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As I compose this message today, there is still a core number of the so-called “Freedom Convoy” in Ottawa with no end in sight to their disruption of the lives of the many citizens living downtown in our capital city. We have not seen the likes of such a massive protest, at least as far as I can remember. As a student of history, it brings to my mind the Winnipeg General Strike of 1919 which began in Winnipeg and soon spread across the country. At least those protesters truly had a legitimate reason to be upset with the government. Enough of my editorializing! However, speaking personally, I am relieved that my daughter and her family left Ottawa just in time to miss the demonstrations even if they are now living in Addis Ababa. That city is peaceful but there are still atrocities being committed in the northeast area of Ethiopia. As well, many Canadians have family in the tension-filled Ukraine which has been in the forefront of news for the past while. And the newspapers remind us almost daily of the ongoing plight of many Afghans. We all need to find ways to remain hopeful when our world is in a rather sorry state.

The Covid-19 pandemic is now in its third year, which none of us expected after so many of us had dutifully followed the advice of the scientists and been fully vaccinated. While the latest Omicron variant seems to be in abeyance, yet another more contagious variant has appeared. Will we ever return to the “good old days” to use a well-worn phrase? Again, on a personal note, our son recently contracted the virus for a third time despite being fully vaccinated, wearing an N95 mask, and being as cautious as possible in the state of South Carolina where most citizens eschew mask-wearing. As we members of CFUW try to remain positive in our thoughts and daily lives, we are buoyed up by the many friends we have through this association. Our small group of walkers continues to meet every Tuesday morning at Glenhyrst where we enjoy not just the exercise but especially the companionship. Some of the other interest groups continue to connect online whether it be for Bridge, Book discussions or Advocacy concerns.

In reading over the CFUW Club Action Newsletter of January 19, 2022, I learned that The International Day of Education was January 24, as proclaimed by the United Nations General

Assembly. There was a chart in the newsletter which had some shocking statistics about the education of females in our world. To quote one of the statements, “over 20 million girls aged 14 to 18 could be driven out of school after Covid-19 has passed”. You might be very interested in checking out the other facts on the CFUW Infographic. And referring back to the first paragraph of this message, “Girls in Conflict-Affected Countries are 2X more likely to be out of school than girls in non-affected countries”.

As you are all aware, February is Black History month and there are many opportunities to explore this issue, whether it be through the medium of radio, television or online. The theme for 2022 is *February Forever, Celebrating Black History today and every day*. For more information, I refer you to the CFUW Ontario Advocacy News which we all received by email recently.

In closing I would like to thank everyone who helped me do my job as President this past month. We in CFUW Brantford are so fortunate to be able to work with and enjoy the company of such a wonderful group of women.

*Catherine S. President for the month of January*

## President for a Month

Many hands make light work. We are blessed to have a number of members who are willing to take on the job of President for a month, and are wonderfully supported by the President in Name, who represents us at the Provincial and National level, and with the other Presidents in the rotation. We have templates and procedures, and are happy to work with you. We would like another two or three people to join the team this year.

Contact Norah O’L or Lin F for more information.





### SCHOLARSHIP MATTERS

In our 75th Anniversary History of CFUW Brantford presentation to you at the November 24, 2021 General Meeting, we provided you with insights into our most notable and enduring scholarships, but these have been augmented over the years by various other scholarships, bursaries and prizes. One of these is the **ANNE M. HODGE SCHOLARSHIPS**, presented from 1998-2018, due to the generosity of Anne Hodge, a charter member of CFUW Brantford and career educator in Brantford. These scholarships were awarded to a graduating female student at both North Park Collegiate and Brantford Collegiate, Anne's alma mater. The criteria for these awards included attaining 80% average on 6 OACS (now renamed), heading to an Ontario University, and demonstrating financial need. Each recipient was chosen by her own school administration, with no application process.

Anne Hodge was involved in the early discussions of the formation of our club – probably while playing Bridge. As recorded in the 50th Anniversary booklet, “she was one of 19 women who met at the home of Helen Clemons to discuss details about becoming an affiliate of University Women’s Club (now CFUW)”. Anne attended the University of Toronto, graduating in Modern Languages, returning to Brantford, and subsequently teaching at the OSB (now WRM). She then headed to NPC, when it opened, to be Department Head of Modern Languages and teacher of French, although she would have preferred to teach Spanish. She indulged her love of Spanish by travelling to Spanish speaking countries!! Anne continued her family’s tradition of community participation by being involved in leadership positions at Alexander Presbyterian Church, and a community music concert series, to name just two. During her retirement years, she continued to travel, play Bridge and golf, and read, until macular degeneration restricted these pursuits.

Thanks to the generosity of Anne Hodge, approximately 40 young Brantford women received assistance to continue their post-secondary education - continuing a long-standing tradition of CFUW Brantford.

Brenda M.



Anne Hodge

Helen Clemons

### CFUW Brantford Ad Hoc Committee on Long-Term Care

CFUW Brantford continues to monitor and participate as appropriate in responding to LTC issues. Now that the new Ontario LTC Act has received royal assent, the government is currently drafting the Regulations to accompany the Act. Working with CARP Ottawa Advocacy Committee, a draft response has been formulated which will be discussed with all CARP chapters Feb 2<sup>nd</sup>. Quality of Care and Staffing regulations were reviewed and specific recommendations will be made. Essentially, their position is the following:

The “Fixing Long-Term Care Act, 2021” is anchored with 18 foundational statements. Within these statements there is specific reference to safe, quality care that encompasses physical, psychological, emotional, spiritual, and cultural needs of residents. However, the *draft* of the Regulations focuses on physical needs with much less written on the other aspects of quality care. Where is the depth to the regulations that address the psychological, emotional, social, spiritual, and cultural needs? These needs of the resident are just as important, if not more, as their physical needs and deserve to be recognized within the Regulations. Offering examples of standards will promote consistency in approach by the homes and assist inspectors to fairly assess the application of these principles and assist homes to adapt learning plans to close the gaps.

We also are aware that a draft report on National Long-Term Care Standards was released this week for public review. These standards recognize the key role front-line staff play in the philosophy behind “resident-centered care,” saying workers must be allowed to connect with people living in homes, to uphold “individual needs, abilities and preferences.” Hopefully the Federal government won’t hide behind the argument of health care being a provincial jurisdiction and forego stepping up to the plate and providing leadership to endorse and make the draft national standards a reality of Ontario’s long-term care homes. The complacency in the long-term care home sector accompanied by the shockingly long absence of providing our seniors with the kind of improvements proposed in the draft national standards cannot be remedied quickly enough. We believe an emotion-based model of care needs to be the foundation of an improved long-term care homes system and we need it NOW.

Over 4000 residents in LTC Homes have died as a result of COVID-19. With the Ontario provincial election set for June 2022, no doubt LTC issues will be front and centre. CARP Ottawa Advocacy Committee is in the process of forming questions to be asked of candidates who will be running in the election.

CFUW Brantford Ad Hoc Advocacy Committee on LTC, Marg E.

#### Chair of Advocacy Nomination

This is an interesting job that includes supervising CFUW National Resolutions in March-April, coordinating any advocacy issues that you find compelling at the local level, and attending our monthly Executive meetings. This job is one where you set the tone and the pace for the club, so it can be active (as in meeting with MPPs and MPs, arranging attendance at local events such as Take Back the Night) or simply ensuring that our Club votes on any National Resolutions. Please contact Norah O’L or Lin F if you would like to discuss further.

## A Perspective on Black History Month

by Lin F.

It was over thirty years ago when I attended an intensive month-long program about racism that pushed my nose into my own prejudices, and taught me how bias is usually unconscious and ... denied! My organization went on to work with experts internationally as our leadership teams attended customized diversity programs around the world. After retirement, I continued my interest in and commitment to valuing differences and was pleased to be asked to sit on the Laurier Brantford Leadership and Diversity Advisory Board.

This ongoing work with ending prejudice and discrimination is what concerns me about Black History Month. The government website describes the month as a time for ‘celebrating contributions of Black people and communities’. It feels a bit like ‘ethnic food parties’ touted as diversity initiatives. It may be a start, but it is not enough. The challenge is to understand the lived experience of Black people whose contributions have been denied, undervalued, usurped, and even punished. Renowned Researcher and Professor, Brene Brown, asserts that it is necessary to face our own prejudice and the systems that work against inclusion and safety for marginalized people, and work beyond the flood of shame that occurs when we are confronted with our own or our country’s history of prejudice and racism. It takes courage to dig deep into the denigrating treatment experienced by marginalized people and to respect the impact racism has had on individuals, communities, and cultures. It takes a strong constitution to delve into how racism has embedded itself into attitudes that permeate systems such as education, hiring, and criminal justice. Then, and only then, can we move into unbundling the complexity of systemic racism.

This month is an invitation to explore the concept of prejudice and, in particular, the lived experience of Black people. Below are a few books recommended by our members. While some of these books have a U.S. focus, they are easily relatable to Canada. Jane Elliott’s videos can be found on line. There is an episode on Oprah where Jane discriminates against people with blue eyes. My favorite video is Jane’s work with Grade 3 children in 1968 after Martin Luther King Junior’s assassination. We used this video entitled *Blue Eyes - Brown Eyes* in our diversity training, and I watched it at least 30 times.... and never came through it dry-eyed.

### FEBRUARY - BLACK HISTORY MONTH

The Federal Government designated February as Black History Month in the 1970s to invite Canadians to increase their awareness of and appreciation for “the many achievements and contributions of Black Canadians and their communities throughout history...” The [canada.ca](http://canada.ca) website details that “Black people were once enslaved”, and that it was not until 2008 that the Motion to designate February as Black History Month was finally passed in the Senate. Over forty years .... a long time to complete Canada’s parliamentary process.

## Statements to avoid:

I don’t have a racist bone in my body.  
I don't care if people are white, black, purple, or blue.  
I am "colour blind"—I don't even see race.

Experts assert that these statements, albeit well-intended, usually go hand-in-hand with an urgent desire to stop discussing racism, to avoid feeling shame about what some races experience.

Unfortunately, these statements also tend to cut off opportunities for dialogue, for increasing awareness and learning.

.... Isn't it a bit disingenuous to say you don't see colour when you notice it in your home, your wardrobe, your food, your garden, and even how tanned your neighbour is when they return from vacation?

## Rochelle Bush

### Speaker for our February General Meeting

Resident Historian of Salem Chapel, BME Church, National Historic Site

Rochelle Bush is a Trustee and the resident historian of the Salem Chapel, British Methodist Episcopal Church, Harriet Tubman Underground Railroad National Historic Site and the owner and operator of Tubman Tours Canada. Rochelle was born and raised in St. Catharines. Her maternal great great grandfather was the minister-in-charge of the Salem Chapel for a period in the 1850s when Harriet Tubman was a member.



Over twenty years ago Rochelle began to preserve, promote, and protect Canada’s rich Black history. This included participating in the development of the early Black history narrative and government tourism initiatives in St. Catharines and the Niagara region. Concurrently, Rochelle began to offer step-on guide services to showcase Niagara's Freedom Trail, which includes the Salem Chapel, and enhance the visitor experience. Almost ten years ago she created the “Harriet Tubman Tour” to highlight the heroic figure's time in St. Catharines.

Rochelle is an independent researcher and also a member of the Historical Society of St. Catharines, a past Board member of the St. Catharines Museum, a former Emancipation Day organizer, affiliated with the Central Ontario Network for Black History, associated with the Zion Baptist Church, a certified Niagara Tourism Ambassador and a licensed Niagara Parks tour guide.

In addition, Rochelle is a Social Service Worker and a Niagara College graduate.



## INTERESTS

**Monday Night Book Club:** The Monday book club read and discussed "The Bookwoman of Troublesome Creek" by Kim Michelle. Based on real events this novel tells the amazing story of the Bookwomen of Kentucky, who took up Roosevelt's offer of support for travelling librarians to take books by mule and horseback to the backwoods people who had no access to reading materials. The story follows the experiences of one of these women who had the misfortune to be born with blue skin, a genetic condition that placed her on the bottom of the social order, beneath those with darker skin. We found the story to be an amazing revelation of endurance and commitment to literacy.

The January book is "Under the Sky We Make: How to be Human in a Warming World". We are looking forward to a discussion with Marjorie S. as our discussion leader, about global warming and the dangers we face we face. Sandra H.

**Thursday Evening Book Club:** The Thursday book club for January 2022 read and discussed the book "The Boy in the Field" by Margot Livesey. This is a compelling story that takes place in a small village near Oxford, England. Three teenage siblings discover a wounded man in a field. Each sibling responds throughout the narrative in different ways, and according to their different perspectives. The majority of the book club enjoyed this book and the unique way it was presented by the author. Some were interested in reading other works by the author. Hazel R.

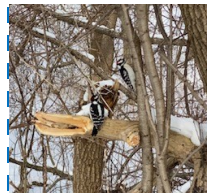
The February book choice was "The Last Garden in England" by Julia Kelly ( historical fiction). This book tells the story of three different generations of women who were architects of the famed Highbury House estate in Warwickshire England -early 1900s, 1940s during the war (when the house is requisitioned as a convalescent hospital) and the present day. Class plays a significant role in each of the time periods, also motherhood, ambition, relationships, and women's roles through the ages. It tells of strong women and how they navigated life in these eras. This book will appeal to gardeners and followers of Downton Abbey. Dian K.

**World Awareness:** On the third Monday of the month, World Awareness members have been enjoying some social exchange while giving ourselves a little mental workout as we discuss topics like food security, justice and equality issues, a guaranteed annual income, and reconciliation. For a break from the heavier topics, the focus of the November Zoom was on "the positives" we have observed, even during the pandemic months. In the January meeting we will be discussing Telehealth and developments in digital health practices. Carol K.

**Games Group:** The games group met in person on Thursday, February 10th for fun and games! The next get together will be on March 10th. The contact person is Marsha S. Dian K.

**Bridge Group:** The Bridge group met online using Trickster games app which has an audio feature to enable players to have the usual Bridge banter. We had 3 tables with thanks to Anne M. Colette W. setting up.

**Walking Group:** Some of the Tuesday Walking Group followed a trail starting at the Rotary Bike Park at 9:30 am. They went across the dike to the river and along the canal for our hour outing. The rest of the Tuesday Walking group enjoyed Glenhyrst.



The photos show Penelope J. and Linda S. feeding the chickadees. There are 2 downy woodpeckers in the first photo.



Email Dian Kuzyk, [dkuzyk@gmail.com](mailto:dkuzyk@gmail.com) if you'd like to join us for our next outing.

### Omicron: The pandemic of staff shortages

In a recent Toronto Star article by Moira Welsh, the headline is "Long-term-care residents struggle with loneliness, physical, and mental decline amid staffing crisis". 4000 staff members are infected across the province which translates into lack of hands-on-care for the many residents within LTC. Residents, particularly those living in institutional type LTC homes are struggling from loneliness and lack of physical movement. Some LTC homes are on full lockdown with residents isolated in their rooms! [Click here](#)

The staff shortage that came about is too complex to delineate here. Certainly, many are infected with Omicron. And also problematic is government legislation that has capped pay increases at one per cent annually for three years. LTC Homes are seeing staff leave their jobs as they accept higher paying positions elsewhere. If there is any good news about this, then look at the smaller emotion-based models of care where 8-12 residents live in home-like settings. These residents do not suffer loneliness to the same degree as they live in an environment where staff, residents and volunteers are like family. One private operator with 14 homes, has tried to attract workers by paying for accommodation, meals or transportation. They also planned ahead for the staff shortage and increased their staffing levels.

Currently, the provincial government is developing Regulations to accompany the new "Fixing Long-Term Care Act, 2021". Sufficient staffing is key to meeting quality improvement criteria without living in a continuous emergency situation. The use of full-time, consistent staff, who are provided a living wage and provide four hours of direct care must begin now, not 2024!

Marg E.

## 2021 –2022 EXECUTIVE

### PRESIDENT IN NAME:

- Elizabeth Capitano

### PAST PRESIDENT:

- Brenda Malvern

### ROTATING PRESIDENTIAL TEAM:


- Elizabeth Capitano
- Lin Fines
- Maria Timmons
- Adrienne Roberts
- Anne Martin
- Catherine Sawyer
- Bev Golden
- Jenny DeAlwis

**SECRETARY:** Gay Henley

**TREASURER:** Maria Timmons

### STANDING COMMITTEE CHAIRS:

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

 Warm Wishes to all those ladies who are caring for loved ones who are ill! You may wish to click on this link to access some help:

[Ontario Caregiver - Ontario Caregiver Organization](#) .

### February Special Days:

February 1st-15th, Chinese New Year



February 14th, Valentine's Day

February 21st, Family Day



**General Meeting: February 23, 2022, 5:30 p.m.,  
by Zoom.**

### Program:

“In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by the first African Canadian woman elected to Parliament, the Honourable Jean Augustine. The House of Commons carried the motion unanimously.”

The programme committee of our club will mark this month with a dynamic speaker, Rochelle Bush, who has a long personal and family history in the Niagara Peninsula. Her on-line bio may be reached through this link: <https://www.tubmantourscanada.com/guides.html>. Rochelle will bring her very special knowledge to her talk **Exploring Niagara's Freedom Trail** on Wednesday February 23, 2022. (See her biography on page 3.)

**Please note the early time for this meeting at 5:30pm.**



### Congratulations:

Callahan Frederick Hilland Leahey was born January 5, 2022, weighing 7lbs 8 ounces. He is the first child for Denver Hilland, first grandchild for Penelope J.



*Thinking  
of you*

Our condolences to Betsy C. , whose mother-in-law recently passed away.

All the best to Marla M., whose son-in-law passed away suddenly on January 24th.



cfuw  fcfdu



*Dynamic Women Can Make a Difference*