

UPCOMING GENERAL MEETING

Tuesday May 5 11:30 a.m.- 3:00 p.m.

CFUW Annual General Meeting & 35th Anniversary Celebration,
One Plate Catering & Event Management at the Ramada Ottawa on the Rideau,
2259 Prince of Wales Drive

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Upcoming Events

May 5, 2026 Red Dress Day

June 2, 2026 1p.m. & 2:15p.m. Pontoon Boat Ride

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

President's Message May 2026
Carole Baker

When Beth shared the transcript of your comments about what CFUW Nepean means to all of you, the responses were overwhelmingly positive, and the words that stood out again and again were friendship and fellowship.

It is quite remarkable to reflect on how much our club means to all of us. For me, it is deeply rewarding to serve as your President. We have had a wonderful year together, and I look forward to continuing to lead this amazing group for one more year—my third year as President in 2026 - 2027.

There were many reflections overall, but perhaps these say it best.

- The atmosphere of friendship
- Fellowship and the opportunity to meet people with a wide variety of interests
- A warm and welcoming group of women
- The kindness and helpfulness members show one another
- A spirit of inclusiveness
- Inspiring, energetic, and remarkable women
- And above all, the friendships, support, and genuine caring we share

Thank you for being such an important part of CFUW Nepean and for contributing to the special sense of community we all value so deeply.



Members Corner

Insights from a Founding Member

Editor: In honour of our 35th anniversary we asked Kathy Greiner, one of the founding members to give us her thoughts about the Club over 35 years and looking forward.

When did you first become a member of CFUW and how did you come to join CFUW Nepean?

I actually joined CFUW Ottawa in 1973 when we had just moved to Ottawa and I was looking for ways to meet people. With two young children at home, and new not only to Ottawa but also Canada, I was desperate to meet people, and, also, to have an excuse to get away from the kids. Seeing an ad in the Ottawa Citizen at the time, I took advantage of my in-laws visiting, to attend the welcome meeting of CFUW Ottawa at 7 pm. A member of CFUW Ottawa took me under her wing, introduced me to other members, talked about the group, and in the spring got me on the board. My husband was willing to babysit at nights and I looked forward to the camaraderie and friendships at the monthly meetings.



One of the people that I met at CFUW Ottawa was Mary Kathryn Mowat and she contacted me among others when she decided to start a chapter aimed at Nepean residents. I was active in Nepean politics as the time as a member of the elected Nepean Hydro Board and I agreed that it would be good for Nepean to have its own chapter. At the time CFUW National, spearheaded by Susan Russell as its executive director, was looking at ways to increase overall membership in CFUW National. Meeting with Mary Kathryn and Susan Russell our small organizing group agreed that

with Nepean growing - Barrhaven was just starting to be developed - the time could be ripe for a new Club in Nepean. And here we are, 35 years later!

What was the Club like in the early years?

The first meetings were held in the home of Mary Kathryn, and our goal was to get enough potential members (I think 10) to be recognized as a CFUW club by CFUW National. Happily, that goal was easily achieved. Our first task was to develop a Constitution, operating rules, and an executive (I was the treasurer). These housekeeping tasks were quickly accomplished, thanks to Mary Kathryn being a stickler for rules and procedures.

For example, while most of us in the first year would have been content on having an informal AGM in someone's house. Mary Kathryn insisted that we have a dinner meeting with the formal format that we still follow - ie. elections, presentation of the annual report and a guest speaker - the format we still follow.

Very quickly we outgrew Mary Kathryn's house, and our meetings were moved to the Nepean Museum where they stayed until we changed to a daytime format and our present meeting space in Bells Corner United Church. This was also about the time that we switched from evening meetings to afternoon meetings which reflected in part our membership, the majority of whom were now retired from the workforce. The club had hovered between 20-30 members for many years and the move to daytime resulted in more growth for the Club.

Were there any particular projects, events or special memories that you would like to share?

There have been many projects and events over the years that I have enjoyed, but the most special ones have always seemed to focus around the Scholarship Trust and included the entire membership in raising funds for our scholarships.

But what I have enjoyed most is that we have a lot of fun at the same time. -At first, our efforts were very modest, focusing mostly on garage sales before widening to a fashion show, tours of Ruth Bell's house in Bells Corner, and eventually progressing to luncheons prepared by our members (some of us, me included, became experts at making chili!) One highlight was when Mayor Jim Watson came to lunch! Ever innovative and willing to try new things, the luncheons have been replaced by an end of year garden party and strawberry socials - all events that brought club members together in an informal setting and solidified our friendships and unity as a group of like-minded women.

On occasion I even enjoyed working on the resolutions, which I chaired on several occasions. Reviewing them reminded me that there was a larger organization to which we belong and that, as educated women, we do have an obligation as a society to further CFUW's goals.

What has it meant to you to be a member for 35 years?

Over the 35 years of the Club and my participation in it, I have enjoyed the camaraderie and friendship from our members; and I formed many strong friendships. I have enjoyed being able to participate in various interest groups and appreciated the fact that the interest groups are not cast in stone. Any member can suggest a new interest group; and so, I have seen some interest groups close as times change while new ones started, reflecting the members' wishes. This openness to new ideas, I think, has enabled the club to continue to grow and to thrive.

Participating in Club activities and management provided invaluable experience in governance and group dynamics, which was useful to me in other areas.

My activity level rose and fell over the years, depending on what stage in life I was at - and one

of the strengths of CFUW Nepean has been that, while your activity level can vary, the club and its members are always there for you and supportive of you and your efforts.

CFUW Nepean is made up of a group of diverse women who are interested in friendship, camaraderie and helping other women - either through scholarships, through our community outreach programs, or our support of each other. Membership in our Club is a great way to achieve all of these things.

What advice would you give CFUW Nepean as we look forward?

Going forward, my advice to members is to participate as much as you can, join new activities or at least try them out, offer to serve on the executive (where you really find out what is going on), and come to meetings with an openness to try new things and to meet new people. For those who have been members for several years and who have formed new friendships in the club, be prepared to welcome newcomers and to include them in your discussions and plans. Get to know the other members and be open to new ideas and suggestions from new sources. Do not be afraid to bring your suggestions forward - you will find encouragement, support, enthusiasm and friendship from our members. This is what got CFUW Nepean to where it is today.

Members Corner

Editor: We are celebrating everything that is great about CFUW Nepean, so we asked the members: "What do you like best about CFUW Nepean; why do you stay a member?"

We received 26 answers – here they are.

The atmosphere
of friendship

Most of all I like the friendships and feeling of support and caring it offers through the activities presented and caring it offers through the activities presented and by the helpful individuals (both volunteers and executives) always passing on helpful hints for living well. Knowing there is support

Intelligent conversations.
Fellow travellers for
discussions. Helping
students with money

Fellowship – opportunity to
meet people whose interests are
entirely different from mine.
Connection with GWI – that we
share concerns with others in
the world. We have had a broad
focus, and I hope we keep that.
Excellent speakers

The promotion of
education for women
locally nationally and
internationally

Members Corner

"What do you like best about CFUW Nepean; why do you stay a member?"

Community – common goals, friendliness, outreach, social activities
Collaboration – everyone does different things, but it all comes together to achieve our objectives
Congeniality - welcoming all women and guests

Our community and political activities are very important and powerful. Let's keep them up. Club groups i.e. bridge, movie group are fun and great for fellowship. Meeting guest speakers are always knowledgeable and extremely interesting.

The talks are a highlight for me. I always enjoy the company of the wonderful women.

Comradery and cooperation and willingness of all members to participate in activities and social events.

I support the aims of CFUW. The members are very friendly and open. I like the afternoon meetings. Have learned things from the talks and love increasing my range of interest

Love learning things during meetings with excellent speakers. Terrific books are discussed during book group. Enjoy the friendly atmosphere and discussions during Lunching Out. Friendly well-educated exciting members

Everyone works together. Always willing to help out and support

Members Corner

"What do you like best about CFUW Nepean; why do you stay a member?"

I find that CFUW members are intellectually curious, appreciate lifelong learning, are well read, usually provide considered opinions on issues, and because of this I really enjoy their company.

I like being part of an opt-in Club because, especially in these times when the world is tilting right, women need to continue to work to maintain the rights which many of us have gained and which more need to gain. We must not give up. With GWI's representation at the UN, the world's educated women can make a valuable contribution to deliberations on a variety of topics, including those related to the sustainable development

Helping women i.e..
Outreach. Good speakers,
various groups – bridge, art,
movies

Friendly women, afternoon meetings, great food, lovely lunches. AGM's at restaurants, opportunities to try new restaurants, movies, museums, work to support underprivileged women. Providing scholarships for young women

I could write a book on what CFUW means to me – a life saver when I retired after a life of work.

Meeting new people,
some food speakers,
dining out/luncheons

Education component.
Advocacy support as a
group, friendship

Members Corner

"What do you like best about CFUW Nepean; why do you stay a member?"

Interesting speakers, Scholarship Trust, interest groups

CFUW Nepean is a very friendly group of ladies. Community Outreach and advocacy (resolutions etc.) Support for GWI and their programs supporting international women and causes. Various interest groups

The Friday Zoom exercise and discussion group. Advocacy i.e. policy not charity, scholarships

Fellowship. A variety of speakers, lunches, Armchair Travel

Smaller nice group

I enjoy the friendliness and helpfulness that the members treat each other. Also the companionship that goes on between members

Inspiring, engaged, friendly and energetic women who amaze me. I value helping other women gain the rights and education needed for them to be part of the future. It is important to me to be able to help both internationally through GWI as well as locally through scholarships and our outreach work. The speakers are interesting and information

Red Dress Day May 5, 2026

-Beth Junkins

May 5 is Red Dress Day, a National Day of Awareness of Missing & Murdered Indigenous Women and Girls and 2SLGBTQI+ People (MMIWG2S).

In 2010 Winnipeg Métis artist Jaimie Black began her REDress Project, an art installation where she hung hundreds of red dresses representing the stunning number of missing and murdered women. [Black explains](#) “Through the installation I hope to draw attention to the gendered and racialized nature of violent crimes against Aboriginal women and to evoke a presence through the marking of absence.”

While the exact number of MMIWG2S is unknown, the figures are staggering: the [final report of the National Inquiry into Missing and Murdered Girls](#) states ‘thousands’. Further, Indigenous women are disproportionately the victims of violence and crime. According to the MMIWG report in 2019, Indigenous women and girls are **12 times** more likely to be murdered or go missing than other women in Canada, and **16 times** more likely than Caucasian women (pg 55). As staggering as these figures are, the Canadian [Department of Justice](#) notes that violence to Indigenous women is generally under reported, and the disparity in the rates is probably underestimated.

Why red? An Indigenous friend explained to Black that red is the only colour that the spirits can see: “So (red) is really a calling back of these women and allowing them to be among us” ([CTV](#)). Black’s installation inspired the Red Dress Day. The poignant sight of empty red dresses is a powerful reminder of the women and girls who have not come home to wear them. It reminds us of the grief and heartbreak of the families who bear the loss and years of not knowing.

On May 5 let us take a moment to remember – wear red, or a red ribbon or make a small red dress cutout to hang in your garden, on trees, balcony, windows or on your apartment door handle.

Please do not let their voices be forgotten –

Note: The continuing REDress Project “Only in darkness can we see the stars” by Jaimie Black and KC Adams, is on display in the Canadian Museum of Human Rights (CMHR) (May 3 2025 – April 5 2030). This installation continues the work of raising awareness of the crisis of missing and murdered women but transforms the narrative “from loss and victimhood to empowerment and cultural resurgence” ([CMHR](#)).



(Photo Credit B. Junkins)

Graduate Women Internation(GWI)-

Anne Sinclair

On April 29th at 6:00 p.m. please drop in and discuss highlights of the 70th Commission on the Status of Women (CSW70), with CFUW delegates who travelled to the UN for a week of sessions on the theme: "Ensuring and Strengthening Justice for All Women and Girls". This is a compelling discussion at a time when women's rights are threatened in many parts of the world.

Register here: <https://us02web.zoom.us/meeting/register/cJiS7paWTLq6DXlyqYfALg#/registration>

The Scholarship Trust

Since the Scholarship Trust began giving awards, we have given out a total of \$85,000 to **102 women**. (4 awards have gone to Cornerstone and 98 have gone to Algonquin College students.)

Thank you for your generosity and commitment over the all the years to helping women achieve their goals!

Outreach

Thank you to CFUW Nepean from Diana Pimenta, Administration & In-Kind Donations Coordinator for Cornerstone.

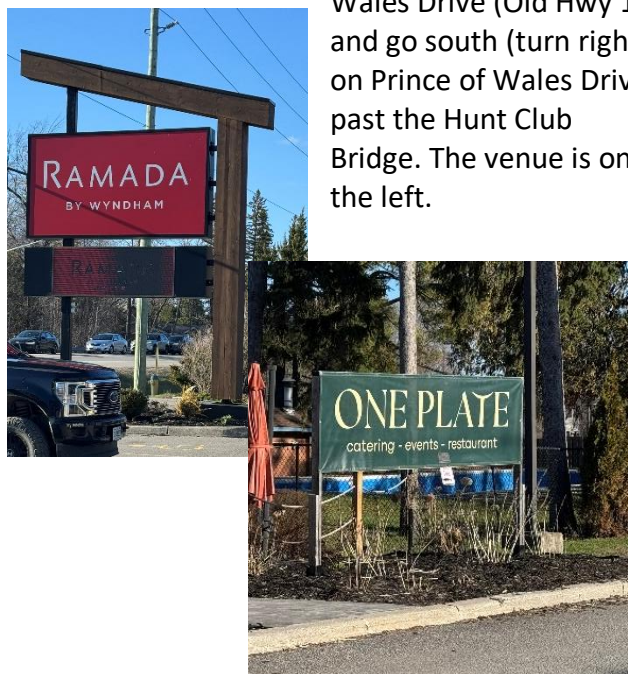


35th Anniversary Party & AGM
May 5th 2026 11:30am to 3:00PM
One Plate Catering & Event
Management (formerly The River
Lounge) at the Ramada Ottawa on
the Rideau.
2259 Prince of Wales Drive

On May 5th we will hold our year end AGM at the One Plate Catering & Event Management at the Ramada Inn on Prince of Wales Drive. Note that the name of the restaurant has recently been changed from The River Lounge – but the location is the same!

Directions:

from the West: Take Hunt Club Road to Prince of Wales Drive (Old Hwy 16) and go south (turn right) on Prince of Wales Drive past the Hunt Club Bridge. The venue is on the left.



Here are the signs you will see as you arrive on Prince of Wales:

(Photo Credit River Lounge/One Plate)

The Team at The One Plate has sent along some instructions to help:

“When guests enter the Ramada Hotel, they will turn to their right where they will see a lounge

area. The entrance to our venue is through the large doors in that space, and they will be open to welcome everyone attending the 35th Anniversary Luncheon.”

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. It is already shaping up to be a wonderful gathering.

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.

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!

And – of course – there will be the long-awaited raffle for the Canadiana quilt!

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!

CFUW Nepean Activities

April 7, 2026 General Meeting

Guest Speaker Andrew Carran on
Polar Opposites That Attract
-Grace Brown

Andy Carran and his wife Tricia have travelled enthusiastically in recent years. In Tricia's absence, her husband recounted their



(Photo Credit B. Junkins)

journeys to Antarctica in 2023 and the Arctic in 2024, both on expedition cruises. They describe themselves as privileged rather than expert travellers. He spoke about unique landscapes, wildlife, and environmental challenges in each polar region.

While the couple initially thought voyages to both regions might be repetitive, they soon discovered that the Arctic and Antarctica are two starkly different, yet equally breathtaking worlds. Discussing similarities and differences, the Speaker noted that the Arctic is an ocean surrounded by land including Greenland, while the Antarctica is a continent surrounded by ocean. This key difference shapes everything from climate to wildlife.

Both are icy polar deserts with harsh conditions, sparse precipitation, and adapted wildlife. The Arctic is milder, with temperatures moderated by the surrounding land, while Antarctica is colder, windier, and holds the title of the coldest place on Earth.

Wildlife also varies, the Arctic is home to animals such as polar bears, caribou, and Arctic foxes, all adapted to a mix of sea and tundra. Antarctica is famous for its penguins, seals, and seabird colonies. The Speaker remarked that he and his wife enjoyed watching the seals and penguins

sunbathing oblivious to their presence and were in awe of the majestic icebergs floating in the distance.

There are also human differences. The Arctic has Indigenous communities who have lived there for thousands of years, and, sadly, include forced relocation by various colonial governments depriving them of their traditional lifestyle. Antarctica has no permanent residents, only scientists and researchers on temporary stays.

Both regions are covered in ice and snow for most of the year, experience prolonged periods of darkness in the winter and continuous daylight in summer and are extremely sensitive to climate change. Melting ice in both regions contributes to rising sea levels and affects global weather patterns. The Speaker explained that in the Arctic, where much of the ice floats on the ocean, melting sea ice reduces habitat for animals like polar bears and seals. In Antarctica, most ice sits on the land like massive ice sheets. When these melt, they add water to the oceans and allow glaciers to flow more quickly into the oceans. In both regions, melting ice threatens ecosystems, reduces habitats for wildlife, and signals broader climate change.

For the couple, they define their travels as more than adventures, it was a humbling experience that highlighted the planet's beauty and vulnerability. They came away with a commitment to be ambassadors, encouraging people to visit both polar regions and to appreciate that amid ongoing climate changes, these frozen landscapes need our protection.



(Photo Credit A. Carran)

CFUW Nepean Activities Interest Groups

Armchair Travel

-Marlene Sylvester

Our travelogue in April took us to Iran via several YouTube Videos on geography, culture, and women's rights. Thanks to Zoom on April 21 we discussed various issues.

Thanks to Marilyn Letts who had travelled in Iran we learned additional info on the country.

I am hoping a member will step forward and organize the travelogues for the 2026- 2027 year. I certainly have enjoyed my time as chair, but I am ready to pass the torch.

Book Club

-Rachel Plouffe

The April Book Club meeting was open to the full membership for a repeat presentation by Jo-Ann Oosterman, local author of *Tom's Story - My 16 Year Friendship with a Homeless Man*. The book details her experience with this talented artist who painted in the Woodlands Style. It was felt that those who missed the Speaker Series presentation in January should have the opportunity to hear of the author's deeply moving and inspiring journey of caring and helping in simple heartfelt ways. Thanks to Catherine Cosstick at whose suggestion, we discovered this wonderful book and who introduced the author.

Our May book will be *On Isabella Street* by Genevieve Graham

We are working on our next reading list. A suggestion for our September meeting would be to invite members to present their Best Book I Read this Summer. Happy reading!

Note: A detailed summary of Tom's Story can be found in the [February 2026 NewsBYTES pg 14](#).

Art Gallery Tour

-Anne Sinclair

On April 23rd we visited the National Gallery of Canada for a very enjoyable overview tour entitled *Indigenous Expressions*. One of the highlights of the tour was the exhibit on Women Carvers on the Northwest Coast. The photo below shows a carving by Susan Point called *Gift for Qulqulil Comb*.

Our final tour before the summer break will also be at the National Gallery on Wednesday, May 27th. We will have a tour of a new exhibit of a Canadian artist Helen McNicoll: *An Impressionist Journey*. If you are interested in being added to our mailing list for this tour, please contact Marlene Patrick or Anne Sinclair.



Photos credit A. Sinclair, used with permission of National Art Gallery

CFUW Nepean Activities Interest Groups

Lunching Out

-Sharon Carew

We had our last Lunching Out for this CFUW Nepean year. It was at the Parsital Restaurant in Stittsville on Wednesday, April 15th. The food was very good and as always, it is great to chat with our friends from CFUW.

Thank you to all our members for their attendance and the fun times that we have had Lunching Out every third Wednesday from September to April.

Look forward to finding new restaurants next year and re-visiting some of our old favourites. We will have our Lunching Out next on Wednesday, September 16th. Let me know if you have restaurant names that we would enjoy visiting.

Movie Matinee Group

-Judy Glass

The April movie was *You, Me and Tuscany*. This was a pleasingly light romantic comedy. The group enjoyed some laughs, lovely scenery and lively music. It was a welcome escape to life's realities, travelling without the jet lag!

This was the final movie of the club year and my last time organizing the film outings. Thanks to everyone who came out and participated!

Credit B. Junkins)

Outreach

-Marlene Sylvester

2025- 2026- has been a very outstanding year with respect to Outreach.

We organized two Period Products drives which were donated to the Food Bank. We delivered many household items (towels, sheets, blankets etc) as well as clothing, winter boots, toiletries) to the various shelters in Ottawa. Unfortunately the House to Home organization which assisted refugees was closed in 2025.

Thanks to all who reached out to these various groups of women and made their lives a little bit easier.



(Photo

Green Grapevine – Webinars: Peatlands & Decoding Climate Misinformation

-Beth Junkins

There were two excellent webinars this month on environmental issues. These webinars were on areas where I did not know very much so I was keen to hear the speakers on Peatlands, and Decoding Climate Misinformation. I was not disappointed: each webinar was informative and the speakers were excellent.

Peatlands of the World: GWI in collaboration with CFUW North Delta/Surrey, Graduate Women Scotland and the Paraguay Federation of University Women, held a focussed discussion about peatlands and their role in climate mitigation. We heard that peatlands are something between land and water, made from plants that have not decomposed because of the acidity of the water. Peatlands form the largest natural land carbon sink in the world storing about 30% of the world's carbon while covering only about 5% of the earth's surface (storing twice as much as forests). When peatland is drained or damaged, carbon released and often methane as well which has about 80 times the impact as carbon on global warming

In Scotland, the peatlands (termed moss historically) are written into their livelihoods, holding 20% of the UK peatlands. Critically, 75% of the peatlands are degraded, emit more carbon than some industrial sectors.

Peatlands also act like the kidneys of the world, purifying the water that runs through them, naturally filtering out many pollutants. They aid in preventing flooding and provide habitats for diverse freshwater species and are crucial to maintaining the delicate balance of aquatic ecosystems.

Canada has about ¼ of the world's peatlands and is the world's largest exporter of peat. There is little protection nationally and only two provinces have legislation protecting peatlands. Grass roots movements have seen some success such as stopping development of the Burns Bog south of Vancouver. In Ontario there are significant concerns given recent legislation to accelerate mining by reducing environmental regulations in special economic zones. Construction in one of these zones, the "Ring of Fire" south of Hudson Bay, could destroy the 2nd largest peatland in the world, and release the equivalent of 2.5 years of world-wide carbon emissions.

The Cree of Treaty 9 call this area "Yehewin Aski" and assert that Yehewin "is your breathing". Ten of the First Nations near this zone have launched legal challenges. A growing number of environmental groups have joined the call for protection of these wetlands.

In Paraguay, there are examples of educating young people about the importance of wetlands and including families and parents to spread the message. The Indigenous people have a deeply rooted spiritual connection to the wetlands, depending on them to sustain their traditional lifestyle; the education program integrates the cultural knowledge.

Note: In 2024, the resolution from CFUW North Delta/Surrey on restoring and preserving Canada's Peatlands was passed at the AGM, and in 2025 a resolution from CFUW, seconded by GWS and Paraguay Federation of Graduate Women was passed at the GWI 35th Triennial to restore, preserve and protect global peatlands.

Decoding Climate Misinformation: What It Is and What to Do About It: This webinar was sponsored by the CFUW Environment and Climate Change Subcommittee featuring two speakers from Re.Climate. Re.Climate is a non-partisan public institution in Carleton University's Sustainable Energy Research Centre. Their focus is helping groups and networks to communicate around climate change issues and deal with the challenges.

Their talk covered:

- The difference among misinformation, disinformation and malinformation
- Who spreads it and why does it stick?
- Strategies & tools to address misinformation
- How to avoid spreading misinformation further.

From their slides the term misinformation can include three categories:

- Misinformation is false or misleading shared without intent to harm
- Disinformation is false or misleading shared intentionally to confuse or provoke
- Malinformation is true information stripped of context to mislead.

They provided excellent examples of these pointing to wildfire claims, energy and climate change causes as common areas where claims are challenging. One report by Re.Climate [Flame Wars](#), provides a detailed analysis of the misinformation around wildfires.

Misinformation can be spread by well meaning people we know, by opponents of specific projects or organized networks. It sticks because it often speaks to our feelings -fear, anger, distrust, confusion. It can spread further because of climate silence, where people who have genuine questions do not have a trusted place to find answers, so they go looking at what is available: misinformation takes advantage of this gap.

We have several possible options to respond to misinformation and we should stop before we jump in to consider three R's: Reach (what is the spread); Risk (could it cause real harm); Replaceability (is there a clear truthful answer)

Sometimes, the best thing to do is to ignore it – if it isn't spreading, giving it more airtime could make it worse. On the other hand, it might be useful to deflect by pointing to a reference, or to debunk it with a direct correction. It may be possible to “prebunk” where you can get correct information out to fill the void.

We can inadvertently spread the misinformation we are trying to manage and they gave some advice. When talking about false claims, do not start the conversation by repeating the claim; instead start with the truth, then cite the falsehood and close with the truth – a truth sandwich! Also, don't share screenshots of the false post, and avoid overexplaining!!!

Here are some sites you may find useful:

[Re.Climate](#) – Canadian climate science, misinformation reports and communicator tools

[University of Ottawa Information Integrity Lab](#) – Canadian Misinformation overview

[Climatedata.ca](#) – Trusted Canadian climate charts and data



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

