



Canadian Federation of University Women – Ottawa

Capital Carillon

January General Meeting

DATE: Monday, January 11, 2010
 TIME: 7:30 pm
 PLACE: St. Timothy's Presbyterian Church, 2400 Alta Vista Dr
 SPEAKER: Marc Mayer, Director of the National Gallery of Canada
 TOPIC: "The Uses of Art"

Marc Mayer was appointed as the new director of the National Gallery of Canada effective January 19, 2009. A 1984 graduate of McGill University with an Honor's degree in Art History, he has held a number of important curatorial positions in Canada and abroad and became the eighth director of the Musée d'art contemporain de Montréal in 2004. Throughout his career, Mr. Mayer has been recognized for his extensive knowledge of contemporary Canadian and international art, his energetic leadership style, and his outstanding intellectual capabilities. He is fully bilingual and is proficient in German and Italian.

PRESIDENT'S MESSAGE

As I write, the holiday season is about to begin. Recent months have flown by in a whirlwind of planning and doing. In addition to their involvement in ongoing Club activities, many members are working on initiatives to celebrate our Centennial. I am truly impressed by their dedication and commitment (translation = brilliant ideas and readiness to work hard). Plan-

(see **President's Message** on next page)

DOWN THE DECADES !!HAPPY BIRTHDAY TO US!!



AT THE NATIONAL ARCHIVES AUDITORIUM
 WELLINGTON ST

Monday, January 18, 2010
 7:30 pm

Daryl Lindberg and friends have joined forces with
 The Ottawa Little Theatre
 (CFUW was the founding mother)
 to produce

DOWN THE DECADES

Embellished with what the fashionable
 wore in the decades since 1910

beginning with the oriental opulence and later hobbled skirts that
 allowed a flash of ankle in the 1910s.

The show will be narrated to include our hundred-year story

PUBLISHED AUTHORS AMONGST US

Patricia Bays is collecting books published by members since 1910
 They will be displayed at the Birthday Party

Tickets are \$10 and will be available from
 Alice Bolt, Wilma Clapham, Joan McKee and Jame Wandell
 at the Holiday Party and the January General Meeting

Ticket includes birthday cake, of course, tea and coffee

Champagne will be available for purchase.

President's Message (continued)

ning for "Down the Decades", our Happy Birthday event, is led by Mary Partington, Daryl Lindberg and Patricia Bays. Hally Siddons and Karen Thorington and their team of Local Arrangements Committee Chairs, along with Committee Members, are preparing the CFUW 2010 AGM. Our Club's Holiday Party has been planned by Jane Wandell, Wilma Clapham and Alice Bolt. The list of already accomplished events this year includes a sold-out Musical Lunch at the National Arts Centre where, thanks to Mary Partington's initiative, members and their guests enjoyed fine dining and a beautiful solo cello performance.

In addition to hosting the 2010 AGM for CFUW, CFUW-Ottawa members have been invited to participate in the work of our organization at the national and provincial levels. This is excellent news for our Club, and we congratulate Charlotte Rigby, Kringen Henein and Olga Lee who will work on CFUW's 2010 Resolutions Committee to review one or more draft resolutions. Olga and Charlotte recently participated on behalf of CFUW Ontario Council in providing feedback to the Ontario Ministry of the Environment on a draft regulation under the Ontario Toxics Reduction Act 2009.

Last year CFUW (National) ran a substantial deficit. In response to concerns expressed by the membership, a Governance Task Force came up with

recommendations that clubs are asked to review and vote on in mid-February. This item will be presented and discussed at our General Meeting on January 11. I refer you to "The Governance Task Force" on page 7 for the Recommendations, and to <http://www.cfuw.org/strategic-plan.aspx> for access to the online Governance Forum.

Our October and November General Meetings featured outstanding Guest Speakers and productive Business Meetings. We had several major items requiring approval of the membership, and I particularly appreciate the support that members gave to Board recommendations. This validates the work of your Board and motivates us as we carry out our responsibilities on your behalf. I am grateful for the excellent work of Board members, and appreciate their support.

My warmest wishes to each of you for joy and the company of friends and family throughout the holidays, and all the best in our Centennial year.

LEILA METCALF

Dorothy Horwood Health Sciences Scholarships

The CFUW-Ottawa Scholarship Trust Fund committee passed a motion to award two \$3000 scholarships for one time only in the academic year 2010/2011 at the University of Ottawa, to be named the Dorothy Horwood Health Sciences Scholarships. The scholarships will be awarded to two women science graduates planning to pursue a Master's degree in Health Sciences.

Dorothy's generous gift is intended to support women science graduates at a critical level in their studies. This donation is a wonderful way to celebrate the Club's Centennial year.

HOLIDAY PARTY

on
Sunday Dec, 6, 2009
noon to 3:00 PM

Clark Room, RA Centre

Tickets available
until Monday Nov. 30, 2009



Calling all Book Lovers

In partnership with CFUW, CARE Canada will launch a pilot version of its national book club in January 2010. They are pleased to be offering CFUW members across Canada exclusive access to this new and exciting initiative.

A book club with a twist, each feature book will be accompanied by the unique perspectives of CARE staff who work in the field. Explore the struggles and successes of women in the developing world and perhaps challenge the assumptions you may have about the global south. There will also be an opportunity for Clubs to post their comments online and interact with the virtual community. Usher in the New Year by taking part in the debate with thousands of readers across Canada!

Deadline for sign up and book selection is December 1, 2009.

For information and to register please copy and paste this link into your internet browser, and then scroll down: <http://cfuw.org/cfuwcare-canada-book-club%21.aspx>

Capital Carillon is published monthly from September to May

Please send all material for the next issue to Dianne Rummary at mdrummary@rogers.com

Next issue: **February 2010**
Deadline: **January 15, 2010**

<http://cfuw-ottawa.org/>

Update on Our AGM/Conference

Putting the AGM/Conference together is like weaving and working threads of a tapestry into a work of art. The colours are working now. Things are coming together.

These annual gatherings are joyful and stimulating events that seek to develop personal growth and the growth of each Club, conduct national business, and learn new and exciting ways and ideas to help shape our future. In this case, Afghanistan is the high profile example used to give structure on Women Helping Women whether it is in developing countries or here at home.

Having the AGM/Conference on home territory is a great opportunity for members in this region to attend whether for the entire three days or for designated sections of particular interest. But those who are veterans of these annual meetings regret missing any part of them!

The main speakers have been confirmed. You might be interested to know that Dr. Samar, who will address the Saturday night Gala was amongst the candidates for the Nobel Peace Prize recently awarded to US President Barack Obama. **She was also appointed Honorary Officer, Order of Canada this past summer.** Besides her human rights work in Afghanistan and educating and healing women and girls there, she is a special UN envoy to Darfur, Africa

Senior leaders from CIDA and DFAIT have been invited to join Gen-

eral Natynczyk in the Dialogue on diplomacy, security and development working together in a developing country. Highly recommended experts from a variety of NGOs have been invited to speak on the Panel and then with assistant facilitators to lead the workshops. We now await replies but are very encouraged. Detailed planning continues with the Marriott Hotel. One LAC Committee is even working on inserting fun and games into the program.

Most importantly, a small group is working diligently on raising resources to help defray expenses, which are unfortunately higher in Ottawa than in other major centres. Mary Partington's Musical Lunch at the NAC, Hally Siddons' elegant luncheon at her home and Salwa Hafez's fun bridge and "middle-eastern luncheon" were celebrations that raised money and participants had a great time. Study and Interest groups are creating energy with their fund raising activities. Every little bit helps.

We are also getting in touch on an individual basis with the 111 Clubs across the country, asking them to print news of this major upcoming event in their publications and discuss coming to Ottawa at their regional gatherings. We are suggesting they plan a holiday around the July date; we're giving them lots of lead-time! If you have any contacts in CFUW clubs do tell them what a fine time we are planning for them in Ottawa.

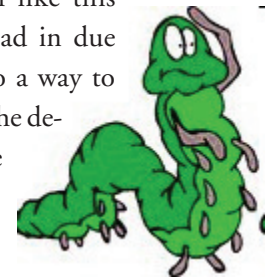
Dr. Jane Yack on Bugs

Kringen Henein introduced Professor Jane Yack, Associate Profes-

sor in the Department of Biology at Carleton University, to speak about bugs who hear.



She has discovered that insects have "ears" on many parts of their bodies, presumably evolved to help insects to detect predators. Some insects make noises, some to repel enemies, others perhaps to locate each other. She gave examples of caterpillars and bark beetles, noting that the latter may be able to detect the ultrasonic noises made by trees in distress. Research like this might lead in due course to a way to disrupt the destructive activities of pine beetles.



While attending Carleton, Dr Yack was inspired by a Professor of Neuroethology on a summer job, and went on to a Master's and a PhD from the University of Toronto, where she studied the unexpected phenomenon of hearing in insects. She also discussed the challenges of melding research, teaching, travel, marriage and parenthood, noting the particular challenges for women.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

ENDOCRINE DISRUPTING CHEMICALS Part III: Boys and Men (*The Disappearing Males*)

Endocrine Disruptors (EDs) are chemicals that can interfere with key hormone-regulated body functions, including sexual development, and growth. Examples include: phthalates and Bisphenol A in cosmetics, fragrances and plastics; alkylphenolics in cleaners and detergents; polybrominated diphenyl ethers (PBDEs) and other chemicals in flame retardants; and many pesticides. We inhale EDs in dust, we absorb them through our skins, and we ingest them in food and water. In Parts I and II of this series we described some effects of EDs on children and adults, and on girls and women.

Male reproductive systems are exquisitely sensitive to synthetic sex hormones (estrogens in females and androgens in males) and to those EDs that are so similar that they can mimic or inhibit their action.

Since the 1980s, biologists studying our rivers and lakes have frequently observed individual fish that have both male and female reproductive organs. Reproduction rates in many fish, birds and marine animals have been severely reduced, to the extent that the survival of some species is threatened. Many scientists blame pollution with "gender bender" EDs, including estrogen-containing pharmaceuticals flushed down toilets that enter municipal waste water effluents.

Alarming similar effects have been reported in humans. In recent years health officials have reported a decrease in the numbers of baby boys being born (in one Canadian community, there are now three times more girls born than boys!) Developmental and malformation problems in baby boys (such

as undescended testicles and/or hypospadias) have skyrocketed. Sperm counts (and sperm quality) of normal men have declined. Many scientists believe that pesticides that contain EDs with estrogenic or anti-androgenic effects are a major cause of these troubling trends.

FOR MORE INFORMATION:

"The Disappearing Male": <http://www.cbc.ca/documentaries/docplayer2.html?playlistId=f21067aabbfdece3076458e7e035e69febe7cfe7&id=911913844>

WHAT WE CAN DO:

- Return unused pharmaceuticals and birth control preparations to your pharmacy for safe disposal; if you flush them down the toilet they enter our lakes and rivers;
- Furniture treated with PBDE-free flame and stain repellents is available. Insist on it.
- Vacuum and dust your home regularly to reduce PBDE-containing dust.

SOME GOOD NEWS ABOUT EDS:

- Canada has initiated action to ban certain PBDEs from stain repellents and fire retardants.
- Health Canada recently announced support for new research on the effects of prenatal exposure to phthalates and bisphenol A on the genitals of baby boys.

Input by Club to Ontario Toxics Reduction Act, 2009

On behalf of CFUW Ontario Council, Dr. Charlotte Rigby and Olga Lee, CFUW-Ottawa Environmental Toxins & Health Subcommittee, participated in a stakeholders consultation in Ottawa on Oct. 7 regarding a draft regulation under the *Ontario Toxics Reduction*

Act, 2009. Their prepared comments were forwarded through Ontario Council to the Ontario Ministry of the Environment. The resolution this group proposed on toxins at the Winnipeg AGM sailed through the process and is now on the Policy Books.

Carillon Toxic Tips Bound and Ready for Purchase

This busy and productive group has collected the toxic tips they have contributed to the Carillon into an easy-access book. It is available for \$5 at meetings. They have also set up a Bulletin Board which they will bring to all general meetings and which will contain information to augment the Carillon articles.

Diplomatic Hospitality Snowshoeing Workshop

On October 23rd, 2009, a group of a dozen volunteers worked diligently to prepare snowshoes for the upcoming winter season. It has become an enjoyable tradition to gather at the home of Louise Brzustowski who graciously hosts our workshop each year. After we have sanded and varnished the snowshoes, oiled and repaired the mukluks, Louise treats us to a delicious lunch that always satisfies our ravenous appetites. The photo shows how belonging to this group entails some hard work rewarded by great camaraderie.



Clockwise from left: Sandy Bason, Dora Mozes, Barbara Carriere, Darlene Page, Kathy Greiner, Sheryl Pacey, Gail Tyerman and Tanya MacLeod.

Intents for Next Year's Resolutions

Seven intents were received on Nov. 5. Five are regular proposed resolutions and two are public policies of other organizations. On Feb. 5, 2010, we will know whether the regular resolutions will proceed to the AGM and by Feb. 15, whether the two policies of other organizations were accepted for consideration. At that point, all members will be invited to help review the ones accepted. Ottawa had a resolution on human trafficking passed in 2001.

- a. Proposed Resolutions: The titles and proposers are:
 - i. Aboriginal Education Funding *CFUW Education Committee*
 - ii. Canada's Policy on Asbestos and Other Hazardous Substances *CFUW Oakville*
 - iii. EMFs and Overhead Power Lines: Residential and Community Health Hazards *CFUW South Delta*
 - iv. Human Trafficking and Prostitution of Women and Children *UWC Vancouver*
 - v. Mobilizing the Will to Intervene *CFUW International Relations Committee*
- b. Public Policy of Other Organizations: The titles and proposers are:
 - i. United Nations Security Council Resolution #1820, Eliminate All Forms of Violence Against Women and Girls as a Weapon of War *CFUW International Relations Committee*
 - ii. United Nations Security Council Resolution #1888 on Sexual Violence and Armed Conflict *CFUW International Relations Committee*

Advocacy

Advocacy: Addressing Climate Change by Reducing Greenhouse Gases

In support of the CFUW policy on climate change/greenhouse gas emissions which was adopted at the August 2009 AGM in Winnipeg, CFUW National is strongly urging members to send individual advocacy letters as soon as possible to their local MPs, to the PM, and to Leaders of all three federal opposition parties to encourage the Government of Canada to make a significant commitment to reducing greenhouse gas emissions at the United Nations Climate Conference in Copenhagen, Denmark from Dec. 7-18, 2009. An advocacy toolkit on this issue is available on the CFUW website.

Advocacy: Gun Control

An advocacy letter on the issue of gun control had been sent by CFUW National to all leaders, critics and advocates for women's equality in the House of Commons. On Sept, 27, CFUW-Ottawa forwarded a copy of the letter to all local area MPs with a covering supporting email. The purpose was to encourage Members of Parliament to vote against Bill C-391 An Act to amend the Criminal Code and the Firearms Act (repeal of long-gun registry) at 2nd reading. The Bill passed 2nd reading on November 4 and is currently with the Public Safety and National Security Committee. An updated Gun Registry advocacy toolkit is available on the CFUW website.

Mary Butterill
V.P. Liaison, CFUW-Ottawa

CFUW-Ottawa Scholarship Trust Fund

INCOME STATEMENT
As of May 31, 2009

REVENUE

Donations, tax receipted	\$38,571.00
Donations and fundraising, not tax receipted	12,448.13
CFUW-Ottawa	3,000.00
Sub total	<u>\$54,019.13</u>

Investment Income and Bank Interest	16,720.59
Interest rolled over into new investments	
Total Revenue	<u>\$70,739.72</u>

EXPENSES

Scholarships & Awards By Trust	\$17,010.00
By CFUW-Ottawa	2,000.00
Administration & Bank Charges	730.14
Total Expenses	<u>\$19,740.14</u>

NET INCOME **\$50,999.58**

ASSETS AND FUND EQUITY
As of May 31, 2009

ASSETS

Investments	\$501,584.98
Bank Account	1,942.05
Total Assets	<u>\$503,527.03</u>

EQUITY

As of June 1, 2008	\$452,527.45
Net Income	50,999.58
Total Equity	<u>\$503,527.03</u>

Centennial Investments **\$104,710.73**

Alice Bolt
Trust Treasurer

Our Other Dimension

Just a note to remind members that we are part of the International Federation of University Women and that we can interact with members globally through the internet. Here's how.

- **IFUW Update Network** – circulating monthly IFUW Updates and official announcements
- **IFUW Advocacy Network** – providing information about what is taking place at the United Nations and other international centres
- **IFUW Discussions Network** – offering thematic discussions on key issues of concern to women and girls, from education and economic empowerment, to sustainable futures and political participation
- **IFUW Young Members Network** –

- linking IFUW members under 40
- **IFUW Connections Network** – providing a space where individual members can introduce themselves, share information and establish contacts with members in other countries
- **IFUW Environment and Development Network** – linking members interested in environment and development issues, especially those related to women and environmental education, whether from volunteer activist or professional viewpoint.

There are summaries of past online discussions, more about how safe and easy it is to join one or more of these networks, and subscription information at <http://www.ifuw.org/networks>

Holiday
Greetings
to All Our
Members
and Their
Families



The Governance Task Force for CFUW

To meet the challenge of rising costs and lower membership and to improve the flow of information among Clubs, a Governance Task Group has been formed to propose a new business model that is streamlined and better defines roles.

During discussions across the country held by the three member task force, it became abundantly clear that the strength of CFUW is in the Clubs and that everything needs to be done to ensure that they are strong, supported and growing. Thus the new governance model makes the following recommendations.

ONE:

That CFUW move to a model of governance referred to as Complementary, where roles of the Board and Staff are more clearly defined, to facilitate healthier Board – Staff relationships and put the Board back in charge of the vision and policies that move CFUW forward using a harmonious and well-run decision making process.

TWO:

That the structure be amended in the following ways:

- Add an RD for both Ontario and BC where we have many Clubs and the distances are great.
- Establish an RD forum which is resourced to hold quarterly teleconferences and thus build a stronger cross Canada network. The President would participate in

these forums and ensure, along with the VPs, that the issues of RDs are prominent for the Board.

- Establish an ongoing Governance Review Committee.
- Establish a strong committee structure where committees have clearly defined tasks.

THREE:

That the Board be reduced by three positions:

- Establish a VP of Advocacy: combine the three advocacy roles, education, legislation and status of women, where many of the issues overlap and a coordinated approach would be more effective. To ensure that the advocacy areas are well supported, each of these committees will include a VP (Atlantic, Prairies and Quebec – where the work loads are lighter).
- Move the Strategic Planning responsibility to the President
- Introduce the role of Vice President Communications and Corporate Secretary
- Move membership and resolutions to a committee structure. Membership will report to the VP Finance and Resolutions will report to the VP Advocacy.

We would then have a ten member Board:

- | | |
|---------------------|---|
| ■ President | ■ International VP |
| ■ Five Regional VPs | ■ Finance VP |
| ■ Advocacy VP | ■ Vice President Communications and Corporate Secretary |

CFUW Website – www.cfuw.org

CFUW recently revamped its website to make much more information available to members. By logging into the members only of the website, you can access a plethora of documents, data, forms and news.

If You Don't Have an Account

To create an account, go to www.cfuw.org. In the upper left, just below the tab bar you will see “Members only login”.

Where prompted type in the following: *User name:* **member123**; *Password:* **password**. Then click “LOG_IN”. You are now into the site.

A page will appear to the right where you will enter your first and last name, email address, username and password. Choose something unique to yourself that you can remember! This creates your personal member's log-in account.

You can now log in to the member's area of the website and see a greatly expanded menu.

If You Already Have an Account

You will have to reset your password to reactivate your account. If the email address that you used to set up your original account has changed, this won't work. Please contact Gailene Green at National Office cfuwgen@rogers.com for assistance.

On Registration Night



Karen Thorington, Leila Metcalf and Hally Siddons are three of the busiest women in the Club. Ulle Baum caught them on camera at Registration.

Successful New Members Tea

New and nearly-new members gathered November 15 to meet Board members and more importantly to hear about the many opportunities our Club affords. Membership Chair and hostess Peggy McGillivray was anxious to have members know others who lived close to them so that they could get to know each other and perhaps share rides to events. Glenda Levesque who keeps track of members set up her data base using postal codes as the organizing agent and was then able to let new members know their neighbours.

The spread across the city is in-

teresting. Here are the numbers. K1H has the most with 48 CFUW members followed by K1S with 45 and K1V with 43 members. Much farther down the list comes K2A at 26 members, K2H and K2P both at 24, K1J and K1Y with 21, while K1M has 20, K1N has 19, and K1K has 18. Following these are K2B with 17 members, K2G with 16, Gatineau/Aylmer with 15; K1G, K2C, and K2E all with 12 members. K4M and K2J are next at 11; K2J and K1C at 10; K2K at 7, then K1Z, K1T, and K1R, all at 6 members. The rest of the postal codes have less than six CFUW members each.

Bylaw Changes to Synchronize with National Membership Changes

We have had to change our bylaws following changes to National bylaws passed at the AGM in Winnipeg last summer. At the November General Meeting, Leila Metcalf reminded members that they had disagreed with the proposed changes regarding Associate Membership, and her vote at the AGM had reflected the Club decision. However the changes were adopted. Leila noted that our bylaws have provided for non-degree holding Associate members for a long time, requiring sponsorship by two members, Board approval and limited opportunities to serve on the Board and executive. All these limitations are now removed. We can now have 25% of our membership as Associates Members, and they and Student Members can now vote and hold any office.



*Good Health
and Happiness
in 2010*