



Winter 2025/2026



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The President's Message

Michelle McGinn



I thank you for your many contributions throughout the fall session and extend very best wishes for a joyous and engaging new year. As the pages of this newsletter attest, 2026 is shaping up to be a rich and full year for our Club.

CFUW-Hamilton remains a strong and vibrant presence in our community and in the lives of our members. Your scholarship donations, advocacy efforts, fresh ideas, and generous spirit are truly valued. Through lively conversations, openness to continual learning, delectable snacks, and endless cups of tea, you make this community better.

Thank you for all that you do.

Michelle

Last month, Michelle spoke about the value and importance of continuing to repeat regularly the land acknowledgement that we say at the start of our public meetings.



City of Hamilton Land
Acknowledgement

The City of Hamilton is situated upon the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee and Mississaugas. This land is covered by the Dish With One Spoon Wampum Belt Covenant, which was an agreement between the Haudenosaunee and Anishinaabek to share and care for the resources around the Great Lakes. We further acknowledge that this land is covered by the Between the Lakes Purchase, 1792, between the Crown and the Mississaugas of the Credit First Nation.

Today, the city of Hamilton is home to many Indigenous people from across Turtle Island (North America) and we recognize that we must do more to learn about the rich history of this land so that we can better understand our roles as residents, neighbours, partners, and caretakers.

Tuesday Meetings Open to Everyone

**Please come to enjoy and learn from
different speakers each month.**

**January and February meetings
On ZOOM**

Invite friends and colleagues to join you.



**January 20, 2026
ZOOM meeting 7:30 pm**

**Sharon Gallant
The FAB Foundation**

Through the power of sport and goal setting, FAB strives to help young girls become strong women at home, in school, and in the larger community.

Sharon started FAB in 2009 out of her passion to inspire girls facing poverty or other barriers to develop confidence and goal setting skills, one 5K run at a time.

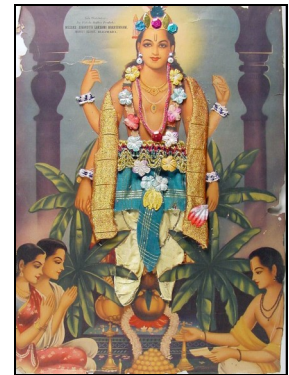
We will learn about how this organization got started and the impact its 5K Challenge Program has on girls in grades six through eight.

**February 17, 2026
ZOOM meeting 7:30 pm**

Bringing the ROM to You Queens, Goddesses, and Women of Influence

Four members of **ROMForYou**
will bring this collection of the ROM
to us in our homes.

We take a look at the allure of the
mysterious and powerful woman
through the lens of art, sculpture,
and special treasures in the
collections of the ROM.



From Cleopatra to
Marie de Medici,
we explore stories
of fascinating
women
across cultures.

March 17, 2026, 7:30pm

2026 CFUW Resolutions Intents

The Resolutions Committee will research the resolutions intents for the 2025 year. They will then be discussed and any amendments voted on at the March meeting.

First Unitarian Church, 170 Dundurn St. South



Emma and Graham Cubitt, after the
November meeting
**Creating Hopeful, Community-driven
Homes for Hamilton and Beyond.**

Finances

Cathy McPherson

The greatest gift we enjoy as part of an organization is the friendships and activities we are involved with. We have all of this with CFUW-Hamilton and more! Over the years we have been fortunate to have a legacy of treasurers who have helped to keep our club operating on an even keel. In May I joined this illustrious group, with Matthew Chmeil working behind the scenes to assist me in producing our monthly financial statements.



In September we received a donation to our scholarship fund from the Women's Canadian Club of Hamilton (WCCH) which sadly had to close their doors. This was followed by a generous endowment from long-time member, Marilyn Hill (President of our club from 2007-2009), who passed away on July 9, 2025. We now have a unique opportunity to do the important work in planning the long-term future of our club. Members are needed to join our budget/finance committee. If you are interested in this important work, please let me know.

Those who donated to our scholarship fund will be receiving a charitable receipt in early January 2026.

Scholarship Fund

Myrtle Greve

Many thanks to the members who generously added a donation to the Scholarship Fund in their annual fees. As a result of proceeds from the silent auction at the 100th Anniversary AGM, the remainder of the Florence Martin bequest, the contribution of WCCH and your donations, we have already reached the amount that we gave last year, when we increased our total awards from \$8,000 to \$11,000.



Thank you to Brenda Wright, Nancy Baker, and our treasurer, Cathy McPherson, who are this year's Scholarship Committee, which will be meeting soon to make a recommendation for the 2025-2026 awards.

To further raise money for the Scholarship Fund we are preparing for an exciting raffle of three beautiful items, so please start making a list of prospective winners. Please remember that you can donate anytime, and please consider following Florence and Marilyn's example by leaving a legacy gift in your will.

Membership Report

Judith Purdell-Lewis

A team has worked on membership this year. Joanne Curtis, Website/Social Media, kept track of the online renewals; Cathy McPherson, Treasurer, kept track of all payments, mailed cheques and e-transfers. That information was passed to me so that I could keep an Excel record of all members, those who renewed their membership, those who did not, and to add new members.



Last year we had 60 members, 7 did not renew their membership. We are delighted to report that we have 13 new members this year for a total of 68 members. You will see the names of the new members followed by NEW in the 2025-26 Directory. Let us welcome them at the general meetings and at any Interest Groups that they join.

CFUW Ontario Council News and Speakers Series Education/Action/Advocacy Annette Richardson



Formed in 1978, CFUW Ontario Council is a voluntary, self-funded, non-profit women's organization affiliated with the CFUW. Its members seek to improve public policy in education, the status of women and girls, environment, human rights, peace, and justice.

Women Leading Change

The Speakers Series (on Zoom) invites us to join four times per year to hear speakers who help us to understand the current issues that are pertinent for women. These speakers could be members of Parliament as well social workers, women working in construction or individuals who tell a life story! As one of our Ontario Council Reps, I have joined many of these events. I've learned from women in the trades and how they have difficulty getting jobs and how several of the female trade workers have been impacted by the scarcity of housing, especially in larger communities. A few years ago, Andrea Horvath spoke of IPV (intimate person violence), and how the Hamilton police are dealing with more and more incidents of this phenomenon, particularly some immigrant women, who having left their native lands, are writing articles about the escape from their partners. Some of these victims have joined CFUW to be able to gain stability in their new environment. **Any member of CFUW is very welcomed to join these events!**

The next event is on Saturday, November 29th, 2025, 10 AM to 12 Noon.

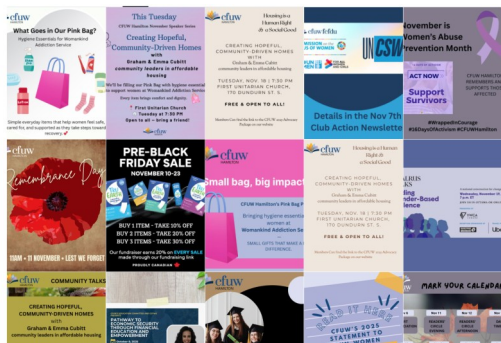
The Role of Patriarchy: Historical Perspectives and Current Issues

This is a free event but please register to attend. For more information and to register click [here](#)

Connecting Through Communications Joanne Curtis

CFUW National is supporting the digital efforts of clubs across Canada with a pair of practical webinars on **free design software**. These sessions highlight accessible tools—complete with short YouTube tutorials—that make it easy for any club to create polished online content. Links to both webinars appear below.

Hi, I'm Joanne Curtis, your volunteer webmaster and social media wrangler for CFUW Hamilton. I love turning ideas into pixels—it's creative, rewarding, and (shh) genuinely fun. Fun fact: I now run everything remotely from a cozy corner of rural Alberta, proving great content knows no postal code.



After several happy years at the digital helm, I'm ready to share the fun. **No tech wizardry required**—just curiosity and a willingness to experiment. We'll brainstorm together, split tasks to suit your schedule, and keep the commitment light and flexible. If you'd like to dip a toe into this creative role (or simply learn more), drop me a line. Your fresh perspective will help keep our Hamilton community vibrant, connected, and in the know.

Webinar links:

[Canva 102: Tips & Tricks for Working in Canva](#) and [Vistaprint 101](#)





The Friday Group meet to enjoy conversation and food. This fall at the RBG Turner Pavillion Tea House and at Doreen McKerracher's new home at Highgate in Ancaster.



Daytimers walk, bundling up as needed, and enjoy a warm-up somewhere afterwards.



The Dundas Valley Sunrise Rotary Club just finished the 5th Annual Socks & Skivvies campaign. In support of our charitable givings, I arranged direction for one of the bags of new items to be directed to Womankind, as happened last year as well.



Nancy Baker

Interest Groups for CFUW Members.

Held monthly in various locations or via Zoom.

Art Appreciation

Art Appreciation offers members the opportunity to visit local galleries, to study artists through papers given by members and to enjoy the company of the other members over the occasional lunch but always over art. Meets on the first Thursday of the month at 1:30 pm with some exceptions.

Jan. 29 *Note changed date.* Art Gallery of Hamilton, the last chance to enjoy the 130th Women's Art Association exhibit, the highlight being the "lost and found" Summer Poppies by the founder of the WAA, Clara Elizabeth Galbraith, 1864-1941.

Mar. 5 *Location TBA.* Member Janet Milne will tell us about her famous relative, Canadian artist David Milne (1882-1953). Milne developed a unique artistic style with works ranging from watercolor to oil. Largely self-taught, he was a contemporary of the Group of Seven. We marveled at some of his work during our recent visit to the McMichael Gallery.

Apr. 2 TBA

**Contacts: Myrtle Greve
Mary Barrette**

Bridge

Our fun Bridge group takes place on the 4th Thursday of the month at 1.30 pm in each other's homes. We welcome more members to join us.

Jan. 22 @ Norma Young's
Feb. 26 @ Carole Peter's

Mar. 26 @ Nina' Macintosh's
Contact Nina Macintosh,

Creative Writing

Creative Writing meets in members' homes on the third Wednesday of the month at 1:30 pm

Jan. 21, Alexandra Gall
Feb. 18, Barbara Ledger
Mar. 18, Rhoda Hassmann
Contact: Linda Helson

Déjà Lu

DEJA LU is a book group where each member reads a book of her choice on the given topic and gives a short report. The meetings are held on the 4th Friday of the month at 10 am at Alex Gall's.

Jan. 23 Tolstoy

Feb. 27 A mystery never read before

Mar. 27 A season

Contact: Alexandra Gall,

Daytimers

Walking to explore the natural and built landscapes of Hamilton and area, we meet on the second Wednesday of the month at 1:30pm. If time permits, coffee/tea will follow. Detailed info re meeting spot will be sent out before each walk.

Jan. 14 - T.B. McQuesten Park

Feb. 11 - Bruce Trail, Ancaster

Mar. 11 - Railtrail from Fortino's Main St. W.

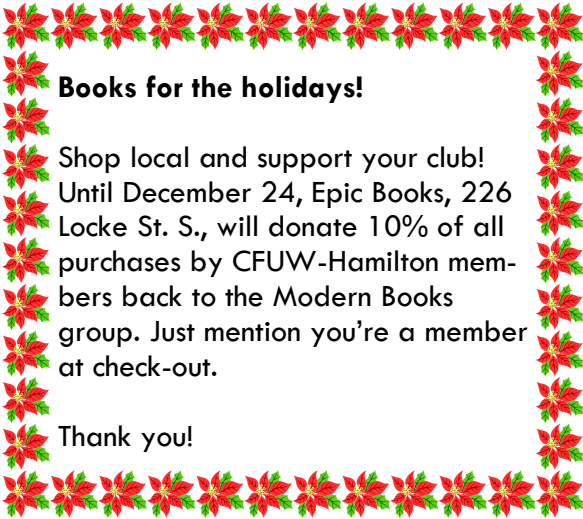
Contact: Jan Armstrong

Friday Group

We meet on the third Friday of the month at 12:30 in our members' homes. Over soup and sandwiches we have lively conversations with lots of laughs. Lately we have been hosted by one of our members at Highgate Retirement Home in Ancaster and will probably meet there for the foreseeable future.

December 19, January 16; February 20; March 20, Location TBA

Contact: Christine Gerth,



Books for the holidays!

Shop local and support your club!
Until December 24, Epic Books, 226 Locke St. S., will donate 10% of all purchases by CFUW-Hamilton members back to the Modern Books group. Just mention you're a member at check-out.

Thank you!

Modern Books

The Modern Books group will be meeting on Zoom at 7:30 p.m. for the winter season. We have a circulating library of current books and enjoy a couple of book reviews from members each month.

- Jan. 27, Full review, Cathy McPherson *Book of Lives* by Margaret Atwood
Mini Review, Barbara Ledger *The Homemade God* by Rachel Joyce
Feb. 24, Full review, TBA. Mini review, Trudi Down *Death at the Sign of the Rook* by K. Atkinson
Mar. 24, Full review, Lori Dessau TBA. Mini review, TBA

Contact: Brenda Wright

HEAL (Healthy Eating And Living)

A fun group that's about learning and practicing ways to stay vibrant and healthy. Along with discussions on health-related topics, healthy activities and good food, we have a dose of lively conversation and humour. We are a friendly, supportive group and meet on the 4th Monday, at 6pm unless otherwise indicated.

Jan. 2, 7 pm ZOOM Christine Gerth "An Evening in Paris" pictures and tales to thrill you!

Feb. 24, 7pm ZOOM Theresa MacDonald, Food For Thought - Literally! Slideshow presentation: the evolution of processed food; being an informed food shopper; how to eat healthy, worry less and have a good relationship with food..

Mar. 24, 6 pm Caroline VanHoevelaak Games Night and healthy treats

Contact: Heather Oliver,

Readers' Circle

There are two Readers' Circle book discussion groups; one meets on the second Tuesday of the month at 7:30 p.m. and the other on the second Wednesday at 1:30 p.m.

Tuesday evening group

Jan. 13, on Zoom, *The Paris Express*, by Emma Donoghue

Feb. 10, on Zoom, *One, Two, Three*, by Laurie Frankel

March 10, on Zoom, joint meeting of both groups, *How to Age Disgracefully*, by Clare Pooley

Contact: Barbara Ledger,

Wednesday afternoon group

Jan. 14, on Zoom, *Etta and Otto and Russell and James*, by Emma Hooper

Feb. 11, on Zoom, *The Paris Express*, by Emma Donoghue

Tuesday March 10 7:30 p.m., on Zoom, joint meeting of both groups, *How to Age Disgracefully*, by Clare Pooley

Contact: Sandy Gmell,