



Canadian Federation of University Women – Ottawa

Capital Carillon

<http://cfuw-ottawa.org>

March General Meeting

DATE:	Monday, March 8, 2010
TIME:	7:30 pm
PLACE:	St. Timothy's Presbyterian Church 2400 Alta Vista Drive
SPEAKER:	Natasha Wilson, Managing Director for Ottawa Riverkeeper
TOPIC:	A River Flows Past Your Door

Natasha Wilson is the Managing Director for Ottawa Riverkeeper, a citizen-based action group that brings people together to protect and promote the ecological health and diversity of the Ottawa River and its tributaries.

Ottawa Riverkeeper (www.ottawariverkeeper.ca) is a registered charity and licensed member of Waterkeeper Alliance, an international grass roots advocacy organization, founded by Robert F. Kennedy Jr. Ottawa Riverkeeper is one of 200 Waterkeeper groups from around the world who work tirelessly to promote and defend the ideals that we all have a right to swimmable, fishable, drinkable water.

Born and raised in Ottawa, Natasha is an avid paddler and a passionate community activist. She completed her undergraduate degree at University of Toronto and is pursuing a Masters in Business Administration from Queens University and Cornell University. Natasha sits on numerous community boards and executive committees with the goal of advancing awareness on local environmental issues.

PRESIDENT'S MESSAGE

LEILA METCALF

In the midwinter of this our Centennial year, we are involved in the ongoing activities of our Study and Interest groups as well as with special events and planning for upcoming events. An annual harbinger of spring is the CFUW-Ottawa/Ottawa Council of Women's jointly organized celebration of International Women's Day, scheduled this year for March 10 and featuring outstanding speakers, entertainment and refreshments. AGMs abound in spring and summer, so mark your calendars for our Club's Annual General Meeting & Dinner at Algonquin College on May 10. The CFUW Ontario Council AGM will take place on May 14-15 in St. Catherines. Of course the event of the year, which many of us are involved in planning and we hope you will attend, is the CFUW National AGM at the Marriott Hotel on July 15-18. Further afield, the IFUW triennial conference will take place on August 5-9 in Mexico City.

Closer to home, the CFUW Ontario Council Standing Committees Meeting will take place in Toronto on March 13 in Toronto. Mary Butterill, Wilma Clapham and I are planning to attend and will report to you next month on committee activities as well as the keynote presentation by prominent women's equality lawyer Pamela Cross on Transforming the Landscape:

Improving the Experiences of Abused Women in Family Court.

There are many social issues that need our input, especially at this time of year when the 2010 Draft Resolutions have just been published and await our consideration. For more information on this important topic, see Mary Butterill's VP Liaison Report on page 4.

I am delighted to share two items of news from CFUW National that follows voting by the membership of Clubs across the country.

The first is that Brenda Wallace of CFUW Regina has been elected President of CFUW for 2010-2012. From the CFUW Regina Newsletter: "Brenda's teaching career in the Regina Public School System and abroad, including her supervision and mentorship of interns, will serve her well. Her leadership and experience as Regional Director for Saskatchewan and as Vice-President of the Prairies as well as her attendance at six National AGM's since 2003 will have provided a sound background for the challenges she faces. CFUW Regina members should seriously consider attending the National AGM in Ottawa to continue to support Brenda as she undertakes the daunting tasks of the next two years."

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

President's Message (continued)

Second, the proposal of the Task Force on CFUW Governance has been adopted. As we discussed at the February General Meeting, the purpose of the changes to Board structure are to improve communications, clarity of roles, fiscal accountability, efficiency and flexibility. The new structure will come into effect with the election of the 2010-2012 Board.

Our Centennial year opened joyfully with "Down the Decades", details of which are reported on page 6. It was a tremendous team effort, and I congratulate everyone who was involved in planning the evening and seeing it through to completion. Special recognition to Mary Partington, Dianne Rummery and Jane Wandell, whose leadership, creativity, and production savvy made it all come together at just the right time. Bravo!

HELP WANTED

Recording Secretary
required for
AGM & Conference
July 15-18, 2010
Ottawa – Marriott

Perks include: free registration,
travel expenses, honorarium

Contact Susan Russell
for more details

Capital Carillon is published monthly
from September to May

Please send all material for
the next issue to Dianne Rummery
at mdrummery@rogers.com

Next issue: **April 2010**
Deadline: **March 15, 2010**

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

CFUW-OTTAWA AGM/DINNER MEETING

Monday, May 10, 2010 at 6:00 p.m.

Restaurant International, Algonquin College
1385 Woodroffe Avenue

\$30.00 per person including taxes & gratuity

Tickets will be available at the March & April General meetings or you can send a cheque for \$30. made out to CFUW-Ottawa with a stamped self-addressed envelope to **Aleyamma Samuel** (*address available in membership directory*).

Cutoff day to purchase tickets : April 27, 2010

Directions to Restaurant: Turn left at the first set of traffic lights on Woodroffe Avenue, south of Baseline Road, (between College Square Shopping Centre and Algonquin College). Turn right at the next set of traffic lights. The parking lot and the Hospitality Centre will be in front of you. Restaurant International is in that building.

AGM/Conference Registration On-line

The Local Arrangements Committee is delighted to announce that Registration for the upcoming AGM/Conference goes on-line via cfuw-org on Mar. 11. Everyone now has the opportunity to see the dimensions of this event that is a vital part of our Centennial Celebrations and a wonderful opportunity to showcase CFUW-Ottawa and our Capital City.

Being the host city for this annual event is a chance for local members to take advantage of the exciting events planned without having to travel. Just such an opportunity has often whet the appetite of members across the country to attend other AGMs—they open so many windows on different aspects of our world all in one place. And the Ottawa AGM/Conference has an exceptionally splendid and

evocative lineup.

But we need to remind ourselves that this is a National event and a National responsibility. We are just the "spear carriers". National has the financial responsibility and has approved a break-even budget. While our drive to offset costs is on track and as vital as it is for every CFUW Annual General Meeting, dollars raised by CFUW-Ottawa will only be used to support this event. Any excess funds revert to our Club.

Our publicity group has been in touch with Clubs across the country on an individual basis alerting them to the people they will hear and meet and how pleased we will be to welcome them in July. They're coming to the Party. You don't want to miss it when it's on your doorstep.

REPORT of the SCHOLARSHIP CONVENOR

MARGARET HAINES

For the academic year, 2009-2010, a total of \$35,710 is being awarded by CFUW-Ottawa Scholarship Trust Fund to three universities and the Ottawa Little Theatre. This represents 21 awards in total – 10 to the University of Ottawa, 9 to Carleton University, one to Queen’s University and one to the Ottawa Little Theatre. The total also includes the new scholarships mentioned last year including the *Ruth Bell Centennial Scholarship Honouring all Members of the Ottawa Club since 1910* (\$5000) which is going to alternate between Carleton University and the University of Ottawa, beginning with the University of Ottawa in 2009-10 and the *Dorothy Powell* award (\$1000 each) which is also going to alternate between the two universities, beginning with Carleton University in 2009-2010. For 2009-2010 only, CFUW-Ottawa also agreed to allocate an additional \$500 per award in celebration of the centennial of the Ottawa chapter.

There have been some changes to existing awards including an increase of \$200 per annum to the **Helen Nininger Scholarship in Fine Arts at Queen’s University**. This was done at the request

of the donor, Michael Nininger. This award is now \$1210.

CFUW-Ottawa has also been very fortunate to receive a donation from one of our members, Dr. **Dorothy Horwood** in recognition of the CFUW-Ottawa’s 100th anniversary. Dr. Horwood has donated two \$3,000 scholarships for one time only in the academic year 2010/2011 at the University of Ottawa. The scholarships will be awarded to two women science graduates planning to pursue a Master’s degree in Health Sciences. They are intended to support women science graduates at a critical level

in their studies.

The Scholarship Convenor is currently reviewing the terms and conditions of all awards with the four recipient institutions. This is to ensure that the awards continue to be given in accordance with the wishes of CFUW-Ottawa and associated donors.

All winners of 2009-2010 awards are being invited to the March general meeting. Three awards still have to be named but STF hopes that they will be named in time for the March meeting. The STF committee will provide ‘sweets’ to have with our coffee at this meeting.

2009-2010 CFUW-Ottawa Award Winners:

Queen’s University

Helen Nininger Memorial Scholarship in Fine Arts Jennifer Bryson

Carleton University

Shirley Greenberg Award Morgan Lowry

Helen Nininger Scholarship in Music Jamie Holmes

Dr. Ruth Bell Scholarship Katherine Gow

Carol Shields Scholarship Maria Missios

Naomi Rayner Scholarship Xian Zhang

Lillian Gertsman Scholarship Russell McKeown

Dorothy Powell Scholarship Sara Seiler

Alice E. Wilson Scholarship to be announced

Harriet and Eugene Forsey Scholarship to be announced

University of Ottawa

Helen Nininger Scholarship in Music Genevieve Colletta

Helen Nininger Scholarship in Fine Arts Alison Fogtmann

Gladys Harvey Award Sophie Cousineau

Lois Harper Scholarship in Music Michelle Odorico

Constance Jones Scholarship in Women’s Studies Rita Valeriano

Mary Kyles Award Vanessa Pesch

Muriel Axon Award Dawn Wells

Lucille Muldoon Award Ekaterian Shestakova

Ruth Bell Centennial Scholarship (*Honouring All Members of the Ottawa Club since 1910*) Jessica Bell

Ottawa Little Theatre

Gladys Cameron Watt Award Stephen Neufeld

Scholarship Trust Fund Vote

Changes to the CFUW-Ottawa Scholarship Trust Fund Terms of Indenture will be explained before voting at the April meeting of the Club. These changes will bring the Terms up to date as to the wording, name of the Club and the fiscal year. Clauses have been added regarding an annual audit, and help from Club membership when needed.

CFUW DRAFT RESOLUTIONS 2010

To participate in reviewing a resolution, please contact the responsible Chair. Any further questions, contact VP Liaison, Mary Butterill.

Resolution 1: CHRYSOTILE ASBESTOS AND CANADA'S RESPONSIBILITY IN THE INTERNATIONAL TRADE OF HAZARDOUS SUBSTANCES *Proposed by CFUW Oakville*

Reviewers: Environmental Toxins and Health Subcommittee **Chair:** Charlotte Rigby

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada, and the Provinces and Territories of Canada, to implement a ban on the mining, use, and trade of all forms of asbestos.

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to support the inclusion of chrysotile asbestos in Annex III of the Rotterdam Convention on the Prior Informed Consent Procedure for Certain Hazardous Chemicals and Pesticides in International Trade.

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to protect human health and the environment by working with other nations to promote shared responsibility and cooperation in the international trade of hazardous substances.

Resolution 2: THE FUNDING OF ABORIGINAL EDUCATION *Proposed by the National Education Committee*

Reviewers: Education Committee **Chair:** Jill Moll

RESOLVED, That Canadian Federation of University Women (CFUW) urge the Government of Canada, and the provincial and territorial governments, to make available the resources and support necessary to provide the Aboriginal population with the same quality, same level of access and funding for education as that provided through the public education system.

Resolution 3: MOBILIZING THE WILL TO INTERVENE – W21 *Proposed by the CFUW International Relations Committee*

Reviewers: Legislation/Other Committee **Chair:** Lynne Bond

RESOLVED, That the Canadian Federation of University Women (CFUW) adopt as policy, support for the Will to Intervene – W21 – Leadership and Action to Prevent Mass Atrocities demonstrated by the setting of clear policy priorities at the highest

levels of government that preventing abuse and slaughter of innocent victims is one of its most important duties;

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to make the Prevention of Mass Atrocities a national priority by:

1. promoting a broadly designed public discussion on Canada's role in preventing mass atrocities;
2. converting the All Party Parliamentary Group for the Prevention of Genocide and Other Crimes Against Humanity into a Standing Joint Committee;
3. establishing an interdepartmental Coordinating Officer for the Prevention of Mass Atrocities;
4. creating standard operating procedures for disseminating intelligence concerning the risk of mass atrocities throughout the whole of government;
5. consulting with civil Society and NGOs to explore the broad question of how preventing mass atrocities is in Canada's interest; and

RESOLVED, That the Canadian Federation of University Women (CFUW) urge parliamentarians and senators to exercise their individual initiatives and use their existing powers and privileges to advocate for the implementation of the Responsibility to Protect – R2P, as an international norm and a vital part of Canada's foreign policy.

Resolution 4: PROSTITUTION OF WOMEN AND CHILDREN *Proposed by the University Women's Club of Vancouver*

Reviewers: Status of Women and Human Rights Committee **Chair:** Mary Patton

RESOLVED, That the Canadian Federation of University Women (CFUW) consider prostitution to be a form of violence against women and children that sexually exploits women and children and prevents the achievement of women's equality in Canada and around the world;

RESOLVED, That CFUW urges the Government of Canada

1. To enact legislation that prohibits the purchasing of sexual services wherever it occurs, including the internet, and which imposes criminal sanctions on the purchasers of sexual services;
2. To repeal those sections of the Criminal Code which impose sanctions on prostituted persons for soliciting or selling their sexual services.

Resolution 5: PROTECTING CANADIANS FROM HEALTH HAZARDS ASSOCIATED WITH EXPOSURE TO ELECTRO-MAGNETIC FIELDS FROM HIGH VOLTAGE OVERHEAD POWER LINES *Proposed by CFUW South Delta, BC*

Reviewers: Environmental Toxins and Health Subcommittee **Chair:** Charlotte Rigby

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada and provincial, territorial and municipal governments to protect the health of Canadians from harm created by exposure to electro-magnetic fields from high voltage overhead power lines by:

1. Requiring that the Precautionary Principle be enforced and policy and regulations developed to protect Canadians from harm from high voltage overhead power lines;
2. Requiring that new overhead power lines be placed underground or at distances from homes, schools, or places of work or study determined to be safe by European Union member states and other countries implementing the precautionary principle;
3. Establishing an independent monitoring body that includes citizen involvement and makes regular public reports on emerging research and on existing and proposed installations of new high voltage overhead power lines;
4. Promoting public awareness and education, and support the development and use of safe alternatives to overhead power lines.

Public Policy from another Organization 1: UNITED NATIONS SECURITY COUNCIL RESOLUTIONS 1820, 1882, 1888 AND 1889 ON PEACE AND SECURITY FOR WOMEN AND CHILDREN *Proposed by CFUW International Relations Committee*

Reviewers: Legislation/Other and Status of Women and Human Rights Committees **Chairs:** Lynne Bond and Mary Patton

RESOLVED, That the Canadian Federation of University Women (CFUW) support United Nations Security Council Resolutions:

- UNSCR 1820 (2008) Women and peace and security
- UNSCR 1882 (2009) Children and armed conflict
- UNSCR 1888 (2009) Women and peace and security, and
- UNSCR 1889 (2009) Women and peace and security.

Enjoy a Weekend in Niagara at the Ontario Council AGM on May 14-15

This will be your chance to learn more about and discuss the new Ontario legislation for making our province accessible for people with disabilities (AODA – Accessibility for Ontarians with Disabilities Act – 2005).

- A highlight of the Friday evening reception will be the chance for all attendees to “experience” a variety of disabilities, and consider the impact these challenges present to everyday life.
- After the Business Meeting on Saturday morning, Rabia Khedr, the keynote speaker, will tell us about her experiences as a profes-

sional consultant and mother of four who lives with a disability. The theme of her presentation is “Building Inclusive Communities: Places where people belong”.

- After lunch, you’ll have a choice of 2 out of 3 workshops about the theme topic, followed by a panel discussion about what barrier-free living means.

We are sure you will learn a lot, have a chance to gain a new perspective on your life and those of others, and have lots of fun visiting with friends and making new ones.

Please also consider staying for the

optional Guided Wine Tour to taste some of Niagara’s delicious wines on Saturday evening, and maybe view the Welland Ship Canal or Niagara Falls on Sunday. There are likely to be blossoms in the fruit orchards plus other beautiful spring scenery that makes the Niagara area so delightful.

We hope you will be able to join us! Here’s the website link if you’d like to look at more details about the event: http://www.cfuwstcatharines.org/cfuwstcatharines/Ontario_Council_AGM_2010.html

CFUW St.Catharines (2010 Hosts of the Ontario Council AGM)

What Judy Brooks Had to Say

At the February General Meeting, our invited guest, Judy Brooks, Program Therapist for Therapeutic Riding, Ottawa (TROtt), spoke about the use of horses as a treatment tool to assist in the rehabilitation and therapy of children and adults with specific disabilities or medical conditions, such as cerebral palsy, stroke, spina bifida, developmental delay and many others.

She explained the scientific theory behind the use of horses for therapy as a horse’s skeletal structure and movement have been found to be similar to that of humans. Once on the horse, the movement of the horse’s pelvis is transposed to the rider’s pelvis, thus enhancing the rider’s anterior, posterior, lateral and rotational movements. This in turn triggers minute movements through the spine

which causes muscle firing and a reaction throughout the body. This has been proven to have positive physical effects on strengthening one’s core, increasing balance, enhancing upright posture, strengthening muscles and relaxing tight or spastic muscles. Judy also pointed to the many mental, emotional and social benefits of therapeutic riding programs such as increased confidence and self-esteem and social interaction skills. Judy’s points were enhanced by the many photographs she showed of some of the riders who have benefitted from TROtt programs.

Judy also introduced the TROtt organization to the audience. Housed in rented facilities in Greely, Ontario, the program currently runs thanks to 12-14 very special horses, 100-120 volunteers and a small number of paid

staff who perform specialized tasks such as training and caring for the horses and stable. TROtt is a registered non-profit charitable organization which meets its ongoing expenses through modest rider fees for lessons, special fund-raising events and especially through the generosity of sponsors and donors. Judy’s role as Program Therapist is to assess the specific needs of prospective riders, each of whom must be referred by a doctor, and to design a therapy program to meet the client’s particular therapeutic needs. She also personally conducts the one-on-one hippotherapy treatment program for the riders. Over the years, the age range of TROtt clients has been from 3 to 70 years old.

Wendy Bergeron

Down the Decades

The celebration of our centenary knit together three threads—the music of the era, the fashions worn at the time, and the story of our Club including the many strong women who served its mandate and enjoyed the social and advocacy bond it created.

The musical selections brought the decade to life as the audience smiled in remembrance of a favourite tune and all the memories it evoked. While many of the fashions were high-end, they were spectacular to look at and great fun to wear. The Ottawa Little Theatre costume department was so generous with time and knowledge of the eras we wished to emulate. And then there was Sheila Perry in her grandmother's tennis dress, worn on the McGill Courts in 1910 and the iconic nursing sister's uniform worn close to battlefields in two world wars and kindly lent by the Canadian War Museum. And we had a mini, velvet with a lace collar, so evocative of the sixties and found by Mary Patton in Value Village!

The fashions were spectacular but then the women who wore them were too. They really strutted their stuff on stage lending personality to the clothes. Anne Madden who has experience modelling quietly gave choreographic lessons and they worked. Finally the thread that brought the production together, was the narrative that told the story of what women were wearing in each decade and the highlights of the Club story.

President Leila Metcalf opened the show in a luscious cream silk Edwardian dress, with a tiny waist and gentle frills and a confection of a

matching hat. Anne Madden then appeared in a stunning tangerine gown with black overlace and plumed headache band hat. Isabel Abols wore a riding outfit complete with crop and Sheila appeared in the red striped tennis dress to show that women were taking part in sports. And then the crimson flapper came on stage—Phemie Johnson was perfect. A favourite model was Marlene Hewitt in a beautiful raspberry gown with the crosscut on the bias lines for which the thirties were famous and she responded to the narrative eloquently. The forties found Anne Madden on stage again in a black and pink afternoon dress and hat ready for the runway in any era and then the nursing sister came on stage to remind everyone that our members had worn the Canada flash to serve overseas. Hae-Young Lee represented the fifties in a fabulous crimson evening gown and then the music changed to Chariots of Fire and Jackie MacDonald a Canadian Olympian shot putter and discus thrower in the fifties appeared in the blazer she wore in the Melbourne Olympics opening parade. Then came the Sixties—Saba Fatemizadeh was splendid representing the sea change in culture with her peace sign, Moroccan tunic and jeans; Mary Patton wore her mini with panache and then Mary Partington appeared in a blue coat dress to show that elegance still prevailed. Then came the Seventies, with Sheila Perry in a flowing caftan and Isabella in a crocheted dress symbolic of that time when many of us were young. The eighties introduced shoulder pads that grew each year.

Three models Hope Ross-Papezik in a fine suit, Saba in a flowing white gown and spectacularly Marcia Armstrong in a glitzy coat of many colours. The nineties included Anne Madden in a gold brocaded broad shouldered cocktail dress and Isabella Abols in a sensational svelte evening gown, both dresses showing that glitz was in. Finally the last decade included Jane Wandell in a trouser suit with all the current attachments, blackberry and lap top representing the women who “do it all” followed by Young Hae Lee in a traditional wedding gown to show they are “having it all” including marriage. The models were led back on stage by Jackie MacDonald carrying the Olympic Torch she would carry at Nelson, BC with colleagues from the Canadian Olympic track team of 1956.

When Patricia Bays' team of archivists were researching early Minutes, they discovered that meetings often included the singing of old College songs. Not to be outdone, Mary Partington penned one just for us, The Centennial Song, which was sung lustily at the end of the show to the tune of The Twelve Days of Christmas.

So many people took part in the planning and execution of this event. Daryl Lindberg did much of the spade work, connecting with the Archives, with Holt Renfrew to provide wonderful make up artists, with Langdons for flowers and helping to chose the spectacular clothes from the Ottawa Little Theatre and the models to wear them. Janet Treciokas researched much of the script from Patricia Bays' work and Dr. Ruth Bell's Memoir,

Down the Decades (continued)

Dianne Rummery scripted the narrative and Louise Brzustowski provided a touch of French panache. Leila Metcalf selected and played the evocative music. We salute Mary Partington and Jane Wandell who stage managed and produced Down the Decades, the dressers backstage, Janice Vennos and Margaret MacKay, who made the instant costume changes and Nancy Devillers who put the slide show together and helped everywhere.

The grande finale was champagne, birthday cake and a Down the Decades slide show in the lobby.

Was it a party suitable for a Centennial? You bet!



Diplomatic Snowshoeing at the Rockcliffe residence of the US Ambassador to Canada. Left to right, Darlene Page, Chair, Diplomatic Hospitality, Sholpan Belgibayeva, wife of the Ambassador from Kazakhstan, Julie Jacobson, wife of the American Ambassador, Melanie Brinkmann wife of the European Union Ambassador and Ulle Baum, Past-Chair of Diplomatic Hospitality. A gorgeous day to enjoy a winter outing.

Additional Credits:

- Models and Costumes: Daryl Lindberg with Ulle Baum and Brenda Ellacott
- Great Centennial Book Marks: Jane Wandell
- Publicity: Wilma Clapham
- Photography and Videography: Ulle Baum
- Tickets: Alice Bolt with Joan McKee, Janet Riehm and Gayle Cole
- Refreshments: Leslie Holland, Sheryl Pace with Karen Thorington, Marilyn Minnes, Linda Hill & Jill Moll
- Champagne: Elegant Brigade of Gentlemen
- Fabulous Door Prizes in both official languages: Joanne LeGault



Morning skaters on their way to the canal: From left to right Ruth Toller, Joy Johnstone, Peggy Rader, and Leila Metcalf on their way to test the Winterlude ice.



From the CFUW-Ottawa Environmental Toxins and Health Issues Group

Compact Fluorescent Light (CFL) Bulbs

The Ontario Government plans to save six million megawatt hours of electricity per year by banning incandescent light bulbs and replacing them with Energy Star-qualified CFLs. On average, CFLs use only 25% as much energy as incandescent bulbs.

CFLS CONTAIN MERCURY

Mercury is an essential part of CFLs; it allows the bulb to be an efficient light source. In CFL bulbs, an electric current passes through a sealed glass tube containing argon gas and mercury vapour to generate ultraviolet light which excites a phosphor coating on the inside of the tube, causing visible light. Most makers of light bulbs have reduced mercury in their fluorescent lighting products, and manufacturers are working towards further reducing the mercury content of CFLs.

The largest man-made source of mercury in the environment are coal-fired electric power plants. Saving electricity by switching to energy-efficient CFLs therefore reduces the amount of mercury released into the environment. Even less mercury is released when CFLs are recycled in a responsible manner. In Ottawa, you may take them to a Hazardous Waste Depot, or to stores such as IKEA, Home Depot, and Rona that have recycling bins for CFLs.

USE AND HANDLING OF CFLS

- 1) Dimming a CFL that is not designed to work on a dimmer switch can shorten its life significantly. Be sure to purchase an Energy Star-qualified dimmable CFL for use in those locations.
- 2) Many electric timers, motion sensors and photocells are not compatible with CFLs. Check with the manufacturer.

- 3) For outdoor use, always use weather-proof CFLs and place them in enclosed fixtures.
- 4) CFLs are made of glass and will break. Be careful when handling a CFL, and always handle by the base, not the glass.
- 5) If you should break a CFL, the mercury may be released. See clean-up and disposal guidelines at: http://www.energystar.gov/ia/partners/promotions/change_light/downloads/Fact_Sheet_Mercury.pdf
 - a. Open a window and leave the room for at least 15 minutes.
 - b. Shut off the forced air heating/air conditioning system.
 - c. Carefully scoop up the glass fragments and powder using a stiff cardboard and place in a glass jar with metal lid or a sealable plastic bag.
 - d. Use sticky tape to pick up small remaining glass pieces and powder.
 - e. Wipe area with wet paper towels and place in the glass jar or plastic bag.
 - f. Immediately place all clean-up materials outdoors in your hazardous waste container
 - g. Wash your hands.

For more information, see the Natural Resources Canada website at: <http://oee.nrcan.gc.ca/residential/business/manufacturers/questions-answers.cfm?attr=4#phase-out>