



UPCOMING MEETINGS

Tuesday May 2 12 noon
Mandarin Restaurant, 290 West Hunt Club Road

Guest Speaker Suzanne Evans: Author of “The Taste of Longing”

Followed by the CFUW Nepean Annual General Meeting

In this issue:

- *Upcoming Events pg 1*
- *President’s Message pg 2*
- *Member Profile pg 3*
- *Graduate Women International pg 5*
- *Insights on attending the UN Session on the Commission on the Status of Women pg 6*
- *CFUW Nepean Activities pg 7*
- *The Green Grapevine – Plastic Free July pg 9*
- *Contacts pg 12*

Upcoming Events

June 24, 2023 [International Day for Women in Diplomacy](#)

July – [Plastic Free July](#)

Sept 8, 2023 [UNESCO International Literacy Day](#)

Sept 12, 2023 1PM **First CFUW Nepean Meeting 2023/24** at Bells Corner’s United Church
“Life and Legacy: Agnes McPhail 1890-1954” a play by Marlene Sylvester
Followed by General Meeting

Sept 30, 2023 [National Day for Truth and Reconciliation](#) – **Orange Shirt Day**

Oct 3, 2023 1PM CFUW Nepean Meeting at Bells Corner’s United Church

The President's Message

High Praise.

The 2022/23 year for CFUW Nepean draws to a close, and we have many things our club has accomplished to make us proud. My most sincere thanks to all of you.

One thing for which I especially thank you is our increase in membership - over twenty percent from last year.

Recently a potential member (who did not know I am president) told me that she had chosen Nepean because she heard we are so active, so involved. When one joins, she added, one gets a list of interest groups, and is invited to belong to and participate in each one. (Thank you, Dolores and Helen.) Even as a new member, she continued, one is asked to attend meetings of GWI and Ontario East president's meetings, to be in a breakout room for important discussions.

I was delighted to know we have this reputation, and have invited her to our first meeting in September. I hope the new members we have gained this year echo her remarks. Many of you have already contributed much to our club, and I am grateful for that. Perhaps it is from one of you that she received such a glowing report.

"Things done well and with a care". W Shakespeare. Henry VIII Act 1 scene 1

Joan

Members Corner

Member Profile- Kathy Greiner

I first joined CFUW in 1972, shortly after moving to Ottawa and have been a member, with a couple of short breaks, ever since.

With two young children and knowing no one in Ottawa when we arrived, I was desperate for social contact and a break from the kids. So, when I saw an ad in The Citizen about CFUW Ottawa's registration meeting I leapt at the chance to get out of the house and made many good lifelong friends in the process.

Over the years, I participated in many interest groups and activities, and served several times on the boards of both CFUW Ottawa and CFUW Nepean; one of the highlights was as convenor for the Diplomatic Hospitality Group for CFUW Ottawa introducing spouses of diplomats to activities around Ottawa, including snowshoeing and cultural events.

Although I originally joined CFUW Ottawa - it was the only Club in the Ottawa area - I eagerly became a founding member of CFUW Nepean, when, spearheaded by Mary Kathryn Mowat and encouraged by Susan Russell, we established CFUW Nepean. I served as the Club's first treasurer, and later as vice president and president, as well as twice on the Scholarship Trust.

The first 9 years of my life were spent in the small, idyllic village of Borth-y-Gest in North Wales where my father's family had been merchant mariners with ships that sailed the world. My mother, a widow, emigrated with me and my brother to Washington, D.C. where my uncle was living, and I was given a crash course on learning English by being sent to an away camp for two months—apparently very

effective! After high school in Washington, D.C. I studied political science for one year at George Washington University before transferring to Michigan State University. I earned an M.A. in political science and economics at the University of North Carolina where I met my husband who had arrived in Canada in 1956 with his family as a Hungarian refugee.

Growing up in Washington D.C. it was difficult not to be interested in politics. This was a time of great social change and living in D.C. I was exposed to the Civil Rights Movement through school integration, the Martin Luther King March on Washington, and then the Vietnam demonstrations. My mother worked in the U.S. Senate so in high school I worked in the U.S. Senate and, during my first year of college I worked in the office of Senator Albert Gore Sr. All these experiences gave me a lasting interest in the political process and current affairs.

But in the early years my jobs accommodated first my husband and later my growing family; luckily for me, I have really enjoyed the variety of work that I have been able to do. When we lived in Norfolk and Washington, D.C. I worked for the U.S. Navy Department. In Ottawa I did consulting and contract work for various federal departments and private companies, "working from home" while the kids were in school.

During this time energy became a "hot" issue as the federal government brought in the National Energy Program, a very intrusive incursion into the oil industry. At the urging of my uncle, an oil executive in Washington, D.C. I started an oil and gas newsletter, Canadian Oil and Gas Notes, focusing on the federal government; with the newsletter I was also Ottawa editor for a Calgary-based journal, Canadian Petroleum,

and a contributor to several international energy publications.

When my third child reached high school, I joined the workforce full time and worked at Nortel in communications for a year before joining the federal government. I first worked in the Energy Department on energy conservation, alternative fuels, and carbon credits and later transferred to Agriculture Canada to work on food import policy and international food standards, where I enjoyed traveling to overseas meetings.

Meanwhile, in the early 1980's, with my interest in energy, I decided to run for election to Nepean Hydro, a part time position, and was elected its first female commissioner, and later its Chair. Interestingly, while I wondered whether I could be elected because I was a woman, during the campaign many men encouraged me by telling me "it was time for a woman" and that they thought I was well qualified for the position - I was re-elected twice.

While I was the Chair, I was appointed to the seven-member Ottawa Transition Board and was responsible for consolidating the four local utilities into one - Hydro Ottawa - one of seven members of the Transition Board. On the Board I was also responsible for overseeing the amalgamation of the public works and planning functions of the city. I thoroughly enjoyed the tight deadlines and public accountability through weekly public meetings.

Over the years I have done a lot of volunteer work, initially on activities related to my own children and then as a member of Kiwanis (as president), and as a board member of TELCI, a group home for the mentally disabled, and the Nepean Community Resource Centre. In 2002 I

received the Queen's Golden Jubilee Award for community service from Marlene Catterall, MP.

After the Transition Board I served on the board of directors of the Queensway Carleton Hospital and subsequently was invited to join the newly established Patient-Family Advisory Committee (PFAC). Currently, I am on a committee implementing Virtual Care to QCH patients.

After my husband retired, we started traveling to explore our world. Our first big trip was to the Galapagos, followed by multi-day hiking and backpacking trips: the Chilkoot Trail in Alaska and the Yukon, the Camino de Santiago and to Machu Picchu. These were complemented by backpacking trips to Vietnam, Thailand, Laos, Cambodia, Myanmar, Jordan, Morocco and Egypt, a safari to Tanzania, and group trips with friends in Sicily, Italy and France. We traveled to Bangladesh and twice to India as volunteers for Sleeping Children Around the World (SCAW) - a great opportunity to see the "real" country and meet and work alongside SCAW's Rotary partners to distribute bedkits to the poorest of the poor.

Travel during the pandemic stopped us for a while and then became limited to visiting children and grandchildren in North Carolina and Louisiana. But we are ready to go again!

Whenever we return from our more exotic trips the more I realize how fortunate all of us in Canada are - our grandchildren's choices are limited only by their imagination and effort, unlike most of the places we have seen. Their future is what they choose to make of it. I only hope that we have instilled in them a sense of adventure, an appreciation of our good fortunes, a love of learning and adapting, as well as civic responsibility.

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

The past. I would like to go back when my children were young - when there was so much activity in the house, and we spent our weekends and holidays camping. In retrospect, it was a magical time.

What super power would you like to have?

Teletransportation - the ability to move instantly from one location to another without physically occupying the space - that way I could easily travel to see and be with my children and grandchildren, or travel to exotic places without enduring long lineups and delays at airports. Who knows, I might not even have to worry about a passport.

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

I don't recall any burning ambition for a specific career - I think I was just too busy enjoying my childhood. I just knew that I was going to university - having been conditioned almost from birth that this is what was expected of me. I grew up with a mother who was orphaned when she was 8 and widowed with two young children; she did not have the money or opportunity for much formal education and instilled in me the importance of education and remaining adaptable to different circumstances.

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

Cable News so that we could once again actually be informed about world events rather than be subjected to endless hours of opinions.

Introduction to the UN's Sustainable Development Goals

On March 24, CFUW Nepean co-hosted a GWI Peer to Peer Conversation with the Turkish Association of University Women (TAUW). Over 80 women from around the world gathered via Zoom to learn about the UN's 17 Sustainable Development Goals (SDGs), why it matters to GWI members, and to exchange ideas. To view this webinar, [click HERE](#).

Commission on the Status of Women - CSW67 Reports

Summary of UN Secretary General Report -

The GWI UN representative in New York Maureen Byrne has provided a summary of the event, including points drawn from the Secretary General report. She includes issues around challenges for women in technology, links to human rights and how to address them. Read her report [HERE](#).

Women in Digital and Technological Change -

GWI UN representative in Vienna, Elisabeth Francis has written a comprehensive report on the discussions about the challenges facing women in this area. A number of initiatives from around the world and recommendations were shared to ensure women benefit in all countries. Read her report [HERE](#).

CSW67(2023) The UN 67th session of the Commission on the Status of Women Mar 6 – 17, 2023

-Roberta Ostler Balmer

***'Successful women have a loyal tribe of loyal and honest women behind them.'* Kofi Annan.**

That's what CSW is all about!

The Commission on the Status of Women (CSW) is the principal intergovernmental body exclusively dedicated to the equality of women. A functional Commission of the Economic and Social Council, it plays a leading role in action towards gender perspective in UN activities.

This annual meeting is held at the UN in New York city, in March and lasts for two weeks.

Non-Governmental Organizations from 183 countries are represented. There are also the Side Events from UN delegations. No mean feat or endeavour when they aim to produce an Agreed Conclusion as an end product!

In Canada if you wish to be a delegate, you apply to CFUW National Office. The Executive then decide and inform you whether or not you have been chosen to attend.

Attendance can be overwhelming, exasperating, and exciting.

Usually, there are three or four venues outside the UN. As, like this year, there are 800 events, time management is of the essence. You select the sessions you wish to attend with care, being very aware of where and when your daily agenda will take you.

You will have briefings from your own delegation and will inform them of your activities and involvement. Sometimes you

report in about different sessions and the pros and cons related to them.

There is usually someone to relax and have supper with at the end of the day. You can occasionally have a breakfast meeting before going your separate ways. Reckon on a twelve hour day, say 8am-8pm. You may even manage to see a show, or hear a concert, always worthwhile in the Big Apple!

Over the years, I have heard many good speakers and brushed shoulders with eminent personalities: Michele Bachelet (President of Chili), Mary Robinson (Prime Minister of Ireland) Hillary Clinton, to name a few.

One of the joys when attending CSW, is the people you meet and with whom you very quickly establish a Global Network. So if you are going to visit, Australia, Berlin, Cape Town, etc - let me know and I'll be sure to see that you get hospitality.

For ease of communication, the CSW divides the world into 5 sections called Caucuses. We are in North America/EU. I had supported a colleague Marilou McPhedron, and her cause of Truth and Reconciliation. To my surprise she nominated me for a position on the Core (Leadership) group of the Caucus in 2017. This equates to being on the panel for the Caucus meetings, a two-year position. (Marilou became a Canadian Senator).

Attending the CSW is a privilege and a responsibility. If you go, be organized and plan carefully so that you can enjoy the experience to the utmost.

CFUW Nepean Activities

April 4 2023 General Meeting

Restaurant Critic Peter Hum

-Beth Junkins

Imagine being a restaurant critic when almost all of the restaurants, cafés and food trucks, almost everywhere are closed? What does a restaurant critic, critique?

This was the situation facing Peter Hum, Restaurant Critic with the Ottawa Citizen as the Covid Pandemic took hold. Peter found himself having to adjust to changes not just in how his own workplace functioned, but to the significant disruptions in the food industry.

At first, he reverted to being a news reporter, something he had been for two decades. However, the feedback from the public showed that readers still wanted to read about restaurants and food. He started writing about take-away shops and covering the realities of the restaurant business: some were closing while some were opening; some were pivoting from fine dining to take-away; some were struggling to find creative ways to keep supporting their staff while staying afloat; some shifted to patios; some waited for public servants to return.

Peter and other reviewers had to ask themselves how to position their reviews in the context of continuing stress in the food industry. He did not want to sugar coat his findings, but what to do about a poor review when places were doing their best to stay in business? His trusted honest opinion was still needed by readers, and if the food was foul you can be confident that we would still hear about it.

The Club was curious about the process and Peter explained that he chooses the restaurants (or food trucks etc.) himself and tries to go (with little fan fare) a couple of times. Taking other people with him, he can sample most of the menu and get a good sense of the quality and dining experience. He has a budget that he stretches by alternating places with different price points.

Peter answered a wide range of questions from the audience, providing some recommendations for his favourites places to try. There was a lively discussion about tipping including: how much, with or without tax, for food delivery, should it be built into menu prices.

When asked what would help the restaurant business in Ottawa, he offered several thoughts. He felt that food festivals like 'Ribfest' help the industry get a feel for the type of demand in new food areas and at the same time allowed businesses to bring their product to consumers. He also felt that it would be positive to find a way to have a larger food truck industry. Currently they are primarily seasonal which limits the nature and amount of investment here. If there were a way to build a mechanism to make it viable for more of the year, we could enjoy the vibrant food truck fare that can be found in many North American cities.

Speakers for 2023/24

Who would you like to hear speak at our general meeting?

Sue Carter is looking for suggestions for the coming year. Please get in touch with Sue with your ideas

CFUW Nepean Activities

Outreach

-Marlene Sylvester

Just a reminder that at our AGM next Tuesday, May 2, members may donate diapers (all sizes), baby wipes, shampoo, soap, etc..

Interval House suggested PJs-all sizes from infant through to adult.

If you prefer, you can donate money and Marlene Sylvester would be happy to pick up the items.

The need in our city does not take summer holidays!

Armchair Travel

-Marlene Sylvester

The next armchair travel will be **1PM on May 16** VIA Zoom when our destination will be the **Republic of Djibouti** on the Horn of Africa.

Found where the Red Sea, the Gulf of Aden and the East African rift all meet, this country is fascinating for its geology and its culture. Join us to learn more about Djibouti.

Art Tours

-Dolores Dufresne

The next art tour will be **Wednesday, May 10th, 1 pm** at the National Gallery.

'A Picture is Worth a Thousand Words: Visual Thinking Strategies' is the theme.

If you are interested, please contact - Dolores Dufresne

Book Group

- Valerie Burton

Our book group is meeting via video for the months January to June on the **4th 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!

The book for May is *The Henna Artist* by A Joshi

The Green Grapevine – Plastic Free July

-Beth Junkins

Plastic.

Lightweight, versatile, economical, and durable, plastics have become a part of almost every aspect of our lives ranging from essential life saving medical equipment to coffee stir sticks. The explosion of plastic production since the 1970s has provided many benefits but has also created a massive waste disposal problem. We are just beginning to [understand the toll](#) on the environment, animal, and human health all along the plastic life cycle, as well as associated economic and social justice issues.

There is no shortage of facts and statistics about plastics and their effect on our world;

- Since 1950, 9.2 billion tons of plastic has been produced, 7 billion tons has become waste ⁽¹⁾ More plastic was produced in the first decade of this century than in the previous 40 years. ⁽²⁾
- About 400 million tons of plastic is produced annually, ⁽³⁾. This (and plastic waste) is projected to triple by 2060 ⁽⁴⁾ Upwards of 50% is meant to be used only once ⁽⁵⁾ with single use plastics being the most rapidly growing area of plastic production ⁽²⁾
- 19 - 23 million tons of plastic waste enters aquatic systems annually as macro and micro plastics ⁽⁶⁾ In water systems it poses risks to the marine life, and in land fill it contaminates the soil and ground waters – all entering the global food chain. ^(2,7)
- The world throws away about 500 billion plastic cups every year, ⁽¹²⁾ and the US alone throws away about 25 billion Styrofoam cups annually⁽⁷⁾
- Polyethylene terephthalate, or PET, was patented in 1973 and designed specifically to hold carbonated drink. It was revolutionary, almost unbreakable and lightweight. In 2019 more than 500 billion PET bottles were being sold each year ⁽⁸⁾ more than half of these for bottled water ⁽⁹⁾. About 14% of all litter comes from beverage containers ⁽⁹⁾
- 3.7% of global greenhouse gases come from plastic production, by 2060 the emissions are projected to more than double from 1.8 billion tons to 4.3 billion tons ⁽¹⁰⁾
- Less than 10 % of plastic has been recycled, and less that 1% recycled more than once - not necessarily because consumers don't want to recycle, but because plastics often contain many different chemicals and pose challenges for recycling – it is cheaper to and easier to make virgin plastics. ⁽¹¹⁾

The numbers are staggering and hard to relate to on a personal level – what does all of this mean?

In April 2022, we invited Rebecca Prince-Ruiz to help us understand the plastic issue as a speaker in our series “Tackling the Environmental Crisis: together we can”. (You can watch her excellent presentation at <https://www.youtube.com/watch?v=tqBUyCOKeNM>) Rebecca clearly remembers the day when the meaning of all these facts and figures hit home for her.

Rebecca has spent most of her career in Western Australia working in the fields of resource management, as well as waste and sustainability education. Like many of us she dutifully filled up her recycle bin but had not given much thought to the ultimate fate of her household waste. A trip to a recycling centre in June 2011 changed her life forever. Seeing the sheer volume of material, [“the collective impact of our consumption”](#) hit home. And what about all of the plastic that doesn't get recycled, or is sent to landfill?

Rebecca felt that she personally needed to do something differently and impulsively announced to family and colleagues that she was going plastic free in July that year – everyone was invited to join her.

That first Plastic Free July was an eye opener for the small but determined group in Western Australia – there was a lot to learn about finding alternatives to nonessential single-use plastic, mostly in the form of packaging. Everyone found it a challenge, no one was able to be entirely successful, and shopping trips were frustrating. When members of the team found plastic packaging that they could not avoid, they put it in the “Dilemma Bag” and focussed on joint problem solving.

Their philosophy was to be positive – just get started and learn as you go. There was an appetite for this type of approach and by the 2nd year, over 400 people participated in Australia and five other countries (including Canada).

As the Challenge grew, it continued (1) to focus more on helping people find solutions and less on the problem, and (2) to keep the ask sensible. The expectation was not that participants would avoid all single use plastic; that would be unrealistic and unachievable. Instead, the view is to have many people making small changes - this would have a global impact. This approach gave people the tools and confidence they needed to begin to make a change, and often one change would lead to another. By 2017, the Challenge had become a global success, and a non-profit charity, the Plastic Free Foundation Limited, was established to help support participants and work towards its vision of a world free from plastic waste.

Plastic Free July is now an award-winning campaign that has a growing impact: in 2022 over 140 million people from 195 countries made changes that reduced their waste by 18KG per person per year representing 2.6 million tons of waste, and 88% of participants made at least one lasting change. ⁽¹³⁾

In Canada the recent federal ban is already phasing out a number of single use plastics like checkout bags, cutlery, foodservice ware, stir sticks and straws so we have a good start. CFUW Nepean has been a strong supporter of reducing single use plastic with a Resolution in 2021 that was accepted nationally and was recently adopted at the international level by GWI.

However, even when we want to act, it can be hard to take those first steps. Making changes can feel uncomfortable and daunting so, to start, pick just one thing that is achievable and appropriate for your life – make your changes at your own speed. A first step can be as simple as sitting down to have a cup of coffee served in a real mug instead of a take-away cup, and then perhaps this could become a routine. The changes don't have to be in July and the commitment doesn't have to be for a month – but you may be surprised that once you take that first step, it is not as hard to sustain as you thought.

Every situation is different and not every alternative is an option for everyone: Here are some ideas on where you might start to reduce your single use plastic consumption –

Instead of:

Plastic fruit and veggies bags
Bottled shampoos, conditioners, hand soap
Bottled laundry detergent, pods
Dryer sheets
Dishwasher pods
Plastic food storage bags

Consider

Cloth or mesh bags
Bar products
Laundry detergent strips
Wool dryer balls
Tablets in plastic free packaging
Repurpose resealable pita/naan bags

Instead of:

Meat/Poultry on Styrofoam and plastic
Plastic wrapped bread, buns, cookies
Fruit & Veggies in plastic clam shells
Plastic wrap
Bottled water
Bottled juices
Prepackaged candies, nuts etc.

Consider

Butchery or deli products wrapped in paper
Bakery products in paper bags and boxes
Loose produce or in basket (summer is coming to Ontario!)
Parchment paper, wax paper, beeswax sheets
Refillable container with tap water
Reconstitute from frozen in cans
Buy in bulk using your own containers

Other things you can do?

- Start a conversation with friends, family, grandchildren about reducing single use plastic.
- Encourage your family, religious organization, your social groups (book club, bridge, curling, tennis, choir), to eliminate plastic and Styrofoam cups. and bottled water at their events
- Learn what is going on in your community and City – get engaged in consultations and webinars

Eventually, innovation will find ways to safely produce and manage plastic and plastic alternatives. It may be hard to relate to the figures, but one conclusion is clear: we need to consume less plastic. You may choose to take the [Plastic Free July Challenge](#), joining millions of people around the world who want to make changes. You may prefer to make your changes on your own. Either way, it is a start to doing things differently.



More information and free registration to the Plastic Free July Challenge, at <https://www.plasticfreejuly.org/>

Logos used in accordance with Plastic Free July policy <https://www.plasticfreejuly.org/brand-rules/>



- 1 <https://www.unep.org/plastic-pollution>
- 2 <https://www.unep.org/interactives/beat-plastic-pollution/>
- 3 <https://annalsglobalhealth.org/articles/10.5334/aogh.4056>
4. https://read.oecd-ilibrary.org/environment/global-plastics-outlook_aa1edf33-en#page64
5. <https://www.unep.org/news-and-stories/press-release/world-environment-day-2023-be-hosted-cote-divoire-focus-solutions>
6. <https://leap.unep.org/content/basic-page/plastics-pollution-toolkit-about>
7. <https://www.earthday.org/fact-sheet-single-use-plastics>
8. <https://www.sciencemuseum.org.uk/objects-and-stories/chemistry/age-plastic-parkesine-pollution#:~:text=One%20of%20the%20earliest%20was,material%20in%201862%20as%20Parkesine.>
9. <https://plasticoceans.org/the-facts>
10. <https://www.oecd.org/environment/plastics/increased-plastic-leakage-and-greenhouse-gas-emissions.htm>
11. <https://www.scientificamerican.com/article/why-its-so-hard-to-recycle-vplastic/#:~:text=In%20theory%2C%20many%20commonly%20used,have%20been%20recycled%20twice%204>
12. <https://solarimpulse.com/news/clean-cup-fighting-plastic-pollution-one-cup-at-a-time>
13. <https://www.plasticfreejuly.org/wp-content/uploads/2022/11/Plastic-Free-Foundation-Impact-Report-2022.pdf>

CONTACT INFORMATION

CFUW Nepean website – <http://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>

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