# News and Notices
May 2024

## Great Big Book Sale A Big Success!

Another successful sale is in the books! We sold $75,000 + of books and had almost 3000 people go through the doors. While all expenses have not yet been received, we expect they will be approximately $9000, with a net result of $66,000. Thank you to the Book Sale Committee and CFUW members who volunteered throughout the collection and sale period. In addition, there are many non-CFUW volunteers to thank as well - especially those husbands and sons who showed up daily to tear apart and recycle books, bring garbage and recycling to the dumpsters, make up boxes, and do a dozen other things. Thank you to a growing number of returning volunteers from the public who make a great contribution to the book sale success. And, an especially HUGE thank-you to Joyce Noseworthy, our Number 1 book sale organizer and boss!

## Upcoming Events:
### May 13, 2025 General Meeting- 730pmat Room 4065 Alexander Murray Building

Come join us for our in-person monthly meeting and learn more about **Social Prescribing** from our Guest Speaker Heidi O'Brien (no relation).

Heidi O'Brien has worked in community support services for the past two decades with a concentration in recreation therapy and volunteer management. Heidi is passionate about community-based programming and supporting independence in older adults so they can live their best lives.

Social prescribing is a healthcare approach where healthcare professionals refer individuals to non-clinical community services and activities to improve their overall health and well being. It recognizes that social factors like isolation, poverty, and loneliness significantly impact health and addresses these through community connections and support. NL is introducing social prescribing and Heidi O'Brien is going to tell us all about it!

**Location and Directions**: The Alexander Murray Building of Memorial University (The Earth Sciences Building), Room 4065. There is free parking in the lower-level parking garage below the building. The Earth Science Building is on the North Side of the Prince Phillip Parkway, across from the Engineering Building. To access the free parking, drive through the very short lane between the Earth Science Building and the University (Student) Centre to the parking entrance on your left. This is parking level 2. When parked, take the elevator to the 4th Floor. Upon leaving the elevator, walk past the railed open space (that looks to the floor below) toward the green sign "Department of Earth Sciences". Room 4065 is on the left, just past the departmental general office.

## May 10th @ 2:00-4:30 pm NL time
## CFUW Atlantic Regional Council Meeting

CFUW Atlantic Regional Council
Virtual Annual Meeting

Pamela Jeffery

Founder of Women's Executive Network (WXN), Canada's Most Powerful Women - Top 100 Awards, and the Prosperity Project.

Mana Mahmoud Zadeh

Mana came from Iran to study Sciences at UNB. She became part of Girls STEM Up whose mission is to promote diversity, inclusivity, and equity in STEM.

**Women Breaking New Ground**

**May 10, 1:30-4:00 PM AT**

**Please register by May 8**

**Once you register, you will be sent a link for the meeting. For the AGM Business Meeting, sign in by 1:30 AT. For the presentation, sign in by 2:15 AT.**

Register here

## Dates to Remember:

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| May 10th | Atlantic Regional Council Meeting. See the poster above. You will need to register in order to attend. Copy the link below: https://us02web.zoom.us/meeting/register/KgMKZwvPQgSjqOfLGJOjZQ |
| May 13th: | Monthly General Meeting |
| May 17thth | Date for Annual Reports to be submitted to Joyce Noseworthy by email: noseworthyje@gmail.com . Please cc me: j.obrien@nf.sympatico.ca |
| June 3rd.: | AGM dinner meeting |
| June 14th: | Celebration of life for Jill Whittaker: You are invited to attend a celebration of Jill's life at 2:00 pm on June 14th. It is being held in the school, next to the Catholic Church in Portugal Cove. |
| Sept. 20th: | Open House for 2025-26 at the Lantern |

## AGM dinner and Election of Officers – June 3, 2025:

Time: 6:30pm (drinks) 7:00pm (meal)
Where: Legion #1, Blackmarsh Rd.
Meal: The dinner and it will be stuffed chicken with tea/ coffee and dessert. A vegetarian option is available. The cost is $35.
Payment: Meals must be paid for by May 20th.

Pay by cash or cheque at the May meeting or:

a) e-transfer to cfuwfees@gmail.com and it will be deposited directly into our bank account.
b) Mail a cheque (made out to CFUW St. John's) to: CFUW Treasurer, P.O Box 23123, Churchill Square Postal Station, St. John's. NL. A1B 4J9.

## Congratulations!!!

Congratulations to our very own **Grace Hollett**, the recipient of this year's Patricia Cowan Award presented by the Newfoundland and Labrador's Teacher's Association. Grace is recognized for her exceptional contributions to education, the teaching profession, and broader social causes in Newfoundland and Labrador, nationally and internationally. Grace is currently Vice-President, International Relations, with CFUW National. She is a former National President, serves on too many committees to mention and is Chair – Public Relations for our St. John's club.

## Outreach Update from Chair: Libby Foran

**Fresh Start Baskets:** Thank you to all those members who donated items and cash to the Iris Kirby baskets during the past few months. We were able to add some really good quality items and lovely extras that are going to delight the recipients. Bertha Schofield and Margie Greene dropped off the April baskets last week and once again were told how vital they are to those who receive a basket of "all the items they forgot they needed". We were given lavish thanks and told again of the importance of what we do.

To New Members: Every month we give two laundry baskets filled with household items to women leaving the shelter to help with the move into their new accommodations. These items are donated by our members at the monthly meetings or purchased from money raised at The Great Big Book Sale. The items currently most needed are bath towels, oven mitts or potholders, and mugs.

This month, the Outreach Committee is making a donation of $1000 to the **Phoenix Garden Project**. This is an established therapeutic horticultural gardening project at HMP, which began in 2020. This program was inspired by and modeled on the Insight Program at San Quentin Prison in California. The group has had amazing success in weekly ZOOM meetings with inmates, whom they call Inside Gardeners. They are working on learning about nature, soil, gardening, food production, growing from seeds, caring for the garden and even making connections to mindfulness by working in nature. It's believed that through the creation of garden spaces, inmates might begin to heal from the fractured circumstances that brought them into the corrections system. They have built a greenhouse on site, as well as raised beds and an outside mediation space.

This winter, they have been building birdhouses, to be sold at Rise and Shine Nursery in the spring. In the period of time this project has been building and growing, 220 inmates have had an opportunity to participate, with 8 present at each weekly ZOOM meeting. We agreed to fund this project with $1000, to help them continue to build their inspiring program.

## In Remembrance:

### Jill Whitaker – November 29, 1943 - March 13, 2025

We were shocked and saddened to learn of Jill's death. Jill grew up in Lloydminster, Saskatchewan. She completed a degree in Home Economics from MacDonald College of McGill University. She married Richard (Dick) Whitaker on graduation day in 1964 and flew to Newfoundland with him the same night, not exactly a honeymoon!

Jill worked at the Waterford hospital and quickly learned a lot about the tastes of the province. She went on to teach at Prince of Wales Collegiate and later at Macpherson Junior High. In 2008, after retiring, Jill led the publication of a 50th anniversary edition of the Treasury of Newfoundland Dishes, which was first published by the Newfoundland Home Economics Association in 1958.

Jill and Dick had a busy family of four children, but also found the time, alongside other parents, to set up a volunteer cooperative preschool at the old Catholic School in Portugal Cove. Jill was an active member of Grandmothers to Grandmothers, a solidarity campaign that supports the leadership of African grandmothers.

Jill and her husband always had some farm animals at their home. They had a pony, horses, and eventually housed guinea fowl, turkeys, geese, ducks, quail, broilers, layers, and sheep at one time or another. Jill was the main marketer and bookkeeper, and this work eventually morphed into a significant family farm operation. She mainly looked after the layer chickens, to which she was very attached, and her fresh eggs were in great demand.

Jill had been a member of CFUW St. John's since 2005. She was an avid book club member and often enjoyed sharing her perspectives with the clubs. She had mobility issues in recent years, but greatly enjoyed attending our Dining Out group, Christmas dinners and AGM. She delighted others with her great sense of humour and entertaining stories.

### Shirley Cooper – September 3, 1942 - December 15, 2024

Shirley passed away on December 15, 2024 after a valiant battle with cancer.

Shirley had been a member of CFUW St. John's since 2013. She was very active with our

Annual Book Sale, working on cash when she first joined CFUW. As her mobility problems worsened, she was unable to be present in person. She did, however, have an extensive network of friends and acquaintances and she was assiduous in maintaining her communication with them, even when she was also suffering from cancer. She was unrelenting in her promotion of our Book Collection and the Sale itself. It was not at all unusual to get two emails a day from her as deadlines approached. I guess it depended on how many of her databases you were on!

Shirley was born on September 3, 1942 to Fred and Mary Morris in Bear Cove, NL. She married Gordon Cooper in 1964 and they had many adventures traveling north before they settled into their home in Mount Pearl.

Shirley's professional life started when she landed a job at Gosling Memorial Library. She moved soon after that to Memorial University's library before eventually taking a position at the Health Sciences Medical Library where she worked in the Audio-visual Division for the remainder of her career.

Her professional role was a natural fit for Shirley's sharp intellect. She maintained a lifelong interest in learning and current events. She was keenly interested in what was happening in the world and kept herself informed by her avid reading.

A natural artist, Shirley was both a jewellery maker and a talented painter. She was frequently found with a paintbrush in hand during her earlier years. Her paintings, inspired by mentors Ed Roche and Cliff George, are exceptional and are treasured by her family.

## Sunshine Committee:

The Committee strives to support ill members with cards/messages, and in-person visits where appropriate. Please contact them if you need transportation to the monthly meetings. The Committee welcomes being notified when members can be offered support and contact.

Sharon Walsh: smwalsh3@gmail.com. 709 722-4727
Gerri Downey djd@nl.rogers.com. 709 682 8336

## A Few other things…..

- ✓ Reminder to all club leaders that the annual reports need to be written and sent to Joyce Noseworthy by **May 17th** for inclusion in the Annual Report. These reports will be approved at the AGM.
- ✓ Reminder from Daphne Lilly, our archivist: she would like (where possible) to collect all materials for the archive at the June AGM.

- ✓ Susan McNicholas would like you to send her pictures of your interest group activities. She would like to post these on the Facebook page. Or, you could post them yourselves!
- ✓ The Finance Committee and the Scholarship Committee will be making plans to spend the money we made from the book-sale. The proposed budget and proposed scholarships for 2025-26 will be sent to you before the June AGM and will be approved or amended at the AGM. If you have particular ideas for spending our money, please contact Leslie McLeod or Joyce Noseworthy.

I'm looking forward to seeing you all at our in-person General Meeting on Tuesday May 13, 2025.
Janet

News and Notices is written by Janet O'Brien, Club President, with lots of help from Gillian Brown, Past – President this month, while I was on vacation.

**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.