

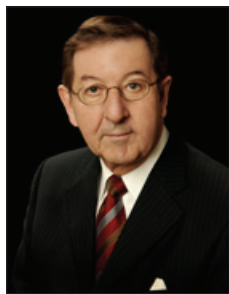


Canadian Federation of University Women – Ottawa

Capital Carillon

February General Meeting

DATE: February 4, 2013
TIME: 7:30 p.m.
PLACE: Riverside United Church/
 Anglican Church of the
 Resurrection,
 3191 Riverside Dr.,
 Ottawa, ON K1V 8N8
SPEAKER: Dr. Robert Roberts, MD,
 FRCPC, MACC, FAHA, LLD
 (Hon.), President & CEO,
 University of Ottawa Heart
 Institute, founding Director
 of Ruddy Canadian
 Cardiovascular Genetics
 Centre, Professor of
 Medicine, University of
 Ottawa
TOPIC: Medicine: A Glimpse of the
 Future



Dr. Roberts has had a distinguished and prolific career as a cardiologist, educator and scientist. He received his MD

from Dalhousie University and completed his residency in Internal Medicine and Fellowship in Cardiology at the University of Toronto. Funded by a Canadian Heart Foundation Scholarship, he pursued research in heart disease and in 1982 became Chief of Cardiology at Baylor College of Medicine in Houston,

(see **Meeting** on next page)

PRESIDENT'S MESSAGE

NANCY DEVILLERS

Welcome back to the activities of one of the most vibrant clubs in CFUW! After the holiday celebrations, it is often hard to get back to work! However, after the January General Meeting kicked off the new year, groups are starting to meet again and the busy life continues.

Here are a few of the events that you can look forward to in 2013:

General Meetings

■ In February, Dr. Robert Roberts, CEO of the University of Ottawa Heart Institute will speak on Medicine: A Glimpse of the Future. Bring your friends - they are welcome at all general meetings - and prepare for an informative evening.

■ In March, we are introduced to the scholarship winners. This is always a moving evening because they speak with genuine gratitude and confirm that our fundraising efforts are appreciated and put to good use.

■ In April, the seven resolutions which will go forward to the CFUW AGM will be debated by our membership and sent forward with our input to the national committee.

AGMs

In addition to the CFUW-Ottawa AGM on May 7, there will be three other AGMs which you may want to consider – Ontario Council AGM in Sudbury (May 3-4), National AGM

in Saskatoon (July 10-14) and IFUW Triennial Conference in Istanbul (Aug. 16-21)

IWD

Do you have your ticket yet? Once again, CFUW-Ottawa is partnering with CFUW/Kanata, CFUW/Nepean as well as the Ottawa Council of Women to put on a wonderful evening celebrating women at this year's International Women's Day event at CentrepoinTE on Tuesday, March 5. More information in this newsletter. (see **President** on next page)



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Good News

At the General Meeting on Jan. 7, 2013, I had the honour of presenting a cheque for \$4,923 to Dawn Smith, the Chair of the Scholarship Trust Fund. In addition, a donation of \$50 had already been received, making the total almost \$5,000. If you worked on the committee which put on the Holiday Party or attended the Party or bought an entertainment book or bought a novel at the used book table, then you helped contribute and we thank you. This is the reason we as a Club, exist! All the Study and Interest groups are fun and good for us, but the real reason we band together in a club called CFUW-Ottawa is to raise money for women's education, whether it is here in Ottawa or half way across the world in Afghanistan.

A special thanks to Alice Bolt and Mary Partington for their hard work on the Holiday Party, Glenys Pike for her many efforts in selling entertainment books and Carol Bell Thompson for her work at the used book table last year.

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 2013**
Deadline: **February 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.

Behind the Scenes

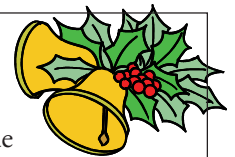
At the half way point of the CFUW year, I would like to publicly thank the CFUW-Ottawa Board of Directors – Wilma Clapham, Fran Harding, Charlotte Rigby, Nancy Simmons-Wright, Joan Bell, Mary Houston-Lambert, Pierrette MacLean, Mary Butterill, Jill Moll, Dawn Smith, Janet Riehm, Jean Chapman and Glenda Levesque – for their dedication to excellence and the hard work which they do to keep the Club running as it does. Each of them puts in hours of work every month on your behalf. Thank you, Board members.

Meeting - continued

Texas. Dr. Roberts' research led him to molecular biology and genetics, during which time he discovered many genes responsible for heart disease. He developed the MCBK Test which has been used to diagnose heart attacks for the past three decades. Dr. Roberts is generally regarded as one of the founders of molecular cardiology. He has published over 850 scientific articles, received many awards and has lectured throughout the world, delivering many notable plenary addresses, both nationally and internationally.

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

CFUW-Ottawa Holiday Party 2012



The Holiday Party held on Dec. 2 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. We were entertained by the talented Bytown Beat Chorus, a Sweet Adelines Chorus from Orleans. The Holiday Party proceeds of \$3,375.92 which include funds raised by the sale of baked goods, grab bags and 2 raffles was given to the CFUW-Ottawa Scholarship Trust Fund, our registered charity, at the January meeting.

Many thanks are extended to:

- Volunteers who helped at the event: Carol Bell Thompson, Aley Samuel, Mary Broderick,

Joan McKee, Sue Hurtubise, Eva Stumes, Nancy Vrooman, Heather Darby and Gail Mezger;

- Bytown Beat Chorus;
- Study and Interest Groups for their generous donations;
- Members and friends who gave donations for the grab bags, door prizes and raffles;
- Members and friends who baked for the Bake Table;
- RA staff; and,
- Everyone who attended.

For our members who like to plan ahead, please enter next year's date for the Holiday Party in your agenda - Sunday, Dec. 1, 2013.

Mary Partington, Convenor &
Alice Bolt, Co-Convenor,
2012 Holiday Party



From the CFUW-Ottawa Environmental Toxins and Health Study Group

Personal Care Products and You

A Safer Story

Toxic chemicals contaminate many personal care products for babies, women and men, as demonstrated by studies carried out in Canada, the United States and elsewhere.

“Most beauty routines include the use of carcinogens, suspected carcinogens, hormone disruptors, allergens and other harmful substances. They are in everything from shampoo to hair dye to nail polish and hair spray.” *The Ottawa Citizen*.

A few examples of toxic ingredients in personal care products:

- parabens are found in 75-90 percent of cosmetics;
- phthalates are known carcinogens and suspected endocrine disruptors;
- fragrance, the most common ingredient in personal care products, may include unidentified “trade secrets”;
- preservatives such as various urea formulations, which release formaldehyde (unlisted but a known carcinogen), are present in many cosmetics.

How are Canadians protected from the hundreds of chemicals we are exposed to daily? Health Canada has made a beginning through its Cosmetic Ingredient Hot List that includes hundreds of prohibited and restricted chemicals, and requires ingredient lists on all cosmetic product labels (see the Health Canada website: www.hc-sc.gc.ca/cps-spc/cosmet-person/cons/index-eng.php)

What can we do to ensure we are using safe products?

1. Educate yourself. The Cosmetic Safety Database (Skin Deep) www.ewg.org/skindeep/ provides a detailed analysis and hazard rating for 14,000 personal care

products. The Campaign for Safe Cosmetics works with companies to commit them to make safer products.

2. Read the product labels, which list the ingredients, so as to be aware of products to avoid. Usually the ingredient in the largest concentration is listed first, with the least last. Colours and dyes are listed last. Ingredients in less than one percent concentration may be listed anywhere. Carry the list of ingredients with you starting with The Dirty Dozen (see www.davidsuzuki.org/issues/downloads/Dirty-dozen-background.pdf)
3. Do not keep opened cosmetics for more than a year, as they may alter with age.
4. For a healthy skin: ensure adequate sleep, drink plenty of water, and eat such foods as turmeric, ginger, dark berries and dark green vegetables.
5. Remember simpler is better. Use fewer products, in smaller amounts, less often.
6. Make your own simple cosmetics. See *There's Lead in Your Lipstick* for many recipes, for example, a moisturizing mask using avocado and honey. It lists companies that produce safe cosmetics and where they can be obtained.

For further reading:

Deacon, Gillian. *There's Lead in Your Lipstick: Toxins in Our Everyday Body Care and How to Avoid Them*. Penguin, 2010.

Malkan, Stacy. Campaign for Safe Cosmetics virtual book club Webinar for “Not Just a Pretty Face” at www.vimeo.com/6493161

Malkan, Stacy. *Not Just a Pretty Face: The Ugly Side of the Beauty Industry*. New Society, 2007.



Heather Wood, Secretary on the Board of Directors of the Community Laundry Co-operative was the guest speaker at our Jan. 7, 2013 General Meeting. The Co-operative is an incorporated, registered charity and a social enterprise. Founded in 1999 to meet the needs for affordable laundry, the social enterprise component was added in 2002 with the purchase of an industrial-sized washer and dryer. The Co-op will be relocating to Vanier in the spring of 2013. It is funded through grants, income from laundry contracts, and membership fees. There is no government funding. It has recently lost its United Way funding. The Co-op operates six days per week with the help of volunteers, the very “hands-on Board” and 1.4 paid staff members.

Heather mentioned that 70 per cent of the members are “marginalized” women, many of whom are single mothers. The \$ 1 membership fee provides access to affordable self-service laundry for \$ 1 per load, a clean, secure and welcoming place to do laundry, and a chance to socialize. About 200-300 individuals use the services every month. Members may volunteer for office positions (the Volunteer/Membership Development component), receive one-on-one counseling/mentoring and participate in workshops and social events, thereby improving their self-esteem and employability. A Community Economic Development (CED) component helps members earn extra income offering laundry services to clients such as com-

More Than Just a Laundromat...

munity health services, churches and other non-profit organizations. The economic downturn and the inability to offer pressing services are impacting the effectiveness of this program, but there is hope that the upcoming relocation to Vanier will resolve some of these issues. However, funding is tight, and donations are always welcome.

Heather then introduced Marie, one of the volunteers, who spoke from the heart about her own experience with the Co-op. Marie told us that she had experienced a disability, become

reclusive and suffered a mental breakdown. One day she was given a flyer about the Co-op, which led to her membership, volunteering and earning while learning new life skills. Her isolation was over.

Heather and Marie were both effective spokespersons for the Co-op. Should you wish to learn more about the enterprise, please visit their website at www.communitylaundrycoop.ca or contact the CEO, Marianela Gonzalez, at (613) 244-4762.

Jill Moll, Program Convenor

The Canadian Federation of University Women (CFUW)-Ottawa, Kanata & Nepean & the Ottawa Council of Women (OCW) invite you to a celebration:

9th Annual International Women's Day (IWD) Educate Girls – Empower Women!

Speaker:

The Hon. Landon Pearson

Distinguished advocate for children's rights; former Senator; founder of Carleton University's Landon Pearson Resource Centre for the Study of Childhood and Children's Rights



CFUW/Kanata Guitar Groovers

Hors d'oeuvres

Cantiamo Girls Choir of Ottawa

Door Prizes

Arts & Crafts Displays

Tuesday, March 5, 2013 6:00 – 9:00 p.m.

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

Ticket Price: \$25 Register Online at www.cfuw-ottawa.org/events

Co-Chairs: Beverlee McIntosh (613) 728-9770, beverlee.mcintosh@gmail.com

Charlotte Rigby (819) 778-3438, crigby@videotron.ca

Sue Ellwood (613) 727-0136, sellwood@magma.ca

Sandy Burger (613) 592-2859, sandyburger@sympatico.ca

For information about IWD, see www.internationalwomensday.com

Have you published a book in the past year? Do you or your group produce specialized arts/craft items? We will have 10 tables for members to present and sell their work.

Interested? Contact beverlee.mcintosh@gmail.com before January 30.

CFUW-OTTAWA SCHOLARSHIP TRUST FUND
GUIDELINES FOR CREATING SCHOLARSHIPS AND AWARDS
 OCTOBER 2012

- 1) The scholarship must be offered to a student enrolled at Carleton University or the University of Ottawa, or, to a student enrolled in a degree-granting programme at a local Community College.
- 2) The scholarship must be supported by dedicated funds sufficient to sustain it in the amount of at least \$1,000 per annum.
- 3) Several of our present donors maintain their funding through annual donations covering the full amount of the scholarship. In those situations, notice must be given by June 30 of the preceding year, if the donor wishes to discontinue support for the scholarship.
- 4) A one-time scholarship award can be made at a similar minimum level (presently \$1,000).

DONATIONS GIVEN IN MEMORIAM

When a number of individual donations are received in memory of a specific person and reach a total of at least \$1,000, the STF Trustees may decide to create a one-time scholarship in that person's name. Alternatively, if the accumulated donations are sufficient to warrant it, the Trustees may take appropriate steps to establish a recurring scholarship.

In all other cases, where the accumulated donations fall short of the minimum level, they will remain in the general trust fund and contribute towards our established scholarships.

INFORMATION REQUIRED WHEN SETTING UP A SCHOLARSHIP

- i) Amount and frequency of award.
- ii) Which University (Carleton or University of Ottawa, or a degree programme at a local Community College).
- iii) Whether scholarship is for a graduate or undergraduate degree.
- iv) Area of study.
- v) Any specific requirements: e.g. earmarking the scholarship for a mature student or a registered disabled student.

We encourage these details to be left as broad as possible, in order to make it easier for the universities to find suitable candidates for the scholarship.

GUIDELINES FOR DONORS WISHING TO LEAVE A DONATION IN THEIR WILL TO ESTABLISH A SCHOLARSHIP

We ask that intending donors submit a signed document to the STF Committee of Trustees, setting out the details outlined above.

Note: A donor must clearly state in her/his will that a bequest is to go to "CFUW-Ottawa Scholarship Trust Fund".

Dawn Smith
 Chair, Scholarship Trust Fund

Ottawa Little Theatre Celebrates a Century on Stage



As you may have heard, the Ottawa Little Theatre (OLT) is celebrating its 100th birthday

in 2013. Did you know that it was the University Women's Club of Ottawa that launched it in 1913, as a society for "the study of production of Dramatic Art"? Initially named the Ottawa Drama League, its productions were held in the auditorium of the Victoria Memorial Museum until 1915 when the Parliament Buildings burned and the Honourable Members took it over.

Eight years later, the group returned to the Museum and subsequently moved to the Eastern Methodist Church on King Edward Avenue. Renamed Ottawa Little Theatre in 1951, it remains on the site to this day.

If you have never been to a production of OLT, this centennial year, which features ten plays, one from each decade, is the perfect year to pay them a visit.

Fran Harding
 CFUW-Ottawa

In Memoriam

Vera José WRIGHT
(1921-2012)



Our sincere condolences to the family and friends of Vera José Wright, a former longtime active member of CFUW-Ottawa's Tuesday Lunching Out Group and of the National Gallery Study Group. José, as she was called by her friends, passed away in Ottawa on Tuesday, Dec. 11, 2012. She was born in England and was a war veteran, having served in the Women's Auxiliary Air Force (WAAF). After WWII ended, she completed a BA from the University of London (England), followed by her FLA (Fellow of the Library Association, UK). She worked in research institutes and university libraries in England, Kenya and Canada. Club members remember José as very interested in and knowledgeable about art and as an active participant in her groups.

A reception for family and friends was held in the Barrhaven Chapel of the Kelly Funeral Home on Saturday, Dec. 15, 2012. Her obituary appeared in the Ottawa Citizen on Friday, Dec. 14, 2012 and can be located online by "googling" her name followed by term "obituary". e.g. "José Wright obituary"



CFUW Ontario Council 2013 AGM

Host: CFUW Sudbury
Location: Howard Johnson Plaza Hotel, 50 Brady St., Sudbury
Dates: Friday, May 3 & Saturday, May 4, 2013
Theme: Making Connections, Making Communities

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



**31st IFUW
Triennial Conference
16-21 August 2013 - Istanbul**

A promotional video and a draft agenda is now available on the International Federation of University Women (IFUW) website at www.ifuw.org/ifuw2013. The conference theme is:

**Women's role in achieving a sustainable future:
Education, urbanisation, violence and human rights.**

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. IFUW has national affiliates in 62 countries and individual members in over 40 others. 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 Blog.

POLICY ON FUNDRAISING IN CFUW-OTTAWA

Approved by the CFUW-Ottawa Board Jan. 14, 2013

CFUW-Ottawa is committed to fundraising to support the CFUW-Ottawa Scholarship Trust Fund, and has given approval for the UWHAW project group to raise funds to support the education of girls in Afghanistan.

All fundraising or sales initiatives require Board approval to approach

our members. CFUW-Ottawa members must feel free to attend club meetings and events without feeling obligated to respond to fundraising or sales requests. This policy statement clarifies the criteria under which the CFUW-Ottawa Board will approve requests for fundraising and/or partnership activities:

POLICY STATEMENT

1. Each proposed event/promotion requires prior approval by the CFUW-Ottawa Board, which has discretion on the nature and timing of such activities.
2. CFUW-Ottawa may participate in fundraising or cultural events with non-profit or charitable organizations whose mission, values and operational management are consistent with CFUW's vision and values. The proposal should be presented to the Board by a Board member who is familiar with the organization, its values, and its operational methods. CFUW-Ottawa often joins with other organizations such as the Ottawa Council of Women (OCW) and other CFUW clubs for special events, such as the annual International Women's Day Celebration. These are not fund-raising events *per se*.
3. CFUW-Ottawa resources may not be used to benefit private or commercial interests. (Examples include the advertising and sale of books or artwork by members, guests or speakers at Club events).
4. CFUW-Ottawa does not accept paid advertising in the *Capital Carillon* newsletter, other Club publications or on the Club website. The exception is the members' directory (both hard copy and online), where CFUW-Ottawa members are encouraged to buy advertising space.
5. Donations or sponsorships (money or in kind) to support Club events or programs may be accepted, and are appropriately acknowledged. CFUW-Ottawa does not:
 - Provide donors or sponsors with access to CFUW-Ottawa members; nor,
 - Permit a donor or sponsor to set up a booth or distribute advertising.
6. The CFUW-Ottawa members' directory is for private, non-commercial use by Club members. CFUW-Ottawa does not provide information in our members' directory to donors, sponsors or other organizations.

SAVE THE DATE!
REGISTER EARLY!

**CFUW-OTTAWA
AGM & DINNER**



Tuesday, May 7, 2013 6 p.m.

Restaurant International
Algonquin College

Registration Fee: **\$35**
(incl. tax & service charge)

Register online at
www.cfuw-ottawa.org/events
Tickets also available at
General Meetings or
by contacting Alice Bolt



**SHARE YOUR
GOOD IDEAS!**



Contact Us at
Suggestions@cfuw-ottawa.org

OR

Use the Suggestion Box
at General Meetings

Increase in Club Membership Fees Proposed for 2013-14

At the CFUW AGM in Victoria, B.C. in June 2012, the CFUW Board brought forward a motion for a dues increase of \$10 per member. After hearing the arguments in support of this motion and after the delegates had opportunities to ask questions, the motion was voted on and passed.

CFUW-Ottawa dues have also been reviewed, as our own expenses have increased and low interest rates have limited our revenue, despite the fact that our membership has remained the same as last year. We must not continue having to cover these extra expenses each year from our reserve fund. The Board has been looking at cost cutting strategies to ensure that our expenses are kept at a reasonable level.

Since our careful review of expenses has still yielded a deficit for the past three years, the CFUW-Ottawa Board is recommending an increase in Club dues of \$5 per member, effective June 1 for 2013-14. Along with the increase already approved at the CFUW Victoria AGM, the increase proposed for the 2013-14 Club year is \$15 per member. There will be an opportunity to discuss the proposed increase at the February General Meeting. **The membership will vote on an increase in annual dues from \$100 to \$115 at the CFUW-Ottawa AGM on May 7, 2013.**

Pierrette MacLean
Treasurer, CFUW-Ottawa

How to Login to the Member-only Area of the CFUW-Ottawa Website

Some pages on the Club website are accessible only to Members. These include the searchable Private Member Directory, contact information for Club Executive and Convenors, many other important Club Documents and information on Club Advocacy and Resolutions.

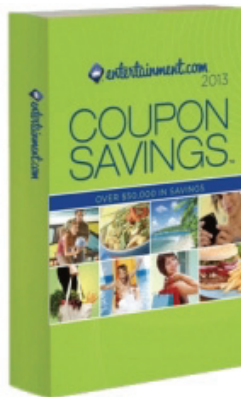
Three Easy Steps to Accessing the Member-only Area :

- 1) Go to the yellow-orange login area in the upper right-hand corner of the website and enter your email address.
- 2) Enter your password. (If you have not set a password for the CFUW-Ottawa website, click on "Forgot password". You will then be sent an email with instructions to set your password).
- 3) Once you have logged in, click on the "Member-only" tab just below the "Home" tab on the Blue Menu down the left -hand side of the website.

If you have any difficulties, please contact me at wizards@cfuw-ottawa.org and I will be happy to help you.

Glenda Levesque
Website and Internet Services Convenor

2013 Entertainment Coupon Book Sales Profitable



The 2012 Entertainment Book Fundraiser for the CFUW Scholarship Trust Fund ended in December 2012. This year, CFUW-Ottawa asked the CFUW Kanata & Nepean Clubs to join forces in this venture. We received a better purchase price from the Entertainment Company as a higher number of books were ordered. The Ottawa Club sold 83 books. While the number of books sold is down from last year's number of 95, we actually raised more money due to the better deal offered by the Entertainment Company. Of the 83 books sold, 36 were purchased by CFUW members, with the remaining 47, by non-members. In addition, a non-member who did not wish to purchase a book made a donation to the Ottawa Club. The total raised for the Scholarship Trust Fund was **\$1,473.50**. Thank you to all CFUW women who supported this project.

Glenys Pike
2012 Entertainment Book Fundraising Captain

Thank you, Club, from the Scholarship Trust Fund

A big thank you to all members of the Club who contributed to the CFUW-Ottawa Scholarship Trust Fund in the first part of the year: Holiday Party Convenor Mary Partington, Co-Convenor Alice Bolt and their hardworking team; everyone who donated to the prizes and bake sale at the Party; Glenys Pike for her tireless efforts in promoting sales of entertainment coupon books; and, all those individuals and groups who made donations, both large and small. Your generosity and commitment to supporting young women in their pursuit of further education is enormously appreciated. It would not be possible without you.

May I also remind all members to attend, if possible, the General Meeting on Monday, March 4, to honour and meet the winners of the scholarships sponsored by CFUW-Ottawa for 2012-13.

Dawn Smith
Chair, Scholarship Trust Fund

THE CARILLON NEEDS YOUR PHOTOS!



Email your digital photos of CFUW-Ottawa members or their activities to Mary Butterill. Be sure to include the names of groups and members in the photos and of the photographer. Both candid and posed shots are welcome!

Website News

Glenda Levesque
Website and Internet Services Convenor

In early November, a new tool called **Google Analytics** was connected to the CFUW-Ottawa website. This tool tells us how often the site is being visited, how many pages are viewed, the length of each visit and the paths taken to get there. With Google Analytics, we can determine the periods of heavy usage and the popularity of various access methods. We can also determine how many mobile users contact the website.

The following charts summarize some of the information gathered by Google Analytics in the first two months:

CFUW-Ottawa Website Activity
Nov. 2 – Dec. 31, 2012

Visits to Site	1,358
Number of Visitors	686
Number of Pages Viewed	6,116
Pages per Visit	4.5
Average Length of Visit	4.4 min.
Percentage of New Visitors	50.50%

There was a lot more activity on the website during November with 920 visits versus only 438 visits through all of December. It might be that our members and potential members are planning their activities during the early fall months.

How our Visitors Found the CFUW-Ottawa Website
Nov. 2 – Dec. 31, 2012

Direct Address Input	60.82%
Through Google	27.54%
Through the CFUW National Website	1.99%
Through Yahoo	1.91%
Through Bing	1.62%
Through Facebook	0.29%
Through Ontario Council	0.74%
Other	5.08%

If you have suggestions to improve the CFUW-Ottawa website, please forward them to Glenda Levesque at wizards@cfuw-ottawa.org.

Elizabeth Fry Society of Ottawa J. F. Norwood House

Thanks to the generosity of our members, a carload of wished-for items was delivered to EFry of Ottawa's Norwood House in December. The need is great year-round. To donate, please contact Marjorie Melick at mmelick@sympatico.ca.

HELP WANTED!

*Join our Review Groups for
CFUW 2013 Resolutions!*

We will receive the complete texts of these draft resolutions in early February. CFUW-Ottawa working groups will review them and present recommendations (accept, reject or amend) at our April General Meeting. Final drafts will be presented at the 2013 Annual General Meeting (AGM) in Saskatoon next July. Approved resolutions become CFUW policy and the basis for CFUW advocacy. The CFUW resolutions under review this year are :

1. A resolution to amend the language of Section 163 of the Criminal Code of Canada specific to the use of the term "child pornography" (*CFUW Abbotsford*)
2. Hypersexualization: Countering Exploitative Child Images (*CFUW Cornwall*)
3. Housing for Seniors in All Communities (*CFUW Cowichan Valley*)
4. An Adequate Income for All Canadians (*CFUW Guelph*)
5. Bullying and Cyberbullying (*CFUW Montreal Lakeshore*)
6. Reduction of Dietary Sodium (*CFUW-Ottawa*)
7. Establishment of Federal Children's Commissioner (*CFUW South Delta*)

If you:

- Wish to learn more about any of these issues;
- Enjoy discussing viewpoints and strategies;
- Want to make a difference to the lives of girls and women; and,
- Can attend 2-3 meetings to work with CFUW colleagues;

Please join us!

Contact:

VP Liaison Charlotte Rigby

Used Book Sales To Continue!



Last year, the sale of used books at Club General Meetings generated \$128 for the Scholarship Trust Fund and provided many hours of pleasant reading to those who bought books. At the beginning of this Club year, there was no one willing to take over the duties of selling books. Now, Elaine Copland has stepped forward to do the job. Thank you, Elaine!

So, bring your used books to the General Meetings and Elaine will display them for sale. You may find one to read, as well!!

**CFUW 2013 AGM
Saskatoon, Sask.
July 11-14, 2013**



Sheraton Cavalier Hotel
612 Spadina Crescent
Saskatoon, Sask.
(306) 652-6770

To book your accommodation at the Sheraton Cavalier Hotel, click [here](#).

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

CFUW/Nepean: www.cfuwnepean.ca/ General Meetings: 1st Tue. of the month, 1 p.m. at Knox United Church, 25 Gibbard Ave., Nepean



NEXT ONTARIO COUNCIL STANDING COMMITTEES MEETING

Saturday, March 16, 2013

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

Morning Program and Speaker: To be determined

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/.

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 V.P. Liaison and two Standing Committee Chairs **or their designates**.

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