



Contents	Pages
Club News	1 - 5
CFUW	1- 3
Interest Groups	4
Events	1 - 5

Our guest speaker at the General Meeting on February 28th was Lisa Clarkson, Manager of the Day and Stay Program at the John Noble Home. Lisa gave us some sobering facts about our aging society. It is predicted that there will be one million Canadians with some form of dementia by the year 2030; in Ontario the incidence of dementia has increased by 48% since 2010. The good news is there are support systems available for sufferers and for their caregivers, although much more is needed. We members of CFUW are doing our part by lobbying the government for more funding where it is so desperately needed in our health care system.

This leap year March seems to have come in “like a lamb” after our rather unusual winter and a day after a record-breaking February 29th in some Ontario cities. For myself and others, March represents a transition between winter and spring even though the weather is often unpredictable. Will people be skiing in March or getting out their bicycles?

The word MARCH comes from ancient Rome. In Latin it was *Martius mensis* or the “month of Mars” named for the Roman God of War because war would start again after the end of winter. According to most Roman accounts this original calendar of ten months was established by their legendary first king, Romulus. March was actually the first month of the year and marked the beginning of spring. Nowadays, most of us in Canada associate March with the vernal equinox, the annual school spring break and the switch to Daylight Savings Time. March can be a very changeable month for weather too. In fact, the weather forecasters this year are telling us to expect a “moody March” with wildly fluctuating temperatures. On the website of the Government of Canada I discovered that March has several commemorative days. The one already so familiar to us is International Women's Day on March 1st. The others are as follows: March 14<sup>th</sup> Commonwealth Day, March 15<sup>th</sup> International Day to Combat Islamophobia, March 21st International Day for the Elimination of Racial Discrimination, March 31<sup>st</sup> International Day of Transgender Visibility. As recently as March 1<sup>st</sup>, 2022 our government marked the first official Irish Heritage Month which recognizes “the important contributions that Irish Canadians have made to building Canada and to Canadian society in general”. Some of us must also be aware of World Day of Prayer on March 1st;

this is “a global ecumenical movement that brings Christians of many traditions together to observe a common day of prayer each year”. Gloomy as it may be at times, March is a more significant month than I had once thought.

In March we all look forward to the return of “in person” meetings at Thorpe's Carriage House after having to “Zoom” for January and February. At the risk of sounding like a “broken record”, I want to say again how much I appreciate the ongoing help and support that I receive from such a fine group of women. If you have decided to take on a role as one of the rotating Presidents for Brantford CFUW, I know that you will have the same good experience. Your President for March will be Lin Fines.

**Catherine Sawyer, February President**

#### CFUW Meeting, 28 February 2024

##### Speaker: Lisa Clarkson – Manager, Day and Stay Program

Lisa's talk was about dementia, a topic that has touched almost all our members in one way or another. She began her presentation with details about the various forms of dementia of which Alzheimer's is but one. She provided a very informative list of the various programs available in Brantford/Brant for dementia patients and their caregivers. She then outlined the Day and Stay program that she is responsible for, located at the John Noble Home. This includes a day program, a “sunset” program as well as overnight options. It was clear how much care and compassion Lisa has for the many individuals and their families who participate in the Day and Stay Program. She laughs and cries with them as they navigate the challenges of dementia and find hope and respite at Day and Stay. Lisa emphasized that she is more than happy to provide more information to anyone wishing to learn more about dementia and programs for support, especially the Day and Stay program. It was apparent that the CFUW members deeply appreciated not just the information Lisa shared, but the level of commitment she has to her clients and family members. Linda T.



## **CFUW Brantford Articles and Bylaws 2024**

### **Articles and Bylaws Committee:**

Maria T, Lynda S, Rhynda B, Lin F

### **Special Motion to be made at the April 24th General Meeting:**

Given that ***CFUW Brantford Articles and Bylaws 2013*** is over a decade old and that recommended updates span at least eight (8) years, it is moved that the aforementioned document be replaced with ***CFUW Brantford Articles and Bylaws 2024***.

## **Timeline to date:**

### **2023:**

Requests for participation to update CFUW Brantford Articles and Bylaws.

Request for guidance from CFUW National regarding recommendations for Articles and Bylaws for unincorporated clubs with less than 125 members and a budget under \$15,000

### **2024:**

January 21st: email to the membership with the first draft of 'CFUW Brantford Articles and Bylaws 2024' along with highlights of the changes from the 2013 version. Request for Feedback by Feb 10th.

Feb 13th: Feedback reviewed by Articles and Bylaws Committee. Revisions made.

Feb 15th: Updated draft of 'CFUW Brantford Articles and Bylaws 2024' emailed to the membership along with highlights of the changes and a request for feedback by March 10th.

### **Next Steps:**

Any final changes will be sent to the membership by email prior to the March 27th General Meeting where fifteen minutes will be allotted for any final discussion before the Special Motion is made at the April 24th General Meeting.

The Special Motion will be made at the April 24th General Meeting and will require a 2/3 majority to pass. (2/3 of the attendees at the meeting if there is a quorum).

**If you would like, you are invited to contact** any one of the four people sitting on the Articles and Bylaws Committee in advance of the discussion at the General Meeting on March 27th and the vote at the April 24th General Meeting.

**On a personal note,** I feel that this new constitution will set us up for a more collaborative and comfortable way of operating our club, that the document is in keeping with CFUW National's guidance for clubs our size with our annual budget and unincorporated status. I also believe that this document captures the spirit and intent of our club and is a good combination of structure and flexibility. It is my hope that these revisions provide a structure that is adaptable to meet our needs over the next decade.

Lin F.

## **CFUW Brantford - Your Input Matters!**

Just a friendly reminder to contact the President of the Month by the second Monday of the month with any suggestions, motions, questions, or concerns that you would like raised at the Executive Meeting, including topics you would like addressed at the General Meeting. You can do this by phoning or emailing the president of the month or by sending an email to [cfuwbrantford45@gmail.com](mailto:cfuwbrantford45@gmail.com) Lin F.

## **Resolutions Announcement:**

It is that time of year again when we receive resolutions from National. The resolutions have just arrived from National. More detail to come by email and in next month's Newsletter.

Patti K.

**Scholarship:** The revised Scholarship Constitution will be briefly discussed at our April meeting. Feedback has been positive, but if you have not read the document, please do so before the April general meeting. The revised constitution will then move forward to the AGM where it requires a two third vote from those attending the meeting. Our scholarship applications have been sent out to the local high schools. If you know a qualifying candidate, please encourage her to apply. Karen I.



# Reports

## NOMINATIONS for our 2024-25 Executive

### Proposed CFUW Executive for 2024-25

A huge thank you goes out to all of you who have agreed to let your name stand for the various CFUW positions that are open for the 2024-25 year. Every effort has been made to “job share” to allow more member involvement and to lighten the load. While the roster appears to be full, there are a couple of committees that would welcome additional members to complete their team. If you are interested in a particular area, please contact Teddy B. !

**Note:** A list of those serving as committee members will be shared by email at a later date.

Thank you to the Members for their support of CFUW Brantford, for those who will stand for election to the Executive, those who will sit on Standing Committees and those who have offered to pitch in on projects and activities as they arise.

Submitted by the Nominations Committee: Teddy B. (Chair and Representative from the General Membership), the 2024-25 Nominating Committee



Position	Name(s)
President in Name	Teddy B.
Rotating Presidential Team	Elizabeth C. SEPT
	Pat C. OCT
	Cookie H. NOV
	Maria T. DEC JAN
	Catherine S. FEB
	Linda T. MARCH
	Dian K. APRIL
	Barbara M. MAY
	Teddy B. JUN-AUG
Past President	Janet K.
Secretary	Penelope J./ Arlene C. Kazuko K. (scholarship)
Treasurer	Maria T.
Communications	Sandra H.
Interest Groups	Roma M.
Membership	Barb S.
Program	Colette W.
Scholarship	Karen I.
Social	Lynne D.

### MEMBERSHIP

We are approaching that time of the year for us to be thinking about what we want to do with and for our CFUW Brantford next year. Progress is slowly being made into creating a simple and easy membership application form that we can submit on line without being a technical guru. If anyone is familiar with Google Forms and can answer an occasional question, please contact me. Barb S. tel 519-756-0959 or bobarbscott@rogers.com

## INTERESTS

### New Interest Groups

- Look for two new interest group options when you renew your CFUW Brantford membership for 2024-25.
- A group has been formed for tennis and another for Mahjong.
- Roma M.

### Books for Sale!

Books remain unsold from our recent Trivia Night. These books will be available to buy at the March and April general meetings. Bring some change and/or small bills for your purchases. Proceeds will go to the Scholarship funds.

The **Monday Evening Book Club** reviewed *After the Miracle ; The Political Crusades of Helen Keller* on February 19th. Written by Max Wallace (a Canadian journalist and filmmaker), this biography highlights not just her ability to learn but what she accomplished with it. Helen was fluent in six languages, read and wrote books, essays, lectures and was extremely opinionated. At risk to both her fame and reputation she denounced racism in both the American South and South Africa, spoke out against poverty and child labour, supported unions and women's suffrage and for a time joined the Socialist Party. Helen did not have a boring life. She met and became friends with Mark Twain, Charlie Chaplin, the Rockefellers. Some of her ideas were highly controversial (for example eugenics). This book was released in April 2023 and is available at the library.

**Thursday Evening Book Club:** *Requiem* by Francis Itani is a book that "stays with you". She is a wonderful Wordsmith and Researcher. We all agreed it was a very good read and we would recommend it most definitely to others.

It is a story about the internment of Japanese Canadians after the Pearl Harbour attack in 1941, told through the voices of memorable characters. Historical fiction at its best. Roz F.

*Generations* by J. Twenge: Six generations ( Silents 1925-1945, Boomers 1946-1964, Gen X 1965-1979, Millennials 1980-1994, Gen Z 1995-2012, and Polars/Alphas 2013-2029) currently connect, conflict and compete for influence as they all co-exist and function in the same time period. How are the generations similar? Why do they differ? Is the "gap" transformational or is it transient? Why do your children, your parents, your peers, your grandchildren think and act as they do? Twenge uses long running, government funded surveys and databases to present a well-researched and insightful discussion about generational differences and how these differences are impacting society. Her focus is the impact on day-to-day life of changing technology, especially the ongoing development and intrusion into our lives of tablets and smartphones. Their rapid evolution is affecting how we think, behave, feel and relate to each other. Rhynda B.

**World Awareness:** The crisis in the Middle East continued to dominate the discussion at our February meeting as we have attempted to educate ourselves on the complex issues at stake there. Two books that we found helpful were *Balcony Over Jerusalem*, by John Lyons, and *A Day in the Life of Abed Salama*, by Nathan Thrall. Given the many challenging topics that present themselves to us, we have decided recently that it is important to include some good-news topics in our sessions as well. Carol K.



**Creative Cookery:** Thanks Patti K., for making the evening special! Not only was the food great, it felt like a European evening meal, with interesting conversation and a smooth flow of courses over the evening. I appreciate your gracious hospitality! Sandra



**Dining Out:** The group met at Honey's Bistro on Brant Ave. in Brantford for a delicious lunch with excellent service.



**Walking Group:** Enjoying the spring air and views.

#### Biking Group:

Have you noticed the weather lately? The biking season is nearing. It is time to make sure your bike is trail-worthy for spring. Check air and tires, brakes and bells, chain, gears, and helmet. Karen I.



## 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:** Patti Kunashko
- Communications:** Sandra Hughes
- Interest Groups:** Roma Makkreel
- Membership:** Barb Scott
- Program:** Colette Wilson
- Scholarship:** Karen Innes
- Social:** Bev Golden



**General Meeting: March 27, 2024**

**Meeting Starts at 7:00 p.m. at the Carriage House or  
Join with Zoom**

The March program will showcase the accounts of three women, former refugees, who came to Brantford from different parts of the world (Syria, Zimbabwe, and Ukraine). The women will tell their stories through questions, such as what caused them to become refugees, what were some of their experiences in their home country, and what are the struggles they have encountered in adjusting to life in Canada. Mieke Schroeder, who has been involved in sponsorship of refugees for many years, will facilitate the program. We thank Mieke for organizing this program which will give us a greater insight into the journey that refugees take as they create new lives in Canada. Colette W..



to Roma M. with her fractured shoulder, Nancy P. who put her back out, Roz F. who has a hacking cough that has lasted for weeks, Betsy C. who is recovering nicely from her heart surgery.

All the best to Tish J. whose husband has been in and out of hospital and to Patti K who has been doing double duty with caregiving for her Mom and Uncle in two locations. Condolences to Patti K. whose uncle has since passed away.



Sincere thanks to the many CFUW members who sent lovely cards of sympathy, made phone calls, sent messages, and made charitable donations after the recent death of my partner, Jim Kopinak. I appreciate

each and every one, and feel blessed to have the support of so many caring friends. Colette W.

Thanks to Diane B. for helping Anne M. figure out how to address audio and video challenges in order to better run hybrid meetings. Thanks to Teddy B. for stepping up to Chair the Nominations Committee and completing her task ahead of schedule. A special thanks to the people who have agreed to volunteer for next year's Leadership Team. This year's Leadership Team.

## Save the Date:

### AGM/Banquet — May 22, 2024

Following discussions around the Executive table, we have a new format for our evening out in May.

It will be held at the Walter Gretzky Municipal Golf Course and Learning Centre, starting with a welcome at 4:30 pm, then the AGM from 5-6 pm, and dinner from 6-7:15 pm. After dinner will be for presentations, announcements and socializing.

The ticket price has been set at \$60.00. We will begin to sell tickets at the March General Meeting. Please indicate a gluten or nut allergy or if you prefer a vegetarian option.

Thank you,  
Bev, Lynne, Teddy and Maria

