



CFUW NEPEAN NEWS BYTES

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PRESIDENT'S MESSAGE

MARK YOUR CALENDER:

GENERAL MEETINGS and Interest Groups on ZOOM

APRIL 6th 1 PM Anne Alper, will be speaking about the **Stephen Lewis Foundation.**

FRIDAY COFFEE mornings at 10:30
Join in the conversation, laughter and sharing with friends

BOOK CLUB on the 4th Tuesday of the month. Contact **Valerie Barton** to join.
April 27 - American Dirt - by Jeanine Cummins
May 25 - Once We Were Brothers - by Ronald Balson

BRIDGE GROUP on Monday afternoons. contact **Dolores Dufresne.**

ARMCHAIR TRAVEL Betty Ann Grainger
1 PM on the third Tuesday of each month,

April 20: Pat Coroy will take us on a virtual tour of the **CANARY ISLANDS.**

ENVIRONMENTAL ACTION GROUP.
April 1, 2 PM meets on the 1st and 3rd Thursday. To join contact Beth Junkins.

Today it's 14C outside and spring is on the horizon along with vaccines and better times ahead for all of us.

Our March meeting with Dianne Dodd discussed many of CFUW's accomplishments in our 100-year history. The talk illustrated a remarkable tradition of taking action to make life better for women in Canada and around the world.

CFUW Nepean's new Environmental Action Group resulted from our Club's resolution on single use plastics. We can 'walk the talk' and reduce our use of plastics especially single use and non-recyclable plastics? A column, '**The Green Grapevine**' in Bytes will give some suggestions. To join contact Mary Ann Rainer or Beth Junkins.

Some club members joined with CFUW Ottawa and the Netherlands (GWI) to **Stand and Walk to Kabul** to raise awareness about the Afghan peace talks. Our actions will support them in drawing attention to the need for more women's voices at the negotiating table. Only six of the 42 negotiators are women. At stake? Afghan women could be forced to return to the days of Islamic apartheid, incarcerated in their homes, ordered to veil, denied education, employment, and health care. Afghan women have suffered through 40 years of war and we need to support them at this critical period.

Betty Ann Grainger is collecting items or dollars for Interval House to help women and their children who are victims of domestic violence. A list of items is included in this newsletter.

Our Club is busy in spite of Covid. Many of us are retired women with good pensions in the privileged position of being able to speak for those who are busy caring for children or elders, holding down several jobs to make ends meet, and just exhausted from trying to do it all. Let's make a difference - together. Get involved!

Marcia

This year CFUW Nepean researched and drafted a resolution on Single-Use Plastics that was accepted as one of the national resolutions for 2021 CFUW AGM. After our club voted on all national resolutions in February and after a Friday chat about plastics an Environmental Action Group was formed. (Check out our new column on this page). If you want to join and explore what individuals can do and examine what is happening at every level of government. The group is partnering with Ecology Ottawa on June 12 to assist with the free distribution of 15,000 saplings to Ottawa residents. To join the group. Contact Beth Junkins.

Keep Items Out of Landfill

Many materials don't have to go in the garbage. Some common items often disposed: used clothing, bedding and textiles, furniture and bicycles can be reused, recycled or donated. [Give Away Weekend](#) is an opportunity to keep household goods out of the landfill.

Some websites for places dedicated to selling, buying or donating used and/or unwanted items.

- [Full Circles Ottawa](#)
- www.usedottawa.com
- [Ottawa Freecycle](#)
- [Craigslist](#)
- [Kijiji](#)

THE GREEN GRAPEVINE

Charlotte McWilliam

Isolation has a benefit - our semi-structured Friday Zoom chats helped us get to know members of the club much better. After our recent discussion of the 'plastic problem' we formed an Environment Action Group. Most of us already use our own shopping bags and we all had hints to share so we started **the green grapevine** to share environmentally friendly hints for every-day living and shopping.

Here are some of our suggestions, we invite you try to **Refuse, Reduce, Reuse and Recycle**

REFUSE/REDUCE: CHOOSE AN ALTERNATIVE - (when possible)

REFUSE plastic bags

- Take your own cloth bag or reuse plastic shopping bags.
- Metro and Sobeys have paper bags available on request.
- Whole foods uses paper bags, gives \$.10 per bag a customer brings..
- Giant Tiger gives a \$.03 credit per bag a customer brings
- FreshCo. is discontinuing the use of plastic bags

REDUCE plastic wrap

- use an elasticized "shower cap" style bowl covers (available at Dollar Stores)
- use washable "Mind Your Bees" cotton squares covered with beeswax. (available online, made in Canada).

REDUCE plastic containers

- use Dr. Bronner's "All in One" bar soap from Walmart.
- use Tru-Earth laundry strips, online and at Chapters-Indigo. -
- Nature Clean powdered laundry detergent in a recyclable box
- choose products in refillable glass jars eg Fruits & Passion products
- choose alcohol in glass available at the L.C.B.O.

REUSE - items to eliminate waste

- reuse plastic bags for storage and garbage.
- reuse litre milk bags for freezer storage instead of ziplock bags.
- reuse solid plastic containers (margarine, yoghurt and peanut butter jars).
- reuse newsprint to make "Cat in the Hat" bags for garbage and kitchen compost.

RECYCLE - reduce landfill <https://ottawa.ca/en/garbage-and-recycling/recycling#what-goes-your-blue-bin>

- Become familiar with what is recyclable by the city of Ottawa.
- if you don't compost, start now, even condos can do it, contact the city.

Take the challenge Try something you have learned from our coffee klatch discussion. And send any ideas that you would like to share on the Green Grapevine in May.

COMMUNITY OUTREACH

Betty Ann Grainger

Our club is donating much needed items to Interval House during March and April. Donate by purchasing items or donating cash -cheque to Elizabeth Grainger, Cheques to be mailed and dropped off or call for pick-up.

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| | <i>New Items Requested</i> | |
| - <i>Size 6 diapers/wipes</i> | - <i>Baby shampoo/soap</i> | - <i>Gas Gift Cards</i> |
| - <i>Reusable face masks</i> | - <i>Pj's (women & children)</i> | - <i>Toys</i> |

SCHOLARSHIP TRUST FUND

Marlene Sylvester

The Scholarship Committee met in January to organize three fund raising events.

Marlene Sylvester hosted the February 12 Valentine Trivia which raised \$70.

The February Book sale raised over \$400 and Marlene will email a new list at the end of March. Thanks to all who participated.

The March Bottle Drive has been profitable. Pat Coroy and Marlene Sylvester alone have collected over \$160 and \$311.

Thanks to everyone for donating money, time, and effort to the Scholarship Fund. Despite the pandemic , we've come together and worked to achieve our goal: empowering women to advance their education and career opportunities.

MARCH SPEAKER

Sue Carter

On March 2, Dr. Dianne Dodd presented a synopsis of 100 years of CFUW History. Dianne has a PhD in Canadian History specializing in Women's History from Carleton University. We heard about the many accomplishments that CFUW has done. In the early 1920's women had to fight their way into university. They needed to start clubs for women's social, emotional and intellectual support that they were not getting in the workplace or at university. These women developed scholarships so that other women could go to university and fought for them to get jobs that would suit their education. They faced discrimination and were told that they were taking jobs away from men. They organized special events to enable single mothers, Aboriginal and part time workers to go to university.

CFUW fought for educated female refugees and helped them to find work in their fields once they reached their new land especially in and after WW11. CFUW protested when the Justice Dept put on a new extension without any washrooms for women as there would be no women lawyers so why would they need to build female washrooms. The CFUW supported the Royal Commission on the Status of Women for the right to equal pay for equal work. It also fought for daycare and time off for maternity leave.

Ruth Bell, President of CFUW National admonished employers who said they were not able to find qualified female candidates for jobs. She said nonsense, then researched and found qualified candidates and presented their names as potential candidates for jobs.

Dr. Dodd thanked Susan Russell for her historical knowledge of CFUW accomplishments. Dianne concluded by saying that the CFUW should be proud of our mothers who fought for women's work and education. Through them, women enjoy scholarships, better jobs, and higher standards of living today. The collective accomplishments of CFUW are quite amazing. We need to hold up our heads and be proud of what we have done. We had 87 attendees at the meeting on Tuesday. Many were so impressed with the presentation that they ordered the book which Dr. Dianne Dodd wrote. It was an interesting and informative presentation.

CFUW members across Canada joined zoom to hear Dianne Dodd

From Ontario: Ottawa, Kanata, Welland, Scarborough, Kanata, and beyond: Kelowna, Abbotsford, Victoria, Parksville, BC Council , Saskatoon, Calgary, Georgetown, Montreal, Wolfville, NS St John Nfl.

GRADUATE WOMEN INTERNATIONAL

March is the month when The United Nations Commission on the Status of Women meets. This year for the second time, it met virtually.

The work of the United Nations Commission on the Status of Women brings the Government together to discuss gender equality. The Commission hears the representatives of governments who report on progress to and make commitments to gender parity and from the Non-Government organizations who present “parallel’ events on the theme. CFUW and GWI both have special consultative status at the United Nations.

Discussion this year focused on the urgent need to include women as an integral part of the process of rebuilding after the pandemic and speeches repeatedly stated that we can only truly achieve gender equality if we ensure the full and effective participation of women in decision-making.

Worldwide, only one in four parliamentarians, are women. Under-representation in decision-making processes has led to the specific needs of women being overlooked. How can we expect laws to empower women and girls, when women lawmakers themselves, are subjected to online, psychological, physical and sexual violence? Attempts to discourage women from exercising their right to vote and to seek election are pervasive and have profound intergenerational consequences.

Over the years, the General Assembly has adopted many resolutions on this issue, including:

- the Universal Declaration on Human Rights,
- the Convention on the Political Rights of Women,
- the Convention on the Elimination of All Forms of Discrimination Against Women,
- resolutions 58/142, 66/130, 73/148.

The Secretary-General and the Special Rapporteur on Violence Against Women have presented several reports.

Volkan Bozkir, President of the UN General Assembly told the General Assembly delegates that: to create change, we need to recognize that most incidents go unreported, due to stigma, and outdated patriarchal norms, which are often perpetuated, by the media.

Member states were urged to:

- Strengthen legislation against gender-based violence;
- Establish reporting and redress mechanisms, for victims;
- Commit to data collection, election observation, and violence monitoring;
- And consider special and well-designed gender targets.

And to journalists to end gender-based stereotyping, and gendered media coverage, of women in politics and public life.

- For no woman should feel the need, to justify her presence.
- Or make herself smaller, so that others are comfortable.
- Or fear expressing herself, exercising her right to vote, or seeking election to public office.
- No woman should be under threat, underpaid, or underestimated.

We need to make possible, what some may deem ‘impossible’ and to emulate, the resilience of women around the world, in whose name we work. Together, we can become Generation Equality.

Commission on the Status of Women - sixty-fifth session 15-26 March 2021

Women 2000: gender equality, development and peace for the twenty-first century

Statement submitted by the Canadian Federation of University Women, Federacion Mexicana de Universitarias, Graduate Women International (GWI), and Women Graduates - USA, Inc., non-governmental organizations in consultative status with the Economic and Social Council

ADVOCACY COMMITTEE REPORT

Joan Conrod

WALK TO KABUL 10 members and 8 friends and family members have participated in the campaign to raise awareness and support for Afghani women participating in the Afghan peace talks.. Contact Joan Conrod to join for the last weeks of the campaign.



Marlene Sylvester and Caroline Wilson supporting Afghan Women's Rights



GRADUATE WOMEN INTERNATIONAL (GWI) NFA2NFA PARTNERSHIP PROJECT 2021
Afghan Peace Negotiations: Their Perilous Significance for Women in Afghanistan

WALKING TO KABUL
TO SUPPORT WOMEN'S RIGHTS IN AFGHAN PEACE NEGOTIATIONS
March 8 to April 24, 2021

STAND ON THE BRIDGE – Suggested launch of Walk—International Women's Day March 8
[Click here for background and more information.](#)

To focus on women's rights, this event has been part of some CFUW International Women's Day celebrations. To include the event in your Club, it is suggested two-five members stand on a local bridge with appropriate signs and have a picture taken for local press and your own newsletter.



Walking to Kabul—for anyone or group who counts kilometers on foot, skis, or skates.
Starting on March 8, you can sign up for the Walk and we will track your group or your own kilometres travelled to make up a total on this Virtual Walk. The Netherlands NFA will also be participating.

The end of the Walk is April 24 when everyone is invited to a **Webinar** where Afghan women with close ties to the Afghan peace table will talk. Speakers are Dr. Sima Samar, activist and physician, former head of the Afghanistan Independent Human Rights Commission, Habiba Sarabi, one of only four women on the 42 member peace negotiating team, and Mary Akrima, Afghan Women's Network.

Travel with members from around the world as we combine our kilometres on our way to Kabul from Ottawa. Travel routes, photos and reports will be shared regularly.

Information: cfuwwalk@gmail.com (CFUW-Ottawa) ekt_86@hotmail.com (CFUW-North Bay)



ONTARIO COUNCIL ANNUAL GENERAL MEETING

May 14 - May 15

ZOOM

LEAD 2021 - Step into your Power May 14 & 15, 2021 A virtual conference hosted by CFUW Orillia Friday evening keynote: Dr. Wendy Cukier **Women's Leadership in the Economic Recovery** Saturday, May 15th

Registration is open, contact Marcia for more information.

CFUW Nepean: www.cfuwnepean.ca

email us: CFUWNepeanNews@gmail.com

CFUW National: www.cfuw.org

Ontario Council: <https://cfuwontcouncil.org>

Graduate Women International www.graduatwomen.org

CFUW Policy Book copy and paste :<https://www.cfuw-ottawa.org/resources/Documents/Issues%20and%20Advocacy/Policy%20Book%202018-2019.pdf>

Bytes editor - Marilyn Letts