

UPCOMING GENERAL MEETING

Tuesday Dec 3, 2024 Noon
Holiday Lunch, Waterford Gand Retirement Home
121 Marketplace Ave, Barrhaven

Wear your holiday hats & sweaters!!

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Upcoming Events

Jan 7, 2025, **ON ZOOM** 1PM

Guest speaker Nora Polley on her book *Whenever You're Ready*, her life and work with actors and actresses as stage manager of Stratford Theatre.

Jan 16, 2025, **ON ZOOM** 7-8 PM

Guest speaker Paul Litt on the life of Phyllis Turner, mother of Prime Minister John Turner and her career as the top public servant of the time.

Feb 4, 2025, **ON ZOOM** 1PM

Guest speaker Sheila White will discuss her book, *The Letters: Postmark Prejudice in Black and White*, about her parents and their inter-racial courtship.

Feb 20, 2025, **ON ZOOM** 7-8PM

Guest speaker Mary Reid, master gardener, about how to rejuvenate a tired garden.

President's Letter – December 2024

Congratulations to our Newsletter Editor, Beth Junkins, for her creative way of celebrating the January 24th *International Day of Education* | United Nations, by highlighting our members' reflections on the educators and teachers who have inspired them.

Thank you to Grace Brown for her excellent article highlighting the commitment to education that is evident in the actions of CFUW at all levels, and those of our international partners, GWI.

At CFUW/Nepean, we are proud to promote and support education for young women. Through our Scholarship Trust, we provide six annual awards of \$1,000 each to deserving students at Algonquin College.

We also embrace lifelong learning by hosting engaging and educational speakers, thanks to our Program Director, Sue Carter. In a meaningful gesture, the honorariums given to our speakers are donated back to the Scholarship Trust on their behalf.

Our Community Outreach Coordinator, Marlene Sylvester, has introduced a creative new avenue for outreach. Her plays, performed at retirement homes across the city, provide entertainment while supporting our cause. Her latest production, *The Life and Times of Emily Murphy*, was warmly received at Hazeldean Gardens on November 6th and will be performed again at Amica Seniors Residence on Tuesday, November 26th. The funds raised from these performances are directed to our Scholarship Trust awards.

Recent fundraising efforts have also made a meaningful impact. Book sales organized by Sharon Carew and Marlene Patrick raised \$175, while Rachel Plouffe's jewelry sale contributed an impressive \$170 to the Trust.

As you can see, education is at the heart of everything we do at CFUW/Nepean. Together, we continue to make a difference in the lives of students and our community.

Thank you for your ongoing support!

Carole



(Photo credit B. Junkins)

Members Corner

International Day of Education

Jan 24, 2025

CFUW Nepean, National & GWI Pathways to Education

-Grace Brown

Education equity has been the heart of the founding of GWI and CFUW. From the outset, they saw equal access to quality education as a stepping stone toward empowering women. Over a hundred years later, they still consider that knowledge and leadership skills will equip women to become decision-makers in all levels of society. Through financial aid, program development and research, their members and partners strive to overcome the barriers and the challenges still faced by women today. The work members do at the local, national and international level demonstrate the commitment to making equity a reality.

Graduate Women International (GWI)

GWI was founded in 1919, as an international network linking women graduates from all cultures, all fields of study, all professions and all generations. Today, GWI has national affiliates in 62 countries and individual members in 40 others. The Canadian Federation of Women (CFUW) is one of their largest affiliates with a part of our membership dues going to support their work.

CAMEUS is a group within GWI, made up of representatives of Canada, Mexico and the United States. Member organizations collaborate to promote women's development including in the field of education and learning, and the rights of migrants.

The GWI offers [programs](#) in support of their goals in education. The [Bina Roy Partners in Development Program](#) awards grants to GWI national federations and associations from developing countries for projects that educate and

develop leadership. The [Teachers for Rural Futures](#) program strives to increase access to, and completion of quality secondary education for girls in rural Northern and Eastern Uganda. Through teacher training and development, the project is increasing the number of local female role models and mentors for younger girls entering the program.

<https://graduatewomen.org/what-we-do/projects/>

Fellowships and scholarships are also awarded to help women pursue higher education and research. The [Hegg Hoffet Fund for Displaced Women Graduates](#) helps graduate women who have been displaced by war, political upheaval or other serious emergencies. This fund provides short term grants to support education as well as language training and courses to help with integration in the new community. Additionally, local GWI members provide support to the displaced women to rebuild their lives in a new country. <https://graduatewomen.org/what-we-do/grants-fellowships/>

CFUW National Scholarship Trust

The CFUW National has supported graduate study, literary and creative arts through awards and fellowships since its founding in 1919. In 1967, [the CFUW Scholarship Trust](#) was set up as a separate entity to receive donations and manage the resulting funds.

A wide range of Fellowships and Awards are available for the Arts, STEM, graduate studies, Indigenous scholars, gender studies. For example [the 1989 Ecole Polytechnique Commemorative Awards](#) honours the fourteen women students murdered at this institution on Dec 6 of that year. Each year \$5000 is awarded for Masters study and \$7000 for doctoral studies relevant to women (latest winners focussed on female veterans and their dogs to address PTSD, and history of trans community building).

Members Corner

CFUW Nepean, National & GWI Pathways to Education (cont'd)

The [Dr. Alice E. Wilson Award](#) provides two \$5000 awards at the masters level and two \$5,000 awards for doctoral studies for mature women returning to studies in any field after at least 3 three years.

CFUW Nepean

The CFUW Nepean Scholarship Trust was set up in 1996. The Trust encourages and supports higher education for women by funding and disbursing scholarship bursaries and awards. A five-member volunteer Board of Trustees composed of CUFW Nepean Club members manages the trust.

The Trust currently directs its disbursements to Algonquin College's School of Health Sciences, STEM (Science, Technology, Engineering, Math) through the College's Foundation.

Recently, the Trusts supported Algonquin College's new program to "Save A Seat" for Women in Technology, PSW and Occupational Therapist Assistant programs. Trustees and club members have held fund-raising events each year. Supplemented by charitable donations, member donations and interest from investments the Nepean Club is able to support these students. Since the fall of 2006, scholarships totalling over \$60,000 have been bestowed to deserving students.

CFUW Nepean supports education with more than funding for others – continuous learning is a life long value for its members. There is a large variety of subjects covered by guest speakers at the monthly meetings and a growing number of interest groups. Members have a chance to continue to learn and grow.

The Future

While progress has been made toward equal access to education, women continue to face

barriers including gender stereotyping, poverty, cultural norms and practices, poor infrastructure and poverty that continue to deny or limit their access to quality education. Additional information on the strides being made, remaining barriers and challenges, as well as strategies for moving forward can be found at <http://www.right-to-education.org/rapporteur-report>.

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

Geneviève Bergeron
Hélène Colgan
Nathalie Croteau
Barbara Daigneault
Anne-Marie Edward
Maud Haviernick
Maryse Laganière
Maryse Leclair
Anne-Marie Lemay
Sonia Pelletier
Michèle Richard
Annie St-Arneault
Annie Turcotte
Barbara Klucznik-Widajewicz

Murdered, Polytechnique Montréal
December 6, 1989

We Remember



(Photo Credit B. Junkins)

Members Corner

International Day of Education Jan 24 2025 – Our Influential Teachers

Each of us knows what our education has meant to us: shaping us, opening new opportunities, helping us to live our best lives. At the general meeting on November 5, the members of CFUW Nepean shared the names and the lifelong influence of the teachers and educators in our lives. To recognize International Day of Education, we honour all those teachers who meant so much to us.

My favourite or most influential teacher

He was a listener and patient. Answered my questions, challenged me, supported me.

His style of teaching so involved me that I think of him regularly decades later. I still visualize him at the black board teaching sentence structure and story construction.

She managed a 3-grade classroom (Grades 1-3) with humour and a dedication to children's learning in a 2 room schoolhouse. Many years after I attended primary, secondary and university education, I wrote to her and thanked her. She wrote back immediately and passed on news of her life and work.

At our school Latin was taught from Grade 10 to Grade 12. He was very popular in our culturally diverse town. Also, many male and several female students attended. We also improved our English which has its roots in Latin. This teacher was popular because he understood the students emotionally and educational way.

His unconditional confidence in my ability to be successful.

Members Corner

International Day of Education Jan 24 2025 – Our Influential Teachers

My favourite or most influential teacher

As an orphan, I was unable to benefit from much formal education, but her love of learning was instilled in me and encouraged me always to pursue my university education reminding me often that education was worth working for.

Inspired me to learn a second language and appreciate the importance of it when travelling.

She made English come alive. She liked to enact Shakespearean plays. She spat when she spoke so you had to duck because she could shower anyone in her path. When the Sister died, she had a huge funeral. We found out that she coached a boys hockey team years earlier. The (now) grown men, rented a bus and came down to pay their respects. She was very modest and never told us about her coaching abilities.

She was caring and loved what she did. She taught shorthand and typing. She made it fun to learn in a class of impressionable young women.

Inspired me to pursue teaching as a career.

She encouraged me to join a debate group and participate.

Members Corner

International Day of Education Jan 24 2025 – Our Influential Teachers

My favourite or most influential teacher ...

She encouraged me to try my very best at science subjects in school. I was good with the written word but science – ouch!!

Challenged me to look at society and why and how people live where they do. A broad view of the world.

As a new student at the school where I was in Grade 2, my mother invited my teacher to lunch at our home. She was seen as a regular person, and she became someone I could see as an inspiration.

She encouraged my interest in going to university, helped me get scholarships and arranged for me to meet professors and students in my desired program.

She was caring and so interesting in her class presentation. She made me want to learn more.

She taught me to write an essay and that got me through university. Also, if my grammar is good, that is because of her.

She was my 1st teacher. I was almost 7 when we moved out of a lumber camp and into town to start grade 1. She taught me to love to learn.

Members Corner

International Day of Education Jan 24 2025 – Our Influential Teachers

My favourite or most influential teacher

He introduced us to Shakespear, and did in such a way that we were engaged in the subject and could recognize Shakespear's genius. He was a character.

She was always well organized and presented her lectures in a simple clear style. She suggested one day that I should be a teacher... and I took her advice.

She gave me a lifelong appreciation for music and an unending belief in my own ability and agency.

Enlightening from a woman's perspective on politics and women's awareness, voices and placement in society. Always an interesting insight

The Nun who finally identified my dyslexia was so kind, and patient and had such total focus on the issue.

Competence and kindness to students. Inspiring, continuing education in this field.

She was considered stern and strict – everyone hoped they would not be in her class.

However, she was an inspiration to me (and many others), encouraging each and every one to do the best they could. She was also kind and open, discussing her personal perspectives and sharing her life.

He had such confidence and faith in me - he made me feel that I could do anything. Encouraged you to challenge yourself to be more than you thought you could be.

Members Corner

International Day of Education Jan 24 2025 – Our Influential Teachers

My favourite or most influential teacher ...

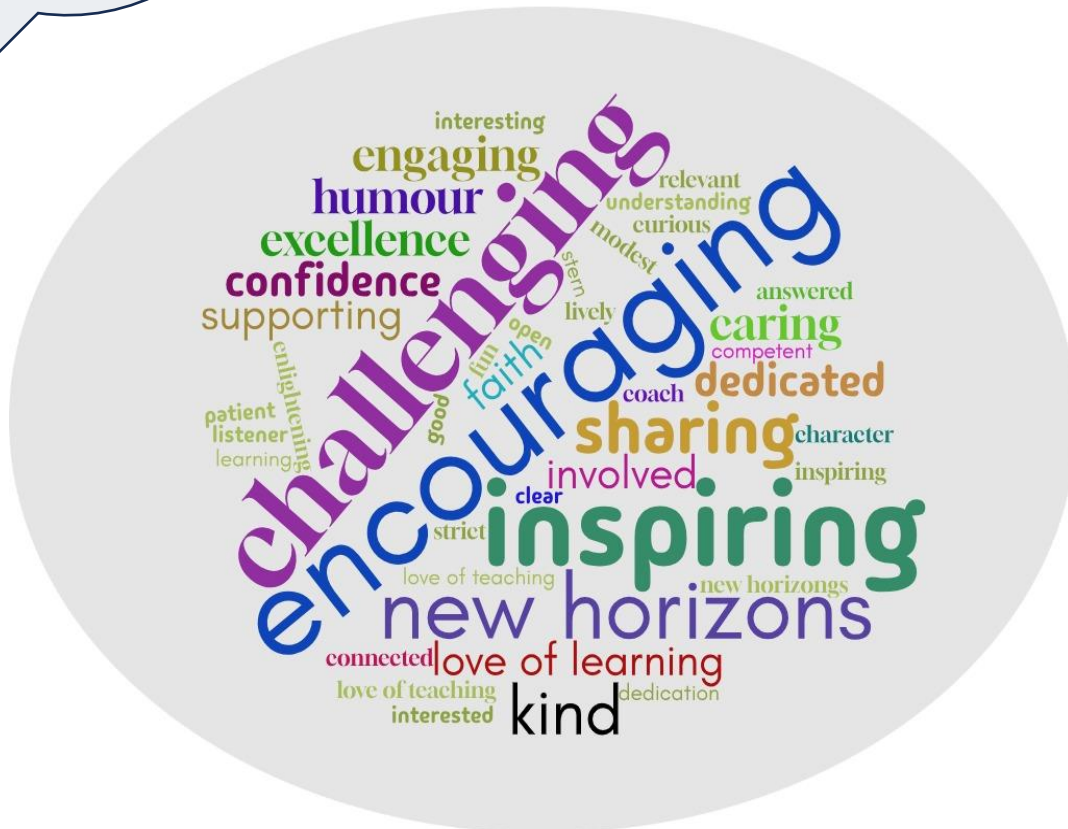
Kind, curious, shared her travel adventures. Exposed us to music, travel and languages.

He was an excellent science teacher. The classes were relevant, and he challenged me to do my best work.
By the way, I got 100% in Grade nine science.

Instilled in me the love of English literature particularly Shakespeare's sonnets and plays.

Sense of humour. Encouraged by challenging the student to be curious.

Two from high school stand out. One English teacher taught me about plagiarism and that I must never do it! The other teacher offered to me and three other students who went to him and requested it, a Grade 13 course in Geography, which unknown to me at the time, determined my career path and personal life choices.



CFUW Nepean Scholarship Trust Matching Tuesday Dec 3, 2024

The CFUW Nepean Scholarship Trust provides financial support to women seeking post-secondary education. A registered charitable agency, the Trust currently focusses its assistance to Algonquin College's School of Health Science and STEM We Saved You a Seat programs through the College's Foundation. Since the fall of 2006, Scholarships and Bursaries totaling over \$60,000 have been awarded.

When you donate, you help women make a better future for themselves.

If you donate on 'Giving Tuesday', Dec 3, 2024, your donation can be matched, doubling your support. This year, 'Giving Tuesday' starts on Monday Dec 2, 2024 -at 8PM.

A perfect holiday gift that can change someone's future.

**DOUBLE the impact
of your donation
Dec. 2, 8:00 P.M.**

Plan your Giving Tuesday donation to CFUW NEPEAN SCHOLARSHIP TRUST

- Perfect holiday gift for a special person
- Post-secondary education for women
- Tax receipt for you
- Funds stay in our community

Photo by Christine May from Pexels, freddy via

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NEPEAN

CFUW Nepean New Banner

Jennifer Robinson has designed a banner for our club that incorporates our philosophy and the colours of the new National CFUW brand.

A bell was included to represent Nepean. Dolores Dufresne explains the bell's significance: *'The Nepean Bell has been an important symbol in the life of the community since 1896. It originally hung at Nepean Town Hall in Westboro, serving as a fire brigade alarm, council meeting alert, and a 9 p.m. curfew signal in 1937. After Westboro merged with Ottawa in 1966, the bell was relocated to Ben Franklin Place, the former Nepean City Hall. In 1994, CFUW Nepean members Andree Anderson and Ann Tomlinson featured the bell as the centerpiece of the club's first banner, honoring its historical significance to Nepean.'*

Our new banner retains this link with tradition with the symbol of the bell and it also reflects one of the colours in the new CFUW National brand.

cfuw
NEPEAN

**Vibrant, welcoming group
of diverse women**

**Camaraderie, learning,
socializing and fun**

**Scholarships for
local women**

**Advocacy for women
and our community**

Realizing potential. For all women.
Le pouvoir par le savoir.

New Members Welcome!

cfuwnepean.ca
cfuwnepeanclub@gmail.com
facebook.com/CFUW.Nepean

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NEPEAN

Nov 5 General Meeting

Guest Speaker James Powell

Women on Ice: Ottawa's Own

-Grace Brown

James Powell a retired senior officer of the Bank of Canada, is a prolific writer of books on Canadian economics history and more than three hundred stories. He is an Officer of the Historical Society of Ottawa, and the writer of the Ottawa history blog "Today in Ottawa's History."

James started with an enlightening timeline for the evolution of women's hockey in Ottawa. He showed the first known photograph of women playing hockey taken in 1890 at Rideau Hall displaying the passion felt by Isobel Stanley (daughter of Governor and Mrs. Stanley) and her all-female hockey team, playing an informal four aside match. Isobel Stanley takes her place in history as an icon of women's ice hockey.

Women's hockey saw both rise and decline during World Wars I and II. Historians credit establishment of the *Rideau Hall Rebels* in 1884 and the *Ottawa Alerts* in 1915 as milestones in the acceptance of women's hockey as a sport.

The Professional Women's Hockey League (PWHL) was formed in August 2023 with Ottawa as one of its six franchises. Although the team registered the name *Ottawa Alerts*, (likely in homage to the early twentieth century women's team) the *Ottawa Charge* was the League's choice. The PWHL and Ottawa's team continue to gain popularity with both male and female spectators.

In the world of women's figure skating Ottawa has a lengthy and often glorious history in this sport, with two key trailblazers, Ottawa Olympic figure skating champions, Barbara Ann Scott and Elizabeth Manley.

From the age of seven, Barbara Ann Scott (Canada's Sweetheart) skated at the Minto Skating Club in Ottawa. She was the 1948 Olympic

Champion, a two-time World Champion (1947-1948) and a four-time Canadian National Champion (1944-46,48). Scott had to walk the fine line between amateur and professional skating which required her to return the gift of a car (only to receive another one when she left amateur skating in the same year). A cultural icon, the Barbara Ann Scott doll was hugely popular, and she had a movie career in Hollywood replacing Sonya Henning as the star of figure skating movies. In 1991 she was named an Officer of the Order of Canada and a Member of the Order of Canada in 2008. In 1995, she was inducted into Canada's Sports Hall of Fame.

Elizabeth Manley began skating at an early age. In the 1982-83 season, she moved to Ottawa and continued her training at the Gloucester Skating Club. Manley competed at the 1984 Winter Olympics and the World Championships between 1984 and 1987. James commented that her 1988 Winter Olympic performance was the climax of her career. We viewed footage of this energetic and flawless performance. Manley won the silver medal finishing a fraction of a point behind her closest competitor East Germany's Katarina Witt. After winning the silver medal and receiving the Order of Canada in the same year, she retired from amateur skating and achieved added success on the professional circuit. She is now an official spokesperson for mental health issues, drawing from her own battles with depression and keeps a visible presence in Ottawa.

Ottawa's women on ice were trailblazers; we recognize their great achievements as well the challenges they faced in both sports.



(Photo Credit B. Junkins)

CFUW Nepean Activities

Armchair Travel

-Marlene Sylvester

There will be no Armchair Travel in December.

Watch for our next trip in January!

Art Tour

-Dolores Dufresne

On Wednesday, November 27th the Art Tours group had a guided tour at the National Gallery of the special exhibit "Woven Histories: Textiles and Modern Abstraction".

This exhibit was well presented. Most of the works were outstanding and beautiful! It was actually one of my favorite tours. In the 20th century, textile art was viewed by many as lesser than fine art, but this exhibit aims to point out how these works influenced abstraction, the most prominent art form of modernism.

The exhibit will be at the National Gallery until March 2nd. I would highly recommend that if you have not yet seen it, you make every effort to do so before that date.

We will schedule another tour after the Holidays.

Book Group

-Rachel Plouffe

Membership in the Book Group has been growing with 6 readers joining the group.

In November, mystery author Peggy Blair joined the Book Group to present her latest book *Shadow Play* and to give us some insight on the writing process and her experience in self-publishing her books.

January's book will be *Talking to Canadians* by Rick Mercer.

We meet the fourth Tuesday of the month by Zoom. If you are interested in joining in please contact Rachel.

Movie Matinee

-Judy Glass

The movie group viewed *Conclave* in November. This fictional story of selecting a new pope was full of dramatic interactions, political divisions and rich visuals. While entertaining, there was a lack of depth on real issues within the church and organized religions. In a male dominated world, women had a surprising impact.

Please come join us for the upcoming shows on December 13th and January 10th.

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

CFUW Nepean Activities

Lunching Out

-Sharon Carew

It was very nice to return to Lunching Out at Algonquin's College Restaurant International. We had fifteen people attend and the main course meal was very good and there were many very pleasant students serving meals to us. It is a terrific program at the College.

There will be no lunching out in December.

Our next Lunching Out will be on Wednesday, January 15th at 12 noon. We will be going to Pho Thi Fusion at 129 Riocan Ave. in Nepean. It has a very good selection of food and easy to access in the plaza with Indigo & Staples.

Environmental Action Group (EAG)-

-Beth Junkins

At our November meeting we shared ideas on Greening Christmas – one great suggestion was to have a puzzle theme for family and friends; everybody gives puzzles, and once completed, they could be shared over the year. After they have been used by everyone, they can be donated to hospitals, retirement homes. A way to involve the whole family and no waste. Thanks for the idea!

We also noted the website "Reasons to be Cheerful" that was mentioned on the CBC Current Oct 11 – when we need to find balance with the discouraging news reports on the Environment and other topics, a good place to go.

Outreach

-Marlene Sylvester

Many members have already given donations of toiletries, gift cards, pj's, diapers, wipes, baby clothes, mitts and toques and scarves, children 's books, games and puzzles, period products etc. .

Caroline Wilson and I divide the gifts among the four shelters and Dolores Dufresne and I will deliver them the first week of December.

If you haven't donated yet, you can bring a donation to our luncheon on December 3rd to the Waterford Grand.

In January and February, we will still support House to Home. They continue to ask for kitchen appliances such as toasters, kettles as well as pots and pans, casseroles, and cake and pie plates etc. Thank you everyone for your support.

Merry Christmas

The Green Grapevine

Christmas Green

-Beth Junkins

Each year it is a challenge to find ways to keep our environmental footprint as low as possible at Christmas. There was a request to compile the gift and wrapping ideas that have been shared over the years in the Green Grapevine – so here it is. Hope you have a white Christmas with a touch of green!

Gifts

Look for gifts that are experiences or consumables – things that are fun and won't sit on the shelf. Sharing with the recipient makes it extra fun.

- **Family challenge**
 - All gifts are to be “previously enjoyed” – perhaps from a thrift shop or your own home. Great opportunity to repurpose special items, pass along some fun jewellery, your favourite books or music (an old LP??), a sentimental teacup.
 - All Puzzles –Buy new or used, share them around the family over the year and then donate.
- **Consumables:** groceries, teas, wines, a selection of favourites for the freezer (like your famous spaghetti, chili, stew) or jams, jellies, and relishes from local bazaars. If you are a **baker**, consider some sweet treats to put under the tree, or offering to make a dessert a month for 2 or 3 months, or for an afternoon tea. The more ambitious among us may offer to provide a meal, or even a dinner party - maybe the start of a fun (themed??) gathering on a cold winter's night.
- **Activities:** bowling, mini putt, the driving range, rock climbing, wine tasting, petting farm.
- **Events:** tickets to a play (good community theatre in Ottawa as well as professional and some have special Christmas programming!), walking tours, music concerts and festivals, a hockey game (junior or the Sens), Sens Skills competition, Disney on Ice.
- **Classes:** sewing, painting, scrap booking, yoga, LCBO cooking classes.
- **Memberships** to museums, zoos, art galleries – most can be purchased online for loved ones living anywhere in the world and are appreciated all year long.
- **Offer your time and talents –**
 - Provide a dedicated crafting afternoon around the kitchen table with modelling clay or paints (maybe paired with a visit to the Art Gallery).
 - How about a snuggly movie afternoon and popcorn?
 - Every parent loves to have babysitting!
 - Pass along your talents. Hand made scarfs, mittens and hats are always valued, but think about offering to teach how to knit, crochet, embroider, or a piece of music at the piano or on guitar, or how to make the favourite family cookies. If you have a green thumb, how about plant cuttings, or an afternoon showing how to start seedlings for spring? So many possibilities to share.
- **Lighten someone's 'To Do' list** running errands, mending, walking the dog. You might be able to be a driver for a day, or head out to Almonte or Merrickville for tea!
- Pass along a bit of **family history**, with a photo or a story about a special event or time.
- Write down a **story** you grew up loving and get some special little artists to help illustrate it for you – something you create together.
- **Vouchers** for car washes, gas, car detailing.

- **Gift cards** for manicure/pedicure/spa days.
- Provide an evening out at the **movies**, maybe with dinner and babysitting included.
- 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.
- Pay for a **sports streaming service** for a special month of hockey (World Juniors after Christmas), soccer, football, curling, skating etc.
- **Donate** in someone's name to a charity that is important to you – gives you a chance to have a conversation about something you care about, at home or abroad, while helping others. Think about a donation to the **CFUW Nepean Scholarship Trust**.

Wrapping it up

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

- Looks for gifts with as **little packaging** as possible.
- **Reuse** wrapping paper, and wrap **without tape**; tie parcels up with twine or wool that can find other uses. Flatten out that tissue paper and send it on another adventure!
- Use **recyclable paper** The City of Ottawa Waste Explorer <https://ottawa.ca/en/garbage-and-recycling/waste-explorer> can help making choices; foil wrapping paper goes to landfill but other non- foil wrapping paper and tissue paper go into the black box.
- **Avoid ribbons and bows** since they also go to landfill. How about a foil wrapped chocolate, a sprig of cedar, a hair bow, a small Lego character, a bookmark, fridge magnet?
- **Decorate brown paper or paper bags** to make them festive without ribbons and bows.
- Start a tradition of exchanging **in fancy 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!!) Makes guessing fun.
- Use **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! This is also a good chance to get **imaginative** and think about other ways to create mysterious surprises under the tree.
- **Cookie tins** with a button or penny inside make great sounds and can be used after or reused next Christmas!
- Make **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 wrap one too!
- 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, 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.

- **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
 - – YouTube <https://www.youtube.com/channel/UCmEVH4VhbIGQNW0kXT41e1A>
- CFUW National website – <https://www.cfuw.org>
- GWI Web site – <https://graduatewomen.org>
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