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Message from the Leadership Team

As I begin to compose this report on March 1st, the day which seemed to “come in like a lamb” is turning snowy and very windy. No doubt, most of us are hoping for balmy weather so that we can gather together outside once again with friends, while following all the necessary guidelines and protocols.

At the February general meeting on Zoom, those in attendance heard a wonderful presentation about Jean F., followed by the “Who Am I” profiles of several members. Since we were all missing the fun of our usual Trivia Night in February, the organizers of that popular event held a 20-question mini-Trivia contest. Congratulations go to the winner, Linda S, and to the four women tied for second place - Rhynda B, Melodie D. Norah O. and Mary P. There were even prizes to be delivered to the winners.

With the one-year anniversary of the first Ontario lockdown fast approaching, there has been some good news this week with the announcement that vaccinations for members of the general public over the age of 80 are now finally underway. After a slow start in Canada, it is hoped that the delivery of many more doses of vaccine in the next few weeks will speed up the roll-out for the rest of our population. This pandemic has had many negative effects on so many of our fellow citizens. For example, a number of newspaper articles over the past year have noted the increase in mental health problems as well as domestic violence. As well, there is the sobering fact that the pandemic has taken a higher toll on women's incomes than those of men. Of course, this discrepancy applies in particular to women raising children on their own.

On a more positive note, Brantfordians have taken up walking as a great form of exercise while the sport facilities have often been closed. In my own neighbourhood I have encountered many new faces on my strolls. And everyone seems to be even friendlier than they were before! This enforced isolation has made us more aware of the importance of a smile or an act of kindness which is another good outcome of our unusual lifestyle.

March 8 brings the celebration of International Women's Day, with the theme this year being “Choose to Challenge”. In the literature, the campaign states, “We can all choose to challenge and call out gender bias and inequality”. As of now, I trust you have all been able to take in one of the many online presentations of this annual event.

By the time you read this report, the vote on whether our CFUW Brantford “opt in” or “opt out” of paying the GWI fees to CFUW National will have been completed. Whatever the outcome, all of us owe a big thank you to the members of the Executive's “Ad Hoc Committee – Future Directions 2020-2022” for the tremendous amount of time and effort they expended on our behalf.

Both Dian K and myself, as Co-Chairs of the February general meeting, thank you for your patience and understanding as we were “first-timers” in this particular club role.

Respectfully,
Catherine S.

Brant County Health Unit Alert:

The BCHU would like to remind community members to remain vigilant when receiving phone calls, emails or text messages from unfamiliar sources relating to COVID-19 vaccinations.

Please note that the BCHU is not currently calling, emailing or texting residents to offer COVID-19 vaccination bookings and public health units will never ask you for

bank or credit card information. The Government of

Canada has put together a list of known [COVID-19 scams](#).

Janet R.

News from National and Provincial

Notice of the 2021 CFUW Ontario Council Annual General Meeting **LEAD 2021**

Step into your Power

A virtual conference hosted by CFUW Orillia

Women have been hit hard in the pandemic fallout. This year's Ontario Council AGM is an opportunity to learn about Women's Leadership in the economic recovery.

FRIDAY MAY 14:

We will take this opportunity beyond an advocacy plan to a personal Call to Action. Participants will hear keynote speaker, Dr. Wendy Cukier, work in small groups to develop personal action plans and wrap up the Friday reception with the Ontario Council awards with door prizes, and then break into conversational groups for a wine and cheese social. This ZOOM session has no cost and online registration will open on March 26th.

SATURDAY MAY 15:

The Business Meeting will take place on Saturday May 15th through OneCast. A separate registration will be required, details to follow.

Resolutions:

CFUW St. Catharines has submitted to CFUW Ontario Council a Resolution titled Human Trafficking Awareness, Prevention and Detection.

The resolution is as follows:

Resolved, that Canadian Federation of University Women Ontario Council (CFUW) urges governments, police, social agencies, school boards, community organizations and other partners to continue to recognize and react to the reality and dangers of the human trafficking of Canadians, and to educate youth to be alert to luring and coercive control techniques via tools and methods including, but not limited to:

A) that the Ontario Provincial Government make additions to the Grade 9 and 10 Health and Physical Education curriculum to include how to recognize unhealthy relationships, specifically the coercive control and luring techniques used by human traffickers and similar predators.

B) that the Ontario Provincial Government require all educators, grades one to twelve, to complete a brief ten-minute, yearly, online training on the awareness, prevention and detection of human trafficking.

To date no resolutions have been received from National for their AGM but I am keeping an eye out for same.

Important Dates:

May 14 & 15, 2021: the Ontario Council AGM will take place.

Respectfully submitted, Betsy C.

Literary Opportunities :

CFUW Sudbury 25th Annual CELEBRATE WOMEN will take place on March 25 @ 7:00 pm - 9:00 pm, cost \$10.00.

[CFUW Sudbury](#), in partnership with [YWCA Sudbury](#) and [LEAF](#) Sudbury, presents the 25th Annual **Celebrate Women**. This year's author is the prize-winning Canadian novelist Mary Lawson. She will be talking about her new book *A Town Called Solace* which, like her previous books, is set in Northern Ontario. To register, or to learn more, go to [CFUW Sudbury Celebrate Women 2021](#). You will receive the event link by e-mail, shortly before the event.

Membership Renewal 2021 -2022

Thank you so much, members, for staying with our organization through the Covid-19 year. With the help of technology, we were able to enjoy virtual Executive, General Meetings and most Interest Groups.

I must confess, I rather liked staying cozy at home with a tea or wine on a cold winter night, while participating in my CFUW activity.

A big warm thank you to Janet Rubas who engineered the Zoom meetings to keep us all in touch virtually. What would we have done without her expertise!

I will be sending out the membership forms soon. The fee remains the same for 2021-2022.

Please also complete the Interest Group section.

Thank you to the leaders of Interest Groups who have offered to volunteer their time. There have been some changes to the groups, so please make note of them as you complete the form.

No one knows when we will be returning to "live" attendance but let's be optimistic! Shall we say "Soon"!

Respectfully,
Dian K.

Committee Reports

Nominating Committee

The response to the notice in a recent newsletter, the survey sent out by Janet R. and the hard work of Lynn H., especially, have resulted in a gratifying response from the membership. So many members, some new and some seasoned, have come forward to be part of all facets of the organization.

The slate of nominations for 2021-2022 has all but 2 positions filled! Only 1 position on the Executive, President in Name, is vacant and only 1 position on the Standing Committees, Social Chair, is vacant.



The slate will be presented at the March General Meeting for information and the vote to confirm the nominations will be at the May Annual Meeting. Please think about the 2 vacancies. As well, the slate is not closed, so nominations are still welcome. Thanks to you all we will continue to have a strong club!

Ad Hoc Committee on Future Directions 2020-22

The vote for the Motion to Opt-Out of paying per capital GWI dues was passed. Thank you for participating in the on-line survey. The response was excellent. Our President of the month for March, Diane M., will be advising CFUW National of our decision.

Moved by Lin Fines and seconded by Anne Martin that, not withstanding Article 4 (joint membership) and Bylaw 4.1 (one class of membership) and in accordance with Article 4.2 (membership aligned with National), it is proposed that CFUW Brantford opt out of the GWI per capita dues calculation beginning with the 2022 GWI dues.

Next Steps: The Ad Hoc Committee continues to work with CFUW National to understand what actions are being considered to address their financial challenges (depletion of reserves, deficit resulting from difference between dues collected for GWI and amount required by GWI; and deficit budget) and structural issues (Articles and Bylaws requiring membership in GWI, an external organization over which they have limited authority and control).

Submitted by Lin F., Chair; Jane B., Joan H., Patti K., Nora L., Brenda M., Linda T.

Scholarship Committee

This month I was pleased to receive an email from Rhiannon Hoffos, the Award B Scholarship winner for 2020. Rhiannon is enrolled in the Early Childhood Education program at Conestoga College. She loves her program and is very grateful for the support. The financial support she received from CFUW removed a lot of stress.

A special shout-out to all the members who donated to the Scholarship Fund. We received \$340 this month- thank you for your generosity.

Naomi K., Scholarship Chair

Ad Hoc Committee on Long-Term Care

While we all wait for the Report to come out from the COVID-19 Independent Commission on Ontario's Long-Term Care Homes, there are a number of actions taking place with a view to influencing the outcome of that report.

CFUW Ontario Council: CFUW Stratford, CFUW Windsor, and CFUW Oakville, along with Ontario West Regional Director Elana Freeman, created and developed a campaign for all CFUW clubs in Ontario. This campaign includes a short survey to be completed by everyone. The survey results will be analyzed and reported, and a letter will be directed to the Premier and principals in the government to inform them of the need for changes now. To access the survey: <https://www.cfuwontcouncil.org> or go to <https://cfuwstratford.ca/> and follow through their Advocacy Initiatives or go directly to <https://cfuwstratford.ca/a-call-for-change-in-seniors-care/>.

CFUW Guelph has focused on promoting the 2 resolutions from CFUW National: no more for-profit and national standards of care. They will have the Federal Minister for Seniors, Deb Schulte, on a Zoom call for CFUW members in March.

C.A.R.P. Ottawa continues to advocate for transforming long-term care through emails, presentations, letters to the Editor and blog writing. Their latest blog is [Let's put the "care" in healthcare!](#)

Over the past 15 years the Toronto Star and other Ontario newspapers have written many stories about life in long-term care homes. Yes, there are good stories to be told, but what we remember are those stories about neglect, abuse, urine-soaked sheets, loneliness, or aggressive incidents. Regrettably, it has taken the pandemic to bring the seriousness of the long-term care home situation to the forefront.

Most of the staff are trying their very best to deliver care according to what is expected of them. But is this the problem? "Is keeping our elderly clean, fed and safely tucked away" the best way to provide a quality of life? In a recent article in the Toronto Star, we read stories about residents who live in LTC homes which have undergone transformative culture change. An example is the professor who is known for his crankiness, who starts to cry when hymns and wartime songs are played on the piano. Then all of a sudden, he begins singing the words to these songs! Read more under a recent article called Crisis of Care, the Toronto Star, February 7, 2021: The Fix: Part 2: republished from 2018.

The good news is that where there is a willingness to change, lives are transformed. We now know how much better a different model can be, and how joy, respect and community can actually be experienced by residents, families and staff. If the word "care" in our system of healthcare means anything, we need to get on with it. Please support Transformative Culture Change in Ontario's Long-Term Care Homes by sending an email to info@LTCcommission-CommissionSLD.ca or to your local MPP <https://www.ola.org/en/members/current>. #ChangeLTCNow .

Marg E., Ad Hoc LTC Committee Chair

INTEREST GROUPS

Thursday Evening Book Club: The club reviewed **Truth Be Told** by Beverley McLachlin, first woman Chief Justice of the Supreme Court of Canada. The book received a hearty two thumbs up from all participants. We gained greater understanding of the impact of the Constitution and the Charter of Rights and Freedoms on our country and learned interesting background on many famous and significant challenges and rulings. Rather than being dry and boring, the book shows how important the law is for our country, our culture and access to justice for every citizen.

The book is both fascinating and readable. We all came away with the sense that Beverley McLachlin is a Canadian treasure – and several Book Club members are giving the book to young women in their families or community.

Monday Evening Bridge Group: The group met as usual on the first Monday of the month. The blustery weather that evening and our continuing online comfort with Bridge combined to create a cozy, relaxed Bridge experience from home. High scorers were Rhynda B. and Dian K., who were partners for one session. The other players were Bev. G., Brenda M., Marla M., Anne M., Catherine S., and Barb S.

Creative Cookery Group: In February, the group met on Zoom to watch a video on “15 Mistakes Most Beginner Cooks Make (Part 1)”. This led to a lively discussion about our own cooking techniques which can be improved with some simple tips from this video.

A soup recipe that was shared with the group by Sandra H. and requested by members at the General Meeting:

Cauliflower and Broccoli Soup

2 tablespoons olive oil in heavy bottom large pot
1 very large onion chopped or 2 medium onions
2 large garlic cloves, finely minced
1 large cauliflower, cut into florets
about half as much broccoli and cleaned and chopped stalks
(Steam the two veg for about 10 minutes first.)

1 900ml carton of stock, either chicken or vegetable (I use chicken)

Heat the oil, add onion and garlic, and cook until soft for about 5 minutes.

Add broth and thyme and other herbs to your taste.

Add cauliflower and broccoli and cook 15-20 minutes. Add extra thyme, pepper and either a little garlic powder or 1 teaspoon salt.

Put in blender until smooth. Put Parmesan cheese on top.

Games Group: Six of us have been having quite a bit of fun playing trivial pursuit via Zoom and I just ordered a couple of sets of new trivia questions. We're playing on April 1 at 2pm. And no, this isn't an April Fools' joke. 😊 Marsha S.

Monday Evening Book Group: The group enjoyed **The Other Einstein**, by Marie Benedict, about Einstein's wife and her unacknowledged contributions to his work. On March 15 we will discuss **The Wake** by Linden MacIntyre.

Interest Groups for 2021-2022

The membership continues to have the opportunity to participate in 16 different groups depending on their individual interests and, of course, the availability of safe meeting locations. Last fall and this spring our members were/are gazing outside our individual homes and restaurants at open spaces where they feel safe from contracting the COVID-19 Virus or even utilizing the ZOOM format!

If only our founding members could see how their daughters and friends have embraced this ZOOMING on computers and phones. My own mother would be in awe of everything you have all embraced as you enjoyed the meetings with friends!

When Interest Groups became a topic, your fine friends stepped up to the podium and have offered their organizational skills. Soon you will receive the Membership Form hand-delivered or in the mail and you will be given the opportunity to select your Interest Groups for 2021-2022!

I have included here the list of our groups and hopefully the correct leaders. I have also included a few that lack a leader at this time in case you suddenly become overwhelmed with the desire to become a leader/organizer of an Interest Group!

BIKING Karen I.

BOOK CLUB Monday Afternoon Jean F.

BOOK CLUB Monday Evening Kay R.

BOOK CLUB Thursday Evening Bev G., Roma M.

BRIDGE (evening) Brenda M.

BRIDGE (afternoon) searching for a group leader

CREATIVE COOKERY Jean L.

DAY TRIPPERS Lynn H.

DINING OUT Lin F.

FILM & DINING OUT Norah O.

FOOD WITH THOUGHT Pat C.

GAMES Marsha S.

GOLF Maria T.

JOINT REPLACEMENT SUPPORT Janet K.

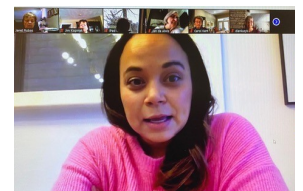
WALKING Natalie P.

WORLD AWARENESS Jennifer D.

There is no better way to get to know a small group of our members than enjoying their company doing something you both enjoy! Submitted by Jane B.

World Awareness Group: The Group met by Zoom on February 15, to discuss **Education in COVID-19 Times**. Janet R's daughter Anne C., currently a High School VP in Peel region, as well as having numerous other qualifications, spoke to us about altered pedagogical expectations as students adapt to on-line learning. She also talked about changes to the established curriculum that would see un-streamed grades 9 and 10, and require a grade 11 English credit in Indigenous literature. The discussion was very interesting and illuminating, thanks to Anne's expertise and experience.

Jen D.



2020 –2021 EXECUTIVE

PRESIDENT IN NAME:

- Janet Rubas

PAST PRESIDENT:

- Brenda Malvern

ROTATING PRESIDENTIAL TEAM:

- Elizabeth Capitano
- Lin Fines
- Lynn Haylock
- Brenda Malvern
- Anne Martin
- Diane Morgan
- Dian Kuzyk

SECRETARY: Gay Henley

TREASURER: Mieke Schroeder

STANDING COMMITTEE CHAIRS:

- Advocacy:** Betsy Capitano
- Communications:** Sandra Hughes
- Interest Groups:** Jane Binkley
- Membership:** Dian Kuzyk
- Program:** Anne Martin
- Scholarship:** Naomi Kral
- Social:** Lynn Haylock



MARCH

General Meeting: March 24, 2021
Look for an email with the Zoom link to join.
Meeting Starts at 7:00 p.m.



Congratulations to Hazel R on the birth of her granddaughter in November 2020, Claire Lynn, a sister for Lily Hazel.

Brantford Symphony Orchestra (BSO) Annual Fundraising Bookfair

As with so many events in the past year, the usual bookfair has been cancelled for the second year in a row. However, for the first time there will be an online book auction. The first auction of 100 boxes of books is happening from March 20-29, 2021, so check it out now. The plan is to have another one in April or May.

If you have books to contribute, take them, **in April**, to the BSO office at 99 Chatham Street (down the side of the Chamber of Commerce office, right on the corner of Chatham and Charlotte).

Check out this link for the auction information: <https://brantfordsymphony.ca/bsobookfair-auction/> where you will find all the info you need to know about the auction.

If you then click on this link www.32auctions.com/bsobookfair2021 you will see the actual auction site.

For any further information, call Joann Alho at home, 519-753-7403, or on her cell, 519-732-9732. Her email is joannalho@gmail.com

Any questions, call Anne Martin 519-754-1815 or email me at anezurermartin@gmail.com

Get Better Soon!

Thank you to Nora L. for delivering fresh flowers and a sweet little dessert (raspberry mousse cake) to Marg S. on behalf of our Creative Cookery Group.

Marg fell on her bottom a few weeks ago resulting in a very small crack and severe pain. She was badly bruised and can't sit for long. Otherwise, doesn't Marg look great in the picture!

Thanks again to Nora!
Jean L.



Save the Date:

AGM — May 26th, 2021

Our AGM will be held by Zoom on May 26. We sincerely hope that our Banquet can take place at the Brantford Golf and Country Club on Wednesday, September 30. This event will be a celebration of the end of the pandemic and the enjoyment of getting together again in person. Fingers crossed!!
More details to follow.



cfuw fcfdu



Dynamic Women Can Make a Difference