

CFUW Nepean News BYTES Vol 25 No 4 Feb 2025

UPCOMING GENERAL MEETING

Tuesday Feb 4 1PM ZOOM

Guest Speaker Sheila White
On her book *The Letters: Postmark Prejudice in Black and White*

Guest Speaker Pat Patton
On the Graduate Women International (GWI) – Its Work and Impact.

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Upcoming Events

Feb 20, 2025, ON ZOOM 7-8PM

Guest speaker Mary Reid, master gardener, about how to rejuvenate a tired garden

Mar 4, 2025 Bells Corner's United Church 1PM

Guest speaker Astronomer Gary Boyle will discuss our cosmic origins and how it came about

**Mar 4 Special collection of period products for Period Poverty Advocacy Campaign (see page 7)

Apr 1, 2025 Bells Corner's United Church 1PM

Discussion of CFUW Resolutions and Guest speaker from Algonquin College discussing CFUW Nepean Scholarship winners

President's Letter – Feb 2025

On December 3rd, we gathered for a delightful Christmas luncheon featuring a full turkey dinner with all the trimmings. The event was held at the Waterford Grand Retirement Residence and was beautifully organized by Sue Carter. The festive atmosphere was enhanced with a Christmas-themed game of Jeopardy, where we challenged the Activities Director, Oliver, with our quick and accurate answers! Before the luncheon, we expressed our gratitude to Ena Gwen for her dedicated years of service as Advocacy Chair with a presentation of some special chocolates.

Our Advocacy team has developed a plan for the Period Products Drive, scheduled for March 4th 2025 to coincide with International Women's Day. Further information can be found in the Nepean Newsbytes newsletter. Our Advocacy team – comprised of Ann Hickey, Betty Bertrand, Ena Gwen Jones, Grace Brown, Jennifer Robinson, Joan Conrod, Marilyn Letts, Marlene Sylvester, Susan Russell, Teresa McCrory, and myself - will be working together with all the members of the club to ensure its success.

Our Past President Joan Conrod has been awarded the prestigious King Charles 3rd Coronation medal for her Community Service and tireless efforts on behalf of the Pieces for Peace endeavour held on Parliament Hill in September 2024. MP West Nepean Anita Vandenbeld will present Joan with the medal in February.

Roberta (Bobby) Balmer has been accepted as one of CFUW's International Representatives for the GWI 69th Session of the Commission on the Status of Women (CSW69). She will attend the sessions at the United Nations in New York March 2025. The CSW69 priority theme focuses on reviewing and appraising the implementation of the Beijing Declaration and Platform for Action, as well as the outcomes of the 23rd Special Session of the General Assembly. These discussions aim to advance gender equality, empower women, and assess their contributions to achieving the 2030 Agenda for Sustainable Development.



"There is no limit to what we, as women, can accomplish."

Michelle Obama

American Attorney, Author & Former First Lady of the United States



(Photo credit B. Junkins)

Members Corner

Welcome to a New Member

Anne Sinclair

I was born in Windsor, Ontario and stayed there until I left for Western to get my MBA. After graduating I thought it would be an adventure to move to another part of the country, so I took a job with the Saskatchewan public service and moved to Regina where I worked in the Departments of Finance and Health. I made many good friends there and that is where I met my late husband and got married.

After a few years we relocated to Ottawa and joined the federal government. I have been here ever since. My daughter and son were both born and raised here until they left to pursue their educational and professional goals. Each of them has a wonderful partner and I have a grandson I adore. My daughter's family moved back to Ottawa a few years ago and last year my son and his wife moved back too. It is wonderful to have them so close.

Before retirement I worked in a variety of Departments:Employment and Immigration, Citizenship and Immigration, Public Works and finally the Military Grievances External Review Committee (long name for a very small organization.)

I have always enjoyed a variety of pastimes and hobbies: reading, horseback riding, woodworking, quilting, and continue to enjoy new things in retirement.

I had been a member of CFUW Kanata before the pandemic. Last year I met Laureen Silke and when I mentioned that I was thinking about rejoining, she encouraged me to consider CFUW Nepean and invited me to the Garden Party last spring. I joined in September and am looking forward to meeting you all.

What was the first thing you remember wanting to be when you grew up? A teacher. I loved my first-grade teacher so much that I wanted to be just like her.

What super power would you choose? I want to be able to open portals (think of Dr. Strange) so I could instantaneously travel anywhere I wanted.

Where are you on the cilantro scale? Neither extreme. I am in the 'like it ok' part of the spectrum.

Would you like to visit the past or the future? Why?

The past. I have always been a history buff, and it would be so exciting to visit past places and times.

Growing up, what was your favourite book?. I was and still am an avid reader. It would have to be a tie between Little Women (and the sequels) and the Anne of Green Gables series. I have read them both many times.

Pieces 4 Peace

The CFUW Pieces 4 Peace project is still spreading the word in CFUW clubs, schools and churches. A collection of the pieces formed a central part of the Christmas message at Woodroffe United Church — and continue to remind us to keep the conversation going!



International Day of Women and Girls in Science Feb 11, 2025

Dr. Donna Strickland, Nobel Laureate in Physics

-B. Junkins

The UN International Day of Women and Girls in Science on Feb 11 is an opportunity to meet some women in the STEM field.

Dr. Donna Strickland - Nobel Laureate in Physics

In 2018, Canadian Dr. Donna Strickland became the third woman to ever win a Nobel Prize in physics. There was a lot of attention to this fact - and to the fact that it had been 55 years since the last woman won. But for Dr. Strickland it has always been about having fun – and for her, physics is fun.

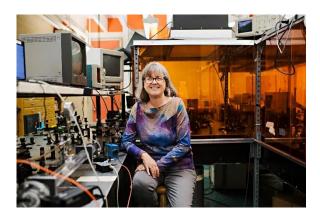
Born in 1959 in Guelph Ontario, Dr. Stickland was raised in a family where education was highly valued. Her father was an electrical engineer and her mother a high school teacher. Her mother regretted that she had been discouraged from taking science herself; knowing her mother's story made Strickland determined to follow her path doing what she enjoyed regardless of what others said. "This was the 1970's and women's lib was all the rage. We girls were told we could do anything we wanted, and I believed it" (1)

Always finding math and physics fun she went to McMaster University to take their engineering program that included lasers and electro-optics. She graduated in 1981 as one of 3 women in a class of 25.

It was her PhD work in Optics at the University of Rochester that led to the Nobel prize she shared with her supervisor at the time, Gérard Mourou . Dr. Strickland was able to figure out how to make

very high intensity but ultra short laser pulses that would not destroy the equipment! This groundbreaking discovery, called chirped pulse amplification (CPA), has led to developments in medical imaging, machining and optical surgery.

Dr. Strickland is currently a professor at the University of Waterloo, heading the Ultrafast Laser Group. She has received numerous awards, honorary doctorates, is a Fellow of the Royal Society of Canada and has been active in the Optical Society (OSA) including acting as president in 2013.



While she never had a woman physics professor, there are now six in her department – a reflection of change.

Dr. Stickland generously provided insight on women in STEM to questions posed by the CFUW Nepean editor.

Qu Many of us in the CFUW Nepean are of an age where we were the only women in our university math and science classes –both as students and as teachers. What are you seeing in the classroom today?

My experience was similar. I think your members would also notice, as I have, that the proportion of women in STEM fields is increasing. In general, I think physics is behind some of the other STEM

International Day of Women and Girls in Science Feb 11, 2025

Dr. Donna Strickland, Nobel Laureate in Physics (cont'd)

fields when it comes to female representation, but we're going in the right direction.

Qu Have you noticed issues that you think continue to pose barriers to women going into STEM areas in school? Do you have suggestions on how to tackle these?

I didn't personally feel any barriers, but I can say that I think as more women go into STEM fields, and more women learn that these careers are options for them, we won't be talking about this topic anymore. I am the co-director of the Trust in Research Undertaken in Science and Technology scholarly network (TRUST) based at the University of Waterloo. We are an interdisciplinary group exploring the concept of public trust in medical, technological and other scientific research that affects and benefits our everyday lives. I think if we can get more people to be excited about science, more will go into those fields.

Qu We hope that the climate is improving but women in STEM can still run into the narrow minds and biases from colleagues and clients. What advice would you give women aspiring to work in the STEM fields to help navigate these situations?

I would say that there have been many changes made since I was a student. In almost every physics department I have visited in the last few years, I have interacted with the women in physics groups. I think women need to have confidence in themselves and also look to their like-minded colleagues for encouragement.

Qu Did you have a particularly influential teacher? Why were they influential?

I was lucky to have a number of good teachers and professors. My high school chemistry teacher brought in really cool demonstrations to excite us about science. I had teachers and professors giving me a metaphorical kick in the pants when I needed it by telling me that I needed to work harder because I was too smart and I was wasting my talent.

Qu Do you have any other comments/observations you could offer around women and girls in science?

If you are a girl who loves science, then don't let anyone else stop you. I have had a colleague who is now very successful tell me that I was the one who told her that she just needed more confidence in herself, and I think I could now learn that from her.

To learn more about Dr. Strickland, and hear her Nobel Banquet Speech, go to https://www.nobelprize.org/prizes/physics/2018/strickland/speech/



Photos courtesy of University of Waterloo. Our thanks to Dr. Strickland for providing her insights for this article.

 Donna Strickland – Biographical. NobelPrize.org Nobel Prize Outreach 2025, Sun 26 Jan 2025 https://www.nobelprize.org/prizes/physics/2018/strickland/biographical/

International Day of Women and Girls in Science Feb 11, 2025

Canadian Federation of University Women E-Club (CFUW E-Club) hosts Feb 11 webinar

-Taken from the GWI Update Jan 29,2025

On 11 February, to mark the International Day of Women and Girls in Science the CFUW E-Club teams up with the Japanese Association of University Women (JAUW) and the Ghana Association of University Women (GAUW) to host an informational webinar titled, "Global Warming is Here Again: How Do We Know?".

The exceptional line up of speakers includes: Pauline Witzke, Geologist, CFUW Vice President of Education and Advocacy, Belleville Ontario and keynote speaker; Dr. Kazuko HASE, Ph.D., Ecologist, JAUW, and teacher at the Center for Northeast Asian Studies, Tohoku University/Graduate School of Life Sciences, Tohoku University; Genevieve Adukpo, PhD, GAUW, Lecturer at the Department of Chemistry, School of Physical Sciences, University of Cape Coast; and Jeanette Mergens, CFUW Kelowna, Independent Education Management Professional.

Please click HERE to register "



Women in Mathematics – did you know....

- Pythagoras' (of the famous theorem) wife,
 Theano, taught at his famous school (circa 539 BC) where at least 28 women participated. It was one of her treatises that included the principle of the 'Golden Mean' viewed as a major contribution of Greek thought to philosophy. After Pythagoras' death, Theano and two daughters carried on the work of the school.
- In the 4th century AD, Hypatia was a mathematician, philosopher and teacher at the University of Alexandria. She is credited with advancing astronomy, and the mathematical sciences that saw little further progress until Newton centuries later.
- Italian prodigy Maria Agnesi mastered the advanced mathematics of the day while she was still a teenager in the 18th century. She is credited with writing the first handbook on integral and differential calculus, pulling together in a uniform way the different approaches of Newton and Leibniz. She was a vocal advocate of higher education for women all her life.
- In the 19th century Englishwoman Ada Lovelace wrote a 'computer program' or algorithm for an 'analytical machine' to use – she is credited with being the first person to see the potential of a computing machine.
- In the early 20th century Emmy Noether faced challenges both as a woman and a Jew. She often lectured without pay while making key contributions to physics and mathematics, working with colleagues on Einstein's theories and revolutionizing algebra with what is known as Noether's Theorem. Dying in 1935 shortly after fleeing Nazi Germany to teach in the US, Einstein wrote an obituary recognizing her genius.

CFUW Nepean Advocacy Mar 4 Special Collection Period Products Drive

-Advocacy and Community Outreach

CFUW/Nepean is committed to addressing Period Poverty, a pressing issue that affects 1 in 6 Canadian women. Menstrual equity is fundamental to achieving sexual and reproductive health rights and equality, as well as eliminating barriers to education, work, and community participation.

Significant progress has been made:

- -Free menstrual products are now provided in federally regulated workplaces.
- -Indigenous Services Canada funds menstrual products in First Nations schools on reserves.
- -Provincial and municipal governments have implemented free menstrual product programs in schools and public facilities.
- -The federal government launched the Menstrual Equity Fund Pilot in 2023, providing free menstrual products through Food Banks Canada.

CFUW/Nepean strongly advocates for the continuation and expansion of these programs to ensure consistent access to menstrual products for all who need them.

Our Mission for 2025 This year, CFUW/Nepean is prioritizing the availability of period products for women and girls within our community outreach efforts. Many individuals face the heartbreaking reality of being unable to afford these essential items, forcing them to miss school, work, or other activities. Access to menstrual products is a fundamental human right, yet many experience stigma, shame, and inadequate education about menstruation.

Join Us in Taking Action CFUW/Nepean will launch an ongoing Period Products Drive in January 2025. Members and the broader community are invited to contribute to this important cause.

How You Can Help:

1. Donate menstrual products (pads are especially needed) at our next General Meeting:

Date: March 4, 2025

Time: 12:00 PM - 1:00 PM

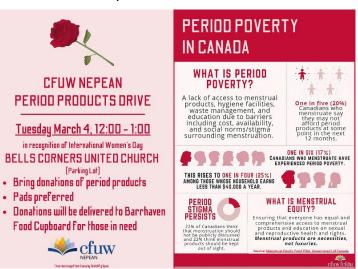
Location: Bells Corners United Church Parking Lot

- 2. Help collect products by reaching out to local pharmacies for discounts or utilizing Senior Discount Days (Tuesdays at Rexall, Thursdays at Shoppers).
- 3. Encourage others to participate and spread the word.

All donated products will be delivered to the Barrhaven Food Cupboard, where they will be included in food hampers for those in need. The Food Cupboard is thrilled to partner with us, as they cannot allocate funds to purchase these products themselves.

This initiative reflects the ongoing dedication of CFUW/Nepean to advocacy and community outreach. Together, we can help end period poverty and support those who need it most.

Thank you, The Advocacy Committee Ann Hickey, Betty Bertrand, Carole Baker, Ena Gwen Jones, Grace Brown, Jennifer Robinson, Joan Conrod, Marilyn Letts, Marlene Sylvester, Susan Russell, & Teresa McCrory.



CFUW Nepean New Banner

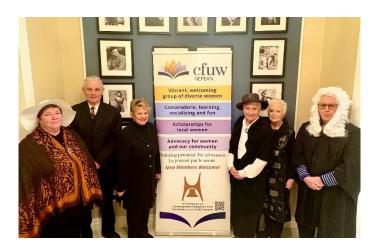
-C. Baker

CFUW/Nepean has received its new club banner, designed by Jennifer Robinson!

The banner beautifully incorporates our club's philosophy, the colors of the new National CFUW brand, and a symbolic image of the Nepean Bell.

The Nepean Bell, a cherished emblem since 1896, played a significant role in the community's history. In 1994, CFUW/Nepean members Andree Anderson and Ann Tomlinson featured the bell on the club's first banner to honor its historical significance. Our new banner continues this tradition, proudly displaying the bell as a symbol of our enduring connection to the Nepean community.

The banner is already getting put to good use accompanying Marlene Sylvester and the cast of performing *Becoming a Person: The Life and Times of Emily Murphy* at three retirement centres.



(photo credit M. Sylvester)

Coldest Night of the Year Feb 22

-B. Bertrand

Since 2011, the Coldest Night of the Year (CNOY) initiative has been raising funds for charities that help the most vulnerable in our communities: those facing homelessness, those driven from homes by violence, those facing uncertainty in housing.

This year, the official walk will be held Saturday, February 22, 2025. But you can walk at any location, at anytime during February that works for you.



Last year Betty Bertrand raised \$625 for Cornerstone Housing for Women on behalf of CFUW Nepean. Since it was cold outside Betty used her survival skills and did her walking within the confines of her building. She will be doing the same this year.

You can support Betty this year by going to the website: CNOY.org, select donate and type in 'Betty Bertrand' in the search area.

<u>OR</u> you can think about joining Betty and register yourself to walk and raise funds for Cornerstone. Registering is quick and easy at the same website.

Join us and help our neighbours come in from the cold!

Dec 3 Christmas lunch

-C. Baker

On December 3rd we had a great turnout for our annual Christmas luncheon at the Waterford Grand Retirement Residence complete with a delicious turkey dinner and all the trimmings.

We started by meeting in the theatre to enjoy some games with their Activities Director Oliver. He said we really challenged his game of Christmas Jeopardy with our quick and correct answers from the audience. Cindy gave him something to think about when she insisted there was another reindeer besides the original list of eight plus Rudolph - Olive! (Olive the other reindeer – think about it!)

Joan presented Ena Gwen with a special box of chocolates as a Thank You for her years of service as Advocacy Chair.

Our lunch was served in the Panache Room at small tables which allowed for lots of conversation and laughter. Thank you to Sue Carter and our helpers taking the tickets for a memorable and successful event.



(photo credit C. Baker)

Jan 7 General Meeting Guest Speaker Nora Polley Whenever You're Ready – 60 Seasons at Stratford -J. Conrod

Nora Polley worked at the Stratford Festival for 60 seasons, beginning when she was a child. Her father directed the music for the early productions, and since Nora was there with him, she was given work to do -taking tickets, handing out programs, repairing costumes.

Nora received a degree in sociology from the University of Toronto, but never used it because the year she graduated, she was offered a job as Apprentice Stage Manager and soon moved on to become Stage Manager. Her first play to manage was *King Lear*, starring William Hutt.

A Stage Manager is in charge of everything, she told us, including timing, costumes, sets, calling the show. A huge job, and one of the most important for the success of the Festival. During her time working for the Festival, she was Stage Manager for 36 of Shakespeare's plays, plus many by less well known playwrights.

Because Stratford presents several plays each season, each of their three theatres are used for more than one play. Each day there is both an evening and a matinee performance. No play can be longer than three hours, because everything has to be changed for the next play. The Stage Manager oversees this every day of the months the play is performed.

CFUW Nepean was host to Nora Polly's first talk since her retirement, and she became quite emotional as she spoke of actors who had been special to her, or of moments in a play where her talents were especially needed.

A biography of Nora's life, written by Shawn DeSouza-Coelho, titled Whenever You're Ready,

confirms Nora's statement. "The theatre will break your heart again and again."



Photo Credit B. Junkins)

Jan 16 Zoom Presentation
Guest Speaker Paul Litt
Phyllis Gregory Turner-Ross, remarkable mother
of 17th PM John Napier Turner
-C. Faubert

<u>Birth</u>- Rossland, BC on June 19, 1904. Her father was a mining-hoist engineer, and her mother was the daughter of a ship-owner. The parents moved in 1896 to Rossland, BC as part of the Gold Rush.

Education:

Honours BA in Economics and Political Science, UBC (1925),

Doctorate in Economics and Political Science from Bryn Mawr College (1927),

London School of Economics (1928) and University of Marburg in Germany to do thesis research about the Doukhobors in Canada.

Family Life:

She met Leonard Turner (gunsmith and journalist) in UK. They had 3 children, John, Brenda and Michael (died in infancy). Leonard passed away in 1932, aged 28, from thyroidectomy. With no marriage certificate ever found, Phyllis would have been ostracized but her privilege background hid her "secrets". Her children were baptized in an Ottawa Roman Catholic Church in 1936.

In 1945 Turner married Frank MacKenzie Ross, millionaire industrialist in Vancouver. Frank

became the Lieutenant Governor of British Columbia in 1955, a post he held for 5 years.

Career:

In 1933, a local MP recommended her for a position at the newly formed Tariff Board. She was hired as she met the criteria for widows to be employed. She was amongst a handful of women, Catholics and highly educated employees at this new institution. She rose to Chief Research Economist by 1939.

Turner was seconded to the Wartime Prices and Trade Board supervising sugar distribution. Later, she became the "Oils and Fats Administrator" imposing production controls, rationing and recycling of such products as butter, lubricants, paints, polishes, soaps, shampoos, ink, adhesives and glycerine for explosives. She encouraged the development of cod liver oil, dogfish liver oil and farmers planting flax to prevent shortages of linseed oil. During the war Turner travelled a lot between UK and US. In recognition of her war contributions MacKenzie-King arranged for her to be appointed a Commander of the Order of the British Empire (CBE).

In addition to the CBE, Turner received many honours and held a number of Executive Positions: CFUW Vancouver,1947, UBC's Senate (1951-1954), Honorary Chairperson of the Rossland Historical Museum Association, 1958, First female Chancellor of UBC in 1961, Member of Order of Canada in 1967.

She died from Alzheimer's Disease on April 18, 1988, on Saltspring Island, BC.

Turner was the highest-ranking woman in the federal public service but only received 2/3 salary of her male counterparts. She broke all social barriers, being a "mother", "working woman" and "socialite". This Canadian economist was a trailblazer who overcame puritanical 20th century moral codes.

Armchair Travel

-Marlene Sylvester

Lynn Crocker will present a travelogue on her trip to Southern India on February 18th at 1: 00 o'clock

The Zoom info will be sent out closer to the date.

Art Tour

-Dolores Dufresne

We are targeting March for the next Art Tour – Stay tuned!!

Book Group

-Rachel Plouffe

In January, the Book Group discussed *Talking to Canadians* by the ever-engaging Rick Mercer covering the early days of his artistic journey.

Future plans:

February's book will be *Looking for Jane* by Heather Marshall;

March, *The Flight Portfolio* by Julie Orringer; April, *The Women* by Kristen Hanna; May *Lessons in Chemistry* by Bonnie Garmus.

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



Outreach

-Marlene Sylvester

Happy New Year

Members were so very generous in their Xmas donations to four shelters in Ottawa: Cornerstone, Interval House, Elizabeth Fry, Minwasshin Lodge. Gifts extended from coloring books and crayon, toiletries, winter clothing, pj's, mugs, period products, diapers, and gift cards.

Many thanks to all members.

Lunching Out

-Sharon Carew

Thank you to Dolores Dufresne, who organized a very successful Lunching Out on January 15/25 at Pho Thai Fusion in Barrhaven.

Our Lunching Out on Wednesday, February 19, 2025, will be at the Mandarin on Hunt Club at 12 noon. On March 19th, we will have lunch at the Parsital Restaurant on Carp Rd. in Stittsville.

I look forward to seeing lots of members at our Lunching Out events.

Movie Matinee

-Judy Glass

The movie group has had a musical time recently. In December it was all pink and green as we enjoyed WICKED, the film based on the Broadway musical. Looking forward to Part 2 later this year.

In January, we rang in the New Year with the epic tunes in A COMPLETE UNKNOWN, the story of Bob Dylan's meteoric rise in the early 60's.

Thank you to Jennifer Robinson who will be coordinating the February 14th movie. I hope you will be able to join her and the group.

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
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