

GENERAL MEETING - Tuesday, March 1st, 1:00 PM on ZOOM

A skit to celebrate International Women's Day

Women Like us

World War 1 is over, countries in ruin, millions killed and wounded. Three women decide that, if only women like them, with a university education, could meet and talk things through, such devastation could be prevented. With this noble aim, the IFUW was formed.

Hello everyone

Winter is sometimes a quiet time for some Clubs but not for ours!!!

We have a team walking in support of Cornerstone Housing for Women as part of the Coldest Night of the Year fundraiser on February 26. We have been very successful in our fundraising but if you would like to support the cause, Cornerstone would be most appreciative. You can contribute to the team at [CFUW Nepean Cold Walkers \(e2rm.com\)](http://CFUW Nepean Cold Walkers (e2rm.com)) Club members on the team are Marlene Patrick, Marilyn Letts, Carla Barry, Charlotte McWilliam and me.

Another team is practising for their skit to be performed at our March 1 Club meeting. Joan Conrod has written *Women Like Us* in honour of International Women's Day this year. This will be done using Zoom Webinar. The cast includes Carole Baker, Marlene Sylvester, Beth Junkins and Sharon Carew. Be sure to attend this meeting!!!


On March 11 from 10-11:30 a.m. our Club is co-hosting with CFUW Ottawa "***It's a Celebration***" which is a GWI Peer-to-Peer conversation where GWI members (all of us!) from around the world will be invited to take part in a conversation on the nature of celebrations across cultures that are for, and/or created by, women. Participants are invited to bring an item to share during their conversations. It is hoped that we will learn about the different roles that women play in celebrations across the globe. It is also hoped that we will better recognize the enduring commonalities that underlie our diverse traditions and appreciate why celebrations are important and meaningful in all of our lives.

Joan Conrod is putting together teams of members to look at the six resolutions to be voted upon at our April general meeting. Thank you to all those who have agreed to serve the Club in this way.



Beth Junkins, Joan Conrod and I are working with members of the Kanata and Ottawa Clubs and finalizing arrangements for three environmental events coming up on April 6, 13, and 20. These events are building on our resolution on single use plastics which was passed at the National AGM last summer. More information is elsewhere in BYTES.

So, there's lots going on. And there's nothing like keeping busy during these 'quiet' winter months!

Marcia



CFUW Nepean Players Present
Women Like Us

Virginia Gildersleeve Rose Sidgwick Caroline Spurgeon

March 1, 2022 @ 1 p.m.
In recognition of International Women's Day
And the founding of IFUW/GWI

April 5th General Meeting.
Writer **Valerie Knowles**, will discuss the life of *Senator Cairine Wilson*
Location and meeting details TBD pending COVID-19 restrictions.

Community Outreach
Our annual donation of diapers (size 5 & 6, pull-ups) and wipes for the families sheltering at Interval House will be delivered in early May. You can watch for sales if you wish to buy diapers and drop them off at my home. Or just send me a cheque or e-transfer and I will make the purchase. Your generosity is much appreciated.
Betty Ann Grainger

Book Club
March 22, 1:00 ZOOM
Hamnet and Judith Presenter tbd
April 26, *Caste* by I Wilkerson - presenter Mary Ann Rainer.

Friday Coffee Mornings continue at 10:30 on ZOOM

Bridge Group - Monday afternoons



CFUW ONTARIO COUNCIL

February 26th
10AM -12:30 PM

Children, COVID and Beyond
Social Determinants of Education
Register by 5PM February 25th
To register and to look at the speakers and their backgrounds the website www.cfuwontcouncil.org

TACKLING THE ENVIRONMENTAL CRISIS
Together We Can

Highly Acclaimed Speakers Free Webinars 7 p.m. (ET)

- April 6 Rebecca Prince-Ruiz: *Plastic Free July*
- April 13 Diana Beresford-Kroeger & Bill Steer: *To Speak for the Trees*
- April 20 Seth Klein: *A Good War*

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CFUW Kanata CFUW Nepean CFUW Ottawa

April 6 Rebecca Prince Ruiz
April 13 Diana Beresford-Kroeger & Bill Steer
April 20 Seth Klein
Mark your calendars, tell friends near & far away.
SHARE the full-page poster included on the last

CFUW Nepean Evening Speaker Series
Identity Manipulation, Impersonation and Deepfakes on The Internet **Suzie Dunn from Halifax**
March 23 - 7:00 PM ZOOM .

Armchair Travel on ZOOM
Marlene Sylvester
It has been wonderful to tap into our own members and share their pictures, their experiences, and perspectives on each of the countries. In January, Valarie Barton told us about Morocco and in February Marilyn Letts talked about Oman.
Sometimes what we thought about these countries was completely upended so great to have a new perspective and understanding in a world that is ever changing



March 15th 1:00
Pat Coroy
will take us on a tour of the Amazon

April 19th 1:00
Lynne Crocker will present a travelogue on South Africa.

Just thinking about sorting through the clothes closet can feel daunting and emotional – some are much loved items that we hate to see in the trash bin.

Some well-worn clothes can be cut up and put in the **clean rag bin** for cleaning, working on the car and dusting. However, the bulk of our clothing gets ‘tired out’ before it is worn out and is not ready for the rag bin or landfill. Here are some ideas on how you might give items a second chance.

Think about repurposing things like **scarves, purses, hats, caps and jewelry**. With a bit of imagination scarves can be used to make dresser runners, organizer bags for the items in the car and household drawers, quilts, table clothes, place mats, baby’s bibs, and even as wrapping paper. Baseball caps can be cut up used for patching jeans or the logos can be sewed together into a wall hanging for a sports enthusiast. The internet is a great source of ideas –why not try something fun.

Children love getting **clothing** for dress up boxes – passing along some items to friends and family can be great fun. Consignment shops are another option especially for vintage items that are very popular. Finding places to donate clothing that is in good shape can be challenging, during the pandemic when some places have stopped accepting donations. Both St. Vincent de Paul (<https://ssvp.ca/make-a-donation/donate-goods/>) and the Salvation Army (<http://salvationarmyottawa.ca/ways-you-can-help/other-ways-to-help/items-in-need/>) are good options and serve other local support group .

I wondered what happens to the clothing that is ripped or not given away or sold in these thrift shops. Salvation Army reports that unsold clothing that may be stained or ripped or out of style is sold to clothing graders who then send them to fibre recovery where they are used in things like upholstery stuffing. (<https://salvationarmy.ca/blog/what-you-should-know-about-salvation-army-thrift-stores/>). St Vincent de Paul report that they recycle some clothing and textiles into wiper rages for industrial use. (<https://wellingtonwest.ca/business/st-vincent-de-paul/>) Good to know.

Neither The Ottawa Mission nor the Shepherds of Good Hope are accepting used clothing at this time. Refugee613 suggests Sally Ann and St Vincent’s. Hopefully after the pandemic the Church bazaars and jumbles will welcome used clothing again.

For **business attire** consider Dress for Success Ottawa (<https://ottawa.dressforsuccess.org/>) a non-profit organization that works to ‘empower women to achieve economic independence by providing a network of support, professional attire and development tools to help them thrive’.

Gently used **snowsuits** are welcomed by the Snowsuit fund (<https://snowsuitfund.com/get-involved/snowsuit-donations/>) They can be dropped off at any Brown’s cleaners to be laundered, sanitized and bagged.

Shoes can be given a second chance at Bioped at both the Westgate and Barrhaven locations. They partner with Soles4souls <https://www.bioped.com/giving-back/> and the shoes get distributed in Canada and internationally.

What about those old **eye glasses**? Most opticians in the city, including the Eye Institute at the Ottawa Hospital, will take them back. Hakim Optical works with the [Canadian Lions Eyeglass Recycling Centre \(CLERC\)](https://clerc.ca/) (<https://clerc.ca/>) to collect eye glasses so they can be reused both in Canada and abroad.

You can drop off **hearing aids** at Hakim’s CLERC collection boxes as well as at hearing centres such as Robillard’s at Westgate and Davidson’s in Bells Corners.

Then there’s that pile of **bed sheets and towels** that seem to have multiplied on their own. Helping with Furniture (<https://www.hwfottawa.org/eng/give-furniture>) and Matthews House (<https://static1.squarespace.com/static/5a67dfc2268b96e6f1c174e4/t/5fd79003e0d61f21e4235369/1607962629055/updated+FB+list.pdf>) (<https://www.matthewhouseottawa.org/furniture-bank/#give-furniture>) will take your towels, linens, curtains (as well as old bedroom furniture, bedframes and even some mattresses.)

It is best to call beforehand to make sure that the organization is open and still accepting donations – particularly during these Covid times.

By making the green garbage bag your second choice you can give a second life to many of the items we toss out - and help our neighbours at the same time.

In the middle-ages pockets were little pouches slung from a rope to carry essentials and you could reach your pocket through little slits in your clothes. Men and women had equal access to pockets!

Then in the 17th century tailors began to sew pockets in to the lining of men's coats, waistcoats and breeches but women still had pockets tied around the waist underneath the layers of petticoats and they had to get undressed to access the contents. And thus, the inequality of men and women's pockets was born.

By the 1790s the pocket began to disappear as dresses became more figure hugging and small decorative bags, called reticules to hold a hanky or coin. Women didn't need a functional pocket because they had little or no access to money or property. Women's pockets disappeared because their husbands carried all their money, and necessities. After all, women were meant to just sit at home, drink tea, prepare meals for their husbands and knit little jumpers for their hordes of children.

THE 20TH CENTURY POCKET REVOLUTION

In the 1800s, the Rational Dress Society, campaigned for more functional women's clothing. The turn of the 20th century, brought on women's fight for the vote. The 1910 'Suffragette suit' had six pockets and during both World Wars women turned to more practical clothing, with trousers and large pockets becoming the norm. Women were finally blessed with the pockets.

This should have been the end of the pocket saga but in the post war period women were expected to exude femininity and women's clothing became slimmer, and the pocket to yet-again become a man's object.

With the growth of the handbag industry pockets were no longer seen as necessary for women. From the age of skinny jeans, to the evolution of slim-fit jackets, pockets continue to be a contentious object for women. Yet mobile phones appear to be getting bigger while pockets continue to shrink. While pockets may seem like a trivial matter, they embody our patriarchal systems and sexist histories. Is pocket equality really too much for us to ask for?

International Women's Day

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

Collectively we can all **#BreakTheBias**.



Strike the IWD **#BreakTheBias** pose with your arms crossed to show your commitment to calling out bias, smashing stereotypes, breaking inequality, and rejecting discrimination.

Image submissions may be photographs or illustrations of individual or group compositions striking the **#BreakTheBias** pose - ideally 16:9 aspect ratio (landscape composition; 3000 pixels max. width). All gender identities welcome.

Please submit **#BreakTheBias** images as early as possible.

[SUBMIT IWD IMAGE](#)

International Women's Day

Gender equality for a sustainable tomorrow - Women and girls around the globe participate in their communities on climate change mitigation, adaptation and response in order to build a more sustainable future for all.



GLEND A SIMMS, first Black woman to head a federal agency

Dr. Glenda Simms was the first Black woman to lead a federal agency when she was appointed President of the Canadian Advisory Council on the Status of Women. She passed away on December 31, 2021. The longtime feminist and anti-racism academic and activist was appointed to the position by the Mulroney government in 1990, specifically by Barbara McDougall who was Minister for the Status of Women. She had led the venerable Congress of Black Women before that and had been involved in numerous federal hearings and consultations, and other community organizations over several years.

During her mandate she pressed the federal government to use a gender-based analysis on federal policies and she addressed issues of domestic violence and the plight of Indigenous, immigrant and racialized women.

A longtime educator and cross-cultural psychologist, her areas of academic focus, she received honorary doctorates from Queen's University and the University of Western Ontario. Following her time at the Advisory Council, Dr. Simms returned to her native Jamaica for ten years where she headed the Bureau of Women's Affairs and led various across-government initiatives on women's equality. She was appointed to the position by Jamaican Prime Minister Portia Simpson Miller. As such, she is one of the few senior public servants to serve in similar roles in two countries.

"Glenda was my mentor. She believed strongly that the opinions of Black women mattered. We should not hide in the shadows, nor should Black Women allow themselves to be relegated there. She led by example," said Anne Clarke, a senior policy analyst at Maama Watali, a local organization that educates Black Women on human rights and issues of gender-based violence. The President of the PNP Women's Movement in Jamaica, Patricia Duncan Sutherland, reflected on the contribution made by Dr Simms in elevating the voice, value and power of women in Jamaica.

"Dr Simms was an outstanding advocate for the elevation of women, especially in Jamaica. Her stewardship of the Bureau of Women's Affairs was but one hallmark moment in her career in public service. She was not an academic feminist but an active feminist, reviewing legislation with a critical gender lens, engaging in the communities, the trenches to change how men and women saw and treated each other, training and retooling others to become champions of inclusion and equity — hers is a legacy of excellence and we are deeply saddened to hear of her passing," shared Duncan Sutherland.

In recognition of her work in gender development, Dr. Simms was awarded the Order of Distinction by the Jamaican Government in 2014.

Dr. Simms died in Ottawa at the age of 82.

Editor's note: Thank you to Susan Russell for sharing her memories of Glenda Simms, reminding us of the role that Glenda and the CACSW played in advocating for all women. .

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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> ¶

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