Volume 45 No. 4 February 2012



Canadian Federation of University Women - Ottawa

Capital Carillon

February General Meeting

DATE: February 6, 2012

TIME: 7:30 p.m.

PLACE: St. Timothy's Presbyterian

Church, 2400 Alta Vista Dr.

SPEAKER: Barbara McInnes,

President and Chief Executive Officer, Community Foundation

of Ottawa

TOPIC: Reflections on a Quarter

Century of Nurturing Community Philanthropy



Barbara has been with the Foundation since its inception in 1987, overseeing its growth to one the largest of

Canada's 175 community foundations. Awarded the Order of Canada in 2008 for her leadership in the development of community-based philanthropy, she was a founding director on the Board of Community Foundations of Canada for 12 years and has worked with the Council on Foundations and the Transatlantic Community Foundation Network. She has been a Governor of Carleton University, President of both the Ottawa Estate Planning Council and the Ottawa School of Art, and a Board member of United Way.

PRESIDENT'S MESSAGE

WILMA CLAPHAM

elcome to the second half of the 2011-12 Club year! These next few months promise to be exciting and challenging as the Board completes plans for the 2012-13 Club year, the Issues Committees review the eight resolutions submitted by CFUW clubs and develop recommendations for presentation to the Club at the April General Meeting, and the Bylaw Revision Committee presents its report for voting by the membership at the February 6 General Meeting.

Also, CFUW-Ottawa members have many opportunities to enjoy social occasions and travel to CFUW Ontario Council, CFUW, and IFUW meetings and AGMs. This spring, Club members will attend the March 17 CFUW Ontario Council Standing Committees Meeting in Toronto and the May 11-12 Ontario Council AGM in Etobicoke. In June 21-24, a large group from the Club will be heading to Victoria to participate in the CFUW AGM. All members are encouraged to attend these exciting and fun events.

Clubs hosting the AGMs are responsible for making the hotel and tour arrangements. Indeed, the ability to keep the AGM costs within

budget is dependent on the sale of the hotel rooms and tours. CFUW-Victoria, host of the June 21-24 CFUW AGM, has posted their hotel choice and tours on the CFUW website. Our Club website also links to the 2012 AGM information under the Events section. CFUW-Victoria supported CFUW-Ottawa when we hosted the 2010 AGM. Please support their hotel choice during the convention and sign up for the tours before and after the convention. A big part of the value of the AGM is the contact with members from across

(see President on next page)

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Canada who, in many instances, become friends!

A special word of thanks to the Scholarship Trust Holiday Luncheon Chair Alice Bolt and her Committee for the making the Dec. 3 Luncheon such a success. The Elizabeth Fry Society of Ottawa, an affiliate of CFUW-Ottawa, also thanks us for our generous donations of items required for Norwood House. Alice Bolt, Marilyn Letts, and Marjorie Melick organized this campaign.

Enjoy the remainder of the Club year. It promises to be busy and fun!



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.

Next issue: March 2012 Deadline: February 15, 2012

Previous issues located on the Club website at www.cfuw-ottawa.org .

CFUW-OTTAWA HOLIDAY PARTY 2011

The Holiday Party held on Dec. 3 at the RA Centre was a wonderful event attended by many of our club members, their families and friends. The delicious lunch consisted of a full buffet of hot and cold food with a good selection of desserts, followed by coffee and tea. Proceeds of \$2,342.30, which included funds raised by the sale of baked goods, grab bags and a jelly bean count, were given to the CFUW-Ottawa Scholarship Trust Fund, our registered charity.

Many thanks are extended to:

- Committee members: Linda Kelly, Joan McKee, Eva Stumes and Nancy Vrooman;
- Club members who helped at the

Party: Carol Bell
Thompson, Joan
Bell, Lorraine Hartglas, Gail
Mezger, Brenda ProsenyakWeber and Aleyamma Samuel;

- The Madri-Gals, our Club's very talented singers and pianist Leila Metcalf;
- The Study and Interest Groups for their generous donations;
- Club members who baked for the Bake Table; and,
- Everyone who attended.

For members who like to plan ahead, please enter next year's date for the Holiday Party in your agenda: Sunday, Dec. 2, 2012.

Alice Bolt

2011 Holiday Party Convenor

KUDOS - CFUW-Ottawa Member Receives Mayor's City Builder Award

Congratulations to CFUW-Ottawa member Fran Squire who was presented with a City Builder Award by Mayor Jim Watson and Gloucester-Southgate Ward Councillor Diane Deans on Dec. 14, 2011 in recognition of her outstanding volunteer work, fundraising and community service. Fran has served as Chair of the Board of Directors of Parkinson Society Ottawa for seven years and Vice-Chair of Parkinson Society

Canada for six years, as well as having edited the ParkinsonPost quarterly national newsletter. Over the past decade, she has personally raised \$26,200 in the Ottawa Parkinson's SuperWalk.

A more complete article with photo was published in the Dec. 31, 2011 print issue of the Ottawa Citizen and appears on both the City of Ottawa and the Ottawa Citizen websites:

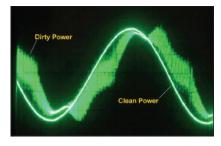
- 1. www.ottawa.ca/home page feeds/features/celebrating neighbours en.html (includes photo)
- 2. <u>www.ottawacitizen.com/life/Tireless+commitment/5931018/story.html#ixzz1iyutzDrx</u>.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

DIRTY ELECTRICITY – IT'S NOT ABOUT THE DUST!

WHAT IS IT?



"Dirty electricity" describes electromagnetic radiation/energy (EMR) that

deviates from the 50-60 Hz sine waves of conventional "clean power", as shown on the left. Dirty electricity comes in part from the transformers required by computers, cordless phones, hair dryers and other personal electronic appliances. These devices introduce frequencies, harmonics, and micro surges that contaminate clean power. The increased use of wireless technology is a major contributor.

THE CAUSE FOR CONCERN

Prolonged exposure to dirty electricity has been associated with a variety of health effects, including depression, increased irritability, headaches, skin rashes, numbness, and increased blood pressure. It has been suggested that low-level EMR radiation can contribute to Alzheimer's disease, dementia and heart disease. This is a controversial area, and research studies are difficult to conduct and interpret. Since electrical appliances, with associated dirty electricity are here to stay, and many sources are not under our personal control, it is wise to practice the precautionary principle and reduce our exposure as best we can.

WHAT WE CAN DO - SOME SUGGESTIONS:

- ☐ Use a surge protector power bar for your electronic appliances. Some surge protectors include filters to remove dirty electricity.
 ☐ When you are away, unplug devices that have a sleep power mode.
- ☐ Because charging your laptop produces large fields of dirty electricity, use your laptop on battery power, and recharge it when you are not around.
- ☐ Dimmer switches, touch lamps, plasma TVs, compact fluorescent bulbs, hair dryers and fluorescent lights with electronic ballast, are sources of dirty electricity. Reduce their use.
- ☐ Electronic devices to kill mosquitoes and rodents emit EMR. Only use them when needed.
- ☐ Flashing decorative and Christmas tree lights produce transient EMR. Stick with non-flashers.

For a variety of views on this controversial topic, see:

- ☐ "Dirty Electricity": What, where, and should we care? At www.nature.com/jes/journal/v20/n5/full/jes20108a.html
- ☐ The Health Effects of Electrical Pollution. At www.electricalpollution.com/documents/ NFAMemf.PDF
- ☐ Radiation Safety Institute of Canada Information on EMF. At www.radiationsafety.ca/community/ issues/information-on-emf

Planning for Health Care: Chantale LeClerc on Ontario LHINs

On Jan. 9, Club members welcomed guest speaker Chantale LeClerc, Interim Chief Executive Officer of the Champlain Local Health Integration Network. Chantale has an extensive background in nursing and administration, and gave a most informative presentation on the role of the Local Health Integration Network in establishing health care priorities for the Ottawa area.

Chantale's presentation was accompanied by an excellent set of slides providing facts and figures. The Local Health Care Integration Network (or LHIN) is an Ontario government initiative announced in 2004, incorporated in 2005, and created in 2007. It consists of 14 not-for-profit crown corporations, which help plan, organize and co-ordinate health services at the local level. Each is geographically based, though services can be accessed anywhere in Ontario. Each has a ninemember Board. LHINs do not provide direct health care services but work alongside health care providers. They are responsible for funding and overseeing such services as long-term care homes, hospitals, community health centres and support services, and addiction services. Chantale likened their role to that of the air traffic controller - planning for health care in our region, distributing some funds, monitoring performance and seeking feedback from the public.

The Champlain region stretches from Deep River to Ottawa, serving 1.2 million people (70 percent in Ottawa.) It distributes \$2.4 billion in health care funding annually, mostly

to hospitals, with an increasing amount allocated to community services. The aim of the LHIN is to transform the health care system by improving the health of residents and their experience in navigating the system, and by improving the system's performance. Chantale illustrated this with reference to services for seniors, ensuring that health care providers use a senior-friendly approach. Projects supported include Aging at Home (services to allow seniors to remain in

their homes), falls prevention programs, support for urgent and post-acute care, and palliative care. Much more information about the Champlain LHIN can be found on their website: www.champlainlhin.on.ca.

Club members listened with interest and had many questions on this timely subject. Our thanks to Chantale LeClerc for her engaging and instructive presentation.

Patricia Bays Program Committee

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

8th Annual International Women's Day (IWD) Celebration Empower Women – Change the World!

Tuesday, March 6, 2012, 6:00 p.m. to 9:00 p.m.

Council Chamber & Atrium, Ben Franklin Place, 101 Centrepointe Dr., Ottawa

Speaker: CAROL ANN COLE

Founder of the Comfort Heart Initiative, Recipient of the Order of Canada, Author of If I Knew Then What I Know Now.

CFUW-Kanata Guitar Groovers

RCMP Miserable Ride



Refreshments Door Prizes Displays by our artisans & authors

Ticket Price: \$25 REGISTER ONLINE at www.cfuw-ottawa.org/iwd

For information, tickets or to volunteer, please contact

Beverlee McIntosh, OCW, (613) 728-9770, beverlee.mcintosh@gmail.com Charlotte Rigby, CFUW-Ottawa, (819) 778-3438, crigby@videotron.ca Joy Forbes, CFUW/Kanata, (613) 592-6099, joy.forbes@sympatico.ca Sue Ellwood, CFUW-Nepean, (613) 591-0136, sellwood@magma.ca

For information about IWD, see www.internationalwomensday.com

UPDATE ON CFUW-OTTAWA ADVOCACY

Advocating for a better world for women and girls is central to CFUW's activities. Our recent efforts, guided by CFUW policies on violence against women, climate change and health, focussed on:

Bill C-10 - Safe Streets and Communities Act: Bill C-10 is an Omnibus Bill that includes mandatory minimum prison terms and tougher sentences for those convicted of child exploitation and drug offences. There has been strong opposition: to its harsh approach to young offenders; mandatory minimum sentences for marijuana production; strengthening of incarceration over rehabilitation and reintegration; and more. Provincial governments object to taking on higher legal and prison costs. CFUW has urged the government to clarify the expected measures, outcomes and costs of the proposed legislation.

Bill C-19 - Ending the Long-gun Registry Act: The Long-gun Registry was introduced in 1995 by the Chretien government in response to a national sense of horror after the 1989 massacre of 14 young women engineering students at Quebec's École Polytechnique. CFUW strongly supported the creation of the Long-gun Registry as an effective means of protecting women. Bill C-19 removes the requirement to register firearms that are neither prohibited nor restricted and aims to destroy the related records. We have advocated against Bill C-19 and support provincial demands that data for their jurisdictions be made available to them.

Both Bills, introduced last fall by the Conservative government, raise serious concerns about their negative impacts on efforts to reduce violence against women. To follow the progress of these bills and for background information, go to www.parl.gc.ca/LegisInfo/. Both were fast-tracked in the Commons, with closure invoked to limit debate, and both are

now in the Senate. They could become law this spring, and numerous court challenges to both are expected.

The Kyoto Protocol (United Nations Framework Convention on Climate Change): This was the first binding international agreement to reduce greenhouse gas emissions that cause climate change. Canada ratified the Protocol in 1997, but has not introduced measures to decrease emissions, and is not on track to meet its legally binding emission targets. Canada's Conservative government has long opined that Kyoto does not include major emitters and is not workable.

The 17th Conference of the Parties (COP17) held in Durban, South Africa in December was a critical test of international commitments to the Kyoto Protocol and its emission targets. More than 190 countries agreed to extend Kyoto for at least five years, the agreement to be prepared by 2015 and take effect in 2020. In a widely-criticized move, just after the Conference ended, Environment Minister Peter Kent announced that Canada would not meet its targets. Shortly thereafter, Canada became the first (and so far, only) country to withdraw from the Kyoto Protocol, though it still has a legal obligation, under the UN Framework, to reduce its emissions. The Canadian government's current plan to cut emissions by 17 percent of 2005 levels by 2020 is almost identical to the U.S. commitment, and far less stringent than our original 1997 Kyoto targets. Scientists and environmental activists warn that more urgent action is needed. CFUW advocates for reduction of greenhouse gas emissions and adverse effects of climate change.

Asbestos: This known carcinogen has been responsible for thousands of agonizing deaths. The Canadian government has repeatedly opposed international efforts to

have asbestos declared a hazardous substance. CFUW works to ban the mining of chrysotile asbestos in Canada and its export to countries which lack the means to handle it safely. The market has declined in recent years, as more countries recognize the dangers of asbestos. Currently, there are two small asbestos mines still extant in Canada. One has recently declared bankruptcy, and the other is inactive unless it can get refinancing. It appears that market forces may have succeeded where advocacy could not! CFUW advocates for retraining and support programs for communities affected by these closures.

Pre-Budget Consultation: On Dec. 23, 2011, the House of Commons Standing Committee on Finance (FINA) released its report on the 2011 Pre-Budget Consultation which collates requests submitted by some 400 organizations, including CFUW. Highlights of CFUW's Brief were reported in the November Carillon. The FINA report, Staying Focussed on Canadian Jobs and Growth, includes the Government's recommendations for strong federal finances, businesses, communities and people. Read it at www.parl.gc.ca/content/hoc/Committee/ 411/FINA/Reports/RP5322386/ finarp05/finarp05-e.pdf.

CFUW-Ottawa continues to monitor and advocate in support of these and other concerns and encourages individual members to do so. Two CFUW e-bulletins provide news about issues that affect the lives of girls and women: the *CFUW Week in Review* and the *Communicator*. Go to the national website at www.cfuw. org to subscribe. There, as well as on our own website at www.cfuw-ottawa.org, you will find examples of advocacy letters and other advocacy tools.

Charlotte Rigby VP Liaison

AFGHAN WOMEN NEED US

Early in December, representatives of some 85 nations, including Canada, met in Bonn to discuss the future of Afghanistan post-2014. Results of this conference will play out over many years. However, the Final Outcome Document, a template for Afghan's "transition decade" after international troop withdrawal, states that the international community expects the peace and reconciliation process to respect the Afghan constitution and its provisions for the rights of women. Unfortunately, the document takes a less definitive approach to women's participation in the peace process, merely calling for it to be "inclusive regardless of gender."

Selay Ghaffar, Director of Humanitarian Assistance for the Women and Children of Afghanistan and prominent political activist, had three minutes under the civil representative banner to speak for Afghan women. Her message was that they want peace with justice, are uniformly frightened of the return of the insurgents, and hope never again to be deserted by the international community. She ended with an appeal "for the women of the world to stay with us in our struggle."

Heike Mensch of the German Federation of IFUW, a media specialist with press accreditation at Bonn 11, discussed diplomatic efforts behind the scenes where women delegates are most effective. She noted that UN Secretary-General Ban Ki-Moon met with Afghan women just prior to his speech to the 1,000-strong international gathering where he emphasized

that the women of Afghanistan must be empowered. Hillary Clinton met separately with women of the civil society forum as did Canada's Foreign Minister John Baird.

After the meeting, Minister Baird joined American and European partners in pledging long-term solidarity with Afghanistan's people, especially its vulnerable women and children.

William Crosbie, Canada's former Ambassador to Afghanistan, thinks the Conference was most notable for indicating that the international community is seriously engaging in the post-2014 needs of Afghanistan, a critical counterbalance to the focus on the 2014 troop withdrawal deadline. He said Afghans need to hear these words of encouragement and long-term commitment.

University Women Helping Afghan Women Study and Interest Group

Mark Your Calendars Early!



More details will be available soon on the International Federation of University Women (IFUW) website at www.ifuw.org/.

First held in London, England in 1920, the IFUW Triennial Conference is hosted every three years by a different national affiliate. See a complete list at www.ifuw.org/who/about/history/conferences/.

Founded in 1919, IFUW is an international non-profit network of women graduates in over 120 countries who work to empower women and girls through education and for global peace, understanding and friendship. See the list of national IFUW affiliates at www.ifuw.org/who/nfas. Click on the linked names for further information.

Visit the Members' Corner at www.ifuw.org/resources/ members-corner/ to join a variety of Forum discussions, and to subscribe to the IFUW Update and IFUW Blog.

A BANNER TALE



The photo above is of the current banner of CFUW-Ottawa. The banner is the visual symbol of our club, and is displayed on special occasions, and at the national meetings. It appears on our program and promotional brochures, our membership directory and our website. This is the story of its creation.

As far back as the mid-1990s, there was discussion about appropriate symbols for a new banner. During the 2000-01 Club year, planning began in earnest. Designs were solicited. Two or three were presented for consideration. The design submitted by Sandra Choquette was selected. The voting members liked the folk art spirit of the design, and the tulips and Peace Tower symbolizing Ottawa. In 2001-02, the design was finalized and the banner fabricated. In the Carillon of March 2002, there was an appeal for a quilter to finish the top-stitching on the banner. The new banner was presented at the May 2002 AGM. It was first displayed at a National AGM in Richmond, B.C., in August 2002. A Canadian flag made of felt was originally glued to the top of the Peace Tower on the banner. It can still be seen in the picture on the cover of the program brochure and the membership directory. Sometime in the last few years, it fell off. The banner will continue to be used in its present form.

Unfortunately, Sandra Choquette died suddenly in 2007. I regret I could not hear her story of the banner creation. I would especially like to thank Christine Turkewych in Etobicoke, who was Club President during the creation of the banner, and Carol Bell Thompson, who succeeded to the office, for sharing their memories with me.

Patricia Johnston CFUW-Ottawa Archivist SAVE THE DATE! REGISTER EARLY!

CFUW-OTTAWA AGM & DINNER



Tuesday, May 8, 2012 6 p.m.

Restaurant International Algonquin College

Registration Fee: \$35

Register online at www.cfuw-ottawa.org/events



CFUW Ontario Council AGM

Host: CFUW Etobicoke

Location: Hampton Inn, 5515 Eglinton Avenue W., Toronto **Dates:** Friday, May 11 & Saturday, May 12, 2012

Theme: Green Energy: Is a Future Without Fossil Fuels Viable?

Find program & registration details at www.cfuwontcouncil.ca/agm.html

Full Registration: \$95 on or before April 15; \$115 after April 15

CFUW Resolutions Schedule Changes

The CFUW National Resolutions Committee (NRC) is changing the schedule for the submission and review of draft policy resolutions. The new schedule and details will be sent to clubs in early February.

Clubs that wish to present draft resolutions for the 2013 AGM must now submit a Letter of Intent to the NRC by April 1, 2012. The Letter of Intent Form (see www.cfuw.org/doc/GUIDE-LINES 2011-2012 - CFUW Board Aug 2011 FINAL.pdf) requires the draft Resolution's Title and Resolved Clauses, together with the names and contact information of the originators and host club. The complete resolution with background information and references will be due Nov. 1, 2012.

The rationale is that this new schedule should result in better constructed proposed resolutions. The change will give more time for the NRC to match, avoid duplication, study overlap/already existing policies and so on. It will also give more time for clubs to do more study and research.

Charlotte Rigby VP Liaison

CFUW-Ottawa 2012 Bylaws

A Constitution/Bylaw Review Committee, consisting of Chair Wilma Clapham, Patricia Bays, Nancy DeVillers, Leila Metcalf, Hally Siddons, and Sheila Waugh, was struck in September 2011, to review the existing CFUW-Ottawa Constitution and Bylaws document, with a view to incorporating the changes to the Club Bylaws that were already formally approved by the membership, including: a) changes to associate and student membership criteria approved at the November 2009 General Meeting; and, b) changes in Club governance structure approved at the May 2011 AGM. The amendment process also resulted in changes to summary descriptions of Board and Committee positions and changes in format to enhance readability.

On Jan. 16, the Board unanimously passed the recommended Bylaw changes. The resultant February 2012 CFUW-Ottawa Constitution and Bylaws document will be presented to the membership at the Feb. 6 General Meeting for approval. It is found in Club Documents in the Member-only section of the CFUW-Ottawa website and is being made available to all members using the same process as is used to notify members of new issues of the Carillon. That is, members without functional electronic access receive print copies and those with electronic capability are notified by email.

We hope you have time to review the proposed Bylaw changes and participate in the vote at the February General Meeting.

Sales of 2012 Entertainment Books a Huge Success



This year, Glenys Pike and Salwa Hafez were in charge of selling the Entertainment Books. A total of 95 books was sold – 44 to CFUW members, 51 to non-CFUW members. As \$10 from the sale of every book goes to the Club, \$950 was raised for the CFUW-Ottawa Scholarship Trust Fund, the Club's charity. Special thanks to both ladies for their hard work and to the club members who supported this fundraiser.

Status of Printed Carillon

As a result of our email campaign in November and December 2011, 47 (or 48 percent) of the 97 recipients of the printed *Carillon* that were contacted, switched to email notification. This promises an annual saving of about \$582 (or, \$12.38 per former recipient, based on printing and mailing costs in the last three months of 2010-11) and reduces volunteer time required to package and mail the issues by over nine hours per year. It will also reduce paper usage for the newsletter, envelopes and stamps.

At present, 110 members, or 21.5 percent of the total active membership of 511, receive the print version. With one more for the Editor's records and two for the Library and Archives Canada Legal Deposit Program, 113 is currently the total number of copies printed per issue. Of the recipients:

- 59 do not have or do not report their email address (11.6 percent of 511); and,
- 51 report an email address (9.9 percent of 511).

The CFUW-Ottawa Board of Directors has determined to NOT CHARGE for the print version of the newsletter in 2012-13. Several members with email gave valid reasons for requiring print (such as vision problems, technical computer problems, or limited access to a computer) and very few indicated a willingness to pay a supplementary fee for the printed newsletter.

2011-12 CFUW-Ottawa Memberships at Jan. 15, 2012

The membership numbers for the club have stabilized in the last couple of years, declining ever so slightly this year from last. Last year, we had many new members reflected in Feb-11 below as a result of CFUW-Ottawa hosting the National AGM. This year we were able to retain more members.

CFUW-Ottawa Membership by Status

Category	Feb-12	Feb-11	Feb-10	Feb-09
Renewing	449	429	462	470
New	49	66	41	47
Returning	13	17	10	8
TOTAL	511	512	513	525

CFUW-Ottawa Membership by Category

Category	Feb-12	Feb-11	Feb-10	Feb-09
Full	475	474	479	488
Associate	27	29	24	24
Dual	6	5	7	9
Life	1	1	1	1
Student	2	3	2	3
TOTAL	511	512	513	525

The 2011-12 printed membership directories for all listed members were mailed during November 2011. Please contact me at membership@cfuwottawa.org if you have not received your copy or if your information in the Directory is incorrect. In addition, all members can access the continuously updated online membership directory in the Member-Only section of the website.

As of Feb. 1, 2012, we will be taking early registrations for next year. If you would like to order a printed copy of the CFUW-Ottawa Membership Directory for next year, please do so on your registration form during the registration or renewal process (either online or by mail). There will be a \$6 charge for the printed Directory to cover expenses.

Glenda Levesque Membership Convenor

A huge thank you to all Club members who were able and willing to switch from the print version to notification by email. Reading online is not a bad skill to have in this day and age! Your cooperation is much appreciated by Club Board members

and *Carillon* volunteers. Your comments, pro or con, are also most welcome.

Mary Butterill
Carillon Editor

CFUW AGM & Conference Victoria, B.C.

June 21-24, 2012



CFUW AGM 2012 will take place at the Inn at Laurel Point on Victoria's Inner Harbour. Please visit the CFUW Victoria website at www.cfuwvictoria.org/ for further information about booking your hotel, the program, a list of attractions and available tours.

Holiday Celebrants

Members of the American Standard Duplicate Bridge group celebrated the holiday season with a potluck lunch on Dec. 7, followed by a fun afternoon of bridge. **Photo by:** Marilyn Dawson



