



CFUW NEPEAN NEWS BYTES

VOL. 22 NO. 2 November 2021

MARK YOUR CALENDER:

GENERAL MEETINGS - HYBRID

First Tuesday of the month - on ZOOM and in person at Bell's Corners United Church

November 2 @1 PM

Laura Brown - Historian at the National War Museum will discuss the lives of men and women during the wars through artifacts and letters.

December 7 @ 1 PM Begin the Holiday Season by donning a holiday hat and having some fun together. Grace Turner from Amica will lead us in games such as Trivial Pursuit or Ask the Judge.

ZOOM

Friday Coffee Mornings @10:30

Join in the conversation on an interesting topic of the day - sharing, laughter and friendship. The ZOOM link is sent to all members.

Environmental Action Group

meets on the 3rd Thursday. To join contact Beth Junkins.

PRESIDENT'S MESSAGE

The Club is back for a new season and it continues to operate in spite of the on-going COVID presence in our community. This year your Board has agreed to offer hybrid meetings but has not yet worked out the ideal technical resources to make them optimal for all attendees. Although, the current arrangement isn't perfect it does allow members to attend virtually and those who wish to can attend in person. However, virtual attendance on Zoom has definitely been the more popular choice. This begs the question of whether we should continue to offer the hybrid option. I would like to hear from you, the members, how you feel about this?

Sue Carter has again arranged for a most interesting series of speakers both at our regular Club meetings and also for our evening speaker series. We all appreciate her efforts on our behalf. More information on upcoming programs is available in the newsletter and also on our Facebook and website pages.

The Club has undertaken a fundraising initiative in support of the **Scholarship Trust Fund**. We are selling beautiful Rotary Cash Calendars for \$20 each. For every calendar sold, the Scholarship Trust will earn \$10 and calendar includes the chance to win 368 prizes: \$20 - \$200 each day of 2022 plus three bonus prizes of \$1000 each. Chances are remarkably good! We hope that every Club member will account for two calendars. You will find more information on this initiative elsewhere in the newsletter. Judy Glass and I have calendars, you may pick them up or they'll be available at the November Club meeting.

Graduate Women International continues to offer some very interesting webinars. Do take advantage of these opportunities to participate with other women across Canada and around the world to learn about the issues that they present. A recent webinar on Elder Care was organized by two Canadian Clubs.

Stay well everyone. Marcia

INTEREST GROUPS

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

ARMCHAIR TRAVEL continues on ZOOM on the third Tuesday of the month **November 16th @1:PM**. We look forward to Marcia Armstrong's presentation of her trip to Hungary. Contact **Marlene Sylvester** to join virtually.

BOOK CLUB meetings via ZOOM on the 4th Tuesday of the month. Any member of the club may join the book club meetings if they are interested. Contact **Valerie Barton** to join

MOVIE MATINEE If the COVID-19 rates continue to drop in Ottawa, we hope go to a movie on November 12. The movie title, location and time will be sent to the group the previous week. To join contact **Helen Young**.

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

SPEAKER SERIES **November 17@ 7:00 PM on ZOOM**
Commander Bronwynn Guymer CD, retired Navy Officer, will discuss her life during and after the Armed Forces. She invites questions so write down a few things you would like to ask her.

MARLENE'S PICKS - **December 15 @ 7:00 PM on ZOOM**
Topics TBA. An opportunity to discuss interesting and informative stories, documentaries with a variety of people and issues from Canada and around the world

REFUGEE ASSISTANCE:

In light of the horrific situation in Afghanistan, Canada will be accepting 40,000 refugees over the next year so in a small way CFUW Nepean can help by donating winter clothing (new or gently used) to the Catholic Centre for Immigrants. Towels, twin sheets, blankets (new or gently used) as well as rice and canned goods to Matthew House.

Marlene Sylvester will pick up and deliver items to Matthew House in mid-November. Some families have already arrived in Ottawa so we want them to have warm clothing and a comfort level to know Canadians care about them and want to help.

COMMUNITY OUTREACH

Betty Ann Grainger

Welcome back to another year of assisting our sisters in need in any small way that we can. Remember that in December we donate hats, scarves, pj's, toiletries and the like to Interval House and Cornerstone Housing for Women. Last year we also gave to the Elizabeth Fry Society. This year we hope to include Minwaashin Lodge - an Indigenous Women's Support Centre. We'll be collecting all items including cash donations during November. Contact Betty Ann Grainger to make donation arrangements.

Betty knitted these brightly coloured scarves in the summer.



ENVIRONMENTAL ACTION GROUP

Beth Junkins

THE GREEN GRAPEVINE

The week of **October 18 – 24** has been **Waste Reduction Week** (WRW) in Canada. The week focusses attention on a year- round program with “*take action*” messaging helping to empower Canadians to make environmentally sound choices. This is the 20th anniversary of the initiative that began as Waste Reduction and Recycling weeks led by recycling councils and provincial governments. The WRW is now lead by **Circular Innovation Council** (formerly Recycling Council of Ontario). <https://wrwcanada.com/en/theme-days>

Monday	Circular Economy
Tuesday	Textile
Wednesday	e-Waste.
Thursday	Plastics
Friday	Food Waste
Saturday	Sharing Economy
Sunday	Swap and Repair

It is not too late to take a look at the website - pick an area (or areas!) that interests you to see the resources available and what some industry leaders are doing. In the spirit of WRW, why not taking a look at the resources that the City of Ottawa offers to help reduce waste?

Here is the link to the new city waste website.
“City of Ottawa Waste Explorer”.

(<https://ottawa.ca/en/garbage-and-recycling/waste-explorer#new-and-improved-waste-explorer>)

This website helps address the confusion that can get in the way of our recycling efforts by answering our questions on “**what goes in which bin?**” ! You type in the item you are wondering about and you will be told where to put it: things like soiled pizza boxes, wax paper and soiled tissues (compost); milk and juice cartons and foil yogurt lids (blue bin); (non-foil) wrapping paper (black bin); cereal box liners (regular garbage).

Even better, if you type your address in, the website will tell where there are “take back” programs to help keep even more out of the regular garbage and landfill – things like shoes, eye glasses, clothing, appliances, batteries

We can make a difference -make every week Waste Reduction Week year-round!!

ENVIROPALOOZA – Coming in April 2022

Planning is underway by members of CFUW Nepean, CFUW Kanata and CFUW Ottawa to organize a series of three virtual evenings in April 2022, (getting us ready for Earth Day on April 22, 2022). While early days, speakers and panelists are being contacted to talk about taking action to address reducing plastic, water related issues and climate change. Stay tuned for more details!!

SCHOLARSHIP TRUST FUND

Our newest fundraising opportunity was launched at the October General meeting. In collaboration with Ottawa area Rotary Clubs, **we are selling Rotary Cash Calendars** with \$10 of each \$20 selling price being donated to the Scholarship Trust. This is a win-win for both organizations and with 368 cash prizes being drawn, possibly a big win for you too! These make a great gift. Thank you to Marcia for suggesting this opportunity and to Marilyn for organizing the rollout. Calendars are available from Judy or Marcia.

Cozy up with a good book.

Marlene Sylvester has relaunched the book sale fundraiser. Watch your e-mailbox for notices of what's available, book donations welcome

WELCOME TO NEW MEMBERS OF CFUW NEPEAN.

MEMBERSHIP

Dolores Dufresne

Welcome to all new and returning members of CFUW Nepean. As of this writing, we have 47 members. Only two from last year have chosen not to renew their membership. The 47 includes six new members, either full or joint – Carole Baker, Betty Bertrand, Sharon Chop, Rachel Plouffe, Carol Bell Thompson, and Radhika Sekar. We hope that you all enjoy your time with our Club!

Remember! You have until the end of October to pay your membership in order to be included in the Membership Directory. You will be sent the new Membership List on November 1st. If you need a phone number or an e-mail address before then, please let me know.

ZOOM meetings make it difficult to meet new members and get to know one another. Here are introductions to five of our new club members. Please welcome them personally on ZOOM events.



Carole Baker

Carole is from Montreal but moved to Ottawa in the late 1970s. She worked at the Children's Hospital of Eastern Ontario as the Family Liaison Nurse in the Neonatal Intensive Care Unit for 17 years and transitioned to become a Palliative Care Nurse Consultant, first at the Riverside and then the Civic Hospital. She obtained her Post RN BScN and then an MEd at the University of Ottawa while working and raising a family.

She enjoys retirement, and until recently travel, cruises, hiking and biking have been her passions. She spent seven winters in Ajijic, Jalisco, Mexico and became involved with Centro Educativo Jaltepec, a Technical University that grants a degree in Hospitality and Hotel skills to **young** Mexican women. As the Assistant Community Facilitator, she did fund-raising and found sponsors to provide scholarships for the students whose families were unable to pay. She writes and publishes their quarterly newsletter.

Carole is a member of CFUW Kanata and serves on their Scholarship Trust Committee. She joined CFUW Nepean because she felt this is a dynamic and interesting club with much to offer.

Betty Bertrand

Betty grew up in Renfrew Ontario and spent seven years in different villages in the Pontiac area. She worked for the Canada Revenue Agency for 37 years mainly with pension plans. Her passions are reading, quilting, traveling and spending time with friends.

She is involved with IODE (Imperial Order of the Daughters of the Empire). She belongs to and is a past president of CFUW Kanata. Betty joined CFUW Nepean because she was impressed by its community work.



Sharon Chop

Born and raised in Kenora, Ontario, Sharon graduated from Queen's University in 1969 and earned a Bachelor of Education from the University of Toronto in 1970.

As a teacher she provided a nurturing, positive learning environment with creative activities where students were comfortable, confident and eager to learn.

She began her teaching career in Delhi, Ontario. Then, while her husband studied Sharon became involved in the Engineering Library at the University of Western Ontario,

and she became a teacher/librarian in the mid 1970s in Bendigo, Australia. Later, in England she worked for RoSPA (Royal Society for the Prevention of Accidents), before returning to Canada. After raising her family, she re-entered the teaching profession as an elementary teacher in the late 1980s, retiring in 2009, but worked as a supply teacher until 2013. Their only grandchild, born in 2018, keeps her active and will keep the teacher alive in her.

Sharon is enjoying retirement, especially reading, cooking and travelling. She still uses her organizational skills when coordinating the yearly Church bazaar. Sharon joined Retired Women Teachers of Ontario, became the secretary of the Ottawa/Carleton branch in 2015 and has been the president since 2019. She always meant to join CFUW and decided to do that in 2021.



Rachel Plouffe

Rachel, born and raised in Ottawa, graduated from the University of Ottawa in 1970. She lived in San Antonio, Texas, USA, for three years when she was first married, and in Basel, Switzerland, for two years after retirement. Her work roles in the Public Service (at the CRTC - Canadian Radio-television and Telecommunications Commission) were administrative and language-based (translating, editing and proof-reading).

Rachel is a reader, movie goer and bridge player, and likes to dabble in crafty things. Currently, she is making, repurposing and repairing jewellery. She has been an active volunteer: on school parent councils, at Hospice Care Ottawa (May Court) (arranging flowers and helping with fundraising events) and canvassing for her neighbourhood community association. Rachel was active in CFUW Ottawa for many years: one year as program co-convenor for the monthly meetings and a few years as convenor of the Canadiana group and as a spare for the bridge groups .



Carol Bell Thompson

Carol was born and raised in Toronto, attended McGill and then worked for the VON and the Toronto East General Hospital. Marriage brought her to Ottawa where she did two life-changing things. She made an unplanned career change from nursing administration to Real Estate sales and she joined CFUW

Carol was President of CFUW-Ottawa from 2001-2003 when the membership was 585. She has seen many changes over the years in CFUW and next year will celebrate 40 years of membership. Having a dual membership with Nepean she will continue her cuisine activities in the Ottawa club and will do more reading by joining the book club in Nepean and will enjoy our members, many of whom she already knows

Radhika Sekar

Radhika is our sixth new member. The editor was unable to obtain her introduction. Please welcome Radhika when you meet her on ZOOM. Watch for her introduction in the next News Bytes.

Women in Parliament: December 7th is the 100th anniversary of the first woman being elected to the House of Commons. Commemorate a century of women breaking parliamentary glass ceilings and hear from ground-breaking women who represent firsts and from inspirational youth leading the next generation of powerful women. For more info: https://www.equalvoice.ca/100th_anniversary/

REMEMBERING CHRISTINE FUTTER Christine served several years as our book group convener, shepherding our book selections and discussions. She was an athlete, a champion runner and hurdler, competing at the international level. Academically, she was the first to obtain a PhD in Linguistics from the University of Ottawa. Her textbooks under the 'With One Stone' banner have been used in First Nations communities and have helped many immigrants learn English. The protection of the environment was important to her. In the 1960s, Christine became a skilled glider pilot. Christine was a remarkable woman who will be missed by the women of CFUW Nepean

Social Media - sharing, networking and informing
 Facebook <https://www.facebook.com/CFUW.Nepean/>
 LinkedIn and <https://www.linkedin.com/company/cfuwnepean/>
 and our really great website www.cfuwnepean.ca
 and **Ontario Council** www.ontariocouncil.org
 and **CFUW National** www.cfuw.org
Graduate Women International www.graduatwomen.org

email CFUW Nepean News Bytes at : CFUWNepeanNews@gmail.com
The Nepean News Bytes team - Marilyn Letts, Susan Russell and Carla Barry

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



Advocacy and action at the international level for women and girls www.graduatwomen.org/

Convention on Discrimination against Women (CEDAW) Committee holds 80th session from 18 October to 12 November - GWI reports on Egypt, Russia Federation, and South Africa

GWI UN Representative, New York, Maureen Byrne Ph.D., recently attended UNICEF's second Executive Board session this year.

GWI Global North-South Dialog: "Connectivity and Partnerships to Empower Women as Agents of Change" Longer-term partnership goals include working together on a case study that addresses the priority theme for the 67th session of the Commission on the Status of Women in 2023, *Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls.*

The **Convention on the Rights of the Girl Child.(CRC)** has 54 articles plus some optional ones. GWI focuses on two articles:

Article 28 – All children have the right to education.

Article 29 – States parties should ensure that education develops the child's personality, talents and mental and physical abilities. <https://graduatewomen.org/who-we-are/our-membership/independent-members/crc/>

Child brides: Early marriage usually ends a girl's education, conversely, completing education usually delays marriage. The link to the brief :

<http://www.costsofchildmarriage.org/publication/economic-impacts-child-marriage-educational-attainment-brief/>

Sadly 515 million women and girls around the world lack basic reading skills