CFUW / Kanata General Meeting

Tuesday: March 13th 2018 11:30 A.M. – 1:23 P.M. Stonehaven Manor Apartments

70A Stonehaven Drive, Kanata

Meeting started at: 11:30 A.M.

Chairperson: Adell Hay

Attendees: 50 Members (approx.)

**11:30 A.M. Welcome**

**Meet and Greet**: Opportunity to purchase tickets for the AGM

Opportunity to volunteer for Enchanted Mosaic

Opportunity for new members to sign up

**11:45: A.M. Program Speaker**

Cathie Faubert introduced our guest speaker, Jenni Beharry, certified Culinary Nutritionist, Natural Nutrition Clinical Practitioner and Specialist in Weight Loss Coaching at Caven Nutrition Group. (www.cavennutrition.com)

Jenni spoke to our group on the importance of Nutrition and how eating the right foods will improve our overall physical and emotional health and well being. Jennie prepared a sample of a healthy nutritious snack - Black Bean Brownies. Jenni provided the group with examples of foods that we should be eating as well as the importance of vitamins such as Vitamin D which we need, especially in the winter months, stating that 40% of us do not get the required amount of Vitamin D. Jenni gave a very entertaining and informative talk on foods that help fight the winter blues.

Jennie left us with the recipe for the Black Bean Brownies as well as a recipe for high-protein chocolate chip cookies.

Hazel Pompey thanked the speaker and presented her with a token of our appreciation for her presentation.

**12:55: Business Meeting**

**Presentation to Cornerstone Housing for Women**

Joelyn Gregory presented Sue Garvey of Cornerstone Housing for women with a $5000 cheque to be used for educational purposes. Joelyn asked that Sue update the club with information on how the $5000 was being used. Sue thanked the club and said that the money would be spread around for the purpose for which it was presented, and she would send updates to the club on how the money was used to help the women further their educational goals.

1. **Approval of the Revised Agenda** Move to accept agenda Cathie Faubert

Seconded by Mary Daniels

1. **Approval Minutes February 13, 2018** Move to accept minutes Wende Collins

Seconded by Loraine Drewell

1. **Treasurer’s report – Janice Ireland**

New computer equipment was purchased. Glenda Checkley was reimbursed for the full amount she paid out for the computer equipment which she purchased from Staples. The full treasurer’s report can be found on the web. <http://www.cfuwkanata.ca/Treasurers-Reports>

1. **President’s Report – Adell Hay for Betty Bertrand**
2. **Club Fee Increase** – CFUW National Finance Committee is recommending an $11 increase in National fees to take into consideration the increased GWI fee. This will be voted on at the National AGM in June.

The Executive decided to increase our dues by $10 this year ($110) as this was felt to align with what membership discussed at the 2017 AGM. If CFUW National votes to accept the proposed $11 increase, the $1 difference will be covered by Club funds for the 2018-2019 financial year.

1. **International Women’s Day** – Adell Hay attended the Mayor’s breakfast. Speakers at the breakfast were three women who are Ambassadors to Canada. They spoke about the challenges of career development being women in their countries.

The joint efforts of CFUW Ottawa, Nepean and Kanata for International Women’s Day was a Drama and Victorian Tea which was very well received. The drama was very creative and informative. Adell thanked the committee involved in the planning of this wonderful event and thanked Mary Daniels for all the work she did with the planning and publicity of this event.

1. **Vice President’s Report – Adell Hay**
2. **Resolutions** – The Current Issues Group will review and present at the April 10th, 2018 The April 10th meeting vote will give direction to our president, Betty Bertrand, who will represent us at the AGM.
3. **Candidates Night** – Carol Fowler and the Advocacy Group will take on the organization of this event. They are looking for volunteers who would like to help with this evening. Adell Hay will help but more volunteers are needed. Last time this event was held it was very successful.
4. **Benevolent Fund – Carol Fowler**

Carol Fowler spoke to her reasoning for proposing the motion to establish a benevolent fund within the club.

**The purpose of this motion would be** **to establish a benevolent\* fund within the Club.** In past year, members have expressed interest in supporting local causes/ charities which align with our CFUW mandate. As this cannot be done using Scholarship Trust monies, the creation of a Benevolent Fund is warranted and is timely. The Fund would be established with monies raised by new initiatives and should not be in direct competition with our main fundraising function which is to support the Scholarship Trust and the Awards program. Carol sees this benevolent fund as a “just in case” fund. In other words, there is some money available should the Club members vote to give some financial support to a cause that the members deem worthy. Requests would be directed to the Executive and then normally presented at the general meeting. Carol suggested that the members decide on a monetary amount that they would like to see in this fund eg. $2000.

**How could we fund this benevolent fund?** The Club could hold a fundraiser specifically to raise funds for the benevolent fund (ie; Paint Nite, Easter Bunny Breakfast).

**How do we decide whether a cause is worthy or not?** Certainly, the cause would have to be consistent with the values of CFUW. One of the purposes of the National organization and our Club is to work for the common good by supporting causes and projects to alleviate poverty, hunger and homelessness; projects related to health and wellness; projects related to violence prevention; projects in support of artistic projects; and projects that support community services.

**Motion presented by Carol Fowler:**

**I move that CFUW/Kanata establish a benevolent fund (unrelated to the Scholarship Trust) within the Club which would be used to fund donations to causes that the members had voted worthy of support. The cause would have to be consistent with the values of CFUW. Funding for the cause would be presented as a motion to the members and authorized through the vote. In order to fund the benevolent fund, the Club could hold fundraisers directed specifically to this fund.**

**Seconded by:** Martha Klump

Carol and the Executive will need to develop a procedure and it needs to be worked on before being published, likely after a vote to accept her motion.

1. **Announcements**

**a) Kanata AGM, May8th, 2018 – Sandi St. Germain**

* **Location**: ALE: Amberwood Lounge & Eatery
* **Tickets**: $45 (cheque or cash to Sandi St. Germain or Gail O’Reilly)
* **Payment** by April 29th
* **Speaker/Topic**: RMC – Aboriginal Leadership Opportunities – Innovative Training
* **Maximum** 60 guests
* **Menu** choices:
* Raspberry Citrus Salad with toasted almonds, sunflower seeds, baby arugula

**Choice of**

i) Poached salmon - hint of lavender, served with lime, red quinoa, grilled asparagus

**Or**

ii) Chicken supreme scaloppini sugar snap peas, asparagus, lemon salad, sweet orange black rice

* Tea tray dessert
* Pictures of groups and other club activities are welcomed by Mary Daniels for the power point presentation at the AGM. Submit photos to Mary as soon as possible.

**b) Kanata-Stittsville Voice**

* Local newspaper is being published and announcements of local events will be printed in this community paper that is being delivered to homes.

**c) Enchanted Mosaic – Sandy Burger**

Volunteers are needed in the following areas:

**i) Sponsorship** – the person responsible will reach out to local businesses. Sponsorships are needed to help cut the cost of running the evening.

**ii) Publicity** – Mary Daniels will help but she needs someone to work with her and promote the evening through social media and other multimedia platforms.

**iii) Ticket Convenor** – someone to help organize the sale of tickets

**d) Coffee House tickets – Martha Klump**

* April 28, 2018 from 9:30 – 11:30 am
* Sr. John’s Anglican church, 325 Sandhill Road, Kanata
* Price: $20
* SOLD OUT

**e) Computer purchase update – Joan Savoie**

* Glenda Checkley purchased new computer equipment from Stapes for the club
* The new equipment has been in use for two months by interest groups as well as the club’s general meetings
* If any group or individual needs to borrow for a club activity, contact Joan Savoie

**f) Newsletter - Glenda Checkley (absent)**

Meeting was adjourned at 1:23 by: Adell Hay

Seconded by: Joan Savoie

**Next Meeting:** April 10, 2018 at 7:00 PM

70A Stonehaven Dr, Kanata

**Upcoming Events:**

April 28, 2018 Coffee House with Revival (9:30 – 11:30)

Tickets: $20 (contact Martha Klump)

St. John’s Anglican Church

325 Sandhill Road, Kanata

May 8, 2018 AGM

Tickets: $45.00

Contact: Sandi St. Germain or Gail O’Reilly

ALE: Amberwood Lounge and Eatery

54 Springbrook Drive, Stittsville, ON

Minutes submitted by Joan Savoie