



Canadian Federation of University Women – Ottawa

# Capital Carillon

## January General Meeting

DATE: January 7, 2013  
 TIME: 7:30 p.m.  
 PLACE: Riverside United Church/  
 Anglican Church of the  
 Resurrection,  
 3191 Riverside Dr.,  
 Ottawa, ON K1V 8N8  
 SPEAKER: Heather Wood, Board  
 Member, Community  
 Laundry Co-operative  
 TOPIC: History of the Co-op and  
 its Effect on Women

The Community Laundry Co-operative (formerly the Centretown Laundry Co-op) is a not-for-profit, self-service laundry for low income people in Ottawa. "We serve low-income community members, including those with physical and psychiatric disabilities, single parents and newcomers to Canada. It takes over 3,000 volunteer hours a year to keep the Co-op running smoothly, and members gain confidence, training and skills as they help to oversee the self-service laundry and participate in contract laundry services. Co-op members provide contract laundry services to community health centers, churches and other not-for-profit organizations."

CFUW-Ottawa General Meetings are open to all. If you know someone who is interested in this topic, or in hearing Heather Wood, invite them to join us.

## PRESIDENT'S MESSAGE

NANCY DEVILLERS

What great fun CFUW-Ottawa members are having! As I meet you, I am told about wonderful meals shared, book discussions that everyone wants to be part of, walking groups where conversation stretches the mind as walking stretches the muscles. And no complaints – maybe I should duck lower as I say that!

At the General Meeting on Nov. 5, we had a full house for an outstanding speaker! Over 100 attendees heard Glad Bryce speak movingly about her interviews with WD's, women who were in the Women's Division of the RCAF in World War II. Her book (published by UWC Toronto with proceeds to Scholarship Trust) enjoyed brisk sales. Fran Harding notified both the United and Anglican congregations that share the Church, as well as other groups, and many visitors were in attendance.

On Oct. 25, members from CFUW-Ottawa joined Robin Jackson and Tara Fischer from our National Office for a rally on Parliament Hill protesting violence against women. Over 500 names were printed on T-shirts and held aloft as a tribute to the over 500 aboriginal women who have been murdered or have gone missing since 1991 – A grim reminder that there is not yet justice or equality for First Nations' women.

The first planning meeting has occurred to develop the plans to host

the October 2013 Regional Fall Gathering. If you would like to help out, we can use volunteers in the following areas – data entry (registration), venue/hospitality, gift bags for attendees, tours, etc. Please contact me at (613) 742-5599, if you have any questions or would consider working on a committee.

The Holiday Party on Dec. 2 will include several surprises! Bring a friend, neighbour or partner. All are welcome and proceeds go to the Scholarship Trust Fund. Pick up the phone and call Mary Partington or Alice Bolt, if you need more information.

I wish you the best of the season.

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## First In, Last Out

Glad Bryce gave an absorbing PowerPoint presentation to a large and rapt audience at the Nov. 5 CFUW-Ottawa General Meeting, about her book *First In, Last Out : The RCAF Women's Division & Nursing Sisters in World War II*, the product of four years of research and writing. Through archival photos and anecdotes gleaned through her interviews with over 200 veterans, she presented an interesting profile of the Canadian women who joined the World War II effort through the Royal Canadian Air Force "to fight Hitler" and the role they played in winning the war.

The Air Force was the first force to admit women into its ranks (First In) and the WDs (as they were nicknamed) remained in the war the longest (Last Out). To enable as many men as possible to participate in combat duties overseas and training duties in Canada, the Women's Division was formed in 1941 to do jobs previously held by men. By the end of the war, there were over 17,000 of them, trained in some 65 trades. Only 30 WDs had died during the war. The Division was disbanded in December



Glad Bryce (on the left) with Program Convenor Jill Moll; **Photo by:** Nancy DeVillers

1946. The WD motto "We Serve That Men May Fly" is apt - Though they performed many important and technically difficult jobs for the Air Force (which they had to learn quickly), RCAF regulations did not allow them to fly in front-line duty even if licensed as pilots, nor to provide flight training. Nor were they given equal pay till championed in Parliament by MP Dorise Nielsen (United Progressive - North Battleford).

When Glad learned that the experiences of the Air Force women had not yet been chronicled, while those of the Army and Navy women had, she was determined to not let their stories die. This she achieved by getting her well-researched, commemorative and essential Canadian historical resource published. As a bonus, in June 2012, Glad won the 16<sup>th</sup> Annual 2012 Independent Publisher Book Award Silver Medal for Best Regional Non-Fiction Canada-East.

### *The 2012 CFUW Advocacy Tool Kits are now available!*

Each year the CFUW National Office prepares a set of Advocacy Tool Kits which contain a wealth of information, specimen letters, handouts and suggested actions on resolutions approved at the AGM. Member clubs rely on the Tool Kits to prepare their own advocacy materials and plans. The 2012 Tool Kits are now available! Check them out at CFUW National's website at [www.cfuw.org](http://www.cfuw.org) or [www.cfuw.ca](http://www.cfuw.ca). The website also has the *Advocacy Handbook*, the *CFUW Policy Book* and a wealth of information about dealing with politicians and issues. This is an increasingly important service provided by our National Office; CFUW's voice is highly respected, and as other women's organizations suffer from decreased support, our advocacy is becoming ever more important.

We need the Tool Kits as we prepare advocacy letters for the five resolutions approved at the 2012 National AGM, which address a range of issues and concerns: *Retention and Promotion of Women in Skilled Trades and Non-traditional Occupations; Climate change: Mitigation, Adaptation and the Inclusion of Women; A Mental Health Strategy for Canada; Food Security in Canada; and CFUW Ottawa's own Full Accessibility and Barrier-free Environments for Persons with Disabilities.*

If you have an issue that you'd like to see addressed, check the *CFUW Policy Book*. If we already have policy that supports your concerns, chances are that CFUW National Office has information on the issue.

**Charlotte Rigby**  
VP Liaison

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

Please send all material for the next issue to the Editor:  
Mary Butterill  
at [marpathb@storm.ca](mailto:marpathb@storm.ca).

Next issue: **February 2013**  
Deadline: **January 15, 2013**

Links to electronic issues going back to Feb. 2001 are found under Newsletter, Archives on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## LIVING ON EARTH AS IF WE WANT TO STAY



**Left to Right:** Jill Moll, Nancy Simmons-Wright, Jean Chapman, Nancy DeVillers, Pierrette MacLean, Barbara Reid, Charlotte Rigby, and Leila Metcalf **Photo by:** Brenda Robertson

Eight members of CFUW-Ottawa attended the Regional Fall Gathering hosted by CFUW-Renfrew and District on Saturday, Oct. 20, 2012.

The sustainability theme, captioned “Living on Earth as if We Want to Stay,” was enhanced by three speakers – Mike Nickerson, who has written several books on sustainability, Tom Freemark, who gave a slide presentation on the history of Renfrew Hydro, and Yvonne Powell, a member of the Ottawa Valley Food Co-operative Board, who spoke about the many advantages to local farmers, the local economy and one’s health, of buying food from a local co-op. Each speaker challenged us to be proactive in living a more sustainable life.

Except for the coffee, tea and sugar, all ingredients of the delicious lunch were locally produced. At each place was a quiz on environmental issues,

followed later by a game of “Sustainable Bingo”! Projects and presentations were also displayed – one member had pictures of the solar panels on the roof of her home, and shared the costs and advantages with interested members.

Ontario Council President Brenda Robertson and Ontario East Regional Director Leila Metcalf welcomed us all. Leila called the roll of the clubs and Brenda gave a brief overview of CFUW local, provincial, national and international, also reminding us that the Ontario Council AGM will be in Sudbury, May 3-4, 2013.

The day was informative and lots of fun. Congratulations to Renfrew and District. Don’t forget, it’s our turn next as CFUW-Ottawa hosts the 2013 Regional Fall Gathering in October 2013.

**Nancy DeVillers**  
President, CFUW-Ottawa



Happy Holidays  
and Best Wishes  
for 2013!

### Happening This Month at CFUW/Kanata and CFUW/Nepean

The 2012-13 programs of our local sister clubs, CFUW/Kanata and CFUW/Nepean, may interest you. To see the schedules of events and meetings that are open to the public and the names of guest speakers, go to their websites:

**CFUW/Kanata:** [web.ncf.ca/fq519/cfuw-new/home.php](http://web.ncf.ca/fq519/cfuw-new/home.php)

General Meetings: 2<sup>nd</sup> Wed. of the month, 7 p.m. at Stonehaven Apts., 70 Stonehaven Dr., Kanata

**CFUW/Nepean:**

[www.cfuwnepean.ca/](http://www.cfuwnepean.ca/) General Meetings: 1<sup>st</sup> Tue. of the month, 1 p.m. at Knox United Church, 25 Gibbard Ave., Nepean





**CFUW** CANADIAN  
FEDERATION OF  
UNIVERSITY WOMEN



## A Call to End Violence Against Women in Canada

A National Action Plan to End Violence Against Women and Girls is needed if gender-based violence is to be tackled in a coordinated and effective way in Canada. A rally on Parliament Hill on Oct. 25, 2012, organized by the Ontario Association of Interval and Transition Houses (OAITH) and CFUW National, drew speakers from labour unions, politi-

cal parties, and aboriginal women from Families of Sisters in Spirit, all of whom decried the slaughter of women, particularly in the home. Every six days a woman is murdered by her spouse in this country. Emergency shelters in Canada are filled to capacity with women and children escaping violence, over 8,200 on any given day. Aboriginal

women experience violence at twice the rate of non-Aboriginal women and there is a continuing demand for a public inquiry into missing and murdered Aboriginal women.

A national action plan would set goals for responding to violence against women, establish timelines, allocate resources, and ensure that progress towards those goals is publicly monitored.

The UN has called on all countries to have national action plans on violence against women by 2015.

CFUW Executive Director Robin Jackson, CFUW Advocacy and Communications Coordinator Tara Fischer, CFUW Ontario East Regional Director Leila Metcalf, CFUW-Ottawa President Nancy DeVillers, CFUW-Ottawa VP Liaison Charlotte Rigby, and I attended the rally.

**Fran Harding**  
VP Communications

**Clockwise:** Sisters in Spirit T-shirts naming aboriginal women missing or murdered since 1991; Elizabeth May, MP (Green – Saanich-Gulf Islands); CFUW's new banner: (Left to Right) Robin Jackson, Charlotte Rigby, Fran Harding, and Leila Metcalf **Photos by:** Nancy DeVillers



## Study and Interest Groups Report 2012-13

The 2012-13 Study and Interest Groups are well under way with a record number of participants. The Jaunters have been wine-tasting in Navan and the Walking Groups, with a total of 143 participants, have had lovely days enjoying the fall foliage in the Gatineau Hills. The eight Literature Study Groups, including the new Historical Fiction Book Club, are full, with 153 members in all. They have been meeting and discussing interesting books such as *Requiem* by Francis Itani and *The Paris Wife* by Paula McLain. The eight Cuisine Groups (194 participants) have been preparing wonderful dishes as well as dining at restaurants such as The Wellington Gastropub. Many group members are enjoying playing Bridge, Scrabble or Mah-Jong. The Art, History, Music, Travel, French Language, Canadiana, Economic Realities for Women, Environmental Toxins and Health, Writers' Workshop and Bridging the Rivers of Faith Groups have all begun successfully.

Snowshoeing was delisted this year as a convenor could not be found. Crafts and Weekend Gatineau Trails were also delisted due to a small number of members wishing to participate. The Low Salt Dining Out Group disbanded to work on a national resolution to lower the salt content in restaurant and store-bought foods. The following groups listed in this year's program brochure are no longer active: English Theatre, French Conversation Advanced II, French Literature Book Club and Yoga. A new

convenor for English Theatre could not be found, the two French groups did not generate enough interest to continue, and a convenient time was not available to accommodate all Yoga registrants. The Yoga Convenor will offer classes again either in the new or following year, as several members are interested.

To accommodate members who could not participate during the day, there are now more evening groups to choose from. A calendar with dates and times of all groups is available to all members in both print form and online.

A big thank you to all Convenors of Study and Interest Groups, Service Groups (Diplomatic Hospitality; Madri-Gals), Club Projects (HIPPI; University Women Helping Afghan Women), Issues (Education; Environmental Toxins and Health; Legislation/Other; Status of Women and Human Rights) and Ad Hoc Committees (Holiday Party; International Women's Day) for their work at the Season Opener and their continuing leadership roles in running their groups in an organized, efficient and friendly manner.

**Jean Chapman**

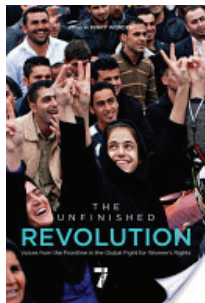
Study and Interest Group Convenor

### Monday Hikers in Rockcliffe Park



**Some of the Trail Walking (Hiking) Group on a recent hike near the shore of the Ottawa River in Rockcliffe Park (Left to Right):** Fran Harding, Marlene Hewitt, Anne Perdue, Pierrette MacLean, Lynda Dredge, Marjorie Melick, Aley Samuel, Sue Hurtubise, Ann Haché, Leila Metcalf, Leith DeTracey, Michelle Hurley, and Irene Ip. **Photo by:** Passerby

## BOOK REVIEW: *THE UNFINISHED REVOLUTION*



Editor Minky Worden, Director of Global Initiatives for Human Rights Watch, presented *The Unfinished Revolution: Voices From the Global Fight for Women's Rights* at the Ottawa International Writers Festival on Oct. 29, 2012, in conversation with host Julie Jacobson, wife of David Jacobson, the U.S. Ambassador to Canada.

Released just before International Women's Day 2012 by Seven Stories Press, this anthology of essays, photos and anecdotes provides the historical framework of the modern women's rights agenda, underscores "women's rights as human rights", and assesses progress since the UN international conferences on human rights (Tehran 1968, Vienna 1993), population and development (Cairo 1994), social development (Copenhagen 1995), and women (Mexico City 1975, Copenhagen 1980, Nairobi 1985, Beijing 1995). In the context of international conventions (UDHR 1948, CEDAW 1979) and resolutions (UN 1325, 1820; ILO 189), it examines barriers and violations in many countries, offers solutions to ongoing problems, and promotes state and global accountability for injustices, many of which are horrific.

Issues raised run the gamut from women's precarious status in the Middle East (post-Arab Spring, Saudi Arabia, Iraq, Iran) and abuse in conflict zones (Somalia, Democratic Republic of the Congo, Afghanistan), to economic marginalization (property rights, domestic migrant workers, human trafficking), violence against women (domestic, immigrant, untested rape kits), health determinants (female genital mutilation, rape,

maternal mortality, abortion), and harmful traditions (one-child policy in China, child marriage, religious dress constraints, honour crimes).

Through its foreword by award-winning international broadcaster Christiane Amanpour, photos and articles by over 30 diverse and reputable contributors (including Nobel Peace Prize Laureates Jody Williams (1997) and Shirin Ebadi (2003), prominent activists Charlotte Bunch and Isobel Coleman, policymakers and former victims), this collection demonstrates that the global revolution for women's rights is indeed unfinished, calls for continued action and provides a roadmap. Most of the contributors hold senior positions with Human Rights Watch (as directors, researchers, policy advisors, etc.)

The Ottawa Public Library has several copies of the book and provides independent reviews in its catalogue. The reviewer from *Choice* recommends that it be read in conjunction with *Half the Sky: Turning Oppression into Opportunity for Women Worldwide* by Pulitzer Prize winners Nicholas D. Kristof and Sheryl WuDunn, originally published in 2009 and also available at the Ottawa Public Library in various formats.

### SHARE YOUR GOOD IDEAS!



Contact Us at  
[Suggestions@cfuw-ottawa.org](mailto:Suggestions@cfuw-ottawa.org)

OR

Use the Suggestion Box  
at General Meetings

## YOUNG AFGHAN WOMAN SPEAKER MAGNIFICENT

An incredible young Afghan woman studying in Canada spoke to UWHAW on Nov. 1. Poised, self-confident, all of 18, without a note, she gave a vivid picture of her life in Afghanistan as the daughter of a very conservative family. Happily, the family includes her illiterate father who is a visionary.

While others in her family see the international community as intruders, anxious to change the culture and religion of their country, this young woman's father saw their arrival as an opportunity for his daughters to prepare for a life of their own outside the traditional boundaries of tribal culture. Despite the concerns of her mother, who would keep her daughters at home, she has been encouraged by her father to attend school and to shape her own life.

She explained that while women's rights are enshrined in the Afghan constitution, there is no enforcement of these laws. Although the mandated number of women is in Parliament, it is difficult for them to work in such a patriarchal environment. But she has great faith in the youth of her country to make changes, including the 100 women who have signed up for the Afghan military.

She is most concerned about some of the Afghan families in Canada who bring their cultural misogyny with their baggage. Coming from such a patriarchal society, husbands are not anxious to explain their rights in Canada to their sheltered wives. She is especially concerned for Afghan women and girls in Canada whose husbands and fathers don't register them for school.

Many times in her spellbinding hour-long talk, she expressed her gratitude to the international community and especially to Canada for being in Afghanistan.

**Dianne Rummery**

University Women Helping Afghan  
Women Study and Interest Group



## Website News

Glenda Levesque  
Website and Internet Services Convenor

### Updating Your Profile

Perhaps you have moved recently, changed your website address, or decided that you do not have time to attend one of the groups that you signed up for at Season Opener. Did you know that you can update the information yourself in the CFUW-Ottawa database? To do so, just go to the **Membership** tab in the Blue Menu and click on the **Online Renewals and/or Profile Updates** subtab. Log on to the website by entering your email address (the one that already exists in the CFUW-Ottawa database) and password and pressing the white **Login** button. If you do not have a

password, press **Forgot password** and instructions will be given to you on how to set one up.

Once your profile appears, click on the white **Edit profile** button and then scroll through the profile and make all your changes. When you are done, click the **Save** button at the bottom left of the page. If you have any difficulties, please contact me at (613) 692-4778.

*Please note that if you do change your Interest Group information, it is important to notify the convenor. The convenor is not automatically notified by changes to the website.*

### New Web Page for Member Advertising

A new **Member Advertising** page has been added to the public section of the website. This is an added feature for members who purchased advertisements in the print Membership Directory this year. Take a look and support our fellow members.

If you are having difficulties logging into the website as a member (i.e. setting or resetting your password) or using the **Forgot password** function, please contact me at (613) 692-4778 or [glenda.levesque@rogers.com](mailto:glenda.levesque@rogers.com) and I can set up a password for you of your choice.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

## Happy, Healthy Holidays

As we make plans to celebrate the holiday season, it's a good time to think about ways to make things as healthy as possible – for our families, our homes, and the environment. Here are some ways to help avoid contributing to landfills and environmental toxins, and make the holiday season truly one of love and goodwill.

- 1. Roasting the turkey:** Many of us use aluminum foil - but it carries the same risks as aluminum cookware. Instead of using foil, cover the bird with buttered cheesecloth and baste it with drippings for a beautiful golden roasted turkey.
- 2. Gift wrappings:** Foil wrap is elegant and glamorous- but it can't be recycled. Environmentally, it's a better idea to use paper gift bags and wrap that can be saved, reused, and recycled.
- 3. Glasses for wine and other festive drinks:** Disposable plastic glasses are not recyclable; they simply add to the growing mountains of landfill. Invest in glass: it's better for the environment – and nicer for your guests!
- 4. Batteries:** Holidays are a time when we use huge numbers of batteries for holiday lights, new appliances and toys. Collect used batteries and take them to recycling centres (see below) or the Ottawa Public Libraries.

- 5. Holiday lights and electronic gifts:** Look for mercury-free LED holiday lights. Take your old electronics to the stores that sold them, or to recycling centres (see below).
- 6. Gifts for small children:** Look for toys that are free of toxic ingredients like phthalates, parabens, or BPA. Be aware that children's jewellery may contain heavy metals like lead or chromium.
- 7. Gift books:** Think about some of the wonderful new books on health and the environment.

Doing something nice for your loved one can also mean doing something nice for the person or place your gift came from. Look for products that are fair trade, organic, or local. Why not make a New Year's resolution to learn more about where your food and products come from and be a more ethical consumer? For more ideas, see [environmentaldefence.ca/blog/don't-buy-naughty-gifts-nice-people](http://environmentaldefence.ca/blog/don't-buy-naughty-gifts-nice-people).

**For information on disposal sites, recycling, and toxic-free household products**, see the City of Ottawa website at [www.ottawa.ca/cgi-bin/search/recycle/q.pl?q=&lang=en](http://www.ottawa.ca/cgi-bin/search/recycle/q.pl?q=&lang=en) and [www.ottawa.ca/en/env\\_water/green\\_living/household/index.html](http://www.ottawa.ca/en/env_water/green_living/household/index.html) and the "Orange Drop Program" at [www.makethedrop.ca](http://www.makethedrop.ca).

## Diplomats Visit Canadian Museum of Civilization's MAYA Exhibit



The Canadian Federation of University Women's Diplomatic Hospitality Service Group organized a visit for female diplomats and spouses of diplomats to the Canadian Museum of Civilization's **MAYA: Secrets of Their Ancient World** exhibit on Friday, Oct. 19, 2012. Diplomatic Hospitality President Ülle Baum, organized the event, assisted by curator Dr. Jean-Luc Pilon and Diplomatic Hospitality Convenor Lolan Merklinger. The visit included a talk by Dr. Pilon. Fifty people from over 35 countries enjoyed the exhibition and the beautiful museum designed by Canadian architect Douglas Cardinal and inaugurated in 1989. **Photo by:** Éliane Laberge



### NEXT ONTARIO COUNCIL STANDING COMMITTEES MEETING

**Saturday, January 19, 2013**

Yorkminster Park Baptist Church

1585 Yonge Street, Toronto (Two blocks north of St. Clair Subway Station, East Side)

**Morning Program:** Student College/University Math Preparedness

**Speaker:** Laurel Schollen, Dean, Faculty of Applied Science and Engineering Technology, The York/Seneca Institute for Mathematics, Science, and Technology Education

**Registration: \$30** prepaid includes a delicious and nutritious **lunch**. Catering requires a **registration deadline** and **dietary requirements** by the Monday prior to the meeting. The **Registration Form** is located at [www.cfuwontcouncil.ca/](http://www.cfuwontcouncil.ca/).

Registration starts at 9:00 a.m. The meeting begins at 10:00 a.m., lunch is at 12 noon and the afternoon sessions end around 3:00 to 4:00 p.m.

CFUW-Ottawa funds registration fees and partially funds accommodation and travel for attendance by the Club President, the VP Liaison and two Standing Committee Chairs or their designates.

All CFUW members are welcome to attend. If interested, contact: Charlotte Rigby, CFUW-Ottawa VP Liaison, for further details.

**Future Meeting:** Saturday, March 16, 2013

## In Memoriam



**Dr. Helen Kathleen MUSSALLEM, 1915-2012**

Our sincere condolences to the family and friends of Dr. Helen Mussallem, a former member of CFUW-Ottawa and its Diplomatic Hospitality Group, who passed away peacefully at the Ottawa Hospital Civic Campus on Friday, Nov. 9, 2012, in her 98<sup>th</sup> year.

Helen was an influential nursing educator, recognized for transforming nursing education in Canada from hospital-based to college and university-based education in the 1960s and '70s, thereby upgrading and standardizing the training received across Canada and defining the professional role of nursing in the health care field. She began her career in 1934 at the School of Nursing, Vancouver General Hospital and served in the Royal Canadian Army Medical Corps in World War II as an Operating Room Nurse and Lieutenant (Nursing Officer). She received a Bachelor of Nursing degree from McGill University in 1947 and an MA in Education from Columbia University. The first Canadian nurse to earn a doctoral degree (Ed.D., 1962) from Columbia University, her doctoral thesis *Path to Quality: A Plan for the Development of Nursing Education Programs Within the General Education System of Canada* became the blueprint for the dramatic transition in Canadian nursing programs during her tenure as Executive Director of the Canadian Nurses Association from 1963 to 1981. From 1989 to 1991, she was President of the Victorian Order of Nurses.

She was made an Officer of the Order of Canada in 1969 and promoted to Companion in 1992. Her numerous awards include the Fellow of the Royal College of Nursing in the United Kingdom in 1976, the International Red Cross Florence Nightingale Medal in 1981, and the Dame of Grace of the Order of St. John in 1982, as well as honorary degrees from several Canadian universities.

Visitation on Nov. 15 and Funeral Services on Nov. 16 were handled by Hulse, Playfair & McGarry. Her obituary appeared in the Ottawa Citizen on Nov. 13-14, 2012 and can be located online. Find online as well, the Dr. Helen K. Mussallem Biography Project.



## Membership Report – Fall 2012

Our numbers are up slightly this year over last year and we are almost at our goal of 510 active members. New member recruitment is an ongoing priority for CFUW-Ottawa. New members are accepted throughout the year and a university degree is not required. Invite your female friends and neighbours to join us.

This is the second year for online registration and membership renewal. The switch has been a great success, thanks in large part to the hard work of Glenda Levesque. Approximately 200 members registered and paid online through PayPal. Of the other 300 members, more than one-third initiated their registration online and paid by mailing a cheque while the rest renewed by mail or dropped off their membership dues at the Season Opener. Thank you to the membership team of Sheila Woodman, Aleyamma Samuel and Alice Bolt for their excellent help in

processing the mailed-in registrations and cheques.

The number of renewing members this year, at 439, is the second lowest in five years. This trend is somewhat of a concern although we have an increasing number of new and returning members as you can see from the five-year chart below.

A limited printing of the Membership Directory is under way. The directories will be mailed to the 186 members who have already purchased it for \$6, before the end of November. If you paid for a Directory and have not received it by Dec. 10, please contact Carol Hinde at [membership@cfuw-ottawa.org](mailto:membership@cfuw-ottawa.org).

Nancy Simmons-Wright

VP Membership

Carol Hinde

Membership Administration Convenor

**CFUW-Ottawa – Membership by Status at Nov. 14, 2012**

Status	Nov-12	Nov-11	Nov-10	Nov-09	Nov-08
Renewing	439	448	427	454	463
New	56	45	60	40	40
Returning	14	12	17	7	5
<b>TOTAL</b>	<b>509</b>	<b>505</b>	<b>504</b>	<b>501</b>	<b>508</b>

### LIVING DOWNSTREAM

When Sandra Steingraber was diagnosed with bladder cancer at the age of 20, she asked “Why me?” She became a researcher whose career has been devoted to answering that question, investigating the links between synthetic chemicals, environmental pollution, and human cancers. Her acclaimed book *Living Downstream* traces the web of connections between our bodies and our environments. In 2010, Canadian filmmaker Chanda Chevannes produced the award-winning feature-length documentary *Living Downstream* that charts Sandra’s life and work, and the growing body of evidence that links human health and the health of our environment. On Oct. 29, the Ontario Arts Council sponsored the Ottawa première of this important film at the Mayfair Theatre, with Chanda (in person) and Sandra (on Skype) in attendance for a Q&A. Engrossing and thought-provoking, the film presents a portrait of a remarkable woman, and a strong case for prevention. After all - we’re all living downstream.

Charlotte Rigby  
VP Liaison

## CFUW-OTTAWA HOLIDAY PARTY 2012

**Sunday, Dec. 2, 2012, Noon to 3:00 p.m.**

**Clark Room, RA Centre, 2451 Riverside Dr., Ottawa**

Friends and family members are welcome.  
Enjoy a lovely hot and cold buffet, desserts, coffee and tea.  
Surprise entertainment and carol singing

Tickets are still available at **\$35** (incl. tax & service charge)

**REGISTER ONLINE** using the Club's Website

OR call Alice Bolt at (613) 731-5221

**RAFFLE BAGS - \$5** - Everyone wins a prize  
**BAKE TABLE** - Goodies donated by our members - **\$5, \$10, or \$15**

**All proceeds go to the  
CFUW-Ottawa Scholarship Trust Fund.**



## Gatineau Trails Fitness Group



**Gatineau Trails Fitness Group** enjoying the outdoors year-round!  
**Photos by:** Kringen Henein



## SAVE THE DATE!

Canadian Federation of University Women  
 (CFUW)-Ottawa, Kanata & Nepean & the Ottawa  
 Council of Women (OCW) will present our

### 9<sup>th</sup> Annual International Women's Day (IWD) Celebration

at  
 CentrepoinTE (Council Chamber & Atrium)  
 on  
 Tuesday, March 5, 2013



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

Six to seven spaces at tables in the Atrium will be available to members who wish to sell their publications or crafts. Contact Beverlee McIntosh at [beverlee.mcintosh@gmail.com](mailto:beverlee.mcintosh@gmail.com) or (613) 728-9770.

For information or to volunteer,  
 please contact Co-Chairs

Beverlee McIntosh (613) 728-9770,  
[beverlee.mcintosh@gmail.com](mailto:beverlee.mcintosh@gmail.com)  
 Charlotte Rigby (819) 778-3438, [crigby@videotron.ca](mailto:crigby@videotron.ca)  
 Sue Ellwood (613) 727-0136, [sellwood@magma.ca](mailto:sellwood@magma.ca)  
 Sandy Burger (613) 592-2859,  
[sandyburger@sympatico.ca](mailto:sandyburger@sympatico.ca)

For information about IWD, see  
[www.internationalwomensday.com](http://www.internationalwomensday.com)