



Canadian Federation of University Women – Ottawa

Capital Carillon

Annual General Meeting

CFUW-OTTAWA AGM and DINNER

Tuesday, May 7, 2013
6:00 p.m. Start and Cash Bar
6:30 p.m. Dinner and Meeting

Restaurant International
Algonquin College
H100, 1385 Woodroffe Ave.
Ottawa, ON K2G 1V8
Registration Deadline:
Thursday, April 25

Directions: At the first set of traffic lights on Woodroffe Ave. south of Baseline Rd. (between College Square Shopping Centre and Algonquin College), turn left onto Navaho Dr. Turn right at the next set of traffic lights. Parking Lot 4 and the Hospitality Centre (Building H) will be on your immediate right. Restaurant International is in that building.

Parking: Parking is free after 5 p.m. in Parking Lot 4 (in front of the Hospitality Centre) and in Lots 8 and 9 on same side of the street as the Hospitality Centre and just east of the Robert C. Gillett Student Commons Building (Building E). All other parking lots are on a pay-per-use basis.

Contact person: Alice Bolt

PRESIDENT'S MESSAGE

NANCY DEVILLERS

The Government of Canada designates April as volunteer month. It is dedicated to the millions of volunteers in Canada who enrich and strengthen our communities in so many ways. Here is an interesting fact – Canada has the world's second largest volunteer sector (as a percentage of total population) with 12 million Canadians volunteering over two billion hours a year. If you are volunteering your time in any capacity, whether it is with CFUW-Ottawa or with another organization, then you are part of that number.

CFUW-Ottawa continues to thrive, thanks to the countless hours many of our volunteers dedicate to the Club. Our Study and Interest Group Convenors work hard so that members can meet each month in an organized way that enhances both learning and fun! Our Board members all devote many hours of work to ensure the success of the Club, whether as Treasurer, VP Membership, *Carillon* Editor, Program Convenor or Secretary - the list goes on. At a time when other service clubs are finding diminished numbers, our membership has remained stable. Instead of offering fewer groups, we are continually adding to them, as well as to our special projects (Dragon Boat Festival).

This newsletter is put together by Mary Butterill over a two week period prior to its appearance in your Inbox or at your front door. Many members contribute articles and pictures making the newsletter a huge project to put together on very tight timelines. And the website continues to be maintained skilfully

by Glenda Levesque. It provides a very professional overview of the Club and all our activities.

So take a few minutes at your next Study and Interest Group meeting to thank the Convenor. And we would love to have you step forward to do a small part to make this Club even better.

The emergence of the milder weather signals that our 2012-13 year is drawing to a close soon (after the AGM on May 7, the Garden Party on June 20, the national AGM in July and

(see **President** on next page)

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the Triennial in August). Since this is the final newsletter of this year, I wish you all a wonderful, relaxing summer. Remember to be home by Sept. 16 for the Season Opener at Library and Archives Canada! See you there.

CFUW-OTTAWA DRAGON BOAT TEAM UPDATE



The puffs of pink smoke rising from the Dow's Lake neighbourhood recently announced a successful vote for

the name of the CFUW-Ottawa entry in this year's Dragon Boat Festival. After 22 amazing and inspiring nominations, team members narrowed the field to a short list before deciding on the **CFUW-Ottawa Dragonauts** as our name. The team's Practice Captain, **Beth Doubt**, has secured **Sue Holloway**, a former Olympian in the canoe sprint, as our coach. Six practices have been booked with Sue, so watch for us on Mooney's Bay in May and June. Team shirts are in the works and excitement is growing. The Dragon Boat Races will be held on June 22 and 23 at Mooney's Bay. We welcome our CFUW-Ottawa supporters. Chocolate also welcome!

Patricia O'Flaherty

Co-Captain, CFUW-Ottawa Dragonauts

Capital Carillon is published monthly from October to May, except for January.

Please send all material for the next issue to the Editor:
Mary Butterill
at marpathb@storm.ca.

Next issue: **October 2013**
Deadline: **Sept. 15, 2013**

Links to electronic issues going back to February 2001 are found under Newsletter, Archives on the Club website at www.cfuw-ottawa.org.



In early March, I was among 17 CFUW members from across Canada who attended [CSW57](#), the 57th session of the Commission on the Status of Women at the United Nations in New York. The Commission operates within the UN Economic and Social Council (ECOSOC) of which CFUW is a member. The theme was "Elimination and prevention of all forms of violence against women and girls", a topic on which CFUW has many policies.

As a first-time attendee, the size and scope of the event was almost overwhelming, with over 5,000 delegates on site from around the world. There were delegations from UN member states and NGOs (Non-Governmental Organizations) such as CFUW. The task of the NGOs is to influence the work of the member states as they debate the issues and strive to reach agreed conclusions. While the formal sessions were happening inside the UN, parallel events were offered by the NGOs. I attended two events sponsored by CFUW ("Women's Right to Freedom from the Violence of Prostitution" presented by CFUW Vancouver and "Gendering the UN Convention Against Torture and Non-State Torture Victimization" presented by CFUW Truro and Women Graduates USA), as well as events that addressed aspects of violence against women in Afghanistan and in Scandinavian countries. It was exciting for me to sit in on one of the formal sessions chaired by Michelle Bachelet, and exhilarating to join my UN sisters in a march through the streets of New



Leila Metcalf and Karen Dunnett (CFUW VP Atlantic) getting ready for the IWD march.

York on International Women's Day.

I was moved by the courage of women from around the world who attended this UN session at considerable personal risk - the woman from Iran who had been arrested and detained upon returning home the last time she attended this UN meeting, the woman from Egypt who said that women there are not giving in, even as their freedoms are quickly being taken away.

In the end, I learned how advocacy works on the world stage. It begins with us here at home when we draft resolutions that we hope will become CFUW policy. I saw firsthand how CFUW policies make their way to the UN. Although there are no easy solutions to the worldwide problem of violence against women, our work is important and does make a difference.

Leila Metcalf

Regional Director,
CFUW Ontario East



From the Environmental Toxins and Health Group

What Do All Those Labels Mean?

Shopping for food that is good for us can be confusing. Supermarket shelves are lined with items labelled **ORGANIC, NATURAL, NO ADDED PRESERVATIVES, GRAIN FED, HEALTHY**. How do we sort them all out?

Health Canada (HC) and the Canadian Food Inspection Agency (CFIA) are responsible for food labelling regulations. Health claims on food labels must be accurate, have a scientific basis, and should not be misleading¹. However, there are no enforceable standards for some claims.

ORGANIC: Foods so labelled have been independently verified by a CFIA-accredited certification body and meet the following criteria²:

- Fruit, nuts, vegetables, grains – no synthetic pesticides, fertilisers or sewage sludge used; not irradiated; not genetically modified (GM).
- Meat, poultry, milk, eggs – no growth hormones or prophylactic antibiotics used; not irradiated; not cloned; fed only organic feed and never animal by-products; animals have access to outdoors and grazing; treatment meets animal welfare requirements.
- Seafood (farmed) – no growth hormones, herbicides or antibiotics; not GM; limited stocking density; pesticides restricted; fed organic fishmeal and never GM ingredients; no colouring or synthetic flavour enhancers; treatment meets most animal care requirements.
- Packaged foods – at least 95 percent of ingredients are organic.

The following categories and their claims have not necessarily been verified²:

- **NATURAL:** Foods and ingredients have not been significantly changed in any way; no added vitamins, minerals, artificial flavours or other food additives.
- **GRAIN FED:** Animals have been fed only grain and grain products; feed is free of any ingredients of animal origin.
- **NO ANIMAL BY-PRODUCTS:** Animal has not been fed any ingredients of animal origin.
- **RAISED WITHOUT ANTIBIOTICS, RAISED WITHOUT HORMONES:** Animals have not been given these drugs (**NOTE:** pigs and poultry are never given hormones).
- **GRASS FED, FREE RANGE, FREE RUN, CAGE FREE, PASTURE RAISED:** These terms have no legal definitions. The Society for the Prevention of Cruelty to Animals can certify animals raised humanely: they must have generous space; no growth-promoting antibiotics or electric prods can be used; and, pain medication is required for de-horning and castration². Hens are cage-free; cattle have access to outdoors; sows must not be kept in gestation stalls.
- **HEALTHY:** No legal definition – **BEWARE!** Read the label – what is low in fat may be high in sugar and *vice versa*; “no preservatives” may yet include nitrites; “contains Omega-3” may mean an insignificant amount; “25 percent less sodium” may apply to a surprisingly small serving size.

¹ www.consumerinformation.ca/eic/site/032.nsf/eng/00043.html

² Benbrook, C. (October 2012). Going organic: What's the payoff? *Nutrition Action Healthletter*, 39 (8). Retrieved April 4, 2013 from www.cspinet.org/nah/pdfs/going-organic.pdf.

OPPORTUNITY TO NAME NEW SCHOLARSHIP

The new CFUW-Ottawa scholarship for a woman with a disability is in search of a name! Because it is being funded through contributions from the membership, it has been called the Members' Gift Scholarship. Fran Harding, the founder of the scholarship, thinks there may be a member or members who might like to name the award for a friend, a colleague or a family member.

“Buildings and athletic venues are often named for a donor or to honour someone. Why couldn't we do this with the scholarship? We have all known individuals whose lives were touched by disability”, said Fran. If you would like to discuss naming the scholarship, please contact Fran at fjharding@rogers.com or (613) 521-3281.

At April 19, 2013, \$2,700 has been raised towards the goal of \$3,000, intended for awards of \$1,000 per year over three years. The amount deemed raised includes a \$1,000 pledge plus \$1,700 in donations. The Club appreciates your support and hopes to continue the scholarship for more than just a few years. **Cheques should be written to CFUW-Ottawa Scholarship Trust Fund, Members' Gift Scholarship and mailed to STF Treasurer, Box 8392, Station T, Ottawa, ON K1G 3H8. Donations by credit card may be done on the CFUW-Ottawa website through CanadaHelps.**



CFUW-Ottawa Decisions on 2013 CFUW Policy Resolutions

Charlotte Rigby, VP Liaison

Sixty people attended the CFUW-Ottawa Resolutions Meeting on April 8, 2013. We thank all members who contributed to the review of the resolutions proposed for 2013 and all who attended this important meeting, especially the Madri-Gals, who provided a musical finale. Five CFUW resolutions were presented, discussed and voted upon. Three were approved as amended, one was rejected, and one was approved without amendment. Here are our final results:

1. BULLYING AND CYBERBULLYING (Montreal Lakeshore UWC)

Presented by Maria Neil **APPROVED AS AMENDED TO READ:**

BULLYING AND CYBERBULLYING: A NATIONAL PREVENTION STRATEGY

RESOLVED: That the Canadian Federation of University Women (CFUW) urge the federal, provincial, territorial and municipal governments of Canada to reduce and prevent bullying and cyberbullying by:

- (i) Raising public awareness about the harm caused by bullying and cyberbullying and enforcing legislation already in place;
- (ii) Requiring educational institutions to train educators and counselors to recognize and address bullying and cyberbullying, integrating such training into core curricula and professional development; and
- (iii) Clarifying the Criminal Code to include cyberbullying communication by means of a computer under the areas of criminal harassment, false messages and defamatory libel, and including restorative justice initiatives as part of the national prevention strategy.

2. HYPER-SEXUALISATION: COUNTERING EXPLOITATIVE CHILD IMAGES

(CFUW Cornwall and District)

Presented by Sue Wilson **APPROVED AS AMENDED TO READ:**

HYPER-SEXUALISATION: COUNTERING EXPLOITATIVE CHILD IMAGES

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada and the provincial, territorial and aboriginal governing bodies to protect children from sexualisation by:

- (i) establishing and enforcing laws that prohibit the use of sexualized images of prepubescent and adolescent children in media;
- (ii) developing an educational program to raise awareness of hyper-sexualisation of children, especially girls, in advertising, commercial products, and mass media, and its adverse effects on self-image and healthy development;
- (iii) developing media literacy that counters sexist socialization; and
- (iv) allocating resources to programs that (a) expose the relationship between hyper-sexualisation and gender inequality in society; and (b) support positive role models and the positive depiction of women.

3. THE NEED FOR A FEDERAL COMMISSIONER FOR CANADA'S CHILDREN (CFUW South Delta)

Presented by Maria Neil **APPROVED AS AMENDED TO READ:**

ESTABLISH THE OFFICE OF THE COMMISSIONER FOR CHILDREN AND YOUNG PERSONS

RESOLVED: That the Canadian Federation of University Women (CFUW) urge the Government of Canada to:

- (1) Establish an independent federal Children's Commissioner with necessary resources to conduct comprehensive and systematic monitoring

of all children's rights and to ensure the implementation in Canada of the UN Convention on the Rights of the Child (the UNCRC) ratified by Canada in 1991;

- (2) Promote public education about the UNCRC and ensure the rights of all children in Canada; and
- (3) Review all Canadian legislation for compliance with the UNCRC and all other international conventions which Canada has ratified including the UN Optional Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Child Pornography, the UN Convention against Transnational Organized Crime and its Protocol to Prevent, Suppress and Punish Trafficking, and the UN Convention on the Elimination of Discrimination against Women; and to implement fully all the terms of these documents.

4. AN ADEQUATE INCOME FOR ALL CANADIANS (CFUW Guelph)

Presented by Lynne Bond **NOT APPROVED**

RESOLVED, That the Canadian Federation of University Women urge the federal, provincial and territorial governments to implement a basic income program that ensures that all adult residents of Canada, as defined for tax purposes, receive an income adequate for the necessities of life including safe housing, nutritious food, clothing, transportation and other basic needs.

Rationale for non-approval: CFUW-Ottawa supports the intent of the resolution. We agree that Canada needs a program(s) that would provide adequate incomes for Canadians, and applaud the work that the proposers have done on this difficult issue. However, our members were concerned that the terms were not clearly understood. CFUW already has policy on poverty, and this resolution calls for a different approach but we need more precise definitions and more clarity of concepts before we can support it.

5. REDUCTION OF DIETARY SODIUM (CFUW Ottawa)

Presented by Dorothy Phillips **Approved without amendments to read:**

REDUCTION OF DIETARY SODIUM

- 1. **RESOLVED,** that the Canadian Federation of University Women (CFUW) urge the Government of Canada to amend the Food and Drug Regulations to change the basis of the Daily Value (DV) for sodium calculations on food labels from 2300 mg to 1500 mg to reflect the current Adequate Intake (AI) level.
- 2. **RESOLVED,** that CFUW urge the Government of Canada to work with the food industry to establish sodium reduction targets by food category so that Canadians can consume a healthy, varied diet without exceeding the current Adequate Intake (AI) for sodium levels (1500 mg/day for adults).
- 3. **RESOLVED,** that CFUW urge the Provincial, Territorial and Municipal governments to establish sodium levels for food services and restaurant food so that Canadians of all ages may enjoy healthy meals in restaurants, institutions and cafeterias without exceeding age-appropriate recommended sodium levels.
- 4. **RESOLVED,** that CFUW urge the Government of Canada and the Provincial, Territorial and Municipal governments to promote public awareness of healthy, age-appropriate levels of sodium consumption based on the current Adequate Daily Intake (AI) (1500 mg/day for adults).

Supporting HIPPY Ottawa – A CFUW-Ottawa Club Project

Now completing its second full year, the CFUW-Ottawa Club Project to Support the HIPPY Ottawa Program (Home Instruction for Parents of Preschool Youngsters) continues to be very successful. Over the past year HIPPY Ottawa served 56 parents and 68 children.



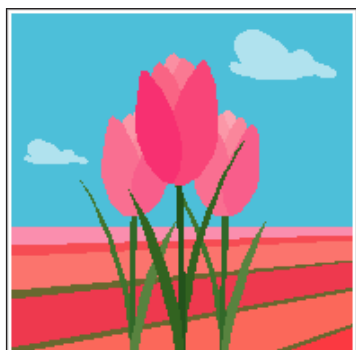
Photo by: Carol Hinde

Eighteen CFUW-Ottawa volunteers provided:

- help at monthly meeting/event for the HIPPY families throughout the school year. Duties include: childcare, greeting and registration of families, food preparation and cleanup, and general interaction with the HIPPY families, most of whom are recent immigrants to Canada;
- administrative duties for the HIPPY Ottawa Program Coordinator on a weekly basis; and
- assistance to the HIPPY Ottawa Program Coordinator with event themes/topics and logistical advice in planning events, coordinating our volunteers for each event.

Feedback from the HIPPY Program Coordinator on CFUW-Ottawa support received has been extremely positive and heartfelt. CFUW-Ottawa members have proven themselves to be a reliable, flexible and caring volunteer work force and were ready to step up to the challenge of the Program increasing the number of families this year. We're looking forward to another rewarding year next year.

Carol Hinde, Janet Hagey and Nancy Simmons-Wright
Co-Convenors, HIPPY Project



Proposed Slate of Officers CFUW-Ottawa, 2013-14

EXECUTIVE

President:.....**Nancy DeVillers**
 Past President:.....**Wilma Clapham**
 Secretary:.....**Mary Houston-Lambert**
 Treasurer:.....**Pierrette MacLean**
 Vice President, Communications:**Sue Hurtubise**
 Vice President, Liaison:.....**Charlotte Rigby**
 Vice President, Membership:**Nancy Simmons-Wright**
 Vice President, Operations:.....**Jean Chapman**

BOARD MEMBERS

Carillon Editor:**Mary Butterill**
 Program Co-Convenors:**Abla Sherif & Nancy Simmons-Wright**
 Projects Convenor:.....**Wilma Clapham**
 Scholarship Trust Fund Chair:.....**Dawn Smith**
 Scholarship Trust Fund Treasurer/
 Assistant Treasurer,
 CFUW-Ottawa:.....**Pierrette MacLean**
 Study & Interest Groups Convenor:**Patricia O'Flaherty**
 Website & Internet Services
 Convenor:**Glenda Levesque**

COMMITTEE CHAIRS/CONVENORS

Appointments/Talent Bank
 Convenor:**Margaret Pimm**
 Funds Raised Chair:**Alice Bolt**
 Holiday Party Co-Chairs:**Alice Bolt & Mary Partington**
 Hospitality Convenor:.....**TBA**
 Membership Administration
 Convenor:**Carol Hinde**
 Program & Annual Report Editor:**TBA**

STANDING COMMITTEE CHAIRS

Education:**Daphne McCree**
 Legislation/Other:.....**Lynne Bond**
 Environmental Toxins & Health:**Charlotte Rigby**
 Status of Women & Human Rights:**Sue Wilson**

SCHOLARSHIP TRUST FUND TRUSTEES

Chair:**Dawn Smith**
 Convenor:**Margaret Haines**
 Secretary:.....**Sheila Waugh**
 Treasurer:.....**Pierrette MacLean**
 CFUW-Ottawa Treasurer:.....**Pierrette MacLean**

MEMBERSHIP FLASH

It's that time of year again! You can now renew your 2013-14 membership either online or by mailing in your completed Registration Form (see www.cfuw-ottawa.org/membership). Your membership renewal will be mailed to you in August if you have not provided us with an email address.

Your email address is your access to the website. It is essential to use only one email address when accessing the CFUW-Ottawa website. If your email has changed since you last registered as a CFUW-Ottawa member or, if you have any questions, please contact me at [membership@cfuw-](mailto:membership@cfuw-ottawa.org)

ottawa.org before proceeding.

For the first time in more than five years, the fee for full members is slated to increase, due to both an increase in fees at the national level and in our club's costs. Upon ratification by members at our AGM on May 7, it will go up by \$15 to **\$115**.

The printed version of the Membership Directory is for sale again this year for **\$6**. To order a copy, purchase it when you renew your membership. It will be mailed in early November to those that have paid for it. The online directory is available to all current members of CFUW-Ottawa at no cost.

Renewing your Membership Online:

LOGIN

1. Go to www.cfuw-ottawa.org.
2. Click on **Membership** (In the blue menu on the left side).
3. Choose **"Online Renewals"** from the sub-menu.
4. Login with your email address and password. If this is your first login or if you have forgotten your password, press **"Forgot password"** and follow the instructions.

REGISTRATION RENEWAL

5. Once logged in, the **"My profile"** page appears. Click on **"Renew until September 15, 2014"** in the white box to the right.
6. The **"Membership renewal"** page appears. [Review and update your member profile](#). Once complete, click on **"Update and Next."**
7. Review your information, then click on **"Confirm and proceed with payment."**

PAYMENT

8. The **"My Profile"** page reappears with a list of your transactions with the Club. The top listing is the Invoice for Membership Renewal. At this point, choose to either **"Pay Online"** or select the Blue Invoice Number to obtain the mailing address to pay by **cheque**.
9. The online payment option links to the PayPal website where you can either pay using your PayPal account or pay by credit card. If paying by credit card, enter all the information requested and ensure the address you give is the billing address for the card. PayPal will send you a receipt by email.

If you encounter a problem or have a question, contact me at membership@cfuw-ottawa.org.

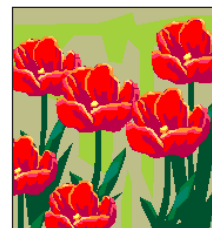
Carol Hinde

Membership Administration Convenor

New Scholarship Winners

The following 2 recipients are added to the list of 2012-13 CFUW-Ottawa STF Scholarship Winners:

1. **Harriet and Eugene Forsey Scholarship (\$1,000)**
Emmet Collins
PhD, Canadian Federalism
(Carleton University)
2. **Alice E. Wilson Scholarship in Geosciences (\$1,000)**
Laura Olson
M.Sc. (Carleton University)



CFUW 2013 AGM & Conference July 11-14, 2013

Sheraton Cavalier Saskatoon Hotel
612 Spadina Crescent East,
Saskatoon, Sask.



REGISTRATION IS NOW OPEN!

Go to www.proreg.ca/cfuw_welcome.php for registration instructions and information on tours, accommodation, dining and more, and to register.

Report any problems with the registration form to cfuw@ProReg.ca or call ProReg Registration Solutions toll-free at (866) 760-2005.

To book your accommodation at the Sheraton Cavalier Hotel, click [here](#).

Save the Date for the 2013 Ontario East Regional Fall Gathering!

This year is CFUW-Ottawa's turn to host the Ontario East Regional Fall Gathering (RFG). Regional Fall Gatherings are a great way to hear from Ontario Council executives (including CFUW-Ottawa's Leila Metcalf) and club presidents about what other clubs are doing, and to meet or reconnect with members from CFUW clubs in the Eastern Ontario area (Belleville, Cornwall, Kanata, Kingston, Nepean, Perth, Peterborough and the host of last year's RFG, Renfrew).

Saturday, Oct. 19, 2013 is the date, **Emmanuel United Church** (691 Smyth Road, Ottawa) the location, and **"Finances for Women"** the theme.

So save the date!

The registration deadline is Oct. 9, 2013 with a fee of **\$35** (a late fee of **\$5** after that date). Please note that as soon as the registration mechanism for the RFG is set up, an announcement will be made.

The Local Arrangement Committee (LAC) is working hard to make sure that this event will be enjoyable and useful to our members. If you'd like to help with the RFG, please contact me at nesw@rogers.com. There's lots to do!!!

Nancy Simmons-Wright

Chair, Local Arrangements
Committee, CFUW Ontario East
Regional Fall Gathering

Are You a 50 Year CFUW Member??

CFUW-Ottawa last recognized its 50 year members in 2005. Several more of our members will have reached the 50 year mark by now, and we need to know who they are. NOTE: *The 50 years or more may include membership in other CFUW clubs, not just CFUW-Ottawa.*

We are planning to celebrate 50 Year Members early in the new season. Call Nancy DeVillers at (613) 742-5599, if you qualify or know someone who does.



SPRING ISSUE OF DIPLOMAT MAGAZINE FEATURES UWHAW

A smiling picture of Dr. Sima Samar, the remarkable physician whose dedication inspired the formation of CFUW-Ottawa's University Women Helping Afghan Women, tops Dianne Rumery's excellent article about the commendable work of UWHAW, originally published on page 20 of the Spring 2013 issue of *Diplomat & International Canada*.

The "Road to Istanbul" (see also article on page 10 of this issue) and the myriad successful activities the group has undertaken since its beginnings in 2010, are described, including wide-ranging study, advocacy and fundraising for girls' education.

The article points out that CFUW, founded in 1919, has kept a wary eye on the Canadian government since the early days of women's emancipation. The UWHAW Study and Interest Group is part of the pattern of vigilance and voice that CFUW has effectively sustained to this day.

The quarterly glossy magazine that targets diplomatic missions in the National Capital Region, is edited by Jennifer Campbell, who also writes a column in the Citizen called *Diplomatica*, where our Diplomatic Hospitality Group has often appeared, as have members of UWHAW.

You can access Dianne's article in *Diplomat & International Canada* online at diplomatonline.com/mag/2013/04/helping-afghan-women-find-their-place-in-civil-society/. Paper copies of the Spring issue will be available at Chapters and Mags & Fags.

Growing up in Canada 100 Years Ago

Dorothy Horwood, one of our longtime active members and generous scholarship donor, has recently written a memoir of her mother, Monica Philbrick Flannery (1898-1996), in photo below left. *From Monica with Love: Sketches of the life of an English Quebecer in the early 20th Century*, based on Monica's letters, notes and conversations with Dorothy, was published in 2013 by Baico Publishing.



On the education of girls at that time, Dorothy summarizes from the book: "My grandfather, who was born about the time of Confederation, was ahead of his time in advocating that women should be educated. He believed that every girl should have some way of earning a living should she have the need to do so. Thus, it is nearly 100 years since he followed his

own advice and gave each of his four daughters a college education. My mother, Monica and her sister, Reuby, went to Macdonald College, McGill University

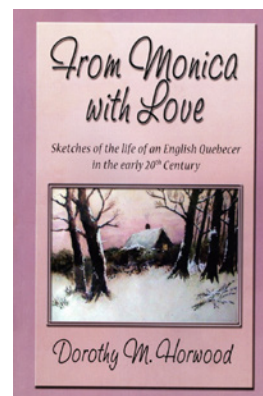
and became teachers. Harriet attended Bishop's University and became a French specialist, and Charlotte went to Stanstead College and learned business practice".

However, Dorothy adds, her grandfather controlled the paths which his daughters followed. Though her mother really wanted to be a nurse and help the war effort, he refused because a cousin of his had died while training to become a nurse at the Royal Victoria Hospital in Montreal. She had contracted scarlet fever in the Contagious Diseases Department.

The options for women in those days were few. A woman's career ended when she married.

The picture on the front cover on the above right is a reproduction of one of Monica's watercolours, painted *circa* 1919.

For further information, please contact Dorothy.



Save the Date!

CFUW-OTTAWA 2013-14 SEASON OPENER

Date: Monday, September 16, 2013
Time: 7 p.m. - 8:30 p.m.
Place: Library and Archives Canada, 395 Wellington St. Ottawa ON K1A 0N4
Description: Called Registration Evening prior to 2012-13, the 2013-14 CFUW-Ottawa Season Opener will provide an opportunity for non-members to join the Club, for renewing members to reconnect and for both new and renewing members to sign up for the over 40 Study and Interest Groups, four Issues Groups, two Service Groups and three Club projects. We invite women graduates and non-graduates who support the mission and purpose of CFUW-Ottawa to join the Club.

We will have visitors from the community attending to decide if CFUW-Ottawa is right for them. The Season Opener is an opportunity for us to showcase our Club and tell those interested in joining us about CFUW-Ottawa. Each of us can be an ambassador for the Club that evening. If you meet a non-member or a new member, please introduce yourself and make her feel welcome.

Registration forms will be available for **new** members to sign up for the Club. Our hope and expectation is that most of our **current** members will renew over the summer months either online (www.cfuw-ottawa.org/membership) or by mailing in their renewals. However, there will be a drop box for renewing members to leave their completed registration forms and payment.

Please mark your calendars and spread the word to your friends, family or business associates who may be interested in joining us. We look forward to seeing all of you there!

Ontario Council Standing Committees Meetings – March 16, 2013

The morning session of the CFUW Ontario Council meeting in Toronto on March 16 addressed “**Human Trafficking - Control, Exploitation, Profits**”.

Karlee Anne Sapoznik, President and Co-Founder of the Alliance Against Modern Slavery, **Aura Burditt**, Chair of the London Anti-Human Trafficking Committee, and **Loly Rico**, President of the Canadian Council of Refugees, gave comprehensive and detailed presentations that addressed the problems associated with human trafficking: sexual servitude, servile forced marriage, and the vulnerability of immigrant women working as domestics.

Coercion of victims in the sex trade is both mental and physical, and can include tattoo branding. Often victims are moved around from one city to another, which further isolates them. Organized crime is deeply involved worldwide and realizes enormous profits through trafficking. In Ontario, groups like Hell’s Angels are active. Victims include foster children, those who suffer from drug addiction and mental illness, who are poor, who lack education. Many victims are young native women. It is estimated that there are as many as 27 million persons in slavery worldwide.

There is a great need for victim support services. Education is a key element in rehabilitation and protection. It takes about three to five years to achieve a successful outcome. Law enforcement personnel, judges and social service workers all have important roles to play. Recently in Hamilton, RCMP constable Lepa Jankovic was instrumental in uncovering Canada’s largest known human trafficking ring. The groundbreaking case led to arrests of three traffickers and rescue of 23 victims.

The afternoon session of the Standing Committee on Status of Women

and Human Rights continued discussion on human trafficking. **Stan Burditt**, founder of Men Against Sexual Trafficking (MAST), spoke about his work. Like any business, sex trafficking is driven by demand. The goal of MAST is to educate men about the harm being done to the souls and dignity of innocent victims.

The guest speaker at the afternoon meeting of the Standing Committee on Education was **Mary Jean Gallagher**, Assistant Deputy Minister and Chief Student Achievement Officer, Ontario Ministry of Education. She leads the Ontario Government’s drive to improve student achievement, specifically in literacy and mathematics as measured by province-wide testing. Much of her work is with school boards, as the Ministry of Education is currently attempting to broaden the dimensions of math education. Ontario students continue to improve on national norms

and are among the best on international norms. The high school graduation rate has increased considerably over the past five years.

Janice Treciokas (on human trafficking) and **Leila Metcalf** (on Ontario education)

CFUW-OTTAWA HOLIDAY PARTY



Clark Room, RA Centre
Sunday, Dec. 1, 2013

Mark Your Calendars Now!

EASY GOURMET BIDS FAREWELL TO WINTER

On March 6, the Easy Gourmet Group enjoyed a lovely (optimistic!) “Farewell to Winter” dinner, coordinated by Judy Pillai, at the home of Carol Bell Thompson. The tasty meal included fig and pistachio appetizers, cashew chicken curry and a lemon meringue cream (in photo to the right).



Clockwise from left to right:

Anne Alper, Anne Madden, Hally Siddons, Donna Elliott, Ann Flynn and Judy Pillai.

Photo by: Carol Bell Thompson

On the Road to Istanbul

As members of University Women Helping Afghan Women (UWHAW) became increasingly aware of the culturally complex and perilous society in which Afghan women live, they were convinced that the future of these girls had to be on the agenda of the [IFUW Triennial](#) in August 2013.

Continuing research, extensive networking internationally, hundreds of emails and much wordsmithing later, education for Afghan women will be featured in a Seminar scripted by UWHAW, in a five affiliate Workshop with Canada in the lead, in a Resolution from Australia and Britain which Canada will second, and hopefully, with the initiation of an Afghan federation.

The Seminar will examine extreme inequalities in educational opportunities for girls and how they jeopardize a sustainable future for Afghanistan, a lead in to the Workshop that follows the same day. Created and partnered by multi-affiliates, the Workshop will hopefully be more powerful than one led by a single federation.

Getting this kind of international engagement wasn't an easy task. To begin, UWHAW sought to interest CFUW

members across the country with special sessions on this issue at the CFUW AGMs in St. John's, 2011, and Victoria, 2012. IFUW members attended both sessions and when U.K. and Australian members suggested a resolution regarding Afghan women for Istanbul, they were referred to us. An electronic conversation began which grew over time to include Rwanda, the U.S., as well as the U.K. and Australia.

The Seminar preparation, while lengthy, was in-house; getting interna-

31st IFUW
Triennial Conference
16-21 August 2013 - Istanbul



tional co-operation on the Workshop was another issue. In the end, Hally Siddons, Leila Metcalf and Norma Pike prepared a draft proposal.

A family holiday in Australia allowed Hally to meet with IFUW affiliate contacts from Rwanda and Australia – first meeting with Rwandans in Sydney, and then, with Australians in Perth (see photo to the left). Both approved our Ottawa proposal, wanted to join our efforts and contributed further ideas.

With three affiliates on board, the proposal was sent to contacts in the U.K. and the U.S. who also agreed to join us.

To quote the workshop proposal:

“In keeping with the conference theme and IFUW policy, this workshop will focus on sustainability in education for Afghan

girls and women. A sustainable system of education can lead to lasting economic and social development for all. The workshop will present and identify possibilities to help Afghan girls and women overcome educational barriers. The format will be participative. Canada will chair; five affiliates will partner; panel members will present actions that work. Following a breakout session, the workshop will conclude with a plenary to generate ideas for action back home.”

We are particularly pleased that our inspiration, physician and activist Dr. Sima Samar, will join us at both the Seminar and Workshop to be the Afghan voice.

A successful Resolution will also live on after the Triennial to call attention not only to the right of education for Afghan girls and women but indeed the right to education for all people.

Hally Siddons and Dianne Rummery
University Women Helping Afghan Women Study and Interest Group



From left to right: Lynda Roberts-Hall, Coordinator for International Relations (CIR), Australian Federation of Graduate Women (AFGW), Hally Siddons, Co-Chair, UWHAW and Dr. Madeleine Laming, President AFGW.

A SUMMER EVENING GARDEN RECEPTION “VOICES FOR AFGHAN WOMEN”

A Special Treat is Waiting for You!



Photo by: Ülle Baum

Date: Thursday, June 20
Time: 5:30 p.m. to 7:30 p.m.
Location: The Home of Hugh and Hally Siddons
52 Forest Hill Ave.

The Study and Interest Group, University Women Helping Afghan Women, invites you, husbands and friends to a summer evening of delicious refreshments, brief

presentations by noted guests and good conversation. Additional surprises await your arrival!

Treats: Hors d'oeuvres, wine, non-alcoholic drinks and more

Cost: \$45 per person (same as in 2011!)

Tickets: Limited tickets available! Register until the end of May with Alice Bolt at (613) 731-5221, after June 1 with Lorna Bickerton at (613) 592-3821, or at the AGM Dinner on May 7.

Deadline: June 10 or while tickets last

Proceeds: To support the education of girls at Dr. Sima Samar's Gawharshad Institute of Higher Education in Kabul