



CFUW Nepean News BYTES Vol 26 No 1 October 2025

## UPCOMING GENERAL MEETING

**Tuesday Oct 7, 2025 1PM**

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

Guest Speaker Marion Martell on Heart Health for Women

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### **Upcoming Events**

**Oct 1, 2025, 6PM** CFUW National Webinar on the International Service Project with the Stephen Lewis Foundation in Zambia (see page 4)

**Oct 7, 2025, 1PM** CFUW Nepean General Meeting Bells Corners United Church  
Guest Speaker Marion Martell will speak about heart health for women and how it is different from men's heart health. (See page 3) **You are invited to wear Red**

**Oct 18, 2025 Persons Day in Canada** (see page 5)

**Oct 25, 2025, 10AM–** CFUW Ontario Speaker Series Event on The Legislative Process declaring Intimate Partner Violence an epidemic (see page 5)

**Nov 4, 2025, 1PM.....**CFUW Nepean General Meeting Bells Corners United Church  
Guest Speaker Dr. Tim Lau, Geriatric Psychiatrist from the Royal Ottawa Hospital will discuss the difference between joy and happiness.

**Nov 13, 2025, 7-8PM on ZOOM**

Guest Speaker Dr. Vicki Mowat Dean of Sheridan College will discuss the life and legacy of her mother Mary Kathryn Mowat as well as the funding challenges facing colleges.

## President's Message October 2025

-Carol Baker

As we reflect on the past year and look forward to the year ahead, we can be filled with pride and gratitude for the remarkable accomplishments of CFUW Nepean. Your enthusiasm, creativity, and dedication completed an inspiring and impactful year.

A special thank you to Dolores Dufresne for her hard work and great success in encouraging our new members to take on executive roles. Our club truly relies on fresh energy and new ideas each year to keep moving forward. To those who have stepped up to join the Board—thank you. You won't regret it. It's a rewarding experience and a wonderful way to meet new people and build lasting friendships.

Kathy Greiner, Chair, Scholarship Trust, announced that given the success of the 2024 -2025 fundraising, each of the three scholarships and three bursaries for 2025 - 2026 will be increased by \$500 each to \$1500.00.

The Pontoon Boat Cruise June 10<sup>th</sup> was a lot of fun. Two happy and windswept groups enjoyed a scenic boat trip along the Rideau River from Long Island Locks to Manotick.

We're delighted to announce that the White Wine and Strawberries Fundraising event June 21<sup>st</sup> was a resounding success! Thanks to your enthusiasm and generosity, we raised a net profit of \$1,700 for the Scholarship Trust which included \$580 from our gift baskets raffle.

The CFUW National AGM was a virtual event this year with clubs from across Canada participating on Zoom. Nepean was recognized in three different areas:

- Celebrating club innovation with special awards including innovative club projects and International Relations - Nepean has been recognized with a special award for our original historical plays.
- Celebrating increased membership numbers—both club overall growth and new members - Nepean achieved a high % member increase.
- Celebrating our talented members – CFUW National showcased the play written by Joan Conrod about Grace Annie Lockhart - the first woman university graduate in Canada.

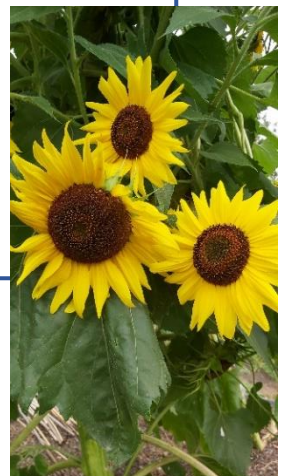
In addition, we are looking forward to planning and celebrating Nepean's 35<sup>th</sup> anniversary year as a club in 2026.

Thank you for your continued dedication, creativity, and community spirit.

### PS from Carol Sept 15 2025

I am making progress every day. My days are spent doing physical therapy and occupational therapy.

The staff at the Bruyere are excellent, as is the food. I am looking forward to being able to join our group. Thank you for your cards and well wishes.



## World Stroke Day – October 29

World Stroke Day is a Global initiative organized by the [World Stroke Organization](https://www.world-stroke.org/) to increase awareness of the signs and symptoms, encourage prevention and promote better outcomes.

We can all become familiar with the acronym **FAST** –

**F**- Face drooping  
**A**-Arm weakness  
**S**-Speech slurring  
**T**-Time to call 911

There are excellent resources available to help us take action to prevent strokes and identify our risks. Some, like Heart and Stroke Canada provide focussed information on [strokes in women](https://www.heartandstroke.ca/stroke/what-is-stroke/types-of-stroke/women-and-stroke) (<https://www.heartandstroke.ca/stroke/what-is-stroke/types-of-stroke/women-and-stroke>)

**Take a moment and learn about strokes – it could save your life or the life of someone you love.**

Heart & Stroke Canada <https://www.heartandstroke.ca/stroke>

American Stroke Association <https://www.stroke.org/en/about-the-american-stroke-association/world-stroke-day>

World Stroke Association <https://www.world-stroke.org/world-stroke-day-campaign>

### Heart Health for Women CFUW Nepean Guest Speaker Marion Martell Oct 7, 2025 1PM You are invited to wear red

#### START THE CONVERSATION: #HerHeartMatters

Canadian Federation of University Women

**Location:** Bell's Corners United Church ,  
3955 Old Richmond Road, Ottawa, Ont.

**Date:** Tuesday October 7<sup>th</sup>, 2025

**Time:** 1:00- 2:00p.m



What everyone needs to know about women and heart disease.

- Heart disease is **under-studied, under-diagnosed** and **under-treated** in women.
- It is the number one killer of women over 35 worldwide, accounting for **more deaths** every year than **all cancers combined**.
- Better understand how to **prevent** women's heart disease and ways to develop a heart healthy lifestyle.
- We Welcome Men and Women of all ages and All Cultures



Presenter  
Marion Martell,  
Women@Heart Program Ambassador,  
Canadian Women's Heart Health Centre,  
University of Ottawa Heart Institute

[WearRedCanada.ca](https://WearRedCanada.ca) | [#HerHeartMatters](https://twitter.com/HerHeartMatters) |



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE

## CFUW National Virtual AGM July 11 to 13 2025

-Carole Baker

The virtual AGM was well attended with over 120 participants from across Canada. It is an experience any CFUW member would enjoy and is a good learning experience and overview of all that CFUW National accomplishes.

There were excellent speakers to accompany the business and finance parts of the meeting. Joan Conrod was our voting delegate and the seven resolutions which were presented were voted on successfully - especially the 'Addressing Period Poverty and Menstrual Inequality' resolution formulated by CFUW Perth and Milton.

It is well advertised in the CFUW Club Action Newsletter and a subscription to this newsletter is recommended for any and all information related to clubs and their activities across Canada.

CFUW Nepean was recognized by VP Membership Anne Cordon and National President Linda Sestok in the celebration categories and during the entertainment which introduced the first evening of the three-day AGM:

**1.Celebrating club innovation** with Special Awards including innovative club projects and International Relations:

CFUW Nepean was given a special award for the original historical plays written by Marlene Sylvester and Joan Conrod.

**2.Celebrating increased membership numbers** both club overall growth and new members: Nepean achieved a high % member increase.

**3.Celebrating our talented members:**Joan Conrod's play *At Least She Didn't Do Anything With It* was presented at the "CFUW Has Talent" portion of the Opening Ceremonies at the AGM.

The play celebrates Grace Annie Lockhart - the first woman to break barriers and earn a university degree at Mount Allison in Sackville, New Brunswick.

As the AGM was completely virtual, Joan's play was presented on Zoom and then the audience was divided into breakout rooms. The focus was on the way women react to other women's success which sparked lively discussions.



The cast of *At Least She Didn't Do Anything With It*  
(Photo Credit M. Sylvester)

## CFUW National Webinar Wed Oct 1, 2025 6PM ET on Zoom

### The 2025-2027 International Service Project Young, Happy, Healthy & Safe - Zambia

-Edited from the Club Action Newsletter Sept 26, 2025 (B. Junkins)

The CFUW **2025-2027 International Service Project Young, Happy, Healthy & Safe - Zambia** has been launched with partner [Stephen Lewis Foundation](#). The goal is to raise \$15,000 to support girls learning about sexual and reproductive health in rural Eastern Zambia. This



## CFUW National Webinar (cont'd)

type of education can help “protect them from early marriage and pregnancy, gender-based violence, HIV infection, caregiving responsibilities and other determinants that directly impact their quality of life.” More information about the project can be found on [the website](#).

A webinar is being held on the project **on October 1, 2025 at 6pm ET**. Register for webinar and learn more about the project and first hand experiences of CFUW members in Zambia.

Register [HERE](#)

### October 18 Persons Day in Canada

-Beth Junkins

On this day in 1929 an historic decision was handed down by the Judicial Committee of the Privy Council of Great Britain in London declaring that women were ‘persons’.

This marked the end of a legal challenge launched in 1927 by five women, known as the Famous Five: Nellie McClung, Emily Murphy, Louise McKinney, Irene Parlby and Henrietta Muir Edwards. They had asked the Supreme Court of Canada if the word ‘person’ in the BNA Act included female persons. Much to their shock, the Supreme Court decided that it did not.

They did not give up the fight and took the case to London to Canada’s highest court of appeal at that time; they ruled that ‘person’ did in fact include women.

While not all women were included (such as Indigenous women) it represented a critical turning point advancing gender equality in Canada.



(Image courtesy of <https://www.canada.ca/en/women-gender-equality/commemorations-celebrations/womens-history-month/persons-day.html>)

## CFUW Ontario Council Speaker’s Series Event October 25, 10 AM by Zoom The Legislative Process Declaring Intimate Partner Violence an Epidemic

-From the CFUW Ontario Council News Sept 2025

Please join us at 10 AM on Saturday, October 25th for our first Speaker Series Event for 2025-2026. In this virtual session, we will be exploring the legislative process involved in declaring Intimate Partner Violence (IPV) an epidemic and why that is so important to women in Ontario.

In 2024, the Government of Ontario introduced legislation declaring IPV an epidemic. It was supported by all parties. Unfortunately, the legislation was under committee review when the provincial election was called last winter and it did not receive Royal Assent. The legislation is being re-introduced and CFUW would like to see the legislative process completed: LET'S FINISH THE JOB!

Our October speakers' session will examine the newly introduced legislation, its possible practical impact on women's shelters and how families are affected by IPV.

Our Speaker Series events are free, virtual sessions held on our Zoom platform. After the speaker and panel discussion, there will be time to share and chat with other attendees.

**Please register to attend.**

For more information and registration for the October 25<sup>th</sup> event, click [here](#).

## CFUW Nepean Scholarship Trust

-Kathy Greiner

*"I am writing to express my sincere gratitude for your generosity. It is an honour to be awarded the Canadian Federation of University Women - Nepean Scholarship. I plan to continue my nursing education by bridging to become a Registered Nurse before pursuing a Master of Science in Nursing. My dream is to be a primary health care nurse practitioner. Thanks to you, I am one step closer to achieving my goals."*

This is an example of the notes received from the women who have benefited from our scholarships and bursaries. I don't know about you, but such notes reconfirms my belief that CFUW Nepean made the right decision to establish the CFUW Nepean Scholarship Trust.

The CFUW Nepean Scholarship Trust was registered as a charitable organization with Revenue Canada on April 2, 1996 and operates at arms-length from the Club. It is managed by a five-member board of trustees who oversee and direct all revenues deposited with it, such as donations and fundraising proceeds, as well as scholarships and bursaries. The Trust reports to Revenue Canada yearly on its activities and formally reports to CFUW Nepean once a year although we do update the Club more frequently.

Established in 1996 with a zero balance, the fund grew to \$13,408 by 2006 when it made its first award to a woman student at Algonquin College. This money was made up of donations by members and small fundraisers. To get to the \$13,408 the Trust had taken advantage of Revenue Canada rules that allowed it to issue tax receipts for donations and build up its capital for ten years before distributing scholarships.

Since the initial award in 2006 of \$500 the number of awards as well as the value of them has grown steadily. For this 2024/2025 academic year the Trust was able to increase our three scholarships

and three bursaries from \$1000 each to \$1500 each, for a total disbursement of \$9000. Our agreement with Algonquin College is negotiated yearly and the Trust has every confidence that we will be able to offer \$1500 awards on a continuing basis.

In 2005, Nepean-based Algonquin College was selected by Club members as the school through which we wanted to channel our awards: they offered courses in the practical nursing and occupational therapist programs which were needed in our community; they allowed us to set the criteria and guidelines for our awards, to be re-viewed annually by the Trust. As our financial abilities grew, the Trust added awards for women in science and technology, as well as one specifically for an Indigenous student. It should also be noted that, on occasion the Trust has provided small bursaries for women.

### **Where do we go from here?**

The real heart of the Trust is the fantastic support that it has received from Club members in both time and money.

To date, the Trust has distributed over \$68,000 to women students at Algonquin. While initially most of the Trust's funds came through donations, over the years fundraising played an increasingly important role. Today, the Trust is also benefitting from the participation of the entire Club membership in a variety of ways, from large fundraisers such as the Garden and House Party, and the Strawberry Social, to original play performances in retirement homes, to book and jewelry sales at meetings. The ventures are limited only by members' imagination and the Trust's finances have increased greatly.

It must be emphasized that personal donations are still a large part of our revenues. So, please keep up your support for the Trust and look for an announcement for Algonquin College's Giving Tuesday campaign during which matches individual donations are matched by Algonquin

college; the campaign, if it is held this year, will be the end of **November** so look for our announcement.

The Trust members thank you for your support.

*Chair:* Kathy Greiner, *Members:* Betty Ann Grainger, Betty Bertrand, Marcia Armstrong, Kim Stewart.

## Cheers to a Sweet Success: White Wine & Strawberry Social Raises \$1,700! June 21, 2025

-Carole Baker

We're delighted to announce that the White Wine and Strawberry Social, held on Saturday, June 21<sup>st</sup>, was a resounding success! Thanks to your enthusiasm and generosity, the event raised a net profit of \$1,700 (which included \$580 from our gift baskets raffle) for the Scholarship Trust.

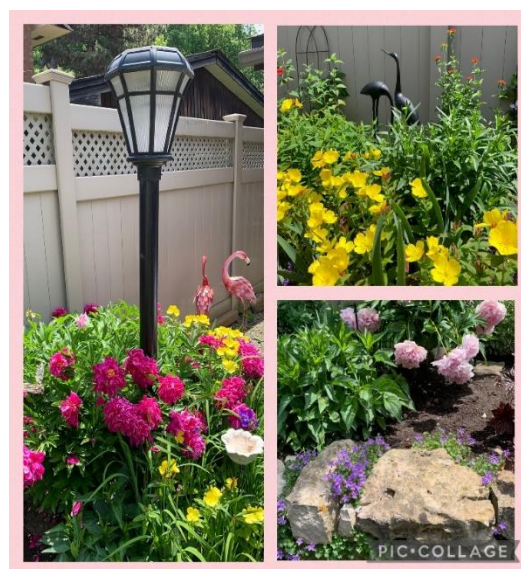
Jennifer Robinson created our engaging poster to advertise the event. Betty Bertrand and Carole Baker put together the four beautiful gift baskets.



Betty Bertrand was in charge of encouraging every one to purchase tickets and our four lucky winners, Anne Marie Hancock, Wendy Allen, Carol Bell Thompson, and Sharon Carew, were all on hand for the 4:00 PM draw.

Carol Bell Thompson's lovely home and garden provided the perfect setting, and we were especially fortunate to have beautiful weather on our side.

Betty Ann Grainger was a power house who sold nearly 65 tickets and also took care of purchasing the wine, juice, and supplies – not to mention contributing tables and chairs and both providing and blowing up all the balloons that decorated the space so festively!



(Photo Credit C. Baker)

Sally Babij and Wendy Allen made certain that the kitchen ran smoothly and that fresh, delicious baked treats were always available, courtesy of our talented bakers: Grace Brown, Wendy Allen, Rachel Plouffe, Sally Babij, Catherine Cosstick, Anne Sinclair, Ann Max, and Valerie Barton. Our dedicated team of event helpers - Dolores Dufresne, Mary Scrim, Sue Carter, Gail Mezger, Brenda Randall, and Jennifer Rose - ensured everything ran smoothly from setup to cleanup.



(Photo Credit C. Baker)

Sharon Carew brought her piano and filled the air with lovely background music. Joan Conrod gifted marigolds, coleus, and purple shamrocks as parting tokens for the attendees.



Our bartender for the afternoon, Kathryn Baker Reed (Carole Baker's daughter), kept glasses filled and spirits high with her warm hospitality.



(Photo Credit C. Baker)

We were also honoured to welcome Claudia Ramirez Maldonado, our guest and contact from Algonquin College, who received our 2024 - 2025 Scholarship Trust donation for the academic year. In her thank you letter, Claudia commented "What a beautiful and well-organized event - it was clear how much thought and care went into every detail."



(Photo Credit C. Baker)

To each and every one of you - thank you for your time, effort, and generous contributions. You made this event a joyful gathering and a truly successful fundraiser!

## CFUW Nepean Activities Pontoon Boat Tour June 10, 2025

-Carole Baker

A happy and windswept group from CFUW Nepean enjoyed a scenic boat trip on Tuesday June 10<sup>th</sup> along the Rideau River from Long Island Locks to Manotick.



(Photo Credit C. Baker)

Some participants relaxed with a picnic by the water, while the two boat rides - at 1:00 PM and 2:30 PM - each lasted nearly an hour and a half.

The trips, generously sponsored by 'Catch a Smile! - Friends in Sportfishing', are free for seniors. The captain was friendly and dependable, making the experience even more enjoyable.



(Photo Credit C. Baker)



## CFUW Nepean Activities

### Sept 9, 2025 General Meeting

#### Guest Speaker Charlotte Grey - Passionate Mothers, Powerful Sons The lives of Jennie Jerome Churchill and Sara Delano Roosevelt

-Grace Brown

Charlotte Grey is widely recognized as one of Canada's top historians and writers. Originally from England, she has made Canada her home since 1979. Her bestselling works explore significant Canadian figures and events, including Alexander Graham Bell, the Klondike Gold Rush, and the Massey Murders.

Her writing is praised for its engaging style and extensive research, which brings history to life and makes it accessible to a broad readership. Throughout her career, Gray has received numerous awards, appeared on television and radio, and is a member of the Order of Canada.

After four and a half years of research and a publication delay due to COVID, in September 2023, Charlotte Gray released her latest book *Passionate Mothers, Powerful Sons*. She said her intention was to present an in-depth dual biography, demonstrating how these strong-willed women with different personalities and parenting styles had a significant impact on their famous sons, Winston Churchill and Franklin Delano Roosevelt (FDR). The author says she wanted to show how much these mothers' choices and beliefs shaped two of the most important leaders of the twentieth century.

#### **Jennie Jerome Churchill**

Jennie Jerome, later Lady Randolph Churchill, was an American born charismatic and ambitious socialite. She was active in British high society and politics. While Jenny was not a hands-on-mom during Winston's childhood, focussing more on social engagements than parenting, she provided

strong encouragement in his ambitions as a young adult, especially early in his career. Her bold personality and flair for public life served as a model for Winston, who inherited her dramatic style, confidence, and desire for greatness.

Jennie's social and political connections gave her son access to influential circles. She sometimes used her wealth and connections to help Winston publish his writings, fund his campaigns, and secure opportunities in the military and politics.

The author remarked that Jennie's emotional distance may have forced her son to become more self-reliant, fostering the stubborn resilience and determination that marked his later leadership and defined his wartime leadership.



(Photo Credit BA. Grainger)

#### **Sara Delano Roosevelt**

Sara Delano Roosevelt maintained a strong commitment to Franklin throughout his life, playing an integral but domineering role from his childhood into adulthood.

The author observed that she gave him a stable, privileged upbringing, shielding him from hardship and fostering confidence and self-assurance, but it also made him socially reserved. The author joked that today Sara would be described as a

“helicopter mom” but her character and the values she instilled inspired in him a keen sense of self-confidence, discipline, and resilience. Her financial support allowed him to pursue politics without economic pressure.

Sara continued to play a powerful role in her son’s life well into adulthood and throughout his marriage to his cousin Eleanor which led to family tensions and resentment. However, the author credits Sara’s belief in her son as instrumental in shaping his optimism and persistence, key traits essential during his battle with polio, the Great Depression and World War II.

These two women refused to settle into the shadows as self-effacing wives of powerful and prominent men. Instead, despite the constraints of their time, both women learned to take control of their lives. While their personalities and choices were dramatically different, the author by exploring maternal influence on leadership reminds us that behind the triumphs of great men stand mothers whose influence strength and vision shaped history itself.



(Photo Credit BA. Grainger)

## CFUW Nepean Activities

Sept 18, 2025 7PM via ZOOM

Guest Speaker Karin Wells on *Women Who Woke up the Law*

-Beth Junkins with notes from Zoom Pro AI Summary

Karin Wells is an award-winning CBC Radio documentary maker and lawyer, and author of *Women Who Woke Up the Law* - stories of significant legal cases involving women's rights.

The book focuses on the lives of the women who initiated legal actions rather than the legal cases themselves. While the cases are known in legal citations, the personal stories are often overlooked. These were mostly ordinary women who had no wish to be “a poster child” for an issue.

### Bias in the Legal System

The legal system at the time was heavily biased against women, requiring them to prove both cruelty and adultery to seek divorce (unlike men where adultery alone was sufficient cause).

Eliza Campbell, faced significant legal challenges in 1873 when she was accused of adultery, forcibly removed from her home. She lost custody of her children despite winning a perjury case against her brother-in-law for lying during the divorce proceedings about the adultery. Eliza always maintained her innocence and had ‘I did not commit adultery’ inscribed on her gravestone!

### Women's Property Rights

Irene Murdoch, fought for property rights in a landmark 1968 Supreme Court case. During divorce proceedings, Murdoch sought equal ownership of the ranch she had worked on for 25 years with her husband. But his was the only name on the deed and the case involved her rights and entitlement.

Murdock ultimately lost her case, (the ranch and all of their joint earnings going to her husband) but the legal battle helped galvanize support across the spectrum of women's groups, conservative and liberal, leading to changes in marital property laws within five years.

### **Indigenous Women Status**

Jeannette Corbiere Lavell was an Indigenous woman from Manitoulin who lost her status when she married a non-Indigenous man in the late 1960s.

Lawyer Clayton Ruby took the case *pro bono* as it made its way to the Supreme Court of Canada. While the case ultimately failed, this case, and advocacy work by Corbiere Lavell and other Indigenous women were instrumental to the revisions of Indian Act in 1985.

### **Domestic Violence in the Legal System**

Jane Hurshman, suffered at the hand of her abusive husband Billy for years, and ultimately killed him in 1982. At that time, domestic violence was not talked about or even acknowledged. But this time, the court heard a psychiatrist explain about the effects of domestic violence and the jury acquitted her.

However, this verdict was appealed, and she was later convicted of manslaughter (serving only a few months). This case was an eyeopener for the legal system about domestic violence – and how critical it was to understand its effects, and to include these factors deliberation.

Hurshman died in 1992– unclear if she was a victim of suicide, or murder (she received death threats if she continued to speak up about battered women). Either way, a legacy of the violence she experienced.

### **Landmark Cases for Women's Rights**

Two other significant legal cases shaped women's rights in Canada.

The first case involved Stella Bliss, who in 1971 challenged the denial of her maternity benefits. The case lead to the eventual strengthening of equality rights in the Charter of Rights and Freedoms during constitutional repatriation.

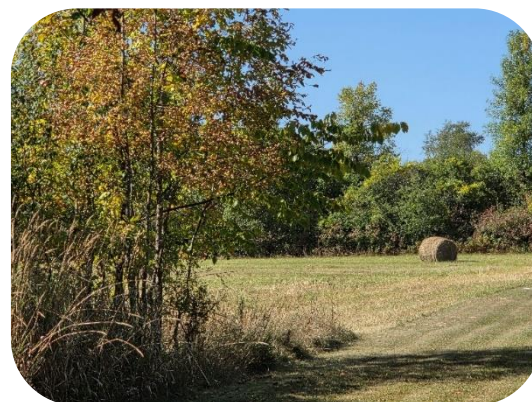
The second case involved Chantale Daigle, a 21-year-old waitress from Quebec who sought an abortion, resulting in a landmark 1989 Supreme Court decision that established a woman's right to make decisions about pregnancy without interference from the father or government.

It seems unbelievable that so many of these cases are so recent – for many of us, during our professional lives! And it is an unfortunate fact that we cannot assume that these gains will remain in the future. An important message for all women.



(Photo Credit B. Junkins)

(Photo Credit B. Junkins )





## CFUW Nepean Activities Interest Groups

### Armchair Travel

-Marlene Sylvester

Armchair Travel is held on the third TUESDAY every month except December.

On OCTOBER 21 Betty Ann Grainger and Judy Glass will present a travelogue on their trip to Japan at Betty Ann's house at 1.00.

Treats and coffee will be served

### Art Tours

-Marlene Patrick

The Arts Tour interest group has planned 4 outings during the 2025-26 program year. Each tour will be on the 4th Wednesday of the month (November, February, April, May), from 2-3pm. We will be collecting \$10 (cash or cheque) from each participant at the November CFUW meeting to cover the Art Tour fees charged. In addition, each member will need to pay their own admission to the National Gallery of Canada, or show their membership card.

The first tour will be to the Carleton University Art Gallery at 2pm on November 26, 2025. The topic of the tour will be "Runs in the Family". Three tours are planned in the new year, including the National Gallery of Canada. Venues will be finalized once exhibits are announced. The tours will be February 25, April 22 and May 27.

As your new Art Tour coordinators, we hope to have a good turnout for each tour. Please stay tuned for emails to announce the particulars around each tour.

For more information, please contact Marlene Patrick or Anne Sinclair.

### Book Club

-Rachel Plouffe

The group meets on Zoom on the fourth Tuesday of the month at 1pm. Please join us for interesting and wide-ranging discussions. Let Rachel know if you would like to be added to Zoom list.

Our reading list for the for our 2025-26 season is based on suggestions from members. We started the year with what proved to be an excellent historical fiction book: *The Briar Club* by Kate Quinn.

October : ***Dandelion*** by Jamie Chai Yun Liew

November: ***Meet Me at the Museum*** by Anne Youngson

January: ***Dream Count*** by Chimamanda Ngozi Adichie

February : ***The Dictionary of Lost Words*** by Pip Williams

March: ***On Isabella Street*** by Genevieve Graham

April: ***Denial*** by Beverley McLachlin (***Proof***, the latest title could also be read).

May: ***Tom's Story - My 16-year Friendship with a Homeless Man*** by Jo-Ann Oosterman.  
Note that this local author will be a speaker in the evening speaker series in January.

## CFUW Nepean Activities Interest Groups

### Bridge

-Dolores Dufresne

The Bridge group meets Monday afternoons. We usually have one or two tables playing in person and/or one or two tables playing on-line – on a program called Bridge Base.

We are always looking for new players. Please let me know if you would like to join us – either as a regular player or as a spare.

### 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.

We have been keeping a special eye on the Ottawa Solid Waste Master Plan including composting in multi-resident units. Other topics have ranged from TED talks, National and International news, local initiatives to reduce food waste and the best plastic free laundry products!! The conversation is energized and never boring – new topics, questions, concerns are always welcome – we set the agenda.

We meet by Zoom at 1PM-usually the third Thursday but in October we will be meeting **October 30**. Let me know if you would like to be added to the email list.

Come join the conversation!

### Lunching Out

-Sharon Carew

The Lunching Out group will meet **the third Wednesday of every month at 12 noon**.

We have already had our first Lunching Out on September 17th at Via Marzo on March Road. The food was delicious, and conversation was delightful.

We will meet for our second Lunching Out on Wednesday, **October 15th** at State & Main Restaurant on at 4235 Strandherd Drive at noon.

I will send a notice out a few days before we meet and get confirmation on the number of people attending.

I look forward to another year of a very successful group of Lunching Out members at great restaurants in and around our area.

## CFUW Nepean Activities Interest Groups

### Movie Matinee Group

-Judy Glass

The first Movie Matinee of the season will be Friday October 17th. A list of proposed films will be emailed to the movie group members a few days prior for voting and final selection.

Hope to see you at the movies.

### Friday Exercise/Chat Group

-Marcia Armstrong

The key to living longer and keeping your brain functioning is exercise!

Join our Friday exercise group. We follow a video of an expert doing chair yoga exercises for about half an hour and then comes the fun part where we chat together about a variety of topics. Usually we decide the chat topic for the next week at the current week's session. Of course, we don't always stay on topic but we have a fun discussion about our travels, our hobbies, politics (surprisingly we seem to have similar thoughts on that topic), book or movie recommendations, or whatever happens to come to mind.

This group will start at **10 a.m. on Friday, October 3 over Zoom** and it happens weekly. We take some Fridays off during holiday periods but, in general, it is a weekly commitment to support better health outcomes for us all. If you are interested in participating, let me know and I will add you to the distribution list.

#### • 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>
- CFUW Nepean email to contact the Webmaster – [CFUWNepeanPR@outlook.com](mailto:CFUWNepeanPR@outlook.com)
- CFUW Nepean email to contact the Editor of NewsBytes – [CFUWNepeanNews@gmail.com](mailto:CFUWNepeanNews@gmail.com)

