

CFUW Wolfville Summer 2026

**Editor: Anne
MacInnis**

Facebook:

**Canadian Federation of
University Women -
Wolfville**

Website:

<https://cfuwwolfville.com>

Important Dates:

September 19 – We have a booth at the Wolfville Farmer's Market to promote the club.

September 23 – General Meeting at Room 238, BAC.



**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.



cfuw Realizing potential
For all women.

Our June meeting and AGM took place on the 24th. We approved our budget for the coming year with the help of some proxy votes to ensure quorum. It was a beautiful evening, and we enjoyed social time after both meetings were completed. Our executive is comprised of new President Noella B., Vice President Debra F., Secretary Patricia G., Treasurer Pat A., and immediate Past President Anne M.. Helen W. will continue with Social with the assistance of Blanca B., Linda E. will continue with Status of Women, Heather PR will take on Membership, Cathy O., Noella B., and Anne M. will continue with Publicity and Patricia G. will continue with Archives. Programs and Projects will be managed by the Executive with help from the membership. Thank you to all who stepped up!

National Conference - Montreal

Anne attended this conference in July with the support of the club and the registration incentive provided to Regional Directors. She wishes to thank both the club and National for making this opportunity possible. It was wonderful to meet members from across the country but, in particular, the Atlantic Region contingent.



Front Row (L-R) Patti M., Grace S., Sharon C., Grace H., Karen D., Janet W., Beverly C. **Back Row** (L-R) Margaret M., Anne M., Gladys S., Margaret T.

National CFUW
Website:

www.cfuw.org



Kahsennenhawe Sky-Deer



Carla Fehr



Julie S. Lalonde



Na'kuset

Resolutions Passed at the National AGM

RESOLUTION #1: [Canadian Response to the Education Crisis in Afghanistan](#)

Proposed by CFUW-Ottawa

RESOLUTION #2: [Countering Disinformation in Canada](#)

Proposed by CFUW Guelph

Speakers at the National AGM (from AGM Program Booklet)

Speakers included **Kahsennenhawe Sky-Deer**, former Grand Chief of the Mohawk Council of Kahnawake. During her tenure, she secured a landmark partnership with Hydro-Quebec to deliver renewable energy to New York City.

Carla Fehr brought 25 years of professional and scholarly experience to her work on gender, race, and STEM. Dr Fehr spoke about “Gender and AI – Who Builds It, Who Benefits, and Who Gets Left Out”. She was able to show us that facial recognition AI is not reliable especially for people of colour. She cited cases where people were arrested and imprisoned due to faulty facial recognition tools. There is always an error rate, but it increases to almost 36% for identification of persons of colour.

Julie S. Lalonde is an internationally recognized public educator and women’s rights advocate. She spoke about gender-based violence, engaging bystanders, and building communities of support. Her memoir “Resilience is Futile: The Life and Death and Life of Julie S. Lalonde” won the 2020 Ontario Speaker’s Award and was named one of the best books of the year by CBC Books and The Hill Times.

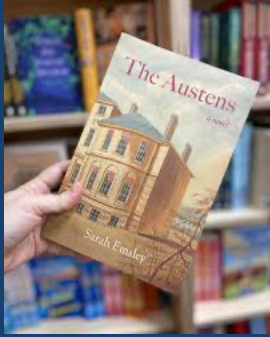
Na’kuset gave the closing keynote address: “Advocacy into Action: A Journey of Indigenous Resistance.” She is the Executive Director of the Native Women’s Shelter of Montreal. Throughout her career, she has received many honours, including the Montreal Council of Women’s Woman of Distinction award in 2014, the Paul-Gerin-Lajoie Award for Diversity, and the Women’s Y Foundation’s Woman of Distinction Award. She spoke of the journey to establish the shelter in Montreal.

Workshop: Great Governance & New Ways of Working

Together by Volunteer Ottawa. It was all about working collaboratively to achieve a mission. There was an emphasis on good governance and approaching leadership flexibly enough to allow organizations to continue to function with changed models of leadership.



Photo of all participants at the Montreal National CFUW AGM



Interest Groups

Lit Wits – This group meets on the second Tuesday of the month at St John’s Anglican Church in Wolfville to discuss the book they selected for that month. On October 13, they will meet to discuss “The Austens” by Halifax author Sarah Emsley. Helen W. is the convener.

Book Exchange At our September meeting, interested members will sign up to take part in this activity. Every participant buys one book to be placed on the list. Each month, participants will pass the book they read to the next person on the list. Maxine M. is the convener.



Bridge Group - The Bridge Group meets on the first Saturday of the month at Wickwire. Please contact A. McGrath if interested. **We need more players!**

Creative Writing – This group meets once a month. The convener is Noella B. More information will be provided to those who sign up and there is an article in this newsletter about what the group does.

Art – Pat A. will be leading this group for 2026-27. Members interested in painting, drawing, or other creative arts are invited to join. In the past, they have met to paint together, and they have also participated in Community Art Activities.

Theatre – For those with an interest in opera, here is the link for the Cineplex New Minas Arts and Culture offerings:
<https://www.cineplex.com/events/arts-culture>

New Interest Groups – We are always open to new ideas for interest groups. Other clubs have groups centered around cooking, eating out, walking, games, movie afternoons, etc. If you have an idea, please share it!



There will be a Fall Gathering in October on Zoom. All members are encouraged to register and attend. More

Heather



information will follow as it becomes available. Karen D. stepped down as VP Atlantic this year – she has served us well for many years and we are grateful for her leadership. The new VP Atlantic is Janet O. from the St John's club.

Heather Pineo Regan's Piano Recital

On Sunday, August 16 at 2 pm, a number of us attended Heather's piano recital in the Garden Room of the K.C. Irving Environmental Science Centre at Acadia University. The audience was enthralled and delighted with her performance of "Four Piano Blues" by Aaron Copland and Beethoven's Piano Sonata, Op.57, "The Appassionata." The sunshine streamed in the large windows as the music floated across the room. It was a very pleasant concert - congratulations to Heather on her stellar performance.

Creative Writing Group:

Another year of writing

By Noëlla Basque, convener Creative Writing Group

Word Weavers, CFUW Wolfville's creative writing interest group, ended another delightful and productive year on May 1, at Pat A's home. We are a group of avid (some would say, compulsive) writers who meet the first Friday of the month to share our stories. We choose a theme each month, but members can opt to present something else of their choosing. Increasingly, members accept the challenge of the theme and the range of takes from a simple topic seems to be limitless.

In April, inspired by the winter Olympic games, the Word Weavers chose to write about games. There was a true story about competing in games, a poem recalling games of childhood, a look back at a tradition of playing games, and a short story about "the games people play," filled with the excitement of budding romance and a surprise ending. As usual, members continued the conversation over tea and snacks. Sharing our stories lets others know us and the group has become more than a writing group. The members all look forward to each meeting, and the group somehow feels "less" when a member is absent.



Noella, Helen, Blanca



Noella, Anne, Blanca

The members of Word Weavers are allowed to choose whatever writing style they prefer or that they feel best fits their piece. We have heard poems, memoir, children's stories, commentaries, travel stories, and suspense. The group is a safe place to share and to try new genres or topics if the writer wishes. Members do not critique but instead, highlight the things about the presenter's work that were well done such as the use of imagery, compelling dialogue, or a novel approach to a story. Occasionally, they may offer suggestions such as developing the piece into a longer work. I believe that the members learn from each other and that the acceptance and encouragement of the other members allow each writer to try and present forms of writing that are new to them.

Many celebrated writers claim that to become a better writer, one must simply write more. The Word Weavers provides an opportunity for established and aspiring writers to hone that skill by offering themes and prompts and providing a safe place to share what they have written.

Our group has grown smaller this year since two members have been unable to participate for medical reasons and we would welcome any member who privately enjoys writing to join us in the fall. Maybe now is the time to share your secret love.

CFUW Wolfville

Our September meeting will take place on September 23 at the Beveridge Arts Centre (BAC), Room 238. If you enter by the doors facing the main street, continue down the hallway until you see an elevator on your left. Take the elevator to the second floor and from there you will find Room 238. Snacks will be available, but we are asking that you bring your own beverage - coffee, tea, or water - with you to enjoy at the meeting. This will eliminate the need for our Social Convenor to carry heavy thermoses and compostable cups to the meeting. Members will continue to sign up to provide snacks for each meeting as they have in the past.

