

UPCOMING GENERAL MEETING

Tuesday April 1 **1PM**

Bells Corners United Church, 3855 Old Richmond Road, Nepean, ON

CFUW Resolutions, Graduate Women International and April 1 Trivia

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Upcoming Events

****April 1**

Special collection of period products for Period Poverty Advocacy Campaign (see page 3)

Tickets on sale for the White Wine and Strawberries Social June 21,2025

May 6, 2025 Waterford Grand Retirement Home at 121 Marketplace Ave 11:30AM – 3PM

Lunch, Annual General Meeting (AGM) and a performance of *Becoming a person, The Life and Times of Emily Murphy 1868-1933* written by Marlene Sylvester
Price will be approximately \$25.

June 21, 2025 White Wine and Strawberries hosted by Carol Bell Thompson

Fundraiser for the CFUW Nepean Scholarship Trust

President's Message April 2025

We are fortunate indeed to be a Club composed of strong supportive women with a history of our Club, and newly joined strong supportive women who are now contributing in their turn to add to the history of our Club.

CFUW Resolutions: These formal motions propose positive change on an issue of provincial, national, and/or international importance. If passed by our Clubs, the resolution will become CFUW policy, guiding our advocacy efforts, educating our membership, and enhancing CFUW's visibility as a leading Canadian women's organization.

GWI Report (page 6): The recent report summarizes the current financial considerations regarding GWI dues, outlines the impact on our Club's budget, and presents a range of options to address these challenges.

Annual Report: The Annual Report will be completed and distributed prior to our AGM, ensuring that every member is well informed about our Club's financial and operational status.

Special Recognitions: Congratulations to our VP Betty Betrand, who coordinated the donations towards the Coldest Night of the Year Walk to support Cornerstone House. Your contributions totalled \$650.00. Additionally, we have received a \$175.00 Ontario Council Grant towards the cost of items to promote our Club such as our new banner.

Thank you for your continued dedication and support. Together, we continue to build on the proud history of our Club.

Carole

"I can promise you that women working together - linked, informed, and educated - can bring peace and prosperity to this forsaken planet." Isabel Allend



(photo credit B. Junkins)

International Girls in Information, Communication and Technology (ICT) Day - Investing in Education and Innovation

April 25, 2025

-G. Brown

On April 24, 2025, United Nations Women and its associated partners are celebrating International Girls in ICT Day. The theme for 2025 is "Girls in ICT for inclusive digital transformation". The day aims to raise awareness about the importance of gender equality in ICT careers and to highlight the various programs and financial resources available to encourage girls and women to pursue STEM education and ICT careers. Information on the international programs and scholarships available can be found at

<https://bold.org/scholarships/young-women-in-stem-scholarship/>

Women in Canada hold 34% of STEM degrees but only 23% of STEM jobs, compared to 43% in the EU (<https://www.randstad.ca>). To help close this gap, Canada has introduced initiatives including science clubs, camps, mentorship, scholarships, and firsthand training to increase female representation and foster leadership in STEM. (Read more at <https://www.stemforgirls.ca>)

Providing women with opportunities to study in the ICT and STEM areas is essential in today's tech-driven world to promote gender equality, empowering women with greater career and business opportunities innovators in the growing digital world. Talk to the young people in your life about International Girls in ICT Day. Let's help inspire and support the young women of today to take their place as ICT and STEM leaders of tomorrow.

Graduate Women International Bina Roy Partners in Development Project (GWI – BRPIDP) Menstrual Health & Period Product Advocacy in Uganda

-B. Junkins

Luuka is a remote district in Uganda, with high poverty rates and many girls lack access to sanitary pads and education about menstrual hygiene, and personal health. They miss school when menstruating and often are forced to drop out, not completing even primary level. About 64% marry early and become teenage mothers.

This GWI project is lead by the Association of University Women Uganda (AUWU) in partnership with local leaders and the Busoga Kingdom. It aims to increase knowledge about menstrual health and personal hygiene for students, parents and teachers. Further, it will provide training making reusable sanitary pads that will not only allow girls to go to school but provide skills for new sources of income.

The ultimate goal is to reduce early marriages in school age girls and increase retention in school.

Read more about this [2024- 2025 GWI project](#) and others empowering women and girls around the world through education.

There are girls and women here at home who face

barriers to education and employment because of inadequate access to period products. Remember to bring your donations of period products to the CFUW Nepean meeting **April 1, 2025. We can help.**

CFUW NEPEAN PERIOD PRODUCTS DRIVE
Tuesday April 1, 2025, 12:00 - 1:00
in recognition of International Women's Day
BELLS CORNERS UNITED CHURCH
(Parking Lot)
• Bring donations of period products
• Pads preferred
• Donations will be delivered to Barrhaven Food Cupboard For those in need
cfuw nepean

PERIOD POVERTY IN CANADA
WHAT IS PERIOD POVERTY?
A lack of access to menstrual products, hygiene facilities, waste management, and education due to barriers including cost, availability, and social norms/stigma surrounding menstruation.
One in five (20%) Canadians who menstruate do not have enough products at some point in the next 12 months.
ONE IN SIX (17%) CANADIANS WHO MENSTRUATE HAVE EXPERIENCED PERIOD POVERTY.
TWO DOLLARS TO ONE IN FOUR (25%) AMONG THOSE WHOSE HOUSEHOLD INCOME LESS THAN \$40,000 A YEAR.
PERIOD STIGMA PERSISTS
22% of Canadians think menstruation should not be openly discussed and 22% think menstrual products should be kept out of sight.
WHAT IS MENSTRUAL EQUITY?
Ensuring that everyone has equal and comprehensive access to menstrual products and education on sexual and reproductive health care rights.
Menstrual products are necessities, not luxuries.
Source: <https://www.gwi.org/2024/04/01/period-poverty-in-canada/>
cfuw cbc

CFUW National Election Resources

-B. Junkins (with input from the CFUW National special newsletter March 25, 2025)

With the call of the Federal election for April 28, 2025, CFUW National has put together a number of resources to help Clubs advocate and encourage their voter participation.

CFUW's Election 2025 Webpage

A dedicated webpage has been set up with non-partisan resources. Clubs are encouraged to refer to this page, which will be updated regularly. Go to the Election 2025 webpage at

<https://www.cfuw.org/home-2/election-2025/>

CFUW's Election Toolkit

There is an Election Toolkit that can be downloaded with a range of information: how to participate while being non-partisan; advice on identifying election disinformation; ideas how to learn about party's and candidate's positions; briefing materials and questions to ask candidates on CFUW key issues; how to host an all-candidates meeting. Download the toolkit at

<https://www.cfuw.org/assets/pdf/Federal+Election+Toolkit+2025/>

Demand Better Campaign

The CFUW National has signed on to the Demand Better campaign, a national non-partisan awareness campaign driven by women's rights and gender justice organizations in Canada. The goal is demand better from our leaders for policies that benefit everyone – priority issues including affordable housing, childcare and universal pharmacare. This campaign has put together two resources that may be helpful to clubs on voting and non-partisan activity for non-profits and advocacy tips

["Your Vote Matters: A Toolkit to Support Voting"](#)

["Information Guide to Federal Election Planning"](#)

Non-Partisan but Political

-B. Junkins (with input from CFUW Club Action News March 14, 2025)

What is on your mind these days? There certainly seems to be no shortage of issues: international events, national election, provincial issues, municipal developments. Read what is on the mind of our [CFUW National President Linda Sestock](#) and [Ontario Council President Sandra Shaw](#).

You may recognize a lot of the same issues that are on your mind. As CFUW Clubs we can advocate and fight for the changes we want to see. The key is knowing how to be **political but non-partisan**.

The CFUW Club Action Newsletter March 14, 2025 included the statement by the CFUW National President (link above) and an article *Non-Partisan, But Political – A Reminder* reprinted in part here (note: original emphasis included):

CFUW, and all CFUW Clubs, are non-partisan. This means we do not support, oppose, endorse, campaign for, or donate to any party or candidate for election. Here are some examples of things that we cannot do, as it would be deemed partisan:

-Posting commentary about any local candidate or federal party leader on social media.

-Inviting only one candidate to speak at a Club or public event.

-Soliciting donations or support for a candidate at Club meetings and events, or on Club email lists.

-Linking any of the issues on which CFUW advocates to one party or candidate.

Being non-partisan does not mean that CFUW is non-political. All advocacy that CFUW does is inherently political – we try to influence government policies. We take positions on political issues, positions that are informed by our

CFUW National (cont'd)

mission, values, and resolutions. This means that we are able to make statements opposing or supporting policies, laws and actions of governments where they relate to CFUW's values and resolutions.

The same is true when it comes to foreign governments. *We cannot endorse a political party in another country, but we can oppose the policies of other governments when they go against our values and resolutions, or threaten our mission to achieve equality, social justice and peace.*

This article and the resources available from CFUW National provide excellent guidance on how we can be effective and active participants in this election and in all of our advocacy.

It is up to us to shape our future.

CFUW National Communication Survey.

-Club Action News March 14, 2025

The March 24, 2025 Club Action News included the article below. The CFUW National is seeking input from members on the level of interest in town halls on navigating the 'political but non-partisan' line. The article is reprinted in full below:

The CFUW National Office is exploring ways to support our members in navigating political discussions while maintaining our commitment to non-partisanship. Given the current political climate between the U.S. and Canada, as well as broader concerns around political communication, we are considering hosting a townhall to provide guidance on making political statements as a non-partisan organization.

We would love to hear your thoughts! This short survey will help us gauge interest in a townhall and identify key topics of concern. Your feedback will guide us in organizing discussions, speaker series, or other initiatives that best serve our membership.

Complete the form here:

<https://docs.google.com/forms/d/e/1FAIpQLSctUWN4xiluj0g1w2Oa9tPWwh8950vaNwLCacW1ljS9jb4wug/viewform>

CFUW National AGM, Friday July 11 – 13, 2025

This year the CFUW annual AGM will be held virtually July 11 – July 13. More details to come
Save the date!!

Want to stay connected to all of the news from CFUW National and Clubs across Canada? Sign up for the weekly 'Club Action News'

Go to <https://www.cfuw.org/>

CFUW Ontario Council AGM May 24, 2025

This year's AGM will be held virtually on May 24th. More details to come.

Please save the date

CFUW Nepean Report on Graduate Women International (GWI) Dues and Financial Considerations

-C. Baker

This report summarizes the current financial considerations regarding GWI dues, the impact on the club's budget, and the range of options available to address these challenges.

Overview

On January 27th the Club Executive reviewed the current financial commitments related to Graduate Women International (GWI). The meeting focused on the impact of increasing annual GWI dues and the additional top-up requests, which are intended to adjust for fluctuations between the Swiss franc and the Canadian dollar. These adjustments have implications for the club's overall budget and the allocation of funds for essential activities.

Budget Breakdown for Regular Members

The current annual dues for regular members are allocated as follows:

- National: \$55.00
- Ontario: \$5.50
- Insurance: \$0.75
- GWI: \$33.86

This brings the total to \$97.41 out of the overall \$110.00 annual dues. The remaining funds are allocated for other expenses, including:

- Rent for five monthly meetings at Bells Corners United Church
- Annual Zoom Pro account
- Annual donation to the Scholarship Trust
- Honorarium-based donations to the Scholarship Trust for speakers
- Miscellaneous expenses
- Conference-related funds

GWI Top-Up and Dues Projections

A GWI top-up of \$2.30 per member was paid on February 28, 2025, in addition to the standard

GWI dues. The projected dues for the 2025–2026 period are anticipated to increase from \$33.86 CDN in 2024 to \$36.15 CDN in 2025.

For context, the club's payments have been as follows:

- 2024: \$1,576.24 for dues plus a \$86.40 top up (2023) for a total of \$1,662.64
- 2025 (projected): \$1,608 for dues plus a \$108 top up (2024), totaling \$1,716.00

Club Meetings and Information Sessions

At the January 7th General Meeting, the CFUW Nepean budget and the increasing GWI dues were discussed. To provide further insight into GWI's operations and its connection with CFUW, an information session was held at the February 4th general meeting.

Pat Patton from the GWI Supporters Network Organizational Group (GWISNOG) presented detailed information about GWI's mission and its role within the international community. GWI supports education for women globally but our Club and Trust help to support and educate women in our own community. Where is the greater need and can we support both?

Regional Comparison and Membership Options

A review of clubs in Eastern Ontario revealed the following:

- Nationally, 36 out of 90 clubs in Canada are affiliated with GWI.
- In Eastern Ontario, among nine CFUW clubs, four have opted out of GWI membership. These clubs have redirected funds to support local initiatives, ad hoc donations, and community causes.
- The remaining five clubs maintain their membership, with their annual dues ranging from \$115.00 to \$140.00, compared to CFUW Nepean's \$110.00 fee.

CFUW Nepean Report on Graduate Women International (GWI) Dues and Financial Considerations (cont'd)

Options Moving Forward

For Club Remaining as GWI Member: (Opt in)

- a) Utilize a GIC strategy by reinvesting a portion of funds and depositing the remainder in the club account
- b) Increase annual dues (e.g., raise to \$115.00)
- c) Organize fundraisers to support the required top-ups

(targeting an annual amount of \$100.00 or more)

- d) Fundraise specifically to cover GWI dues

For Club Opting Out:

- a) Complete opt-out from GWI membership
- b) Redirect funds saved from GWI dues to local community endeavors
- c) Opt out while continuing to support GWI initiatives through smaller donations
- d) Individuals support GWI initiatives

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

- [International Advocacy and representation at the United Nations](#)
- [Programs](#) - Teachers for Rural Futures, NFA to NFA initiatives and the [Bina Roy Partners in Development Programme \(BRPIDP\)](#). The BRPIDP, for example, supports projects that empower girls and women through education and leadership development, with grants awarded competitively to national federations and associations. Read the [20245/25 BRPDP project summaries](#). with initiatives in Nepal, Egypt, El Salvador, Senegal, Turkey and Uganda (see page 3 of this newsletter for the Ugandan project on reusable sanitary pads)
- [Fellowships and Grants](#) –International Awards & the [Hegg Hoffet Fund](#) which assists graduate women and, in special cases, tertiary women students displaced by war, political upheaval, or other emergencies.

CFUW Nepean Nominations Nominations for 2025 – 2026

-D. Dufresne

At our AGM in May, we will elect our Board for 2025-2026. Notice to the membership is to be given one month previously. Here are the nominees for 2025-2026. If you would like your name or the name of someone else added to the slate, please let me know. Of course, the person whose name you are putting forward must give her consent.

Also, some of the Interest Group conveners would like to “pass the torch”. Please consider taking a turn to lead your group.

Nominations:

President- Carole Baker

Past President - Joan Conrod

Vice President - Betty Bertrand

Treasurer - Lynne Crocker

Secretary - Sally Babij & Beth Junkins

Membership - Wendy Allen

Program - Sue Carter

Newsletter - Grace Brown

Interest Groups - Marcia Armstrong

Hospitality - Catherine Cosstick

PR & Tech Support - Jennifer Robinson

Advocacy Chair - Betty Bertrand

Community Outreach - Marlene Sylvester

Archivist - Sharon Carew

Thank you to everyone who is offering their time and talents!



CFUW Nepean Scholarship Trust White Wine & Strawberry Social June 21, 2025

Come join CFUW Nepean Jun 21, 2025, for a White Wine and Strawberry Social. In a lovely garden setting at the home of Carol Bell Thompson, you can enjoy good desserts, good wine and good company!

Tickets are \$20 and includes wine or juice. There will be only 15 tickets for each admission time – 1:30pm, 2:00pm, 2:30pm, 3:00 pm, 3:30 pm.

At our **April 1 meeting**, you can buy your tickets from Betty Ann Grainger– cash only please.

You can also bring items for Raffle Baskets – wine, chocolates, candles, jams, jellies, sauces, condiments, cookies, lotions, soaps, teas, vinegars, mustards, crackers, napkins.

Sally Babij will also have **sign up sheet** for this event - we are looking for volunteers to bake, set up and clean up. Please see Sally if you are able to help us.

SAVE THE DATE!
Saturday June 21, 2025
Rain date Sunday June 22

WHITE WINE & STRAWBERRIES

Come enjoy a dessert buffet
in a lovely garden setting!

Hosted by CFUW Nepean/Carol Bell Thompson
Tickets \$20, includes wine or juice

Funds raised will support scholarships for women.
CFUW Nepean promotes women's fellowship
and continuous learning.

cfuw
NEPEAN

Free image generated by AI on Bing Create

CFUW Nepean Activities Coldest Night of the Year

-B. Bertrand

The Coldest Night of the Year (CNOY) was held on Saturday, February 24, 2025.

\$650 was raised for Cornerstone Housing for Women by our team member, Betty Bertrand. It was not that cold this year but Betty used her survival skills and did her walking within the confines of her building.

6,457 teams participated in the CNOY. That is 38,927 walkers at 207 locations. As at February 24, 2025 \$77, 554 has been raised.

Thanks to all who donated their time and funds.

Looking Ahead.... Summer Fun!!

Sue Carter has booked a few boat rides off River Road in Monotick on June 10 at 1pm and 2pm. (<https://www.friendsinfishing.net/>)

Ten people are allowed per boat. There is a lovely picnic area – bring a blanket or some lawn chairs. It's a good idea to bring suntan lotion, water, snacks, fruit

The boat ride is free.!!

There is parking charge; last year it was \$8 or so for a couple of hours.

A number of CFUW Nepean members enjoyed this outing last year and had a great day!!

Sue will be canvassing members on **April 1** at our meeting to see who would like to sign up.

Join us for a fun summer afternoon!

CFUW Nepean Activities

Mar 4, 2025 1PM ZOOM General Meeting
Guest Speaker Gary Boyle *Stars: The Key to Life*

-G. Brown

Gary Boyle, affectionately known as the “Backyard Astronomer,” is a prominent figure in the world of astronomy education.

Gary studied and taught astronomy at Algonquin College and lives in Ottawa. His passion for the night sky began at an early age and he dedicated his career to sharing the wonders of the cosmos with the public. He is a monthly columnist for the Royal Astronomical Society of Canada (RASC) and has served as the past president of the Ottawa Centre of the RASC. He is a certified Science Technology Engineering and Mathematics (STEM) instructor and has been interviewed on numerous Canadian radio stations and television programs. In recognition of his public outreach in astronomy, the International Astronomical Union honoured him with the naming of Asteroid (22406) Garyboyle.

We were lucky to have Gary share his enthusiasm and expertise in astronomy with us. His talent for making complex scientific concepts both accessible and captivating was amazing. He encouraged us to see astronomy not just as a science, but as a means of connecting with the vastness of the universe.

Gary explained the Big Bang theory, which suggests that approximately 13.8 billion years ago, the universe began with an explosion of space itself. Starting from extremely high density and temperature, space expanded, the universe cooled, and the simplest elements were formed. Gravity gradually drew matter together to form the first stars and galaxies.

Our galaxy, the Milky Way, has around 200 billion stars, including our Sun along with the Earth, and

seven other planets in our solar system. To help illustrate this, Gary used a simple but powerful visual: he showed scattered table salt across the counter, representing the stars arranged in the spiral shape of our galaxy. In this context, Earth is just a tiny speck, tucked away in one of the outer arms of the Milky Way.

The “blue dot effect” in astronomy refers to an iconic photograph of Earth taken on February 14, 1990, by NASA’s Voyager 1 spacecraft from 4 billion miles away. The image shows Earth as a tiny speck of light caught in a beam of sunlight. This snapshot inspired Carl Sagan’s book *Pale Blue Dot*, that discourages us from seeing our planet as small and insignificant but rather to view that small blue light as the only home we’ve ever known - a place where our families and loved ones are, and where every human being who has ever lived has spent their life.

Launched in 1990 and still operational today, Gary depicted the Hubble Space Telescope as one of NASA’s most important observatories. Named after American astronomer Edwin Hubble, who in the early 1900s proved that the Milky Way is just one of many galaxies, the Hubble continues to capture sharp images of planets, stars, and galaxies. These images have helped scientists estimate the universe’s composition, age, and size.

Gary shared a significant albeit a lesser-known fact: in 1912, American astronomer Henrietta Swan Leavitt discovered the relationship between a star's brightness and its dimming/brightening cycle. Though she received little recognition for her work, Leavitt's discovery allowed astronomers like Edwin Hubble to map the stars.

Gary highlighted that, unfortunately, Leavitt’s lack of acknowledgment was part of a broader pattern of underappreciation for female scientists. He recommended we watch the 2016 film *Hidden Figures*, which tells the inspiring story of three

CFUW Nepean Activities (Gary Boyle cont'd)

African American women who worked as “human computers” at NASA in the 1950s and helped shape the space race. He believes more women in science and astronomy is important because it can lead to new ways of solving scientific challenges and will bring different skills to the field.

Are we alone in the universe? When we wonder what alien life might be like Gary pointed to octopuses - they are highly intelligent, have no known origin, can self replicate, change their DNA and shape shift. Something to think about!

In closing, Gary shared that for him astronomy is a humbling hobby shaped by both superstition and science. Since Grade 2 when he came across a book about stars, he developed a never-ending passion for the night sky, which he says can bring the universe to our door and enable us to discover new wonders.



(Full Moon over the Outer Banks North Carolina
Photo Credit B. Junkins)

CFUW Nepean Activities Interest Groups

Armchair Travel

-Marlene Sylvester

Mary Alice Hossie will present her travelogue on PANAMA on April 15th at 1:00 at Marlene's home.

Book Club

-Rachel Plouffe

The Book Group's March book was **The Flight Portfolio** by Julie Orringer.

The novel is based on the work of the historical American journalist Varian Fry with the Emergency Rescue Committee in 1940 Marseilles. Varian Fry and the committee were responsible for rescuing many European artists and intellectuals at risk from the Holocaust. This extensively researched novel, while perhaps overly long, raises many interesting questions applicable to our time.

In April, we have **The Women** by Kristen Hannah, a novel which brings to light the largely unknown role of nurses and other women in the Vietnam War.

For our last meeting in May, **Lessons in Chemistry** by Bonnie Garmus.

Members will soon be proposing titles for next "year". We should have a list by the end of June.

We meet, as always the fourth Tuesday of every month on Zoom. Let Rachel know if you would like to join us.

CFUW Nepean Activities Interest Groups

Art Tours

-Dolores Dufresne

On March 26th, the Art Tours Group had a guided tour of the excellent exhibition, *Gathered Leaves: Discoveries from the Drawings Vault* at the National Gallery. We had a very good guide. The guide was quite knowledgeable and interesting.

The exhibition was a nice surprise for me. I expected to see black and white pen or pencil sketches or studies for a future piece of art. This was not the case, however. Almost all of the works that we saw were completed pieces and contained a lot of color. The exhibit covers many centuries – from the 1500's to the late 1900's - and it contains many works by celebrated artists – some of which have never been exhibited at the NGC.

The National Gallery's Department of Prints and Drawings was the first of its kind in Canada. The Gallery considers drawings to be all works of art done on paper as opposed to canvas or panels. Our guide thought that this was because of the process required to conserve all works done on paper.

If you have the chance, I would recommend that you pay this exhibit a visit. It would be well worth your time.

On a personal note, after many years of organizing the Art Tours, it is time to "pass the torch". Please consider becoming the convener of this Interest Group – no experience required – just an interest and a willingness to learn.

Lunching Out

-Sharon Carew

We had our March Lunching Out at the Parsital Restaurant on Carp Rd in Stittsville. The Persian and Italian food was excellent. Also, we had a very good turnout of members attending the Luncheon.

Our next Lunching Out will be on Wednesday, April 16th at Fratelli's on Terry Fox Rd in Kanata. Thank you to Dolores Dufresne who will organize April's Lunching Out.

Environmental Action Group

-B. Junkins

Earth Day April 22,2025 Our Power Our Planet

The EAG met in March and highlighted the issue around food waste, a topic the group would like to pursue further. We also focused on this year's Earth Day – harnessing renewal energy and reducing fossil fuel consumption. We looked at a number of the barriers and proposed ideas on actions that individuals realistically could take.

Watch for **Green Grapevine** in a special Club Action Newsletter in April, dedicated to Earth Day and what we can do to move to more sustainable energy use.

CFUW Nepean Activities Interest Groups

Movie Matinee

- Judy Glass

The March movie was "Black Bag", a psychological 'Spy vs. Spy' thriller. It centers on employees at the London-headquartered National Cyber Security Centre and one spy's quest to find a mole, with his wife being one of the potential traitors.

I hope you will be able to join us on April 11th for the next show.

Outreach

-Marlene Sylvester

The Period Products donation project will be on Tuesday, April 1 at Bells Corner United Church starting at 12 o'clock to 1:00. Our meeting will follow.

All donations will be given to the Barrhaven Food Cupboard. As 1 in 5 women cannot afford menstrual products this will be a wonderful way to help them.

According to the manager at House to Home blankets, pillows, and toasters are desperately needed. Please check your closets or purchase at Walmart (toasters are \$9.99 on sale and pillows at Giant Tiger are the lowest price). Bring items to the meeting and I will deliver them to House to Home.

Thank you for your ongoing help to women in our city

• 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>
- CFUW Nepean email to contact the Webmaster – CFUWNepeanPR@outlook.com
- CFUW Nepean email to contact the Editor of NewsBytes – CFUWNepeanNews@gmail.com
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