



Canadian Federation of University Women – Ottawa

# Capital Carillon

<http://cfuw-ottawa.org>

## February General Meeting

DATE: Monday, February 8, 2010  
 TIME: 7:30 pm  
 PLACE: St. Timothy's Presbyterian Church  
 2400 Alta Vista Drive  
 SPEAKER: Judy Brooks, Program  
 Therapist, Therapeutic  
 Riding, Ottawa (TROtt)  
 TOPIC: "The Horse as Therapist:  
 Therapeutic Riding  
 Programs in Ottawa"

Our speaker, Judy Brooks was born and educated in England where she received her degree in Occupational Therapy. Following graduation, she worked with Rehabilitation Engineers in the UK designing and developing artificial limbs for children with severe amputations and limb deficiencies and developing aids to make them as independent as possible in home and at school.

Using her research in England as a base, she emigrated to Canada and a job in Toronto. Judy worked as the head of Occupational Therapy in a Children's Treatment Centre, ran her own pediatric private practice and taught Occupational Therapy at the university level. Today she is the Program Therapist for TROtt. She also practices Hippotherapy at the stable, thus combining her passion for horses with that of helping people through Occupational Therapy.

## PRESIDENT'S MESSAGE

LEILA METCALF

### President's Introduction to Centennial Celebration, Jan. 18, 2010

"Let's Meet Again in 2010." These words were spoken at the conclusion of the 50<sup>th</sup> anniversary celebration of CFUW-Ottawa in 1960. We are meeting again in 2010. Indeed, we have met many times between then and now.

Since the very beginning, our goals have been remarkably consistent — there is an amazing continuity to who we are. A thread that has never been dropped, that has in fact strengthened over the years. The issues of the day have come and gone but our focus has been maintained. Only a few days ago, I was among several of our members who received a document from one of our Past Presidents. Included in the text was "remember that we are women and that we are strong". I can imagine our predecessors saying exactly that during the

past century. Which brings me to remark on the strong and remarkable leadership that our Presidents, our current Past Presidents, have given this Club through the years. The Presidency is a trust, given to one woman by her peers, and she has a treasured responsibility thanks to the fine women we work with every day. Many of our Past Presidents are here this evening... I ask them to stand and be recognized for their superb leadership over many years. Please say hello to them at the reception. Thanks to their leadership, we have much to celebrate today.



Photo credit: Ulle Baum

## Acquisitions at the National Gallery

Dr. David Franklin, Deputy Director and Chief Curator of the National Gallery offered wonderful insights into what goes on “behind the scenes” to acquire art and develop exhibitions when he replaced Marc Mayer, the National Gallery Director at the last General Meeting.

He spoke of the challenges that the Gallery curators face in acquiring, maintaining and presenting pieces of art. Department curators compete for funding from the annual acquisition budget of \$8 million, a system that works because it offers flexibility, provides opportunities for purchasing more expensive pieces and allows curators to dream!

Art is also obtained through donations and endowments. But, individual collectors are pushing up the prices, making it difficult for the National Gallery to compete on the international scene.

The curators buy according to their expertise primarily for the four main collections: European and American historical, Canadian historical, Indigenous and Contemporary

Art. Having quality pieces in the Gallery collections make it possible to borrow art from other institutions for specific exhibits. Owning a *Bernini* bust, for instance, made it possible for the Gallery to present the *Bernini* exhibit last year.

David explained that forms of art are changing, and although contemporary art does not appeal to all, the Gallery considers this art important. The purchase of “*Voice of Fire*”, for example, although controversial brought international credibility to the Gallery. But, contemporary art, particularly with video and film components, is often expensive to purchase, install and maintain. So, more sources of private funding and donations are being sought.

Canadians can be proud of the National Gallery’s remarkable collection of paintings, prints, and photos, he said.

David who earned a PhD from the Courtauld Institute of Art, University of London, English in 1991 is recognized internationally as an expert in the Italian Renaissance period.

## In Memoriam

### Elizabeth Cureton



It is with great sadness we announce the passing of Elizabeth Cureton on Jan. 9,

2010. A distinguished member of CFUW Ottawa, she was the first Executive Director of the National Office established in Ottawa in 1985. From this office, under the guidance of Linda Souter, CFUW established a connection with Parliament Hill so that regular annual meetings were held with cabinet ministers. Elizabeth was also one of the leading lights of Diplomatic Hospitality where along with Elizabeth Doe she introduced generations of diplomats to snowshoeing. She was an active member of the Madrigals, French, Canadiana, Travel and Jaunters groups. Elizabeth was also a dedicated Girl Guide for over 70 years. She will be missed for her indomitable spirit, her wit, her compassion and her capacity to direct action to the heart of a challenge. Our sympathy is extended to all her family.

*Capital Carillon* is published monthly from September to May

Please send all material for the next issue to Dianne Rummery at [mdrummery@rogers.com](mailto:mdrummery@rogers.com)

Next issue: **March 2010**

Deadline: **February 15, 2010**

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

**PLEASE MARK YOUR CALENDARS**

**CFUW-OTTAWA  
AGM/DINNER**



Monday, May 10, 2010

## CFUW Authors

On display during the Centennial Birthday Bash were works of CFUW authors, past and present. Inquiries among Club members and research in the archives brought to light 27 names, and Library and Archives Canada was able to provide a sample of each author's work to fill two large display cases. The earliest works are those of remarkable politicians Senator Cairine Wilson (a 1940 address given to the League of Nations Society in Ottawa) and Mayor Charlotte Whitton's 1943 book *The Dawn of Ampler Life*.

There is a wide variety of genres and styles. There are children's books – Dr. Alice E. Wilson's introduction to geology *The Earth Beneath Us*, Ilse Zandstra's delightful picture book *Ukuku conoce al sol*, Jean Feather's Newfoundland novel *Fanny for Change*. Fiction is well represented by award-winning Carol Shields and Blanche Howard. Gladys Cameron

Watts' play *Sawdust* reminds us of our long connection with theatre in Ottawa. Patricia Bays writes works exploring Anglican theology.

Memoir and biography are well represented. War correspondent Gladys Arnold's memoir, *One Woman's War*, recounts the story of her time working with the Free French during World War II. Ruth M. Bell's *Be a "nice" Girl* tells of the pioneering work of women taking their place in politics and in business. Merna Forster's *100 Canadian Heroines* reminds us of women who have played an important role in Canadian society. Mollie Gillen has written, among several biographies, *The Wheel of Things*, chronicling the life of L. M. Montgomery. Elsie Gregory MacGill wrote about her mother's life in *My Mother the Judge*.

There are books of travel – Barbara Carriere's account of the climb of the "Kilimanjaro Grannies," Mary Lou Crerar's watercolour *Sketchbook*

*of the Rocky Mountains*, Nora Corley Murchison's guide to information sources on travel in Canada, Esther Clark Wright's guide to people and places of New Brunswick.

And there are the many reports, studies and bibliographies done by our members in the course of their work in academic institutions, in the public service, in government departments. Guides to information prepared by Barbara E. Brown and Patricia Johnston were part of the display. Ann Denis, Theodora Carroll Foster, Helen Mussallem, Mary Saunders, Joan Turner, Janet Keith, Marguerite Ritchie and Jean Cottam all authored important studies and documents.

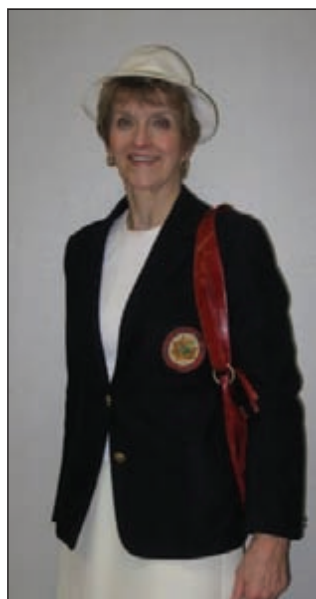
And no doubt there are other authors whom we have yet to discover! In our centennial year, we applaud the rich heritage of work by these women, and look forward to celebrating the gifts of our members in the years to come.

Patricia Bays

## Jackie MacDonald, Trail Blazer

We have an Olympian and an Olympic torch carrier amongst our members. Jackie MacDonald shot putter, discus thrower and Canadian silver medallist competed in five international meets in the fifties, most memorably the Melbourne Olympic Games. Two weeks ago, she joined members of the 1956 track team in Trail, BC to hold the torch high on its way to Vancouver.

In "Down the Decades", Jackie wore the Canadian Olympic uniform from that long-ago parade including decorous hat and gloves. At the end of the program, she led the models back on stage in the uniform of this year's Olympics, torch held high. Leila noted that while the torch is a symbol of the carrying on of tradition in the Olympics, it also is a symbol of our members carrying on the purpose and traditions of CFUW-Ottawa into another century.





# Down the Decades — Centennial Celebration a smash hit



Photo credit: Ulle Baum



Photo credit: Ulle Baum



## Down the Decades (cont'd)

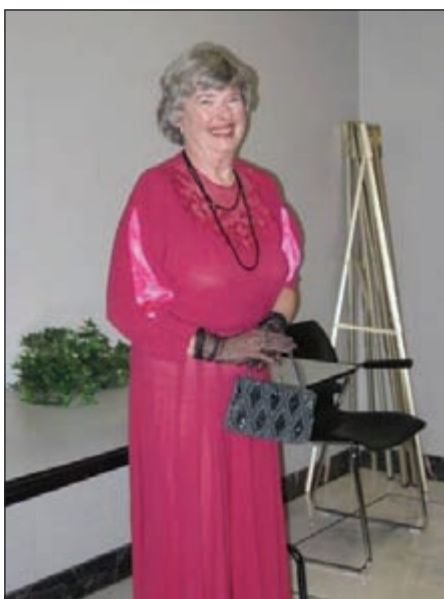


Photo credit: Ulle Baum



## Charlotte Gray

Fast on the heels of the exhilarating Birthday Bash, CFUW-Ottawa Literature Groups met to hear Charlotte Gray discuss her biographies of “dead Canadian women” as she put it.

Charlotte Gray who will be the speaker at the Charitable Trust breakfast at the AGM/Conference opened her presentation with an account of how she had discovered her career as a biographer.

When she immigrated to Canada as a new bride, Charlotte began writing for local publications which included many interviews with politicians usually in a limited time frame.

She was always left with many questions unanswered once she had established the background of the interviewee and that is when she realized where her interests really lay. Ms Gray delivered an entertaining and stimulating address and answered some very thoughtful questions at the end.

## Membership Stats

As of January 15, 2010, Club Membership stands at 512 members including 40 women who are new to the Club.

The following have joined CFUW-Ottawa after the publication of the 2009-2010 Directory.

- Mrs. Diana Lumsden
- Ms. Shirley E. Greenberg
- Mrs. Edeltraud G. Neal
- Mrs. Grace Chappell
- Mrs. Teresita Garcia Moreno-Trifaro
- Mrs. Patricia Anne Jeanjean (NewMember)
- Mrs. Marie-Rose Mathieu (New Member)
- Ms. Mary Margaret Davies
- Ms. Joanne M. Legault

All members should now have a copy of the 2009-2010 Membership Directory. If you haven't received yours, please contact Glenda Levesque, the Membership Convenor.

## Report from the Scholarship Trust Fund committee

### Lilian Gertsman Scholarship – \$1,000

This Scholarship, honouring the late Lilian Gertsman, 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 2009/10). 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 clubs.

### The 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) in third or fourth year, who demonstrates high academic achievement. The award will commence 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 ongoing amount of the scholarship will be determined annually.)



## International Women's Day

### International Women's Day

Each year around the world, International Women's Day (IWD) is celebrated on March 8. Hundreds of events occur not just on this day but throughout March to mark the economic, political and social achievements of women.

For more information on IWD see <http://www.internationalwomensday.com>



From the CFUW-Ottawa Environmental Toxins and Health Issues Group

## To Eat or Not to Eat Fish, That is the Question!

### When Fish is good for you

The Canada Food Guide recommends that we eat at least two servings of fish every week. Fish and seafood are excellent sources of protein, essential omega-3 fats DHA and EPA, and a wide variety of vitamins and minerals.

### When Fish is not good for you

Mercury is one of the most toxic elements known. It is a potent neurotoxin and its effects are cumulative. For a developing fetus or a young child, even low exposure to mercury can result in a loss of IQ and research suggests that it may be a risk factor for disruptive behavior, attention deficit disorder and autism.

Most of our exposure to mercury comes from eating fish. Mercury enters the aquatic food chain from atmospheric pollution and runoff. How much mercury we accumulate depends on the amount of mercury in the type of fish we eat and how much and how often we eat it.

A woman can pass mercury to her fetus including mercury she has accumulated prior to pregnancy. Nursing mothers can pass mercury to their children through breast milk.

### Marine species are disappearing

As well as health issues, there is rising concern about the decline of fish species due to mismanagement of fisheries from over fishing, by-catch or discarded fish, habitat damage and fish farming. These fishing practices are destroying basic ecological processes and food chains that we and other aquatic life depend on. A very familiar example is the collapse of the Atlantic cod fishery, which led to its closure in 1992.

### IT'S AS EASY AS 1,2,3!

#### Step 1: Determine the mercury levels

Older, larger fish and those higher on their food chain, such as swordfish, shark and some tuna, tend to contain higher levels of mercury and other contaminants such as PCBs, chlordane and DDT.

GotMercury.org provides a simple calculator to determine the mercury exposure from your favourite fish as a percentage of the Environmental Protection Agency (EPA) limit. <http://www.gotmercury.org/article.php?list=type&type=75>

Check provincial advisories about the safety of locally-caught fish. See The Guide to Eating Ontario Sport Fish at <http://www.ene.gov.on.ca/publications/590b14-fishid.pdf> or phone 1-800-820-2716.

#### Step 2: Determine the environmental risk associated with your choice

The Environmental Defense Fund's Seafood Selector identifies fish from well-managed sources and/or which are caught using methods that minimise damage to aquatic wildlife and habitats. It also lists other health concerns for the species of fish. <http://www.edf.org/page.cfm?tagID=1521>

#### Step 3: Be aware of basic food safety issues associated with the purchase and preparation of fish

The FDA website offers basic food safety tips for buying, preparing and storing fish and shellfish to avoid food-borne diseases. <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077331.htm>

### SOME GOOD CHOICES

Some examples of eco-friendly fish and seafood low in mercury include: farmed Rainbow Trout, Atlantic Herring, Alaska Pollock, Wild Alaskan Salmon, Pacific Sardines, Tilapia from the U.S. or Latin America, Farmed Clams, Farmed US Catfish.

INTERNATIONAL WOMEN'S DAY 2010

CELEBRATE WITH THE CANADIAN FEDERATION OF UNIVERSITY WOMEN-  
OTTAWA & THE OTTAWA COUNCIL OF WOMEN

# CANADIAN WOMEN MAKING A DIFFERENCE

Wednesday, March 10, 2010  
5:45 P.M. to 9:00 P.M.  
Library & Archives Canada  
395 Wellington Street, Ottawa

SPEAKERS:

**OLIVIA CHOW**

Member of Parliament for Trinity-Spadina

**MARY SIMON**

National Inuit Leader

Light Refreshments, Entertainment & Door Prizes

Tickets \$25 Advance Purchase Required

Contact *Beverlee McIntosh* at (613) 728-9770, [beverlee.mcintosh@gmail.com](mailto:beverlee.mcintosh@gmail.com)  
or Tanya MacLeod at (819) 684-4834, [tmmacleod2002@yahoo.ca](mailto:tmmacleod2002@yahoo.ca)

Tickets outlets include:

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