



Hello,
September!

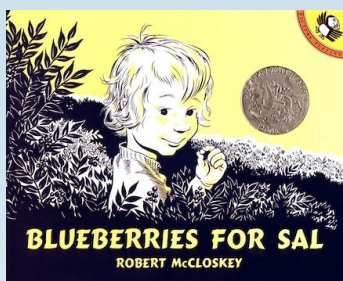
Contents	Pages
Club News	1-6
CFUW News	2
Interest Groups	5
Events	1-6

Presidents Message

Dear CFUW Brantford,
Welcome to the new year of CFUW Brantford. Although for most people January 1 is the beginning of a New Year, for me it is always in September, specifically the Tuesday following Labour Day. The beginning of a new year for me is when school re-commences and we all return to our routines. As the crickets chirp and the cicadas serenade, I say good bye to the old year and hello to the new year. So in September do take a moment to think about our upcoming year, and what you can do to make this a great year for our club and in particular, your fellow members, both new and returning, without whom our beloved club would not exist.

This year the new (and newish) members were hosted to a welcome event at the home of Lin F. So as we head into this new CFUW Brantford year, please welcome these new members into the CFUW fold.

This time of year always reminds me of the children's book "Blueberries for Sal". If you do not know the story it is about a mother and child Sal, and a mother bear and her cub Little Bear, blueberry picking, with the mother's thinking about the winter to come, and how the blueberries will assist in surviving the upcoming winter. It is a beautiful story, and although written in 1948 it has aged well .



As with Sal's mother I too am thinking about winter as I prepare my tomatoes, beans and pesto for the winter, and I look up ways to preserve potatoes (who knew they were so easy to grow from a ratty old potato at the back of my pantry) and try to figure out what to do with my bumper crop of onions

(all that rain has resulted in the best onion crop I have ever had) .

Although I do not want to end my message on a sad note, I do feel mention must be given to the victims of this years, heat waves, fires and floods around the world. This has been , to me anyway, an unprecedented global crisis that must give us all pause as we enjoy the good fortune we have had here in Brantford this summer with the bounty and beauty of our gardens, parks and green spaces.

Welcome Back CFUW Brantford and lets make this our best year ever.

Respectfully submitted ,
Betsy C.

OPPORTUNITY TO CONTRIBUTE TO OUR CLUB



Our Articles and Bylaws need to be updated. It is probably a 10 hour job if a couple of members could work together and review the existing document against updates at CFUW National, Roberts Rules, and taking into account our club's evolving leadership model. A member of the Executive will act as advisor to ensure that you have the information you need.

Please send an email to cfuwbrantford45@gmail.com with the subject "Updating our A&B" to advise the Executive if you would like to participate.

Thank you.
Lin F.

Report of the CFUW National AGM held July 8 & 9, 2023 via Zoom.

CFUW Annual Meeting : Business Meeting

This meeting was held on July 8, 2023. This is the meeting where CFUW ensures it is in compliance with the criteria of the *Not for Profit Corporations Act*. Despite having attended the election buddy workshop I spent the first 1 ½ hours trying to sign into the election buddy system. I was not the only one so as with all technology .. it is great while it works. Because of voting difficulties, the one objection to a by-law amendment came in after the vote had been tabulated, which was very unfortunate. Although Zoom allows for more participation of clubs if the technical difficulties are not addressed this could be problematic moving forward.

By-Law Amendment :

This is the old By-Law: At the Board's Annual Formation Meeting, the Board shall elect an Acting President from its current members. The Acting President shall preform all the functions of the President in her absence or her inability to act.

This is the new By-Law: At the Board's Annual Formation Meeting , the Board shall elect a Deputy President from its current members. The Deputy President shall preform all the functions of the President in her absence or her inability to act. There was the appointment of the auditor and the passing of the budget.

As per the president's report, overall membership in CFUW nationally, membership is up 60 members, but looking at the faces on the zoom screen, the clubs are aging. The National Board will be meeting in person , post AGM, to address growth and development of the club. The president of CFUW National, Joy Hurst, in her report, referenced how CFUW was created by university graduates, at a time when women were having difficulty accessing higher education, and noted how today CFUW has a diverse membership with many women of varied and sundried educational backgrounds.

There were various awards presented but here are some of the Advocacy Awards that I thought were interesting:

International Advocacy Awards: The North York Club won the international advocacy award for the Education of Women and Girls. Ottawa shared the award for their work in respect of Education for Afghan Women. CFUW Kelowna also won an award for their support of Women in Malawi.

International Women's Day: CFUW Parksville - Qualicum and Stratford shared the International Women's Day award for the fundraising events they ran in celebration of this day. Certificates of Merit for the International Women's Day events went to the Orillia club, the North Toronto club, CFUW Kelowna, and CFUW Milton.

The Special Awards were won by CFUW Markham-Unionville for a project on Equity, Diversity, and Inclusion for its own club. Perth and District won for their drive to Combat Period Poverty by collecting menstrual supplies which will be distributed via the local food bank. South Delta for Indigenous

Outreach Fundraiser (Garage Sale) to assist aboriginal children in foster care who did not complete high school, and are thereby not eligible for other sources of funding, to assist in their ability to attend training programs.

CFUW Policy meeting: Resolutions meeting

This was held on July 9, 2023 and dealt with the resolutions put forward by different clubs. I again had difficulty voting and actually stymied the tech support.

Resolutions 1 & 2 were about archiving various policies that are out of date, no longer of value or have achieved their purpose. These were passed with no debate.

For Resolutions 3- 6 I will show what was originally drafted and what was eventually the final draft that was voted on. It is interesting to see the evolution of the individual resolutions from what we originally review, to what comes out of the comments and suggestions from the different clubs.

REQUEST FOR PROPOSALS

RE: ALLOCATION OF OUR 2023-24 DUES TARGETED FOR INTERNATIONAL ENDEAVORS

DEADLINE: OCTOBER 1st, 2023

For 2023-24, we will continue our practice of allocating the portion of our dues allocated for international activities as follows:

1. All members are invited to nominate a not-for-profit international organization/charity outside of CFUW that they are actively engaged with that supports the rights, freedoms and education of women and girls, particularly in third world, war-torn or otherwise compromised countries.
2. All submissions must be received by Patti K, Chair, Advocacy by October 1st, 2023.
3. The submissions will be summarized and published in the October newsletter, and sent out to the membership by e-mail prior to the October 25th General Meeting.
4. A Motion will be made at the October 25th General Meeting 'that the not-for-profit international organizations nominated by the membership be approved to receive the portion of our 2023-24 membership dues allocated for international endeavors". To submit your nomination please send an email to Patti K at kunashko@msn.com by OCT 1st with the following information:
 1. Your Name
 2. The Organization that you are nominating
 3. Details about how this charity empowers women and girls internationally - in countries that are either third-world, war-torn or suffering from natural disasters.
 4. Your involvement in said charity

If you have any questions, please contact Lin F at 519-717-0635 or e-mail lin.fines@icloud.com



Scholarship



Award Winners of Trust Award A

TATYANA ZEBROSKI

Bachelor of Medical Science: Western
(not bio medical sc. as I stated at exec.)

TORRIN BIGRIGG

General Engineering: Queens

LIANNA BETHUNE

Hon. Bsc. Nursing: Georgian College, Barrie
Janet K.

Upcoming Topics and Speakers at CFUW General Meetings 2023/2024

September - Glenna Young, and her dog Akela, will demonstrate and explain the value of service dogs.

October – Anca Gaston, wildlife photographer, will bring her beautiful artwork to discuss with us.

November – Justice Gethin Edward, a local judge, will talk about indigenous justice from both sides of the bench.

December – No meeting but there will be a Christmas social.

January – TBD

February – TBD

March – Mieke Schroeder will lead a panel of recent refugees as they describe their journey from home to Canada

April – Joan Grundy, author of *A Deepening Life*, will address spiritual growth and emotional well-being.

Linda T. and Collette W.

*Please note that our meetings will continue to be hybrid, except for January and February meetings which will be on zoom.

NEW MEMBERS' WELCOME

WELCOME

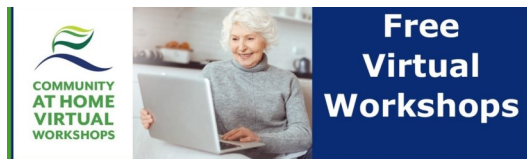
It was a pleasure to welcome our new members as one of my first activities as the Chair of Membership for 2023-24. We invited new members - and a few 'not so new' members who joined during the pandemic - to join us at Lin F's home and garden on either the afternoon of August 23rd or the evening of September 6th depending on their availability. Our objective was to ensure that members feel welcome, and have the information they need to set them up for an engaged and enjoyable experience in our club. We created a New Members' Handbook for easy reference. I would like to thank Betsy C, Lin F, Joan H, Sandra H, Carol K, Anne M, Nancy P, Marsha S and Maria T for helping to pull this material together, and to CFUW Cambridge whose New Members' guide served as inspiration. I learned a few things about the club and its operation during the creation of this handbook, and Lin F. has sent out a copy of the handbook to members so that all members can enjoy both a refresher in how we operate as well as a walk down Memory Lane as you read the section on our accomplishments over our 75+ year history. Barb S, Chair, Membership



Welcome to New Members who've joined since 2022!

Jill B., Kathy B., Jeanne C., Arlene C., Lee Ann C., Kate G., Colleen P., Diane B., Susan B., Cookie H., Karen S., and Nancy P.

Community Events



REGISTRATION IS REQUIRED FOR ALL PROGRAMS

Please email Linda Moyer at admin@grcoa.ca or call 519-754-0777 ext. 439 and leave a message. All workshops will be presented online. Registrants will receive a ZOOM access link through email the day before the scheduled workshop.

Your Soft Food Diet made Easy.

Wednesday, September 6, 2023

Time: 10:00 a.m. to 11:00 a.m.

Join Melissa Seigel, Registered Dietitian at the Grand River Community Health Centre, for an information session and food demonstration on how to make eating on a soft food diet easier.

Learn some simple healthy recipes and meal ideas.



The Butterfly Model of Care.

Wednesday, September 20, 2023

Time: 10:00 a.m. to 11:00 a.m.

Join Michael Bastian, the Administrator at John Noble Home, to discuss the Butterfly Model which focuses on delivering emotion-focused care that connects with people in a dignified, holistic way to support quality of life. Michael will share plans to implement this model of care at the John Noble Home.



The Community at Home workshop series is designed, by volunteers, to encourage socialization, participation, and community connections, while creating awareness about topics and issues of interest.

Did you miss a workshop? Go to our website at GRCOA.CA to access links to past Community at Home Virtual Workshops!

Subscribe to our newsletter at www.GRCOA.ca

Women Aging with Wellness and Purpose

8:30 – 3:30 Saturday October 21, 2023

Port Nelson United Church 3132 South Drive, Burlington

www.grandmotherscampaign.org

www.stephenlewisfoundation.org

Speakers, workshops, networking · Morning coffee/tea, light breakfast fare and individually packaged lunch catered by Dinner-is-Served included in registration · \$75.00 registration (includes a \$25.00 donation to the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign. An income tax receipt will be issued).



Blue Lake Picnic



THANK YOU



Thank you to Pat C. for hosting a lovely get together at Blue Lake. The chance to enjoy each other's company, the weather, the swimming and the tasty pot luck was appreciated by all.



Advocacy:

As some of you may know Lansdowne Children's Centre in Brantford is seeking ministry approval for a new building as it has outgrown the current location. For more information contact Betsy C. or check out the Lansdowne website at [Ready to Grow | Lansdowne Children's Centre](#)

Brantford Culture Days on the Trails

Sat, Sep 23, 10:00am - 1:00pm

Location

Hardy Road Trails Public Parking

250 Hardy Rd, Brantford, ON N3T 5L8

Interest Groups

Monday Book Group: The Monday night book club met at Joan J's home on June 19, to discuss "Leonardo da Vinci" by Walter Isaacson. Isaacson takes a new look at da Vinci's life based on thousands of pages of his notebooks and new discoveries about his work. Isaacson presents a narrative that unites Da Vinci's art with his science and engineering. He traces Leonardo's evolution, finds explanations for his flaws, and extracts lessons from his life and work that we can apply to our own. Isaacson believes that making cross-disciplinary connections is at the core of being innovative, creative, and ultimately a genius. The author's portrayal of da Vinci reminds us of the significance of attaining knowledge while asking us to maintain willingness to question and verify it.

Members had a lively discussion about the book with some interesting diversions. Submitted by Janet K.

Our next Book Group will meet at the home of Dian K. on Monday Sept 18 at 7PM. Lynda S. will lead the discussion of *The Sleeping Car Porter* by Suzette Mayr.



BOOK CLUB PICKS for 2023-24

Our Monday and Thursday Book Clubs choose books in May/June to read during the coming year. Each month, one or two of the members act as facilitator and lead the group discussion of that month's book. We thought you might be interested to see what books have been chosen this year:

Monday Night Book Club:

Freezing Order—Bill Browder
Lady in Waiting—Anne Glenconner
Snow Road Station—Elizabeth Hay
After the Miracle—Max Wallace
Ducks—Kate Beaton
The Book of Lost Names—Kristin Harmel
Killers of the Flower Moon—David Grann
Homecoming—Kate Morton
The Sleeping Car Porter—Suzette Mayr
Our Missing Hearts—Celeste Ng

Thursday Night Book Club:

Empty Planet- Darrell Bricker
Trespasses—Louise Kennedy
Valley of the Birdtail—Andrew Stobo Sniderman & Douglas Sanderson (Amo Binashii)
The Maid- Nita Prose
Generations—J.M. Twenge
Classics – your choice of book – read as young & now re-read
Requiem- Frances Itani
Caste—Isobel Wilkerson
The Sum of Us—Heather McGhee

For information about joining a Book Club, please email Roma at romamakreel@hotmail.com

Thursday Book Group: The Thursday evening book club met on September 7th at the home of Dian K. with discussion leader Linda S. The book discussed was *Empty Planet: The Shock of Global Population Decline* by Darrel Bricker and John Ibbitson. The authors propose that the global population is headed for a steep decline and cite research from around the world to back up their arguments. As the fertility rate declines, Christian and familial conventions change and urbanization increases, the authors discuss the pros and cons of the demographic shift. One of the featured suggestions is to increase immigration as a way to prosper, as aging populations and worker shortages weaken the economy and put crippling demands on health care and social security. This provocative book provided a great start for our fall book club discussions. Linda S.

Dining Out Group: The group had a wonderful lunch at the Elora Mills restaurant. The view was spectacular, the service top notch, the three-course meal tasty....the conversation engaging and delightful. We recommend this restaurant if you have a special event to celebrate, and note that this is the priciest restaurant on our list for the year, which includes Colossus Greek Taverna, Oakville, Speekzies and Golden Teapot, Brantford, Juniper, Paris, I Mean Meat Ukrainian restaurant, Brantford, Shakespeare's Steak & Seafood, Hamilton, Anna Mae's Millbank, and Good Earth Food & Winery, Beamsville. Lin F.



Creative Cookery Group: We have a large group this year, so we'll start the year off with all members invited to a finger food on the patio evening at the home of Sandra H. on September 20th. Each month thereafter the group will be split into 2 to fit us into people's homes. Jean L.

New Interest Group?

Caregivers: Group for sharing support and information re: assistance, resources, etc. relating to a caregiver's role or situation. Colette W. has indicated she would Chair/Co-ordinate this group, at least in its beginning stage. If this is of interest to you, please let me (Roma M.) know to proceed with getting it up and running.

2023 –2024 EXECUTIVE

PRESIDENT IN NAME:

- Elizabeth Capitano

PAST PRESIDENT:

- Lin Fines and Janet Kempster

ROTATING PRESIDENTIAL TEAM:

- Elizabeth Capitano—June, July, August, May
- Lin Fines— March and April
- Anne Martin—October
- Janet Kempster—November
- Maria Timmons—December, January
- Catherine Sawyer— September, February

SECRETARY:

Lin Fines/Penelope Jeffery

TREASURER: Maria Timmons

STANDING COMMITTEE CHAIRS:

- Advocacy:** Patty Kunashko
- Communications:** Sandra Hughes
- Interest Groups:** Roma Makkreel
- Membership:** Barb Scott
- Program:** Collette Wilson
- Scholarship:** Karen Innes
- Social:** Bev Golden



September General Meeting

Come and enjoy treats, courtesy of the Executive, as you connect with other members at Thorpes Carriage House or by Zoom at 7:00 p.m., Wednesday, Sept. 27, 2023.

Your new Program Committee lost no time in searching for interesting and engaging speakers for our 2023/2024 Monthly meetings. Therefore, we are happy to announce that in September we will welcome Glenna Young and Akela, her Service Dog to speak to us. She will outline how Service Dogs are trained, the various roles they can play, how we, as the public, should behave and/or interact with Service Dogs, etc.

Akela is a unique Service Dog in that he and Glenna help train other Service Dogs. Akela is a German Shepherd and very well behaved. However, should anyone be allergic to dogs, or have any fear or discomfort around a dog we are happy to be able to offer the Zoom option for our meeting. See you in September!

Linda T. and Collette W.



We Wish You All the Best in Your Health Journey!

Norah F., Jean L., Roma M., Lin F.

So Sorry for Your Loss

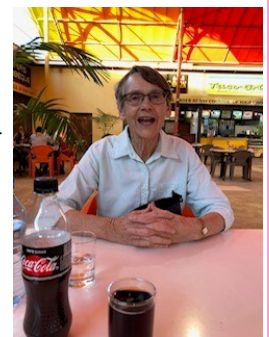
We wish Joan H. strength and good memories as she mourns the passing of her husband, Peter Droske, on July 28th, 2023.



To Barb S. on her 80th Birthday!



Dr. Mary Laurie-Pile was a beloved family doctor in Brantford for about forty years. She was an outdoors person, a cyclist and a walker, a mother of two, John and Michelle and a grandmother. In 2019, she visited Uganda with the Grandmothers Advocacy Network, a trip that was challenging in many ways. Mary was a world traveller, an intelligent, open-minded and interesting individual, a CFUW Brantford member and a Grand River Gran- nie for several years. She will be remembered fondly by all who knew her. More details may be found at <https://brantfordexpositor.remembering.ca/obituary/elizabeth-laurie-pile-1088496717>



Jenny D.

THANK YOU

Jenny D. sent her thanks to the Book Group, saying she's quite recovered.

*Dear CFUW Friends,
The beautiful bouquet of flowers from CFUW was a wonderful surprise and greatly appreciated. I am certainly well on the mend and look forward to seeing everyone in the fall.
Thank you again for your kindness.*

Teddy B.



Dynamic Women Can Make a Difference

