
CFUW WINDSOR NEWSLETTER

Realizing potential. For all women.

October 2026 Edition

2026 Scholarship Winners

CFUW Windsor is delighted to celebrate this year's scholarship recipients, women whose determination and academic achievement reflect the very values our club was founded to support. Congratulations to our 2026 winners:

Shamara Nicholson



Shamara Nicholson, 2026 CFUW Windsor scholarship recipient.

Shamara Nicholson (she/her) is a PhD candidate in the Applied Social Psychology program at the University of Windsor. She identifies as an activist-scholar with a passion for Black women's body sovereignty and its socio-cultural ties to their experiences of health and wellness in a Canadian context. Her long-term goals include conducting arts-based community research investigating Black women's constructions of body-based safety. Her academic interests include writing, facilitation, qualitative research, and knowledge translation. She is particularly interested in exploring language, tools and strategies that make academic research more accessible to the communities they engage. She holds a BA[H] in Psychology from the University of Windsor, and an MA in Humanities and B(Ed) from York University. She enjoys cooking, trail-walking, various aerial arts and growing as a novice dance teacher.

Luciana Rojas Lopez



Luciana Rojas Lopez, 2026 CFUW Windsor scholarship recipient.

My name is Luciana Rojas Lopez, and I am a second-year Environmental Engineering Co-op student at the University of Windsor, pursuing a minor in Economics. I am passionate about sustainability, environmental protection, and developing innovative solutions to environmental challenges. Through my studies, work experience, and involvement in engineering organizations, I hope to continue developing my technical and leadership skills. My goal is to pursue a career in environmental engineering, where I can contribute to sustainable development and make a positive impact on the environment and our communities.

Lea Barada – Scholarship winner

Leen Alajarmeh – Scholarship winner

Summer Social at Kingscoast Winery

Members and friends gathered on Saturday, September 26, 2026, at Kingscoast Winery in Kingsville for CFUW Windsor's Annual Summer Social, an afternoon of camaraderie, wine tasting, and celebration. The event also featured a special presentation by our scholarship winner Luciana Rojas Lopez, who shared the difference CFUW scholarships have made to their education and future goals. She discussed her current area of study and the work she has done during her co-op/internships

2026 Community Project Update

Over the summer we collected hygiene items, snacks and monetary donations from family and friends for local shelters. We were able to collect enough supplies to build 52 hygiene kits. In addition, we were able to donate a few cases of menstrual items and a couple of boxes of snacks.

The 2 main shelters that received these donations are as follows:

The Windsor Youth Centre, a program of the Downtown Mission provides young people aged 16 – 29 with essentials like food and hygiene items as well as opportunities to develop their personal identity and look into growth opportunities in a safe place.

The Chatham Kent Women's Centre is a not for profit organization that exists to support women and children who are facing violence by providing shelter, advocacy, counselling and public education in a non-judgmental and empowering fashion and to model non-violent and respectful behaviour and relationships.



Volunteers gather around the donated supplies.



Donated hygiene products and snacks, ready to be packed.



Boxes of menstrual products stacked and sorted.



Toiletries, dental supplies and snacks sorted for packing.

Women's History Month

October is Women's History Month in Canada, a time to honour women and girls past and present and to keep working toward gender equality. The factsheet below from Women and Gender Equality Canada offers ways to celebrate, share stories of trailblazers, and take action in our community.

 Women and Gender Equality Canada Femmes et Égalité des genres Canada



WOMEN'S HISTORY MONTH

October is Women's History Month in Canada

Celebrate

This month is an opportunity to honour women and girls, past and present, who have built a more inclusive Canada, while also recognizing the work still needed to remove barriers so that everyone can participate fully in Canada's social, cultural, and economic life.

Discover the impact of remarkable Canadian women.



Inspire Future Generations

By showcasing role models, Women's History Month encourages girls and young women to see themselves as leaders and changemakers. Greater representation empowers individuals, fuels innovation, and drives economic growth.

Share the stories of women trailblazers you know or admire.

Continue to Make History

Women's History Month also shines a light on the inequalities women still face, such as wage gaps, underrepresentation in leadership, barriers to entering and advancing in the workforce, and the need to work together toward lasting change.

Take action to advance gender equality in your community.

Did you know?

Women's History Month coincides with Persons Day, the commemoration of the 1929 "Persons Case," when the Famous Five fought to have women legally recognized as persons under the British North America Act, securing the right to sit in the Senate.

Canada 

Upcoming Events

CFUW Windsor October Business Meeting — Wednesday, October 7

Join us for our October business meeting and a featured presentation, Advancing Menstrual Health Equity, with guest speaker Ann Scott, Team Leader of the Days for Girls Windsor, ON Chapter. Days for Girls is a global nonprofit working to end period poverty. Ann will talk about the chapter's work making and distributing reusable, washable sanitary kits for women and girls locally and around the world.

- Date: Wednesday, October 7
- Time: 6:00 PM — Social | 6:30 PM — Business Meeting & Speaker
- Location: Mackenzie Hall, 3277 Sandwich St. W, Windsor, ON
- Featured Speaker: Ann Scott, Team Leader, Days for Girls Windsor, ON Chapter
- Topic: Advancing Menstrual Health Equity

About Our Featured Speaker, Ann Scott

Ann is the Team Leader of Days for Girls Windsor ON which became an accredited Team of Days for Girls Canada and International in 2018.

Days for Girls is an International Non-profit that produces and distributes washable menstrual health kits to those in need.

As a graduate of the University of Guelph in Textile Science and the University of Windsor in Education, this was a perfect fit as a volunteer position in her retirement. It involves monitoring quality fabrics and sewing and keeping girls in school!

Ann taught for the Greater Essex County District School Board for 25 years in the areas of Family Studies, Science, Cooperative Education and Guidance.

With Days for Girls Canada, she has been a member of the National Advocacy Panel for 5 years.

For the past 4 years, Ann has supervised University of Windsor Science students enrolled in the Service Learning program. The students have worked with Days for Girls Windsor in collecting data, completing research and expanding our social media presence.

This involvement with Days for Girls has been very rewarding in that it opens up the possibility of Menstrual Equity, both locally and globally.

All members and guests are welcome! For more information, contact cfuwwindsornewsletter@gmail.com or visit <https://www.cfuwwindsor.ca/>



CFUW WINDSOR OCTOBER BUSINESS MEETING

CFUW



FEATURED SPEAKER

Ann ScottTeam Leader, Days for Girls
Windsor, ON Chapter

MEETING DETAILS

DATE: Wednesday, October 7**TIME:** 6:00 PM — Social | 6:30 PM — Business Meeting & Speaker**LOCATION:** Mackenzie Hall, 3277 Sandwich St. W, Windsor, ON

TOPIC: Advancing Menstrual Health Equity

Join us to hear from Days for Girls Windsor, ON, a chapter of the global nonprofit working to end period poverty. Learn about their work making and distributing reusable, washable sanitary kits for women and girls locally and around the world.



All members and guests welcome!

For more info: cfuwwindsornewsletter@gmail.com | <https://www.cfuwwindsor.ca/>

CFUW Windsor: Committed to lifelong learning, women's rights, and social justice.

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