



Canadian Federation of University Women – Ottawa

Capital Carillon

February General Meeting

DATE: Feb. 3, 2014
TIME: 7:30 p.m.
PLACE: Riverside United Church/
 Anglican Church of the
 Resurrection,
 3191 Riverside Drive,
 Ottawa, ON K1V 8N8
SPEAKER: Heather Sherrard, B.Sc.N,
 MHA, VP Clinical Services,
 University of Ottawa Heart
 Institute
TOPIC: Women's Heart Health



As well as VP Clinical Services at the Heart Institute, Heather is an Adjunct Professor, Faculty of Administration

and an Academic Consultant for the School of Nursing at the University of Ottawa.

She has held a variety of clinical and administrative positions in the acute care hospital sector, mostly in the area of cardiovascular care.

She is currently participating in several Ontario Ministry of Health and Long-Term Care initiatives including the implementation of expert coaching teams across Ontario and the Provincial Wait Time Strategy. She is a member of the Steering Committee on Heart Lung Transplantation and for Funding for Cardiac Procedures.

Heather will share the latest infor-

(see **Meeting** on next page)

PRESIDENT'S MESSAGE

NANCY DEVILLERS

By now, we are back into routine and enjoying all that CFUW-Ottawa has to offer. It is hard to imagine that we have only four months left of regular activities.

Every year, I hear members confess that they would have enjoyed hearing a speaker or attending a special event such as International Women's Day, but they forgot to mark it down and missed it. So, here is a brief overview of upcoming events (See also more details on most of them in this newsletter). Get out your calendars and start marking!

General Meetings

February 3 @7:30 p.m. It's Heart Month. Come out to Riverside United to hear Heather Sherrard, VP Clinical Services, University of Ottawa Heart Institute on women's heart health. General meetings with speakers are open to the public—invite your friends and family.

March 3 @7:30 p.m. Scholarship Trust Evening. Our recipients want to speak to you and thank you, as do their parents, for the generous contribution to scholarships which CFUW-Ottawa members have made. One recipient has been chosen to speak on their behalf. Last year, one of the music scholarship winners gave us a brilliant performance. Come out and meet these wonderful scholarship winners!

April 7 @7:30 p.m. – Resolutions Evening. Our Issues Chairs under the capable direction of Charlotte Rigby will present background, changes, and recommendations to the four resolutions which are going forward to the 2014 CFUW AGM in June in Waterloo. In addition, Alicia Natividad will speak about women's legal issues.

May 6 @6:00 p.m. – CFUW-Ottawa AGM, Restaurant International, Algonquin

College. Good times, good food, good entertainment, and a chance to welcome the new board of directors for 2014-15. Get your ticket early – only 100 seats are available and we have sold out the last few years.

Special Events

March 6 @6:00 p.m. - International Women's Day (IWD) Celebration. Co-hosted by CFUW Kanata and Nepean and OCW. Come celebrate our successes, enjoy a glass of wine, and great entertainment. Get your ticket now.

April 11 @11:30 p.m. – Musical Lunch. Major fundraiser in support of University Women Helping Afghan Women. This luncheon in NAC's Le Café features a wonderful meal, a silent auction, an instrumental performance by a young musician, and a Q&A with the musician. Bring a

(see **President** on next page)

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Meeting – continued

mation on women's cardiac risk factors, strategies for treating, managing, and preventing heart disease, and her experience with improved patient management through technology at the University of Ottawa Heart Institute.

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

President – continued

friend. Don't forget that every ticket sold to this event provides scholarships for young Afghan women who could not afford to continue their education without our help.

Provincial and National AGMs

May 9-10, 2014 - Ontario Council AGM, hosted by CFUW Barrie and District.

June 19-22, 2014 - CFUW AGM, hosted by CFUW Kitchener-Waterloo. Close enough to drive (carpool), side trips to

Stratford Festival, Mennonite country, Elora, and an authentic Oktoberfest evening. If you have ever thought about attending an AGM, this could be the one!

I hope to see you at many of these events. The March equinox occurs in seven weeks (March 20) – can spring be far behind?

Mystery Night at CFUW-Ottawa



At the general meeting on Feb. 3, 2014, the used book table will feature mystery novels by more than 20 authors. Most have been donated by Patricia Johnston, librarian and voracious reader (and our Club Archivist), who says that the majority of the novels belong to the softer, gentler sub-genre known as "cozies". The sleuth is usually a female amateur who uses her education and life experiences to solve crimes. Graphic violence is absent. Authors represented will in-

clude Susanna Gregory, Paul Doherty, Dorothy Cannell, Margaret Frazer, Rosemary Rowe, Margaret Doody and Carolyn Hart. Some of these authors specialize in particular historical settings including Ancient Roman and Medieval times. All books sell for \$1 each. Paperback donations are always welcome.

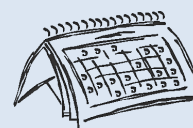
The proceeds from the book table in 2013 totalled \$100. A donation in that amount has been sent to the CFUW-Ottawa Scholarship Trust Fund.

Elaine Copland

CFUW-Ottawa Used Book Table

Looking Ahead to Club Events
in Spring 2014

MARK YOUR CALENDARS!



FRIDAY, APRIL 11, 2014

NAC Musical Lunch & Silent Auction

to support scholarships for young women at the Gawharshad Institute of Higher Education in Kabul, Afghanistan

TUESDAY, MAY 6, 2014

CFUW-Ottawa AGM & Dinner

Restaurant International,
Algonquin College

Ticket sales will begin at the March 3 General Meeting.

More details to follow in the March & April issues of the *Carillon* and on the CFUW-Ottawa website.

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 2014**
Deadline: **February 15, 2014**

Links to electronic issues going back to Feb. 2001 are found under Newsletter, Archives on the Club website at www.cfuw-ottawa.org.

SPECIAL VALENTINE SALE

Feb. 3, 2014



2 Grab Bags for \$5!

At the February General Meeting, Eva Stumes and Joan McKee will be selling 42 grab bags at discount rates, some of which had not been sold at the CFUW-Ottawa Holiday Party on Dec. 1. **\$5 will buy you two bags, previously priced at \$5 each.** A surprise in every bag! Have fun comparing the loot! All proceeds go to the CFUW-Ottawa Scholarship Fund.

CFUW-Ottawa Holiday Party 2013



Another successful Holiday Party was held on Dec. 1 at the RA Centre. It was a sold-out event attended by Club members, their families, and friends. The delicious luncheon buffet consisted of turkey with all the trimmings and many other hot and cold food items, followed by a good selection of desserts. Some guests even managed to have second helpings. The Holiday Party proceeds of **\$3,511.89** were given to Pierrette MacLean, the Treasurer of the CFUW-Ottawa Scholarship Trust Fund.

Many thanks are extended to:

- Volunteers who helped at the event: Carol Bell Thompson, Susan Chapman, Gayle Cole, Judy Dunlop, Sue Hurtubise, Joan McKee, Jill Moll, Christine Rollo, Aley Samuel, Jenny Sheppard, Eva Stumes, and Jane Wandell;
- Our talented singers, the Madri-Gals;
- Members and friends who baked for the Bake Table;
- Members and friends who gave donations for the grab bags, door prizes, and raffles;
- Study and Interest Groups for their generous donations;
- The RA staff; and
- Everyone who attended.



Getting ready for the 2013 Holiday Party...

As you can see, everything was under control in Santa's Workshop. By Nov. 23, 2013, door prizes, raffle items, and grab bags merrily took over Alice Bolt's living room.

Photo by: Ian Bolt

For our members who like to plan ahead, please enter next year's date for the Holiday Party on your calendars - Sunday, Dec. 7, 2014.

Alice Bolt and Mary Partington
Co-Convenors, 2013 Holiday Party

A Sustainable Future for CFUW

Sustainability is one of the five strategic aims of CFUW and our goal is to "build organizational capacity at the Board, regional and club level to maintain CFUW's ability to reach goals."

Sustainability is supporting and nurturing. It means striving to keep this wonderful organization successful into the future; offering our members a meaningful way to make a contribution to our communities and our country.

Of course, we all want the club to continue and to be successful. The question is "How?" One of Yogi Berra's many funny sayings was "If you don't know

where you are going, you might wind up someplace else." In a serious way, we can use that saying to test whether we *do* know where we are going. Do we have a real plan for the future?

Everything we do in CFUW begins with Clubs and their success. Are we looking for and encouraging new members? Are we including them in the activities of the Club, and sharing information about CFUW and IFUW so they too cherish our values of justice and equity? Are we asking all club members to participate and volunteer in some way in the work of the organization? Are we providing

orientation and training to potential leaders to increase their comfort in taking on such roles? Are we being flexible in our expectations of members' contributions? Are we generous in our thanks for what members do offer and give? Are we open to new ideas? Are we thriving?

Every organization needs leaders willing to give their time and skills to help the organization thrive. Your national board members are committed to the sustainability of CFUW and are working hard toward that goal.

Susan Murphy
President, CFUW



From the Environmental Toxins and Health Group

Household Cleansers – Green Alternatives

There have been many articles about green alternatives to common household cleansers; websites devoted to promoting them, including that of the City of Ottawa; and our Tips in the *Carillon*. Why all the attention to this subject?

Why switch from a tried and true disinfectant and laundry brightener such as commercial chlorine bleach (sodium hypochlorite) to borax, vinegar or lemon juice? The reason is that chlorine is a hazardous chemical, an irritant to eyes, ears, and nose. The production of bleach results in toxic by-products, including dioxins (persistent organic pollutants that are among the most potent carcinogens known) and disposal issues. When bleach dissolves in water, chemicals toxic to shellfish and other aquatic life are formed. Even so, bleach is used as a disinfectant worldwide and produced in huge quantities. There seems to have been little success to date in finding a cheap, effective substitute.

Cleanser-strength vinegar (at least seven percent) can be found on the grocery shelves. We've all heard of using vinegar, a drop of dish detergent, and water for cleaning windows. Another good use for vinegar is to combine one cup with one-half cup baking soda for cleaning toilets. Just dump both in, swish around with a brush, let sit for 20 minutes and flush.

Baking soda is a terrific cleanser for stainless steel sinks, bathroom fixtures, and appliances. It deodorizes refrigerators and

carpets, and can be used for pancakes, too! And it's cheap and safe. Compare it to Ajax With Bleach (which contains silica, a carcinogen) which can dull stainless steel and porcelain, or Mr. Clean Magic Eraser which contains formaldehyde, another carcinogen.

While phosphates have been removed from laundry detergents, they are still used in dishwasher detergents. Green alternative dishwasher detergents with an Ecologo, such as Nature Clean, are now available in many supermarkets including Metro and Loblaws, as well as in health food stores. We encourage you to use these products as phosphates are major pollutants of our waterways.

As consumers we can help protect our environment by purchasing green alternatives and telling friends and relatives about our green successes. Switching to a green alternative will increase its sales so its production volume goes up, making it cheaper, and giving it more space on supermarket shelves, increasing its exposure and availability. Our individual efforts may appear negligible when confronting such large problems, but remember the snowflake analogy; each little bit counts.

Information sources: leas.ca/bleach.htm, www.toxicfreecanada.ca, and www.ottawa.ca/en/residents/water-and-environment/green-living/safer-alternatives-household-products.

CFUW-Ottawa Centennial Scholarship Plaque Unveiled



CFUW-Ottawa Scholarship Trust Fund (STF) Convenor Margaret Haines (on the left) and CFUW-Ottawa President Nancy DeVillers (on the right) attended the unveiling of the plaque for the **Ruth Bell Centennial Scholarship Honouring All Members of the CFUW-Ottawa since 1910** at Carleton University on Dec. 12, 2013. STF Chair Dawn Smith also attended. The plaque names the scholarship recipients who were students at Carleton University. Starting in academic year 2009-10, the scholarship is awarded annually to a third or fourth year honours student in Women's Studies and alternates annually between the University of Ottawa and Carleton. **Photo by:** Claire Ryan, Administrator, Pauline Jewett Institute of Women's and Gender Studies, Carleton University

HELP WANTED!

Join our Review Groups for CFUW 2014 Resolutions!

An important part of each CFUW Annual General Meeting (AGM) is the “Resolutions” session, where delegates vote on proposed policy resolutions. The four resolutions listed below will be presented for adoption at the 2014 AGM hosted by CFUW Kitchener-Waterloo in Waterloo in June. They have been sent to all 107 CFUW Clubs for discussion and review. To view the background and bibliography for each resolution, go to “Issues and Advocacy” in the Member-only section of our club website at www.cfuw-ottawa.org, click on “Resolutions Process” and

follow the link to the 2014 resolutions.

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 Club’s April General “Resolutions” Meeting on Monday, April 7. Our comments will be sent to the originators who will make amendments and present the amended resolution for approval at the National AGM in June. Resolutions that are approved at the AGM become part of CFUW policy, and 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? Do you want to contribute to improving 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 2014 DRAFT RESOLUTIONS

RESOLUTION 1: An Enhanced Canada Pension Plan *Proposed by CFUW Burlington*

RESOLVED, that CFUW urge the federal, provincial, and territorial governments to work together to enhance the CPP/QPP by gradually doubling the maximum insurable earnings;

RESOLVED, that CFUW urge federal, provincial and territorial governments to create policies compensating women for reduced pension contributions incurred because of withdrawal from the work force for child-bearing, child rearing and care-giving of the elderly, beginning by extending the drop out provision for a minimum of fourteen years in total.

RESOLUTION 2: Culture of Peace *Proposed by CFUW Standing Committee on International Relations*

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to fund, support and develop policies and programs that:

1. Include non-violent conflict resolution processes in peace negotiations, nationally and internationally;
2. Respect Canada’s international commitments to human rights instruments, gender equality and social justice; and
3. Support a culture of peace.

RESOLUTION 3: Preservation of Democracy: Increasing Voter Participation in Canada *Proposed by CFUW Southport*

RESOLVED, That the Canadian Federation of University Women and its member Clubs initiate, engage in and promote activities and programs to educate Canadians about the importance of participating in a democracy and to urge them to exercise their hard-won right to vote in all elections – federal, provincial and municipal – in order to preserve democracy in Canada.

RESOLUTION 4: Promoting Plain Language *Proposed by CFUW Saugeen*

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada to adopt and implement a policy, that Plain Language be used in all documents released by government departments and agencies.

RESOLVED, That CFUW urges all levels of government in Canada to support existing programs that raise Canadians’ awareness of the importance of using Plain Language.

RESOLVED, That CFUW urges all levels of government in Canada to support the mandatory use of Plain Language in

- legal documents, business and consumer contracts for the general public
- medical reports intended for patients and staff
- education-related communication intended for parents and guardians

RESOLVED, That CFUW supports the rights of all to have written material available in language appropriate to their reading skills in Canada.

Latest News from University Women Helping Afghan Women

The CFUW-Ottawa University Women Helping Afghan Women Study and Interest Group (UWHAW) has learned much in the last two months.

In December, many of us welcomed Madeleine Tarasick, National President of Canadian Women for Women in Afghanistan (CW4WA), and Margaret Stewart, the organisation's National Treasurer. These remarkable women established the Kingston Branch of CW4WA in 2002 and have been instrumental in raising funds and awareness. Just back from their first visit to Afghanistan, they brought us fascinating tales of their trip and of the realities that face the people there today. Through their eyes and with the help of their presentation, entitled *Nine Days in Kabul, Marg and Madeleine's Excellent Adventure*, we witnessed streets filled with young girls on their way to school, women in markets selling their crafts, the development of portable libraries, of medical clinics that are springing up, and of museum curators who are striving to reclaim artifacts of their ancient culture. Progress is evident on many levels, though the need for help and support remains critical.

We were left with a sense of optimism. Despite the huge challenges that lie ahead, there are many educated young men and women in Afghanistan working tirelessly to create a country that can provide education, justice, and freedom from violence and poverty for its people.

Hanneke Boadway-Overbeek speaking about Afghan rugs at UWHAW's January meeting **Photos by:**
Alison Hobbs



At our January meeting, we were excited to hear one of our members, Hanneke Boadway-Overbeek, share her extensive knowledge of the wool and weaving traditions in central Asia, in particular the area around Herat. In the 1970s, Hanneke operated a wholesale rug import business, making multiple trips to Afghanistan to buy woven goods, including rugs designed to be used as doors, saddle bags for carrying salt, and donkeys' neck ornaments. She brought several examples of carpets, kilims, and even a long-sleeved, wool felt shepherd's coat. She spoke about the different sheep-rearing tribes of Afghanistan and the importance of woollen artifacts in their yurts and tents. She also described the quality of the wool from karakul sheep, the dyeing and the weaving process. A hand-woven carpet can take a year to complete; particular patterns are passed on from one generation of a family to the next. When the creation is finished, a tiny piece of wool is burned, for luck, and then the weaving is either carried by donkey, truck or bike for sale at the local market or kept aside for the family's own use. The most carefully-worked carpets are used for dowries. Hanneke explained that if a young woman is not keen on a suitor, she will claim that her dowry rugs



Madeleine Tarasick introducing her presentation at UWHAW's December meeting

will take years to complete, but if she and her family like the look of the man, the dowry is sure to be ready in months. Even the poorest people have to provide such a dowry for a daughter's marriage, and they may have several daughters, close in age!

Since this is a major source of income for many Afghans, our glimpse into the making of the products and the quality of the finished work was particularly interesting. We can now appreciate the craft with keener eyes!

Further news about UWHAW can be found on the [CFUW-Ottawa website](#) as well as on our new [Facebook page](#). We look forward to the next meetings of the Group on the first Thursdays in February and March as well as to our annual Musical Lunch with Silent Auction to be held at the NAC on April 11, at which we shall once again be raising funds to provide scholarships for young Afghan women at the Gawharshad Institute in Kabul. Tickets for the lunch at \$40 will be available at CFUW-Ottawa's General Meeting on Feb. 3 and thereafter, from Alice Bolt.

**Alison Hobbs, Judith Neale
Holtzhauer, and Martha Musgrove**
CFUW-Ottawa University Women
Helping Afghan Women Study and
Interest Group

Carillon Print Version

A print version of CFUW-Ottawa's *Capital Carillon* newsletter is distributed free of charge to members on request. All members who do not receive the print version are notified by email as soon as the electronic version of each issue is published on the Club website.

In 2012-13, CFUW-Ottawa printed and mailed out seven issues of the newsletter to 121 members. The total cost of printing and mailing these copies was \$1,535.17, or \$12.69 per requesting member per year. Just 50 of these members did not report an email address. **At the present time, 106 members receive the print version, 38 of whom do not report an email address.**

To save a few trees, reduce the Club's printing and mailing costs, as well as volunteer time, it is recommended that

members with email and internet access do not also request print copies.

Some advantages of going electronic are:

- **More timely:** Print issues are received at least 3 to 4 days later than the emailed ones.
- **Ability to magnify pages for improved visibility:** The electronic version is provided in PDF format, viewable in Adobe Reader which is provided and/or downloadable free of charge on most computers. By using the View, Zoom feature in Adobe Reader, you can Zoom To... or increase the size of pages on the fly for ease of reading.
- **Colour:** The electronic versions are in colour whereas the print versions are in black and white.

■ **Active hyperlinks:** The email addresses and internet links all work in the email version so that you can send a message or view and save an associated reference tool right away.

■ **Email, Print or Save capability:** Portions or all of the newsletter can be printed and saved to your own computer for later referral. You can email the issue to any contact in your email address book.

Please contact me at your earliest convenience at marpathb@storm.ca to switch from print distribution to email notification.

Thank you for your consideration of this request.

Mary Butterill
Carillon Editor

European Union Christmas Concert 2013



The sixth annual EU Christmas Concert at Notre Dame Cathedral Basilica, 385 Sussex Dr., Ottawa, the evening of Dec. 6, 2013, attracted an audience of about 1,200. Presented by the Delegation of the European Union to Canada and the Diplomatic Missions of the 28 member states of the European Union, it featured European Christmas carols and songs in 15 languages, sung by about 100 members of three local choirs: Ottawa Children's Choir, Chorale De La Salle, and Calixa Lavallée Ensemble. Echoing the tribute to recently deceased humanitarian icon Nelson Mandela in the EU Parliament the day before, three African songs to celebrate his life were sung just before the traditional finale, *Silent Night*, receiving an emotional standing ovation. Aably organized for the sixth year by CFUW-Ottawa's **Ülle Baum** as Chair of the EU Christmas Concert

Working Group, these concerts have become a popular tradition in Ottawa, important to its European diaspora, and regularly air on Rogers TV Ottawa (Cable 22). Though free of charge, the 2013 Concert collected over \$1,700 in donations for local charities. For more information, read the article entitled *A little Christmas 'gift to Ottawa'* in the online Sept. 30, 2013 issue of *Diplomat & International Canada*. **In front row, from left to right:** Ryan Hofman (Assistant Conductor, Calixa Lavallée Ensemble), Amélie Langlois (pianist, Chorale De La Salle), Robert Filion (Music Director, Chorale De La Salle), Laurence Ewashko (Musical Director and Conductor, Calixa Lavallée Ensemble), Marie-Anne Coninx (EU Ambassador to Canada), Ülle Baum (organizer, Rogers TV Community Producer - who is also in her fourth year as President, CFUW-Ottawa Diplomatic Hospitality Service Group!), Jackie Hawley (Artistic and Music Director, Ottawa Children's Choir), and Nick Rodgeron (pianist, Ottawa Children's Choir). **Photo by:** Doug Baum

Website News

Janet Hagey
Website and Internet Services Convenor

We are using **Google Analytics** to tell us how often the CFUW-Ottawa website is being visited, how many and which pages are viewed, the length of the visit, and the paths taken to get there.

- Between Sept. 1 and Dec. 31, 2013, there were over 2,000 visitors to the Club website. The average length of visit was nearly 6 minutes.

CFUW-Ottawa Website Activity Sept. 1, 2013 - Dec. 31, 2013	
Visits to Site	4,657
Number of Visitors	2,038
Number of Pages Viewed	23,470
Pages per Visit	5.00
Average Length of Visit	5:51 min.
Percentage of New Visitors	38.6%

Most visited pages on CFUW-Ottawa Website Sept. 1, 2013 - Dec. 31, 2013		
	Unique Pageviews	% of Unique Pageviews
Home	3,458	21.6%
Photo Gallery	1,081	6.8%
Member Profile	698	4.4%
Study and Interest Groups	686	4.3%
Member-only	605	3.8%
Member Directory	565	3.5%
Authorization Required	554	3.5%
News and Announcements	475	3.0%
Events	439	2.7%
Meetings	365	2.3%
Total Unique Pageviews for Top 10 pages	8,926	55.8%
Total Unique Pageviews	15,989	100.0%

- Not surprising, the Home page was visited most, followed by the Photo Gallery, the Member Profile and the Study and Interest Groups page.
- Eighty-four percent of our visitors came to our website directly (44.4%) or from Google.com (39.8%).

The following tables summarize some of the information gathered by Google Analytics during the last four months of 2013.

Main Sources of Traffic to CFUW-Ottawa Website Sept. 1, 2013 - Dec. 31, 2013		
Source	Visits	% of Visits
Direct	2,070	44.4%
Google.com	1,855	39.8%
Bing	148	3.2%
Facebook	140	3.0%
Yahoo	89	1.9%
Twitter	56	1.2%
CFUW national	32	0.7%
Yahoo mail 1	28	0.6%
Yahoo mail 2	28	0.6%
Google.ca	26	0.6%
Total of Top 10 Traffic Sources	4,472	96.0%
Total	4,657	100.0%

CFUW 2014 AGM June 19-22, 2014

Hosted by
CFUW
Kitchener-Waterloo

Waterloo Inn Conference Hotel
475 King Street North
Waterloo, Ont.

For more information on the Conference Program, tours, accommodation & transportation, click [here](#).

Our Emerging Mosaic



Notre mosaïque émergente



CFUW
ONTARIO
COUNCIL

CFUW Ontario Council AGM & Conference 2014 May 9 & 10



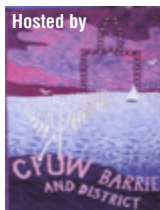
Fifty years ago, an entire generation was inspired by Bob Dylan's song about social change. Now, another era of massive social change is upon us. What does the future hold? Come join us and find out.

Keynote Speaker:

Dr. Charles Gardner, Medical Officer of Health, Simcoe-Muskoka.
The Changing Face of Public Health

Workshops:

- Senior Health Care: The Upcoming Surge
- Comprehending The Climate Crisis
- New Partnerships: Aboriginals and the Business Community



Meeting Place:

Monte Carlo Inn Barrie Suites
81 Hart Drive, Barrie, ON, L4N 5M3
1-877-740-6493 / 705 734-0070
barrie@montecarloinn.com

For more information: www.cfuwontcouncil.ca

CFUW-Ottawa and Facebook



is a popular on-line social networking service with the avowed “mission to give people the power to share and make the world more open and connected”. Launched in 2004, it currently has over one billion monthly users, as per co-founder, Chairman and CEO Mark Zuckerberg in *Is Connectivity a Human Right?* (his recent Facebook article cited in Wikipedia’s entry about Facebook).

CFUW-Ottawa is represented on Facebook by an official “page” to promote the Club and as an open “group” to facilitate networking within the group, identically named “Canadian Federation of University Women (CFUW) - Ottawa,” both set up some time ago by Mary Butterill. A separate “page” for the CFUW-Ottawa UWHAW group with the name “University Women Helping Afghan Women - UWHAW” was also recently set up by Elizabeth Wilfert and her friend Mike Broeders.

You do not need to be a registered Facebook user to view Facebook pages. However, to view Facebook groups, “Like” pages or posts, and post information, you need to set up an account

and login. Just go to www.facebook.com/ and sign up for your “always free” personal Facebook account!

The CFUW-Ottawa “page” includes basic Club information and announcements of our meetings and events. If you have a Facebook account, we urge you to “Like” the CFUW-Ottawa page (by clicking on the “Like” button) so that our posts appear on your timelines. If you share some of these posts, the Club gets free publicity! This is a great way to promote events such as General Meetings and the Season Opener.

The CFUW-Ottawa Facebook “group” was started to enable friends and members to join, chat, and collaborate online, since a Facebook page can have “fans” who “Like” it, but not members. Facebook groups have several means of sharing information among all members simultaneously which pages do not have. We invite you to join us! When you do, a link to the group will appear on your own Facebook home page.

Both our Facebook page and group can be easily reached by first logging in to Facebook, next entering “CFUW-Ottawa” in the Facebook search box at the top of the page, and then selecting either the page or the group from the resultant list.

You can also access the CFUW-Ottawa “page” just to view it by: a) clicking on www.facebook.com/cfuw.ottawa; b) clicking the “Find us on Facebook” button which appears on every page of the CFUW-Ottawa website; or c) “googling” keywords “CFUW Ottawa Facebook”.

A more direct way of accessing the CFUW-Ottawa “group” is by first clicking on www.facebook.com/groups/cfuw.ottawa/ and then logging in to Facebook.

To view the UWHAW “page”: a) click on www.facebook.com/pages/University-Women-Helping-Afghan-Women-UWHAW/555114927900850; or b) “google” keywords “UWHAW Facebook”; or c) click on the “Find UWHAW on Facebook” button under “Social Media Links” at www.cfuw-ottawa.org/links. Once there, we invite you to log in to Facebook and to “Like” the page.

And, while on Facebook, why not invite your friends to “Like” both the CFUW-Ottawa and the UWHAW pages?

**Alice Bolt, Mary Butterill,
and Sue Hurtubise**

CFUW-Ottawa Facebook Administrators

2013-14 CFUW-Ottawa Membership Report, Jan. 15, 2014

CFUW-Ottawa Membership by Status

Category	Feb-14	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Renewing	437	441	449	429	462	470
New	50	59	49	66	41	47
Returning	9	14	13	17	10	8
TOTAL	496	514	511	512	513	525

CFUW-Ottawa Membership by Category

Category	Feb-14	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Full	481	501	475	474	479	488
Associate	—	—	27	29	24	24
Dual	12	10	6	5	7	9
Life	1	1	1	1	1	1
Student	2	2	2	3	2	3
TOTAL	496	514	511	512	513	525

The membership numbers for the Club have declined slightly from last year, with nine fewer new members and nine fewer

returning and renewing members.

The printed membership directory was sold to members again this year for

\$6. The fee did not quite cover the cost of printing and mailing to the 165 members who purchased it. It was mailed out in early December. 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. All members can access the continuously updated online membership directory in the Member-only section of the website. If you would like to order a printed copy of next year’s CFUW-Ottawa Membership Directory for \$6, please do so during the renewal process (either online or by mail).

Early registration for next year will begin on Feb.1, 2014. New members who join after that date are automatically renewed to September 2015.

Carol Hinde
Membership Administration Convenor

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

10th Annual International Women's Day Celebration **Our Stories – Our Future!***

Thursday, March 6, 2014 6:00 – 9:00 p.m.
Council Chamber & Atrium, Ben Franklin Place, 101 CentrepoinTE Dr.

Displays by our Artisans & Authors

Refreshments • Door Prizes • Our Stories*

Performance by Ottawa's *Dandelion Dance Company*

Special Guest Speaker *Clare Beckton*

Executive Director, Carleton University's Centre for Women in Politics and Public Leadership



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

*See guidelines on contributing to *Our Stories Board* to the right.

Co-Chairs:

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

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

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

CFUW-Kanata: Carol Fowler (613) 592-0124 cafowler@magma.ca

For information: dandeliondancecompany.ca/ and www.internationalwomensday.com

IWD 2014

OUR **STORIES BOARD**

The theme of our International Women's Day event on March 6 is "**Our Stories, Our Future**" and we've all got stories to share. We invite you to submit a brief story, anecdote, or poem about your own experience. It can be humorous, poetic, inspirational, or touching. It's your voice and your choice! Each contribution will be shared on ***Our Stories Board*** at the event.

- Send your item to Maria Neil at neilreyn1405@bell.net before Feb. 27.
- It has to be brief (200-400 words) to fit on one page, with print large enough to read on a display board (Arial 16 is great).
- We can include your name, or provide a separate list of contributors.
- We reserve the right to shorten stories if necessary for display, and to re-type them in a consistent "Our Stories" template format.



Canadian Federation of University Women
ONTARIO COUNCIL

NEXT ONTARIO COUNCIL STANDING COMMITTEES MEETING: Saturday, March 22, 2014

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

Morning Program & Speaker: TBA

Registration: \$30 prepaid includes **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 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.