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Leadership Team President's Message

Now that our beautiful Indian summer is over, and we are beset with cold, rainy days, I want to whisk you away to sunny Tuscany.

A few months ago, I received a travel brochure about a 2 week hiking tour in Tuscany, Italy to take place the first two weeks in October, 2024. I talked to friends who were split between okaying and discouraging the adventure. Some thought I would be okay if I climbed the Glenhyrst hill several times a day to get in shape for the Tuscan hills. Others said, just go for it. So I did!

.Nick and I had a wonderful time starting with flying into Rome, meeting with our hiking group and guides, and being bussed north to our lovely hotel in Montecatini Terme.

Hiking was on different terrain everyday but with our hiking boots and poles, we were well prepared. We travelled up hills, through forests, beside vineyards and olive groves, and through picturesque ancient villages. The temperature ranged from 18 to 23 Centigrade which was perfect weather.

The food was amazing! Lunches often consisted of 4 courses, antipasti, pasta, meat and/or fish, and dessert. And there was a choice of local red or white wine, with still or sparkling water. Dinners were just as sumptuous! It was okay as we hiked off all the extra calories. Hikes ranged from 1 ½ to 3 hours a day. Our bus drove us out to different trails every day. There were 20 of us on the tour from all over Canada. Everyone was friendly, interesting and excited about the experience. The ages ranged from 55 to 80. Our guides shared information on the flora, fauna, and history of the areas. We stayed in only 2 hotels, our second being in the Mediterranean seaport of Castiglione. A couple of highlights of the trip were strolling through Florence and Pisa



with our group.

Let me know if anyone is interested in taking this hiking trip next Fall. Nick and I are thinking about an Alpine trip next June if we can stay in shape. Don't be surprised if you see me going up and down the Glenhyrst hill next Spring!



Respectfully submitted by Dian Kuzyk,
President of the Month for October
16-31



CFUW Brantford Procedures Manual 2024 Update!

With the final edits completed, we now hope to have our CFUW Brantford Procedures Manual adopted at the November 13 Executive Meeting and then presented for your approval at the November 27 General Meeting. In our attempt to produce the best product for our members, we were referred to two contacts at the Ontario Council who agreed to review our Procedures Manual 2024. We would like to share their response: "It is an exceptional document. This document is so valuable and should be shared with CFUW through your Regional Director who could take it to Ontario Council and to CFUW National as a template. (We) would like to take this opportunity to ask CFUW Brantford that we be given permission to share this manual with the executive of CFUW Barrie and District."

A very special thanks goes out to a group of amazing women, Betsy C., Pat C., Lin F., Maria T., and Suzanne M. whose input was instrumental in pulling together and then fine-tuning this document. Of course, we must admit that there was a bit of fun and food thrown in to provide energy for the task at hand!

Respectfully Submitted by Teddy B. and Anne M.

Changing the Face of CFUW Brantford: Results of the 2024 Membership Survey

SURVEY



Introduction

The survey was completed on October 1, and approximately 61% of members (45 out of 73 members) completed it. The Survey Committee met on Oct. 4 to review the results of the survey and prepare a report based on the results.

The survey was general, had no agenda, and aimed to find out what members were thinking. In that it succeeded. I will outline the main themes that came out of it, and give a brief summary of main points from each question. Then I will present several recommendations that the committee is suggesting that the Leadership Team act on.

General Themes

1. The members are satisfied with how the club is running, and are enjoying being members.
2. The membership wants the general meetings to be relaxed and without tension, with less emphasis on rules. They want controversies to be dealt with outside the meetings. They would like leaders to feel supported, not intimidated.
3. The theme that stood out, was the need to recruit new members. This came up through the answers to several questions and there were suggestions as to how to go about doing this.

Main Points from Specific Questions

1. Word of mouth is how people found out about CFUW Brantford.
2. Friendships and Interest Groups were the main benefits of belonging to the club.
3. Main points were more relaxed meetings and more social opportunities at meetings.
4. The meeting venue is not adequate for the needs of hybrid meetings. Members suggested ways that the General Meeting can be streamlined.
5. Women's Issues and Health Care led the list in terms of Advocacy.
6. Chairs of Interest Groups should lay out expectations for new members e.g. times of meeting, hosting, car pooling.
7. Cost of ticket for banquet: 51% selected \$70 to \$80.
8. Most were willing to pay at least \$10 to \$20 more for a program at the AGM.
9. This is one place where the need for new members was emphasized. Most members have already been on the executive, are currently active in leadership, or feel that they cannot be active because of aging and changing priorities. As well, new members need time in the club before taking on leadership roles.
10. Those who take on new roles may need on-going support or mentorship. Make leadership positive for people taking on new positions.

on new positions.

11. Recruiting new members will make the club thrive in the future.

Recommendations:

1. Strike an ad hoc committee to recruit new members, starting in early 2025.
2. Strike an ad hoc committee to find a venue more conducive to hybrid meetings. (A couple of people have offered to work on this).
3. The Leadership Team find ways to assure that newer members are spoken to, and made to feel welcome at general meetings.
4. Social, program and treasurer meet to plan the 2025 AGM, based on feedback from the survey.
5. The Leadership Team look at ways to streamline the business portion of general meetings.

Reporting to members on results of survey

1. Individual suggestions or comments to be sent to individual chairs of committees
2. Report published in the newsletter
3. Report sent to members and be put on the agenda of General Meeting in October

Report by Colette W. Chair of Survey Committee), October 5, 2024.



Scholarship

A note from a Brantford CFUW Award B recipient:

Hello CFUW Members,

It is so great to hear from you! I truly appreciated connecting with you and the local CFUW chapter last year when I was given the scholarship. Over the past year, I have continued my studies at Tynedale University and at the time of writing, I have nearly completed 90% of my coursework as well as my internship with a cumulative GPA so far of 3.84. If all goes according to plan, I will be ready to set up my practice of psychotherapy in Brantford later in the new year!

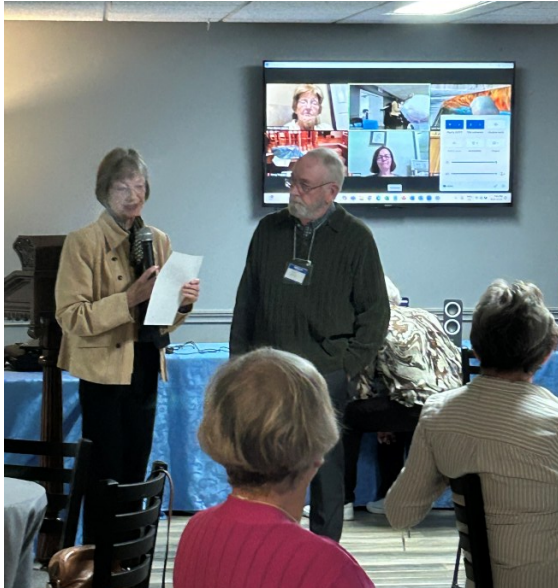
I am so looking forward to serving my hometown as a psychotherapist. Receiving the scholarship from CFUW was an encouragement and boost as the financial cost to my family of my decision to undertake this program at this time has been significant. It was an encouragement because it means that others stand behind my efforts to learn and better myself. I appreciate the help keeping our debt load down in the process.

I would like to thank the members of the CFUW for continuing to offer this scholarship to women in our community.

Warmly,
Susan Zuidema

THANK YOU

October General Meeting: Plant the Parks



Here is speaker, Chuck Beach, environmentalist, and a leader in the local tree-planting movement, with Dian K. who introduced him and Leslie L. who thanked him. Anne M. handled the slide presentation and Zoom participants. If you are interested in finding out more check out The Brant Tree Coalition at brantwaterways.ca.



Wednesday, February 12, 2025

7:30 pm (please arrive by 7:15)

DUNSDON LEGION

9 Toll Gate Road, Brantford

\$100/team of four

30 teams maximum so register EARLY!! No Walk-ins!

Invite friends, relatives, co-workers!!

FOOD!! PRIZES!! FUN!!

Proceeds to CFUW Brantford Scholarship Fund

CFUW Ontario Council Speaker Series

Saturday, November 30th, 2024
10 am to 12 pm noon

Affordable Housing: A Human Right



Scan to register:



Hope for the Holidays

At our October General Meeting, our club approved the Motion to support Nova Vita's 'Hope for the Holidays' fund-raiser. We Thank you for your generosity.

Cheques should be made out to Nova Vita. Cheques or cash should be given to Maria Timmons or Teddy Buzek. Etransfers should be sent to mtimmons4653@gmail.com. Please submit your donations by the end of November. Nova Vita will issue tax receipts for donations of \$20 or more. Last year we raised \$3000 with \$9,235 over the last four years. Maria T.



NOVA VITA
Help • Hope • Heal

24 Hour Crisis & Support Line
519-752-HELP



16 Days of Activism Against GBV



16 Days of Activism Against Gender Based Violence Nov 25 - Dec 10, 2024

CFUW's annual 16 Days of Activism information package was published in the October 25th Club Action News. Within that on-line booklet are definitions and glossies and information addressing specific forms of violence against Indigenous Women and Girls, Women in Politics and Gun Violence as well as links to Crisis

Resources or to access for further learning.

Most important is the *Ways to Take Action* section, and the link provided in the CFUW National newsletter to template letters (download [here](#)) for use by clubs, provincial councils and individual members to send to their representatives expressing concerns about Gender-based violence.

The 16 Days of Activism Against Gender-Based Violence, National information package can be downloaded from Club Action News or directly:

[CFUW's annual 16 Days of Activism information package is here!](#)



CFUW Brantford (Like Us!)



@CFUWBrantford

Interest Groups

Creative Cookery: A small group gathered at the home of Sandra H. for a tasty autumn themed dinner. The main course recipe was a great hit.

PORK LOIN WITH SAUSAGE, APPLE & SAGE STUFFING

Prep time 30 minutes

Total time 1 hour & 15 minutes

Portion size 6 servings

- **2 tablespoons** unsalted butter
- **4** sausages, casings removed (about 400 g total)
- **1** Honeycrisp apple , diced
- **1** egg , lightly beaten
- **4** fresh sage leaves , chopped
- **1/2 cup** dried bread crumbs
- **1/4 cup** cream cheese
- salt and pepper
- **1.25 kg** pork loin roast
- **12** thin slices prosciutto

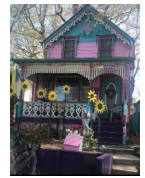
In large skillet, melt butter over medium heat. Add sausages and cook, breaking up meat with wooden spoon, until browned and crumbly, 8 to 10 minutes. Using slotted spoon, transfer meat to bowl. Stir in apple, egg, sage, bread crumbs and cream cheese, mixing well. Season with salt and pepper and set aside. Preheat oven to 350°F. Using sharp knife, slice pork loin in half lengthwise without cutting completely in half. Spread open; season with salt and pep-per. Spread reserved stuffing over meat, leaving 1-inch border. Starting with one long side, roll up pork tightly. Cover with prosciutto, overlapping slices slightly; tie tightly with twine. Place in roasting pan, seam side down. Roast until instant-read thermometer inserted into thickest part of meat reads 140°F, 45 minutes to 1 hour. Transfer to cutting board; loosely tent with foil. Let meat stand 10 minutes before slicing. *(Make-ahead: Before slicing, stuffed pork loin can be cooled then wrapped in plastic wrap and refrigerated for up to 3 days or frozen for up to 2 months.)*

Day Trippers: The group travelled to Dundas on October 5th for the Annual Dundas Studio Tour and had lunch afterwards at the Bankok Spoon Restaurant. The fall was a lovely time to see the colours in the Dundas Valley, do a bit of Christmas shopping, discover interesting art, artists and crafts and enjoy socializing during a delicious lunch.



Coleen P.

Dining Out Group: Our October outing was to The Lake House in Vineland. This restaurant was established in 2002, but its history goes back to 1867 when the original farm house was built on the shore of Lake Ontario. The view on the day that we were there was breathtaking, changing from a vibrant blue sky and clear view of the Toronto skyline to moody grays and sheets of rain that moved across the lake. The European Mediterranean cuisine was delicious. We lingered over decadent house-made desserts and were rewarded when the weather cleared up for our drive home. Some of us made a detour to see The Painted Ladies in Grimsby. All in all, a delightful fall afternoon with great conversation and a lot of laughter. Mary P.



Monday Evening Book Group met on October 21, for a discussion about the "Kitchen House" written by Kathleen Grissom. It was about slavery in the US in the early 19th century told by two narrators, Lavinia (Irish) and Belle (Black American) and the struggles they endured. Linda Scott was hostess and Norah O'Leary discussion leader. It was no struggle to enjoy the cupcakes and yogurt parfaits Linda made. Norah, on the other hand, will attempt to make the molasses cake recipe from the book. Norah O.

Thursday Evening Book Club read "Beneath the Surface of Things" by Wade Davis.

The author, Wade Davis, is a professor of Anthropology at UBC and well known for his many books, lectures and work in the field of exploration, travel and cultural study. The essays in this collection are reflections of many world issues as seen through an anthropological lens. The diverse subjects include Climate change, Israel, the art of exploration, the unravelling of America, and a touching and hopeful message to his daughter and her generation. We found this a thoughtful read and discussion and we recommend the book. Suzanne M.

Walking Group:

October 22 was a beautiful day for an autumn stroll. The Hardy Road Trail was so popular some parking issues had to be sorted out. Norah O.



2024–2025 EXECUTIVE

PRESIDENT IN NAME:

- Barbara Melara

PAST PRESIDENT:

- Janet Kempster

ROTATING PRESIDENTIAL TEAM:

- Anne Martin & Teddy Buzek—June to August,
- Elizabeth Capitano— September
- Pat Clemons—October
- Cookie Hadley—November
- Maria Timmons—December, January
- Catherine Sawyer- February
- Linda Tripp—March
- Dian Kuzyk—April
- Barbara Melara—May

SECRETARY:

Penelope Jeffery / Arlene Cass

TREASURER: Maria Timmons

STANDING COMMITTEE CHAIRS:

- Communications:** Sandra Hughes
- Interest Groups:** Roma Makkreel
- Membership:** Barb Scott
- Program:** Colette Wilson
- Scholarship:** Karen Innes
- Social:** Lynne Duncombe



General Meeting



Dean de St. Croix President •

DE ST. CROIX & Associates Ltd.

Dean de St. Croix is a professional Graphic Design and Brand Director with over 30 years of experience. Throughout that time he has worked with clients around the globe, building brands and selling products that range from Sporting Goods, Spirits, Cruise Lines, Travel and Institutional organizations such as Insurance, Banking and Investing. He has designed for numerous musicians including Loreena McKennitt. His designs have won awards in Canada, and the United States.

He was born in Montreal, Quebec and moved to Brantford, Ontario at a young age. He now resides in Paris, Ontario.

In this engaging presentation, Dean de St. Croix introduces the fundamentals of artificial intelligence (AI), clarifying common misconceptions and exploring what AI is—and what it is not. Using familiar comparisons to technologies like Google search and social media algorithms, he explains how AI systems uniquely learn and adapt, setting them apart from the tools we use daily. Beyond the basics, Dean will discuss AI's broader social and economic impact, highlighting its potential to transform industries and drive growth while addressing key concerns such as privacy, algorithmic bias, and workforce changes. This talk offers an overview at how AI is reshaping our future. (PS – this Bio was created by AI.)

Linda T.

AGM and Banquet

The University Women's Club Brantford will be celebrating it's 80th year anniversary in 2025.

This is an incredible milestone for our club and we are planning to make the AGM and Banquet at the Walter Gretzky Golf Club a very special celebration to mark the occasion.

There will be many announcements about this event over the next several months in the hopes that we will have a record number of members attend .



**Please reserve
MAY 28th, 2025
on your calendar.**



**It is time once again for our annual
pot luck Holiday Get Together.**

PLACE : LYNNE D'S HOME **ADDRESS :** BRANTFORD

DATE: DECEMBER 11, 2024

TIME : 5:30 pm

PLEASE NOTE: a revision has been made to the note in the October newsletter. If your last name starts with a letter between A- K please bring an appetizer. If your last name starts with a letter between L- W please bring a dessert.

There is no need to contact me with your choice.

Also you are welcome to bring your favourite beverage. Tea and coffee will be available.

Lynne D.