



## UPCOMING MEETINGS

**Tuesday Oct 3, 2023 1 PM**

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

Guest Speaker Dr Graham White on The Regulation of Plastics and Recycling

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### Upcoming Events

**Oct 12** 7 pm Zoom meeting

Dr Mary Jane Edwards, Carleton Professor, on The Napoleonic Wars, Slavery, and Emigration: How the Strickland Sisters, Particularly Catharine Parr Strickland Traill and Susanna Strickland Moodie, Wrote Current Issues into Their Literary Works.

**Oct 26** 6:30 pm Zoom Webinar

CFUW advocacy Environment and Climate Change Subcommittee on Environmental Action for Everyday Life - What Can We Do?

**Nov 7** 1 pm, General Meeting Bells Corners United Church

Allan MacArtney on The Truth about Terrorism, and Tips on How to Stay Safe When Travelling.

**Nov 16** 7 pm Zoom meeting

Suzanne Le, Executive Director of Multifaith Housing Initiative on Affordable Housing for Low-Income Earners

## The President's Message

(inspired in part by Ena Gwen Jones)

### Possibilities

The last two years I taught at Pontiac High, (1999-2001), the senior girls had an opportunity to take a self-defence course. The course was taught by two women who came from Ottawa, cost \$30, and occupied three lunch hours. I was amazed at the number of girls who chose to do this.

A few days after the course ended, some senior boys were making fun of the girls and the course. Bob, 6 feet tall, said to Charlotte, 5 feet six inches, "What would you do if I did this?" and grabbed her from behind. Charlotte appeared to slump, but then did three things simultaneously. She brought her head up sharply to Bob's chin, jabbed him sharply in the stomach with her elbow, and stomped on his foot. Bob released her, almost fell, and bent over clutching his stomach. I was impressed.

In CFUW, we advocate strongly against sexual harassment, but much that we do is after the fact, after the molestation has occurred, like the petition we signed for Kelly Favro. What if, instead, we advocated to prevent such violations, such harassment? If every teenage girl had the opportunity to take a self-defence course, would it make a difference?

I do not know if this course is still offered at Pontiac High, or if it is available in our local schools. I will try to check.

If we advocated for such a course, we would have to reach out to the provinces. Something to consider!

My quote for this letter is not from Shakespeare but from my mother (and Benjamine Franklin!) - an ounce of prevention is worth a pound of cure.

Stay safe.

Joan

## Members Corner

### Welcome to new members!

#### Toni Boyer

I would like to introduce myself. My name is Antonia (Toni) Boyer. My birth place was Victoria B.C.. After successfully passing my RNs, I left. I have nursed in 4 different provinces, specializing in ICU and NICU units. I have also lived in West Germany with my former spouse and 2 children. I returned back to Canada with 3 children, and as a single parent. I settled in Ottawa and made it our home. I went to Algonquin College soon after settling in, to learn computer programming. After graduating, I started working at CRA as a computer programmer and stayed there until I retired.

#### Carol Sutcliffe

Thank you, Betty Threinen, for inviting me join CFUW. Betty has been a long-time friend and mentor to me.

I am from Petawawa (army base) / Pembroke, the youngest of 6 children. I graduated Grade 12 and moved to Ottawa.

My career began in the Federal Government working for Supply and Services Canada in the Financial Reporting Production and Distribution Unit. My role was liaising with Federal Dept. clients, concerning the printing of their financial statements. I was one of the first Xerox 860 Word Processing Operators in Ottawa, and then became Supervisor of the Word Processing Unit within the same Dept.

I worked my way up with the same department becoming Manager of Printing/Distribution and Microfiche production. A lot of my time went into training, earning many certificates and diplomas in

the chosen fields. Eventually our printing division was bought out by a private company, St. Joseph Corporation, from Toronto. They wanted a division of the company in Ottawa, all employees were transferred to the new company.

At present, I am a Project Manager for St. Joseph Corporation. With this position, I liaise firsthand with printing clients, preparing their print jobs from start to finish, including billing. I had a good rapport with many of my clients, which made my job easy.

I will be officially retiring January 2024 from my position; at present I am on a leave of absence.

I am married to my wonderful husband, Michael, for 43 years! We have 2 sons, David (38) and Andrew (34). Both live in Ottawa.

My one joy was becoming Society President for our Lutheran Women's Missionary League Canada at my Church. I had a great group of ladies and we managed to keep it going through COVID. Betty Threinen has been a big part of the success of this group. She has mentored me; her knowledge has been a blessing. She is a true and wonderful friend!

I do love gardening (not a pro by any means), reading, walking, and sewing. My love for pets leads me to help where I can with rescues and donations. Donating and helping food banks is another area which I try help out.

I am very excited to begin a new chapter of my life with CFUW and look forward to meeting everyone and participating where I can.

Thank you for the warm welcome!



## Graduate Women International (GWI) – A Primer

-Marcia Armstrong

In 1918, during the visit of a British universities mission to the United States, Dean Virginia Gildersleeve of Barnard College, USA, met Professor Caroline Spurgeon of the University of London, and Rose Sidgwick of the University of Birmingham, England. They discussed the need for a worldwide- organization uniting university women as one way of preventing another catastrophe such as WWI. United globally, graduate women could work for understanding, friendship and foster peace.

President Joan Conrod wrote a short play about the establishment of the International Federation of University Women in 1919 which, in 2015, became known as Graduate Women International (GWI - [Graduate Women International \(GWI\) | Empowering women & girls through lifelong education](#)). You can watch the video of Joan's play here: <https://www.youtube.com/watch?v=L904E2OFKHw&t=137s>

Canada already had an organized group of university women graduates and their representatives joined the IFUW at its first conference in London, England. At its third conference in Budapest, the IFUW constitution was revised to state that "No federation or association shall be admitted or retained as a member of IFUW which debar qualified women from membership by reason of their race, religion or political opinions." In the 1930s, the Italian Association became the first IFUW affiliate to be

'invited to dissolve spontaneously' by a fascist regime.

In 1947-48, IFUW was granted the right to send accredited observers to all organs of the United Nations and was given official consultative status with ECOSOC (Economic and Social Council of the UN) and with UNESCO (UN Educational, Scientific and Cultural Organization).

GWI and member delegates have participated actively in major gender and women's rights events such as the UN Commission on the Status of Women (UNCSW - [Commission on the Status of Women | UN Women – Headquarters](#)) established in 1946 as a functional commission of ECOSOC.

Through Canada's membership in GWI, members of our own Club have the opportunity to make application to be part of Canada's delegation to the meetings of the UNCSW. Our club member, Bobbie Balmer, attended the UNCSW meetings in March 2023 with a delegation of CFUW members.

The deadline to express interest in a delegate position is usually in late November. Please note that Delegates are responsible for the cost of their own accommodation, travel, and meals. If you would like to apply to be one of the Canadian delegates, please contact Barb DuMoulin, VP International Relations at the national level.

As a member of GWI, CFUW Nepean helps advance gender equality and education for all women and has the opportunity to build relationships with women around the globe.

## **GWI Webinar - Tackling the Plastics Crisis: Learn How You Can Help - Friday, 16 June 2023**

**\*Sponsored by CFUW Nepean**

-Carol Baker

In 2011, one individual, Rebecca Prince-Ruiz, started the initiative “Plastic Free July”. Eleven years later, in 2022, 140 M people in 195 countries reduced plastic waste by 2.6 million Tons. This is the equivalent of 18 Kilograms or approximately 40 Pounds per person per year.

In April of 2022, Nepean and two other CFUW Clubs, Kanata and Ottawa invited Rebecca Prince-Ruiz to speak about the “Plastic Free July Movement” and introduce the initiative to clubs across Canada.

On June 16<sup>th</sup>, 2023, CFUW’s Nepean Club President Joan Conrod and VP Carole Baker hosted 56 GWI members from around the world and guests on Zoom for a thought-provoking global dialog on the importance of rejecting single-use plastics entitled, “Choose to Refuse Single-Use Plastics”. The conversation was about single use plastics, and one global response to the proliferation of these products.

The discussion was interactive, as participants engaged in polls and then joined 13 breakout rooms to talk about the plastics challenge. CFUW Nepean hosts included Jennifer Robinson, Marcia Armstrong, Beth Junkins, and Joan Conrod.

***Participants were from coast to coast from***

***Vancouver to Halifax in Canada and internationally from Egypt, Africa, Senegal, UAR, USA, South Africa, France, Spain, Ireland, and England.***

*All participants were asked:*

What do you know about the recycling of single-use plastics in your area?

What have you tried as individuals?

What do you think can be done?

The goal was to have everyone share their thoughts on how we can ‘Choose to Refuse to use Single-Use Plastics’. Afterwards, participants reconvened, and the hosts gave a summary of the discussions.

### **Key points were:**

-Public education and accurate labelling of various levels of plastic.

- Provide educational programming in schools and university.

-Advocate and write to all levels of government and industries.

-Manufacturers can make the greatest change with thoughtful designs for packaging to make them reusable.

-Demand less plastic be used.

-Engage the public and show them pictures of where the plastic actually ends up and how much is discarded.

-KEEP COMPLAINING! And offer solutions.

Rebecca Prince-Ruiz’s view was to have many people making small changes which would have a global impact. This approach can provide the tools and confidence needed to begin to make a change and know that often one change will lead to another. We hoped that everyone who attended was inspired to make these changes.

## CFUW Nepean Scholarship Trust

-Betty Ann Grainger

Members of The Scholarship Trust for 2023-2024 are: Kathy Greiner (chair), Marlene Patrick (treasurer), Betty Ann Grainger (secretary), Janice Leroux and Marcia Armstrong.

CFUW Nepean has established three \$1,000 scholarships and three \$1,000 bursaries for female Canadian women at Algonquin College.

The scholarship winners must have a minimum GPA of 3.6. The bursary winners must have a great financial need. All recipients are selected by Algonquin College following criteria determined by The Scholarship Trust. They are registered in the following programs: Practical Nursing, Occupational Therapy Assistant, Science, Technology, Engineering or Math. One scholarship or bursary of the six is to be awarded to a female indigenous student, if eligible.

The Scholarship Trust, established in 1996, operates at arms length from the Club. As a registered charitable trust, we operate under Revenue Canada rules for financial reporting and issue tax receipts to donors.

Part of the Mission of CFUW is to promote equality, social justice, fellowship, and life-long learning for women. One of the best ways to exemplify how we are doing this is to share a recipient's thank you note received this year.

"Hello!

My name is Rebecca, and I just graduated from the Occupational Therapist and Physiotherapist Assistant program at Algonquin College and I am lucky enough to have received this year's CFUW Nepean Scholarship.

When I first got the email saying I won I was so surprised!

I just wanted to say thank you for choosing me for this generous award. I am planning on putting the money towards my first car, so I have a way of getting to my future job!

Thank you so much again and have a great day!

Rebecca "

We have a huge challenge facing us this year: raising \$6,000 for these scholarships and bursaries without the benefit of fundraising events. I'm confident that we will do it...with your help!

In September, Marlene Patrick met with Nadia Greco (A/Director Philanthropy Algonquin College) to deliver our Scholarship Trust (in the amount of \$5,200). This will be added to \$800 already on account through the matching campaign late in 2022. Ms. Greco was very thankful and appreciative of our contribution to educational opportunities.



Photo used with permission.

## CFUW Nepean Activities

### Sept 12 2023 General Meeting Life and Legacy: Agnes Macphail (1890-1954)

-Joan Conrod

If only all Canadian heroes could come as alive to us as our first female MP, Agnes Macphail, did in the play written by Marlene Sylvester for CFUW Nepean. Kim Stewart, narrator, took us through Agnes' life, focusing on the difficulties she faced, and Agnes' many challengers and nay-sayers were represented by Betty Ann Grainger and Rodney, Marlene's brother, shouting from the audience.

Marlene, actor, and director as well as author, focused on the accomplishments Agnes achieved, and the ideas she pushed for that were well ahead of her time. (One of which was dental care).

Thank you, Marlene, for both the inspiration and information you provided for our first 2023 meeting.

### Sept 21 2023 Zoom Presentation Irish Immigrants to Quebec – Dr Gillian Leitch

-Beth Junkins

Historian Dr. Gillian Leitch has a keen interest in British and Canadian identities and in particular, Montreal's British population in the 19<sup>th</sup> century. Focusing on immigration to Canada, in this presentation, she provided an informative and entertaining overview of Irish immigration and the associated causal factors.

Pressures to leave Ireland began with efforts, started by Henry VIII, to bring Ireland under

English rule. Over the next 150 years through force and economic policies, wealthy English Protestants took over Irish lands and Irish government, making it difficult for some Irish Protestants and Roman Catholics to survive.

As early as the 17<sup>th</sup> century, the Irish are found in New France. While the American Colonies were favoured, many found New France offered religious freedom for Roman Catholics and different Protestant groups. Names like Reilly, O'Sullivan and O'Brien became Gallicized to Riel, Sylvin and Aubry, as the Irish begin to build communities with churches and social events.

There was a huge increase in Irish immigrants fleeing The Great Famine in Ireland 1845 – 1849. At the height of immigration in 1847, 100,000 immigrants arrived in Quebec and Grosse Île– a four-fold increase from the year before. Many of these immigrants arrived starving and suffering from typhus, which reached epidemic proportions. A Celtic Cross stands on Grosse Île memorializing the thousands of Irish who died.

In Montreal, the building of the St. Patrick's Cathedral gave the Irish immigrants a place they saw as "home", a place they belonged. New immigrants were quickly integrated into the existing Irish population and found work in the growing city. Areas like Griffintown were settled mostly by Irish immigrants and their descendants, many working on the Lachine Canal and at the Port of Montreal.

This presentation was an eye opener about the key role the Irish play in Quebec history, and how their influence is still evident today. Something to think about when we watch the St Patrick's Day celebrations in Montreal next year on its 200<sup>th</sup> anniversary!

## CFUW Nepean Activities

### Community Outreach

-Marlene Sylvester

CFUW Nepean has a vital and ongoing support system for five shelter agencies in Ottawa.

Originally, we supported Interval House, a shelter for abused women and children. They accept 10 families (10 adults and 20 children). If funding comes in, they hope to open a second stage shelter where clients will live in a secure facility but pay rent, and staffing will be provided.

In 2019 we branched out to include Cornerstone, which offers five shelters: (Booth -42 women), Princeton (46 residents), O'Connor (62 residents), McClaren (28 residents) and Macphail House (6 residents). Hopefully, in 2024, a new shelter on Eccles will be built.

In 2022 and 2023 we also reached out to the Elizabeth Fry Society, the Minwaashin Lodge (a shelter for Indigenous women) as well as House to Home. House to Home is a facility that collects furniture, household goods, books, clothes, toys, etc. for Refugees coming into the Ottawa area and this year they helped 750 families settle in Ottawa. Many of the families were from Ukraine and Afghanistan.

Statistics indicate that there are approximately 1000 women that are homeless in Ottawa each year, so the need is great.

Our members have been extremely generous at Christmas time as well as at the AGM in May. Donations needed include shampoo, body, lotion, maxi pads, tampons, PJs all sizes, diapers all sizes, panties all sizes, toothpaste, dental floss, mitts, scarves, colouring books, crayons, puzzles, games, books, chocolate. Other useful donations are gift cards to Walmart, Value, Village, Tim Hortons, Giant Tiger and cash for the organization so they can put the money where it is needed.

We certainly had a mountain of donations last Christmas and divided them among the five shelters and hope that this Christmas members will be equally as generous to these women and their children.

Call me and we can arrange to have you drop items off at my house or I can pick them up or you can bring them to the Christmas meeting in December.

### Environmental Action Group

-Beth Junkins

The Environmental Action Group (EAG) meets to discuss practical ways to take environmental action – concerns, barriers, and possible solutions.

An informal group, everyone brings issues they would like to discuss to the table – issues that are big (climate change, Bill 23, deforestation etc) and some closer to home (how to get furniture picked up for donation, greener options for Christmas, where to find good shampoo in a bar). We also invite participants to share interesting and informative articles.

Join us by Zoom on the **third Thursday** of the month at 1pm – everyone is welcome!! Please contact Beth Junkins.



## CFUW Nepean Activities

### Lunching Out

-Sharon Carew

We had our first Lunching Out on September 20th at Browns Social House Restaurant and had fifteen people attend. Everyone enjoyed the food, and it seems like the group was having pleasant conversations and developing more friendships with like-minded women.

Our Lunching Out Group meets the **third Wednesday** of every month.

The next Lunching Out will be at Vittoria Trattoria on Riverside Drive on Wednesday, October 18th at noon. This restaurant has been a favourite of several people in our group.

I will send a notice out about a week ahead of time so I can let the restaurant know the number of people who will be attending.

Come join us and enjoy excellent Italian food with CFUW Nepean women.

### Bridge Group

-Dolores Dufresne

The Bridge Group meets on **Monday afternoons** at 1 pm. We have one table that plays in person and one or two tables that play on the computer from 1 to 3 pm using the program Bridge Base. We have a few players who fill in when one of the regulars cannot play.

We are always in need of more players. So, please let me know if you are interested. If you have any questions, please get in touch.

### Armchair Travel

-Marlene Sylvester

Armchair Travel takes members on journeys all over the world. This September Mary Alice Hossie gave a wonderful Travelogue on her trip to Uganda. Her photos were extraordinary, and her comments were very informative.

On Tuesday October 17, Joy Forbes will present her Travelogue on her trip to Jordan, Dubai, and Oman. Members will convene at my home at 1 o'clock. Tea, coffee, juice, and treats will be available.

Hope to see everyone.

### Art Tours

-Dolores Dufresne

The Art Tours Group meets four or five times during the Club year on the **second Wednesday** of the month. We meet at 1 pm - usually at the National Gallery. I also arrange for carpooling.

There is a fee involved. Since we have to pay for a minimum of ten participants for each tour, I have to collect the fee up front to ensure that we have enough money in the "kitty" each time. It would probably be around \$25 or \$30 for the four or five tours. If you are not a Gallery member, you would also have to pay the entrance fee.

Please let me know if you are interested and if you have any questions.

## The Green Grapevine

-Beth Junkins

October is [Circular Economy Month](#) in Canada. Launched by the Circular Innovation Council, this is a month focused on helping industry, government, and consumers alike understand the urgent changes that are needed to how we manage production, consumption, and waste if we are to protect our planet. Shifting to an approach where sustainability is the foundation involves looking at how we use and reuse all our resources and prioritizes the protection of people and the planet at every step.

Each week of October has a specific theme, and week three, Oct 16- 22, is [Waste Reduction Week](#). There is a different waste reduction focus for each day of the week:

Circular Economy Innovators Monday

Textile Tuesday

E-Waste Wednesday

Plastics Thursday

Food Waste Friday

Sharing Economy Saturday

Swap and Repair Sunday

There are many resources in Ottawa to help you reduce waste this October. For example:

- the City of Ottawa website provides good information on garbage and recycling, including focused information on [apartments and multi unit programs](#) as well as tips for [waste reduction](#).
- the City of Ottawa [Waste Explorer](#) is an excellent web tool that clarifies what products go into what bin, or landfill, or perhaps where there are “take it back” programs;
- clothes are welcome at Salvation Army, St. Vincent de Paul, Matthews House, and some groups like Big Brothers and Sisters will even arrange to pick up; [EcoFabrics](#) accepts and resells fabrics notions;
- large box stores, hardware stores, electronic stores, stationary stores, paint stores even drug stores have programs to take E-Waste, paint, batteries, light bulbs back, check online or ask at the store;
- there are a number of ‘lending libraries’ for tools ([Ottawa tool library](#)), outdoor gear ( [The Outdoor Gear Library](#)) and even musical instruments ([Ottawa Public Library](#)), many accept donations
- a free [Repair Café](#) is being held by [City of Ottawa Saturday October 14 10AM – 3PM](#) at the City Hall, providing an alternative to throwing out small household items, electronics, clothing, jewelry
- [Helping with Furniture](#), [Matthews House](#) , [Habitat for Humanity ReStore](#) will pick up selected furniture to be rehomed.

As valuable as these resources are, it can still be challenging to take waste reduction steps in our own lives. We can feel overwhelmed, don’t know quite how to begin, and there seem to be so many barriers.

Tackling these barriers is how the CFUW Nepean Environmental Action Group began. The Plastics Resolution our club successfully put forward to National sparked a discussion on the practical aspects of reducing plastic in our lives. We began with some specific questions - did anyone know a good bar shampoo or good substitutes for plastic laundry pods and bottles of laundry soap? The conversation quickly expanded to other products, other issues (like getting composting into multi residence units), and our experiences (ranging from encouraging to frustrating!).

We began to realize that while the internet was a good source of information, our greatest strength came from sharing. We could build on our collective knowledge and experiences, get Ottawa specific information, hear new ideas, leverage our connections, and discover opportunities to get engaged.

Learning from each other is key to taking action successfully. As we try to tackle the environmental challenges, big and small, we see more and more initiatives bringing people together to share their different experiences, successes, and ideas.

For example, our National CFUW advocacy Environment and Climate Change (ECC) Subcommittee held a Webinar in June attended by Clubs from across Canada interested in taking environmental action. There were members from Clubs with established environmental programs as well as from those just trying to get started who came together to share ideas, and to explore how to connect and support each other. Another Webinar is planned for **Oct 26 at 6:30pm ET** to share ideas on how to take environmental action in our everyday lives. Everyone is welcome to join the discussion. (Registration to follow)

Grassroot discussions are extremely important at the international level as well so that we can build on a wide range of different individual approaches to confront a global problem. GWI held a webinar in June, hosted by CFUW Nepean, on how to reduce plastic waste. It was attended by members from around the world who are facing similar challenges, to share interesting approaches, and offer options from which we can all learn. (See the article on page 5).

Check out the links and online resources to give you waste reduction ideas, watch for Church Bazaars to rehome treasures. But don't forget about your most valuable tool – your grapevine. Once you begin talking to people about reducing waste it is surprising what ideas they may have for you and what support they may offer. You also may be surprised at the effect you may have. If only two of those people share waste reduction ideas with two more people the next month, and they talk to two people etc, after 12 months 8190 more people will have been part of a waste reduction conversation!

This October - join a conversation – start a conversation.

## **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](http://www.linkedin.com/company/67676158)

– YouTube <https://www.youtube.com/channel/UCmEVH4VhbIGQNW0kXT41e1A>

CFUW National website – <https://www.cfuw.org>

GWJ Web site – <https://graduatewomen.org>

CFUW Nepean email to contact the Webmaster – [CFUWNepeanPR@outlook.com](mailto:CFUWNepeanPR@outlook.com)

CFUW Nepean email to contact the Editor of NewsBytes – [CFUWNepeanNews@gmail.com](mailto:CFUWNepeanNews@gmail.com)

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