

# CFUW AURORA/NEWMARKET SPEAKERS – 2018 – 2019

**Tuesday September 25, 2018**  
**7:00 p.m. for 7:30 start**



**Esmé Thompson**  
**Associate, Community Events**  
**& Organizations**  
**Plan International Canada**

**“Because I Am a Girl”**

Around the world, girls continue to face unique barriers that violate their rights and keep them from achieving their full potential. Discrimination against girls leads to grave injustices like gender-based violence, being forced to drop out of school, child marriage and early pregnancy.

Plan International is standing with girls and young women and creating pathways for them to become leaders and make change happen. We work with all community members and leaders, including men and boys, to help girls learn, lead, decide and thrive - because empowering girls is essential to achieving gender equality.

Esmé first developed a strong interest in some of today’s most pressing development challenges as a teenager volunteering at a soup kitchen in Vancouver’s Downtown Eastside, a neighbourhood known for high levels of poverty. It was here that she first noticed the immense divide between wealthy and poor in her own city, and the urge to help blur those lines has not dissipated since. With a keen interest in societal problems both locally and globally, she enrolled in McGill’s International Development program. After graduating in 2014 she has moved on to intern at the Clinton Foundation in NYC, work at the Child Development Institute, United Way and currently, at Plan International Canada in Toronto.

Esmé continues to carry on the charitable work she began as a teen and still volunteers at community kitchens, food banks and foster care homes. She is excited to speak about Plan International Canada’s gender transformative work in 72 countries around the world, including right here at home in Canada.

**Tuesday October 23, 2018**  
**7:00 p.m. for 7:30 start**

**New Horizons Band (Led by  
Doug Robertson)**

New Horizons Band of York Region was founded in October 2016. It is one of 16 New Horizons Bands in Ontario. New Horizons music programs are located throughout the US and Canada, Europe, Australia and New Zealand. They provide the entry point to music making for adults, including those with no musical experience at all and those who were active in school music programs but have been inactive for a long period. The York Region band leader, Doug Robertson, will talk about the philosophy of New Horizons and the benefits of playing music in a group. There will be a short performance by the band followed by a “test drive” where audience members can try a variety of the 17 different concert band instruments as well as talk to band members about their experience learning and playing music.

**Tuesday November 27, 2019  
7:00 p.m. for 7:30 start**



**Susanne Cappuccitti  
Executive Director  
Character Community  
Foundation of York Region**

**“Building a Character  
Community in York Region”**

Susanne Cappuccitti will be speaking on Building a Character Community in York Region: The role of the Character Community Foundation in building a caring and inclusive community through delivery of children, youth and adult character development programs and initiatives that focus on positive character attributes that lead to personal achievement and success.

Susanne Cappuccitti is the Executive Director of The Character Community Foundation of York Region. Susanne has an Ontario College Graduate Certificate in Fundraising and Resource Development (Honours), along with 20 years of successful self-employment as a consultant through her company Cappuccitti Consulting Services. She worked primarily with non-profit organizations as well as in the private sector. Susanne has extensive knowledge of issues relevant and unique to the non-profit sector including program and resource development, bylaw and policy development, Volunteer/Board of Directors relations and management, financial management and the donor/charity relationship. Susanne’s private sector experience includes 17 years of managing her family owned sales organization where she was responsible for all administration and financial management. Since 2012, Susanne’s funding proposals have resulted in \$635,000.00 in program, organizational development and capital funding for her clients.

Susanne also created, wrote, produced and hosted “Boomer Chat”, a Rogers TV talk show series discussing a variety of issues relevant to the Baby Boomer Generation. Susanne has worked extensively with the Character Community Foundation of York Region in various roles since 2011 and was hired as the new Executive Director in October 2017.

Susanne and her husband have lived in York Region for over 30 years. She is the mother of two adult children and her rescue husky, Misty.

**Tuesday January 22, 2019**  
**1:00 p.m. for 1:30 start**



**Alex Andras**

**“Transitions: The Experience  
of Being Transgendered”**

Alex Andras is an educator, motivational speaker, musician and LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) rights activist. A well-known, and well-respected student educator and activist within the Humber College community, Alex is currently making his way towards a PhD in Social Work, sharing his story and moving rooms of people as he goes.

Raised for a good part of his life in the City of Kawartha Lakes and Peterborough, Alex shares the discrimination and difficulties he has faced as a transgender man growing up in a society that didn't acknowledge him, proving that he is stronger than he could have ever believed.

**Tuesday February 26, 2019**  
**1:00 p.m. for 1:30 start**



**James Nicholson**  
**Tea Sommelier**

**“Tea Appreciation”**

Jim is a graduate of the George Brown College Tea Sommelier course. In 2010, he was designated as a certified Tea Sommelier by the Tea Association of Canada. Jim is a past Director of the Tea Guild of Canada. As a tea taster with a tea company, he learned the nuances of fine teas from around the world. While enjoying tea classics, he has also created unique blends and has provided Tea Sommelier services and education at several private, corporate and public events.

Tea Appreciation Presentation: Exploring the Senses  
Tea touches upon of our senses. In this workshop, we will explore how tea delights us with aromas, tastes and visuals. Different food items that pair with different teas will be discussed to see which enhance, or detract from our tea drinking experience.

Along the way, you will also learn the origins and history of South Asian tea culture, the main five types of tea and why tea is the most consumed beverage, next to water on the planet.

**Tuesday March 26, 2019**  
**7:00 p.m. for 7:30 start**



**Jill Hewlett**  
**Brain Fitness Expert**

**“Brain Fitness: Use it, don’t lose it.”**

March 26, 2019

Speaker: Jill Hewlett, Brain Fitness Expert

Topic: BRAIN FITNESS: Use it, don’t lose it.

*Do you know how to keep yourself cognitively fit currently and well into your aging years?*

Join us to learn easy and effective tools and strategies to elevate your energy levels, enhance your memory, reduce stress and support your mental health and well-being.

In this educational, entertaining and interactive session delivered by Brain Fitness Expert, Jill Hewlett; participants will laugh, be inspired and learn tangible, use-friendly ways to optimize their brain power, prevent decline, address current issues and support long term health.

These tools and approaches are simple, fun and easy. You can implement them on your own, any time of the day. Results are immediate and noticeable.

*A Fit Brain and Fit Life is wired in you, all you need to do is activate it.*

Jill Hewlett: Nationally recognized Speaker, Author, Wellness Authority and Brain Fitness Expert, Jill Hewlett is a licensed Educational Kinesiologist and Brain Gym® consultant of almost two decades. Jill has the skillful capacity to draw out the natural leadership in individuals and organizations to support them in reducing stress and achieving greater levels of efficiency, work life balance and success.

For a decade Jill hosted and produced Wellness TV segments that have been seen by hundreds of thousands of viewers. Fourteen years ago, Jill began a Women’s Wellness Circle in York Region that has grown into multiple locations that she mentors in Toronto, the GTA and beyond.

Author of “Common Sense, Uncommonly Practised” and “Common Sense...Put into Practise”, Jill has a passion and talent for making life change and improvements attainable for all those who want it.

By sharing user-friendly neuroscience tools that can be implemented in just minutes to change and strengthen your cognitive pathways and reserve, participants and audiences feel an immediate difference. You will be inspired and empowered to achieve greater results with the message she shares with you and put it to use in your daily life, right away.

**Tuesday April 23, 2019  
7:00 p.m. for 7:30 start**



**Marie Adams**

**“What went wrong? Our experience with adoption in the 60s Scoop”**

What is the 60s Scoop? What was the objective? What was the fall out? What went wrong? These questions lead to my doctoral thesis and six troubled stories of adoptive parents who wanted to help.

What happened? Why? Where are we today? Are we part of the problem? Are we to blame? Am I to blame for my son's passive suicide? Where are we in the investigation/inquiry?

These are questions that have plagued me for over 40 years – since we took that deliberate step to adopt a child who, like many others, was in foster care, advertised on tv, in the papers, and in marketing presentations with videos and photos. We were told ‘all they need is love’ and we had plenty of that!

Based in Richmond Hill, Ontario, Marie Adams ~ authored a nonfiction book about adoption disruption. In *Our Son, a Stranger: Adoption Breakdown and Its Effects on Parents*, published by McGill Queens, she narrates experiences of couples who adopted native children in the late 1960s to early 1970s. During that time, government agencies strongly encouraged white families to adopt aboriginal children. Together with her husband Rod and their two biological children, they adopted a young Cree boy named Tim. They eventually experienced problems with their son who left home when he was 12, abused alcohol and became ‘the most popular male prostitute in Boy's Town before his death in 1992. This tragic series of events brought them to Dr. Harvey Armstrong and the Family Court Clinic.

Marie earned a Certificate in Group Psychotherapy and the Parents for Youth support groups in Newmarket in 1995. Marie has presented at workshops and seminars and has appeared on several live radio interviews and television guest appearances. Marie earned a Doctorate of Education in Applied Psychology at the Ontario Institute of Studies in Education, University of Toronto, (1996), a Bachelor of Arts Degree with a major in Psychology (1982), from York University, and a Bachelor of Education Degree, University of Saskatchewan (1963).

From 1982 to 2007, she was a professor at Centennial College. She was a coordinator and served as a researcher when Centennial College. While there, Marie presented at conferences and served on college committees. She continues to follow the events today which expose the government's misguided objectives of what has become known as the 60s Scoop. Marie and her husband now enjoy traveling and spending time with their children and grandchildren.

**Tuesday May 14, 2019  
7:00 p.m. for 7:30 start**



**Dave Kempton**

**“Climate Change: The  
Science, the Impacts and  
Ethical Considerations for  
Canada and the Developed  
World”**

The science behind climate change is clear: it's real, it's happening, it's a crisis, and we are the cause. This talk will briefly present some of the scientific evidence for climate change, and some of the effects it is having and how those effects may change over the next few decades. Since those mainly causing climate change are in the wealthiest parts of the world while those suffering the worst effects are generally in some of the poorest, there are important ethical issues to be considered. Of course, there is hope from technical, policy and economic developments, which will also be discussed.