



Kiwanis Club of Brantford Newsletter August 3, 2023

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Kiwanis Office <kiwanisbrantford@gmail.com>

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A WEEKLY NEWSLETTER from and about
THE KIWANIS CLUB OF BRANTFORD

Meeting at the Best Western Brantford Hotel & Conference Centre:
Every Thursday at 12:00 noon

Current Membership – 55



E.C. & C. District

Governor

Anthony Haile

KC of Curaçao

Governor Elect

John Chave

KC of Barrie

Vice Governor

Pamela Rodney White

KC of Constant Spring

Immediate Past Governor

Jim Scott

PROGRAM FOR AUGUST 3

In the kick-off to the **Dinner for Two Anywhere in the World** campaign, Kiwanians will share memories of special trips they have taken. Also, don't forget to wear something to commemorate a trip you have taken - a special hat, a souvenir t-shirt, or anything else you might like to share!

KC of Forest City, London

Secretary/Treasurer

Jim Steele

KC of Brantford

Division Lt. Governor

Nelson McClinchey

KC of Brantford

Club Officers

President

David Lewis

Past President

Randy MacKenzie

President-Elect

Alfred Hauk

Treasurer

Jim Steele

Secretary

Joanne Murray

Club Directors

2 Year Term

Maureen Henry

Stuart Parkinson

Nancy Sherritt

1 Year Term

Phil Hoekstra

Graham Schram



DINNER FOR TWO KICK-OFF

Members are invited to participate in the "Kick-off Celebration" of our club's biggest annual fundraiser by doing the following:

1. Plan to attend the August 3rd regular Kiwanis Meeting.
2. Send 2 to 3 photos of yourself enjoying your favourite travel destination. Posing at an iconic world landmark would be great! Send your photos to "Dinner for Two" Chair Jim Steele at jsteele@kiwanisccc.org by Monday, August 30th.
3. Volunteer to share two minutes about your most memorable best travel experience at the August 3rd meeting. If you are interested in participating, please advise Joanne Murray at joanne.murray@rogers.com by Monday, August 30th.
4. If you have clothing items, hats, or accessories, from other countries, please wear them to the August 3rd meeting.
5. Additional 50-50 ticket PRIZES include a book of tickets for the "Dinner for Two" Draw!

HEAD TABLE

President Dave Lewis, Funmaster Randy MacKenzie, Joanne Murray, Pallo Sahota, and Bob Saunders

UPCOMING MEETINGS

Thursday, August 10: Anthony Horwath – Medicinal & Recreational Uses of Cannabis
Thursday, August 17: TBD
Thursday, August 24: TBD
Thursday, August 31: The Community Awareness & Marketing Committee on How to Use Social Media
Thursday, September 7: Recognition Meeting
Thursday, September 14: Diversity, Equity and Inclusion

MARK YOUR CALENDARS

Saturday, September 23, 2023 – Kiwanis Club of Stratford's 75th Anniversary Gala – Tickets \$75.00 per person – RSVP by September 5, 2023 to manor@cyg.net

BIRTHDAYS

Melanie Mackay will celebrate her birthday on August 5,

Roxanne Bond on August 10 and Bob Wade on August 10.
Happy Birthday Kiwanians!

ANNIVERSARIES

Bob & Gayle Wade will celebrate their wedding anniversary on August 5, Joel & Lorraine Balberman on August 6, and Bob & Ann Lefebvre on August 10. Congratulations!

ANNIVERSARIES OF DATE JOINED

Nothing to report this week!

EDUCATIONAL SPOT

The Lieutenant Governor can only represent his or her own club. They cannot represent another club at an Interclub.

THOUGHT FOR THE WEEK

Reason deceives us often; conscience never. ~ Rousseau ~

**To view what happened at last week's
meeting, please see pages below**



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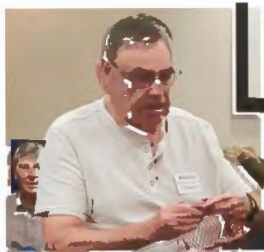
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Highlights of the Thursday, 27 July, 2023 Weekly Meeting

The meeting was called to order at 12:30 p.m with President Dave welcoming all members and our Guest Speaker Kelly Bryant.



After the thought of the day Kiwanian Phil officiated the 50/50 Draw. We had 49 cards including the Joker. The ticket holders for today were Kiwanian Len and President Dave, neither were able to find the illusive Joker.



Kiwanian Ken was our Funmaster today and had a mixture of Puns and obscure information that entertained and amused members.

Snippet:

- How does a Jewish person make tea? Hebrews it.
- Where was the Eiffel Tower originally intended?
 - Alexandre Gustave Eiffel, originally pitched his tower to the city of Barcelona, Spain. They rejected it, worried it would be an unwieldy eyesore.



Ken then moved on to ask members to celebrate Melanie Mackay's Birthday and Bob and Gayle's Wedding Anniversary and followed up with Happy Stories from several members.

Ken was thanked for his interesting collections of little known, facts.

Kiwanian Linda Moyer introduced our Guest Speaker: Kelly Bryant from, Child & Youth Worker, Woodview Mental Health & Autism Services.



Our Guest Speaker Kelly Bryant, opened with the title of her presentation, "Supporting Youth with mental health struggles." Kelly indicated her choice of this vocation started as a student in training and just never left.

Kelly is a Mother of three girls and, during her presentations used personal experiences and responses to situations, and related them to specific situations she sees in her professional life.



She indicated that at different times throughout all of our lives, we have had emotional situations where we just can not cope with another problem. At that time, we need our own space, or need someone to listen and understand what is causing the stress and let them know that they are understood. Kelly was very positive about the major changes that have shifted in society's attitudes. People are becoming more accepting of mental health problems and more supportive

of people with issues. They are more aware of common mental disorders such as depression and anxiety, and are more willing to talk to health professionals and seek treatment.

Following are some key bullets from Kelly's presentation.

- **What are your young people saying to you?** Behaviour is a language, it is important to ask WHY a behaviour has changed.
- **Supporting Youth Directly.** They must feel Safe, Supported and may need help developing certain Skills



Kelly covered many detailed approaches to soothe a person's emotions, through skills and understanding by being compassionate and non-judgmental.

Kelly was asked a number of questions at the end of her presentations which she handled with clear and concise explanations.

DST Jim formally thanked Kelly for giving us an instructive and timely update on Mental Health, as it is something that most of us are dealing with at various levels with our own families and friends on a daily basis today.

Following are some candid pictures of Members enjoying today's meeting.



Committee Reports and Announcements:

- Secretary Joanne Murray, reminded Advisors of the Aktion Club to remain for a few minutes after the end of our Weekly meeting to discuss the prospect of having some Aktion Club members participate in the Grand Parade.

After the final thought for the day, President Dave thanked all members and our Guest Speaker Kelly Bryant for their attendance today and wish them all to enjoy a great summer day.

Seeing nothing else for the good of Kiwanis, we will adjourn this meeting with the ringing of the bell. Have a great weekend.