



## UPCOMING MEETINGS

**Tuesday April 4, 2022, 1PM – 3PM**  
**Bells Corners United Church**

**Guest Speaker Peter Hum on How the Pandemic has Changed  
Restaurant Critiquing**

**Followed by the Review of CFUW Resolutions**

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## Upcoming Events

**April 7, 2023** – World Health Day

**April 22, 2023** – Earth Day

**May 2, 2023 12 noon**- at the **Mandarin Restaurant, 290 West Hunt Club Road**  
Guest Speaker Suzanne Evans: Author of “The Taste of Longing”  
Followed by the CFUW Nepean Annual General Meeting

**Oct 13, 2023** – **Friday 13<sup>th</sup>** ! “Something wicked this way comes” (Macbeth)  
Join us for murder, mystery and a meal!

## The President's Message

On March 24, the Turkish Association of University Women and CFUW Nepean hosted a presentation on A Blueprint to Achieve a Better and More Sustainable Future. (See the article on page 6)

Dr Basak Ovacik spoke clearly and briefly, listing several areas that needed attention. Following her talk, break out rooms met, each with a different topic. Beth Junkins, Marcia Armstrong, Jennifer Robinson, and I each hosted one of the rooms.

The topic for my group, consisting of women from Pictou, NS, Geneva, the Netherlands, and Spain, was reducing our carbon footprint for energy. Nancy from Pictou, the first to speak, was excited about heat pumps, and had just had one installed. The NS government was "helping" with the cost. Both the woman from Geneva and the one from the Netherlands agreed with Nancy that heat pumps were a way forward.

The other topics mentioned were electric cars and the need to educate our children about sustainable and clean energy.

In 1984, my family moved into Shawville proper, and realized we would soon need a new furnace in our new home. That year, the Quebec government was offering a considerable subsidy for homeowners who would add a heat pump to their heating system, and we did that. What a good move! The heat pump kept the house warm until the temperature dropped below -15 and did an automatic switch to the furnace. In the summer, the heat pump provided AC. Most winters, our furnace ran for about only 20 days. Heat pumps are the cleanest method of heating and pay back the cost in 2 to 4 years.

As you can imagine, this ardent interest in heat pumps 39 years later, caught me by surprise. The often-maligned Quebec government has been in the forefront on many things, and heat pumps is obviously one of those.

Several of our members attended this excellent talk, sponsored by GWI. I hope you enjoyed it as much as I did. I especially thank Beth Junkins for her capable work as co-host, Marcia and Jennifer who hosted break out rooms, and those of you who gave up a spring day to participate.

Joan

# Members Corner

## Member Profile- Susan Russell

“Education is not the filling of a pail but the lighting of a fire” W.B. Yeats

I was born in Ireland in 1940, in my Grandparent’s house. My father had joined up as soon as war was declared, and my mother, instead of heading home to Leeds stayed in Ireland, initially with her in laws, and then setting up house with her mother, my sister and me.

I grew up in a household that thought that women could do anything, and in 1944 my mother went back to school, to become a doctor. After she graduated and my Granny died, we moved to England and I went off to Boarding school. My parents had separated when I was seven.

Like my parents I attended Trinity College Dublin and took my degree in English and Latin. The late 1950s and early 1960s was a time of great social change and students at Trinity were exposed to a wide range of speakers and debate that went far beyond actual course material. Trinity was a melting pot, welcoming students from all over the world, including Egypt, the Caribbean. Africa, the Middle East, Iran and Asia.

After graduation, I married and moved with my newly qualified Guyanese husband to Northern Ireland and then to Guyana, South America. There I took a job as a secondary school teacher. My days began early with a long drive and a ferry ride to reach school in time for classes. A nanny looked after the children.

My husband established a country practice and

his patients came mostly from sugar plantations, log mills, rice fields and small businesses.

While I was in Guyana, I visited remote areas through friends at the Geological Survey. Travel in the interior was by bush plane and overland over rough tracks and by way of the waterways that drain from the Guyana highlands to the sea.

It was a turbulent time with racial tensions and high crime rates so by the end of the 1960s we immigrated to Canada. Lack of available daycare was a huge setback, so I took time off to be with the children. And unravel the mysteries of what to wear in the winter time.

In 1980, I joined CFUW Ottawa and in 1988 I chaired the Local Arrangements Committee (LAC) for the last Triennial Meeting of CFUW held in Ottawa. This joint CFUW/AAUW meeting on the environment was back-to-back with the CFUW meeting. Dr. Maurice Strong, who chaired the United Nations Conference on the Environment in Rio, was the keynote speaker.

At the invitation of the IFUW (GWI) President, I represented GWI at a preparatory meeting for the World Conference on Education For All, in Boston and then went to Jomtien, Thailand where on March 9, 1990 the Declaration Education for All, including the girl child was adopted. We are now working on the Sustainable Development Goals and still have not reached those targets.

My first GWI Triennial meeting was in Helsinki,

## Members Corner

Finland. At my second GWI meeting in Palo Alto, I presented a Resolution on violence against women. In the 1990s I served on the CFUW Board as Regional Director, Vice President Ontario and Chair of Status of Women, and also worked as a local news reporter, for CNIB and as an editor with NRCan.

Through CFUW, I was involved in action on Land Mines, Gun Control and a variety of activities related to the Girl Child.

I am a Charter member of CFUW Nepean and served as its President in 1996-1998 (and again in 2019-20). Then in 1999, at the suggestion of the then Nepean President, I applied for the job of CFUW Executive Director.

The mandate was to raise CFUW's profile with Government, increase NGO networks and improve the presentation of Briefs to Government. This meant forging ahead, replacing dial up email, and getting a viable website up and running. And off course training for staff in the use of updated software.

I retired in 2010 receiving a life membership from CFUW and a year later a Femmy Award for making a difference to Ottawa women.

After retirement I planned to spend time quietly and take up hobbies. Oddly, this has not quite panned out.

A visit in 2011 to New York for the United Nations Commission on the Status of Women, (UNCSW) led to me getting Involved with the Virginia Gildersleeve International Fund. I

became a board member and at their request set up their UN Committee and oversaw their delegations to UNCSW.

After the sudden resignation of a Board member, I became Vice President International for CFUW and led their 2012 delegation to the UNCSW. My next CFUW task was to chair CFUW Resolutions. In 2013, I was elected a Vice President of GWI in Istanbul. The last GWI meeting I attended was in Cape Town in 2016.

I have three amazing children and six delightful grandchildren.

*Question to SR from the Editor: What was your most fulfilling experience?* Probably when we'd been advocating for months on Gun Control and the Gun Registry and the Bill passed and Allan Rock came to the party after. Some of the people had been there and survived the day of the Montreal Massacre.

*What super power would you like to have?* I would say Abracadabra and the vacuum cleaning would be done

*If you could visit another time, would you like to visit the past or the future?* I'd like to have a chat with Aristotle.

*As a child, what did you want to be when you grew up?* I was going to be either a bus conductor or a train driver. It didn't bother me that they were mostly men. I knew women could do it. And anyone could be a doctor... so why bother with that.

*If you could un-invent something, what would it be?* Freon or the nuclear bomb.

## Members Corner

### April 7 – World Health Day

-Toni Boyer

The World Health Organization will be celebrating the 75th year of its existence on April 7th, 2023. This day is used to mobilize resources and raise awareness about important global health issues. The right to health is a basic human right. Everyone should have access to the health services they need when and where they need them without financial hardship.

This year's theme is to make 'Health for All' a reality. The following goals are being presented to the world to initiate discussion and find solutions:

- Access to the full range of quality health services for all people, and
- For all people, everywhere, they have the right to achieve the highest attainable level of health.

Some additional information that adds urgency to this goal:

- 30% of the global population is not able to access essential health services,
- Almost 2 billion people face catastrophic or impoverishing health spending,
- COVID-19 has set back every country's journey to 'Health for All' goal.

Each one of us can work towards the success of the 'Health for All' goal. As an individual we can engage and empower ourselves, our families and communities, to increase social participation and enhance self-care in health. We can also inform and actively participate with people at the centre of health decisions and outcomes.

### CFUW Nepean's Online Presence

-Jennifer Robinson

CFUW Nepean's posts in the month of March on Facebook and LinkedIn have included:

- Kelly Favro's talk about sexual assault and publication bans, on International Women's Day
- The very successful webinar on the 17 United Nations Sustainable Development Goals, which CFUW Nepean co-hosted. Over 80 people participated, from several different countries.
- Ottawa's Climate Resiliency Strategy
- The UN's annual meeting of the Commission on the Status of Women
- A post about the Scholarship Trust for International Women's Day
- A fun post for St. Patrick's Day

You can participate by following our pages, and liking, sharing, and commenting on our posts. This will help to raise awareness of our club, our Scholarship Trust, our advocacy, and our community outreach activities.

Suggestions for content and improvements are always welcome! Please send them to Jennifer at [cfuwnepeanpr@outlook.com](mailto:cfuwnepeanpr@outlook.com).

Go to our pages and check it out!

## March 24 – GWI Peer-to-Peer Conversation

### Introduction to the UN’s Sustainable Development Goals: A Blueprint to Achieve a Better and More Sustainable Future for All

-Beth Junkins

Over 80 women from around the world gathered via Zoom to learn about the UN’s 17 Sustainable Development Goals (SDGs), why it matters to GWI members, and to exchange ideas.

The session was co hosted by the Turkish Association of University Women (TAUW) and our own CFUW Nepean. Dr. Basak Ovacik from the TAUW Istanbul Branch was the key presenter. Dr. Ovacik is a lecturer at Bahçeşehir University in Istanbul where she gives courses in ‘Gender Studies’ and ‘Sustainability and Social Inclusion’.

The presentation provided an overview of each of the SDGs and why they are important to the GWI. Sustainable Development is defined as ‘development that meets the needs of the present without compromising the ability of future generations to meet their own needs.’<sup>1</sup>

These interconnected 17 goals were adopted by UN Member States (including Canada) in 2015 as part of a 15-year plan to ‘end poverty, protect the planet and improve the lives of everyone everywhere’<sup>1</sup>

None of these goals work in isolation, and it is recognized that they are all important and affect each other; many, such as

## SUSTAINABLE DEVELOPMENT GOALS



Graphic used in accordance to [UN guidelines](#)

education, gender equity, and peace, are particularly aligned with the [CFUW vision](#)

The excellent presentation was followed by breakout sessions where participants shared ideas on how we can reduce our carbon footprint in four areas: transportation, energy, food production, daily living.

The breakout groups brought together women from across Canada and Turkey as well many other countries including Ireland, Scotland, Switzerland, and Spain. The conversations with women around the world are so interesting and energizing – the best part of the peer-to-peer meetings and so worthwhile.

CFUW Nepean was very pleased to be able to support the session with co-host Beth Junkins and Break Out room facilitators Joan Conrod, Jennifer Robinson and Marcia Armstrong.

*Note: Canada has developed a detailed action plan to advance the SDGs and the Agenda 2030. For more information, see ‘Canada and the Sustainable Development Goals’ at*

<https://www.canada.ca/en/employment-social-development/programs/agenda-2030.html>

<sup>1</sup> <https://www.un.org/sustainabledevelopment/development-agenda/>

## CFUW Nepean Activities

### March 7 2023 General Meeting Shelter Movers with Wendy Mitchell

-Beth Junkins

Shelter Movers is a 'National, volunteer-powered charitable organization providing moving and storage services at no cost to individuals and families fleeing abuse.'<sup>1</sup>

Wendy Mitchell explained that there is a small staff in Ottawa (7 ½) but the organization relies heavily on volunteers – over 400. It was established in Oct of 2017 and coordinates many aspects of relocating including moving boxes, driving, managing security, language needs and police escorts, even pet fostering.

It was a bit of an eye opener for many to learn how great is the need in Ottawa – about 16 families are moved per month and since 2017, there have been over 1100 moves.

Clients are referred to Shelter Movers by a supporting agency and there are no restrictions on who can be helped – men, women, members from the LGBTQ2+ community – anyone in need. For women with children, those needs can be challenging – there are only 9 women's shelters that will take children. And the wait for housing in Ottawa is increasing. Wendy noted that you never know who is going to need moving, socio-economic boundaries do not exist for intimate partner violence.

The need during the pandemic increased tremendously – Wendy described it as a 'pressure cooker' and when restrictions were lifted, the number of calls increased.

Moving services fall into one of three categories:

**Urgent Exit Moves** - High Risk (leaving for a safe location)

**Escorted Moves** – Medium – High Risk (returning with clients and security to retrieve belongings)

**Resettlement Moves** – Low Risk (moving families, pets and stored belongings from shelters)

Ottawa Shelter Movers is embarking on a rural extension with Lanark. It is estimated (2019) that rates of intimate partner violence are 75% higher in rural areas than in urban centres. They are anticipating 300 moves in the first three years.

Volunteers are always needed. Front line moving may not be suitable for all volunteers, but you could consider getting involved in fundraising, helping with the Gala, working in a coordination role, donating boxes or perhaps financial support. Imagine how it would feel to help someone on the road to a new future.

For more information, go to the [Shelter Movers website](#).

i <https://www.sheltermovers.com/about-us/>

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



## CFUW Nepean Activities

### March 8 2023 Sexual Assault and Publication bans with Kelly Favro

– Marlene Sylvester

Kelly Favro is a modern-day warrior who experienced a nightmare and battled a legal system which is not always a “just system” and has advocated for a long overdue change.

Kelly was brutally assaulted in 2015 and thus began her struggle to garner justice not only for herself but for countless other women in Canada. When the accused faced the initial court appearance, the court issued a publication ban which Kelly was not informed of or consented to. She was prevented from telling her victim / survivor story but protected the perpetrator from public censure. That meant he could go on dating sites or on Tinder and women would not know that he had a criminal charge against him. Furthermore, if Kelly violated the ban, she could have been fined \$5000 and a given a two- year prison term. Once the trial began she testified over a harrowing 2-hour period within 14- feet from the perpetrator which only retraumatized her for a second time. She felt that she was on trial. The accused was found guilty and sentenced to 18- month house arrest (10 pm to 6am) and a \$100 fine.

Gender violence can have ongoing serious health consequences such as high blood pressure, anxiety, sleep disorders, PTSD, cannot seek psychiatric help, and a suicide attempt can follow.

Non disclosure agreements are similar to publication bans and were initially legislated in the 80s to prevent employees from revealing trade secrets to competitors. However they

have been used to muzzle women and protect serial predators such as Harvey Weinstein, Donald Trump and Hockey Canada personnel to cover up a history of sexual offences against women .

The United Kingdom, several states in the US. and Prince Edward have legislated some limited protection.

After six years Kelly became the first person by self representation in the history of British Columbia to have a publication ban vacated on her name in the Supreme Court of British Columbia. She joined with other survivors from across Canada on Parliament Hill in October 2022 to support testimony, evidence and reporting documents to the Justice Committee’s Obligations To Victims of Crime Report. The recommendations were successfully adopted into the final report in December 2022. Petition e- 4192 , sponsored by MP Laura Collins, is calling on the federal government to implement a number of changes on how victims are kept informed of publication bans, give victims a choice whether bans should be implemented or not and develop a simple method to lift those bans as well as training for Crown attorneys to give sound advice to victims. Kelly initiated a petition in order to make these changes and ensure that other women do not go through the same humiliating, frustrating , and years long advocacy challenges.

Kelly experienced a traumatic event in her life and yet has garnered the strength and fortitude to change a legal procedure that seems unjust to victims. She is an inspiration to all women and her dedication and perseverance to this goal is commendable.

Thank you Kelly.



## CFUW Nepean Activities

### Lunching Out

-Sharon Carew

We had 18 people attend our Lunching Out at the Thai Flame Restaurant in March. It was an excellent lunch with great food and terrific conversations.

On **Wednesday, April 19th** we will have Lunching Out at Zola's in Bells Corners at 2194 Robertson Road. I will send a message out closer to the date. Look forward to seeing another great group of CFUW women for Lunch.

### “Something wicked this way comes “ (Macbeth)

In **October on Friday the 13th**, it is “Murder most foul.” (Hamlet), but who did this nefarious deed?

It is up to the audience to work out which of the six possible suspects, all panelists at a Home and School meeting to hear an expert on controlling violence.

Is it Sister Mary Simon, or PG, the movie mogul? Perhaps Dwanya, the owner of many unregistered guns.

Come, eat the delicious dinner if your nerves will let you, and help solve this crime. Stay tuned for more details!!

**Mark the date and come join us for a taste of murder and a meal !**



### Armchair Travel

-Marlene Sylvester

Travel is a constant reminder that I can always learn more and that the process of learning is not some thing that ever ends.

Armchair Travel 2022-2023 has been quite a year. We have travelled to four continents either through members' travelogues, or through YouTube videos.

**October** -Debbie Poisson presented her travelogue to Switzerland .

**November** -Sharon Carew took us on a trip from Dubai to Singapore.

**December** -a YouTube Travelogue took us from Moscow to Beijing on the Trans Siberian Orient Express .

**January** - Lynne Crocker presented her travelogue to Sri Lanka

**February** we had a travelogue on Moldova .

**March** we viewed a YouTube video on Guyana but technical gremlins meant we will be rescheduling to hear Susan Russell complement that commentary with her experiences from living in Guyana for many years.

In **April** Kathy Greiner will present a Travelogue on Tanzania and in **May** Lynne Crocker will again give a travelogue on South India.

We are very thankful for our members to step up and present their travel experiences and enlighten our knowledge of other nations and other cultures. In light of present day unrest throughout the world, we need to understand people and their beliefs in order to avoid catastrophic events.

Join us at **1 PM the 3<sup>rd</sup> Tuesday of month on Zoom**

## CFUW Nepean Activities

### Marlene's Pics

-Marlene Sylvester

Marlene 's Pics is a relatively new interest group which focusses on a variety of issues that are interesting, informative, and in some cases, merit action on a provincial, federal, or international level.

**October** -Climate crisis in Europe.

**November** -Issues surrounding transgendered athletes.

**December**- Solving the doctor shortages in Ontario.

**January** - Nondisclosure agreements. That episode sparked a presentation by Kelly Favro to all members with respect to revoking publication bans across the country.

**February** -The Story of Women and Art , focussing on how female artists who have not had been recognized for centuries.

In **April** we will discuss sterilization of aboriginal women in Canada.

A topic has not been chosen for May .

As you can tell, each episode is relevant today and many focus directly on women's issues.

### Art Tours

-Dolores Dufresne

Our next tour will be on the **2<sup>nd</sup> Wed** in April and we will have one more, probably in **May**. There is a fee involved. If you are interested in joining us or if you have any questions, please contact me. Everyone is welcome!

### Outreach

-Marlene Sylvester

The generosity of our members has been outstanding not just in December and May but all throughout the year.

In December members donated toiletries, pajamas, underwear, children's books, coats, mitts, toques , sweet treats etc. to five agencies in Ottawa; Interval House, Elizabeth Fry Society, Cornerstone, House to Home, Minwaashin Lodge.

In May members may donate diapers and wipes, etc. to Interval House. Donations such as irons, kettles, sewing machines, shoes, clothes are still coming in on a regular basis.

Thanks to all members who are helping disadvantaged people in our city.

### Book Group

- Valerie Burton

Our book group is meeting via video for the months January to June on the **4<sup>th</sup> Tuesday** at 1pm.

If you are a 'reader', or would like to be, please join us. Call member Rosina and she'll add you to our list!

Booklist for April to May 2023:

April – Five Little Indians ..M Good

May - The Henna Artist .. A Joshi

## The Green Grapevine – April 22 Earth Day

-Beth Junkins

The first Earth Day was held April 22, 1970 in the US. While there had long been a conservationist movement in the US, environmental issues were not front and centre with most of the general public and were certainly not a political priority; it had barely been mentioned in the 1968 Presidential campaign, and May 1969 polls showed only 1% thought it was important to protect the environment. But there was a sudden growth in awareness of environmental issues, driven in large part by noticeable air pollution, new publicly available science and the rise of advocacy journalism on television, particularly the unprecedented media coverage of several environmental incidents (such as Ohio's Cuyahoga River spontaneously bursting into flames from oil and toxic chemicals, and media news that Lake Erie was nearly dead).

US Senator Gaylord Nelson was an ardent conservationist and felt that the time was right for a significant environmental initiative to “force the issue into the political dialogue of the country”.<sup>1</sup>

Working with a young activist Denis Hayes and many volunteers who had worked on civil rights and anti-war movement campaigns in the 60's, they originally planned on using 'teach-ins' on college campuses like those used to debate the war in Vietnam. This approach had increased awareness of the issues by the public and had created a generation of activists. Inundated by letters and phone calls as the idea of Earth Day became public, it was decided to move more activities to public spaces and reach out to key organizations such as the League of Women Voters. (One anecdotal report noted that most of the letters they received were from women, who were college educated homemakers wanting to improve the world for their children, as well as from primary/high school teachers). The campaign shifted to promoting large rallies in cities and environmental education in schools. That first Earth Day saw over 20 million Americans involved in activities and demonstrations for the environment.

The astounding grassroots advocacy could not be ignored. Senior White House Secretary John Whitaker (associate director of the White House Domestic Council for environment, energy, and natural resources policy (1969-1972)) recalls that the Nixon administration was 'totally unprepared for the tidal wave of public opinion in favour of cleaning the nation's environment'<sup>2</sup>. Polling showed that between 1969 and 1970, in just 17 months, public concern over air and water pollution moved from 10<sup>th</sup> place to 5<sup>th</sup>; in May 1971, 25% of the public now thought that protecting the environment was important. Executive Branch had to respond and over the next decade 13 fundamental pieces of legislation were enacted into law.

Canada's first Earth Day was in 1980, and Earth Day went global in 1990 with 141 nations participating. In 2016, the UN chose Earth Day to sign the Paris Agreement – 175 countries signing on to this key climate accord. It is estimated that over a billion citizens participated in Earth Day in 2022.

Since that first Earth Day environmental protection and sustainability has grown as a priority in the public's mind. Governments, agencies, and academia have responded to continued public pressure with policies and activities across a wide spectrum that show progress and are yielding concrete positive results – for example, we have reduced the ozone hole, removed lead from gasoline, improved the quality of the Great Lakes.

Other tangible signs of hope:

- The [UN Decade on Ecosystem Restoration 2021 – 2030](#) aims to protect and restore ecosystems and global biodiversity. [Short films on ten flagship projects](#) show how this is being achieved.
- Canada successfully passed legislation banning single use plastic, a first step in curbing plastic use in Canada.
- Provincial and Federal governments are investing in clean energy alternatives, such as the [battery storage project in Oshweken Ontario](#) expected to begin operations in 2025 and provide enough power to meet the needs of a city the size of Oshawa. The March 28, 2023, Federal Budget targeted investment in clean energy.
- The City of Ottawa has [banned bottled water sales at its facilities](#), is moving to a [fleet of electric city vehicles](#), and is looking at using [energy from waste water](#) for the new Lebreton Flats complex.
- Researchers are finding new technologies and approaches to tackle key environmental issues such as making a [biodegradable packing foam](#), and turning agricultural waste into a [plastic alternative](#)

The [Earth Day organizers](#) remind us that as individuals we have real power for change – power with our consumer dollars, our vote, and as members of the community.

What kind of action might we take on Earth Day, or any day, to raise our own awareness and become more involved?

- Learn about a new issue that is of interest to you.
- Participate in workshops, seminars and community cleanups.
- Learn what is going on in our community, visit the [City of Ottawa environment website](#)
- Ask friends and family about what environmental issue is important to them – share your interests and concerns.
- Look at possible changes in your home – switch to LED lights, increase composting and reduce food waste.
- Sign a petition.
- Enjoy another Earth Hour (held earlier on March 22) and turn off the lights for an hour.
- Plant native species and pollinator plants or support tree planting.

Earth Day is an opportunity to reflect on the beautiful and fragile home that we share with each other and all living things. Our individual actions, large or small, make a difference. Our advocacy can sustain and nurture the same public demand that drove the first Earth Day and has changed the world.

1 <https://www.epa.gov/archive/epa/aboutepa/earth-day-70-what-it-meant.html>

2 <https://www.epa.gov/archive/epa/aboutepa/earth-day-recollections-what-it-was-when-movement-took.html>

## **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](http://www.linkedin.com/company/67676158)

– YouTube <https://www.youtube.com/channel/UCmEVH4VhbIGONW0kXT41e1A>

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

GWI Web site – <https://graduatewomen.org>

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