

CFUW Wolfville February 2026

Editor: Anne MacInnis

Facebook:

Canadian Federation of
University Women -
Wolfville

Website:

<https://cfuwwolfville.com/>

Important Dates:

January 26th – Interest
Groups workshop

February 25th – General
Meeting at 7:00 pm. Club
Night!

February 27 – 10:00 am
Board Meeting

March 8 – International
Women's Day

March 11 – Set-up day
for Book Sale

March 12 – Vendors 9-12
and Public 1-5 pm.

March 13 – Public 9-5 pm

March 14 – Public 9-2pm

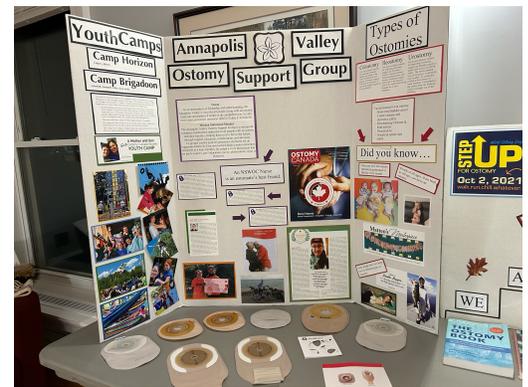
April 9 – last date to
submit to the Op-Ed
Challenge



cfuw Realizing potential.
For all women.

Our fifth meeting of the year took place on Wednesday, January 28, 2026, at the Wu Welcome Centre in Wolfville. We started the evening with a most remarkable talk by Blanca Baquero. She explained what ostomy is and then told her own story. We had science and art woven together to help us understand this condition. Blanca also provided an extensive display with handouts and posters. Other members shared their experiences with ostomy as well. Blanca submitted an article on her presentation which can be found in the "Writing Group" section of this newsletter.

The meeting was available on Zoom. Two members and three other interested people tuned in.



Treasurer's Report

Pat A shared her report and mentioned the many thank you letters we have received. She shared that more groups were requesting donations.

Convenor Reports

Projects/Fund Raising/ Publicity – Anne reported that book processing is continuing at the mall. The posters for the book sale have been printed and will be distributed soon.

Membership – Noella reported that we have 29 members. She will be promoting the club to other groups once the materials are ready to do so.

Program/Advocacy – Anne reported that we will hold Club Night in February. The Advocacy Committee will meet soon to discuss their next focus.

Social – Helen reported that she needs a few volunteers for treats for the February meeting.

Archives – Patricia G. noted that there was nothing new to report.



Anne, Marian, Noella, and Pat at Booking.



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.



Status of Women – Anne shared Linda Eyre's excellent report containing several articles including one on the building of an arena for women's hockey!

Interest Groups

Lit Wits – This group will meet on the second Tuesday of the month at St John's Anglican Church in Wolfville to discuss "The Book of Records" by Madeleine Thien.

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 The Bridge Group meets on the first Saturday of the month at Wickwire. Please contact Ann McGrath if interested. More players would be welcome!

Creative Writing – Noella reported that they will meet on the first Friday of the month at the home of Jean Sutherland. They have a different theme each month!

Art – We will meet in February at the Booking Site in the County Fair Mall. Enter by the door facing the NSLC, turn left and then left again. Pass Northern Reflections and we are across from the Charm Diamond Centre. Date to be announced.

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

Coldest Night of the Year

We have started to raise money in earnest. Three of us have posted our donor requests on Facebook and I posted one for the team on our CFUW Wolfville Facebook page. Pledges have started to roll in. Thank you to those who have sponsored us already. Here is the link to our team page: <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1038181&langPref=en-CA>

Spring Tea

After much discussion, we decided to try a tea rather than a luncheon in April. Anne booked the top floor of the Wolfville Legion for the event. The Legion has an extensive supply of dishes and decorations which will be helpful in the set-up. Our guest speaker is Julie Vanexan, MLA Kings South. This will take place on Wednesday, April 22 from 2:00-4:00 pm.

National Conference in July 2026

Anne is planning to attend. If anyone else is interested, please let her know. This will take place in Montreal from July 20-24, 2026.

CFUW WOLFVILLE BOOKSALE
DONATIONS WANTED!
 Nov 22 – Feb 28, 2026
 Tuesdays and Saturdays
 9:30–11:30 am
 County Fair Mall across the hall
 from Charm Diamond Centre
 Jewellery

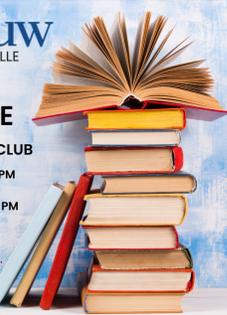


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WOLFVILLE

Proceeds to many local organizations!

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58TH ANNUAL BOOK SALE
 WOLFVILLE LION'S CLUB
 THURSDAY, MAR 12, 1–5 PM
 FRIDAY, MAR 13, 9–5 PM
 SATURDAY, MAR 14, 9–2 PM



PROCEEDS TO MANY LOCAL GROUPS, ACADEMIC AWARDS, AND INTERNATIONAL PROJECTS.

CFUWWOLFVILLE.COM

National CFUW Website:

www.cfuw.org

Book Sale News!

We are grateful for the increase in the number of volunteers at our Book Processing site at the County Fair Mall. Marian sent out a request for Set-Up Day volunteers, and I am sure she has had a good response. We will stop accepting donations at the end of February in order to prepare for the sale at the Wolfville Lion's Club in March.

Writing Group

Pat Alexander is our featured writer this month.

CFUW Creative Writing gave us the assignment of writing something based on a piece of art as inspiration. I chose a painting by Leonard Paul titled "Too Close for Comfort". Mr. Paul lives in Hantsport, is a talented Indigenous artist and was given an honorary degree at Acadia University.



I Watched the Pheasant

I watched the pheasant
 Watch the fox
 What instinct did alert her?
 She only showed the one keen eye
 The other was averted
 How odd of God
 To place one eye on each side of her head
 And then, to only make it worse, He circled them in red
 I watched the pheasant
 Frozen still
 The fox, with nose to ground,
 Deciphering the meaning of the varied scents he found
 I watched the pheasant stretch her neck
 And prayed with all my might
 That she would see that safety lay
 In swift and silent flight

How odd of God
 To make a bird that runs despite her wings
 And makes peculiar squawking sounds
 But never, ever sings
 I watched the pheasant
 Watch the fox
 And then I walked away
 Relieved to know that on that snow
 No blood would shed today

As promised, here is the article on Blanca Baquero's January 28th presentation on Ostomy at our General Meeting.

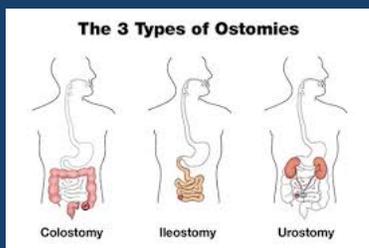
Ostomy

by Blanca Baquero

The guest speaker for CFUW's January meeting was Blanca Baquero and the title of her talk was "A Different Kind of Bag." It was indeed a different kind of bag!

In a nutshell, an ostomy is the result of a surgical procedure to redirect waste from the intestine to an opening or stoma located on the abdomen. Part of the intestine is pulled to the surface of the skin, creating a stoma, through which waste to be excreted. A medical appliance—an ostomy bag – is used to cover the stoma and collect waste. A person who has an ostomy is called an ostomate.

The first half hour of the talk focused on the different types of ostomies (colostomy, ileostomy, urostomy) as well as the medical conditions that require them, including colorectal cancer, Crohn's disease, ulcerative Colitis, trauma, diverticulitis, and injuries to the digestive or urinary tract. Blanca emphasized that an ostomy is a life-saving operation. People of all ages and all walks of life can become ostomates. These procedures are performed on newborns, teenagers, and adults alike. Increasingly, younger people are undergoing ostomy surgery due to a rise in inflammatory bowel diseases such as Crohn's and colitis. In the second half of the talk, Blanca shared her personal story. She described how sudden and excruciating pain led to the discovery of a perforated bowel in two areas and the urgent need for surgery. She explained how her writing played a vital role in her healing process. Words became stepping stones that helped her look inward, reflect, and document those first uncertain steps toward recovery. Equally important was the support she received from family, friends, and other ostomates, who provided the support, courage, and much-needed laughter during an extremely fragile time. Every day in hospitals in the Halifax area, ostomy surgeries are performed. According to Ostomy Halifax, approximately 40 operations





Blanca Baquero

take place each month. Across Canada, there are an estimated 200,000 ostomates—about one in every 200 people.

Support groups exist in all the province under the umbrella of Ostomy Canada. The psycho-socio issues for persons who have stomas are significant. Blanca is the Chairperson of the Annapolis Valley Ostomy Support Group, serving the region from Windsor to Annapolis Royal. Hand in hand with Ostomy Halifax and Ostomy Canada, her goal is to help end the stigma surrounding this life-saving procedure.

In addition, Blanca is a certified visitor in hospitals and homes. As she explains, “No one in the Annapolis Valley facing the challenges that being an ostomate entails should ever wonder where to turn for help, support or information. That is why we try so hard to spread awareness to the general public. For as long as I head the support group, this will be my main goal. Like we state in our pamphlets and brochures that we give out to the public: Know that you are not alone.”

National Opportunities

The Registration Link for this webinar is available in the January 30 Club Action Newsletter.

Start the Conversation: What Everyone Needs to Know About Heart and Vascular Disease

WE WELCOME MEN AND WOMEN OF ALL AGES AND ALL CULTURES

- Explore how Canada is working to **improve heart care for women** and diverse communities, and understand the impact of heart disease on Canadians.
- Learn what heart disease is and how it affects **men and women differently**, including the key signs, symptoms, and treatments.
- Discover simple ways to **keep your heart healthy and prevent heart disease**.

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 Date: February 11
 Time: 1:00 PM Pacific | 4:00 PM Eastern
 Location: Virtual Webinar
 Presented by: Marion Martell
 Women@Heart Program Ambassador, Canadian Women's Heart Health Centre, University of Ottawa Heart Institute

CANADIAN WOMEN'S HEART HEALTH CENTRE | NATIONAL ALLIANCE | CWHHA.CA | @CWHHAAlliance | HER HEART MATTERS WEAR RED CANADA - FEB 13

Attention all Writers! (From National)

Op-Ed Challenge 2026

The holidays can turn up the heat for women – especially if you are already having hot flashes.

Our toxic politics: A call for civility and respect
 "When current and incoming political leaders are so focused on self-interest and power, it's time to demand respect for our shared humanity." — [Author Name]

OPINION: Unaffordable or unattainable? Is Halton ensuring adequate housing options for our seniors?
 "More seniors need to be supported by housing options that are affordable and accessible." — [Author Name]

LETTER: Time has come to 'deinstitutionalize' seniors in Canada
 "We can't be fooled by language that tries to soften institutional care and make it palatable." — [Author Name]

OPINION: CFUW-Georgetown says Canada needs strong drinking water regulations now
 "Despite years of work, there are still 217 long-standing drinking water advisories in 38 provinces." — [Author Name]

Vernon women call for action against gender-based violence
 "Activist, author for Domestic Violence in the 2023-2024 Annual Report, that the number of women and children killed by their partners has increased 50% per year." — [Author Name]

Opinion: The human right to housing extends to Prince Albert
 "The human right to housing is a fundamental right that should be recognized and protected." — [Author Name]

(Pasted from Club Action Newsletter) We are delighted to announce the second iteration of the Op-Ed Challenge, from January 9, 2026, to April 9, 2026. For those of you unfamiliar with the Op-Ed Challenge, CFUW is challenging CFUW Clubs and members to write an Op-Ed and get it published in their local newspaper. This is an opportunity to write about something your club is passionate about and reach a new audience.

ALL CLUBS THAT PUBLISH AN OP-ED BEFORE APRIL 9 WILL BE ENTERED IN A DRAW FOR A \$250 VISTAPRINT GIFT CARD. The gift card can be used to purchase Club-branded promotional items/merchandise, which you can create with design and technical support from CFUW staff.

CFUW Wolfville

Our Next General Meeting will take place on Wednesday, February 25 at 7:00 PM at the Wu Welcome Centre. It is Club Night so we will be treated to the talents of our Interest Groups. We will be entertained by our talented Writing Group as well as other groups who wish to share. We will be collecting gift cards and donations for Chrysalis House at this meeting.

I hope to see you there!



