

CFUW Wolfville November 2025

Editor: Anne MacInnis

Facebook:

Canadian Federation of
University Women -
Wolfville

Website:

<https://cfuwwolfville.com/>

Important Dates:

**November 10 –
Advocacy Meeting**

**November 11 –
Remembrance Day**

**November 12 – RD
Standing Committee Mtg**

**November 13 – Archivist
Workshop**

**Nov 25 – Dec 10 – 16
Days of Activism**

**December 6 – National
Day of Remembrance
and Action on Violence
Against Women**

**November 26 – General
Meeting**



cfuw

Realizing potential.
For all women.



Our second meeting of the year took place on Wednesday, October 22, 2025, at the Wu Welcome Centre in Wolfville. Our guest speaker, Ginette Goulet, gave a most interesting talk on managing textile waste effectively. She told us about the research surrounding this environmental issue and gave us tips on how to thrift clothing, organize our closets, and reduce textile waste. She has been working with a number of people on the research of this topic. Fabric shredders would be very helpful in reducing textile waste to a level where it can be used for something else. Ginette has a monthly column in The Grapevine. Here is a link to the page on which you will find her column in the latest issue: <https://online.fliphtml5.com/cxhdl/sool/#p=11>

ARC Fall Gathering: Patricia Gallant attended this zoom meeting on behalf of the club and made a report on the community projects we had engaged in during the past year.

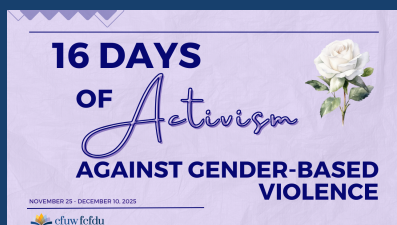
Crombie Update: They have a new procedure for leasing to Non-Profit Community Groups. Although we have submitted the necessary documents, their legal team needs to produce a document which I (Anne) can sign before we can get the key. Stay tuned!

Treasurer's Report: Pat Alexander thanked Ginette Goulet for her assistance in presenting cheques to some of our community organizations. She noted that we have 23 paid members so far. Pat



Enviro Depot at McConnell's in Greenwich: We have an account there, if you drop off your recyclable bottles/cans – you can designate our club as the recipient of the money you would have received for your recyclables.

National CFUW Website:
www.cfuw.org



presented her monthly financial report and noted a request for funding from the Terranaut Club. In addition, Christina Sappington has submitted a request for funding to help keep Self-Care programming for the Family Support Network. Pat will email members to solicit their thoughts on where the money should go.

Cathy Owens encouraged members to volunteer to process books at the mall when the space becomes available. Just come when you can and we will be grateful for your help.

Noella Basque, Membership Chair, reported that the Membership List is almost ready for distribution.

Program – Anne noted that our program is listed in our Club Pamphlets as well as on our website. Our speaker for November will be Debra Fendrik. A longtime resident of the Yukon Territory, she will share her experiences and stories of life in the Yukon. Be sure to invite a friend to hear this fascinating talk.

Helen Whidden encouraged members to sign up to contribute snacks for the social time at our meetings. Please let her know if you can help.

Advocacy – We met in November to discuss sending a letter drafted by the Halifax CFUW Club protesting the use of Omnibus Bills to push through several unrelated pieces of legislation without time to discuss or ask questions about how these laws will change life for Nova Scotians. We sent the letters to Premier Tim Houston, MLA Kings South Julie Vanexan, and MLA Kings North John Lohr. We will meet again to review the resolutions passed in the summer with a view to forming a plan for the coming year.

Status of Women – Linda Eyre presented a comprehensive report on articles pertaining to women around the world.

Interest Groups

Lit Wits – They discussed Kat Quinn's "Briar Club" at 2:00 pm on November 11th at St John's Anglican Church in Wolfville. Overall, members enjoyed the book and rated it highly. Our next book is by Jane Urquhart, "In Winter I Get Up at Night". We meet on the second Tuesday of the month.

Book Exchange Several people signed up. Everyone contributes one book. On a chosen day, everyone will pass their book to the next person on the list. Please contact Maxine McCuaig if you are interested.

Bridge Group Ann McG reported that the group meets on the first Saturday of the month at Wickwire. Everyone pays \$2 each and



Wickwire provides the refreshments. Please contact Ann if you are interested.

Creative Writing – Noella reported that they will meet on the first Friday of the month at the home of Jean Sutherland. Members will be writing a story with a cliff hanger...

Art – We will meet monthly at a specific location yet to be determined. Please contact Anne MacInnis if interested.

Theatre – Here is the link for the Cineplex New Minas Arts and Culture offerings: <https://www.cineplex.com/events/arts-culture>

1000 Shoebox Project

We will be taking part in this project once again this year. Catherine Sinclair is the Halifax chair of this initiative. She coordinates the collection of shoeboxes for distribution throughout the province of Nova Scotia. Volunteers prepare a shoebox filled with necessities and small luxuries for women on the very of homelessness. The shoebox is wrapped with festive paper but not sealed; the items are placed inside the box and collected in a designated spot. As we get closer to the Christmas season, they are distributed to shelters throughout the province. It is a very worthy project. If you are interested, please let Anne know. You can google the project:

<https://www.shoeboxproject.ca/chapters/halifax>

16 Days of Activism

National has distributed a kit for these 16 days of raising awareness of the need to quell violence against women and the plight of domestic abuse. There are several graphics we will be sharing on our Facebook page. In addition, we donate to Chrysalis House, and we will collect for them at our Christmas meeting – gift cards are encouraged because it allows the recipient to get what they need. We will also be sharing information on the event organized by Women and Gender Studies at Acadia University on December 6 – The National Day of Remembrance and Action on Violence Against Women.

This statement was in the kit:

The 16 Days of Activism Against Gender-Based Violence is an annual international campaign that begins on November 25, the International Day for the Elimination of Violence Against Women, and ends on December 10, Human Rights Day. It was started at the inaugural Women's Global Leadership Institute in 1991 and is one of the largest organizing strategies in the prevention and elimination of gender-based violence around the world.



Seniors' Golf Tournament

Winnie and MP Kody Blois



Pat and Ginette present a cheque to The Flower Cart Group

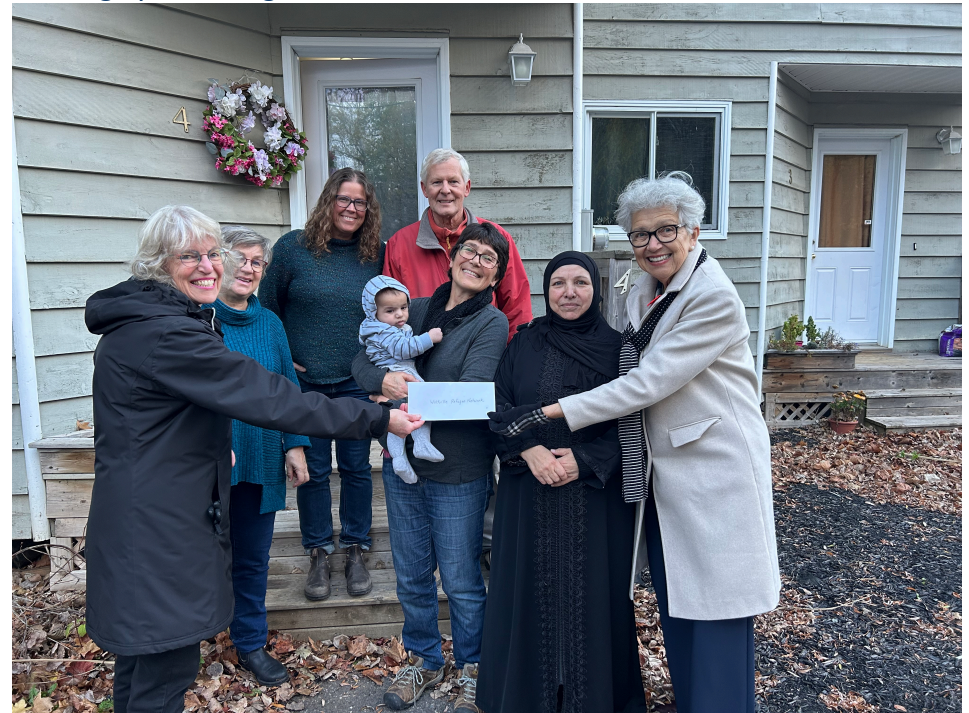
National Conference in July 2026

Anne is planning to attend. If anyone else is interested, please let her know.



Philanthropic

CFUW Wolfville member, Blanca Baquero, presented our cheque to Heather MacNally of the Wolfville Refugee Support Network. President Kate Sircom is pictured holding a baby and others include Nahed as well as other members of the organization. We support their important work to bring Syrian refugee families to Canada.



WEBINAR RECORDINGS



Webinar Recordings in National Club Action Newsletter

I encourage all of you to take a look at the recordings of workshops that have been offered by National recently. If you have an interest in making publicity posters, CANVA is extremely useful. Other recordings include a presentation on the Stephen Lewis Foundation. The links are embedded in the newsletter.

Writing Group

I hope you enjoy this lovely story written by Jean Casey.

The Christmas of my Childhood

By Jean Casey

In our family of twelve children, the thought of Christmas was filled with magic. To us it meant decorations, presents, good food and lots of excitement.

In early November, preparations began. As money was certainly an issue, my brothers went to the woods and river to set traps for fur bearing animals – mink, muskrat, beaver and the occasional weasel and rabbits. Every morning before school the boys went off to “check their traps”. If an animal was caught, the trap was reset, the animal taken home and put in the barn. After school the animal was skinned and put on a board to dry out. The market was good, especially for mink and ermine. This money enabled my brothers to buy presents for our parents and if we (the girls) were in their “good graces” at the time, for us, as well.

My sisters and myself helped our mother with the cooking, cleaning, and preserving. When my father slaughtered an animal, sausages were made from the blood, organs and intestines. It was an old Scottish custom to make maricans (blood or black pudding) and espan which was a white sausage made from sweets and oatmeal. These were quite good and sold at the local markets for a good price. Years later when travelling to the U.K. and Ireland (especially Scotland) these sausages were always found on the “Full English, Scottish, and Irish” breakfast menus. We were also expected to help mother with the baking – fruit cakes, shortbreads, date squares and plum pudding. Mincemeat was a big favorite of my father’s – so a large crockery pot was filled with mincemeat to make pies. These, of course, were all hidden away until Christmas week.

Early in December the school put on a Christmas concert. The hall was large and filled with people as everyone in the community attended. Carols were sung, a crib scene with students acting as Mary, Joseph, angels, shepherds, wise men, and if there was a new baby available, he or she would portray the Christ child. Following this, a small play would be done, much to the delight of the community. On December the twenty-third, my father was commissioned to go to the forest behind our house to get the Christmas tree. Mother who was an “expert” on nice trees gave very definite instructions on the type of tree we needed.

Off Dad went with a saw and an axe and with three or four of my brothers and sisters trailing behind him.

Being a rather impatient man, he usually wanted to cut down the first tree he saw, but we assured him at least three times, “Mom wouldn’t like that tree”. Finally, we reluctantly decided on one and dragged it home. Mom was not delighted with the selection but said she would “make do”. The tree then was put in the barn to dry off and it was erected on the afternoon of the twenty-fourth. Lots of excitement – all the homemade decorations from previous years – stars made from tops of cans, icicles made from tin foil, bright garlands and ropes from coloured paper and bells made of felt. All this carefully placed on the big tree.

After supper on Christmas Eve, all the older children went to midnight mass. Down we went to the church and joined with the choir to sing all the Christmas Carols.

One Christmas in particular stays in mind and fills me with nostalgia. We all came out of church as the service ended. The choir was still singing, and friends and neighbours were standing outside the church wishing one another “Merry Christmas”. It was a perfect Christmas night, the snow was softly falling, and I looked up at my Dad and his eyelashes were full of snowflakes. At that moment an unforgettable feeling of joy came over me and I thanked God for my rich life.

Needless to say, Christmas morning was the usual bedlam. Presents were opened and the fighting, tearing and the usual uproar that occurs in big families.

One wonderful present I received when I was nine years old was a pair of white figure skates. This was a memorable Christmas for me.

Mother was a wonderful cook. All our Christmas dinners were memorable. When the meal was over, we girls did the clean-up, while mom and Dad had a well-deserved rest. The boys went off to the barn to attend to the animals. The cows were milked, the pigs, horses, and chickens were fed.

Christmas day night, we all gathered around the big pot-bellied stove in the living room and played cards or board games that were our gifts.

Looking back now, I realize that we were an exceptionally lovely family.

