



REMEMBRANCE DAY
Let Us Forget

| Contents | Pages |
|----------------------|-------|
| Club and Member News | 1 - 6 |
| CFUW News | 2 - 4 |
| Interest Groups | 5 |
| Events | 1 - 6 |

A poet once said, “Winter is an etching, Spring a watercolor, Summer an oil painting and Autumn a mosaic of them all.” Hasn’t it been a spectacular fall season and so uplifting for our spirits? The colours have been breathtaking and long lasting, the sun, brilliant, with even some much needed rain added occasionally. Two years ago, I wrote in the newsletter, “Today will be in the teens, going to 20 degrees on Sunday...”, almost exactly the forecast for this week.



As usual, there are several projects on the go at CFUW. At the October meeting, 4 members proudly presented the international organizations with which they are involved. The charities profiled were:

Cuso International was presented by Bev. G. who, after university graduation, spent 2 life-changing years as a volunteer in India and has supported the organization ever since, definitely a lifelong dedication. The Canadian charity was created by a group of Canadian university graduates in 1961 and has spent the last 60 years working to end poverty and inequality globally.



Grounded in compassion and global understanding.

The **Amarok Society**, another Canadian charity, in Bangladesh that teaches mothers who each then teach 5 children every day in “micro schools” was presented by Lynda S. (for Barbara M.). At one time, Barbara M. spent 6 years teaching in Belize. Then, after a career in social service, she now sponsors the Amarok Society’s Libby Women’s School, named in memory and honour of her mother, Elizabeth ‘Libby’ M. Not only has Barbara visited Bangladesh but she is the Chairperson of the Board of Directors here in Canada.



A mother teaching what she learned that day to 5 children.



The Home of Hope in Malawi was presented by Evelyn P. Founded by Rev. Chipeta in 1998, this home has nurtured hundreds of orphaned children, mostly from the A.I.D.S. crisis in Africa. The children range in age from infancy to the end of high school. Encouraged by Jane Glaves, formerly of Brantford, Evelyn has travelled, volunteered and taught at the Home 13 times, staying a few weeks each time! Every visit benefits from many thousands

of dollars that Evelyn brings to purchase everything from mosquito nets to school supplies to even a used van.

Canadian Nurses for Africa was presented by Colette W. (for Joan P.). At the general meeting in February 2018, Gail Wolters, the founder in 2007 of this young Canadian charity, spoke. The prime objective is to provide free medical, preventative, and sustainable health care to communities in Africa, primarily in rural Kenya. Yearly visits of active Canadian nurses who are able to pay their own way take place to assess and treat several thousands of patients. Joan P., a nurse herself, was so inspired by Gail that she now supports the organization and wishes that she were young enough to participate directly in the missions.



Waiting in line at the clinic



Treatment for jiggers

I, for one, am in awe of the commitment of these women, and others, who unequivocally support charities that support the human rights, freedom and education of women and children around the world. As said by the founder of CNFA, "Seeking and sharing knowledge is the essential human duty. To exclude anyone from that is to deny their humanity." Let us all remember these sage words.

At the conclusion of the presentations, the membership voted unanimously to equally divide the available funds set aside for international initiatives. An easy, democratic decision! Donations continue to come in for **Nova Vita's Hope for the Holidays** initiative. Last month's newsletter outlined the different ways members can help to make the holiday season brighter for women and children residing at Nova Vita because of domestic violence. We can all help to bring some comfort and joy to the less fortunate in our city.

2019 was the last time the club was able to gather for a **Holiday Potluck** in person. Online fun worked well enough in 2020 and 2021 but nothing compares to a face-to-face get-together. At last, with fingers crossed that nothing derails the plan, there will be a finger food appetizer or dessert feast at my home. Be sure to come if you are able.

As you can tell, CFUW Brantford marches on. Our hope is that the **Membership Drive** this year will be successful. Those of us who belong know how valuable this club is in supporting one another, socializing, getting down to business, being active and having fun. So, talk it up and invite a friend(s) to join us! I wish you all good days ahead with family and friends.

Anne Martin

President of the Month for October

From the October General Meeting:

7.1 CFUW Brantford Rebranding **Betsy Capitano**

MOTION: Given that CFUW National and OC are rebranding to be more inclusive to women of all backgrounds and educational qualifications, and given that CFUW Brantford is initiating a membership drive, it is moved by Betsy Capitano and seconded by Lin Fines that CFUW Brantford use the term CFUW versus Canadian Federation of University Women in all communications and that references to education be removed from our membership application form and future membership lists. APPROVED

CFUW Brantford allocates Dues for International Organizations

The Program portion of the October 26th General Meeting was dedicated to determining where to allocate the portion of our annual dues for 2021-22 and 2022-23 that are allocated for international endeavors. We invited members to profile the not-for-profit international organization (charity) outside of CFUW that they actively support and explain how the organization supports the rights, freedoms and education of women and girls. Four members stepped forward to present:

AMAROK: Lynda S. presented on behalf of Barbara M., who was overseas.

CANADIAN NURSES IN AFRICA: When we were unable to connect Joan P. by Zoom, Colette W. presented on behalf of this organization.

CUSO: Bev G. presented for CUSO.

HOME OF HOPE: Evelyn P. presented for Home of Hope.

At the end of the presentations, a Motion was carried that the dues be evenly distributed between the four organizations.

We are very proud of our members who are actively involved in organizations that support the rights, freedoms, and education of women and girls throughout the world - particularly in third world countries. Lin F.

Ooohhh oopsies! A missing key. Running back and forth with coffee cups. Technical glitches with Zoom. The person who took the trouble to make delicious treats could not stay. The horror! And the unclaimed utensils from the Blue Lake Picnic! What are we to do???

This is what WE did. We made it work. Because of CFUW Brantford and its practices last night, children in Africa and Bangladesh are closer to having medicine, clothing and school supplies. The meeting opened. The Land Acknowledgment was read. Clear presentations were made. The allocation of the money was democratically voted on and motion was carried. Protocol was followed. I am damn proud to be a CFUW member. Who needs Sherlock Holmes to solve things? It's elementary, my dear ladies, that we rock. Please forward this if you can. Norah O.



Keeping CFUW Brantford Viable and Vital

We hope you have created opportunities to forward the membership invitation to people and organizations that you think may benefit from membership in our Club.

Our goal is to reach a membership of 100 in 2023. Evidently 100 is an indicator that a club is sustainable over the long term.

Please talk to anyone on the Executive if you have questions or ideas, or would like the e-mail with the membership invitation sent to you again.

cfuw THE POWER OF WOMEN WORKING TOGETHER

**Are you a Brantford woman who values education and human rights?
Do you enjoy socializing with other women who share your interests?**

Consider joining CFUW Brantford, welcoming women of all ages and stages, regardless of education.

CFUW Brantford has about 80 members from a diverse range of professions and backgrounds. We welcome any woman who shares an interest in education and human rights. We provide an easy way to meet people if you are new to Brantford, newly retired or interested in feeling part of a new community.

Our General Meetings are on the fourth Wednesday evening of the month at 7 pm. They are hybrid meetings, allowing members to meet in person at Thorpe's Carriage House or by Zoom. The meetings feature a guest speaker and a quick business portion, followed by refreshments and social time.

We have a Scholarship Trust from which we allocate awards to graduating high school students as well as mature students. Our interest groups are hugely popular: Books, Bridge, Food for Thought, Golf, Creative Cooking, Dining Out, World Awareness, Film, Games, Care-giver support, and Walking.

For more information, please visit our website: cfuwbrantford.org or e-mail cfuwbrantford@gmail.com

CFUW NATIONAL

CFUW is a non-partisan, voluntary, self-funded organization with over 100 CFUW Clubs, located in every province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice, and peace.

95+
Clubs Across Canada

7,500+
National Members

\$1M
Annual Scholarships

100+
Years of Advocating for Women's Rights



How Will You Make a Difference This Holiday Season?

Sponsor a Family

Determine your budget or team capacity: family size varies so sponsors can request maximum persons in family or number of families to be sponsored.

This personalized option will provide you with a list of items to help make your sponsor family's holiday season a little more merry and bright.

Donate Gift Cards

Requested Values: \$10, \$25 & \$50

Suggested Stores: Giant Tiger, Walmart, Grocery Stores, Best Buy, Canadian Tire, Sport Chek, Indigo, Toys R Us, Visa or MC, Local Eateries, and Businesses.

Make a Financial Donation

Donations can be made online at canadahelps.org or by contacting a member of our Community Development Team. You can request how you would like us to direct the funding.

For Everyone's Safety

- Due to COVID-19, we cannot accept physical donations without an appointment. Last date to donate is December 23..
- Donations are placed in quarantine for a minimum of 2 days before they can be forwarded on to recipients.
- We can only accept items that are new, in original packaging, safe (check expiry dates), and unwrapped.

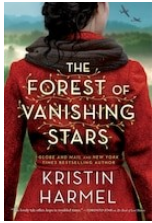
Hope for the Holidays 2022



You are welcome to bring your donation to the November 23rd General Meeting or send an e-transfer to Maria Timmons or Lin Fines.

Vita Domestic Violence Prevention continues to experience an increase in demand for their services as the pandemic continues, and many women and children are not safe at home. Our Club has supported Nova Vita for more than a dozen years, and have generously donated at this time of year so that women and children at Nova Vita receive gifts over the holidays. Please contact Janet K, Bev G, Maria T or Lin F if you would like to join the committee or have any questions of suggestions. Bev G.

Interest Groups



Monday Evening Book Group: We met at Dian K's to discuss *The Forest of Vanishing Stars* by Kristin Harmel, with the expert leadership of Barb P. The story was one of survival in the forests of



Poland during WWII. Our discussion was a lively exploration of the fantasy and fact of one woman's efforts to help people escape from the certain death of the ghettos and camps by leading them into the forests and helping them learn and use the survival skills she had been trained to use by the old woman who kidnapped her as a young child for this very purpose.

Thursday Evening Book Group: On the evening of November 3rd, 11 members met in-person at the home of Roma M. to discuss the book *The Kitchen Front* by Jennifer Ryan, a historical fiction story based on an actual radio show from the time period that revolved around cooking with the food rations in place in Britain during WW2.



The book opens with a list of what food items were rationed starting in about 1942. In an effort to help housewives with food rationing, the BBC radio program is holding a cooking contest, the grand prize being a job as the program's first-ever female co-host. For four very different women, winning the contest presents a crucial chance to change their lives. For a young widow, a chance to pay off debts and raise three sons. For a kitchen maid, a chance to leave the life of servitude. For another, a chance to escape her wealthy husband's increasingly hostile behaviour and for a trained chef, a chance to challenge the men at the top of her profession. Throughout the book, actual recipes from the time era are printed and at the close of the meeting, members were able to sample 4 of the many "ration" recipes: scones and 3 types of cake, some without eggs or low to no sugar.

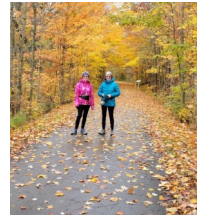
Generally speaking, group members enjoyed this book, an easy, comfortable read about the unbreakable bonds of family, the importance of friends and the resilience of the female spirit and would recommend it for one's reading list.

Submitted by Roma M.

Oh Roma, I was telling my friends who are visiting from the UK about our CFUW Book club, and the very clever way you served treats based on recipes in the book... and your visual of what a week's ration looks like. I really loved your creativity - and a lot of effort! You did double duty with hosting AND facilitating the discussion.... no wonder we usually split up those duties. My friend left with my copy of *The Kitchen Front* to read on the plane. Thanks again for a memorable evening and a 'feel good' book.

Kindest regards, Lin F.

Walking Group: Our walking group revels in fall colours and stimulating conversation.



Games Group: The Games Group met at Dian K.s home for a fun filled game of Wizard. It involved lots of strategy, laughter, and lively conversation.



Creative Cookery: We met at Jocelyn L's lovely home for a meal of Jamie Oliver's tasty recipes and relaxing chat.

Dining Out Group: The Dining Out Group enjoyed dinner at Gran Sasso in Brantford on November 10th. The restaurant is quaint and the food is authentic fare from the region of Italy that bears the same name. We enjoyed bruschetta, with pasta, pork, lamb, or pizza, as main courses, and cannoli or panna cotta for dessert. Once again, it was a wonderful evening of animated conversation and much laughter.



Invitation to Share Updates on our Website and Facebook page.

In addition to submitting photos and updates to be published in our CFUW Brantford Newsletter, please contribute updates for our website and our Facebook page. It is hoped that your efforts will encourage new membership with this wider media presence. Please send articles and photos to Sandra H. for the newsletter, Marsha S. for the website and Mary P. for our Facebook page, with a copy to our club's e-mail address:

sandra.hughes@sympatico.ca , mskrypuch@gmail.com , marypitchford@gmail.com and cfuwbrantford45@gmail.com

Format:

FOR THE NEWSLETTER: Sandra asks that you create a Word document or create a text and jpeg using Calibri 10 font and send it by e-mail as soon as the event happens or at least by the first Friday of the month for inclusion in that month's newsletter.

FOR THE WEBSITE AND FACEBOOK PAGE: If you think your article would be of interest to people thinking of joining our club, or the general public, all Marsha and Mary need is a brief blurb in the body of an email and a photo attached in jpg (jpeg) format. Take a look at the website and Facebook page for ideas. Think about what might attract new members.

2022 –2023 EXECUTIVE

PRESIDENT IN NAME:

- Elizabeth Capitano

PAST PRESIDENT:

- Lin Fines

ROTATING PRESIDENTIAL TEAM:

- Elizabeth Capitano—June, July, August, February, Second 1/2 May
- Lin Fines—September
- Anne Martin—October
- Janet Kempster—November
- Maria Timmons—December, January
- Bev Golden—March
- Catherine Sawyer—April, May first 1/2

SECRETARY:

Lin Fines/Maria Timmons

TREASURER: Maria Timmons

STANDING COMMITTEE CHAIRS:

- Advocacy:** TBD
- Communications:** Sandra Hughes
- Interest Groups:** Roma Makkreel
- Membership:** Dian Kuzyk
- Program:** Linda Tripp
- Scholarship:** Janet Kempster/Lynda Stamer
- Social:** Bev Golden



WE'RE BACK. The Trivia Committee, with the go-ahead from our executive, is planning a comeback of our popular Quiz game evening to be held Wednesday, February 8, 2023 at our usual venue- the Dunsdon Legion on Tollgate. There will be something for everyone - cash prizes for the winners, door prizes, Heads or Tails Event, plus pizza and pop and amazing and challenging Trivia questions., all for the low price of \$25 per person/\$100 per table of four. We need your enthusiasm to encourage your family and friends to be on your winning team. Entry forms will be available in January, Please help to support our Scholarship Awards and have a fun evening with friends and club members.

November General Meeting

November 23, 2022 at 7:00 p.m. at Thorpe's Carriage House or by Zoom
Program:

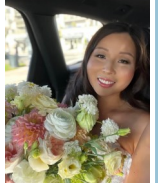
Hannah Blackburn, Police Officer Brantford Police Service, and **Shelly Prendergast**, victim support worker and advocate with Victim Services of Brant, will be the speakers on November 23, 2022 and will educate us on the perils of human trafficking. Hannah is a member of the Human Trafficking Team and works as a detective in the Child Abuse and Sexual Assault Unit. Shelly has worked at Victim Services for 9 years and is the dedicated worker for victims and their families.



**Victim Services
of Brant**



Congratulations to Nora L. on the beautiful wedding of her daughter Nicole.



Best wishes for a speedy recovery to Dannie A. who had back surgery on November 7th and is recovering well at home.

Happy Home Warming to Mary Jo B. who has moved to Charlotte Villa and is recovering well after a time in hospital.

Well done, Barb Scott, who ventured to PEI with her son and his chain saws to help family recover from the devastating storm.



Holiday Party on Tuesday, December 6th

Thank you for your overwhelming interest in celebrating in person this year after two years of Zoom. And a very special thanks to Anne M. who has graciously agreed to host the party in her home. All RSVPs have been received, and participants are bringing finger foods - appetizers and desserts. BYOB
DATE: Tuesday, December 6th
TIME: 5 PM to 8:30 PM
We hope you will wear your Santa hat or ugly holiday sweater. Please car pool to save congestion on the street. If you have any questions or suggestions, please contact Bev G or anyone on the Social Committee.



Dynamic Women Can Make a Difference