CFUW Nepean News BYTES Vol 27 No 2 November 2026

UPCOMING GENERAL MEETING

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

A Dark Shadow in Canadian History: Japanese Internment Camps – a play by Marlene Sylvester
&
Brian Mitani sharing the experiences of his Japanese – Canadian family during WW2

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Upcoming Events

November 23, 2026 GWI Peer to Peer Event *The Pros and Cons of Digital Education.* (Registration information to come)

November 30, 2026 Scholarship Trust *Giving Tuesday* **starts at 8pm**

December 1, 2026 **CFUW Nepean Holiday Party - DETAILS TO COME!!**

January 5, 2027, 1 PM General Meeting **by Zoom**
Guest Speaker Joanna Dermenjian speaking about *Quilting in War*

President's Message

-Carole Baker

I would like to take this opportunity to celebrate the creativity, generosity and talents of our CFUW Nepean members.

On October 6th, Catherine Cosstick shared her experiences volunteering weekly with the Language Instruction for Newcomers to Canada (LINC) program, which provides English-language instruction to newcomers. Catherine also invited two remarkable women from Afghanistan to speak about their experiences and the challenges of adapting to life in Canada. Their stories gave us a valuable and moving insight into the newcomer experience.

We are also delighted that Marlene Sylvester, one of our talented members and playwrights, will be introducing her third original play at our November 3rd General Meeting. This production explores the experiences of Japanese Canadians during the Second World War, including their persecution and internment in camps. This painful chapter in our history, often described as a dark shadow in Canada's past, reminds us of the importance of remembering these injustices and recognizing their lasting impact.

Our New Members Coffee Morning was a great success, with nine new members and ten Board members attending. Sally Babij graciously hosted the gathering, and everyone enjoyed the opportunity to get to know one another, make connections and strengthen friendships within our club. It was a wonderful reminder of how much we value welcoming new members and helping them feel part of our CFUW Nepean family.

Anne Sinclair has also been busy collecting the names of members who would like to purchase our new magnetic name tags. These will be a welcome addition, and I think it is time we retired the name tags we have been wearing around our necks!

As President, I was pleased to receive a $270 grant from the Ontario Council Small Club Grant program. Our club qualified because we have fewer than 60 members, and the grant reimburses us for our Ontario Council membership dues for the past year. Every contribution helps support our club and its activities.

Giving Tuesday – December 1st: Giving Tuesday is an important opportunity to support our Scholarship Trust Fund and help further the education of young women at Algonquin College. This year, Algonquin College is once again offering a matching gift challenge on a first-come, first-served basis. Donations made by CFUW Nepean members through CanadaHelps on Monday evening, November 30, will be matched by Algonquin College, subject to the campaign's terms and the availability of matching funds. Algonquin College has confirmed that Giving Tuesday will begin at 8:00 pm on Monday evening, so members are encouraged to donate early to take advantage of this wonderful opportunity to support our Scholarship Trust.



(Fall Milkweed, Photo Credit B. Junkins)

Members Corner
Welcome to New Members

A warm welcome to new members of CFUW Nepean! In our upcoming Newsletters, look for short bios and fun facts about some of our new members. In this issue we meet Nancy Dahdah, Nina Fulford, Christine Marland, Helen Moscicky, and Julia Page.

Nancy Dahdah

Hello, everyone! I'm delighted to be joining CFUW Nepean!

My professional journey began in healthcare, working as a surgical dental nurse. That experience helped shape my appreciation for compassion, patient care, and the importance of making a difference in people's lives. Today, I'm the founder and CEO of Ideal Caregivers 4u, an Ottawa-based home care company dedicated to supporting seniors and their families. My grandmother's experience with dementia had a profound impact on me and played an important role in shaping my passion for senior care.

I've always had an entrepreneurial spirit, a curious mind, and a love of learning. I enjoy exploring new ideas, challenging myself, and finding creative ways to make a difference. I'm also a lifelong animal lover, something that began when I was very young.

What attracted me to CFUW Nepean was the opportunity to meet women from different backgrounds, exchange ideas, enjoy stimulating conversations, and develop new friendships. I believe there's always something to learn from the experiences of others, and I'm looking forward to becoming part of this wonderful community.

1. What was the first thing you remember wanting to be when you grew up?

I wanted to be a veterinarian! I've always loved animals and dreamed of helping every one of them. That dream came to an abrupt end when I discovered that veterinarians sometimes have to euthanize animals. I knew my heart simply couldn't handle that part of the job!

2. What superpower would you like to have – to become invisible, read minds, or fly?

Definitely fly! Imagine the freedom of going wherever you wanted, whenever you wanted. And never having to sit in airport security lines again would be a wonderful bonus!

3. Where are you on the cilantro scale – between love it and hate it?

Somewhere in the middle. I enjoy it in certain dishes, but I certainly wouldn't want an entire salad made out of it!

4. If you could visit a different time for a day, would you prefer the future or the past? Why?

I'd choose the future. I've always been fascinated by progress, particularly in medicine and technology. I'd love to see what advancements have been made, especially in dementia research, and whether we've finally discovered a cure.

5. Growing up, what was your favourite book?

My favourite was actually a poem, *The Raven* by Edgar Allan Poe. I was fascinated by its mysterious, haunting atmosphere and Poe's ability to tell such a powerful story through poetry. It's one of those literary works that stays with you long after you've read it. And, of course, who could forget "Nevermore!"

Nina Fulford

I was born in London, England just before the second world war, and in 1952, immigrated to Canada (St. Laurent in the Montreal area) where I finished high school and earned a B.Sc. at McGill University.

I married Rick Fulford in 1960 and raised a daughter and a son. The family moved from the Montreal area, to Orangeville, Burlington and lastly, Huntsville in Muskoka. I remained a full-

Members Corner
Welcome to New Members(cont'd)

time homemaker until our youngest was 12. I now have 3 grandchildren and a great-grandchild!

My first position after university was in the Engineering Department of Bell Canada but when I returned to the workforce, I worked for about 1 1/2 years as a part-time French teacher. I then became what was considered an AV technician for the Muskoka School Board Resource Centre and later assisted in the Huntsville High School library.

In the '90s I responded to a long-submerged call to ministry in the United Church of Canada. I studied at Queen's for her Master of Divinity and was ordained in 1999 at age 61! I served a small two-point charge just north of Barrie for 6 years then returned to the Huntsville area where I served a second two-point charge for 14 years. In 2019 as my husband's health was deteriorating, I retired, and he died that year after 59 years of marriage.

Over the years I have worked with various organizations (Public Library, Habitat for Humanity, school library volunteer, Girl Guides, United Church Women, Explorers (girl's group), local and wider United Church) and offer supply worship leadership. I am a breast cancer survivor, enjoy bridge, walks daily and am a baker and crafts person.

With the family all ending up in Ottawa, I moved here as well in 2025. While I was invited to join CFUW almost immediately, I did not do so until I attended a meeting. CFUW is very welcoming!

Christine Marland

I was born in Blackpool, U.K. then, when 11 years old, my father was posted to Ottawa for five years. I attended Rideau High School. On returning to Liverpool, England, I went to a commercial college to learn shorthand and typing, skills which helped me get jobs when I travelled abroad.

I worked in Bulawayo, Zimbabwe, as my aunt and uncle lived there. Next was Cape Town, South Africa as I had a pen pal there, followed by staying with my pen pal in Melbourne, Australia. Next I worked as a waitress on an island in the Great Barrier Reef, then hitch hiked around New Zealand. My return to England after three years away was brief as I came to Canada where I married.

I worked for 30 years at Carleton University as administrator for the student exchange programmes. What an enriching job, encouraging students to study abroad then on their return, seeing how they had matured and travelled. Likewise, I enjoyed meeting and learning from the incoming exchange students. While at Carleton, I obtained my degree in English and Art History.

Hobbies include playing bridge and reading.

My three children couldn't live further apart: Halifax, Vancouver and Connecticut.

I was encouraged to join CFUW to broaden my horizons and meet new friends since my husband recently passed away. I do look forward to future activities and new friendships.

Helen Moscicky

My name is Helen (Olya is my Ukrainian name, which I have been using more frequently in the last few years) and I was born in Belgium to Ukrainian parents who met in a displaced persons' camp following WW2. The family came to Canada when I was 3 years old and I spent my formative years in Sault Ste Marie.

I left the Sault to attend Nursing School at the Royal Victoria Hospital in Montreal and later

Members Corner
Welcome to New Members(cont'd)

completed a Bachelor of Science in Nursing and a Masters in Education.

I have worked primarily in the area of psychiatric/mental health nursing in nursing education, research, program management and direct care to clients. Internationally, I have worked in China, Australia, Germany and Ukraine. In Ottawa, I have worked at Algonquin College, the University of Ottawa and at the Royal Ottawa Mental Health Center. With the Royal Ottawa as a home base, I was fortunate to be able to take leaves of absence to pursue international career opportunities, the highlight of which was a 6-month stint with community mental health in Sydney Australia.

As well as a varied nursing career, I served as an election observer with the Canadian government for 4 different elections in Ukraine and taught English for two summers at the Ukrainian Catholic University in Lviv. I also worked with the Canadian Society for International Health as a curriculum consultant in Ukraine.

As a volunteer, I have worked with many community organizations over the years, primarily with those serving disadvantaged women and supporting women's education and human rights. Since my retirement, I have worked with Ukrainians displaced by the war, primarily women and children, doing translating, teaching English, and helping with fundraising.

I am divorced and have two children and three grandchildren, including a set of twins.

I became interested in joining CFUW after attending a few meetings and hearing about the work that you are doing advocating for women and education for women and girls. Also, I enjoyed feeling the warm and welcoming atmosphere of your meetings and wanted to be included!

1. What was the first thing you remember wanting to be when you grew up?
Ever since I was in high school and volunteered as a " candy striper" I've wanted to be a nurse.

2. What superpower would you like to have – to become invisible, read minds, or fly?
I would like to be able to fly, as there is still so much of the world that I have not seen

3. Where are you on the cilantro scale – between love it and hate it?
I neither like nor dislike cilantro but prefer it in small amounts which do not overpower other tastes

4. If you could visit a different time for a day, would you prefer the future or the past? Why?
I would like to visit the future for a day to see how my children and grandchildren are doing and to see the technological advances which are coming our way so quickly

5. Growing up, what was your favourite book?
Growing up, I really enjoyed all the Nancy Drew mysteries.

Julia Page

Hello to all! I am looking forward to getting involved with the CFUW Nepean, and particularly keen on the book club, bridge, and hiking/walking opportunities.



Graduate Women International (GWI)

-Anne Sinclair



Graduate Women International (GWI) advocates for women's rights, equality and empowerment through access to quality secondary, higher and continuing education. GWI's vision is 100% of girls and women in the world achieving education beyond primary school.

GWI has national affiliates in 60 countries and individual members in more than 40 others. The CFUW is one of the national affiliates through individual opt-in clubs. CFUW Nepean is an opt-in club.

The purpose of GWI is to:

- Promote lifelong education for women and girls;
- Promote international cooperation, friendship, peace and respect for human rights for all, irrespective of their age, race, nationality, religion, political opinion, gender and sexual orientation or other status;
- Advocate for the advancement of the status of women and girls; and
- Encourage and enable women and girls to apply their knowledge and skills in leadership and decision-making in all forms of public and private life.

In the course of the year there will be many opportunities, through webinars and publications to learn more about specific initiatives and the advocacy work done annually at the United Nations through the Commission on the Status of Women.

GWI provides Toolkits and infographics to support members advocacy and understanding of key issues and events – such as the facts and activities around International Day of the Rural Women .

Peer-to-peer events are held by GWI to bring together women from around the world to explore common issues. The next GWI Coordinating Committee Peer to Peer event will be ***November 23rd,*** "The Pros and Cons of Digital Education". Watch the upcoming CFUW newsletters for more information and the registration link!

In their newsletter, *GWI Update*, you can stay informed about the ongoing work of GWI. In the latest Oct 28 edition read about GWI at the Geneva Peace Forum and the panel on financing women's economic empowerment. Learn as well about the Teachers for Rural Futures program that addresses the disproportionate barriers facing rural women accessing education in parts of Uganda. This program is working to provide 2000 children a year with access to quality education.

You can sign up here to get the GWI newsletter in your email twice a month to learn more about events and the important work underway

Graduate Women International
Empowering women & girls through lifelong education

Remembering

November is the month when we set aside time to remember.

We remember those who fall or suffer during times of conflict, first responders, those facing gender-based violence, family violence, bullying, those who strive for peace.

We all have reasons to remember.



November 5 – 11 Veterans' Week
November 8 Indigenous Veterans Day
November 10 World Science Day for Peace and Development (UNESCO 31 C/Resolution 20)
November 11 Remembrance Day
November 20 Transgender Day of Remembrance
November 25 - December 10 16 Days of Activism Against Gender Violence

The Scholarship Trust

Giving Tuesday

-Kathy Greiner

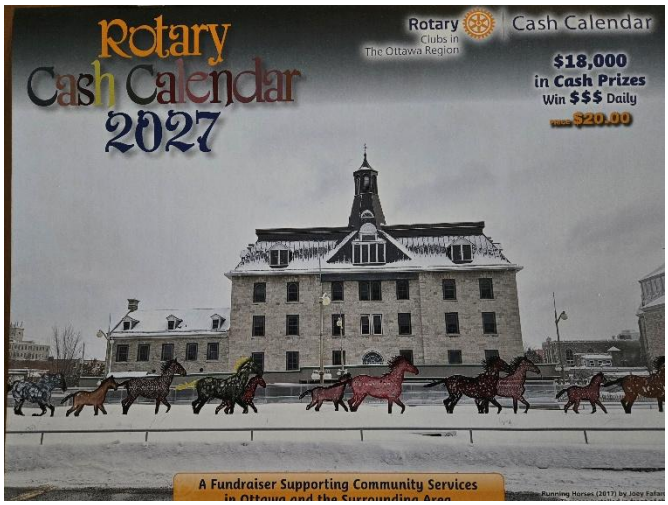
Save the Date! We will be participating again this year in Algonquin College's Giving Tuesday fundraising campaign. This means that donations made by you through Canada Helps on **Giving Tuesday, December 1**, will be matched towards this year's commitment of $11,500 for four bursaries and three scholarships. 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).

Giving Tuesday actually begins **at 8pm Monday Nov 30 and the matching continues only until the sum set aside by Algonquin for matching are all disbursed. So, log on as early as you can to be sure of a matching donation!**

Another way you can contribute is buy buying a Rotary Club Cash Calendar. This is a calendar with a difference – draws are made everyday and you have a chance to win between $25 and $200 – there are even two bonus draws for $1000. Many members of our club have won over the years – in fact in April this year three of our members won!

The calendars cost $20 each; half of the money goes to local Rotary Club and half goes to our Scholarship fund.

Marcia Armstrong will have calendars to sell at the Nov 4 meeting.



Your donations to the Scholarship Trust concretely affect the lives of women and are appreciated. Here is one letter we received:

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.

- *From recipient of the bursary for an Indigenous student*

CFUW Nepean Activities

New Members' Coffee Morning

-Carole Baker

Sally Babij graciously hosted a coffee morning at her home on October 14th from 10 a.m. to noon. The gathering was attended by 18 participants, including eight new members and ten members of the Board of Directors.

Our new members—Julia, Barbara, Nina, Carolyn, Helen, and Christine—along with Susan and Louise, who joined us last year, had the opportunity to meet the Board of Directors and share what attracted them to CFUW Nepean and inspired them to join.

Board members Carole, Anne, Betty, Jennifer, Joan, Marcia, Marlene, Sally, and Sharon also enjoyed the opportunity to get to know our newer members. The conversation was lively and stimulating, making it an enjoyable and worthwhile morning for everyone.

The coffee morning proved to be a great success! Everyone agreed that this welcoming format was an excellent way to encourage connections and strengthen friendships within our club. We look forward to repeating it next year.



(Photo Credit S. Babij)

Order Your Personalized Name Badge on Nov 3!!!

There is still time to order your personalized magnetic CFUW Nepean name badge.

Nov 3 is the last date to order your name badge for the $15 price. Bring you cash to the meeting and place your order with Anne Sinclair!!



CFUW Nepean Activities
Oct 6 2026 General Meeting

Guest Speaker Catherine Cosstick & the LINC Program

-Sharon Carew

It was a pleasure to listen to Catherine Cosstick & her two guests speak about the LINC (language instruction for newcomers). This is a program with adult refugees and immigrants from all over the world who now call Ottawa home.

Hanan, a young Syrian woman, and Palwasha, an Afghanistan woman, spoke about their experiences with the LINC program and English as a Second Language.

Hanan Alsaka came to Canada in 2023. Arabic was her first language, and so English was a challenge for her. She spent several months in the LINC program. The teachers were very kind and she appreciated their humour and encouragement. The volunteers were so important. Hanan stated, "Please don't underestimate the value of time you give to students".

Dr. Palwasha Anwari said that because you were a girl, you were only allowed to go to Primary school in Afghanistan. However, her father supported education and wanted his daughters to be educated. Palwasha got her Masters Degree in United States and her Doctorate in England. She is trained to be a physician but cannot get qualified in Canada because the process is so long, so expensive and so difficult. Palwasha is now a consultant for Public Health in Ottawa. Also, during many evenings, Palwasha delivers free lectures to women back in Afghanistan. This gives women and girls hope for the future.

Palwasha stated that it is a privilege to be in Canada. It is so important for immigrants to speak English. Learning English opens doors to better nutrition (reading food labels and cost), improving children's lives (communicating with schoolteachers), accessing health and social services, employment, further educational opportunities and better mental health. Palwasha felt that we should not underestimate uneducated women. We need to integrate them into our community.

Catherine concluded the presentation by answering questions. She volunteers with the Literacy part of the program (people who have not learned to read and write). She said the unusual gratitude from the students is wonderful. Confidence is a key issue with immigrants/refugees. Catherine encourages all of us to volunteer with LINC. You can apply online and you will need a police check.

We can be women helping a vulnerable population of women. It seems like such a rewarding opportunity

CFUW – We are Women Helping Women

(Graphic Credit Sandra Shaw



CFUW Nepean Activities
Interest Groups

Armchair Travel

Thanks to Betty Ann Grainger for taking on coordinating the Armchair Travel group. Stay tuned for upcoming events!!

New Interest Group

Do You Like to Walk?
There is interest in forming a year-round walking group for those members who enjoy a good outdoor walk – 5 km followed by coffee somewhere. **Please let Julia Page** know if you would be interested in a weekly walk of this nature.

Art Tour

-Judy Glass

On October 28th, members of the art tour group attended *'Threading Roots'* by portrait photographer **Faisa Omer** at Carleton University. Faisa Omer is an Ottawa based Canadian Somali who is also a Counsellor.

The exhibit was broken into 4 spaces. The first was a stunning portrait and textile of *Boqoraad*, which means “Queen” in Somali.

The second was *Homes*, a living room installation filled with portraits and items brought to Canada by Omer's mother. Omer also contributed a moving poem entitled *Two Homes.* The final lines of the poem summed up the exhibit for me:
"I am where two worlds Become one."

The final 2 spaces were large portraits and paired textiles reflecting the themes of *Speak* and *Exist*.

As Curator Reyhab Mohmed Patel stated, "*Threading Roots* ultimately presents heritage as a living inheritance, continually shaping the present and what is carried into the future."

Book Club

-Rachel Plouffe

Our book was the recent bestseller *The Correspondent* by Virginia Evans. The novel is made up entirely of letters written to family, friends, ex lovers, and even strangers. Readers play detective in order to piece together "Sybil’s" interesting life. We had a most interesting presentation and discussion.

Our next book is *Life Hacks for a Little Alien* by Alice Franklin, **November 24 at 1pm** on Zoom.

Other titles on the list for 2026-27:
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 Succes)*

CFUW Nepean Activities
-Interest Groups

Environmental Action Group (EAG)
-Beth Junkins

At our first meeting Oct 15, we had a wide-ranging discussion and agreed we all had a lot learn!

To get us started, we are going to hear about the book *Is a river alive* by Robert MacFarlane and look at examples around the world (including Quebec) where rivers have been given legal person rights - what does this mean? what are the ramifications? We would like to look at water use and misuse and see what we can learn about exportation of water to the US.

We also did some brainstorming on how to save water in our own lives.

Our next meeting will be Nov 19, 2026, at 1:30 pm by Zoom

All are welcome to join us as we learn and share ideas around water!! No environmental expertise or knowledge needed – just curiosity!

If this sounds interesting, let me know and I will be happy to send the Zoom link.

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.



(Photo Credit M. Armstrong)

CFUW Nepean Activities -Interest Groups

Lunching Out

-Sharon Carew

We had another very successful Lunching Out on October 21st at Via Marzo.

On Wednesday, November 18th at twelve noon we will have our Lunching Out at the Barrhaven Vietnamese Restaurant. I will send a notice out shortly before we meet.

Thank you for all the support for Lunching Out. It is fun to dine with great CFUW members once a month and have a chance to eat terrific food, have wonderful conversations and enjoy the friendship of our members.

Outreach

-Marlene Sylvester

For many years CFUW Nepean would collect various items such as lotion, toothpaste, mitts, gloves, socks, shampoo, deodorant, coats, pjs , colouring books, etc. and give these items to Cornerstone, Interval House (safe place for women and their children and pets to escape abuse), Elizabeth Fry, Minwaashin Lodge (a support centre for Indigenous women) for Xmas

This year the board decided to collect period products and give these items to the Food Bank in Nepean as so many women cannot afford these items. We ask that you bring these items to our Xmas luncheon. Members have always been so generous so we hope 2026 will be no different.

If you would like to add toiletries that would be different and appreciated. .

See you December 1st. .



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
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