



EXECUTIVE 2025-2026

Past President:	Lorraine Baxter
President:	Margaret Machum
Vice-President:	Vacant
Treasurer (General Account):	Ethelda Burnell
Treasurer (Scholarship Fund):	Pat Maccagno
Recording Secretary:	Gillian McNeill

COMMITTEE CHAIRS

Scholarship Chair:	Pat Maccagno
Archives Chair:	Margaret Therrien
Membership Chair:	Susan MacInnis
Issues and Advocacy Chair:	Margaret Therrien Janet Wilwerth
Communications Chair:	Susan MacInnis

PRESIDENT'S MESSAGE

I hope that you have enjoyed a relaxing Summer with family and friends despite the heat. I had a trip by train to and from Ontario to visit with one of my daughters and to attend the National Organ Festival in Kitchener. With September comes the beginnings of a new year. I am looking forward to our times together as we gather for our meetings and to socialize over lunch or coffee. We have some interesting speakers lined up for the general meetings as we work as a Club to promote women's issues and well-being in the world. The first General Meeting will be held this Wednesday, September 24 from 12:00 to 3:00. We will begin with our annual Social with sweets and tea provided by the Executive for a time of chatting together, followed by a General Meeting. We be meeting at the Local Council House throughout the year.

Submitted by Margaret Machum, President

PROGRAMS 2025 - 2026

All the regular meetings will take place on the 4th Wednesday of the month from 1:00 to 3:00 pm at the Women's Local Council House at 989 Young Avenue. Zoom meetings will take place as needed.

September 24, 2025 at 1:00 pm at the Council House

Social time and general meeting

October 22, 2025 at 1:00 pm at the Council House

Joann Cunningham - Canadian WRNS (Women's Royal Naval Service)

November 26, 2025 at 1:00 pm at the Council House

Anne Thibobeaue - Representative from Mount Saint Vincent University talking about our scholarship

January 28, 2026 at 1:00 by Zoom

Representative from the Council of Canadians speaking on fair voting, etc.

February 25, 2026 at 1:00 pm by Zoom

Affordable Housing - speaker TBA

March 25, 2026 at 1:00 pm at the Council House

Sarah Emsley - Speaking about her book "The Austens"

April 22, 2026 at 1:00 pm at the Council House

Resolutions and Auction

May 27, 2026 at 1:00 pm at the Council House

Lunch and AGM

February Club meeting with CFUW

Executive Director and VP Atlantic





Coffee break with speaker Marie Claire Chartrand

INTEREST GROUPS

Nimrod Investment Club

We now have 13 members. We are in our 52nd year of continuous investments. This past year has been successful as we have been able to have two payouts. We like to keep our individual stake at a low enough value to encourage new members to join us! We hold 9 meetings a year and recently they have been by Zoom. Contact Margie James for more details and if you would like to consider joining.

Submitted by Margie James, Nimrod Chair

Lunch Bunch: 2025-26

Lunch Bunch members meet in June at the Public Gardens to organize the Lunch Bunch list for 2025-26. However, this list can easily be altered if anyone does not get a chance to email me their suggestion or if the restaurant closes.

We meet on the third Wednesday of the month at noon. These gatherings are hosted by Lunch Bunch members. The host for a particular month is required to:

Contact the restaurant to reserve a space.

Receive the RSVP from members after the initial reminder email (that I will send).

Confirm the number of reserved seats with the restaurant.

MONTH/RESTAURANT	HOST
Wed. Oct. 15th- Il Mercato (Sunnyside Mall)	Anita Vallee
Wed. Nov. 19th- Drift (Lower Water St)	_____
December: Our annual Club Christmas gathering:	_____
Wed. Jan. 21st: Pazzo (Barrington St.)	_____
Wed. Feb. 18th- Water Polo (Lower Water St)	_____
Wed. Mar 18th- Creme (Lower Water St.)	Susan MacInnis
Wed. April 15th- Amano (Lower Water St)	Margaret Machum
Wed. May 20th - TBA	

Submitted by Elaine Gunn, Lunch Bunch Co-ordinator

Coffee/Conversation 2025-26

The “Coffee & Conversation” group meets on the first Tuesday of the month at 10:00 am. In June members meet at the Public Gardens to brainstorm the different cafes in the city. The only criteria is that the cafe has enough indoor space to fit 6-8 members (or more). If you are available and want a coffee with lively conversation, then show up. There is no RSVP required. I send out a reminder email in the last week of the month to confirm the location. Some of the cafes on the list below may close in the year or a new cafe may open that we would like to try. For more information contact Elaine Gunn.

TUES. OCT 7th:	Portland St. Cafe (Alderney Landing)
TUES. NOV 4th:	Cabin Coffee (Hollis St)
TUES. DEC. 2nd:	Simply Put (Lower Water St by Liquid Gold)
TUES. JAN 6th:	Halifax Central Library (if new cafe installed)
TUES. FEB. 3rd:	Bliss Caffeine (South Park St.)
TUES. MARCH 3rd:	Westender (Oxford Tap Room Quinpool Road)

TUES. APRIL 7th: Java Blend (North St.)

TUES. MAY 5th: Crooki (Old Seaport market)

TUES. JUNE 2nd: Public Gardens (if weather is sunny)

Submitted by Elaine Gunn, Coffee/Conversation Co-ordinator

Book Exchange South

At the moment we have eight members and have room for more. Last April we got together to choose 8 books the group would like to read starting in October. They are bought from a local book store and costs shared. The member receives a book for a month and it is then passed on to the next reader. At the end of eight months the member gets to keep the last book received. Please get in touch with me if you would like to join the group.

Submitted by Margie James, Co-ordinator

Book Exchange 2

Book Exchange 2 met in August and chose 12 books to be passed around. We have 6 members, and we each get two books to be passed on every other month. The books arrived in the first week in September and are in circulation now.

Submitted by Lorraine Baxter, Co-ordinator

Walking Group

If anyone is interested in starting up the walking group again please contact Helen MacDonald.

MEMBERSHIP REPORT

We currently have 25 members. Rayma Macpherson will not be renewing her membership as she has moved to Truro. We have 3 prospective members. We are always looking to welcome new members, so If you know of anyone who might be interested in our club bring them along to a meeting or have them contact me.

We were honoured with the New Members Award for another year!

Submitted by Susan MacInnis, Membership Chair



SCHOLARSHIP FUND CHAIR /TREASURER'S REPORT

The bank account at BMO is all set up and I can now access monthly statements. The balance in the account as of July 18, 2025 is \$6701.26.

We collected \$2000 for the CFUW Halifax Memorial Scholarship at the last meeting. Anyone still wishing to contribute may do so at the next meeting.

On August 15, 2025 I received an update statement on the Mount Scholarship for the current fiscal year, April 21, 2024 to March 31, 2025. \$1,170 was awarded to our last student. The amount available for this year's student is \$1,255.

I also received a lovely note of thanks from our new recipient, Angela O'Blenis. She is a third year mature student enrolled in a double major in Psychology and Family Studies as well as a minor in Child and Youth Studies.

Submitted by Pat Maccagno, Scholarship Fund Chair/Treasurer

CFUW ISSUES/ADVOCACY COMMITTEE

CFUW Halifax's Issues/Advocacy Committee will meet at 10:00 am on Wednesday, October 1st, 2025 for the first of their monthly meetings for the CFUW 2025-26 year where we plan to discuss the National Advocacy Package. The group usually meets on the first Wednesday of most months, October to May. We study and address advocacy issues at a local, provincial and national level. Janet Wilwerth and Margaret Therrien welcome new members.

Submitted by Margaret Therrien, Issues Committee Co-Chair

UPDATED CLUB BYLAWS

The CFUW Constitution and Bylaws was last updated in 2013. Many changes in how our club does business have occurred in 12 years. Over the summer a small group of members worked on an update to this important document. More information regarding this will be forthcoming from President Margaret Machum. We will discuss the new Bylaws at our September meeting with a look to vote on them at the October meeting.

Submitted by Margaret Therrien

SUMMER 2025 NATIONAL HIGHLIGHTS



The CFUW AGM was held virtually on July 11-13 – a report on this event is provided separately in this newsletter.

National has been focused on preparations for the GWI Triennial to be held in Lusaka, Zambia, September 11-13 with the theme of Building the Future: Integrating Culture, Education and Empowerment for Sustainability. CFUW has 12 delegates attending this international meeting. Several CFUW members have put their names forth for Board positions with GWI. Of the eight Advocacy Resolutions to be voted on, four are from CFUW's Adopted Resolutions of the past 3 years. Towards a Comprehensive Maternal Death Prevention Strategy; Advancing Sustainable Development and Gender Equality through International Trade Agreements; Preserve and Protect Global Peatlands and Preserving Deep Sea Ecosystems.

The CFUW 2025-2027 International Service Project, Happy, Healthy & Safe – Zambia with our partner Stephen Lewis Foundation has officially launched. Over the coming year CFUW's goal is to raise \$15,000 from CFUW Clubs and members to support girls learning about sexual and reproductive health in rural Zambia. Education for girls on health and rights information can protect them from early marriage and pregnancy, gender-based violence, HIV infection, caregiving responsibilities and other determinants that directly impact their quality of life. Several of the CFUW members attending the GWI Triennial will be visiting our project partners as part of their travel plans. Standby for more information on this exciting project, including how our Club can help.



In August a new Advocacy and Policy Specialist was hired at National to fill the position that had been vacant since Spring. Camial Taupe is joining CFUW following four years with Women and Gender Equality Canada in Program Policy and Strategic Policy. She has a Masters in Public Administration with a Specialization in Gender and Feminist Studies from the University of Ottawa.

Early in September the CFUW Board met to finalize and approve the National Board Goals for 2025-2026.

These are:

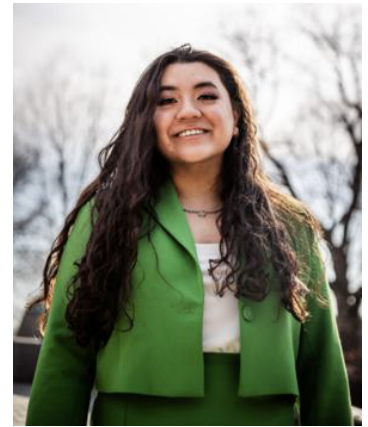
Reaffirm and Amplify CFUW's Advocacy Role

Strengthen Education as the Foundation for Empowerment and Action

Invest in Relationships and Strategic Alliances

Empower and Support Clubs and Their Members as the Heart of CFUW

Submitted by Margaret Therrien, National Liaison



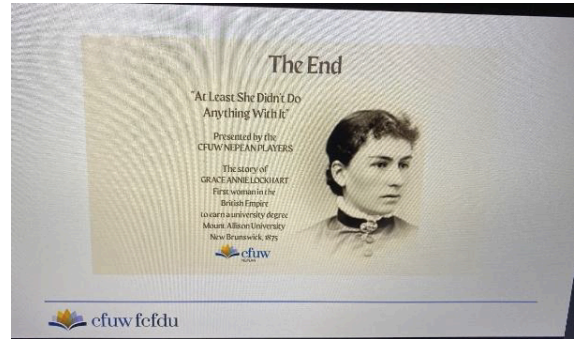
NATIONAL AGM REPORT

The 2025 National AGM was held virtually from July 11th to 13th. The theme of this year's AGM was Women Standing Strong. Opening ceremonies on Friday evening included celebrating Club Innovation, celebrating Club Membership Increases and celebrating talented members. CFUW Halifax once again received an award for Membership Increase – at least our third year in a row!



CFUW Nepean presented the play *At Least She Didn't Do Anything With It* written by Joan Conrad, Past President of CFUW Nepean. The play celebrated the first woman to break barriers and earn a university degree at Sackville, New Brunswick. A wonderful finale was enjoyed by the online audience as Barbara Lewis UWCM singer and songwriter shared her music.

Saturday morning, July 12th, was the CFUW AGM Speaker Panel. In support of the AGM theme, Women Standing Strong, CFUW Executive Director, Jaime Beagan and CFUW President, Linda Sestock moderated a panel on Canadian Women in Politics between former MP for the riding of Oakville North, Pam Damoff, assistant professor and program chair of the Women and Gender program in Political Studies at the



University of Saskatchewan, Rachel Lowen Walker, and Mayor of the City of Westmount QC, Christina M. Smith.

Saturday afternoon it was time for the CFUW Business Session. Highlights of this included:

- Highlights to the Articles and Bylaws Defining Ordinary Motion
- Adding a new definition – Woman
- Removing the VP Finance from the Treasurer of the Charitable Trust
- Removing VP Education as the Board Liaison for the Standing Committee on Fellowships and the Library and Creative Arts Committee and
- Aligning Advocacy Study Groups with the VP Advocacy

- The adoption of the 2024- 2025 financial statements
- The appointment of Chartered Accountants for the year ending April 2016
- The adoption of the 2025 – 2026 Budget
- The Reports of the Executive Director and the National President

Sunday morning, July 13th brought the Charitable Trust speaker Jasper Crockford who was the 2025 winner of the Ecole Polytechnique award for a student at the master's level. Jasper is a Medical Science student at the University of Calgary. Her research explores how menopausal experiences – including changes in estrogen, menopause symptoms, and hormone therapy use – may relate to risk and resilience for Alzheimer's Disease. Her presentation was titled Women's Health and Alzheimer's Disease; Investigating the critical window of menopause and was well received by all who were present.

The CFUW Policy Session took place on Sunday afternoon and with minimal discussion all the following resolutions passed.

Addressing Period Poverty and Menstrual Inequity in Canada

Expanding Access to Sexual and Reproductive Health Services

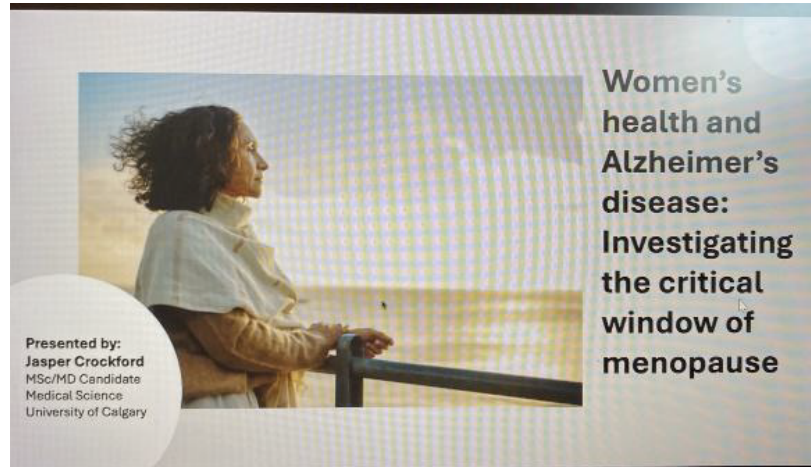
Supporting 2SLGBTQ+ Rights

Strengthening the Awareness and Safekeeping of Individuals and Their Animals Experiencing Domestic Violence

Equitable Phase-Out of Fossil Fuels

Archiving Select CFUW Adopted Resolutions

Affirming Housing as a Human Right and Social Good.



Submitted by Margaret Therrien

NEWS FROM ARC



JOIN US AT OUR VIRTUAL FALL GATHERING

Oct. 18, 2024 1:30 - 4:00 pm AT (2:00 - 4:30 pm NL)

Please Register for the Zoom link by October 16th:

Registration: <https://us02web.zoom.us/join/register/uKgbXu2dSRiqLz50JzCX9Q>



Welcome & Roll Call

1. History of ARC

- a. In the beginning... 1987 – 1988
- b. Changes - in our 35+ years

2. Revisiting ARC Purpose Discussion Facilitated by, Gail Scott RD PEI

- a. What do Atlantic clubs want/need from ARC?
- b. What are clubs receiving from ARC now that they find useful/not useful?
- c. Review the stated purpose of ARC as outlined in the Constitution; are there other ways to achieve it (i.e. holding regular forums for the Atlantic region for information sharing and collaboration)?

3. Club Round Table

- a. **Club Outreach Projects** – interactions with the community
- b. **Club Zoom programs** – sharing invitations

4. ARC Executive Update

- a. **End of Biennium 2024-26: Nominations**
- b. **ARC AGM 2026: Virtual & Gathering at CFUW AGM 2025, Montreal**

Closing Remarks

Submitted by Janet Wilwerth