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March/April 2024 CFUW Fredericton Newsletter

A Message from the President

Welcome to Spring! Spring is a hopeful time of transformation. We see the change in light; feel the warmth of the sun, and yes - start to transform our empty spaces into book collection spots.

CFUW Fredericton has taken on a sense of transformation by recognizing we are in a position to develop **three new \$1000 scholarships**. After emerging from the pandemic with cautious hopes for a simple return to the annual book sale, the overwhelming response to our last two book sales has enabled the development of the three scholarships. With another book fair in late May, let's keep the momentum going! We also are in the position to do a bit of boasting, show our pride in who we are and importantly, come together to **celebrate our 80th anniversary this fall!** We have a lot of planning to do and we know we do that well!

Keep an eye out for requests to join the planning committee - guaranteed it will transform the way you view a group who works together - you will experience firsthand the strength of women working together!

Shelley Delano Parker, President (sparker@unb.ca)





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Please join us, **CFUW Fredericton**, for a talk with
Alex Boyd

CEO of Greener Village, Fredericton Food Bank

Let's Thrive Together: Reimagining how Food Works

The Greener Village Foodbank serves over 1,900 client families monthly. They customise roughly 10% of grocery boxes, if possible. More than 1 in 3 of clients are children/youth and 1 in 10 seniors. They also provide a Learning Kitchen, training workshops and partnerships with over 35 community organizations located in the Fredericton area.



Date, time and location: Thursday, March 28, 1:30 pm at the Lounge of the Christ Church Parish Church on 245 Westmorland Street, Fred.

The foodbank is in need of white flour for bread baking. Please bring a new bag, if you can.



All are welcome!



CLUB News Meetings

On Thursday, **April 25**, we will have our last regular business meeting of the season. In May we will hold our used book sale and in June our Annual General Meeting. All meetings are held at the Christ Church Parish Church Lounge, 245 Westmorland Street, starting at 1:30 pm.

All are welcome!

Annual Webinar

Our annual Webinar is scheduled for **April 10**. The Webinar speaker is **Dr. Suzanne Dupuis-Blanchard**. Dr. Suzanne Dupuis-Blanchard is a full professor at the School of Nursing of the Faculty of Health Sciences and Community Services at the University of Moncton. She holds the Health Research Chair in Aging Populations and is director of the Center for the Study of Aging. She is the immediate past president of the National Seniors Council, advisory body to the federal government (2017-2022) and was president of the Canadian Association on Gerontology (2014-2018).



Dr. Dupuis-Blanchard started out as a community health nurse in the city of Ottawa and is now a research professor. Her research program focuses on multiple aspects of home care for older adults, including interventions to support aging in place through the development of the **Nursing Home Without Walls**.

The details of her talk will be announced later. The Webinar will start at **7 pm Atlantic Time** and you can **register via Eventbrite (free event)**. Once you have registered we will send you a Zoom link. Or you can contact us directly, either Bo baukjemedema@gmail.com or Wendy wjohnston2149@gmail.com or cfuwfredericton@gmail.com and <http://cfuwfredericton.com>

Stay tuned!



Membership News

We are very pleased to welcome several new club members in the last 12 months.

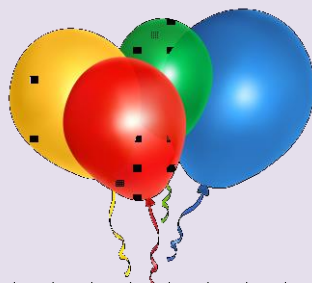
Deborah Pyne-Young

Deb returned to the Oromocto area after a few decades being away. She graduated from Oromocto High School but as a military dependent, she was exposed to travel and relocation frequently. She enjoyed the adventure associated with such a lifestyle. Now retired from an interesting nursing career, having



worked as an Outpost, Public Health, and School Nurse (never bored!), she keeps active and engaged in personal pursuits - reading, adaptive yoga, walking and exploring with her therapy dog, Daisy, family historian and personal memoir work. In addition, she is involved in community and charitable services. Education has been the cornerstone of elevating her career and made her a lifelong learner. She earned an AAS, RN Diploma, DOCHN, BSN and MSED (she loves seeing all those letters!) She encountered CFUW when a small chapter in NS gave her a Bursary when studying for her BSN at Dal as a mature student, and never forgot that kindness and

support. Deb is ready and willing to "pay it forward" and is pleased to be part of CFUW Fredericton. Deb married a Mainer, loves PBS and CBC and always puts too many "miles" on her 4-cylinder economical cars, has never owned a new car, has been recycling since 1990, makes a wicked vegetarian lasagna, loves to dance, loves coffee and a proper English Tea. **Welcome Deb!**





Eleanor Murray



Eleanor was born in Pictou, N.S. and her Dad was a farmer. The family moved to BC when she was young, but after a year the family moved back to N.S. to the town of Yarmouth. She lived there until her marriage. After her marriage she and her husband moved to Fredericton. Eleanor worked as banquet and convention manager until her first baby was born. She tragically lost that baby, but after that tragedy, she had 2 more boys. She was a stay at home mother until the children went to school. For the next 20 years she worked as Executive Sales Manager with Weekenders Ladies Wear. Currently she is employed as Director and Independent Associate with a

Canadian Neuro Technology Company that provides drug-free alternatives for health improvement. When Eleanor learned about the goals of CFUW Fredericton, she was happy to join and she felt very welcomed. **Welcome Eleanor!**

Linda Aitken



Linda has lived her entire life in Upper Kingsclear but was educated and worked in Fredericton. She is a retired RN having worked 40 years in the Emergency Department. She graduated from a three year nursing diploma program at the Victoria Public Hospital School of Nursing and later obtained a Bachelor of Nursing from the University of New Brunswick. Her interests and pastimes include reading, crafting, genealogy and gardening.

She is the archivist for the VPH Nursing Alumnae and maintains records, scrapbooks and photos. She also volunteers for Kings Landing where she is scanning their collection of old photos for the last three years. She is also a member of a group called *Project Share I Care* which collects necessities for hospital patients with limited family support, awaiting long term care placements.



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Monthly Luncheons

February Lunch



March Lunch

A large group of our members came out for the March lunch. Needed two tables!





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International Women's Day March in Fredericton Several of our members attended.

<https://equite-equity.com/en>

<https://www.frontnb.ca/>



CFUW Fredericton provides financial support for the NB Coalition for Pay Equity.



Scholarship Winners 2023-2024

Jean Campbell Argue Memorial CFUW-Fredericton Scholarship
(\$6000.00)

Mana Mahmoud Zadeh, UNB

Fredericton



Mana is a 3rd year biochem student at UNB in pursuit of a career in dentistry. Currently she works as a lifeguard/fitness instructor and a volunteer at the YMCA in Fredericton.

In her free time she likes to go for runs, cook and read books about science and psychology. She is also a peer mentor and the President/founder of UNB pre-Dental Club.

Mana and her family moved from Iran to Canada (Fredericton) in 2018.

Congratulations Mana!



CFUW-Fredericton 75th Anniversary Scholarship (\$2000.00)

TABITHA MASTERS

Miramichi, NB

BEd, Early Childhood Education, University of New Brunswick



Tabitha is from the Miramichi, and just finishing her first year of UNB's BED in Early Childhood Education. Prior to attending UNB she completed a 2 Year diploma in ECE. Her goal is to teach elementary school with plans to achieve her MD in Education. Tabitha is grateful for the amazing donors and the people at CFUW Fredericton for offering her the scholarship!



Congratulations Tabitha!



Marjorie Barberie Logue CFUW Fredericton Scholarship
(3 awarded, \$3500.00 each)

Alana Smith
Bachelor of Nursing, Year 3
University of New Brunswick



Alana is originally from Penetanguishene, On., and now resides in Woodstock.

She is enrolled in the UNB Bachelor of Nursing program and on the Dean's list. Before she enrolled in UNB Nursing, she earned a BSc in mathematics, with distinction, from the University of Windsor.

Her passion is helping and caring for others lead her to this program and she aims to become a Nurse Practitioner.



Congratulations Alana!



Marjorie Barberie Logue CFUW-Fredericton Scholarship
(3 awarded, \$3500.00 each)

Katerina Paul
Esgenoôpetitj First Nation
BED Year 3, University of New Brunswick



Katerina is passionate about reconnecting to her Mi'kmaq roots and bringing that back into the classroom. Especially after the birth of her daughter she felt the need to reconnect with her culture, through song, dance, stories, and teachings. This motivated her to continue in her studies so she can share this knowledge with future generations in her classroom!

Congratulations Katerina!



Did You know?

WAGE GAP

Pay inequity contributes to the **wage gap** and unfairly reduces women's options. According to Statistics Canada, NB women earned 91,6 cents per dollar earned by men for each hour they worked in 2019: Average hourly rate for MEN: \$28.56
Average hourly rate for WOMEN: \$26.22

Living Wage

A **living wage** for Fredericton is \$23.45 per hour; Saint John \$21.60 p/h and Moncton \$20.85 p/h.

The New Brunswick minimum wage will go up by \$0.55 on April 1 to \$15.30 p/hr. Most minimum wage workers are women.

See the website of <https://equite-equity.com/en> for more information.

"Do not wait for someone to come and speak for you. It is you who can change the world".

Malala Yousafzai
Pakistani Activist for Female Education



**Please do not hesitate to invite a friend to join
CFUW-Fredericton! <http://cfuwfredericton.com>**

This newsletter was prepared by Bo Miedema