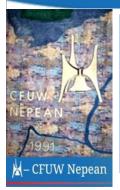


CFUW Nepean News BYTES Vol 23 No 5 March 2023



### **UPCOMING MEETINGS**

Tuesday March 7, 2022, 1PM – 3PM Via Zoom

**Guest Speaker from Ottawa Shelter Movers** 

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## **Upcoming Events**

March 8, 2023 7PM Via Zoom – Kelly Favro: Sexual Assault and Publication Bans

March 8, 2023 International Women's day

March 24, 2023 12 noon Via Zoom - Dr. Basak Ovacik of the TAUW Istanbul Branch; lecturer in Gender Studies at Bahceschir University, Turkey: The 17 United Nations Sustainable Development Goals – A GWI Outreach Conversation

Co-Hosted by CFUW Nepean and the Turkish Association of University Women

**April 4, 2023 1PM** Bells Corners United Church – Peter Hum (Ottawa Citizen Restaurant Critic): How the Pandemic has Changed Restaurants and Their Critics

May 2, 2023 1PM - Suzanne Evans: Author of "The Taste of Longing". Followed by the CFUW Nepean Annual General Meeting

## The President's Message

The Road Not Taken (Robert Frost)
-Joan Conrod

When I finished high school, there were many paths open to me - one year teacher training, job in a bank, secretarial course - but I chose a road not taken, to go to McGill University for a B.Ed. That program itself was a new road for McGill. I was in a class of 11, the fourth year the degree was offered, but, at the end of first year, one was a fully qualified teacher. One other from my high school class chose university, a boy. McGill was, in the late 50s, 72 per cent male, 28 per cent female.

I went without the approval of my family, and a lack of understanding of most of my friends, but, choosing to walk in what, for me, were "leaves no step had trodden black", "has made all the difference". After all, without taking that path, I would not be writing the president's message for the CFUW Nepean Newsletter.

When I taught, in my classroom, there was a sign - Carpe Diem — and that was advice I gave freely to my students. About twenty-five years ago, a popular country and western song - I Hope You Dance by Lee Ann Womack - gave the same advice in more detail. My favourite lines from that —

"I hope you never fear those mountains in the distance, Never settle for the path of least resistance, And if you get a chance to sit it out or dance, I hope you dance."

Now, as birthday follows birthday much too quickly, as I am grateful for cataract surgery and good hearing aids, I am drawn to another Robert Frost poem - "Stopping by Woods on a Snowy Evening" - and the final stanza

These woods are lovely, dark and deep But I have promises to keep And miles to go before I sleep And miles to go before I sleep.

Carpe Diem, my friends. I hope you dance.

Joan



(Photo used with permission of B. Junkins)

## **Members Corner**

#### **Member Profile**

This month Rosina Popp was asked to tell us a bit about herself, what brought her to the CFUW, why she stays involved in the CFUW.

## **Rosina Popp**

In 2016, I moved to Ottawa from Welland, Ontario where I was born during the Great Depression. Welland is famous for the Welland Canal (between Lake Erie and Lake Ontario) through which many ships pass carrying cargo up and down the Great Lakes or to the Atlantic Ocean. My family lived not far from the canal and as a child, I saw many ships pass by from all over the world.

My siblings, (3 sisters and one brother) grew up in Crowland Township which was south of Welland. After elementary school, I graduated from Welland High and Vocational School and attended Hamilton Normal School to become an Elementary School teacher in 1948. I was hired by the Crowland Township School Board to teach Grade 2. While teaching other primary grades, I obtained my Primary Supervisor's Certificate during the summer.

In the early 1960's, I left teaching to be married and raise a family, which many women did in those days. While my son and daughter went to school, I did voluntary work in the community -- - at the local hospital, the Library, the Church, and the local schools. For many years, I also volunteered with the Community Concert Series which brought professional musical talent to Welland from all over the world. My hobbies are travelling, playing bridge, reading, sewing, knitting and crocheting.

During the 1980's , I completed my university courses at Brock University in St. Catharines at the same time as my son and daughter attended other universities. In 1987, I graduated with an honours degree in Psychology. I have also learned to use the computer which still persists to confuse me. Fortunately, my family is only a phone call away to give me help!

My many travels included a Pilgrimage to the Holy Land in Israel in the Millennium year---2000. I also travelled many times with Elderhostel, (now called Road Scholar.) My most memorable Elderhostel trip was to Newfoundland where we learned about the culture, music, flora and fauna of that beautiful and rugged province.

For 28 years, I was a member of CFUW/Welland and District. I served as president, vice-president, secretary, membership convenor and program convenor. We held an Annual Booksale every October to give scholarships to 8 high school graduates going to university. We also gave financial help to women who wanted to return to school to finish High School and return to work. I am very pleased to have joined CFUW/Nepean since it has the same goals as those of my former club ---the pursuit of knowledge, promotion of education, improvement of the status of women and girls, active participation in public affairs --- all in the spirit of co-operation and friendship.

Since, I moved to Ottawa to be near family—my son, daughter and son-in-law have retired, and my two grand-daughters are in university. My brother and his family also live near-by. Having lived through the Depression of the 1930's and the Second World War has proved helpful to

## **Members Corner**

me through the Pandemic and the Environmental changes of the world today. During the Depression, we grew most of our food, we re-used, recycled, and made most of our clothes. Even in Canada, during WW2 we had rationing, and many household items were scarce. Regardless of these upheavals in our daily lives, life went on. My two grand daughters will be living in a completely different world from the one in which I lived.

Rosina Anne Popp (nee D'Amico)

## What super power would you like to have?

I would like to be able to talk common sense to all the politicians of the world. Instead of just trying to be elected at the next election, they should be carrying out the promises they had already made to the voters!

If you could visit another time, would you like to visit the past or the future?

The past

As a child, what did you want to be when you grew up?

A teacher, from the age of 6

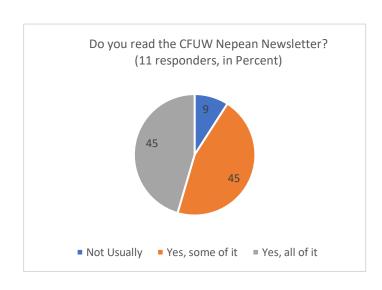
If you could un-invent something, what would it be?

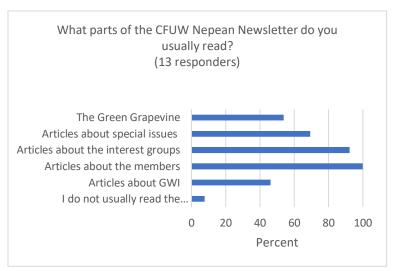
I would un-invent guns and ammunition of all kinds

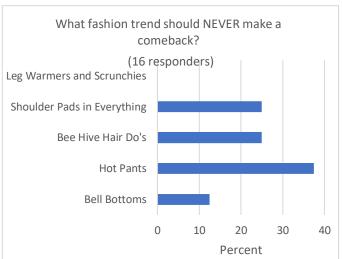
## **CFUW Nepean Test Poll**

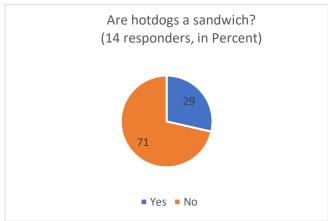
At our February 7 Zoom meeting, we experimented with running a short poll. This gave members a chance to learn how to use the poll feature on Zoom - a feature that speakers often like to use. It also allowed everyone to be a part of the meeting and gave us a chance to get to know each other a bit which has been harder to do with limited in person meetings.

Since the poll was late in the meeting, many members had left so the numbers are very small. There were also some technical issues to solve and a learning curve for some members so the numbers of responders to each question varied. However, by the end of the poll all of the problems had been sorted and everyone was able to participate. Certainly not scientific but fun and useful for future presentations—thanks to everyone who helped with the experiment. Here are the results.



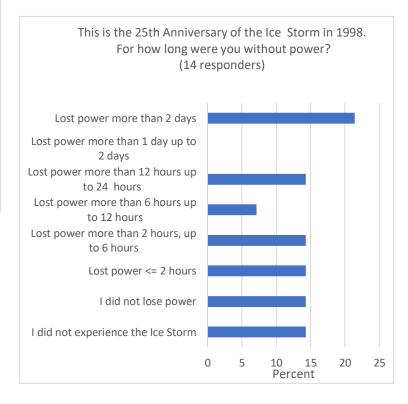






(Photo used with permission of B Junkins)





## March 8 - An International Women's Day for All -Chinyere Ezeoke

International Women's Day (IWD) has been marked as a day to recognise women's and girls' social, economic, cultural, and political achievements and the efforts in closing the gender gap and inequalities that disadvantage women. It is a day to promote awareness on the journey as well as the progress yet to be made on women's rights issues and to emphasise the call for action towards gender parity. IWD is marked to educate the public on issues that concern women globally and to reflect on and galvanise the will and resources to address the problems. It is recognised that all hands need to be on deck in creating a world where women and girls have equal rights and opportunities as men and boys. It is equally a day to celebrate and reinforce stories of women's achievements and contributions to humanity. IWD has a long history as it has been marked in Europe since 1911.

This year the <u>United Nation's</u> observance is under the theme: "DigitALL: Innovation and Technology for Gender Equality". With our strong dependence on technology in almost every aspect of our lives, from taking a course to attending meetings, making banking transactions, phone calls, booking trips and appointment, our lives are now very much integrated with technology and the internet. However, only 37% of women around the world (259 million fewer women than men) have access to the internet. For them, this must mean challenges in daily lives and loss of opportunities in the digital space and skills required to pursue studies and careers in science, technology, engineering, and mathematics (STEM). By spotlighting this area for change and addressing the impact of digital gender gap, governments around the world, especially in the developing

countries are encouraged to take action and create programs to alleviate the current trend.

There are many women and girls being celebrated around the world for their role in the digital space including digital rights experts and activists pushing back on online violence against women and breaking the barriers that women face in participating fully and positively online. There are young women leading in artificial intelligence and driving national policies on the subject, women elected into political offices or appointed to leadership positions for the first time in their countries. They serve as role models and mentors to those coming after them.

Despite the auspicious rationale behind the IWD, it is surprising how still very little is known about it in some societies in developing countries where more awareness could make a huge impact. In some countries, it is still not officially marked, and no tangible events or policies are planned or executed. In others, March 8 is not a date that the government and political class look forward to as it often means gearing up to disperse women and street rioters demanding for more women's rights. Even in some countries in the West, it is seen by some as a mere political event that concerns the elites and is organised just to tick the political and diplomatic check on the list. It is thought by some that there has been a shift from the activism, struggles for equal participation of women in society and radical social reforms, upon which the commemoration emerged, to a day used to promote general and vague notions of equality.

Canada's theme for this year's IWD is "Every Woman Counts" as it seeks to promote the notion that all women, from all ages and walks of life, have a place in every aspect of Canadian society, including in the economic, social and

democratic spheres. Everyone is encouraged to show support and participate in the various ways possible. These include using the IWD Background during virtual meetings; registering for the Canadian Women in History course; exploring the Women of Impact in Canada gallery and Women of Canadian History timeline. While all these are good, I believe that some countries mark the IWD in more tangible ways nationally and regionally. In some countries, March 8 is a national holiday for everyone and in others, it is a holiday only for women. I believe that marking the IWD in such tangible ways are more impactful. At the international level, more awareness of the existence and essence of the IWD will result in positive changes and experience in the lives of women and girls.

## The Women in our Lives

In honour of International Women's Day, Betty Ann Grainger and Gail Mezger share stories of key women in their lives.

#### **Betty Ann Grainger**

It happened one morning in my third year of high school. I was busy showing a fellow student how to solve a Chemistry problem. I didn't particularly love Chemistry, but I did enjoy the mathematical aspects. Unbeknownst to me, Miss Dale Prendergast, was standing behind me, taking in my pedagogical attempts. After the problem was solved, she asked me if I had ever considered becoming a teacher. The idea was born!

Miss Prendergast was a BSc graduate of Marionopolis College in Montreal. I don't know how long she'd been teaching when she was assigned to teach an advanced class of 32 very inquisitive (chatty!) young women at St. Thomas H S in Pointe Claire, PQ. She knew her material and had a kind, no nonsense, personality. We

liked her. She was successful in explaining difficult topics in an easy and intuitive way. She would push her large, round, black glass frames up her nose as she came at a challenging topic from a different angle.

Teachers have an impact on students' lives that extends beyond the factual: they teach them life skills and promote positive attitudes. Dale Prendergast was such a teacher. She planted the seeds.

I thoroughly enjoyed a 32 year career in teaching and mentoring others.

## **Gail Mezger**

My mother, Hazel Evelyn Nelson Chisholm, is the woman who has been most significant in my life. She initially was called Evelyn but when she started school she changed her name to Hazel. To her family she was called Babe.

While not highly educated she loved school and spoke fondly of special teachers. She made sure we lived near the university so we could attend. When I started school, mum rejoined the workforce despite the disapproval of her mother-in-law. She chose a job that would have her home after school.

Mum was a good wife and mother running a happy home. She continued to "use it up and make it do" - a leftover from the Great Depression. I remember how annoyed she was at having to buy a plastic package of nails when she wanted just a few. When microwaves came in, she felt standing in front of it could cause breast cancer.

She died at age 92 years of age leaving her affairs in apple pie order. I wear her silver bracelet and hope that I can be as good a person.



#### https://graduatewomen.org/

# The 17 United Nations Sustainable Development Goals – A GWI Outreach Conversation

## March 24, 2023 at 12 noon ET

## Co-Hosted by **CFUW Nepean** and the **Turkish Association of University Women**

Guest Speaker Dr. Basak Ovacik of the TAUW Istanbul Branch; lecturer in Gender Studies at Bahceschir University, Turkey



(Picture used with permission GWI)

The SDGs are a call for action to promote prosperity while protecting the planet i.e. ending poverty must go hand-in-hand with strategies that build economic growth and address a range of social needs including education, health, social protection, and job opportunities, while tackling climate change and environmental protection.



(Graphic from GWI

## **CFUW Nepean Online Presence**

-Jennifer Robinson

In addition to our club website, CFUW Nepean has Facebook and LinkedIn pages. Our goals for our online presence are twofold:

- Attract new members and event attendees to keep our club vital
- Raise awareness of our Scholarship Trust, our advocacy, and our community outreach activities

Recent posts have spotlighted our successful clothing drive for the Scholarship Trust, our CFUW Nepean Cold Walkers team raising funds for Cornerstone Housing for Women, and social events including the bridge club and our holiday luncheon. We have also posted about our advocacy causes, including gender-based violence, single-use plastics, and education for women and girls. We also post announcements of our meetings and guest speakers.

You can participate by following our Facebook and LinkedIn pages, and liking, sharing, and commenting on our posts. Suggestions for content and improvements are very welcome! Please send them to Jennifer at cfuwnepeanpr@outlook.com.

https://cfuwnepean.ca/ https://www.facebook.com/CFUW.Nepean

https://www.linkedin.com/company/cfuwnepe an

# Feb 7 2022 General Meeting The Effect of Electrosmog and 5G Towers – Dr Magda Havas

-B Junkins

At our Feb 7 General Meeting, Dr. Magda Havas presented an interesting and informative talk about 5G and electrosmog. While this is a technical and complex topic, she was able to provide clear and concise explanations to make it understandable – quite a feat.

Dr Havas received her PhD from U of Toronto, and did post graduate studies at Cornell in Systematics and Ecology. Her early career centred on chemical pollution and acid rain but in the 1990's she became interested in electromagnetic pollution (electrosmog) and its effects on both the environment and human health. She is currently Professor Emerita at the *Trent School of the Environment* at Trent University.

We have been living with wireless transmissions for many years - first using receivers like radio and TV and then using cellphones, WiFi and all of the 'Smart' gadgets/meters/appliances available today. As the wireless communication has developed since the early 70's, the speed of information delivered has increased and the technology needed has evolved using ever increasing radio frequencies. The key developmental jumps are termed 'generations' and characterized as 1G (using ~30 kHz) to 5G (using frequencies that range from less than 1 to 52 GHz). These wireless devices emit electromagnetic radiation (EMR) that form invisible fields of energy called non-ionizing radiation (NIR).

Dr Havas has been working with "electrohypersensitive" (EHS) individuals who have difficulty tolerating the EMR from our everyday technology. She provided some results from the literature looking at the potential for cancers, reproductive issues, neurological disorders with increasing exposure to electrosmog. Her own work has involved research with human subjects, as well as plants and insects; Dr. Havas shared specific results from her studies with bees and peas that demonstrated inhibitory effects of exposure to electromagnetic radiation from WiFi and other wireless technology.

Dr Havas is keen to increase the information available to the public and points to a need for continued research looking at the nature of harmful effects. She urges improved regulation of the technology and the industry, particularly to harmonize the standards and guidelines that vary significantly from country to country. While this presentation focussed on the negative effects of electrosmog, Dr Havas noted that there are many beneficial effects of electromagnetic therapies. In her opinion, there is an exciting future for these therapies in health care.

Both the harmful effects of electromagnetic radiation and the beneficial effects of electrotherapy are worth learning more about.



Photos used with permission of B. Junkins



## The Coldest Night of Year Walk – February 25

The CFUW Nepean Cold Walkers bundled up Saturday afternoon and walked through West Ottawa in support of **Cornerstone Housing for Women.** 



(Picture used with permission CFUW Nepean Cold walkers)

The walk meandered about 4K through McKeller Park, past one of the five Cornerstone housing communities and then to a warm coffee shop for a much-appreciated hot drink.

The team consisting of Joan Conrod, Marlene Patrick, Marcia Armstrong, and Beth Junkins raised over \$2000 for Cornerstone.

Thank you for your support.

## **Armchair Travel**

-Marlene Sylvester

The Club has welcomed a number of new members so I should indicate that prior to Covid members in the Armchair Travel would meet in members' homes and present their travelogue with tea / coffee and delicious treats. Covid changed that. For the last three years we have had to adapt our Travel presentations and utilize Zoom to continue our interest group. Travelogues are presented by members or guests who have travelled to countries, and they present through Zoom, on the 3<sup>rd</sup> Tuesday of the month at 1PM. Other travelogues are on YouTube and then we discuss the adventures on Zoom. Hopefully, we will be able to meet again in person in April.

Here is a list of travelogues we have had this year. **October**- Debbie Poisson (Travel agent) presented a travelogue on her trip to Switzerland.

**November** -Sharon Carew took us on a trip to Dubai and across Asia to Singapore.

**December**- We boarded the Trans Siberian Orient Express and travelled from Moscow across Asia to Beijing

**January**- Lynne Crocker showed her wonderful pictures from her trip to Sri Lanka.

**February-** Marlene Sylvester introduced us to Moldova and its precarious position next to Ukraine.

In **March** we will view a YouTube segment on Guyana and Susan Russell who lived in Guyana will lead a discussion on the history, culture, economy etc on Zoom

In **April** Kathy Greiner will present a travelogue on her trip to Tanzania

In **May** Lynne Crocker has agreed to present her recent trip around South America.

We welcome all members to the travel presentations and if you have visited or lived in a country and would like to share your pictures and experiences in that country, let me know as we are always looking for new travelogues.

## **CFUW Nepean Book Group**

- Valerie Burton

Our book group is meeting via video for the months January to June on the **4**<sup>th</sup> **Tuesday** at 1pm.

If you are a 'reader', or would like to be, please join us. Call member Rosina and she'll add you to our list!

## **Booklist for March to May 2023:**

March – Department of Rare Books and Special Collections ... E Jurczyk

April - Five Little Indians .. M Good

May - The Henna Artist .. A Joshi

## **Lunching Out**

-Sharon Carew

A special thank you to Dolores Dufresne who organized Lunching Out to *Mon Coco* in January. Another thank you to Marlene Sylvester who planned Lunching Out to the *Chop Steakhouse* in February. Both ladies stated that people seemed to really enjoy the food and the friendship at these events.

We will go to the *Thai Flame Restaurant* on **March 15th at 12 noon**. The address is *1902 Robertson Road in Bells Corners*. I will send out a notice to the Lunching Out group closer to the date. It is always a pleasure after the last couple of years to meet in person and enjoy wonderful food.

## **Movie Matinee**

-Helen Young

The Movie Matinee group meets on the **2nd Friday** of the month. This month, on February 10, we went to see "Missing" at Kanata Landmark 24. It was listed as a thriller and kept us intrigued throughout but left us questioning the ending.

I've been asked why we go to Kanata when the Coliseum on Carling is much closer for many. The reason is because Cineplex Cinemas are showing their movies later in the day, usually after 6 p.m. which is too late for our group. If, and when, they go back to regular times, we will go there once again.

### Outreach

-Marlene Sylvester

The House to Home donation center is still looking for toasters, coffeemakers, irons and or money for the movers. If you have any small appliances at home or wish to purchase one, let Marlene Sylvester know and she can pick it up and deliver it to the center.

Thank you to all who continue to donate.

#### **Art Tours**

-Dolores Dufresne

The Art Tour Group had our second tour of the year on February 8th. The theme was Movement: Expressive Bodies in Art. This was actually a special exhibit at the National Gallery. Our guide discussed various works of art with us with an emphasis on body movement. The first piece was an interesting video that featured music and dance. My favorite piece which the guide actually did not comment on was a photograph of Martha Graham in a dance pose – so beautiful and graceful!!

Our next tour will be on the **2**<sup>nd</sup> **Wed** in April and we will have one more, probably in **May**. There is a fee involved. If you are interested in joining us or if you have any questions, please contact me. Everyone is welcome!

## **Marlene's Picks**

-Marlene Sylvester

The **last Wednesday** in each month Marlene selects an interesting topic and members watch it on YouTube and then meet at 7:00 on Zoom to discuss.

Here is a list of the topics thus far:

<u>October</u> - Climate Crisis in Europe- drought on the Rhine, Danube, and Po Rivers

<u>November</u> - Doctor Phil's show on Transgendered Athletes

<u>December</u> - Steve Paikin's panel discussing the doctor shortage in Ontario and what to do about it. (Can Canadian medical students abroad solve the doctor shortage?)

January - W5- How non-disclosure-agreements morphed into a tool to silence survivors. Members were so concerned about this issue that Joan Conrod asked National if CFUW Nepean could formulate a resolution to present at the AGM. Yes, it was possible but considering that it is so late in the year and the time it takes to write one, it is in limbo at the moment. However, Kelly Favro, an advocate for sexual assault victims, will speak on **March 8th** to Nepean members and guests.

February - The Story of Women and Art (Episode one).

Needless to say, topics are varied but very informative, interesting, and sometimes provocative.

If interested, please join us.

## The Green Grapevine – The Dirt on Laundry

-Beth Junkins

There is something special about freshly cleaned clothes – the crispness, perhaps a hint of new beginnings! Unfortunately, getting those clothes freshly cleaned can be hard on the environment.

When we think about how laundry day affects the environment, the first things that might come to mind are about the high electrical and water consumption of the washer and dryer. Over the years we have been learning to look for energy efficient appliances, to moderate the heat used, wait for a full load, to run them when power is cheaper – all good choices to reduce our carbon footprint.

But other parts of our laundry routine can have negative effects on the environment that may not be quite so obvious or well known. The Environmental Action Group (EAG) of the Club has been looking at three of these and have some suggestions on how we can reduce our impact.

<u>Plastic Laundry Bottles</u> It is estimated that about 900 million bottles of laundry detergent are used in North America annually. While most are recyclable, only about 30% are actually recycled which means over 600 million end up in the environment. There is also a significant carbon

footprint to transport these millions of large bottles.

Suggestions for Action- The good news is that there are now laundry washing sheets, in cardboard packaging (zero plastic!). Additionally, load for load, they are 1/20 the weight and 1/12 the volume of concentrated bottled laundry detergent, so there are far fewer trucks needed and carrying less weight greatly reducing the carbon footprint. Local grocery stores have an increasing number of options — brands, scents, packaging — that are now standing shoulder to shoulder with the army of green and orange bottles. Members of the EAG have tried several of the brands are report that they clean well, take up far less room in the cupboard, with no heavy bottle to manage. (Photos used with permission B. Junkins)

<u>Dryer sheets:</u> These are popular for reducing static clean, fluffing clothes, and providing a scent. Most are woven polyester, imbued with chemicals that work with the heat in the dryer to coat clothes. They are not compostable and not biodegradable so that every dryer sheet ever used may still be out there in landfill. Also, the chemicals can be hard on the dryer making them less efficient and some people find the residue they leave on clothes irritate their skin.



Suggestions for action

- Recyclable dryer sheets made of paper are beginning to appear on store shelves that could be good alternatives.
- Some claim that balls of aluminum foil in combination with a small cotton hanky or rag with a couple of drops of scent can replace dryer sheets.
- Wool balls, available where laundry products are sold, can be used in the dryer to reduce static cling and increase fluffiness. It is estimated

that drying time could be 20 - 40% faster by helping clothes to separate and improve air flow, so you save money too. Several members of the EAG use wool balls and find they work well. (cont'd)

## **Green Grapevine (cont'd)**

<u>Microfibres:</u> It is estimated that up to 35% of the 9.5M tonnes of plastic entering the oceans each year are microplastics called microfibres. These are small (<5mm) strands that come primarily from washing our clothes. Studies show an enormous number of microfibres are released: 200,000 to 3 million from each household each week in a pilot study in Parry Sound in 2020. These get washed into our wastewater systems, clog septics, flow into lakes and streams. They pose a serious marine threat, being consumed by fish and zooplankton causing injury or death, and can move up the food chain to human sources. There is increasing recognition that this is a very significant source of microplastics that must be addressed.

Suggestions for action: This is a challenging issue to tackle. It starts with the synthetic fabrics that we wear and is affected by both the amount and the way we wash them. While we can't eliminate them completely yet, fortunately there are some things we can do to minimize them.

- Choose clothing with lower synthetic content when possible natural fibres still shed but not plastic.
- Wait to wash clothes until they need cleaning.
- Fill washer to about 2/3 full (too little water increases friction and too much water increases flow through the clothes, both increase shedding), and try to avoid high agitation cycles

Other steps can be explored to try and capture the microfibres for disposal.

- Use a commercial washing bag (captures 80%) or washing ball (captures 25%) to help capture lint
  and fibres
- Consider adding a filter on the effluent of the washer a recent pilot study in Parry Sound in 97 homes found them to be extremely effective (captures 89%).
- Support legislation requiring washing machines to have built in filters. France passed such requirements in 2020. Ontario tabled <u>Bill 279, Environmental Protection Amendment Act (Microplastics Filters for Washing Machines), 2021 https://www.ola.org/en/legislative-business/bills/parliament-42/session-1/bill-279 but it has not proceeded
  </u>

#### **CONTACT INFORMATION**

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

CFUW Nepean social media -

- Facebook https://www.facebook.com/CFUW.Nepean
- Linkedin 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

CFUW Nepean email to contact the Editor of NewsBytes - CFUWNepeanNews@gmail.com

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