



Canadian Federation of University Women – Ottawa

Capital Carillon

Holiday Party, December 1

At our Holiday Party at the RA Centre, there will be a raffle, grab bags and jewelry for sale, as well as a Silent Auction. A bake table will offer treats to take home; please bring some home made contributions to this sale, suitably wrapped, and your chequebooks or cash.



January General Meeting

DATE: Monday, January 6, 2020

TIME: 1 p.m.

In January, the meeting starts 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 by sending an email to Joan Tyler, VP Operations, at jctyler@sympatico.ca. The deadline for registration is December 30. You then pay at the door on January 6. 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.

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

SPEAKER: Senator Kim Pate

TOPIC: *Decolonizing Canada's Prisons
for Women*

(see Meeting on next page)

PRESIDENT'S MESSAGE

HEATHER LEWIS

At our November General Meeting there was a record turnout, and our members and guests didn't really want our speaker to leave. The Business Meeting after his presentation was followed by a lovely reception for the new members, whom it was a pleasure to meet. (See pages 3 and 4 for details.)

Now, in December, as the days keep getting shorter, we are conscious of increasing darkness. All cultures in the Northern Hemisphere look for brightness this month and will celebrate the return of the light in some fashion or other. We'll make a serious effort to brighten your December with our annual Holiday Party. I always enjoy this event and hope that you will, too. I am part of the MadriGals, a group that will be singing at the Holiday Party. We have been busy rehearsing and shall be visiting a number of seniors' residences and community groups to try to brighten their December, too.

If you like to sing, it's not too late to join the MadriGals. It's also still not too late to join other Study and Interest Groups and External Outreach Groups. The new year might be the time for you to try something new. The MadriGals group is only one of our External Outreach Groups. Others are Diplomatic

Hospitality (promoting Canada to foreign diplomatic guests), University Women Helping Afghan Women (who raise money to fund scholarships for young women attending the Gawharshad University in Kabul), and HIPPY (helping low-income parents prepare their three- to five-year-olds for school—see page 5). These groups have a long history of working with the community, locally and internationally, to support others.

Our Club reaches out in many other ways besides. The Scholarship Trust Fund has helped to finance the education of countless young women. Your donations to the Elizabeth Fry Society in December have always been

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Meeting – continued



Almost two years ago, Toronto Star columnist Vicky Mochama called the treatment of women – and especially

Indigenous women – in Canadian prisons “a human rights travesty.” She noted that women prisoners are routinely denied the basic human dignity, medical treatment, training opportunities and culturally appropriate spiritual support necessary to equip them for life beyond incarceration.

Our January guest speaker, Senator Kim Pate, has worked tirelessly throughout her career to bring the plight of such women to the attention of Canadian policy makers and the general public. In her talk, she will argue for a prison system rooted in humanity and empathy.

Kim Pate was appointed as an Independent member of the Senate of Canada in 2016. For over 20 years, she was the Executive Director of the

Canadian Association of Elizabeth Fry Societies (CAEFS), a federation of local societies working with and on behalf of some of the most marginalized, victimized, criminalized and institutionalized women in Canada. Senator Pate is a member of the Order of Canada, a recipient of the Governor General’s Award in Commemoration of the Persons Case, the Canadian Bar Association’s Bertha Wilson Touchstone Award, and five honorary doctorates from the Law Society of Upper Canada, University of Ottawa, Carleton University, St. Thomas University and Wilfred Laurier University.

President’s Message – continued

impressive. The Elizabeth Fry Society is an affiliate of CFUW-Ottawa. I know that as individuals you support many other causes in many other ways. You deserve to be proud of what you do.

The lyrics of one song the MadriGals will sing this month includes this line: “Let there be peace on earth and let it begin with me.” However you celebrate the holiday season with your family and friends, I wish you peace and joy. Most importantly, I wish you a happy and healthy 2020.

We look forward to the return of the light.

LOOKING AHEAD TO CFUW EVENTS IN 2019 AND 2020

MARK YOUR CALENDAR!

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

2019

Sunday, December 1, 12 noon to 3 p.m. – Holiday Party at the RA Centre, 2451 Riverside Drive.

2020

Monday, January 6, 1 p.m. (with an option of lunch at noon) – General Meeting with guest speaker.

Monday, February 3, 1 p.m. (with an option of lunch at noon) – General Meeting with guest speaker.

Monday, March 2, 7:30 p.m. – General Meeting and **Scholarship Awards**.

Monday, April 6, 7:30 p.m. – General Meeting with guest speaker.

Thursday, April 23 – Musical Lunch in aid of scholarships for young women in Ottawa and Kabul.

Saturday, May 2 – CFUW-Ottawa AGM at the Rideau Canal Junior Ranks Mess, 4 Queen Elizabeth Drive.

Thursday, June 4 – Dinner for Hope in aid of scholarships for young women in Kabul.

Thursday, June 18 to Saturday, June 20 – CFUW-National AGM, Delta Hotel, Ottawa.



The **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 2020; deadline for submissions, January 15. Previous issues are archived on the Club website, at www.cfuw-ottawa.org.

What every Canadian should know about China

By Martha Musgrove

Our November guest speaker, Richard Belliveau, set himself the monumental task of describing the genesis of the new superpower — the People's Republic of China. He focussed on consequences: how China's geography, language, culture and history have created the nation we see today.

Geography and demographics

China boasts the fourth largest natural landmass in the world, 9.6 billion km², transected by the Yellow, Yangtze and Pearl rivers, its climate ranging from temperate to subtropical, its landscape from deserts and plains to mountain ranges. Agriculture has thrived throughout China's 4,000-year history, enabling staple crops of rice (in the south) and wheat (in the north) to feed an increasingly large population. Since 1974 the population has grown from 800 million to 1.4 billion.

The Chinese script

Standard Mandarin Chinese is the official language, spoken by 70% of Chinese people. We were delighted to learn that the character 安 meaning "peace, calm, safety" combines the symbols (radicals) for "woman"

and "roof". Learning to read and write that ideographic script requires memorization of thousands of separate characters. Despite regional differences among the spoken dialects, written Chinese has always been a unifying factor, and bureaucrats trained in Beijing are sent to posts across the vast country, taking the views of the urban centre with them. There is a meritocratic aspect as well. Any Mandarin speaker may take the civil service entrance exam. Throughout its history, some of China's most brilliant scholars and administrators have come from modest backgrounds.

Culture and history

Chinese society is based on a rich history and culture and for centuries has been an advanced civilization, inspired by Confucian philosophy, inventing paper, movable type, porcelain, chess, gunpowder, the spinning wheel and umbrellas ahead of any other nation. After the great maritime voyages led by Zheng He in the 14th century, the country turned inward-looking. Confident in China's self-sufficiency, its rulers believed they needed nothing from the outside world. This isolation was gradually breached, first through



Leila Metcalf talking to Richard Belliveau after his presentation, with Barbara Newbegin on the right. Photo by A. Hobbs.

Portuguese, Spanish and Dutch traders and then in the mid-19th century by the British. Beginning with the Opium Wars, successive European incursions resulted in what the Chinese considered to be unfair treaties; the country was subjected to what it sees as a century of humiliation, culminating in the aggressive Japanese occupation of certain areas during in the 1930s. Such intrusions made China determined to regain its national unity and strength.

Civil war between the Nationalists and the Soviet-backed Communist Party ensued. The "liberation" of Chinese citizens by Mao Zedong's forces led to systematic repression; millions

(see **November Meeting** on next page)



The audience learning about China. Photos by A. Bolt and A. Hobbs.

November Meeting — continued

died in the Great Famine and during the Cultural Revolution. Now, in the 21st century, China plays a central international role. Since its transition to a successful market economy under Deng Xiaoping, most of the Chinese population has emerged from poverty.

Canada and China

Canada's relationship with China has been uneven. In the 19th century, Chinese workers were shipped in to help construct Canada's railways, although they were subject to a head tax and not welcomed to the same extent as were Europeans. In the other direction, missionaries to China included Canadians who were prepared to make lasting contributions in the fields of education, medicine and science. A few Canadian ambassadors to China were the children of missionaries. During the Cultural Revolution in the 1970s, Canada along with other western nations established ties with the People's Republic of China, recognizing the latter's claim over Taiwan.

Once current misunderstandings are resolved, Mr. Belliveau feels confident that Canada can soon return to an equitable relationship with the P.R.C. We were left with our own much improved understanding of an ancient and complex society that has contributed so much to the world.

**November General Meeting and New Members' Reception**

On November 4th, as well as hosting Richard Belliveau's talk about China (see page 3), CFUW-Ottawa held a business meeting followed by a reception for newcomers to the Club, for which Board members supplied the refreshments. This year, we have 34 new members and six returning members; we should make them all feel welcome at our meetings.

The Treasurer of our Scholarship Trust Fund, Joan Desautels, gave an encouraging financial report. The 2020 scholarships will be awarded to

Ottawa students at a public event on the evening of 2. March.

With regard to our Issues and Advocacy work, a CFUW-Ottawa Resolution on the menace of payday loans is in preparation.

This newsletter cannot publish the username and password for access to the CFUW's National Member Resources website at cfuwadmin.org, but Heather shared that information at the meeting. If you missed it, please contact her—heatherlewis2121@gmail.com.



At the reception for new members, 4. November, 2019. Photos by A. Bolt and A. Hobbs.

Convenor of the Month: Janet Hagey of the HIPPY-Ottawa Outreach Group

In March 2011, the CFUW-Ottawa Board approved a new community outreach project: supporting Ottawa's HIPPY Program. HIPPY stands for Home Instruction for Parents of Preschool Youngsters. The program is based around structured home visits by trained, peer Home Visitors who deliver books and curriculum activities to parents, usually recent immigrants or refugees, and then work with their pre-school children to prepare them for school in Canada. The program also includes events with other HIPPY families. The HIPPY Program is offered at two sites in Ottawa, one in Vanier and one in Ottawa South. Our volunteers work at the Vanier Community Services Centre at 290 Dupuis Street.

On her retirement from full-time work, Janet Hagey joined CFUW in 2004, encouraged by a member of our International Cuisine group who had also just retired. Since then, Janet has served as a Board member, at various times leading our Program Committee and taking responsibility for our website, and has worked on the Annual Report. With Carol Hinde and Nancy Simmons-Wright, Janet managed the Tours group for the 2010 CFUW National AGM and afterwards these three co-convenors decided to take on the challenge of developing an outreach project in accordance with CFUW-Ottawa's Strategic Plan. Janet says, "The HIPPY Program Coordinator had been a speaker at one of our monthly meetings in 2010, and we were looking for an existing organization, related to education, that



helped women. We wanted to supply volunteers without having to fund-raise. HIPPY met all of our criteria."

What the volunteers do

Currently the Outreach Group has five participants. In the early years, the group's major contribution was to organize monthly meetings with parents and provide administrative help. More recently, the Home Visitors have arranged most of the events with parents, and the CFUW group works in their office on Tuesdays afternoons organizing curricula and preparing materials for the Home Visitors, for example by adding page numbers to children's books. Most children's books do not have page numbers! (The HIPPY curriculum often refers to a specific page, so having numbered pages makes it easier to find.) Preparing materials for the Home Visitors in advance means that these people, some of them former HIPPY clients themselves, can spend more of their time with the families. At HIPPY events, the parents always

express warm thanks.

The CFUW group also volunteers at some events / meetings of HIPPY families, registering participants and serving food. Such help is especially appreciated during Saturday outings to the library or to a local festival (such as Vanier's Maplefest) and at the annual graduation ceremonies.

Volunteers are currently needed to help HIPPY parents with their English. Many parents are attending ESL classes and they would like the opportunity to practise with an English speaker. Details of how, where and when remain to be sorted out. If CFUW-Ottawa members express interest in helping in this way, Janet will work with the HIPPY Coordinator to figure out how it can best be done. Please contact Janet if you feel like volunteering with the group. Be aware that, in order to participate, CFUW-members first need to undergo the formality of a "vulnerable sector" police check (which can be done online) as well as an interview with HIPPY's Program Coordinator.

The rewards

Janet's most rewarding experience as a HIPPY volunteer is the annual "Graduation" ceremony. Accompanied by their proud parents, the children dress up in their best clothes and are very well behaved, ready to enter Kindergarten in the Fall. Another worthwhile experience is talking with HIPPY-supported parents at a group event and learning about the challenges of settling into Canada but also hearing how happy they are to be here.

Lillian Freiman, “The Poppy Lady”



Lillian Freiman ca. 1930, photo courtesy of Alex Dworkin Canadian Jewish Archives.

Recently, the Canadiana Group* heard an inspiring presentation by HCol. Dan Mackay, about Lillian Bilsky Freiman (1885-1940), community leader, philanthropist and role model. In her day, Lillian was one of the most influential women in Canada. This was a story of generosity, boldness and dedication. Since 2008, she has officially been a “Person of National Historic Significance”.

One of eleven children born to Moses Bilsky, a Russian-Lithuanian merchant in Mattawa, ON, and Pauline Reich, Lillian married Lithuanian Jewish immigrant Archibald Jacob Freiman, owner of the Freiman department store on Rideau Street (now the HBC store), in 1903. Theirs was a life of comfort, raising four children and entertaining many in their grand brick residence on Somerset Street West, today the Canadian Army Officers’ Mess.

Volunteer work

When WWI broke out, Lillian was 29 years old. She immediately dedicated

By Della Stanley, with the participation of HCol. Dan Mackay

her organizational skills and financial resources to the welfare of Canada’s soldiers, setting up a sewing circle in her dining room, installing 30 sewing machines, and soon dozens of women were making pyjamas and heavy lined dressing gowns for military overseas in conjunction with the Red Cross. This group became the nucleus for the Disraeli Chapter of the Imperial Order Daughters of the Empire (IODE) in Ottawa. Next, she opened her home on weekends to soldiers stationed at the Rockcliffe Camp and learned of the problems faced by their families left at home. This inspired Lillian to launch the *No Empty Stocking* campaign, providing 9000 children with a taste of Christmas during the war.

In the postwar years, Lillian participated in an Ottawa initiative to prevent the spread of influenza, helped Ukrainian Jewish orphans find homes in Canada and served on executives of the Ottawa Welfare Bureau, the Protestant Infants’ Home, Girl Guides, Red Cross, Ladies Auxiliary of B’nai B’rith and United Palestine Appeal. She also founded the Canadian branch of Hadassah. On learning that the new associations to help returning wounded and disabled veterans and their families lacked coordination, she invited interested parties to meet at her home. Thus emerged the Great War Veterans Association (GWVA), precursor of the Royal Canadian Legion. In 1933, in gratitude for her services, Lillian was named Honourary Life Member of the Canadian Legion. She was also the first woman to be appointed Honorary Life Member of the Canadian War Amps, served as Vice-chair of CNIB-Ottawa and as President of the Ladies Auxiliary of the Perley Home.

The Poppy Campaign

Inspired by Moina Michael of USA and Anne Guerin of France, vigorous advocates of the red poppy as the symbol of remembrance for war dead, Lillian convinced the GWVA to support Canada’s first “Poppy Day”—Nov. 11, 1921. By hand she made the first artificial poppies in her home. Later the Vetcraft shops employed disabled veterans to make the poppies. Lillian was convenor of the National Poppy Campaign for many years.

Lillian’s motto was “doing good by stealth”, regardless of race, creed or nationality. Nevertheless, her bold determination to help the disadvantaged and less fortunate saw her decorated as an Officer of the Order of the British Empire, Civil Division.

The next time you pin on a poppy, pass by her former home or pause at the War Memorial, be inspired by the example of Lillian Freiman. Like the tomb of the unknown known soldier, her coffin was covered with poppies when she died in 1940, aged 55.



Della Stanley with HColMackay, photo by Les Kumar-Misir.

* Meetings of CFUW-Ottawa’s Canadiana Group take place on the third Monday of the month, at 1 p.m.

EXPLORING INDIGENOUS EDUCATION

A CFUW-Ottawa Study and Interest Group

By Nancy Parker

Who are we?

This group was formed in response to the 2015 *Truth and Reconciliation Commission of Canada: Calls to Action* report. Underlying that report was the need for Canadians to educate ourselves on First Nations' affairs. Therefore our perspective is broad – exploring general issues through books, movies, discussion, speakers, field trips etc. as well as targeting indigenous education specifically. We hope to share what we learn with others, to advocate where possible and make linkages to the broader community. Come learn with us! The group meets on the 4th Friday of each month, 12:30-2:30 p.m.

Did you know...?

40% of all students who live on Reserves attend an elementary or high school off-Reserve and must pay tuition funded by the Reserve. For example, Ontario's Algoma School district charges an average tuition rate of \$12,819 per First Nation student attending its schools. This is even higher than the per-pupil amount stipulated by the Ontario Ministry of Education of \$12,598. (Algoma District School Board, 2013 and Ontario Ministry of Education, 2013)

Did you know...?

An Indigenous Affairs Resource Centre at the University of Ottawa serves 685 indigenous students. Our Study Group visited the Centre last spring.

Outdoor Activities



Left to right, Sue Carlton, Marion Agnew, Pauline Daling and Karen Shigeishi-Waite in the Gatineau hills, early November. Photo by Joanne Tuttle.



CFUW-Ottawa hikers meeting at the Hogs Back Falls in November.



CFUW-Ottawa members skiing in November, photo by Karen Shigeishi-Waite

Diplomatic Hospitality Group



On November 1st, The Diplomatic Hospitality Group toured the Preservation Centre of the National Archives in Gatineau, where Lisa Haley took this photo of Luki Setiawan, left, from Indonesia, and Mayumi Shepherd, CFUW member.

National Gallery Group



The National Gallery group at their first outing of the season, in September, photo by Deirdre Abernethy.





DO YOU KNOW WHO WE ARE?

Graduate Women International (GWI) is a cost effective, professional organization:

- Due to a strict austerity budget, hard work, strong leadership, and the generosity and passion of the last GWI Board, GWI is now financially stable, with no deficit planned for 2020, 2021 or 2022;
- GWI has only 1.6 paid employees, managing 15,000 members. Without incurring further costs, it also benefits from the rotating services of interns from 6 universities in the UK and the US, as well as qualified women from a Swiss government unemployment program;
- GWI's office recently moved to a less expensive location, closer to Geneva's Palais des Nations, where much advocacy work is done, and where it can collaborate with other nearby NGOs.

GWI's Triennial and Centenary Celebration in July 2019 revealed how prominently we are represented on the world stage. This is a well respected, international organization, as evidenced by

- the private reception for GWI delegates hosted by the World Trade Organization at their headquarters;
- the flying of GWI's centenary flag on the Mont Blanc Bridge in Geneva;
- the many prominent speakers at the Triennial, including senior officials from UNESCO, the World Trade Organization, the UNHCR, the International Red Cross, the University of Geneva, and distinguished human rights activists such as the granddaughter of Nelson Mandela.

CFUW Annual General Meeting June 2020

As you know, CFUW-Ottawa is hosting CFUW's national Annual General Meeting, June 18-20, 2020. The theme is *New Century – New Challenges*. Patricia Duffey and Christine Rollo co-chair the Local Arrangements Committee that is made up of nine sub-committees. Our committee volunteers have already been working hard to nail down all the details that will make this event a success, but are looking for extra help.

The **Program** sub-committee needs a few more dedicated ladies to work on developing the program and workshops; the **Sponsorship** and **Venues** teams need more people, too. The **Volunteers** sub-committee is seeking help with jobs immediately before and during the AGM. If you'd like to volunteer as an ambassador, greeter, "go-for", tour- or dinner-driver, let us know.

Please contact agmottawa2020@gmail.com.

Help
Wanted

I'm Dreaming of a Greener Christmas

By Beth Doubt

The holiday season is by tradition a luxuriant, lavish and self-indulgent time. However, reconnecting with people and sharing experiences is surely a better way to enjoy it.

My husband's family used to get together for a potluck meal, and we had our own Christmas concert on a variety of instruments, playing treble and bass parts. We exchanged only small gifts, often edible and homemade. My sister-in-law had a myriad techniques for presenting a gift without resorting to single-use wrapping paper, wrapping it in a tea towel or in a page from a comic, or putting it in a reusable bag, decorated by hand.

To find other ideas for reducing waste this holiday season, read this amusing blogpost — [12 Days OfPlastics](https://theecohub.ca/christmasinjuly-12daysofplastics) — where gifts for a more eco-friendly Christmas are suggested. If the link won't open when you click on it, copy and paste this url into a browser: theecohub.ca/christmasinjuly-12daysofplastics



Beth convenes CFUW-Ottawa's new Climate Change and Biodiversity Interest Group, with Kringen Henein. The group meets from 7:30 to 9:30 p.m. on the 2nd Monday of each month, to discuss where we could most beneficially take action to reduce our carbon-footprint and restore the health of the planet, and how best to share these ideas with a wider audience.