



Canadian Federation of University Women – Ottawa

Capital Carillon

March General Meeting

DATE:	March 4, 2013
TIME:	7:30 p.m. (Please note that the Business Meeting will precede the Awards Presentation, which is scheduled to begin at 8 p.m.)
PLACE:	Riverside United Church/ Anglican Church of the Resurrection, 3191 Riverside Drive, Ottawa ON K1V 8N8
SPEAKER:	Niamh O'Shea, 2010-11 CFUW-Ottawa Ruth Bell Centennial Scholarship Recipient
RECITAL:	Ylan Chu, 2012-13 winner of the Lois Harper Scholarship in Music and previous recipient of the Helen Nininger Scholarship in Music
GUESTS:	Shalen Bradford, Awards Officer, Carleton University Guylaine Renaud, Awards Officer, University of Ottawa Annie Cousineau, Awards Officer, University of Ottawa
TOPIC:	CFUW-Ottawa Scholarship Trust Fund (STF) Awards for 2012-13

Please join the CFUW-Ottawa Scholarship Trust Fund Trustees at the annual CFUW-Ottawa Scholarship evening. Hear Niamh O'Shea, the first winner of the Dr. Ruth Bell Centennial Scholarship Honoring all Members of the Club Since 1910, speak about her activities in the past two years and how much the Centennial Scholarship has helped her studies. Niamh will also share stories and photos of her overseas volunteer work.

Ylan Chu, this year's winner of the Lois Harper Scholarship in Music at the University of Ottawa, will entertain us with a short piano recital.

(see **Meeting** on next page)

PRESIDENT'S MESSAGE

NANCY DEVILLERS

I was musing the other day about how different my life would be if I did not have the stimulation and variety of activities provided by CFUW-Ottawa. Certainly, in these long winter months, it is great to be able to get outdoors with friends from CFUW-Ottawa groups, or to participate in a travel or writing group or play bridge. So much to keep busy, to keep learning and to keep active!

I was honoured to be invited to a special Music Appreciation evening celebrating the poetry and music of Robbie Burns. We ate haggis, neeps and tatties and had a wonderful time (see pictures on page 6) Thanks to Christene Netherton for hosting a truly memorable evening.

In January, the Board made a decision to award 50 Year certificates to those who have been members of CFUW for 50 years or more. We are contacting long-standing current members of CFUW-Ottawa to see how many of them qualify. There is another group more difficult to reach because they are no longer CFUW-Ottawa members. If you know of anyone who you think might qualify, please let us know. They do not need to have belonged to one club only; they may have moved frequently and belonged to several clubs - as long as they have been members for at least 50 years. I want to thank Marlene Hewitt who provided an initial list of names for us to use. Let's see if we can find all those who deserve to be recognized!!

If you are planning a fundraising activity in your Study and Interest Group

next year, don't forget to check the new fundraising policy (in February newsletter and emailed to all convenors) which requires that the Board give prior approval to any fundraiser you or your group is planning. Also, there can be no access to members or advertising by any company or individual who sponsors an event or donates funds or in-kind items.

We have had a lot of interest in the proposed CFUW-Ottawa Dragon Boat team. This initiative was announced at the February General Meeting by Wilma Clapham, Trish O'Flaherty and Jean Chapman. Jean showed a rousing video clip of the

(see **President** on next page)

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STF Trustees anticipate a good turnout from this year's scholarship winners (at least ten will be there, some of whom will bring their families), and will present the students with framed certificates. Baked goods and refreshments will be provided. We look forward to seeing you there.

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

President - continued

CFUW Oakville team competing in a Dragon Boat race. If you are interested, contact either Jean or Trish for details. It would be a great way to get some recognition for CFUW-Ottawa and show support for several worthy charities.

To Come – Expect a smaller, tighter Annual Report this year, as we will be downsizing it and providing an executive summary to those who attend the AGM. The full version will appear on the website.

Hope to see you at the March General Meeting where scholarship winners will be recognized. This is always a wonderful evening, confirming that our effort to raise money for scholarships is well spent.

Stay warm.

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: **April 2013**
Deadline: **March 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.

Proposed Amendments to the CFUW-Ottawa Constitution and Bylaws

At the General Meeting on Feb. 4, I outlined, for information purposes, the proposed amendments to CFUW-Ottawa's Constitution and Bylaws.

At the CFUW AGM in Victoria in June 2012, the CFUW Articles and Bylaws (formerly called the CFUW Constitution and Bylaws) were amended to eliminate the "Associate Member" membership category (i.e. member without a university degree). Accordingly, the CFUW Bylaws, Section C. Membership, Article 7, now reads, "There shall be one class of member in CFUW."

The amendments being proposed to the relevant Membership sections of CFUW-Ottawa's Constitution and Bylaws are "housekeeping" in nature, bringing CFUW-Ottawa into conformity with the Articles and Bylaws of CFUW.

The proposed amendments to the CFUW-Ottawa Constitution 2006, Article II - Purpose, Sections 4 and 6 will replace the terms "women university graduates" and "university women" with the term "members".

The proposed amendments to CFUW-Ottawa Bylaws 2012, Article 1 - Membership, Sections 1, 2, 3 and 8, are in the same vein, i.e., the removal of wording relating to "Associate Member" and to the requirement of a university degree for membership in the Club.

Currently CFUW-Ottawa's Bylaws state that 25 percent of the members do not need to have university degrees. It is being proposed to reduce this to 20 percent of the members, to be in accordance with CFUW Bylaws.

The proposed changes were approved by the CFUW-Ottawa Board of Directors on Jan. 14, 2013 and will be on the agenda of the Annual General Meeting on May 7, 2013.

Nancy Simmons-Wright
VP Membership

Medicine: A Glimpse of the Future

A large crowd of members and friends came out on a cold evening on Feb. 4, to hear our speaker, Dr. Robert Roberts, President and CEO of the University of Ottawa Heart Institute and Director of the Ruddy Canadian Cardiovascular Genetics Centre. Dr. Roberts has had a distinguished career as a cardiologist, educator and scientist, is the author of numerous articles and studies, and the recipient of many awards. His research interest is in the field of molecular biology and genetics, and his work and that of his colleagues has led to the discovery of many genes responsible for heart disease, opening the door to new ways of predicting and treating heart disease. His presenta-

tion "Medicine: A Glimpse of the Future" showed in a clear and interesting way how genetics affects the diagnosis and treatment of disease. He began by saying that he believes we are on the verge of an exciting "golden era" in medicine and forecasts the rise of "personalized medicine" in which simple blood tests will be able to indicate genetic predisposition to disease and make possible early diagnosis. Heart disease may then be seen as preventable, and could be eliminated within this century. Dr. Roberts' presentation was stimulating and informative, making a complex topic accessible to the audience.

Patricia Bays
Program Committee

2012-13 CFUW-Ottawa Membership Report, Jan. 15, 2013

The membership numbers for the club continue to be stable.

For the first time this year, the printed membership directory was sold to members. The \$6 fee covered the cost of printing and mailing. Purchased by 187 members, it was mailed out last November. Please contact me at membership@cfuw-ottawa.org if you purchased but have not received your copy or if your information in the Directory is incorrect. Also, all members can access the continuously updated online membership directory in the Member-only section of the website.

Early registration for next year began Feb.1, 2013. Note that, pending approval at the AGM in May, next year's membership fee is expected to increase by \$15. When the increase is approved, anyone who has already purchased a membership will be asked to pay the difference. Again this year, if you would like to order a printed copy of next year's CFUW-Ottawa Membership Directory for \$6, please do so on your registration form or during the renewal process (either online or by mail).

Carol Hinde, Membership Administration Convenor

CFUW-Ottawa Membership by Status					
Category	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Renewing	441	449	429	462	470
New	59	49	66	41	47
Returning	14	13	17	10	8
TOTAL	514	511	512	513	525

CFUW-Ottawa Membership by Category					
Category	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Full	501	475	474	479	488
Associate		27	29	24	24
Dual	10	6	5	7	9
Life	1	1	1	1	1
Student	2	2	3	2	3
TOTAL	514	511	512	513	525



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

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



ONTARIO COUNCIL STANDING COMMITTEES MEETING

Saturday, March 16, 2013, 10:00 a.m. - 3:30 p.m.

Registration opens 9:00 a.m.

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


Morning Plenary Topic: Human Trafficking **Speaker:** TBD

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

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.

Revamping the CFUW-Ottawa Annual Report



Hard at work on the Club's Annual Report are Editor Barbara Witt, Mary Houston-Lambert, and Pierrette MacLean.
Photo by: Nancy DeVillers

2012-13 SCHOLARSHIP TRUST FUND ANNUAL REPORT

The Trustees of the Scholarship Trust Fund are Dawn Smith (Chair), Janet Riehm (Treasurer), Pauline Adams (Secretary), Margaret Haines (Scholarship Convenor) and Pierrette MacLean (Member at Large). We are pleased to report that we have supported a total of 21 scholarships and awards in 2012-13. This is one less than last year because the Dorothy Horwood Scholarship in Medicine was not awarded this year.

As Trustees, we are most grateful to the Club Membership who make our

work possible and we are proud on your behalf of the meaningful assistance we are able to give deserving students. We are also pleased to receive enquiries about setting up new scholarships and welcome your proposals and ideas: for example, suggestions that might target students from backgrounds or with specific aims that our present awards do not address.

We have received several letters from winners (from both this year and last). The extracts below will give you, the generous contributors to the Scholarship Trust Fund, an idea of how much your support is appreciated. We hope you will attend the March 4 General Meeting which is devoted to our scholarship winners and business.

For further information, please contact:

Dawn Smith, Chair, at smith3ster@gmail.com or

Margaret Haines, Scholarship Convenor, at margaret_haines@carleton.ca .

SHARE YOUR GOOD IDEAS!



Contact Us at

Suggestions@cfuw-ottawa.org

OR

Use the Suggestion Box at General Meetings

SHADY STRANGERS SPOTTED SKATING...



“Round-Up-The-Usual-Suspects!!!”

Photo by: **Surreptitious Sleuth**

Extracts of letters from recipients of CFUW-Ottawa scholarships:

Rebecca Manouchehri
BA Music, Carleton University,
Helen Nininger Scholarship in Music

“My sincerest thanks for your generous donation to the Helen Nininger Memorial Scholarship. I feel very honoured to have been presented with this award, and it will contribute to the paying of my tuition at Carleton University this winter for my second year as a Bachelor of Music student. Because of my family situation, it is very difficult for me to pay for my music, and I often depend on the support of individuals and associations to aid me.”

Amanda Couch
BA Hons Communications,
Carleton University, Ruth Bell
Scholarship

“For most students, financial support is paramount, and I expect that most years you receive letters of thanks that tell you how the money was essential to a student’s ability to remain in school. I know that I am in a more fortunate position than many part-time students, and I am thankful for the many benefits that working and studying at Carleton afford me. The true impact of your scholarship,

for me, was in the encouragement of strangers.... When I was questioning the value of the degree against the sacrifices I had to make in other areas of my life, the support of strangers - your support-encouraged me. Standing in my kitchen with a pile of mail, holding a letter that said my hard work had been noticed and was being rewarded brought me unexpected pride.”

Shamarukh Chowdhury
BSc Hons, Science, Carleton
University, Carol Shields Scholarship

“I am writing this with extreme gratitude that I am a proud recipient of Carol Shields Scholarship. I am truly honoured to receive this scholarship. I wanted to thank you for recognizing academic excellence in students and making it possible for students to progress. Your generosity to offer me this scholarship is greatly appreciated and has contributed highly in funding my education cost. I work full time and take classes part time to support my education and your generous gift has relieved me from the financial burden. Once again, thank you for inspiring me to make progress in my education at Carleton University.”

2012-13 CFUW-Ottawa STF Scholarship Winners

University of Ottawa

Gladys Harvey Award (\$1,000)	Danika Connie Frappier	4 th year, Social Sciences-specialization in Social Service
Constance Jones Scholarship in Women's Studies (\$1,000)	Michelle Lynn Legault	4 th year, Social Sciences-Criminology and Women's Studies
Helen Nininger Scholarship in Music (\$1,500)	Fiona Elizabeth Armstrong	2 nd year, Music
Helen Nininger Scholarship in Fine Arts (\$1,500)	Taiyan Haggart Roberts	1 st year, Fine Arts
Charlotte Whitton Award (\$1,000)	Geneviève Beebe	4 th year, Social Sciences-International Studies and Modern Languages
Mary Kyles Award (\$1,000)	Sandrine Ferron-Ouellet	2 nd year, Social Sciences-Criminology
Lucille Muldoon Award (\$1,000)	Melanie Parent	4 th year, Social Sciences-specialization in Social Service
Muriel Axon Award (\$1,000)	Paula Adler	3 rd year, Science-Biomedical
Lois Harper Scholarship in Music (\$1,000)	Ylan Chu	3 rd year, Music
Lillian Gertsman Scholarship (\$1,000)	Catalina Sarmiento Jaramillo	2 nd year, Science-Psychology
Dorothy Powell Scholarship (\$1,000)	Meghan Celina McPhee	3 rd year, Social Sciences-International Economics and Development
The Reid Memorial Scholarship (\$1,500)	Carole Ize Butare	3 rd year, Doctorate in Medicine

Carleton University

Harriet and Eugene Forsey Scholarship (\$1,000)	To be confirmed	
Alice E. Wilson Scholarship in Geosciences (\$1,000)	To be confirmed	
Helen Nininger Scholarship in Music (\$1,500)	Rebecca Manouchehri	2 nd year, Music
Shirley Greenberg Award (\$1,000)	Roselene Milhomme	3 rd year, Arts-Sociology
Dr. Ruth Bell Scholarship (\$1,000)	Amanda Couch	4 th year, Arts-Communications Studies
Carol Shields Scholarship (\$1,000)	Shamarukh Chowdhury	4 th year, Science-Psychology
Naomi Rayner Scholarship (\$1,000)	Narges Khazraei	4 th year, Arts-Psychology
Dr. Ruth Bell Centennial Scholarship Honouring all Members of the Ottawa Club since 1910 (\$5,000)	Taylor Grant	4 th year, Arts-Human Rights

Ottawa Little Theatre

Gladys Cameron Watt Award (\$500)	Christine Rodriguez (Montreal, Quebec)	<i>Dreaming in Autism</i> (3 rd Prize, Annual Playwriting contest)
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Ontario Council Standing Committee Meetings – Jan. 19, 2013

The CFUW Ontario Council Standing Committees in **Legislation, Education, and Status of Women and Human Rights** were developed to keep members aware of current issues in Ontario. The Standing Committees meet three times a year – in September, January, and March in downtown Toronto. All Club members are invited to attend these meetings. CFUW-Ottawa was represented at the January CFUW Ontario Council Standing Committee meetings by President Nancy DeVillers and VP Liaison Charlotte Rigby. The topic was: Student College/University Math Preparedness.

The morning plenary session topic was the *College Mathematics Project 2011* that identified factors that affect mathematics performance of first-semester college students. The next step, the *College Student Achievement Project* is designed to increase math skills of young women, especially those entering skilled trades and other fields where math is a major requirement.

The afternoon sessions of the three Standing Committees continued the discussions:

Legislation Committee members worked through a variety of financial scenarios, using the financial literacy materials produced last year by the University Women's Club of Montreal.

Education Committee members continued the discussions on recommended changes to the Ontario school curricula to enhance student success.

Status of Women and Human Rights members reviewed factors affecting our 2012 CFUW Resolution "Retention and Promotion of Women in Skilled Trades and Non-traditional Occupations." We began with the film *Standing on Her Shoulders* about women in leadership in the Canadian Auto Workers Union (CAW).

Mary Ferguson presented an overview of the *Promising Practices* guide for recruiting and retaining women in trades, technology and sciences. The guide identifies three stages: 1. Exploring Opportunities and Career Paths; 2. Preparing and Bridging

Women to Work; and, 3. Promoting Workplace Retention for Women (see www.workplaceskills.ca/promisingpractices.) Carpenters Joanna Belajac and Lorraine McDowell described their career challenges, including difficulty in obtaining the apprenticeships they require to become master carpenters.

Canada has a severe shortage of skilled tradespeople. We need more women in the trades, but bias is still an important employment equity issue for women in non-traditional occupations. CFUW believes that the Government of Canada should provide leadership, in partnership with provincial and territorial governments, business, labour, and industry stakeholders, to remove barriers to women's entry and advancement in the skilled trades, and to create workplace cultures that include women. The national strategy should include:

- Supports for women in non-traditional fields throughout their education, training and careers;
- Workplace behavioural/cultural change, driven by industry leaders and trade associations;
- Replacement of HR policies that are systemic barriers to the employment and retention of women, with more inclusive pay equity and "family-friendly" policies;
- Identification and removal of barriers to women entering non-traditional fields of study; and,
- Sustainable funding to ensure implementation.

The next Standing Committee meetings on March 16 will focus on human trafficking. If you'd like to attend, please contact me.

Charlotte Rigby, VP Liaison

Music Appreciation Group Celebrates

Robbie Burns



In the photo on the left, Christene Netherton samples the haggis at a delightful Robbie Burns evening which she researched and hosted. The celebration, held on Feb. 5, was "performed" by Christene and other members of the Music Appreciation Group, with the talented assistance of Christene's daughter and granddaughter. In the photo on the right, Dorothy Black, CFUW member for 63 years, reads a Robbie Burns poem with gusto! **Photos by:** Nancy DeVillers

WE'RE RACING AT THE OTTAWA DRAGON BOAT FESTIVAL!



CFUW-Ottawa is very pleased to announce a new project for 2013! Members are now being recruited to form a team to race in Ottawa's Dragon Boat Festival on June 22-23, 2013. Announced at the February General Meeting and then to the Study and Interest Groups, the response has been wonderful. If you are interested in either boat racing (paddling, steering, leading) or cheering for the team, please contact Jean Chapman at mjeanchapman@gmail.com or Patricia O'Flaherty at pmoflaherty@gmail.com. Watch for future announcements regarding the 20th annual Ottawa Dragon Boat Festival and visit its website at www.dragonboat.net/. We are taking them on!



Teams preparing for the 2006 races. **Photo by:** Lezumbalaberenjen (released into public domain in 2007)

International Women's Day (IWD) 2013

Tuesday, March 5, 2013 6–9 p.m.

The Centrepointe Atrium & Chamber (Ben Franklin Place)

Our 9th annual popular IWD celebration event is hosted by the CFUW clubs of Ottawa, Kanata and Nepean, and the Ottawa Council of Women. This year's theme, *Educate Girls - Empower Women*, invites us to celebrate the UN's newly-declared International Day of the Girl and to consider future challenges.

We'll start with a reception with delicious hors d'oeuvres. We'll be entertained by the CFUW/Kanata Guitar Groovers and Ottawa's wonderful Cantiamo Girls Choir. Our special guest speaker is **Hon. Landon Pearson**, prominent longtime advocate for the wellbeing of children – as a Senator, author and international representative of Canada.

We have great door prizes, too! It's an occasion to socialize with friends and celebrate progress in women's issues. There is plenty of free parking. Tickets are \$25 and are available online at www.cfuw-ottawa.org/events or from Charlotte Rigby at (819) 778-3438 or Beverlee McIntosh at (613) 728-9770.

SAVE THE DATE!

REGISTER EARLY!

CFUW-OTTAWA
AGM & DINNER



Tuesday, May 7, 2013 6 p.m.

Restaurant International
Algonquin College

Ticket Price: **\$35**
(incl. tax & service charge)

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

Tickets also available at
March & April General Meetings
OR
by contacting Alice Bolt

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



From the CFUW-Ottawa Environmental Toxins and Health Study Group

Food-Borne Diseases: Food Handling Safety

Food-borne diseases are no joke! They result from consuming contaminated food or beverages, and have short and long term health impacts. It is important to remember what you can do as a consumer to protect yourself and your family. Besides carefully cleaning your hands, utensils and cutting boards, there is more you should know.

- You should wash your hands for 20 seconds with soap. If you must use a sanitizer, be sure to choose one that contains >60 percent alcohol (not triclosan).
- Change dishcloths daily. Keep sponges bacteria-free by washing them in the dishwasher. Clean and sanitize surfaces before and after food handling. Wash cutting boards in the dishwasher, or spray them with a mixture of 5 ml bleach in 750 ml water, let sit for 10 minutes, scrub with a nylon bristle brush, rinse well and air dry. Use separate cutting boards for ready-to-eat foods and for raw meat, poultry, and seafood. Discard boards with deep cut grooves in the surface.
- Keep food at below 4° or above 60° C. Defrost raw meat, poultry, fish or seafood in the refrigerator, in a microwave, or immersed in cold water; don't refreeze thawed food. Cool leftovers quickly in shallow containers in the fridge; do not leave them at room temperature for more than two hours.
- When shopping, keep raw meat, poultry, seafood, separate from other items in the grocery cart and bags. Clean and disinfect reusable grocery bags. Wear gloves when handling shellfish.
- Use a food thermometer to ensure that your food is properly cooked. See www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/cook-temp-cuisson-eng.php for details.
- Health Canada has good advice for adults over 60 on foods to avoid: www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/older-adults-personnes-agees-eng.php.
- Wash produce using clean water or produce wash available in health food stores (not detergents). Also, you may soak produce for 15 minutes in a solution of 2 tablespoons of salt and lemon juice or vinegar in a large container of water to destroy at least some pesticides; rinse well. Use a produce scrub brush before cutting firm-skinned produce (carrots, potatoes, melons and squash). Do not wash them in your sink, as it can harbour bacteria.
- Keep pets away from food storage and preparation areas.
- Persons with infections should use separate dishes, cutlery, and glasses.
- Unpasteurized products like raw milk, fruit juice, or cider can contain harmful microbes. Like all food, powdered infant formulas are not sterile products and need to be handled properly. See www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/pif-ppn-eng.php

For more information, go to:

- Health Canada (HC) www.hc-sc.gc.ca/fn-an/index-eng.php
- The Canadian Food Inspection Agency (CFIA) www.inspection.gc.ca/food/eng/1299092387033/1299093490225
- Public Health Agency of Canada www.phac-aspc.gc.ca/fs-sa/index-eng.php
- Canadian Partnership for Consumer Food Safety Education, a national organization of government and producer organizations providing information at www.canfightbac.org
- Women's Healthy Environment Network

RESOLUTIONS

Five Resolutions for CFUW AGM 2013!

An important part of each CFUW Annual General Meeting (AGM) is the “Resolutions” session, where delegates vote on proposed policy resolutions. Five proposed resolutions will be presented for adoption at the 2013 AGM in Saskatoon on July 11-14. They were sent to all Clubs in February for comment and amendment. To view the complete text of each resolution, go to “Issues and Advocacy” in the Member-only section of our club website at www.cfuw-ottawa.org, click on “Resolutions” and follow the link. **NOTE: Resolution 5: Reduction of Dietary Sodium**, prepared by Dorothy Phillips, Marion Cameron and Kringen Henein on behalf of CFUW-Ottawa, addresses a very important health issue, and has already attracted a lot of favourable comment from fellow CFUW Ontario Council clubs.

An *ad hoc* group of Issues Committee and other interested members

will review each resolution and present it for approval, amendment or rejection at our April General “Resolutions” Meeting on Monday, April 8. The resolutions will be debated and voted upon at the National AGM. Resolutions approved at the AGM become part of CFUW policy that can be used by Clubs, Provincial Councils and the CFUW National Office for advocacy and action.

Are you interested in learning more about these issues and want to make a difference to the lives of girls and women? Do you enjoy discussing viewpoints and strategies, and can you attend two to three meetings to work with CFUW colleagues? If the answer is yes, we invite you to join a review group. Please contact me at crigby@videotron.ca for more information.

Charlotte Rigby, VP Liaison

Proposed 2013 CFUW Draft Resolutions

1: BULLYING AND CYBERBULLYING (Montreal Lakeshore UWC)

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the federal, provincial, territorial and municipal governments of Canada to establish a framework to:

- (i) Raise public awareness about bullying and cyber-bullying and the legal remedies already in place;
- (ii) Discourage and deter bullying and cyber-bullying, and ensure that educational institutions establish or develop programs which train educators and counselors to recognize and address bullying and cyber-bullying by integrating such training into their core curriculum and also into ongoing professional development.

2: HYPER-SEXUALISATION: COUNTERING EXPLOITATIVE CHILD IMAGES (CFUW Cornwall and District)

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to implement and enforce laws that prohibit the use of sexualized images of prepubescent and adolescent children in media.

RESOLVED, That CFUW recommend a nationwide education program be designed to raise Canadians’ awareness of the hyper-sexualisation of children, especially girls in advertising, commercial products, and mass media.

RESOLVED, That CFUW urge the Government of Canada to develop media literacy that counters sexist conditioning and provides positive role models as a fundamental part of a National Action Plan to End Violence Against Women and Girls.

RESOLVED, That CFUW urge the Government of Canada to allocate resources to support programs that expose the relationship between hypersexualisation and gender inequality in society.

RESOLVED, That CFUW urge the Government of Canada to allocate resources to programs that support the positive depiction of women.

3: THE NEED FOR A FEDERAL COMMISSIONER FOR CANADA'S CHILDREN (CFUW South Delta)

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to:

- (1) Take the necessary measures to establish the office of an independent federal Children’s Commissioner with the necessary human, technical and financial resources to secure its independence and efficacy in conducting comprehensive and systematic monitoring of all children’s rights and to ensure the implementation of the UN Convention on the Rights of the Child in Canada.
- (2) Promote public awareness and education about the United Nations (UN) Convention on the Rights of the Child and in particular of the need to ensure the implementation of the rights of Aboriginal and other marginalized children in Canada.
- (3) Review all legislation for compliance with the Convention on the Rights of the Child (CRC) and other international conventions and protocols which Canada has ratified including the *UN Optional Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Child Pornography* and the *UN Convention against Transnational Organized Crime and its Protocol to Prevent, Suppress and Punish Trafficking*, and to fully implement the terms set out within these documents.

4: AN ADEQUATE INCOME FOR ALL CANADIANS (CFUW Guelph)

RESOLVED, That the Canadian Federation of University Women urge the federal, provincial and territorial governments to implement a basic income program that ensures that all adult residents of Canada, as defined for tax purposes, receive an income adequate for the necessities of life including safe housing, nutritious food, clothing, transportation and other basic needs.

5: REDUCTION OF DIETARY SODIUM (CFUW Ottawa)

RESOLVED, that the Canadian Federation of University Women (CFUW) urge the Government of Canada to amend the Food and Drug Regulations to change the basis of the Daily Value (DV) for sodium calculations on food labels from 2300 mg to 1500 mg to reflect the current Adequate Intake (AI) level.

RESOLVED, that CFUW urge the Government of Canada to work with the food industry to establish sodium reduction targets by food category so that Canadians can consume a healthy, varied diet without exceeding the current Adequate Intake (AI) for sodium levels (1500 mg/day for adults).

RESOLVED, that CFUW urge the Provincial, Territorial and Municipal governments to establish sodium levels for food services and restaurant food so that Canadians of all ages may enjoy healthy meals in restaurants and cafeterias without exceeding age-appropriate recommended sodium levels.

RESOLVED, that CFUW urge the Government of Canada and the Provincial, Territorial and Municipal governments to promote public awareness of healthy, age-appropriate levels of sodium consumption based on the current Adequate Daily Intake (AI) (1500 mg/day for adults).

Save the Date!

Friday, April 26, 12 noon

2013 NAC Musical Lunch

Le Café, National Arts Centre



- ✚ Elegant THREE-COURSE MEAL prepared by the new Chef, John Morris
- ✚ PERFORMANCE & CHAT with a first class musician
- ✚ COMPLIMENTARY TICKETS at each place to an NAC performance
- ✚ Repeat of the 2012 very successful SILENT AUCTION
- ✚ Two hours of FREE PARKING in the NAC Garage

Come at 11: 30 a.m. for the SILENT AUCTION & bring your cheque books!!
All proceeds will go toward 10 scholarships for young women at the Gawharshad Institute of Higher Education in Kabul, Afghanistan

Open to all (men, women, CFUW-Ottawa members, non-members)
Only 100 tickets available (This event always sells out well ahead of the date)

Ticket price: \$40

- ✚ Mail cheques made out to UWHAW to:
Alice Bolt, 1531 Caton St., Ottawa, ON K1H 6J3
- ✚ Call Alice at (613) 731-5221 to say cheque is in the mail
- ✚ Your received cheque will be acknowledged by email
- ✚ Tickets will also be available at the March & April CFUW-Ottawa General Meetings
- ✚ We will, when advised, try to seat you with your friends

Chair: Mary Partington

Organized by CFUW-Ottawa's University Women Helping Afghan Women (UWHAW)



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

A promotional video, the provisional programme and information on travel, accommodation and tours 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. One of the most successful Triennials was held in Ottawa in 2001 when our own Linda Souter was IFUW President. See a complete list at www.ifuw.org/who/about/history/conferences/.

Leila Metcalf, Norma Pike, Dianne Rummery and Hally Siddons of CFUW-Ottawa have been preparing for Istanbul. Women and girls will be championed in a seminar on the effect of gender inequalities in education on a sustainable future for Afghanistan, in an international resolution to which Canada has contributed, and, hopefully, in a workshop entitled *Ideas for Action: Developing Education for Girls and Women in Afghanistan*.

Several more of our Club members are also planning to attend the 2013 Triennial.

**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](#).

Sunday Brunch at the Canal Ritz

Ottawa's temperamental weather cooperated on Feb. 3 so Sunday Brunchers could enjoy watching skaters on the Rideau Canal as well as a nice lunch at the Canal Ritz. **Left to Right (Clockwise):** Anne Snyder, Convenor Joan McKee, Julia McIlraith, Wilma Clapham, Ruth Bell, Eileen Foster, Ann Hannan, Pat Richardson, Liz Styffe, Judith Pillai, and Carol Bell Thompson. Mary Butterill, Judy Jessop, Nora Murchison, and Virginia Rosen also attended. **Photos by:** Mary Butterill

