



CFUW NEPEAN NEWS BYTES

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February 2022

General meetings - the first Tuesday of the month - on ZOOM

PRESIDENT'S MESSAGE

Happy New Year!

This will be an exciting one for the Club. Even with Covid restrictions, we can do amazing programs virtually.

Club general meetings using Zoom attract as many or possibly even more people than our in-person meetings and allow us to have speakers from across the country.

Clubs share their speakers and events through the national newsletter, and our members can hear presentations both here in Canada and internationally through our GWI membership. I hear that many of you have done just that. It's hard to believe that none of us had even heard of Zoom two years ago!

Sue Carter has more excellent speakers for us in the coming months. In addition, there are three exciting environmental events, organized by our Club and the Ottawa and Kanata clubs, which will be held at 7 p.m. on April 6, 13 and 20 using Zoom. Mark your calendars for this series entitled ***"Tackling the Environmental Crisis: Together We Can"***. Registration is required. Publicity and registration information will be provided in February..

At our March meeting, in celebration of International Women's Day, our resident playwright, Joan Conrod, has written a short piece involving the three women who founded the International Federation of University Women, now Graduate Women International (GWI). This will be a virtual event. Details are being arranged to make this enjoyable for all of us.

It's almost time to deal with resolutions proposed for the National AGM in August. In March, we will form groups to review the five resolutions proposed this year and make recommendations to the membership on our Club's support for each one.

The remainder of our 2021-22 Club year will be both interesting and fulfilling. There is lots to do so be ready to get involved!

Stay well.

Marcia



Tackling The Environment Crisis: Together We Can

APRIL 6, 13 and 20 at 7PM

MARK YOUR CALENDAR

General Meeting **February 1 @ 1 PM**

Sister Louise Charbonneau, Sisters of Charity of Ottawa will tell us about the *Venerable Élisabeth Bruyère: One of Bytown's Best Kept Secrets*

Environmental Action Group meets on the 3rd Thursday of each month. To join in the club's environmental education and advocacy contact Beth Junkins for the zoom link.

INTEREST GROUPS

Fun, friendship, entertainment and learning, in spite of COVID

Friday Coffee Mornings at 10:30 Marcia Armstrong

The Friday morning chat time has been a wonderful way to get to know Club members who participate regularly. Both new and long-time members participate in chair exercises then we all chat about a pre-arranged topic. The Zoom information is sent to all Club members. Don't be shy, come and enjoy this friendly zoom event. If Friday Chat continues post-Covid, we may vary the times to allow Club members to join who have Friday morning commitments.

Marlene's Picks **February 15th at 7:00 PM**

A CANADIAN LOVE STORY- for **Valentine's Day.**

A Canadian adventurer from Woodstock, ON meets and falls in love with a Queen during WW1. It's a fascinating tale! The British Government gave him honours and his remains were brought home to Woodstock many years later. The zoom link will be sent to all members.

♠ ♣ ♥ ♦ **BRIDGE GROUP** continues every Monday afternoon from 1–3 pm on Bridge Base. Contact Dolores Dufresne, to join as a regular player or as a spare.

ARMCHAIR TRAVEL on ZOOM on the third Tuesday of the month 1:00 PM
Contact Marlene Sylvester for the link to ZOOM if you wish to join. A reminder will be sent.

Two opportunities to 'travel' virtually to "exotic" (and warmer) lands.

February 15th *Oman - Whales, Sea Turtles, Frankincense and Myrrh - Marilyn Letts*
March 15th *The Amazon - Pat Coroy will talk about her trip to the Amazon.*

BOOK CLUB The Book Club meets regularly on the 4th Tuesday of each month. Interested in joining? Contact Valerie Barton

February 22nd Miss Benson's Beetle by R. Joyce presented by Laureen Silke



Members donate a loonie for each book club meeting attended as the book club contribution to the scholarship trust.

MATINEE and ART TOURS are waiting until COVID regulations allow us to meet.

ADVOCACY REPORT

Joan Conrod

RESOLUTIONS

Resolutions from the CFUW clubs across Canada will soon be sent to us to examine, and to thoroughly review, draft amendments, and decide on whether we approve them. This year there are five resolutions.

We will again ask members to form teams of three. Each team will examine one resolution, and then report on it to the members at our April meeting. As soon as the text of the resolutions arrives, it will be sent to everyone.

January 31, 2022	Resolutions due (Resolved Clause(s), Background, Implementation and Bibliography) to national Resolutions Chair	Proposing Clubs are continuing to work on this.
January 31-February 15 2022	CFUW Resolutions Committee reviews submitted Resolutions and provides feedback to proposers	
February 15-February 28, 2022	Proposers make changes based on feedback from CFUW Resolutions Committee and confirms all Bibliography hyperlinks are active	
March 2, 2022	RESOLUTIONS PUBLISHED FOR CLUB REVIEW	

Scholarship Trust Fund

Judy Glass

The calendar sales drive was a great success. The 180 sales generated \$1,800 for the Scholarship Trust. At the Trust year ending Dec 31st, over \$7,200 was raised from donations, books, bottles and calendars. Thank you to everyone who has contributed.

Please let Judy know if you are interested in becoming a Trustee. This is a hands-on opportunity to support the key CFUW mission promoting women's education.



COMMUNITY OUTREACH Betty Ann Grainger

These 3 members of the CO Team: Dolores Dufresne, Pat Coroy and Caroline Wilson were at Betty Ann Grainger's home before Christmas to divide up the articles for Interval House, Cornerstone, Elizabeth Fry Society and Minwaashin Lodge. All of the gift cards, toiletries, pjs, toys and knitted items were greatly appreciated. We thank our awesome team for delivering all across Ottawa. A special thanks to Maureen Wood, Allison Grainger Wood's mother-in-law, who, again this year, donated over 100 of her knitted hats!

Coldest Night of the Year February 26, 2022 – submitted by Marcia Armstrong

Are you up for a 2 km or 5 km walk in support of Cornerstone Housing for Women? We can make a Club team if a few members are keen on walking. We will have to decide on a team name and create the necessary online presence so we can get sponsors etc. Walkers can solicit support from others or can just make a donation to the team and receive a receipt. It is an opportunity to meet in-person, albeit masked, and enjoy some friendly camaraderie while walking to help the women at Cornerstone.



Check it out at [Coldest Night of the Year 2022](#) and let Marcia know if you are interested in joining a team from the Club.. There is no registration fee.

Helping Afghan Refugees settle in Ottawa- Marlene Sylvester

In December 4 carloads of winter clothing, towels and sheets were delivered to Matthew House and 1 carload to the Catholic Center for Immigrants.. There are still bags of spring/summer clothes to be delivered when CPVID regulations allow.

Ten Afghan families arrived recently and need furniture, sheets, towels, small appliances such as kettles, toasters, dishes, cutlery.. Marlene could pick up small items if transportation is a problem.

Bottles and books for scholarships.

Marlene Sylvester continued the sale of books among members and bottle collection and raised \$70 in December.

Looking for something to read?

Marlene is considering sending out another book list in the spring. When COVID is not an issue, a garage sale might be the solution to the hundred books still in her basement.

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PLANTING SCHOOL YARD POLLINATOR GARDENS

Our club participated in the Rotary Club of West Ottawa's sale of calendars to support the Scholarship Trust Fund. Now there's an opportunity to support RCWO's project to start pollinator gardens in school yards. RCWO is holding a raffle for bottles of wine. Here's a link to learn more about local pollinators.

<https://ottawa.ca/en/living-ottawa/environment/wildlife/pollinators>

Each ticket costs \$10. and there are 12 prizes:

Two prizes of 5 different bottles of wine

Two prizes of 3 different bottles of wine

Eight prizes of 1 bottle of wine

You can email

rotarywineraffle4588@gmail.com or contact Marcia to order tickets.

It is that time of year when we start to think about doing a bit of a clear out. It is a great feeling to tackle the cupboards and basement during the cold days that can keep us indoors. But then we are faced with those treasures that we no longer want or need– what do we do with them?

There's a growing number of options where we can take items so that they get a second life or appropriate recycling. This article will certainly not provide a complete list, but it may give you some ideas about where to start!

If the items are in good shape and could be enjoyed by someone else, a good place to consider is the ReStore shop supporting Habitat for Humanity (<https://habitatgo.com/restore/what-we-accept/>). They accept a range of household and building items. (When we replaced our doorknobs and hinges, we took them to ReStore and they could be used in another house.) They often will also pick up larger items (They took our washer and dryer and gave us a tax receipt!!) Check out their website. The ReStore is also a super place to shop for renovation needs or freshening up a room – they often have fixtures and lovely tile for smaller jobs.

The Salvation Army Thrift store (<https://thriftstore.ca/donating-goods/>) will take a range of items including clothing, computers, electronics and textiles, and any unsold items are responsibly recycled.

There are several “**give away**” or **free sharing** groups including the Free Cycle Organization (<https://www.freecycle.org/find-towns>) and the Buy Nothing Organization (<https://bnponfb.org/find-a-group/#ON>). These organizations tend to use facebook groups to share items though neighbourhood chapters (Ottawa, Nepean, Kanata, Baseline West, Barrhaven etc) and can be good ways to find new homes for just about anything you no longer want.

Donating items to for-profit stores is an option but not without controversy; on the one hand this gives second life to items but, on the other hand, some people object to the very small amount of money paid to the charities that the stores support in comparison to the profits the stores make. A personal decision.

For **furniture**, refugee support groups often put out a call, or try the Matthew House Furniture Bank (<https://www.matthewhouseottawa.org/furniture-bank/#give-furniture>)

If you have **household tools** from the garden, workshop or kitchen, think about donating these to the Ottawa Tool Library on Boyd Avenue. (<https://ottawatoollibrary.com/donate/>) This non-profit group lends tools, offers workshops and even some workspace to members. In non COVID times, they also offer Repair Cafés where skilled volunteers repair broken household items - small appliances, furniture, and even mending - to extend their useful life. If your donation cannot be used they will try to reuse it in some way or recycle it.

If the items are at the end of their life, a good place to start is always with the City of Ottawa Waste Explorer and look for “Take it Back” options. (<https://ottawa.ca/en/garbage-and-recycling/waste-explorer>) For example, put in your address, type in “paint thinners” and it will give you the address of the nearest hardware and paint stores that will take back paint thinners.

Continued **THE GREENGRAPEVINE**

Another good resource has been put together by Canadian Tire to find out, in any province, where to take batteries, tires, electronics, small and large appliances, lighting, outdoor power equipment, paint and more. (<https://www.canadiantire.ca/en/provincial-recycling-information.html#smallapp>)

Many of the large retailers now have recycling and **“take it back”** programs. For example, Best Buy , Staples, Home Hardware, Home Depot, Lowes, Rona, Ikea, Canadian Tire take back a wide variety of items such as light bulbs, electronics, phones, microwaves, Tv’s, computers, printers, scanners, batteries. Check on their websites for what items they specifically welcome. (For example at Best Buy Canada - <https://www.bestbuy.ca/en-ca/help/haul-away-recycling-and-recalls/battery-and-electronic-recycling-program> and Staples <https://www.recyclemyelectronics.ca/on/ottawa/>)

Batteries, lightbulbs, electronics and tires are all part of regulated programs where producers must take responsibility for disposing the products at the end of their life. You can find many drop off locations in large retailers, tire shops, even in some pharmacies!

What to do with counter- top microwaves that no longer work? This is a frequent question and according to their website, Best Buy will take these back free of charge.

Automotive products like antifreeze and tires can be returned to many garages or Canadian Tire stores

Paints can be taken to Dulux paints, Rona or Lowes. (<https://www.productcare.org/recycling-locator/>)

It is a bit trickier to know what to do with those small appliances like a broken kettle or a “toasted” toaster. Ottawa’s Waste Explorer will often give you an appliance shop that might take them, but often for a charge. I am trying to track down alternatives; if anyone knows of good options, please let me know!

It is always recommended to phone the store to confirm that the information on the web is still current before you make a trip over with your items.

Before you drop anything at the curb, take a moment and see if there is some other option to keep it out of landfill.





The sixty-sixth session of the [Commission on the Status of Women \(CSW\)](#) will take place in a *hybrid format* from 14 to 25 March 2022. Official UN Member States will attend the CSW in-person at the UN headquarters while members of civil society organizations (like CFUW) will attend *virtually* - **members of civil society will not be able to attend the CSW in-person**. Protocols regarding virtual delegations have yet to be announced. As such, **CFUW will notify members as soon as our internal delegate application is launched**.

Alexa Grace, a GWI intern, is a Canadian. Read about a project she is working on:

Education is a Powerful Path to Gender Equality by Stacy Dry Lara executive director and Alexa Grace, intern

<https://www.globalgiving.org/projects/gwi-girls-education-for-brighter-futures/reports/#menu>

February 26, 2022
OC Speakers Series - Children, COVID & Beyond: Social Determinants to Education
SAVE THE DATE!

The new address for **CFUW National's** new location.

**Room #230, 815 St. Laurent Blvd.,
Ottawa, Ontario, K1K 3A7**

phone numbers and email addresses are unchanged

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

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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>