

News and Notices –Updated Dec 9th **December 2025**



I know everyone is busy preparing for the holiday season when family and friends will be gathering in our homes. I'm looking forward to seeing so many of you at our own gathering on December 13th.

Upcoming Events:

80th Anniversary Luncheon/Festive Gathering – December 13, 2025



Her Honour J.M. Alyward



National President Linda Sestock

Such a great response we have had to our festive gathering/ 80th Anniversary Luncheon – 60 registered! It is scheduled for Saturday, December 13, 2025 from 12:00 – 300pm. This will be at the same location as our festive gathering last year- RCAF Wing, Building 565, Roosevelt Ave., Pleasantville. Her Honour Joan Marie Alyward, Lieutenant - Governor of NL will be attending and bringing greetings. In addition, our National President, Linda Sestock, will be travelling from Montreal to attend and bring greetings. Please remember we will be collecting for the Ecole Polytechnique scholarship fund as well as for the Fresh Start Baskets (see list of items on the back page of News & Notices).

Monthly General Meeting - January 13, 2026 – 7:30pm NL Time **via Zoom**

Our January meeting will feature the topic of **Navigating Medications, with Dr. Cathy**



Dr. Cathy Balsom

Balsom as our guest speaker. Cathy is a pharmacist and dedicated healthcare educator on faculty member at the MUN School of Pharmacy. She will discuss the importance of reviewing the long lists of medications that patients make be taking, to ensure the medications are still needed and are not causing harm.

Register in advance for this meeting:

https://us02web.zoom.us/join/register/D_CzbG9nSo2hmWH8_wtnRA

After registering, you will receive a confirmation email containing information about joining the meeting

Recent Events

November 18, 2025 Monthly Meeting



Our November 18th meeting was very well attended, with 47 members and guests in attendance. Our club member and CFUW National Vice-President International, Grace Hollett, kept us engaged with her account of her recent trip to Zambia where she, along with 11 other CFUW members, participated in an international conference. She also flew to

the eastern province to visit students, teachers and the communities of three schools where CFUW is collaborating with the Stephen Lewis Foundation to help keep girls in school and away from early marriages that are so frequent in Zambia. This year, CFUW St. John's is contributing a donation of \$500 to this project. If individuals wish to contribute on a personal basis to this project please consult this joint CFUW/ Stephen Lewis Foundation website <https://slf.akaraisin.com/ui/CFUWandYHHS> . To view Grace's whole presentation, please see the PDF attachment that she sends out with this issue of News and Notices.

New Members' Tea – November 16, 2025



New members and executive gathered at Grace Hollett's home on November 16th to enjoy refreshments and engaging conversation about CFUW and their interest in our club. It was great to get to know these new members in this relaxed format. Thanks to Grace for hosting and to everyone who brought goodies!

November 25th - the International Day for the Elimination of Violence against Women

Ten club members attended the Purple Ribbon Ceremony at Confederation Building on November 25th. This ceremony was hosted by The Minister for the Office of Women and



Gender Equality, the Honourable Helen Conway Ottenheimer. It was a very moving ceremony that included remarks from both political and community leaders, as well as from a family member of one of the murdered women. We will be watching and following up with Government on this issue to see that concrete action is taken. We were pleased to chat with our club member and MHA for St. John's East – Quidi Vidi, who is pictured here with us who were available for the photo.

L-R G. Stapleton, J. O'Brien, S. O'Leary, G. Schofield, L. Macleod. Missing from photo: Z. Jerrett, N. F- Wheeler, G. Hollett, H. H-Pritchard, G. Downey

Scholarship Committee Update December – Leslie Macleod

- Mollie Butler and Bonnie James have joined Karen McGrath, Gillian Butler, and Leslie MacLeod on the Scholarship Committee.
- CNA Acclaim Awards – Janet O’Brien and Leslie MacLeod represented members at a gala evening celebrating CNA alumni. Coincidentally, they were seated with the parents of one of our MUN undergraduate scholarship winners. It was a lovely evening.
- MUN awards are being granted and thank you letters are arriving, mainly from bursary winners.
- MUN will be developing an application process for all scholarships and bursaries which have gender as a criterion. This follows the inadvertent awarding of the Dr. Edith Manuel Entrance Bursary to a male student.
- The committee will meet with a MUN representative on December 10th to discuss a few issues related to scholarships and bursaries, including: the new application process, identifying underserved areas of study, information sharing, bursary selection process, etc.
- We Care Foundation NL - 35 women and girls in Northern Nigeria have been awarded scholarships to study in universities, colleges of education, polytechnics, and other colleges.

Outreach Committee Update November – Libby Foran

In recent weeks our committee has made two donations. The first is \$1000 to the MUN Campus Foodbank. They're most appreciative of our continuous support each year. While visiting we learned more about the generous MUN community financial support they receive and heard stories of how MUN employees help out when deliveries are made to the site.



L-R: Libby Foran, L. Philpott (staff) & Effie White

The second donation was for \$1500 to the Rabbittown Learner's Program. While there we met a few students and the two staff members. This is a government funded program for adults returning to school and requiring primary and elementary certification. At completion they would be certified with a grade seven reading comprehension and math skills. From here they can go on to Level 1, which is junior high, then Level 2, which is senior high. We heard heartwarming stories about young mothers and some fathers, who have returned to school while their children are in school from 9 - 3 daily. They even offer part time studies where mothers do childcare for each other two days a week, juggling two days of study in class with two days of childcare each, in support of each other. This is a huge commitment and dedication to improving their skills.

Our Iris Kirby baskets project continues with two baskets delivered each month. Any member who wishes to make a donation of a product may bring it along to next week's Christmas event. If you'd prefer to make a cash donation you can send an etransfer to cfuwfees@gmail.com. Please note it is for the Iris Kirby Basket Project. Cash can also be given to Joyce Noseworthy, our treasurer, at the event next week.

Membership Fees – Were Due October 31, 2025. –Please remit ASAP, since fees are now overdue.

There are still a few members who have not submitted their fees for this year. The dues are \$75.00 (\$40 for new members, \$37.50 for students). Joyce will be at the December 13th luncheon and will accept your cheque or cash. You may also:

- a) E-Transfer: Send money to cfuwfees@gmail.com and it will be deposited directly into our bank account.
- b) If you wish to pay by cheque, please make it out to CFUW St. John's and mail to: CFUW Treasurer, P.O Box 23123, Churchill Square Postal Station, St. John's. NL. A1B 4J9. Alternatively, you can give the funds to Joyce Noseworthy directly or to another member of the Executive. Joyce can be reached by email at noseworthyje@gmail.com. Her home address is 9 Russell St., St. John's and her cell # is (709) 727-0475.

News and Notices is written by Janet O'Brien, Club President,

More Information: CFUW-St. John's has a website. The URL is <http://www.cfuwstjohns.org> and our webmaster is Joyce Noseworthy. The current Program information is posted on the site as well as our annual reports, information and photos about our activities and interest groups. The club's email address is cfuwstjohns1@gmail.com Contact the webmaster, Joyce Noseworthy, to request a posting of your activity or to suggest edits.

CFUW St. John's has a public Facebook page and a Members Only Facebook page.

CFUW's national website URL <http://www.cfuw.org/> on the home page you can sign up for the club news and action updates. Sign in to the Members Only section for more detailed information about CFUW activities.

New Beginnings Basket Items

New Beginnings Baskets - Basket #					
Towels, Cloths etc.		bath towel	Food		biscuits
		hand towel			coffee
		face cloths (2)			evaporated milk
		dish cloths (2)			sugar
		dish towels (2)			tea bags (20)
		pot holders (2)			salt/pepper
Detergent/Cleaners		laundry detergent	Other		laundry basket
		dish detergent			broom/dust pan
		bathroom cleaner			candles (2)
Toiletries		deodorant			garbage bags (5)
		shampoo			mugs (2)
		soap (2)			plastic containers (2)
		toothbrush			
		toothpaste			
Paper products		facial tissues			
		paper towel			
		toilet paper (2)			
Kitchen utensils etc		can opener			
		paring knife			
		plastic ladle			
		plastic slotted spoon			
		plastic solid spoon			
		plastic lifter			
		pot scraper			
		potato peeler			
		rubber spatula			
		rubber gloves			
		sponge			
		wooden spoon			

paper plates

extras