

## UPCOMING GENERAL MEETING

**Tuesday March 3, 2026 1p.m.**

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

(NOTE: If weather is inclement, we will hold the meeting by **ZOOM**)

Guest Speaker James Powell on the Legacy of the First Woman Senator, Cairine Mackay Wilson

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### **Upcoming Events**

**March 8, 2026** International Women's Day

**March 28, 2026** Earth Hour 8:30 p.m. – 9:30 p.m.

**April 7, 2026 1p.m.-3p.m.** CFUW Nepean General Meeting

Bells Corners United Church

Guest Speaker Rosemary Doyle-Marier on her book *The Spanish Note*, and her challenges to get it published

**April 22, 2026** Earth Day

**April 23, 2026** UN International Day for Girls in Information, Technology & Communication

**May 5, 2026 11:30 a.m.- 3p.m.** CFUW Annual General Meeting & 35th Anniversary Celebration, River Lounge, 2259 Prince of Wales Drive

## President's Message March 2026

-Carole Baker

Plans for our 35th Anniversary Celebration & AGM are coming together beautifully — and now we just need you! We hope everyone will sign up as soon as possible so we can confidently confirm our numbers. This is a very special milestone for our club, and it will be wonderful to celebrate together. To give everyone the opportunity to focus on purchasing tickets for the Anniversary Celebration and AGM, please note that we will not be holding a Period Products Drive in April, nor will we be collecting additional Cornerstone donations at that time. Cornerstone is already being supported through our participation in the Coldest Night of the Year on February 28, and we also held a successful Period Products Drive in November. Thank you for your continued generosity and support of our community partners.

Our CFUW Nepean member Grace Brown, wrote a History of Black Women in Canada's Civil Rights Movement. Grace's outstanding article was first published in our own Nepean NewsBYTES and was then featured in the February edition of the CFUW National Club Action Newsletter. Her work highlights three Black Canadian women and their vital contributions to Canada's Civil Rights Movement. We are very proud of Grace for having accomplished this recognizable achievement.

Our Scholarship Trust was the recipient of \$3,255 on Giving Tuesday, December 2. Through the matching program at Algonquin College, an additional \$2,655 was added, bringing the total to an impressive \$5,910. Thank you to all our members who contributed so generously. Your support truly makes a difference in the lives of students.

Mark your calendars! On Tuesday, April 28 at 1:00 PM, our Book Club will host a special Zoom meeting with Ottawa author Jo-Ann Oosterman, author of *Tom's Story: My 16-Year Friendship with a Homeless Man*. This is a wonderful opportunity for those who may have missed her earlier Speaker Series presentation (which unfortunately could not be recorded due to technical difficulties). Jo-Ann and our Book Club warmly welcome all members to join the discussion — even if you're not a regular Book Club participant. We hope many of you will take advantage of this engaging and meaningful conversation.

I am looking forward to attending the CFUW Ontario Council AGM in Peterborough from May 22 - 24. Anne Sinclair and Betty Bertrand will also be attending, along with Tricia Carran from CFUW Kanata. Before then, we will be discussing the resolution brought forward by CFUW London regarding postpartum depression at our March 3 meeting. Your thoughts and participation in this discussion are most welcome.



(photo credit B. Junkins)

## CFUW Nepean Notice to Members

## Fee Increase

Dear fellow members;

Our Treasurer, Lynne Crocker, has provided an update on our budget.

In January, we paid \$165.44 as the top-up required to complete our annual dues paid to GWI. To date for 2025 - 2026, we have paid \$1,620.00 plus the top up of \$165.00, for a total of \$1,785.00 to GWI International.

This top up is related to the fact that GWI is based in Geneva and the top up is tied to the Swiss franc exchange rate and is a requirement of every opt-in club.

As the fees to support our commitment to GWI as an opt-in club continue to increase each year, it will be necessary to increase our own membership fees this coming fall.

The BOD has approved an increase to \$125.00 (from \$110.00) for our annual membership dues & dual membership increases to \$50.00 (from \$40).

In actual fact our dues have not been raised for a number of years and this is in keeping with the other opt-in clubs.

We will be voting for the dues increase with a show of hands at our April 7th meeting.

Carole Baker

## International Women's Day UN Commission on the Status of Women - Navigating Change Together

-Grace Brown & Susan Russell

March 8 is International Women's Day (IWD), a time to celebrate the progress made in advancing women's rights and highlight the ongoing efforts to ensure their full participation in all aspects of society. The United Nations Commission on the Status of Women (UNCSW) plays a key role to achieve these goals globally. The CFUW acts as the largest affiliate of GWI, holding special consultative status with the UNCSW, allowing them to directly influence international policies.

In 1945, Virginia Gildersleeve co-founder of the International Federation of University Women (IFUW) now Graduate Women International (GWI), was the only woman delegated by the United States to the negotiations establishing the United Nations.

Within the UN's first year the UN Commission on the Status of Women UNCSW was created. This is the principal intergovernmental body at the UN dedicated to advancing gender equality and the empowerment of women and girls. It brings together governments, UN agencies and civil groups to promote women's rights across political, economic, social, civil and educational spheres. The Commission is composed of one representative from each of the forty-five UN Member States.

Over the decades, UNCSW has contributed significantly toward shaping international frameworks and establishing global standards for gender equity, most notably through the 1995 Beijing Declaration and Platform for Action. This landmark initiative has guided global efforts and influenced concrete progress in many countries. This declaration is still a driver for action, reflected

in the UN Sustainable Development Goal 5 which seeks to achieve gender equality.

The CFUW and GWI attend the two-week meeting of the UNCSW held in March each year in New York..



*But what does it mean for CFUW to attend? Why is it important to us that CFUW attends?* We asked member Susan Russell to share her insights about her involvement, and the impact of the CFUW at the UNCSW.

*Q. How did you get interested in the UNCSW?*

I became interested in the UN through attending UNESCO meetings for CFUW, back in the 1980s and 90's. I was asked to represent IFUW (now GWI) at the Inter Agency Conference on Education for All in Jomtien, Thailand (March 1990).

It was during these discussions that the issue of the Girl Child was put firmly on the agenda. It was a very intense experience during which all those present, both government and NGOs worked together on a document that called for *Education For All* by the Year 2000. After Jomtien, CFUW became the lead agency in Canada for the Girl Child. At that time, I heard about the work of the UN Commission on the Status of Women and its work on women's equality.

*Q. How did the CFUW get involved in UNCSW?*

I knew that GWI attended meetings of the UN CSW in New York and felt that it was time that CFUW applied for consultative status. At my urging, then CFUW President Betty Bayless applied and gained NGO status at the UN for CFUW in 1998.

*Q. What does it mean to have 'Special Consultative Status'?*

Special Consultative Status allows organizations to participate in the meetings, gain entry to the building and attend some open sessions as well as

## International Women's Day (cont'd)

to attend and present side events that relate to the theme currently the Millennium Development Goals.

It gives CFUW members the opportunity to make a written and sometimes an oral statement.

An NGO with Special Consultative status could attend UN Meetings in addition to the UNCSW. GWI has permanent representatives who attend throughout the year in New York, Geneva and Paris (UNESCO).

Attendees with Special Consultative Status can participate through:

1. The themed NGO opening day - a highlight.
2. Hundreds of themed Side Events across Manhattan either as presenters or participants
3. Some sessions of the general assembly
4. Working on Oral and Written Statements with other CFUW delegates
5. Attending the Canadian Reception and present issues to representatives from our government, related to the theme.
6. Attending the GWI daily briefings
7. Networking with other NGOs.
8. Learning about emerging issues, make a written "statement" that represents your organization.

*Q. What do CFUW representatives do? Are they only observers? .*

You can see from the above that attendance at the UNCSW is multifaceted. You learn from the UN speakers - Secretary General, Government etc, as well as from other NGOs. For example, when we were working on the issue of Non-State Actor Torture (Torture by people who were not State Representatives) CFUW led workshops on the theme several times, and the speakers (CFUW members) managed to get the issue recognized. So not just observers.

*Q. When did you attend the UNCSW?*

I first attended the UNCSW during my time as CFUW Coordinator for International Relations 2013. I also attended as a representative of the

GWI Board between 2014 - 2016, and again on behalf of the Virginia Gildersleeve

International (Now Women First) group where I established their presence at the UNCSW.



*Q. What gets discussed at UNCSW?*

Each year sets a theme related to objectives for Women's Equality and Human Rights, as set out in The Beijing Platform for Action, and latter in line with the Millennium Development Goals.

Diplomats and ministers from around the world negotiate what their country is willing to legislate at home to further an agenda that promotes equality and human rights. Certain countries are well known for imposing their veto on certain issues especially with regard to reproductive rights.

*Q. What are the highlights for you?*

There are many highlights at these meetings including taking part in and attending presentations at Side Events organized by other NGOs, attending the Canadian reception and hearing others give testimony as to what is happening globally.



## International Women's Day AI Poem

Editor's Note: Our speaker in February talked about the pros and cons of AI, about its skills and limitations. In the spirit of experimentation in honour of International Women's Day, we asked ChatGPT: 'Write a poem for International Women's Day recognizing the accomplishments and struggles of women and girls'. The poem below is the answer provided.

### *Still We Rise Together*

*For the hands that held the sky  
before they were told it was too heavy-  
for the voices that learned to sing  
even when the world preferred their silence-  
today we speak your names in light*

*For the girls with bright, untamed questions,  
braiding constellations into their dreams,  
building futures from borrowed books  
and courage stitched from their mothers' prayers-  
may your steps never be made smaller  
to fit another's fear.*

*For the women who laboured in shadow,  
whose brilliance flickered behind closed doors,  
who stitched revolutions into everyday life-  
in kitchens, classrooms, clinics,  
in fields and factories,  
In boardrooms where they were the only one-  
your work is quiet thunder  
that reshaped the ground beneath us all.*

*We honour the scars you carry:  
the doors shut too soon,  
the wages weighted too lights,  
The safety promised but not given,  
the dreams deferred but not destroyed.  
from these, you forged steel spines  
and open hands.*

*You have been told to wait  
to soften,  
to shrink,  
to settle- yet you rise.*

*You rise in science and song,  
in protest and policy,  
in art that unsettles the comfortable  
and comfort that steadies the shaken.  
You rise for daughters not yet born,  
for sisters standing beside you,  
for the child you once were  
who needed proof that it could be done.*

*Today is not a single bloom  
placed gently on a calendar-  
it is a chorus,  
a drumbeat,  
a promise carried forward:*

*That no girl's education is optional.  
That no women's safety is negotiable.  
That leadership has many faces.  
That strength can be tender.  
That equality is not a gift,  
but a right.*

*To every woman and girl-  
seen and unseen, celebrated and overlooked-  
May your story be told in your own voice.  
your power be met with respect.  
May your dreams find room to grow.*

*And when the path is steep,  
may you remember:  
you walk it with millions-  
past, present, and rising-  
and together,  
you are unstoppable.*

Citation:  
OpenAI(2026) Still We Rise Together, ChatGPT (Feb 15)  
[Large Language Model]. ChatGPT.  
<https://chat.openai.com/>

## International Women's Day Screening The Day Iceland Stood Still

**SAVE THE DATE**

Please join CFUW Ottawa as we celebrate International Women's Day with a special documentary screening about the day women in Iceland went on strike.

### The Day Iceland Stood Still



*The Day Iceland Stood Still* is a powerful and inspiring documentary about the extraordinary day in 1975 when 90% of Iceland's women refused to work—at their jobs, at home, and in their communities—to demand equality. Factories closed, schools shut down, and the country came to a standstill, revealing just how essential women were to every part of society. The film captures the courage, solidarity, and quiet determination that sparked lasting social change and is a reminder of what women can achieve when they stand together.

THURSDAY MARCH 12, 3 p.m.  
MAYFAIR THEATRE, 1074 Bank St  
\$15 per TICKET FROM CFUW-OTTAWA  
FRIENDS WELCOME!

*Information about registering will be coming out shortly!*



Did you know that the CFUW and Canadian Association of Retired People (CARP) ...

have announced a partnership? Read more about the anticipated collaboration and benefits at <https://www.cfuw.org/2026/01/09/cfuw-and-carp-launch-national-partnership>

## Graduate Women International

-Anne Sinclair

This was a very eventful month for CFUW opt-in clubs, with lots of exciting and important news.

### CFUW Creation of GWI Coordinating Committee

On February 5, 2026 the CFUW Board of Directors approved establishing the **GWI Coordinating Committee**, whose role is to formalize structure within CFUW of GWI supporting clubs.

The Terms of Reference includes:

- To support CFUW as a strong and engaged founding member of GWI
- To engage and support CFUW opt-in clubs in the work of GWI
- To provide opportunities for education and information to promote GWI with all CFUW clubs
- To support the VP International Relations and the President of CFUW in their duties related to GWI.

Activities will include organizing meetings with opt-in clubs, to support the work of CAMEUS (Canada, Mexico, US) and communicate to clubs, and to support and encourage participation in GWI-generated activities.

There will be no change to the activities undertaken by opt-in clubs in this new structure. In particular, the activities of communication and coordination currently undertaken by the GWI Supporters Network Organizational Group (GWISNOG) will continue unchanged in the newly named GWI Opt-in Clubs (GWIOIC).

This will be a special committee for two years, at which time a recommendation can be made at the 2028 CFUW AGM for it to become a standing committee which will report through the VP International Relations.

## Graduate Women International (cont'd)

Marcia Armstrong, CFUW Nepean, has agreed to become the Chair of the Coordinating Committee on an interim basis, to transition to the new Chair and committee members following the 2026 CFUW AGM in Montreal in July.

Our thanks to Marcia for taking on the leadership of this important new committee during its formative time!

### UN CSW 70

The **70th session of the Commission on the Status of Women** will be held at UN headquarters in New York City, March 9-21, 2026. The theme is Ensuring and strengthening justice for all women and girls, including by promoting inclusive and equitable legal systems, eliminating discriminatory laws, policies and practices, and addressing structural barriers.

There are over 700 events planned. CFUW is involved in two events; the first in partnership with Women Graduates USA *Strengthening Justice: Women and Girls in Health, Law and the Medea* (March 13); the second *Justice for Women Amid North America's Immigration Policy Shift* in collaboration with Federacion Mexicana de Universitarias and WG-USA. (March 11).

Stay tuned for more details of CFUW and GWI events! !

## UN Commission on the Status of Women March 9-19

(reprinted from GWI News Email Feb 28 2026)

**Let's Go Virtual!**

**Unable to attend in person? Then hop online!**  
[CLICK HERE](#)

CSW70/GWI

COMMISSION ON THE STATUS OF WOMEN 70TH SESSION

# LET'S GO VIRTUAL

09-19  
MARCH 2026

The CSW offers a virtual environment that allows everyone to participate in the various sessions. **This year's CSW offers more than 800 events** with speakers from all over the world to address the access to justice for all women and girls, including a Young Member Network parallel event and a side event!

Access the live stream [HERE](#)

**Not attending CSW70 in person, then how about a get-together?**

**Organize a watch party with your fellow NFA or colleagues!**

Register for the NGO CSW70 Forum [HERE](#)

[f](#) @GRADUATEWOMENINTERNATIONAL [X](#) [i](#) @GRADWOMEN [in](#) @GRADUATEWOMENINTERNATIONAL

## CFUW Nepean Trust

### Your Givings Count

-Kathy Grienger

Algonquin College has recently informed me that 27 of our members contributed \$3,255 to our scholarship fund during the Giving Tuesday campaign; with the \$2,655 in matching funds from Algonquin College, it means that our Giving Tuesday campaign raised \$5,910 towards our scholarships for the 2026-2027 academic year! Thank you all for your generosity as well as your quick fingers on the computer!

Our three scholarships for this year were awarded to second year students in the fall semester; our bursary to an Indigenous student has also been awarded. There will be two more bursaries awarded for the spring semester. I would like to share with you the notes of appreciation that we received from some of the students.

From one recipient who is enrolled in the Practical Nursing program:

*"My program is challenging and I studied hard to get through it. I appreciate your support in my nursing way."*

From another who is enrolled in the Powerline Technician program:

*"This award means more than words can express. With this being my second year of school, the cost of living on top of tuition has been very challenging to keep up with. A scholarship like this goes a long way in helping with that burden and allowing me to focus on my studies. Thank you so much, this is so appreciated."*

## Trust Fundraising with Senior Discovery Tours

-Pat Coroy

Good news! As most of you know the Scholarship Fund has received a cheque for **\$1562.32** from **Senior Discovery Tours Insider Club**. This was based on tours completed by members of our club in 2025.

Here is a reminder about how the program works

If you are booking a tour with Senior Discovery Tours indicate that you are a member of Canadian Federation of University Women Nepean and that we are members of the **Insider Club**. Our code is **CFUWN**. The scholarship fund will be rewarded with 4% of the price of your tour. If you do travel with them, please contact me **after** you return. I will need the dates and the name of your tour so that at the end of this year I can include that information for the 2026 benefits.

I do have copies of the previous Vol 2 Spring/Summer Tours and the latest Vol 3 Fall Tours & Fall/Winter Cruises. All their tours and relevant information are available online as well at [seniordiscoverytours.ca](http://seniordiscoverytours.ca)

## The Scholarship Trust is looking for a new members

-Kathy Greiner

Interested in helping with the Scholarship Trust to manage our scholarships and bursaries with Algonquin College?

We are looking for someone to join our board next year and would love to hear from you. The position is for a three-year term, once renewable.

Please contact me for more information if you are interested.

## CFUW Nepean 35<sup>th</sup> anniversary

1991 and all that....

- The World Wide Web was launched
- TV Series finales were aired for *Dallas* and *The Carol Burnett Show*
- *The Road to Avonlea* was the top Canadian show
- *Heritage Minutes* were introduced presenting key moments in Canadian history such as 'Valour Road', 'Underground Railroad', 'Nellie McClung', 'Jennie Trout'. Like the Canada Vignettes of the 1970, the *Minutes* have become a part of the Canadian consciousness.

Take a moment to think about where you were in 1991 and what you were doing the year CFUW Nepean was founded. What do you remember?

Q1 What film won Best Picture 1991 (for films in 1990)

- (a)Awakenings
- (b)Dances with Wolves
- (c)Ghost

Q2 What was the Grammy Song of the Year

- (a)Unforgettable
- (b)(Everything I do) I do it for you
- (c) Walking in Memphis

Q3 Who was the Canadian Entertainer of the Year at the Junos?

- (a) Tragically Hip
- (b) Jeff Healey Band
- (c) Alannah Myles

## 35<sup>th</sup> Anniversary Party & AGM

May 5th 2026 11:30am to 3:00PM  
River Lounge at the Ramada Inn.  
2259 Prince of Wales Drive



(Photo Credit River Lounge/One Plate)

Total Cost is \$50.00/person

1. E Transfer to: CFUWNepean91@gmail.com (preferred)
2. In person at March & April meetings.
3. Cheque made out to CFUW Nepean and mailed to  
Lynne Crocker  
#501, 1081 Ambleside Drive  
Nepean K2B 8C8  
NB. If putting your cheque in the mail, please send it no later than March 29th.  
You will receive an email 'confirmation of payment received' which will include any additional information.

### Mystery Gift Bags

You are probably wondering about the mystery gift bags.

These "Bags" are put together using small, donated items, valuing \$5-\$10. **Bring your items to the March and April meetings.**

You can also donate the gift bags and tissue paper.

## CFUW Nepean 35<sup>th</sup> anniversary

Betty Bertrand will be selling half playing cards at the door for \$5.00. When you buy a playing card, the other half of the card has been attached to a gift bag.

Between luncheon and dessert, members can come and find the card that matches the bag and receive the corresponding mystery gift.

### Gift bag suggestions

Lotion, Jams, soaps, books, chocolate, bridge cards & score pads, notes and notepaper, Thank you cards, candles (Non scented), gift cards (Tim Horton etc.)

### Quilt Raffle

We will soon have our raffle license application completed so we can start selling tickets for this unique hand-crafted Canadian Pride Quilt created by Teresa McCrory. Teresa has a plan to sell these tickets outside of our club as well.



(Photo credit T. McCrory)

Don't forget to wear your hats and fascinators - we have a lot to celebrate!

Looking forward to seeing you all at this event.  
Your 35th Anniversary Celebration Team



(Photo Credit River Lounge / One Plate)

### BY APRIL 7

RSVP <https://forms.gle/Nt6ZsN7R2yjL9R4w6>

PAY \$50 by e-transfer

to [CFUWNepean91@gmail.com](mailto:CFUWNepean91@gmail.com) (preferred)

or see other payment options on RSVP form



*You are cordially invited  
to our celebration!*

**Tuesday May 5, 2026**

**Luncheon and AGM**

River Lounge at the Ramada Inn ♦  
2259 Prince of Wales Drive, Ottawa

♦ 11:30 Arrival ~ 12:00 Entertainment  
~ 1:00 Luncheon

**RSVP by April 7**-click link above or go to  
<https://forms.gle/Nt6ZsN7R2yjL9R4w6> ♦

### MENU - \$50

Chicken with Marsala Wine Sauce  
or Vegetarian - Cheese Tortellini with Rosé Sauce

Both meals include salad, dessert, coffee/tea, tax and tip

Payment is required by April 7

♦ E-transfer to [CFUWNepean91@gmail.com](mailto:CFUWNepean91@gmail.com) (preferred)  
or see other payment options on RSVP form

***Wear your hat or fascinator!*** ♦



## CFUW Nepean Activities

### Feb 3 , 2026 Zoom Presentation

#### The Pros and Cons of AI

Guest Speaker Gord Larose

-Grace Brown

Gord Larose is retired electronics engineer who dedicated his career to the high-tech industry, with experience in telecommunications, digital rights management, startups, and software security. He has kept a longstanding interest in Artificial Intelligence (AI), noting that although he would have welcomed the opportunity to engage with AI professionally, the technology didn't "work well" during his career years.

The speaker considers himself an informed lay observer of AI, able to assess its advantages, limitations, and implications for daily life, education, employment, and society at large. AI technologies, though present for decades, are only now beginning to reveal their substantial impact.

While significant progress in AI has mostly occurred over the past twenty years, its origins are considerably older; early examples, such as the Antikythera mechanism - a remarkably advanced ancient device discovered in the Mediterranean- attest to historical technological ingenuity.

After periods of both advancement and stagnation, notable progress was made in the 1990s. In 2016, Microsoft released a chatbot that was quickly withdrawn after users influenced it to produce offensive content. ChatGPT was released in November 2022 and exploded in 2023. It took Netflix three and half years to get one million users; it took ChatGPT five days.

Since then, generative AI and language models like ChatGPT have become more common, presenting ethical and social challenges as these technologies become more sophisticated.

The speaker shared what he sees as the pros and cons of AI as the technology evolves and expands.

Positives:

Efficiency: Automates tasks, saves time, and reduces errors in areas like administration and data analysis.

Decision-making: Quickly processes large data sets for smarter choices.

Service improvement: Enhances diagnostics and personalisation in sectors such as healthcare and transport.

Accessibility: Tools like speech recognition and translation support people with disabilities and older adults.

Concerns:

Job disruption: The adoption of AI may lead to job losses in repetitive or clerical positions, creating challenges around employment and retraining.

Bias and fairness: When AI is trained on biased or incomplete datasets, it can perpetuate or worsen existing biases.

Privacy concerns: Collecting more data brings up important issues related to personal privacy, surveillance, consent, and potential misuse.

Over-reliance on technology: Relying solely on AI without human judgment, accountability, and oversight can be risky.

Ethical and social impact: Key concerns include transparency, who oversees decisions and control over AI systems.

*Is AI scary?* The speaker's response: we may not understand how AI works, but scientists still don't know how the human brain works. He views AI as neither "good" nor "bad" on its own. His overall message encouraged us to understand how AI works at a lay person's level, ask critical questions about its use, define what we want the technology to do, and advocate for responsible, ethical and human-centered use.

(Photo used with permission Gord Larose)



## CFUW Nepean Activities

### Let's ask AI

Editors Note: We know that AI can scour extraordinary amounts of existing information, collate and summarize very quickly. But what about creating something new?

We asked ChatGPT two questions that did not require summarizing, but included creativity and extrapolation.

The first, was to create a poem for International Women's Day that you will find on page 6 (*Still We Rise Together*).

The second question? **Write 2 paragraphs on how you think the *Outlander* books will end**

#### Answer from ChatGPT

*I think the Outlander books will end on a more layered and historically grounded note than the television adaptation, while still centering on Claire and Jamie's enduring bond. Given Diana Gabaldon's love of intricate historical detail, I imagine the final book will resolve long-running political threads around the American Revolution and the Fraser family's place in it. Rather than a sudden tragedy, the ending may show Jamie and Claire consciously choosing where they belong in time, surrounded by their children and grandchildren. The series has always emphasized legacy, so I suspect the conclusion will highlight how their courage shaped generations beyond themselves.*

*I also believe the books will finally give a clear explanation for Jamie's ghost in 1940s Inverness, tying the time-travel mythology together in a way that feels emotionally satisfying but not overly fantastical. Gabaldon has hinted that the explanation is simple yet meaningful, so it may connect to the moment of Jamie's death—perhaps his spirit briefly crossing time in search of Claire. Still, I doubt the ending will feel like a permanent*

*goodbye. More likely, it will leave readers with a sense of continuity: that love, memory, and story stretch beyond a single lifetime, echoing across centuries just as they have throughout the entire saga.*

Citation:

OpenAI(2026) ChatGPT(Feb 15,[Large Language Model]. ChatGPT. <https://chat.openai.com/chat>

What is your reaction to these AI answers??

After reading the poem (pg 6) and the prediction about the Outlander books (pg 13), what was your reaction? Were you surprised by anything? Impressed or unimpressed? Give you food for thought?

Let us know by sending your feedback to the editors at:

[CFUWNepeanNews@gmail.com](mailto:CFUWNepeanNews@gmail.com)

We will share (anonymously) some of the reactions we receive.

Answers to Quiz on page 9– (b) (a) (a)

## CFUW Nepean Activities

### Armchair Travel

-Marlene Sylvester

Pat Coroy gave a delightful presentation on her Christmas holiday in Norway with her son and daughter-in law; such interesting history and customs of the Indigenous People, the Sami. Also treated to us to gingerbread, (Pepperkaker), Norwegian Brown Cheese, Aquavit, and Lingonberry jam.

Lots of beautiful buildings and wonderful Xmas lights everywhere. Lovely place to visit.

### Interest Groups

Interested in Something?  
Start a new interest group!

Write up your idea for a new interest group, how often you would want to meet, what would be involved and submit it to the Club's Interest Group Convenor at [marcia.armstrong@bell.net](mailto:marcia.armstrong@bell.net)  
It would be good to be able to offer this new group in the new Club year.

### Art Tours

-Marlene Patrick & Anne Sinclair

On Wednesday, February 25th, we visited the National Gallery of Canada to see the exhibit Winter Count - *Embracing the Cold*.

Although we lost a few attendees due to our winter weather, it was a fascinating exhibit which highlighted winter through the eyes of different artists - First Nations, European and Canadian, as well as different art movements - Impressionism, and abstract, among others.

One of the highlights, seen in the photo, was a painting entitled *A Northern Night* by Franz Johnston, exhibited for the first time since 1917. As always, our knowledgeable tour guide made the tour even more rewarding.

The next Art Tour will be held on Wednesday, April 22nd. More details on that tour will be coming soon.

(Thanks to the National Gallery in Ottawa for verbal permission to use the photo including the painting *A Northern Night* from the *Embracing the Cold* Exhibit)



## 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.

### 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.

Come join the fun!

### Book Club

-Rachel Plouffe

In February we discussed *The Dictionary of Lost Words* by Australian author Pip Williams. This book was shortlisted for the Sir Walter Scott Prize for Historical Fiction.

The discussion was particularly interesting as the book weaves its story around the development of the Oxford English Dictionary. Do words take on different meanings for men and women?

Our next book (**March 24**) is *Dream Count* by Nigerian author Chimanda Ngozi Adichie.

A reminder that **April 28** Jo-Ann Oosterman, the Ottawa author who wrote *Tom's Story, My 16 year Friendship with a Homeless Man* will be repeating the presentation of her book. Members of CFUW Nepean who might have missed the author's presentation in January will be invited to attend this meeting.

The **May 26** title is *On Isabella Street* by Genevieve Graham

Please join us on the fourth Tuesday of the month for an always interesting discussion.

## CFUW Nepean Activities Interest Groups

### Lunching Out

-Sharon Carew

We had a very successful Lunching Out in February at the Mandarin Restaurant on Hunt Club. It was great to see so many members enjoying excellent Chinese Food and having very good conversations.

We will be going to Vittoria Trattoria on Rivergate Way on Wednesday, March 18th at 12 noon.

Look forward to having another good turn out in March for Lunching Out

### Outreach

-Marlene Sylvester

Cornerstone is still asking for winter coats - medium and large, winter boots size 8 to 10. Also blankets, sheets, towels.

Hopefully we can meet at the March CFUW meeting, and you can hand them over to me or drop them off at my house.

### Movie Matinee Group

-Jennifer Robinson

On February 20, the Movie Matinee group saw the film "Wuthering Heights", director Emerald Fennell's controversial "re-imagining" of the classic novel.

By turns shocking and touching, it was a very different interpretation of the story of obsessive love and bitter revenge. We all felt that it held our attention and we were glad we had seen it, so that we could form our own opinions about it.

Our next Movie Matinee will be on Friday March 20, and will be organized by our regular co-ordinator, Judy Glass.

## Green Grapevine – Earth Hour March 28, 2026 between 8:30 p.m. and 9:30 pm

-Beth Junkins

There seems to be so much discouraging news about the well being of our planet: global initiatives faltering, national green house gas targets being missed, reduced oversight of environmental assessments for building projects. While we may feel limited as individuals to make real change on these big issues, when we stand with the millions of other people who, like us, care about the crises facing our planet, there is power in our collective voices.

[Earth Hour](#) is a grass roots movement that is held on the last Saturday of March each year. We are asked to turn off unessential lights for one hour as a very visible public message to policy makers that we care about climate change and biodiversity loss – and we want action.

Earth Hour began in 2007 in Australia by the World Wildlife Fund. It was primarily a symbolic gesture meant to show the government (sceptical at the time about climate issues) that the Australian people were concerned about climate change – on 31 March 2007, more than 2.2 million people turned off their lights for an hour to send this message.

The campaign caught on quickly around the globe and in 2025 over 1 billion people took part from over 190 countries. What began as a symbolic gesture of support for our planet, soon became a catalyst for concrete action; National campaigns used Earth Hour as a platform to urge for, and see, real progress on local issues.

Earth Hour continues to move beyond just the symbolic with their *Biggest Hour for Earth* campaign, focussed on giving an hour to earth. We are asked not to just turn off our unessential lights for an hour, but also to spend an hour doing something – anything --positive for our planet.

So what might you do to give an hour to the earth this year?

### *Learn*

- Read a book or magazine article
- Watch a documentary
- Attend a webinar
- Invite friends for an afternoon discussion
- Find good news stories

### *Appreciate*

- Take a walk
- Sit by the river
- Watch the stars
- Try your hand at nature photography

### *Protect*

- Mend or repurpose
- Use up leftovers for a meal
- Car pool
- Turn the thermostat down for a night

On March 28 2026 between 8:30 and 9:30 join millions of others to turn off your lights and show the world that you care about our planet and want action.



## 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>
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