

## UPCOMING GENERAL MEETING

**Tuesday Oct 1 1PM**

Bells Corners United Church, 3955 Old Richmond Road, Nepean, ON

Guest Speaker Andrew Holmes on techniques to get a better night's sleep

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### **Upcoming Events**

**Oct 17 7 PM On Zoom**

Guest Speaker Dr. Crystal Sissons on the Life and Legacy of Elsie MacGill

The world's first woman aeronautical engineer and Canada's first woman electrical engineer

**Nov 5 1 PM Bells Corner's United Church**

Guest Speaker historian James Powell on Ottawa's women on ice, including Barbra Ann Scott, Elizabeth Manley and the Professional Women's Hockey Team

**Dec 3 12 noon Holiday Lunch at the Waterford Grand Retirement Home**

## The President's Message October 2024

Our first meeting was well attended with five new members, Sally Babij, Grace Brown, Wendy Allen, Teresa McCrory, and Carol Tomaszewski. We are also welcoming our sixth new member this fall - Anne Sinclair - a dual member with CFUW Kanata.

In addition, we had three guests, two of whom learned about us on the CFUW Nepean Facebook page which is well managed by our Public Relations and Tech Support person, Jennifer Robinson. Do read our Facebook page and "like" it – there is lots of great information to be found there.

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

September 21st was the final event of our summer of planning, painting and preparing over 1000 panels to be displayed on Parliament Hill for the International United Nations World Peace Day. It was a real success with many clubs represented and great interest from the public on the Hill. Many of the squares will be returned to the churches and schools and clubs that made them. Some will be made into quilts and others displayed on walls as a symbol of peace and a testament to all those who believed in the effort and spent time creating some really beautiful Pieces for Peace.

Our Interest Groups will be well underway in October and I am sure we are looking forward to the many opportunities to learn and laugh together. Laureen Silke has undertaken to start a new Group this year. Sunday afternoon matinee performances at the Ottawa Little Theatre. Thank you, Laureen!

We have also undertaken to set up a Zoom Pro account for our club thanks to Jennifer Robinson. It can be shared by the convenors of the Interest Groups whenever it is appropriate to use Zoom for their meetings as well as being available during the winter months for our Club meetings. It will also be an opportunity to record our Speaker Series and share with everyone.

We are looking forward to a productive and successful year together.

*"The women of today are the thoughts of their mothers and grandmothers, embodied and made alive. They are active, capable, determined and bound to win. They have one-thousand generations back of them...Millions of women dead and gone are speaking through us today."* **Matilda Joslyn Gage Writer & Activist**

As always, all the best,

Carole

## Welcome to some new members!!

### Wendy Allen

This spring I'll be entering my 70th year. Born in Toronto, went to school, married and raised two children there. Employed with Bell Canada for 21 years. When downsized. I took the opportunity to change directions, enrolled into Centennial College- Educational Assistant program. Through the Toronto District School Board I worked with various special needs students. My son has a form of Muscular Dystrophy, working with special needs students was comfortable for me.

January 2018, who moves to Ottawa in minus 27 temps? I do! This move was prompted by retirement from the Toronto District School Board and a divorce. In Ottawa I worked part time with Ottawa Carleton School Board til I fully retired.

I enjoy gardening and plants; in spring I am amazed how the earth renews, sprouts push through the soil, and blossoms give us hope. I'm experimenting with knitting and in years past, I have quilted and taken decoupage classes.

The CFUW offers new experiences, new friendships with women supporting women

**What was the first thing you remember wanting to be when you grew up?** A school teacher

**What super power would you choose– to become invisible, to read minds or to be able to fly?**

I already have a super power - patience!

**Where are you on the cilantro scale, between 'love it' to 'hate it' ?** Cilantro 🌿 yuck

**Would you like to visit the past or the future? Why?**  
Neither. What's in the past will remain, the future will be a surprise.

**Growing up, what was your favourite book?**  
Anne of Green Gables - just let go of the series.

### Sally Babij

When I moved to Sudbury in 1981 I was invited by a friend of my new husband to join her at a CFUW meeting. As a newcomer from Toronto, I immediately found myself surrounded by many like minded women who indeed were shakers and movers in the Sudbury community.

I had an instant network of friends and colleagues, and I am grateful for those friendships to this day. I immediately volunteered on the executive, filled many different positions and convened such interest groups as dining, knitting and book group over the years. I was on the annual fundraising 'Celebrate Women' event (bringing a recently published female author to Sudbury) partnering with LEAF and the YWCA. I moved to Ottawa in 2020 during COVID times.

So I am now a new but "old" member, 43 years, and I continue my connections with CFUW Sudbury while enjoying the wonderful fellowship of the Nepean membership.

**What was the first thing you remember wanting to be when you grew up?** High School Geography Teacher

**What super power would you choose– to become invisible, to read minds or to be able to fly?**

I would love to be able to know what pleases people.

**Where are you on the cilantro scale, between 'love it' to 'hate it' ?** Not a cilantro fan

**Would you like to visit the past or the future? Why?**

I was born in England would liked to have lived there for a while.

**Growing up, what was your favourite book?**

Emma by Jane Austen. Still have the leather bound copy my granny gave me when I was 12. I always said I would name a daughter Emma and I did.

## New members (cont'd)

### Grace Brown

I am a proud new member of the CFUW Nepean Chapter. I received a fantastic welcome and I look forward to sharing in the mission and objectives of this group.

I was widowed at an early age but am blessed with a daughter and a two-year-old grandson.

I graduated from Carleton University with a BA in psychology and a MA in Criminology.

I worked in the federal public service for twenty-seven years. In my first job as a Program Officer in Kingston's Prison for Women, I thought I could change the world but soon learned to be happy with small successes. After doing two years "time," I continued my career in the Canadian Human Rights and Privacy Commissions. My last position was in policy analysis at Immigration Refugees and Citizenship Canada.

I am enjoying retirement to the hilt. I am an avid reader, and love auctions, flea markets and thrifting, and a member of the Red Hat Society.

***What was the first thing you remember wanting to be when you grew up?*** A teacher

***What super power would you choose– to become invisible, to read minds or to be able to fly?***

To fly because I want to travel everywhere.

***Where are you on the cilantro scale, between 'love it' to 'hate it' ?*** Love it

***Would you like to visit the past or the future? Why?***  
The Past

***Growing up, what was your favourite book?***

My favourite book was Little House on the Prairie.

### Teresa McCrory

I have just moved to Ottawa, from Montreal, where I was born and raised. I have been married for 32 years, and have a son. I have a BA from McGill University, an MBA from Concordia University, was a CPA for over 20 years, and I now work full time from home in Stittsville.

My passions are quilting (for 18 years) and travel! I like to organize trips for 6-8 family members and friends.

My oldest sister, Janet, was always an active member of her quilt guild, her church and charitable groups. Her aim was always to help others, and she was a great influence on my life.

The goals of CFUW Nepean appealed to me because I believe we should be kind to people, and help others, if we can. I am looking forward to spending time with all of you, and learning more about CFUW and its members

***What was the first thing you remember wanting to be when you grew up?*** A teacher

***What super power would you choose– to become invisible, to read minds or to be able to fly?***

To fly, so I could travel everywhere!

***Where are you on the cilantro scale, between 'love it' to 'hate it' ?*** Cilantro is ok, no strong opinion

***Would you like to visit the past or the future? Why?***

I would love to visit the past, as I am obsessed with British TV set in the 40s and 50s!

***Growing up, what was your favourite book?***

As a teen, I loved the books of Leon Uris, in particular, "Trinity." I also loved the "Three Investigator" series as a child.

## CFUW National

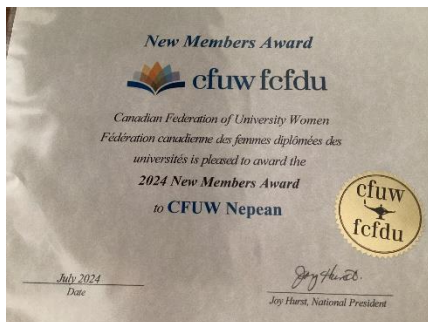
### National AGM July 22 – July 24 Edmonton Alberta

-Carole Baker

CFUW/Nepean members Carole Baker, President, and Joan Conrod, Past President, as well as Marcia Armstrong Past President and VP Membership Ontario, attended the AGM in Edmonton, Alberta, July 22nd to July 24th.

It was the first in person AGM since 2020 and was a well-organized event with 130 women from coast to coast attending. There were many opportunities to meet with fellow CFUW members. It was great fun to discuss our clubs and see many similarities and differences.

CFUW/Nepean was awarded a 2024 New Members Certificate



Joan set up a workshop for attendees to create Pieces 4 Peace and many participated. In addition, clubs from all over the country sent in their work which we brought back to be added to the Parliament Hill event.(see below)



A few fun and interesting facts from the gathering:

132 registered attendees  
83 Clubs present (in person and by proxy)  
211 total votes on the floor

The AGM itself brought no surprises - those who stood for their positions were all acclaimed and the new board will be posted to the National website. We have two representatives on the National board from our region — Sandra Shaw, as President of Ontario Council is also VP Ontario, and Anne Cordon, who was our RD Ontario East for the last 4 years is now VP Membership. In addition, Marlene Starkman, Past President Perth and District, is our new Regional Director.

All resolutions passed with minimal discussion or debate and minimal dissent. The opinion was that this was because the new resolution editing and review process worked extremely well and any revisions/edits were incorporated into the final versions.

*(photo credit C. Baker)*

### CFUW Pieces4Peace

September 21 2024 was the United Nations International Day of Peace and an historic peaceful demonstration was planned by CFUW members to take place that day on Parliament Hill. As the CFUW writes, the message of peace 'is too often lost in the noise of conflict'. This quiet assembly was meant to be a place to promote conversations that may begin on the Hill but will have a ripple effect, as they are taken up by family, friends, visitors from around the world.

Panels 16" X 16" called Pieces4Peace were prepared by CFUW members across Canada to place on the lawn at Parliament – symbols of the wish for peace by members everywhere.

### Panel Painting and Picnic

On August 16<sup>th</sup> Joan Conrod and Carole Baker hosted a Pieces 4 Peace Picnic at Joan's condo, where we painted panels and enjoyed a picnic



## CFUW National (cont'd)

lunch together. The event was held in the shade of beautiful old trees at the welcoming garden area behind the Ambleside Two building. Joan set up fabric, paints, and brushes and supplied cold drinks to the enthusiastic participants.

We were joined by three new members to be, Sally, Grace and Wendy, as well Betty Ann, Dolores, Marilyn, Betty, and Jennifer.



*Pieces4Peace Painting Dolores, Grace and Wendy (photo credit C. Baker)*

## September 21 – The Hill Experience

-Beth Junkins

When I arrived on the Hill, I was warmly greeted by CFUW members from Perth, Barrie, Kanata, Ottawa, Montreal, Sherbrooke – many of whom I had met on Zoom calls but had yet to meet in person! There were more than 1000 pieces to lay out on the Hill, all bright and beautiful messages of peace from members across Canada.

As we began laying out pieces, we found children and visitors were keen to help. Over the three hours we chatted with visitors from all over the world including Shanghai, Holland, the UK, the US. Many were curious about what we were doing, what was our purpose and who we were!

So often their faces would light up when we explained that this was the International Day of Peace, and we just wanted to promote the

conversation and hope for peace. Many visitors waded into the sea of Pieces 4 Peace and would take a picture with the Peace Tower in the background. The conversation was always hopeful though I heard from some that peace seems so far away these days. The most surprising comment that I heard more than once was “Thank you for doing this. We need this”. When words were not possible in English or French, there were smiles shared and the peace sign from the sixties – the message was still clear.

People went away with photos, with a smile, with a quiet peaceful connection made in Canada – and I am confident that many will share the story when they go home, and the conversation will continue. Just as the CFUW hoped.



(Photo credits CFUW members)



## CFUW Nepean Scholarship Trust

The Scholarship Trust was established in 1996 to provide both financial assistance and encouragement to women seeking post-secondary education.

Working with Algonquin College, the Trust supports students in the Occupational Therapy, Nursing Assistant, and Women in Technology Programs. Last year 6 scholarships/bursaries of \$1000 each were distributed.

A registered charitable organization, operating under the Canada Revenue Agency requirements, the Trust is a way to see your funds go directly to real people. We have heard from the recipients that these funds do make a difference.

Consider making a donation; details on the [CFUW Nepean webpage](#).

## Scholarship Trust Garden Party June 7<sup>th</sup> 2024

On Saturday July 9<sup>th</sup>, Betty Ann Grainger graciously opened her lovely home and well-appointed garden to over 80 friends, family and fellow CFUW members.

The house tour featured 3 floors of Betty Ann's treasures, collections, family heirlooms, and travel memorabilia and her garden was beautifully presented with a welcoming covered gazebo, plantings and wall art.

The luncheon featured a variety of party sandwiches and home-made cookies and brownies with mango lemonade to drink.

Carole Baker and Betty Bertrand assembled three beautiful gift baskets that were filled by generous contributions from the members of CFUW/Nepean. Sharon Carew provided a

background of music based on the D Day celebrations which was well received. Joan Conrod collected and planted marigold seedlings which were a parting gift for each guest.

Thanks go to the many willing and enthusiastic volunteers: Joan Conrod, Carole Baker, Betty Bertrand, Sharon Carew, Lynne Crocker, Dolores Dufresne, Gail Mezger, Rachel Plouffe, Jennifer Robinson, Marlene Sylvester, and Betty Threinen. A special thanks to Betty-Ann!!

Just over \$2000.00 was raised with the gift baskets bringing in \$400.00. All will be contributed to our Scholarship Trust for this coming year so that CFUW/Nepean can continue to give scholarships and bursaries to deserving young women at Algonquin College.



(photo credit C. Baker)



## CFUW Nepean Activities

### 'The Life and Times of Agnes McPhail'

-Carole Baker

Marlene Sylvester's play 'The Life and Times of Agnes McPhail' was performed at 5 different venues and was well received by all with invitations to come back with new theatrical presentations. We will have raised over \$700 and already have three invitations for the next year. Many thanks to Kim Stewart, Betty Ann Grainger, Sue Carter, Carole Baker and Rodney Pitchers for their participation. Also, thanks to Joan Conrod for her presentation before each performance which outlines the history of CFUW.

In May 2025 our group will perform Marlene Sylvester's new play 'Becoming a Person'. We hope everyone will support this as all the money goes to the Scholarship Fund and you learn about the history of our country as well as the women who challenged and changed our country significantly.

### **Pontoon Boat Outing June 21<sup>st</sup> with Catch a Smile! - Friends in Sportfishing**

Sue Carter, our indefatigable Program Convenor, booked 2 pontoon boats for an enjoyable afternoon outing on the Rideau River on June 21<sup>st</sup>. There were 8 of us in the first boat at 1:00PM and 7 in the second boat at 2:00PM. Each boat holds a maximum of 10 people and the ride lasts just over one hour.

Tom Smellie is the organizer of "Catch a Smile! - Friends in Sportfishing", a volunteer based charitable organization providing free boating/fishing experiences for youth, seniors and persons with special needs in our community. The program provides free rides on pontoon boats for seniors and the boats are fully accessible and can accommodate walkers. The cost is free and is run by the Friends of the Long Island Centre.

While there is no charge we contributed after our ride by collecting money for the captain of the boat, Serge, and his helper, Claude. However, you can also make a donation to the organization.

The location is at the Long Island Lock at Nicholls Rd., on the Rideau River in Manotick. These are at Parks Canada, with picnic grounds and accessible washrooms within walking distance of the launch site. Some of our group brought picnic items to share before our trip.

The route is from the top of the locks and it is a lovely excursion down to the Mill in Manotick and then back passing fabulous homes and gardens along the shore on the way.

It was a wonderful way to share an afternoon with friends, while enjoying being on the water and the scenery was outstanding!

Thank you, Sue.



*Betty Carole  
Bobby Janice  
Lynne Joan  
Marlene Carol*





## CFUW Nepean Activities

### Sept 10 2024 General Meeting

**Guest Speaker Thomas A Barber on his grandfather Paul Barber and other Early Black Residents in Ottawa**

-Beth Junkins

Thomas Barber provided an interesting presentation on a part of Ottawa history that most of us know little about: early black residents in Ottawa.

Thomas brought to life names like London Oxford, the first black settler who came with Philemon Wright in 1800; and Robert Richardson, a former slave from Connecticut.

Most of the presentation focussed on Thomas' grandfather, Paul. Paul had been born a slave in Kentucky in 1848, gaining great knowledge about horses, their care and training, on the lands of the slave owner Philetus Barber. Like many other slaves, after emancipation Paul stayed on the Barber lands until the 1880s when he made his way to Ottawa. His knowledge of horses and horse training was well respected and he was much sought after by Ottawa's elite. Today a part of Clarence Street in Lowertown has been renamed 'Barber Street' in his honour.

### Sept 19 2024 via ZOOM

**Guest Speaker Catherine Dumouchel on Ottawa Volunteer Search and Rescue (OVSAR)**

-Jennifer Robinson

Catherine Dumouchel has been a ground search and rescue volunteer since 2008 and is the Deputy Director of Operations with Sauvetage Bénévole Outaouais - Ottawa Volunteer Search and Rescue (SBO-OVSAR). She is responsible for liaising with police services and other tasking agencies as well the development of policies and procedures.

Catherine provided a fascinating behind-the-scenes look at the planning and implementation of a ground search and rescue operation based on the concept of lost person behaviour, a key development in the field of search and rescue.

The goal of ground search and rescue is summarized by the acronym FAST - find, access, stabilize and transport. The concept of lost person behaviour is based on studies of previous cases, and includes guidelines for where to look for the lost person, based on profiles consisting of information such as their age, the outdoor activity they were doing (e.g. hiking, bicycling), and mental state (e.g. dementia, autism, suicidal).

The profiles indicate the statistically likely reactions of the lost person, and provide probabilities of where the person might be found. Used in conjunction with information from those who know the person, these help in the rapid deployment of search teams and resources to high-probability areas.

Catherine also talked about how we can avoid becoming a lost person ourselves, by planning and preparing for outdoor activities, and letting someone know where we're going and when we expect to return.

### USED BOOKS SALE

#### OCTOBER 1ST GENERAL MEETING

-Sharon Carew

Last year we began a used book sale at our monthly general meetings. This was a tremendous success, with proceeds to go to the Scholarship Fund.

The used book sale will continue this year, starting at our **October 1<sup>st</sup>** meeting. If you would like to donate any books to be sold, bring them in fifteen minutes before the meeting. The books are \$3.00 each and all the money will be donated to the Scholarship Fund.

This is a great deal for great books!

## CFUW Nepean Activities

### Armchair Travel

-Marlene Sylvester

Armchair travel group will meet on **October 15 at 1 o'clock** at Marlene Sylvester's home.

Mary Alice Hossie will present a travelogue on her trip to Ecuador. Please let Marlene know if you are coming.

### Art Tour

-Dolores Dufresne

#### Art Tours

The Art Tours Group meets four or five times during the Club year. We have been meeting on the second Wednesday of the month, but since we had a difficult time booking that date last spring, we may change our day to the fourth Wednesday of the month. We meet at 1 pm – usually at the National Gallery, but at other venues as well. I also arrange for carpooling. I am always open to any suggestions.

There is a fee involved. Since we have to pay for a minimum of ten participants for each tour at the National Gallery, I have to collect the fee up front to ensure that we have enough money in the "kitty" each time. It would probably be around \$25 for the four or five tours. If you are not a Gallery member, you would also have to pay the entrance fee.

Please let Dolores know, if you are interested or if you have any questions.

### Book Club

-Rachel Plouffe

The Book Group meets on the fourth Tuesday of the month on Zoom with the exception of December and June .

The book and author are presented by a member and discussion follows. There is never any shortage of views.

In September we talked about Alice Munro's short stories and how her daughter's revelations might affect how we read her.

The *Air Raid Book Club* by Annie Lyons will be discussed in October and *Shadow Play* by Peggy Blair and/or *When Last Seen* by Brenda Chapman in November.

If you are interested in joining in please contact Rachel.

## CFUW Nepean Activities

### Bridge Group

-Dolores Dufresne

The Bridge Group meets on Monday afternoons at 1 pm. We have one table that plays in-person and one or two tables that play on the computer from 1 to 3 pm using a program called Bridge Base. We have a few players who fill in when one of the regulars cannot play.

We are always in need of more players. Please let Dolores know, if you are interested in joining us or if you have any questions.

### Community Outreach

-Marlene Sylvester

House To Home has helped 1400 families over the last two years. At the moment they require blankets, sheets, towels, and kitchen items, such as toasters, irons, casserole dishes etc. These items don't have to be new just in really good shape.

Members have been very generous with their donations over the last couple of years and I'm sure it makes everyone feel a little bit better to know that they're helping out these new families in Ottawa

### Lunching Out

-Sharon Carew

We will begin our monthly Lunching Out Group on Wednesday, October 16th. **Every third Wednesday** of the month will continue to be our Lunch Day. Different restaurants will be selected for each month. We had a wonderful turn-out of between fifteen and twenty members every time that we met last year. Lunching Out is lots of fun and gives us a chance to develop friendships, have great conversations and enjoy good food. New members are always welcome.

Last year, we had a group of gentlemen from India, who were developing a series of videos, come and ask to interview our group during our Lunching Out at the Thai Flame. They were shocked that women our age drove their own cars, ate out with groups of women and were so well educated. Carole sent out the video a few weeks ago and it certainly reminded us of what a dynamic group of ladies we have in CFUW Nepean.

The next Lunching Out will be **Wednesday, October 16th at the State & Main Restaurant on 4235 Strandherd Drive**. The restaurant is in the plaza with Costco store on Strandherd. Sharon will send a message out to the Lunching Out group a few days before we meet to tabulate the numbers and let the restaurant know the number of people coming.

If you are interested, just let Sharon know!



## Movie Matinee

-Judy Glass

The movie group meets once a month on the 2nd Friday of each month. The exact time and location changes depending on the chosen movie. The group members select the month's film from a list of available films sent earlier in the week.

Contact Judy if you are interested - Hope to see you at the movies!

## Environmental Action Group (EAG)-

-Beth Junkins

The EAG is an informal group focusing on sharing practical information to help each of us reduce our environmental impact. We also look at issues, large and small, that are of interest to the group, TED talks, National and International topics.

Our first meeting will be **by Zoom, Thurs Oct 24 at 1PM**. Everyone is welcome to come and join the chat!

Please let Beth Junkins know if you interested!

## Ottawa Little Theatre (OLT) Group

-Laureen Silke

A new interest group is being organized for those who would like to attend the Ottawa Little Theatre (OLT) Sunday afternoon matinees at 2:30PM.

The group could start December 15<sup>th</sup> with the Comedy Christmas play "**On the Farce Day of Christmas**". Tickets need to be purchased by November 1<sup>st</sup>. – the tickets are \$26. Sunday afternoons there is street parking and a large parking lot with a flat fee of \$7.00 behind the Theatre.

The plan is to go for brunch / lunch at the Canal Ritz at 5<sup>th</sup> Avenue and the Queen Elizabeth Driveway at 11:30AM. There is a Free Parking lot on 5<sup>th</sup> Avenue at the Driveway across the street from the restaurant.

The next outing would be after Easter 2025 at the start of the [new season](#). See the website for ticket options – buy singly or subscriptions.

There has already been good interest in the December plays and brunch! - **Please let Laureen Silke know if you are planning to come for brunch as well as the play.**

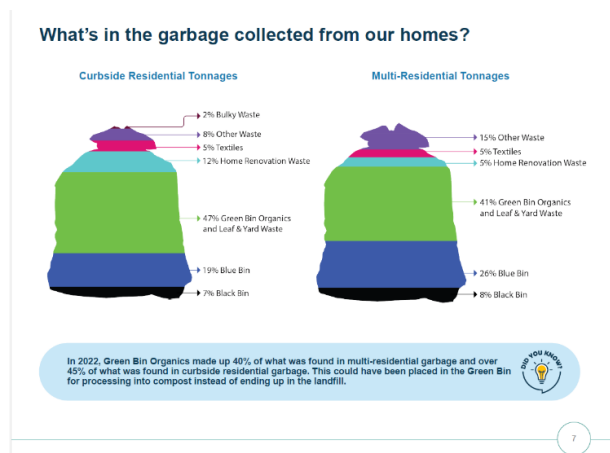
PS- Did you know that the OLT was started in 1913 by CFUW Women at that time???

-Beth Junkins

In June, 2024 the Ottawa City Council approved the [Solid Waste Master Plan](#), a roadmap for managing waste sustainably for the next 30 years. According to the [City of Ottawa Website](#), the plan looks to: reduce waste by about 31,000 tonnes, divert almost 1 M tonnes of waste from landfill and reduce greenhouse gas emissions by more than 9,000 tonnes, roughly the equivalent of removing about 2750 passenger cars from the roads each year (<https://engage.ottawa.ca/solid-waste-master-plan> )

There has been a lot of publicity about the move to a 3 item garbage limit Sept 30. However, the SWMP is about much more than that. It includes 25 action suites, over the short to long term, to help divert waste from landfill and dispose of waste in an environmentally sustainable way.

**Did you know** that over 40% of garbage collected for landfill is from material that could be composted? In addition to wasting both food and all of the resources that go into food production (resources such as natural, human, economic, chemical, transportation), these organics go into landfill and produce methane, a potent greenhouse gas.



( image from [SWMP Executive summary](#), pg 7 )

Here is a place that each of us can take action in our own homes to reduce both food waste and greenhouse gas emissions.

Next month, watch the Green Grapevine for tips on how you can help reduce the amount of food waste going into landfill, including taking the 'Yick factor' out of composting.

In the meantime, do you have an item sitting around waiting for a bit of repair? Check out the City of **Ottawa Repair Cafes** – you may be able to get it repaired by a volunteer from [Ottawa Tool Library](#).

Upcoming Repair Café on **Saturday, October 5** - Sponsored by the City of Ottawa  
Walter Baker Sports Centre - Halls A&B  
100 Malvern Drive  
10 am to 2 pm

## **CONTACT INFORMATION**

CFUW Nepean website – <http://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/UCmEVH4VhbIGQNW0kXT41e1A>

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

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

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