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## CFUW Fredericton Fall 2025 Newsletter

**Dear CFUW Fredericton Members,**

Welcome to Fall! It is a wonderful beginning to what looks like a fun, busy, gratifying and productive year!

We have had a chance to get together in September where we met new members and rekindled old friendships. Our committee conveners presented their current membership (and asked for more), as well as their schedule of events for the Fall and Winter months. From the Book Club, through to the Program and Advocacy Committee, plus all others, we are going to be educated and well informed regarding everything women need to know about what makes a difference in our community, and the role we play in it.

We are starting off with a bang with an active Majhong group, the knitting group starting up in November, luncheons, and the Book Club, to name but a few. 16 Days of Activism will take center stage in late November with our city and a few key organizations lighting up the sky in purple - showing their support in helping us work towards bringing attention to end intimate partner violence.

I am proud to see each of you come together on our meeting days. It is the knowledge of the strength we each bring to our chosen committees as well as to the group in general that makes the difference. Going forward, we will continue to forge the bonds that identify us as the well respected women's group making the difference to so many other women who benefit from our work.

Happy Fall everyone,  
Shelley Delano Parker, PhD., President, CFUW Fredericton



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## National and Regional Activities

### National AGM July 11, 12, 2025

It was my pleasure to represent our Club at the national AGM in July, as our President was unable to attend. The meetings were held via Zoom this year, and had a theme of "Women Standing Strong". On Friday night the Welcoming Ceremonies were held and 135 participants from across the country joined our President, Linda Sestock. Anne Cordon, Membership Chair, spoke about the clubs who had increased by 10% or more members. This included our Fredericton club who has received a certificate citing our 16% increase in members from 2023-24 to 2024-25. Grace Hollett, chair of the International Relations Committee, spoke about the international projects and awards over the last year. Five clubs received Special Projects awards.

A highlight of the evening was a play starring 3 New Brunswickers in period costumes, about a NB woman, Grace Annie Lockhart, who was the first woman to graduate from Mt. Allison University in Sackville in 1882. Grace Annie made such an effect that it wasn't until 1882 that another woman was allowed in a degree program! On Saturday the Business of the national organization was conducted, followed by special speakers, including Rachel Loewen Walker from the Treaty 6 Saskatoon Territory,

Pam Ocherle, who has been involved in efforts to end Gender-based Violence and Christina Smith, representing women in Municipal government. Key questions were posed to each of them. In addition, the 7 Resolutions, previously circulated to and voted on by clubs were all passed.

Next year the AGM will be an "in-person" conference to be held in Montreal July 20 to 24 th , 2026. All members are eligible to attend, so it would be great to see a carload or two from our club make the journey.



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### **Atlantic Regional Council (ARC) October 18, 2025**

Both Linda Aitken and I attended this Zoom meeting, along with 18 or so others from the 5 other clubs in the Region. V-P Atlantic, Karen Dunnett, chaired the meeting. She related/displayed the Vision which has some new wording: "Women and girls are educated and empowered to make transformative change in the world"

Karen also gave a bit of the history of the clubs in this region including the start of the Fredericton club in 1946, the Halifax Club in 1948, and the Moncton Club in 1953. She indicated that the Regional per club member fee was set at \$2 in 2003 and has remained at \$2 since, including the current 2025-26 year.

There were two discussions held, the first was led by St. John's member, Gail Scott. The work in the break-out groups centred around communication and cooperation among the clubs in the four Atlantic provinces. The other topic was on "Club Outreach" and we heard about the many current projects of CFUW-Moncton, CFUW-St. John's, and CFUW-Wolfville.

The next meeting, the ARC AGM, will be held on April 25, 26, 2026 again on Zoom. Once more it should be noted that any member can attend a meeting of the Atlantic Regional Council, where you would meet many of the very active, friendly CFUW members in this region.

Submitted by Jean Fisher



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## CFUW Fredericton Activities

### CFUW - FREDERICTON

#### AT THE 2025 HEALTHY AGING EXPO

On Saturday, October 18 th CFUW Fredericton joined over fifty other exhibitors in the FHS Cafeteria for the City of Fredericton's Healthy Aging Expo: Connect with Your Community.



It's our third year participating in this annual event organized by the Fredericton Recreation Department and Age Friendly Fredericton. The event featured

information booths from a wide variety of senior services and organizations in the recreation, education, social, safety and health fields. It was great visibility for our club, an opportunity to reach out and tell

people about who we are and what we do. Volunteers Anne Soucy, Linda Aitken, Edye Besner and Wendy Johnston enjoyed connecting and reconnecting with other exhibitors, visitors and friends of the club.



October Luncheon at Sam Snead



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## CFUW Activities continued...

**Thursday, November 27:** Next General Meeting, Thursday, November 27, starting at 1.30 pm in the Christ Church Parish Church Lounge, Westmorland Street, will feature guestspeaker **Sara Herman** from the organization "**We are here for You**" <https://werehereforyoucanada.ca/>.

*This organization provides essential comfort kits, clothing, and support to survivors of sexual assault after a medical exam, our mission is to ensure dignity, compassion, and hope for every individual on their path to recovery. We offer immediate, free services to those who seek care from a Sexual Assault/Forensic Nurse Examiner following Intimate Partner Violence, Family Violence, or Sexual Assault. No police report is required—our priority is your well-being, ensuring you receive the medical treatment you need with the dignity and respect you deserve. You HAVE options!*

**Wednesday, December 10:** Christmas/Hanukkah lunch at the Fredericton Motor Inn, starting at noon. We will collect donations for the program "**Share I Care**" project spearheaded by our member Linda Aitken. She is interested in the following items: Word search books, Body lotion, Soap, Deodorant, Lip balm, Toothpaste, Tooth brushes, Combs, Brushes, Denture tablets, Warm blankets, Teddy bears, Gripper socks, Mints/candy/chocolate and "...if any children would like to donate art work, cards, etc, we would definitely find recipients."

**Friday, December 12:** Happy Yappy Appetizer Social at Ruth's place. You will get an invitation closer to the date with detailed information.

**Thursday, January 22:** Combined meeting starting off with a guest speaker (TBA) and the second half will be a General Meeting at the Christ Church Parish Church Lounge, starting at 1.30 pm.



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The **Education and Scholarship Committee** had a meeting in early September to tweak the Dr. Nora Ni Chuiv Graduate Scholarship (UNB) description. The new description of the scholarship reads as follows:

***Dr. Nora Ni Chuiv CFUW Fredericton Graduate Scholarship***

Field: STEM, Value: \$3,000, Duration: 1 year

**Conditions:** Awarded to a female Masters or PhD candidate who is a full-time research-based student in a STEM field; preference to a student in financial need on the Fredericton campus of the University of New Brunswick. Recipient must be a Canadian Citizen or Permanent Resident who resides in New Brunswick. The award can be held in conjunction with other awards.

This has been submitted to UNB and will have to be reviewed by the UNB Senate.

**COME JOIN US! BECOME A CFUW FREDERICTON MEMBER AND...**

...Make new friends

...Engage in lifelong learning

...Support women's education, community outreach and advocacy

...Realize the power of women working together

...Get involved in one or more of our committees, special interest groups or activities

**Committees:**

- Education and Scholarships
- Libraries and Creative Arts
- Programme and Issues/Advocacy
- Membership and Membership Engagement
- Publicity and Public Relations
- Book Fair

**Special Interest Groups & Activities:**

- Book Club
- Mah Jongg Group
- Knitter's Group
- Luncheon Socials
- Appetizer Socials



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Our local club, founded in 1944, is one of many across Canada affiliated with the Canadian Federation of University Women, the national organization created in 1919 to unite university-educated women and promote their involvement in education, public affairs, and social justice. We now welcome all women who support our beliefs and purposes. University or college experience is NOT a requirement. Check out one of our monthly meetings with a guest speaker, or take part in some of our group activities. For more information, see / contact us:

Deb Pyne-Young, Membership Convener, Website: [www.cfuwfredericton.com](http://www.cfuwfredericton.com) Facebook: CFUW-Fredericton and Email: [frederictoncfuw@gmail.com](mailto:frederictoncfuw@gmail.com)





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## 2025-2026 4 out of 19 annual Scholarship Recipients



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NBCC

CFUW Fredericton Scholarship (\$1000)

### Macy Jenkins

Macy graduated from Minto Memorial High School. She enjoys singing, playing the guitar, mandolin and piano at various country shows across the province, including the New Brunswick Country Showcase at the Fredericton Playhouse. She recently joined the Dave McNeill Band.



As a first-year student Macy is grateful for the financial support the scholarship provides her feels it will inspire her to continue working hard to achieve her academic and career goals.



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NBCCD

CFUW Fredericton Scholarship (\$1000)

### Natasha Martin-Martell



Natasha is a Mi'gmaq woman from Listuguj First Nation. She is in her 2<sup>nd</sup> year of Fashion Design. She is a strong advocate for Indigenous women and serves as the lead for the Mawiamalgatijig / Mawokatine Indigenous Dance program for youth.

Natasha is deeply passionate about using fashion as a storytelling medium, weaving together her cultural heritage and creative vision.





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### Scholarships continued.....



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St. Thomas University  
CFUW Fredericton Entrance Scholarship \$2000

#### Annaclare Culberson



Annaclare graduated from Leo Hayes High School from the class of 2025 and she is pursuing a Bachelor of Arts with the intention of majoring in Psychology!



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St. Thomas University  
CFUW Fredericton Scholarship (\$2000)

#### Beatrix Culligan



Beatrix Culligan is a fourth-year student at St. Thomas University. She is honoring in Psychology and focuses on eye-movement research. She plans to continue her education after this degree. When she's not working or doing schoolwork, she loves to read and spend time with her dog. She is extremely thankful for the opportunity CFUW Fredericton has given her!



Congratulations Beatrix!



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**16 DAYS**

**OF**

*Activism*

**AGAINST  
GENDER-BASED  
VIOLENCE**



NOVEMBER 25 -  
DECEMBER 10, 2024



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## 16 Ways to Take Action:

*From CFUW's National 16 Days of Activism Information Package.*

1. Write to your city's Mayor urging them to light City Hall/public buildings in purple or orange throughout the 16 Days to raise awareness about gender-based violence. Download a template letter for CFUW Clubs [here](#).
2. Donate to or volunteer at a women's shelter, sexual assault or crisis centre, or an Indigenous women's support centre in your community.
3. Read the National Inquiry into Missing and Murdered Indigenous Women and Girls' Calls for Justice [here](#) and consider how you can act on them.
4. Wear purple on November 25, International Day for the Elimination of Violence Against Women, to raise awareness.
5. Call out gendered violence when you see it: counter victim-blaming and the idea that it is women and girls' responsibility to avoid "dangerous" situations. Read this resource on "[How to be an Active Bystander in 6 Steps.](#)"
6. Wear a [white ribbon](#) and plan or attend a vigil on December 6, National Day of Remembrance and Action on Violence Against Women.
7. Write a letter to your representatives urging them to stand against violence against women, harassment, and toxicity in politics. Download a template letter [here](#).
8. Write an op-ed or letter to the editor in your local media outlet to raise awareness about gender-based violence and ways to combat it.
9. Support survivors of gender-based violence. Tell them "I believe you" and "this is not your fault." Learn more about identifying the signs of relationship abuse and how you can help [here](#). Learn about the [hand "Signal for Help"](#) that survivors can use to subtly indicate they are in need of help.
10. Reach out to Indigenous community partners about hanging red dresses in your area to raise awareness about missing and murdered Indigenous women and girls, as a part of the [REDress Project](#).

11. Hang posters raising awareness about gender-based violence and support services in your community. You can download posters [here](#).
12. Meet with your MP to express your concerns about gun violence in Canada and affirm your support for strict gun control measures.
13. Encourage women to get involved with politics and support them as candidates. Call out and report misogynistic, racist, and homophobic comments made towards women in politics, and commit to civility in your interactions with politicians and candidates.
14. Host kitchen table talks with your friends or CFUW Club members to discuss gender-based violence issues, how they affect your local community, and what you can do to support survivors and end the violence.
15. Organize webinars, panel discussions, public forums, speakers, or film screenings on topics related to gender-based violence.
16. Share the 16 Days of Activism package and CFUW's and other organizations' social media posts, or create and post your own.

## New Brunswick and Interpersonal Violence Update

June 15, 2025 CBC report

When the province declared gender-based violence an epidemic this month, Sarah Sherman felt both emotional and overjoyed. Sherman said she was in a relationship where she experienced many forms of gender-based violence. Now, she's the founder of ***We're Here for You Canada***, a not-for profit that supports survivors of sexual violence. "You're living on egg shells, but you don't see it as violence," she said. "You don't realize that you've been isolated from your friends and family, that you're being monitored going to and from work." Sherman, in central New Brunswick, represents one of more than 20 organizations that signed an open letter to Premier Susan Holt, asking her government to recognize gender-based violence as an epidemic.

Gender-based violence often stems from wanting "power and control" over a person of another gender, Sherman said. "It can be sexual, it can be physical, it can be coercive, it can be financial." According to the New Brunswick government, instances of intimate partner violence in the province ***increased by 39 per cent between 2009 and 2021***,

which is the highest increase in the country. In 2021, a total of 3,172 people in New Brunswick reported experiencing intimate partner violence. **That year, there were 497 reported cases of intimate partner violence in the province per 100,000 persons, compared to 345 per 100,000 in Canada as a whole.**

Intimate partner violence is a subset of the larger category of gender-based violence, and Sherman said when you take that into account, the numbers reach the bar of an epidemic. "I'm really grateful that it had been brought forward and passed unanimously because it's not a partisan issue, it's not a male or female issue," Sherman said. "It's a system issue, it's a society issue. And so by naming it an epidemic, we can now put action behind it."

**Motion introduced by PC MLA:** The motion to recognize gender-violence as an epidemic was introduced by Tammy Scott-Wallace, an Opposition Progressive Conservative MLA, and passed by the legislature. "It was just a really wonderful day in the legislature on Thursday to see this happen," she said. Scott-Wallace said declaring gender-based violence as an epidemic speaks to the severity of the situation. "All people need to know that we're lifting the veil on abuse — we're saying it has to stop," she said. "The numbers are embarrassing, shameful, really. "It's really not this dirty little secret that we're keeping hidden in our communities, which has been done for so long."

Kristal LeBlanc, ExD of the Beausejour Family Crisis Resource Centre in Shediac, said the motion sends a strong message. "It was a historic occasion for all survivors who long felt overlooked, who felt like they were suffering in silence," she said. "I also think it was a strong message sent to front-line providers." But LeBlanc wants action behind the motion. "Let's work with the province and let's get some work done, and what that needs to look like is funding, education, prevention and support."

Sherman said that although the government has increased funding, much of it is directed to support. She would like to see more work done on prevention, which "starts when kids are young." This year's provincial budget allotted [\\$9.2 million](#) to combating gender-based violence, and \$2.1 million for prevention services. "We have to help the next generation because even though I've lived through this," Sherman said. "And I've been speaking about it for three and a half years, I watch my daughters and their friends, and I watch the inter-generational abuse continue. "This is a victory and we're very grateful and very happy."



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