

A Word from our Co-Presidents

When you read this, our Canadian Federal Election will be over. Voters will have exercised their 'right' to participate in this significant election. We want a stable, responsible and working government; prepared to face and solve challenges in our world. Planted like pseudo flowers, all the candidate signs will be removed in time for real flowers—tulips, daffodils and crocuses to sprout and amaze us. The ice on our 330 lakes will have melted. Many birds with varied songs will be migrating through Sudbury. Trees will be leafy.

Thank you to all CFUW Sudbury women who participated in this past year's activities, interest groups, administrative reorganizing, fundraising, learning and promotion

of core CFUW values. CFUW is a non-partisan, voluntary, and self-funded organization that advocates for women's rights, human rights, public education, social justice, and peace. CFUW must remain vigilant to 'backsliding' on these responsibilities. Let's also celebrate 'firsts'! This spring the Northern Super League holds the title for being Canada's first professional women's soccer league with 6 teams. The next step is to push and work towards the World Cup!

"Nothing's impossible. It's what you decide your limits are." Lori Ann Muenzer, Canadian Olympic gold medalist in cycling.

Brenda Koziol & Jane Cox
CFUW Sudbury Co-presidents



CFUW Sudbury dropped off \$200 worth of menstrual products to the Sudbury Women's Centre on April 16th. 3 words were spoken. AMAZING! THANK YOU!



Next Meeting

When: May 12th at 6:00pm

Where: Grace United Church
1520 Bancroft Rd.

Topic: *AGM and Potluck*

Executive Members

Brenda Koziol, Co-President
Jane Cox, Co-President
Karen Lacasse, Treasurer
Andrea Levan, Rec. Secretary

Libby Marinilli, Awards
Sue Stapleton, Corr. Secretary
Pat Sivers, Interest Groups
Diane Jeffery, Interest Groups
Carita Lanner, Membership
Wendy Kuruliak, Membership
Harriet Kideckel, Mentor
Mary Lou Trowell, Program
Linda Ambrose, Program
Patty McDonald, Publicity
Georgette Mitchell, Social
Liz Gray, Social
Alison Sivers, Newsletter/ Webmaster
Brenda Koziol, Archivist

Interest Groups

Antiques Group

WHAT: Fiestaware

WHEN: Wednesday, May 7, 2025 at 2 p.m.

WHERE: Home of Nancy Barber, 76 Wuorinen Road, Lively

Film Group

The group chooses a movie a month to review. It can be in theaters or online. They then meet for lunch at M.I.C. to review/discuss the film and choose the next film.

Knitting

The group meets once a week from 1-3 on Thursday in one of the knitters' home. Some knitters work on personal projects, others knit for community projects. We are a group of varied ability who like to share patterns and other resources. We have plenty of needles, patterns and wool so if you've wanted to try your hand at knitting please join us.

Tech Talk

Are you troubled by your tablet? Confused by your cell phone? Confounded by your computer? Tormented by technology? Then this is the group for you. We meet on the first Monday of each month, 1 - 2:30 pm at the Southend Library. Bring your devices and we'll figure out your challenges together. Everything from organizing your emails to editing your photos. And if you're comfortable with technology, come along and share your knowledge. We learn from each other. Convenor: Harriet Kideckel itsmehk222@gmail.com

Urban Pole Walking

The group meets every Wednesday at 9:30 am, and walks for about one hour. They currently meet and walk at the Delki Dozzi track.

Lunch and Learn at Nickel City Cheese!



Antiques Group

The Antique's group met in April at the home of former member Louise Peach for a viewing of her glassware collection as well as some Easter treasures. Thank you to Art Peach and Vicki Gilhula for hosting.



You Are Invited!

May's Meeting

Come one, come all! Join us at our usual meeting place on **May 12** for CFUW Sudbury's annual potluck and general meeting. Find out what the executive committee has accomplished in the 2024-2025 year.

Please note that the meeting is a week earlier than usual due to the long weekend and that dinner starts at 6pm.

Invitation from CFUW Orillia

Interested in a road trip? CFUW Orillia is hosting a homes tour to raise money for scholarships on **June 1st**.



2025 HOMES TOUR
SIX LOCATIONS | TEA & TREATS TO GO | FABULOUS DOOR PRIZES

HOMES FOR SCHOLARSHIPS
CFUW ORILLIA

Sunday, June 1
Noon - 5 p.m.
TICKETS ONLINE

Mayo Marck Wilson
WEALTH MANAGEMENT
BMO Nesbitt Burns

BMO | Private Wealth

Platinum Supporter

OPENING DOORS TO LEARNING cfuwhomestour.ca

CKLU fundraiser

This is My Story- I Swear It's True **May 7, 7 pm**

Back by popular demand, "This is My Story- I Swear It's True" returns to the stage with 9 new story tellers who pullback the curtain on an incident in their lives.

Perhaps it's a story of courage, bad choices, blind determination or pure joy. There's always that moment of suspense where things can go either way. Each 8-minute story is live and in person at Indie Cinema, 162 Mackenzie Street. Indie concessions are open for the event.

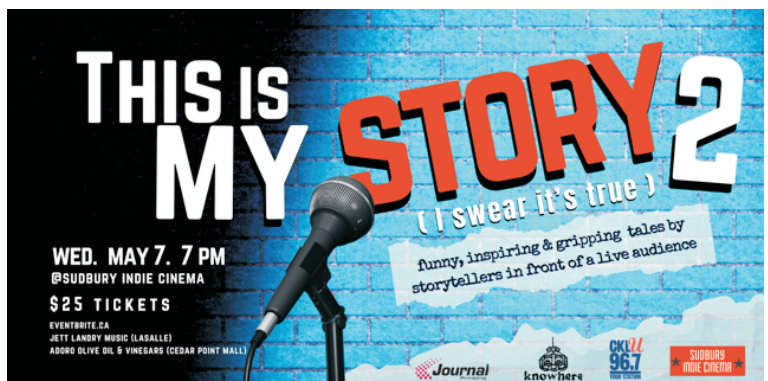
The stories are varied and entertaining. Find out how a cub reporter's first assignment became a nightmare. Or ... When a new, compact video camera arrives, who can't fantasize about what crazy things can be done? Can the plan actually mean life or death? Or ... Everyone has a price. What would you do for the right amount of money? Would you agree to your most terrifying challenge?

Storytellers include: Leila Barsanti, Alessandro Costantini, Mellaney Dahl, Mark Gentili, Jeremy John, Pierre Laframboise, Chelsea Papineau, Kelsey Rutledge and Peter Williams.

\$25 tickets are available on line at cklu.ca or in person at Jett Landry Music on Lasalle and Adoro Oils and Vinegars in the Cedar Pointe Mall (cash only).

This unique and enjoyable CKLU fundraiser.

Judi Straughan



THIS IS MY STORY 2
(I swear it's true)

funny, inspiring & gripping tales by storytellers in front of a live audience

WED. MAY 7. 7 PM
@SUDBURY INDIE CINEMA
\$25 TICKETS

EVENTBRITE.CA
JETT LANDRY MUSIC (LASALLE)
ADORO OLIVE OIL & VINEGARS (CEDAR POINT MALL)

Journal knowhere CKLU 96.7 SUDBURY INDIE CINEMA

Member's News

Save the Date – Regional Gathering October 2025

The next Regional Gathering will be held in Orillia, on **October 18th**. CFUW Orillia has a very informative day planned with some art culture tied in.



Defeat Dementia - Bike for Brain Health

Member Alison Sivers and her father will be participating in the Bike for Brain Health on June 1st. The bike ride is a 25km, 50km or 75km ride on the Gardiner Expressway and Don Valley Parkway in Toronto in support of Baycrest Health Sciences. Baycrest, a global leader in innovation, care, education and research, such as light therapy to treat Alzheimer's and other dementias. Learn more about Baycrest [here](#).

Click [here](#) to sponsor Alison in her fund-raising efforts.



Submissions for the newsletter are due by the 25th of the month.

Please submit any information you would like to see in the newsletter to:
cfuwsudbury@gmail.com

2024-2025 Program

May 12, 2025 6 pm

Annual General Meeting and Pot Luck

June 2, 2025

Dinner & Book Sale – TBD, 6 pm

FlipGive

Don't forget to use [FlipGive](#) when you do any online shopping. This is a great way to support CFUW Sudbury.

Simply visit FlipGive (www.flipgive.com). Then, click on Teams in the top banner. Scroll down to "Find a Team" and search for CFUW Sudbury. Then search for the website where you would like to shop. You will earn between .5% and 17% of your purchase for your team.

If you would like to join the CFUW Sudbury Team, our team code is QYEBQE. If you do this, you don't have to search for our team each time.

Do you have news you would like to share with the CFUW membership? Are you involved with an upcoming event with a different organization? Are you participating in a fundraiser? Then this space is for you. Just forward your information to cfuwsudbury@gmail.com before the 25th of the month.

Want to keep up with what our National or Provincial councils are doing? Why not join the mailing lists to receive the National or Provincial newsletters?

Go to cfuwontcouncil.org/oc-news to sign up for the Ontario Council newsletter:

Visit the National website at www.cfuw.org to sign up for the National Club Action Newsletter.



Like us on [Facebook](#) to keep up with the latest news!

Don't Forget

CFUW Sudbury's Corresponding Secretary will send out cards for happy news or in condolence, but we need to know about these events in order to do so. Please contact Sue Stapleton at staple1050@yahoo.ca if you have any events you would like recognized.