

CFUW Wolfville October 2026

**Editor: Anne
MacInnis**

Facebook:

**Canadian Federation of
University Women –
Wolfville**



Taleen and Debra

Website:

<https://cfuwwolfville.com>

Important Dates:

October 24 – ARC Fall
Gathering on Zoom,
1:30 pm

October 28 – General
Meeting, Room 238,
Beveridge Arts Centre at
7 pm



Our October meeting was lively and interesting. One of our Academic Award winners, Taleen, was our guest speaker. She presented her winning project – My Gender Autobiography – and talked about how her family shaped her as a young person growing up in Lebanon. Men are dominant in her culture and women are expected to be submissive – her father was the boss at home, and her mother was expected to cook, clean, and have no say in anything. The Arab culture is scripted when it comes to women – they are second class citizens in the 3rd World. She also spoke of her love for Heel Dancing, which is her love of movement and dance, but she lamented how social media sexualized this art form. Many members had questions for Taleen, and she answered them all with grace and keen intelligence. Debra presented her with a lovely bouquet of sunflowers as a thank you.

People signed up for Interest Groups after the break – the sign-up sheets will be available in October as well. All of the conveners presented updates and Noella shared Linda's excellent *Status of Women Report*.

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 Maxine has reached out to the people who signed up for this group. She has called a meeting at her home on October 13th at 1:30. Everyone has been asked to buy a book published in the past three years and bring it to the meeting. You need to let her know which book and whether you will be attending or not that day.





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



Anne, Noella, Heather, Helen (Patricia G took the photo)

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. They met on Friday, October 2 at the home of Ginette. The theme was “food” and lots of mouth-watering writing was shared. The November meeting will take place at the home of Jean C. on November 6th at 1:30. The theme will be “autumn.”

Art Appreciation– Pat A. will be contacting those who signed up to participate in a number of art experiences such as gallery openings, shows, Valley Art Workshops, and other art experiences.

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. Is anyone interested in a walking group?

Wolfville Farmers Market

On September 19th, Anne, Noella, Heather, Helen, and Patricia G. had a table at the Wolfville Farmer's Market. We talked to many people about our club and encouraged them to attend a meeting. We distributed club pamphlets and book marks, had several free book draws, and even had a popular candy dish available for patrons. It was time well spent.

Webinar with Zambian Author

As you know, CFUW National's International Service Project is to partner with the Stephen Lewis Foundation for 2025-2027 to support girls as they learn about sexual and reproductive health, rights, and well-being. It is hoped that they can help to protect them from early marriage, adolescent pregnancy, gender-based violence, and HIV infection, while reducing the impact of caregiving responsibilities. The poster for a Zambian author is on the next page and you can register using the QR code.

At the heart of this conversation are two interconnected themes: the power of women's voices and the importance of creating conditions in which women and girls can exercise agency over their own lives, health, and futures. Through literature, advocacy, and community-led action, we will explore what it means to break cycles of silence and inequality—and how supporting women and girls to be informed, healthy, safe, and empowered can create lasting change for individuals, families, and communities.



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REGISTER HERE



CFUW's annual International Service Project (ISP) 2025-2027 presents:

A webinar evening with

Mubanga Kalimamukwento and the Stephen Lewis Foundation



Moderator

Hon. Marilou McPhedran
 Former Canadian Senator



Linda Sestock
 President CFUW



Meg French
 Executive director of the Stephen Lewis Foundation



Mubanga Kalimamukwento
 Zambian novelist

October 7th

7pm EST on Zoom



Stephen Lewis Foundation



GOAL
\$15,000.00



Donate Now!





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ATLANTIC REGIONAL COUNCIL

There will be a Fall Gathering on October 24 at 1:30 on Zoom. Noella sent out the poster in September, and all members are encouraged to register and attend. The registration link is:

<https://us02web.zoom.us/join/Hox1kDHiQdygH3JlvyTtmA>

 **CUFW fefdu** Realizing potential. For all women.
Le potentiel pour le succès.

CUFW Atlantic Region Executive

JOIN US AT OUR VIRTUAL FALL GATHERING
Oct. 24, 2026 1:30 - 4:00 pm AT (2:00 - 4:30 pm NL)

Please Register for the Zoom link with Order by 23st:

Registration: <https://us02web.zoom.us/j/zoommeeting?secretKey=31dH0yqldgYd31ytmk>



1. Welcome
 - a. Land Acknowledgement
 - b. Introductions – 2024-2028 Executive and Club Roll Call
 - c. Brief review of ARC History & Purpose
2. Shaping CUFW’s Brand in the Community – Successes & Ideas
 - a. Worthville, Fredericton & St. John’s clubs to share their experiences
 - b. Q & A and sharing of ideas from all participants
3. Club Refresh Table
 - a. Clubs to Highlight their 2025-26 and Plans for 2026-27
 - b. Club Zoom programs – sharing invitations
4. ARC Executives Update
 - a. ARC AGM 2027 & CUFW AGM 2027 – both Virtual

Choosing Remarks



Pat Alexander

Creative Writing Group:

Our featured writer is Pat A.

Tea and Daisies

The daisies I picked are sitting on the counter waiting to be trimmed and arranged in the plain white vase I have filled with water. The late June sun is filtering through the kitchen gingham as I set the kettle to boil. The beginning of Summer and the air smells sweet with Mock Orange. It is not often that I have the chance to sit by myself in the garden with a cup of tea. Today it is a treat and I promise myself to neither rush the hour nor waste it worrying about things I am leaving undone.

I take down the tea tin and decide on herbal peppermint. Peppermint tea reminds me of my dear friend, Carol. It is her favourite. Carol is a very intelligent woman with a voracious appetite for books. I picture Carol with her cup of tea and a copy of the latest Louise Penny book on her lap. I shall invite Carol for tea tomorrow, I think.

The kettle whistles at me and I select a beautiful bone china mug with hand painted violets and real gold trim. The violets remind me of another dear friend. That friend, Andra, has a wonderful talent for planting flowerpots. She doesn't restrict herself to conventional pots though as any container may find itself conscripted into service in her arbour. Last summer, I especially loved her enamel basins filled with Johnny Jump Ups. And the yellow rubber boot she planted with red geraniums sat happily by her backdoor in cheery welcome. I shall invite Andra to tea tomorrow, I think.





I open the drawer to my china cabinet and pull out my tea tray. I arrange the tea pot and mug on the tray and then catch sight of the white lace doily my sister gave me last year. The doily caught my eye on a shopping trip she and I took to Mahone Bay. How sweet to find it tucked into my birthday gift from her six months later. I shall invite my sister to tea tomorrow, I think.

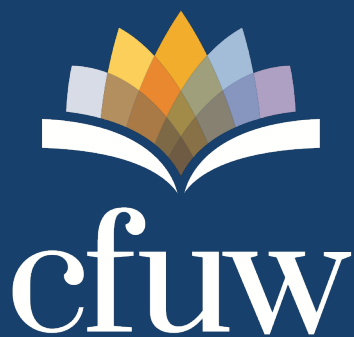
I pick up the teapot and pour out the tea. The aroma is light and clear, and I breathe in the fog that rises from my cup. I take a small sip and let my back rest against the back of my chair. Isn't it wonderful to have this quiet moment alone.

And then the thought occurs: I have not been alone with this tea at all. The spirit of kinship has sat with me this morning.

There is a ritual to tea that brings the spiritual into my daily life. Choosing the tea is an act of reflection. What am I thirsting for? Steeping the tea is an act of patience. What can I learn from simply waiting for a moment to arrive? And finally serving the tea which is an act of tradition. Am I special occasion enough for bringing out the good china?

A few tea leaves lay scattered at the bottom of my cup. The shape of one suggests two small straight leaves within a circle and I "read" the leaves as portraying the shape of a clock. There within the tea itself is more confirmation that I am being encouraged to "take time" especially for tea.





CFUW Wolfville

Our October meeting will take place on October 28th at the Beveridge Arts Centre (BAC), Room 238. Our guest speaker is Emily Kennedy, and she will be speaking about Climate Change in Nova Scotia. Snacks will be available for the break, but we are asking that you bring your own beverage - coffee, tea, or water - with you to enjoy at the meeting. Members will continue to sign up to provide snacks for each meeting as they have in the past.

Fall Advocacy Package

We received a link to the Fall Advocacy Package in the October 2 Club Action Newsletter from National. Here is a message that they printed with the link:

A note on resolutions:

CFUW members are encouraged to act on resolutions according to the desire and capabilities of their Clubs. There is no expectation or requirement of a CFUW Club to act on any, or all, of the resolutions listed in this Fall Advocacy Package. Each Club can focus on the activities or causes that speak to them and that are relevant to their communities. If one of the resolutions that have passed fits with the Club's current focus, CFUW National has resources available in all of our Fall Advocacy Packages and in the Member's Drive to assist.

Integrated Care Zoom – Oct 2 Club Action Newsletter

SENIORS FOR SOCIAL ACTION (ONTARIO)
Presents

**POPULATION-BASED INTEGRATED CARE:
IMPLICATIONS FOR SUPPORTING AGING AT
HOME AND IN COMMUNITY**

Thursday, October 15, 2026 2:00 - 3:30 PM

With
DR. ANNE WOJTAK
Lead, East Toronto Health Partners (Ontario Health Team)
Adjunct Faculty, University of Toronto Institute of Health Policy, Management,
and Evaluation

Co-author with Jodeme Goldhar of a recent paper entitled "A Framework for
Sensemaking and Advancing the Continuum of Integrated Care:
From Condition-Based Pathways to Population Health"
<https://pubmed.ncbi.nlm.nih.gov/42010380/>



Ontario's health care system is, increasingly, moving towards an integrated care approach where the health and social services sectors work together collaboratively to provide a holistic system of support.

This is an important webinar that will focus on emerging best practices and describe necessary policy shifts that enable greater integration of services to support older adults to continue to live in their own homes and communities.

TO REGISTER FOR THIS FREE ZOOM SESSION PLEASE E-MAIL
seniorsactionontario@gmail.com with your name and where in Ontario you live by
no later than October 12, 2026.