In the Loop

Fall 2025

Sharing our stories and staying connected



Welcome to Our New Members

Jean Eng
Dianne Hall
Margo Humphreys
Barbs Judge
Bobbie MacGowan
Janet Maslin
Carmen Philippe-Welton
Marilyn Dean Romanoff



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A Message From Our President



We're at the start of our 31st year at CFUW Kanata!
We celebrated our 30th anniversary in June with a fantastic evening of dining and dancing. A big thank-you to Joy Forbes and her team for organizing such a wonderful event. Wende Collins' history of our club was a big hit — she may have one or two copies left if you missed out and would like to purchase one.
Our Open House in September attracted at least 15 guests, some of whom have since become members.

The article in Your Community Voice helped bring in many of these guests. We always welcome guests at our general meetings, so feel free to invite your friends and neighbours!
Our October meeting featured last-minute fill-in speakers — club members Tricia Carran and Muriel Richards — who gave a fascinating presentation about the Arctic, where they had travelled together.
At Wende Collins' suggestion, we're trying something new on October 22: a social evening aimed at attracting younger women — as well as the more mature ones! Please invite your daughters, friends, and neighbours. See the details at the end of this newsletter.
We always welcome suggestions and offers of help. Over the summer, Cathie Faubert kindly volunteered to organize our December Holiday Party. She explored 15 different options — churches, restaurants, retirement residences, catered meals, and more. Some were unavailable, others too expensive, not accessible, or too far away. In the end, she found the perfect option.
The party will take place on December 10 at The Bradley on Goulbourn Forced Road. We'll enjoy a full turkey dinner, with a vegetarian option available. There is some parking at The Bradley, as well as street parking nearby and the option to take The Bradley's shuttle bus from the Legion. Carpooling is encouraged. Thank you, Cathie, for all your hard work! Be sure to buy your tickets by November 13 and invite your guests — including partners.
Heather Pettipas and Margaret Skinner are organizing a silent auction for the party. They already have a fabulous list of items lined up. Proceeds will support our Scholarship Trust Fund, which awards up to ten $1,000 scholarships each year to local young women entering university.
As you can see, it takes many people to keep our club running — many of them working behind the scenes. If you'd like to get more involved in any way, please let me know.

Jill

National AGM Highlights

J. Jones

CFUW National celebrated its 106th anniversary with the theme “Women Standing Strong” during a vibrant opening ceremony that included awards and entertainment. Highlights featured Nepean’s play about Grace Annie Lockhart, the first woman in the British Empire to earn a university degree, followed by breakout discussions on contemporary challenges and opportunities for women. Montreal singer Barbara Lewis also performed.

On July 12, a speaker panel on Women in Politics—featuring Rachel Loewen Walker, Pam Danoff, and Christine M. Smith—addressed the personal nature of attacks on female politicians, the need for respectful discourse, and the broader societal benefits of gender equality.

The AGM saw the passage of five by-law amendments focused on inclusive language and regulatory compliance, with no increase in national dues for 2025–2026. Membership rose to 6,784 (6,811 including students) across 90 clubs, and CFUW launched a new website and strengthened ties with organizations like CARP.

The organization also made a strong presentation at the UN and will attend the GWI General Assembly in Zambia this September. On July 13, the Charitable Trust AGM highlighted its $100,000 annual support for post-graduate students, including a presentation by awardee Jasper Crockford on menopause and Alzheimer’s.

All seven policy resolutions passed and will be supported by an advocacy package and meeting in the fall. The next CFUW AGM will be held in person in Montreal, July 20–24, 2026.

Emancipation Day at Upper Canada Village



Last February, Keisha Cuffie spoke at our Black History Month meeting about her research into Black historical figures connected to Upper Canada Village. Our history group had hoped to organize a visit that included a guided tour of the exhibit she helped curate. Although we couldn’t gather enough participants for our own trip, Cathie Faubert discovered that the Ottawa Golden Oldies Seniors Club was planning an excursion on August 1 to celebrate Emancipation Day. We joined their delightful group—many of whom are immigrants—for the bus ride there and back.

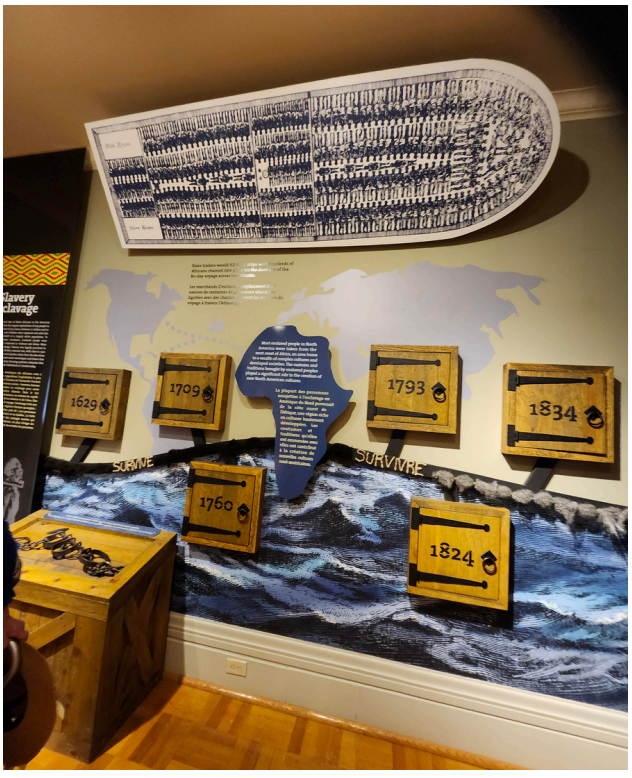
It was a wonderful day out. The celebration took place on the lawn behind the Chrysler House, where many participants wore period clothing. The event featured an MC, dancers, singers, drummers, and poetry readings. We were treated to a moving account of emancipation in Canada, along with reminders that the journey toward equality continues.

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The presentation concluded with an inspiring address by Senator Bernadette Clement of Cornwall. Afterward, we toured the exhibit, which shed light on many forgotten individuals in the region's history—escaped slaves who brought valuable skills and became respected members of the community. Many Black men began their careers as barbers and later expanded into other entrepreneurial ventures.

I highly recommend a visit to Upper Canada Village. It's a meaningful way to reconnect with our shared history and uncover new stories that deserve to be told.

Tricia





Our New Member, Dianne Hall

I was born, raised and became a nurse in PEI. I married Brad, a 'boy from away'. During his years in the CAF, we lived in Winnipeg, Montreal, Ottawa, Cyprus, Petawawa, Germany and St Bruno. During his second career with the Commonwealth War Graves Commission, we lived in Kanata and England. We have two children, and fortunately, they and their families live in Kanata too. My world shattered 1 1/2 years ago when Brad died from cancer. We had 47 1/2 wonderful years together. Since then, I have been learning how to navigate life without him. It was your Guitar Groovers who tempted me to join the CFUW -- I love to sing. However, it is always a bonus to meet new friends and discover new interests. I am very active both at GoodLife and outdoors (I cross-country ski, snowshoe, skate, swim, bike and hike). I haven't a crafty bone in my body, but maybe I can learn! I look forward to being a member of this amazing group of ladies.

Our Members' Adventures



Elena has hiked her whole life. When she met Joy a few years back, and Joy mentioned that she would like to hike with her, Elena was skeptical- "She looks a little scrawny – will she be able to keep up?" But alas, they discovered they were both cut from the same cloth and have been challenging each other ever since.

Last summer, during a hot day, they climbed Foley Mountain together to the Spy Rock viewing area- a 5.5 km hike over the mountain.

Elena



Danube Delights

In May 2025, ten friends, most from CFUW/Kanata, went on a trip to France, Czechia, Germany, Austria, Slovakia and Hungary. We landed in Prague, visited Český Kremlov, and travelled to Regensburg before boarding the Emerald River Cruise along the Danube. The food, excursions, and entertainment were fantastic! We added a few more days in Budapest, Vienna and Paris before flying home. I presented this trip for Travel Talk, but if you would like any more information please give me a call. It is worth the trip!

Joy



Judy, Ollie, Lynn, Jennifer, Janice, Hazel, Christine, Cathy, Joy, Elena

Jeanie Biro's Story

While attending the Current Issues Group, Jeanie introduced herself and told her story. She kindly agreed to let me share it with you. If you have a story to share, please let me know!- Cathy

I arrived in Montreal in December 1957—and it was bitterly cold! Thankfully, my mother had prepared me well, outfitting me with a sheep-lined coat, a warm hat, scarf, and mittens.

Back in Scotland, Cook's Travel Agency had been recruiting Early Childhood Educators to immigrate to Canada. Families paid the agency to find trained professionals, and I had completed my training in Glasgow and Ayr. It was customary to reimburse the family you were placed with for that fee. But I quickly realized I wasn't just a caregiver—I was the maid. With the older children at school, I was left to care for a three-year-old while managing the household chores. I vividly remember walking outside and feeling the moisture in my nose freeze!

One bright spot was connecting with other Scottish women in similar roles. We'd gather at the Luxor restaurant on St. Catherine Street to share stories and support one another. On our one day off each week, we'd go dancing at the Legion Hall, a popular spot for immigrants. That's where I met my husband, Miklos—Mickey. He introduced me to Chinese garlic ribs, which have been my favourite ever since. Mickey passed away in 2006.

Over the years, we lived in Montreal, Vancouver, Toronto, and Ottawa. I pursued higher education, earning both a Master's and Doctorate in Counselling Psychology. Later, I spent a year at the University of London in the UK, earning a diploma in the Education of Deaf and Hard of Hearing Children. I had the privilege of studying under Dr. Darcy Dale, the pioneering professor who first championed integrating deaf and hard-of-hearing students into mainstream education.

One of the most rewarding chapters of my career was founding a Teen Group for deaf high school students. We met monthly and shared countless outings and adventures. It remains a highlight of my professional life.

My surname, Biro, carries a unique legacy. It's the patent name of the original ballpoint pen—people used to say, "May I borrow your Biro?" In Hungarian, the word also means lawyer or advocate, which feels fitting given my path in education and counselling.

What can I do to protect myself from scams?

We are all vulnerable, but with caution, we can act safely. Remember, never click on links from unknown sources. Below are some common scams to watch out for.

- Canada Revenue Agency (CRA) scams: Fraudsters pretend to be CRA officials by phone, email, or text and threaten arrest, demand immediate payment, or promise fake refunds. The CRA does not use aggressive language or demand immediate payment via unusual methods like gift cards or cryptocurrency.
- Phishing and smishing: This involves fake emails (phishing) and text messages (smishing) that impersonate trusted sources like banks, government agencies, or well-known businesses. They try to trick you into clicking on malicious links or revealing sensitive information like passwords or credit card numbers.
- Emergency scams: Also known as the "grandparent scam," this involves a caller who pretends to be a loved one in distress and urgently needs money for an accident, bail, or medical emergency.
- Online marketplace scams: Scammers target buyers and sellers on platforms like Kijiji or Facebook Marketplace. Common tactics include overpayment schemes, requests for personal information, or selling non-existent or counterfeit items.
- Romance scams: Fraudsters build a romantic relationship online to gain your trust, then create a fabricated emergency to get you to send them money.
- Investment scams: Be wary of high-pressure opportunities and "get-rich-quick" schemes, especially those involving cryptocurrency, that promise abnormally high or consistent returns. AI-generated content is now used to make these schemes appear more convincing.
- Identity theft: This occurs when scammers steal personal information to open new accounts, apply for loans, or access government benefits.

For more information visit the Canadian Website:

Canadian Anti-Fraud Centre



CBC Marketplace did a very good segment that you can watch on Youtube called: Exposing Fraudsters.

Graduate Women International (GWI)

A Brief History:
In 1918, at the end of World War I, three women—Dean Virginia Gildersleeve (USA), Professor Caroline Spurgeon (UK), and Rose Sedgewick (UK)—envisioned a global organization uniting university women to promote friendship, understanding, and peace. This led to the founding of Graduate Women International (GWI) in 1919.

GWI now supports national federations like the Canadian Federation of University Women (CFUW).
GWI advocates for women's education, empowerment, and their essential role in peacebuilding.

CFUW Kanata, established in 1995, shares this mission locally—supporting education, women's rights, and community engagement. We foster connections, raise scholarship funds, and support organizations like Chrysalis House and the Food Cupboard. While we focus on our community, our dues also support CFUW and GWI's national and international efforts.

GWI's founding vision was global: to empower women through education and help build a more peaceful world. Our support gives voice to women without access to education, employment, or political power—especially where these opportunities are severely limited.

Through GWI's presence at the UN and on global policy committees, our contributions help make a real difference. We have a voice in Canada. It's not easy in Canada, but in other places it's impossible. Supporting GWI helps. They have a voice at the United Nations, a seat on various committees to help draft policy, and despite what President Trump says, I believe the United Nations is important.

Tricia

GWI
Graduate Women International

Would you like to to find out more about GWI?

GWI is an international network linking women graduates from all cultures, all fields of study, all professions and all generations. GWI has national affiliates in more than 62 countries, including CFUW, and individual members in more than 40 countries. To find out more, click below:

Graduate Women International

SCHOLARSHIP TRUST AWARDS

Each year, CFUW Kanata awards educational scholarships to successful graduates from local high schools in Kanata, Goulbourn, and West Carleton. This year, awards were given to nine students who will begin post-secondary studies in Fall 2025. CFUW Scholarship Committee representatives attended convocations in June to present the $1,000 awards.



AWARD RECIPIENT	SECONDARY SCHOOL	PROGRAM OF STUDY
Angela Hu	Earl of March S.S.	Commerce + Biology
Ankita Jain	All Saints H.S.	Health Science
Benie Xie	A.Y. Jackson S.S.	Psychology + Health Studies
Celina Arakji	Earl of March S.S.	Health Science
Halla Felfel	West Carleton S.S.	Biomedical Sciences
Isla Nicholson	Frederick Banting Alternative	Bachelor of Interior Design
Joey Tang	Sacred Heart Catholic H.S.	B.A. Theatre
Mayanne Chiponski	Holy Trinity Catholic H.S.	Criminology + Criminal Justice
Razan Bakr	E. S. Maurice-Lapointe	Neuroscience + Mental Health



Speaking Truth to the Power

By Theresa Peluso

I speak the truth, not so much as I would, but as much as I dare; and I dare a little more as I grow older. (Michel de Montaigne (1533-1592); French philosopher)

Keeping up-to-date on current events these days seems, for me, like an obligatory but torturous ordeal. Wars and suffering, political unrest, natural disasters, all fanned and fed by lies and disinformation. What is the truth, anyway?

In all this, it's important to centre ourselves. What are the things we are grateful for? People we love, and who love us. Good health – if we can hold onto it as we age! Shelter and food security. A well-functioning society. Parks and woodlands and wildlife, and clean air, soil and water. Especially as we get older, we appreciate these gifts even more. But they need nurturing to endure. We show our care for our loved ones by our words and actions, we spend time and effort to look after our bodies and minds, and we keep tabs on our financial transactions. But what about our society? And especially, what about nature? Because human survival is completely dependent on a healthy, well-balanced natural environment. We're aware these days, when reading the news, of how facts, including scientific data, are being denied, disparaged, and distorted by powerful individuals and corporations, who never seem to have enough power, influence, and money, and always want more. But the truth does matter, and speaking truth to power is the only way we can help to make this amazing world peaceful, safe and healthy for all of us, including future generations.

We all have that power. We are smart; we are capable; and we are wise. And what I've found is that, although I feel powerless when reading those depressing headlines, I regain some power when I can do something locally to foster connections among people, and if I can work with my elected officials to make our community more inclusive and safe, and our natural environment cleaner and more sustainable.

So how do we get involved? Working with CFUW on social and environmental issues is a great start. Connecting and working with our local organizations and municipal councillors is also important. Once we identify what issues matter most to us, we can research how they are being addressed, and connect with experts (they're usually more than happy to help). Then we can work together to communicate our concerns to the officials and organizations for help in resolving them. These grassroots actions are happening everywhere in the world – we're far from being alone. Every one of these actions adds up, giving those people who care and are prepared to show it the power to help make this world a better place. Let's all dare to claim our own power and speak the truth!

The Moment

Margaret Atwood

The moment when, after many years
of hard work and a long voyage
you stand in the centre of your room,
house, half-acre, square mile, island, country,
knowing at last how you got there,
and say, I own this,

is the same moment when the trees unloose
their soft arms from around you,
the birds take back their language,
the cliffs fissure and collapse,
the air moves back from you like a wave
and you can't breathe.

No, they whisper. You own nothing.
You were a visitor, time after time
climbing the hill, planting the flag, proclaiming.
We never belonged to you.
You never found us.
It was always the other way round.

Thank you for reading! If you have any articles or photos you would like to share in the next newsletter, please contact Cathy Smart. Special thanks to Theresa Peluso, Contributor and Copy Editor.

CFUW Kanata honours the peoples and land of the Anishinaabe Algonquin Nation. We honour all First Nations, Inuit and Métis peoples and their valuable past and present contributions to this land, known as Turtle Island.



Important Dates

Wed. Oct. 22, 7pm
Mother & Daughter Tea

Wed. Nov. 12, 12:45pm
Speaker: Mark Caron, “Habitat for Humanity, Affordable Housing Here and Abroad”

Wed. Dec. 10, 12pm
Holiday Party

Wed. Jan. 14, 7pm
Speaker: Dr. Liisa Galea, Women’s Brain Health (ZOOM)

Wed. Feb 11, 12:45pm
Speaker: Senator Bernadette Clement

Wed. March 11, 12:45pm
Live Drama Performance- The Life and Times of Emily Murphy (Nepean CFUW)
Scholarship Trust Annual Report

Wed. April 8, 12:45pm
Resolutions

Wed. May 13, 12:45pm
Annual General Meeting

July 20-24
CFUW National AGM (in Montréal)





For more info contact Cathie at info@cfuwkanata.ca or check out our website: https://cfuwkanata.ca