cfuw fcfdu
CORNWALL AND DISTRICT

DISPATCH
AUTUMN 2026
Issue 26

Website: https://www.cfuwcornwall.com/

Email: cornwallcfuw2020@gmail.com



AUCTION FEVER HAS BEGUN!



- Email bidding will take place **November 17 – 21**. Watch your inbox daily starting on November 16 for the latest auction updates!
- Holiday Auction Finale
  - When: **Tuesday, November 24 at 6:00 pm**
  - Where: St. Matthew's Lutheran Church Hall
  - Fun Silent Auction: Bring some extra $$!
  - Lots of fun featuring the Auctionettes.

This year's auction proceeds will benefit our CFUW Cornwall & District Scholarship Fund as well as the Agapé Center. Your generous bids are crucial to the success of the Holiday Auction. Remember to invite your friends and family to bid!



BID HIGH
AND
BID OFTEN!



Table of Contents

Holiday Auction	1
President's Message	2
CHEO	2
2026– 2027 Executive	3
Upcoming Club events	3
Bracelet Project	3
Patricia O'Hara Autobiography	4
Seaway News Article	5
Scholarship Committee Thank You letters from Scholarship Recipients	6
Advocacy Corner	8
Needle Arts Group	9
Open House Report	10
National News	11
Ontario Council News	11
Excursion Group	12
Outdoors Group	12
Gourmet Group	13
Book Club	13
Holiday Auction Calendar	14



President's Message



Autumn leading into winter, is, in my opinion, the best time of year. All the frenzy of planting, weeding, gathering in fruit and vegetables and cutting the grass is over. The temperature is more livable, and you can take long walks kicking up the leaves as you plow through the mounds of wind piled leaves. The sounds of Autumn are softer sounds. The honking of the geese as they fly south fill the air until the sounds gradually subside until all the waterfowl are departed. The air is mostly still, and you can breathe in calmness.

Now we have the time to plan and prepare for hectic times ahead. What are we going to send to the CFUW auction? What are we going to bid on? What are we going to purchase or make for loved ones for our mid-winter festivities, some of which we can purchase from the CFUW Auction? What are we going to plant in our gardens in the spring? Where are we going to visit on our next great adventure? Now you have the luxury of time to tackle your CFUW Book Club read or to take up a new hobby with the CFUW Needlework group. What Resolutions can we bring to next summer's CFUW National Annual meeting? What activities are we going to take part in with the Outdoor Adventure Group to keep up our fitness level over the winter.

Great news ladies! CFUW Cornwall and District has filled those voids in your schedule.

Heather

Thank you to **Steve Read from CHEO** who gave an illuminating talk on CHEO and the amazing work they do at our October meeting. If you would like to donate to CHEO, please send to the address below or click on this link:

https://cheofoundation.com/ways-to-give/donate/

CHEO Foundation
415 Smyth Rd.
Ottawa, ON
K1H 8M8



CFUW 2026-2027 Executive Committee

President:	Heather Megill
Vice-President:	*Position Available*
Past President:	Beth Grant
Recording Convenor:	Elaine Kennedy
Treasurer:	Betty Eadie
Programme:	Josephine Sheppard
Membership:	Valerie Johnson
Internal Communications:	Jackie Fraser
Archives:	Barbara Summers
Resolutions:	Elaine Kennedy
Scholarship Committee:	Sheila Casgrain
Media Liaison:	Josephine Sheppard

CFUW Cornwall & District Website https://www.cfuwcornwall.com/
email: cornwallcfuw2020@gmail.com

CFUW Ontario website
https://cfuwontcouncil.org/

CFUW National website
www.cfuw.org

Bracelet Project

Marta, Val and Jennifer met for a cozy afternoon of making bracelets. They say 'We are all getting more creative and more skilled! Fun!



Upcoming CFUW Cornwall & District Meeting and Event Dates

November 24, 2026

Place: St. Matthew's Church Hall
Time: 6:00 pm
Meal: Potluck Finger Foods
Event: Holiday Auction Finale

January 26, 2027

Place: St. Matthew's Church Hall
Time: 6:00 pm, 6:30 dinner
Meal: Catered Meal
Event: Sarah Despatie
Topic: Women's Health, Physiotherapy & Pelvic Floor Health

February 23, 2027

Place: Home of Hilary Blackburn, Long Sault
Time: 6:00 pm
Meal: Potluck Appetizers, Desserts
Event: Celebration of International Women's Day. Speaker TBA

March 23, 2027

Place: Ontario Power Generation Centre
Time: 7:00 pm
Meal: Light Refreshments provided by the Executive
Event: CFUW Resolutions Debate and Vote.
Leader: Elaine Kennedy

Each issue of the CFUW Cornwall and District Dispatch will feature an autobiography of one of our members. We hope that this will help us to get to know each other a little better. We invite all members to submit a photo and a brief autobiography for publication in a future edition of the Dispatch. We all have a story and we'd like to hear yours!



Patricia O'Hara

I was born and raised in Kingston, Ontario with four sisters.

Every spring, as soon as school was out, our family escaped the city to a cottage on Nicholson's Point on Lake Ontario. As one of the 3 older girls, me and two of my sisters were allowed to explore. This is when I got obsessed with nature, creatures, birds and the water world. Our curiosity in everything outside was encouraged. Those summers cemented my forever enchantment with Mother Nature.

After high school, I started my training as a Medical Laboratory Technologist at the Hotel Dieu Hospital in Kingston and graduated. I then took a specialty course to become a Cytologist.

I married my high school sweetheart and moved to Wolfe Island where we raised our two children.

Kraft Foods had a cheese factory on the Island and was looking for a Quality Control Laboratory Technologist. I applied and made the leap from the medical arena to the food industry. Once the laboratory testing procedures were in place, I was promoted to First Line Supervisor. I was the first female First Line Supervisor in production in Kraft Foods Canada. When the cheese factory on the Island closed, I was transferred to the Williamstown plant and then to the Ingleside plant. I was Laboratory Supervisor and Sanitation Technologist until I retired.

I always enjoyed sewing and Halloween was my favourite holiday so, after retiring my twin sister and I opened Quick Change Costumes, a costume rental shop in Cornwall. During the seven years we operated our shop, I sat on the Board of Directors for Le Village BIA. This was my introduction to Municipal politics and the "who's who" of Cornwall.

I had always wanted to scuba dive so decided to take the plunge and got certified in 2010. As a diver, I've enjoyed travelling to southern reefs and oceans, volunteering with the scientists at the River Institute in Cornwall and becoming a secondary diver to divers with disabilities. Most recently I've joined the Ottawa Valley Search and Rescue dogs Association as a cadaver diver. I even worked at a local dive shop for a few years.

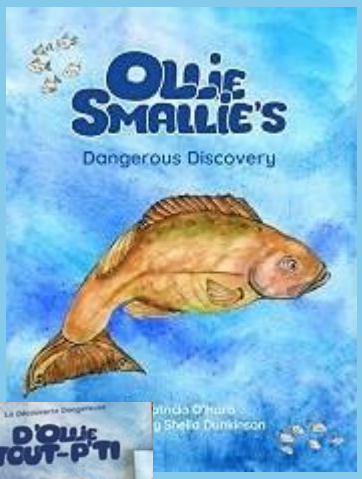
In 2015 I became the chair of the Great River Network and helped organize 6 in water cleanups; resulting in 42 metric tons of garbage removed from our local waterways.

My sister and I are fulfilling our mission of introducing young children to the river and the creatures that call her home through our children's books and puppets.

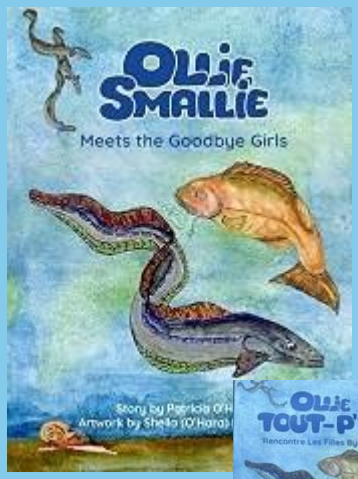
I now have four granddaughters. I've been fortunate to live close enough to be involved in their lives and watch them grow into young women.

I've recently become aware of CFUW, their scholarship program and their commitment to keeping updated on current issues and opportunities for future generations. I joined this fall (2026).

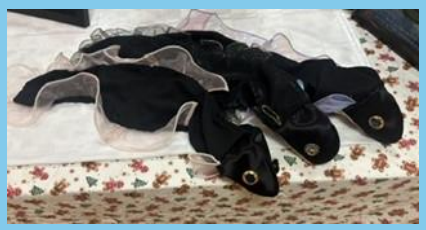
I continue to write children's books, sew puppets, garden, scuba dive, explore and take walks with my grand puppy when he visits me.

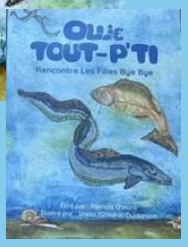












Seaway News

October 21, 2026

"Beneath the Waves" at CFUW Open House

SUBMITTED ARTICLE

The Canadian Federation of University Women (CFUW), Cornwall and District, recently hosted an Open House and Welcome Back Meeting for returning members, new members and guests at St Matthew's Lutheran Church Hall in Cornwall.

There were displays and information about the mission and goals of CFUW as well as the activities planned for the upcoming. The guest speaker for the evening was Patricia O'Hara, local scuba diver and children's author. Her presentation titled "Beneath the Waves" chronicled her exploration and the clean-up efforts in the waters of the St. Lawrence for the past number of years.



Heather Megill, CFUW Cornwall and District President and Patricia O'Hara, member and guest speaker. Submitted Photo

CFUW Cornwall and District celebrated its 70th anniversary last year. CFUW is a non-partisan, voluntary, self-funded organization with clubs located in every province in Canada.

CFUW is open to all women who support the values and objectives of the club. Members support the education and advancement of women and girls, life-long learning and social justice and economic equality for all. Members enjoy friendship and community engagement through a variety of activities throughout the year.

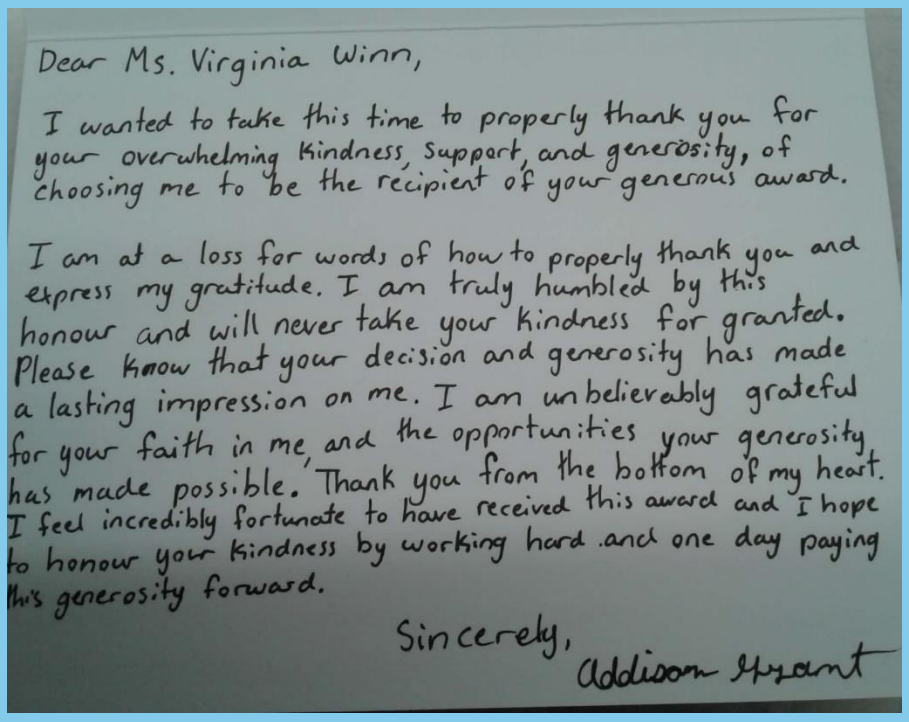
For more information, or to contact CFUW please visit the website www.cfuwcornwall.com

SCHOLARSHIP COMMITTEE

The final list of recipients for 2026 is as follows: Elodie Tessier (La Citadelle), Imane Sayad (L'Héritage), Maude McCarthy (Le Relais), Phoebe O'Connell (Char-Lan), Isabella Dragone-Bayne(Glengarry District), Addison Grant (Seaway District), Charlotte Bruyere (St. Lawrence), Kalli Hicks (North Dundas), ThasikaThambithurai (St. Joseph's), Maya Arblaster (Holy Trinity), Madison Beck (Tagwi), Amina Al-Agez (Cornwall Collegiate and Vocational School), Khadeejah Syed (TR Leger).

There was no recipient from St. Matthew's Catholic Secondary this year.

As you can see from the selection included, we have received a number of heartfelt thank you notes from this year's recipients, and we have photos from volunteer Club members' sign deliveries which took place after graduation ceremonies and the awards had been announced.



Dear Ms. Virginia Winn,

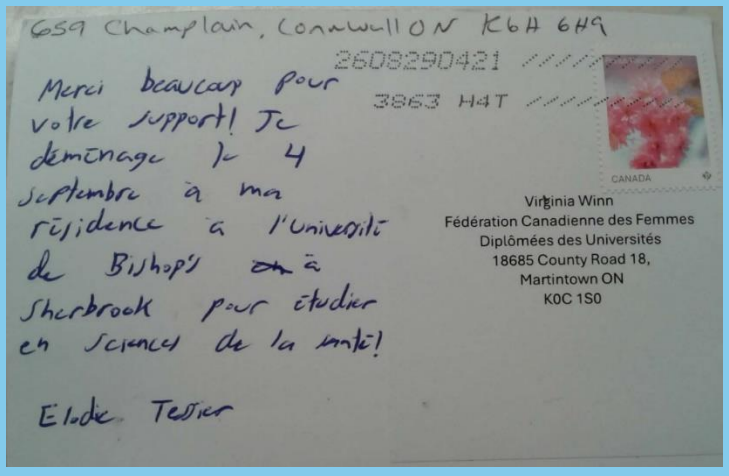
I wanted to take this time to properly thank you for your overwhelming kindness, support, and generosity, of choosing me to be the recipient of your generous award.

I am at a loss for words of how to properly thank you and express my gratitude. I am truly humbled by this honour and will never take your kindness for granted. Please know that your decision and generosity has made a lasting impression on me. I am unbelievably grateful for your faith in me, and the opportunities your generosity has made possible. Thank you from the bottom of my heart. I feel incredibly fortunate to have received this award and I hope to honour your kindness by working hard and one day paying this generosity forward.

Sincerely,
Addison Grant



Addison Grant, *Seaway H.S., with Barbara Summers*



659 Champlain, Cornwall ON K6H 6H9

2608290421

Merci beaucoup pour votre support! Je déménage le 4 septembre à ma résidence à l'université de Bishop's à Sherbrooke pour étudier en Sciences de la santé!

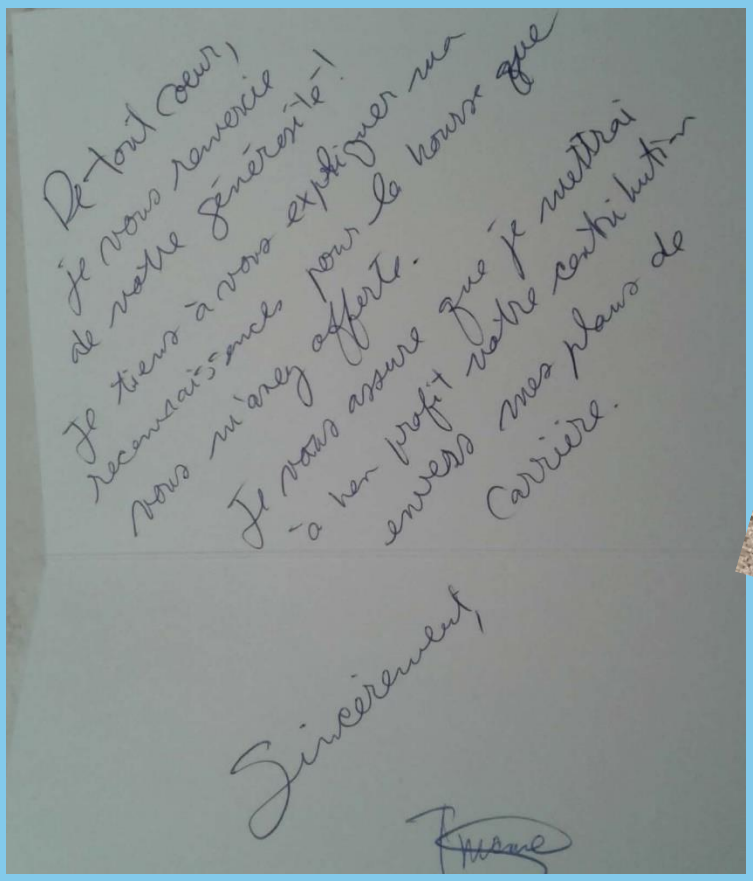
Elodie Tessier

CANADA

Virginia Winn
Fédération Canadienne des Femmes
Diplômées des Universités
18685 County Road 18,
Martintown ON
K0C 1S0



Elodie Tessier*, École secondaire catholique La Citadelle*


De tout coeur,
Je vous remercie
de votre générosité!
Je tiens à vous expliquer ma
reconnaissance pour la bourse que
vous m'avez offerte.
Je vous assure que je mettrai
à bon profit votre contribution
envers mes plans de
carrière.

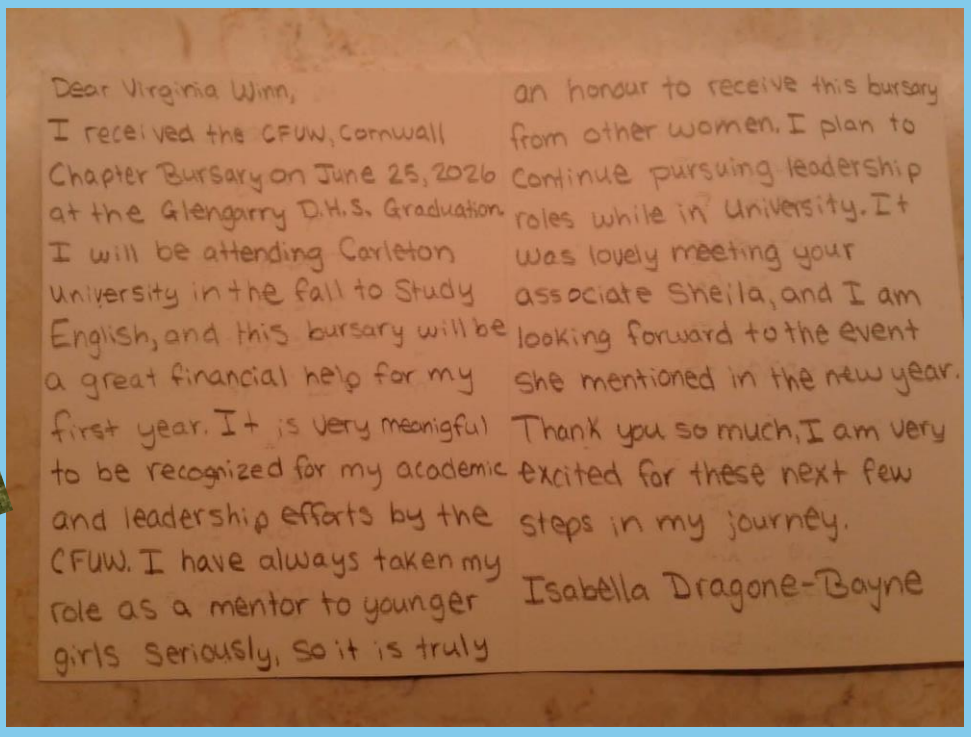
Sincèrement,



***Imane Sayed**, École Secondaire Publique l'Heritage.*



***Isabella Dragone-Bayne**, Glengarry District H.S.*


Dear Virginia Winn,
I received the CFUW, Cornwall Chapter Bursary on June 25, 2026 at the Glengarry D.H.S. Graduation. I will be attending Carleton University in the fall to study English, and this bursary will be a great financial help for my first year. It is very meanigful to be recognized for my academic and leadership efforts by the CFUW. I have always taken my role as a mentor to younger girls seriously, so it is truly an honour to receive this bursary from other women. I plan to continue pursuing leadership roles while in University. It was lovely meeting your associate Sheila, and I am looking forward to the event she mentioned in the new year. Thank you so much, I am very excited for these next few steps in my journey.

Isabella Dragone-Bayne

ADVOCACY CORNER

Advocacy Committee Plans for 2026-27

1. Over the course of the year, we will be asking club members to collect feminine hygiene products enabling our club to participate in the United Way's Period Promise again this year. However, we are going to investigate the long-term plan the United Way has for the Period Promise Campaign.
2. We have received confirmation from the United Way that as part of Period Promise, feminine hygiene products are distributed in local food banks. Agape, Community Food Share, House of Lazarus, St. Vincent de Paul Food Bank and the Mohawk Council of Akwesasne received product from last April's drive.

   This action is aligned with CFUW's 2025 Resolution: **Addressing Period Poverty and Menstrual Inequity in Canada.**

3. We are beginning action on Ontario Council's (OC) Advocacy regarding Intimate Partner Violence (IPV). This aligns with CFUW policy: **RESOLVED: That the Canadian Federation of University Women urge the Federal, provincial and territorial governments to take appropriate steps to improve measures to prevent violence against women.**
4. The Advocacy Committee is working on a campaign to send Bill 173, the **Intimate Partner Violence Epidemic Act** (IPV) back to the Ontario legislature for further consideration.

   Some background:

   In 2024 **Bill 173** passed second reading in Ontario. In 2025 the Legislature passed a motion recognizing IPV as **"endemic"** rather than **"epidemic"**. The Culleton, Kuzyk and Warmerdam (CKW) Inquest's first recommendation was for it to be recognized as an epidemic. This inquest relates to the murders of three women in Lanark County in 2022. The inquest recommended "epidemic" language. **Bill 173 itself has not been back for a third reading.**

   More than 115 of Ontario's 444 municipalities representing roughly 70% of the provinces population have declared IPV an epidemic, far outpacing the provincial governments own response.

   Our goal with this campaign is to have the municipality of Cornwall, which includes, SDG and Akwesasne declare IPV as an "epidemic", thus strengthening our response to the legislature.

   In order to accomplish this goal we are asking for support from Cornwall, SD&G and Akwesasne stakeholders. It may be as simple as a letter of support, or attending a City Council meeting to support a presentation. Discussion's have been initiated with Cornwall, SD&G and Akwesasne Representatives of Domestic Shelters to ascertain if they will join and support us in our lobbying efforts regarding OC's IPV Advocacy

   We will begin by requesting that the City of Cornwall illuminate the City Hall fountain and the Clock Tower in Lamoureaux Park purple on December 10. This is the National Day of Remembrance and Action on Violence Against Women.

   Respectfully submitted,

Jennifer Adams, Hilary Blackburn, Barbara Summers and Peggy Compeau-McLean

NEEDLE ARTS GROUP

Our first meeting was held on October 29th, 2026, at Valerie's house. In attendance were Lorraine Sharron, Barbara Summers, Louise Larose, Jennifer Adams, Betty Eadie, Valerie Johnson, Carol Smith and Pat Davies.

Members showcased family heirlooms and favourite projects of quilting, knitting, cross stitch and embroidery. The group discussed seeking skilled experts to teach a project.

The next meeting will be held on January 21st, 2027, at 1:30 at the home of Lorraine Sharron.

Submitted by
Valerie Johson













OPEN HOUSE – SEPTEMBER 22ND









Our first CFUW Cornwall & District meeting of the season was an Open House attended by members and guests. Interest Groups and Clubs were showcased and we were treated to a fascinating presentation on the St. Lawrence River by Diver and Author Patricia O'Hara.

A huge thank you to the Programme Committee for organizing the Open House and to all the members who created presentation boards and displays.









CFUW National News

CFUW Appearance Before the House of Commons' Standing Committee on the Status of Women:

The House of Commons' Standing Committee on the Status of Women invited CFUW to provide testimony as a witness for its study of the impact of artificial intelligence on women, girls and 2SLGBTQI+ individuals.

Read the full statement HERE:
https://www.cfuw.org/assets/pdf/Final+Statement+10_29_2026.docx/

Ontario Council National News

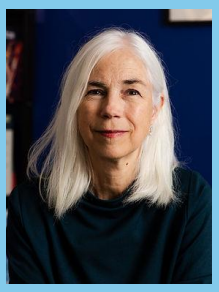
OC Speaker Series #2: WOMEN'S ECONOMIC SECURITY

Women in Ontario still earn less than men. That gap affects their savings, their retirement and their security over a lifetime. What's driving it, and what can we do about it?



Dr. Lyn Hoang

Join the CFUW Ontario Council for a morning conversation with two leading voices on women's economic equality.



Katherine Scott

What we'll cover:

- The gender pay gap in Ontario
- The policy landscape and advocacy levers
- What CFUW OC can do

Link to register:
https://www.cfuwontcouncil.org/womens-economic-security-speaker-series-2

If you missed the OC Speaker series #1, LEADING CHANGE THROUGH LEGISLATION, you can read the full notes and watch the video recording at the following link:
http://www.cfuwontcouncil.org/speaker-series-1

Keep up-to-date with all the news from CFUW National by subscribing to the CFUW National Club Newsletter. All local members are encouraged to subscribe via www.cfuw.org . Simply click the box that says "Subscribe to the CFUW Club Action Newsletter".

Sign up for the CFUW Ontario Council news via: www.cfuwontariocouncil.org/oc-news and then press **Sign Up Today** for the link to subscribe to the newsletter.

EXCURSION GROUP



OPG Visitor Centre

15 members and guests explored the OPG visitor centre on November 11th. A big thank you to Manager Matt Mulvihill who gave us a fascinating tour of the centre and showed us a film about the construction of the Moses Saunder Dam.

OUTDOORS GROUP



The Outdoors Group invites you to join us for fun and exercise. For more information, please email either:

Hilary Blackburn or

Carol Smith at

GOURMET GROUP





The Gourmet Group enjoyed a delicious Autumn Feast featuring:

Mushroom Canapés
Selection of Antipasti

Beet & Goat Cheese Pumpkin Seed Salad
Roasted Herb Encrusted Pork
Colourful Roasted Potatoes
Braised Red Cabbage with Apple
Whipped Butternut Squash Casserole

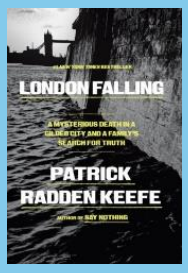
Apple Upside Down Rye Cake with Rye Infused Caramel sauce & Whipped Cream

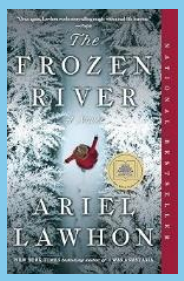
Many thanks to cooks Sally, Linda M., Suzanne, Kathleen and Helen.

BOOK CLUB









CFUW Book Club schedule for the next three months:

- December 11th, 11:30, **Fly the Raven Sky** by Phil Brown, discussion leader Val Johnson.
- January 8th, 2027, **A Single Thread** by Tracy Chevalier, discussion leader Jackie Fraser.
- February 12th, 2027, **London Falling** by Patrick Radden Keefe, discussion leader Barbara Summers
- March 12th, 2027, **The Frozen River** by Ariel Lawhom, discussion leader Judy Hart.

Meetings take place at the Best Western, where we enjoy lunch together as we discuss the current book. If you would like to join us, please email Carol Esdale.

CFUW Holiday Auction Calendar of Events: November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 *Submission of auction items continues* ***(starts on October 21)***	**9** An email will be sent to all auction item donors to let you know that your donation has been received.	**10**	**11** ***Deadline for submission of auction items*** 	**12**	**13**	**14**
15	**16** A PDF document listing the items up for auction will be sent to all members via email. ***Feel free to forward to guests.***	**17** Bidding starts today. Place your bids between noon and midnight. **BID HIGH AND BID OFTEN!!** **(See Auction Guidelines below)**	**18** Check your email for updated maximum bids so far. Place your bids between noon and midnight.	**19** Check your email for updated maximum bids so far. Place your bids between noon and midnight.	**20** Check your email for updated maximum bids so far. Place your bids between noon and midnight.	**21** Check your email for updated maximum bids so far. Bid between noon and midnight. ***This is the last day to bid.***
22 	**23** 	**24** **CFUW Holiday Auction Finale at St. Matthew's Church at 6 pm** 😊	**25** Lucky auction item winners who were not present at the Holiday Auction Finale will be notified by email.	**26** Auction participants notified by email will send cheque to Betty Eadie, payable to **"CFUW - Cornwall & District"**	**27** After Betty receives payment for your auction item, you will receive information via email re pick up or delivery of the item.	**28** **Happy Holidays Everyone!** 

Auction Guidelines:

- When you receive the PDF Auction document on your email on November 16th, if you wish to place a bid on any item, simply press the "Reply" option (**NOT** the "Reply All" option) and specify who you are (and whose guest you are, if appropriate), what item you are bidding on, and the amount. You will **NOT** be able to write your bid on the PDF auction document yourself. The Auction committee will update the PDF document daily with the highest bid for each item as indicated in the calendar above. The updated document will be sent to you by noon the following day.
- The lucky final successful bidders will be announced on November 24th during the Holiday Auction Finale.
- If you are the lucky successful bidder and you are present at the Holiday Auction Finale, please pay for your item with cheque or cash at the event. You will receive your item, or information re how to retrieve it.
- If you are the lucky successful bidder and you are NOT present at the Holiday Auction Finale, you will receive information via email on November 25th re how to pay for and retrieve your item.
- All cheques should be made out to "**CFUW - Cornwall & District"** and given to our treasurer Betty Eadie during the Holiday Auction Finale, or mailed to: Betty Eadie, 1250 Daly Avenue, Cornwall, ON, K6J 4W4.
- If a guest is the successful bidder, the CFUW Cornwall & District member is responsible for arranging pick up or delivery of the item to their guest.
- In the event that the highest bids are tied, the email bid of that value received **first** during the designated bidding hours will be the winner.
- Members of the auction committee will refrain from placing bids on the last bidding day, November 21st.