



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE: Monday, October 5, 2009
 TIME: 7:30 pm
 PLACE: St. Timothy's Presbyterian Church
 2400 Alta Vista Drive
 SPEAKER: **Kathleen Petty**

The first General Meeting of the year will get off to a rousing start with Kathleen Petty, host of two of Ottawa's favourite shows the CBC's Radio One's *Ottawa Morning* and *The House*. **How the Media in Canada is Undergoing Change** is Kathleen Petty's topic, a timely one indeed as we see technology changing the way we receive communications from day to day.

Born in Calgary, Alberta in 1960, her 20 years of journalistic experience include work as a producer, director and host. In Calgary, she hosted CBC's morning show, *the Calgary Eyeopener*. She has been with CBC Newsworld since its creation in 1989 and has been the anchor of *CBC News: Today* and *CBC News: Canada Now Newsworld Edition*. She has also hosted national Canadian CBC Radio's *As It Happens* and *Cross Country Checkup*.

Kathleen has interviewed numerous world leaders, including Bill Clinton and Shimon Peres. She has also produced and reported live news coverage of significant world-events, such as the Oka Crisis, the Montreal massacre and the Gulf War.

PRESIDENT'S MESSAGE

LEILA METCALF

A very warm welcome to each of you, our new and returning members, as we launch CFUW-Ottawa's 100th season! Ongoing Club activities are up and running, and we are preparing to host the CFUW Annual General Meeting in Ottawa in July 2010. It promises to be a truly unique year as we celebrate our history and heritage. We look forward to your involvement in all aspects of our centennial celebrations.

The year began with our annual Convenors Tea and Registration Night. An early celebratory treat at these events was Agenda Book 2010, hot off the press thanks to the work of the Archives Committee chaired by Patricia Bays with members Bev Chataway and Ann McLintock, advisor Dr. Ruth Bell, and producer Marcia Armstrong (former CFUW-Ottawa President). The outcome of many hours of sifting through 99 years of archival material, this is a beautiful document of CFUW-Ottawa's first century. A fine telling of past and present, this daybook will be treasured well beyond its expiry date.

During the summer I attended the 2009 CFUW AGM in Winnipeg. It was an excellent conference and a privilege to share the event with over a dozen colleagues from Ottawa. CFUW-Ottawa was prominent throughout the conference, with Mary

Partington, Charlotte Rigby, Hally Siddons and Karen Thorington each making a significant contribution. (More news on this event can be found on page 2 of this issue.) As your delegate, I voted according to the direction you gave me at Resolutions Night last April. It was interesting to note that our Club voted with the mainstream on all the Resolutions and on most matters of policy.

While we were off enjoying summer, two members of our Club were awarded major honours. Dr. Ruth Bell received an Honourary Doctorate of Sacred Letters from Trinity College, University of Toronto on May 12, 2009. Dr. Shirley Greenberg was appointed to the Order of Canada on July 1, 2009. Congratulations, Ruth and Shirley. We are so very proud of you.

Let's celebrate our remarkable Club throughout 2009-2010!

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Winnipeg —> Ottawa

Winnipeg's Fort Garry Hotel was a delightful Edwardian backdrop for the CFUW Annual General Meeting this August. The Prairie club, celebrating its 100th anniversary, pulled out all the stops. Fourteen Ottawa members attended, notebooks in hand, to prepare for Ottawa's gala birthday and CFUW AGM next July.

The Winnipeg members produced an AGM that represented the keystone province eloquently. Fields of sunflowers turn to face the sun on a prairie landscape and each LAC member wore this indigenous flower in her lapel.

The grassroots celebration began with local folksinger and activist Heather Bishop and moved onto a panel session called "First in the Field" where some very high achieving panellists, including our own Mary Partington, answered pre-arranged questions with compelling openness, wit, depth and wisdom. We ate at local restaurants, dined on tourtiere and ham at either the Club House 54 Westgate (which the Winnipeg Club has owned since the 1930s) or at the reconstructed Fort Gibraltar in St. Boniface. At the Saturday night banquet, Kim Jasper did a star turn. She spoke about the Canadian Museum

of Human Rights, brainchild of Winnipeg's Israel Asper, which is now under construction. It is the first national museum outside the capital. Izzy always said, "Shoot for the Stars"; everyone connected to this concept proudly wear his star on their lapels. This is a brilliantly conceived museum of ideas which will certainly put Winnipeg on the global map when the splendid design to house its contents is complete and the museum is open.

Back to business, our own Dr. Charlotte Rigby presented the motion on Environmental Toxins so well, that there was no dissention – the motion passed unanimously.

Hally Siddons and Karen Thorington, speaking alternatively, gave a 10 minute power point presentation for the Ottawa AGM 2010, which certainly impressed the audience. President Leila Metcalf noted that "you could have heard a pin drop".

The theme "Grassroots to the Future" turned out to be a perfect launching pad for our theme "Value our Past, Shape the Future". Winnipeg used this AGM to celebrate their 100th year. We can do the same. We have an opportunity to show the rest of Canada our pride, ability and accomplishments. Plan to be part of this exciting event!

AGMs Stimulate and Delight

The term Annual General Meeting doesn't do justice to how stimulating and fun these gatherings are. The speakers are superb, the workshops leave you with a need to carry on, and the fellowship is a joy. Plus you get to visit and enjoy new parts of the country under the guidance of the people who know it best.

The annual general meeting for Ontario in Belleville was excellent and Ottawa was well represented including President Leila Metcalf.

Keynote speaker was lawyer Martha Hall Findlay, Liberal MP for Willowdale who had grown up in Belleville and whose mother played a vital role in the Belleville Club as well as in Martha's life. After making a bid for the Liberal leadership, Martha was appointed critic of Transport, Infrastructure and Communities for the opposition. Martha expressed concern that child care is always

seen as a women's issue while she believes it is an economic and societal issue. She is involved in a multi-partisan group called "Equal Voice" which is dedicated to electing more women to office where she has seen they bring different and very important skill sets to governance. They bring respect and civility to the table and they always do their homework. She lauded CFUW for self-funding as we are not dependent on handouts from any level of government which so many women's agencies are.

I attended two of the four workshops and found the women speakers at both incredibly impressive. Like Martha Findlay, they balance extraordinarily productive and busy careers with the needs and joys of children and husbands.

Major Annette Snow, Wing Surgeon, Canadian Forces Trenton who when she isn't deployed to medic evac

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: **November 2009**
Deadline: **October 15, 2009**

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

AGMs Stimulate and Delight - *continued*

missions in New Orleans, Kabul, the Golan Heights, and Lebanon works in the emergency department of the Belleville hospital was eloquent in her description of women's roles in the Canadian military. The Charter of Rights in the mid eighties caused doors to open much wider to women recruits and now they are fighting and dying for Canada. But strong female leaders are also being developed. She described her posting in Kabul with dust storms that spread like a prairie fire and extreme temperatures from plus 50 to minus 20. Life expectancy is 44 years of age, 10% of women die in childbirth, 25% of children don't see five. The Canadians are doing some basic educational work with local women who are often unfortunately illiterate teaching them to dress wounds, take vital signs, hygiene and charting. Only 12% of the female population are literate; girls average about four years of school if they are fortunate and the orphanages are full of girls. In times of trouble boys are sent to relatives but the girls are considered a li-

ability. Major Snow says the hope is to educate women, give them control over their bodies and the size of their families. And peace must first be created so that there is a peace to keep.

Just listing the credentials of Dr. Kimberly Woodhouse is impressive. She is Dean of the Faculty of Applied Science at Queens, Associate Director of Advanced Regenerative Tissue Engineering Centre; Scientist, Sunnybrook Health Science Centre. Kim, another daughter of the Belleville Club, worked for ten years in private industry, lost her job and decided to get her PhD and switch to academia and has been a resounding success in that capacity engineering regenerative tissue for cardiovascular application. She noted that although the US still used stem cells in private research facilities, the Bush administration's refusal to allow them in government research meant that scientists flocked to Toronto to create one of the best and third largest such facilities in the world. And she was there.

**CFUW –
Membership
Directory
Printing Early**

In an attempt to get the Membership Directory to our members as soon as possible we are sending it to print early this year. If you hope to be in the directory this year and have not registered as yet, there is very little time left. Please print off the registration form from the CFUW-Ottawa.org website and mail it in right away or contact Glenda Levesque.

We want to count you in!

**JULY 15-18, 2010
CELEBRATE A CENTURY IN OTTAWA**

Coming to Ottawa for the planned AGM/Conference should be available to as many members across the country as possible. We have a great program; now we need help to support that program so that coming to Ottawa is affordable to members across Canada. To this end, each CFUW-Ottawa member is being asked to help individually, in a group or a study and interest group to raise funds. It is your conference, you want and need to be involved.

In a Study and Interest Group, consider the uniqueness and interests of your group in deciding what to do. Encourage maximum group participation – it's all about celebrating!

Co-ordination and Timing:

- Please discuss activity proposal at first fall get-together
- Outline of Group Plan with date and place to Patricia Bays by November 15
- Patricia will forward plans to Resource Committee Co-ordinator by November 30.
- Event should be completed and funds submitted by March 31, 2010.

First off the Mark to Celebrate and Have Fun: A Luncheon

Club member Hally Siddons invites you to a three-course luncheon on Oct. 6. Tickets limited and on sale now from Hally.

Members on Wheels



Our hikers become bikers to celebrate this September. The happy group pictured above spent two days on highways and byways in the Gatineau. They are from left: Louise Brzustowski, Elaine Copland, Peggy McGillivray, Mary Partington, Kathy Greiner (hidden), Inge Kubanek, Peggy White, Sharon Rogers, Marie Andrews, Marlene Hewitt, Helga Taylor, Ann Flynn. Missing: Libby Leslie, Marion Thomson, Elizabeth Weber, Monique Prins, Peggy Wightman, Mary Sabiston.



Festive and Fun!

HOLIDAY CELEBRATION

Clark Room, RA Centre

December 6, 2009 – Noon to 3:00 pm

CFUW-OTTAWA'S CENTENNIAL CHRISTMAS PARTY

GREAT OPPORTUNITY TO MINGLE, TO MUNCH, TO BE ENTERTAINED

Please mark this important date on your holiday calendar

Watch this space for more details



From the CFUW-Ottawa Environmental Toxins and Health Study Group

ENDOCRINE DISRUPTING CHEMICALS Part I: Children and Adults

Endocrine Disruptors (EDs) are chemicals that interfere with hormone-regulated body functions, including sexual development and growth. Familiar examples include: *phthalates* and *Bisphenol A* in cosmetics, fragrances and plastics; *alkylphenolics* in cleaners and detergents; *polybrominated diphenyl ethers (PBDEs)* 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.

EDs affect us all: biomonitoring studies report that the blood of almost everyone contains phthalates and Bisphenol A. Exposure to these EDs is a known risk factor for breast cancer and non-Hodgkins lymphoma.

Childhood developmental disorders and learning problems are associated with pre- and neonatal exposure to EDs. Small children, whose detoxification mechanisms are immature, are at especial risk because of their close contact with phthalate-containing toys and fire retardant-treated clothing and bedding.

Thyroid hormones control the functioning of every cell in the body, including metabolism, heart rate, and energy levels. Hypothyroidism (underactive thyroid function) is common in post-menopausal women; effects include fatigue, weight gain, slow heart rate and depression. There is good evidence that thyroid function is inhibited by EDs like Triclosan (in anti-bacterial soaps); mercury (in tuna and seafood); and PBDEs in flame retardants.

There are strong links between diabetes and exposure to pesticides containing fat-soluble EDs. Obesity is a known risk factor for diabetes. Interestingly, however, the prevalence of diabetes in obese adults with high blood levels of fat-soluble EDs is 3-5 times higher than in obese patients with low blood levels of these toxins.

SOME GOOD NEWS

Canadian law requires producers to provide a complete list of ingredients on cosmetic packages. Want information about toxic ingredients, and how to read labels and identify products which do not contain them? Some useful websites are:

- Pesticide bans work! Blood levels of EDs are lower in people born after many pesticides were banned
- Public awareness of the dangers of EDs is increasing, and articles regularly appear in the national press.

WHAT WE CAN DO:

- Check websites such as www.lesstoxicguide.ca for lists of products that do not contain EDs
- Support advocacy measures. Our governments have a responsibility to protect our young from toxic chemicals, and we need to hold them accountable.

FOR MORE INFORMATION:

Slow Death by Rubber Duck: How the toxic chemistry of everyday life affects our health (2009) by R Smith & B Lourie" Knopf Canada.

Cancer: 101 Solutions to a preventable epidemic (2007) by L Armstrong, G Dauncey and A Wordsworth. New Society Publishers

In Parts II and III of this series we will describe gender-specific EDs. Next month: Girls and Women

CFUW-Ottawa Scholarship Trust Fund Additional Scholarships & Awards – 2009

Lillian Gertsman Scholarship – \$1,000

This Scholarship, honouring the late Lillian Gertsman, is awarded annually in the amount of \$1,000, alternating between the University of Ottawa and Carleton University (starting with the University of Ottawa in the year 2009/10). The scholarship is awarded to a mature woman studying psychology at the undergraduate level. Lillian Coplan Gertsman was an active member of CFUW-Ottawa and gave many years of leadership and service to the community, particularly to women's groups.

Dorothy Powell Scholarship – \$1,000

A Scholarship in memory of Dorothy Powell is awarded annually in the amount of \$1,000, alternating between the University of Ottawa and

Carleton University (starting with Carleton University in the year 2009/2010). It is awarded to a third-year student in Economics. Dorothy Powell graduated from the University of Toronto in Economics in 1949 and pursued a distinguished career in banking, which included holding positions with the Bank of Canada, the Bank of Nova Scotia and the Bank of Australia. A member of CFUW-Ottawa, she was an active supporter of several local charities.

CFUW-Ottawa 100th Anniversary Awards – \$500 each

In recognition of CFUW-Ottawa's 100th Anniversary, the Scholarship Trust Fund has approved a one-time increase to all existing scholarships by an additional \$500 each for the aca-

demical year 2009-2010 (to be awarded in January 2010).

Ruth Bell Centennial Scholarship Honouring all Members of the Ottawa Club Since 1910 – \$5,000

This Scholarship honours all members of the Ottawa Club since its inception in 1910. It is awarded annually to an honours student in Women's Studies (either as a single or double major), commencing in the academic year 2009/2010 with a student at the University of Ottawa. Thereafter, the award will alternate annually with a student at Carleton University.

The amount of the scholarship will be determined annually.

Dr. Shirley E. Greenberg

A great pleasure to learn that long-time CFUW-Ottawa member Shirley Greenberg was awarded the Order of Canada on July 1. She has been a trailblazer for women's right and, according to the citation, received this award for her contributions as a lawyer who has advocated for equality and women's rights, and for her generous philanthropy in support of organizations in the arts, health care and legal sectors. She has contributed a great deal of time and energy as well

as funding to many feminist and women's health projects among them the Greenberg Centre for Women's Health and the National Association of Women and Law (NAWL).

Dr. Ruth M. Bell

At the spring convocation of the University of Toronto Dr. Ruth Bell was awarded an Honourary Doctorate of Sacred Letters from Trinity College.

Dr. Bell has made sure that the position of archivist at Trinity will be

endowed for future through a generous gift. The Archives will be renamed the Rolph Bell Archives in honour of Ruth's first husband William Rolph whose early death was seen as a grave loss to the study of Canadian history. The gift also honours William's uncle Dr. Frederick Rolph who also graduated from Trinity. Ruth received a degree in political economy while serving as a don from this college. She has been a passionate advocate for women's rights all her life and of course has been very generous to CFUW-Ottawa.

How National Resolutions Fared

Four of the five draft resolutions reviewed by CFUW Clubs this past year were adopted as CFUW policy by the voting delegates at the 2009 CFUW AGM in Winnipeg.

<p>Resolution 1: <i>Addressing Climate Change: Greenhouse Gas Emissions</i> was adopted as amended. As a result of an amendment from the floor, seconded by Leila Metcalf, the goal in Subclause 1) of its 1st RESOLVED clause was changed from “no net emissions by 2030” to “30% reduction below 1990 levels by 2020, and 80% reduction below 1990 levels by 2050.”</p> <p>Resolution 2: <i>Department of Peace</i> was rejected after much discussion, having received 59% of the votes when a 2/3 majority of the eligible votes was required for it to pass.</p>	<p>Resolution 3: <i>Employment Insurance Reform</i> passed unanimously without further amendment nor debate.</p> <p>Resolution 4: <i>Promoting Financial Capability in Canada</i> was adopted with a change in terminology from “financial capability” to “financial literacy”.</p> <p>Resolution 5: <i>Protecting the Health of Canadians by Reducing Environmental Toxins</i> was adopted as amended, with little discussion and no dissent. At the Proposers and Amenders luncheon (PAL), Subclause 4) had been changed from “increase monitoring and control” to “enhance monitoring programs and research into effective control.”</p>
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The amendments to Resolutions 1, 3 and 4, submitted by CFUW-Ottawa to CFUW’s Director of Resolutions, had, for the most part, been incorporated by Proposers in the versions presented at the AGM. Resolution 2 had been rejected by the Ottawa Club and no changes to Resolution 5 had been submitted. The version of Resolution 5 presented at the AGM had been revised by CFUW-Ottawa’s Proposers in May 2009 to incorporate useful amendments submitted by other Clubs.

The four adopted resolutions have been added to the CFUW Policy Book Online found at http://www.cfuw.org/index.php?option=com_wrapper&Itemid=85. CFUW-Ottawa may now advocate on their behalf.

Mary Butterill

INTERNATIONAL STUDIES

Nov. 24: Patricia Robertson Piche will speak on *Reactions of Immigrant Children to Canada*.

Mar. 23: A representative of the Content Committee of the projected Museum for Human Rights due to open in Winnipeg in 2012 will speak.

International Studies meet every fourth Tuesday in the National Archives Room 154 at 7:30. Everyone welcome.

There will be no programs in Jan & Feb as there is no space.

ECONOMIC REALITIES FOR WOMEN

The original aspects of the group are that it consists of small groups of women who have chosen the interests they work on. Secondly they do not have to go out in the cold as they can even work on the telephone! Dr. Bell has offered facilities for any meeting we may need.

Suggestions for Effective Emails

The number of emails one receives daily can get out of hand. The suggestions below will help us handle the volume more easily.

It is understood that email addresses are private and should not be shared without the owner's consent. By agreeing to have one's email address included in the Directory, members give permission for other members to access them via this technology.

- **Subject Line:** Identify your subject line clearly and briefly (e.g.: CFUW-Ottawa New Members Pot Luck). Starting off the line this way will alert your reader to club business right away and will avoid confusion with SPAM. It will also assist with filing for all.
- Reply promptly if at all possible.
- Keep your message short and itemize points for clarity.
- Before forwarding an email, consider privacy concerns. Earlier messages pasted below may need to be removed to help retain confidentiality and ease communication.
- In answering an email, insert your response at the top of the message for clarity.
- When receiving an email as part of a group consider whether the reply need only go to the sender. Use "Reply All" only when everyone needs to know or hear the discussion. Otherwise use "Reply to Sender."
- When you wish others to be aware of communication you are having with one individual, you can cc: the message to them. The individual to whom you are writing has a right to know that the messaging is being shared.
- It is common practice to use the Bcc: field when addressing a very long list of recipients, or a list of recipients that should not necessarily know each other. Bcc: is a nice and powerful tool, but one should limit its use to cases when it is clear that the message was sent to multiple recipients whose addresses are protected by using Bcc:. For example, "This message is being sent to all members of the Easy Gourmet Interest Group".
- It is each individual's responsibility to secure, use and maintain anti-virus software to protect themselves and other members from sending and receiving worms and viruses that can damage software and hardware.