

News and Notices

November 2025



Lest We Forget

The weather has certainly changed since last month. I hope that you all have not been blown or washed away with all the wind and rain! I am writing this on Remembrance Day as we all reflect on the sacrifices that were made by so many to ensure our freedom during the world wars and other conflicts. We also think about those impacted by the war in Ukraine and the conflict in Gaza and Israel that have claimed so many lives in the past few years.

November 18, 2025 Monthly Meeting



We decided to move our Monthly General meeting to next Tuesday, November 18. Our club member and CFUW National Vice-President International, Grace Hollett, will be speaking and sharing her pictures about 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.

Location and Directions for the meeting: The Earth Science Building (Alexander Murray Building) is on the North Side of the Prince Phillip Parkway, across from the Engineering Building. There is free parking in the lower-level parking garage below the 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 Lot 61/ 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.

New Date! New Members' Tea – November 16, 2025 – 2-4pm

We will be hosting a New Members get-together on November 2, 2025 at Grace Hollett's home. We will be in contact with new members with the details. All together we have had 15 new members join since last March. They are:

March – June, 2025: Gillian Butler, Mollie Butler, Marget Davis, Heather Donovan, Rachel Harding, Sarah Macdonald, Evelyn Reid, Amelia & Kathleen Shallow, Madeline Whelan

September 2025: Bridgette Godden, Bonnie James, Chandrani Ghosh, Janet Henley, Vivian Healey, Sheilagh O'Leary.



November 25, the International Day for the Elimination of Violence Against Women

The Minister for the Office of Women and Gender Equality, the Honourable Helen Conway Ottenheimer, has invited CFUW members to attend the Purple Ribbon Ceremony at Confederation Building on November 25, 2025 @ 11:00 am. If you are able to attend, please notify me by Monday November 17, so I can advise the Minister's office of who

will be attending. My email is j.obrien@nf.sympatico.ca.

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

This year the dues are \$75.00 (\$40 for new members, \$37.50 for students). Joyce will be at the October meeting to 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) With the current postal strike underway, if you wish to pay by cheque or cash, please give the funds to Joyce Noseworthy directly or to another member of the Executive. Also, if you are attending the November 18th General meeting, you can bring it along then. 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.

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

Come celebrate with us at our festive gathering/ 80th Anniversary Luncheon on 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 , our National President, Linda Sestock and our Atlantic Regional Representative Karen Dunnett will also be in attendance and bringing greetings. **Cost** : \$45 by e transfer (cfuwfees@gmail.com) or mail cheque (CFUW St. John's, P. O. Box 23123, Churchill Square Postal Station, St. John's, NL, A1B 4J9) **Deadline for payment: November 27th**

Women's Suffrage Declared Outstanding Historical Event



L-R : Dr. Lisa Daly and Dr. Margot Duley

Heritage NL announced the designation of "The Women's Suffrage Movement in Newfoundland and Labrador" as an Outstanding Historic Event under the Provincial Historic Commemorations Program. Heritage NL Chair Dr. Lisa Daly presented CFUW St. John's club member, Dr. Margot I. Duley with a commemorations certificate at last weekend's "Up She Rises! A Public

Forum about Women and Gender in Newfoundland & Labrador

History," organized by the Newfoundland and Labrador Historical Society. Dr. Duley's latest book, *From Silence to Suffrage: Women's Path to Citizenship in Newfoundland 1803-1949*, examines the road to women's suffrage in our province and is a must read.

Outreach Committee Update November – Libby Foran

Basket Committee

Baskets have been delivered over the summer, with two each month. Baskets 393 and 394 were delivered to Iris Kirby House, a shelter for women and their children, in late October. We have been providing baskets of goods to this shelter since at least 2010. We fill the baskets with 42 household items needed when moving and settling in to a new accommodation. Items can be donated at the regular meeting or at the Christmas get together. Most needed- bath and hand towels, oven gloves or pot holders, shampoo and deodorant.

Staff members at the shelter are our biggest cheerleaders. They say it's the best thing that's happened to many of the recipients and that they love the reaction they get when they give out the baskets.

Our members have been very generous over the years in either donating cash towards this project or purchasing items to add to the baskets and the ladies comfort and needs. A cash donation should be given to treasurer, Joyce Noseworthy or to Margie Greene, who oversees this project. Items that are needed monthly include: bath towels, hand towels, facecloths, oven mitts, tea towels, dishcloths, and mugs and paper plates (See last page of News and Notices for complete list). We usually try to include some extra item to each basket, over and above our monthly staples, to make life more comfortable, such as cozy socks, mittens or scarves, a new calendar, a writing pad, etc. Donations can be brought to the monthly meetings or delivered to someone on the Outreach Committee.

Outreach Donations in November

The Outreach Committee will be donating in November to the Rabbittown Learner's Program. This is our second year supporting this worthwhile educational program. Rabbittown Learner's Program is an active program supporting local adults and immigrant adults with their early education needs. They seem quite underfunded by government, but are serving a basic educational need in the community. We're donating \$1500.00 and wish them every success with their adult learners.

We're also donating \$1000 to the MUN Campus Foodbank. This organization seems in constant need and we have funded them annually for many years. As we all understand, good nutrition is an essential basic need for any student to make progress with their learning needs. This donation will help some of our university students better achieve their potential.

Our club is donating \$500 to the Stephen Lewis Foundation for the International Project called Young Happy Healthy and Safe (YHHS). With support from CFUW, is implementing a project that will reach 5,000 children and youth with critical information on their sexual and reproductive health and rights, including HIV prevention and testing.

The project will also support 120 students (60 girls and 60 boys) per year with school materials—books, pens, uniforms, and other essentials—and will distribute reusable sanitary pads to 500 girls. YHHS will also train peer educators and work with local leaders and government services to ensure girls are registered in school. When a girl is supported to complete secondary school, in countries where the SLF partners work, she is 50% less likely to newly acquire HIV. Community and stakeholder meetings will focus on addressing teenage pregnancy, early marriage, gender-based violence, and other significant barriers to girls' education. YHHS will also hold monthly workshops to raise awareness throughout the community about the impact girls' education has on community health outcomes, to ensure girls are better supported to achieve their goals.

Attention Book Lovers - Book Club Openings

One of the Murder and Mayhem book groups has room for 2 additional members. The group meets the second Wednesday in the month at 2:30pm. Anyone interested in joining the group please contact Jennifer Jeans(jenniferjeans.nl@gmail.com) .

Public Relations Committee

If you are interested in helping out with our Publicity to the public and Communications with members for our events and projects, please contact Grace Hollett at graceh@nl.rogers.com. She could really use your help, since she is quite busy in her role as VP International on our National Board of Directors.

I'm looking forward to seeing you all at our General Meeting on November 18, 2025!
Janet

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 ☐ hand towel ☐ face cloths (2) ☐ dish cloths (2) ☐ dish towels (2) ☐ pot holders (2)	Food	☐ biscuits ☐ coffee ☐ evaporated milk ☐ sugar ☐ tea bags (20) ☐ salt/pepper
Detergent/Cleaners	☐ laundry detergent ☐ dish detergent ☐ bathroom cleaner	Other	☐ laundry basket ☐ broom/dust pan ☐ candles (2) ☐ garbage bags (5) ☐ mugs (2) ☐ plastic containers (2)
Toiletries	☐ deodorant ☐ shampoo ☐ soap (2) ☐ toothbrush ☐ toothpaste	paper plates extras	
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		