



Contents	Pages
Club News	All
Interest Groups	5
Black History Month	4
Reports & Events	2 - 6

This is that time of year where many of us are happy to stay home to enjoy a good book or some Netflix, and just hibernate. For others, it is a time to head to warmer climes. Last month we had the January blues lifted by an amazing speaker, Karen Burke. Despite a nasty snow storm we were able to have our meeting on Zoom, and I for one am glad we did not need to cancel our meeting due to inclement weather. Ms. Burke gave us all an uplifting and fascinating presentation that wove together her love and knowledge of gospel music with her amazing family history which harkens back in Canada to the underground railroad. I was so inspired by her presentation that I Googled her and the Toronto Mass Choir. All the next day I had Swing Low, Sweet Chariot swirling in my head and found myself humming away .

The Ontario South Presidents meeting took place this month and provided a chance for the exchange of information between clubs. It appears that, for most of the clubs, attracting new members is a key issue. For most clubs having an online presence and word of mouth seem to be the most successful recruiting strategies. The clubs all struggle with the issue of finding volunteers for executive positions and the focal point of all clubs is the interest groups.

One issue that was discussed at Ontario Council and is anticipated to arise in the near future for clubs, is the definition of woman or female, and gender identity. As the world is changing it is expected that issues will arise in respect of who is eligible for membership as well as eligibility for scholarships. Current discussion is revolving around identification as a woman or female as opposed to using biology as the defining characteristic for eligibility, but the discussion is on-going and can certainly be expected to evolve over time .

Have a wonderful February,

Respectfully Submitted, Betsy C.

The 2023-24 Nominations Process Begins

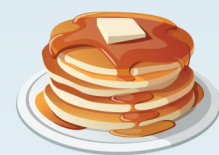
There are a few people on the Executive who have been in their respective jobs for a long time and would like to rotate off. Would you like to consider one of the jobs - or see if you could share a job? One example of a job you might consider is that of Secretary.



Last year, Maria and Lin shared the job of Secretary, but it would be ideal if some one or some team would like to take on this task since Maria is Treasurer and Lin is Past President and both of them take a month as rotating President of the Month. They say that Secretary is an enjoyable job - taking notes at meetings (Executive, General and Scholarship meetings) and compiling the Annual Report. There is a format for the Minutes and a filing system. It is pretty straightforward.... and there are lots of people who can help you. Please call anyone on the Executive if you would like to discuss. Thank you for your consideration. Betsy C.

February Dates to Remember:

- 2 Groundhog Day
- 14 Valentine's Day
- 17 Random Acts of Kindness Day
- 20 Family Day
- 21 Pancake Tuesday



What An Amazing Night!



The Dunsdon Legion was hopping on the evening of Wednesday, February 8th with the sounds of 29 teams enjoying the first Trivia Night since 2020. The questions were just right, not too hard and not too easy, and those present enjoyed the challenge. After ten rounds and a play-off round, Team 11 was victorious followed by Team 16 and then Team 5 (see below).

Barb P., and helpers, ran an amazing sale of new and very gently used books and took in **\$258.75!** There were so many great titles!



The Prize tables had many, many wonderful items donated primarily by members and they seemed very appealing. There were 27 smaller Door Prizes and 27 Draw Prizes. We made **\$359.25** on the sale of draw prize tickets!!

Our usual Heads or Tails game took in **\$166.70** and Rita-Marie Hadley went home with a \$100 gift certificate to The Keg compliments of Ted McCleister of *McCleister Funeral Homes*.

At the end of the evening, everyone was invited to enjoy a slice of pizza donated by **Domino's Pizza**. Domino's has supported us since the beginning and we appreciate their generosity. Please consider purchasing a pizza from them sometime in the next couple of months, to show your thanks. As usual, The

staff of the Dunsdon Legion were very friendly and accommodating!

Thank you to all who donated gifts, money and time for our 2023 Trivia Night. We haven't finished the report, but it certainly seems as if we will have made a profit in excess of \$3,000 for the Scholarship Fund.

The Trivia Night Committee – Brenda, Colette, Dian and Lynn



First place

Mark Francombe, Sue Bower,
Mary Ann MacLennan, John Pacsutta



Second place

Alex Fiszauf, Betsy Capitano,
Donna Tiqui-Shebib, Derrik Shebib



Third place

Chris Smith, Richard Beales,
Nancy Billard, David Judd

Events to Consider

Long Term Care

CFUW National Study Group on Long Term Care Collecting stories of Long Term Care (LTC) across the country

The Long Term Care Study Group would like to hear your stories and experiences with Long Term Care (LTC). By collecting stories from across the country, we hope to create a national picture of LTC in Canada.

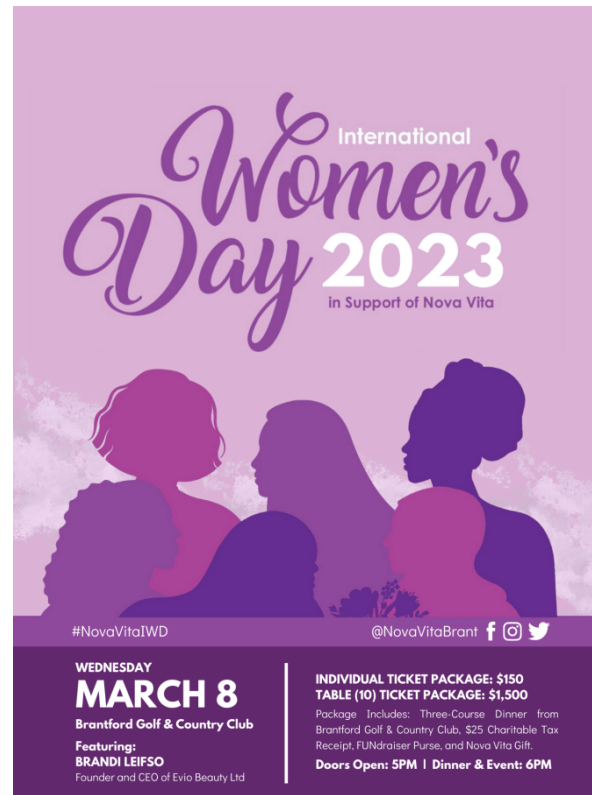
See the link below for more information.

[Submit your story here.](#)

**Next meeting: February 9th, 2023 @
1:00PM EST/10:00AM PST**

Please email Audrey Hobbs-Johnson, co-chair of the CFUW National Study Group on Long Term Care and Elder Rights at audreyhj@shaw.ca if you would like to join the study group mailing list.

Please consider getting a group together to support International Women's Day and Nova Vita Domestic Violence Prevention.



International
Women's Day 2023
In Support of Nova Vita

#NovaVitaIWD @NovaVitaBrant f i t

WEDNESDAY
MARCH 8
Brantford Golf & Country Club

Featuring:
BRANDI LEIFSO
Founder and CEO of Evio Beauty Ltd

INDIVIDUAL TICKET PACKAGE: \$150
TABLE (10) TICKET PACKAGE: \$1,500
Package Includes: Three-Course Dinner from Brantford Golf & Country Club, \$25 Charitable Tax Receipt, Fundraiser Purse, and Nova Vita Gift.
Doors Open: 5PM | Dinner & Event: 6PM



Join The Celebration
www.novavita.org

Speakers for Upcoming CFUW General Meetings

The Program Committee has planned several engaging speakers for the general meetings this year. They include:

Feb.22 – David McNeil, CEO of the Brant Community Healthcare System speaking on health issues and plans for the new hospital

March 22 – Dr. Dana Church from Kitchener, an expert in bee behavior and author of *The Beekeeper: How Humans Changed the World of Bumblebees*

April 26 – Peggy Edwards, an Ottawa-based health promotion consultant who will speak on the topic of “aging and ageism”

As well, the entertainment for the Annual May Banquet will be local musicians, David Jensen and Friends, who will enliven the evening with their east coast music.

YOUNG ARTISTS RECITAL

*The second concert in The Canadian Artists Series
Presented by The Brantford Music Club*

Friday, February 17, 2023, 7:30 p.m.

Sanderson Centre for the Performing Arts

Adult: \$25 Student: \$10 Child: FREE

featuring...

David Huang – piano

Jade Ondrik – voice

Sophie Ryan – violin

Tickets at the Sanderson Box Office 519.758.8090



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, Brené 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 online. 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 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?

Karen Burke

Speaker for our January General Meeting

We were delighted to have Professor Karen Burke as our speaker at the January General Meeting. Karen is a home-grown success having grown up and been educated in Brantford. No doubt Karen inherited at least some of her musical genius from her parents, Doreen and Winston Johnson, who were both very involved in the Brantford music community. Her parents were trailblazers. Her father, Winston, was the first black person to teach in high schools in Brantford, and her mother, Doreen, the first black person to teach in Brant County elementary schools.



In 1988, Karen, and her husband, Oswald, founded the Toronto Mass Choir which was an immediate hit, winning a Juno award, recording ten albums and touring in many countries around the world. Since then, Karen has trained many musicians at Canadian universities and organizations, as well as in the U.S. and Europe, in the art of gospel music.

Since 2005, Karen has been a professor at York University, where she developed the first post-secondary gospel music courses, and established the York University Gospel Choir. Karen has provided leadership in music and the arts throughout her tenure at York University and has been recognized with many awards, including the Harry Jerome Award in the Arts, Media, and Entertainment in 2019.



INTERESTS

Dining Out Group: Our January Dining Out adventure drew the largest number of participants yet. Thirteen enjoyed lunch in the Library at The Olde School Restaurant in Brantford. We had the room to ourselves, and the conversation was as delightful as the meal. Their signature dessert - chocolate mous(s)e - inspired stories about dining at the restaurant over the years.



On February 1st our Dining Out Group enjoyed good food and conversation at La Cantinella in St George. We had the room



to ourselves. Some of us were reminiscing about a CFUW Banquet we had in this room a decade or so ago. We welcomed a new member, Colleen, and hope another new member, Lee Ann, will be able to make next month's dinner at Devlin's in Mount Pleasant.

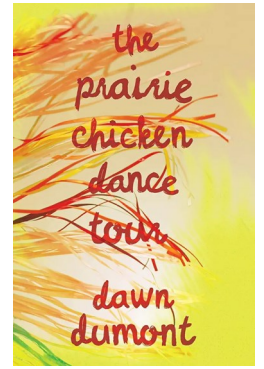
Creative Cooking: For our January Zoom meeting we shared memories and recipes for our favourite comfort foods. The February Zoom meeting will involve sharing recipes from or related to books we have read. It's called creativity in the bad weather.



Walking Group: The walking group now has 31 members. In the winter, we meet up at the Rotary Bike Park and often meet for coffee afterwards. Here's a pic of three brave souls (or as Norah O stated, six brave soles) who hit the trails after a recent ice storm.



Thursday Book Club: We enjoyed reading *The Prairie Chicken Dance Tour* by Dawn Dumont. It's a funny story about a group of Indigenous folks from Saskatchewan going on tour in Europe in the 70's as a dance troupe. It has slapstick humour and is a sweet, humane story but draws in the serious themes of residential schools and racism that the characters face on a daily basis back in Canada. The book was highly recommended by the group.



Monday Afternoon Book Club: We will meet for the first time in person since 2020. We're meeting at Symposium Cafe for a late lunch and book discussion.

Monday Evening Book Group:

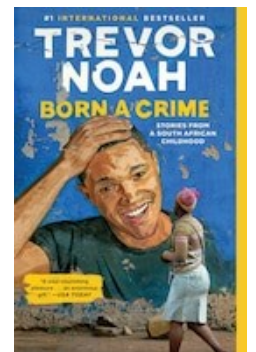
In January we discussed the memoir *Born A Crime*, by Trevor Noah. It is a compelling, inspiring, brilliant, funny/not so funny story of his childhood and coming of age under, and post, apartheid in South Africa. He begins his story by printing the Immorality Act of 1927, which explains his birth into a world in which he was never supposed to exist, hence, the title of the book.

It is also the story of his relationship with his mother – a strict, fearless, defiant religious woman determined to save her son from the cycle of poverty, violence and abuse that ultimately threatens her own life. Noah has called his book a Love Story to his mother, and has said that she is the true hero, with him only her punk sidekick. He has also said that their early relationship was somewhat like a TV cop and criminal show, and a courtroom drama.

Against that backdrop of racism, violence and poverty, Noah tells us hilarious stories such as being thrown from a minibus by his mother, jamming in the hood, making money from his classmates, being in jail, finding his way around dating and navigating the black/white divide of which he belonged to neither. We agreed that Noah survived because he was intelligent, funny, and resourceful. He also spoke many languages and, therefore, even though he didn't look like others, he could speak like them.

Noah is better known as a stand up comedian and host of *The Daily Show*, a late night talk show and satirical news program. He is relentlessly outspoken against tyranny, racism and domestic abuse and financially supportive of those and other humanitarian causes. At the young age of 38, he has lived an extraordinary life and we can hardly wait to see what he does next.

Kay R.



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



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](#) .

All the Best

To Jane B. who is at home from hospital, recovering well from fracturing her hip on Christmas Eve. She would like to thank the outpouring of care from CFUW members. The cards and visits in hospital brightened her days, and the meals and help since she returned home have really helped - kept her well cared for and smiling.



**General Meeting: February 22, 2023, 7:00 p.m.,
by Zoom or in person at Thorpe's Carriage House**

Program:

Our guest for February's meeting will be David McNeil president and CEO of the Brant Community Health Care System. David has been in healthcare for over thirty years and has held a variety of clinical, academic and administrative positions. David led the clinical transformation of Health Sciences North which involved the alignment of four different clinical operations. David also worked as a staff nurse including the remote Indigenous community of Attawapiskat Ontario.

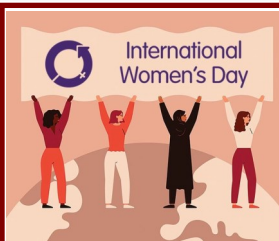
David is a registered nurse graduating from Laurentian University in Sudbury 1988. He has a graduate degree in Health Administration from the University of Ottawa and is a certified Health Executive with the Canadian Council of Health Leaders. David earned his PhD. in Rural and Northern Health and completed the Faculty Scholars Program with the Institute for Clinical and Evaluative Sciences.

David has served on several Boards including Chair and President of the Registered Nurses Association of Ontario, the Canadian Nurses Association, Board of Health Sciences North and recently Cambrian College Board as chair and vice chair.

David and his wife Louise have been married for thirty-four years and have three sons and one granddaughter. He is planning to retire in June 2023. We can look forward to hearing David McNeil's outlook on our health care system.



to new member, Lee Ann C.



If anyone is interested in going to the enjoyable CFUW Cambridge breakfast, that includes a speaker, in honour of International Women's Day, please let Anne M. know by email at annezurrermartin@gmail.com.

The event is held at the Galt Country Club on Coronation Blvd. The date is

Saturday, March 11, 2023. The doors open at 9:00 am, the breakfast starts at 9:45 am and the cost is \$70 with a \$30 tax receipt. I would be willing to organize tickets and carpooling. 7 women have signed up so far. Bring friends.

All are welcome! Anne M.



Dynamic Women Can Make a Difference