



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE: Monday, October 4, 2010
 TIME: 7:30 pm
 PLACE: St. Timothy's Presbyterian Church
 2400 Alta Vista Drive
 SPEAKER: Kathleen Saso of HIPPY —
 Home Instruction for
 Parents of Preschool
 Youngsters

Kathleen Saso, who is co-ordinator of HIPPY for the Vanier Community Services is concerned with children who are not prepared for school because of low levels of literary and poverty in their families. HIPPY is about helping parents to learn easy, fun and rewarding ways to teach their preschoolers at home and prepare them for kindergarten. Kathleen, who has a degree in Global Studies and Education, works with a team of six and some 60 families in this area.

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PRESIDENT'S MESSAGE

WILMA CLAPHAM

September 13, 2010 marks the start of a challenging and fun-filled year for CFUW-Ottawa. I hope you had a wonderful summer and are enthusiastic about the start of the second half of our Centennial year and all the other activities which the Board and Study and Interest Convenors have planned for you. We value, and need, your input to make our Club, and its mandate to improve the lives of women and girls at home and elsewhere in the world, a reality. Let's make this the best year ever for CFUW-Ottawa!

Sheryl Pacey, VP Operations, Nancy DeVillers, Convenor Study and Interest Groups, Dora Mózes, Membership Administration Convenor, and Nancy Vrooman, Hospitality Convenor, together with a team

of volunteers, did a spectacular job of organizing the September 13 Registration Night. We are off to an excellent start!

Hally Siddons and Karen Thorington did an outstanding job of organizing the CFUW AGM this summer. Excellent media coverage of the event has raised our profile nationally. Over 200 club members volunteered to help, and we were applauded for the organization of the event, the innovative and thought-provoking program, and the welcome extended to all.

We were awed by Dr Sima Samar and her initiative and courage that make such a difference in the lives of women and girls in her country. Members who attended the AGM are en-

(see **Meeting** on next page)



photo: Hinde

Alen Clarke pipes the head table into the AGM Banquet.

President - continued

thusiastic about continuing the connection with Dr Samar and her mission.

Unfortunately we are losing one of our key members Karen Thorington, who is moving this fall to Orillia to be near family. Karen, we will miss you and thank you for all you did for us.

Turning to the challenges facing CFUW-Ottawa, the first will be reviewing our current Strategic Plan and writing a new one to set our direction for the next five years. Past President Leila Metcalf has volunteered to take on this responsibility and several members have already volunteered to serve on this committee. We will also be trying to identify a suitable community project to increase opportunities for women and girls here in Ottawa.

I look forward to working with you and for you during the coming year!

Note to all members: we urge as many members as possible to receive the Carillon by email. That way, you get the pictures in glowing colour and save the executive hours of tedious labeling, stamping and sticking. Check the website for past issues of the Carillon.

Capital Carillon is published monthly from September to May

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

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

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

CFUW AGM Outstanding

Hosting the AGM in the nation’s capital, the Local Arrangements Committee used in-house Ottawa resources to give members an overview of a country-wide and controversial issue, Canada’s mission in Afghanistan. No-one left the AGM without a better understanding of the complexity of this mission or the desperate needs of women and girls in that fragile country.

Representatives of Defence, Diplomacy and Development began the program by addressing their parts of the mission. Moderator and broadcaster Lucy van Oldenbarneveld shone, asking thoughtful and probing questions. NGO leaders conducted workshops and presented eloquent displays of their essential work. In these workshops, Education, led by Leslye Rost van Tonningen (Care Canada), Governance, Razmik Panossian (formerly of Rights and Democracy), Economic Growth, Justine Turner (War Child Canada) and Health, Dr. Sima Samar (Afghan physician and human rights advocate),

members got direct experience from the field.

The extraordinary Dr. Sima Samar came from her clinics, schools and human rights commission in Afghanistan to give us the story from the trenches. Her humanity, grace, enormous strength and passion were evident throughout the busy week she was in Ottawa. Dr. Samar breakfasted with the Federation of Medical Women in Canada, spoke eloquently at the Carleton University Convocation where she received an honorary Doctorate of Law—her speech is on the CFUW website—was guest of honour at a dinner at the Afghan Embassy, spoke at a reception at the Rideau Club, met with Foreign Affairs Minister Lawrence Cannon and Greta Bossenmaier, Executive VP Canada

(see **AGM** on next page)



Above: At the AGM Gala: LAC Chair Karen Thorington and Dr. Samar respond to questions.

Right: LAC Chair Hally Siddons thanks Dr. Samar at the Gala.



photos: Hinde

AGM - continued

Border Services Agency and took active part in three round table discussions chaired by CFUW members. The first at DFAIT attracted a large assembly of agency staff, the second at Amnesty International brought together NGOs and advocates for human and women's rights. The third roundtable at the Afghan Embassy on Education and Development drew delegates from CARE Canada, WUSC, World Vision and Canadian Women for Afghan Women.

In thanking Dr. Samar, following her speech at the Gala banquet that also celebrated our centenary, Hally Siddons noted the three main messages this eloquent woman brought from her country.

■ First and foremost, that there have never been quick fixes in Afghanistan and there never will be. There must be a long term and transparent international solution that includes the full participation of women and that respects the governance of Afghanistan, the culture and humanity of the Afghan people.

■ There can be no peace and security without the full participation of women. The generation of women now behind the veil must be educated



photo: Hinde

Ex-presidents, Patricia DuVal and Rose Beatty fete retiring Executive director Susan Russell.



photo: Hinde

Flora MacDonald, champion of Afghan women, at the Gala

for that time when this endless war does end. They must be prepared to take their rightful and equal place in the post war Afghan society.

■ Her final message is that the international community gives up on Afghanistan at their peril. If there is no long term

Alaina Podmorow, Dr. Samar and Mrs. Zuhra Bahman-Ludiu, wife of the Afghan Ambassador to Canada.

solution now, the world will have to deal with a much greater global disaster in the future.

Dr. Samar has admitted that sometimes when she and her staff see human rights horrifically abused, they close the door and cry. But like the phoenix, they rise again with hope in their hearts and on the face they show the world.

Alaina Podmorow, 13 year old founder of Little Women for the Little Women of Afghanistan who spoke with assurance about raising some \$300,000 for Afghan education gave a gracious introduction to Dr. Samar. Her superb photo display of pictures of Afghan children with poems by Canadian girls was exhibited in the Gala ballroom. The pictures are from Through Our Eyes, a beautiful coffee-table book published by her organization.

By presenting this strong frame for the AGM, Ottawa has raised the profile of CFUW from coast to coast. Articles, referencing CFUW, about Dr. Samar and Alaina Podmorow in the Regina Leader Post met incoming President Brenda Wallace when she returned home. We got national press thanks to Post Media's Juliet O'Neill



photo: MacRae

photo: MacRae



Ceremonial Guard Opening Ceremonies.



photo: Garcia

Taking part in 3-D Dialogue, Brigadier-General Denis Thompson, (Defence) Kerry Buck, (Diplomacy), and Dr. Hau Sing Tse (Development).



Cross-Canada members share Chez Nous at the Royal Ottawa Golf Club.



photo: Hinde

CFUW Centennial Birthday Cake with CFUW-Ottawa Presidents Wilma Clapham and Dr. Leila Metcalf.



Left: Kerry Buck (DFAIT) who fielded many of the questions.

Below Left: Dr. Samar and Dianne Rummery.

Below Right: Moderator and CBC broadcaster Lucy van Oldenbarnveld discusses tactics with Mary Partington.

photos: Garcia



and appeared in the Citizen (three stories including one by Jennifer Campbell), Montreal Gazette, Sherbrooke Record, Nanaimo Daily News, both the Vancouver Sun and Province, Calgary Herald and Edmonton Journal and Embassy, that brings news to the diplomatic community. Dr. Samar was interviewed on CBC Radio's All in a Day, on Radio Canada International and on CBC Newsworld. A lengthy article in CIDA's newsletter and in the on-line UK International appeared and the social media from Web to blogs to

twitter were busy. CPAC covered the main event and you can see the Dialogue and the Panel at CPAC CFUW 2010 AGM & Conference.

In a note following the resounding success of the AGM, CFUW member Sandra Bassett said it best—it was a superlative event of scope and substance. As many others did, she lauded the outstanding leadership of Hally Siddons and Karen Thorington who in the three years leading up to the conference “met every challenge with fortitude, intelligence and optimism.” She praised them for “daring to give CFUW members a vision of a wider world in which they could make a difference.”



photo: Garcia

Brigadier General Denis Thompson and Alaina Podmorow discuss her work with Afghan girls.

*Excerpted from
the Rideau Club Newsletter*

On Tuesday July 13th, an audience of club members and guests from the Canadian Federation of University Women had the rare opportunity to encounter a contemporary heroine whose courage and fortitude in her native Afghanistan has won her recognition and awards from countries across the globe, including the Order of Canada. Dr. Samar talked about the role of education in promoting human rights, especially as it affects the lives of women and girls. Over the last three war torn decades conditions have deteriorated and women and girls have suffered the most severe repercussions. Despite continuous challenges, her Shuhada NGO has established 71 schools in Afghanistan and Pakistan. Although key constitutional and treaty obligations are in place to ensure equal rights for women, political will is lacking and the international community needs to keep up pressure on the government to honour its commitments and ensure that women can live with the full rights and dignity of human beings.



A roundtable on Women and Human Rights held at Amnesty International. Dr. Samar is in the front row; several CFUW-Ottawa members are also pictured.



CFUW-Kanata ran a wonderful boutique under the guidance of Monique Tougas, our new Regional Director, second from the left.

Towards Equality for Women

A Chronology of Change and Achievements

Value Our Past was the first part of our AGM theme and we did indeed.

Two active and long-term members were recognized at the Opening Ceremonies. Linda Souter, former CFUW and IFUW President and mentor to generations of CFUW members and Dr. Ruth Bell, former CFUW President, mentor and supporter of the Ottawa Club were presented with scrolls marking their outstanding service. A presentation on our feisty brilliant Past President Dr. Charlotte Whitton (1929-31) was made. And an extraordinary Timeline “Towards Equality for Women, A Chronology of Change and Achievements” was created by Marilyn Letts and her team. Because it was developed by subject and time, it was truly a flow chart of women’s achievements in Canada. The seven large charts fol-



Two outstanding CFUW leaders were recognized at the AGM, Dr. Ruth Bell and Linda Souter.

photos: MacRae



lowed the women’s movement, women’s role in society and their fight for rights and freedoms. Marilyn noted a pattern emerging, that issues of concern, once raised, kept repeating themselves for a century. The right to education and a voice in the community, to health care, equality and human rights, the threat of poverty, of war and domestic abuse. Members were invited

to see how women have contributed to civil society over the decades through networking and forming associations. This was an interactive presentation in that post-it notes were provided so that members could add their voice to the Timeline.

Check out the CFUW-Ottawa website to see this extraordinary Chart of Women’s Achievements.

AGM Numbers

Registration was multi-faceted and a huge job. CFUW’s automated registration reports helped to keep track of the resulting numbers and needs. The AGM Registrar, Mary Butterill, logged 314 registrations, the largest attendance since numbers have been kept. Some 34 companions came, 88 local members registered, 32 came from BC and 189 from Ontario. Twelve percent had special dietary needs. One hundred and thirty-five signed up for tours and most popular was the most expensive, the sunset dinner train to Wakefield. Eighty-four enjoyed

Chez Nous, Ottawa’s home hospitality program; 149 signed up for the Charitable Trust Breakfast with the inimitable Charlotte Gray. Both the LAC and CFUW workshops were excellent and attracted most members. The Kanata Club ran a superb boutique which raised \$3690 for the CFUW Trust Fund. The Nepean Club efficiently handled the banners that decorated the Victoria Ballroom while CFUW Orleans warmly hosted the hospitality suite throughout the conference. For 108 members, this was their first CFUW-AGM.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

Medications and Other Pharmaceuticals: LET'S KEEP THEM OUT OF OUR WATER!

Canada's drinking water and waterways contain antibiotics, painkillers, tranquilizers, vitamins, chemotherapy drugs, anticonvulsants, contraceptives, veterinary drugs-and more. Even minute concentrations of these drugs and pharmaceuticals may cause human and environmental harm, including disruption of hormone function and antibiotic resistance.

HOW DO THESE DRUGS ENTER OUR WATERWAYS?

They originate from prescription drugs, over-the-counter remedies, creams and lotions, dietary supplements, and agricultural chemicals: They enter wastewater systems in a variety of ways:

- Between 50-90% of the active ingredients in medications are not absorbed by our bodies, but excreted into the sewage system.
- Unused medications are discarded into toilet, sink or garbage;
- Drug residues can leach from landfills and cemeteries into groundwater;
- Herbicides and pesticides used on fields contaminate groundwater;
- Farm animals excrete veterinary drugs onto fields where they run off into surface waters.

WHAT WE CAN DO:

- Take action to prevent possible harm, as the precautionary principle urges;
- Participate in the Ontario "Orange Drop" recycling program and return unused medications to pharmacies. For information see www.makethedrop.ca/content/pharmaceuticals-humans-and-pets;
- Reduce overuse and inappropriate use of pharmaceuticals. Discuss safe alternative treatments with your physician;
- Build up your immune system and strength by engaging in healthy diet and lifestyle activities.

FOR MORE INFORMATION:

- Proper Uses and Disposal of Medication at <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/disposal-defaire-eng.php>
- Pharmaceuticals in Our Water: A New Threat to Public Health at www.whp-apsf.ca/en/documents/pharmWater.html
- Drugs in Ontario Drinking Water at <http://envirolaw.com/keeping-drugs-drinking-water-update/>

Carillon Editor

Mary Butterill VP Communications will be taking over the production of the *Carillon*. Please send copy to her at marpathb@storm.ca. The *Carillon* welcomes contributions, pictures and story ideas.

Nepean Announcement

CFUW/Nepean announces a new venue and new meeting time – first Tuesday of the month, 1:00 PM, Knox United Church, 25 Gibbard Avenue (between Greenbank and Knoxdale, just north of West Hunt Club Road). For information regarding the program, contact: Dolores Dufresne, jddufresne@rogers.com.

New Executive Director

The Ottawa AGM marked the retirement of long-time Executive Director Susan Russell with whom many of us worked closely and happily on both the 2010 event and IFUW 2001. We wish her good health and a productive and joyous retirement. Replacing Susan is Robin Jackson who brings more than 20 years experience to this crucial role both in the Club's administration and in advocacy. The selection committee was impressed with the skills Robin brings both from the non-profit sector and her knowledge of advocacy approaches for influencing policy. She was most recently at the Development Office of the University of Ottawa. Robin has an Honours BA from Carleton, a BLS from Ottawa U. and has graduated from the Not for Profit Governance Essentials program, University of Toronto. We wish her well in this new role.

News from the CFUW AGM

Resolutions:

- #1 Chrysotile Asbestos and Canada's Responsibility in International Trade of Hazardous Substances— Passed
- #2 Funding Aboriginal Education – Passed
- #3 Mobilizing the Will to Intervene – Passed
- #4 Prostitution of Women and Children —2nd and 3rd resolved clauses – Passed. First clause referred to Resolutions Committee
- #5 Exposure to High Voltage Overhead Power Lines – Defeated
- #6 UN Resolutions on Peace and Security—Passed

CARE Canada

CFUW raised \$12,000 which was matched three to one by the federal government. CARE Canada attended the AGM and took the opportunity to thank members for the \$36,000 they received.

CFUW Constitution

A draft copy of the updated CFUW constitution and bylaws is now available. Two amendments were belatedly introduced which are under consideration. One would ask that Associate Members have two years of post-secondary education at an accredited institution and the other that US citizens living close to Canadian border communities be allowed to join CFUW. Our Club will vote on the proposal at the November meeting as Clubs must respond by Dec. 7, 2011. The final draft will be voted on at the next AGM in Newfoundland, Aug. 6, 2011.

Other News

- The new governance structure is now in effect which reduces the number of Board members by three and adds two Regional Directors.
- Some 33 Clubs increased membership.
- The theme for the next biennium is "The Right to Speak; the Responsibility to Act".
- **Next AGM: St. John's, Newfoundland.** The team from St. John's, Wind in our Sails, presented a lively invitation to all members to attend.

In Memoriam

We regret to note the passing this summer of three staunch CFUW Members and send our deepest sympathy to their families.

Linda Elliott-Doshen died in May, 2010. Linda had an enormous zest for life, was an enthusiastic educator, gardener and caring friend. She was the guiding light behind the Lillian Gertsman Scholarship Fund. We will miss her panache and great hats.

Mary Louise McArthur died on July 28, 2010. Louise was involved with the CFUW locally and at the IFUW level for many years. As a special touch for IFUW 2001, she planted a field of gladiolas at her Clarence Creek home to decorate the halls at the international AGM. She was an exemplary treasurer of the National Scholarship Trust and of CFUW. A few years ago, many of us worked closely and happily with her when she organized an Ottawa visit for IFUW members from the Netherlands.

Claude Marie Robichaud died on Sept. 13, 2010. Claude, a member for many years brought her elegant French to help the advanced French conversation group and was a stalwart member of Diplomatic Hospitality almost since its beginnings. She was the first woman to chair l'Alliance française of Ottawa-Hull, between 1968 and 1971.

New Study and Interest Groups

Low Salt Dining Out

First Thursday of the month
 Convenor: Dorothy Phillips

This group will try a consumer approach to the problem of high salt intake by requiring restaurants they frequent to supply a flavourful meal using much less salt. Reviews of the reduced-sodium meals served will be published. Guests from outside CFUW, interested in this subject, will be invited; the Co-ordinator of Salt Study Research at the Ottawa Heart Institute has agreed to attend one of the dinners. **First meeting is Thursday, Oct. 7 at 6:30 PM downstairs at Lapointe Seafood Grill in the Byward Market.** Future venues and an evaluation system will be discussed.

University Women Helping Afghan Women

First Wednesday afternoon
 of the month
 Convenors:
 Joan Bell and Hally Siddons

Let the theme of the 2010 AGM/Conference live on! This group seeks to learn more about Afghan women, ways we can help them and to do so. Guest speakers, support of NGOs working in Afghanistan and the Afghan Task Force, social events, attending associated lectures are all possibilities. The first meeting, to develop a program, will be on Wednesday, October 6, 1:00 PM at the home of Hally Siddons, 52 Forest Hill Avenue.

Bridging the Rivers of Faith

Third Monday afternoon
 of the month
 Convenors:

Radhika Sekar, Linda Hill,
 Patricia Bays, Janice Treciakas

This group will act as a forum for members of diverse beliefs and traditions to communicate with one another in a context of growing understanding and sympathy. The idea is to promote dialogue among faith traditions, between secular and religious perspectives and to increase knowledge and understanding of the world's religions and secular traditions and beliefs.

Working Women

Time: to be decided
 Convenors: Margaret Haines,
 Linda Hill, Janet Riehm

This new group plans to give women in the workforce an opportunity to socialize and to discuss issues of common concern.

Changes

Toronto Club House

Many of you may know that the Toronto Club House at 162 St. George Street in Toronto was sold to the University of Toronto in April. You will be pleased to learn that it has been rented back to the University Women's Club of Toronto for two years and our members may still stay at the House. Telephone: 1 416 979-2000

Communicator

Head office informs us that the Communicator will again be published quarterly.

Entertainment Books for Sale

Salwa Hafez is once again 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.



Members of the new CFUW Executive gather around new President Brenda Wallace of Regina.



Festive and Fun!

CFUW-OTTAWA'S ANNUAL HOLIDAY PARTY

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

All proceeds go to CFUW-Ottawa Scholarship Trust Fund

Great opportunity to celebrate the season with CFUW friends
and family at an elegant hot and cold buffet

Raffles Door Prizes Bake Table

The cost of the ticket remains the same as last year at \$35.00. They will be available
at the October and November meetings or by contacting a committee member:

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

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

Ontario East Fall Gathering-2010 in Perth

Close to Home

Perth Legion Oct. 23, 2010

9:30AM –4:30 PM

The title for this year's Gathering is *Reflections of the Past—Inspirations for the Future*

Workshops in the morning Marketing CFUW, Fun in Fundraising, Why Interest Groups and Education for
Today (Learn the new demographics and how they have changed).

Marylea Burt, long-time CFUW Board member and Regional Director will address the **Past**

Keynote speaker Carol Ann Cole, author, speaker and founder of a fund for Breast Cancer Research
will present Inspiration for the **Future**

The \$35 cost includes lunch or wine and cheese

You can access a Registration Form and Brochure at www.cfuw-perth-district.com

The Gathering is under Special Events

Or call Registrar Katie Hoffman at 613 284-9371 or email her at kthoffman@cogesco.ca