



UPCOMING GENERAL MEETING

Tuesday Dec 2, 2025 Christmas Party
11:30 at the Waterford Grand, 121 Market Place.

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Upcoming Events

Nov 25 – Dec 10, 2025 [16 Days of Activism Against Gender-Based Violence](#)

Dec 1, 2025 at 8PM GIVING TUESDAY for the Scholarship Trust begins (see page 7)

Dec 2, 2025 Christmas Party starting at 11:30 at the Waterford Grand, 121 Market Place.

Dec 6, 2025 [National Day of Remembrance and Action on Violence Against Women](#)

Jan 6, 2026 1-3PM on ZOOM

Guest Speaker Franco Buscemi (Carleton University Inuit Liaison) on Inuit Life

Jan 15 2026 7PM on ZOOM

Guest Speaker Jo-Ann Oosterman discussing her book *Tom's Story*, about befriending a homeless man

[Jan 24, 2026 International Day of Education \(see page5\)](#)

Feb 3, 2026 1-3PM on ZOOM

Guest Speaker Gord Larose will discuss the pros and cons of Artificial Intelligence (AI)

President's Message December 2025

-Carole Baker

Please note that Algonquin college tells us that Giving Tuesday will start at **8 pm on Monday December 1st**. Please make sure that you get your donations in early on Monday December the first. The earlier you call the more chance there is of having your donation accepted. Go to page 7 for instructions on how to donate.

We are looking forward to having our Holiday Christmas Party at the Waterford Grand Retirement Residence on December 2nd. We will be playing the game "You Be the Judge" and enjoy a festive Turkey dinner with all the trimmings.

We are also making plans for our 35th Anniversary celebration May 5th 2026. Sue Carter has secured a venue for us at the River Lounge on Prince of Wales Drive. It is under new management and the person who organizes the event planning is being very generous with our group. The Riverview Room truly stands out with its natural stone design, cozy fireplace, and beautiful views of the Rideau River and there will be no charge for the microphone, podium, screen, projector, or room rental. Please stay tuned for more information. We have assembled a team who will be putting together a plan.

We are happy to announce that our Period Product drive was a big success. Marlene Sylvester filled her car to the brim with products which will greatly benefit the Barrhaven Food cupboard who are looking forward to our donations. Congratulations to all and thank you for your generosity.

Betty Bertrand, our present Vice President, is planning on retiring the end of December 2025. Betty is doing this because she will not be assuming the role of President at any time as she has served as President and Vice President as well as Treasurer in previous clubs. Betty will remain as our Treasurer for the Scholarship Trust and our Chair of the Advocacy Committee. We are now looking for a new Vice President to replace Betty and would love to hear from someone from the club who is willing to take on this position. Betty will be staying on in the New Year until we find a replacement for her. Please consider assuming this role with Carole as it is important for the future of our Club.

Wishing everyone a very happy Christmas and all the best in the New Year. Thank you for your company this past year, and always, through thick and thin. I hope 2026 is filled
with health,
with friendship,
with company,
with a hand to hold,
with peace, in our hearts and communities in the world,
with sanity and kindness.

Welcome to New Members

Our new members are invited to share a bit about themselves – a warm welcome to CFUW Nepean!

Ellen Strike

I was invited to join Nepean CFUW by a friend who is a member. Thank you, Teresa McCrory, or I would never have learned about this wonderful group of women!

I was born and raised in New Jersey but moved to Canada 34 years ago when I married a charming Canadian. Together we have moved across the country and raised a wonderful daughter.

I grew up at the beachfront in New Jersey, so I love the ocean, the feel of sand between my toes, and being in the water.

I received a M.Sc. in Microbiology from Rutgers University and have worked in Quality Control, Quality Assurance, and Manufacturing - mostly in pharmaceutical settings.

Since I retired two years ago, I have more time for long walks with our dog, listening to a variety of music, watching old movies, reading, and going to the theatre.

I am looking forward to a long association with the CFUW, building friendships, enjoying new experiences, and helping to support other women.

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

A nun. I attended catholic school and was impressed by their sense of community and charity.

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

To fly, so I could see the world from every vantage point.

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

I have the gene that makes it taste like soap, so not a fan.

If you could visit for a day, would you prefer to visit the future or the past?

The past, to experience the world I have imagined in some of the novels I have read.

Growing up, what was your favourite book?

When I was a teenager, anything by Shakespeare (the language) or Jane Austen (clever, articulate women).

REMINDER

Dec 2, 2025 Christmas Party

Wear your Christmas sweaters and hats and join us for a fun and delicious Christmas lunch at the Waterford Grand, 121 Market Place. The price is \$40.

Plan to arrive between 11:30 and 12 noon – remember to bring toiletries and diapers for Cornerstone. At noon come hear our own Marlene Sylvester reading some of her humorous works, and enjoy a game of 'You be the Judge'.

Lunch will be served from 1PM – 2:30PM. Salad, turkey dinner, potatoes, veggies, stuffing, cranberry sauce, tea/coffee and dessert on the menu. Wine available for purchase.

Parking is very limited so think about how you can carpool.

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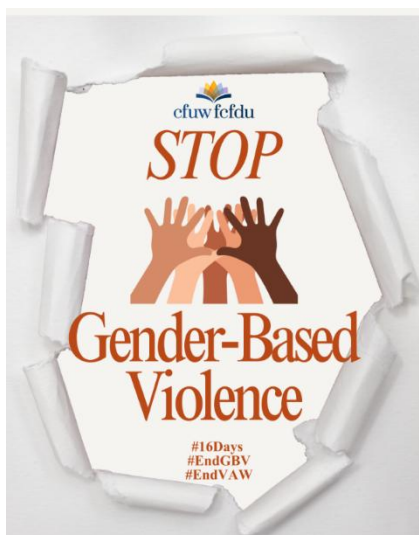
16 Days of Activism Against Gender-Based Violence Nov 25-Dec 10 2025

Did you know that gender-based violence (GBV)¹:

- takes many forms, and is not limited to physical violence but can include words or actions to degrade, control, harm, neglect, threaten.
- includes domestic or intimate partner violence (IPV); sexual assault; stalking; emotional or economic or online abuse.
- disproportionately effects Indigenous women and girls (about 6 times the homicide rate, 1.5 times the sexual assault rate).
- can lead to femicide, (sex/gender-related killings of women and girls) now recognized as the most extreme form of violence discrimination against women and girls.

You can take action :

- volunteer/donate to women's support centers
- call out GBV when you see it
- raise awareness of GBV – start a conversation
- wear a white ribbon on Dec 6, purple on Nov 25
- encourage women to be at policy and decision-making tables
- go to the [CFUW resources on GBV](#), learn the facts and 16 things you can do



¹ From CFUW 16 Days of Activism Against Gender Based Violence

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)

International Day of Education

Jan 24, 2026

Normal Schools

-Grace Brown

Editors note: CFUW Nepean is fortunate to have many members who are teachers. They continue the critical role of preparing Canadians for the future, a role that began for women nearly 180 years ago in Ontario. I think we all had a mother, an aunt, a grandmother who went to Normal School then bravely faced rooms of children, on their own, many times far from home, poorly paid and in rural locations. Honouring International Day of Education on Jan 24, 2026, we are celebrating and recognizing how much we owe to these young women who taught and shaped a nation.

For many years, women have represented the majority among elementary public-school teachers. However, their entry into the teaching profession wasn't without question. During the 1840s, employment opportunities for women outside the home were restricted. Most positions available to women were subordinate or nurturing in nature, such as domestic service, factory work, or nursing. Within this context, teaching emerged as one of the few careers deemed appropriate for women, although even this role was initially subject to debate regarding its suitability and status.

Egerton Ryerson, an educator, politician and advocate, was appointed Superintendent of Education for Upper Canada in 1844 and is credited as the father of public education in Ontario. He once wrote (1831 Christian Guardian Newspaper) on the importance of education, "it is as necessary as the light; it should be as common as water, and as free as air."

A driving force behind establishing publicly funded education, Ryerson was also aware that Ontario needed a disciplined workforce to support the industrial revolution. He believed women were particularly suited to teach young children due to

their innate nurturing qualities, gentleness, and diligence. The Common School Act of 1846 authorized the creation of local school districts across Upper Canada.

During the 19th century, Canada's education system was shaped by the establishment of Normal Schools. The term normal or model school comes from the French "école normale," reflecting their goal to provide some measure of uniformity and raise the standards of public education.

The first Normal School in Canada was established in Toronto in 1847 on the grounds of what is now the Toronto Metropolitan University. The concept developed quickly, and normal schools began opening across Canada, in Nova Scotia, Quebec, Manitoba and British Columbia.

Entrance requirements were minimal. Those applying had to be over sixteen for women and over nineteen for men, be able to read and write, do simple arithmetic, and have a clergyman's letter in hand attesting to their sound moral character.

Lectures ran from 9:00 am in the morning to 8:00 pm in the evening with a curfew set at 9:30. All students had to attend church on Sunday and there was to be no communication between female and male students in the classroom.

The [Ottawa Normal School](#), opened in 1875 and was originally designed to accommodate approximately one hundred student teachers. Renamed Ottawa Teachers College in 1953, it merged with the University of Ottawa's Faculty of Education in 1974. Now known as the Heritage Building, it stands at Elgin and Lisgar Streets as part of Ottawa City Hall.

Female graduates were most often sent to rural communities, where most of the school boards

International Day of Education

Jan 24, 2026

Normal Schools (cont'd)

consisted of one room schoolhouses some with over 100 pupils ranging in age from about five to eighteen. In return for poverty-level salaries, teachers prepared for and taught all grades. They kept the schools clean, hauled wood and tended the stove, brought water from the well, cleaned and filled lamps. Some teachers tended gardens on the school site to provide additional food for themselves or their students.

In 1847, only 1 in 5 public school teachers were women but by 1880 they made up the majority. This increase was largely due to economics - they were paid half of what a man could earn, making them attractive hires for school boards!

Normal schools gave women new job options but kept them in subordinate roles, little job security, and few chances for promotion, as men were the supervisors. Most women teachers were young and left or were dismissed upon marriage, rarely advancing to senior positions.

A group of eight women formed the Lady Teachers' Association of Toronto in 1888, focussed on the interests of women teachers and the teaching profession. Concerned about more than just pay, they organized before their male counterparts. This reflected the first wave of feminism that was seeing women organizing more broadly for professional advancement and social change.

In the mid-20th century as universities expanded and the demand for more advanced credentials grew, most provinces phased out normal schools. By the 1970s, teacher education in Canada had moved into post secondary institutions, offering bachelor's and graduate degrees in education.

Today, women teachers have generally won equal salaries with men and can no longer be laid off

simply because they marry or have children. Women still comprise the majority of the teachers in the elementary grades, but less than half of those in the secondary grades. While more than 95% of those teaching in preschools and kindergartens are women, more than 90% of full professors at universities are men. ([Canadian Encyclopedia](#))

Over time, normal schools helped standardize teaching and shaped educational policy across Canada. An emphasis on structured lesson preparation, practical experience, and the belief that effective teaching is a learned professional skill is a legacy of normal schools. The early focus on theoretical principles combined with classroom practice laid the foundation for the modern standards and approaches that guide teacher training today.

Thank you to these intrepid young women!!!



(photo courtesy of B. Junkins)

GWl Teachers for Rural Futures

-B. Junkins

In rural Northern and Eastern Uganda, girls experience both low enrollment rates in secondary schools and high dropout rates, significantly limiting their futures.

To help increase access to and completion of secondary school by rural Ugandan girls, in 2015 the GWI created the Teachers for Rural Futures programme. The project is designed to address the critical shortage of female teachers particularly in rural areas. Increasing the number of female teachers will provide role models and mentors making it more likely that young girls will stay in school.

The GWI provides scholarships and mentoring for young women from rural Uganda to study at Makerere University in Kampala and become teachers. The first five teachers graduated in 2020, and the program continues to enrol new students. The teachers from this program not only enhance their own futures but also change the futures of so many young women they will influence.



Makerere University, Kampala UGANDA

(photo credit Graduate Women International (GWI), Makerere University)

CFUW Nepean Scholarship Trust

Giving Tuesday Starts 8PM Dec 1

"I was the recipient of this year's CFUW Nepean Scholarship! I have just graduated the Practical Nursing Program at Algonquin College this May 2023! I worked very hard to graduate with a GPA of 4.0, and I am pleased to announce I will be soon starting a full-time job at Saint Vincent's Hospital! I want to thank you for the beautiful card and the recognition with this award!"

CFUW Nepean has supported the Scholarship Trust generously and steadfastly over the years, helping young women, like this recipient, to forge a future. Now, your support can be doubled, by donating on **Giving Tuesday**, when your kind donations can be **matched** at Algonquin College.

Kathy Greiner, our chair of the Scholarship Trust writes: "Just to let you know that the Giving Tuesday campaign this year will **begin at 8 pm on Monday, December 1** and continue through December 2 or until the matching funds run out.

During giving Tuesday Algonquin College will match donations made in the name of CFUW Nepean. These donations (and matching funds) will be credited towards our \$9000 commitment to Algonquin College.

Algonquin College has sent the following instructions: To donate starting at **Monday, December 1st at 8:00 p.m.**, go to ACgivingtuesday.ca

When [making your donation](#), please select "Other" from the *fund* dropdown list and enter "**CFUW-Nepean Fund**" in the message section.

So, mark your calendar for **8 pm Monday December 1** to get online with Canada Helps and make your donation for yourselves or as gifts early to ensure they are matched by Algonquin College!

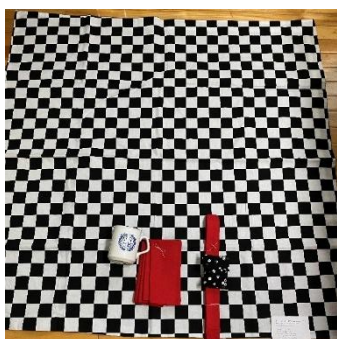
Please donate **starting at 8pm Dec 1 - your donations change lives.**

CFUW Nepean Scholarship Trust Christmas Luncheon Draw

-Betty Ann Grainger

At our Christmas luncheon on December 2, we will be offering our members an opportunity to take home this beautiful bridge tablecloth with 4 napkins - **only a toonie per ticket.**

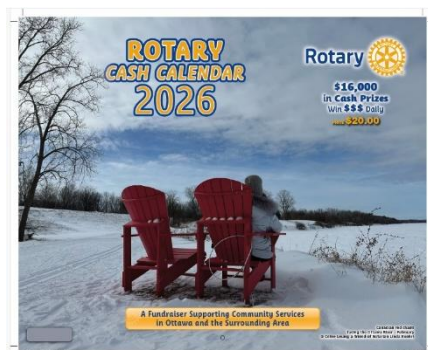
This cloth was quilted and donated by Pat Amundrud, a valued former member of CFUW Nepean. The pieces to play checkers are included along with a vintage CFUW mug.



The money raised will be given to our Trust to continue supporting women in their education.

2026 Rotary Club Calendars

-Marcia Armstrong



A reminder that the Rotary Club Calendars are on sale to raise funds for the Scholarship Trust.

Not only does this raise money for the Trust, but each calendar is a lottery ticket with a chance to win cash each day in 2026!!

The cost remains at \$20 each with **\$10/calendar sold going to CFUW Nepean's Scholarship Trust.**

A great Christmas Gift for your bridge club, golfing buddies, friends and family – with a chance at cash prizes up to \$1000!

Calendars will be available at the **Dec 2 Christmas party.**

Canadian Quilt Raffle May 5 2026 AGM & 35th Anniversary

CFUW Nepean member Teresa McCrory has donated a spectacular quilt called 'Canadian Pride' to be raffled off May 5, 2026 at our AGM and 35th Anniversary Celebration in support of the Scholarship Trust.

Measuring 60"X70" the quilt was designed and pieced by Teresa, and machine quilted by Jacqueline Whitehead.



"I have been quilting, and donating quilts, since 2006" says Teresa.

Thank you, Teresa, for your generous gift of time and talents!

So start thinking about all the people who would be interested in buying a raffle ticket for this beautiful quilt!!

CFUW Nepean Activities

Nov 4 General Meeting

Happiness & Joy & Life

Guest Speaker Dr. Timothy Lau

-Beth Junkins

"Money can't buy happiness"

"Happiness shared is doubled; sadness shared is halved"

"Happiness is a journey, not a destination"

"Count your blessings, not your troubles"

"Happiness is not something ready made; it comes from your own actions"

"Think positively"

As Dr. Timothy Lau gave his presentation on happiness, joy and life, it struck me that all these familiar proverbs were true. More than that, scientific studies were supporting the value of these anecdotal and folksy statements!

Dr. Lau is the Vice Chair of the Department of Psychiatry (and the Director of Joy!), and Distinguished Teacher at the Faculty of Medicine at the University of Ottawa. With a fellowship in Geriatric Psychiatry, working at the Royal in Ottawa, he is well known for his teaching and work on Wellness.

Happiness is not easily defined we learned, and distinct from joy, but hard to put into words. Happiness is 'an inside job', generally a long-term state but not necessarily constant; joy is more intense, a short-term feeling.

Over the centuries, the vision of 'happiness' has changed. It is complex, including cultural factors and elements such as life fulfillment, social connections, love and belonging.

The scientific research is growing that shows the effect of 'happiness' on our health and wellbeing. International studies try to compare countries on

happiness scales but face challenges because of the subjective and cultural nature of so many of the determinants.

Sometimes people look for happiness by seeking a feeling and are disappointed because happiness is more than just how we feel. Dr. Arthur C. Brooks, (from [Harvard Kennedy School](#), of Leadership & Happiness Laboratory at the Center for Public Leadership) says that happiness is not a feeling, but feelings are evidence of happiness!

There are things we can do to improve our state of happiness. Much of it comes down to our frame of mind and our **thinking**: be mindful of the stories you tell yourself; avoid comparison, the thief of joy; have tea with your emotions and name them; put the emotions at a distance saying 'I have a depressed mood' rather than 'I am depressed'; be mindful of your thought processes.



That adage about thinking positively has substance – what you focus on grows and what we choose to focus on affects our thinking.

(Photo credit B. Junkins)

Dr. Lau suggested an exercise that can flip the way we look at our life and our quest for happiness. Instead of looking only to a bucket list for future happiness, try a reverse bucket list. Looking back over your life, say to yourself "I am happy that I did" Acknowledge and be grateful for the things that have made you happy.

CFUW Nepean Activities

Nov 4 General Meeting

Happiness & Joy & Life (cont'd)

Nurture **relationships, family, love** and a sense of belonging. Research suggests that relationships are good predictors for resiliency, preserving memory and 'happiness'. Isolation is toxic!

Keep **meaning in your life**. Being a part of something gives purpose, direction and coherence to life, all elements of happiness.

Don't forget to **laugh!** Fun reduces tension and helps us connect!!

Dr. Lau opened his presentation with a version of a poem *Palco de Vida (Stages of life)*, attributed to the renowned poet Fernando Pessoa (1888-1935). It is an excellent summary of what we should remember about happiness.

- *Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments.*

- *To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity.*

- *To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet be able to find an oasis in the depths of your soul. It is to thank God for every morning, for the miracle of life.*

- *Being happy is not being afraid of your own feelings. It is having the courage to hear a "no". It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your*

parents, to live poetic moments with friends, even when they hurt us. To be happy is to let live the creature that lives in each of us, free, joyful and simple.

- *It is to have the maturity to be able to say: "I made mistakes". It is to have the courage to say "I am sorry". It is to have the sensitivity to say, "I need you". It is to have the ability to say "I love you".*

- *May your life become a garden of opportunities for happiness. That in spring may it be a lover of joy. In winter, a lover of wisdom. And when you make a mistake, start all over again. For only then will you be in love with life.*

- *You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculpt serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence.*

- *Never give up. Never give up on people who love you. Never give up on happiness, for life is a no-miss obstacle."*

See a translation of *Palco de Vida* at

<https://www.gideonlasco.com/2015/12/the-apocryphal-fernando-pessoa-and.html>



(Photo Credit B. Junkins)

CFUW Nepean Activities

Nov 15 Zoom Presentation

Guest Speaker Dr. Vicki Mowat

-Carole Baker

Jennifer Robinson hosted the evening, and Sharon Carew introduced Dr. Vicki Mowat, the Dean of Research at Sheridan College, highlighting her accomplishments and contributions to research and policy in Ontario.

Navigating the cross currents of the crisis facing Ontario's colleges.

Colleges were established in 1960 under the Bill Davis government, and they were 90% funded by the government. Now the government only funds 25% and the number of foreign students has been greatly reduced.

Ontario College Financial Evolution

Vicki presented the financial crisis facing Canadian colleges and universities, with a focus on Ontario's college system. She traced the evolution of post-secondary education in Ontario from the 1960s, when there were 14 universities and limited technical schools, to the present diverse system emphasizing accessibility and workforce readiness. Vicki highlighted how decades of policy decisions, funding challenges, and global market forces have led to the current financial pressures, which are particularly acute for Ontario colleges.

Ontario's Public College Evolution

Vicki discussed the history and evolution of Ontario's public college system, highlighting its origins in the 1960s with a focus on accessible and affordable education. She noted that by the 1970s, the system was heavily subsidized by government funding at approximately 90%, leading to a significant increase in enrollment. However, in the 1990s, government funding decreased, and colleges began to shift towards a more business-oriented model, impacting accessibility and affordability.

Challenges in Ontario's College Funding

Vicki presented a comprehensive overview of the challenges facing Ontario's colleges, highlighting how they have increasingly relied on international student tuition revenue due to chronic underfunding and policy changes. She explained how colleges like Sheridan have had to adapt by re-evaluating programs and embracing technology, while also noting that domestic enrollment has declined, particularly among marginalized communities.

However, she remained optimistic about the future of colleges, and it is felt that her research will help make the programs better for everyone concerned.

Mary Kathryn Mowat

She concluded by discussing the life and legacy of her mother, Mary Kathryn Mowat, who was a founding member of CFUW Nepean in 1991.

Mary Kathryn Mowat had a challenging life as a single mother but in 1991 she felt so well supported by her CFUW sisterhood that she spearheaded starting a new branch - CFUW Nepean.

The CFUW was totally aligned with her values and the importance of being educated. She went on to make sure that her children and her grandchildren all got university degrees as she remained a firm believer in the value of education.

We were very impressed with Vicki's logical, detailed presentation and her wonderful outlook on life.



CFUW Nepean Activities Interest Groups

Armchair Travel

-Marlene Sylvester

In October, Betty Ann and Judy Glass gave a great travelogue on their trip to Japan in October.

In November Marlene Sylvester gave a presentation on her trip to Maui.

In January and February Members will watch a travelogue on You Tube and then discuss on Zoom.

If anyone in 2026 would like to present a travelogue, please contact Marlene.

Merry Christmas

Book Club

-Rachel Plouffe

November's book is *Meet Me at the Museum* by Ann Youngson.

Our January book is *Dream Count* by Nigerian writer Chimamanda Ngozi Adichie. From the book jacket: « *How honest must we be with ourselves in order to love and be loved* ». I encourage you to start reading soon, as it is not a quick read. But it holds so much we women can empathize with and discuss.

We meet as always on the fourth Tuesday of each month at 1pm on Zoom.

Hope you have a lot of books on your Christmas wish list.

Art Tours

-Marlene Patrick & Anne Sinclair

The Art Tours Group had our first outing on November 26 at the Carleton University Art Gallery for a tour of the exhibit entitled "Runs in the Family".

This exhibit featured work from a variety of First Nations communities in Canada and focused upon the complex networks expressing 'family' in multi-generational transmissions of knowledge and innovations.

There was rich discussion about the art we viewed with our extremely knowledgeable guide, and it was a very enjoyable afternoon. Work by [Christian Chapman](#) (Run to the Hills) and [Norval Morrisseau](#) (Medicine Currents), are examples of the fascinating artists we viewed.

Our next tour will be on February 25 at the National Gallery. We will send out more information closer to the date but hope that you pencil it into your calendar so you won't miss it.

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

CFUW Nepean Activities Interest Groups

Lunching Out

-Sharon Carew

Our November Lunching Out at Persis Grill in Bells Corners was very successful with a good turn out and great food.

The next Lunching Out will be at the Lone Star on 4275 Strandherd Drive. We will meet on Wednesday, January 21, 2026, at noon.

I will send a note out to our Lunching Out Group shortly before the date so I will be able to let the restaurant know the number of people who will be attending.

Thank you for your excellent support in 2025. Happy New Year and I look forward to seeing a large group of CFUW Nepean ladies at our Lunching Out events in 2026.

Outreach

-Marlene Sylvester

CFUW NEPEAN women certainly stepped up to the plate in October to donate period products to the Food Bank . My car was again crammed full with items.

A number of household items (blankets, sheets, clothes etc) were also dropped off for House to Home. Unfortunately, that facility has closed. I will look into Matthew House, and we can continue to assist those less fortunate.

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.

Friday Exercise/Chat Group

-Marcia Armstrong

Come join our Friday exercise group. We follow a video of an expert doing chair yoga exercises for about half an hour. Then comes the fun part where we chat together about a variety of topics from books to movies to travel to safety in the home to favourite hobbies to whatever really.

This group starts at **10 a.m. on Fridays, over Zoom** and it happens weekly. If you are interested in participating, let me know and I will add you to the distribution list.

Movie Matinee Group

-Judy Glass

The movie group enjoyed a wickedly good time at **Wicked: For Good** in November. This is the 2nd of the two-part adaptation of the popular Broadway musical. We saw the first part last year.

You are welcome to join us Friday December 19th and Friday January 16th.

Green Grapevine – EPR & Christmas Thoughts

-Beth Junkins

You may have heard that there will be changes to how blue and black bin materials are collected in Ottawa. The Government of Ontario has established regulations that turns the responsibility for collecting and managing recycling over to the producers. As of January 1, 2026, the City of Ottawa will not be responsible for collecting the blue and black bins; [Circular Materials](#) will be administering this program on behalf of producers in Ontario.

This policy is termed Extended Producer Responsibility (EPR) where producers are responsible for their products through the whole life cycle. Provinces across Canada (and countries around the world) are taking this approach; in Canada there is a [Canada wide Action Plan for Extended Producer Responsibility](#) to help coordinate policies and create a harmonized approach. We already see the EPR in Ontario with batteries, electronic equipment, tires, paints etc.

The goal of EPR is to improve stewardship of products particularly at end -of-life. With a polluter-pay approach, producers have strong incentive to find alternative products, reduce packaging, and find alternative recovery methods, particularly for plastic packaging. This will all help to reduce waste.

In Ontario, the new regulations mean that the paper and plastic products that can be recycled will be the same no matter where you live in the province. In Ottawa it is expected to increase [what we can recycle](#) . Watch for information coming from the City of Ottawa and your Councillor for more details.

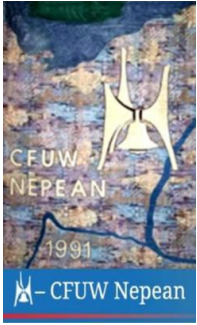
While it is good to see improved recovery of existing paper and plastic (to reduce the production of virgin materials as well), we know that we cannot recycle our way out of the environmental crisis that we face. We simply must use less. This means reuse and repurpose before throwing out and buying new.

At Christmas we can keep this in mind as we select and wrap up presents for friends and family.

- look for items with little or no packaging.
- purchase or give gift cards for consumables like groceries, wine, teas, chocolates, restaurants, movies, theatre shows, bowling, museum exhibits, classes, museum memberships, walking tours, concerts, mini putt, driving range, car washes, car detailing, gas, ski passes, the driving range or golf lessons.
- give the gift of your time and talents with baking, crochet/knitted goods, a drawing or painting, a plant – offering a teaching session to pass along your skills is a very special gift.
- offer to prepare a dessert or casserole or bread sometime in the coming year.
- go to vintage shops for purses, jewelry, purses, belts -anything vintage is very sought after these days. Maybe you have some jewelry or a tea cup or a book of your own that you would like to pass along.
- write down those family stories, or put some names to old photos and pass along these precious memories.
- wrap in reusable packaging like towels, tea cloths, cookie tins, cloth bags, pillowcases, scarves.

Go to last year's [Green Grapevine](#) for even more ideas – with a bit of imagination, there is really no limit to the possibilities that will work for you.

May you have a white Christmas with a touch of green!



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>
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