



CFUW Nepean News BYTES Vol 25 No 7 May/June 2025

UPCOMING GENERAL MEETING

Tuesday May 6, 2025 11:30 – 3PM

Waterford Grand Retirement Home at 121 Marketplace Ave

Lunch, Annual General Meeting (AGM) and a performance of *Becoming a Person; The Life and Times of Emily Murphy 1868-1933* written by Marlene Sylvester

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Upcoming Events

*****May 6, 2025**

Special collection at the Waterford Retirement Home of diapers and wipes for Interval House (see page 6)

June 4, 2025 Executive Crossover Meeting, Mexis Restaurant

June 10, 2025 Pontoon Boat Outing 1PM

June 21, 2025 White Wine and Strawberries hosted by Carol Bell Thompson
Fundraiser for the CFUW Nepean Scholarship Trust

Sept 9, 2025 Bell's Corners United Church 1PM
First General Meeting for 2025-2026

President's Message May 2025

CFUW/Nepean has enjoyed a successful year. I encourage you to review our 2024 -2025 Annual Report which has a complete account on CFUW Nepean's activities over the past year. Our Executive, Interest Group convenors and the Scholarship Trust have all submitted positive and readable reports.

As we look ahead to 2025 - 2026, we're pleased to welcome new members to our Executive team. We are excited that four of our newer members have stepped forward to take on leadership roles, and they will have the full support and guidance of our seasoned members. Please join me in welcoming: Wendy Allen (Membership); Grace Brown (Newsletter Editor); Sally Babij & Beth Junkins (Secretaries) Catherine Cosstick Hospitality. Additionally, Past President Marcia Armstrong will take on the role of Interest Group Convenor, and VP Betty Bertrand will serve as our Advocacy Chair.

To celebrate this transition, we are planning a crossover meeting at Mexis on Wednesday June 4th. This will be a wonderful opportunity to welcome our new Executive and express our appreciation to the outgoing members for their invaluable service.

Our Annual General Meeting (AGM) will be held on May 6th at the Waterford Grand Retirement Residence. During the AGM, we will be voting on whether to opt in or opt out of membership in Graduate Women's International (GWI) for the upcoming year. Each club is encouraged to periodically assess their level of commitment and involvement with GWI, and this vote is part of that process.

We're also looking forward to our White Wine and Strawberry Social Fundraiser, graciously hosted by Carol Bell Thompson. This lovely event will offer special desserts and a chance to connect and unwind in a beautiful garden setting.

Finally, Sue Carter has organized a second pontoon boat ride on the Rideau River on June 10th. This promises to be another relaxing and scenic afternoon spent in good company, taking in the charming homes and natural beauty along the shoreline.

While the current political climate presents its share of changes and challenges, I am confident that CFUW/Nepean will continue to lead with purpose, championing advocacy, community support, and education.

Carole



(photo credit B. Junkins)

Red Dress Day May 5, 2025

-Beth Junkins

May 5 is Red Dress day, a National Day of awareness of Missing & Murdered Indigenous Women and Girls and 2SLGBTQI+ People (MMIWG2S).

In 2010 Winnipeg Métis artist Jaimie Black began her REDress Project, an art installation where she hung hundreds of red dresses representing the stunning number of missing and murdered women. [Black explains](#) “Through the installation I hope to draw attention to the gendered and racialized nature of violent crimes against Aboriginal women and to evoke a presence through the marking of absence.”

While the exact number of MMIWG2S is unknown, the figures are staggering: the [final report of the National Inquiry into Missing and Murdered Girls](#) states ‘thousands’. Further, Indigenous women are disproportionately the victims of violence and crime: .According to the MMIWG report in 2019, Indigenous women and girls are **12 times** more likely to be murdered or go missing than other women in Canada, and **16 times** more likely than Caucasian women (pg 55). As staggering as these figures are, the Canadian [Department of Justice](#) notes that violence to Indigenous women is generally under reported, and the disparity in the rates is probably underestimated.

Why red? An Indigenous friend explained to Black that red is the only colour that the spirits can see: “So (red) is really a calling back of these women and allowing them to be among us” ([CTV](#)). Black’s installation inspired the Red Dress Day. The poignant sight of empty red dresses is a powerful reminder of the women and girls who have not come home to wear them. It reminds us of the grief and heartbreak of the families who bear the loss and years of not knowing.

On May 5 let us take a moment to remember – wear red, or a red ribbon or make a small red dress cutout to hang in your garden, on trees, balcony, windows or on your apartment door handle.

Please do not let their voices be forgotten –

Note: The continuing REDress Project “Only in darkness can we see the stars” by Jaimie Black and KC Adams, is on display in the Canadian Museum of Human Rights (CMHR) (May 3 2025 – April 5 2030) . This installation continues the work of raising awareness of the crisis of missing and murdered women, but transforms the narrative “from loss and victimhood to empowerment and cultural resurgence” ([CMHR](#)).



(Photo Credit B. Junkins)

Graduate Women International (GWI) Opens Hegg Hoffet Fund for Displaced Women Graduates Grant Season

(Reprinted from [GWI Update Apr 23, 2025](#))

GWI is pleased to announce the opening of the 2025 Hegg Hoffet Fund grant season, running from 15 April to 30 June.

The Hegg Hoffet Fund provides short-term grants to graduate women who have been displaced due to war, political upheaval, or other serious emergencies.

These grants assist with expenses such as refresher courses, language training, and integration into new professional environments.

For more information about the Hegg Hoffet program qualifications and to access the application, [please visit the GWI website](#).

In observance of World Refugee Day on 20 June, GWI will host a special webinar to mark the day and showcase the Hegg Hoffet program.

Attendees will gain insights into the application process and hear firsthand experiences from past grantees, highlighting the program's impact on their professional and personal journeys.

Registration details will be published soon.

CFUW International Service Project

In 2024-2025, CFUW partnered with [60 Million Girls](#) on an International Service Project (ISP) designed to help keep girls in school in Nepal.

CFUW hoped to raise \$15,000 to help fund Mobile Learning Lab (MLLs) that will be used to educate girls about their sexual and reproductive health, and equip them with tools to help them make informed choices and advocate for themselves. CFUW has exceeded their goal, raising over \$15,200 with three weeks left in the campaign. All the funds will go to 60 Million Girls to help purchase more MLLs. Read more about the issues facing girls in Nepal and the [CFUW ISP here](#).

CFUW has announced that their **2025-2027 ISP** partner will be Young, Happy, Healthy and Safe (YHHS) and the Stephen Lewis Foundation (SLF).

The [CFUW Club Action Newsletter April 25 2025](#) describes the project:

“This project will support girls learning about sexual and reproductive health in rural Eastern Zambia through health and rights information that can help protect them from early marriage and pregnancy, gender-based violence, HIV infection, caregiving responsibilities etc. The YHHS project works with whole communities, accessed primarily through close collaboration with schools, to encourage them to value and protect girls’ education. YHHS’s work advances the status of women and girls in rural Eastern Zambia by addressing the multifaceted barriers that prevent girls from accessing and completing their education.”

More information about the project will be available in May as details are finalized with the SLF.

CFUW Nepean Scholarship Trust

-Kathy Greiner

Great news! At the Scholarship Trust meeting of April 14th, the trustees voted to increase the amount of each scholarship and bursary by \$500 to \$1500 for each recipient (for a total commitment of \$9000 for six awards).

As a result of the Club's recent successful fundraising, generous donations by Club members, and returns on our investments, the Scholarship Trust determined that increasing the amount was prudent and supportable; it still leaves the Trust with a comfortable margin of funds.

CFUW Nepean has not raised the dollar amount of individual scholarships and bursaries in over ten years while costs for students have continued to increase. We believe this step will further the objective of the Trust, which is "to encourage and support higher education by establishing funding and disbursing scholarships, bursaries and awards..."

The students who receive our funds are truly appreciative and I just want to share with you one of the words of thanks from one of our recent bursary winners, who is studying business.

"I want to thank you for the \$1000 Bursary that I have received. It helped save money for rent, food, etc. I chose Algonquin College because it is known for Indigenous students like me to have success like everyone else. The program I am enrolled in will lead me to my goal of owning a shop for welding."

Thank you for your generous support: it makes a real difference in the lives and futures of girls and women!

CFUW Nepean Scholarship Trust White Wine & Strawberry Social June 21, 2025

Come join CFUW Nepean Jun 21, 2025, for a White Wine and Strawberry Social. In a lovely garden setting at the home of Carol Bell Thompson, you can enjoy good desserts, good wine and good company!

Tickets are still available. The cost is \$20 and includes wine or juice. There will be only 15 tickets for each admission time – **1:30pm, 2:00pm, 2:30pm, 3:00 pm, 3:30 pm.**

At our **May 6 meeting**, you can buy your tickets from Betty Ann Grainger– cash only please.

You can also bring items for Raffle Baskets – wine, chocolates, candles, jams, jellies, sauces, condiments, cookies, lotions, soaps, teas, vinegars, mustards, crackers, napkins.

Sally Babij will also have **sign up sheet** for this event - we are looking for volunteers to bake, set up and clean up. Please see Sally if you are able to help us.



SAVE THE DATE!
Saturday June 21, 2025
Rain date Sunday June 22

WHITE WINE & STRAWBERRIES

Come enjoy a dessert buffet in a lovely garden setting!

Hosted by CFUW Nepean/Carol Bell Thompson
Tickets \$20, includes wine or juice

Funds raised will support scholarships for women.
CFUW Nepean promotes women's fellowship and continuous learning.



Free images generated by AI on Bing Create

CFUW Nepean Activities Looking Ahead.... Summer Fun!!

Sue Carter has booked a few boat rides off River Road in Monotick on **June 10** at 1pm and 2pm.
(<https://www.friendsinfishing.net/>)

Ten people are allowed per boat. There is a lovely picnic area – bring a blanket or some lawn chairs. It's a good idea to bring suntan lotion, water, snacks, fruit.

The boat ride is free!!

There is parking charge; last year it was \$8 or so for a couple of hours.

A number of CFUW Nepean members enjoyed this outing last year and had a great day!!

Sue will be canvassing members on **May 6** at our meeting to see who would like to sign up.

Join us for a fun summer afternoon!


CFUW Nepean Period Products Advocacy

-Marlene Sylvester

The Period Products Drive (April 1) was a great success. My car was completely filled with various products and 3 members contributed \$20 each so I was able to add 8 more packages to the drive. When I delivered them to the Barrhaven Food Cupboard, they were very pleased as there was only one package on their shelf.

Thank you very much for stepping up to assist women in our local area. I am always so proud of your kindness and concern for women whether it is local or Nationally.

For many years CFUW/Nepean has collected boxes of **diapers and/or wipes** for Interval House at our annual AGM, **this year on May 6th**. Please think about bringing a couple of items with you to the Waterford Grand Retirement Residence – it is an easy way you can directly help women and their children in our city.



PONTOON BOAT CRUISE


TUESDAY JUNE 10, 2025

Parks Canada Dock above the Long Island Lock
390 Nicholls Road off River Road, Manotick

10 Passengers on each cruise
Cruise times 1:00 or 2:00

No charge for the cruise
(Volunteer boat crew appreciate a tip)
Parking nearby is \$8.00, pay by QR code

RSVP by Wednesday May 28, [click here](#)



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(Photo Credit B. Junkins)

CFUW Nepean Activities May 6, 2025 General Meeting

The annual general meeting will be held Tuesday May 6 at the Waterford Grand Retirement Residence. Please make sure you are registered so Sue can give them numbers for lunch.



CFUW NEPEAN AGM LUNCHEON

WATERFORD GRAND RETIREMENT RESIDENCE
121 Marketplace Avenue, Barrhaven

11:30 A.M. - 12 noon — Arrival.
Pay at the door, cash only
\$25 including tax and tip

12:00 - 1:00 P.M. — Marlene Sylvester's play,
"Becoming a Person, The Life and Times
of Emily Murphy 1868-1933"
Waterford Grand Theatre, followed by AGM

1:00 - 3:00 P.M. — Lunch in the Panache Grill
Salad, Chicken with Mushroom Sauce with
Roast Potatoes and Veggies,
Sherbert for Dessert, Tea and Coffee
Wine available, red or white, \$8 per glass

Very limited parking at Waterford Grand.
Lots of free parking nearby.

TUESDAY MAY 6, 2025

RSVP by Wednesday April 30, [click here](#)



CFUW Nepean Meetings

Throughout the year we are treated to wonderful presenters before our monthly business meetings and in evening virtual events. This year we got to hear about a wide range of topics: early black Ottawans, improving our sleep, women's hockey in Ottawa, behind the scenes at Stratford, inter-racial courtship, our cosmic origins, volunteer search and rescue, Elsie MacGill, Phyllis Turner and rejuvenating our gardens.

We get to enjoy these great speakers thanks to Sue Carter our program convener.

Sue **is asking for our help** suggesting topics and presenters for 2025-2026. What would you like to hear about? Who would be of interest to you? Please take a moment and send Sue the name, topic, or website that would interest you. She would like to get started in May so please send your ideas to Sue as soon as possible.

Thanks... to everyone who helped with hospitality at our general meetings! There was always lots of good food, always served up with a friendly smile!! Much appreciated



(Photo Credit
B. Junkins)

CFUW Nepean Activities Interest Groups

Armchair Travel

-Marlene Sylvester

The Armchair Travel group meets on the third Tuesday of each month. We meet in person at Marlene's home in September, October, November, April, May and we use Zoom in January, February, and March.

This year we enjoyed three Travelogues by Mary Alice Hossie about her trips to Vietnam, Panama and Ecuador. Our member Lynne Crocker presented her trip to India (Zoom). Members have enjoyed all the presentations and look forward to future travelogues.

Art Tours

-Dolores Dufresne

There will be a guided tour at the National Gallery on Wednesday, May 28th at 1 pm.

The theme will be Gallery Highlights. The building itself and several pieces of art will be discussed. We will consider the role of a museum and what makes a work of art great.

You are welcome to join us. Please let me if you would like to do so and I will send you the details. Carpooling is available.

Book Club

-Rachel Plouffe

The Women by Kristen Hannah was our March book. This novel brings to light the largely unknown role of women, especially nurses, during the Vietnam War and in the aftermath. Our presenter was able to add some interesting insights from her own travel to Vietnam.

Gremlins were afoot and there was a delay in getting the meeting underway, but we did eventually enjoy a most interesting presentation and discussion.

For our last meeting in May, we will discuss ***Lessons in Chemistry*** by Bonnie Garmus, a novel about one woman's fight against misogyny in the sciences in the 1960s. Funny and engaging.

The 2025-26 reading list is in preparation. It will be available by the end of June for summer reading. If you are considering joining us, please feel free to send a book suggestion to convenor, Rachel Plouffe.

We meet, as always, the fourth Tuesday of every month on Zoom.

CFUW Nepean Activities Interest Groups

Environmental Action Group

-Beth Junkins

The April meeting talked further about food waste including the work of Second Harvest in Toronto and their excellent [research report](#) on the topic. We discussed the use of dates on foods to help reduce waste, and noted the useful [Government of Canada website](#).

Some tips were shared about recycling. If you have a bounty of vases, ask your local florist if they will take them back. For rags, try the Humane Society or the Wildlife bird sanctuary.

When you need a lift on the Environmental front, try going to [Reasons to be Cheerful](#) .

Don't forget [Plastic Free July!](#) It doesn't have to be July and it doesn't have to be for a month – even a single change is an important start!

Lunching Out

-Sharon Carew

Thanks to Dolores Dufresne who organized April 16th Lunching Out at Fratelli's Restaurant in Kanata. Fifteen of our members enjoyed the food at this restaurant.

We will resume Lunching Out next year on the third Wednesday in September. Thank you for your support this year and look forward to many more successful Lunching Out events in the future.

Movie Matinee

-Judy Glass

The movie group concluded the year in April with an action-packed thriller. We viewed *The Amateur* and were kept in suspense as Rami Malek's character used his wits to out smart the bad guys.

I look forward to you joining us next season.

Green Grapevine ‘Spark the Change’

April 22 was Earth Day and this year the theme has been “Our Power Our Planet” – focussing on the need for sustainable and renewable power and reducing our use of fossil fuels for energy.

In Canada, 82% of our greenhouse gases come from energy production – and 75% of our energy comes from fossil fuels. It is increasingly urgent that we turn to other options to meet our energy needs. There is good news on that front as alternatives become more accessible and affordable. The CFUW Advocacy Subcommittee on Environment and Climate Change (ECC) put together a special Club Action Newsletter highlighting renewable energy projects in Canada and around the world – ‘*Capture the sun, harness the wind and waves, spark the change*’. Read the special newsletter [here](#). The CFUW Nepean Sustainable Energy article from this newsletter looks at things that we can do in our daily lives to reduce our use of fossil fuels and is reprinted below.

This is a good time to look at other ways we can ‘spark change’ in our lives. We have Plastic Free July coming up – an initiative to help reduce single use plastic waste. Started in Australia by Rebecca Prince-Ruiz and a small team in 2011, it has grown to be an influential global environmental campaign; in 2024 there over 174 million participants from around the world. (You can learn more about Rebecca’s journey at <https://www.youtube.com/watch?v=tqBUyCOkeNM>, and hear her presentation as part of the CFUW 2022 Environmental speaker series) It doesn’t have to be July and it doesn’t have to be for a month. Think about taking first, or new steps - Go to <https://www.plasticfreejuly.org/> and find out how you can take part.



Making a change can be as simple as increasing your recycling or composting. A lot of new packaging is coming on to the market and it can be confusing to know which bin to use!! Your best friend for waste reduction is the [Ottawa Waste Explorer](#) - it will help you sort out where to put your waste with an easy to use website. Simple type in the item and you will find out if it is green, black, blue bin or landfill or eligible for ‘take it back’ or perhaps needs to go to hazardous waste.

You might be surprised to learn where some items should go: empty flour and sugar bags go into **green bin**; milk cartons and tetra boxes go to **blue bin**; used tissues and food soiled paper towels go into the **green bin**; frozen juice cans to **blue bin**; rinsed cardboard ice cream containers go in the **blue bin**!

Go to the Ottawa Waste Explorer and see if there are things going to landfill in your household that you could divert. Find out what is being done at your residence, church, and social club, and talk to family and friends; see if there is more they could do too.

Every change makes a difference!!

(Note: Plastic Free July Logo used in accordance with [Plastic Free July Brand Rules](#))

Sustainable Energy Use – What can I do??

By Beth Junkins, CFUW Nepean

[*Reprinted from the CFUW Club Action Newsletter, April 17,2025](#)

Energy. We consume vast amounts of energy to run our cars, heat and cool our homes, work our appliances, power our industries (Figure 1).

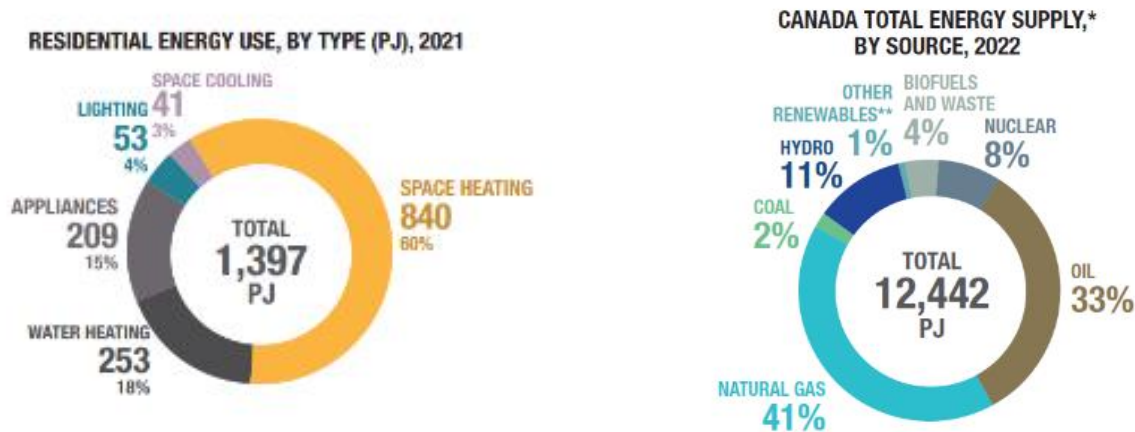
Figure 1

*PJ represents Pentajoules

From Energy Fact Book 2024-2025 Natural Resources Canada pg 49, pg 6 <https://energy-information.canada.ca/sites/default/files/2024-10/energy-factbook-2024-2025.pdf> These figures are copies of an official work that is published by Natural Resources Canada (NRCan) and the reproduction has not been produced in affiliation with, or with the endorsement of, NRCan.

Figure 2

According to the Natural Resources Canada [Energy Fact Book 2024-2025](#), energy is the source of about 82%



of Canada's Green House gas emissions. We are fortunate in Canada to have many rivers and water sources that can provide abundant renewable, non-emitting hydroelectric power. However, there is no escaping the fact that over 75% of the total energy supply in Canada is from fossil fuels. The burning and extraction of these fossil fuels damages our environment, our health, and our future on this planet.

While we may want to decrease our use of fossil fuels, it can be challenging to know just what we can do in our daily lives to make a difference. There seem to be so many barriers;

- *It is such a big issue, what I do won't make a difference*
- *It is complicated*
- *I don't know where to start*
- *Few sustainable options available and they are expensive*
- *It is up to industry and government*
- *I rent and can't do much to change things*
- *I am discouraged by the whole mess*

If you see yourself in one (or more!) of these statements, you are not alone. But there are things that each of us can do to overcome the barriers and take effective action to reduce the use of fossil fuels: to make changes, to connect, and to advocate.

1. Make changes

The key thing to remember is that small steps do add up. The immediate impact may be harder to see in our daily lives than the effect of other changes we may make, like reducing single use plastic. However, they are effective all the same and in no time, you may find yourself saving money! How and where you start will depend on your particular circumstances and budget. Here are ideas to consider – some old, some new:

Heating and cooling your spaces

- Keep the heat and cool in by hunting down the energy stealers: weather strip and seal windows, doors, electrical outlets, increase attic insulation.
- Make sure nothing blocks air flow
- In the winter, reduce the temperature by one or two degrees during the day, turn it down further at night or when you are away from home. ([Reducing 1 degree for 8 hours can save 2% typical energy bill](#)). In the summer turn up the air conditioning (AC) a degree or two and try a ceiling fan along with or instead of the AC.
- Heat and cool only the rooms you need –Close off vents in rooms where you may not spend much time (laundry room, mud room, guest rooms). Look at the grates in the basement; they are needed in the winter for heating but probably not for summer cooling. By closing some vents, you can force more air where you really want it.
- Enjoy the sunshine! On wintery days, open the drapes and use the sunniest rooms of the house. If you have a pool, try a solar blanket instead of a heater.
- In the summer, open windows and drapes to cool down the house overnight and early in the day, then shut them as day warms up. The basement may be cooler for sleeping.
- Let technology help with programmable or even ‘smart’ thermostats. These allow you to manage your heating and cooling preferences more specifically and can save on energy use.
- Maximize the efficiency of your equipment by keeping furnaces and air conditioners well maintained, air filters and ducts clean, and that furnace, HVAC and duct work is sized properly.
- If you are looking at new heating and cooling investments, consider a heat pump, solar panels or high efficiency furnaces, or a combination to move to more sustainable energy sources.

Water Heating

- Find places where you can cut down on hot water use – try laundry in cold water, take showers instead of baths, rinse dishes in cold water.
- Turn your water heater down when you are going to be away.
- Fix leaky faucets and consider a water efficient shower head.
- Look at the size of water heater you need – if you are renting, perhaps you could move to a smaller unit.
- If you are looking at purchasing a new hot water heater, consider a smaller size unit or a water on demand unit.

If you are renting your home, talk to your landlord about energy efficiency upgrades that can save money and increase the value of property while reducing fuel consumption, and there may be grants to help. In a condominium, get involved in the condo board to encourage sustainable and efficient investments.

Transportation

The Natural Resources Canada [Energy Fact Book 2024-2025](#) also provides insight into our energy use for transportation. Over 20% of total greenhouse gas emissions come from transportation and more than half of this is from passenger use in cars, light trucks, aviation, bus, rail and motorcycles; diesel and motor gasoline fueled the vast majority of transportation. But there are things we can do to take a more sustainable approach.

- Try biking or walking - a collapsable cart and bike panniers are great for small shopping trips.
- Save up errands and make fewer trips in the car. Try carpooling with a group– more efficient and more fun too.
- Use public transit where possible.
- Drive more efficiently. Avoid sudden braking and acceleration or idling. Plan your route to minimize the distance .
- Look for local products to help reduce the transport distances for goods.
- Make holiday travel an adventure – think about using trains and buses instead of short haul flights or renting a car – great way to see so much more.
- If you are in the market for a new car, consider a smaller more fuel-efficient vehicle, as well as hybrid or electric versions.

2. Connect

Feeling like you are alone in your 'quest' can be discouraging, but with others who share your vision for more sustainable energy sources can help. Grassroot groups can help you learn about the issues and options, suggest activities, take on group projects and offer encouragement!! They can often help identify industries and companies to support who are taking more sustainable approaches. Don't underestimate the effectiveness of grassroots organizations – they can and have changed the world.

3. Advocate

There are significant changes that must be made by industry and government. Their actions, policies and agreements have a huge impact on reducing our dependency on fossil fuels. With **this Federal election**, get involved; find out the environmental and climate change platform of the officials running for office. Ask questions and speak out so the issues cannot be ignored.

Perhaps the most important advocating you can do is to talk to the people in your life; your parents, children, grandchildren, friends and family. Share with them those things that we all can do to change our use of energy on the planet – the things that we must do.



Photo Credit A. Hobbs

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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