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## Kiwanis Club of Brantford Newsletter September 28, 2023

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Kiwanis Office <kiwanisbrantford@gmail.com>

Mon, Sep 25, 2023 at 2:04 AM

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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

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Current Membership – 55



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#### 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 SEPTEMBER 28**

**Changing of the Guard!** Dave Lewis will review the past year of his time of President. Lt. Governor David MacLennan will induct the 2023-2024 Officers and Board Members into their new positions.

Today will also be the **Dinner for Two Anywhere in the World draw.**

#### **HEAD TABLE**

President Dave Lewis, Lt. Governor David MacLennan, Funmaster Bob Saunders, Randy MacKenzie, President Elect Alfred Hauk, Vice President Nancy Thompson, Joanne Murray

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

## **UPCOMING MEETINGS**

Thursday, October 5: Recognition Meeting

Thursday, October 12: Justin Sahota, Reusable Packing  
Innovations/Solutions

Thursday, October 19: Anna Gaston, Wildlife Photographer

## **MARK YOUR CALENDARS**

The Kiwanis Club of Forest City-London will be hosting a  
Headliners Speaker series this fall.

October 18: Speakers Laura Robinson and Kate Bahen,  
journalists who broke the Hockey Canada scandal

November 16: Speaker Ron Gosbee, who will share his  
experiences while living in a residential school in Northern  
Ontario

Thursday, October 5, 2023 – New club "The Kiwanis Club of  
North Dumfries" Charter Night Celebration at the Ridge  
Social Eatery, [3215 Roseville Road, Ayr](#). Cost is \$60.00 per  
person. The food to be served will be an appetizer buffet.  
RSVP – E-Transfer to [peter@buonvino.com](mailto:peter@buonvino.com). Please remember  
to include names of attendees for the guest list.

Thursday, October 5, 2023 – Kiwanis Club of Guelph  
Interclub Invitation at Belwood Lodge & Camp at 6:00 p.m.  
Cost \$55.00 per person for Duck Dinner to get people  
together for some fun and to tour the camp. Roast beef is  
an option if duck isn't your preference. Contact Steve &  
Sharron Bond to reserve your tickets. [ssbond@rogers.com](mailto:ssbond@rogers.com)

## **KIWANIS TRIVIA CHALLENGE**

Thursday, November 9, 2023 at 7:30 p.m. at the Best  
Western Brantford Hotel. Entry Fee \$25.00. Hope to see  
you there!

## **BIRTHDAYS**

**David Neumann** will celebrate his birthday on October  
5th and **Nancy Sherritt** on October 7th. Best Wishes  
Kiwansians!

## **ANNIVERSARIES**

**Bob & Elaine Johnson** will celebrate their wedding  
anniversary on October 5th. Best Wishes!

## **ANNIVERSARIES OF DATE JOINED**

**Bob MacLean** will mark 25 years as a member of this club on September 30th, **Ross Pope** 29 years on September 30th, **Stuart Parkinson** 15 years on October 2, and **Alfred Hauk, Faye Prince,** and **Paul Simon** 4 years on October 7th.

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## **EDUCATIONAL SPOT**

The Key Leader Weekend will take place on October 20 through 22 at Circle Square Ranch in Brantford. This camp "empowers youth to become more caring and confident servant leaders" and is for students Grades 9 through 12. "Through team-building activities, group discussions and personal reflection, youth discover their values, how they relate to others and how they can collaborate, lead and problem-solve to achieve more for themselves, their schools and their communities".

## **THOUGHT FOR THE WEEK**

"Handle them carefully, for words have more power than atom bombs.". ~ Pearl Strachan Hurd

# To view what happened at last week's meeting, please page down



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Kiwanis Club of Brantford  
6-30 [Brant Ave](#)  
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## Highlights of the Thursday, 21 September, 2023 Weekly Meeting

President Dave called the meeting to order at 12:30 p.m welcoming all members and Guests Lucy Marco, Jennifer Miller, Janice Kurcharew and our Guest Speaker Robin Mummery.



After the thought of the day, Kiwanian Phil emceed the 50/50 Draw. There were 29 Cards left in the deck today and four potential winning tickets were drawn. The 1<sup>st</sup> Ticket holder was Melanie MacKay, 2<sup>nd</sup> Nelson McClinchey, 3<sup>rd</sup> Bob Saunders and 4<sup>th</sup> Bob Saunders. No one found the Joker. The pot rises again for next week.



Robert Lefebvre was Funmaster today, and related a few quips relating to chess players from the internet.

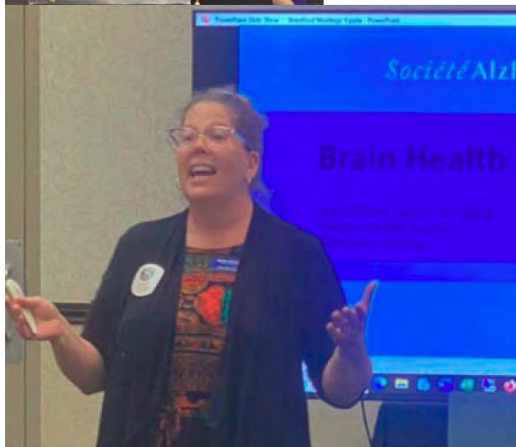
Following is an example: A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. 'But why?' they asked, as they moved off. "Because", he said, "I can't stand chess nuts boasting in an open foyer."

You get the idea.....

We had a few Happy Stories, and reviewed the Birthday and Anniversaries after which Robert was thanked by President Dave for a witty and fun presentation.



Linda Moyer was asked to come to the podium. She introduced our Guest Speaker Robin Mummery. Linda indicated that Robin is a Public Educator Coordinator working with the Alzheimer Society in partnership with the Brantford Brant Norfolk Ontario Health Team (BBNOHT) Dementia Campaign.



Robin started her presentation with some simple physical exercises such as deep-breathing, and simply touching you left knee with your right hand. Which she explained, exercises various areas of your brain.

Robin noted that if you are stressed, which happens to all of us whether we have dementia or not, we do not focus well. She gave us a few suggestions on how to reduce stress and improve our ability to focus such as; talk to friends, physical exercise of any type, learn something new, etc. She then got down to "Brass-Tacks", she said:

## What are risk factors?

Risk factors are aspects of your lifestyle, environment and genetic background that increase the likelihood of getting a disease.

Risk factors on their own are not causes of a disease. Rather, represent an increased chance, but not a certainty, that dementia will develop.

Similarly, having little or no exposure to risk factors does not necessarily protect a person from developing dementia.

*There are some risk factors that can be changed and that we have more control over (what we refer to as “modifiable”), and some that we cannot change (“non-modifiable”).*

**Non-Modifiable Risk Factors** include age, biological sex and genetics.

**Age:** Although age is the number one risk factor for developing Alzheimer's Disease or dementia, dementia is NOT a normal part of aging.

The brain is an important organ in your body. It plays a role in your every action and thought. Though you can't see this vital organ, the brain needs to be looked after and exercised regularly just like the rest of your body.

While we still have an incomplete understanding of the mechanics that lead to dementia, researchers have pinpointed several risk factors that increase the chance that someone will develop dementia. Importantly, some factors can be changed or modified to delay or reduce the risk of developing dementia. The 2020 report of the Lancet Commission on Dementia Prevention, Intervention, and Care (Livingston et al., 2020) identified 12 **modifiable** risk factors that account for about 40% of dementia worldwide.

**Modifiable Risk Factors are:**



Soci t  Alzheimer Society
Soci t  Alzheimer Society

**Action plan:**

- What are you currently doing to support your brain health?
- What will you start doing to improve your brain health?
- What challenges do you anticipate?

**Resource: Heads Up for Healthier Brains**






**WHERE TO FIND US**



**BRANTFORD BRANT NORFOLK  
DEMANTIA HEALTH TEAM**

[www.bbnoht.ca](http://www.bbnoht.ca)

General Email Address:  
[contact@bbnoht.ca](mailto:contact@bbnoht.ca)

People with Lived Experience  
Network contact:  
[yourvoicematters@bbnoht.ca](mailto:yourvoicematters@bbnoht.ca)

*Soci t  Alzheimer Society*  
BRANT, BRANTFORD, NORFOLK, NORFOLK, NORFOLK

[www.alzda.ca](http://www.alzda.ca)

General email address:  
[help@alzda.ca](mailto:help@alzda.ca)

Phone:  
1-800-565-6616.

Brantford & Brant County:  
519-759-7692

Norfolk County:  
519-428-7771



**Grand River  
Council on Aging**

[www.grcoa.ca](http://www.grcoa.ca)

363 Colborne Street  
Brantford, Ontario N3S 3N2

General Email Address:  
[info@grcoa.ca](mailto:info@grcoa.ca)

Phone:  
519 754-0777 ext. 438

After Robin's presentation she was warmly thanked by all members for an interesting, informative and often humorous talk.

DST Jim Steele formally thanked Robin for her insightful presentation, noting that in recognition of her talk, we have made a donation to a Charity we like to support. The charity is the Lansdowne Children's Centre Foundation.

#### Committee Reports and Announcements:

- A brief update was made by Linda Moyer thanking the approximately 30 volunteers for their help at the Grand Parade at PJ/Kiwanis Field Saturday 16-September, and that more details would be presented at a future meeting.

After the final thought for the day, President Dave thanked all members, Guests Lucy Marco, Jennifer Miller, Janice Kurcharew and our Guest Speaker Robin Mummery for being with us today and wished them all a great weekend.

No further announcements or comments were made, therefore the meeting was adjourn with the ringing of the bell. Have a wonderful weekend everyone.



Candid pictures at our meeting follow.

