**UPCOMING MEETING Tuesday November 1 1PM – 3PM****Bells Corners United Church  
3955 Old Richmond Rd, Nepean, ON K2H 5C5****Guest Speaker Gerda Kraft – Faith Lutheran work with  
Ukrainian Refugees**

## The President's Message

## THE DARKNESS THICKENS

I write this in the season of "ghosts and goblins and things that go bump in the night", a time of darkness, of less light. This year, the November of "no light" is brightened by the easing of the pandemic. Signs that we are resuming a few normal activities cheer us - some of us are playing bridge in person, our lunch club is eating out, our meetings at Bells Corners United Church are well attended. Perhaps the witches and ghosts will take the pain of COVID with them when they leave us after October 31st.

I hope you, like me, remember the excitement of Hallowe'en, of dressing up, of going door to door trick or treating. To my chagrin, one of my clearest memories is the Hallowe'en "trick" my brother, I, and several friends played when we knocked down the woodpile of a neighbour who gave no treats. Although about ten of us were involved, it was my brother and I who were recognized and had to re-pile the wood, and write a note of apology. For me, a "trick or treat" lesson learned.

As we face late fall, we also have the Christmas season to anticipate. Our meeting at Amica should provide the fun that Cindy hoped we would have this year. Remember that Sue has asked us to wear our holiday hats and sweaters, and to bring our sharpest minds for the trivia.

May each of you enjoy a happy fall!

Joan

## Welcome CFUW Nepean New Members!

CFUW Nepean is delighted to welcome our new members and we asked them to provide a few words to help us get to know them better.

### Sherill Carden

I joined CFUW in October after being invited to the September meeting by Marcia Armstrong. I am a retired elementary teacher who taught the English subjects and provided remedial support in a French Immersion school here in Ottawa for most of my career. I am currently working as a tutor. Before becoming a teacher, I had a career in social policy, as an advisor with the Ontario Association for Community Living. I am a past president of Concerned Friends of Ontario Citizens in Care Facilities, an organization advocating for residents of long-term care facilities and their families.

I hold a BSc from U of T, a Masters in Environmental Studies from York University, and a BEd from U of O. I am married - my husband Fred is a consultant in the evaluation field. I have three sons and one 12 year-old grandson.

I am a member of the Fraser Group which supports three families of Syrian refugees; my role is mainly tutoring the children. I love to travel and HATE winter. I lived for seven years in Indonesia and didn't miss the cold and snow one little bit. I am also an avid reader and bridge player and am looking forward to participating in the CFUW book club.

### Chinyere Ezeoke

Dr Chinyere Ezeoke is a lawyer, called to the bar in Ontario and in Nigeria. She had the opportunity to live in many countries during her husband's employment with the United Nations and had experience working in various fields of law in Nigeria, Japan, Malaysia and Canada. She was a legal advisor at Fednav Limited, Montreal, and a contract specialist at Vale Canada Limited. She also held teaching positions at universities. She taught postgraduate and undergraduate law courses as senior lecturer at the Faculty of Law, University of Malaya, Kuala Lumpur, Malaysia and as a sessional lecturer at the department of law, Carleton University.

Dr. Chinyere obtained her bachelor's degrees in law from the University of Benin, Nigeria and the Nigerian Law School. She then obtained the British Chevening Scholarship and studied for a master's degree in law at the University of Nottingham, United Kingdom and a doctorate degree in law at the University of Buckingham, United Kingdom. During her doctoral studies, she was a student member of the British Federation of University Women (Oxford Branch) and participated in the association's activities at the local level.

Dr. Chinyere is married and lives with her husband and two teenage children in Ottawa. In her spare time, she loves reading, researching and advocating for healthy and environmentally friendly products and engaging in community activities. She equally volunteers as a mentor to students (especially girls in Nigeria) assisting them to access higher education and suitable career paths.

## **Joanne Larose**

I was born and raised in Ottawa. I enjoyed mathematics, dramatic arts & visual arts in high school. After grade 13, I went to Ottawa University part-time and took courses in management & visual arts. Jobs were scarce in Ottawa at the time, so I moved to Toronto in 1980 and began working at the York Division of Canada Post in Internal Audit. From there I went to the London, Ontario and worked at the Huron Division office before returning to Ottawa in 1988. I became a supervisor of inside postal workers at the main mail processing plant. That was actually the highlight of my career as I enjoyed the exercise of walking most of my shift and talking with my employees. My last 10 years at Canada Post were in employee communications as the production co-ordinator for a magazine that was distributed to all Canada Post employees seven times annually. During this time I completed the certificate program at Algonquin College in Communications. I've always been an artist at heart - dabbling in various mediums. I'm married with two grown step daughters, two cats and I share my husband's Canadian Guide Dog for the Blind.

## **Laurie Lyon**

Hello Ladies, I am Laurie Lyon. I am currently living with my second husband, David Paterson, in a condo on Ambleside Drive. We are both retired; he from the federal government, and I from elementary school teaching with the Ottawa Carleton District School Board. I enjoy travelling, reading, gardening and socializing with family, friends and neighbours.

I am a vipassana meditator and am doing my best to be a whole food plant based, no SOS

(salt, oil, sugar) eater. It's a challenge to be sure, but for me, very much worth the effort.

I look forward to participating in CFUW activities with all of you.

## **Anne Sterling**

I was born in 1950 in Quebec city to English speaking parents from Ontario. I graduated from Queen's U. with a degree in Geography in 1972. After travelling for a year I moved to Ottawa and went to Teachers' College.

In 2004, I retired from teaching elementary school with the Ottawa Carleton District School Board. Since retirement, I have enjoyed travelling to several countries.

I like to be active: x- country skiing, hiking, kayaking, swimming, cycling.

My main hobby interest is a continuation of my father's family history projects. I focus on old family photos, connecting with "cousins" and using DNA to learn more about family.

**November 11**

**We remember all who have fallen**



Painting by N. Junkins. Used with permission from artist



<https://graduatewomen.org/>

## GWI and the UN – Marcia Armstrong



Following the establishment of the United Nations in 1945, in 1947-48 the International Federation of University Women (IFUW) was granted the right to send accredited observers to all organizations of the United Nations and was given official consultative status with the Economic and Social Council of the UN (ECOSOC) as well as consultative status with the United Nations Educational, Scientific and Cultural Organization (UNESCO).

This began a long relationship with the UN with IFUW undertaking studies, writing reports, and organizing seminars. IFUW representatives took part in the UN Conference on Environment and Development (UNCED) also known as the Earth Summit. Several joint publications related to education/university curriculum/ by IFUW/UNESCO have been prepared and released. IFUW also offered workshops at the 4<sup>th</sup> World Conference on Women and NGO Forum held in Beijing and worked towards the adoption of the Beijing Platform of Action.

In 2015, IFUW changed its name to Graduate Women International (GWI). The organization continues to have input to UN organizations related to education, status of women and human rights.

Our Club's support of the work of GWI has implications at the highest levels. For those who want to read more - [GWI Timeline - Graduate Women International \(GWI\) | Graduate Women International \(GWI\)](#)


**Early Bird registration is open!**  
Registration is 60 Swiss francs until 31 October 2022.



Graduate Women International

*From Growth to Sustainability*

34<sup>th</sup> Triennial  
General Assembly and Conference



CLICK HERE

11 November - 13 November 2022

Wonder what is going to be discussed at the Graduate Women International 34<sup>th</sup> Triennial coming up in November?

The keynote address is titled "GWI Impact on the Acceleration of the Global Implementation of SDG 4". SDG 4 refers to the UN Sustainable Development Goal number 4, relating to Quality Education. The full title for the SDG 4 is "Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all".

A key part of the Triennial will be voting on the Resolutions proposed by the international partners of the GWI. Of the 10 Resolutions, Canada is sponsoring five, including the CFUW Nepean Resolution urging action to reduce single use plastics (seconded by the Indian Federation of University Women).

The Resolutions make interesting reading, and give insight to the Global priorities we share.

You can find all of the Resolutions at:  
<https://graduatewomen.org/wp-content/uploads/2022/09/GWI-Policy-Resolutions-2022-09.09.2022-compiled.pdf>

The Agenda for the whole program can be found at <https://graduate-women-international.idloom.events/ga2022/pages/Programme>

## CFUW Nepean Activities

### Oct 20 @ 7PM by ZOOM - Emma Kent

Emma Kent, a member of the board of the Historical Society of Ottawa, provided us with a fascinating talk about Home Children, the over 100,000 children who were sent from Great Britain to Canada, New Zealand and Australia to work on farms.

Emma based her talk on the life of her grandfather who was one of these children. He left journals so that his family would know of his experiences, which were positive. He came to live with a newly married couple who made him part of their family. As we know, many Home Children did not have the fortunate experience that Emma's grandfather did.

Emma has offered to speak to us again about her work on Girl Guides, which is the basis of her book, Beyond the Badge.

### Upcoming Speakers

Mark your calendars for these interesting future speakers

**Tues Nov 1 @ 1PM Gerda Kraft** from Faith Lutheran will speak about how their organization helps Ukranian refugees

**Tues Nov 29 1PM @ 1PM** Amica's **Grace Turner** and **Erin Courtney** will lead us in Trivial Pursuit and/or You be the Judge. Be sure to wear your **holiday sweaters and hats!**

**Tues Dec 6@ 1PM Tina Boileau**, mother of Jonathan Pitre, known as the Butterfly Boy, will discuss the legacy of her son.

### Oct 4, 2022 Mags Gaulden – “Grandmas Genes”

<https://grandmasgenes.com/>



It was evident quickly why Mags Gaulden is a sought after international lecturer.

Her work in genetic genealogy began as a hobby, but after 35 years Mags is a recognized expert, leading a number of key genealogical initiatives and projects.

She provided the listeners with an excellent explanation of the three DNA test types for genealogy with examples that allowed everyone to understand what these tests could provide.

Mags covered a wide range of material and there were many threads to her talk. One that stood out was her discussion on privacy and commercial firms sharing the DNA data with agencies like law enforcement or health insurers: what are the implications and how have the large companies begun to deal with consumer concerns? Another particularly striking portion, was the project with the Royal Ottawa. Here they used genetic genealogy to help enhance identity to individuals struggling with PTSD, homelessness, and mental health issues. Being able to provide ancestors, ethnicity and even a surname has proven to be extremely powerful for some of these individuals – gave them sense of belonging.

Mags was dynamic, engaging and conveyed complex material clearly and concisely. It is no wonder that her Youtube channel and blogs are popular!

Image used with permission from Mags Gaulden

## CFUW Nepean Activities

### Movie Matinee Group – Helen Young

On Friday Oct 14, members of the Movie Matinee group attended their first movie since March, 2020. It was such a pleasure to actually be out and about, together again!

The movie was “The Good House”, starring Sigourney Weaver and Kevin Kline. It was very good and enjoyed by all.

The next Movie Matinee is scheduled for **November 11**. If you are interested in joining, please contact Helen

### Environmental Action Group -Beth Junkins

On Oct 20 the EAG members talked about new products to help reduce our plastic use and the difficulty of finding products in some rural areas. We also had a good discussion of the article “Why educating girls is important to climate change”.

<https://www.brookings.edu/blog/education-plus-development/2021/02/10/why-is-girls-education-important-for-climate-action/>

Looking ahead, we shared ideas on how to consume less this holiday season and to find meaningful gifts for all ages. Look to the Green Grapevine for some suggestions that may help with your list.

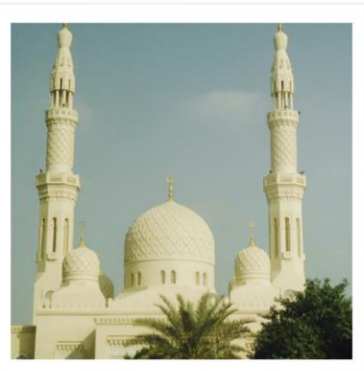
Everyone is welcome to join our group – third Thursday of the month at 1PM by Zoom. Contact Beth to be added to the Zoom invite.

### Armchair travel – Marlene Sylvester

Armchair Travel is every **3rd Tuesday** each month, excluding December. Due to Covid, we must have the travelogues on Zoom. We are very fortunate to have many well travelled members/ friends who can present their travelogues to us.

On Oct.18th Debbie Poisson, a travel agent, presented beautiful idyllic landscapes of snow capped mountains, quaint towns and cities nestled at the base of mountains, and vistas from the mountain tops, as well as her experience climbing one part of the highest mountain in Switzerland. She also had lots of interesting information about the food, tourism, economy languages of this landlocked country.

Coming up on **Nov. 15** Sharon Carew will present her trip to Dubai and Singapore. I am quite sure that her presentation will be well worth seeing with lots of time for questions and input from other members. Here is a sneak preview of a couple of her photos. Hope to see everyone virtually!



## CFUW Nepean Activities

### Lunching Out – Sharon Carew

For the first time in two and a half years the Lunching Out group met on October 19th at Napoli's Cafe. We spent a pleasant two hours enjoying Italian cuisine.

Our next Lunching Out will be on Wednesday, **November 16th** at Browns Socialhouse Restaurant in Barrhaven at #1-1055 Greenbank Road. It is a new restaurant that has delicious food.

There are 25 people on the Lunching Out list and if you would like to be added to the list, please e-mail or call Sharon

### Open House Used Book Sale and Coffee

-Kathy Greiner

You and your friends are invited to a book sale and coffee time in support of the CFUW Nepean Scholarship Trust.

When: Saturday November 5

Time: 11 a.m. to 4 p.m.

Where: The home of Kathy Greiner

Bring your friends, come for a coffee and a chance to catch up!

Every book is just \$3 – a great way to pick up some books for winter reading and support the scholarships for women.

Contact Kathy for more information and directions.

## CFUW Nepean Scholarship Trust

### Making a difference in the lives of young women!

Scholarships can have a profound effect on someone's future. Jennifer Robinson of CFUW Nepean writes:

"As a little girl, I had a big dream: I wanted to be an engineer. I wasn't sure if I could afford university, but my teacher told me "Don't worry, you'll get scholarships". She was right, and scholarships enabled me to earn an engineering degree. In 1975 I was the only woman in a class of 86 engineering graduates at Carleton University. I went on to a master's degree, also on scholarships, and a 40-year career in information technology. I believe strongly in the power of education to transform a person's life, and I also believe in "paying it forward." That's why CFUW Nepean's Scholarship Trust is very important to me. "



Remember that a donation to the CFUW Nepean Scholarship Trust gets a tax receipt. Please consider contributing (online look for CFUW Nepean on the [www.CanadaHelps.ca](http://www.CanadaHelps.ca) site. )

You can help make a concrete change in the life of a young woman who has big dreams.



## THE GREEN GRAPEVINE      Beth Junkins

Gift giving season is fast approaching and if you are still thinking about what to get for friends and families, you might consider gifts that encourage consuming less, giving fewer “things”. The Environmental Action Group has put together a long list of ideas! While each person is in a different situation, we hope that there may be a suggestion or two that will work for you or inspire you with other ideas!

**Gift certificates** are a very popular idea. There are lots of options for all ages, interests and prices, and they don't have to be for 'things' – consider consumables, activities, events or classes:

**Consumables:** groceries, baked goods, teas, wines, restaurants

**Activities:** bowling, mini putt, the driving range, movie theatre, wine tasting, petting farm

**Events:** tickets to a play (good community theatre in Ottawa as well as professional and some have special Christmas programming!), walking tours, music concerts and festivals, a hockey game (junior or the Sens), Sens Skills competition, Disney on Ice.

**Classes:** sewing, painting, scrap booking, rock climbing, yoga, LCBO cooking classes.

Sharing the event with the recipient makes it extra fun.

All ages appreciate **memberships** to museums, zoos, art galleries – most can be purchased online for loved ones living anywhere in the world.

If you are a **baker**, consider some sweet treats to put under the tree, or offering to make a dessert a month for 2 or 3 months, or for an afternoon tea. The more ambitious among us may offer to provide a meal, or even a dinner party - maybe the start of a fun (themed??) gathering on a cold winter's night.

Offering **your time and talents** is particularly special. You might provide someone modelling clay or paints and an afternoon around the kitchen table devoted just to them (maybe paired with a visit to the Art Gallery). How about a snuggly movie afternoon and popcorn? Hand made scarfs, mittens and hats are always valued, but think about offering to teach how to knit, crochet, embroider. Perhaps teaching a piece of music at the piano or on guitar, or how to make the favourite family cookies. If you have a green thumb, how about plant cuttings, or an afternoon showing how to start seedlings for spring? So many possibilities to share.

Some people would appreciate an offer to **take something off their 'To Do' list and lighten their day** – running errands, mending, walking the dog. You might be able to be a driver for a day, or head out to Almonte or Merrickville for tea! Every parent especially loves to have babysitting!

This may be the time to take some of the family photos and pass along a bit of **family history**, or a story about a special event or time. Maybe you would like to write down a **story** you grew up loving and get some special little artists to help illustrate it for you – something you create together.

What about a family challenge that all gifts must be **second hand** – from home or a shop. Great opportunity to repurpose special items, pass along some fun jewellery, your favourite books or music (an old LP??)

You might consider **donating** in someone's name to a charity that is important to you – a chance to have a conversation about something you care about, at home or abroad, while helping others.

The list could go on! Hope you will find something that will help make this Festive Season special for you.

Did you know that the **CFUW Ontario Council** has a Speaker series? On October 15 they held the first event of the year entitled “Education beyond the School” and featured speakers on coping with stress, Learning4Life, educating about racism and the impact of identifying as LGBTQIA2S+.

The next event will be November 26 on a topic TBD. Keep an eye on the website <https://cfuwontcouncil.org/standing-committees/>

## CFUW National Environmental Hub-

In August, Alison Hobbs from the CFUW Ottawa got permission from the National Executive to establish a National Environmental Hub for CFUW members across Canada. Alison writes “It is intended as a reference hub for the latest environmental news, and as a forum for the exchange of ideas for action within CFUW. “

A private Hub has been set up on Facebook - all you need is to be a CFUW member and to have a Facebook account. If you are interested in joining, please contact Alison (at [environment@cfuw-ottawa.org](mailto:environment@cfuw-ottawa.org) ) with your email or Facebook information so she can send you an invitation.

Alison hopes that this project will extend and consolidate our network nationwide, and will encourage collaboration on future environmental action.

Our thanks and congratulations to Alison for spearheading this. It is a great place to stay connected.

Join up and join in!

### CONTACT INFORMATION

CFUW Nepean website – <https://www.CFUWNepean.ca>

CFUW Nepean social media -

– Facebook <https://www.facebook.com/>

– LinkedIn [www.linkedin.com/company/67676158](http://www.linkedin.com/company/67676158)

– YouTube <https://www.youtube.com/channel/UCmEVH4VhblGQNW0kXT41e1A>

CFUW National website – <https://www.cfuw.org>

GWI Web site – <https://graduatewomen.org>

CFUW Nepean email to contact the Webmaster – [CFUWNepeanPR@outlook.com](mailto:CFUWNepeanPR@outlook.com)

CFUW Nepean email to contact the Editor of NewsBytes – [CFUWNepeanNews@gmail.com](mailto:CFUWNepeanNews@gmail.com)

CFUW Nepean membership form – <https://tinyurl.com/CFUWNepeanMembership2022-23>