



CFUW Nepean News BYTES Vol 27 No 1 October 2026

## UPCOMING GENERAL MEETING

**Tuesday October 6, 1:00 p.m.- 3:00 p.m.**  
**Bells Corners United Church, 3855 Old Richmond Road, Nepean**

Guest Speaker Catherine Cosstick on Language Instruction to Newcomers Program (LINC)

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## Upcoming Events

**October 7, 2026 7 p.m.** CFUW International Services Project Webinar  
An Evening with Mubanga Kalimamukwento and the Stephen Lewis Foundation  
(See Page 7 for information and to register)

**November 3, 2026 1p.m. CFUW Nepean General Meeting**  
Bells Corners United Church  
Guest Speaker Marlene Sylvester, presenting her play about Canada's Japanese Internment Camps during WWII

**December 1, 2026 11:30 AM. CFUW Nepean Holiday Party,**  
Waterford Grand Retirement Residence, 121 Marketplace Ave, Barrhaven

## President's Message October 2026

Carole Baker

Welcome to CFUW Nepean and to the start of another exciting CFUW year!

It is a pleasure to welcome our new members Marie Riopelle, Jan Jones, Christine Marland, Julia Page, Shelley Smith, Carolyn Sommerville, and Nina Fulford. We are delighted to have you join us and look forward to getting to know you and sharing many enjoyable CFUW experiences together.

We are also pleased to welcome some new members to our Board. Sally Babij is our new Treasurer and has already begun preparing the budget for 2026 - 2027. Many thanks to Lynne Crocker, who so ably handled our finances for many years. We also welcome Valerie Barton as our new Secretary, with Susan Matasva joining her as Co-Secretary. Valerie and Susan will share the responsibility of recording the minutes of our meetings throughout the coming year. In addition, Kathrine Greiner has now replaced Betty Ann Grainger as our Scholarship Trust liaison.

Our September meeting provided a wonderful beginning to the year. Author and former Ambassador's wife Carol Bujeau entertained us with fascinating stories from her book, *Triple Sex & Other Tales from an Ambassador's Wife*. Her presentation gave us an enjoyable glimpse into a very interesting life.

We were also pleased to welcome Sandra Shaw, our Ontario Council President, who gave a stirring presentation about the three pillars on which Ontario Council and its clubs are built: Education, Advocacy, and Friendship. She also explained the rationale behind Ontario Council's motto, adopted two years ago: "Women Leading Change."

Our meeting also gave us an opportunity to look back at our own history. A slide show featuring the History of CFUW Nepean, prepared by Beth Junkins, held everyone spellbound and reminded us of the many accomplishments of our club over the years. We also enjoyed a wonderful collection of photographs from our 35th Anniversary Celebration and AGM, generously provided by Catherine Cosstick.

Another exciting development is the support Marcia Armstrong has provided in helping our local CFUW Nepean Club connect virtually with the British Federation of Graduate Women Association in Canterbury. This connection has allowed the two groups to share speakers, fundraising ideas, and common interests in support of scholarships and Graduate Women International (GWI). (see page 12)

We are very fortunate to have such an active Board, enthusiastic members, and an excellent program of engaging speakers and activities to keep us busy throughout the year. Most importantly, CFUW Nepean continues to be a place where friendship, fellowship, learning, advocacy, and fun come together.

We look forward to a wonderful year ahead and to sharing many more memorable CFUW moments with all of you.

## Members Corner

### CFUW Board of Directors 2026-2027

|                           |                                  |
|---------------------------|----------------------------------|
| President                 | Carole Baker                     |
| Past President            | Joan Conrod                      |
| Vice President            | Anne Sinclair                    |
| Treasurer                 | Sally Babij                      |
| Secretary                 | Valerie Barton/<br>Susan Matasva |
| Membership                | Wendy Allen                      |
| Program                   | Sue Carter                       |
| Newsletter                | Beth Junkins                     |
| Interest Groups           | Marcia Armstrong                 |
| Hospitality               | Catherine Cosstick               |
| Public Relations          | Jennifer Robinson                |
| Advocacy                  | Betty Bertrand                   |
| Community Outreach        | Marlene Sylvester                |
| Scholarship Trust Liaison | Kathrine Greiner                 |
| Archivist                 | Sharon Carew                     |
| Website & Tech Support    | Jennifer Robinson                |

### Interest Group Leads 2026-2027

|                      |                                 |
|----------------------|---------------------------------|
| Advocacy             | Betty Bertrand                  |
| Art Tours            | Marlene Patrick & Anne Sinclair |
| Book Club            | Rachel Plouffe                  |
| Bridge               | Dolores Dufresne                |
| Environmental Action | Beth Junkins                    |
| Exercise & Chat      | Marcia Armstrong                |
| Lunching Out         | Sharon Carew                    |
| Movie Matinee        | <b>TBD</b>                      |
| Outreach             | Marlene Sylvester               |
| Travel               | <b>TBD</b>                      |

**cfuw**Nepean  
Jennifer Robinson

Sample image, colours and layout are approximate

*Elegant Personalized Name Badges*

◆

**VP Anne Sinclair is organizing a group purchase**  
**Price depends on volume**  
**30 badges, \$15 each**  
**20 badges, \$16.50 each**  
**Subsequent price for one badge, \$20**  
**Magnetic and pin-on available**

**You can sign up to request a badge**  
**at the October 6 meeting,**  
**or contact Anne directly.**  
**Payments will be collected later,**  
**after we know how many badges to order.**



Fall Blooms (Photo Credit B. Junkins)

## Members Corner

### AGM CFUW National AGM 2026 Moving Forward Together

-Anne Sinclair

The CFUW National 2026 AGM was held in Montreal July 20-24. There were a total of 158 participants, representing 80 clubs, from across Canada, with the theme of “Moving Forward Together”.

Everyone there had the opportunity to enjoy many of the sights and restaurants of Montreal, while at the same time benefiting from the opportunity to meet and share experiences with amazing women from across Canada.

Throughout the entire week, there were many wonderful opportunities to learn about activities and approaches of other clubs and rich discussions among club representatives facing the same concerns and challenges. One example of this, on the first day, was member-led conversations on 5 themes: community, outreach, membership, leadership and building networks. This provided the opportunity to hear about what other clubs were doing to address these important issues.

At different points during the conference, there were several exceptional speakers.

- Dr. Carla Fehr from the University of Waterloo spoke on the topic of *Gender AI: Who Builds It, Who Benefits and Who Gets Left Out*.
- Julie S. Lalonde addressed *Bystander Intervention to Build Community Care*, which raised the question of why people don't intervene, and provided concrete suggestions for what each one of us can do to make a direct or indirect intervention, ranging along the continuum from humour to direct challenge.
- Jessie-Lee Wallace, from Volunteer Ottawa spoke about “Volunteer Recruitment, Great Governance and New Ways of Working Together.” She asked two important questions; how often can you share and shift responsibilities and can roles be broken into smaller functions. One example of the latter would be instead of one person holding the Secretary position, have a different person take the minutes for each meeting. A one-time task might feel more manageable: encouraging participation and building skills/confidence.

Of course, business and finances were also discussed. The two resolutions on Afghan Women and Combating Disinformation both passed. Linda Sestock was re-elected as CFUW National President. Special thanks are due to all the clubs in Montreal whose members guided visitors on a variety of sightseeing activities and restaurant visits, and worked so hard to make the Conference a great success.



## Members Corner

### AGM CFUW Ontario Council

### 2026 Ontario Council AGM and Conference

### Women Leading Change

-Carole Baker

The 2026 Ontario Council AGM and Conference, held at the Peterborough Golf and Country Club from May 22 - 23, 2026, was an outstanding success. The event brought together delegates from across the province for two days of fellowship, learning, and advocacy.

The networking activity, "The Great Idea Expedition," facilitated by Anne Corden, VP Membership, provided an excellent opportunity to meet fellow delegates and exchange ideas.

Ontario Council President Sandra Shaw conducted the business portion of the AGM with warmth and humour, ensuring the meeting proceeded efficiently and smoothly. As outgoing President, Sandra also delivered a heartfelt and inspiring address focused on advocacy, community support, and the enduring friendships fostered through CFUW.

The keynote address was delivered by The Honourable Donna Dasko, Senator for Ontario, who spoke eloquently on the topic of advocacy. She highlighted the Senate's achievement of 50/50 gender representation while also acknowledging the growing backlash and increasing attacks faced by women in public life. Her thoughtful presentation emphasized the continued importance of supporting women's voices and leadership.

Delegates were also delighted to receive the beautiful CFUW scarves designed by Elena Scanlon and Marlene Starkman. The creators carefully explained the meaning behind the various symbols incorporated into the scarves, which were proudly worn and admired throughout the conference.

A beautifully written poem by Promise captured the spirit and values of CFUW in Canada. Its moving words reflected the organization's dedication to friendship, advocacy, and support for women and communities. Attendees also enjoyed the opportunity to purchase Friendship Bracelets, a creative and successful fundraising initiative supporting CFUW Cornwall.

During the AGM, members unanimously approved a bylaw amendment establishing a new Chair for Environmental and Climate Change, reflecting CFUW's ongoing commitment to addressing important contemporary issues.

Students from CFUW London presented a thoughtfully researched and well-delivered resolution supporting awareness and advocacy surrounding postpartum depression. Their professionalism and dedication were greatly appreciated by delegates.

Following a delicious lunch featuring an assortment of salads and sandwiches, attendees reconvened for an afternoon of engaging discussion groups and workshops. The program offered a diverse selection of timely and meaningful topics, including:

- Encouraging Resilient, Age-Friendly, and Inclusive Communities
- Mastering the Art of Lobbying Politicians
- Strengthening Relationships with Indigenous Sisters and Communities
- Women in Politics: Challenges and Opportunities
- Using AI as a Tool

The conference concluded with remarks from incoming OC President Sandra Shaw, whose positive and encouraging message brought a fitting close to a highly successful AGM and conference. There were many thoughts to be shared from the inspiring speakers and much learned as we move forward with our own club events.



OC President Sandra Shaw put together an elevator pitch (below) for anybody talking about CFUW to prospective members.

## CFUW ELEVATOR PITCH



We are the **Canadian Federation of University Women**.  
We proudly keep **University** in our name as homage to our 1919 founders, who fiercely fought for women's right to education, including higher education.

But today, we are an unstoppable, non-partisan advocacy powerhouse **open to all women**. Our clubs across Ontario turn passion into policy. We are actively on the ground tackling urgent systemic issues—like gender-based violence, pay equity, and environmental stewardship.



Lifelong Learning



Advocacy



Friendship & Fellowship

We take the pioneering spirit of our founders and use our collective power to advocate for a safer, more equitable Ontario today.

## CFUW National Webinar with Mubanga Kalimamukwento and the Stephen Lewis Foundation Oct 7, 2027 7PM EST

-Grace Hollett, VP of International Relations

This inspiring webinar will explore the realities facing women and girls in Zambia—and the power of education, storytelling, and community to create meaningful change.

The panel will feature:

- Meg French, Executive Director, Stephen Lewis Foundation
- Mubanga Kalimamukwento, acclaimed Zambian novelist and author
- Linda Sestock, CFUW President

Together, they will discuss the challenges confronting women and girls in Zambia and the impact of Young, Happy, Healthy & Safe, CFUW's 2025–2027 International Service Project, which is being undertaken in partnership with the Stephen Lewis Foundation.

This promises to be a thought-provoking and inspiring evening, offering CFUW members an opportunity to hear directly from leading voices about the issues facing women and girls in Zambia, the importance of community-led solutions, and the transformative power of education and storytelling.

Thank you for helping us build awareness and enthusiasm for this important CFUW initiative. With your support, we can encourage strong participation and deepen members' understanding of the Young, Happy, Healthy & Safe project and the vital work of the Stephen Lewis Foundation.

Registration is now open.

Just click on the registration link above and it will take you directly to the form which you can fill out and submit

cfuw fcfdu REGISTER HERE

CFUW's annual International Service Project (ISP) 2025-2027 presents:

### A webinar evening with Mubanga Kalimamukwento and the Stephen Lewis Foundation

**Hon. Marilou McPhedran**  
Moderator  
Former Canadian Senator

**Linda Sestock**  
President CFUW

**Meg French**  
Executive director  
of the Stephen  
Lewis Foundation

**Mubanga Kalimamukwento**  
Zambian novelist

**October 7th  
7pm EST on Zoom**

Stephen Lewis Foundation

**GOAL \$15,000.00**

Donate Now!

CFUW is very proud to have The Honourable Marilou McPhedran C.M, LL.B., LL.M., LL.D. (Hon. Causa) Former Independent Senator, Canada (2016-2026) moderate this webinar.

## The Scholarship Trust

-Kathy Greiner

Save the Date! We will be participating again this year in Algonquin College's Giving Tuesday fundraising campaign. This means that donations made by you through Canada Helps on **Giving Tuesday, December 1**, will be matched towards this year's commitment of \$11,500 for four bursaries and three scholarships. Last year on Giving Tuesday our club members donated \$3,255 and an additional \$2,655 was credited towards our scholarships by Algonquin College (total funds raised on Giving Tuesday were \$5,910).

Another great opportunity to raise funds for our Scholarship Trust is through **Seniors Discovery Tours**. If you do take a trip with Seniors Discovery Tours, as several of our members did last year, CFUW Nepean Scholarship Trust can receive a donation equal to 10 percent of your tour cost. For more information on how this works, please contact Pat Coroy.

I want to also welcome two new Trust members. Teresa McCrory and Rachel Plouffe joined Marcia Armstrong, Kim Stewart and myself on the Trust in June. And I would like to thank Betty Bertrand and Betty Ann Grainger, who have come off the trust - for all their efforts in guiding the Trust. Thank you both.

To date, the Scholarship Trust has provided over **\$82,000** in financial support to nearly **100 Algonquin students** — \$16,500 in bursaries; and \$65,675 in scholarships.

Thanks to several years of fantastic financial support from members the Trust was able to add a new \$1500 bursary to be awarded for the 2026/27 school year.

In keeping with CFUW's focus on education, the Trust established this new bursary for a female student in Early Childhood Education at Algonquin

College. As I mentioned earlier, our total commitment for the 2026/27 school year is \$11,500; although we do review our financial commitments on an annual basis, we do believe that this is an amount that we can sustain going forward.

Keep that date for matching donations in mind – Tuesday December 1.

Your contributions change lives.



Here are Kathy Greiner & Marcia Armstrong presenting the cheque from our Club's Scholarship Trust to Algonquin College in support of our \$10,500 of scholarships and bursaries presented to students at the College.

## 35<sup>th</sup> Anniversary Celebration & AGM May 5th, 2026

### Wasn't that a party!!!

-Carole Baker,  
Photos by Catherine Cosstick

Our 35th Anniversary Celebration and Annual General Meeting was truly a memorable occasion filled with friendship, laughter, appreciation, and outstanding generosity in support of our Scholarship Trust.

Finding a venue willing to provide a luncheon for our group proved challenging, but Sue persevered and secured an excellent location. The River Lounge at the Ramada Inn, was booked by Sue Carter in September 2025 after extensive research into suitable locations for our celebration. During the planning process, the venue underwent a name change and became One Plate Catering and Events Management on Prince of Wales Drive.

Sue Carter then worked closely with our event planner, Clement Bouary, who guided us professionally and consistently throughout the many months leading up to our celebration on May 5, 2026. Sue, Jennifer Robinson, and Carole Baker collaborated with Clem to develop a suitable menu and organize the room setup for the event. Jennifer also designed an attractive invitation that was distributed to our guests. At \$50 per person, the luncheon was exceptionally good value, and the delicious meal exceeded everyone's expectations.

Guests were encouraged to wear their finest hats and fascinators, and they embraced the theme beautifully. Everyone arrived looking elegant and festive.



We were honoured to welcome special guests Marlene Starkman, Regional Director Ontario East, and Allison Armstrong, daughter of Marcia Armstrong, who sang beautifully for our guests. In addition, we were pleased to welcome friends and family members of our club members.

Sharon Carew added a lovely touch to the room décor by creating beautiful table centrepieces featuring live plants, with one guest from each table invited to take a centerpiece home.



Sally Babij also lovingly knitted 54 individual hearts for attendees to take home as a keepsake of the celebration.

Our 2026 AGM proceeded smoothly, with Dolores Dufresne announcing the 2026 - 2027 Board of Directors. Anne Sinclair presented the seven Past Presidents with beautiful flowers in recognition of their service and dedication to the club.



One of the highlights of the afternoon was the enthusiastic response to the mystery gift bags. All 47 bags sold out within the first 15 minutes. Betty Bertrand, Ann Max, Sally Babij, and Carole Baker had tremendous fun assembling the bags from generous donations made by club members. This initiative raised \$320.00 for the Scholarship Trust.



A major fundraising success came from Teresa McCrory's handmade quilt entitled Canadian

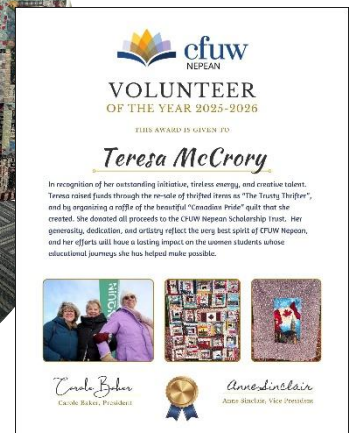
Pride, which raised an impressive \$1,835.00 for the Scholarship Trust. Teresa McCrory and Ellen



Strike worked tirelessly over the past three months selling raffle tickets, and their dedication resulted in remarkable support for the fundraiser.

The grand prize winner was Luanne Lax from CFUW Kanata.

In recognition of her exceptional efforts, Teresa McCrory was presented with a Volunteer of the Year Award for her dedication and fundraising contributions, which exceeded \$4,000.00 for the Scholarship Trust in addition to the creation of her beautiful quilt.



Jennifer Robinson was also honoured with a special Volunteer Appreciation Award recognizing her many contributions to the club. The flower featured on her award was the Crimson Flag Lily 'Jennifer,' a delicate pale-pink bloom often

compared to a wide-open crocus or small gladiolus.



Entertainment throughout the afternoon was exceptional. Marlene Sylvester delighted everyone with humorous poems and demonstrated that she could easily succeed as a one-woman comedy act.



Joan Conrod and Beth Junkins presented a hilarious 2026 spoof about ordering pizza in

the age of Artificial Intelligence, featuring Beth as an AI robot who knew absolutely everything about everyone. Guests thoroughly enjoyed the performance and the laughter it inspired.

We were then treated to a beautiful musical performance by Allison Armstrong, whose renditions of songs by Sarah McLachlan captivated the audience and created a lovely atmosphere for the remainder of the afternoon.



The luncheon itself was excellent, featuring Chicken Marsala, roasted potatoes, julienne vegetables, a fresh salad, and a wonderful assortment of desserts and fresh fruit. All 51 guests thoroughly enjoyed themselves. Although three guests were unable to attend, Clem thoughtfully arranged complete take-home meals so that they would not miss out entirely on the celebration.

In honour of our 35th Anniversary, Betty Ann Grainger announced the establishment of a new bursary at Algonquin College for a student pursuing studies in education.

Finally, sincere thanks go to the organizing team - Beth Junkins, Betty Ann Grainger, Betty Bertrand, Carole Baker, Catherine Cosstick, Jennifer Robinson, Marlene Sylvester, Sharon Carew, and Susan Carter - whose hard work, dedication, and teamwork made this a very special celebration.

## CFUW Nepean Activities Sept 8 General Meeting & Open House

-Marcia Armstrong

Conversation and laughter filled the room at Bells Corners United Church as members and friends gathered to start off the new Club year.

**Joan Conrod** was on hand to welcome folks as they arrived and **Wendy Allen** was busy with name tags, Club brochures and membership forms to complete. **Sally Babij** happily accepted membership dues. **Rachel Plouffe** and **Catherine Costick** were setting up the coffee and refreshments in the kitchen, and **Carole Baker** was making sure that the projector, laptop, and microphone were all in working order. Interest group leaders were easily identified by their beautiful hats with the name of their group displayed on their hat. Things ran like a well-oiled machine and thus the Club year got underway.

**Carol Bujeau**, author of *Triple Sex & Other Tales from an Ambassador's Wife*, was introduced by **Sue Carter**. Carol entertained us with excerpts from her memoir and also highlighted certain humorous anecdotes of her life over many years as the wife of her Ambassador husband. Her book was available for sale before her presentation began. She took questions from the audience following her presentation and indicated that all of the postings had positive aspects but that one of her favourites was Turkey. The 'Triple Sex' of the book title had an interesting explanation.

We were honoured to have Ontario Council President, Sandra Shaw, join us. We were all inspired and highly motivated for the year ahead after hearing her speak about the work of Ontario Council and of CFUW, in general.

Members enjoyed watching the retrospective presentation on the Club's 35 years which was shown at the May AGM. It was a trip down memory lane for many. A short business meeting

followed the refreshments which were supplied by the Board of Directors of the Club.

The new Club year was successfully launched!

## Making an International Connection – from local Club to local Association

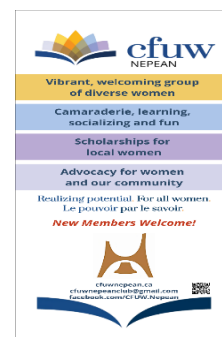
-Marcia Armstrong

CFUW and BFWG (British Federation of Women Graduates) have made it possible for our CFUW Nepean Club and a local BFWG Association (Canterbury) to connect virtually and share meeting speakers and fundraising ideas in support of scholarships and GWI.

Members of BFWG joined CFUW Nepean for a talk on the Arctic and Antarctic regions and Members of CFUW Nepean joined BFWG for a speaker on freedom of speech in academia at British universities. Sharing information following these presentations proved to improve our mutual understanding of how our organizations are both similar and different.

We are learning from each other and hope this connection will continue in some form throughout the coming year. It makes CFUW's status as a national federation or association (NFA) with GWI more meaningful at the local level.

A second meeting of members of the Club and Association Boards was also held with meaningful sharing of successful practices. Of particular interest was the challenge of attracting younger members.



## CFUW Activities - Interest Groups

### Armchair Travel & Movie Matinee

-Marcia Armstrong, Interest Group Coordinator

Can you help to arrange a meeting for one time?

The Armchair Travel and the Movie Matinee interest groups are looking for coordinators. I would like to suggest that those people who signed up for either of those groups agree to organize one session during the year.

For Movie Matinee, that would mean checking online for the movies available the 2<sup>nd</sup> Friday afternoon of the month, selecting one of them or sending the possibilities to the other members of the group and having them indicate their preference within a certain period of time, and then sharing the most popular choice with those in the group and then meet at the theatre for the showing. This does not take a lot of time. Please let me know if you would be willing to do this.

For the Armchair Travel group, many of the members are seasoned travellers and could pick one meeting of the year to share a travel experience with the other members of the group. Because apartments are small and cannot necessarily hold large numbers, I would suggest that members of the group with homes large enough to accommodate the numbers that usually attend, offer their home 2 or 3 times a year and have members bring treats for sharing. This would share the workload with all members of the group. This will be discussed at your first meeting.

(Fall Thistle & Bee Photo Credit B. Junkins)

### Art Gallery Tour

-Anne Sinclair & Marlene Patrick

We are pleased to announce that the first Art Gallery Tour of the season will be at the Carleton University Art Gallery on **Wednesday, October 28th** - please mark that date in your calendar. We will be having a guided tour of the exhibit entitled "Threading Roots", an exhibit by Somali-Canadian artist Faisa Omer. The tour we had at this Gallery was a highlight of last year and we are looking forward it.

More detailed information will be sent to our mailing list of people who indicated an interest in Art Gallery tours. We welcome anyone else who is interested to join us. Please contact Marlene Patrick or Anne Sinclair.



## CFUW Activities -Interest Groups

### Book Club

-Rachel Plouffe

We continued with our meetings on Zoom, with a promise to repeat our successful in-person meeting in May when we chose titles for this year.

Our group discussion centered around *The Queens of Crime* by Marie Benedict. The queens of crime in question: Dorothy L. Sayers (Lord Peter Wimsey); Agatha Christie (Hercule Poirot, Jane Marple, among other protagonists); Ngaio Marsh (Inspector Alleyn mysteries); and Bronson Orr of *Scarlet Pimpernel* fame. We also discussed a favourite mystery author or recently read mystery from our bookshelves.

Our next read is a current bestseller, *The Correspondent* by Virginia Evans.

#### Other titles on the list for 2026-27:

**November 24** Life Hacks for a Little Alien by Alice Franklin

**January 26** *Life of Pi* by Yann Martel

**February 23** *The House of Doors* by Tan Twan Eng

**March 23** *Theo of Golden* by Allen Levi

**April 27** *Manhattan Beach* by Jennifer Egan

**May 25** a book from the many written by Malcolm Gladwell ( Suggestions - *The Tipping Point: How little things can make a big difference*; *Outliers: The Story of Success*)

### Bridge Club

-Dolores Dufresne

After the summer hiatus, CFUW Nepean Bridge resumed on September 14th. Happily, we have added a few new members to the Bridge Group. A couple of those want to be spares, but others want to play more often. Since covid, most players only want to HOST one table in their homes. Therefore, the more players that we have, the more hosts that we need each week. Please keep that in mind.

If you are interested in joining the Bridge Group, please let me know – you would be most welcome!! We meet at 1 pm on most Monday afternoons. If you have any questions or would like more information, please let me know.

### Environmental Action Group (EAG)

-Beth Junkins

The EAG is an informal, member lead group focussing on sharing practical steps that each of us can take to reduce our environmental impact. Each meeting we take time to share the new 'green' finds and conundrums we face every day.

We also look at issues, large and small, that are of interest to the group. This year, a member has suggested that we focus on issues around water. There are so many aspects around water that are of concern – ranging from municipal to global issues; microbial, chemical & plastic pollution; water security. Women are disproportionately affected by water issues; they impact their health, safety, responsibilities all posing major barriers to getting an education and reaching their potential. No shortage of things we could look at and other questions and concerns always welcome – we set the agenda.

Our first meeting will be Thursday Oct 15, on ZOOM at 1PM. Let me know if you would like to be added to the email list - Come join the conversation!

## CFUW Nepean Activities -Interest Groups

### Friday Exercise/Chat Group

-Marcia Armstrong

The key to living longer and keeping your brain functioning is exercise!

Join our Friday morning exercise group. We follow a video of an expert doing chair yoga exercises for about half an hour and then comes the fun part where we chat together about a variety of topics. Usually, we decide the chat topic for the next week at the current week's session. Of course, we don't always stay on topic, but we have a fun discussion about our travels, our hobbies, politics (surprisingly we seem to have similar thoughts on that topic), book or movie recommendations, or whatever happens to come to mind.

If you are interested in participating, let me know and I will add you to the distribution list.

### Lunching Out

-Sharon Carew

On Wednesday, September 16th we enjoyed Lunching Out at the State & Main Restaurant. As usual, we had a large turn-out of members.

Our next Lunching Out will be on Wednesday, October 21st at 12 noon at Via Marko Restaurant on 854 March Road. I will send a notice out to all Lunching Out members closer to the date of our outing.

I look forward to seeing new members and regular CFUW Nepean members. We always have a great time with good food and good conversations.

Everyone is welcome!

### Outreach

-Marlene Sylvester

Outreach is a very important to all the members.

We try to reach out to women in Nepean and Ottawa in many different ways. Over the years we have supported CORNERSTONE which assists five different shelters for women. Initially members contributed everything from clothes, kitchen needs, furniture, cosmetics, books, etc and diapers.

At Christmas we generally collect items especially for women and their children. This year we decided to gift period products only. At our December meeting please donate those items and they will be dropped off at the Food Bank in Nepean.

Thank you for all your kindness and support over the years



## 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>
- GWI Web site – <https://graduatewomen.org>
- CFUW Nepean email to contact the Webmaster – [CFUWNepeanPR@outlook.com](mailto:CFUWNepeanPR@outlook.com)
- CFUW Nepean email to contact the Editor of NewsBytes – [CFUWNepeanNews@gmail.com](mailto:CFUWNepeanNews@gmail.com)

