

## CFUW NEPEAN NEWS BYTES

VOL. 22 NO.3      December 2021/January 2022

General meetings - the first Tuesday of the month - on ZOOM from now until March. April to be decided.

### PRESIDENT'S MESSAGE



### SEASON'S GREETINGS

During this season of good wishes, gratitude and benevolence, I want to thank all of our Club members for making our Club 'one of the best'!

Our interest groups are active and enthusiastic whether it's visiting far off destinations from the comfort of an armchair, bidding and making a grand slam playing bridge, discussing the merits of a good book, researching information that will make us better stewards of our environment, watching a documentary or a good movie and gathering to discuss it, or just visiting and learning more about each other during our Friday morning chats. It has been a pleasure for me, relatively new to the Club, to enjoy almost all of these activities and get to know you better.

Beyond our own Club, some of us are working with members of the **Ottawa and Kanata Clubs** to organize three virtual evening speaker events in April 2022 based on our plastics resolution and focused on the environment and climate change. We have applied to **CFUW Ontario Council** for a grant to assist with funding honoraria for our speakers. Stay tuned as to whether we are successful! Tentatively pencil in April 6, 13 and 20 at 7 pm in your agendas. The planned speakers are excellent!

I know some Club members have taken advantage of the excellent webinars, meet and greets, and think tanks offered by **CFUW National** and **Graduate Women International**. These allow us to go beyond our own community and learn how women around the country and the world are coping. Our own Board zoomed with members of the Board of CFUW North Vancouver recently and shared information about our clubs. It was a worthwhile evening. Their Club is the same size as ours and is located between the two larger clubs of Vancouver and West Vancouver.

**December 7 -@1 PM (ZOOM)**  
**Begin the Holiday Season** by donning a holiday hat and having some fun.

**Holiday Trivia Event** – presented by Amica Senior Lifestyles. You are invited to dress in your holiday hats and sweaters.

**January 11, 2022 (ZOOM) @ 1 pm** Amber Laurie from the **Atlantic Maritime Museum** will discuss the Halifax Explosion which occurred in Dec 1917.

**Friday Coffee Mornings** at 10:30  
Join in the conversation on an interesting topic of the day - sharing, laughter and friendship. ZOOM link sent to all members.

**Environmental Action Group**  
meets on the 3<sup>rd</sup> Thursday of each month. To join on ZOOM contact Beth Junkins.

If you have to choose  
between being kind and  
being right, choose  
being kind and you will  
always be right.

**Thank you** to all members who have supported the Rotary Cash Calendar fund raiser for the Scholarship Trust. A big **thank you** to Betty Ann Grainger and her elves who have contributed items and dollars to support our community outreach at this time of year. Also **thank you** to Marlene Sylvester and those who have donated winter outerwear for the Catholic Immigration Centre as they support Afghan refugees arriving in Canada.

To a wonderful group of women – CFUW Nepean members - I wish you the best of the season and much happiness in the New Year!!!

Stay well and see you in 2022.

Marcia

### MARLENE'S PICKS

On **December 15 at 7:00 p.m.** Marlene will indicate a documentary on You Tube on a Canadian scientist whose tenure was denied at a Canadian university and has just recently been accredited for her ground-breaking research in zoology. It is very interesting, informative and maddening, that scores of women have not received recognition for their research and contribution in many different fields

## INTEREST GROUPS

**BRIDGE GROUP** continues every Monday afternoon from 1–3 pm on Bridge Base. Please contact Dolores Dufresne, to join the Group as a regular player or as a spare.

**ARMCHAIR TRAVEL** on ZOOM on the third Tuesday of the month 1:PM  
December 21st **PERU** Debbie Poisson will present a travelogue on her trip to Peru.  
January not yet finalized  
February 15<sup>th</sup> **OMAN** presenter: Marilyn Letts  
Contact Marlene Sylvester to join virtually. A reminder will be sent out.

**BOOK CLUB** The Bookclub has been meeting regularly on ZOOM but will not meet in December. The next meeting is **January. 25**...the book is: **Nomadland** by J Bruder.

Our meeting format is simple with just a short 'business' time then a member presents the book/author...interesting fact and figures and we open the floor for discussion which is generally lively and may veer off into any direction! You are welcome to join us -- or if you like just 'borrow' our booklist for your own reading.

Oh yes, each member donates a loonie for each meeting attended which is given annually to the Scholarship Trust Fund. Interested? . Contact Valerie Barton



**MOVIE MATINEE** contact Helen Young.

**ART TOURS** – TBD Please contact Dolores Dufresne, if you are interested in participating.

### AFGHAN REFUGEE ASSISTANCE:

**Marlene Sylvester**

Thank you to all members who donated towels, sheets and blankets to Matthew House and winter attire to the Catholic Center for Immigrants. two carloads were delivered and members continue to drop off items. Ottawa has welcomed over 200 Afghan refugees and expects more to arrive.



### **COMMUNITY OUTREACH Betty Ann Grainger**

Here are some of the items members have donated for Interval House, Cornerstone Shelter, Elizabeth Fry Society and Minwaashin Lodge. Thanks to those who have given so generously. A big thanks to the Community Outreach Committee consisting of Pat Coroy, Dolores Dufresne and Caroline Wilson who are helping with sorting and delivery. Great Work!

If you would like to donate money or items, please contact Betty Ann Grainger. Deliveries will take place the beginning of December, so time is of the essence.

Report on CFUW Nepean's Special Meeting on ZOOM October 21<sup>st</sup>

### **NON STATE ACTOR TORTURE**

**Susan Russell**

**Jeanne Sarson** and **Linda MacDonald**, public health nurses from Truro, Nova Scotia, spoke about their role in identifying and working with women who have endured non-state torture (NST) in their homes.

They recognized that some women who were in situations of domestic violence also suffered from torture, not by the state but at the hands of others in the domestic sphere. They acknowledged their links with CFUW and GWI in bringing their resolution to the national and international bodies. Through GWI, they were accredited to the UN Committee on Torture, in Geneva, where their statement defining non state torture was placed on the meeting record as a reference.

Jeanne and Linda have supported women who have endured NST, speaking with over 4000 women who have survived NST from countries such as the US, Canada, Western Europe, the Philippines, Australia and New Zealand. They have provided on-going and complex support to 30 women survivors of nonstate torture.

They have advocated for women in prostitution who have endured NST standing firmly against the Amnesty International policy that prostitution is sex "work". Their position is that sex is not work .

### **SCHOLARSHIP TRUST FUND**

**Judy Glass**

Applause and thank you to everyone who made the Calendar fundraising project a success. Buying 170 calendars and selling them to others raised \$1,700 for the Scholarship Trust. There is still time in 2021 to pick one or more up for last minute gifts. Marcia or Judy will have some available.

Cash donations to the Scholarship Trust qualify for a charitable tax receipt to include charitable tax credits on your income tax. Donating through Canadahelps gives you an instant tax receipt. Donating a portion of investments - stocks, bonds or mutual funds - eliminates the capital gains tax. You also receive a charitable tax credit for the market value of the security on the date it is received by the CanadaHelps broker. This is a win-win way to donate to organizations such as our scholarship fund that qualify under CRA regulations.

See [www.canadahelps.org](http://www.canadahelps.org) to get started - it sounds complicated but they make it easy to do. It is a win-win for the trust fund and for the donor.

## MEMBERSHIP

Dolores Dufresne

The 2021-2022 list of members has been distributed to all members. If you have a printed copy of the previous list please shred it before recycling because it contains members' addresses and contact information.

### THE GREENGRAPEVINE

### Environmental Action Group

Beth Junkins

With Christmas on everyone's mind, here are some thoughts from the Environmental Action Group. It can be hard to find gifts: maybe this year you could consider some gifts with a "Green" theme. You might want to share some products that have reduced or no plastic packaging: laundry strips (like Nature Clean and Tru Earth ), bar shampoo and conditioners, dishwasher tablets in cardboard packaging (like ecover), beeswax reusable food wrap (as a substitute for cling wrap). Everyone likes getting a chance to try something new.



If you sew, you could make fun fabric carrier bags (lots of videos online using old clothes or scraps such as <https://www.youtube.com/watch?v=mdjI1TZ3HUY> ), or produce bags (from old sheer or lace curtains, dishtowels, <https://www.youtube.com/watch?v=qBBg5CTqFWE> ).

How about a gift with no packaging at all ? Think about a donation to the CFUW Nepean Scholarship Trust in the name of a friend or family member. The Rotary Club Calendar also makes a great gift that can give prizes all year long, and also supports the Scholarship Trust (contact Marcia Armstrong or Judy Glass).

Then, there is the question of holiday wrapping paper and what we should do with all of the paper and packaging.

Encourage reusing wrapping paper, and wrapping without tape: instead tie parcels up with twine or wool that can find other uses.

Using paper that can be recycled is a good choice . According to the City of Ottawa Waste Explorer <https://ottawa.ca/en/garbage-and-recycling/waste-explorer> foil wrapping paper, ribbons and bows have to go to land fill. Other non- foil wrapping paper and tissue paper go into the black box. You could also try decorating brown wrapping paper or paper bags with drawings to make them festive without ribbons and bows. Or how about starting a tradition of exchanging in boxes that can go back and forth each year: the size of the box gives nothing away (and adding a button or coin to the box can mislead the shakers and rattles with unusual noises)!!

This is also a good chance to get imaginative and think about other ways to create mysterious surprises under the tree. How about wrapping in fabric scraps, towels, scarves, old maps or the pictures from old calendars? Socks and pillowcases can be a great way to create a parcel with lumps and bumps! Things packed in cookie tins make great sounds.

If you have old Christmas cards (or calendars) around, how about making your own box. Quick and easy <https://www.youtube.com/watch?v=ccrYKkwh6-8> - lots of scope to use the boxes for jewelry, gift cards. These also would make great advent calendars!

With the New Year on the horizon, some folks may get inspired to plan a January clear out. Hold on to all of those small appliances, electronics, printers, old pens, expired prescriptions and bottles, shoes, eyeglasses.... In the next Green Grapevine we will focus on where you can take these to keep them out of landfill.

Hoping your white Christmas has a touch of "Green"!

Last week was **NATIONAL ADDICTIONS AWARENESS WEEK.**

Club members have been increasing their awareness of this public health crisis and some of them attended a recent online presentation by Ottawa pharmacist Mark Barnes - whose message was that opioid use was a serious crisis and that there was an effective antidote called Naloxone that can prevent deaths from the use of toxic drugs or from an accidental overdose of prescription drugs.

He presented information for the use of naloxone kits, and gave a caution about the dangers of such use.

These Kits are available for free at drug stores and pharmacists with clear instructions for use. He suggested that every household should get a kit. Joan Conrod, Advocacy Chair has emailed each of you the information from the meeting, because the decision about getting such a kit is up to each individual.

On November 27<sup>th</sup> club members attended Ontario Council Speakers event: **Tackling the Opioid Crisis in Ontario.** See the next page for Marcia Armstrong's notes from this presentation.

One speaker's son OD'd and would have died were it not for his mother finding him. From this experience, and as a St. John's Ambulance employee, he said that everyone should have a Naloxone kit and be prepared to use it.

To prove that naloxone is harmless to non-drug users he has tried it on himself and assured us all that it does no harm. However, it can save a life if used when someone has OD'd. It's easy to use - especially the nasal spray type - and could save a life. Both speakers emphasized the importance of using the kits and having them readily available.

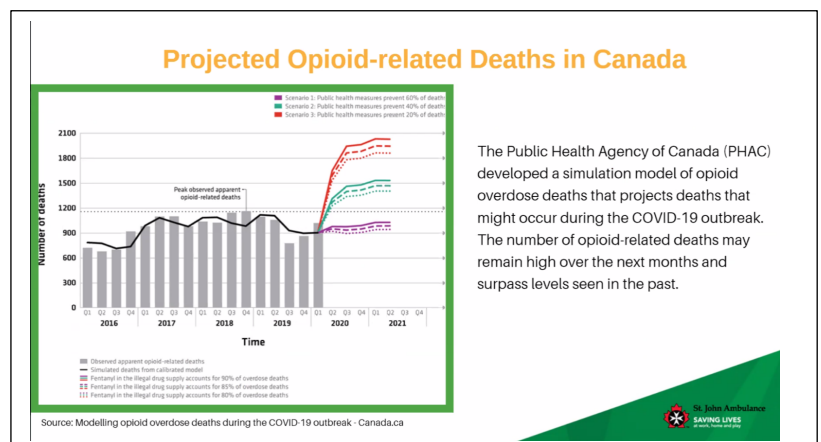
Our club proposed an amendment to the 2021 CFUW resolution on opioids and the criminal justice system in May 2021.

Marcia Armstrong wrote in support of our amendment to the 2021 resolution on opioid use and the prison system: *The background to this resolution provided references documenting the role that stigmatization plays in the crisis: fear of arrest and the social fall out (losing children, losing jobs, criminal record) significantly deters people from seeking help and disproportionately affects marginalized populations.*

Inside and outside prisons the use of drugs is a coping mechanism, very much like alcohol use. However, unlike alcohol use, the stigma of drug use that Marcia mentioned adds to the crisis. The lack of safe injection sites and the risk of a toxic drug supply combine to create risk of death from either a toxic dose or an overdose from an extra strong illicit supply.

The Ontario Council Speaker Series events are recorded. I encourage you to make time to listen to these two remarkable people share their experience and advice.

I'm glad that I did . . . . the editor.



□

**TACKLING THE OPIOID CRISIS IN ONTARIO**  
**Speakers: Amber Fritz and Shaun McLaren**

**Marcia Armstrong**

Major takeaways from the presentation on the 'opioid crisis':

- It is a public health crisis (toxic supply of drugs) and we need to promote harm reduction and reduce the stigma of using (decriminalization)
  - 6265 deaths in 2020 from opioid poisonings (more than car accidents and more than breast cancer deaths)
  - Largest % of users are men between 20 and 45 years of age and 60% of these are in the construction trades who initially start to use for pain management.
  - Substantial increase because of Covid
  - Due to stigma, people 'use' alone so no one can call for help or administer Naloxone if they have acquired an unsafe supply
- Buy a naloxone kit and put one in your purse or in your car and know how to use it it. These deaths are preventable.
  - Kits can freeze if left in the car in winter. However, when they thaw out, they are still effective.
  - There is no risk in administering naloxone and no risk to the recipient.
  - We need to normalize naloxone
- Safe supply and safe user sites are key to addressing the issue
  - Think of alcohol as your drug of choice – safe user site is a bar; supply is safe
  - Need the same for opioids
- Two good books to read:
  - *Dopesick: Dealers, Doctors and the Drug Company that Addicted America* by Beth Macy
  - *Busted* by Susan Boyd
- Drug use is a coping mechanism – true for alcohol and illicit drugs
  - Need to address the issues that people are trying to cope with
    - Housing
    - Mental health
- Good website to visit – [www.reactandreverse.ca](http://www.reactandreverse.ca)  
[www.reseauaccessnetwork.com/](http://www.reseauaccessnetwork.com/)

**Gender Equality -current advocacy, information and government action  
November 13-20 Trans Awareness Week**

Summary of news:

by the editor

Bill #6 will be tabled in the House of Commons - Changing the criminal code to make it a crime to subject children to conversion therapy and to cause an adult to undergo conversion therapy against their will.

A recent byelection in Edmonton elected Blake Desjarlais, Canada's first two-spirit MP.

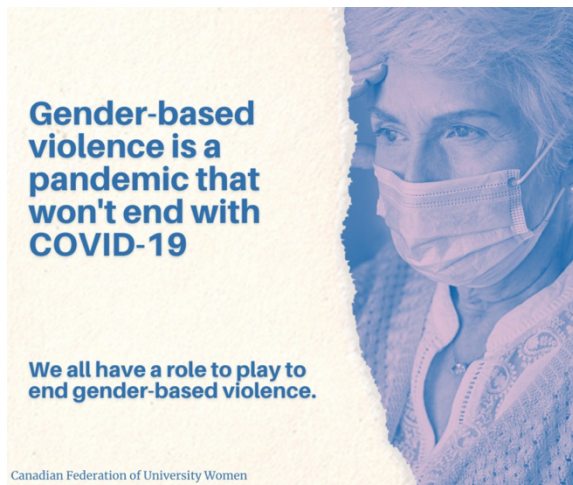
The National Film Board has a number of film documentaries telling the stories of trans persons. The most recent Into Light.

**Trans Awareness Week**, occurring from November 13 to 19, 2021 marks a time to celebrate and honour the trans community and raise awareness around the continued adversity that trans people face in our society



**The Gender Equality Coalition of Ontario** is a non-sectarian, non-profit, and non-partisan organization that works to empower all genders to achieve gender justice in our society. We provide a connection for individuals, organizations, businesses and government to discuss issues of inequality and create solutions. Through this process we provide a training ground for developing gender equality in a safe and supportive environment. This enables members to build skills, networks and create an equal society free from discrimination.

**The Gender Equality Coalition of Ontario** was founded in 2019, by the Canadian Federation of University Women – London, through funding by the Ministry of Women and Gender Equality Canada. Our mission, vision, values and goals guide us to our ultimate goal which is to achieve a gender equal society.





Advocacy and action at the international level for women and girls [www.graduatewomen.org/](http://www.graduatewomen.org/)

### GRADUATE WOMEN INTERNATIONAL

Susan Russell

**Femicide** refers to the murder of women simply because of their gender. In Mexico, femicide rates have skyrocketed since 2016, increasing 137%. Femicide is a theme for this year's **16 Days of Activism Against Gender Based Violence**. .. click on the link to learn more about GBV in Mexico. [ow.ly/FH4150GFfbw](http://ow.ly/FH4150GFfbw)

This tweet comes from the Mexican Federation and it underlines the issue of indigenous gender based violence. Like Mexicans, Canadians struggle with action on murdered and missing indigenous women, the revelations of shattered families as we unearth children's graves, and deal with the aftermath of the residential school system, and the tragedy of the Highway of Tears in B.C.

December is the month when Canadians remember the massacre at Montreal's Ecole Polytechnique when Marc Lepine gunned down 14 women because they were engineering students. We remember them every year on December 7 and CFUW (national) awards a fellowship every year in their honour.

December is the month when we are very mindful of violence against women,



**Social Media** - sharing, networking and informing Facebook, LinkedIn and our really great website and **Ontario Council** and **CFUW National** **Graduate Women International**

- <https://www.facebook.com/CFUW.Nepean/>
- <https://www.linkedin.com/company/cfuwnepean/>
- [www.cfuwnepean.ca](http://www.cfuwnepean.ca)
- [www.ontariocouncil.org](http://www.ontariocouncil.org)
- [www.cfuw.org](http://www.cfuw.org)
- [www.graduatewomen.org](http://www.graduatewomen.org)

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**CFUW Policy Book** copy and paste : <https://www.cfuw-ottawa.org/resources/Documents/Issues%20and%20Advocacy/Policy%20Book%202018-2019.pdf>