



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE: Oct. 7, 2013
 TIME: 7:30 p.m.
 PLACE: Riverside United Church/
 Anglican Church of the
 Resurrection,
 3191 Riverside Drive,
 Ottawa, ON K1V 8N8
 SPEAKER: Russell Mills, Chairperson,
 National Capital Commission
 TOPIC: Should the NCC be
 Abolished?



On April 30, 2007, Russell Mills was appointed Chairperson of the National Capital Commission, a Crown corporation of the Government

of Canada whose goal is to ensure that Canada's Capital Region is a source of national pride and significance.

The NCC is often in the news and its decisions and plans are often controversial. Should it be abolished? Come and hear what Mr. Mills has to say.

In addition to being NCC Chair, Russell Mills is also Dean of Algonquin College's School of Media and Design, President of the Michener Awards Foundation, a Director of the Canadian Film Institute and the Canadian Battlefields Foundation, and a Public Adjudicator of the Canadian Broadcast Standards Council.

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

PRESIDENT'S MESSAGE

NANCY DEVILLERS

Welcome back to the beginning of another CFUW-Ottawa year. We are off to a good start!

You will find this newsletter packed with interesting news about the IFUW Triennial Conference in Istanbul, the national AGM in Saskatoon and many upcoming events, including the Regional Fall Gathering, hosted by CFUW-Ottawa, on Oct. 19.

The CFUW-Ottawa AGM took place on May 7, 2013. One piece of information that impacts each of us is that the members voted to approve a \$15 dues increase effective 2013-14. Most of that increase will be directed to financial needs at the national level.

The second significant item of business approved at the AGM involved changes to our Constitution and Bylaws to bring them into conformity with the new definition of "member" as a woman who supports the goals of CFUW whether or not she has a degree. The word "graduate" was replaced with the word "member" in order to harmonize the bylaws with the new definition of member.

Last year our fundraising for the education of girls and women, both in Ottawa and in Afghanistan, totalled almost \$40,000 – something we should all be proud of. Can we do it again this year? Of course we can, and we can have fun doing it! Let's all do our part so that we can continue to provide scholarships

to those who need a hand up, whether is it in Ottawa or in Afghanistan.

There are many needs but, as the largest CFUW club in Canada, I believe that we are up to the challenge.

Here's to an exciting 2013-14 year, another year where we will make a difference in the lives of many girls and women.



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In Memoriam



Genevieve THOMSON 1915-2013

Our sincere condolences to the family and friends of **Genevieve Thomson**, a former longtime member of CFUW-Ottawa. Genevieve passed away peacefully in Ottawa on Monday, May 27, 2013 in her 98th year, after a full and accomplished life. A member of CFUW since the 1940s, she was involved in Club activities to the end, enjoyed reading the *Carillon* and attending the AGMs. As well as being a wonderful cook and hostess, Genevieve was active in the community, playing leadership roles in United Church Women, the Civic Hospital Auxiliary and the Ottawa Women's Canadian Club as well as being a longtime volunteer at the Canadian Ski Marathon. She was born in Winnipeg, graduated from the University of Manitoba and McGill University's library school, and worked in the Ottawa Public Library until retirement.

A memorial service and reception for family and friends was held in the Garden Chapel of Tubman Funeral Homes in Nepean on Saturday, June 1, 2013. Her obituary appeared in the Ottawa Citizen on Thursday, May 30 and Friday, May 31, 2013 and can be located online by "googling" her name followed by term "obituary". (i.e. "Genevieve Thomson obituary")

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: **November 2013**
Deadline: **October 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.

Ontario East Regional Fall Gathering 2013



On October 19, CFUW-Ottawa is hosting this year's Ontario East Regional Fall Gathering. Come and share an exciting day with CFUW friends and bring a friend!

With the theme of **Healthy, Wealthy and Wise, Taking Care of Ourselves: Financially, Physically and Legally**, the gathering is designed to be informative, practical and enjoyable. CFUW members take care of others all the time. This program focuses on taking care of ourselves. To this end, we have enlisted experts in the fields of financial management, estate planning and administration, and wellness and nutrition. Go to the Events section of the Club website for [program details](#).

And lest we forget taking care of the soul, we are delighted to have two local chapters of **Shout Sister!** as our grande finale.

Come join us!

Looking forward to seeing you there,

Nancy Simmons-Wright

Chair, Regional Fall Gathering
Local Arrangements Committee

When: Saturday, Oct. 19, 2013

Where: Emmanuel United Church, 691 Smyth Road, Ottawa

Time: 9:30 a.m. - 3:00 p.m.

Cost: Early Bird Registration \$35. From Oct. 2 to 11, cost is \$40. **Registration closes Oct. 12.** Lunch and refreshments throughout the day are included.

For information on registration: Contact Jean Chapman at (613) 729-7085.

For other information: Contact Fran Harding at (613) 521-3281.

Register online at: cfuw-ottawa.org/events; **OR** by completing and mailing the **Registration Form** to the right.

Fall Gathering 2013

REGISTRATION FORM

Name: _____

Club: _____

Board Position (if applicable):

Mailing Address:

Phone: _____

Email: _____

Dietary Restrictions:

If not registering online or in person, mail your completed registration form, and cheque payable to **CFUW-Ottawa**, to:

Jean Chapman
379 Hamilton Ave. South
Ottawa, ON K1Y 1C8

CFUW-Ottawa Scholarship Trust Fund – 2013-14 Appeal

CFUW-Ottawa started the Scholarship Trust Fund in 1983 with seed money of \$4,000. Over the last thirty years, the assets have grown to more than \$559,999. During that period, about \$350,000 have been given out to support the university education of many worthy students. We can feel justifiably proud for achieving this level of support, especially as providing meaningful assistance to women to further their education becomes more expensive every year.

In 2012-13, the Fund supported a total of 21 scholarships (amounting to \$26,000), awarded to students at Ottawa and Carleton Universities. The

Fund also continues to support Ottawa Little Theatre's playwriting contest with an annual award of \$500.

The trustees of the Fund are extremely grateful to the many Club members who annually support our fundraising appeal. Over the years, individual members and interest groups have also generously participated in many creative events that have contributed to the Fund. We welcome enquiries regarding charitable giving.

As we move into a new CFUW-Ottawa year, we encourage you to make a donation to the Scholarship Trust Fund when you renew your Club membership.

Simply send your contribution to:
CFUW-Ottawa Scholarship Trust Fund
c/o **CFUW-Ottawa, P.O. Box 8392,**
Station T, Ottawa, ON K1G 3H8.
Alternatively, you may donate by credit card online through **CanadaHelps**, using the link on the Club Website.

You will receive a tax receipt for donations of \$20 and over. We thank you for your continuing support!

Margaret Haines, Pierrette MacLean,
Dawn Smith, Sheila Waugh
Trustees, CFUW-Ottawa Scholarship
Trust Fund

CFUW AGM 2013: Policy Resolutions

Delegates at the 2013 CFUW AGM in Saskatoon approved six policy resolutions. We reviewed five at our Club's April "Resolutions" Meeting, and were pleased that the proposers considered our comments and had made many amendments. The five are:

1. **BULLYING AND CYBERBULLYING** (Montreal Lakeshore UWC);
2. **HYPERSEXUALIZATION: COUNTERING EXPLOITATIVE CHILD IMAGES** (CFUW Cornwall and District);
3. **THE NEED FOR A FEDERAL COMMISSIONER FOR CANADA'S CHILDREN** (CFUW South Delta, B.C.);
4. **MOVING CANADIANS OUT OF POVERTY** (CFUW Guelph) We had rejected this in April, but the revised, re-titled, and much improved version was approved unanimously.
5. **REDUCTION OF DIETARY SODIUM** (CFUW-Ottawa) Prepared by our own Dorothy Phillips, Marion Cameron and Kringen Heinein, it was overwhelmingly approved (as expected).

The sixth Resolution, **THE LONG FORM CENSUS**, was proposed by UWC Toronto as an **EMERGENCY RESOLUTION** (defined as one which requires immediate support and advocacy and can't wait for the full 15-month CFUW Resolutions process). At issue is the federal government's replacement of the mandatory long form census with the voluntary National Household Survey (NHS) for the 2011 national census. Policymakers are concerned that the NHS results now becoming available do not contain adequate, accurate information needed for effective social, economic, and health care programs for Canadians. Because censuses are designed on a seven-year development cycle, advocacy is needed now to reinstate the mandatory

long form census by 2021.

The full texts of all six Resolutions are on the [CFUW website](#) under Advocacy/Policy and will soon be added to the online CFUW Policy Book. In October, we will receive tools and action plans for advocacy. There will be many opportunities to participate in advocacy and all members are very welcome to take part.

Resolutions for 2014:

The National Resolutions Committee has received notice of four resolutions intended for consideration at CFUW AGM 2014:

1. **Pensions** (CFUW Burlington)
2. **Culture of Peace** (CFUW International Relations Committee)
3. **Plain Language** (CFUW Saugeen)
4. **Voting** (CFUW Southport)

Upon receipt of final drafts in February, CFUW-Ottawa Issues Committees chairs will set up review committees, whose recommendations will be presented to members at our April "Resolutions" General Meeting. Our comments will go back to the proposers, who will present their revised resolutions for approval at the June 2014 AGM in Kitchener-Waterloo.

This is how CFUW develops its policy positions for advocacy activities. Please consider joining one of the review committees for this important work.

Charlotte Rigby
VP Liaison



From the Environmental Toxins and Health Group

WHY CHOOSE ORGANIC?



This logo identifies products that meet strict federal government standards for organic farming and production methods. Why should we choose them?

Organic agriculture combines modern science with traditional farming practices. Organic farmers use natural fertilizers and pest controls, and soil, water and waste management practices that enhance agricultural productivity and sustainability. In contrast, modern conventional agriculture depends on synthetic fertilizers, pesticides and herbicides, and chemicals such as antibiotics and growth hormones. These chemical-dependent, large-scale production, water and waste management practices increase yields, but have caused large-scale ecological damage; degradation of land and water resources; harm to human and animal health; and have contributed to climate change.

What about Fertilizers?

Fertilizers supply plants with necessary minerals and nutrients. Plants use the nutrients in organic or synthetic fertilizers in exactly the same way, but the similarity stops there. Synthetic chemical fertilizers, most of which are derived from petroleum by-products, do not support microbial soil life, and may actually kill beneficial soil microorganisms. They dissolve easily, and because they release minerals and nutrients faster than plants can use them, they can leach into water tables, streams, and lakes, affecting water quality.

Organic fertilizers (including animal manures, blood and bone meals, composted materials, guano, seaweed, and biosolids) are derived from plant and animal parts or residues. Organic fertilizers

introduce beneficial soil microorganisms, improve soil structure and water retention, and enhance fertility; they can also break down hazardous contaminants in the soil and water. They are usually a more dilute source of nutrients than synthetic fertilizers, and so are more expensive.

Organic fertilizers include biosolids, the nutrient-rich organic materials recovered when domestic sewage sludge is treated in a modern treatment facility. Biosolids are valuable natural fertilizers that improve and maintain productive soils, and stimulate plant growth. In Canada, they may be used for certain crops (for example, crops grown for ethanol biofuel.) But lengthy mandatory waiting periods after biosolid application are enforced before fruits, vegetables or crops used for human use or animal feed can be harvested. For example, tree fruits cannot be harvested for three months, and vegetables cannot be harvested for a full year. So biosolids are not suited for food crops.

For More Information

- At www.cbc.ca/doczone/, click "The New Green Giants" for a documentary on organic agriculture.
- See www.ene.gov.on.ca/environment/en/subject/nutrient_management/STDPROD_079166.html for information on how Ontario manages the use of biosolids and other organic fertilizers.

A Visit to Ferme Lavender Ridge



Members of International Cuisine Group II and Literature Study Group II, along with a few friends, enjoyed a walk through the lavender field and grape vines at Ferme Lavender Ridge near Luskville, Quebec, on July 10. Owner and sommelier, Joanne Labadie (back row, far left, wearing a hat), conducted a wine tasting of the wine produced at the farm and served a delicious lunch. Joanne had given up another career to fulfill her lifelong dream of owning a farm. **Photo by:** Christine Torsein, daughter of CFUW-Ottawa member, Dawn Torsein, who also attended.

UNIVERSITY WOMEN HELPING AFGHAN WOMEN PARTY TO RAISE FUNDS

Two sold-out and spectacular events that raised considerable funds for Afghan girls attending the Gawharshad Institute of Higher Education in Kabul were recently held by UWHAW.

Under the creative guidance of Mary Partington, the eighth Musical Lunch at the National Arts Centre was held April 26, with the awarding-winning violinist Carissa Klopoushak playing beautifully and speaking with great animation about her music. Part of the event was the second Silent Auction, led this year by Hanneke Boadway-Overbeek and Iza Morawiecka. Gourmet meals and wonderful wines, airplane flights and a lunch on Parliament Hill, a kelim rug and jewellery, cottage and condo rentals were successfully auctioned.

A second Garden Party with Voices from Afghanistan was held June 20. A soft summer evening in Hugh and Hally Siddons' lovely garden was the background for wine and great food with help in the kitchen from members of the Easy Gourmet group.

The Voices this year were young, honest, passionate, including Dr. Maisam Najafizada, an eloquent physician



1) Violinist Carissa Klopoushak at the Musical Lunch; **2)** From left to right: At the Garden Party, Ramin Hashimi and Abdullah Mushahed from the Afghan embassy, Dr. Maisam Najafizada, Hosai Qasmi, Erika Donald, Hally Siddons, and Hallie Cotnam. **Photos by:** Alison Hobbs

conducting field research in his home country, Hosai Qasmi, an aid worker who is now a graduate student at the University of Ottawa, and Erika Donald, a guest educator at the Afghanistan National Institute

of Music and the Afghan Youth Orchestra, the group who wondrously played Carnegie Hall last year. Journalist Hallie Cotnam, from the CBC, was an inspired choice to lead the discussion.

A third event, an Autumn Colours Garden Supper on Sept. 15, where the story of Afghan rugs was related, sold out early.

All funds collected go to the Gawharshad Institute of Higher Education in Kabul, founded by Dr. Samar to prepare a pool of women educated in economics and political science to take leadership roles in a future Afghanistan. Funding will pay tuition for 10 girls who will complete their degrees this year; support for 10 first year students has also begun. Over \$14,000 will have been raised this year.

All three events were open to the public which helps raise the profile of the Club in the community as well as bringing awareness of the plight of Afghan women to a wider audience.

Dianne Rummery

University Women Helping Afghan Women Study and Interest Group



Making Connections Making Communities

CFUW Ontario Council AGM, May 3-4, 2013

The 2013 Ontario Council AGM in Sudbury was excellent. In addition to attending to the business of the Council and providing fine workshops, the Sudbury LAC entertained us with native drumming, and a dancing demo where participation was encouraged!

The keynote speaker, Tammy Frick, is Festival Director of the Cinéfest Sudbury International Film Festival. Established in 1989, it is now the fourth largest festival of its kind in Canada, known as "TIFF's little sibling" due to the huge variety of films it offers each year. How exciting to hear how it grew and defied the odds - bringing in thousands of tourists and their dollars annually. From information on how to get corporate

sponsors to how to network to how to choose movies, the address was captivating!

At the awards part of the program, CFUW-Ottawa received two awards, including recognition as an "Advocacy Powerhouse". Congratulations to Charlotte Rigby and those who worked so hard on issues initiatives!

In the Nordic Walking seminar, instructor Louise Hickey told us that preventing a fall starts early. Developing balance and strength now will go a long way to reducing our chances of falling in future and increase our resiliency if we do fall. She stressed the importance of ensuring that we add to our "health account" as well as to our bank

account in planning a happy retirement. Nordic Walking, also known as Urban Poling, is a year-round activity for all ages and fitness levels which uses 90 percent of your muscles, improves posture, and strengthens your core if done with a swinging straight arm motion (no bent elbows).

CFUW-Ottawa was represented by Wilma Clapham, Nancy DeVillers and Leila Metcalf. Click [here](#) for a full report on the 2013 Ontario Council AGM.

Nancy DeVillers

President, CFUW-Ottawa

CFUW-OTTAWA ABRIDGED INCOME STATEMENT June 1, 2012 to May 31, 2013

REVENUE

Membership Fees	50,720
Advertising	600
Interest	377
TOTAL REVENUE	51,697

EXPENDITURES

Fees (CFUW, Ontario Council, Affiliate)	33,333
Donations (CFUW-Ottawa STF, CFUW National)	3,200
Carillon Newsletter	4,943
Website/Internet	1,229
Administration Fees	
Directory, Annual Report, Brochures	1,253
President & VP Travel & Expenses	3,402
Bank, PayPal, Secretary	1,044
Advertising, Rental, Registration	3,002
TOTAL EXPENSES	51,406

SURPLUS	291
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The complete Financial Statements with comments, for the year ended May 31, 2013, will be presented for members' approval at the October General Meeting.

Pierrette MacLean
Treasurer, CFUW-Ottawa

2013-14 CFUW-Ottawa Membership Directory – Print Version

Again this year, the print version of the CFUW-Ottawa Membership Directory is for sale to members for \$6 (including taxes and mailing). Paper copies will be provided **ONLY** to those members who purchase the directory **before Oct. 15**.

The information for the Directory is taken directly from the CFUW-Ottawa website. The names of members who have not renewed **by Oct. 15** will **not** appear in the printed Directory.

To review your profile on the website for accuracy, go to www.cfuw-ottawa.org and login at the orange box in the upper right-hand corner. If you do not have a password, press "Forgot password". Once you have logged in, the information in that orange box will change. Instead of "Login," it will have a link to "View profile". Click the "View profile" link to review and update your contact information, including the section on "Additional information".

Note that the "Member since" date shown is the date when data for most members was loaded into the online database. If you wish to have it changed, contact me at membership@cfuw-ottawa.org and I will make the adjustment.

If you have not purchased a printed directory during the registration or renewal process and wish one, contact me at membership@cfuw-ottawa.org or mail a cheque for \$6 (made out to CFUW-Ottawa) to Carol Hinde at 77 Wayling Avenue, Vanier, ON K1L 6A5, **before Oct. 15**.

Carol Hinde
Membership Administration Convenor

Thank you to all who gave music, accessories, and instruments to the Afghanistan National Institute of Music and its Youth Orchestra. Everything will be put to good use. Your kindness is much appreciated.

Google www.afghanistannationalinstituteofmusic.org/usa-tour to learn the remarkable story of the Institute and Orchestra.

Hally Siddons
Convenor, University Women Helping Afghan Women

An Extravagant Feast for the Historical Study Group



The Historical Study Group celebrated year-end on June 6 with a scrumptious dinner generously hosted by Convenor extraordinaire Dr. Ivana Caccia. The menu included an array of Moroccan, Balkan, and Mediterranean dishes: Balkan grilled sausage-like meat called "cevapi"; French ratatouille (a stew of tomatoes, zucchini, eggplants, peppers, and sweet onions); two Moroccan-style tajines (stews), one with fish, tomatoes, and black olives and another with chicken and prunes; Moroccan "pastilla royale" (minced chicken wrapped in phyllo pastry, sprinkled with powdered sugar and cinnamon); Greek *spanakopita* (spinach and feta cheese mix in a phyllo wrapping, also known as *borek* in Turkey and Bosnia); couscous; and a Moroccan salad composed of oranges, thinly sliced radishes, and green olives. Desert included grapes, Turkish delight (*lokum*), and Middle Eastern *baklava*. Italian white and red wines accompanied the meal.

Photo by: Mary Butterill

Madri-Gals Honour Retiring Director Joy Johnstone



CFUW-Ottawa's musical service group ended a busy 2012-13 season with a potluck lunch at the home of Pat Johnston on May 22, taking the opportunity to honour their long-serving director, Joy Johnstone, who has resigned. Joy had been director of the Madri-Gals for a remarkable period of 33 years, assuming the duties from former director Melita Classen. Not only was Joy's strong musical background in choral music an asset to the choir of CFUW members, but she frequently enriched pieces with her flute playing. Joy's gentle, patient approach to choir direction has always been appreciated by this non-professional group of music lovers and is reflected in the consistency and growth of membership of the choir. The Madri-Gals have entertained not only at Club holiday parties and resolutions meetings, but at many Ottawa long-term care and retirement

residences, where they are frequently asked to return year after year. Fortunately, Joy has been able to hand over the baton to another CFUW-Ottawa member, Patricia Bays, who we know will continue the tradition of excellent leadership. Thank you also to

our accompanist Leila Metcalf and treasurer Charlotte Craig.

We hope Joy will become a singing member of the choir and have more time to enjoy travel and retirement with her husband Neil! Thank you, Joy!

As a point of interest, the Group will be celebrating its 40th anniversary next year, having started in September 1974. Amazingly, two of the original members - Bev Biefer and Barbara Reid - still sing with us! And, though we had 37 registrants



Former Madri-Gals Director Joy Johnstone

Photo by: Sharon Fotheringham

this past year, new members are always welcome!

Sharon Fotheringham and Pat Johnston
Co-Coordinators, Madri-Gals

The Amazing Women of Saskatchewan



The CFUW AGM in Saskatoon this past July was one of the most informative, best organized and productive AGMs that I have attended. What stood out for me was the number of very talented women who spoke at the conference. Let me introduce some of them.

Dr. Vera Pezer, Chancellor of the University of Saskatchewan and inductee to the Saskatchewan Sports Hall of Fame, was the keynote speaker who kicked off the conference. In the afternoon, themed sessions included speakers such as Dr. Mary Buhr, Dean of Agriculture and Bio-resources, University of Saskatchewan; Dr. Nettie Wiebe, professor of ethics at St. Andrews College, University of

Saskatchewan and Veronique Larham, Co-Chair of Women in Mining and Women in Nuclear Saskatchewan. At the Charitable Trust Breakfast on Saturday morning, Dr. Jacquie Ripat, Associate Professor, Department of Occupational Therapy, University of Manitoba, showed how simple it is to match assistive technology and environmental adaptation and design to the needs of the aging or disabled. That evening, the keynote address at the Federation Banquet was given by Catriona Le May Doan, two-time Olympic gold medalist and bronze medalist in speed skating. Catriona's mother, a CFUW Saskatoon member, and her sister were in the audience. She spoke movingly about sustaining a major injury and her determination to come back, also sharing how her humanitarian work with the

Christian Children's Fund of Canada has changed her life.

Saskatchewan has very high concentration of women in positions of leadership in the work and volunteer sectors. Notably, they've reached a critical mass in many traditionally male domains, including university departments such as engineering, medicine, agriculture, and business.

Next month's newsletter will have an article about changes and innovations now under discussion for CFUW. Look for news on the 100th Anniversary Project (CFUW was formed in 1919), the new initiative on gender-based violence, and proposed AGM changes.

Nancy DeVillers
President, CFUW-Ottawa

IFUW Triennial Report



The IFUW Triennial in Istanbul, Turkey, Aug. 16-21, was attended by thirty Canadian members from university women's clubs across Canada, making ours the largest delegation to the conference. Attending from Ottawa were Hally Siddons, Leila Metcalf, Muriel Scott-Smith, and Nancy DeVillers. Several Canadian members were elected or appointed to IFUW positions, including Susan Russell, acclaimed as one of four IFUW vice-presidents.

Firstly, a few comments about the country. It is difficult to describe the city of Istanbul whose population of 17.5 million represents half the population of Canada! Exciting, energetic, full of contradictions, hot, aromatic, beautiful, often congested but always welcoming, it sits on the great divide between Europe and Asia. From the mournful sounds of the first call to prayer early in the morning to the lights on the Bosphorus at night, Istanbul is a magical city.

The women on the LAC committee of the TAUW (Turkish Association of University Women) were well educated, professional women who worked on women's issues in the hopes that one day all women in Turkey would have the opportunities for quality higher education that they have had. They were an inspiration to us all. They planned a first-rate conference, treating us to interesting speakers, well-planned sessions, and outstanding entertainment in the evening.

We listened to Safak Pavey, a young Turkish woman who lost an arm and a leg as

a result of an accident and who works tirelessly as an advocate for women as a member of the Turkish parliament. She received a humanitarian award recently from Hillary Clinton and Michele Obama. Her talk was full of hope and optimism but left us shocked by the attitudes which she faces as she carries on with her agenda of equality for all women.

Among other points of interest, our city tours took us to Taksim Square, a beautiful square in the centre of Istanbul and location of the recent disturbances. All was quiet when we were there – people fed the many pigeons, or sat in the shade (under the trees which the government is intent on cutting down), or strolled hand in hand. We saw riot police one night on Istiklal Street, a pedestrian street which leads up to the Square, but they left quickly, without incident, a few moments later.

The most exciting and proudest moment for the Canadians, and particularly those from CFUW-Ottawa, was the reception given to the seminar and workshop on the women of Afghanistan by Hally Siddons, Dianne Rummery, Leila Metcalf, and Norma Pike. In the morning seminar, Hally spoke using an excellent PowerPoint presentation co-authored by Dianne. Then, Dr. Sima Samar, who had come from Afghanistan to represent the Afghan view, spoke in her quiet, articulate way about the realities for women and girls in Afghanistan. This brave woman, a former nominee for the Nobel Peace Prize, is devoting her life to work as Chair of the Afghanistan Independent Human Rights Commission, as founder of both the Shuhada Organization (a network of clinics, hospitals and schools in Afghanistan and the Afghan refugee camps in Pakistan), and the Gawharshad Institute of Higher Education in Kabul, and as speaker to audiences around the world, raising awareness and funds for her work.

To be able to speak at an international conference where 58 nations were represented is a huge honour and a tribute to the hard work and energy that Hally and her committees have put into this worthy cause. And how exciting to have worked in collaboration with Australia, Britain, the United States, and Rwanda to inform others about the needs in Afghanistan and to develop ideas for action going forward. Our workshop will live on. In addition to the seminar and workshop, Canada



From left to right: Brenda Robertson, VP Ontario; Nasima Rahmani, Director of Women Empowerment Centre, Gawharshad Institute of Higher Education; Dr. Sima Samar, Hally Siddons, Leila Metcalf, and Nancy DeVillers. (Taken on Brenda's iPad, permission granted)

seconded a resolution on the right to safe access to education for all girls and women, put forward by Australia and the United Kingdom, and was very instrumental in the development of an Afghan affiliate, Graduate Women's Organization of Afghanistan. Its constitution has been approved by IFUW and the formation now awaits the approval of the Afghan government.

Other noteworthy events of the conference occurred. A new president, Catherine Bell, from South Africa, was elected. Those of you who attended the CFUW AGM in Victoria last year had an opportunity to meet her. Also, a new restructuring proposal was accepted after much debate and examination of the constitutional changes required. This new proposal will strengthen the international office by partial outsourcing and streamlining of functions to achieve much-needed savings. Sponsorships will be more aggressively sought. This proposal was passed by the voting delegates in order to give IFUW a stronger presence and a healthier financial base.

We are back home now, but the sights and sounds, as well as the issues facing women in countries which are not as privileged as ours, will stay with us for a long time.

Nancy DeVillers
President, CFUW-Ottawa



Hally Siddons and Dr. Sima Samar
Photo by: Cynthia Burek

Please circle **Nov. 4** on your calendars! Come out to the November General Meeting to hear Hally tell the Afghan-Istanbul story and present the Seminar that provoked so much interest at the IFUW Conference. Bring a friend!

CFUW-Ottawa Tribute at OLT Cornerstone Event

TRIBUTE TO THE FIRST VOLUNTEERS OF THE OLT

by Ann Scholberg

The first volunteers of the Ottawa Little Theatre came from another organization – the Ottawa Chapter of the Canadian Federation of University Women. Known then as the University Women's Club of Ottawa, and founded in 1910, this dynamic group of women passed a motion to join the Drama League of America at their meeting on December 14, 1912. A committee of five women was struck which later recommended that they become an independent organization called the Ottawa Drama League. This was approved at the Annual General Meeting of the University Women's Club in May 1913 – and so the Ottawa Little Theatre was born. The work and support of all of the members of the University Women's Club of Ottawa, all volunteers, is the reason the Ottawa Little Theatre exists today. Today, OLT will honour its founding mothers by unveiling a plaque installed outside the front doors of the theatre, which reads:

This plaque commemorates the founding of the Ottawa Little Theatre at a meeting of the Canadian Federation of University Women – Ottawa, 1913.

The CFUW continues to support OLT each year, sponsoring one of the prizes in our National One-Act Playwriting Competition. I invite the members of the CFUW who are with us today to stand. Thank you for your continued support of the Ottawa Little Theatre.

On August 25, the Ottawa Little Theatre (OLT) rounded off the celebrations for its 100th season by recognizing its many volunteers, past and present. A number of CFUW-Ottawa members attended the event, which featured a dramatic presentation honouring 10 Cornerstone “inductees” who had made special contributions to OLT over the years. One inductee was the late Gladys Cameron Watt, a former member of CFUW-Ottawa, in whose name the Club continues to donate an annual award of \$500 to the Third Prize winner of the Canadian Playwriting Competition, sponsored by OLT.

The program also included a tribute (see sidebar) to CFUW-Ottawa for supporting OLT since its inception. Dawn Smith, Chair of the Scholarship Trust Fund, and Wilma Clapham, Past President of CFUW-Ottawa, were invited to unveil a plaque commemorating the Club's special role. The rectangular plaque (visible in the photo above) is set in the right-hand wall outside the main doors of the theatre. A new sculpture by Lynda Cronin, called *ShapeShifter*,



From left to right: Margaret Haines, Dawn Smith, Pierrette MacLean, and Wilma Clapham Photo by: Nancy Simmons-Wright

was also unveiled, symbolizing the transformative power of theatrical props to create an ever-changing world on stage. The names of the 10 volunteers recognized at this event were placed on this “cornerstone” sculpture, also located near the entrance to the theatre.

Dawn Smith

Chair, CFUW-Ottawa
Scholarship Trust Fund

Hurrah for the CFUW-Ottawa Dragonauts!



photo). CFUW-Ottawa plans to participate again next year, perhaps with two teams. Novice and experienced members are welcome. For more photos and information, including names of participants, go to [Dragon Boat Races](#) on the Club website. Photo by: Vic Chapman

At Tim Horton's 2013 Dragon Boat Festival this past June, the newly launched CFUW-Ottawa Dragonauts raised \$5,852 for seven local charities, putting them in 16th place out of a total 190 teams participating in the Dragon Boat Races. Former Olympian Sue Holloway (front row, second from left) coached and trained the enthusiastic team of 23 (two not included in

CFUW-OTTAWA AGM 2013



Photos from CFUW-Ottawa AGM 2013 at Restaurant International, Algonquin College, Tuesday, May 7, 2013. **From the top, clockwise:** 1) Nancy Simmons-Wright, Jean Chapman, and Mary Houston-Lambert; 2) Carleton music student Hedvig Lunderquist, who sang two Italian love songs and *Send in the Clowns* from Broadway musical *A Little Night Music*, accompanied by Leila Metcalf on keyboard; 3) Fran Harding; 4) Ruth Toller and Mary MacLaren; 5) Group. **Photos by:** Mary Butterill



CFUW-OTTAWA HOLIDAY PARTY 2013

Clark Room, RA Centre, 2451 Riverside Dr., Ottawa
Sunday, Dec. 1, 2013, Noon to 3 p.m.

Main fundraiser for our **Scholarship Trust Fund**

Elegant Hot and Cold Buffet – Family and Friends Welcome

Bake Sale • Grab Bags • Raffle • Door Prizes • Entertainment

Buy Tickets **\$35 (incl. taxes and service charge):**

- By Contacting Alice Bolt at (613) 731-5221; or
- At the Oct. 7 and Nov. 4 General Meetings; or
- Online at www.cfuw-ottawa.org/events.

New Members' Tea



Our traditional New Members' Tea will be held on **Sunday, Nov. 3, 2 p.m. to 4 p.m.** at the home of VP

Membership, Nancy Simmons-Wright. **All new Club members and those returning after an absence,** are encouraged to attend. Board members will be there to meet and greet you. We will explain our roles in running our most dynamic Club and outline its place in the larger community. Invitations to the Tea and directions to Nancy's home will be issued. This will be a wonderful opportunity to meet other new members and the CFUW-Ottawa Board, to learn how best to get involved in activities that interest you and to connect with members who live in your area. We offer over 40 study and interest groups, as well as several project, service and issues groups! We look forward to meeting each of you!

Used Book Table Returns



Beginning in October, used paperback books will be sold by Elaine Copland at our general meetings, with proceeds to go to the Scholarship Trust Fund. Bring in your own discards in good condition and peruse the titles of current bestsellers as well as favourite classics. Enjoy the book discussions that erupt around the table. All books sell for \$1.