**UPCOMING MEETINGS****Tuesday Dec 6, 2022, 1PM – 3PM****Bells Corners United Church
3955 Old Richmond Rd, Nepean, ON K2H 5C5****Guest Speaker – Emma Kent: The Girl Guides**

Tuesday Jan 10, 2023, 1pm – 3pm **Via Zoom****Guest Speaker – Dr. Brenna Frasier: The Endangered North Atlantic
Right Whale****The President's Message**

The problem with belonging to CFUW Nepean, and especially to our Environmental Action Group, is that it puts me in a messianic, “I can save the world”, mood.

I listen to the pleas of the small island countries who know rising oceans will obliterate their lands; know that in Halifax, sea walls are being built around vulnerable low places; hear that the Dutch are worried their dikes will not hold; suffer through the derecho of last summer.

Then I think, why don't they let us, educated and concerned women, work on this problem. We could solve it! At that point I remember women like Caroline Spurgeon and Virginia Gildersleeve who formed the IFUW believing that women like them, educated and concerned, could bring an end to war, and reality hits.

Nevertheless, I continue to do what I can - recycle, reduce, reuse, compost, limit plastic use, take shorter showers. The actions of one woman might not do much, but these actions ease my conscience.

This Christmas, my gifts will go in bags used many years. If they look a little worse for the wear, too bad! Those receiving them know how I feel, and, by and large, agree with me.

I cannot solve Climate Change, but I can and most sincerely do, wish each of you a joyous holiday season.

Joan

Welcome CFUW Nepean New Members!

CFUW Nepean is delighted to welcome our new members and we asked them to provide a few words to help us get to know them better.

Kim Stewart

I came to my first CFUW meeting in November after being invited by Joan Conrod. Thank-you all for the very warm welcome.

I have worked almost 33 years in the federal government and have had a fun and rewarding career. I especially enjoy mentoring new team members. I have been fortunate to have lived in Montreal twice on transfers, which enabled me to have some wonderful experiences and make some amazing life-long friendships.

When the husband and white picket fence wasn't working out for me, I decided to have a child on my own and my daughter, Lexie, was conceived with the help of medical science, through donor insemination. We've enjoyed meeting several of Lexie's half-siblings from all over the United States and a few from Canada.

I graduated from Trent University, which is where Lexie decided to also do her undergrad. Lexie is currently in her second year of law school in the UK (Wales) and I am very much looking forward to visiting her there.

I have always been very involved in volunteer activities. Currently, I help out at my Church (Woodroffe United) as well as being a volunteer caregiver to a dear friend who is in long term care with Alzheimers and also providing support for her companion who is still in their home.

Kathleen Kennedy

I was born in Scotland immigrating to Quebec in 1959, with my parents and 3 siblings. In 1964, I began a 3 year nursing programme, graduating as a Registered Nurse. I worked at Queen Elizabeth Hospital in Montreal, The Montreal Children's Hospital, The Ottawa Civic Hospital and finally the Grace Hospital. After, marrying and following the birth of my second child (of 4), I began studying at Carleton University, part time at night.

Years later, I was divorced, and was left to care for 4 children, work full time and continue my studies for a total of 16 yrs, finally earning a BA and MSN. Upon graduation, I changed careers, to become a counselor at the Community Resource Centre Kanata. I worked with women living in or leaving abusive relationships.

Several years later, I began working for Social Services in Ottawa. Latterly, while still with Social Services, I worked with mentally ill 'street people', trying to help them improve their lives. I am happy and perhaps unusual to be able to say, I loved every job and every patient and client I met. I retired almost 8 years ago.

One thing that I consider unusual about myself, is that although particularly quiet and shy, I love people and nothing made and makes me happier than working with or being with people! That's why I have always loved working and miss this.

In my spare time, I knit, crochet, sew, read, walk and swim. I am always eager to travel if the opportunity arises. Living alone is not easy, but life is happier when I have contact with one or more of my 12 grandchildren! (and their parents).

Fauci deserves some mention! He is my constant, 4-legged companion, a 6lb Yorkshire Terrior. It should be Terror! He is most sweet, can walk endlessly, most loving and attentive but when he "talks" it is in an especially loud and persistent manner!

I look forward to getting to know everyone.

Obituary

Linda Souter

Nov 16, 1930 - October 27, 2022

Linda Souter was President of the CFUW from 1985 to 1988 and then President of the International Federation of University Women (IFUW, now GWI) for 1992-1995 term, then again 1995-1998. She was determined and tireless working to advance woman's equality and higher education in Canada and globally.

Two of her leadership initiatives remain key for us today – establishing sustained access to government and Members of Parliament, and setting up a permanent office for CFUW in Ottawa. This led to a CFUW presence on House Standing Committees and close connections to the Canadian Advisory Committee on the Status of Women. Through her efforts women's voices were heard in Federal Government on topics like violence against women and children, pay equity, day care. We are grateful for her leadership.

Her biography is available at <https://cfuw.org/bio-past-presidents/linda-palmer-souter-1930/>

Dec 6 National Day of Remembrance and Action on Violence Against Women

-Beth Junkins

On Dec 6, 1989, 14 young women were killed and 13 other individuals were injured at the École Polytechnique in Montréal by an armed man. The shock of this tragic act of violence against women was felt across Canada and around the world.

In Canada, Dec 6 has been designated as the [National Day of Remembrance and Action on Violence Against Women](#). This is a day to remember the lives lost and shattered through gender based violence. It is a time to affirm, loudly, that gender based violence is not acceptable.

The UN has declared Nov 25 to Dec 10 as the [16 Days of Activism Against Gender Based Violence](#). Launched on the International Day to Eliminate Violence Against Women and ending on the International Human Rights Day, this is a global campaign to prevent and eliminate violence against women and girls.

In Canada the theme of this 16 day campaign in 2022 is [Not Just Us](#) reminding us of the injustice of gender based violence, how society minimizes it, and that every Canadian has a role in ending the systemic cycle.

CFUW offers a fellowship commemorating the 14 students murdered that day in 1989. This year, three awards were given: one for masters study and two for doctoral studies. (More information about the fellowship winners can be found at <https://cfuw.org/fellowships-awards/award-winners/winners-2022-2023/>)

You are invited to take a moment to remember 14 lives lost on that grievous day in 1989 and all those who face violence because of their gender. Perhaps wear a white ribbon to honour the victims of this tragedy and become part of the solution to end gender based violence.



Photo Courtesy of B. Junkins

Reflection - Dec 6, 1989

-Beth Junkins

I don't remember where I was that day when I heard of the tragedy at École Polytechnique in Montreal, and I don't remember what I was thinking as I put my young sons to bed that night.

I do remember where I was December 7, 1989 when the truth behind the tragedy became very real. I was walking down the hall into my classroom on the campus of Algonquin College where I was teaching math to two classes that day. One class was to 'mature' women who were returning to school and wanted to upgrade their math skills so they could enter non traditional trades. The other class was to engineering students, who all happened to be young men.

I remember the moment when a tall young man bumped into me and I felt a sudden stab of fear. Was there someone lurking in these hallways with intense misogynist anger ready to hurt me because I was woman?

In my working life, I had experienced the professional prejudices that many of the women in traditionally male professions met in the 80's. Unpleasant, and maddening, but never before had I felt afraid because I was a woman.

I recall standing completely still just outside of the classroom. While students streamed by, a series of thoughts went through my mind. The murder victims in Montreal were young women just like me, who wanted to study and work in the fields that they loved. How many other men shared the anger of the murderer? Why would they feel such anger? Do any of these young men in my classroom resent and hate me? Have any of the ladies in my non-traditional trades class been the subject of violence or are afraid because they are women? I suddenly felt very naïve and vulnerable.

This year it will be 33 years since that terrible day. I will remember those 14 who lost everything because they were women. And I will remember those around the world who are still fighting to have the lives they want – risking everything because they are women.

Want to know more about Gender Based Violence and what you can do?

CFUW National has an excellent Tool Kit available at <https://cfuwadmin.org/wp-content/uploads/2022/11/2022-GBV-Toolkit-16-Days-of-Activism.pdf>

This document helps to explain the terminology and provides facts about gender based violence (GBV) in general in Canada, as well as the situation on Campus, for Indigenous Women and Girls in Canada, related to gun violence, and emerging areas of concern. In each area, the Tool Kit provides suggestions for concrete action that we can take to help end GBV in Canada.

If you need help, information or support, there are a number of resources available in our community through [Ottawa Public Health](#) – please reach out!

Jan 24 2023 International Day of Education

-Sharon Carew

On January 24, 2023, the United Nations Assembly has proclaimed this date as the 4th International Day of Education.

Education is a human right, a public good and a public responsibility.

As a person involved with education from Kindergarten to the University level, I am passionate about education. I know that many of our members are teachers and I am sure they feel the same way.

When I started teaching back in 1964 in Toronto, I had the sweetest little grade two classroom of 36 students. It was such a pleasure to be a teacher and see the physical, personal, social and intellectual growth of all the students.

Over the next few years, I taught every Elementary grade from Kindergarten to grade eight and then became an Elementary Principal. Next I moved to the Secondary panel, and for 11 years remained a Secondary Principal.

UNESCO has done a great deal of work in the area of educational development from pre-school to higher education. All children need access to education of good quality. Education empowers people with knowledge, skills and values. You cannot break the cycle of poverty without inclusive and equitable quality education and life long opportunities. Just look at what has happened to education of young girls in Afghanistan.

The United Nations says that there are 258 million children who do not attend school.

There are 617 million children and adolescents that cannot read and do basic math. Less than 40% of girls in sub-Saharan Africa complete lower education and 4 million children and youth refugees are out of school. With all these children, their right to Education is being violated and that is unacceptable.

The challenges, that exist in Hong Kong now, are near and dear to my heart. I was fortunate enough to be the principal of the Canadian International School of Hong Kong from 2000 to 2003. It was an amazing experience. The students were bright, lovely and driven. By the way, I really did not see any difference between the students in Hong Kong and the students in Canada.

SARS was in full force in HK during the spring of 2003 and the government closed all schools for a month. The teachers did on-line learning with the students. Does that sound familiar?

After returning to Canada in July 2003, I became the Co-ordinator of the Queen's-Trent Concurrent Education Program and trained and lectured student teachers for several years. These young future teachers are truly inspired. They have volunteered in many schools, both in Canada and around the world, and have worked with all levels of physically and intellectually challenged students.

Let us strive to support world education for all young people. I truly believe that education will provide solutions to the problems of the world. Remember January 24, 2023 as International Day of Education.

GW 34th Triennial Meeting

-Marcia Armstrong

At the recent GWI Triennial conference held on November 11-13, ten policy resolutions were put forward.

You will notice that CFUW National was involved in many of them including our Club's very own resolution on single use plastics and plastic packaging. Club members will recognize some of the other resolutions because our Club passed them over the last couple of years.

1. Securing increased domestic funding for education to include equal and safe access to digital learning (moved by GWI and seconded by GWI Education Committee, Graduate Women Scotland, Graduate Women New Zealand, the Turkish Association and Women Graduates USA)
2. Promoting and defending human rights of women in universities and other post secondary forms of education (moved by the Mexican federation and seconded by CFUW)
3. Workplace harassment (moved by the Indian Federation and seconded by the Egyptian Federation)
4. To end underrepresentation of women in media as a positive contribution to improve the status of all women in the world (moved by the Turkish Association and seconded by the Paraguay Federation)
5. Violence against Women in politics (moved by CFUW and seconded by the Mexican Federation)
6. Post pandemic recovery for women and girls (moved by CFUW and seconded by both the British Federation and the Japanese Association)
7. Climate change and gender (moved by GWI and seconded by CFUW/the Australian Federation and the Mexican Federation)
8. A clean, health and sustainable Environment is a human right (moved by CFUW and seconded by Australian Graduate Women, Japanese Association and the South African Association)
9. Climate Emergency – Declaration and Action Plans (moved by CFUW and seconded by GWI Netherlands and the Japanese Association)
10. Single Use Plastics and plastic packaging (moved by CFUW and seconded by the Indian Federation)

All were passed. This means that member country associations (NFAs) of GWI can now urge their own governments and other institutions to implement the policies established by these resolutions.



Graphic is from GWI website and includes all 17 SDGs and the programs that GWI supports to address them.

CFUW Nepean Activities

The Scholarship Trust

Update from the Trust

The Scholarship Trust is delighted to report that donations and fundraising activities have brought the total collected to close to \$4000. The support of the members of CFUW Nepean is greatly appreciated and the Trust would like to thank you. The generous response shows that paying forward is an important value of our club.

Closet Clearout for the Trust

-Marcia Armstrong

Your Scholarship Trust Fundraising Committee is working with FunDrive to collect clothing and housewares for sale to Value Village.

If you plan to do a closet purge or are downsizing, please remember this initiative for our scholarship trust. Soft goods like clothing, linens, accessories can go in green garbage bags (maximum weight 20 pounds) and housewares can go in boxes. We have secured storage space at Dymon in Barrhaven to hold these bags until delivery to Value Village on January 25. **These bags/boxes must all be delivered at the same time (Convoy style) in order for the Club to earn any funds. To earn \$500, we need about 170 20-pound bags of soft goods. So tell your neighbours and friends about this initiative too.**

REMEMBER that Marlene Sylvester is collecting bedding (twin & double sheets/blankets) and

towels for the House to Home initiative to help refugees and other items for Interval House (see page 12 of the Newsletter) so please set aside those items for her.

Rates of payment – 15 cents/pound for soft goods; 10 cents/pound for housewares in boxes; 2 cents/pound for books/CDs. No furniture.

When you have accumulated a few bags, let Marcia Armstrong know and she can arrange for pickup to take to the storage locker in Barrhaven.

Presentation of a Trust Scholarship

On Nov 17, CFUW Nepean President Joan Conrod represented the Trust at the Algonquin College Annual Donor and Student Recognition Evening. Joan got to present one of the Trust scholarships to a young woman in the Construction Engineering Technician program under 'We Saved You A Seat Initiative'.



CFUW Nepean Activities

Nov 1 2022 Sponsorship and the Ukrainian Refugee Crisis

-Cindy Hyduk

At the November meeting I had the pleasure of attending the presentation of Gerda Kraft of the Ottawa Lutheran Refugees Sponsorship Committee chair on the Ukrainian Refugee crisis. To my surprise the topic was much more complicated than expected!

Among the first things that Gerda discussed were the complicated Canadian application and sponsorship application process for refugees. The application process, as expected, is long, complicated and expensive. The other explanation was a list of associated displaced persons terminology.

It was the terminology that peaked my interest. Here are the principle terms:

- Displaced person – someone who had to relocate but has a hope of coming back
- Refugee – a person who fears they are in danger in their country due to sex, religion, prosecution or suffering and who have left their country but aren't in a position to stay in the country where they took refuge.
- Visitor – someone who comes to a country for a maximum specified time

When Russia invaded Ukraine there were 41M people in the country. Since then, 7.75M have left and gone to other countries (mainly Russia, Germany and Poland) and 6.5M people have been displaced internally.

Meanwhile back in Canada the application and processing time for refugee immigration was

taking about five years. So, the Canadian government explored ways to expedite this wait. They realized that the majority of Ukrainian applicants were mothers and their children. All 18 to 40 year old men stayed in Ukraine and joined the army as did many older people. Most of those women and children planned to return to Ukraine once it was safe to do so.

Here's where that terminology came into focus. The Canadian Government responded by creating the Canada Ukraine Authorization for Emergency Travel. To reduce wait times, displaced Ukrainians were issued a visitor's visa that is good for up to three years. Under this program the turn-around for the process takes around 14 days. Anyone wanting to stay in Canada was encouraged to apply for permanent residency status.

So the rather interesting conclusion to Gerda's fascinating talk was that the Lutheran Refugees Sponsorship Committee doesn't need to sponsor displaced Ukrainians!

Upcoming Speakers

Dec 6, 2022 1 pm at Bells Corners United Church– Emma Kent will talk about the Girl Guides

Jan 10, 2023 1 pm **Via Zoom** – Biologist Dr Brenna Frasier (the Nova Scotia Museum): the endangered North Atlantic Right Whale

Jan 19, 2023 7pm **Via Zoom** - Tim Burrows (Tesla): Should your next car be electric?

Feb 7, 2023 1PM **Via Zoom** – Dr Magda Havas (Trent University): the effects of electrosmog and 5G towers

CFUW Nepean Activities

Environmental Action Group -Beth Junkins

At our Nov 17 meeting we chatted about “green” wrapping ideas, National Advocacy for Environment and Climate, Advocacy opportunities in Ottawa, COP27 – quite a wide range of areas of interest for the group!

Several recent articles on innovation were discussed, such as [recycling plastic indefinitely](#), the [UBC and First Nations biodegradable packing foam](#), and an Ottawa born woman developing “[Grasstic](#)” or plastic from grasses. We began a discussion on the barriers to these becoming mainstream, and what we can do to help.

January 19, 2023 will be our next meeting. In addition to sharing our Green ideas, we will be looking at the [Circular Economy](#) and the [Ellen MacArthur Foundation](#).

Everyone is welcome to join at any time. Contact Beth to be added to the Zoom invite.

Lunching Out – Sharon Carew

On Wednesday, November 16th, several members of our group attended Lunching Out at Browns Social House on Greenbank. We had lots of laughs and ate great food.

Due to the hustle and bustle of Holiday Season, we will NOT meet in December.

Dolores Dufresne will organize Lunching Out on Wednesday, January 18th. She will let you know the details in January.

Armchair travel – Marlene Sylvester

On December 13th join me on one of the greatest rail journeys of the world - the Trans-Siberian by Private Train - a 8000 km trip from Moscow through the heart of Russia to Beijing.

At your convenience, watch ‘[Trans-Siberian Private Train 9 years ago](#)’ on Youtube

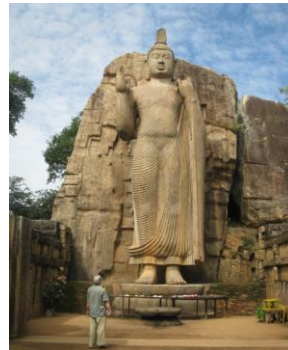
See stunning architecture, breathtaking landscapes, and the modern cities and then join members for a discussion at 1:00 on Zoom.

No masks, no vaccine identification, no long flights etc.

If you are interested look up [Trans -Siberian Orchestra - Christmas Canon \(Official Music Video\)](#)

Absolutely wonderful music!!

Looking ahead, in January Lynne Crocker will present her travelogue on her trip to Sri Lanka. Thank you so much Lynne for sharing. Here is a sneak peak.



CFUW Nepean Activities

Art Tours

-Dolores Dufresne

After two and a half years, we finally had our first Art Tour on Wednesday, November 9th.

A very competent guide took us through the most interesting special exhibition - General Idea. General Idea was the name of three artists who worked together and in a variety of media – sometimes on the same piece and sometimes individually. Their works are humorous and satirical. It certainly offered a lot of “food for thought”.

I usually arrange four or five tours on the second Wednesday of the month at the National Gallery during the club year. The tours start at 1 pm and we try to arrange carpools.

There is a fee for the guide. Since we have to pay for a minimum of ten participants, I collect the total amount up front to ensure that we have enough money in the “kitty” to pay for each tour. If we have ten committed people, the Interest Group is a go.

Over the years, we have always had enough interest to proceed. Some members have been part of the group since the first year. All club members are welcome to sign up – just let me know if you would like to be part of the group. I am looking forward to viewing some interesting art this year!

Update on the Open House Used Book Sale

-Kathy Greiner

I want to thank everyone who contributed to our Open House and Book Sale, November 5, in support of CFUW Nepean’s Scholarship Trust and scholarships and bursaries to students at Algonquin College.

Thank you to those who donated books for the sale - we had over 300 books available for sale; and especially a big thank you to those 12 members of our Club who came and bought books. Besides contributing to the Scholarship Trust, those who were able to stop by enjoyed chatting and socializing over coffee and cookies on our back deck on a beautiful sunny day. People were able to peruse books spread out on my dining room table, and, thanks to Betty Anne Grainer also displayed on the sunny deck.

The Scholarship Trust received \$280 from the sale - not bad for one day.

Meanwhile, the remaining 200 or so books were donated to the Unitarian Church last week for their rummage sale; two boxes of books were donated to the Ottawa Public Library.

Thank you again to everyone who purchased or otherwise contributed to this endeavour.

CFUW Nepean Activities

Outreach

-Marlene Sylvester

We are collecting donations for Interval House. Donations must be in by Dec. 10th in order to divide up the gifts to each and every person so please bring gifts to the meeting on Nov.29th or Dec 6.

Adults
<ul style="list-style-type: none"> • Winter boots • Winter coats • Mitts and hats • Scarves • Picture frames and albums • Home décor • Gift cards (gas, movies, Walmart, HomeSense, Winners, malls in Ottawa, Chapters, food locations, grocery stores, Tim Hortons/Starbucks, clothing stores) • PJs (all sizes) • Small kitchen appliances • Slippers and socks • Purses and wallets • Hair straighteners, blow dryers, curling wands • Make-up • Mugs • Adult colouring books and journals • Bath things (bombs, bubble bath) • Lotions, body wash, toiletries • Bathrobes • Throw blankets

Children and Youth	
Age 10 and under	Age 11 and up
<ul style="list-style-type: none"> • 'Little People' toys • Lego • Dolls and Barbies • Paw Patrol • Bluey toys • LOL Surprise • Dinosaurs and Animals • Books • Colouring Books • Craft Supplies • Squishmallows • Play doh • Gift Cards (dollar stores, Walmart, Toys R Us, movies, Chapters) • Hot Wheels • Pretend-play kits • Science kits • Uno • Board games • Pocket games • Markers 	<ul style="list-style-type: none"> • Gift Cards (Game Stop, Chapters, Toys R Us, Walmart, movies, food establishments, iTunes, music stores, sports stores, clothing stores) • Craft and art supplies • Outdoor sports gear • Headphones and ear buds • Phone charger cords and charging stations • Board games (What Do You Meme, Throw Throw Burrito etc.)

THE GREEN GRAPEVINE - Beth Junkins

The November Green Grapevine focused on ideas to help us consume less this holiday season, shift away from 'things'. If you are still pondering on what you might give that won't 'sit on a shelf' here are a few more suggestions:

- vouchers for car washes
- gift cards for manicure/pedicure/spa days
- a session with a professional organizer or interior designer
- workout sessions with a trainer
- knife sharpening including pickup and drop off of the knives
- a selection of plastic free household environmentally responsible products like laundry strips, bar shampoos, dishwasher tablets in cardboard, beeswax wraps
- a sports streaming service for a special month of hockey, soccer, football, curling, skating etc.
- a selection of favourites for the freezer like your famous spaghetti, chili, stew or jams, jellies, relishes from local bazaars

Now that the gifts have been chosen it is time to think about packaging them in a special way. There have been several requests for a rerun of the Green Grapevine from last year to help wrap up our treasures so that less goes to landfill. Here is a "freshened up" repeat of that article.

We all want our presents to look fun and inviting and as special as the person who will open it but what can we do about all of the paper and packaging?

We can encourage **reusing** wrapping paper and **gift bags**, and wrapping **without tape**: instead tie parcels up with twine or wool that can find other uses. Flatten out that tissue paper and send it on another adventure! (Anyone remember ironing used wrapping paper??)

Using paper that can be **recycled** is a good choice. According to the City of Ottawa Waste Explorer <https://ottawa.ca/en/garbage-and-recycling/waste-explorer> foil wrapping paper, ribbons and bows have to go to land fill so try to avoid these. Other non- foil wrapping paper and tissue paper go into the black box. Instead of ribbons and bows, how about a sprig of cedar, a hair bow, a small Lego character, a bookmark, frig magnet, small kitchen gadgets, fancy pencils? So many options to individualize the package and make it fun.

You could also try **decorating brown wrapping paper** or **paper bags** to make them festive without ribbons and bows. Or how about starting a tradition of exchanging **in boxes** that can go back and forth each year: the size of the box gives nothing away (and adding a button or coin to the box can mislead the shakers and rattlers with unusual noises)!!

This is also a good chance to get **imaginative** and think about other ways to create mysterious surprises under the tree. How about wrapping in fabric scraps, towels, scarves, old maps or the pictures from old calendars? Socks and pillowcases can be a great way to create a parcel with lumps and bumps! Things packed in cookie tins make great sounds. (...Cont'd pg 14)

THE GREEN GRAPEVINE (Cont'd)

If you sew, perhaps you could make fun **fabric carrier bags** (lots of videos online using old clothes or scraps such as <https://www.youtube.com/watch?v=mdiJ1TZ3HUY>), or **produce bags** (from old sheer or lace curtains, dishtowels, <https://www.youtube.com/watch?v=qBBg5CTqFWE>). These could be a welcome gift as well as way to send one too!.

If you have old Christmas cards (or calendars) around, how about **making your own box**. Quick and easy <https://www.youtube.com/watch?v=ccrYKkwh6-8> - lots of scope to use the boxes for jewelry or as gift cards. These also would make great advent calendars! If you enjoy **origami**, look online for instructions on how to make boxes and envelopes. There are lots of fun boxes with lids, some with animal faces and designs – and these can be used again to hold desktop items, and small treasures.

Have fun and use your imagination!

Hoping your white Christmas has a touch of “Green”

CONTACT INFORMATION

CFUW Nepean website – <https://www.CFUWNepean.ca>

CFUW Nepean social media -

– Facebook <https://www.facebook.com/CFUW.Nepean>

– LinkedIn www.linkedin.com/company/67676158

– YouTube <https://www.youtube.com/channel/UCmEVH4VhblGQNW0kXT41e1A>

CFUW National website – <https://www.cfuw.org>

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CFUW Nepean membership form – <https://tinyurl.com/CFUWNepeanMembership2022-23>