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Leadership Team

President of the Month

I want to open by expressing my love to my mother-in-law, Joan Hadley, who introduced me to our group. I moved to Brantford in 2021 – in fact – May 14th 2021 to be exact – Covid was active and we “my husband, Greg and I” were required to quarantine for 14 days. During that time my mother-in-law made sure to provide laundry service, food service and most importantly friendship! Joan asked if I would be interested in joining her CFUW group and explained to me about all the many interest groups and the intention of the group of women to support community, lifting up other women, and fellowship thru the various interest groups. It took a bit of convincing but having no Texas family or local friends I said yes to her offer and I attended my first meeting in March of 2022.

I am here to tell you I made the right decision. Over the past two 2 years I have joined several interest groups – reading and discussing books, traveling and dining out at some great restaurants and learning new games – Rummikub and American Mahjong; – just to name a few of the benefits. But most of all, I have made new friends.

I also stepped out of my comfort zone and volunteered to be a “President of the Month” during the 2024 – 2025 club year. I was very nervous but was grateful for the opportunity. I accomplished my task. I have found volunteering to be a wonderful way to give back to our club and an opportunity to learn and appreciate the contributions that our organization makes within the community. I am most grateful for the opportunity to have met and worked with other wonderful women who may not be in the same interest groups in which I participate. It has been fun, interesting and rewarding. So, I offer a big thank you to a wonderful group of very supportive women.

A fellow member asked me to identify 5 differences between where I moved from (Heath, Texas) and where I currently live. There are no Tim Hortons – but we did have Dunkin Donuts. There are no cannabis stores on every corner. Instead there are dry cleaners, dialysis centers and MRI diagnostic centers in so many strip malls. You will not hear “eh” but you will hear “y’all”. Home Depot will not be selling snow shovels in Texas. Texas cars have one set of tires – for all seasons.

I want to take this moment to express my appreciation for the help and support I received this past year. Wishing all a Happy and Healthy Christmas Season.

Happy Holidays

Cookie Hadley - President of the Month, November.



NOVA VITA
Help • Hope • Heal

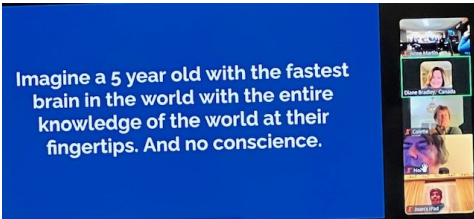
I would like to thank all the members who donated to Hope for the Holidays. A total of \$1990 was raised this year. Maria T.

“Thank you again for visiting us today, and please pass along our sincere thanks for the wonderful generosity displayed by your members. It is so appreciated now, and all year long.”

Jessica Powless, Fundraising and Events Manager, Nova Vita



November General Meeting Highlights



Our speaker Dean de St. Croix got us all thinking about the benefits and challenges of AI.



Introduction by Linda T.



Thankyou from Betsy C.



Presentation of the CFUW Brantford Procedures Manual 2024 for approval to be shared with National and Ontario to assist other clubs.
Teddy B.

Presentation of long term membership certificates to Anne M. and Barb M.



Scholarship Fund B Awards



We had two successful fall applicants for the CFUW 2024 Scholarship B Award. This award is given to a female(s) resident of Brantford or Brant County who has been out of the school system for at least two years, has overcome challenges, and has been involved in her community.

Taylor Edwards has her sights set on the Midwifery Education Program at McMaster University. She is 27 years old and started by completing her high school science courses. In 2020 she moved from Hamilton to Brantford where she became very involved in community work with the Equal Ground Community Gardens. She is presently the Greenhouse Community Gardens and Learning Centre Coordinator. Taylor is very involved with the Homedale Neighbourhood Association and sits on the Environmental and Sustainability Policy Advisory Committee of the city of Brantford. COVID slowed her course work but she is presently taking her final prerequisites at McMaster and a Lactation Consultant course at Mohawk College.

Nicole Mortimer is 28 years old and has been working as a Registered Practical Nurse (RPN) for the last two and a half years in acute, inpatient surgery. She has found nursing incredibly fulfilling and it has solidified her commitment to continue growing in this field. Nicole is presently taking courses at Nipissing University to obtain her nursing degree. Her long term goal is to become a holistic Nurse Practitioner (NP) with a vision to create a clinic that would provide comprehensive health care. Nicole's working hours and study time have limited her community involvement, but she continues with her original interest in animal health when possible.

The minimal award for the B scholarship is \$1,000. The generous support of CFUW members and their continued strong support of Trivia Night allowed our bank account to award more. With the rising costs of tuition, travel, and basic living, the Scholarship Committee decided to increase the awards this year. Taylor Edwards received \$2,000, and Nicole Mortimer received \$1,500. A **big thank you** to all our CFUW members who make this monetary support possible.

Submitted by Karen I. on behalf of the Scholarship Committee.



ADVOCACY

ALLOCATION OF OUR 2024-25 DUES FOR INTERNATIONAL ENDEAVORS

For 2024-25, we will continue our practice of allocating a portion of our dues for international activities. Two proposals for the charities CUSO and Food for the Hungry (FH) were put forward. The final decision to support these charities will be conducted at the next General Meeting in January. Below is the information on each charity submitted and a link for further information:

From Bev G.:

Volunteers today are working in 19 countries, mostly in South America, the Caribbean and Africa. I will share 2 of the stories reported in the Impact leaflet that I just received. Helping women in Cameroon to pursue their passions, Habiba is a Muslim woman in her thirties who has a passion for IT, particularly programming and software engineering. She joined CUSO International's TechWomen Factory program to further her career in coding and data science. The program partners with the Cameroon Youth School Tech Incubator and supports women 18 to 35 years old by adding a high level of digital competency to their credentials. She works as a Junior Technical Advisor for Universal Health Coverage and hopes to help women follow in her footsteps. The Kaby Foundation, which partners with CUSO in Columbia, creates cultural spaces where 19-year-old Caroline was inspired by the workshop to start a business with other local women. Together, they plan to produce eco-friendly printed t-shirts and backpacks using natural inks. Their goal is to establish a brand, sell their products to tourists and local markets and expand their reach through national social media platforms. This project had 80% female participation, 15 direct beneficiaries and 60 indirect beneficiaries. Project by project, the aim is to give women a viable lifestyle that they want to live.

My participation is as a donor for the past 50 years. None of this work is possible without money. The need is great.

The link for further information: <https://cusointernational.org/>

From Naomi K.:

Food for the Hungry (FH) Canada is a Christian not-for-profit organization dedicated to facilitating sustainable community development in order to bring about long-term transformation for those stuck in poverty.

3.5 billion people are highly vulnerable to climate change which leads to inequality, pressure on health systems and fuels the global food crisis.

Global fragility demands more emergency relief and makes it hard to overcome poverty. Food for the Hungry helps people in Canada and worldwide. They have been to Guatemala, Bangladesh, Burundi, Uganda, Ethiopia, Rwanda, and Cambodia.

In Burundi a project showed the people in the community how to lead to improve life in the community. In Guatemala they showed women how to save, build relationships and thus build a stronger community.

There is a podcast you might like to watch: Ending Poverty Together Podcast [fhcanada.org/pod.cast](https://www.fhcanada.org/pod.cast)
Listen to global experts explore poverty's root causes and relational solutions - and learn how you can help.

The link to FH for further information: <https://www.fhcanada.org/our-work>

Kathleen G.



Interest Groups

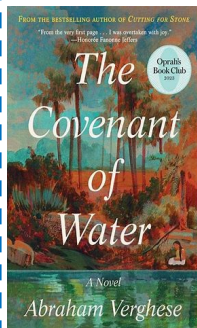
Creative Cookery:



Creative Cookery met on Wednesday November 20 at Jocelyn's home where we had yet another delicious supper and great evening. We all agreed that we were having things we wouldn't have normally. This is always true with our suppers. Jocelyn took all the recipes from the Glenhyrst Cook Book which is at least a couple or more decades old. Starting with appetizers which included eggplant spread we went on to a Caribbean soup which featured cooked cucumber and was served cold. The spinach salad featured horseradish dressing, a first for me. A delicious seafood casserole was the main course. We ended with a lime pie that was light and delicious and got turned into a keylime pie along the way. As always each cook described challenges and changes made to their recipe. At least one member said they were now going to dig out their copy of this cookbook which they hadn't used in years. We look forward to the food adventures planned for next month!

Barb M.

Monday Evening Book Club:



The Monday Evening Book Club reviewed "The Covenant of Water" by Abraham Verghese. This meeting was hosted by Kay R. and discussion was led by Linda S. The Covenant of Water follows three generations of a family as they practice cultural, religious, and educational experiences. Numerous obstacles confront them including Caste prejudices and physical disabilities but faith and love help to guide them through. The main setting is Kerala, India and spans the period from 1900 to 1977. Verghese manages to tell their story as well as weave the political and cultural highlights of the era. If you are looking for a good winter read, request this epic novel from the library and sink into a fascinating story.

Linda S.

Thursday Book Club:



A shocking and disturbing read! This was the overall consensus of Thursday book club members who read Killers of The Flower Moon: The Osage Murders and the Birth of the FBI by David Grann. The Osage Nation of Oklahoma, was the wealthiest per capita in the 1920's until they were killed off one by one. Little was done to investigate and solve the crimes. The group drew many parallels with other horrific events in Indigenous history. Lighter reads ahead.

Colleen P.

Dining Out: The Dining Out Group enjoyed High Tea at The Golden Teapot in early December. The tea room was beautifully decorated for Christmas with Brian & Linda Pickering and their daughter acting as gracious hosts for the evening. Brantford's Parks and Rec do a spectacular job of Glenhyrst's Gardens all year round, but their Christmas light display is particularly noteworthy. We enjoyed driving through the grounds as we left the Golden Teapot. We recommend a visit to Glenhyrst while the white snow makes the light display even more dazzling. Lin F.



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

Speakers for the 2025 General Meetings

The Program Committee is pleased to present the following speakers for winter/spring of 2025:

January: *workshops in memoir writing.*

February: *Madame High Ladies, experts on the ins and outs of cannabis use.*

March: *Stephanie McLarty, an award-winning entrepreneur whose business is the recycling of computer parts.*

April: *Brian Wood, curator the Alexander Graham Bell Homestead and expert in local history.*
Colette W. and Linda T.

??? 2025 TRIVIA NIGHT ???

What is the smallest country in the world? What is a quokka?

It's that time of year again... Time for **Trivia Night!!** We know that you've spent the last year studying and are ready to demonstrate your prowess...or maybe you're just ready for an evening of fun! Last year's event was a great success and we hope that this year will be the same.

Remember that this is the major fundraiser for our Scholarships so we know that you will all get involved - preferably on a team!! If you can't be on a team, you are still invited to make a donation!!

- **Date/Time** - Wednesday, Feb. 12th beginning at 7:30 p.m. **(arrive at 7:15)** at the Dunsdon Legion. Please bring **cash** for the bar, books, etc.
- **Prizes**- Because members have been so generous in the past, we are once again asking you to check your cupboards to see if you have any suitable door prizes. We are asking for new, unused, unopened items. There is no need to purchase anything.
- **Book Sale** - We did very well with the Book Sale last year so hope to be able to do the same at our upcoming event. **We would like books and DVDs in very good to excellent condition.** There will be several drop off locations still to be determined.
- e-transfer registration fee to cfuwbrantfordsch@gmail.com
- A tax receipt will be issued upon request when paying for two or more participants



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.