



CFUW NEPEAN NEWS BYTES

VOL. 21, NO. 3 NOVEMBER 2020

MARK YOUR CALENDAR:

GENERAL MEETINGS on ZOOM

November 3 - 1 PM

Basic income in the Canadian context: for youth and gender equity - presented by **Chloe Halpenny** and **Kendal David** of Basic Income Network Canada and founding members and Co-Chairs of the Basic Income Canada Youth Network

December 1 - 1 PM Holiday

Celebration. Wearing holiday hats and outfits we'll play Trivial Pursuit run by Julia Riddick from Amica Westboro Park Retirement Home.

January 12 1PM The Elizabeth Fry

Society will discuss factors that contribute to the criminalization of women and should incarceration of women be abolished.

February 2 1 PM Dianne Brydon of the British Isles Family History Society will tell us about Maud Lampman, the first woman appointed to work on Parliament Hill.

THE PRESIDENT'S MESSAGE:

Dear friends

I hope that you all enjoyed a Covid-19 Thanksgiving with, no doubt, fewer than the usual family members gathered around the table for turkey and fixings. At my home, there were just the two of us for the meal so there were lots of leftovers which made meal planning fairly simple for a few days.

Covid-19 has certainly resulted in many challenges this year and has highlighted vulnerabilities especially for people living in long term care facilities and for those working in the gig economy where employment is precarious and benefits are non-existent. Our Advocacy group has written to local MPPs demanding action to address the problems in long term care facilities that have become so evident given the major outbreaks and resultant deaths in these homes. At our November general meeting, we will be hearing from two women who are part of Basic Income Canada's Youth Network and who will be

ZOOM - COFFEE CHATS

FRIDAY mornings at 10:30

Zoom sign-up on Thursdays Everyone is invited to enjoy coffee together.

October 23 Host Marilyn Letts

We all have a collection of something that we don't want to part with, at least not yet. Tell us about your collection - whether it was collected by chance or by design.

October 30 Host Joan Conrod

Join in for Halloween fun and wear a costume. - Enjoy your own Halloween treats with coffee.

November 6, Host Marcia Armstrong.

Take a picture of your favourite local scene in Ottawa and Nepean. Send to Marcia and she will put together a slide show with your pictures ...she needs them by **November 4**. It's a great opportunity to show off what we have here and for you to get outside and take some pictures. During our coffee time us about hidden gems right here inside our city.

MONTHLY EVENING on a Wednesday

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October 21 - 7 PM STORYTELLING

Storyteller **Ruth Stewart Verger** will entertain us with a story and tell us about **the Children's Storytelling Festival** in November.

November 25 - 7 pm –

New club member **Beth Junkins** will tell us about the **Life and Times of Senator Murray Sinclair**. - a driving force for healing and change our relationship with Indigenous Canadians.

January 20 - 7 pm –Five Key Strategies for Supporting Women's Health through Lifestyle and Nutrition by **Virginia Spencer**

February 17 - 7 pm – Home Care 101 by Gaye Moffett, owner of GEM Home Care

speaking from a youth perspective on the idea of a guaranteed basic income. I know some of you have questions about this concept so have them ready to ask our speakers.

To help to keep us connected when we are unable to meet in person, we have started a **Friday morning chat group**. We meet via Zoom for coffee at 10:30 (bring your own coffee!) and have interesting conversations on a variety of topics. Each member of the Executive will host these gatherings on a rotating basis. Think about joining - the Zoom invitation is sent out by Susan Russell to all club members every Thursday. I've heard a rumour that the chat prior to Hallowe'en will require a costume – at least from the waist up!

Another Bonus Bit this year, will be several Wednesday evening presentations at 7 pm on a variety of subjects. Check the special box in this newsletter for more information.

Thank you to all those who have donated \$30 to the Club Scholarship Trust in honour of our 30th anniversary. For those of you who still plan to do this, it can be done very easily by sending a cheque to Judy Glass, Scholarship Treasurer, or by making a donation directly online using Canada Helps at www.canadahelps.org. Since no fundraisers can be held due to Covid-19 public health restrictions, the Executive voted to make a club donation to the Trust fund in honour of each speaker at a general meeting throughout the year. We all want to make sure the Trust can continue its support of scholarships at Algonquin College (STEM and PSW programs) and for a resident of Cornerstone to continue her education.

Thank you to everyone for making our Club work.... Virtually!!!

Cheers Marcia

INTEREST GROUPS

BRIDGE GROUP continues via the internet every Monday afternoon. Interested? contact **Dolores Dufresne**.

ARMCHAIR TRAVEL continues on ZOOM on the third Tuesday of the month 1:PM. Contact **Betty Ann Grainger** to join the group.



October 20 Cindy Hyduk -a recent excursion to **Cuba**

November 17 Marcia Armstrong

Her recent trip to **Battlefields of WWI and WWI**

December 15, Betty Ann Grainger on **Copenhagen**

BOOK CLUB continues their monthly meetings via zoom on the 4th Tuesday of the month.. Any member of the club may join these ZOOM book meetings if they are interested in and/or have read the books. Contact **Valerie Barton** to join

CFUW Nepean booklist: with presenters

October 27-	Island of Sea Women	Lisa See	Sharon Carew
November 24 -	Machines Like Me	McEwan	Marlene Sylvester
December -	no meeting,		
January 26 -	Warlight	Ondaatje	Laureen Silke
February 23 -	Where the Crawdads Sing	D Owens	Rosina Popp
March 23-	Oil and Marble	S Storey	MaryAnne Rainer
April 27-	American Dirt	J Cummins	-
May 25 -	Once We Were Brothers	R Balson	-

Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.
— Charles Elliot

The Australian Outback -ZOOM speaker. **University Women's Club of Toronto** invites all Ontario CFUW members to register for Zoom talks by emailing info@uwctoronto.ca. On **November 16 4:00 - 5:00 PM - Lunacy : Life Begins at The End of Your Comfort Zone. Ian Evans**, adventurer and inspirational speaker will share lessons he learned in extreme and challenging environments from the South Pole to the Australian Outback.

CFUW Kanata invites members to join their **November 10th** zoom meeting to hear **Prof Jason Hannan's** presentation **Communication in the Post-Truth World - Trolling Ourselves to Death** just after the US Election Day. The talk will shed light on different conceptions of truth on social media and how we deal with these issues. To read about the speaker Click [Prof Hannan](#). To attend, email before the 10th and for a link to Zoom cfuwkanata.president@gmail.com

The October presentation - Gun Control in Canada

CFUW Nepean invited members from clubs across Canada to join us by Zoom for our October 6th presentation by Dr Wendy Cukier co-founder of the Coalition for Gun Control.

Thirty years ago, in 1991, semi-automatic guns, handguns, air guns, hunting rifles, were regulated but the changes were never fully implemented and the pendulum has swung back. Two shocking statistics: Canada has the 4th highest rate of gun deaths among OECD countries. Canada is one of the few developed countries to loosen its gun laws in the past decade.

The EU has stricter standards - it has banned assault rifles. The United Kingdom banned hand guns and in 2019 there were fewer than 30 murders involving guns in spite of political unrest, racism, drugs, gangs and poverty.

In Canada handguns account for 58% of homicides. Every day in Ontario a child or youth is injured by gun violence. Childhood gun injuries are a serious problem at Sick Children's Hospital.

Currently, with increased stress from the pandemic, the domestic violence and suicide rates have risen. In the past 6 months the border has been closed yet gun violence has increased. Smuggling guns across the border is only part of the problem. The current move to allow cities to ban will not really affect gun violence. Gun licensing needs to be far more stringent to be effective.

After the Harper government repealed the gun registry in 2012 the number of guns sold increased - there are over 1,000,000 handguns and 6,000,000 rifles and shotguns in Canada today. The Gun Lobby remains strong even though 70% of the public supports increased controls. Gun owners make up only 6% of the population.

It is time to contact our MPS and MPPS and tell them that they need to take action now to end growing gun violence. We need to call on them to make Canada safer.



Community Outreach

Thanks to our members who have sent cheques for the purchase of toiletries for **Interval House**. New pj's for Moms and kids and reusable masks are also requested. **Cornerstone** needs new hats, mitts, scarves, socks and \$10 gift cards to Tim Hortons, Giant Tiger and Presidents Choice. Items may be dropped off at my home. Your generosity is most appreciated.

Betty Ann Grainger

CFUW Nepean Scholarship Trust Fund

Marlene Sylvester

The Fall Scholarship Trust Luncheon and Silent Action is always a welcome social event with a variety of chilis and salads, and of course, Betty's decadent desserts; interesting speakers; and, in some lucky cases, a take home treasure from the silent auction. It not only brought together a group of like-minded women, but also a pathway to secure funds for girls and women to continue their education. The COVID-19 pandemic may have prohibited both luncheons, but not our commitments.

In 2020, CFUW Nepean raised \$3,565 in donations to the Scholarship Fund. The club donated a one-time donation of \$1,000. In lieu of the cancellations of the two luncheons, members and guests donated \$605, and the Bridge Club donated \$171. In light of our 30th anniversary, members again stepped up and donated \$1,687 to the Fund.

On behalf of the Scholarship Committee, I would like to thank all members and friends who have been so generous and supportive during this unprecedented time. Donations can easily continue through [Canadahelps.org](https://www.canadahelps.org) or by forwarding a cheque/cash to Judy Glass.

I would like to commend Judy Glass - our treasurer - for all the financial work she has done. This includes multiple meetings with bank officials, preparing tax returns, maintaining banking records, and attending classes to ensure we comply with all government rules and regulations. On behalf of all of us, thank you, Judy, for taking on this important work for our organization and community.

Although we cannot be sure what the future will bring, we are resilient and strong in our commitment to the Scholarship Trust Fund and furthering education for women and girls in our community.

Thank you, again. I look forward to continuing to work with all of you over the next year.

Correction to October News Bytes: Ruth Bell was president of Nepean CFUW not Claire Heggveit.

Please review CFUW Nepean's new LinkedIn page at <https://www.linkedin.com/company/cfuwnepean/>

Facebook page at <https://www.facebook.com/CFUW.Nepean/>.

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