

UPCOMING GENERAL MEETING

Tuesday Feb 6 1PM ON ZOOM

Guest Speaker Dr. Rod Phillips on Wine and the French Revolution

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Upcoming Events

February 1, 7PM On Zoom ** Rescheduled from January 25**

Guest Speaker: Rosella Bjornson, on her life growing up on a Canadian farm then becoming the first woman Canadian commercial airline pilot.

February 15, 7PM On Zoom

Guest Speaker: Ottawa Police Constable Martin Riopelle on scams and fraud systems directed to seniors.

March 5, 1PM General Meeting On Zoom

Guest Speaker: Dr Suzanne Evans on 'Mothers of Heroes, Mothers of Martyrs: World War I and the Politics of Grief'.

March 14 7PM On Zoom

Guest Speaker: Ryan McLellan will discuss financial planning for seniors and tips on how to reduce taxes when dispersing their estates.

April 2 1PM General Meeting at Bells Corners United Church

Discussion of Resolutions to be presented to CFUW National.

April 11 7PM On Zoom

Guest Speaker CFUW Nepean Member Roberta Ostler Balmer will speak about advocacy and her experiences at the UN.

The President's Message

CFUW Nepean and Resolutions

CFUW Nepean takes the proposed resolutions seriously. Perhaps this is because some of us know the amount of work that was needed to prepare our resolution on Single Use Plastic.

When we receive the completed resolutions from National, we assign each one to a team of three members for detailed examination, and to contact the proposing club with suggestions (amendments). They are the ones who will recommend to our club and to the president that we accept the resolution or refuse it. The president will vote at National AGM.

At our April meeting, (yes, it used to be at our March meeting, but no longer is that the case), the team reports to us. Each of us will, before that, have received some information about each resolution. Each team of three can explain in as much detail as they want, what their decision is, and why they made it. Our secretary Carla needs to record only the number and title of each resolution, the names of the examining team, and the decision to approve or reject the resolution.

This year we have six resolutions to consider. Carole Baker, our VP, will be arranging the teams. I hope each of you will consider helping with this if asked.

'Never anything can be amiss when simpleness and duty tender it'. W Shakespeare A Midsummer Night's Dream

Joan



Photo Credit Beth Junkins



Photo Credit Beth Junkins

Members Corner

Member Profile

Each year we enjoy learning about our new members and thought it would be fun to get to know more about our continuing members. This month we talked to Betty Threinen.

Betty Threinen

(as told to the editor)

Betty was born at the old Grace Hospital here in Ottawa. An only child, Betty was part of a close-knit family of aunts, uncles and cousins.

While she did not own many books, she vividly recalls one that was full of poetry; here she discovered the poem by Christina Rossetti 'In the Bleak Mid-Winter' and was struck by the beautiful lines 'What can I give Him, poor as I am'. This was the start of a life-long love of poetry and reading. Growing up, her favourite book was "Swallows and Amazons" by Arthur Ransome because it told the story of a group of children who were always off having wonderful adventures!

Betty remembers that she always wanted to be a teacher – and started early helping out at Sunday School. She got her teaching certificate right after high school (at the new Fisher Park High School) and started at Broadview teaching 42 Grade 2 students! After only one year of teaching, she was asked if she would be a practice teacher and allow students from the College to come to her class to watch her and practise themselves – this was before she even had her own permanent certificate!

Betty was once told that the reason she was such a good teacher was that she never entirely grew up – she kept a spark of child-like spirit that allowed her to engage so well with children. Betty loved everything about teaching – it was always a challenge to find what would motivate a child. This is an area of continuing interest even now, as

she is trying to help a developmentally neurodiverse adult become motivated and engaged.

Taking on challenges is a continuing theme for Betty as well. While substitute teaching, and raising 4 young children with her husband, Betty decided to get a BA at Carleton – taking a couple of courses at a time until she finished a degree in sociology and psychology.

Betty was invited to the CFUW by two friends (one being Dolores Dufresne!) An avid baker, Betty got very involved in the CFUW luncheons preparing desserts: loaves, cookies, squares. She fondly recalls the couple's dining out club and the book club as great fun. She is very grateful for the help that she received from the CFUW during her husband's illness and since his passing – the continuing fellowship and support of CFUW Nepean has been much appreciated.

Betty is still a keen reader, despite visual challenges, remains engaged with people of all ages and curious about the world. No surprise that when she was asked what message she might have for young women she remarked that you need to open yourself up to the people around you – keep helping people – stay curious.

Betty would have been a great companion to the young adventurers in "Swallows & Amazons" !

What superpower would you like to have?

Power of Healing

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

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

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

Canadian Women in STEM Who Changed the World

-Jennifer Robinson

February 11 is the UN International Day of Women and Girls in STEM

The turbulent times of WWII shaped the lives of three extraordinary Canadian women. In spite of sexism, racism, and incredible hardship, they persevered, and their outstanding work in science, technology, engineering and mathematics (STEM) changed the world.

Elsie MacGill (1905-1980), aeronautical engineer and feminist

All her life, Elsie MacGill broke through barriers. She was the first woman in Canada to earn degrees in electrical and aeronautical engineering, and to work as a professional aircraft designer. The first woman to chair a U.N. aviation technical committee, she played a leading role in creating the international airworthiness regulations for commercial aircraft.

She was also the first woman in the world to design all of the major components of a manufactured aircraft, the Maple Leaf Trainer II. She was dubbed “Queen of the Hurricanes” in a wartime comic book for her leadership in overseeing design refinements and production of Hawker Hurricanes. The fighter plane was a stalwart workhorse in WWII, especially in the Battle of Britain.

Her accomplishments speak to her intellect, but her response to being told she’d never walk again speaks to her determination. When MacGill contracted polio in her 20s, doctors told her she would spend her life using a wheelchair. She refused to accept that and taught herself to walk with the help of metal canes.

A member of the Order of Canada, of Canada’s Aviation Hall of Fame and the Canadian Science

and Engineering Hall of Fame, among other honours, MacGill was a champion of women’s rights – advocating, for example, for paid maternity leave. In 1967, she was appointed to the influential Royal Commission on the Status of Women. She once said: "I have received many engineering awards, but I hope I will also be remembered as an advocate for the rights of women and children."

(Adapted from Canada Post Perspectives magazine, "Canadians in Flight", and Wikipedia)

Dr. Irene Ayako Uchida (1917-2013), Geneticist

Born in Vancouver, Ayako Uchida was given the name "Irene" by a teacher who found her Japanese name, Ayako, hard to pronounce. She liked the name and used it throughout her life. Uchida was one of thousands of Japanese Canadians who were imprisoned as part of the Japanese Internment during WWII. The internment camps were overcrowded and there was no electricity or running water. Undaunted, Uchida opened a school for the children in the Lemon Creek internment camp and took on the roles of principal and teacher.

Uchida went on to earn a PhD and become a groundbreaking geneticist, transforming maternal and fetal health around the world. Dr. Uchida developed Canada’s first diagnostic blood test to analyze the chromosomes of infants. Clinicians later used her method to detect chromosomal abnormalities, such as Edwards syndrome and Down syndrome, by testing the amniotic fluid that surrounds the fetus in the womb. She also found a possible link between X-rays and Down syndrome. Today, parents and doctors are warned against exposure to X-rays during pregnancy because of her work.

Dr. Uchida published more than 95 scientific papers and received numerous awards for her research including Woman of the Century 1867-

1967 for Manitoba. She was inducted into the Order of Canada in 1993.

(Adapted from The Canadian Encyclopedia, National Association of Japanese Canadians Toronto Chapter and Wikipedia)

Dr. Ursula Franklin (1921-2016), physicist, educator, feminist and social activist

Ursula Martius Franklin was born in Germany. She was imprisoned in a Nazi labour camp in 1943 because of her Jewish heritage. She and her parents survived, but members of her extended family did not. Franklin developed frostbite in her feet and legs because of long hours of forced labour in cold conditions, which led to lifelong pain. While she did not often speak about her early experiences as a Holocaust survivor, they shaped her lifelong humanitarian work and peace activism.

Franklin earned her PhD in experimental physics in Berlin in 1948 and moved to Canada in 1949.

A specialist in the structure of metals and alloys, Dr. Franklin pioneered the development of archaeometry, applying modern techniques of materials analysis to archaeology. For example, she guided a study on blue glass beads in North America remaining from early trade relationships between Indigenous people and Europeans. Her work also contributed to many scientific innovations, including the groundbreaking design of the first porous-coated skeletal hip implant.

In the early 1960s Dr. Franklin was one of a number of scientists who participated in the Baby Tooth Survey, which investigated levels of strontium-90, a radioactive isotope in fallout from nuclear weapons testing, in children's teeth. This research contributed to the cessation of atmospheric weapons testing.

A noted activist, Dr. Franklin was involved in causes including pacifism, feminism,

environmentalism, and social justice. She published more than a hundred scientific papers and contributions to books on the structure and properties of metals and alloys as well as on the history and social effects of technology. Dr. Franklin won many awards for her innovative scientific and humanitarian work, including the Pearson Peace Medal (2002).

(Adapted from The Canadian Encyclopedia and Wikipedia)

Commemorative Days

February - Black History Month

February 6-International Day of Zero Tolerance to Female Genital Mutilation
2024 Theme: [‘Her voice. Her future’](#)

February 11-International Day of Women and Girls in Science
2024 Theme: [‘Women and Girls in Science Leadership: A New Era for Sustainability’](#)

March 8- International Women’s Day
2024 Theme [‘Invest in Women. Accelerate Progress’](#)

“√ Listen √ Learn √ Support √ Take Action”*

*From the [Equity Inclusion Handbook](#) (2016) Ottawa City of Ottawa and City for All Women Initiative

CFUW National Upcoming Events

(adapted from the January 26 National Newsletter)

CFUW National Long-Term Care and Seniors Rights Study Group

Thursday February 1, 10 – 12 AM PT

On ZOOM

AGENDA

Section 1: 10 -11 PT

Your thoughts, feedback and input on the two CFUW Resolutions to date

Resolution 1: “Aging in the Right Place”: Aging in Home and Community with Resources and Support

Resolution 2: Incentives to implement HSO 2023 Standards for Canadians

Section 2: 11 – 12 PT

What are the key changes for Seniors in current Federal/Provincial and Federal Bilateral Agreements?

What questions do CFUW Club members need to ask?

Register in advance :

<https://us02web.zoom.us/meeting/register/tZ Ypcumrqi8iG9Ru4PsDpIx9-2Hsw8lXT4-0>

Housing, a National Crisis: A CFUW Think Tank

Tuesday, February 6, 3pm ET On Zoom

We all know that there is a housing crisis in Canada. Let’s get together to discuss how CFUW could improve the situation. Find out what is

happening federally, provincially with housing initiatives. Let’s talk about what is possible collectively.

Here is the existing resolution: Affordable Housing – 1992 UWC Vancouver RESOLVED, That the CFUW urge the Government of Canada to reinstate non-profit, co-operative and affordable housing programs, and to promote and to finance these programs; and RESOLVED, That CFUW urge all levels of government to co-operate in establishing comprehensive plans for land use, which will guarantee affordable housing within community developments.

Other organizations are acting now. Find out what’s happening and what we might do together. [Register here.](#)



CFUW Ontario Council Speaker Series
Saturday Feb 24, 2024 10 AM to 12 PM **On Zoom**

AI Ethics PROBES

The Ethical Issues Surrounding Artificial Intelligence

[Register here!](#)

Professor Gus Skorburg will present a framework called PROBES, a structured framework to help evaluate six key ethical issues related to Artificial Intelligence (AI) and the ethical, legal and social implications of this rapidly evolving technology.

For more information go to
<https://cfuwontcouncil.org/standing-committees/>

CFUW Nepean Activities

Jan 8, 2024, General Meeting Plastic Withdrawal: Notes from a Plastics Wrap Fanatic

-Beth Junkins

Taking action to reduce plastic use can be very rewarding but it is not always straight forward. When it comes to making changes in our lives, it can help learn from the experiences and observations of others. This presentation provided examples of the changes in our household as we tried to reduce plastic use and had some suggestions if you are thinking of getting started.

1. **Don't try to do it all at once.**

When we look at all the plastic around us, it can feel overwhelming so start small with changes that fit into your lifestyle, your budget and your priorities. This way you set yourself up for success and you can make more changes incrementally. We started with laundry strips, dryer balls, dishwasher tablets, then bar shampoos and soaps, went back to making juice from concentrate and then switched to parchment paper, wax paper and foil instead of plastic wrap.

2. **Expect choices – expect ambivalence.**

It can be challenging to choose an alternative sometimes– there are going to be competing priorities. For example, considering milk in bags vs cartons, there are many factors like food waste, underlying carbon footprint, recycling, cost etc. Make the choices that work best for you.

3. **Find uses for what you have.**

All plastic alternatives consume resources –we must try to consume less overall. One good step is to use what you already have around the house: rediscover your glass jars and cookie tins; repurpose plastics that come into your home like yogurt and sour cream containers; take reusable containers to the bulk food store; repurpose bags

like Naan and pita bags as alternatives to new plastic bags.

4. **Be curious and innovative.**

Look at the packaging coming into the house and see how you can repurpose it. For example, wash & reuse plastic wrap from cauliflower instead of using new plastic wrap. If you are up for investing in new products, try the bees wax sealers and silicon bags.

5. **It will not be perfect.**

Don't be hard on yourself seeing you still have plastic waste – it will take time, and all you can do is your best. Keep your eyes open for innovative and new products coming out as industry is beginning to make systemic changes and offer options.

6. **Share – you do not have to do it alone.**

Share your discoveries and conundrums – you can get great ideas from others who are trying to change their plastic habits. Find out what is available in your community to help you reduce waste: the City of Ottawa has good websites on reducing waste, and how to dispose of products.

7. **Challenge yourself to stay motivated.**

Whether you take a challenge alone or with a group, it is a great way to get and stay motivated. You might want to take part in the global Plastic Free July Challenge. It doesn't have to be July and it doesn't have to be a whole month – take a day, or a week or a month and see if you can meet the challenge of reducing plastic waste.

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



The efforts of every individual count. Many people making small changes can see great results. Know that you **can** power change.

"Do what you can with what you've got where you are"
(Squire Billy Widener)

CFUW Nepean Activities

A flyer for a Garden Party event. The background is a light yellow-green color. The text is centered and reads: "Saturday June 8, 2024", "GARDEN PARTY", "COME SMELL THE FLOWERS", "Tour the lovely house", "Then take delicious treats to the garden", "Home of Betty Ann Grainger", "\$20.00", "Only 20 tickets for each admission time", "1:30 2:00 2:30 3:00 3:30", "Funds raised will support", "scholarships for women.", and "CFUW Nepean promotes women's", "fellowship and continuous learning." The flyer is decorated with illustrations of roses and birds in the corners.

Saturday June 8, 2024

GARDEN PARTY

COME SMELL THE FLOWERS
Tour the lovely house
Then take delicious treats to the garden
Home of Betty Ann Grainger

\$20.00
Only 20 tickets for each admission time
1:30 2:00 2:30 3:00 3:30

Funds raised will support
scholarships for women.

CFUW Nepean promotes women's
fellowship and continuous learning.

Community Outreach

-Marlene Sylvester

House To Home has moved from Ridgewood off Riverside Drive to Westgate Shopping Center.

If you have any household items that you would like to donate, please let me know. Anything from towels, bedding, small kitchen, appliances, furniture, games, puzzles, clothes etc.

You could drop them off at Westgate, but it is not an easy place to find so I would need to give you directions. This week eight children and parents arrived from Ukraine so all items would be appreciated.

CFUW Nepean Activities

Environmental Action Group (EAG)-

-Beth Junkins

At our January meeting we shared tips on getting the labels off the pill bottles: commercial 'goo' remover, freezing and scrubbing, soaking. Some pharmacies may be taking pill bottles back and members are following to learn more and find out what they do with them. Pill bottles can be taken to Earthub who ask a small donation so they can be sent abroad for reuse. They can also be put in the blue bin. More to come

It was noted that CFUW National has declared the CFUW Federation a Blue Community. The EAG will be looking into what action we might to take to build on this step.

Our next meeting will be on Zoom Thurs Feb 15. Among other things, we will look at Blue Communities, talk about book suggestions, and share tips for reducing our environmental footprint – one step at a time.

Come join the conversation!

Art Tour

-Dolores Dufresne

The Art Tours Group is planning to visit the Riopelle exhibit at the National Gallery on Wednesday, February 14th at 1 pm. We will, of course, have a guide to point out the highlights of the exhibit.

For those wishing, carpools will be formed.

Two or three more tours will be arranged before the end of May.

Armchair Travel

-Marlene Sylvester

The Armchair Travel group meets the third Tuesday at 1:00pm every month except July and August.

Due to weather constraints, as well as Covid outbreaks, we will continue to have Armchair travel group virtually.

In January we travelled to the Seychelles, and now dream about going to that beautiful island. We also learned that the islands are under threat due to climate issues.

In February we plan on travelling to Madagascar. It's interesting to see the landscapes of these countries as well as the history, birds, animals, culture, and the ever-present threat they are under.

In April Lynne Crocker will take us to southern India.

In May, we will travel to Ecuador with Mary Alice Hossie . Hopefully we may be able to gather together at my home.

See you virtually.

CFUW Nepean Activities

Book Club

-Rachel Plouffe

In January, the Book Group discussed **Hotline by Dimitri Nasrallah** a Canada Reads 2023 finalist and longlisted for the 2022 Giller Prize. Loosely inspired by the author's own story it dealt with the difficulties of an immigrant having to overcome the challenges of immigration and finding a way to use the experience of working in a call centre to move forward. As always, the discussion was varied and enlightening.

Meetings on Zoom the fourth Tuesday of every month will continue with the following:

The February 27 book is **Being Mortal by Atul Gawande**.

An important book to read for everyone in our demographic. The author explores the realities of aging and death from a point of view different from traditional modern medicine too often focused on the cure.

On 26 March, we will discuss **The Perfumist of Paris by Alka Joshi**.

This is the third book in a trilogy of which our September book *The Henna Artist* is #1. After being tasked with her first major project for a master perfumer, Radha travels to India. She discovers that the son she gave up years earlier is heading to locate her in Paris--threatening her marriage and carefully managed world.

Lunching Out

-Sharon Carew

Even though it was a cold January day, we still had seventeen people out for Lunch at Mexi's on Hunt Club. It was nice to have a private room so our friendly conversations could continue and not disturb other people in the restaurant.

We will be going to the East India Company on Wednesday, February 21st. I will send the notice out closer to the date and all members are welcome to attend. We hope to have a private room also.

In March, Lunching Out will be in one of Nepean's best-liked "normal" restaurants and I hope we will go to the Thai Flame in April. This is a favourite restaurant of many members and Peter Hum also recommends it.

Movie Matinee

-Judy Glass

The movie group started the new year with a few laughs. We took in a light-hearted Rom-Com, *Anyone But You*, on January 12th.

Please come join us for the upcoming shows on February 9 and March 8.

The Green Grapevine

The Fashion Dilemma

-Beth Junkins

Authors Notes

1. *While many different estimates are available for environmental impacts of fashion, current, defensible, and comparable statistics are elusive and the measures seem to be growing rapidly in recent years. The figures presented in this article should be viewed as indicators of the magnitude of the issues rather than definitive values.*
2. *The human/social costs of the fast fashion industry are well documented and notorious. While these are not the focus of this article, it is important that we don't forget the worker exploitation (including violence and harassment), poor working conditions, and routine underpayment that allows the fashion industry to keep costs low, and powers fast fashion.*

We have all bought clothes impulsively, at a good price only to find that they didn't last, or went out of style or no longer fit(!). Perhaps we wear them a couple of times and then we are looking to discard them.

The fact is that we are purchasing more clothes and wearing them for less time than ever before: compared to 2015, we are wearing them for only about 1/3 the time, while global clothing production has doubled. There is a phenomenon known as '[fast fashion](#)': this creates and responds to low cost fast changing fashion trends: production is fast, customer decisions are fast, delivery is fast, wears out fast, discarded fast. More than 1/2 of these cheap items will be discarded in less than a year: some estimates show these garments are discarded after only 7 or 8 uses.

We are just beginning to realize how great a burden that fashion industry places on the water, air, soil, and at every point along a very linear lifecycle.

Clothing Production Issues

- Heavily reliant on nonrenewable resources and chemicals:
 - Plastics, like polyester, acrylic, nylon are made from fossil fuels and found in over 50% of clothes on the market.
 - Large use of fertilizer, insecticides, pesticides, dyes (ex. Cotton production uses 2.5% of the worlds arable land, accounts for 16% of all pesticides while in India this is closer to 50%)
- Responsible for at least 10% of global carbon emissions, projected to rise by 50% by 2030.
- High water usage for crop growth and textile production, 4% of global freshwater diversion. A cotton t-shirt requires 2700 liters of fresh water, the amount of water a person needs for 2.5 years. This contributes to issues in water scarce regions.
- Significant hazardous water pollution, source of over 20% of global water pollution with textile dying the 2nd largest water polluter.
- Responsible for significant soil erosion, loss of biodiversity

Usage Issues

- Over 35% of plastic microfibers in the oceans are from laundering; this is the equivalent to 50 billion plastic bottles.

End-of Life Issues

Upwards of 150 billion items of new clothes are produced each year and 65% end up in landfill within a year. Between 12 and 30% are never sold: this overproduction may be donated or down cycled, but most are sent to landfill or incinerated. Canadians alone dispose of 500 M kg of fashion and textile items each year.

Of all the fiber used for clothing, about 87% goes to landfill or incinerated, 12% is downcycled (insulation, mattresses) and less than 1% is recycled back into clothing

As a result, new raw material is used in nearly every piece of clothing made, every year.

Landfill

[A shocking satellite photo of the Atacama Desert in Chile](#), shows a 'mountain' of discarded clothing that is visible from space, where 39,000 tons of clothing arrives annually from US, Asia, and Europe to be dumped.

It is estimated by the Ellen MacArthur foundation that globally, 1 garbage truck of clothing is dumped in landfill or incinerated every minute. Most of the clothing is not biodegradable, and as it breaks down over hundreds of years it releases toxic chemicals and dyes that threaten water and soil. It also represents billions of dollars of lost investment in labour and energy.

Recycle-Reuse

While a few 'clothing into clothing' recyclers are emerging in Canada, they are often small, and some of the needed technology is not available at scale. In many cases the recycling is not back into clothing, but downcycling into rags, insulation, mattress filling.

A [recent Canadian study in Ontario](#) found that 65% of the textile waste from our households could be rescued (repaired, donated). A higher percentage of Canadians do donate clothing than in many other countries, but only about [25% of donated clothes](#) actually get reused as clothing. The rest ends up downcycled or gets sent to landfill domestically or abroad.

Global Action

There is a growing global awareness of the urgent need for a circular life cycle for fashion and textiles. The [UN Alliance for Sustainable Fashion](#) is an alliance committed to 'changing the path of fashion, reducing its negative environmental and social impacts'. Fashion also emerged as a key issue at COP 24 (2018 Conference of the Parties, the annual UN Climate Change Conference) with the [Fashion Charter](#). While there was a strong presence of the fashion industry at COP 28 in Dec 2023, it was generally agreed that ['there was just not enough progress'](#)

In Dec 2023, The European parliament and EU member states agreed to [ban the destruction of unsold clothing and shoes](#). – an approach that is already in place in France. This is part of a larger Ecodesign Policy for many products, and includes as well requirements for a digital product passport to help consumers make sustainable choices.

The Green Grapevine

The Fashion Dilemma (cont'd)

There is ongoing research into separating complex blends of materials, and dealing with the dyes, technology that is needed to recycle clothes into clothes. In 2020 the Federal Government sponsored grants to look for innovative solutions to the plastic waste from textiles and microfibers.

Action we can take

While we cannot solve the systemic issues ourselves, there are things that we can do to reduce our contribution to the problem and to take action.

1. Become informed about the issue - learn about sustainable producers.
2. Buy fewer clothes and wear them longer by repairing and updating – shop in your own closet first.
3. Consider a swap with friends.
4. Launder only when needed, consider a lint bag to catch microfibers, reduce cycle length, and water temperature to extend life of garments and reduce the microfibers.
5. Buy thoughtfully-
 - Buy what you need, what you love, and what will last.
 - Beware of greenwashing. Products may highlight what is actually a very small amount of recycled material.
 - Scrutinize stores with ‘take it back’ clothing programs to find out what they do with the products. In some cases, returned products are actually sent to landfill, destroyed or exported.
 - Buy locally to reduce transportation related carbon emissions.
 - Try to avoid synthetics, if possible.
 - Seek organic fabrics sustainably grown. Certified organic cotton reduces water use by 91%, uses no chemical fertilizers or pesticides, and limits soil erosion.
 - Buy second hand.
6. Try to sell at consignment shops.
7. Donate old clothes. Donating clothes in good condition improves the chances that they will be reused as clothes. Charities and Church bazaars are good places to try. Places to donate in Ottawa include Big brother, Diabetes Canada, Caldwell Centre, Dress for Success, Nelson House, Ottawa Mission, St. Vincent de Paul, Salvation Army Shepherds of Good Hope, Snowsuit Fund, Matthews House, Carty House (for women refugees).

Some of these organizations give unsold clothing to those in need or sell to commercial textile recyclers (where they may be downcycled into rags, insulation, mattress filler), or look for additional 2nd hand markets domestically or abroad. Some clothing likely will end up in landfill. Ask questions wherever you look to donate –it may not be perfect, but it is a step in the right direction.

The Green Grapevine

The Fashion Dilemma (cont'd)

8. Think about repurposing.

- Turn clothes into clean rags for home – at our house old socks slip over the hand to become great dusters. For linens, look for ideas online such as <https://www.housedigest.com/1467495/best-ways-repurpose-bed-sheets>
- If you are interested in crafts, the Web is full of ideas; cut pieces into a quilt, men's ties into cosmetic bags, sweaters into slippers and cupholders, scraps into bags, dresses into aprons, dolls.

9. Become engaged and aware of initiatives to develop a truly circular lifecycle for textiles.

Consumers can buy less, buy responsibly, reuse, recycle whenever possible – all good steps. However, until there is a sustainable life cycle, in most cases we are only delaying the inevitable: clothing will eventually end up in landfill. New material will be used in new clothes.

A truly circular approach is needed urgently in the clothing industry. We can be allies and advocates to help find sustainable solutions.

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>

