



CFUW NEPEAN NEWS BYTES

VOL. 21, NO. 5 February 2021

MARK YOUR CALENDER: GENERAL MEETINGS on ZOOM 2021

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.

April 6 noon Usually our Spring Luncheon fundraiser - COVID may demand changes.

Visit CFUW Nepean on social media
Linkedin page

<https://www.linkedin.com/company/cfuwnepean/>

Facebook page

<https://www.faceok.com/CFUW.Nepean/>

PRESIDENT'S LETTER

With the very different holiday season behind us and one more lockdown coming into effect as I write this message, it is easy to understand if some of us are experiencing COVID fatigue and frustration that the number of cases continues to grow. We cannot see our family and friends face-to-face in most cases. However, we are fortunate to have so many online things that we can do. I think the Club's Friday coffee chat has filled the need for social interaction for some of our members. It starts at 10:30 every Friday morning so feel free to join in.

Some of you may not be aware that a new interest group has started at 1 pm on the 4th Thursday of the month. Join **CrafterNoon** and visit with other Club members as you work on your craft, whatever it might be. Even if you don't have a craft, feel free to join in and just visit.

The Club has submitted a resolution to National with respect to banning single use plastics. I hope we will all set ourselves a personal challenge to reduce our use of plastics, in general, and more specifically those plastics which are only used once and then discarded.

I look forward to seeing you virtually either participating in an interest group or at the next general meeting. In the meantime, stay well.

Marcia

January 2021

WEDNESDAY EVENING SPEAKER SERIES

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

March 17 - 7 pm Heather Duncan, Certified Financial Planner, will be speaking on investment strategies.

Only 6 members attended the January presentation - if there is limited interest, the Wednesday evening events will be discontinued.

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:

Jan. 26 - **Warlight** - by Ondaatje Reviewed by Laureen Silke

Feb 23 - **Where the Crawdads Sing** by D Owens Reviewed by Rosina Popp

March 23 - **Oil and Water** by S Storey Reviewed by Mary Anne Rainer

BRIDGE GROUP

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

ARMCHAIR TRAVEL

1 PM on the third Tuesday of each month, ZOOM invitation send a day or so prior to the talk.

February 16, Debbie Poisson, Betty Ann's travel agent will present information about **ICELAND**.

March 16 & April 20 are open to anyone who would like to make a presentation. Please contact **Betty Ann Grainger**

NEW!!! CRAFTAFTERNOON 1PM, the 4th Thursday of the month. This new group is another opportunity for conversation and sharing via ZOOM. Work on your favourite craft while you visit with other members. Not a crafter? Join in for conversation and you might be tempted to take up a new hobby. It's a CFUW version of an online craft-show with friendly demonstrations! Fun for all. The dates are: **Jan 28, Feb 25, March 25, April 22, May 27**.

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

HOW CAN WE REDUCE PLASTIC WASTE?

“HOW TO” IDEAS

REUSABLE PRODUCE BAGS - [How to Make Easy Reusable Produce Bags | Wholefully](#)



*The Advocacy Committee members have become very aware of their personal contributions to plastic waste, after reading all the documentation for the resolution on single-use plastics.. What changes have you made to reduce, reuse, and recycle ? Any suggestions to share?
Let's be part of the solution.*

USE BAR SHAMPOO - eliminate plastic containers

[Search Results | Well.ca - Canada's online health, beauty, and skin care store Free Shipping](#)

LOCAL PRODUCERS/VENDORS at the Ottawa Farmers Market -

<https://goodneighboursoap.com/collections/natural-hair-products>



Available at MakerHouse
987 Wellington Street W, Ottawa
<https://makerhouse.com>.

Other retailers:

Terra 20 - 3 locations in Ottawa

<https://terra20.com/collections/easy-switches-for-personal-care?page=2>

BAR SHAMPOO



NuGrocery on Wellington and Main St.

https://nugrocery.com/products/copy-of-lavender-soap-and-shampoo-bar?_pos=2&_sid=e24e77bb5&_ss=r

USE BAR SOAP

and not liquid soap in a plastic bottle

LOOSE BLACK TEA - the kind we used before tea bags became the norm.

Available at bulk food stores



JANUARY SPEAKERS

Sue Carter

On January 12 representatives from Algonquin College, Cornerstone Housing and Elizabeth Fry Society Ottawa spoke to CFUW members.

1) **Dr Cristina Holguin** presented the **Algonquin College STEM (Science, Technology, Engineering and Math) Program for Women** that provides bursaries for women to and seeks to overcome gender-based biases in the sciences. For example, when information about motor vehicle accidents is gathered, the statistics and methodology are applied to men and do not include women's weight, height, and body structure. Cristina thanked CFUW for providing bursaries for students in the STEM program.

2) **Martine Dore: Cornerstone** housed 200 homeless women in 2020. They received government funding for PPE, cleaning supplies and cleaning personnel. Social distancing and sanitizing are difficult. The government funded housing for homeless women at the University of Ottawa Residences and a local hotel because of winter and Covid. Some women moved into permanent housing. Women at Cornerstone will be vaccinated after essential workers and residents in nursing homes. She thanked Betty Ann Grainger for the CFUW gift cards, hats, mitts, scarves, and money.

3) **Sara Bellefeuille, Coordinator of Volunteers and Court Support Workers**, and **Director Cathy Robinson** provided a history of the Elizabeth Fry Society. Many incarcerated women have been abused ie: sexual (67 %) emotional (73%) mental health (80%), and Post Traumatic Stress (33%). The judicial system is biased against aboriginals. Forty-two % of women in the prison system are aboriginal and 64% of Indigenous women are more likely to have the worst sentences and to be isolated in prison. Comorbid (multiple) diagnoses are common. Crimes of survival stemming from poverty, lack of education and poor labor market skills predominate. Some turn to prostitution or steal food and clothing get by.

Elizabeth Fry programs include housing through JF Norwood House for women on parole and in transition out of jail; counselling, court support and accompaniment to court and jail, prison in-reach, drop-in centre, Diane's Place (a family and child care centre), and Gateway a peer-support program for ex-sex trade workers exiting the trade. They also provide indigenous support and can aid with bail.

It costs \$115,000 to keep an inmate in prison. Elizabeth Fry supports a guaranteed income, housing support and mental health services. Preventative measures could reduce crime and save money and even eliminate prison for women. CFUW can help by volunteering, educating people, and donating money.

CFB Esquimalt NAVAL & MILITARY MUSEUM

Do you hold any Wren photos, trivia, biographies, memoirs, notes, memorabilia or documents, of yourself, your aunt, cousin, sister or your mother, or even your grandmother? If so, please let us know so we can make arrangements to obtain copies of such items. Tell us what you have.

Write to: LCdr D Freeman, RCN Ret'd

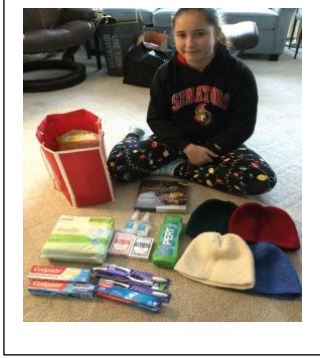
DEADLINE JANUARY 31

CFB Esquimalt Naval & Military Museum PO 1700 Station Forces

Victoria, BC V9A 7N2

Or, Send an email via this web site:

<https://navalandmilitarymuseum.org/contact/> Attn: D Freeman



COMMUNITY OUTREACH

Betty Ann Grainger

Pictured here is my granddaughter, Fiona, perhaps a future CFUW member, who helped organize the donated and purchased Christmas gift items

Thanks to all who so generously donated this past Fall. A special thank you to Maureen Wood, my daughter's mother-in-law. Again, this year, she knitted 50 hats for our sisters in need. I was able to deliver over \$600. worth of items to three organizations: Elizabeth Fry Society, Interval House and Cornerstone Housing for Women. We received thankyou notes for pj's, toiletries, knitted hats and scarves, socks, gift cards, etc Our donations make a difference in the lives of children and women of all ages, backgrounds and diverse needs. Even in this unusual time when we cannot meet in person, you still come through....thanks!

ADVOCACY COMMITTEE REPORT

Joan Conrod

The Advocacy Committee researched and drafted a resolution on Single Use Plastic - the resolution intent, in the Dec/Jan newsletter, was submitted to CFUW(National) Resolutions Committee.

Our president sent the final version, with background, bibliography and references to all club members prior to the January 12th club meeting. Members offered comments contributed additional information and accepted the resolution that was then submitted to National by the January 15th deadline.

Our resolution was one of four resolutions submitted to National CFUW. In February, we will receive the details of all four resolutions approved by National. At that time, we, and all the other CFUW clubs, will discuss, amend, approve or disapprove these resolutions.

As part of the club's development of policy all members will have the opportunity and responsibility to review all resolutions. To facilitate discussion small groups will be formed to discuss one of the resolutions. Some members may find the issue in one resolution of particular interest or may wish to contribute to all of them.

This online discussion is tentatively set of February 25th and the groups will recommend to the club an action for each resolution, vote for or against or make amendments. All members will vote on the resolutions at the March general meeting.

Our president will use the club's response when final voting on the resolutions at the national AGM next summer.

MEMBERSHIP

Welcome new members

Dolores Dufresne

CFUW Nepean welcomes **Carla Barry, Marion Ross, Beth Junkins, and Lynne Crocker.** We look forward to meeting them in person and for the next few months will greet our newest members: on ZOOM.

Carla Barry: originally from Sault Ste Marie, joined in January 2020. Carla took a BSC in chemistry at Western University, London, Ontario. After graduation she was offered a job at Agriculture Canada in Ottawa where she met her husband James, also from Northern Ontario. They had two children and have a 14 year-old grandson. After her husband's death, she was looking for a new interest. She had attended some CFUW events through Dolores and knew of the interesting and worthwhile things that the group did, so she joined.

Marion Ross: moved to Ottawa in October 2020 from Sudbury, her hometown to be closer to her daughters after she was widowed. She has several grandchildren mostly at university. She belonged to CFUW in Sudbury and wanted to join an activist organization. Her BA is from Western (1964). She loves music, opera, theatre, hiking and swimming. She does not drive. She has volunteered in Toronto and Sudbury with teen age parents and teens in shelters and Big Sisters. She has signed up with Cancer Care Ontario. She likes to read, knit, quilt, waste time with crossword puzzles and jigsaw puzzles, and chat. She misses going out for coffee and lunch.

Beth Junkins: from Hamilton, Ontario (a Ti-Cat gal!) and studied Mathematics and Biostatistics at McMaster and at the University of Edinburgh. Marriage brought her to Ottawa where she raised two fantastic sons with her husband, Bruce. They now have two daughters-in-law and four grandsons, with families living in Ottawa and North Carolina. She worked primarily at Health Canada, in the area of Environmental Health and Food Policy and Surveillance. Music is important to her, and she plays several instruments and has sung with choirs, small groups, and a rock 'n' roll band that has been together over 42 years. She enjoys bridge, crocheting, quilting, researching family history and is curious about almost everything! The CFUW interested her for a number of reasons – as a place make new friends, have fun, continue to learn and grow, and become engaged in a range of social policy activities.

Lynne Crocker: knew Joan, Marcia and Marlene from Woodroffe United Church. She grew up in Fort William (now Thunder Bay) and Montreal and studied at McGill and Dalhousie Universities, majoring in chemistry and math. Her first job was in the quality control lab of Mount Royal Chemicals in Dorval, a drug manufacturing facility where she met her husband, Michael who also worked in the lab. They moved to Ottawa in the fall of 1970, in time for the big snow of the winter 1971. They worked for the government, Mike in new drug evaluation and Lynne in the Pharmaceutical Chemistry labs in Tunney's Pasture. After raising three daughters Lynne enrolled in a business accounting program at Algonquin and then worked for Nortec Air Conditioning, which manufactures commercial humidifiers. She retired seven years ago and belongs to the condo gardening committee and is nana to three grandsons. She is training in pastoral care on zoom looks forward to the end of covid19 so that she can travel. She looks forward to meeting people in person.

WELCOME TO CFUW NEPEAN

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