


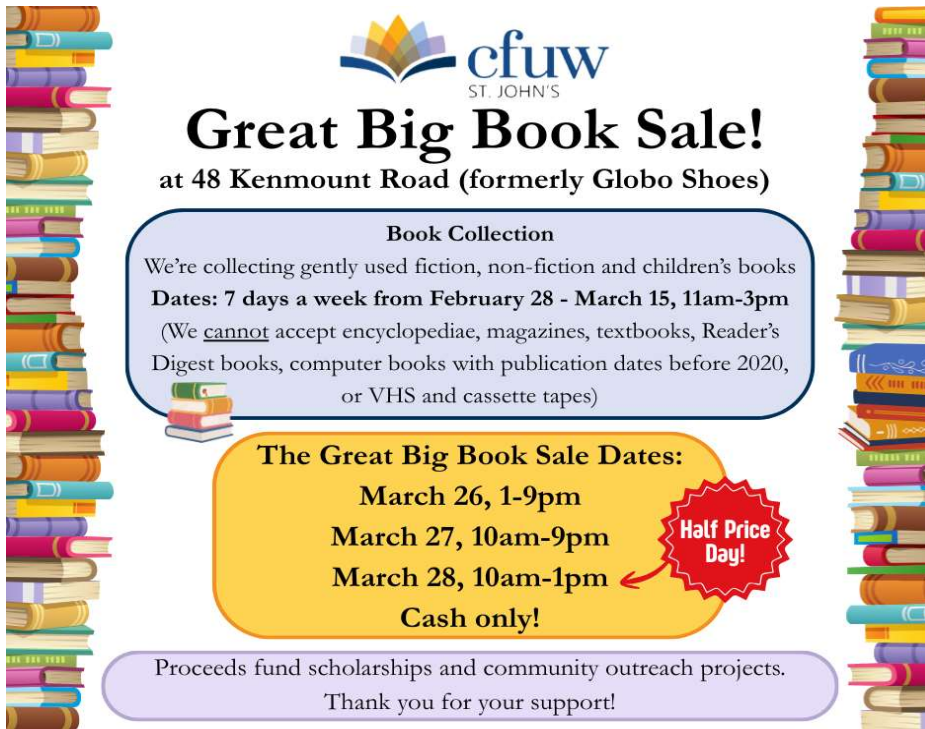
## News and Notices

### January 2026

# 2026

Happy New Year Everyone! I hope you are all enjoying getting back to your regular CFUW activities, despite our rollercoaster weather and threat of rolling blackouts!

#### Upcoming Events:



## Great Big Book Sale!

at 48 Kenmount Road (formerly Globo Shoes)

**Book Collection**

We're collecting gently used fiction, non-fiction and children's books  
**Dates: 7 days a week from February 28 - March 15, 11am-3pm**  
(We cannot accept encyclopaediae, magazines, textbooks, Reader's Digest books, computer books with publication dates before 2020, or VHS and cassette tapes)

**The Great Big Book Sale Dates:**

- March 26, 1-9pm
- March 27, 10am-9pm
- March 28, 10am-1pm

Cash only!

Half Price Day!

Proceeds fund scholarships and community outreach projects.  
Thank you for your support!

Preparations are underway for our Book Sale, which will be held in the same location as last year – Globo Shoes. Book collection will start on February 28<sup>th</sup>. We will need lots of

volunteers to help with sorting and the sale itself. If you wish to learn more, there will be a Zoom meeting on Saturday, Jan 31<sup>st</sup> at 2:00pm – here is the link; [Join our Cloud HD Video Meeting](#).

### Valentine's Social - February 14, 2026, 2-4 pm



Sharon Walsh and Gerri Downey have organized our 2<sup>nd</sup> annual Valentine's Tea Party to be held on February 14 from 2:00 to 4:00pm at the St. John's Retired Citizens' Club, 10 Bennett Avenue. The cost is \$15.00 and must be **paid in advance** by February 7<sup>th</sup> by e-transfer to [cfuwfees@gmail.com](mailto:cfuwfees@gmail.com) or by mail to:

CFUW Treasurer  
PO Box 23123, Churchill Square Stn.  
St. John's, NL A1B 4J9

Please note that we **will not** be collecting money at the door, since we need to have our funds in advance to be prepared for the correct number of participants.

Wear a fascinator if you have one! For further information, please contact Gerri Downey at [djd@nl.rogers.com](mailto:djd@nl.rogers.com)

### Monthly General Meeting - February 17, 2026 – 7:30pm NL Time via Zoom



[Dr. Elise Thorburn](#)

Our February meeting will feature Dr. Elise Thorburn, an emergency physician and community organizer. Dr. Thorburn will talk about her life-changing month as a volunteer working in a hospital in war-torn Gaza, where she witnessed both utter devastation and incredible courage. She was working with Glia, a medical solidarity organization that partnered with the World Health Organization to send medical delegations into Gaza. Elise graduated from Medical School at Memorial University in 2022 and received her Family Medicine Certification from the College of Family Physicians of Canada in 2024. She is currently working as an emergency physician in Newfoundland & Labrador, N.W.T and Nunavut.

## Coldest Night of the Year – February 28, 2026, 3:00 – 6:00 pm



2025 team - Pictured ( l-r) Diane Hollett, Margie Greene, Dianne Murray, Libby Foran, Bev Clarke, Janet O'Brien, Sheila Genge, Grace Hollett. Missing from picture: Nancy Winsor

The Outreach Committee have agreed to participate in the Coldest Night of the Year fundraiser sponsored by Choices for Youth, again this year. Pictured above are last year's team. The actual event is being held on February 28th and will include a walk around the downtown area. Each team member would attend the event and make a financial contribution -either through raising funds or making a personal contribution. Bev Clarke is heading up the team this year, so please let her know if any of you are interested in being on the team, so she can enter the team names. Bev can be contacted at [bevsclarke@gmail.com](mailto:bevsclarke@gmail.com) or (709)725-6614.

## Recent Events

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

Our January meeting featured guest speaker Dr. Cathy Balsom on the topic of **Navigating Medications, with Dr. Cathy Balsom**. We had 56 participants for this highly informative talk. I've had inquiries about getting a link or copy of her presentation and have reached out to her recently to see if we can get it. It is a large file, so we will either have a link or post it on our website. Stay tuned.

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



We had a great turnout for our 80<sup>th</sup> anniversary, with 66 in attendance. Her Honour Joan Marie Alyward, Lieutenant - Governor of NL attended and spoke about our history as well as the significance of 2025 as the 100<sup>th</sup> anniversary of women's suffrage in Newfoundland and Labrador.

We were pleased to also have our National President, Linda Sestock, attend our luncheon. She arrived in St. John's a few days early and got to experience a variety of events with club members, including two concerts, a book club meeting and a luncheon at Grace Hollett's home. She also explored downtown and historic sites both on her own and with club members.

The 80<sup>th</sup> anniversary Committee and the Program Committee worked hard to create this special celebration. From arranging the catering and decorating to creating a top-quality trifold brochure, printed program and a PowerPoint presentation, highlighting our club achievements, there were many hands involved in the success of this event. Special thanks go to: Program – Gladys Schofield, Jennifer Jeans, Monica Griffin and Zainab; 80<sup>th</sup> Anniversary Committee – Sharon Walsh, Grace Stapleton, Gillian Brown, Gerri Downey, with technical assistance from John Walsh, Marion Tilley, and Joyce Noseworthy.

We were pleased to have Linda Sestock present certificates to some of our long-term members, who have contributed so much to our club. Receiving their certificates at the

event were those members with photos appearing below. In addition, three members who were unable to attend were: Diane Seigal – 58-year member; Wanda Saunders – 43-year member and Barbara Fitzgerald – 40-year member. We will arrange for them to receive their certificates soon.

After these presentations, Janice Moores treated us to her reflections on her time as a member, including a few very humorous anecdotes. Thank – you Janice.

### Recognition of Long-Term Members at 80<sup>th</sup> Luncheon



Linda Sestock & Janice Moores - 56 years



Linda Sestock & Faith Balish – 55 years



Linda Sestock & Diane Hogan -40 years



Linda Sestock & Jean Marks – 38 years

## Scholarship Committee Update – Leslie Macleod

Our scholarships and bursaries continue to be awarded at MUN. Undergraduate awards should be complete by the end of January. We shared some thank you letters at the January meeting.

We had a pleasant and productive meeting with Kathrin Ballerstaedt Gill (Development Officer, Annual Giving) in December. We hope to meet with representatives from the Scholarship Office and Graduate Student Office to further discuss information sharing and processes in the coming weeks.


## Fresh Start Baskets Update – Margie Greene



Due to the generous donations from our members at the Christmas lunch, we have an incredible supply of good quality items for baskets for the next few months. Along with the regular items we have a lot of other thoughtful items to add as extras. Thank you so much. The Iris Kirby workers are going to be very excited to give out baskets in 2026. Pictured here are some of those lovely items.

Any member who wishes to donate a product may bring it along to our Valentine's event. If you'd prefer to make a cash donation you can send an e-transfer to [cfuwfees@gmail.com](mailto:cfuwfees@gmail.com). Please note it is for the Iris Kirby Basket Project.

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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](mailto: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