



Canadian Federation of University Women – Ottawa

Capital Carillon

Annual General Meeting

LAST CHANCE TO REGISTER

The cut-off date for buying tickets is April 28th

CFUW-OTTAWA 2019 AGM & LUNCH

Saturday, May 4, 2019

Registration 11:30 a.m.

Buffet Lunch at noon

Cost \$25

Registration open to Members Only

Riverside United/Church of the

Resurrection Anglican

3191 Riverside Drive

Register online at:

www.cfuw-ottawa.org

or by contacting

Christine Rollo at (613) 727-3857

PRESIDENT'S MESSAGE

HEATHER LEWIS

Particularly because I have a January birthday, I have long been familiar with the Roman deity Janus, the god of endings and beginnings. Frequently placed over doorways, he is depicted as having two faces, one looking backward and one looking forward.



He seems to be an appropriate image at this time.

We are finally seeing an end to winter and welcoming a start to spring. As a national Club, as we celebrate our centennial, we are recollecting all that the CFUW and GWI have achieved in the past 100 years. However, we are

also looking forward. In fact, we are planning for the 2020 National AGM with a proposed theme of *CFUW: The Next Hundred Years*.

On May 4th we shall hold our Ottawa Annual General Meeting during a luncheon at the Riverside Churches. This too is an occasion when we shall look

back at our successes this year and make plans for the upcoming year. We have
(see **President** on next page)

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Members and guests of the Diplomatic Hospitality Group at Vanier Museoparc. Photo by Les Kumar-Misir. See page 6 for more pictures from the Diplomatic Hospitality Group.

President – continued

had a whirlwind year. In April alone, a fascinating speaker gave us her insights into the attitudes and challenges of Muslim youth in Canada (see page 4), a special Seminar took place on *Empowerment through Education: A Global Agenda for Women and Girls* (see page 5) and we held a lovely Musical Lunch and Silent Auction (report to appear in the October 2019 newsletter). Our Study and Interest groups, our Outreach groups and our Scholarship Fund Trustees have all been continuing their important work. Thank you to our Board, to our convenors, to our Scholarship Fund trustees and to the many other volunteers for your diligent efforts. There would be no Club without you.

As in many CFUW Clubs, our membership is changing. We recognize how vital both recruitment and retention are to the continued success of CFUW-Ottawa and we are not only pleased to welcome new members, but are also proud to stand alongside the many dedicated CFUW members who

have given so generously of their time over the years. We also recognize that it is critically important to our success to have members volunteer to join committees and to lead the Club as part of the Board. What attracted you to our Club? What do you appreciate most about

CFUW-Ottawa? What opportunities do you see to increase our membership? What do we need to do differently, in order to meet our Club's changing needs? I welcome your feedback. The doorway to our future is here. Help us to face it with courage, ingenuity and wisdom.

LOOKING AHEAD TO CFUW EVENTS IN 2019

MARK YOUR CALENDARS!

Saturday, May 4, 11:30 a.m. – CFUW-Ottawa AGM, with lunch, at the Riverside United Churches, 3191 Riverside Drive



Friday, May 10 and Saturday May 11 – Ontario Council AGM

Friday May 24, 1 – 4 p.m. – Kairos Blanket Exercise (see page 9)

Wednesday, June 12 – Summer Evening Dinner For Hope, in aid of scholarships for young women in Kabul (see page 8)

Did you know...?

The Ontario Ministry of Education is now working with Indigenous partners to ensure that children and youth in provincial schools learn about First Nations, Métis and Inuit cultures, contributions and histories, including topics such as residential schools and treaties. In September 2018, the Ministry introduced revised Social Studies (Grades 1 to 6), History and Geography (Grades 7 and 8) and Canadian and World Studies (Grades 9 and 10) curricula that are now a mandatory part of

learning in the province. In addition, the Ministry is working with Indigenous elders and educators to revise the provincial Native Studies curriculum, including changing the name to First Nations, Métis and Inuit Studies.

For information about the CFUW-Ottawa study and interest group Exploring Indigenous Education, contact Judith Neale Holtzhauer (judithneale@rogers.com) or Martha Musgrove (musgrom@hotmail.com).

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: October 2019; deadline for submissions: September 15. Previous issues are archived on the Club website, at www.cfuw-ottawa.org.

World Religions Study and Interest Group

By Karen Shigeishi-Waite

This group endeavours to discover more about people of different faiths: their beliefs, their practices, their issues, their outlook for the future. By examining a variety of faiths, we can better understand different points of view, and see both differences and similarities. Once a month, we meet at a place of worship where its local representative gives a presentation and a tour. Our group is of a size (15 members) that allows everyone to engage with the presenter and ask questions. This year, we have visited the



Quaker Meeting House; the Unitarian Church; a Pentecostal Church; the Baha'i Centre; and the Chinese Alliance Church. Our venue in April was Ottawa's Ismaili Community Centre on Conway Road.

Over the years, the World Religions group has visited an estimated 50 or more local places of worship and has learned about 30 different religions. The presenters are very passionate about enlightening us on their faith, and we have always been warmly welcomed.

Convenors of the Month:

Peggy McGillivray, Christine Marland, Sandi Stanko

Peggy McGillivray has been Convenor of the World Religions group for three seasons. She spent many years living overseas in several countries, which sparked her interest in learning more about different religions. She belonged to the original group in 2009, then known as Bridging the Rivers of Faith. Peggy joined the CFUW in 2007 and also participates in the Gatineau Trails group, the National Gallery group and International Cuisine.

Christine Marland, who became Co-Convenor this season, has been a member of this group since 2011 and a CFUW member since 1997. As well as being a member of the National Gallery group, the Monday trail hiking group, Literature Study Group IV, the "Cookie" Bridge group and the Scholarship Trust Fund committee, she convenes CFUW-Ottawa's "Couples" Bridge group who meet



Left to right, Christine, Peggy and Sandi.

once a month, on Saturday evenings.

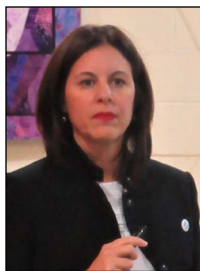
Sandi Stanko, who also became Co-Convenor this season, has been a CFUW member since 2006. She joined the World Religions group in its early days and rejoined last year. She is also a member of the Canadiana group, Literature Study Group II, and Exploring Indigenous Education.

Opera Performance

At 1 p.m. on Tuesday, May 7, 2019, the CFUW-Ottawa Music Group and friends will see a private performance of the new Canadian opera *MAISONNEUVE & MANCE*, commemorating the 375th anniversary of the dramatic founding of Montreal. The opera was composed by Aleksey Shegolev, a Russian-Canadian; the libretto is by Montreal writer Louise Gareau Des Bois, former President of PEN, who translated Hugh MacLennan's famous novel, *Two Solitudes*, into French. Louise Gareau Des Bois will join us from Montreal and Mr. Shegolev, presently touring Russia as guest conductor of another of his operas, hopes to join us here in Ottawa as well. The performance will take place at 45 Hawk Crescent. If you would like to attend, please let Joanne James (613) 731-2901, or Kati Lyon-Villiger (613) 523-7818 know as soon as possible, as seats are limited.

Muslims in Canada

By Patricia O'Flaherty



Dr. Melanie Adrian Professor in the Department of Law and Legal Studies at Carleton University is the author of *Religious Freedom at Risk: the EU, French Schools and Why the Veil was Banned*. She also played a leading role in establishing the Ottawa Chapter of *Scholars at Risk* and is the founder of *Be the Choice*, a not-profit organization dedicated to making breast cancer treatment information accessible to patients.

The focus of Dr. Adrian's current research is Muslim youth in Canada. She aims to publish a book about this and shared some of her preliminary findings with us. Her presentation began with a discussion of multiculturalism and how Canada deals with diversity by means of "reasonable accommodation" (a legal term): for example by permitting Muslim women to vote in national elections or by-elections without having to show their faces to an Elections Canada official.

According to opinion polls, new immigrants value freedom, equality and democracy as much as established Canadians do. After four years of research, Dr. Adrian's study indicates that young Muslims in Canada are adopting those same Canadian values

and have a strong sense of belonging here. At the same time, because most of their parents are immigrants, they feel a strong allegiance to their parents' homeland, as well.

Polls also indicate an anti-Muslim sentiment in Canada. The National Council of Canadian Muslims tracks incidents of violence against Muslims. Their statistics and Dr. Adrian's study both show a high rate of discrimination, harassment and physical violence against Muslim youth, particularly against young women (77.3%), but also against male youth (53%).

A 2018 survey showed that 60%

of Canadians agreed that government "must take action to combat Islamophobia".

Dr. Adrian's presentation left us with some questions:

- Why are minority groups harassed?
- Should governments mandate how we live in Canada, including what we wear?
- What does equality mean in Canada if are to take multiculturalism seriously?

The presentation was followed by many questions put to Dr Adrian and the animated discussion that ensued left us with much to think about.



At the General Meeting in April, Joan Tyler (right) handed a cheque for \$533.37 (raised at the IWD Cabaret in March) to Patricia O'Flaherty (left), Chair of the Scholarship Trust Fund and to Heather Lewis. This cheque represented half of the profits; the other half was donated to the Elizabeth Fry Society. Photo by E. Wilfert.



Dorothy Phillips presented CFUW-Ottawa with the copyright for the play performed at the Cabaret and written by our very own CFUW-Ottawa members—*The Famous Five: Reformers and Rebels*. Whenever this play is performed in future, royalties received by the playwrights will be donated to our Scholarship Trust Fund. Photo by E. Wilfert.

An Exciting Occasion

By Kati Lyon-Villiger and Dorothy Phillips



Dammee Sero, Basma Haj Ali and Katharine Im-Jenkins. Photo by Mira Hadden.



Discussion at the seminar. Photo by Mira Hadden.

More than 80 women and a few men enjoyed intergenerational discussions in the bright and cheerful Jean Pigott Hall at Ottawa's City Hall on Saturday April 13. CFUW-Ottawa and the World University Service of Canada (WUSC) presented a seminar entitled *Empowerment Through Education: A Global Agenda for Women and Girls*, that aimed to review worldwide trends in female education since the creation of the CFUW and IFUW (International Federation of University Women, now Graduate Women International—GWI) one hundred years ago. Spearheaded by Dorothy Phillips and Barbara Newbegin, co-convenors of Ottawa's Focus on GWI study group, and by Katharine Im-Jenkins and Stephanie Leclair of WUSC, it focussed on the struggles experienced by women in Canada and around the world today, including refugees, and offered possible solutions to problems that

women and girls must still overcome.

The evening before, a formal dinner and reception was held for the principals involved, meeting Ms. Zora Schmid of the Embassy of Switzerland at the home of Kati Lyon-Villiger. At the seminar itself, refreshments were ably served by Kevser Korhan Taymaz.

Prominent speakers with expertise in the field of education and development discussed the current policies of both Canada and the United Nations that enhance opportunities for women and girls. Louise McLeod, Vice-President of GWI, described the UN's Sustainable Development Goals, explaining how they interact, with particular reference to education and gender equality. Julia Dicum of Global Affairs Canada spoke of Canada's response to girls' and women's education in its Feminist International Assistance Policy. Heather Lewis, President of CFUW-Ottawa, described CFUW's

contribution to global education in relation to both Canada's and the UN's policies and goals. Keynote speaker Huguette Labelle, Chair of the Independent Advisory Board for Senate Appointments, former Chancellor of the University of Ottawa and former President of CIDA, addressed global and domestic trends in female education, including areas still in need of improvement, such as closing the gender gap at the primary, secondary and tertiary levels of education.

During the seminar, two young women—Basma Haj Ali of Syria, and Dammee Sero of Ethiopia, former refugees now pursuing a university education in Canada—told their stories, illustrating the challenges and opportunities facing displaced girls and women or those living in developing countries. Participants spent some time in groups, discussing possible solutions to the issues raised.

Diplomatic Hospitality Events



Maple syrup tour. Photo by Les Kumar-Misir.

On the evening of Tuesday March 19th the Diplomatic Hospitality Group (DHG) hosted a “Spring and Summer Style” fashion show, private shopping party and reception at Shepherd’s Fashions in the Trainyards Plaza,

complete with music, food, beverages and some very special fashion models—members of the group!

On Friday April 12th, members and guests of the Diplomatic Hospitality Group started the day at



At the fashion show. Left to right: Judy Pillai, Ruby Wang of Taiwan, Saba Fatamezadeh and Terry Koech of Kenya. Photo by Lisa Haley.

Vanier Museoparc with pancakes and maple syrup, had an informative tour of the only urban forest in Canada to see maple tapping, and learned about the Franco-Ontarian history of Vanier and east Ottawa.

At the Commission on the Status of Women, CSW63

By Hally Siddons

It was a privilege for me to attend the 63rd session of the Commission on the Status of Women at the Headquarters of the United Nations in New York, this year as a member of the CFUW delegation. In the absence of CFUW President, Grace Hollett, and VP International, Joy Hurst, it was also a privilege for me to read out the CFUW’s Oral Statement.

The priority theme for 2019 was social protection systems, access to public services and sustainable infrastructure for gender equality, and the empowerment of women and girls. The review theme was women’s empowerment in relation to the UN’s Sustainable Development Goals, created in 2016.

In our world today, the gap between



Hally Siddons, front left, at the conference

rich and poor grows at an alarming rate, often at the expense of women. Many women not only have the burden of care in the family but also do the menial tasks necessary for mere day-to-day survival. How can they free up their time

and head space to find alternatives? If work is available outside their home, transportation to such work is often either inaccessible or unsafe. Women meet violence on many fronts – in their homes, communities and countries. There are few peace deals among warring factions and women are seldom at the table. How may women from across our globe move ahead against such staggering odds?

Women need to break through these many barriers to empower themselves and, by extension, their daughters. And some manage to do just that. Whether from Liberia, India, Afghanistan, the Ukraine, Mexico,

(see **CSW63** on next page)

Did you know...?

From CFUW-Ottawa's Focus on GWI study and interest group

We, in Canada, are very blessed to have literacy rates and access to education of which many in other parts of the world can only dream. While enrollment in all levels of schooling in the world has improved dramatically over the last half century, there is a long way to go in developing countries. The statistics tell the story.

- In 2016, the Organisation for Economic Co-operation and Development (OECD) reported that only 8% of women aged 25-64 in Canada had less than a high school education, versus an average of 22% in OECD member countries.
- A 2016 report by UNESCO states:
 - The percentage of girls age 6-11 who were not in school was 3.4% for North America and Europe vs 23.5% in Sub-Saharan Africa.
 - For girls age 12-14 the percentage not in school was 1.9% in North America and Europe vs 38.8% in Sub-Saharan Africa.
 - For girls age 15-17 the percentage not in school in North America and Europe was 7% vs 61% of girls not in school in Sub-Saharan Africa.
 - The World Bank in 2019 reported that 130 million girls aged 6-17 were out of school and that 15 million girls will never enter a classroom, half of them living in Sub-Saharan Africa.
- UNESCO reported in 2014 that 774 million people were illiterate, two-thirds of them women.
In 12 Sub-Saharan countries, female literacy is under 50% and in some of these countries, it is under 20%.
- In 2016 UNESCO reported that literacy rates are however improving in Sub-Saharan Africa, where the adult literacy rate for women is 57%, but for girls it is 72%.

CSW63 – continued

Senegal, Argentina, or Kosovo, their stories and examples are inspiring, yet remind us that work remains to be done. While culture and tradition can hinder women's efforts, education for all is needed for a more enlightened understanding. Social media too can make a difference. Policy is one thing but practice and evolution of the policy are another. Many countries have legislation for gender equality in place,

but governments must commit to that legislation and invest in such structures in our society as will help.

We must all work hard to prepare for CSW64 next year: the twenty-fifth anniversary of the adoption of the Beijing Declaration and Platform for Action.

Hally's full report can be found online on the CFUW-Ottawa website. Click [here](#).

Request for Silent Auction Items

A Unique Advertising Opportunity

The UWHAW group is asking for your help with the donations for the Silent Auction at the **Dinner for Hope on June 12th**. UWHAW would like to solicit quality items or experiences and would be pleased to **advertise your generosity both before and at the event**, if desired.

In the past, the auction has included cottage rentals, a flight over Ottawa, design makeovers, spa experiences, an evening of wine tasting, getaway packages to the 1000 Islands and Prince Edward County, original paintings by local artists, lunches with politicians, gift certificates and vouchers for passes for the theatre or for concerts, Redblack football tickets, jewelry, books autographed by the author, 'One of a Kind' items, dinners at members' homes and much more.

If you have an item or an experience that you can donate, or think might be of interest but are not sure, please contact:

Lizz Wilfert –
cfuw.ottawa@bell.net

or

Barb Newbegin –
b.newbegin@rogers.com

Your generosity will be very much appreciated!

Dinner for Hope

and Silent Auction



Wednesday, June 12, 2019
at the Ottawa Hunt & Golf Club
Reception 6 p.m.
Dinner 7p.m.



University Woman Helping Afghan Women (UWHAW)
invite you to join them for a Dinner for Hope.
Together we can make a difference!

All proceeds from this dinner and silent auction will go towards scholarships that give Afghan women not only the opportunity of a university degree but also improve their lives in Afghanistan—with hope for the future.

The evening includes an outdoor reception, an elegant 3 course dinner, and the chance to win raffles, a 50/50 draw, and fabulous silent auction items.

We look forward to announcing an exciting keynote speaker soon.



Join us on the grounds of the beautiful Ottawa Hunt & Golf Club.

Tickets for this memorable evening are \$100.
To register for this event, please contact Alice Bolt,
ianbolt@sympatico.ca, tel. 613-731-5221
Cheques are payable to **UWHAW** and mailed to:
1531 Caton Street, Ottawa, ON, K1H 6J3

A Raffle for GWI



In honour of CFUW's 100th Anniversary, you have the opportunity to own a unique piece of history. Our National VP Finance, Dominique Racanelli, discovered two beautiful blue enamel pins, created in 1924 for the third IFUW International Conference in Christiania (now Oslo), Norway, that was held Monday July 28 to Friday August 1 of that year. As a fundraiser for GWI, CFUW-National is making them available to the membership by means of a draw.

For a minimum contribution of \$10, you have two chances to win one of these vintage pins. You may participate in this raffle at our CFUW-Ottawa AGM on May 4th.

The draw will take place before the GWI Triennial in July 2019 and the two winners will be announced on July 28, 2019, in Geneva, Switzerland.

The KAIROS Blanket Exercise



In conjunction with KAIROS, the CFUW-Ottawa Exploring Indigenous Education study and interest group is hosting a Blanket Exercise.

Friday, May 24 from 1 - 4pm
at the Riverside Churches

The KAIROS Blanket Exercise program is a unique, participatory history lesson—developed in collaboration with Indigenous Elders, knowledge keepers and educators—that fosters truth, understanding, respect and reconciliation among Indigenous and non-Indigenous peoples.

A limited number of spaces are available to
CFUW members.

Cost of the exercise is \$25. To register, email
Martha Musgrove, musgrom@hotmail.com.

Mental Health in Afghanistan

By Lorna Bickerton, convenor of UWHAW



Mr. Samoon Tasmim of St. Paul University.
Photo by E. Wilfert.

On Wednesday, April 3rd, UWHAW invited group members and friends to a special meeting at which Mr. Samoon Tasmim of St. Paul University was invited to speak about mental health in Afghanistan. Working with the Counselling and Psychotherapy Centre at Saint Paul University and with Ottawa's Muslim Family Services, he is preparing a doctoral dissertation on the role of religion in psychotherapy for

Afghan immigrants in Canada.

Samoon described mental illness in Afghanistan as a silent war. Afghans sometimes associate disorders such as psychosis, schizophrenia, or seizures with supernatural causes, a weak faith or a curse, beliefs that dehumanize the person concerned. Mental illness is shrouded in stigma, which inflicts further wounds on individuals suffering from it, and on their families too. Mental healthcare is scarce.

The lack of trained psychiatrists, psychiatric nurses, psychologists and social workers is a major challenge. There is only one public psychiatric hospital in Kabul and one private neuropsychiatric hospital in Mazar-e-Sharif. At one high-security, psychiatric facility, "dangerous" patients are often chained and sedated. According to the WHO, only 320 hospital beds in the public and private sector are available nationwide for people suffering from mental health problems, and although at least two counsellors per province should have been employed to provide psychiatric services, many trainees have left the



At the UWHAW meeting, Dierdre Abernethy presented Lorna Bickerton (Convenor) with a cheque from the book sales at our General Meetings, this money going towards our scholarship fund for Afghan girls. Photo by E. Wilfert.

profession to return to their hometowns. However, more mental health professionals are currently being trained.

Children, women and the disabled particularly need help. In Afghanistan, a wide range of violence can generate sudden pain and persistent suffering. Research suggests that the recollection of everyday violence affects young people as much as armed insurgency does. 87% of Afghan women are estimated to have experienced at least one form of physical, sexual or psychological hurt and 62% have experienced multiple abuses. One of the causes of female suicide is forced marriages (a third of Afghan girls are married before their 18th birthday) in which the young wife is not listened to.



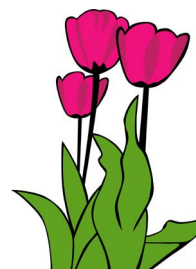
WE NEED YOUR HELP!

CFUW - Ottawa is looking for volunteers.

Bridge, Mahjong and Lunch = Fun and Scholarships!

Should we bring back the Bridge, Mahjong and Lunch fundraiser at the Royal Ottawa Golf Club next Fall? There has been interest expressed by some members about having another Bridge Plus event, but before a decision can be made, we need volunteers who are willing to organize the duplicate and social bridge games.

Please contact Patricia O'Flaherty at pmoflaherty@gmail.com if you would like to join the team.



MEMBERSHIP RENEWAL

It's that time of year again! Renew your 2019-20 membership either online or by mailing in your completed Registration Form (see Printable Registration Form under Membership at www.cfuw-ottawa.org). In August, membership renewal letters will be sent to members who have not provided us with an email address.

This year's full membership fee is \$120, full-time university or college students pay \$50, and the cost of dual membership (with a second CFUW club) is \$40.

Your email address is your access to the website. It is essential to use only one email address when accessing the CFUW-Ottawa website. If your email has changed since you last registered as a CFUW-Ottawa member or if you have any questions, please contact me at membership@cfuw-ottawa.org before proceeding.

The online Membership Directory is available on the website to all current members of CFUW-Ottawa at no charge. The printed version of the Directory is for sale for \$7. Purchase it when you renew your membership, and it will be mailed in late November to those that have paid for it.

Members who wish to receive the Capital Carillon in paper format may purchase this for \$15 per year. Select the appropriate box on the Registration Form and include \$15 with your payment. Current and back issues in electronic format are available to members (and the general public) on the website at no additional charge (go to www.cfuw-ottawa.org/newsletter).

Renewing your Membership Online:

LOGIN

1. Go to www.cfuw-ottawa.org.
2. Click on **Membership** (in the blue menu on the left side).
3. Choose **Online Renewals and / or Profile Updates** from the sub-menu.
4. **Login** with your email address and **password**. If this is your first login, or if you have forgotten your password, press **Forgot password** and follow the instructions.

RENEW REGISTRATION

5. Once logged in, the **My profile** page appears. Click on **Renew to 15 September, 2020** in the white box to the right under **Membership details**.
6. The **Membership renewal** page appears. Review and update your directory profile. Once complete, click on **Update and Next**, even if there are no changes.
7. Review your information then click on either **Invoice** or **Pay online**.

PAYMENT

8. **Invoice**: select the **blue invoice number** to obtain the mailing address to pay by cheque.
9. The **Online** payment option links to the PayPal website where you can either pay using your **PayPal account** or by **credit card**. If paying by credit card, enter all the information requested and ensure the address you give is the billing address for the card. PayPal will send you a receipt by email.

If you encounter a problem or have a question, contact me at: membership@cfuw-ottawa.org.

Carol Hinde

Membership Administration Convenor

SPEAKER SERIES— HELP REQUESTED

If you would like to contribute to the enjoyment of other Club members, and do so without huge effort, an opportunity awaits.

Only one meeting! The committee that selects speakers for our General Meetings is hoping to find a couple more women to share the fun. Your circle of friends need not include prestigious individuals who could be invited to speak; we already have many recommendations for topics and speakers.

Interested? Call Fran Harding (613-521-3281) or email mfjharding@rogers.com.

National AGM, June 2020



In 2020, CFUW-Ottawa will be hosting the national CFUW Annual General Meeting. In order to prepare we are seeking CFUW-Ottawa members to work on the various committees that will make this event happen. There are ten committees:

- Facilities and Accommodation
- Displays and Exhibits
- Communications and Media
- Program
- Social Events
- Tours
- Registration
- Credentials
- Sponsorships
- Volunteer Management

Work won't start in earnest until Sept and will ramp up as we get closer to the dates.

What's your passion? Developing a fun and informative program, arranging social events and tours, soliciting local businesses for support, communications? Whatever your interest, we have a committee for you! If you are willing to volunteer, please contact Christine Rollo (rollo.cfuw@gmail.com) or Patricia O'Flaherty (pmoflaherty@gmail.com), Co-Chairs of the Local Arrangements Committee, who can give you more information on what is involved.

Wondering what to join this Fall?



****NEW INTEREST GROUPS FOR THE 2019-20 SEASON****

- **Movies:** One Saturday a month, the Movie group will get together to enjoy a film at the Bytowne Theatre, followed by an optional dinner to talk about the film.
- **Photography:** Want to take better and more interesting photos? This may be the group for you. Stay tuned.
- **Ottawa Little Theatre:** This group will welcome a new season of plays, and enjoy several entertaining evenings together.
- **Leisurely Walking:** Each week, this group will walk around the trails and neighbourhoods of Ottawa.
- **Non-traditional Board Games:** This group will learn and play non-traditional games such as "Ticket to Ride", "Robo Rally" and "Castles of Burgundy".
- **Saturday Snowshoeing:** Every Saturday, this group will head out for a snowshoe outing in Gatineau Park or other local vicinities.

More information will be forthcoming.

We are also looking for Co-Convenors for some of these groups. Please contact Karen Shigeishi-Waite at cfuw.studiesandinterest@gmail.com or 613-297-6653, if you are interested.

