

UPCOMING GENERAL MEETING

Tuesday April 7, 2026 1p.m.

Bells Corners United Church, 3855 Old Richmond Road, Nepean

**Guest Speaker Andy Carran speaking on
the Antarctica & the Arctic: Poles apart...but these opposites attract!**

In this issue:

- *Upcoming Events* pg. 1
- *President's Message* pg. 2
- *Notice to Members*
 - *Fee Increase, Nominations, Annual Report Deadline* pg. 3
- *Members Corner* pg.4
- *Bridging the Digital Gap: International Day for Girls in Information & Communication Technology (ICT)* pg. 5
- *Graduate Women International (GWI)* pg. 7
- *CFUW Nepean Scholarship Trust* pg. 8
- *CFUW Nepean 35th Anniversary* pg. 9
- *CFUW Nepean Activities* pg. 11
- *CFUW Nepean Interest Groups* pg. 12
- *Green Grapevine – Earth Day* pg. 15
- *Contacts* pg. 16

Upcoming Events

April 22, 2026 Earth Day

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

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

June 2, 2026 1p.m. & 2:15p.m. Pontoon Boat Ride (see page 12)

Sept 8 2026 1p.m. CFUW Nepean General Meeting, Bells Corners United Church, Guest Speaker Carol Bujreau on her book *Triple Sex and Other Tales of an Ambassador's Wife*

President's Message April 2026

-Carole Baker

We are just one month away from our 35th Anniversary Celebration and AGM on May 5, 2026 - and the excitement is building! We're delighted to share that nearly 50 members have already signed up to attend. We will also be joined by two special guests: Marlene Starkman, our Regional Director for Eastern Ontario, and Alison Armstrong, Marcia Armstrong's daughter, who will be treating us to a musical performance. We're also pleased to welcome three attendees from CFUW Kanata.

Our Canadian Pride quilt fundraiser continues to do wonderfully well, with ticket sales still ongoing for this beautiful piece. The lucky draw will take place during our Anniversary Celebration & AGM on May 5 - good luck to everyone!

Looking ahead to our April 7th meeting, Anne Sinclair will be presenting two important resolutions for our consideration and vote. One, from CFUW Ottawa, addresses education in Afghanistan, and the other, from CFUW Guelph, focuses on disinformation. Both are thoughtful and timely topics, and we encourage everyone to take a few moments to review them in advance.

We will also be holding a final show-of-hands vote at the April 7th meeting regarding the proposed dues increase. As the costs of running the club and maintaining our level of programming have gradually risen, it has been proposed that annual dues increase from \$110 to \$125, with dual membership set at \$45.

When I contacted Bells Corners United Church to reserve our monthly meeting space for 2026 - 2027, we were advised that the new rental rates had increased to \$175 for the Main Hall, plus \$25 for use of the kitchen. After some discussion, I'm pleased to share that they have agreed to a reduced rate of \$100 per month for our group. This arrangement allows us to continue enjoying the many benefits the venue offers, including ample parking, access to both the Main Hall and kitchen, and the use of their projector and microphone to support our monthly speakers. This is especially welcome news, as the rental fee had remained at \$50 per month for many years.

As we approach the end of our club year, Betty Bertrand is preparing the Annual Report for 2025/2026 and kindly asks that all report summaries be submitted to her by April 24th at bertrandbetty417@gmail.com.

Several upcoming events are also on the horizon. The Eastern Ontario AGM will take place in Peterborough from May 22nd to 24th with myself (Carole Baker), Anne Sinclair, and Betty Bertrand attending. The Biennial AGM in Montreal will follow from July 20th to 24th, with the same trio planning to attend. I have applied for a grant to assist with registration costs. This event promises to be a wonderful opportunity to connect, learn, and share experiences with fellow CFUW members from across the country.



(photo credit B. Junkins)

CFUW Nepean Notices for Members

Fee Increase

Dear fellow members;

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

The budget shows how our costs have gone up over the years; for example: the CFUW National Fees, the GWI fees and top up (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) and our room rental. As well we now have our Zoom licence.

The BOD has approved an increase to \$125.00 (from \$110.00) for our annual membership dues & dual membership increases to \$45.00 (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

Nominations 2026-2027

President- Carole Baker

Past President - Joan Conrod

Vice President - Anne Sinclair

Treasurer - TBD

Secretary - Sally Babij

Membership - Wendy Allen

Program - Sue Carter

Newsletter - Grace Brown & Beth Junkins

Interest Groups - Marcia Armstrong

Hospitality - Catherine Cosstick

PR & Tech Support - Jennifer Robinson

Advocacy Chair - Betty Bertrand

Community Outreach - Marlene Sylvester

Archivist - Sharon Carew

CFUW Nepean Annual Report Deadline

Betty Bertrand will be formulating the Annual Report for 2025/2026 and requests that the report summaries be submitted to her before the deadline of April 24th.

bertrandbetty417@gmail.com

Members Corner

Feedback on the AI Articles

Editor's Note: In the CFUW Nepean [March Newsletter](#) there were two experiments with AI. The first was a poem for International Women's Day (pg 6) and the second an opinion on how the Outlander book series will end (pg 13). We asked for feedback from members on their reaction to these AI generated pieces. Here are some excerpts from the responses we received.

"That was the first time I had seen the results of questions to AI. The answers were more thoughtful than I expected and the poem surprised me. As I read it, it brought to mind Maya Angelou's poem "And Still I Rise" and although different, I immediately felt that it was somewhat derivative."

"Having reread the poem three times I am amazed at the depth of understanding and insight that ChatGPT has displayed in its description of Women and their quest for knowledge over the millennia. The upward thrust of the poem - you can just see all those women reaching for higher and better things. And I really have no idea how the chatbot did it. I'm sure it only took a couple of minutes to come up with this excellent prose. It would have taken a poet weeks perhaps to have achieved the same kind of delivery."

As for Outlander - once again the thoughtful insight and reference to the author are quite stunning. And to have come up with a hypothetical premise as to how the book would end is really incredible."

I do remain quite terrified as to the implications for our future and for our children as AI is showing us every day how well it operates and its invasiveness all over the world."

"I was surprised that your experiments with creativity and extrapolation produced impressive

results on the first try, using somewhat general prompts."

I thought about what materials ChatGPT must have been trained on to get these results. For the poem, the title reminded me of Maya Angelou's "Still I Rise", but the structure and content are quite different, so I think ChatGPT has been trained on a wide variety of poetry and lots of material about the women's movement. The first verse reminds me of the Mao Zedong quote "Women hold up half the sky".

For the Outlander discussion, I think that ChatGPT was trained on many discussions and reviews from both published media and social media, about the books and the TV series and the differences between them. "

"I was surprised at how 'human' and emotion provoking the poem was. It captured the challenges and hopes and determination of women very well. I wanted to congratulate someone for such a good poem, but there was no one to congratulate! I guess it would be the people who train the AI. Really quite thought provoking."

Passings

Beryl Hunter February 4, 2026

Beryl has been a member of CFUW Nepean for the past several years. She attended most General Meetings and could often be seen participating via zoom.

<https://ottawacitizen.remembering.ca/obituary/beryl-hunter-1089378645>

Bridging the Digital Gap: Celebrating International Girls in Information & Communication Technology (ICT) Day 2026

-Grace Brown with Jennifer Robinson

Despite living in a digital world, women remain significantly underrepresented in ICT fields. Globally they make up only a fraction of the workforce in artificial intelligence (AI), cybersecurity and software engineering. **The gender gap isn't just a matter of inequality it is also a missed opportunity for innovation, creativity, diversity of thought and economic growth.**

Each year, the International Telecommunication Union leads a global celebration of International Girls in ICT Day, an event dedicated to inspiring girls and young women to explore careers in the information and communications technologies (ICT). In 2026, the day will be marked on April 23, bringing together educators, industry leaders and communities worldwide to spotlight both the progress and the persistent challenge of underrepresentation of women in technology.

This year's theme is "AI for Development: Girls Shaping the Digital Future" highlights the growing influence of artificial intelligence and the essential role girls and young women must play in shaping how these technologies are designed, developed and used.

In Canada, progress has been made but gaps remain. The Information and Communications Technology Council of Canada (ICTC) in its report "[Advancing Women in the Digital Economy](#)" found that while women make up 48% of Canada's overall workforce they only represent about 35% of workers in the digital fields. Their study also reports that women tend to be largely represented in entry- to mid-level roles and less so in management and senior levels.

This disparity is particularly pronounced in tech leadership roles. Across the general economy, women hold 37% of management positions, and this figure drops to 30% for executive and senior management roles. Within the ICT sector specifically, the percentage of women in executive and senior management roles is just 9%.

Barriers begin early with fewer girls encouraged to pursue careers in science and technology during their school years. Stereotypes, lack of female role models, and limited access to hands-on experiences continue to adversely affect young women's education and career opportunities in digital fields.

We are fortunate that CFUW Nepean has our own techno guru Jennifer Robinson who agreed to provide a personal account of her career in the ICT field and future opportunities for girls and young women.

Q. What led you to pursue studies in the IT world?
My father was an RCAF sergeant and technician whose work sparked an early interest in how things work. In high school, I focused on math and science and was inspired by teachers discussing engineering applications when the thought occurred to me that I could be an engineer.

Q. What challenges did you face as a woman in university and early in your career?
I entered engineering in 1971 when it was highly male-dominated field. Although my academic abilities were never questioned, I often felt isolated with few female peers. Despite occasional doubts from others and being the only female in my graduating class, I remained confident and proved myself through my work. I earned Bachelor of Engineering (Electrical, 1975) and Master of Engineering (1977) degrees and was sometimes seen as a curiosity in my early career. I often proved myself by letting my work speak for itself. I took every opportunity for professional development training.

Bridging the Digital Gap: Celebrating International Girls in Information & Communication Technology (ICT) Day 2026 (cont'd)

Q. When did you begin your IT career and in what capacity?

My 43-year IT career included roles in government engineering, semiconductor engineering, software development, requirements analysis, process improvement, project management, and technical writing. I worked at organizations such as Bell-Northern Research (Nortel), Cisco Systems, and the federal government, mostly in Ottawa, before retiring in 2019.

Q. What opportunities do you see for young women in this field?

The sky is the limit. With rapid advances in technology, there are many new fields such as nanotechnology and AI, where women can be pioneers. With changes in society, women have advanced into leadership positions in corporations, and many have founded start-up companies.

Q. What barriers remain, and do you have any suggestions to help close the gap?

Even though society has changed so much, technical workplaces are still a "boy's club" in many cases.

There is a lingering belief that women are not suited for technical work. I'm encouraged that there are STEM programs for women students, and that employers are more aware of the value of women in the workplace. Part of my motivation for joining CFUW Nepean is that our Scholarship Trust provides funding for women students to help them advance in many professions.

Girls in ICT Day encourages creating supportive spaces for skill-building and networking to empower women and girls to take part in building ethical and inclusive technologies and the confidence to see themselves as future leaders in the digital world.

Thank you to Jennifer Robinson for her generous input to this article.



(Photo Credit B. Jenkins)

Graduate Women International (GWI)

-Anne Sinclair

“Climate Mitigation: Peatlands of the World”

Co-hosted by CFUW North Delta/Surrey, Graduate Women Scotland (GWS), and the Paraguay Federation of University Women, “Climate Mitigation: Peatlands of the World” will take place virtually on **23 April 12:00 pm Eastern Standard Time (EST)**.

The discussion will feature speakers Eliza Olsen, Peatlands Protection Society, CFUW North Delta/Surrey, B.Ed. Simon Fraser University; Hon. Doctorate, KPU, and Catriona Sutherland (GWS), Past Chair of GWI Policy Resolutions. Together, they will explore the critical role of peatlands in global climate mitigation and the urgent need to protect these unique ecosystems.

Peatlands are among the most effective natural carbon sinks, yet they remain under significant threat from environmental degradation and unsustainable land use.

This conversation will bring together members and supporters from across different regions to raise awareness of the environmental importance of peatlands and encourage dialogue on sustainable climate solutions. This session will examine how civil society, including graduate women’s networks, can contribute to informed advocacy and policy engagement.

Participants will have the opportunity to engage with the speakers and peers across regions to learn about international efforts to safeguard these vulnerable landscapes. All those interested in attending the webinar can register at <https://us02web.zoom.us/meeting/register/J5EhTmTJTtawJ5fXZDnHWg#/registration>

Call for Applications to the Hegg Hoffett Fund

The call for applications for grants through the Hegg Hoffet fund, in support of displaced women, as described below, is now open. Please bring this to the attention of anyone you know who might be interested.

Click here to apply:

<https://graduatewomen.org/hegg-hoffet-application-form/>

Pathway to Professional Reintegration For Displaced Women Graduates Through the Hegg Hoffet Fund



**CALL FOR APPLICATIONS
15 MARCH – 30 APRIL 2026**

The Hegg Hoffet Fund provides short-term grants to graduate women displaced by war, political upheaval, or other emergencies. It supports refresher courses, language training, and other studies to aid professional re-entry and integration in a new country.

APPLY BY 30 APRIL 2026

<https://graduatewomen.org/hegg-hoffet-application-form/>



www.graduatewomen.org

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CFUW Nepean Trust

Your Givings Count

-Kathy Grienger

In November, 2006, our first scholarship of \$500 was presented to a student in the Nursing Science Program at Algonquin College. Twenty years have passed and our very generous members have donated over \$72,000 to the CFUW Nepean Scholarship Trust to be used for scholarships and bursaries for women in the STEM fields at Algonquin.

Thanks to the generous support of Club members we now provide \$9000 a year to support 3 scholarships and 3 bursaries of \$1500 each as we continue to encourage young women to pursue their post-secondary education.

We received a very appreciative note from our Indigenous Bursary recipient this year:

“I would like to express my sincere gratitude for being selected to receive the Canadian Federation of University Women - Nepean Indigenous Bursary. Your generosity means a great deal to me. This funding will help relieve financial pressure and allow me to focus more fully on my studies rather than worrying about the cost of tuition.

I am currently enrolled in the Law Clerk Intensive Program at Algonquin College. I chose Algonquin because of its supportive learning environment and strong reputation for practical, career-focused education. My goal is to build a meaningful career in the legal field where I can contribute positively to my community, and this bursary helps make that path more accessible.

Thank you again for supporting my education and believing in students like me.. Your contribution is making a real difference in my academic journey and future aspirations.”

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.

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>

CFUW Nepean 35th anniversary

1991 and all that....

- Rodney King beating in Los Angeles sparked massive riots
- South African Parliament voted to repeal Apartheid Laws
- Mikhail Gorachev resigned and the USSR was officially dissolved
- Canada-U.S. Air Quality Agreement was signed to combat acid rain

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

1. Agreement to Maastricht Treaty Dec 10 1991 laid the foundation for the
 - a. European Union
 - b. Global Climate Targets
 - c. Russian Federation
2. Who was leader of the Federal opposition in Canada in 1991?
 - a. Herb Gray
 - b. Jean Chrétien
 - c. Lucien Bouchard
3. In 1991, what percentage of practising physicians were women?
 - a. 23%
 - b. 8%
 - c. 30%

See the answers on page 11.

35th 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)

As we look forward to our upcoming event, we are excited to share that we are expecting nearly 50 attendees from our club, along with several special guests. Final numbers will be confirmed shortly, but it is already shaping up to be a wonderful gathering.

Payment Options:

Members may choose from the following convenient options:

- Pay in person at our April meeting to Lynne Crocker
- Send a cheque to CFUW Nepean

Lynne Crocker
#501, 1081 Ambleside Drive
Nepean, K2B 8C8 · E-transfer to: Lynne Crocker Treasurer
CFUWNepean91@gmail.com

We are especially pleased to welcome our guests: Marlene Starkman, Regional Director for Eastern Ontario, and Alison Armstrong, Marcia Armstrong's daughter, who will be sharing her beautiful singing voice with us. We are also delighted to have three guests joining us from CFUW Kanata.

35th Anniversary Party & AGM

When you arrive, you will be warmly greeted at the door by members of our club. Inside, you'll find lovely floral centrepieces created by Sharon Carew—be sure to check under your chair, as one lucky guest at each table will win a centerpiece to take home!

You will be welcomed with a complimentary non-alcoholic punch served in champagne glasses. We also encourage you to take time to enjoy the beautiful patio and its scenic view.

For a bit of fun, Betty Bertrand will be offering Mystery Gift Bags at the door. Playing cards, cut in half, will be sold for \$5 or \$10, with the matching half attached to a surprise gift bag. Between luncheon and dessert, you'll have the chance to find your match and discover your mystery prize!

Some event highlights include:

- Recognition of our Past Presidents
- The long-awaited draw for the Canadian Pride Quilt
- A special slideshow celebrating CFUW Nepean events, prepared by Sharon Carew and Beth Junkins
- A delightful musical performance by Alison Armstrong

We are truly looking forward to sharing this special occasion with all of you. It promises to be a memorable celebration filled with connection, appreciation, and laughter!

BY APRIL 7

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

PAY \$50 by e-transfer

to CFUWNepean91@gmail.com (preferred)

or see other payment options on RSVP form



(Photo Credit River Lounge / One Plate)



*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 (preferred)
or see other payment options on RSVP form

Wear your hat or fascinator! ♦



CFUW Nepean Activities

March 3, 2026 General Meeting

Guest Speaker James Powell on
Cairine Reay Wilson First Woman Senator
-Grace Brown

James Powell is a Canadian historian, author, public speaker, and an Officer of the Historical Society of Ottawa. A former economist at the Bank of Canada, he now speaks and writes about Canada's past and publishes the blog *Today in Ottawa's History*.



(photo courtesy of J. Powell)

Cairine Reay Wilson (Mackay) was born on February 4, 1885, in Montreal to a wealthy Scottish Canadian family with strong ties to the Liberal Party. Her father, Liberal Senator Robert Mackay, was an influential figure in political circles.

One of nine children, Cairine attended private schools and later finishing school. She did not pursue university, largely because society at the time, including her own parents, believed higher education was not proper for a young woman of her social standing. Instead, she devoted her time to volunteer work and social causes, experiences that Powell believes helped shape her path into political life.

In 1909, she married Norman Wilson, an affluent Liberal politician and farmer. The couple had eight children. Although she embraced family life, Wilson eventually realized that her desire for intellectual engagement and public involvement was not being fully met at home. She increasingly turned her energy toward politics and community work, becoming a leading organizer and strategist within the Liberal Party.

In 1930, shortly after the Persons Case declared women eligible for the Senate, she was appointed by Prime Minister William Lyon Mackenzie King and became the Canada's first woman Senator. Powell said that Wilson did not want her appointment to be viewed as a token gesture and that it was not without controversy.

Some men, including her husband, declared women should concentrate on their children and home life, while some women opposed the appointment believing that Wilson had not done enough to support the suffragette movement.

Powell declared that she proved them all wrong. She served in the Senate from 1930 until her death in 1962. During this time, she became a leading voice on immigration and refugee policy, often clashing with Parliament on her push for Canada to accept more refugees.

She cared deeply about women's rights, children's welfare, especially during the difficult years leading up to and during the Second World War. She co-founded the Ottawa Women's Liberal Club and helped prove the National Federation of Liberal Women of Canada.

In 1946, she became Canada's first female delegate to the United Nations General Assembly, where she championed issues related to peace, human rights, and post-war reconstruction.

Powell describes Wilson's legacy as not just one of "firsts" but one of courage and leadership. She proved that women could succeed at the highest levels of government while remaining deeply involved in family and community life, helping open the door for greater participation by women in Canadian public affairs.

Answers to Quiz on page 9 : a, b, a

CFUW Nepean Activities

Get Ready for Summer - Pontoon Boat Ride – June 2, 2026

Sue Carter has booked 2 boats for June 2, 2026. Each can carry 10 people for 1 hr. There are two times: 1 p.m. and 2:15p.m. The ride is free courtesy of Catch a Smile - a charitable organization providing free boating and fishing experiences to youth, seniors and those with special needs. It would be nice if everyone can tip the driver at least \$5.

The boat is moored at the Long Island Locks at Parks Canada, 390 Nicolls Island Rd in Manotick. (<https://maps.app.goo.gl/PbgaBWrAQwSK3Du88>) The boats are fully accessible for walkers and wheelchair users, and you will be provided the required safety jackets. You would bring your own water, sunscreen, hats, jackets and sweaters – perhaps a picnic lunch!

Please let Sue know if you are interested.

Coldest Night of the Year

-Betty Bertrand

The event was held on Saturday, February 28, 2026. This is a Canada-wide event and this year it had 222 locations. This year it raised \$138,148 with an overall total of \$15,034,645.

Like the two previous years, I did my walking inside my building. I was raising funds for Cornerstone Housing for Women. I was one of the 296 walkers for them. Cornerstone had 58 teams and a goal of \$100,000. They reached \$113,380.

With the support of the members of CFUW/Nepean \$950 was raised.

Thank you.

Interest Groups

Armchair Travel

-Marlene Sylvester

On March 17th Catherine Cosstick gave an oral presentation of her two-month journey throughout South America - Chile, Argentina, Uruguay, and Brazil.

She thoroughly enjoyed her adventure and accomplished many of her objectives: skiing down mountains, barrelling down snow-capped volcanoes, seeing the magnificent Iguazu Falls in Brazil (one of the new natural seven wonders of the world)) and experienced the thrill of being at Ushuaia, called the gateway to Antarctica.

She stayed at an eco lodge in Brazil where one can experience the rainforest, animals, birds. She planned the whole trip herself, and travelled alone.

What a woman!!!! Thank you very much Catherine.

Art Tours

-Marlene Patrick & Anne Sinclair

Our next Art Gallery Tour will be an exhibit with the theme of Indigenous Expressions, which will take place at the National Gallery of Canada.

The tour will be held on **Thursday, April 23rd**, which is a change from our more usual Wednesday dates; however, the Gallery is conducting training on the 22nd, so that time is not available to us.

An email will be sent out to anyone interested in attending closer to the date. For more information, or to be added to our mailing list, please contact Marlene Patrick or Anne Sinclair.

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.

Book Club

-Rachel Plouffe

Our book for March was **Dream Count** by Nigerian American author Chimamanda Ngozi Adichie. Though quite a few members found the book challenging and were unable to finish, an excellent presentation led to a most interesting discussion.

Look for an invitation to our April meeting Tuesday, April 28. Local author Jo-Ann Oosterman will reprise her presentation of **Tom's Story: My 16-Year Friendship with a Homeless Man**. Please join us on Zoom for a most heartfelt story of human connection.

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!

Environmental Webinars

-Beth Junkins

This April there are two excellent webinars planned about key environmental issues. The **GWJ – CFUW are joining forces for a conversation on Peatlands**. See page 7 for details and registration.

Later that day, the CFUW is supporting a webinar about misinformation on climate change.

Check them out and join us for one or both!!

**April 23 Louise Comeau 16:00 EDT
Misinformation/Disinformation About Climate
Change and What to do about it**

Register Here

: <https://us02web.zoom.us/meeting/register/HHTeCdtFQo65w6F0H--yJg#/registration>

CFUW Nepean Activities Interest Groups

Lunching Out

-Sharon Carew

Our March Lunching Out was at Vittoria Trattoria. We had a wonderful turn out of 18 people and were served excellent food. It was a fun time to chat and enjoy the friendship of CFUW Nepean members.

We will have our next Lunching Out on Wednesday, **April 15th** at 12 noon at the Parsital Restaurant which is located at 1133 Carp Rd. They specialize in Persian & Italian food. We visited this Restaurant last year for the first time and everyone seemed to really enjoy the food.

Happy Easter everyone and thanks for your terrific support for Lunching Out

Movie Matinee Group

-Judy Glass

The March movie was *Project Hail Mary*. Ryan Gosling and the spider-like rock alien ,Rocky, connect and collaborate in bravely tackling cascading calamities in space with humour and scientific wit.

I hope you can join us for the next movie on Friday April 17th.

Outreach

-Marlene Sylvester

Thanks to all the members who gathered winter coats and boots, bedding, and some clothing for women at Cornerstone. If you have found other clothes etc., please contact me or bring them to the meeting in April.

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
It would be good to be able to offer this new group in the new Club year.



(Photo Credit B. Junkins)

Green Grapevine – Earth Day

-Beth Junkins

In the spring there are two global environmental initiatives reminding us that there are millions of people who, just like us, want to make a positive difference to our planet: Earth Hour (March 28, 2026) and Earth Day (April 22, 2026). Last month the [Green Grapevine](#) talked about Earth Hour – this month we take a look at Earth Day

[Earth Day](#) is held on April 22 each year, as a day of action and advocacy related to environmental protection. It encourages individuals and organizations to get involved in sustainable behaviours and mobilizing for change.

Earth Day originated in the United States in 1970. There was growing public awareness of environmental issues however, the environment was not a political priority and was almost completely absent on the political agenda. US Senator Gaylord Nelson, an ardent conservationist, wanted to force the issue into the political dialogue of the country. He brought together activists and campaigners who had successfully developed civil rights and anti-war campaigns and organized the first Earth Day rallies involving over 20 million Americans.

The effect of that first Earth Day was significant –it brought the importance of protecting the environment into the public consciousness, and the astounding wave of public opinion upended the political agenda of the Nixon Administration, resulting in 13 fundamental pieces of legislation in the next decade and creation of the US Environmental Protection Agency.

The Earth Day movement grew quickly, and (officially) went global in 1990 with 141 nations participating; in 2025, it is estimated that over 1 billion people from over 190 countries participated.

Over the decades Earth Day Canada has asked people to get involved protecting and restoring our planet and promoting sustainability. Activities cover a wide range – educational workshops, park clean ups, tree planting, wetland walks, protests, campaigns for policy changes (for local and global issues), refusing plastics –encouraging people to become informed and involved in any and all aspects of safeguarding our planet.

Both Earth Hour and Earth Day remind us about the power of our collective voices – whether in a symbolic ‘lights out’ for action, or a day of getting involved protecting our world - each of our own small actions joined together can have a global impact.



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

