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Oh my. Here it is...the deadline. I have been pushing this date down into my brain with the expectation that a profound topic would surface. Not going to happen. Thoughts of Covid and Ukraine, for example, could make one weep, but I have nothing new to add. Back to the dining room window. Pick up my clipboard.

Then...sitting, thinking of me taking on the president's position this month. Thirty years ago I was in the four-year presidential pattern. I was just finishing my year as 2nd vice and at the May AGM, would step into the 1st vice position. So I was president for the 93 – 94 year and past president the following year. It was quite straightforward at that time; however, to this day, the nomination committee struggles to fill all positions in a timely manner.

Back at my dining room table, my eyes are drawn by the activity in the yard. My clipboard is handy as I have chosen this weekend to monitor who has come for dinner. That a collection of very agile squirrels compete for the food is normal behaviour. When did this process begin for me? While the year of my presidency has left few memories, one of the speakers drew me further into her world. A local supporter of the natural world and the critters that share it with us, related, amongst other details, a project with which she had been connected for some time.

Project Feeder Watch. Just as the label states – you watch your feeders. Pretty straightforward. This you do for 2 consecutive days every 2 weeks (not suggesting you are not allowed to leave your window seat for 2 days). From November and now, to the end of April, you are asked to watch and record who came to eat and the greatest number of each species at any one time. You email your data to the facility at Bird Studies Canada (Long Point Bird Observatory). Cornell Lab of Ornithology is the parent group, so with the Canadian input, we citizen scientists provide them with huge amounts of North American data.

The season was extended by a month to include the return of the spring birds. I, perhaps unkindly, refer to them as the "bully boys". Big, brash, testy, hungry and with a pack mentality, they rather terrorize the smaller winter birds. A suet cake (the ones

I prepare) has a lifespan of approximately 15 minutes. Did I mention that they arrive famished? Some of the squirrels show great acrobatic skill hanging by their back feet and eating while upside down. Some of the winter birds have already moved on. Even though more push and shove is occurring, more sweet songs are also filling the air.

My bird books have served me well but I must admit the Merlin App provides more information. More photos of females, males and juveniles, with song patterns, are very useful. Through all those years, I have continued to support that lady, as she and a friend actually go into the field to record their sightings. Last time we spoke she admitted that her time in the field was getting shorter as was the distance covered. I think we can all appreciate that sentiment. To do my bit to prevent starvation provides the greatest reward for me. So many life lessons watching the action outside your dining room window.

Speakers can touch us in quite tangible ways that change patterns in our lives. I always learn something. Now I'm off to update my PFW data. A couple of jars of grape jelly are sitting in the cupboard, anticipating the colourful arrival of the orioles.

So... President this month... Due to Covid numbers, one of the executive's first decisions was to cancel our in-person general meeting at Thorpe's Carriage House and go back to a Zoom meeting format. However, the AGM/Banquet is still very much in the final arrangements for an in-person event. Keep those case numbers falling!

*Respectfully submitted,
Bev Golden
President for April*





The CARP '5'

Over 5 million eligible voters in Ontario are over the age of 60.

We have the power!

- **Demand** that your candidate address these 5 issues and get a commitment that they will act will act swiftly.
- **Share** your concerns when candidates knock on your door.
- **Attend** an all-candidates meeting and ask about these issues.
- **Phone** your candidate.
- **Email** your candidate.
- **Write** a letter to your local newspaper.
- **Talk** about these issues with your peers.
- **Vote** only for a candidate that will act on these issues.

Make your plan to Vote!

In person, advance polls, mail-in ballot - What is right for you?

The CARP FIVE - Top Priorities for the 2022 Election

1. Fund Better Homecare

CARP demands that the next government make the necessary investments to allow Ontarians to age healthfully in their own homes. We need more PSWs, more nurses and more hours of home care now!

2. Transform Long-Term Care

The only supportable candidate in this Ontario election will be one that commits to a Transformative Culture Change for Ontario's Long-Term Care homes as the most effective means of improving the quality of life and care of residents and of dealing with the inherent weaknesses exposed by the current crisis.

3. Drastically Cut Wait Times

Any candidate who wishes to meet the demands of older voters must address the lack of capacity in emergency rooms across the province. Combined with a lack of geriatric and other specialists and a back log for diagnostic tests, Ontario isn't meeting the needs of patients in a timely manner.

Attention Gardeners!!

If you have any gardening questions, our April speaker, Lesley Smith, invites you to contact her at lsmith@brantford.ca



4. Make Vaccines More Accessible

The "Big 3" in preventable illnesses – flu, shingles and pneumonia – have now become the "Big 4", thanks to new life-saving COVID vaccines. It's tempting to think everything is fine. Ontario must provide access to a universal adult vaccination program that includes best available COVID-19, NACI recommended high dose seniors Flu, Shingles and Pneumonia vaccines.

5. Fund Fitness for Seniors

CARP calls on the provincial government to introduce a \$1200 refundable tax credit that will incentivize providers to create engaging programs and opportunities designed for older adults – and help offset the costs of these fitness programs for seniors, so they can play a part in their own health through fitness activities.

Scholarship Winners

Vibha Koottala will be studying Biomedical Engineering at the University of Waterloo.



Science has always been her favourite subject because it explains why our world behaves and appears the way it does. She hopes to combine her knowledge in the sciences to innovate new devices that could help people around the world and, in doing so, to advance our world within the realm of technology and exceed the limits of today.

Alexa Windle is a graduate of the B.C.I.'s Laurier program.

Through this program, volunteering experience, contact with the careers of her family and her interests in science, she chose a career within the healthcare system. Next year she will be attending McMaster University's Medical Radiation Sciences program, in which she aspires to specialize in diagnostic medical sonography. In the future, she plans to further specialize in working specifically with young children and expecting mothers.



Carmelli Dao As a student at P.J.C.V.S. she has learned how to better the school and local community. In the



future, she envisions herself working alongside like-minded colleagues at a tech start up or within the aerospace engineering field as a mechanical engineer. Carmelli is grateful to be considering offers of acceptance from McMaster and Waterloo for engineering.

Currently, she is uncertain as to which school she will attend.



Interest Groups & Other Activities

Monday Night Book Club: Linda Tripp

The Monday Book Club read and discussed “The Four Winds” by Kristin Hannah. A powerful and moving account of one family’s struggle during the Dust Bowl years in Texas during the 30’s. Elsa was raised in a ‘proper’ family but one which ignored, insulted and sidelined her – until she met young Rafe, an Italian, and learned she could feel loved. She became pregnant, was tossed out by her family but was embraced by Rafe’s hard working and loving immigrant family. Over the next two plus decades she worked the unforgiving land until poverty and desperation drove her and her two children to California - the promised land – but it was not so! In spite of one hardship, disappointment and hurdle after another Elsa proved her strength, her capacity to love and be loved and her ability to be a mother who would provide for and defend her children to the end. As readers we also felt moved by the connection to ‘land’ and how this defined the characters and their decisions. It was a hard novel to read but the depth of strength and capacity for love in all the characters – even in the most horrendous conditions - resulted in most of us saying we would definitely recommend it. One is always inspired by how the human spirit is often most evident in the face of adversity – and how love, in all its forms, will find its way to the surface.

Thursday Night Book Club: Bev Golden

Last night, eight of us gathered, via Zoom, to discuss the last book of our 21-22 year. *The Dictionary of Lost Words* was written by Pip Williams, a London-born transplant to Sydney, Australia. She, with her husband and two boys, decided to try life in Italy, where she baked bread, preserved lemons and worked on organic farms.

The book is a fictional story told through the real creation of the Oxford English Dictionary. A to Ant was published in 1884 while V to Z was published in 1928.

Although three of the characters are real, and heavily involved in this massive undertaking, Esme, the main character, is fictional. Her life story runs through the height of the Suffrage Movement with the Great War looming. Because of computer problems, Roz handed over her pages of background and questions to Bev, a last minute substitute leader. We were few in number, but had some good conversations. We all enjoyed the book and would recommend it.

A quiz was also part of the package and generally, we didn’t do so well on what words today used to mean. An example was – Naughty – now it means ‘evil or badly behaved’. It used to mean –‘you have nothing’.

Submitted (on behalf of Roz – who did the work)

CFUW Brantford Annual General Meeting and Banquet 2022

Date: May 25th

Time: The social will begin at 4:00 pm

Where: Brantford Golf & Country Club

The Business: includes presentation of the nominees for the coming year’s executive for your approval as well as other items of business.

Entertainment: Pleasant Ridge

Banquet and AGM : Bev Golden

Last evening, at the Executive Meeting the decision was to go ahead with our May Banquet / AGM. Thus far, we have over 30 members who have submitted their money with hope that the banquet would actually occur this year. I have contacted Jenn, the event co-ordinator at the BGCC with a few questions asked by the Executive. At present, there are no mask requirements or any other COVID procedures in place, so you will serve yourself at the buffet table. They are willing to set tables of 6, if that is more comfortable. The buffet will start at 5:15, but the room will be open from 4 pm for anyone who wants to socialize. She did state that the final number for the evening is not needed until 5 days before the event to make sure there is enough staff. Sooooo, if you thought you had missed out, you still have time to contact Lynn.

Games: Marsha Skrypuch

We had a small but fun Zoom meet-up for our games group in April. Anne Martin, Janet Kempster and Marsha Skrypuch got their exercise playing a game of scavenger, with Anne the grand winner, so we made her hold up a medal (not awarded for the game but an appropriate scavenged item. We’re hoping to meet for an outside game in May.



Stories for Your Kids or Grandkids

There are some great read-aloud books on YouTube. Enjoy **Storyline Online** where famous actors read the stories. A great example, *Harry the Dirty Dog* by Gene Zion, read by Betty White. [Storyline Online - Harry the Dirty Dog](#)
Check out the [Brantford Public Library](#), and the [Family Literacy Committee](#) to find out more ideas for sharing stories with children. You might find some new ideas for your own reading experiences.



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

Dining Out: Lynn Fines

Dining Out chose to do theatre instead of a restaurant this month. We attended 'The Mush Hole' at the Sanderson Centre.

The Mush Hole is a theatrical dance performance about truths of Canada's first Indian residential school - The Mohawk Institute. From 1828-1970, State and Church attempted to forcefully assimilate children from Six Nations and surrounding First Nations into Euro-Christian society and sever the continuity of culture from parent to child. The Mush Hole weaves through the traumatic memories of two generations of Survivors. Visceral performances by an all-Indigenous cast, cinematic imagery and musical score, catapult audiences into the bricks and mortar of the school. Created from Survivors testimonials, it is a story about hope and finding light in dark places.

Cycling Group: Anne Martin

The cycling group made its first foray on the trails on Friday, May 6th, doing the 17 km circuit on the rail trail from Glenhyrst, through Brant Park, West Brant and along the dike to the dam and back. There were just 4 of us, Karen Innes, Penelope Jeffery, Linda Scott and myself.



The World Awareness Group: Jenny DeAlwis

The World Awareness Group continues to meet on Zoom at 9:30 am on the third Monday of the month. We have had some amazing discussions. When the group meets in person again, possibly in September, a new co-coordinator will be needed to book a venue, as Jenny will have moved to Guelph. We will miss her smiling face and great insights when we move to in-person meetings.

Nominations Update: Lynn Fines

Many thanks to the fourteen Members who have agreed to stand for election to the Executive for 2022-23, and to the Members who have volunteered to sit on Committees and/or Chair Interest Groups. It is because each of you takes on a task or two that our Club continues to serve our need for friendship and engagement. The only position that has not been filled is the Chair of Advocacy. We hope that people may step forward to take on projects such as Candidates' meetings during elections, and the annual Resolutions process. The Executive will continue to e-mail information from CFWU National and Ontario Council as well as activities in the community that may inspire action and engagement with regard to advocacy. Our Club seems to have a very strong commitment to our Interest Groups, to supporting local causes such as Nova Vita, and to support the rights, freedoms and education of women and girls, locally, provincially, nationally and internationally. We look forward to a vibrant year, and hope for the end to the pandemic so that we may once again meet in person at General and Interest Group meetings.

Thank you for your involvement in keeping CFWU Brantford viable.

Best wishes to Marg Simpson and Diane Morgan.



Marg has had a short hospital stay and is now recovering back at Tranquility Place.

Diane is recuperating at home from surgery, awaiting the next one.



Dynamic Women Can Make a Difference