



Canadian Federation of University Women – Ottawa

Capital Carillon

January General Meeting

DATE and TIME: Monday, January 7, 2019.
Lunch at 12 noon;
meeting begins at 1 p.m.

PLACE: Riverside Churches,
3191 Riverside Drive,
Ottawa, K1V 8N8

SPEAKER: Lori Marchand of the NAC's
Indigenous Theatre.

TOPIC: Our stories are medicine.



The Indigenous Theatre will open during the 2019-2020 season to mark the NAC's 50th Anniversary.

Appointed in April 2018, Lori Marchand is its first Managing

(see **Meeting** on next page)

In January, the meeting proper will start at 1:00 p.m., but you have the option of coming for a light lunch at noon. So that the organisers will know how much food to order, you must register for this \$10 meal in advance, either at the Holiday Party on December 2, or by sending an email to Joan Tyler, at jctyler@sympatico.ca.

The deadline for registration is December 31. You will then pay at the door on January 7. Please note that if you do not register, no meal will be ordered for you. If you have registered, but cannot come on the day, you will be asked to send a \$10 cheque to our Treasurer, Chris Narraway, to cover the cost of the lunch ordered for you.

PRESIDENT'S MESSAGE

HEATHER LEWIS

We had 105 people attending our November 5 General Meeting, and I'm told, in the memory of most people, that is a record number of attendees. Dr. Nafisa Jadavji spoke on the topic of *Keeping Your Brain Young: How Nutrition Can Make a Difference*. She certainly held our attention. If you missed her talk or wish to refresh your memory, she has kindly allowed us to post her Powerpoint slides on our Members Only page. Look for *CFUW-Ottawa General Meeting Speaker Series Presentations*.

I made a couple of announcements at the meeting which are worth repeating. Our Club is the recipient of a very special honour. Carleton University is naming CFUW-Ottawa as a **2018 Carleton University Leadership in Philanthropy Award** winner. This is a tribute to our Scholarship Trust Fund trustees, but it is also a recognition of what you all do. When you come to ticketed events such as our Holiday Party, when you buy a used book, and when you donate to the STF in other ways, you are helping to support the education of young women. A reception at Carleton, to which our Board Members and STF Trustees are invited, is scheduled for the evening

of Thursday, November 29. Carleton University is also issuing a Press Release which will be out by the time you read this Newsletter.

Our CFUW National President, Grace Hollett, is coming to Ottawa on November 20 to participate in a Child Care lobby on Parliament Hill. She will be having lunch with some of our CFUW-Ottawa Board members and our Regional Director on November 22. We will be delighted to share the news of the Carleton University Philanthropy Award with her.

2019 is the 100th Anniversary of CFUW National. As many of you will remember, one of the ways they plan

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

INSIDE

Mark your Calendar/ Upcoming Events

A Welcome for New Members

CFUW-Ottawa Holiday Party

Keeping Your Brain Young. Nutrition
Makes the Difference

Did You Know?

Your Help is Needed

International Women's Day

Diplomatic Hospitality

In Memoriam

The Used Book Sale Table

President's Message – continued

to celebrate is to name 100 women in CFUW across Canada who are notable. Because of the size of our Club, in 2017 we were able to nominate nine of our own members as potential National Notable Women, and we did so. I now know that *some* of these Ottawa Notable Women have made it into the National winners' circle and will be recognized as such. Their names, however, will be kept under wraps until the "great reveal" at the National General Meeting in Winnipeg in August. You'll just have to wait until August to find out who they are.

I'm looking forward to the Holiday Party on Sunday, December 2nd at noon. The Madrigals have been rehearsing, people have been bringing things in for grab bags, auction items, door prizes. Many of our members are making treats to bring for sale to help you with holiday baking supplies. There may still be time for you to reserve a place there if you haven't done so already, and I hope to see your smiling faces.

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

Next issue: February 2019,
deadline for submissions: January 15

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

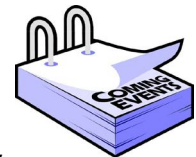
Meeting – continued

Director, working in collaboration with Artistic Director, Kevin Loring, with the aim of bringing First Nations' stories to the national stage. In June 2018 she received an honorary doctorate degree from Thompson Rivers University in recognition of her previous work as Executive Director of Western Canada Theatre. Dr. Marchand, of the Syilx Nation, grew up in

Algonquin and Secwepemc Territory, has lived in Ojibwa and Cree Territory and has worked with leaders of the Six Nations, the Métis and the Mohawk. She saw her first play at the NAC while living in Ottawa as a child, when her father, The Hon. Len Marchand, was the first Indigenous Member of Parliament to be elected to the House of Commons, representing Kamloops-Cariboo.

LOOKING AHEAD TO CFUW EVENTS IN 2018 AND 2019**MARK YOUR CALENDARS!**

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

**2018**

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

2019

Monday, January 7, 1 p.m. (with an option of lunch at noon) – General Meeting with guest speaker Lori Marchand of the NAC indigenous theatre: *Our stories are medicine*.

Monday, February 4,, 1 p.m. (with an option of lunch at 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 5).

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 in aid of scholarships for young women in Ottawa and Kabul.

Saturday, May 4 – CFUW-Ottawa AGM.

A Welcome for New Members

At our November General Meeting we warmly welcomed many of the women who joined CFUW-Ottawa for the first time this year. At the end of the meeting we had the opportunity to meet one another over a spread of refreshments provided by the members of the Board. We hope that the many activities that CFUW has to offer will be both

stimulating and rewarding to our new friends, and that they will feel at home with us.

If you know someone in Ottawa who might be interested in joining our Club in the future, please encourage her to come and meet some of us, perhaps at one of our General Meetings, which are open to the public, or at a meeting of an

Interest Group. (We are permitted to introduce a guest to an Interest Group once a year.)



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 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 if you'd like to reserve a table for eight. Unfortunately, we can't reserve places for groups of fewer than eight.

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 November General Meeting
- 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.

Keeping your brain young. Nutrition makes a difference.

Report by Gail Tyerman

Nafisa M. Jadavji, PhD, told a packed audience at the November 5 General Meeting that new scientific studies reveal how the brain functions and are beginning to offer some practical steps individuals can take, to keep their brains functioning well throughout their lives. Her clear explanations of a complex topic provided her audience with new insights and understanding of the interaction between nutrition and neurodegeneration, which is the progressive loss of brain function.

Dr. Jadavji started by introducing us to neuroscience, the study of the brain and behaviour. She described how brain development starts in the womb and continues for about 20 to 25 years. The brain is complicated and variable, with different parts responsible for different things.

She described how the brain begins to age at different rates for everyone. Researchers are examining why this is so. It seems that some people may have neurodegeneration, a progressive loss of function, from a relatively young age, but not show any symptoms until reaching a turning point

much later. Researchers are trying to understand why two individuals with the same physical loss of brain function can have significantly different symptoms, with one showing no signs of dementia and the other having one or more cognitive domains impaired. Scientists are also studying “super-agers” who live to be over 100 and may have certain protective factors against cognitive decline.

Currently it is thought that one out of 50 people between 65 and 70 will have symptoms of dementia and one out of five after the age of 80. Studies show that there are factors that help avoid this decline, such as education, exercise, intellectual engagement, social interaction and diet. Fish, vegetables, fruits, coffee and light-to-moderate alcohol intake are reported to reduce Alzheimer’s disease. One British study determined that folic acid and vitamin B12 may play a role in reducing the rate of mild cognitive decline.

More information about this instructive lecture can be found on the CFUW-Ottawa website, where Dr. Jadavji’s slides are posted in the member-only section.

Did you know...?



Ottawa is home to Nunavut Sivuniksavut, a post-secondary college that offers one and two-year diploma programs to Inuit youth. The goals of the college, located on Rideau Street, are to provide students with a strong sense of their history and culture and to equip them to play a leading role in the development and governance of their lands. For more information, visit www.nunavutsivuniksavut.ca.

One of the goals of the Exploring Indigenous Education Study and Interest Group 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*.

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



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. 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

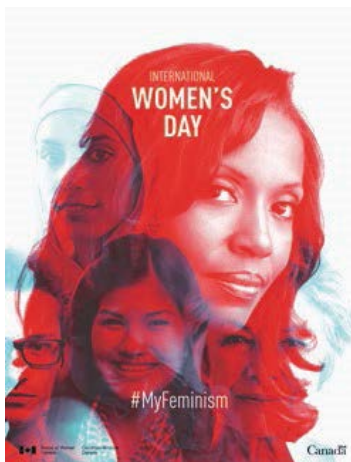
- Christine at 613-739-7732
Christine.marland@gmail.com or
- Joan Bell Scott 613-680-4204
jbell-scott@bell.net or
- Chris Narraway 613-722-5046
ev923@ncf.ca.

Note that donations are needed by November 28th.

We thank you for your support.

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

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 or call Gail Tyerman, 613 680-1389. Don't be shy. Your club needs you!

Diplomatic Hospitality



Visiting the cranberry bog with diplomat families. Photo credit, Lisa Haley.

Founded more than half a century ago, the Diplomatic Hospitality Group (DHG), the largest of Ottawa-CFUW's service groups, is known throughout the city for the warmth of its welcome to diplomats and their

families posted here. Convener Lisa Haley, with Margaret Shisko as her deputy, maintains the dedicated, dynamic leadership this group has known over the years, while Saba Fatemizadeh liaises with Ottawa's

Embassies. The DHG's mission is to showcase Canadian history, culture and everyday life in the National Capital Region for our guests from abroad, organising its activities "in the spirit of fun and friendship."



At the 'Oktoberfest' lunch. Photo credit, Sam Garcia Photography.



Left to right: Lisa Haley (DHG Convener) and Margaret Shisko (Co-convenor) thanking Sheryl Pacey at the AGM of the Diplomatic Hospitality Group in June. Sheryl had served on the Executive Committee of the Diplomatic Hospitality Group for 14 years. Photo by Saba Fatemizadeh.

The present season is no exception. On September 21st, our Breakfast Reception at the Metropolitan Brasserie on Sussex Drive greeted new and returning diplomats and their spouses, then on the first Friday of October, the DHG made a group outing, including children, to Upper Canada Cranberries, a local cranberry bog. October 26th saw about 50 Canadians, diplomats and guests at a brewery on Sparks Street, celebrating a German-Canadian “Oktoberfest”,

with entertainment from DHG’s German conversation group singing traditional songs (in German) before our lunch, accompanied by Vija Kluchert, some of us wearing Dirndl-style outfits. A more sober DHG event took place on November 9th at the Canadian War Museum, where curators gave a guided tour. Our annual Christmas Holiday Luncheon is at the Ottawa Golf and Hunt Club, held this year on November 30th.

For many years, our most popular

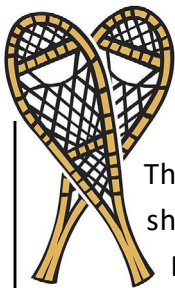
activity was the walk on traditional snowshoes that took place every Friday throughout the long winter, with homemade refreshments served afterwards; for a few years, the DHG was informally known as “Diplomatic Snowshoeing”. We still snowshoe in local parks, but with most participants nowadays using their own, modern snowshoes, still enjoying hot drinks and snacks afterwards.

The snowshoeing group and the German conversation group mentioned above are two Diplomatic Hospitality subgroups. Other such subgroups offer opportunities to learn English, to learn about francophone culture in French, or Spanish culture in Spanish, or to play duplicate bridge.

The 2019 program of whole-group events includes a ‘Learn to Curl’ day, a ‘Winter Festival’, a fashion show, a boat cruise, and visits to a sugar bush, the Canada Council Art Bank and the RCMP. For the complete program, or to join the DHG, write to diplomatchospitality@gmail.com.



Left to right, Mary de Toro, Svetlana Borcelova (Czech Republic), Mary de Toro (Taiwan, with baby Victor) and Judy Pillai at Upper Canada Cranberries. Photo by Lisa Haley.



The traditional snowshoes owned by the DHG have largely worn out and are now being sold as decorations. If you wish to buy a pair, please contact diplomatchospitality@gmail.com.



The Ambassador of Iraq, H.E. Abdul Kareem Kaab, and his daughter, with CFUW-Ottawa President Heather Lewis and Lisa Haley, at a recent dinner party. Photo credit, Embassy of Iraq, Ottawa.

In Memoriam

Joy Johnstone (1940-2018)

Joy was a long-time, active member of CFUW-Ottawa. A talented musician, she conducted our MadriGals choir for 33 years. She frequently played her flute to enrich the accompaniment, and also brought the Rothwell United Church handbell ringers to one of our General Meetings, at which they performed.

Joy loved the outdoors and was an enthusiastic participant with the Tuesday Cross-Country ski group. She continued with them when

they began to include biking in the spring and hiking in the fall. She occasionally joined a group participating in the Canadian Ski Marathon at Montebello, Quebec. She also skated on the Rideau Canal with other CFUW members.

An avid reader, she agreed to convene a new Thursday Literature Study group when the Tuesday Book Club interfered with her outdoor activity. She remained an enthusiastic participant for as long as her health permitted. Her numerous friends,



along with her husband Neil and their two sons and their families, mourn her passing and will miss her.

By Marlene Hewitt

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!

