

## March General Meeting

DATE:	March 3, 2014
TIME:	7:30 p.m.
PLACE:	Riverside United Church/ Anglican Church of the Resurrection, 3191 Riverside Drive, Ottawa, ON K1V 8N8
SPEAKER:	Dean Mellway, BSW, MSW, Acting Director, READ Initiative, Carleton University
TOPIC:	CFUW-Ottawa Scholarship Trust Fund (STF) Awards for 2013-14

Please join the CFUW-Ottawa Scholarship Trust Fund Trustees at the annual CFUW-Ottawa Scholarship Evening. Come listen to Dean Mellway, Acting Director of Carleton University's Research, Education, Accessibility and Design (READ) Initiative, formed to create solutions to accessibility issues faced by individuals with disabilities. Carleton University is a leader in Canada in its support for disabled students.

During this meeting, our scholarship winners will be recognized and presented with framed certificates. Two of our winners will give musical performances. Do come and meet these fine young women who are most appreciative of the monetary help these scholarships provide. 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'S MESSAGE

#### NANCY DEVILLERS

As a club, we have made a very generous contribution to our Scholarship Trust Fund this year. This effort gives promising young students an opportunity to carry on with their studies and inch closer to their goals. Many of the scholarship winners will attend the March 3 General Meeting in order to thank us.

Last year, there were 10 scholarship winners in attendance and they wanted to mingle with us following the meeting and let us know how important it was for them to win a scholarship. Many were with parents who were equally grateful and very proud of their child. Last year, one of the winners of a music scholarship also gave a piano recital for us.

This year, there will be at least 10 winners in attendance, many with family members, and we will be entertained by two scholarship winners, one from the University of Ottawa who will play a violin duet and another from Carleton University who will sing for us.

In addition, Dean Mellway, Acting Director of Carleton University's READ Initiative (Research, Education, Accessibility, and Design) will

speak about improving accessibility in higher education. He will review the services provided to disabled students at Carleton, a campus with more disabled students than any other university in Canada. Dean was awarded the Queen Elizabeth II Diamond Jubilee Medal for his contribution to the development of paralympic sport in Canada.

Three new scholarships will also be announced.

See you on March 3.

INSIDE
Preparing Ontario Teachers for a Changing World
UWHAW Parallel Session at UNCSW58
Targeting Toxins (Monarch Butterflies)
Heather Sherrard on Women's Heart Health
Mah-Jong Study and Interest Group
Approaching 100 <sup>th</sup> Anniversary of Women's Suffrage in Canada
Literature Study and Interest Group IV
Ontario Council Resolution on Educational Supports for Ontario's Children and Youth in Care

## CFUW Ontario Council Standing Committees Meeting – Jan. 25, 2014

"Preparing Ontario Teachers for a Changing World: The Promise and Possibilities of Extending Teacher Education to Two Years" was the topic of the morning plenary session at the Jan. 25 meeting of the CFUW Ontario Council Standing Committees. Keynote speakers were Faculty of Education Professors Dr. Julian Kitchen (Brock University) and Dr. Diana Petrarca (University of Ontario Institute of Technology). They explained the Ontario Government's new teacher education policy and program, which will require prospective teachers to take a twoyear program of study at a Faculty of Education instead of the current oneyear program. The new program will be in effect starting with the 2015-16 academic year. It will double the time currently provided for teacher education courses and practice teaching, and it is expected that new teachers will be better prepared to step into the classroom for the first time than those with one year of teacher educa-

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Please send all material for the next issue to the Editor: Mary Butterill at <u>marpathb@storm.ca</u>.

Next issue: April 2014 Deadline: March 15, 2014

Links to electronic issues going back to Feb. 2001 are found under Newsletter, Archives on the Club website at <u>www.cfuw-ottawa.org</u>. tion. Ontario Universities that have a Faculty of Education are currently addressing issues related to the new two-year requirement such as programming, staffing, and enrolment. A lively question-and-answer period ensued.

The afternoon session of the Education Standing Committee was chaired by Drs. Kitchen and Petrarca, and addressed the topic of recent technological changes in the classroom. They demonstrated how leading academics characterize 21<sup>st</sup> century learning by the 4 C's: Creativity & innovation, Communication, Critical thinking and problem solving, and Collaboration. Discussion was lively regarding the challenges of bringing current teachers up to speed in the new technologies.

> Leila Metcalf Regional Director, CFUW Ontario East



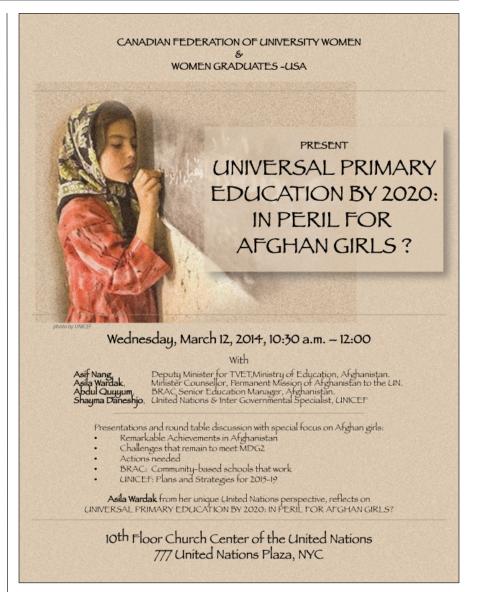
## TWO CFUW-OTTAWA (UWHAW) MEMBERS TO PRESENT PARALLEL SESSION AT UNCSW58

Hally Siddons and Leila Metcalf will join some 14 other CFUW delegates at the 58<sup>th</sup> United Nations Commission on the Status of Women (UNCSW58) in New York City from March 10 to 21. As well as attending the many and diverse presentations on and off the UN campus, they have initiated and are leading a Parallel Session on the Millennium Development Goal Two on Education focused on Afghan girls, entitled *Universal Primary Education by 2020: In Peril for Afghan Girls?* 

Hally will present a PowerPoint overview of the topic, written with **Dianne Rummery**, and then lead a panel and roundtable discussion of speakers (named in the flyer to the right) who are well positioned to address the intricacies of the issue. Leila and **Elise Russo**, representing our American partner, will open and wrap up the Session.

Hands across the border, this program is jointly sponsored with Women Graduates—USA, who have been generous and helpful in this endeavour. They have invited Hally to speak on the same subject at an upcoming teleconference and at their September AGM in Salt Lake City.

The priority theme of the 58<sup>th</sup> Session is "Challenges and achievements in the implementation of the Millennium Development Goals for women and girls". **Susan Murphy**, CFUW President, indicated that CFUW is preparing to submit an oral statement on the theme to read into the record at UNCSW. The delegate



team will be working with other Canadian women's groups, the IFUW delegation, and others on the advocacy front, attending many formal sessions, side events and Parallel Sessions as possible, and will be reporting back to Clubs on their experience.<sup>1</sup>

CFUW has consultative status at the UN and has been sending

delegates for many years who have presented other Parallel Sessions on themes related to the status of women and their empowerment. Click <u>here</u> for more information about UNCSW.

#### **Dianne Rummery**

University Women Helping Afghan Women Study and Interest Group

<sup>&</sup>lt;sup>1</sup> Murphy, S. (2014) Message from the President. *CFUW News: Information for Clubs and Members*, Jan.30, 2014, 1-2. Retrieved from <u>www.cfuw.ca/Portals/0/News%20and%20Updates/2014/CFUW%20News%20January%2030%202014.pdf</u>.



From the Environmental Toxins and Health Group

## Where Have All the Monarchs Gone? And Why We Should Care

"You may have noticed something missing [last] summer. A little something that flits through your neighbourhood like a self-propelled orange and black flower: the Monarch butterfly." David Suzuki.

Each fall, Monarch butterflies migrate from Ontario and coastal California to winter hibernation in central Mexico and Southern California. Several breeding generations later, new adults arrive in our area the next summer. In an average year, 350 million Monarchs made the 2,000-4,800 km journey. But the population numbers have crashed, to only about 60 million by 2012-13.

# Why should we be concerned about this catastrophic decline?

- A large number of butterflies is a sign of a healthy ecosystem;
- Monarchs play a major role in pollinating flowers, an essential contribution to the food chain; and
- They are beautiful and fascinating.

### What's causing it?

- Loss of habitat: Illegal logging in Mexico has destroyed forests where Monarchs winter.
- Loss of food sources: The Monarch lays its eggs on milkweed, the caterpillar's exclusive food source. But milkweed, as a noxious weed, is treated aggressively with pesticides.
- Extreme weather (climate change?): Monarchs are extremely sensitive to drought and cold.

#### What can we do?

Grow nectar-producing native flowers (especially yellow, pink, orange or purple ones such as wild bergamot, New England aster, black-eyed Susan, milkweed and Joe Pye weed that bloom successively from early spring to fall, in a sunny garden spot. Plant milkweed in a container and remove its seed heads to prevent it from spreading.

- Provide a water source and a sunny space (rock or log) where butterflies can warm up.
- Consult with city councillors and community organisers about plantings in parks/green spaces.
- Support organisations that work for butterfly conservation, such as the David Suzuki Foundation (see <u>www.davidsuzuki.org/issues/wildlife-habitat/</u> <u>science/species-at-risk-act/what-is-orange-</u> <u>flutters-and-was-mysteriously-absent-from-canada-</u> <u>this-summer/</u>)

#### For more information, see:

Kaury, Vidja. <u>www.theglobeandmail.com/technology/sci-</u> <u>ence/why-monarch-butterflies-numbers-are-in-freefall/</u> <u>article13542707</u>

Kingsolver, Barbara. *Flight Behavior*. New York: Harper, 2012. (this brilliant novel includes a description of the effect of climate change on the monarch life cycle)

#### For information on planting Monarch-friendly gardens, see:

Dallas News. <u>www.dallasnews.com/lifestyles/home-and-gardening/headlines/20140212-climate-change-weed-killers-treacherous-for-texas-monarchs.ece?</u>

Fletcher Wildlife Garden. <u>www.ofnc.ca/fletcher/projects/</u> <u>MonarchWaystation/waystations/index.php</u>

Nature Canada. <u>www.naturecanada.ca/take\_action\_mon-arch\_friendly\_garden.asp</u>

# Women's Heart Health

ur General Meeting on Feb. 3 started with a presentation on "Women's Heart Health" by our special guest, Heather Sherrard of the University of Ottawa Heart Institute. What had been scheduled as a 30-minute talk turned into an hour-long question-and-answer session as members of our nearcapacity audience asked questions about all aspects of heart health. An excellent speaker, Heather made complex issues simple, and responded to every question with articulate and clear answers. The atmosphere of working together pervaded the evening.

As we know, women experience heart attack symptoms and discomfort very differently than men and often postpone seeking help. But the stats are sobering. Some examples:

heart attacks (and strokes) are the leading cause of death among women; they outnumber deaths from cancer, accidents, and diabetes combined.  40 percent of heart attacks are fatal.

- two-thirds of all sudden deaths in women are heart-related and occur without previous symptoms.
- heart attack symptoms in women tend to be vague and nonspecific; they often include joint pain (especially in the left arm), breathlessness, dizziness, or just "feeling unwell."
- heart attacks are treated most effectively in the first 90 minutes after the episode. If you have heart pain or heaviness in the chest, call 911 immediately. Ambulance attendants are trained to begin emergency care immediately.

Heather outlined risk factors. Some – smoking, drinking, exercise, and stress – we can control to a large extent. Our members have been especially concerned about high levels of dietary sodium that contribute to high blood pressure (the "Silent Killer") and ways to advocate for



Our sincere condolences to CFUW-Ottawa longtime and active member Peggy McGillivray on the sudden death of her husband Donald William McGillivray on Jan. 30, 2014, at the age of 71. Donald's obituary was published in The *Ottawa Citizen* on Feb. 1, 2014 and is also found online.

We invite all CFUW-Ottawa members to notify us about deaths in their immediate families or of

other significant persons in their lives to have our expressions of sympathy published in the *Carillon*.

reduced salt in prepared, processed, and restaurant foods. But there are other risk factors that we can't control, including genetic susceptibility to cardiovascular disease. Those of us whose close relatives have had heart disease, should be aware that we are vulnerable.

We are fortunate in Ottawa to have access to the world-class Heart Institute and we are grateful to Heather for bringing us such an important message on a topic of lifesaving importance. Thank you, Heather.

If you would like more information, visit the University of Ottawa Heart Institute website at <u>pwc.</u> <u>ottawaheart.ca/care/cardioprevent-</u> <u>program</u>.

> Nancy DeVillers, President, CFUW-Ottawa and Charlotte Rigby, VP Liaison

## NOTICE OF SCHOLARSHIP TRUST FUND VOTE

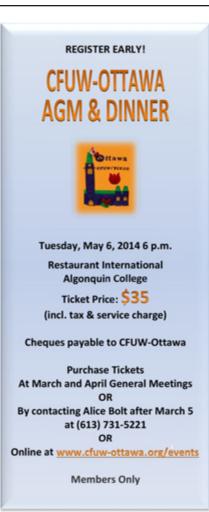
Changes to the CFUW-Ottawa Scholarship Trust Fund Terms of Indenture will be posted and explained before a vote is taken at the April General Meeting of the Club.

These changes involve some small amendments to the Terms in order to update the Indenture four years after it was last revised in April 2010.

# 麻將 MAH-JONG PLAYERS



CFUW-Ottawa's Mah-Jong Study and Interest Group meets on Tuesdays at 1:00 p.m. **From left to right:** Seated at one of the group tables on Feb. 11, 2014 were Carol MacKenzie, Mary Broderick, Brinda Verma, Convenor Kawsar Kruithof, and Judy Jessop. **Photo by:** Salwa Hafez. **Mah-Jong tiles drawn by:** Jerry Crimson Mann, shared on <u>Wikimedia Commons</u>.



## In Memoriam



#### Constance Margaret JONES (née URE) 1932-2014

We extend our sincere condolences to the family and friends of

**Constance (Connie) Jones**, a member of CFUW-Ottawa prior to her move to Calgary in 1995. Connie passed away suddenly in Calgary on Sunday, Jan. 12, 2014 in her 81<sup>st</sup> year. She was President of CFUW-Ottawa during 1988-90, a former Treasurer of the CFUW-Ottawa Scholarship Trust Fund, and was active in the Diplomatic Hospitality Service Group. During her long and distinguished career in the Federal Public Service, she was responsible for all industrial price indices at Statistics Canada (Prices Division, National Income Accounts) and participated in the creation of economic indicators such as the Housing Starts Index. A feminist, involved in the National Action Committee on the Status of Women and the Ottawa Council of Women, Connie fought to entrench women's rights in Canada's Constitution Act (1982). She was very interested in the quality of education, especially its suitability for girls. Each year since 2000, the CFUW-Ottawa Scholarship Trust Fund has awarded the Constance Jones Scholarship in Women's Studies (\$1,000) to a

woman with high academic standing in a full-time undergraduate program in Women's Studies at the University of Ottawa. Constance supported a wide variety of charities, including the annual graduate level Constance Jones Scholarship for Students of Aboriginal Ancestry at the University of Regina, launched in academic year 2010-11.

A memorial event for family and friends is planned for her birthday, April 1, 2014 and a tree will be planted in her memory at Big Hill Springs Provincial Park, Cochrane, Alberta. Her obituary appeared in the Calgary Herald on Jan. 18, 2014 and can be located online at <u>www.legacy.</u> <u>com/obituaries/calgaryherald/</u>.

## Approaching a Century of Women's Suffrage in Canada



Canadian women didn't win the right to vote without a struggle – albeit a non-violent one. Women's suffrage had become a provincial issue in the early 1880s after Sir

John A. MacDonald's attempts to grant Dominion franchise to widows and unmarried female property owners, failed. By the 1890s, school and municipal franchises were extended to women in most provinces but efforts to extend the provincial and federal votes did not succeed for several more decades.

In 1916, Manitoba became the first province to allow women to vote in provincial elections, largely because of the efforts of suffragist **Nellie McClung** (in photo) and the Political Equality League, founded in Winnipeg in 1912. **Doris Mae Oulton**, CFUW's VP Communications and Governance and member of the Board of the Nellie McClung Foundation,



applauds the feisty Nellie in the video <u>How Women</u> <u>Won the Vote</u>, shown on Global Winnipeg's Focus Manitoba weekly public affairs program on Jan. 31, 2014, a lead up to the 100<sup>th</sup> anniversary of women's suffrage marking the 100<sup>th</sup> anniversary of The Women's Parliament.



The Women's Parliament was

a satirical hit play launched on Jan. 28, 1914 in Winnipeg's Walker Theatre by Nellie McClung and the Political Equality League, pivotal in turning the political tide in favour of women's suffrage in Canada. A mock parliament, it used humour and reversed gender roles to debate the dangers of giving men the vote and to point out the injustice of not giving women the vote. It went on tour and was a great success - influential as well as entertaining. Two years after the launch, on Jan. 28, 1916, the Manitoba Legislative Assembly gave women the right to vote and run for provincial office. Other provinces soon followed suit: Saskatchewan and Alberta in 1916, British Columbia and Ontario in 1917, Nova Scotia in 1918, New Brunswick in 1919, Prince Edward Island in 1922, Newfoundland (women over 25) in 1925, and Quebec in 1940.

The federal vote in Canada was extended gradually to women – in 1917, to women in the armed services; in 1918, to women who were at least 21 years of age, not alien-born, and who met provincial property requirements; and by 1960, to all Canadians at least 18 years of age, including formerly excluded Aboriginals and Asians.

## Literature Study and Interest Group IV

Literature Study and Interest Group IV meets in members' homes on the second Thursday of each month at 1:00 p.m. Eight books are chosen to read each year, one of which is reviewed and discussed each month. On Thursday, Feb. 13, 2014, Kathy Greiner reviewed The Purchase by Linda Spalding, followed by a lively discussion. From left to right: Christine Marland, Elizabeth (Libby) Leslie, Diana (Di) Ainslie, Jocelyn (Joy) Johnstone, Ilse Zandstra, Mavis Hill, Kathy Greiner, Patricia (Pat) Hall, Co-Convenor Mary Wilkinson, Marian Thomson, and Ann deBeaupré. Photo by: Co-Convenor Marlene Hewitt



# 2014 NAC Musical Lunch & Silent Auction



#### Friday, April 11, 11:30 a.m. – Le Café, National Arts Centre

4 Elegant THREE-COURSE MEAL 4 PERFORMANCE of a first class musician

- ♣ COMPLIMENTARY TICKETS at each place setting to an upcoming NAC musical performance
  - 4 Two hours of FREE PARKING in the NAC Garage 4 DOOR PRIZES

All proceeds will go toward scholarships for young women at the Gawharshad Institute of Higher Education in Kabul, Afghanistan Open to all (men, women, CFUW-Ottawa members, non-members)

#### Sold Out Last Year!

## TICKET PRICE: \$40 (incl. tax & service charge)

- **RAFFLE: 10 Tickets for \$5 Bring your chequebooks for the Silent Auction.**
- Tickets sales start at the March 3 CFUW-Ottawa General Meeting. After that date, please contact Alice Bolt at (613) 731-5221 or by email at <u>ianbolt@sympatico.ca</u> to register. Online registrations and payments are not available for this event.
- 4 Mail cheques made payable to UWHAW to: Alice Bolt, 1531 Caton St., Ottawa, ON K1H 6J3
- Please advise Alice if you would like special seating arrangements.

Chair: Mary Partington Sponsored by CFUW-Ottawa's University Women Helping Afghan Women (UWHAW) 믹

# International Women's Day (IWD) 2014

## Thursday, March 6, 2014, 6–9 p.m. The Centrepointe Atrium & Chamber (Ben Franklin Place)

Our 10<sup>th</sup> 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, **Our Stories – Our Future**, invites us to share our experiences. We all have stories to tell – as careerists, activists, feminists, caregivers, mothers, wives, at work and at play. Stories submitted will be posted on **Our Stories Board** at this event, for our reading pleasure.

We'll start with a reception with delicious hors d'oeuvres. We'll be entertained by Ottawa's **Dandelion Dance Company**. Our special guest speaker is **Clare Beckton**, Executive Director, Centre for Women in Politics and Public Leadership, Carleton University.

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

## JANUARY GENERAL MEETING CANCELLED

For the record, the CFUW-Ottawa General Meeting scheduled for Jan. 6, 2014, at 1 p.m., was cancelled on Jan. 5 because of anticipated inclement weather. The bad weather did indeed materialize, with freezing rain and wind making for treacherous driving and walking conditions.

Thanks to the Board members who participated in promptly advising Grete Hale, our guest speaker, and all members. As well as sending an email to all members with an email address and phoning those members without email, cancellation notices were placed on CFUW-Ottawa's website, Twitter, Facebook, and other media as possible.

Grete Hale's presentation was postponed indefinitely.

## CFUW Ontario Council Proposed Resolution for 2014

#### Urgent Educational Supports for Ontario's Children and Youth in Care

CFUW Barrie and District is seeking approval for this resolution at the CFUW-Ontario Council AGM on May 10, 2014. See the full text and background of the resolution at www. cfuwontcouncil.ca/Resources/ 2014%20resolution%20package.pdf. It addresses the need to improve services to educate, prepare, and support young people in and leaving care to reach their full potential. For example, youth in and from care are over-represented in the justice system and in homelessness; only 44 percent of children in care finish high school, compared to 82 percent of other children. This is simply not acceptable.

Ontario Clubs are asked to review the resolution. Our CFUW-Ottawa Issues Committees members met on Feb. 17 for our initial review. We will submit our comments, suggestions, or amendments "*as agreed and approved by our CFUW-Ottawa Issues Committees*" to the CFUW Ontario Council Resolutions Chair before the April 1 deadline. All members who are interested in participating in our review of this important issue are welcome to join us.

> **Charlotte Rigby** VP Liaison

## 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 <u>here</u>.

## Our Emerging Mosaic



Notre mosaïque émergente



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 Topic: Mental Health Services Initiative Service Collaboratives – A New Way for Systems Improvement See Brochure

Speaker: Alexia Jaouich, PhD Provincial Service Support Program, CAMH

**Registration: \$30** prepaid includes **lunch**. Catering requires a **registration deadline** and **dietary requirements** by the Monday prior to the meeting. The <u>Registration Form</u> is located at <u>www.cfuwontcouncil.ca/</u>.

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.

Future Meeting: Sept. 27, 2014

## Happening at Local CFUW Sister Clubs

The 2013-14 programs of our local sister clubs 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:** <u>www.cfuw</u> <u>kanata.ca</u> General Meetings: 2<sup>nd</sup> Wed. of the month, 7 p.m. at Stonehaven Apts., 70 Stonehaven Dr., Kanata

**CFUW/Nepean:** <u>www.cfuw</u> <u>nepean.ca</u> General Meetings: 1<sup>st</sup> Tue. of the month, 1 p.m. at Knox United Church, 25 Gibbard Ave., Nepean

**CFUW Perth: <u>cfuw-perth-</u> <u>district.com</u> General Meetings: 3<sup>rd</sup> Mon. of the month 6 or 6:30 p.m. at Royal Canadian Legion Hall, 26 Beckwith St. E., Perth** 

