



CFUW NEPEAN NEWS BYTES

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PRESIDENT'S LETTER

MARK YOUR CALENDER:

GENERAL MEETINGS on ZOOM

December 1st 1 PM A Festive Fun Event

Add to the fun by wearing holiday hat, colourful ear rings etc. Play a **Trivial Pursuit Game** led by **Julia Riddick** of Amica Westboro Park Retirement Home.

2021

Jan. 12th, 1PM

The Elizabeth Fry Society will discuss factors that contribute to the criminalization of women and should incarceration of women be abolished. And Representatives from **Algonquin College and Cornerstone** will give members an update on their respective women's programs

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

March 3rd 1 PM Resolutions voting
Diane Dodd, author of ***Our 100 Years: The Canadian Federation of University Women***, will discuss the celebration of 100 years of CFUW's advocacy, achievements and influence.

Dear friends,

As I write this message, it is trying to snow, rather unsuccessfully, at the moment but we all know that the year is winding down. We have turned back the clocks, got our flu shot, marked Remembrance Day, put the snow tires on the car, and pulled out the winter coat and boots. Maybe even some outdoor decorations got put up during the unseasonably warm temperatures experienced earlier this month. We are preparing for the winter. Let us hope that with the spring will come a light at the end of the COVID tunnel when we will be able to enjoy our learning and fellowship in person once again.

From a Club perspective, I want to thank you all for renewing your membership under these unusual circumstances and to welcome three new members to the Club this year



WEDNESDAY EVENING SPEAKER SERIES

Nov. 25 7 pm – Learn about the life and times of **Senator Murray Sinclair** given by **Beth Junkins**

Jan. 20 7 pm – **Five Key Strategies for Supporting Women’s Health** through Lifestyle and Nutrition by **Virginia Spencer**

Feb. 17 7 pm – **Home Care 101** by **Gaye Moffett**, owner of GEM Home Care

BONUS BITS

FRIDAY mornings at 10:30
Coffee with friends on ZOOM - the pandemic version of face-to-face! Chat, laugh and share with friends. Link will be sent to all members on Thursdays.

INTEREST GROUPS

Book Club via zoom on the 4th Tuesday of the month. Contact **Valerie Barton** to join.

Upcoming books we will discuss::

Nov. 24 - *Machines Like Me*/McEwan, lead by Marlene Sylvester

Jan. 26 - *Warlight*/Ondaatje

Feb 23 - *Where the Crawdads Sing*/D Owens

Bridge Group continues via the internet every Monday afternoon. To join, contact **Dolores Dufresne**.

Armchair Travel continues on ZOOM at 1 PM on the third Tuesday of the month. How about sharing your pictures from a much-loved trip and tell about exciting places you’ve travelled.? Openings on **February 16, March 16 & April 20**. To share your travels or join, contact **Betty Ann Grainger**

Ideas for other groups? Think creatively and contact **Mary Ann Rainer**.

The Friday morning coffee chat at 10:30 is making it possible to get to know each other in more ways than our ‘in person’ gatherings ever did. If you haven’t zoomed in to that group, join in on Friday. Bridge, book club, and armchair travel groups are meeting very successfully virtually. The speakers at our general meetings have been excellent and have motivated our advocacy team to send off letters to the appropriate decision makers supporting gun control and demanding improvements in long-term care facilities. I think we are meeting the COVID19 challenge with flying colours!

I want to remind you about the 30th anniversary initiative of donating \$30 to the Scholarship Trust in lieu of attending the two fundraisers which the Trust usually organizes to raise funds for our scholarships. You can send a cheque to Judy Glass, made out to CFUW Nepean Scholarship Trust, or you can donate directly at www.CanadaHelps.org and search for CFUW/Nepean Scholarship Trust. It is important that we continue to help the students in programs that we support at Algonquin College.

I hope you can all attend our general meeting on December 1. It will be an afternoon of Trivia! Wear a Christmas hat, put on that ugly Christmas sweater, pour yourself a glass of something appropriate and zoom in for some fun to launch the month of festivities (in a normal year!).

Best wishes to you all for a happy and safe holiday season. Raise a glass on New Year’s Eve for a better year ahead in 2021.

Marcia



Councillor Laura Dudas’
Festive Winter Forum
December 2, 2020, 6 pm to 8 pm
Online via Zoom

Get tips, advice, and event details on the upcoming holiday season provided special guests from Ottawa Public Health, local event organizers, and winter recreation groups.

The forum will include an open Q&A for attendees to ask questions on how to keep winter activities COVID-WISE as well as learn more about the holiday and winter events happening in our community.

RSVP to Laura.Dudas@Ottawa.ca

Laura Dudas
Councillor/Conseiller
Quartier Centre-Ouest

November Speakers: Chloe Halpenny & Kendal David
Basic Income Youth Network

Basic Income - A Youth and Gender Perspective : 4 Key characteristics

- 1 Cash-based** compared to non-cash programs like food stamps or housing.
- 2 Provided on an individual Basis** compared to family or child benefits
- 3 Universally accessible** compared to targeted programs (e.g., benefits for older adults or children)
- 4 Unconditional** compared to traditional programs requiring “proof” of certain behaviours or characteristics.

The evidence:

- * **Negligible effect on employment** - At most, modest reduction in hours, with self-reported increases in entrepreneurship.
- ↓ **Crime rates** - particularly poverty-related crimes (e.g., theft)
- ↑ **Educational attainment** Increased school enrollment, attendance, and high school graduation rates
- ↑ **Health outcomes** Improved mental health and decline in doctor visits, hospitalizations, addiction and self-reported stress.
- ↑ **Levels of trust** Towards both individuals and institutions
- * **Community-level impacts** Stimulating local economies and fostering social connection.
- * **Money spent** on clothes, food, and bills

Webinar sponsored by the United Way Perth-Huron on Nov 4th.

Basic Income WHY?

Report by Marlene Sylvester

Due to the pandemic there seems to be a renewed discussion about an unconditional Guaranteed Basic Income in Canada. Scholars/ politicians are looking at the Mincome experiment in the 70s in Manitoba where 30% of the population received a minimal income.(\$2,000)The results indicated that hospitalizations were down, accidents and injuries decreased: Increase in graduations: decrease in crime: reduced reports in domestic violence: decline in mental health cases.

Funding for Basic Income (also called Guaranteed Liveable Wage) focuses on wealth and inheritance tax; higher corporate tax: huge digital companies (Facebook, Apple, Google) tax etc. and the political will to reduce poverty.

Statistics indicate that 5,000,000 (1 in 7 Canadians) live in poverty (1 in 3 children).

CFUW National addressed this issue in 2013 and CFUW Nepean’s advocacy is based on this policy.

The Panel: These three panelists shared differing perspectives on Basic Income

Ron Hikel: was the executive director of the original Mincome project in Dauphin, Manitoba, from 1974 to 1978 and he’s been advocating for a universal basic income (BI). He has taught political science at Canadian and American universities, was a Deputy Minister of Health.

Dr. Tracy Smith-Carrier: is an Associate Professor and the graduate program coordinator in the School of Social Work at King’s University College at Western University, and chair of Basic Income London Ontario. Children are socialized at a young age to believe that giving to charity is a venerable, altruistic practice.

Senator Kim Pate: is a nationally renowned advocate who was the Executive Director of the Canadian Association of the Elizabeth Fry Society supporting some of the most marginalized, victimized, criminalized and institutionalized. April 2020, Senators Kim Pate and Frances Lankin spearheaded an open Letter from 50 Senators to the Prime Minister on a nation-wide guaranteed livable income program.

Women and the Arts During COVID -

Marlene Sylvester

A Webinar sponsored by CFUW National.

Senator Patricia Bovey and Stratford Festival Executive Director Anita Gaffney discussed the devastating effects of COVID on artists /musicians/dancers. Senator Bovey stated that pre -COVID the majority of Canadians working below the poverty line were artists and the largest proportion was women. Sadly, the arts may be the last sector to recover from the pandemic. Senator Bovey plans to introduce an Arts and Culture Bill of Rights in the Senate in order to protect artists on internet platforms and copyright laws.

Anita Gaffney indicated when the Stratford Festival closed in March they lost \$20,000,000 in revenue and had to put a \$6,000,000 mortgage on the beautiful new Tom Patterson Theatre; cut overhead expenses, and negotiate rent relief. This will have an impact for the next five to ten years. Normally Stratford would have 500,000 patrons and have 1,000 employees. She believes that some artists will seek new careers and we will lose great talents and mentors to the next generation. However, the innovation and creativity such as a Film Festival with a panel discussion; expanding digital capability; outreach to educators have been extraordinary. Performances will be in two tents in the 2021 season and if that is safe will move to the main theatres.

Scholarship Trust Committee

Marlene Sylvester

The Scholarship Committee will meet in the new year and discuss various options to continue the donations. Our future is unknown but hopefully a vaccine will be available and we will have a **Spring Scholarship Trust Luncheon** in May or perhaps June.

Our scholarship funds at workA thank you note from a 2020 recipient.

Thank you very much for the funds that I have received towards my education. With this help, I will be able to return to Algonquin College in my last year of the Practical Nursing program. These funds have relieved so much pressure for me and now I don't have to worry about finances this semester.

My journey with post-secondary education started out rocky and at one point I needed to re-evaluate my plans. This led me to Algonquin College where they accepted me into Nursing. I am so grateful that I chose Algonquin College because of the helpful and guiding support systems that they have for students.

Again, thank you so much.

Jessica Roberts Level 3 PN student

Advocacy Committee Report

Joan Conrod

The following Resolution Intent was developed by the CFUW Nepean Advocacy Committee and submitted on behalf of CFUW Nepean to the CFUW (National) Resolutions Committee as a Resolution Intent. The final Resolution will be voted on at the CFUW (National) 2021 AGM.

Next steps: after approval of this draft Intent by CFUW Nepean members, the Committee will continue to work to improve the wording of the resolution and to draft background material before it is sent out to all CFUW Clubs for discussion in February 2021.

Please read this draft resolution (the intent), send suggestions to the advocacy chair and be ready to vote on the intent draft in January.

All national CFUW Resolutions will be discussed and voted on in the March meeting.

Draft Resolution about Single Use Plastics and discarded plastic waste

Resolved, That the Canadian Federation of University Women urges the Government of Canada, and the Provincial, Territorial and Municipal Governments to expedite its ban on single use plastics and to expand its ban to include all solid non-recyclable plastics.

Resolved, That the Canadian Federation of University Women (CFUW) urges the Government of Canada, and the Provincial and Territorial and Municipal Governments to fully fund and promote programs to educate the public about the dangers caused to habitat, the environment (including fisheries and oceans) and human health by discarded plastic waste.

Resolved, That the Canadian Federation of University Women urges the Government of Canada and the Provincial, Territorial and Municipal Governments to use incentives including start-up funding to create alternative uses for discarded plastics.

Resolved, That the Canadian Federation of University Women urges the Government of Canada and the Provincial Territorial and Municipal Governments to provide incentives to create biodegradable alternatives to single use plastic packaging.

As well researching, drafting and submitting this resolution (intent) on single use plastics the committee sent advocacy letters to the appropriate elected officials :

Gun Control to federal, provincial , elected officials

Long Term Care to Provincial and Municipal elected officials

A letter was written to Premier Ford positively acknowledging recent provincial funding to support victims and survivors of human trafficking.

We shared the Gun Control letters with Ontario East Clubs and Ontario Council Advocacy. And they were a template for their use.

Climate Change and Basic Income and LongTerm Care continue to be a concern and we are researching Premier Ford's omnibus bill that includes a proposal for expanding provincial powers for municipal zoning (MZO's), thus limiting the rights of conservation authorities.

Montreal École Polytechnique massacre Susan Russell
December 6th - a solemn anniversary remembering violence against women

The **École Polytechnique massacre** was a [mass shooting](#) in [Montreal](#) at an engineering school affiliated with the [Université de Montréal](#).

Sometime after 4 p.m. on December 6, 1989, [Marc Lépine](#) arrived at the building housing the École Polytechnique, armed with a rifle and a [hunting knife](#). He separated nine women, instructing the men to leave. He stated that he was "fighting feminism" and opened fire. He shot at all nine women in the room, killing six. Lépine then moved through corridors, the cafeteria, and another classroom, targeting women for just under 20 minutes. He killed a further eight before turning the gun on himself.

The incident led to more stringent [gun control laws in Canada](#). The changes introduced in the tactical response of police to shooting were later credited with minimizing casualties during the [Dawson College shooting](#).

Lépine killed fourteen women (twelve engineering students, one nursing student, and one employee of the university) and injured fourteen others, ten women and four men.

- Geneviève Bergeron (born 1968), civil engineering student
- Hélène Colgan (born 1966), mechanical engineering student
- Nathalie Croteau (born 1966), mechanical engineering student
- Barbara Daigneault (born 1967), mechanical engineering student
- Anne-Marie Edward (born 1968), chemical engineering student
- Maud Haviernick (born 1960), materials engineering student
- Maryse Laganière (born 1964), budget clerk in the École Polytechnique's finance department
- Maryse Leclair (born 1966), materials engineering student
- Anne-Marie Lemay (born 1967), mechanical engineering student
- Sonia Pelletier (born 1961), mechanical engineering student
- Michèle Richard (born 1968), materials engineering student
- Annie St-Arneault (born 1966), mechanical engineering student
- Annie Turcotte (born 1969), materials engineering student
- Barbara Klucznik-Widajewicz (born 1958), nursing student



Mary Kathryn Mowat, A Leader in the Nepean Community

Thirty years ago, Mary Kathryn Mowat was inspired to found the CFUW Nepean club to serve the needs of the community. She was the first president of the club, and initiated the proposal to start the CFUW Nepean Scholarship Trust, which provides scholarships to deserving women students. Mary Kathryn was a Trustee of the Scholarship Trust for six years.

Always active in the community, Mary Kathryn was also a member and past president of CFUW Ottawa. She set the wheels in motion for CFUW Ottawa's Scholarship Trust, initiated the club's first professional newsletter, and chaired the club's 75th anniversary celebration in 1985. She served on the boards of the Council of Women, CFUW Chelsea, and the Nepean Symphony, and is a past president of the Ottawa branch of the Queen's Alumnae.

Mary Kathryn represented CFUW by attending the Person's Awards at Rideau Hall and other functions including International Women's Day celebrations. She also participated in several CFUW AGMs, Council meetings and conferences.

Born in Ottawa and raised in the Glebe neighbourhood, Mary Kathryn earned a general BA degree at Queen's University in Kingston, Ontario. She returned to Ottawa to pursue a varied career. As producer and interviewer for the community television program "Women in Focus", she interviewed prominent women including past CFUW Presidents Dr. Margaret Strongitharm and Dr. Laura Sabia, and author Margaret Atwood. Mary Kathryn also worked as a communications analyst at the National Research Council of Canada, and in administrative roles at the Canada Revenue Agency and the Clarion newspaper.

Mary Kathryn married a geologist and raised six children, including three step-daughters, all of whom have earned university degrees. Her family now includes six grandchildren. Her travels have taken her to Bermuda, the Caribbean, Europe, Australia, New Zealand, Fiji, South America and Antarctica, as well as Canada and the USA. She enjoys playing bridge, completing family histories, and viewing "Great Courses" DVDs.

Interview by Jennifer Robinson

From the editor: *Online exercise classes for seniors offered by Canada's National Ballet School - a pilot project that will be available through the holiday.*

To log in to your account and access the most recent class, please go to

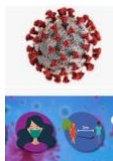
<https://learning.nbs-enb.ca/d2l/login>

and have your username and a password ready. It's not too late to join! New registrants can click [HERE](#) and use the attached step-by-step registration guide to enroll.

CFUW Nepean's social media -

Linkedin page at <https://www.linkedin.com/company/cfuwnepean/>

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



"Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next." – Arundhati Roy

CFUW Nepean: www.cfuwnepean.ca email us: CFUWNepeanNews@gmail.com

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