



| Contents | Pages |
|-----------------|-------|
| CFUW News | 1– 6 |
| Member News | 4 |
| Interest Groups | 5 |
| Events | 1– 6 |

Message from the President of the Month

On September 27th, CFUW Brantford held the first general meeting of the 2023-2024 season. There was a very good turnout and it was wonderful to see old friends and become acquainted with new members. Thanks to the Program Committee who arranged for Glenna Young and her service dog, Akela, a beautiful German Shepherd, to be with us. Glenna's presentation was both educational and entertaining. This beautiful fall day makes me reflect on how fortunate I am to live in Canada, a country of wealth and plenty. As our daughter and her family were living in Addis Ababa, Ethiopia, for the past two years, I learned firsthand of the desperate plight of so many of the people, in particular those in the refugee camps whose conditions were "among the worst they had ever seen", according to someone very knowledgeable on that subject. As we all know, even in our own country there are many souls in need. Although CFUW is not a service club, we do our part, for example, with our Nova Vita Initiative. By the time you read this message, the National Day for Truth and Reconciliation on September 30th will have already passed. One of the recent emails from CFUW National has a paragraph about "the seven grandfather teachings" that form the foundation of an Indigenous way of life. There are many versions of the teachings, apparently, but those mentioned in this particular article are ones to which all of us can surely relate in this fast-paced and too often "me first" world – truth, wisdom, love, respect, bravery, honesty and humility. For me at least, that last one is a challenge at times! We have certainly been blessed with fine weather in these first few days of October. Hopefully, you have been able to enjoy the great outdoors. Much to my dismay, I came down with the "Covid cold" which seems to be going around. My wish is that everyone stays healthy until we meet again in October.

Respectfully submitted,
Catherine S.

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** – TBA
- February** – Lisa Clarkson, Manager of the Day and Stay Program at the John Noble Home, will talk about how the program provides a homelike setting designed and built especially for persons with dementia.
- March** – Joan Grundy, author of **A Deepening Life**, will address spiritual growth and emotional well-being.
- April** – Mieke Schroeder will lead a panel of recent refugees as they describe their journey from home to Canada.

*Please note that our meetings will continue to be hybrid, except for January and February meetings which will be on Zoom. Linda T. and Colette W.



Mask Friendly Meetings

In addition to the option to participate in our General Meetings by Zoom, those who attend in person are encouraged to wear a mask. Masks will be available at the door for those who wish to wear them.

This year's International Nonprofit Organizations that are looking for funding:

Home of Hope (Evelyn P.)

The orphanage houses, feeds and educates 750 children in Malawi. In order to offer these kids higher education Home of Hope needs more funding.

Amarillo Society (Barb M.)

Amarillo Society operates schools in Bangladesh in order to provide illiterate women, living in the slums and who for cultural, superstition, traditions, and financial reasons were denied education.

Stephen Lewis Foundation. (Wendy B.)

The foundation supports (mostly) grandmothers who were left to raise their orphaned grandchildren by the AIDS pandemic. Most of the work has allowed these grandmothers to develop sustainable lifestyles.

Cuso International (Bev G.)

This organization operates mainly in Peru, Honduras and Tanzania. The people learn skills and knowledge from the many programs Cuso has to offer in order to make their lives better.

If you have any questions on any of these organizations please contact their CFUW sponsor or google the organization.

We will vote on who should receive funding at our next general meeting.

Patti K.

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.

HELP URGENTLY NEEDED

Women Helping Women for a Better Future

Dear CFUW Ontario Council Club Members,

We have an exciting line up of topics and speakers for this year's Ontario Council Speakers Series. To make access to the Speakers Series equitable, CFUW Ontario Council will be using the virtual platform of Zoom. Each event takes place on a Saturday morning and is two hours in length from 10 a.m. to 12 p.m. The format allows for questions from the floor through the chat function of Zoom. Please save the dates and plan to join us!

To kick off the Series: October 21st, 2023: WOMEN ON THE MOVE

Get full details at: [CFUW Ontario Council Speakers Series](#)

Hope for the Holidays

CFUW Brantford has supported the work of Nova Vita Domestic Violence Prevention in many ways for decades. Their work aligns with our commitment to the rights, freedoms and education of women and girls right here in our community.

Before the Pandemic, each December we donated baskets filled with kitchen or bathroom items to be given to families moving out of the shelter. This Basketeers program was replaced with **Hope for the Holidays** in 2020, where money was collected for Nova Vita to purchase gifts and necessities tailor-made for the families who are using their services. Over the past three years, we have raised over \$6,000 for the **Hope for the Holidays** initiative.

This year, our Club will collect donations and present them to Nova Vita on December 6th. If you would like to join the **Hope for the Holidays** committee and donate four hours of time to help collect cash and cheque donations, please contact Janet K, Bev G, Maria T or Lin F.

An e-mail will be sent out at the end of October to outline how to participate in this Holiday donation initiative. Lin F



NOVA VITA
Help • Hope • Heal

24 Hour Crisis & Support Line
519-752-HELP



Interests

Women Aging with Wellness and Purpose

Hamilton, Burlington and Guelph member groups of the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign are pleased to present: Women Aging with Wellness and Purpose, on Saturday, October 21st from 8:30 –3:30, at Port Nelson United Church, Burlington.

Morning speakers: Rosita Hall – You're Simply the Best! (Living Life with Passion and Purpose) and Dekyi-Lee and Judy Mair – Experience the Resilience of Wise Aging. Afternoon Workshops:

KH - "Keep Your Hands on the Wheel" of Your Life! - Sue Lantz, Collaborative Aging

MP – Menopause: A Time of Change, a Time for Change – Dr. Jennifer Blake.

LF - Looking Forward and Aging Well in Canada – Dr. Irene Turpie.

YM - Your Memoir Allows You to Soar as You Share Your Truth – Suzanne Burchell.

HE - Healthy Eating for Maintaining Mobility as We Age – Chwen Binkley.

RW - Relearning the World Through Grief – Jane Smith-Eivemark.

SA - Scam Alert! - Detective Constable Lorena Mallinson.

GB - Getting Down to Business - Financial Tips and More - Kevin A. Maynard

The \$75.00 registration includes a \$25.00 donation to the [Stephen Lewis Foundation Grandmothers to Grandmothers Campaign](#). An income tax receipt will be issued.

Neighborhood Security

I received this email from my next door neighbour. Lin F. Unfortunately I am communicating with unfavorable news. My mom was subject to a home invasion early Friday afternoon where four men entered her Toronto home with guns. It was targeted. They knew she was alone and that my Dad had recently passed. A man approached the door with flowers, wearing City of Toronto attire, offering his condolences and forced his way in followed by three others who were in the car (Blue Honda CRV) parked out front. My mom suffered some bad bruising from being pushed onto the stairs but nothing else.. I am sharing this because criminals are finding more & more creative ways to catch us off guard and be less conspicuous. Be mindful when opening the door, exit and stand outside with them closing the door behind you, if you have to, or speak to them through your camera if you have one. We'll be purchasing one asap.

Members

Best Wishes: On September 18, 2023, Larissa K., daughter of Patti and Peter was married to Greg F. of Waterloo. The ceremony took place at Spray Lake in Canmore, Alberta.



MEMBERSHIP: We have 78 paid up members so far this year. CFUW National has acknowledged our Members' Handbook and wishes to use it in their newsletter. Barb S.

We Wish You All the Best in Your Health Journey!

Norah F., Jean L., Hazel R., Betsy C.,
Norah O., Carol K.



Thank YOU!

Thank you to the members who make sure the Newsletter is correctly spelled and grammatical, Anne M. Naomi K.

Invitation to Share Updates on our Website and Facebook page.

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:

sandhugh2@hotmail.com, 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: 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.

2 Photos: As stated above, please send photos in jpeg format by e-mail to both Marsha and Sandra.

Most photos are saved in jpeg, but, if you are wondering you can click on the photo, then click File, which will provide you with a dropdown menu. Click Export, and the file type will be listed. You can select jpeg if your photo is saved in something else such as tiff or png.

Interest Groups

Creative Cooking:

The group met over appetizers and desserts on the last day of summer, on the patio. Each person put lots of effort into



creating their dish for the 'finger-food feast' but the most delicious part was the in-person connection! Best wishes to our chair, Jean L., who could not be with us. Sandra H.



Games Group:

Our group meets twice a month, the second Thursday and the fourth Monday. 1:30 to 3:30. We have 14 members signed on this year. Instead of meeting in our homes, this year we are meeting at the Brant United Way office at 125 Morrell, the corner of Wilkes with parking on the Wilkes side of the building. You do not have to let us know if you are coming, just come - you are all welcome. Barb S.

Monday Night Book Club: The Monday night book Club met at the home of Naomi K. to discuss the novel *Braiding Sweet Grass* by Robin Wall Kimmerer. A botanist, the author weaves together her interpretation of Indigenous wisdom through folk stories and her own spiritual journey.

Woven into the braid are the teaching of plants to explain her view of life, beginning to end, showing how this knowledge allows the reader to focus on survival in our ever challenging world. The third part of the braid is her interjection of scientific knowledge as she struggles to resolve and connect the scientific and spiritual world. Overall, a fascinating read although at times a little repetitive that could use some editing that would help to keep the reader fully engaged.

Linda S.

World Awareness: This group takes on the issues that concern us in these "interesting" times. World Awareness is a group that debates and learns together on such topics as "hate speech" - our theme this September and carrying on into October. We are meeting on Zoom still, and the next date is Monday October 17th, at 9:30 A.M. Nora F.

Interest Groups – October 2023

At this point, all interest groups are meeting or are in the planning process of activities for the group. Interest Groups are an excellent way to meet and socialize with members in smaller groups - have fun, interesting conversations and basically get to know one another. If you are not part of an Interest Group, I encourage you to look at the listing to see what might twig your interest. Please contact me for further information or to sign up for a group.

Roma M. (Interest Group co-ordinator)

Bicycling Group:



We are enjoying our bike rides in the beautiful August and September weather! Jill B.



Thursday Night Book Club: *Trespases* by Louise Kennedy is a love story by the Irish writer. It was named the best book of the year by the Washington Post and Shortlisted for the Women's Prize for Fiction.

Trespases is set in Northern Ireland during the 1970s amid the sound and the fury of the Troubles. For many, sectarian strife is a brutal reality and a daily ordeal. For Kennedy's beleaguered characters, it is background noise. However, peace is precarious. All it takes for tensions to flare and violence to erupt is one wrong move, one false allegiance or one illicit love affair. We liked the book and had a lively discussion about it. Dian K.

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

October

General Meeting



Time: 7:00 p.m., October 25, 2023

Location: Thorpe Carriage House or in your home, at your computer on a Zoom call.

Program:

On Wednesday, October 25, we are pleased to have Anca Gaston as our guest presenter. As she herself has said: "One of the goals of my photography is to increase appreciation for wildlife...A lot of people live urban lives and lose touch with nature, and I hope that my photography can inspire people to protect these natural spaces and gain a better appreciation of what's out there in our natural environment".

Anca has been interested in photography since her teens when she bought her first camera at a flea market in Brantford. She has captured many birds on film: eagles, sandpipers, osprey and her favourite, woodpeckers.

Along with wildlife photography, Gaston has tried her hand at astrophotography which can be challenging due to the need to be out late and far from cities and light pollution.

Just recently, Anca Gaston produced her first short wildlife film, "A Flash of red: in search of the piliated woodpecker. Coming soon! Hopefully, she will tell us where and when!

Linda T. and Colette W.

AGM

The Social Committee is pleased to report that the May Banquet (AGM) has been booked at the Walter Gretzky Municipal Golf Course for Wednesday, May 22, 2024.
Bev G.

CFUW Brantford Meeting Dates for 2023 –2024

September 27, 2023

October 25, 2023

November 22, 2023

December Potluck: Date and Location TBD

January 24, 2024

February 21, 2024

March 20, 2024

April 24, 2024



Traditionally, our Holiday Party is 5-8:30 pm on the second Wednesday of December, so reserve December 13th this year.

Can you host the party in your home or recommend a venue that could accommodate 50 people? Please contact Bev G. with any offers or suggestions.



Dynamic Women Can Make a Difference