



cfuw fcfd
CORNWALL AND DISTRICT

DISPATCH
SUMMER 2026
Issue 25

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President **Heather Megill** and Past-President **Beth Grant** cut the cake at CFUW Cornwall and District's May 2026 AGM, wrapping up a year of celebration for CFUW Cornwall and District's 70th anniversary.

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President's Message



The last days of summer are here, and this is the time for CFUW Cornwall and District to plan for the future.

As we enter our 71st year of CFUW in SD&G we are looking at expanding our membership by attracting more members from diverse backgrounds. In addition to encouraging former friends and colleagues to join us we may wish to reach out to women who are still in the work force and who have a little more time. New Canadians should also be a group of women that we want to encourage to join us.

Many of our new Canadians have higher education and both professional and business experience from their home countries. These women are eager to integrate into Canadian society and looking for opportunities to meet with like minded women and help grown in their new communities.

We have exciting plans for activities this year and we should all try at least one thing we have not considered before. Join an activity with the Outdoors Group. Think of taking part in our new Needle Arts Group. Attend community All Candidates Meetings in our upcoming municipal elections and ask questions about environmental and political issues that are important to you.

Let us 'Put on our Thinking Caps' to expand the reach of CFUW locally, nationally and internationally.

Heather



Open House and Welcome Back

September 22, 2026

Our first meeting this year will take place on **September 22**, at St. Matthew's Church Hall, 1509 Second Street West in Cornwall. Our club will be hosting an **Open House and Welcome Back** event. Doors will open at 5:30 pm. We are inviting women who visited our booth at the Senior's Wellness Fair in June and the community to attend. Displays and information tables will be set up around the hall at the beginning for members and others who attend to learn more about our Committees and Interest Groups. There will be some games and prizes to make the evening interesting and fun. The guest speaker will be new member Patricia O'Hara who will speak about what lies in the St. Lawrence, ***Beneath the Waves***. Join us for a great evening of fun and friendship and bring along your favorite sweet or savory finger food dish to share. **RSVP date is Friday, September 18 to the Communications Team.**

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



Upcoming CFUW Cornwall & District Meeting and Event Dates

September 17, 2026

Excursion to:
**Moose Creek Landfill and
 Compost Facility**

September 22, 2026**OPEN HOUSE**

Place: St. Matthew's Church Hall
Time: 5:30 pm
Meal: Potluck Finger Foods
Speaker: Patricia O'Hara
Topic: St. Lawrence River

October 27, 2026

Place: Quinn's Inn
Time: 6:00 pm
Meal: Must be ordered in advance through your club Communication contact.
Speaker: Steve Read, President and CEO, CHEO
Topic: CHEO Foundation

November 24, 2026

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



CFUW Cornwall and District Needle Arts Group

Needle Art is open to all members of all skill levels looking to share skills in knitting, crocheting, needlepoint, embroidery, felting, fiber arts, quilting, etc. Bring your needle art to the meeting and enjoy friendship. The meetings are not classes but rather a sharing time. Bring your family heirlooms so the members can enjoy skills of days gone by.

You must be a member in good standing of CFUW Cornwall and District to join this group. However, we always welcome guests.

Our meetings will be held in members' homes with a light snack provided.

Dates and times to be announced.

Lorraine Sharron and Valerie Johnson

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!



HEATHER MEGILL, 2026-28 President, Co-Chair Programme Committee 2025-26

Heather is a woman of many talents whose diverse experiences reflect a lifelong commitment to learning, service, and community involvement.

Born in British Columbia and raised in St. John's, Newfoundland, Heather developed an early appreciation for history and education. She earned a Bachelor of Arts in Military History from Memorial University of Newfoundland and later completed a Master of Science in Teaching at SUNY Potsdam.

For 19 years, Heather served as an officer in the Canadian Armed Forces Reserve, including with the SD&G Highlanders. While raising her two children, Bruce and Rose, with her husband Jim in Cornwall, she commuted regularly to Potsdam, New York, to complete her master's degree—a testament to her determination and dedication.

Education has always been one of Heather's passions. She has spent many years teaching English as a Second Language (ESL) and currently teaches through Tri-County Literacy. Her enthusiasm for helping others learn is evident whenever she speaks about her students and their achievements.

Heather has also demonstrated a strong commitment to public service throughout her life. She first ran for Cornwall City Council in the 1990s and later served as the Liberal candidate for Stormont–Dundas–South Glengarry in the 2018 provincial election and the 2019 federal election.

A dedicated volunteer and community leader, Heather has contributed her time and expertise to numerous organizations. In her professional life, she served as Vice-President of the Elementary Teachers' Federation in Eastern Ontario and held leadership roles in several labour organizations. Her community involvement has included service with the City of Cornwall's Recreation Advisory Committee, Community Living, the 1993 Ontario Winter Games, the Rotary Club of Cornwall, and the Kinette Club. Today, she continues her commitment to community service as Vice-President of the SDG Historical Society, a member of the Cornwall and District Labour Council and, of course, as President of CFUW Cornwall & District.

When she's not volunteering, teaching, or supporting community initiatives, Heather enjoys baking, sewing, and gardening. *(as told to Jackie Fraser)*

Save the Date!!!

This year's **CFUW Holiday Auction** finale will be held on **November 24th**. It's never too early to start thinking about what you'd like to donate.

*Do you like to **bake**? How about contributing some special Christmas cookies?*

*Do you like to **entertain**? How about designing an enjoyable afternoon event?*

*Do you like to **shop**? How about offering a gift certificate to a Cornwall business?*

*Do you like to **drive**? Why not offer your transportation services?*

We know that our members are a creative group. Let's see what we can come up with.

Your donations for the Holiday Auction can be submitted starting October 21st.



The happy winner of our CFUW raffle basket.



*Our CFUW Booth at the Aging Well Seniors Fair on June 24th at the Benson Centre. Over 285 people visited our CFUW Booth and 85 signed up for more information. See more pics on page 5. A huge thank-you to **Val Johnson** and **Jo Sheppard** for coordinating this project and to all the club members who volunteered at our table during the event.*

Delivering Lawn Signs to our 2026 Scholarship Recipients – so many happy faces!



Madison Beck, Tagwi SS, with Ruth Pollock



Isabella Dragone-Bayne, Glengarry District H.S.



Phoebe O'Connell, Char-Lan District H.S.

Kalli Hicks, North Dundas H.S. (No photo available)



Khadeejah Syed, TR Leger (No photo available)



Amina Al-Agez, CCVS with Maryl Roy



Charlotte Bruyere, St. Lawrence Secondary School



Thaksika Thambithurai, St. Joseph's Secondary School



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



Maude McCarthy, École secondaire catholique Le Relais with Lorraine Sharron and Jo Sheppard.



Maya Arblaster, Holy Trinity Catholic



Imane Sayed, École Secondaire Publique l'Heritage.



Elodie Tessier, École secondaire catholique La Citadelle

May 2026 Cornwall and District AGM



Book of Honour

The 2026 recipient of the CFUW Book of Honour award is **Sheila Casgrain**. A member of our club for over 25 years, Sheila is gracious, kind, friendly, caring, loving, sincere, compassionate, insightful, organized and intelligent. Her smile is genuine and, although she is soft-spoken, the conviction of her words touches the hearts of those around her.

As chair of the Scholarship Committee for 17 years, Sheila has guided the members of the committee through a transformation, increasing the number of scholarships awarded and including all SDG schools each year. Special awards, such as the Verna Levere scholarship, offering scholarships to St. Matthew's and TR Leger graduates and including a one-time St. Lawrence College award, were all initiated under her guidance.

She had the idea of inviting scholarship recipients to our annual meeting and dinner in May, giving our members the opportunity to meet the young recipients. Sheila's many years being head of the scholarship committee demonstrate the passion she has for providing assistance to many young women in furthering their education.



Carol Esdale was honored as Outgoing Communications Chair.



Lorraine Sharron was honored as Outgoing Membership Chair.



Beth Grant was honored as Outgoing President.



AGM Speaker SARAH GOOD

During our May AGM, members capped off our 70th anniversary celebrations with an encouraging presentation by local city councillor, previous federal Liberal candidate, and mayoral candidate Sarah Good. Sarah spoke about the ups and downs of her life in general, and that her life has definitely not followed a linear path. She said that for her, even the darkest times have led her into light. Her philosophy is to incorporate joy into all aspects of her daily life, both with her family and her surrounding community. She emphasized that community engagement is an essential role for everyone, and particularly for us as women. Sarah's address was truly an inspiration for all CFUW members, and in particular for the eight young scholarship recipients who joined us for the evening.

Eight of the 2025 Scholarship Recipients and family members joined us for our AGM on May 26th. Sydney Stang, Kaitlyn Allen, Areesha Ameer, Jada Campbell, Lillyanne Legue, Emma Bell, Talia Crooke and Sadie Macrae were welcomed by the Scholarship Committee.



SeawayNews 

**Seaway
News, June
24, 2026**

Scholarships presented as CFUW concludes celebrations

Submitted by Josephine Sheppard

The Canadian Federation of University Women (CFUW) Cornwall and District's annual general meeting (AGM) saw approximately 60 members, 2025 CFUW Scholarship recipients and guests gather for dinner to celebrate the achievements of the club over the past year. The evening's highlights included guest speaker Sarah Good, City of Cornwall councillor, who shared some of the ups and downs of her own story emphasizing that her philosophy is to incorporate joy into all aspects of her daily

life, with both her family and her surrounding community. She emphasized that community engagement is an essential role for everyone, and particularly for women.

The AGM marked the conclusion of a year long celebration of the club's 70th anniversary. Jennifer Adams and Lois Scammel, co-chairs for the celebration, gave a final presentation featuring the milestones, contributions of the club to local charities, life-long learning and fellowship opportunities that members have enjoyed through the years. Other 70th

anniversary events throughout the year included a Gala Luncheon in September, with guest speaker Senator Bernadette Clement; planting of a commemorative Acolade Elm tree in Lamoureux Park; monthly presentations on the history of CFUW Cornwall and District; and a special donation to Hospice Cornwall. Every year, CFUW Cornwall and District awards scholarships to several deserving high school graduates who plan to continue their education. Since its inception 70 years ago, the club has presented a total of \$173,000. This year 14 scholarships of \$1,000 each will be awarded to young women graduating from high schools in Stormont, Dundas and Glengarry.

Three club members were recognized for their long-term commitment to CFUW Cornwall and District. Sheila Casgrain was entered into the club's Book of Honour for dedication and support of CFUW, especially her leadership of the Scholarship Committee and contributions to the Executive Committee. Carol Esdale and Lorraine Sharron were presented flowers and recognized for their dedicated leadership of the Communications and Membership Committee, respectively, and the important impact their involvement has had club success.

The new club executive consists of Heather Megill (President), Beth Grant (Past President), Sheila Casgrain (Scholarship Chair, Jennifer



Heather Megill (new President) and Beth Grant (Past President) cutting the 70th Anniversary cake. Submitted Photo

Adams (Advocacy Chair), Elaine Kennedy (Recording Secretary and Resolutions Chair), Josephine Sheppard (Programme Chair and Media Liaison), Valerie Johnson (Membership Chair), Jackie Fraser (Internal Communications Chair), Barbara Summers (Archivist), and Betty Eadie (Treasurer). The cutting of the Anniversary Cake by incoming President, Heather Megill and outgoing President, Beth Grant concluded 70th anniversary celebrations. To learn more about CFUW visit www.cfuwcornwall.com



CFUW scholarship recipients - (L-R) Sydney Stang (St. Joseph's), Kaitlyn Allen (Holy Trinity), Areesha Ameer (CCVS), Jada Campbell (Glengarry DHS), Lillyanne Legue (La Citadelle), Emma Bell (North Dundas DHS), Talia Crooke (Tagwi), and Sadie Macrae (Char-Lan DHS). Submitted Photo

70th Anniversary Reflections

2000 – 2025

Our past 25 years!



A huge thank you to **Jennifer Adams** and **Lois Scammell** for coordinating an amazing year of events and celebrations for CFUW Cornwall and District's 70th anniversary.



- 2000 – First Wine and Cheese for International Women's Day
- 2002 – CFUW Cornwall & District Book Club begins with 10 members (over 20 now)
- 2005 – CFUW Cornwall & District celebrates 50 years!
- 2012-13 Alyssa Blais and Anneke Fischer-Faye produce "Hyper Sexualization" Countering Exploitive Child Images", a resolution passed at the National AGM in Saskatoon.
- 2020 – We flourish during the Covid Pandemic by initiating online Zoom meetings and the Outdoors Walking Group, phoning our CFUW sisters and launching our newsletter – the Dispatch.
- Many Advocacy efforts are initiated including supporting Baldwin House, Feminine Hygiene Product Drives, donations to numerous community charities.
- Our meetings explore many fascinating topics delivered by diverse and interesting speakers.





Jo and Patricia Patton from BC, 2026-2028 President of Graduate Women International (GWI).

2026 CFUW National AGM Report

The 2026 CFUW National Annual General Meeting (AGM) and conference was held in Montreal from July 22 to July 24th. The 4-day event was jam packed with business sessions, networking opportunities, workshops and much more. Elections were held and resolutions passed. During these four days, sharing and collaborating with members from 80 clubs across Canada (of 88 in total), I learned much and was inspired by the presenters and speakers. I was enormously proud to be the voting delegate representing CFUW Cornwall and District. I truly enjoyed the experience of meeting and sharing stories with so many wonderful women from across Canada who truly demonstrate the power of women working together. For more information about the conference or to view a gallery of pictures from this event, please check out these links. Photos - [here](#); Vote/Elections - [here](#); Annual Reports - [here](#). More reports from the AGM will be out soon. Please let me know if you would like more information or to talk about the AGM.

Jo Sheppard

2026 CFUW Ontario Council AGM Report

Members Valerie Johnson and Rosemary Wells attended the CFUW Ontario Council AGM on May 22-23rd in Peterborough. They met outstanding, dedicated, determined women from across Ontario. Senator Donna Dasko gave the keynote address. Pam Hart spoke about a group of First Peoples and Settlers who meet monthly. They have created a quilt of 24 blocks, each one expressing an individual's response to the Indian Residential School stories.

Valerie Johnson



Valerie and Linda Sestock with CFUW bracelets made by CFUW Cornwall and District.



Holding caring hands with CFUW Friendship bracelets created by CFUW Cornwall and District. \$130 has been donated to the CFUW Charity Trust by the sale of bracelets.



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: <https://cfuwontcouncil.org/oc-news/> and then press **Sign Up Today** for the link to subscribe to the newsletter.

CLUB BITS & PIECES



Club members at the Grand Opening of the Cornwall Youth Space on May 30th. CFUW Cornwall & District's donation helped to fund the permanent chess board in the first picture.



Period Promise

Members of CFUW Cornwall & District Advocacy team helped "Stuff the Funbulance" on May 31st with donations of period products from our generous members.

Many thanks to Olivia, Melanie, Marie-Noelle from the United Way, SDG for their efforts.



Annual CFUW Fee for 2026-2027

The club fee for 2026-2027 is \$115.00. If you have not yet paid your fees for the 2026-2027 club year, please send your fees in the form of a cheque made out to:

"CFUW-Cornwall & District" and mail to our treasurer Betty Eadie.



Twelve Gals at the Dump

(title courtesy of Lorraine Sharron)



On June 5th twelve of our members spent a fascinating morning at the Moose Creek Landfill and Compost facility, part of the larger organization **GFL (Green for Life)**. The facility receives 755,000 tonnes of landfill waste per year, and 240,000 tonnes of organic waste for composting every year and is continually expanding. Many environmental controls are in place and added to as needed to ensure the facility operates in accordance with environmental approvals as it processes, stores and/or transforms the waste.



Our wonderful host and guide Greg Van Loenen provided oodles of information about the site. He talked about “listening to the problem” as the approach made by the GFL engineers and scientists who strive to lead in the development of creative environmentally friendly innovations that maximize the benefits of the solid waste products that they receive, in addition to minimizing the burden that they pose.

Greg explained that because of the ready availability of clay found naturally in the area, their landfill site preparation begins with removing the topsoil to create non-porous clay “basins” as the base of their landfill hills or cells. This preparation prevents any water that contacts the garbage, called “leachate” (or as Greg referred to as

“garbage juice”), from escaping into the soil below and contaminating the surrounding area.

The leachate requires treatment, and so it is collected and processed to reach a high standard of purity to meet imposed environmental standards. Finally, the purified water is released into Moose Creek itself. Most landfills haul their leachate to other sites for treatment, but Moose Creek opted to fully treat their leachate onsite, removing the need for thousands of trucks to transport the liquid waste to another facility.



In addition to producing leachate, the natural anaerobic decomposition of landfill products produces a large quantity of methane gas, a product much more harmful to our environment than CO₂. **GFL** has a system of collecting this gas and directing it to the onsite “Landfill Gas To Energy” facility, where it fuels electrical turbines that generate electricity to provide power to approximately 4,000 homes.

All excess gas is burned via flare stacks, producing less harmful CO₂ and water as byproducts. Although not a perfect solution, it is better than the alternative of releasing methane directly into the atmosphere. **GFL** continues to explore options for more beneficial re-use of excess methane collected from the landfill.



Organic waste items are collected and sorted, and approximately 80-90% of the products that are received are composted over a period of approximately one month. The compost includes household organics, yard waste, and wood chips. Greg showed us some of the resultant product, which looks like very rich black soil that any of us would be pleased to use in our own gardens. The facility sells some of this compost to be used in Triple Mix garden products, as well as using it at the facility itself. When the landfill cells are full, a non-porous cover is placed over the landfill and then covered with this rich compost mix and grass.

Throughout the visit Greg mentioned quite a few nature-friendly strategies used at the site, resulting from some very creative thinking. One example of this is the planting of very thirsty and fast-growing willow trees into the bottom of a holding pond where excess treated water can be retained and evapotranspired. This approach allows for additional onsite capacity for water treatment and carbon sequestration from the atmosphere. As well, Greg showed us a sizable solar collector that serves to heat the floors in the GFL office.

As usual, CFUW members are a hungry lot, and we capped off the visit with lunch at Katarina's Corner Kitchen in Monkland. Yum.

Greg Van Loenen has agreed to provide another opportunity for an additional 12 members of our club to visit this interesting facility in September.

Many thanks to Greg who provided additional facts for this article.



EXCURSION GROUP



On September 4th, nine of our members enjoyed a fascinating tour of The Glengarry, Nor'Westers and Loyalist Museum, followed by a delicious lunch at Café Butte & Bine.



UPCOMING EXCURSION

September 17 – Repeat visit to the **MOOSE CREEK LANDFILL and COMPOST FACILITY.**



10 intrepid CFUW club members braved a hot summer day in June to visit Serendipity Boutique to donate and bolster our wardrobes. We then enjoyed a delicious lunch and great fellowship at Boston Pizza.

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.

GOURMET GROUP



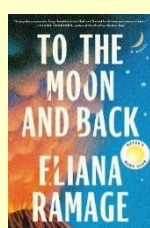
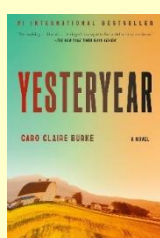
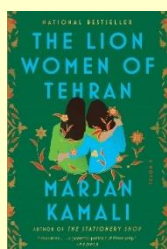
The Gourmet Group meets four times a year – in September for an appetizer evening followed by three themed evenings throughout the year.

If you are interested in discovering more about the Gourmet group, please contact Linda Oathwaite.



BOOK CLUB

National Book Lovers Day was August 9th



CFUW Book Club schedule for the next three months:

- September 11th, 11:30, **The Lion Women of Tehran** by Marjan Kamali, discussion leader Susan Kail
- October 9th, 11:30, **Yesteryear** by Caro Claire Burke, discussion leader Ruth Pollock.
- November 13th, 11:30, **To the Moon and Back** by Eliana Ramage, discussion leader Lois Scammell
- December 11th, 11:30, **Fly the Raven Sky** by Phil Brown, discussion leader Val Johnson.

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