

## UPCOMING GENERAL MEETING

**Tuesday Nov 5 1PM**

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

Guest Speaker James Powell on Ottawa's women on ice, including Barbra Ann Scott, Elizabeth Manley and the Professional Women's Hockey Team

### *In this issue:*

- *Upcoming Events pg 1*
- *President's Message pg 2*
- *Welcome to a New Member pg 3*
- *Timeline - Women in the Canadian Military pg 4*
- *Nov 8 Indigenous Veterans Day – Indigenous Women in Service pg 4*
- *Period Poverty pg 7*
- *The 16 Days of Activism Against Gender Based Violence pg 7*
- *CFUW Nepean Activities pg 8*
- *CFUW Nepean Scholarship Trust 9*
- *The Green Grapevine pg 12*
- *Contacts pg 14*

### Upcoming Events

**Dec 3 , 2024 12 noon Holiday Lunch at the Waterford Grand Retirement Home**

**Jan 7, 2025, ON ZOOM 1PM –**

**Guest Speaker Nora Polley on her book “Whenever You’re Ready”, her life and work with actors and actresses as stage manager of Stratford Theatre**

**Jan 16, 2025 ON ZOOM 7-8 PM**

**Guest Speaker Paul Litt on the life of Phyllis Turner, mother of Prime Minister John Turner and her career as the top public servant of the time.**

## The President's Message Nov 2024

On September 28th, Marlene Starkwell, our Regional Director, hosted the Eastern Ontario Presidents' gathering in Portland. The event brought together representatives from CFUW clubs in Ottawa, Kanata, Perth, Cornwall, Peterborough, and Nepean. Our VP, Betty Bertrand, and I attended. The discussions were diverse and insightful, covering topics like communications, advocacy, fundraising, membership, and leadership within our individual clubs.

I'm also pleased to share that Bells Corners United Church, where we hold our monthly General meetings, has put up a display of the panels from our Pieces for Peace event held on September 21st. You can view them in the church's main hallway.

Our Past President, Joan Conrod, received a well-deserved letter of congratulations from Linda Sestok, our National President, celebrating the success of Pieces for Peace. Joan, your tireless efforts made the event a triumph—well done!

On October 1st, we welcomed Marlene Starkman, the Past President of CFUW/Perth & District and our Eastern Ontario Regional Director, as a special guest speaker. Marlene provided a thorough and engaging overview of CFUW's journey from its inception to the present. Her presentation was informative and greatly appreciated by all.

In addition, the Eastern Ontario group of CFUW clubs is exploring the possibility of organizing club-wide Period Product drives. We're even considering a joint resolution to address the issue collectively. Access to period products is a fundamental human right, yet many individuals lack the resources to manage their periods safely and with dignity.

At the National AGM in Edmonton this July, Joan and I had the opportunity to see the new CFUW banner on display. Inspired by the design of CFUW Cornwall's banner, we asked Jennifer Robinson, our Tech Support and Communications lead, to draft a design for our club's banner. Jennifer's concept beautifully reflects who we are and incorporates much of our club's philosophy. The banner is not only visually striking but also highly portable, allowing us to display it at events such as our monthly meetings or events in the community.

As Jane Goodall so eloquently said,

*"One individual cannot possibly make a difference, alone. It is individual efforts, collectively, that makes a noticeable difference—all the difference in the world!"*

Carole

## Welcome to a new member!!

### Brenda Randall

I grew up in Bells Corners where my feisty 93-year-old Mom still lives in the family home. We moved back from Charlottetown, PEI, this summer to be closer to Mom and other family. We chose Carleton Place because of its cute downtown and small town feeling and we were thrilled to buy a 1942 renovated home in an old neighbourhood (with trees and the river).

I left Bells Corners in 1980 to go to Western, then worked in Toronto, Saskatoon and Prince George where I worked in career and rehabilitation counselling. I have three children, two in BC and one in Toronto. My two grandchildren are in BC. I went back to school in my 40's and 50s' to UNBC and did a Social Work degree and an M.Ed. in Counselling and then worked in hospital social work and private counselling practice. Fortunately, I retired before Covid.

I wanted to join a group that supported and encouraged girls and young women to receive education. While in PEI, I did silent auction fundraising for The Captain Nichola Goddard Foundation, which sponsored scholarships for women at the University of Calgary. When that was fully endowed, the emphasis changed to supporting women in the military.

My hobbies include reading and gardening and chatting over coffee. I am finding that keeping healthy and strong is a balancing act of exercise (aquasize and biking on my ebike) and rest. We have travelled a lot the last 10 years to islands as my husband was an Island Studies scholar (yes, that really is a discipline). Going forward, he has a cruise ship gig where he is the so-called 'Enrichment Speaker' so we will be cruising the Mediterranean and Europe in the next few years.

*What was the first thing you remember wanting to be when you grew up?* Flight Attendant.

*What super power would you choose— to become invisible, to read minds or to be able to fly?*  
Read minds

*Where are you on the cilantro scale, between 'love it' to 'hate it' like it, in small quantities*

*Would you like to visit the past or the future? Why?*  
The past, I am fascinated with WW2 England

*Growing up, what was your favourite book?*  
'A Lantern in Her Hand', by Bess Streeter Aldrich which started my interest in women's decisions and lifestyles

(Photo Credits B. Junkins)



## Members Corner

### A Timeline of Women in the Canadian Military

-Beth Junkins

Women are recognized as serving for the first time in Canadian Military as [field nurses during 1885 North West Rebellion](#). Nursing continued to be the role of women through the Boer War, WWI and the start of WWII. This changed in 1941 -1942 when all three branches of the Forces established women's divisions. Women were now serving in many trades, as wireless operators, mechanics, photographers.

It wasn't until the 1970's that policies changed, removing barriers to women in many more roles; by 1979 women were accepted in military colleges and in 81 of 127 military trades. In 1989 the Canadian Human Rights Commission ordered that all obstacles to women must be removed for all positions (except on submarines and as Catholic Chaplains). Women served in combat roles for the first time in 1991 in the Gulf War and began serving on submarines in 2000. In 2017 Canada announced the Elsie Initiative, (named for Elsie MacGill) focussing on increasing women's participation in UN peace keeping.

Women increasingly have taken leadership positions in policy, peacekeeping, combat, commanding war ships, combat arms ships, infantry companies, and leading military colleges.

Sadly, Captain Nichola Goddard, 1<sup>st</sup> Regiment Royal Canadian Horse Artillery, was the first female member of the Canadian Armed Forces who was killed during combat duty – in Afghanistan May 17 2006.

We remember Captain Goddard and all of the women who have served.

### Indigenous Women in Military Service

-Grace Brown

*Please note, this article does not include the significant military and peace keeping roles women have played in Indigenous history for generations. We recognize and respect the contributions, of the many noteworthy Indigenous women veterans.*

Historically Indigenous women enlisted, as all women did, as nurses and with auxiliary services of the Army.

However, they faced distinct challenges to serving including cultural adaptation, language barriers, and travelling to remote communities to enlist. They also faced discriminatory practices based on their gender and ethnicity. They often lost their Indian status rights, their language and culture while facing racial stereotyping. Opportunities to serve were limited to secretarial, administrative, and housekeeping duties.

Today Indigenous women serve in all branches of the Canadian forces with the same dedication as their ancestors. It is recognized that they are underrepresented in the Military and efforts are underway to address barriers.

The Native Women's Association of Canada (NWAC) is a national Indigenous women's organization focussing on the 'social, economic, cultural, and political well-being of Indigenous women'. On November 8, as part of **National Indigenous Veteran's Day**, the NWAC remembers and honours the sacrifices and challenges faced by Indigenous women who have served. The profiles below are drawn in part from their [2022 publication](#) highlighting Indigenous women who broke through barriers to serve in defence of Canada.

## **Edith Monture**

[Edith Monture](#), a Mohawk WWI veteran from the Six Nations Grand River Nation in Brantford, ON, was the first Indigenous woman to become a registered nurse and to gain the right to vote in a Canadian federal election.

After enlisting, Monture achieved another milestone as the first Indigenous woman to serve overseas in the First World War. For more than a year she worked as a nurse in Base Hospital 23 in Vitell, France, treating soldiers wounded in gas attacks and trench warfare. At times she worked in other medical centres in France, walking across battlegrounds looking for wounded soldiers. Her work was both emotionally draining and physically exhausting.

After the war, Monture continued to advocate for better Indigenous health care and in 1939, was elected honorary president of the Ohsweken Red Cross. She continued to work as a nurse and midwife on a casual basis until age 65. Monture died on the Six Nations Reserve in 1966, a week before her 106<sup>th</sup> birthday.

## **Private Mary Greyeyes**

In 1942 [Private Mary Greyeyes](#), a Cree from the Muskeg Lake Nation in Saskatchewan, was the first Indigenous woman to enlist in the Canadian army. She served in the Women's Army Corps in Canada and Britain during the Second World War, relegated to duties such as cooking and laundry.

To boost Indigenous recruitment, Greyeyes appeared in a staged photograph kneeling to receive a blessing from a Chief in full headdress. The photo was distributed across Canada and the British Empire, gaining notoriety under the caption "Indian Princess receives blessing from her Chief and Father to go fight in the war". However, the male figure in the photograph was neither her father nor a chief but rather a retired Indigenous army officer dressed for the role in borrowed

accessories including a feathered headdress, blanket and a pipe.

After asking for a transfer to London, England, Greyeyes was assigned to a Canadian base in Aldershot and eventually transferred to London, where she cooked at the war headquarters. Superior officers who wanted to portray the military as a pro diversity workplace, brought her to public events. Photos of her with public figures, including Princess Elizabeth (later Queen Elizabeth II), the Queen Mother and King George VI appeared in London newspapers.

At the end of the war, Greyeyes returned to Muskeg Lake in 1946 and later moved to Victoria BC, where she raised two children and worked as a restaurant cook. Her family moved to Vancouver in 1960 where she worked as an industrial seamstress. She passed away in 2011 at the age of 91.

## **Corporal (Ret'd) Francine Beaudry**

Corporal (Retd) [Francine Beaudry](#) enlisted in 1977 finishing training at the top of her class. Born to Indigenous parents in Joliette Quebec, Beaudry served both at home and abroad, on peacekeeping missions in Egypt and in Germany. She worked in various administrative roles and later participated in the Gulf War by sending coded messages to the war zones.

Beaudry ended her military career in 1995. Asked whether she enjoyed her long military career, she answered: "For me, the Army was a big family." Having been a veteran for 29 years she remains engaged in the military community in the Quebec City area. She has been volunteering for more than 40 years, in roles such as an administrative officer and military instructor with the Cadet Corps 2793 in Chambray, Quebec. Beaudry is now the President of the Association des Veterans Autochtones du Québec.

## We Remember All Who Serve



(Painting used with permission of the artist N. Junkins)

### Pieces 4 Peace Display

-Carole Baker

We gave 10 of the panels from the September 21<sup>st</sup> Pieces 4 Peace event to display in the Bells Corners United Church, which is the location of our CFUW/Nepean monthly meetings.

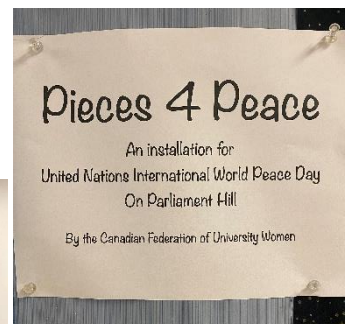
The minister, Lorrie Lowes, wrote to us to express her appreciation:

*"Thanks so much for sharing the banners with us. We have put them on display in our hallway and will invite the congregation to take a look. It's great to be able to showcase the CFUW as a group that gathers in our building"*

Lorrie Lowes

Do go and have a look!!

Photos courtesy of Rev. Lorrie Lowes



## CFUW National

### Period Poverty Advocacy

Period poverty in Canada is a key priority area of advocacy for CFUW National. Stay tuned for upcoming discussions about club advocacy on this issue.

**PERIOD POVERTY IN CANADA**

**WHAT IS PERIOD POVERTY?**

A lack of access to menstrual products, hygiene facilities, waste management, and education due to barriers including cost, availability, and social norms/stigma surrounding menstruation.

**One in five (20%)** Canadians who menstruate say they may not afford period products at some point in the next 12 months.

**ONE IN SIX (17%)** CANADIANS WHO MENSTRUATE HAVE EXPERIENCED PERIOD POVERTY.

**THIS RISES TO ONE IN FOUR (25%)** AMONG THOSE WHOSE HOUSEHOLD EARNS LESS THAN \$40,000 A YEAR.

**PERIOD STIGMA PERSISTS**

22% of Canadians think that menstruation should not be publicly discussed and 22% think menstrual products should be kept out of sight.

**WHAT IS MENSTRUAL EQUITY?**

Ensuring that everyone has equal and comprehensive access to menstrual products and education on sexual and reproductive health and rights. **Menstrual products are necessities, not luxuries.**

Source: Menstrual Equity Fund Pilot, Government of Canada

cfuw fcfdu

### CFUW National

Go to the CFUW National Website to learn more about the advocacy priorities, international activities, affiliations, available resources and study groups.

Hear what CFUW clubs across Canada are doing and stay in touch with the activities of CFUW National – Sign up for the Club Action Newsletter at

<https://www.cfuw.org/>

and get the newsletter delivered every Friday to your Email. There is a lot to see!

### 16 days of Activism Information Package

Internationally Nov 25 to Dec 10 is recognized as **16 days of Activism Against Gender Based Violence**. Started in 1991, it begins on International Day of Elimination of Violence Against Women and ends on Human Rights Day.

CFUW National has put together an [Activism Information Package](#) that provides background on the issue, and focus areas such as violence against Indigenous Women and Girls. They provide [16 ways](#) that each of us can take action such as wearing purple on Nov 25 to volunteering at a women’s shelter, becoming better informed and speaking up when you see it. We are invited to join in the CFUW [campaign against violence and harassment of women in politics](#), with template letters that can sent to MP’s and MPPs.

During these 16 days to go to the Activism Information Package to learn more about the issue, what we can do and take action.

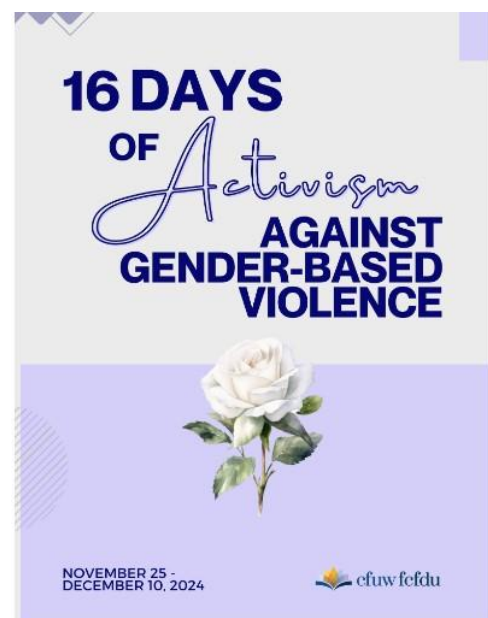


Image from <https://www.cfuw.org/2024/10/25/16-days-of-activism-2024/>





## CFUW Nepean Activities

Oct 17 2024 via ZOOM

Guest Speaker Dr. Crystal Sissons on the Life and Legacy of Elsie MacGill

-Carole Baker

Speaker Series October 17<sup>th</sup> -

**Elsie Gregory MacGill: Challenging the Status Quo as an Engineer *and* a Feminist**

Dr. Crystal Sissons delivered a talk on the life and legacy of Elsie Gregory MacGill, the world's first woman aeronautical engineer and Canada's first woman electrical engineer. Dr. Sissons, who authored *Queen of the Hurricanes: The Fearless Elsie MacGill* (2014), highlighted MacGill's pioneering contributions as an engineer and feminist. MacGill, known for her work as Chief Aeronautical Engineer during WWII, also became an advocate for women's rights in the 1950s and 1960s, notably leading the Canadian Federation of Business and Professional Women's Clubs and serving on the Royal Commission for the Status of Women.

Dr. Sissons, who holds a PhD in history, currently works in the Canadian public service and continues to balance her historical research with family and personal interests. Her presentation told the remarkable story of a remarkable woman.



(Photo of Elsie MacGill courtesy of Elizabeth Schneewind/Photographer Arthur Kay, Toronto, Ontario)

## CFUW Nepean Scholarship Trust

### JEWELRY & USED BOOKS SALE October General Meeting

At our CFUW meeting on October 1st, we had a huge selection of books for people to buy. Thank you to everyone who brought in books and thank you to the people who bought books.

We seem to have a lot of members who get pleasure from reading books; we raised \$130 for the Scholarship Trust Fund.

Please continue to collect books over the winter and our next Book Sale will be at our meeting on **March 4, 2025**

Rachel Plouffe's beautiful jewelry raised another \$85 for the Trust. She will have a "Last Chance Sale" at the **Nov 5** meeting – a great time to pick up a unique Christmas present and support the Scholarship Trust at the same time!!



(Photo credit B. Junkins)

## CFUW Nepean Activities

### Armchair Travel

-Marlene Sylvester

Armchair Travel will be on November 19th at 1:00 at Marlene's home 85 Whetstone Crescent. Mary Alice Hossie will present her travelogue on Vietnam. Coffee, tea and treats will be available. Please let Marlene know if you plan to attend

In December, BettyAnn will present her travelogue on Japan on December 17th at 1:00 at her home. Please let Betty Ann know if you plan to attend.

### Art Tour

-Dolores Dufresne

The Art Tours group had a very interesting, guided tour to the Jane Martin exhibition at the Carleton University Art Gallery on October 30th.

Jane has been an active artist for over 50 years and she has several connections to Carleton University. One of which is that she was a teaching fellow there while working on a post graduate degree. Jane Martin had a very unique way of expressing herself through her art.

I don't think that it would appeal to everyone, but we as a group try to keep an open mind and learn from various artists' perspectives.

Our next art tour will be at the National Gallery on November 27th and we will be viewing the special exhibit, Woven Histories: Textiles and Modern Abstraction.

Please contact Dolores if you have any questions.

### Book Group

-Rachel Plouffe

At the Book Group's first meeting, we discussed Alice Munro, her short stories and how her daughter's revelations might affect how we read her. In October, we discussed *The Air Raid Book Club* by Annie Lyons, a novel which offered an interesting take on solidarity and friendship very much in the optimistic vein of "Keep calm and carry on".

November will see the Group discussing *Shadow Play* by Peggy Blair. The author will be joining us. It will be interesting to hear of her experience as an author who has moved to self-publishing her books.

January's book will be *Talking to Canadians* by Rick Mercer.

We meet the fourth Tuesday of the month by Zoom. If you are interested in joining in please contact Rachel.

### Movie Matinee

-Judy Glass

In October the group viewed 'Saturday Night'. It was a fast paced, funny, behind the scenes recap of what went on in the 90 minutes before the first episode of the TV show went live.

The mailing list for the Movie Matinee Group will be updated with 2024/25 members for November but feel free to contact Judy Glass directly if needed.

Looking forward to seeing you November 8th at the next show!

## CFUW Nepean Activities

### Lunching Out

-Sharon Carew

It was a very pleasant welcome back to the Lunching Out group at the State & Main Restaurant on Strandherd. We had 16 members attend and were pleased that three of our new members joined us.

We will meet at 12 noon on Wednesday, **November 20th** at Algonquin's Restaurant International. This restaurant is Algonquin College's culinary school teaching restaurant. I have been there several times, and the students are delightful and the meals very good. Everyone is welcome to attend.

Sharon will send a notice out closer to the date of the November Lunching Out so she can let the restaurant know how many people will be attending.

### Environmental Action Group (EAG)-

-Beth Junkins

At our first meeting we shared our interests, concerns, and signs of progress. The pilot of returnable containers in Ottawa was noted, along with concerns about the wetlands decisions in Ottawa, and the City of Ottawa composting plans for multi residence units.

Next month everyone is asked to bring a book or an article of interest.

Our next meeting will be **by Zoom, Thurs Nov 21 at 1PM**. Everyone is welcome to come and join the chat!

Please let Beth Junkins know if you interested!

### Outreach

-Marlene Sylvester

Members have been generous with donations to House to Home and I hope you can help with their ongoing needs: kettles, toasters, pots and pans, blankets are at the top of the list at the moment.

As Christmas is coming we usually have collected diapers and wipes, toiletries for Interval House (shelter for abused women and children) but the last few years we have extended our reach to Cornerstone shelters, Elizabeth Fry Society, and Minwaashin Lodge for aboriginal women and children.

Members were extremely generous last year and hopefully we will continue to assist these organizations and bring moments of happiness to women and their children. Donations can be diapers, wipes, toiletries, gift cards,(\$10), notebooks, colouring books , puzzles for children and adults, water bottles, nightgowns.

Please bring them to the Christmas luncheon on **December 3rd** or contact Marlene Sylvester and she will pick them up or you can drop them off at her home . If unable to shop, then give money to Marlene and she will do the shopping.

## The Green Grapevine

-Beth Junkins

**Did you know** that over 40% of garbage collected for landfill is from material that could be composted?

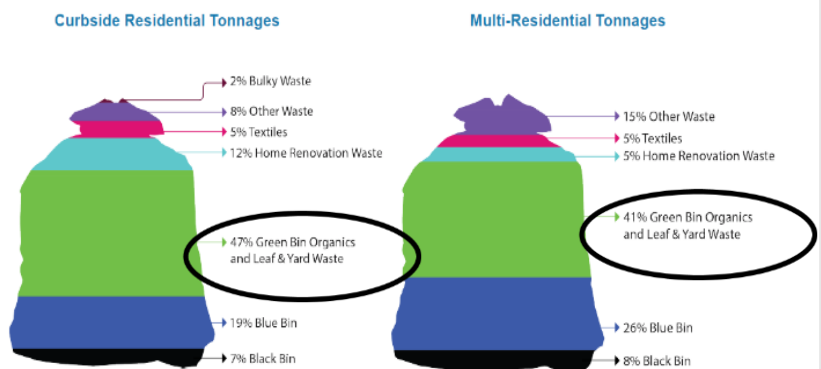
### Why should we care?

- Wastes both the food and all of the resources that go into food production
- In landfill, these organics produce **methane**, a greenhouse gas that is more than **25 times more powerful** than carbon dioxide at trapping heat in the atmosphere

(image from [SWMP Executive summary](#), pg 7)

## Taking the 'Yuck' out of Composting

### What's in the garbage collected from our homes?



In 2022, Green Bin Organics made up 40% of what was found in multi-residential garbage and over 45% of what was found in curbside residential garbage. This could have been placed in the Green Bin for processing into compost instead of ending up in the landfill.



This dangerous production of methane from organics in landfill is the **#3 source** of methane in Canada (after oil & gas, agriculture), with 17% of methane emissions contributing to climate change. ([Govt Canada 2024](#)).

One way we can help, every day, is to keep organics out of landfill by composting and participating in 'Green Bin' programs. While this sounds easy, people can face a number of barriers.

### I don't have access to compost collection

In Ottawa some multi-residential buildings do not have compost or 'green bin' collection. While the City is not required to provide collection to these properties, they do offer collection service to this sector. In 2023 the City serviced about [2200 multi-residential properties \(~ 90% of city multi-residential properties\)](#), and [about half had a green bin program](#).

In 2024, as part of the [Multi Residential Waste Diversion Strategy Update](#), the City began to phase in a mandatory green bin program for multi-residential properties as a condition of being part of the City waste collection program. (Note: [Solid Waste Services By-Law passed Oct 30, 2024](#)). So, hopefully, organic diversion will be coming soon to your building.

### Special compostable bags are expensive.

You don't need any special bags for composting. You can use plastic bags from your groceries like bread and milk bags; the City compost process screens out the plastic. Most plastic compostable bags do not break down enough in the current processes and will be screened out as well.



You can also use cereal or cracker boxes to hold food scraps, or make a bin liner [from newspaper](#). If you wish, you can purchase paper liners for kitchen and larger green bins at most grocery and hardware stores.

## The Green Grapevine

## Taking the 'Yuck' out of Composting (cont'd)

### I don't know what can go in

You may be surprised to learn just how much can go into the compost. In addition to **all food scraps**, you can also compost

Parchment paper

Used tissue and cotton balls

Butcher meat wrap

Paper muffin liners

Wax paper

Paper towels

House plants

Sugar, flour, potato paper bags

Food soiled pizza boxes

Go to the [City of Ottawa Website](#) or [Waste Explorer](#) to find out what else can go in your green bin.

### It will be smelly and yucky

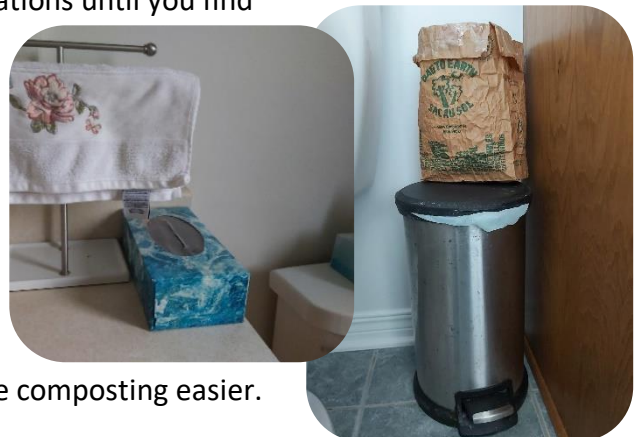
No one wants something smelly or mouldy with fruit flies in their kitchen! But there are ways to keep your compost from becoming a problem:

- Keep a **small bin with a lid handy** in your kitchen and take it out to the larger Green Bin collection point frequently
- Line your bins with paper, cardboard, or plastic bags
- Keep the bins clean – rinse with vinegar, lemon juice, baking powder
- Keep (potentially) smelly food scraps like fish and meat in the freezer until collection day
- Discourage interested animals by ensuring any outside collection bins have a secure lid, are not likely to tip over, and try spraying the bin with hot spices and sauces
- Spray the inside of your bin with cooking oil to keep compost from freezing and making it difficult to remove on collection day

**Getting started** – Start simple and learn as you go. A good way to start is in the bathroom. Try leaving an empty tissue box on the bathroom counter to neatly collect used tissues and cotton balls, or place a bag over the bathroom waste bin. Light and odour free, you can pop these right in the compost collection. In the kitchen, find something comfortable to start with– perhaps paper towels and bakery scraps. Experiment with different bins and liners, putting them in different locations until you find what works for you.

You will be surprised how quickly composting will become part of your routine, greatly reducing your 'garbage': between composting and the blue/black box recycling, there is often not a lot left for landfill.

Start a conversation with your neighbours, family, friends, grandchildren – encourage them to keep organics out of landfill and see what tips they have to make composting easier.



Learn more about the [City of Ottawa Green Bin program](#), including a **video** on the composting process.

## **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>

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

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

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