



Canadian Federation of University Women – Ottawa

Capital Carillon

November General Meeting

DATE: Monday, Nov. 8, 2010
 TIME: 7:30 pm
 PLACE: St. Timothy's Presbyterian Church, 2400 Alta Vista Dr.
 SPEAKER: Dr. Susan Farrell, Clinical Psychologist, Head of Evaluation Research, Community Mental Health Program, Royal Ottawa Mental Health Centre, Professor, University of Ottawa
 TOPIC: Mental Health

Susan Farrell is a Clinical Psychologist with the Dual Diagnosis Consultation Outreach Team and the Psychiatric Outreach Team of the Royal Ottawa Mental Health Centre. She is the Head of Evaluation Research for the Community Mental Health Program and directs service evaluation initiatives at the Royal Ottawa and Brockville Mental Health Centres. She is an Assistant Professor in the Department of Psychiatry, a Clinical Professor in the School of Psychology and a member of the Faculty of Graduate and Postdoctoral Studies, University of Ottawa.

Her research interests include mental health and homelessness, dual diagnosis (developmental disabilities and mental illness) and evaluation of community-based services.

She was a proud recipient of a CFUW scholarship during her doctoral studies.

PRESIDENT'S MESSAGE

WILMA CLAPHAM

CFUW-Ottawa started the 2010-2011 year with several exciting events. As a result of the hard work of many board members, convenors and volunteers, registration night was a big success and more than 400 members were registered by the end of that evening. Dora Mózes and her team have done an outstanding job of processing an additional 90 memberships since then. Congratulations and many thanks to all involved!

The membership drive and registration night reaffirmed the board's commitment to proceed with upgrading the club's use of the internet. Glenda Levesque and her committee have started working on the process of handling registrations on-line, including credit card payments. Another area that will be investigated will be the processing of study and interest group membership lists on-line. This is just the start, but the bottom line is that stacks, and boxes, of paper files are not an efficient way to conduct business in 2010!

At our Oct. 4 meeting, Kathleen Saso, Ottawa Program Coordinator of the Home Instruction for Parents of Pre-school Youngsters (HIPPI) Program spoke about the group's mandate to work with parents in low income and immigrant communities to make schooling more effective for their children. This three-year-old program uses

volunteers to assist parents meet their commitments and to monitor success. Thank you, Wendy Bergeron, for finding this speaker for us.

Looking ahead, the speaker for the Nov. 8 General Meeting will be Dr. Susan Farrell, clinical psychologist and Head of Evaluation Research, Community Mental Health Program, Royal Ottawa Mental Health Centre. Mental health issues are in the news every day and we are fortunate to have Dr. Farrell to inform us about how our community is coping with them. Alice Bolt and her committee have the plans for the Scholarship Trust Holiday Luncheon Party on Dec. 5 at the RA Centre nearly completed. Contact Alice or one of her committee to make sure you get a ticket. New members

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New Members Tea



New Members Tea will be held on **Sunday, Nov. 14 from 2 p.m. to 4 p.m.** at the home of Peggy McGillivray. All CFUW women who are new to the Club, either this year or last year, are encouraged to attend. Board members will be there to greet you and explain the roles that they play in keeping CFUW one of the best women's clubs in Canada. Your 2010-2011 CFUW Membership Directory will also be handed to you at that time.

Invitations to the "tea" will be arriving shortly. This will be a wonderful opportunity to meet other new members and the CFUW Board, to learn about how best to get involved in the areas of your choosing, and to find out if other CFUW members live very near to you. Please do come!

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

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

Next issue: **December 2010**
 Deadline: **November 15, 2010**

Previous issues located on the Club website at <http://cfuw-ottawa.org/>

President - continued

will want to mark Nov. 14 on their calendar as it is the day Peggy McGillivray will host the New Members Tea at her home. Refer also to the

notices about the Tea and the Holiday Party in this issue.

I hope to see you at the Nov. 8 General Meeting wearing your membership pin!

HELP WANTED

The Canadian Federation of University Women (CFUW) - Ottawa & the Ottawa Council of Women (OCW) present the



7th Annual International Women's Day (IWD) Celebration

Library and Archives Canada

Thursday, March 10, 2011

This popular event will feature delicious refreshments; fascinating speakers; entertainment; and door prizes, as we join women around the world in a celebration of women's accomplishments and history.

Please join us -
 on the Planning Committee, or at the Event itself

For information, please contact Co-Chairs
 Beverlee McIntosh (613) 728-9770, Beverlee.mcintosh@gmail.com
 Charlotte Rigby (819) 778-3438, crigby@videotron.ca

For information about IWD, see www.internationalwomensday.com



CFUW ISSUES IN THE NEWS

Financial Literacy

The \$5-million federal **Task Force on Financial Literacy** chaired by Donald Stewart, CEO, Sun Life Financial Inc., released its preliminary report *What We Heard: A Summary of Public Consultations* on Sept. 22. Consultations conducted from February to May 2010 with 175 organizations and individuals in 14 communities received over 300 submissions and many more comments online. Needs identified include budgeting, saving and debt repayment tools; clear, simple financial documents; mechanisms against growing financial fraud; more financial education in the schools; and improved, coordinated financial literacy programs and information. The final Task Force report is due in December 2010.

Gun Control

On Sept. 22, the House of Commons concurred with the June 9, 2010 recommendation of the Standing Committee on Public Safety and National Security by narrowly defeating (yeas 153; nays 151) *Bill C-391, An Act to amend the Criminal Code and the Firearms Act (repeal of long-gun registry)* introduced by Candace Hoepfner, Conservative MP for Portage - Lisgar, Man. on

May 15, 2009. CFUW strongly supports the registry.

Prostitution

On Sept. 28, Justice Susan Himel of the Ontario Superior Court of Justice ruled on the constitutional challenge to Canada's prostitution laws launched by sex trade worker Terri-Jean Bradford in 2009 by striking down the sections of the *Criminal Code* deemed to unnecessarily endanger sex trade workers: keeping a common bawdy house (s.210(1)); communication for the purposes of prostitution (s.213(1)(c)), and, living on the avails of prostitution (s.212(1)(j)). Justice Himel simultaneously placed a 30-day suspension on the ruling.

On Sept. 29, federal Justice Minister Rob Nicholson announced in the House of Commons that the government will appeal and seek a stay on the decision.

Justice Himel's decision does not change existing legal provisions for those under the age of 18.

UN Women's Agency

On July 2, after years of negotiations among Member States and advocacy by women's groups including CFUW, the UN General Assembly voted unanimously to create **UN Women**, a merger of four United

Nations entities: UN Development Fund for Women (UNIFEM); Division for the Advancement of Women (DAW); Office of the Special Adviser on Gender Issues; and, UN International Research and Training Institute for the Advancement of Women (UN-INSTRAW).

On Sept. 14, Secretary-General Ban Ki-moon named former Chilean president **Michelle Bachelet** to head UN Women. Chosen over two other candidates, Ms. Bachelet, Chile's first female president, had prioritized women's issues throughout her tenure.

UN Women promises to be a stronger global voice for women's rights and gender equality. It will be operational in January 2011, based in New York, headed by an Under-Secretary-General, with an annual budget of at least \$500 million (double the current combined resources of its composite parts). It will support the Commission on the Status of Women (CSW) and other inter-governmental bodies in policy development; help Member States implement standards; provide technical and financial support to countries on request; partner with civil society; and, hold the United Nations accountable for its commitments on gender equality.

Ottawa HIPPY Program Highlights

CFUW-Ottawa kicked off its 2010-11 program year at the Oct. 4 general meeting with a subject near and dear to the hearts of our members – the importance of education. Guest speaker, Kathleen Saso, presented the Home Instruction for Parents of Pre-school Youngsters or HIPPY program. Kathleen is the Ottawa HIPPY Program Coordinator, currently operating out of the Vanier Community Services Centre. Originating in Israel, HIPPY programs have existed in Canada for 10 years and in Ottawa since 2008.

HIPPY is a multi-year family literacy program based on the premise that the parent is the child's first and

best teacher. The program aims to prepare children of low income families for kindergarten and to ensure that their parents play a key role in so doing. Teaching materials, training, and on-going support is provided to the parents. Participating families are visited once a week by a team of home visitors. To be selected, families must: a) have a child (or children) three to five years old; b) be in a low income bracket; and, most importantly, c) be prepared to commit time and energy to teaching their child and to participating in monthly group activities.

The HIPPY program stimulates change, learning and personal growth. Home visitors create change in the

homes they visit; participating parents grow in skills and confidence as they are trained; and youngsters change as they learn and grow in readiness for success in kindergarten. Some parents become home visitors, pursuing their own education with HIPPY support and encouragement.

The program is offered free of charge in Vanier and surrounding area by five parent home visitors. This year, the Ottawa HIPPY team plans to visit 50 families each week – families from all over the world, speaking over 10 languages.

Volunteers are welcomed with open arms.

Wendy Bergeron



Festive and Fun!

CFUW-OTTAWA'S ANNUAL HOLIDAY PARTY

Clark Room, RA Centre, Sunday, December 5, 2010 – Noon to 3:00 pm

Great opportunity to enjoy time with friends and family
at an elegant hot and cold buffet

Raffles Door Prizes Bake Table

Tickets (\$35) will be available at the November meeting or by contacting a committee member:

Alice Bolt Gayle Cole Linda Kelly Joan McKee Eva Stumes Pat Troughton

Seating is limited to 150 people, so please purchase your tickets soon!

Please contact Alice Bolt, (613) 731-5221, to contribute to the Bake Table.

All proceeds go to CFUW-Ottawa Scholarship Trust Fund.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

FRAGRANCES: Common Sense about Scents

Many of us enjoy using perfumes and other scented products. And there are hundreds! Think of shampoos, skin care products, laundry detergents and fabric softeners, air fresheners, candles, car washes, household cleaners, and even trash bags!

But "Fragrance Allergy" has become a major environmental health problem. Many public and work places now post signs requesting patrons to refrain from using perfumes and colognes. How, after hundreds of years of use, have these products become such a public health concern?

Historically, fragrances were made of "natural" plant oils, flower petals, herbs and spices. Perfumes were luxury goods, to be used by the wealthy few, or for special occasions. But by the 1960s, chemists could synthesize ingredients that made fragrances easily affordable. Manufacturers added them to consumer products - to impart attractive odours, and to mask unpleasant ones. Mass marketing tools began to promote scented products for daily use.

Modern fragrances are complex formulations. Some ingredients are known toxins or allergens which accumulate in our bodies. These include phthalates, synthetic musks (which have been found in cord blood of newborns), and natural "essential" oils such as geraniol (rose oil), linalool (in lavender oil) and limonene (citrus oil), which break down to form potent sensitizers. Because they are used in small amounts in complex mixtures, they are lumped

together as "fragrance" in ingredient lists on product labels, not identified separately.

Occasional use of fragrances is unlikely to cause harm, but most of us use mixtures of fragrance-containing products repeatedly over many years. Regular users can inhale large amounts of fragrance ingredients when scented products are sprayed, and many fragrance ingredients are absorbed through the skin. Laundry products are a special concern, because their fragrance components are chemically engineered to last for weeks, and laundered clothing and bedclothes are in direct contact with skin for many hours at a time.

WHAT WE CAN DO:

- Check the ingredients on product labels, and choose fragrance-free products.
- Minimize your use of scented fabric softeners and other scented laundry products.

FOR MORE INFORMATION SEE:

- "Fragrance Chemical Allergy" at http://ec.europa.eu/research/environment/pdf/env_health_projects/chemicals/c-fragrance.pdf
- The Fragrance Products Information Network at <http://www.fpinva.org/text/index.html>
- "Not So Sexy" at http://www.environmentaldefence.ca/reports/Just_Beautiful.html



ENTERTAINMENT BOOKS ON SALE

Salwa Hafez and Ina McCuaig will be selling Entertainment Books to raise money for the CFUW-Ottawa Scholarship Trust Fund. The Books contain discounts for restaurants, entertainment, sports, retail, services, travel and hotels. Call Salwa or stop by the table at the next General Meeting. Books sell for \$35 each, the same price as last year.

30th IFUW Triennial in Mexico City

The International Federation of University Women (IFUW), founded in July 1919 and comprised of 67 national affiliates in 120 countries, held its 30th Triennial in Mexico City from Aug. 5 to 9, 2010 with the theme *Education, Development and Empowerment*. The Conference attracted at least 26 delegates from Canada, many of whom played an active role. Mary Hall and Phyllis Scott chaired the Resolutions and Plenary sessions. Ardith Toogood gave position papers on *The Collaborative Work of CFUW* and on *Maternal Health and Foreign Aid*, Rhea Pretsell on *Sexual Violence as a Weapon of War: The Case in the Congo* and Liette Michaud on *Women and the Curriculum: Educational Reform in Quebec, Canada*.

Three CFUW members were elected or appointed to three-year

IFUW positions: Marianne Singh-Waraich to the Resolutions Committee, Marian Ennis as Convener, Special Committee for the Hegg Hoffet Fund for Displaced Women Graduates, and Roberta Brooks as Assistant Treasurer in Canada.

Canada, with 10 votes based on CFUW membership, presented three resolutions, all of which were adopted. Marianne Singh-Waraich defended the resolution on financial literacy, Susan Murphy on climate change and Brenda Wallace on cluster munitions. Resolutions from other countries addressed work-life balance (Switzerland); bioethics and the need for gender-sensitivity training for peacekeepers (France); numeracy in women's education (Great Britain); abuse of female migrants (Mexico) and human trafficking

(Women Graduates - USA).

Pictures and stories on Ardith Toogood's blog on the CFUW website under Advocacy/Policy, International Section show the colour and joy that Mexico provided as background. The cast of keynote speakers included the UN Deputy High Commissioner for Human Rights, a Justice of the Mexican Supreme Court and the Mexican Foreign Secretary—all women.

The 2010-13 IFUW Board includes: President: Marianne Haslegrave (Great Britain); Vice-Presidents: Patricia Galeana Herrera (Mexico), Anne Nègre (France), Jennifer Strauss (Australia), Willemijn Van Der Meer (Netherlands); and, Treasurer: Catherine Bell (South Africa). The 2013 Triennial will be in Istanbul, Turkey.



CFUW members after IFUW North America Regional Meeting (From CFUW Advocacy Blog: <http://cfuwadvocacy.wordpress.com/category/ifuw-conference/>)

CLUB TO VOTE ON NOV. 8 ON 2010 CFUW BY-LAW AMENDMENTS

The CFUW Constitution, By-Laws and Standing Rules were amended at the 2009 CFUW AGM in Winnipeg. Additional amendments to By-Laws II and III were later proposed with the intent to vote on them at the 2010 CFUW AGM in Ottawa. However, since they were not presented to the membership five months in advance of the 2010 AGM as required by CFUW By-Law XIX.1, an emergency procedure was approved to permit the required Club vote during the 2010-11 Club year.

At their Sept. 20 meeting, the CFUW-Ottawa Board agreed to recommend approval of these changes to the membership. Copies of the proposed amendments included below are also posted on the CFUW website. The changes are mostly procedural and will not require changes to CFUW-Ottawa policy. The Club vote will be taken at the Nov. 8 general meeting.

The proposed changes to By-Law II - Membership *delete* Section 2.3 and *amend* Sections 2.2, 6.1 and 6.4.

The proposed changes to By-Law III - Dues *amend* Section I.

Existing By-Law II - Membership, Section 2 - Individuals' Eligibility

2. Individuals' Eligibility

Eligibility for membership in CFUW shall be decided by the Club Membership Chair. In cases where an applicant's eligibility may be in doubt, the decision of the Director of Membership shall be final. Specifically, a woman shall be eligible who:

2.1. Specifically a woman is eligible who is a resident of Canada and who has:

2.1.1 Earned a degree, diploma or equivalent qualification from an institution of higher education; or

2.1.2 Been accepted for a masters or doctoral program at a recognized tertiary institution; or

2.1.3 Earned a professional designation or qualification that currently requires a degree, diploma or equivalent qualification.

2.2 Is living outside Canada, but has received a degree from a recognized Canadian university or college; or

2.3 Was a member of CFUW in good standing having joined under the provisions of By-Law II.2, 1 or 2 and who wishes to maintain her CFUW membership although no longer resident in Canada. She shall forfeit her membership privileges if her membership is allowed to lapse.

Proposed Amended By-Law II.2.2 and II.2.3 to read:

2.2 Is living outside Canada, and

2.2.1 has received a degree from a recognized Canadian university or college; or

2.2.2 is a resident of the USA, living near the Canadian border; or

2.2.3 was a member of CFUW in good standing having joined under the provisions of By-Law II.2, 1 or 2 and who wishes to maintain her CFUW membership although no longer resident in Canada. She shall forfeit her membership privileges if her membership is allowed to lapse.

Existing By-Law II – Membership, Section 6

6. An Associate member is a woman who does not qualify for regular membership, as stated in By-Laws II.1.1; II.1.2; II.1.3:

6.1 Associate Members shall support the objectives and purposes of CFUW.

6.2 Associate Members are entitled to all the privileges and responsibilities of membership in CFUW.

6.3 Associate Members shall pay full CFUW per capita dues.

6.4 Associate members shall not exceed twenty-five per cent of the total number of members for whom the Club has paid CFUW per capita dues as recorded in the most recent Club Annual Report to National Office, that is regular CFUW members 80 per cent, Associate members 20 per cent.

Proposed Amended By-Law II.6.1 and II.6.4 to read:

6.1 An associate member is a woman who has completed at least two years of post secondary education at an accredited University or College.

6.4 Associate members may compromise up to twenty per cent of the total membership of the club.

Existing By-Law III - Dues, Section I

1. On behalf of CFUW, each Club shall collect and forward to CFUW annual per capita dues calculated on the basis of CFUW Club members in good standing during the Club's previous fiscal year.

Proposed Amended By-Law III - Dues, Section I to read:

1. On behalf of CFUW, each Club shall collect and forward to CFUW annual per capita dues calculated on the basis of CFUW Club members, Local Life Members, Associate Members and Student Members in good standing during the Club's previous fiscal year.

Ontario Council Standing Committees Fall Meeting : Spotlight on Sexual Violence

The CFUW Ontario Council Standing Committees met in Toronto on Oct. 2. The morning plenary session focused on *Sexual Violence: From Horror to Healing*.

Rhea Pretsell, President, CFUW Belleville, and Chair, Ontario Council Status of Women and Human Rights Committee, presented the paper she gave at the IFUW Triennial in Mexico City in August 2010, entitled *Sexual Violence as a Weapon of War: The Case in the Congo*. The ongoing conflict in the Democratic Republic of the Congo, with its appalling record of sexual atrocities, is rooted in its colonial past and linked to exploitative mineral trade practices. Commitment is required to end impunity for

sexual crimes, promote ethical mineral trade, build a sustainable peace and empower women.

Jacqueline Benn-John, President, Ontario Coalition of Rape Crisis Centres (OCRCC), outlined its services, problems and needs. The statistics are disturbing: fewer than 10% of sexual assaults are reported to police; 18- to 24-year-olds and aboriginal women are most likely to be victimized, with highest rates on reserves. The OCRCC provides free and confidential counseling and education. Funding is needed for practical and material assistance, responsive services and outreach. The OCRCC will help the Ontario Women's Directorate develop the Sexual Violence Action

Plan announced in July 2010.

Kim Charlebois, Executive Director, Quinte Sexual Assault Centre, focused on survivor therapy. Alarming, sexual violence is epidemic. Because most victims are abused by someone they know or in a position of trust, therapy aims to build trust and develop a sense of self. Kim described a very successful intensive group therapy *residential* program she initiated four years ago, funded by Ontario Victim Services, inspired by an Outward Bound wilderness experience program. Fundraising is currently underway for a Healing Centre for survivors of sexual violence in Ontario.

Mary Butterill

Remember to visit the CFUW-Ottawa website at www.cfuw-ottawa.org. The CFUW AGM 2010 LAC Co-Chairs report on AGM highlights with a selection of photos is now available there, accessed from the home page by clicking on:

