

UPCOMING GENERAL MEETING

Tuesday April 9 1PM

Bells Corners United Church, 3955 Old Richmond Road, Nepean, ON

Guest Speaker from Algonquin College on the Programs CFUW Nepean Scholarships Support

Review of National Resolutions

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Upcoming Events

April 11 7PM On Zoom

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

May 7 12 noon Luncheon and AGM Waterford Grand Retirement Home at 121 Marketplace Avenue in Barrhaven, Panache Bar and Grill, Main Floor \$20 each

June 8 – 1:30 pm- 3:30 pm Garden Party In support of the Scholarship Trust \$20 (see pg 10)

The President's Message

Pieces for Peace

September 21 is International Peace Day, and on that day, Deborah Dimitruk, president of CFUW Sherbrooke, hopes to display many pieces of fabric, paper, cardboard, each bearing the peace symbol, on Parliament Hill. She spoke about this at a Zoom meeting on Advocacy, especially asking for help from the clubs in the Ottawa area.

Two days after the meeting, I called her and offered our help. She was delighted, and accepted instantly. I then contacted CFUW Ottawa and CFUW Kanata, and they have agreed to help as well. A wonderful thing, to have our three clubs working together again, and working with CFUW Sherbrooke.

What can you do to help? I have already had offers of fabric from Cindy Hyduk, and she, Betty Ann Grainger, and I will be meeting to cut/tear the fabric into squares that are 18 by 18 inches. If you have fabric, an old sheet or tablecloth, you could contribute that. Do you have paint and a brush or two that you could contribute? Newspapers cut to the right size with three layers stapled together would work. All suggestions are welcome.

Do you know of a gathering this summer? Could we ask people there to paint the peace symbol on a square if we provide the square, the paint, and a brush? I expect to get most of the residents here to do one, or maybe more.

At our September meeting, all of the above will be provided so that you can paint one in the parking lot of BCUC.

I hope you will support this. Would I be aiming too high if I hoped CFUW Nepean could provide 1000 squares?

Enthusiastically

Joan

(Photo Credit J. Conrod)



Members Corner

Welcome to a new member!!

Catherine Cosstick

Although I was born in a small town in Manitoba, I consider Ottawa my home. I attended college in Toronto, university in British Columbia and Ottawa, lived and traveled overseas and worked in western Quebec, including a position in an Algonquin reserve school. Like a homing pigeon, I always aimed to return to Ottawa.

It was my original intention to pursue a nursing career, but side-slipped into a degree in Child and Youth Care, Education and then Counseling. Working as a Licensed Practical Nurse at various intervals paid for school tuition and international travel expenses. Becoming a teacher wasn't a calling; it got me out of shift work and the pay was more attractive than that of a youth worker.

The interesting part of being a teacher is the different areas that teachers can specialize in, especially if you're willing to take multiple courses, all year round. Courses I took allowed me to work in special education, guidance, and cooperative education at the high school level. Each specialization offered unique experiences, but I think the most fun was co-op.

When I retired from full time teaching, I was fortunate to be hired by OCDSB's Continuing Education Program, and continue to work part time co-op with a mostly ESL and newcomer adult population. Our small department is partnered with some of the private colleges in Ottawa. When the students register with us, they are entitled to PLAR (Previous Learning Academic Recognition). We review their documentation from their home

countries and grant credit equivalency toward their Ontario High School Diploma.

Having a part time job has been a gentle "step down" from a full and varied career. The issue is that now I seem to have developed an appetite for volunteerism and don't have a lot of time to mark assignments.

In 2014 I was encouraged to share my passion for downhill skiing with disabled skiers. This will be my tenth year with Canadian Adaptive Snowsports, (CADS). In 2018 I took an ESL teaching course, with the intention of teaching English overseas. Covid interfered, but I've enjoyed volunteering in the classroom with mostly illiterate newcomers from overseas.

Being an avid cyclist, I volunteer as a "pilot" with Cycling Without Age (CWA) and I take seniors for rides in a trishaw. Did I mention kayaking, the best part of summer? Last summer I helped out with the PaddleAll program at the Ottawa River Canoe Club. It was interesting to recognize some of the same paddlers that I teach skiing with in the winter.

Now that the pandemic is (mostly) behind us, the travel bug has caught up with me and South America is calling. Apparently, Patagonia has hiking, biking and kayaking opportunities.

In the meantime, I am thrilled to be a member of the Canadian Federation of University Women, Nepean Chapter. The mission to support education for women locally, nationally, and internationally resonates with me. The altruistic, socially and environmentally responsible projects supporting the community that are practiced regularly by this strong and amazing group of women, continues to impress me. Thank you for welcoming me.

Members Corner

UN International Peacekeepers Day May 29th 2024

-Carole Baker & Beth Junkins

“United Nations peacekeepers are the beating heart of our commitment to a more peaceful world. For 75 years, they have supported people and communities rocked by conflict and upheaval across the globe.” [UN Secretary-General António Guterres](#)

For over 75 years, the United Nations peacekeepers have played a crucial role around the globe in areas of conflict – a respected impartial force that helps prevent escalation of violence, reduces tension, and can act as an intermediary negotiating and securing peace. The UN peacekeepers have had to adapt with the changing realities in the world:

“The challenges faced by peacekeepers are greater than ever, with rising global tensions, more complex conflict, and a proliferation of misinformation and disinformation, which impedes their work and threatens their safety. Despite these obstacles, peacekeepers persevere, alongside many partners, in the collective pursuit of peace.” [\(1\)](#)

During this time the UN has come to recognize the importance of women to these efforts:

“More women in peacekeeping means more effective peacekeeping. Women peacekeepers

- *improve overall peacekeeping performance,*
- *have greater access to communities,*
- *help in promoting human rights and the protection of civilians, and*
- *encourage women to become a meaningful part of peace and political processes”* [\(2\)](#)

Additionally, women help by

- bringing “*new perspectives and solutions to the table.*” [\(2\)](#)
- “*Interviewing and supporting survivors of gender-based violence and violence against children - thereby generating critical information that would otherwise be difficult to reach*” [\(2\)](#)
- building trust and confidence particularly in circumstances where women are prohibited from speaking to men.
- providing role models and mentors helping women in areas of conflict learn to advocate for themselves.

“In all fields of peacekeeping, women peacekeepers have proven that they can perform the same roles, to the same standards and under the same difficult conditions, as their male counterparts.” [\(2\)](#)

Today we see women actively engaged in all aspects of peacekeeping, from negotiators, legal support and diplomats to UN field workers and peacekeeping troops on the ground. The need for women in peacekeeping has never been more important but the proportion of women engaged has remained small. For example, UN Women report that in UN peace processes in 2022, women represented only 16% of delegates; in disarmament forums, women represent about 1/3 delegates[\(3\)](#). In 1993, only 1% of uniformed personnel were women [\(2\)](#) and this had risen to only 3.7% by 2015 [\(4\)](#)

In 2015, the UN Security Council unanimously adopted [Resolution 2242](#), recognizing the importance of women to securing peace, and outlining ambitious targets and activities to improve gender equality in all aspects of the security and peacekeeping agenda.

Canada is playing a key role in this agenda and introduced the *Elsie Initiative for Women in Peace Operations (Elsie Initiative)* in 2017 which focuses on increasing the role of uniformed women in

Members Corner

UN International Peacekeepers Day May 29th 2024 (cont'd)

police and military in UN military operations, not just in the numbers participating, but in the meaningful involvement in leadership and nontraditional roles. The proportion of uniformed military peacekeepers is increasing slowly, to 8.5% [\(5\)](#) –and must continue to increase to meet 2028 gender parity targets.

The signals are heartening, and the awareness of both the value of women and the barriers they face is growing. We can expect to see more women play a needed vital role in UN Peacekeeping.

“Unleashing the power of women leaders and organizations to inform, influence, and transform peace processes is key to sustaining peace and security” [\(6\)](#)

NOTE: The *Elsie Initiative* is named for Canadian Elsie MacGill, the first Canadian woman aeronautical engineer, who headed up the Canadian production of Hawker Hurricane fighter planes in WWII and later was Commissioner of the Royal Commission on the Status of Women. See Jennifer Robinson’s article in the [CFUW Nepean NewsBYTES Feb/Mar 2024](#)

References:

- [\(1\)](#) International Day of UN Peacekeepers 29 May (UN 2023)
- [\(2\)](#) UN Women in Peacekeeping: A Key to Peace (UN2022)
- [\(3\)](#) UN Women Facts and Figures: Women, peace, and security (UN Women 2023)
- [\(4\)](#) The Elsie Initiative for Women in Peace Operations (Prime Minister of Canada 2017)
- [\(5\)](#) Statement by Members of the Elsie Initiative for Women in Peace Operations Contact Group on the margins of the 2003 UN Peacekeeping Ministerial (2023)
- [\(6\)](#) Women Transforming Peace through Peacekeeping (UN 2020)

Did you know.... The Peace Symbol

In 1958 artist and designer Gerald Holtman was a member of the British Campaign for Nuclear Disarmament (CND) in the UK. He was looking for a symbol that could be used to bind the group together while having a visual impact, and designed the symbol we know now.

He is said to have been inspired by two images. The first was a painting by Goya – ‘The Third of May 1808’ - depicting a peasant standing in despair with his palms stretched outward before a firing squad that reflected Holtman’s utter despair from the nuclear threat. It is reported that Holtman regretted the link to despair because he wanted the symbol of the movement to be one of hope.

The second inspiration came from superimposing the semaphore images for the letters “N” and “D” referencing ‘nuclear disarmament’.

The symbol was first used in April 1958 in a march from Trafalgar Square in London to the Atomic Weapons Research Establishment in Aldermaston in Berkshire.

It was adopted quickly beyond nuclear disarmament and has come to represent peace and love, becoming widely known in the 60’s through the US anti-war movement. Simple, easily drawn by anyone, powerful, it is perhaps one of the most immediately recognizable non-secular symbols in history.



(Photo Credit B. Junkins)

CFUW Nepean Activities

Scholarship Trust

-Kathy Greiner

We have had a very successful year thanks to the generous support of all members. Our goal for this year was to raise \$6000, which we have surpassed, and gives us a head start for next year. Reaching our goal allows us to continue to fund our three scholarships and three bursaries at Algonquin College. (The scholarships are awarded for academic excellence while the bursaries are awarded on the basis of financial need.)

The women that we support are enrolled in the Occupational Therapist Assistant and Physio Therapy, Practical Nursing, and Mechanical Engineering Technology (STEM) degree programs.

One of our bursaries is reserved for an indigenous student, and this year we broadened the eligibility for this bursary to include an indigenous woman enrolled in any degree program; this was done on the advice of Algonquin College to ensure that this bursary could be awarded. (Bursary students must self-identify their need for financial assistance.)

To date, one scholarship has been awarded to a student in the Mechanical Engineering Technology program. The other two scholarships are usually awarded in early June, and I expect to be informed about the bursary recipients within the next few weeks.

Thank you notes from the recipients last year not only expressed their appreciation for the monetary award but also the recognition for their efforts. One young lady wrote to say that she had worked hard to graduate with a GPA of 4.0 and to thank us especially for the recognition for her efforts. The second one wrote: "I was lucky enough to receive this year's CFUW Scholarship. I just wanted to say thank you for choosing me". And you may be aware already of the recent thank

you note from this year's recipient in computer technology, who, as an adult learner had to drop her full-time job to pursue her studies. She told us that her unexpected scholarship came as a welcome surprise, adding: "As I am going to start my career in a highly competitive and male dominated industry, it is very important to feel the support from a women's association."

So, ladies, please be assured that CFUW Nepean's financial assistance does make a difference to the recipients and continue with your generous support. And, remember, the proceeds from the book sale that Cathie Faubert overlooks at our in-person meetings, and the garden party that Betty Ann Grainger is organizing for June ([see page 10](#)) all contribute to our scholarships.

Nominations Report for 2024-2025

-Dolores Dufresne

First of all, thank you to Sharon Carew and to Marlene Sylvester for serving on this year's Nominations Committee. Thank you, also, to everyone who has put their name forward.

President -Carole Baker

Past President- Joan Conrod

Vice President- Betty Bertrand

Treasurer- Lynne Crocker

Secretary- Carla Barry/ Joan Conrod

Membership- Dolores Dufresne

Program -Sue Carter

Newsletter -Vacant (interim – Beth Junkins)

Interest Groups- Helen Young

Hospitality- Dolores Dufresne

Public Relations- Jennifer Robinson

Advocacy- Ena Gwen Jones

Community Outreach -Marlene Sylvester

Scholarship Trust Liaison- Betty Ann Grainger

Archivist -Sharon Carew

Website & tech Support -Jennifer Robinson

CFUW Nepean Activities

REVISIONS TO THE CONSTITUTION, ARTICLES & BYLAWS

-Sharon Carew

The Committee for the Constitution, Articles & Bylaws: Dolores Dufresne, Marlene Sylvester, Susan Russell, Kathy Greiner & Sharon Carew

The Committee has been working hard for the last two years to revise the Constitution, Articles & Bylaws for CFUW Nepean. The revised Constitution was presented to our members at the March 5th General Meeting on Zoom.

However, a few minor changes have been made since then. We have followed the example of our National CFUW Constitution with input from a national parliamentarian who is a specialist in Robert's Rules of Order Newly Revised:

Bylaw XVI: The Constitution may be amended or altered only at the Annual Meeting of CFUW Nepean by two-thirds (2/3) vote of members present, provided that notice of amendments shall have been sent in writing to the Board of Directors and shall have been presented to the club at least on General Meeting previous to the Annual Meeting.

Since we sent the Constitution revisions to our members before the March 5th Meeting and made a presentation at the March Zoom meeting, we will be voting on the revisions at our AGM on **May 7th**.

Thank you to the Committee Members and all our CFUW members for their support in this endeavour. We will send out the revisions again in April before our May meeting and will have several copies available at the May AGM meeting.

POLICY & PROCEDURES MANUAL

-Sharon Carew

The committee of: Dolores Dufresne, Marlene Sylvester, Susan Russell, Kathy Greiner & Sharon Carew

We have worked for the last two years to develop a Policy & Procedure Manual. It is hoped that this Manual will ease and clarify the tasks for the present and future Board members. This is a working document that will be revised and improved as required.

We would like to thank all Presidents, Board Members, Committee Chairs and Members who have contributed to all these endeavours in the past and during revisions to CFUW Nepean's Policy and Procedures now and in the future.

The Manual will be sent out next week and we ask that our members review the document. At our April 9th General Meeting, we will ask our members to vote on approving this document. Several copies will be printed for members to see the Manual at our meeting.

(Photo Credit B. Junkins)



CFUW Nepean Activities

Feb 1 2024 ZOOM Presentation Canada's First Women Commercial Airline Pilot – Captain Rosella Bjornson

-Carole Baker

Captain Rosella Bjornson is Canada's first woman commercial airline jet aircraft pilot and the first woman airline captain. She is also the first woman member of the Canadian Air Line Pilots Association (CALPA). And... she is a member of the Canadian Aviation Hall of Fame. Rosella gave us a very relaxed, and personal talk about her life and achievements.

Rosella grew up on a farm in Southern Alberta. Her interest in aviation started at a young age as her father had a small aircraft and she loved to go flying with him. On her 17th Birthday she had her first flying lesson. It did not take long before she had her Private Pilots License. Her goal was to fly as a commercial pilot but she knew she had to be qualified so she went off to The University of Calgary.

During the summers she did more flight training to obtain her Commercial License and Instructors Rating. When she left University, her first job was as a Flight Instructor at the Winnipeg Flying Club. In April 1973 Transair, Canada's fourth largest airline, hired Rosella Bjornson as First Officer on a Fokker F28 jet, the first woman in Canada to achieve this position, and also the first jet qualified female airline pilot in North America.

As the first woman hired by a commercial airline in Canada, and the first woman member of the Canadian Air Line Pilots Association, she joined a fraternity of 2800 male airline pilots. Her career included - Pacific Western Airlines, Canadian Airlines, Air Canada and ZIP.

Rosella retired in 2004, with over 18,000 flying hours. She continues to contribute tirelessly to the Ninety-Nines and Canada's Aviation Hall of Fame.

When asked, one of the thoughts that Rosella expressed as being of utmost importance was EDUCATION! Which really resonated with our group as our focus is on the ongoing support of young women's education.

Feb 6 2024 General Meeting Wine and the French Revolution – Dr. Rod Phillips

-Cathie Faubert

Prof. Rod Phillips, from the History Dept., Carleton Univ., presented on the influence of the French Revolution on the French Wine Industry and its lasting impacts on today's vineyards.

The French Revolution, a watershed event in world history, arose from a number of causes including inequality between the classes and anger at the price of wine.

Wine was serious business. A soldier became ill after drinking poor quality wine and the host was found guilty of treason since unhealthy wine aids and abets the enemies; the host was executed by guillotine!

Wine was an element of lifestyle that reflected social hierarchies of Old Regime France: at one end, peasants and workers drank poor wine, ate gruel and coarse dark bread, and dressed in clothes made from serviceable fabrics such as cotton and linen, while at the other end, the elite drank fine wines, ate refined white bread and wore clothes made of expensive materials, such as silk and lace. This was a source of great resentment. Nobles also gained valuable land as church property was auctioned off.

With the Revolution, the State reduced wine taxes by one third and put price control on necessities (like wine!), so that less expensive wine

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was available, resulting in higher per capita consumption and a broader base of wine consumers. The State regulation also improved the quality and safety of wine, with prizes offered to vigneronns who excelled in their work.

The French reimagined the wine industry after the Revolution, switching from vineyards growing a mixture of grapes with no consistency, to specialized row planting of special grapes.

The wine industry continues to face 'revolutionary' changes with new markets, new growers, new techniques. Further, climate change is a significant factor affecting vineyards production, from wild fires, flooding, early frosts and hotter summers leading to earlier harvests and changes in the wine alcohol, acidity and tannins.

Today's wine industry can thank the history of the French Revolution for laying the foundation for better quality wines.

Feb 15 ,2024 ZOOM Presentation Tips on avoiding scams – Constable Martin Riopelle

-Beth Junkins

Constable Martin Riopelle from the Ottawa Police, provided a background on the current scams he is seeing in Ottawa including the Grandparent Scam, Kijiji Scam, CRA Scam, Microsoft scam, lottery & charity scams and door to door frauds. With the growing use of Artificial Intelligence (AI) scammers are using significant tools to gain trust and scam consumers. He offered a number of tips:

- burn/shred all receipts, financial info, credit card offers
- check your personal credit every 5 years
- put alerts on your credit cards
- be wary of ballots for prizes and where your information will go

- never give your information out on on the phone
- call the company (credit card, bank, shop) yourself
- Above all - **be cautious**: "When in doubt, check it out"



(Photo Credit B. Junkins)

March 5 2024 General Meeting "Mothers of Heroes, Mothers of Martyrs: World War I and the Politics of Grief" - Dr. Suzanne Evans

-Carole Baker

Suzanne Evans, an award-winning author, has lived, worked and studied in China, Indonesia, India and Vietnam and now lives and writes in Ottawa and is a volunteer ESL teacher. A PhD in Religious Studies from the University of Ottawa, much of her writing has focused on women and war.

Her first book, Mothers of Heroes, Mothers of Martyrs grew out of her doctoral work. It is an exploration of the powerful role of the mourning mother in war and how maternal grief has been used for political gain.

Maternal love is considered the most unconditional form of love, yet mothers have been prepared to sacrifice their children, or to see them sacrificed, for a "noble" cause. Mothers of Heroes, Mothers of Martyrs shows that, across cultures and historical eras, in times of great stress societies will channel all their resources, *even* maternal love and grief, toward a common cause. Suzanne Evans finds commonalities among the many images of war mothers - the Canadian Silver Cross mother, the ancient Jewish Maccabean mother of seven martyred sons, the mother of a Palestinian suicide bomber.

CFUW Nepean Activities

She compares the lore about mothers of martyrs in the Judeo-Christian, Muslim, and Sikh traditions with stories of World War I Canadian mothers who were depicted in the media as having sacrificed their sons for the sake of civilization, justice, freedom, and God. After the war these mothers were honoured with the Silver Cross medal. Evans argues that, like the mothers of past martyrs, the image of the war-supportive mother in Canada had a powerful influence over public opinion and drew supporters to the cause. Indeed, martyrdom was used as a propaganda tool and recruitment strategy in some instances to induce and encourage young men to join in the war efforts.

"There was a depth and complexity to the image of a mother of a martyr that required much more than a passing glance to be understood." observes Mothers of Heroes, Mothers of Martyrs Her discussion encompassed the ongoing gathering of stories that was very poignant and relevant even today.

Feb 24 2024 The Coldest Night of the Year (CNOY)

-Betty Bertrand

This year Betty Bertrand represented CFUW/Nepean Cold Walkers and raised \$625 for Cornerstone Housing for Women. While it was cold outside, Betty used her survival skills and did her walking within the confines of her building.

According to CNOY website, there were 6,322 teams, 40,645 walkers, 6,327 volunteers, 141,771 donors, 190 locations and 2,501 sponsors. Over the years \$13,929,894 has been raised



(Photo Credit B. Junkins)



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.

CFUW Nepean Activities

Environmental Action Group (EAG)-

-Beth Junkins

At our February gathering we explored some ideas for future EAG meetings such as meeting every other month and having speakers. We looked at the City of Ottawa Solid Waste Master Plan Engagement series, encouraging everyone to take a look at the information.

The next meeting will be April 18 – a good chance to share ideas for Earth Day (April 22)

Movie Matinee

-Judy Glass

The Movie Matinee group viewed the Academy Award winner 'Poor Things' on February 9th. The consensus was that this film wasn't for everyone but was worth seeing. The March outing was to see 'Ordinary Angels', an emotion packed fact-based story.

Please come join us for the upcoming shows on April 12th and May 10th.

Armchair Travel

-Marlene Sylvester

On April 16th members of the Armchair Travel are invited to Marlene Sylvester's home and Mary Alice Hossie will present her travelogue to Ecuador. Coffee and goodies will be available.

In May we hope to entice Lynne Crocker back to present her trip to southern India.

Looking forward to seeing everyone in person.

Art Tour

-Dolores Dufresne

The Art Tours Group had a very good guided tour in March. The theme was Indigenous Expressions. We had a very knowledgeable guide and although the theme was not our first choice, she imparted a lot of very interesting information. Some of the works that she showed us were amazing! One large piece was especially intriguing. It looked like beading, but it was actually painted – beautiful birds and plant life.

We are looking forward to our next tour on April 24th.

(Photo Credit B. Junkins)



CFUW Nepean Activities

Book Club

-Rachel Plouffe

Discussion of **The Perfumist of Paris by Alka Joshi** is scheduled for 30 April. 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.

The Falcon Thief by Joshua Hammer will now be presented and discussed on May 28. Falconry plays an important role in Qatari society among others, Qatar being much in the news these days. The book sets out the important role played by those trying to stop the illegal trade in eggs and falcons. The book is non-fiction but reads more like a novel. The thefts take place all over the world but there is an interesting Northern Canadian/Nunavut connection.

The book for June 25th is **The Last Collection by Jeanne Makin**.

The book is set around the fierce competition between famed designers Coco Chanel and Elsa Schiaparelli as seen through the eyes of an American teacher working in Schiaparelli's store in 1938 Paris. The rivalry both in politics and design reaches new and dangerous heights as the Nazis approach and the threat of World War II bears down on the city.

At the June meeting, we will also discuss suggestions for next "season's" reading list. Members like to have the titles available so as to plan their summer reading. If you are thinking of joining us, your suggestions are welcome.

Community Outreach

-Marlene Sylvester

Donations keep coming in for House To Home so thank you very much for the contributions. Members have been quite generous over the last year.

Susie has indicated that 900 families have been helped over the last two years and at the moment they could really use small kitchen appliances as well as king and queen blankets. You could drop these off at my house or I can pick them up or wait until the meeting in April.

For the information of new members it is customary that members bring in donations, such as diapers, wipes, baby shampoo, etc. at our **AGM in May**. These gifts go to Interval House, a safe place for women and children who have suffered from abuse. If you are unable to purchase these gifts, you can give me the money and I will purchase them.

The last few years have been very difficult for people both emotionally and financially, so we do try our very best to help out. Thank you all.

Lunching Out

-Sharon Carew

The Lunching Out for the month of March at Moxie's Restaurant in Kanata was another very successful outing. We had 15 people enjoy great food and good conversation.

We will have our final Lunching Out Meeting on Wednesday, April 17th at the Thai Flame in Bells Corners. Peter Hum, writer for the Ottawa Citizen, mentioned that one of the best restaurants for our area is the Thai Flame.

I will send a message out closer to the date reminding everyone about the place and time of our Lunch Date.

-Beth Junkins

Since the first Earth Day in 1970, people around the world have come together on April 22 calling for action on environmental issues. This year the theme '[Plastic vs Planet](#)' calls for a 60% reduction in the production of plastics by 2040 achieved by: promoting awareness of the health risks; phasing out single use plastics and signing the UN treaty on Plastic Pollution; ending fast fashion; investing in innovation and technology.

April 22 is also the [UN Mother Earth Day](#) focusing on '[Harmony with Nature](#)', striving for global sustainable development that is in harmony with nature.

There are many issues in addition to plastic where our actions are needed if we are to be good stewards and live in harmony with nature. Whatever your level of environmental activism, April 22 is an opportunity try something new to "walk more gently on the Earth". Here are some ideas that may give you a starting point.

- *Before you toss something into the bin, take 3 seconds and ask yourself: Could I reuse/repurpose this? Could it be donated? Could it be recycled? Could it be composted?* If you are unsure, most municipalities offer online support to help you know where items can go. (I learned from the Ottawa Waste Explorer that tissues can be composted and put a bag in the bathroom just for these to keep them out of landfill). If you don't have access to recycling see if family, or a friend will take your collection. If it is tricky to get your compost/recycling out, perhaps a high school student needing volunteer hours would come and pick it up!
- *Try to reduce your plastic use.* Take your own cloth bags shopping, dig out the cookie tins and glass containers for storage, use parchment paper and wax paper instead of plastic wrap, try laundry sheets in the washer and wool balls in the dryer, reuse any plastic that comes into your house, look for products with reduced or no plastic packaging.
- *Ask for a reusable water bottle for Mother's Day.* There are a number of small stainless-steel versions available that are easy to carry in your purse. A great excuse as well to revive a vintage bag or purse that can hold it.
- *Don't reach for a paper towel every time.* Make some clean rags from 'holey' socks, or worn out towels, face clothes and t-shirts. Keep them handy for spills and then throw them in the washer. If a paper towel is needed, make sure to pop it in the compost.
- *Go shopping in your closet before you go to the mall .* See what items might be given a second chance, perhaps with a bit of mending or some updating by a seamstress or tailor. Look for "new" clothes at vintage and second hand shops or organize a 'sweater swap' with friends. Try to find organic and natural fibers whenever possible.

- *Look right in your kitchen cupboards for alternatives to harsh commercial products to help with cleaning, laundry and even your gardening needs.* Baking soda, vinegar, lemon juice are good household cleaners for windows, sinks, counters, bathrooms.
 - silver comes clean in a pan lined with aluminum foil, adding baking soda, and boiling water.
 - fruit and wine stains often come out with a bit of salt and a soak with milk before washing.
 - coffee stains may lift with a bit of egg yolk and lukewarm water.
 - for yellow on quilts, rub with lemon juice and let it sit in the sun (repeat if necessary)Gardeners have their own favourite recipes from the kitchen:
 - a mixture of garlic, hot peppers and onions for aphids.
 - salt and vinegar or boiling water to tackle the weeds between the paving stones.Ask your friends and you are bound to get many effective tried and true alternatives to commercial chemicals.
- *Get a plant .* Easy to care for plants like spider plant and aloe vera give off oxygen and bring a bit of mother earth into our house! Plan for some pots or plants on the balcony or porch. Look for seedling exchanges or try starting your own. Even a small space can be home to a bit of green.
- *Try to use what you already have.* Instead of buying a new item, see what you have around the house that could be repurposed:
 - a china cabinet can become a bookcase, an old record cabinet is great for music books.
 - old pots and pans re great in the garden shed; plates and saucers hold plants; teacups can hold herbs on the kitchen window, odds and sods on a desk or dresser, a sponge by the sink; try saucers for soap bars; old metal bread pans for candles, plants, sewing gear
 - old teapots are great on the counter holding utensils and wooden spoons.Look around and use your imagination.
- *At the grocery store, look at the origin of your food and try to choose products made closer to home.* Every mile saved reduces carbon emissions. You may also consider replacing a beef meal with fish, poultry, or vegetarian products as more sustainable options.
- *Look for local park cleaning initiatives this spring.* Join with a few friends to tidy up after the winter – a great way to meet people.
- *Talk to your family, friends, grandchildren and show them what you are doing.* When somebody we know makes changes, we are more likely to try something new ourselves. Your actions can help others see that there are easy concrete steps they can take. Start the conversation.

This April 22, you are invited to look around and see how you might live a bit more lightly on our Earth.

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>

CFUW Nepean email to contact the Webmaster – CFUWNepeanPR@outlook.com

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

