps our nervous systems co-regulate. He says texting and email is helpful, but the sound of one's voice and seeing the face of another is what helps the most.

Arrange virtual playdates with friends for children & grand-children and virtual meet ups with relatives. For example:

A virtual arts and crafts playdate (same idea of planning a craft or art activity that each child can do in his/her own home)

A virtual baking playdate (two friends, with parents help for the younger kids, make cookies or a cake in their own kitchens simultaneously). Or Grandma, arrange a baking date with your grandchild.

A virtual music concert for relatives (piano, singing, violin etc.) or **read them a story**

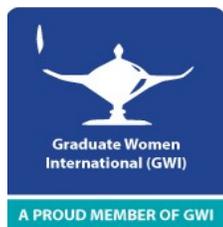
Virtual game such as **BINGO**, **Words with Friends 2**, **Hide and Seek** – child hides in a room where the computer or tablet is, and a grandparent can call out and ask child if he/she is hiding under a table, behind a chair etc.

Host a Netflix Party – Netflix has now made it possible to watch a movie with friends and have a simultaneous group chat

Play Quplash online with a bunch of friends or relatives (Take turns answering the funny sentence prompts and everyone votes for the best answer)

Use Zoom or the House Party App to have a **group chat** amongst friends

*For more ideas see Sharon Selby, www.sharonelby.com



Dynamic Women Can Make a Difference