



Canadian Federation of University Women – Ottawa

# Capital Carillon

## November General Meeting

**DATE:** Monday, November 5, 2018

**TIME:** 7:30 p.m.

**PLACE:** Riverside United Church,  
3191 Riverside Drive,  
Ottawa, Ont. K1V 8N8  
(by Mooney's Bay)

**SPEAKER:** Nafisa M. Jadavji, PhD

**TOPIC:** Keeping your brain young:  
how nutrition can make a  
difference

Photo by Marie Brinkman



Dr. Nafisa Jadavji is a neuroscientist working as a research associate and instructor at Carleton University and

the University of Ottawa. Dr. Jadavji's research focuses on understanding how dietary and genetic deficiencies affect neurological function over our lifespan. She will talk about the effect of vitamins and nutrients on normal aging, cognitive impairment and neurodegenerative diseases such as Alzheimer's disease; she will also describe the impact of vitamin supplementation on brain function.



## PRESIDENT'S MESSAGE

HEATHER LEWIS

As November rolls in, I start to think of the expression *No fun, no sun, No-venber!* Although we can't do anything about the sun, we can help with the fun and make your November a little brighter. On the evening of Monday, November 5<sup>th</sup>, our General Meeting will feature a speaker who comes to us highly recommended. Nafisa Jadavji is speaking on the topic of *Keeping Your Brain Young: How Nutrition Can Make a Difference*. My own brain can use all the help it can get in staying youthful and alert, so I'm prepared to listen seriously to great nutrition tips ... as long as I don't have to give up chocolate. Speaking of chocolate, at the November General Meeting we will have a special reception for our new members. Board Members are bringing the refreshments for this meeting, and I know that some of them are very good bakers. If you are a new member, come to be introduced; if you are a long-time member, come to make new friends.

Some CFUW-Ottawa members find it hard to get out to our meetings at the church on Riverside, especially in the evenings. If you know someone living near you who might need a lift, please reach out to her. Our online directory is also searchable by postal code, so if you are looking for a lift yourself, you should be able to find someone who lives near you.

At the November meeting, or online, you can sign up for our Holiday

Party, the afternoon of Sunday, December 2nd. This event is a major fundraiser for our Scholarship Trust Fund. Apart from enjoying a good dinner, you will have a chance to get grab bags, door prizes and purchase holiday home baking. This is not an event to be missed. If you can help in any way, please contact Patricia O'Flaherty, Chair of the STF, at [pmofflaherty@gmail.com](mailto:pmofflaherty@gmail.com), who would be happy to hear from you.

Plans are now underway for another party. Our International Women's Day event on the afternoon of Saturday, March 9th will be a Variety Show with appetizers and

(see **President's Message** on next page)

## INSIDE

100th Anniversary Pin

Mark Your Calendars

UWHAW Autumn Colours

The Used Book Sale Table is Back

CFUW-Ottawa Holiday Party

Season Opener

Beware! – Avoiding Fraud

Your Help is Needed

In Memoriam

The CFUW-Ottawa MadriGals

Exploring Indigenous Education Group

International Women's Day

## President's Message – continued

punch or wine. We are in the process of lining up some excellent talent, but we're also going to leave you time to chat with your friends. We'll need volunteers for that day too, to help with serving and planning the entertainment and refreshments, so if you can help, please contact Gail Tyerman, our VP Liaison, at [tyermag@rogers.com](mailto:tyermag@rogers.com).

As I announced at the last General Meeting, CFUW National has made some important decisions. First, the National Board has decided to make an advance payment of 45,000 Swiss francs as partial payment of the 2019 collected dues. This will help to keep GWI afloat. They also decided to form a CFUW/GWI negotiating committee to try to bring resolution to the issues which exist between CFUW and GWI. They are going to initiate a 100<sup>th</sup> Anniversary Membership Recruitment Campaign and have also decided to form a Revenue Generating Committee. You can read details about all of this at [CFUW-Ottawa.org](http://CFUW-Ottawa.org) under *News and Announcements: President's Message*, September 24<sup>th</sup>.

I hope to see you on November 5<sup>th</sup>.

**Capital Carillon** is published monthly from October to May, except for January.

Suggestions and comments are always welcome.

Please send all material for the next issue to Alison Hobbs, [newsletter@cfuw-ottawa.org](mailto:newsletter@cfuw-ottawa.org)

Next issue: December 2018, deadline for submissions: November 12

Previous issues are archived on the Club website, at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## 100th Anniversary Pin

Long-time CFUW member Beverley Boudreau of Alberta, who created the 100th Anniversary Pin, explains the colours she used in the design:



1. Red is imprinted on the human mind to connect with excitement and high energy. This is very appropriate for the CFUW! It's a dynamic and stimulating colour choice for a dynamic and stimulating organization.
2. Green is most often linked to nature and the shade chosen is fresh like the first buds of spring, representing renewal and growth.
3. Blue is perceived as a constant in our lives; it's reliable, trustworthy, dependable and committed. The "Communicator" blue was the shade that was used.
4. Orange (or warm yellow) is linked to autumn's burnished foliage or vibrant sunsets. It radiates warmth and vitality. Research reveals we associate orange with being friendly, inviting and approachable.

<http://www.fcfd.org>

## LOOKING AHEAD TO CFUW EVENTS IN 2018 AND 2019

## MARK YOUR CALENDARS!

All General Meetings take place at the Riverside United Church, 3191 Riverside Drive.

## 2018

**Monday, November 5, 7:30 p.m.** – General Meeting with guest speaker Nafisa Jadavji of Carleton University: *Keeping your brain young: how nutrition can make a difference.*

**Sunday, December 2, 12 noon to 3 p.m.** – **Holiday Party** at the RA Centre, 2451 Riverside Drive.

## 2019

**Monday, January 7, 12 noon** – General Meeting with guest speaker Lori Marchand of the NAC indigenous theatre: *Our stories are medicine.*

**Monday, February 4, 12 noon** – General Meeting with guest speaker François Rivet, documentary film maker and activist: *A food revolution in Yellowknife.*

**Monday, March 4, 7:30 p.m.** – General Meeting and scholarship awards.

**Saturday, March 9 – International Women's Day** (see page 8).

**Monday, April 1, 7:30 p.m.** – General Meeting with guest speaker Melanie Adrian of Carleton University: *Muslim youth in Canada; dancing the poetics of belonging.*

**Thursday, April 25 – Musical Lunch.**



## UWHAW Autumn Colours

Thanks to Hally and Hugh Siddons, who hosted the annual 'Autumn Colours' supper and talk on Sunday, September 9, the Study and Interest group University Women Helping Afghan Women was able to raise funds for young women attending the Gawharshad Institute of Higher



Left to right: Hally and Hugh Siddons, François Rivest, with his wife Luce Giguere, and UWHAW member Eileen Oleksiuk. Photo by E. Wilfert.

Education in Kabul. Newly retired Canadian Ambassador to the Islamic Republic of Afghanistan, François Rivest, gave the guests insightful perspectives on the current situation in Afghanistan, everyone enjoying fabulous hors d'oeuvres, a delicious dinner and desserts.

## The Used Book Sale Table is Back

Gently used books sell for \$2, with the proceeds divided equally between our Scholarship Trust Fund and scholarships for Afghan Women at the Gawharshad Institute of Higher Learning in Kabul.

Please consider donating your paperback books to help offset what it costs for a young woman to get a university education; at the same time, you can clear your cluttered bookcase and share a great read with a fellow CFUW-Ottawa member. Due to the weight of transporting books to meetings, we are primarily looking for paperbacks.

We appreciate exact change, so please bring your toonies and loonies and the books you wish to donate to our next General Meeting. See you at the table!

## CFUW-OTTAWA HOLIDAY PARTY 2018

**Elegant hot and cold buffet: family and friends welcome (women and men)**

Main fundraiser for our [Scholarship Trust Fund](#)

Sunday, Dec. 2, 2018, noon to 3 p.m.

Clark Room, RA Centre, 2451 Riverside Dr., Ottawa



Bake Sale • Grab Bags • Raffle • Jewelry Sale • Prizes • Silent Auction • Entertainment

Please contact either Mary Broderick at 613-421-1445 or Patricia O'Flaherty at [pmoflaherty@gmail.com](mailto:pmoflaherty@gmail.com) if you can donate prizes or items to be used for grab bags, raffle and silent auction. The items must be new. If your Study and Interest group would like to make a donation, please contact us.

Please contact Patricia O'Flaherty at [pmoflaherty@gmail.com](mailto:pmoflaherty@gmail.com) if you'd like to reserve a table for 8. Unfortunately, we can't reserve places for groups less than 8.

Buy tickets **\$45 (including taxes and service charge)** before November 26

- By contacting Christine Narraway at 613-722-5046 or at [ev923@ncf.ca](mailto:ev923@ncf.ca)
- At the October and November General Meeting
- By registering online at [www.cfuw-ottawa.org/events](http://www.cfuw-ottawa.org/events).

Make cheques payable to CFUW-Ottawa and send them to Christine Narraway at 42 Esterlawn Private, Ottawa, ON K2A 4B6.

Volunteers are needed to make this a successful event. Please send a message to Patricia, [pmoflaherty@gmail.com](mailto:pmoflaherty@gmail.com), if you'd like to volunteer.



# Season Opener September 17, 2018



At the CFUW-Ottawa Season Opener, City Hall. Thanks to all those who volunteered to make this event such a success.



Carol Hinde, with her daughter Kathryn and Barb Newbegin (on the right), greeting new and returning CFUW members at the registration table.



Kevser Taymaz, Hospitality Convenor (on the left), with Margaret Haines and Mary Broderick.

Photos by E. Wilfert

# BEWARE! AVOIDING FRAUD

By Fran Harding

Modern-day fraudsters work hard, 24/7, to separate you from your money. They'll take cash, credit cards, Bitcoin, iTunes cards, PayPal, even withdrawals from your bank account, if you let them. They will target you online, over the phone, by mail or in person. Thousands of Canadians lose millions of dollars to these criminals every year and the effect on families and businesses can be devastating.

Brock Godfrey, a representative of the Canadian Anti-Fraud Centre and the first speaker in our 2018-19 Speaker Series, outlined the most prevalent fraudulent approaches, offering tips on how to avoid them.

## Common scams

**Identity Theft** – Scammers look for ways to collect or reproduce your personal information, in order to make purchases, obtain passports, receive government benefit, or apply for loans in your name. This is a very serious crime.

**Tips** – Never provide personal information over the phone, by text, email, social media or the internet. Use strong and unique passwords for all accounts. Shred and destroy all identifying documents.

**Computer Compromised** – Phone calls or warnings by email (often with flashing colours or a siren) saying that your computer is “at risk” or has been compromised, are *never* from legitimate computer companies.

**Tips** – Don't talk to the caller. Hang up immediately. This is not rude; you are being smart. Never give them ac-



CFUW-Ottawa members and guests listening to Brock Godfrey, October 1.

cess to your computer; never accept their offers to fix the problem. Do not give away credit card information. If you suspect your computer has been infiltrated, contact a local, reputable computer company rather than someone listed on the internet: scammers are there as well.

**Phishing** – Unsolicited emails appearing to come from legitimate organisations (e.g. financial institutions, a business, or a government agency) are always suspicious.

**Tips** – Ignore communications from unknown contacts. Reputable organisations never request personal information through email or text. Don't give it to them. Delete suspicious messages; they may carry viruses. Do not open attachments or click on links they include. Do not call any phone number or respond to any email address included in the message.

**Canada Revenue Agency** – Any email, text, or phone call from the CRA promising a refund if you can provide banking details, or claiming that you owe money and must pay immediately to prevent the police being contacted, is fraudulent.

**Tips** – The CRA will never text you and never use aggressive or threatening language. The CRA does not ask for payment by prepaid credit cards, gift cards or through Interac e-Transfer. An email from the CRA would never ask for, or provide, financial information. If you are unsure, call 1-800-959-8281 or check online via “My Account”.

If you have been scammed or targeted by a fraudster, you should always report it. Don't be embarrassed. It happens to thousands of Canadians daily. Reporting the scam means that others can be protected.

## Contacts

- Canadian Anti-Fraud Centre  
1-888-495-8501 or through [www.antifraudcentre.ca](http://www.antifraudcentre.ca).
- Competition Bureau  
1-800-348-5358 or through [www.competitionbureau.gc.ca](http://www.competitionbureau.gc.ca).
- Ontario Consumer Affairs Office  
1-800-889-9768 or email [consumer@ontario.ca](mailto:consumer@ontario.ca).
- Your bank or financial institution:  
always use the telephone number on your account statement.

## A helpful publication

More information about scams and avoiding them is available in a publication called *The Little Black Book of Scams* (2<sup>nd</sup> ed). To obtain a copy, call 819-997-4282, or go to <http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>



## YOUR HELP IS NEEDED!

### J.F. Norwood House (Housing) – A service of the Elizabeth Fry Society of Ottawa



Since 1951, CFUW-Ottawa has been committed to supporting the Elizabeth Fry Society of Ottawa, the United Way agency serving women who have been released from an institution on parole or probation, clients of the Drug Treatment Court and clients from the Ottawa Hospital. During their stay, the women are offered a safe and encouraging environment where they can focus on education and employment

and thus have access to other EFry services and wider community supports.

Each year in November, CFUW-Ottawa and friends are asked for donations for EFry's J.F. Norwood House and the women living there. When they arrive at Norwood, the women have nothing. When they move back into the community, they need basic supplies such as bed sheets, towels, kitchen utensils, lamps, coffee makers, soap, shampoo, conditioner, toothpaste, underwear, new socks and much more. Lists of items needed will be distributed at the November General Meeting. New items and \$10 gift cards are also very much appreciated, as they can become gifts for the clients and their children at

the annual EFry client Christmas party.

To drop off items, please contact

- Christine at 613-739-7732  
[Christine.marland@gmail.com](mailto:Christine.marland@gmail.com) or
- Joan Bell Scott 613-680-4204  
[jbelle-scott@bell.net](mailto:jbelle-scott@bell.net) or
- Chris Narraway 613-722-5046  
[ev923@ncf.ca](mailto:ev923@ncf.ca).

Note that donations are needed by November 28<sup>th</sup>.

We thank you for your support.

**Christine Marland, Joan Bell-Scott  
and Chris Narraway**  
CFUW-Ottawa Representatives  
to EFry Ottawa

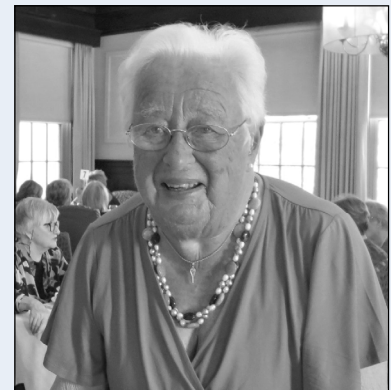
## In Memoriam

### Ann Hannan

Ann, born in 1929, died peacefully on September 7, 2018; she had been in failing health for a while. A dedicated member of the CFUW for 46 years, she faithfully attended the AGMs and was regularly seen at our Holiday Parties, Musical Lunches and Garden Parties. Ann belonged to eight of our Club's Study and Interest groups, including the Crime Fiction Book Club, Lunching Out and Sunday Brunch Group. She used to arrange for University Women Helping Afghan Women to welcome guest speakers to their meetings in

a communal lounge at the Colonel By Retirement Residence, where she lived.

A graduate from McGill University, Ann married in 1951 and lived with her husband Claude and their children in London and Chicago during the 1960s. She had a passion for travel, as well as for gourmet cuisine, outdoor sports, art and literature. Besides being in the CFUW, she was also actively involved with the community of St Matthew's Church, the Friends of English Theatre, the Ottawa



Women's Club and the Ottawa Newcomers Alumni Club. Ann clearly enjoyed the company of her loving family and so many friends. We shall miss her.

## The CFUW-Ottawa MadriGals

By Leila Metcalf, Convenor



We are a group of women who love to sing and to share the joy of music with others as a community service. Established as a choir in 1973, we are now 45 years old. Founding members included Barbara Reid, who sang with us until 2017. Joy Johnstone was a well-remembered Director (1980-2013).

We currently have 26 singers, plus director, and me as accompanist. Any CFUW-Ottawa member who wants to sing is welcome to join; there is no audition and the ability to read music is not a requirement. CFUW-Ottawa members are invited to try us out by attending a session, as are non-members who might be thinking of joining.

We usually sing in three parts: first soprano, second soprano, and alto. *The MadriGals Are Here* is our signature, performance-opening song. Set to the music of a Renaissance madrigal, the words were written by a group of our singers led by Mary Partington. In the past we sang the occasional madrigal,

although now we favour more contemporary compositions including folk and popular songs, show tunes, and seasonal music. We especially love our usual closing numbers: Oscar Peterson's *Hymn to Freedom* and the Zulu freedom song, *Siyahamba*.

Each year we add one or two songs to our repertoire. Singers let us know their preferences for new songs, then our Director, Elizabeth Dickson, has the final say. Elizabeth is a talented musician who has sung in choirs and studied conducting. We are energised by her musical knowledge and dynamic conducting. Our weekly rehearsals are lively!

We sing in December and April for community groups, for seniors at retirement homes, and for the occasional CFUW-Ottawa event. Our dress code is solid black, sometimes accented with brightly-coloured scarves. The program depends on the audience and the season. A performance for residents of a retirement home

typically lasts 40 minutes and includes opportunities for the audience to sing along with us. We are often invited to "come back next year", and we do! Kringen Hencin, one of our singers, likes to think that any seniors' sing-out is a notable occasion, when at least one person in the audience is touched by one of the songs or sings along: "I watch the audience for those moments and when I see them, what we do seems worthwhile."

Patricia Bays, another of our singers, writes: "It has been a privilege to sing at retirement homes, at Christmas lunches and at our CFUW meetings. I think the group has developed a real community of concern for one another as well. Perhaps meeting every week for a year brings us that closeness."

We practice on Wednesday mornings 9:30-11 a.m. at St. Timothy's Presbyterian Church, 2400 Alta Vista Drive. If you might like to join us, or for further information, I welcome your email: [leila.metcalf@rogers.com](mailto:leila.metcalf@rogers.com).

## Exploring Indigenous Education Group

Last spring, members of the Exploring Indigenous Education Group enjoyed listening to Robert Jerome, Program Coordinator with the Urban Aboriginal Alternative High School Program of the Odawa Centre. In partnership with the Ottawa Carleton District School Board, this alternative program for aboriginal youth from ages 16-21 combines independent learning modules with structured programs in Math, Science and other academic subjects, as well as providing cultural background and experiences for the students. Mr. Jerome, an experienced educator who has taught everything from kindergarten to university students, introduced us in an engaging way to many of the issues facing indigenous students today.



Photo by Dianne Thurber

### International Women's Day – March 9, 2019 Calling all CFUW Members and Friends



Celebrate International Women's Day with an afternoon of fun and laughter. We are arranging a splendid show with music, dance and comedy. This is your chance to shine. If you have a talent or know someone who has, write to [issues@cfuw-ottawa.org](mailto:issues@cfuw-ottawa.org) or call Gail Tyerman, 613 680-1389. Don't be shy. Your club needs you!

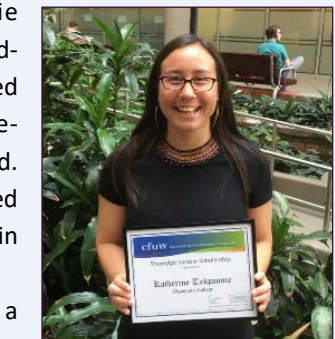
### Did you know...?

One of the goals of Exploring Indigenous Education is to educate ourselves and others about topics relating to young aboriginal Canadians. To this end, a noteworthy fact will appear in each month's *Capital Carillon*.

This month, we remind all members that the CFUW Scholarship Trust Fund supports a range of awards to young people studying in Ottawa's post-secondary institutions. The \$1,500 Sherrylyn Sarazin Scholarship is presented annually to an indigenous student enrolled in the second year of an Algonquin College diploma course. Ms. Sarazin, for whom the award was named, is an Algonquin College graduate, the first woman to be elected to the Council of the Algonquin of Pikwàkanagàn First Nation.

Katherine Takpanie (pictured here), a second-year student in Advanced Inuit Studies, is the recipient of the 2018 award. Katherine has maintained an excellent GPA of 4.0 in her program.

By taking part in a CFUW-Ottawa fundraising event such as the Christmas party, you are helping to sustain our scholarship program, thus supporting a young aboriginal student like Katherine. That's a win-win-win!



Katherine Takpanie



Martha Musgrove

Photo by E. Wilfert

Contact Martha Musgrove ([musgrom@hotmail.com](mailto:musgrom@hotmail.com)) or Judith Neale Holtzhauer ([judithneale@rogers.com](mailto:judithneale@rogers.com)) for further information.