



CFUW Nepean News BYTES Vol 26 No 2 November 2025

UPCOMING GENERAL MEETING

Tuesday Nov 4, 2025 1PM

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

Guest Speaker Dr. Tim Lau on the Difference Between Joy and Happiness

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Upcoming Events

Nov 4, 2025 12 – 1PM Period Products Drive Bells Corners United Church

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.

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

Dec 2, 2025 Christmas Party starting at 11:30 at the Waterford Grand, 121 Market Place. Turkey, Entertainment and Christmas Sweaters!!

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

President's Message November 2025

Thank you to everyone who so ably stepped in to facilitate our Open House and the presentation by **Charlotte Gray on September the 9th**. It was heart warming to hear that we had 75 guests - a mixture of members and guests - and that Charlotte had a successful afternoon. Thanks go to everyone who stepped up and stepped in and most of all to **Betty Bertrand** who did an excellent job of chairing our Open House.

Our second meeting of the year was also a success with our speaker **Marion Martell**, a retired nurse who spoke about heart health for women and how it is different from men's heart health.

A key focus of CFUW Nepean is advocating for the availability of Period Products for women and girls and addressing its importance within our Community Outreach efforts. **Betty Ann Grainger and Marlene Sylvester** will be collecting Period Products at our November 4th General meeting from 12:00 to 1:00 PM in the Parking Lot at the Bells Corners United Church, and these items will be donated to the Nepean Food Cupboard in Barrhaven. The food bank cannot spend money on products but they can add their supplies directly to the food hampers of those in need and they are very happy to work with us.

Our club is going to be encouraging this project by organizing two different drives for Period Products - the first will be held on November 4th before our General Meeting and the second will be held in April 2026. We will be promoting both these drives at our General Meetings and on our Facebook page.

Marcia Armstrong is organizing the sale of the **Rotary Cash Calendar** as a fundraiser for our club. The Cash Calendar is both a calendar and a lottery ticket! The cost remains at \$20 per calendar. There is an individually numbered lottery ticket in each calendar to be completed by the purchaser and mailed to the Rotary Club of West Ottawa to enter the lottery component of the calendar.

Our historical playwright, **Marlene Sylvester**, will be presenting several of her works in three (so far!) productions in the upcoming months. Well done Marlene and the CFUW Nepean Actors Guild – keeping very busy having fun and supporting the Trust at the same time!

President's Message November 2025 (cont'd)

Patricia Coroy has taken on the responsibility for CFUW Nepean to organize the Insider Club Benefits with Senior Discovery Tours. The Insider Club Benefits Program is available to any club / association that registers with them and they offer a 4% Commission paid for all travel completed by our club association members.

A most important project for this year is planning our **35th Anniversary Celebration** in the spring. We will be gathering a team of members to come up with a proposal. Sharon Carew and Beth Junkins will be organizing a slide show featuring our club and its past history. Please contact Carole Baker or Betty Bertrand for more information about this exciting venture. We may be eligible for a grant of up to \$500.00 as part of any new project/event that supports our members and strengthens our Club's and CFUW's profile in the community. (this includes anniversary celebrations).

Once again, thank you all for being such a wonderful group of enthusiastic women with your unfailing support of all our endeavours.

Carole Baker



(Photo Credit B. Junkins)



(Photo Credit B. Junkins)

Welcome to New Members

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

Leslie McLeod

I was born and raised in Winnipeg, have lived in Vancouver and Montreal, and moved to Ottawa 30 years ago—where I've happily made my home ever since. At heart, though, I'm still a prairie girl, and we spend our summers in Manitoba at our family cottage.

I studied at UBC (BKin, BEd) and the University of Ottawa (MA Ed). I spent 18 years teaching before moving into administration, and I finished my career as a principal with the Ottawa-Carleton District School Board.

My husband and I love to travel—we spend about five months of the year away from Ottawa exploring new places. I'm a lifelong learner and currently working on becoming conversational in two new languages, improving my wildlife photography, and studying ikebana (Japanese flower arranging). Wherever we go, I'm always up for a cooking class. I love to cook—but please don't ask me to bake; it's not my strong suit! I'm also a voracious reader.

I enjoy staying active and can often be found on the tennis courts or golf course in the summer. In winter, I love skiing or snowshoeing on local trails, and yoga keeps me flexible enough to keep doing it all.

I heard about CFUW through a friend and was immediately interested in your work advocating for opportunities for women in education

What was the first thing you remember wanting to be when you grew up? A zoologist -I memorized the Latin names of common Manitoba mammals.

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

I would love to fly.

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

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

I would love to go back to the beginning of the 20th century and observe the way the technology was changing the world so quickly...first cars, then flight.

Growing up, what was your favourite book?

Next to impossible to pick a favourite book but I'll go with *A Wrinkle in Time* by Madeleine L'Engle.

Susan Matasva

I was born and bred in colonial Rhodesia, which became Zimbabwe in April 1980, and was brought up in a large family by parents who were schoolteachers and community builders. I did my middle and high school in an Anglican boarding school called St. Augustine's High School.

After a few years of college in Zimbabwe, I embarked on a Master of Architecture degree in Eastern Europe from 1986 till 1993, at University of Architecture, Civil Engineering and Geodesy in Sofia, Bulgaria, where I had an opportunity of travelling and getting acquainted with many countries in Europe. I later worked as an Architect in Zimbabwe and further proceeded for a Master of Project Management degree at University of Technology, in Sydney Australia.

Returning to Zimbabwe, in 1998, I briefly worked in Construction Project Management and emigrated to Ottawa Canada in June 2001 with my then young son.

I volunteered with Habitat for Humanity construction project in Ottawa South, and with CCOC housing construction project downtown. I worked with the City of Ottawa, as one of the

Welcome to New Members (cont'd)

Project Managers under the then Real Property Asset Management Branch during the amalgamation of the City of Ottawa and later moved on to Defense Construction Canada, working on Arctic construction projects.

Later, I focused on international career opportunities and joined the United Nations in 2008 where I served in Darfur (Sudan), Vienna (Austria), Juba (South Sudan), Nairobi (Kenya), Bamako (Mali) and lastly Geneva (Switzerland) from where I retired from the UN just four months ago on 30 June 2025.

Having been partially detached from Canada for about 16 and half years I was very excited to come across the CFUW and in Nepean where I live, just 3 months ago, and my hope is networking and meeting new people. I am looking forward to getting myself engaged and pursue opportunities of helping the needy people in the community, where my passion is, while exchanging thoughts and ideas with other ladies from different professional backgrounds and other cultures too. So far, I have attended two General Meetings and love those presentations!

I retired slightly early and am in the process of trying to figure out what exactly retirement entails, what hobbies to pursue, as I am still recuperating from years of globetrotting. So, pardon me if I fail initially to attend functions of some of the sub-groups I joined. I know I did well by joining the CFUW, composed of such a group of dynamic women in Nepean.

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

What super power would you choose?

In the early 70's watching silent movies on Bioscope that was availed in our school once in a month, Laurel and Hardy characters were my superheroes, and I sometimes idly fantasized about being as smart and suave like them.

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

I am below the middle - not so tasty but can only stand it just a bit for possible health benefits.

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

I am balanced - had beautiful, so beautiful memories of the past, but I am so optimistic about the future.

Growing up, what was your favourite book?

The cartoon books with Humpty Dumpty and anything which had the stories of Garfield.

Louise LeBlanc

I am originally from New Brunswick. I did a business degree at the University of New Brunswick and then my law degree at Osgoode Hall Law School.

I moved to Ottawa in 1984 because I thought Ottawa was a much better sized city than Toronto. I worked as a lawyer until I retired in 2021. I have one daughter.

I love to go out for bike rides in the spring, summer and fall. I try to go most days, weather permitting. I collect stamps and I am a member of The Ottawa Philatelic Society.

I also love dolls. I happened to see an 18 inch doll at a thrift shop 3 years ago and I fell in love with her. I absolutely had to take her home. I decided to collect modern 18 inch dolls, such as American Girl dolls, for myself but I also decided to get extra dolls to donate to women's shelters. When I was a little girl, I loved my dolls. I figured that if a little girl was in a shelter with her mother, she may be able find comfort in having a doll to love and to take home with her when she moved to a permanent home.

That was the beginning of what I call The Doll Project. I buy dolls, doll clothes and accessories.

Welcome to New Members (cont'd)

I prepare doll packages for donation to shelters and another charity. The packages consist of a doll, several outfits, accessories and a doll bed. I sew doll clothes and have a few people also sewing or crocheting or knitting things for the dolls. I am looking for more helpers so please reach out to me if you're interested in this. Or, if you have contacts with a shelter or charity, please let me know.

I joined CFUW because I wanted to meet interesting women. My husband died many years ago and now that I'm retired, I have joined a few groups with the view of meeting interesting people and socializing.

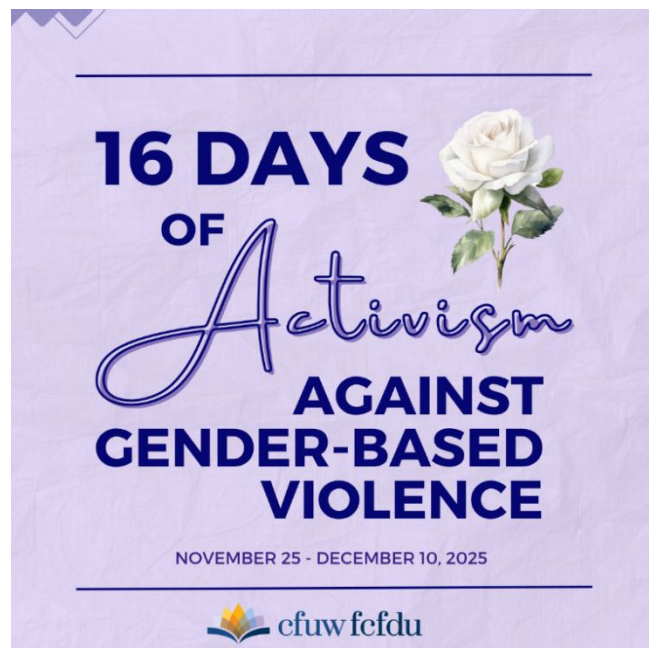
What was the first thing you remember wanting to be when you grew up? I remember people asking me if I wanted to be a nurse like my mother, and that didn't appeal to me. I thought my only options as a girl was to be a nurse, a nun, a teacher or a secretary when I grew up. I didn't want to be any of those. I wanted to be in finance, like my father.

What super power would you choose— to become invisible, to read minds or to be able to fly?
I would love to be able to fly. That would be so neat.

Where are you on the cilantro scale, between 'love it' to 'hate it' ? Cilantro hates me. I am very allergic to cilantro. And, for the record, I think it tastes disgusting .

Would you like to visit the past or the future? Why?
The future. It would be so interesting to see how we've evolved.

Growing up, what was your favourite book?
Charlotte's Web.



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

Internationally, Nov 25 – Dec 10 is recognized as 16 Days of Activism Against Gender-Based Violence. Started in 1991, it begins on the International Day of Elimination of Violence Against Women and ends on Human Rights Day.

We are encouraged to Take Action during this period – to participate in events, initiate discussions, to raise awareness about the challenges and the opportunities for change.

The CFUW will be creating social media content, template letters, and posters and making them available on the [CFUW members drive](#) over the next few weeks, including an information package currently [available](#).

In Canada, we use the colour purple in campaigns to raise awareness of gender-based violence. Consider wearing a purple ribbon to remind ourselves and others about this critical issue.

It might spark a conversation and that is a good place to start!

Canadian Forces Women in Medicine

Recognizing Dedication and Influence

-Grace Brown

We celebrate the heroism and mourn the sacrifices of our military through two world wars and assorted other foreign conflicts and peacekeeping missions. Yet less attention has been paid to the related efforts of women, in particular, the nurses who have built their own proud tradition of service and sacrifice.

Women first went to war providing care to the Canadian troops sent to quell the North-West Rebellion. From the North-West Rebellion onward, women joined every military force sent out by Canada, from the South African War to the Korean War and their contributions have continued into the activities and missions of the present-day Canadian Armed Forces. Over the years, the devotion and efficiency of Canada's military nurses have earned them a very high reputation among the troops with whom they served and to those they cared for.

In World War I, 2,800 women served as [Canadian Nursing Sisters](#). They were an integral part of the War. As caregivers and healers, they cleaned and dressed wounds, ranging from minor to severe, made patients comfortable while they healed and tried to ensure dying soldiers weren't alone in their final moments.

When women chose to enlist in the military they were not only exposed to the horrors and dangers of war, but they were also volunteering potentially to put themselves in dangerous situations close to the fighting where their lives were at risk. By the end of World War I, approximately 45 Nursing Sisters had given their lives from enemy attacks including the bombing of a hospital and the sinking of a hospital ship, but mostly from disease contracted from their patients.

In World War II, their numbers grew to 4,480. They now served as commissioned officers

providing battlefield care in hospitals and casualty clearing stations in all branches of the military. On duty overseas and in Canada, they staffed more than 100 major hospital units and cared for hundreds of thousands of wounded Canadians and soldiers from other countries. By the end of the war, 12 Canadian military nurses died in service serving.

With so many remarkable stories and achievements, choosing sample profiles was difficult. I chose three women: two who paid the ultimate sacrifice in service to our country and one current senior-ranking officer in the armed forces medical corps.

Margaret Lowe

Margaret Lowe was born in Morayshire, Scotland, on January 26, 1888. As a child, she moved with her family to Binscarth, Manitoba. She received her nurses training at the Winnipeg General Hospital and graduated in 1916.

In Spring 1917, she enlisted as a Nursing Sister with the CAF and was sent overseas. Her second and what would be her final placement was at the 1st Canadian General Hospital in Etaples, France.

On May 19, 1918, a German air raid hit the hospital. She was wounded, suffering a skull fracture and severe chest wounds. Nine days later she passed away at the 24th British General Hospital. Sixty-six patients and staff died in this attack, including two other nursing sisters. All three women were buried in the Etaples Military Cemetery in Pas de Calais, France.

Agnes Wilkie

Sub-Lt. Agnes Wilkie was born in Oak Bluff, Manitoba in 1904. She began nursing school in 1924 at Misericordia General Hospital in Winnipeg.

In January 1942, she enlisted with the Royal Canadian Navy and was posted overseas. On

October 13, 1942, she was aboard the ferry S.S. *Caribou* when it was torpedoed on the Cabot Strait, off Newfoundland.

At age 38, she was the only Canadian nurse to die due to enemy action during WWII. She was buried with full military honours in the Mont. Pleasant Cemetery in St. John's Newfoundland.

Following the wars, medical professions further diversified, with women joining the ranks as physicians, dentists, and pharmacists. Today, women continue to serve in a wide range of medical professions within the Canadian Medical Corps throughout military clinics, hospitals and global missions.

[Marilynn Chanette](#)

Brigadier General Marilynn Chanette began her military career in 1993 at the Royal Military College of Canada in Kingston Ontario.

Over the course of her 32 years experience she achieved progressively senior ranks and was deployed in Iraq and Afghanistan. She currently serves as Commander of the Canadian Forces Health Services Group and the Deputy Surgeon General. A highly respected military health leader she oversees the delivery of medical, dental, and public health services to CAF members in Canada and on operations around the world.

Today, women in all CAF medical professions continue to play pivotal roles in advancing health care standards. Specific areas of focus include trauma research, telemedicine expansion for remote communities, and enhanced mental health resources.

They are recognized worldwide, exemplifying leadership, innovation, and unwavering professionalism. These women are also essential for strengthening communities and setting benchmarks for future generations.

November 11 We Remember All Who Serve



(Painting used with permission of the artist N. Jenkins)

CFUW Nepean Scholarship Trust

"I want to thank you for the \$1000 bursary that I have received. It helped me save money for food, rent, etc.. I chose Algonquin College because it is known for Indigenous students like me to have success like everyone else. The program I am enrolled in will lead me to my goal of owning a shop for welding."

It is feedback like this from recipients of the CFUW Scholarships and bursaries that tell you just how much your donations to the Trust mean.

In 2024/2025 the Trust was able to provide \$9000 to students at Algonquin College in a range of programs and is committed to providing \$1500 on a continuing basis.

The Trust has benefited from fundraising by the Club membership through a variety of ways – garden and house parties, strawberry social, play performances, jewelry and book sales, and Rotary Club calendars (which are available again this year- read on!). The Trust is grateful for the generous support by members of the fund-raising events. Thank you.

But your personal donations provide a large part of the needed revenue. We often have a special giving matching program with Algonquin College where your donations can be increased, even doubled. The details of when and how this will unfold this year are still being worked out so STAY TUNED for upcoming information about the details when they are available.

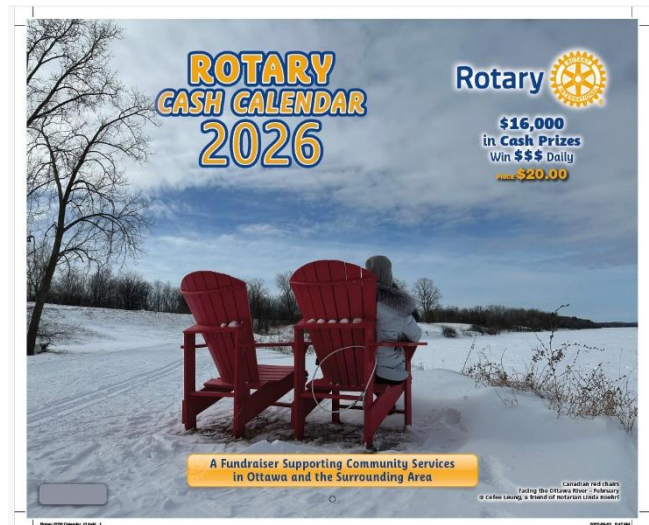
Your donations change lives.

2026 Rotary Club Calendars

-Marcia Armstrong

This year, CFUW Nepean will be offering the Rotary Club Calendars as a fund-raising event 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!!



About the Cash Calendar :

- Size 10"X12" with photos of the Ottawa area including images of both the built environment and natural environment.
- Cost remains at \$20 per calendar with **\$10/calendar sold going to CFUW Nepean's Scholarship Trust** in support of our awards at Algonquin College.
- There is an individually numbered lottery ticket in each calendar to be completed by the purchaser and mailed to the Rotary Club of West Ottawa to enter the lottery component.
- As a lottery, there are cash prizes with winners drawn daily and prizes ranging from **\$20 - \$1000**. The cash value drawn for each day is indicated on the calendar.
- A winner's name goes back into the draw so that a person could win more than once in a year.

With Christmas coming, think about a Cash Calendar as a gift that will help raise money for the Trust, offer a chance of winning money while being a beautiful calendar of local environment.

Calendars will be available at the **Nov 4, 2025** meeting.

CFUW Nepean Activities

Oct 7, 2025 General Meeting

Heart Health for Women

Guest Speaker Marion Martell

-Grace Brown

Marion Martell is a retired registered nurse from Manotick, Ontario. She became involved in heart health advocacy following her experience with Sudden Onset Complete Heart Block at age 58, which led to two permanent pacemaker implants.

Despite extensive testing, the cause of her condition was not identified. She attributes her physical and emotional recovery to her family's support and the University of Ottawa Heart Institute [UOHI](#).

The UOHI is recognized worldwide for its research and treatment initiatives in heart disease where she now serves on the Board of Directors of the [Patient Alumni Association](#).

As a spokesperson, Martell focuses on increasing awareness of women's cardiovascular health through prevention, treatment, education, and advocacy. In her capacity both as Program Ambassador and as a Personal Mentor with Woman Lived Experience, (a peer support program sponsored by the Canadian Women's Heart Health Centre [CWHHC](#)) she supports women at risk or living with heart and vascular diseases locally and nationally.

The Centre offers research programs, advocacy and resources dedicated to improving heart health outcomes for women in Canada. Martell also spoke of her continued commitment to the advocacy and research goals of the Canadian Women's Heart Health Alliance [CWHHA](#) recognized as Canada's cardiovascular health hub for women.

Heart disease remains the foremost cause of death for women both in Canada and around the

world, responsible for almost one-third of premature deaths among women. Risks increase after every stage of menopause, and diagnosis may be missed or delayed in women. Common risk factors include high blood pressure, cholesterol, diabetes, smoking, obesity, pregnancy complications, and hormonal changes.

Alarming one-third of Canadian women die from heart disease or stroke; every 7 minutes, a woman in Canada is diagnosed with heart disease, and every 20 minutes one woman suffers a heart attack. Also alarming is the fact that women are five times more likely to die of heart disease than breast cancer.

Martell believes that one of the reasons why heart disease in women frequently goes underdiagnosed is the differences in symptoms compared to men. Both patients and practitioners may attribute symptoms in women to stress, anxiety, menopause, or fatigue. Mortality rates for men have declined owing to increased awareness, while rates of heart disease among women, especially younger women, are rising.

Martell is eager to see the University of Ottawa teach medical students about women's unique heart risks and symptoms, to address gaps in cardiovascular care. She highlights that most research has centred on men, despite women having different risk factors, particularly after menopause, and experiencing less typical symptoms like fatigue, nausea, or back and jaw discomfort, rather than classic chest pain.

In addition, research available from the CWHHC indicates that standard tests can be less reliable for women, and it can be harder for tests to detect issues accurately.

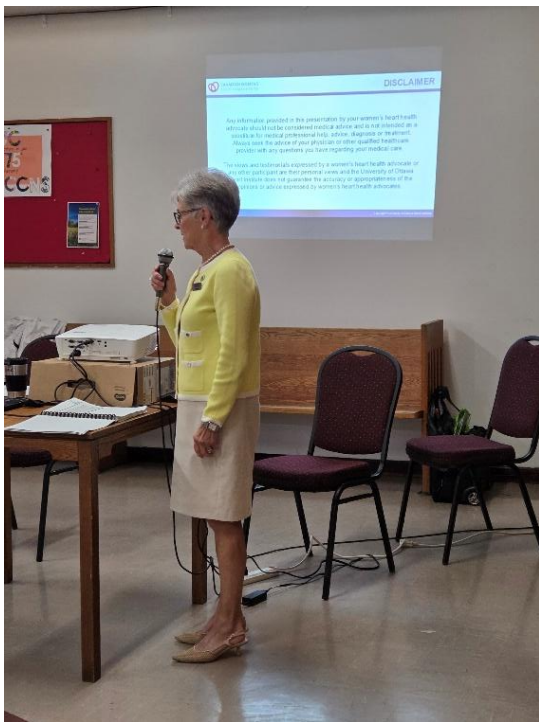
All of these factors are important because they can affect how heart disease presents in women, and how it is diagnosed and treated.

CFUW Nepean Activities

Oct 7, 2025 General Meeting (cont'd)

Though heart disease is the top preventable cause of death for Canadian women, it stays under-studied, under-diagnosed, and under-treated resulting in higher mortality rates for women.

Martell's story illustrates the distinct obstacles women encounter regarding heart health. Her dedication to advocacy powerfully emphasizes the need for customized education and support systems that amplify women's voices and experiences, leading to better outcomes. As a takeaway for everyone, she offered this straightforward advice: "If in doubt, check it out."



(Photo credit B. Junkins)

Dec 2, 2025 Christmas Party

Plan to join us at the Waterford Grand, 121 Market Place on Dec 2 for our CFUW Nepean Christmas lunch. The price will be \$40

You are invited to arrive between 11:30 and 12 noon – remember to bring toiletries and diapers for Cornerstone. Then 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 in the Panache Grill from 1PM – 2:30. The menu is planned to include salad, turkey dinner, potatoes, veggies, stuffing, cranberry sauce, tea/coffee and dessert. Wine available for purchase.

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

A survey will be sent out to register for the lunch where you can list food intolerances/allergies. Please be sure to let Sue Carter know if you have to cancel.

Wear your Christmas sweaters and hats and join us for a fun and delicious Christmas lunch.

Thanks to the hospitality volunteers who provide such a yummy spread at each meeting!!



(Photo credit B. Junkins)

CFUW Activities

Focus on Outreach

-Marene Sylvester

Sad week for House to Home. No facility has opened their door as a new location for this humanitarian group who helps incoming refugees to Ottawa. We have supported this group for several years so I want to thank all members who provided furniture, kitchen items, towels, sheets etc. for these families who sometimes come with very little.

On November 4th members are asked to donate period products. These will be delivered to the food bank in Barrhaven. Keep in mind that 1 in 4 women cannot afford to buy these products.

At Christmas, CFUW members have always been so generous in their gifts to the various groups we have been able to support: the five Cornerstone shelters, as well as Interval House, Elizabeth Fry, and Minwaashin. This year we are asking again for gifts such as toothpaste, floss, toothbrushes, lotion, body wash, shampoo, conditioner, pjs, soap, lip balm, sweaters, slippers, hoodies, underwear, coffee mugs, socks, coats, pens, adult colourful books, journals, chocolates, gift cards to Tim Hortons and MacDonalds.

If you are unable to shop, you can give Marlene the money and she can purchase the items. Bring the gifts to the December Luncheon at the Waterford Retirement Home or drop them off at Marlene's home. As times are financially troubling for families, we can make a difference and bring a smile or two to a woman.

Good news - four Retirement Homes have invited us to perform either the *AGNES* or *EMILY* play, which not only brings in money to the Scholarship Trust but also introduces the CFUW to the community and invites seniors to join us.

Period Products Drive - November 4

We will be holding our Period Products Drive on **Tuesday, November 4th between 12:00 and 1:00pm** in the parking lot of the Bells Corners United Church.

Please bring your period products and Marlene Sylvester and Betty Ann Grainger will be there to collect them for you.



CFUW NEPEAN PERIOD PRODUCTS DRIVE

Tuesday, November 4, 2025
12:00 - 1:00
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

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 say they may not afford period products at some point in the next 12 months.



ONE IN SIX (17%) CANADIANS WHO MENSTRUATE HAVE EXPERIENCED PERIOD POVERTY.

THIS RISES TO ONE IN FOUR (25%) AMONG THOSE WHOSE HOUSEHOLD EARNS LESS THAN \$40,000 A YEAR.



PERIOD STIGMA PERSISTS

22% of Canadians think that menstruation should not be publicly 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 and rights. **Menstrual products are necessities, not luxuries.**

Source: Menstrual Equity Fund Pilot, Government of Canada



CFUW Nepean Activities Interest Groups

Armchair Travel

-Marlene Sylvester

In October, Betty Ann Grainger and Judy Glass presented a wonderful travelogue on their trip to Japan.

In November Marlene hopes to present a travelogue on her trip to Maui.

If a member would like to present a travelogue, please contact Marlene.

Book Club

-Rachel Plouffe

In October, we read *Dandelion* by Jamie Chai Yun Liew, a Canada Reads 2025 finalist. As the book jacket notes "It is a beautifully written and affecting novel about motherhood, family secrets, migration, isolation and mental illness."

We felt that the author's take on the experience of Chinese immigrants in small towns as well drawn.

Next month's book is *Meet Me at the Museum* by Ann Youngson. We meet as always on the fourth Tuesday of each month at 1pm on Zoom.

We then meet in January to discuss *Dream Count* by Nigerian author Chimamanda Ngozi Adichie.

Art Tours

-Marlene Patrick

The Art Tours group did not meet in October, but we have planned our first outing on Wednesday November 26, at 2pm at the Carleton University Art Gallery. It is a very interesting exhibit called "Runs in the Family." It features works by Simon Brascoupé and Mairi Brascoupé.

We hope that our Art Tour members will enjoy this exhibition with us.

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

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.

CFUW Nepean Activities Interest Groups

Lunching Out

-Sharon Carew

We had a wonderful large turn-out of people at our October Lunching Out at the State & Main Restaurant on Strandherd Drive.

Our next Lunching Out will be on Wednesday, October 19th at 12 noon at the Persis Grill & Restaurant in Bells Corners. It is located at 300 Moodie Drive. Peter Hum, who is a food critique for the Ottawa Citizen, recommended the Persis Grill in the paper on October 25, 2025.

I will send a notice out a few days ahead of time to the Lunching Out Group and then let the restaurant know the exact number of people who will be attending closer to November 19th.

Everyone is welcome and I look forward to another pleasant lunch with a diverse and interesting group of CFUW Nepean ladies.



(Photo Credit B. Junkins)

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

October's selected film was *Roofman*. Based on true events, the story follows an army veteran escaped from prison and living for months in a Walmart store.

The next outing will be Friday November 21st. Hope to see you at the movies!

- **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

