**UPCOMING MEETING Tuesday October 4 1PM – 3PM****Bells Corners United Church  
3955 Old Richmond Rd, Nepean, ON K2H 5C5****Guest Speaker Mags Gaulden – ‘Grandma’s Genes’****PRESIDENT’S MESSAGE**

“Season of mists and mellow fruitfulness” wrote British poet John Keats in his poem To Autumn. As I write this, on the first wet and unusually cool day of fall, I have to convince myself that Global Warming and Climate Change are happening, that our planet is in danger. I know, as you do, that it is, and that CFUW Nepean is doing what it can to stop that.

Our Environment Action Committee where we share ideas about helping our environment, our resolution on Single Use Plastic (now to be presented to the GWI) - these may be small steps, but, if taken by everyone, will make a difference. They might help to stop Climate Change in its tracks. With what we each can do in mind, please be aware of Waste Reduction Week, October 17 to 23. More information about that can be found in this Newsletter.

Other worthwhile upcoming events also highlighted in this Newsletter are the International Day of the Girl Child (October 11), the Famous Five Day (October 18), and the GWI Triennial Conference (November 11-18). Each presents us with opportunities for actions which, taken individually, will collectively make a difference.

For the past thirty or so months, we have been through turbulent and trying times. Like many others, I wonder if we will ever return to “normal”. WHO reports that the pandemic is ending, but the Citizen reports today that COVID deaths are once again rising in the city. As restrictions ease, as our use of platforms such as Zoom lessen, please be patient as we once again find our way.

John Keats, whose poem is considered one of the finest in the English language, didn’t ever see the lovely colours that we enjoy. Think how much better his poem might be if he had experienced a Canadian fall.

Stay safe.

Joan

### GWI & the UN Sustainable Development Goals

In 2015, The United Nations adopted the Sustainable Development Goals (SDGs) as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people could enjoy peace and prosperity. There are 17 of them and they are integrated such that action in one area will affect outcomes in others and that development must balance social, economic and environmental sustainability. They are designed to end poverty, hunger, AIDS, and discrimination against women and girls. More info at: [Sustainable Development Goals | United Nations Development Programme \(undp.org\)](#)

Our Club supports Graduate Women International and GWI works to support the SDGs and particularly SDG #4 – Quality Education and Life Long Learning. In 2021, GWI affiliates in 48 countries researched the SDG progress in their respective countries and identified six categories of action needed to implement the SDGs, irrespective of the country’s demographics and economic level.

1. Building Awareness about the SDGs – Do YOU know what they are?
2. Outreach to Communities and Vulnerable Populations – this could apply to immigrant and indigenous populations in Canada
3. Conducting Community Dialogue
4. Providing Training and support based on existing programmes – our scholarships at Algonquin College work towards this goal
5. Policy Review and Development – CFUW policy development through resolutions from Clubs and following up with letters to MPs and Ministers.
6. Data Collection

GWI understands that graduate women have the competencies to respond to capacity needs identified by the UN and that Institutes of Higher Learning can share responsibility in this effort.



Graphic is from GWI website and includes all 17 SDGs and the programs that GWI supports to address them.

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



Graduate Women International

*From Growth to Sustainability*

34th Triennial  
General Assembly and Conference

to be held virtually

11 November - 13 November 2022



CLICK HERE

If you are interested in the larger issues that are tied to education whether to the lack of access, quality or to the greater good of our society, you should check this out. Our National organization, CFUW, will be presenting - “How we do Advocacy-Fighting for Social Justice with Education”.

# UN International Day of the Girl Child

## Oct 11, 2022

<https://www.un.org/en/observances/girl-child-day>

(Cindy Hyduk)

On December 11, 2011 the United Nations General Assembly adopted Resolution 66/177 to declare October 11 as the International Day of the Girl Child in order to emphasize the importance of recognizing girls' rights and the unique challenges girls face around the world.

They wished to highlight that girls have the right to a safe, educated, and healthy life. If supported, then girls have the potential to change the world. Such an investment in girls upholds their rights today and promises a more equitable and prosperous future, one in which half of humanity is an equal partner in solving the problems of climate change, political conflict, economic growth, disease prevention and global sustainability. Achieving gender equality and women's empowerment is integral to each of the 17 goals in the 2030 Agenda for Sustainable Development.

The United Nations (UN) website highlights some of the issues that face girls throughout the world. Child marriages, schools that lack single sex toilets, sexual exploitation, lack of access to the internet, low numbers of Science, Technology, Engineering and Mathematics (STEM) graduates are among the problems identified by the UN.

As I read the UN information I was struck by how fortunate my own life had been; I had a warm bedroom all to myself, all the food I needed, advice and support, safety, and grew up knowing that post secondary education for me was non-negotiable - I was going! Consequently, my first response to reading about The International Day of the Girl Child was to feel that these were largely third world problems.

However, it soon occurred to me that there are many issues here in Canada, particularly for our

Indigenous and Inuit girls, that pose real threats to their lives and limit their potential. In many communities they do not have access to clean and safe drinking water. In many remote communities there are only primary schools so adolescent girls are sent to the city in order to obtain secondary education. Here they may live with families that are strangers to them or in communal poorly supervised apartment buildings. Often this leaves these young girls vulnerable to violence and sexual exploitation. This is part of the problem resulting in missing and murdered indigenous girls. Home is not always a safe alternative either since many young girls are exposed to drugs and violence.

Yet these are not just problems facing Indigenous and Inuit girls. Many other girls in Canada cannot afford post secondary education, and do not have a healthy life with adequate food. In the wake of the Covid pandemic and subsequent economic inflation many girls from low income families do not have adequate food and shelter. Violence and sexual exploitation affect many girls from across all ethnicities and from across the economic spectrum.

So what can we do? The UN recommends the following ways to get involved: share human interest stories, blogs and videos of girl change makers; engage government officials and policymakers and stakeholders; engage key female influencers; and amplify your commitment to raising awareness about and addressing factors that hold girls in your area back.

So please take a moment on October 11 to consider the importance of the International Day of the Girl Child.

## Fundraising events for the Scholarship Trust

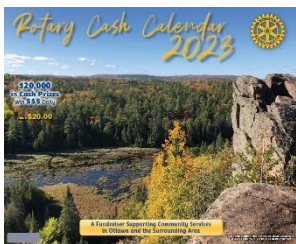
(Marcia Armstrong)

Hope that you are gearing up to enjoy our monthly meetings with engaging speakers and getting involved with our various interest groups this year. In addition to those activities, the Club also does advocacy work focused on social justice, the environment and education, community outreach helping those who need assistance, and fundraising to support the scholarships that we award annually to Algonquin students. For the last few years this has been 6 awards of \$1000 each.

Fundraising events for the Scholarship Trust are already underway for 2022/2023.

A Silent Auction will be on display for bidding at the October and November meetings with the winners announced at our December meeting (just in time for gift season!)

Once again this year, we will be selling Rotary Cash Calendars - \$20 each with half of that going to our Club for the Scholarship Trust. Last year \$1800 was raised. These calendars, beautiful in themselves, are also a lottery ticket with a cash prize (\$20 - \$1000) drawn every day of the year.



If you win once, your ticket goes back into the drum and could be picked again and again. So far this year, several Club members have been winners and those they know (friends, children, and grandchildren) have also been winners.

If every Club member sold 4 calendars, we would have \$1600 for the Scholarship Trust. Calendars will be available at the next three Club meetings. If you don't plan to attend, let Marcia Armstrong know if you want calendars and she will see that you get them.

We are grateful to have an anonymous donor who has agreed to match Club member donations (either by cheque or through Canada Helps) of up to \$1000.

Please consider supporting our fundraising events. If you have additional ideas for how we can assist women students at Algonquin to meet their educational aspirations please contact the Scholarship Fundraising Committee (Marcia Armstrong, Sue Carter, Betty Ann Grainger)

### Famous Five Day Oct 18, 2022

(Joan Conrod)

In August 1927, Emily Murphy (first female magistrate in the British Empire) invited four women to her home in Edmonton for tea and to form and sign a petition to send to the Supreme Court of Canada. Those women – Nellie McClung, Irene Parlby, Louise McKinney, and Henrietta Muir Edwards – signed the petition which ultimately asked “Does the word Persons...include female persons?”

This question was necessary because the BNA act which formed the Canadian Constitution stated that “Only qualified persons could be summoned to the Senate by the Governor General.” It was generally accepted that “persons” referred to men only.

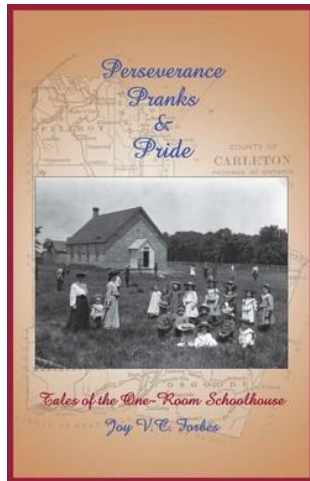
The five men of the Supreme Court of Canada voted against this petition, but the women, undaunted, applied (with the permission of the PM Mackenzie King) to the only higher authority, The Privy Council of Great Britain. These worthy men decided that women were indeed “persons” and on February 15, 1930, Cairine Wilson was sworn in as the first female Senator in Canada.

How grateful women in Canada are to the persistence, the courage, the spirit of these women, who truly deserve to be called the Famous Five.



## CFUW Nepean Sept 13, 2022 Kickoff Meeting

At our kickoff meeting we were pleased to have Joy Forbes as our guest speaker. She spoke about her research into one room schoolhouses and her book "Perseverance, Pranks and Pride – Tales of the One-Room Schoolhouse"



A creative and inspiring teacher, Joy was recognized for excellence and won numerous awards. Now retired, her energy has not waned, and her enthusiasm and years of careful research were evident in her informative and very enjoyable presentation.

CFUW member spoke about the presentation:

"Listening to Joy Forbes' presentation, The One-Room Schoolhouse, it was evident that her heart and soul has gone into the many years of research she has done. Amusing stories and important facts were told from personal interviews with former schoolhouse students. We were also treated to many photos of former one-room schoolhouses in the Ottawa area. We learned a lot and laughed a lot."

You can learn more about Joy and her work on one room school houses at her website:

<http://www.oneroomschoolhouses.ca/>

Image used with permission from Joy Forbes

## Upcoming Events

Mark your calendars for these interesting future speakers

**Tuesday Oct 4 @ 1PM** 'Grandma's Genes' with professional genealogist Mags Gauden. Specializing in genetic genealogy, Mags will talk about the power of DNA in genealogy <https://grandmasgenes.com/>



Image used with permission from Mags Gauden

**Thurs Oct 20 @ 7PM by ZOOM** Emma Kent will speak about the Emigration Program that brought more than 100,000 home children from England to Canada to work on the farms.

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

## Interest Groups

CFUW Nepean is a very active club with a range of interest groups open to all members – a chance to learn something new and make new friends!

Something for everyone - try one out

Armchair Travel  
Bridge, Book Club  
Art Tours  
Lunching Out  
Environmental Action Group  
Movie Matinées  
Friday Chats

See the CFUW Nepean Website for details!!

## THE GREEN GRAPEVINE

Environmental Action Group

(Beth Junkins)

CFUW Nepean has had a busy 18 months embarking on a range of environmentally related activities – we had a resolution on reducing plastics passed at National in 2021, started an environmental action group, initiated the Green Grapevine as a regular part of the News Bytes newsletter, and combined forces with the Ottawa and Kanata groups to organize and successfully host a three night webinar series on tackling environmental challenges.

Across Canada, the third week of October, Oct 17 – 23 is Waste Reduction Week. This is a good time to take a look at our habits and see if there is something we can do to cut down on waste. Each day has a theme: Circular Economy Monday, Textiles Tuesday, E-Waste Wednesday, Plastics Thursday, Food Waste Friday, Sharing Economy Saturday, & Repair Sunday <https://wrwcanada.com/en> This year, the Circular Innovation Council is extending the Waste Reduction Week to a month dedicated to the circular economy. The phrase ‘circular economy’ is being heard more and more, and refers to a system to transform our throw away economy with down-to-earth principles: eliminate waste; recirculate products and materials at their highest value; regenerate nature. It is different from recycling – recycling focusses on what to do with waste while the circular economy works to avoid waste in the first place.

There are some good websites where you can read more about the circular economy – such as the Government of Canada (<https://www.canada.ca/en/services/environment/conservation/sustainability/circular-economy.html>) The Ellen Macarthur Foundation is an international charity working to accelerate the transition to a circular economy and has excellent resources on their website (<https://ellenmacarthurfoundation.org/topics/circular-economy-introduction/overview>)

During Waste Reduction Week and every week we can waste less when we use less – and by asking not can it be recycled or reused but will it be recycled or reused –

## Update on the CFUW Nepean 2021 Plastics Resolution

In 2021 CFUW Nepean proposed a resolution on single use plastics and plastic packaging urging: implementation of the Canada-wide Action Plan on Zero Waste; expediting and expanding the ban on single-use plastics; funding of education programs on the effects of plastic; research funding to support a circular economy.

Not only was this resolution passed at the National Policy Session 2021, but it has been selected to be considered by Graduate Women International at their 34<sup>th</sup> General Assembly in November

Very pleased that the issue has resonated so strongly nationally and now will have profile internationally. And to think that it started with one member who had an idea!!

## Keep it out of landfill

You can use our monthly meetings to help keep some items out of landfill!!

Earthub is a volunteer environmental organization committed to increasing environmental awareness and partners with groups who see a new use for some products. The Ottawa Chapter collects a number of specific items that we can 'Keep Out of Landfill'

**Pill bottles** – clean and de-labelled please (Sent through a disaster relief organization, Matthew 25: Ministries, for medical supplies. Since this is not a free program for Earthub (it costs them about 10¢ per bottle for shipping), Earthub asks you to consider a monetary donation when participating in this program to keep it sustainable. See [ottawa@earthub.ca](mailto:ottawa@earthub.ca) for more information)

**Plastic bottle caps and tags** (An Earthub project in the works)

**Crayons** (Melted down and used for Operation Christmas Child shoeboxes)

**Egg cartons** – 'Close-able' 6, 12, 18 holder cartons (Debra Dynes Family House food bank and farmers)

**Mascara wands** (Brushes for tiny animals in a wildlife refuge)

**Can pull tabs** (Sent to Clifford Bowey Public School for fundraising)

**Empty lip balm and glue stick tubes** (Used for 'push-up' crayons)

For more information please go to [ottawa@earthub.ca](mailto:ottawa@earthub.ca) or FB page, [Earthub - Ottawa Chapter | Facebook](#) to learn about Earthub and the Ottawa Chapter.

Bring these with you to our monthly meetings and drop them off in the labelled bins, and we will make sure that they get to Earthub!!



(Images used with permission from Earthub-Ottawa Chapter)

### 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/UCmEVH4VhbIGQNW0kXT41e1A>

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>