



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE: Monday, Oct. 1, 2018
 TIME: 7:30 p.m.
 PLACE: Riverside United Church,
 3191 Riverside Drive,
 Ottawa, K1V 8N8
 (by Mooney's Bay)
 SPEAKER: Brock Godfrey of the
 Canadian Anti-Fraud Centre
 TOPIC: Don't get scammed! Mass
 Marketing and Cybercrime
 Awareness



On the whole Canadians are trusting folks. This is a good thing. Unfortunately, it also makes us vulnerable to those who

do *not* have good intentions.

When the Canada Revenue Agency calls, we listen. If Microsoft apparently sends us an email offering to fix a malicious attack on our computer, we are quite likely to let them. The problem is, we are setting ourselves up to be taken advantage of.

Modern, sophisticated fraud is on the rise in Canada. It has gone well beyond the letters and emails from Africa advising us that long-lost relatives have left us a fortune, or door-to-door people soliciting for a non-existent charity. Major institutions and businesses can be robbed of millions. Our identities can be stolen,

(see **Meeting** on next page)

PRESIDENT'S MESSAGE

HEATHER LEWIS

Our 2018-19 season is now well underway. 2019 will be a special year for the Club. Both the CFUW and GWI (Graduate Women International) will have been in existence for 100 years. To celebrate the 100th anniversary, a number of projects and awards are planned at the national level. Do you remember how, in 2017, we celebrated some CFUW-Ottawa "Notable Women"? These names have been submitted to CFUW National as nominees for a hundred 100th Anniversary Notable Women to be chosen in 2019 from Clubs across Canada. Clubs are also raising money to award special 100th Anniversary Scholarships. The CFUW-Ottawa Scholarship Trust Fund has already established the CFUW National 100th Anniversary Scholarship at Carleton University, an endowed scholarship, for \$2000. Our Club has been supporting women in their studies for more than a hundred years. I can only begin to imagine how many lives we have touched with these awards over the years.

If you haven't looked at our website recently, I suggest that you check out cfuw-ottawa.org. Barb Newbegin, our Website Convenor, has been updating the site with a new look and streamlined sections. I think you will like what you see. If you spot anything that needs to be updated or changed,

please contact her at b.newbegin@rogers.com. It is important that we keep the site looking fresh and up to date.

While you are looking at the site, you will see links under News and Announcements to detailed information about the National Electronic AGM, held on June 23, 2018. A number of our members gathered in my TV room to participate in this. Since this was the first time the AGM was held electronically, we were curious and even a bit apprehensive about how it would work. Clubs across Canada checked in and participated. Overall it was a very smooth experience. Grace

(see **President** on next page)

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we receive demands for ransom money to get our data back. And when it happens to us, we may be too ashamed to admit it or report it.

CFUW-Ottawa is fortunate to have an expert speaker from the Canadian Anti-Fraud Centre at our October 1 general meeting. Brock Godfrey, a retired teacher and volunteer with the Centre, makes presentations on the topic of fraud awareness across the country and has received the Superintendent's Award of distinction from the RCMP for this work. CFUW members are encouraged to attend and bring a friend to this special, extended presentation.



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

Suggestions and comments always welcome.

Please send all material for the next issue to Alison Hobbs at newsletter@cfuw-ottawa.org

Next issue: November 2018, deadline for submissions: October 15

Previous issues are archived on the Club website at www.cfuw-ottawa.org.

President – continued

Hollett was re-elected President, the Winnipeg Financial Motion did not pass, nor did a motion for a dues increase.

The fact that the motion for a dues increase failed has been a complicating factor in a discussion going on at the CFUW National Board about paying the GWI fee increase, originally invoiced for June 30, 2018. GWI President Geeta Desai delayed the due date at the request of our National CFUW President, Grace Hollett. As I write, I am aware that a meeting of the National Board is being held on September 15 to decide, among other

matters, the payment of this debt to GWI. Our CFUW-Ottawa Board knows that, together with a number of other Club Presidents, I signed a letter to Grace Hollett requesting that this fee increase be paid and that some independent professional mediation be found to help bridge the divide between pro- and anti-GWI leaders in CFUW. It is in everyone's best interests that a measure of resolution can be found.

Our October speaker is Brock Godfrey and his topic is *Protecting Yourself From Fraud*. Those fraudsters are getting more and more devious. We need to be careful.

LOOKING AHEAD TO CFUW EVENTS IN 2018 AND 2019

MARK YOUR CALENDARS!

2018

Monday, October 1, 7:30 p.m. – General Meeting with guest speaker Brock Godfrey of the Canadian Anti-fraud Centre: *Protecting yourself from fraud*.

Monday, November 5, 7:30 p.m. – General Meeting with guest speaker Nafisa Jadavji of Carleton University: *How nutrition changes the aging brain*.

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.

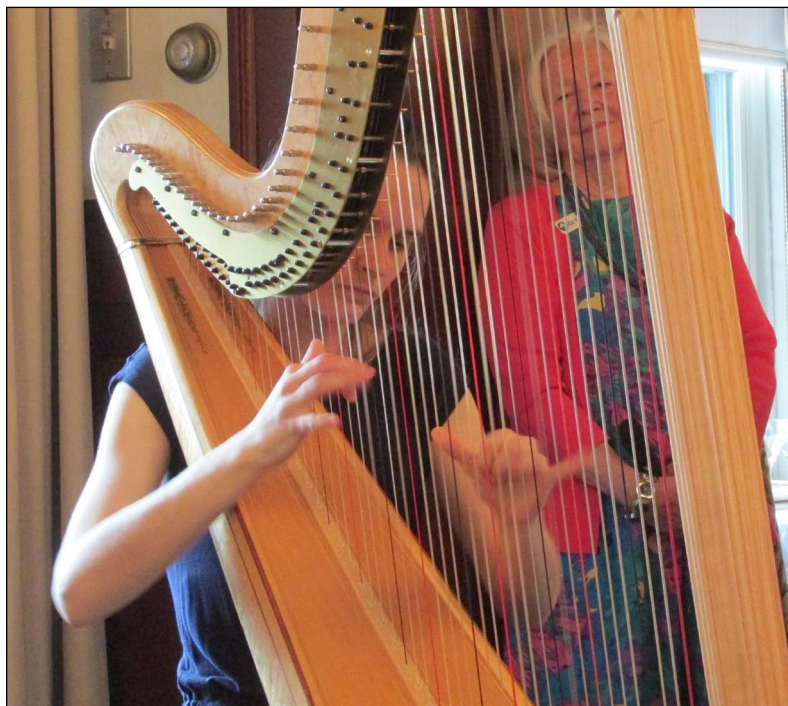
Monday, April 1, 7:30 p.m. – General Meeting with guest speaker Melanie Adrian of Carleton University: *Muslim youth in Canada; dancing the poetics of belonging*.

Thursday, April 25 – Musical Lunch

Musical Lunch in Aid of Scholarships

During our annual Musical Lunch, served this year at the Royal Ottawa Golf Club on April 25th, we heard a lovely performance of music by Bach and Debussy and arrangements of songs from Newfoundland, played by a young harpist from Newfoundland, Sarah Veber. Sarah, a Youth4Music ambassador and member of the NAC's education team, spoke about her beautiful instrument. She is currently studying for a BMus in harp performance combined with neuro-physics at the University of Ottawa. Mary Partington, initiator of our Musical Lunches, introduced her.

Mr Nader Yama, Minister Counsellor and Deputy Head of Mission for the Islamic State of Afghanistan, emphasized how grateful Afghans are when a group outside the usual aid organisations contributes towards a specific cause in his country. With so many of our CFUW members and friends supporting this event, that included a silent auction and raffle, the Study and Interest, advocacy and external outreach group, University Women Helping Afghan Women (UWHAW), was



able to raise more than \$6000 towards scholarships for girls studying at the Gawharshad Institute of Higher Education in Kabul. As reported in the July edition of the Communicator, CFUW's national newsletter: "To date, 31 girls have already graduated from GIHE on UWHAW scholarships; another 5 will do so in 2018 and 2019, and 25 in 2021."

The profits from our ticket sales (another \$3000+) went towards CFUW-Ottawa's Trust Fund for our 23 Canadian scholarships at the universities of Ottawa, Carleton and Algonquin College.

Dedicated organisers and volunteers made tremendous efforts towards the success of this event, and the generosity of our donors should be gratefully acknowledged, as well.

CFUW National Award to CFUW-Ottawa

In addition to the recognition we already received from the Ontario Council, we got a "Special Project Award" from CFUW National for our International Women's Day *Dessert and Drama*.

See the April 2018 edition of the Capital Carillon for further details of this enjoyable event

that took place on March 10, a networking opportunity which also highlighted lifelong learning, the advancement of women and fundraising. By presenting Joan Conrod's play, *Women Vote Indirect*, we were able to highlight some famous women in Canadian history.

In Memoriam

June 17, 2018, at the Ottawa General Hospital, **Jean Chapman** passed away after a brief struggle with cancer, aged 73. Having completed a Masters degree in Education while raising a toddler at home, Jean taught Music for Young Children with the Ottawa School Board. Through lessons at her house, she educated hundreds of piano students.

Jean joined the CFUW in 2005. Her welcoming smile at a registration desk at any CFUW-Ottawa event was her trademark. She was a member of our art and literature study groups, Exploring Indigenous Education, two bridge groups, and the 'Madrigals'.

Every year, Jean played an important role in our celebrations for International Women's Day, arranging rentals of venues, organising volunteers, collecting donations

for door prizes and pioneering our online registration system for buying tickets. Jean joined our Board as director of the Study and Interest groups, a huge job dealing with more than 50 convenors; her diplomatic skills were outstanding. This work included arranging our annual Season Opener. As Vice-President of Operations, she later took on the job of organising our General Meetings. Together with Patricia O'Flaherty, Jean first convinced CFUW-Ottawa that we ought to have a team—the Dragonauts—in the Ottawa Dragonboat Festival Races, and then that a series of pub Trivia nights, including family and friends, would be a great fundraiser for our Scholarship Trust Fund. Jean's most recent contributions were in the role of STF Trustee.



Betty Bertrand, President of CFUW Kanata, sent a message of sympathy to us, and Charlotte Rigby, former President of CFUW-Ottawa, speaking at Jean's funeral, called her an exceptionally gifted woman and a wonderful friend.

CFUW-OTTAWA HOLIDAY PARTY 2018



Elegant Hot and Cold Buffet: Family and Friends Welcome

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 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.

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

- By contacting Christine Narraway at 613-722-5046 or at ev923@ncf.ca
- At the October and November General Meetings
- By registering online at 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, if you'd like to volunteer.

A Triumphant Day

By Johanna Oehling

The concept of aging women is fraught with stereotypical misconceptions and misnomers. Typically, women today are often viewed as physically weaker and more frail, particularly once they reach 'a certain age'.



Johanna with her swim coach, Julia Aimers, and with her prize for coming first in her age category (70 and over).

The Gatineau Trails group of CFUW-Ottawa is a case in point in how that is not so. About 75 women take part, many of them super fit and super active. We are fortunate to have access to so many recreational amenities and appreciate the trails, nature, lakes and rivers around us in the Ottawa and Gatineau areas. Weather permitting, during the spring and fall, we typically engage in demanding hikes in Gatineau Park. These adventures alternate with urban walks led by a volunteer who has taken the time to research the area and lead us

on an interesting route. In winter the group mostly skis the beautiful and often challenging trails in Gatineau Park. On a typical weekly outing, skiers will meet in one of the park's cabins for lunch, enjoying the opportunity to network and enjoy the warmth over a wonderfully heated wood stove. In summer, many of us get together informally to cycle the various bicycle paths in and around the city.

This summer three members of our group, aged between 51 to 71, were inspired to compete in a Try-a-Triathlon, held in Perth at the recreational community centre on June 2nd. The triathlon required participants to swim 500 meters, cycle 16 km and run 4 km. The criterion for evaluation was based on completion of the three sporting activities, by age and time. All three of our members successfully completed the events: one woman completed

the course, finishing with her personal best; one overcame and conquered her fear of swimming in deep water; one of us won in the 70 and over age category. It was a triumphant day for all three, as there was a bit



Johanna with her granddaughter Emma who encouraged and supported her during the running segment.

of worry before the race whether they would have what it takes to complete each of the required sports in rapid succession. But, as the old adage states, 'age is not necessarily a marker of fitness'!



Triathlon athletes Johanna, Ariane, Anne and Leslie. All are CFUW members, except for Anne.

Pink Rose Award, 2018

By Gail Tyerman

In a volunteer run club like CFUW-Ottawa, it takes a lot of people to make it flourish. Some take on leadership roles and we see them front and centre at events. But many people also contribute devotedly behind the scenes, with no thought of reward, and, in order in some small way to recognise these deserving members, last year our club decided to institute the Pink Rose Award.

The inaugural award in 2017 was given to Elaine Copeland, who for many years manned the book table at our General Meetings; it has taken a group to replace her.

At the CFUW-Ottawa Annual General Meeting this year, we honoured another such member—Lynne Bond. She welcomes new members and encourages us to become engaged. She is a bridge player, a crime



Lynne Bond (right) receives the Pink Rose Award from President Heather Lewis at the AGM, May 8, 2018. Photo by E. Wilfert.

fiction and Literature III book reader, a Dining Out companion, and an enthusiastic volunteer at special events,

often the first to greet people on their arrival. At the International Women's Day tea and drama event, she baked 257 brownies, and very good they were too. She is passionate about policy and serves as chair of the Issues Committee.

In Memoriam



Ruth Willison died June 27, 2018. A longtime CFUW-Ottawa member, she was a loyal participant in UWHAW, as well as the Walking, Trail (Hiking), Snowshoeing and the Crime Fiction Book Club groups. She more than once worked on the organising committee for the annual Holiday Party that raises funds for our Scholarship Trust Fund.

Born in Kingston, Ontario, Ruth graduated from Queen's University and spent her teaching career at the Colonel By Secondary School in Ottawa. "Ruth was a special woman who travelled the world," as her obituary in the Ottawa Citizen said. In retirement, she worked as a volunteer for the May Court Club, The May Court Bargain Box, and at the Hospice itself.



UWHAW's Seventh Garden Party, June 12, 2018

To fund scholarships to the Gawharshad Institute of Higher Education in Kabul, University Women Helping Afghan Women once again held their summer evening garden reception at the home of Hally Siddons, with guest speakers who held everyone's attention.

The Hon. Maryam Monsef, Canada's Minister of Status for Women, one of 80,000 Afghan-born people living in Canada, spoke of privileges here of which "the girls back home" could only dream. 64% of the Afghan population is under 25; young people are rebuilding that country's foundations and the world needs to talk about the progress being made. An example of what's possible is the now famous, "articulate and courageous" Afghan Girls' Robotics Team from Herat, whose supportive fathers helped them to dream big dreams.

According to **Diane Harper**, Executive Director of the Afghanistan Division of Global Affairs Canada, "the situation has gone from appalling to merely very bad". She is inspired by a recent photograph of a group of women in burqas, some with their faces exposed, wearing only scarves on their heads; none of them is being chaperoned by a man. This is indicative of the change slowly but surely taking place in Afghan society. Canada's overarching strategy is to promote human rights, with a special focus on women and girls. Ms. Harper oversees Canada's contributions to an international trust fund, working in conjunction with Denmark,



Left to right: Sarina Faizi, Diane Harper, Hally Siddons, Maryam Monsef, François Rivest, with CFUW-Ottawa President Heather Lewis and Lorna Bickerton. Photo by Alison Hobbs.

the Red Cross, Red Crescent and the Aga Khan Foundation to support health programs and new schools in remote areas. Canada not only sends medical supplies to the armed forces in Afghanistan, we also fund literacy training for military personnel. With Canada's assistance, more than 2000 square kilometres of this war-ravaged country has now been cleared of mines.

Sarina Faizi, travelling from Kandahar especially to speak at this event, described herself as a risk-taker and activist since her youth; her place on the Kandahar Provincial Council is a rare role for a woman. Female Afghan voices, although often ignored or ridiculed, are of great value in the peace process. She was proud to announce that 30 female candidates were currently standing for election as provincial representatives: "See the hope of Afghanistan!" Describing girls' education in Kandahar, Sarina expressed gratitude for Canadian funding of online tuition in the English language.

H.E. François Rivest,

Ambassador of Canada to the Islamic Republic of Afghanistan, praised Sarina, telling us that she regularly "speaks her mind" to President Ashraf Ghani. Where 55% of the population earn less than \$1 a day, Afghanistan's insecurity is increasing. In rural areas, the Taliban offers services the government cannot, so a young man will join this movement in order to protect his family and earn some money. A drought in the north and northwest is causing the death of livestock. Only 18% of women and 45% of men in the country are literate. A third of Afghan girls marry before the age of 18. Child trafficking and abuse is prevalent, and there is little access to sexual or maternal healthcare. Afghans live from day to day "in survival mode."

This was a particularly successful reception, in beautiful weather, run by a thoroughly organised team. Our thanks to hostess Hally Siddons, to the event convener Lorna Bickerton, to Lizz Wilfert who arranged the Silent Auction, for their tireless efforts, and to all who participated.

The Fran Manning Scholarship

An exemplary CFUW member, Fran Manning (1952-2017) was commemorated at this year's UWHAW Garden Reception by her friend, Fran Harding, who gave the following announcement.

"Last summer University Women Helping Afghan Women lost a devoted member and friend. Fran Manning died far too soon. We remember her for her contributions to the Canadian Federation of University Women in Ottawa, and more particularly as a member of University Women Helping Afghan Women.

Fran believed that women's rights are human rights and that denial of those rights, wherever that injustice occurs, harms us all. For Fran, putting her beliefs and values into action was simply the right thing to do. She and her family have been strong supporters of our efforts to provide education to young women in Afghanistan through the Gawharshad Institute of Higher Education. As we all do, she believed that education is key to helping the women of Afghanistan achieve their rightful place in society. Education helps a woman, her family,

her community and her country.

The loss of our bright, warm, committed friend touched us all, so, at our first meeting last fall, as a group, we decided to establish a scholarship in Fran's memory. We consulted with the person who knew her best, her husband, Joe Morris. The founder of the Gawharshad Institute, Dr. Sima Samar, and the Gawharshad senior officials, have asked us to support a woman in postgraduate studies, identifying the great need for women to become defence lawyers. The United Nations has reported that, despite legislation in place since 2009 to protect women against violence, the level of violence has increased. Victims are pressured to seek mediation rather than go to court—violence against women is not considered a crime and, as a result, has become normalised. This has also undermined confidence in the criminal justice system as a whole. Furthermore, Afghan women are discouraged from using male defence lawyers and are reluctant to share information about violence with a male lawyer. If women are to have access to justice, they must therefore



Fran Manning

have female lawyers to assist them.

This is where we can help. UWHAW, with the generous on-going support of Fran's family, will assist a Gawharshad graduate to become a professional defence lawyer who will assist disadvantaged women seek justice in a hostile environment.

This is something Fran would want.

I am honoured to announce that University Women Helping Afghan Women will have its first postgraduate scholarship, the Fran Manning Scholarship in Law."

June 2018

Contributions to the Fran Manning Scholarship can be made by mailing cheques, payable to UWHAW, to Alice Bolt, 1531 Caton Street, Ottawa, ON, K1H 6J3.

