



Canadian Federation of University Women – Ottawa

# Capital Carillon

## November General Meeting

DATE: Monday, November 4, 2019  
 TIME: 7:30 p.m.  
 PLACE: Riverside Churches,  
 3191 Riverside Drive,  
 Ottawa, K1V 8N8  
 SPEAKER: Richard Belliveau  
 TOPIC: *What Every Canadian  
 Should Know About China*



Richard Belliveau,  
 photo by Lynn Belliveau.

Reportedly, a Chinese curse says, “May you live in interesting times.” News reports attest that these are indeed interesting times for China: civic unrest in Hong Kong, a trade war with the United States and diplomatic tensions with Canada.

To help us make sense of these current events, former Canadian diplomat **Richard Belliveau**, who was posted to both Beijing and Shanghai during his career, will discuss how China’s recent history informs the challenges and opportunities the nation now faces. This “ripped from the headlines” presentation is sure to be informative and will give us a better understanding of China’s role in the world.

Members are encouraged to invite their friends. After the meeting, there will be a reception for the new members of CFUW-Ottawa, to which everyone is welcome.

## PRESIDENT’S MESSAGE

HEATHER LEWIS

As I write this message, the Federal Election has not yet been held; however, when you read it, you will know the results. We all hope that, whichever party is in power, we shall be governed wisely and well. You may have heard it said, as I have, that CFUW is non-partisan but not non-political. That statement is true. CFUW and its international partner GWI (IFUW) have been actively advocating on behalf of women and girls for a hundred years and some of the recent Resolutions have been in support of Universal Pharmacare, the right to clean water on First Nations Reserves, and the implementation of carbon taxes. It is not a simple matter to get a Resolution passed. An individual Club proposes a Resolution, all the Clubs in Canada are consulted about it, and finally there is a formal vote on the proposed Resolution at a National AGM. Our National Advocacy Coordinator and individual

Club Presidents are then free to advocate on approved Resolutions, as I and Ottawa Club Presidents before me have done. On the Member Resources page of our National website, [cfuwadmin.org](http://cfuwadmin.org), under Resolutions and Advocacy, you will find a Policy Book documenting the many Resolutions which have been passed. If you don’t know the password, I shall tell you at the next General Meeting, or you may ask a Board Member.

The Issues and Advocacy Committee of CFUW-Ottawa is currently hoping to put forward a Resolution on Payday Loan companies.

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

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CFUW-Ottawa President Heather Lewis (left) with Christine Rollo and Lisa Haley (right) at Diplomatic Hospitality’s Welcome Breakfast, September 2019. © Sam Garcia.

## President's Message — continued

We sense that too many people are being trapped in a cycle of high interest rates which they cannot afford.

Understandably enough, working directly on advocacy issues is not something which appeals to everyone in our Club, although most are pleased it is happening. I hope, however, all of you have found a Study and Interest Group, and/or an External Outreach Group, or several, to which to belong. This is a good way to meet people and make friends, and it's not too late to sign up. Just go to our website and look at our list of Study and Interest Groups and External Outreach Groups. Maybe there is something that will catch your eye. We have a number of new groups this year. You can play with us, exercise with us, study with us, dine with us, cook with us, read with us, write with us, fundraise with us, sing with us, etc. If you don't know how to contact the Convenor, simply send an inquiry to [studyinterestgroups@cfuw-ottawa.org](mailto:studyinterestgroups@cfuw-ottawa.org).

Our General Meetings are always informative. Last month Peter Black and Gerald Oakham spoke on *Global Warming And What To Do About It*. (See page 3 for details.) Our November speaker, Richard Belliveau, will be addressing another topic that has been in the news recently: China, and its relations with the rest of the world. (See the front page notice.) I have another reason for making a special invitation to you to come to the meeting November 4th at 7:30 p.m. at the Riverside Churches: we shall have a reception for our new members at the end of the meeting. Please come to meet them. Whether you are an old or new member, we would love to see you there.

## Season Opener

On the evening of Monday, September 16, new and old members of CFUW-Ottawa met at City Hall at our first gathering of the new season, in order to discover and sign up for the numerous "Study and Interest"

or "External Outreach" Groups currently in operation within our Club. Kevser Taymaz took responsibility for



the refreshments and Karen Shigeishi-Waite did an excellent job in preparing the venue and organizing everyone.

## LOOKING AHEAD TO CFUW EVENTS IN 2019 AND 2020

## MARK YOUR CALENDARS!

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

## 2019

**Monday, November 4, 7:30 p.m.** – General Meeting with guest speaker. See [page 1](#).

**Sunday, December 1, 12 noon to 3 p.m.** – **Holiday Party** at the RA Centre, 2451 Riverside Drive. See [page 5](#).

## 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. See [page 8](#).



## Global Warming and What Can Be Done About It

By Fran Harding

The two speakers at our General Meeting on October 7 left us with a simple message. Global warming, if left unchecked, will worsen our lives forever. We must take immediate action to slow and reverse this global threat.

According to Carleton University physicist, Professor Gerald Oakham, the start of the Industrial Revolution was when average global temperatures began to rise. Since 2000, the increased emission of greenhouse gases due to human activity has caused that rise to accelerate. CO<sub>2</sub> levels remained steadily below 300 parts per million (ppm) for 800,000 years, but during the last 200 years those levels have increased dramatically and are now approaching 400 ppm. This is directly related to the burning of fossil fuels, to a huge increase in population and incomes, and to diets reliant upon methane-producing animals.

Because global warming results in higher increases near the poles, Canada has been more seriously affected by higher temperatures than many other nations. Since 1948, Canadian air temperature has increased by an average of 1.7°C. Temperatures in the north are as much as 2.3°C higher. If the average global temperature were to rise by a further 1.5°C or 2°C, the consequences would be serious—an ice-free Arctic during summer by the 2030s; a seven-metre rise in sea level (if both the Greenland and Antarctic ice sheets melt); changing weather patterns; more extreme weather events; significant changes in precipitation; human migration and unrest on a scale that's bound to bring about political conflict.



The attentive audience at the meeting, photo by A. Hobbs.

In 2017, human-induced warming reached approximately 1°C above pre-industrial levels; unless action is taken immediately to control greenhouse gas emissions and remove CO<sub>2</sub> from the atmosphere, we can expect it to reach 1.5°C by 2040. Carbon capture techniques include planting trees, injecting CO<sub>2</sub> into oil wells and building capture plants. Worldwide, such plants currently capture 30 Megatonnes annually, but unfortunately, this no more than a drop in the bucket. By comparison, Canada alone produces more than 700 Megatonnes of CO<sub>2</sub>.

Only governments, with their powers of regulation and taxation, can prevent global catastrophe.

Peter Black, retired environmental policy advisor, outlined the actions governments can undertake to reduce emissions. These include decarbonizing electricity generation by switching to renewable energy; adopting electric or hydrogen-fuelled ground transportation; increasing taxes on the CO<sub>2</sub> emitted by industry; creating energy-efficient buildings by means of new

building codes and retrofits; improving forest management; constructing commercial scale carbon capture plants; and developing programs to help workers gain the necessary skills for work in the new world.

As individuals we can reduce our use of electricity and personal vehicles, and shop locally. We can use cleaner technologies such as LED lights, purchase more efficient, cleaner vehicles, and upgrade our home heating by insulating furnaces. In our personal finances we can eliminate fossil fuel investments and turn to “greener” funds.

Above all, we must ensure that the governments we elect make climate change a priority concern, taking the necessary steps to reverse global warming. We must continue to apply pressure\* as there is only a small window of opportunity, if we want a livable planet for future generations.

The presentation slides may be accessed by clicking [here](#).

\*See *Climate Action* on page 10.



## The Centenary Celebration of Graduate Women International

Representing 51 countries, 400 delegates came to the 33<sup>rd</sup> Triennial Conference and Centenary Celebration of GWI, held from July 25<sup>th</sup> to 28<sup>th</sup> in Geneva. Its theme was *Peace through Education*. At our October General Meeting, Hally Siddons, one of eleven Canadian delegates, gave a presentation on this “demanding, but inspiring” event.

She told us that GWI, founded in 1919 by the USA, Britain and Canada, is held in high regard in Geneva, where GWI’s centenary flag was being flown on the Mt. Blanc Bridge over the Rhone. Geneva University hosted the Centenary Celebration during which the GWI lamp was lit, the GWI song was sung and awards were presented. A fashion parade “Through the Decades” took place. Other evening events were a dinner cruise on Lake Geneva and a private reception at the headquarters of the World Trade Organization.

The General Assembly deliberated upon the future identity and purpose of GWI, formerly known as the IFUW. President Geeta Desai welcomed National Federations or Associations (NFAs) from around the world, including newly affiliated Burkina Faso, Haiti and Paraguay. She described GWI’s goals: to become a world leader in advocacy for girls’ education, to maintain financial stability within the organisation and to increase membership worldwide.

The CFUW is the largest federation within GWI and three CFUW members serve on international committees. GWI is active on four United Nations campuses, on committees on the Status of Women in Leadership Roles, on Human Rights, on Aging. Members participate annually in the Commission on Narcotic Drugs and in Criminal Justice conventions.

Guest speaker Brigitte Mantilleri, of the University of Geneva, described education as a tool against mysogyny. Advocacy toolkits have been designed by

GWI members for The International Day of the Child, for Menstrual Hygiene, and for activism against gender based violence. GWI partners with such organizations as UNICEF and Plan International, financially supporting projects in Africa, India, Turkey and Mexico, such as a science lab. and oral health training. Another fund assists graduate refugees, women who need legal training, transfers, dental certification, language courses. The *Teachers For Rural Futures* project in Uganda prepares young women from rural areas to qualify as secondary school teachers.

The keynote discussion at the WTO—*A Common Goal of Development in a Global Economy*—was facilitated by Gabrielle Marceau (the daughter of a CFUW member), currently Counsellor of the Legal Affairs division at the WTO. It is revolutionary to consider the importance of trade in relation to women’s empowerment, she said, but at the World Trade Organisation this now happens. Education promotes inclusiveness and makes women more articulate in defence of their rights.

Zamazwazi Dlamini of South Africa also spoke. Inspired by her grandfather, Nelson Mandela, she said that each day one should ask oneself, “What have I done for the lives of others?” Zamazwazi works with her sister to establish libraries in schools. She said that forums such as ours were vitally important, that to share ideas with other women is to move forward.

A panel discussion introduced Adiba Qasim, a refugee kidnapped in Iraq in 2014, who had persevered in learning to read by scavenging cigarette parkets from garbage. She is now studying at the University of Geneva.

At a conference workshop, Godelieve de Koninck of CFUW’s International Relations Committee narrated her own struggle for education, adding, “If you think education is tough, try ignorance!” The conclusion was that education breeds



GWI flag on the Mont Blanc Bridge

confidence, hope and peace. A Nigerian participant at the workshop, according to her mother, had been “worth twenty boys.”

A further discussion included a Professor of Econometrics and an Education Specialist from the UNHCR, focusing on environmental and political connectedness and the support of refugees. In another workshop, the Turkish Association of University Women (TAUW) talked about a project they had initiated, *Hope for the Future*, in which female university students assist and become role models for girl children in their home towns.

Louise McLeod, GWI’s VP Marketing, summarizing 100 years of GWI’s (IFUW’s) activism, recommended Anne Holden Rønning’s book: *Inspiring a Vision*.

Towards the end of the conference, Aarathi Krishman, a futurist working for the International Federation of the Red Cross and Red Crescent Societies, said that GWI must be brave enough to include “pockets of experimentation”. We need to change and to lead, bringing others with us. “Keep speaking up and push back, even if your voice shakes ... we do not need *gentle* women!”

Hally’s full report on the Triennial is accessible from the Members Only section of <https://www.cfuw-ottawa.org>. Go to [CFUW and GWI Celebrating Centenary in 2019](#), then scroll to the bottom of that page to access her [Complete Personal Notes](#).

# CFUW-OTTAWA HOLIDAY PARTY 2019

**The main fundraiser for our Scholarship Trust Fund**

**Elegant Hot and Cold Buffet: Family and Friends Welcome**

Sunday, Dec. 1, 2019, noon to 3 p.m. — Clark Room, RA Centre, 2451 Riverside Drive, Ottawa

Bake Sale ● Grab Bags ● Raffle ● Jewelry Sale ● Door Prizes ● Silent Auction ● Entertainment

Buy tickets at \$50 (including taxes and service charge) by November 25:

- by contacting Alice Bolt at 613-731-5221 or at [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca).
- at the November General Meeting.
- by registering online at [www.cfuw-ottawa.org/events](http://www.cfuw-ottawa.org/events).



Make cheques payable to CFUW-Ottawa and send to Alice Bolt, 1531 Caton St., Ottawa, ON, K1H 6J3.

Please contact Elaine McKnight at [elainecmcknight@gmail.com](mailto:elainecmcknight@gmail.com) if you'd like to reserve a table for 8. Unfortunately, we can't do this for a group of fewer than 8 people.

Volunteers are needed to make this a successful event. If you'd like to help, please contact Norma Pike at [normapike@rogers.com](mailto:normapike@rogers.com).

Contact Mary Broderick at 613-421-1445 or Elaine McKnight at [elainecmcknight@gmail.com](mailto:elainecmcknight@gmail.com) if you can donate items to be used for the door prizes, grab bags, raffle and silent auction. These items must be new. The more we receive, the more money we'll be able to raise for our scholarships. If your Study and Interest group would like to make a donation, please contact us.

**Special thanks to the trustees of Scholarship Trust, the Board members and the committee chairs for their generous donation of two raffle baskets, and to the Study and Interest Groups who have already made a donation.**

## The Used Book Sale Table

Gently used books are for sale 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.

We appreciate exact change, so please bring your toonies and loonies to our next General Meeting. Do not bring more used books as we have more than enough to sell. See you at the table!



Dierdre Abernethy (on the right) selling books at the October 2019 General Meeting.

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](mailto:newsletter@cfuw-ottawa.org). Next issue, December 2019; deadline for submissions, November 15. Previous issues are archived on the Club website, at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## “Tea, Tales and Treasures” and “Canadiana”

By Della Stanley, Convenor of the Month

The CFUW seems to be in my bones. In 1949, while her husband was establishing his career at the Royal Military College in Kingston, my mother Ruth was awaiting the arrival of her first baby, me. Anxious to keep her mind active, Mum joined the CFUW, and I remember her giving talks to women on the importance of understanding their marital finances, of promoting better public health care and advocating for gender equality in the workplace.

When I arrived at Queen's University in 1978 as the first full-time professor of Canadian History, I too joined the CFUW, becoming increasingly engaged in gender-related issues. I moved to Nova Scotia, focussed on teaching and raising a family, and put my CFUW involvement on the back burner for a while. After 28 years teaching Canadian History and administering a university Canadian Studies programme in Halifax, I moved to Ottawa in 2009, following my husband's appointment to the Supreme Court of Canada. Again, I turned to the organization that I knew would introduce me to inspiring individuals, motivate me mentally and physically and keep me in touch with matters of concern to Canadian women.

When I first looked over the long list of interest groups, two caught my fancy: Tea, Tales and Treasures and the Canadiana group. I was warmly welcomed into both.

This year, Tea, Tales and Treasures is in its 15<sup>th</sup> year, with a membership of 19. I took over the convenorship from Eleanor Thompson in 2017, and Hope Ross-Papezik, its first convenor, is still a member, too. We meet in one another's



Della at this year's registration table, photo by Lizz Wilfert.

homes to enjoy an afternoon of friendship and conversation about whatever story, poem, or special treasure a member has brought to the circle. An amazing variety of topics is covered, with wide discussions that range from travels abroad, to family histories, to community issues. Over the years a record has been kept of the items presented and stories told. One year, a calendar featuring the items discussed was sold to raise money for the Scholarship Trust Fund.

Records of the Canadiana group go back 35 years. Today it has a membership of 51. Meeting in a private home, we enjoy a cup of tea or coffee and learn. Each meeting revolves around a presentation by a member, an academic, community leader or expert in some field; the only requirement is that the focus be something to do with Canada: art, music, literature, food, history, economics, social issues, politics, military matters, science ... you name it! This year's topics will include the story of the Canadian flag, the “Filles du Roi”, diplomatic entertaining, the NAC, Lillian Freiman and the Leslie Hall time capsule. I took over the convenorship from Peg Taylor in 2010 and am indebted to my email assistant, Nancy Lennox.

*Tea, Tales and Treasures meets on the fourth Thursday of the month at 1:30 p.m. and the Canadiana group meets on the third Monday of the month at 1 p.m.*

### Diplomatic Hospitality



Diplomatic Hospitality Group members and guests lunching at the MacKenzie King Estate, October 4, 2019. © Sam Garcia



# "I Vow to Thee My Country" and the Ottawa Connection

By Cecile Suchal

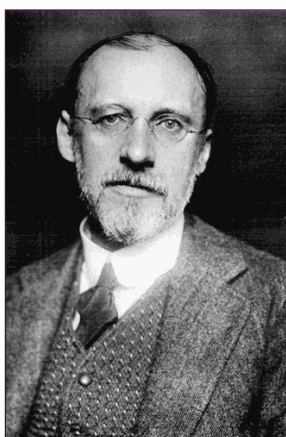


June 7, 2019 marked the sixth anniversary of the unveiling of the plaque at Ottawa's Beechwood National Cemetery to honour Sir Cecil Spring Rice, diplomat, poet and hymnist best remembered for "I Vow to Thee My Country." Beechwood is a designated national historic site because of its key role in Canadian heritage.

One of Britain's senior diplomats before and during the First World War, Cecil Spring ("Springy") Rice was posted in Stockholm, Sweden, when he wrote the poem 'I Vow to Thee My Country' and shared it with a friend. He reworked its patriotic words in 1918 to mark the heavy losses suffered by soldiers during the Great War.

He served as British ambassador to the United States between 1913 and 1918. This posting was a sensitive one, coming at a critical time before WW1. He was required to work closely with American government leaders, especially President Theodore Roosevelt. That the President, upon his marriage in London, chose "Springy" as his best man attests to the friendship that had developed between them.

Spring Rice was recalled to London from Washington, stopping on his way in Ottawa to visit



his wife's cousin, who at that time was the Duke of Devonshire, the Governor General of Canada. It was at Rideau Hall where he died suddenly on St Valentine's Day 1918. There was no repatriation of the dead during the War. His funeral service was arranged by the Governor General and his wife, the

Duchess of Devonshire, and held at the Church of St Bartholomew, on MacKay Street in New Edinburgh, opposite the grounds of Rideau Hall where he had often been a guest. Sir Cecil was buried in Beechwood in a plot purchased by Rideau Hall.

Years later, the British High Commission, after raising the funds necessary, installed and unveiled a memorial plaque on June 7, 2013 in the cemetery. At the ceremony were Spring Rice's family members, the British High Commissioner to Canada, the Deputy British High Commissioner and other interested parties.

*I Vow to thee my Country* was set to music in 1921 by composer

Gustav Holst to the melody of *Jupiter*, a movement from his orchestral suite *The Planets*. The hymn was not without controversy. In 2004 some members of the clergy called for a ban against its inclusion in Church of England services; others said that its popularity was the sign of a "dangerous" increase in English nationalism, and the words were "heretical" in suggesting that allegiance to country should come before allegiance to God.

It is often played at weddings and funerals and on Remembrance Day at Canada's National War Memorial the youth choir sings this hymn as a part of the ceremony.

*In previous issues of the Capital Carillon, the author of this article has previously published profiles of Pauline Vanier and Charlotte Whitton, as well as the description of a trip to Sable Island with long time member Muriel Scott-Smith, to celebrate Canada's 150<sup>th</sup> Anniversary.*

*Information about Cecil Spring Rice can also be found in the book "Victor and Evie" by CFUW-Ottawa member Dorothy Anne Phillips, published 2017 by McGill-Queen's University Press.*



Sir Cecil's grave

## Gatineau Trails

CFUW-Ottawa cyclists on the Ottawa River ferry from Oka to Hudson. This summer, 35 members of the Club's "Gatineau Trails" group drove to Oka, QC, for three days



of cycling through the countryside. They visited the Abbaye d'Oka and a shrine in Rigaud, met beekeepers and toured a spectacular perennial garden in Ste. Eustache.



Laura St. Pierre at the start of the cycling expedition.

Members of the "Gatineau Trails" group also came out on October 8 to hike from P7 to Western Cabin. They split into two groups, the group in this picture following the Skyline Trail, converging at the cabin for a picnic.



### CFUW Annual General Meeting June 2020

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](mailto:agmottawa2020@gmail.com).

## Little Theatre, Big History: Addendum

In the October issue of this newsletter, we published an article about the Little Theatre. Here is an additional note to that story.

A statuesque woman in a long white nightgown, named Martha by the Ottawa Little Theatre community, is believed to be the spirit of

a member of the congregation of the church that once stood here; she has been encountered regularly on the premises since the theatre was rebuilt in the early 1970's. Supernatural encounters are now part of the tradition of participating at the theatre, so always remember, if you're the last

person to leave at night, to say good-night to Martha.

*Our Ottawa Little Theatre Interest Group attends OLT productions on a regular basis. Contact **Gail Tyerman** at [tyermag@rogers.com](mailto:tyermag@rogers.com), if you would like to participate.*



## The Scholarship Trust Fund

By Patricia Duffey

**W**elcome to an exciting new year for our scholarship fund! We have wonderful news to share.

Beginning this year, all our annual scholarships will be raised to \$2,000, up from \$1,500 last year. Thanks to Carleton University's policy of matching funds, we are also able to enhance our awards. Matching began in 2017, to celebrate Carleton's 75th anniversary. The STF immediately endowed two of our scholarships—one graduate award and one undergraduate award. We also arranged to endow a new award, presented to an indigent student in 2018 – 2019, the CFUW National 100<sup>th</sup> Anniversary Scholarship.

Last year, Carleton University additionally offered to match funds for our annual awards if we agreed to pledge them for five years. Of course we did! Beginning this school year (2019 – 2020), full-time recipients of non-endowed awards at Carleton will each receive \$4,000. Carleton has a policy requiring awards for part-time students to be capped at \$2,000. Therefore two beneficiaries will each receive \$2,000 as a part-time award. The Centennial Scholarship of \$5,000 will also have two recipients.

Carleton continues to match funds for endowed

awards and two of our members came forward to create new awards:

- **Canadian Federation of University Women – Ottawa Bursary**, to be awarded annually to a full-time, mature student in demonstrated financial need who is pursuing a Bachelor of Commerce degree with a focus on accounting. Gift to the STF from Christine Narraway, current Treasurer of the Club.
- **Heather Lewis Scholarship in Humanities**, to be awarded annually to an outstanding student enrolled in a degree program offered by the College of the Humanities.

The trustees thank Christine and Heather for these wonderful new awards as well as our members who already fund annual awards—Marjorie Melick, Hally Siddons and Barbara Newbegin. We also wish to express our sincere appreciation to the individuals and Interest Groups supporting the fund each year.

Don't forget that the Holiday Party on December 1<sup>st</sup> (see page 5) is the major fundraiser for the Scholarship Trust Fund. We look forward to celebrating with you at that party and at our Awards Evening on March 2<sup>nd</sup>, 2020.

### An Open Invitation to All CFUW Members and Friends from CFUW-Ottawa's Literature Study Group III

#### "TRUE NORTH RISING" by Whit Fraser

Experience Canada's North through the author's description of his experiences as a CBC reporter covering the MacKenzie Valley Pipeline Inquiry in the 1970s. He brings to life the extraordinary people who spoke up during those days and the way in which new standards of justice and equality were brought about.

"Whit Fraser brings an uncanny feel for what truly matters ... the unfolding saga of the Canadian North." (Elizabeth Hay, Giller Prize winner)

"They say the Far North gets in your blood... *True North Rising* is like a welcome transfusion for those who can never get enough of it." (Roy MacGregor, author)

**Date: Tuesday, November 19**

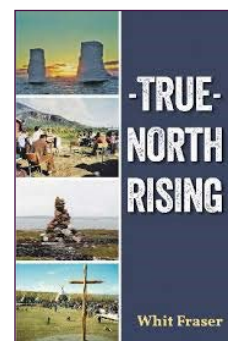
**Time: 4 to 6 p.m.**

**Place: St. Bartholomew's Church Hall, 125 Mackay Street, Ottawa**

Wheelchair accessible, on street parking available.

We hope to see you there!

For further information, contact Sheila Perry, [Sheila.perry014@gmail.com](mailto:Sheila.perry014@gmail.com), Tel. 613-407-7434.



## Services of the Elizabeth Fry Society of Ottawa (E Fry) — Your Help Is Needed!



Since 1951 when five volunteers from the University Women's Club of Ottawa began to visit women incarcerated in the Ottawa Jail, CFUW-Ottawa has been committed to supporting the Elizabeth Fry Society of Ottawa. Expanding to the not-for-profit agency it is today, E Fry provides confidential programs to women who are, or may become, criminalized. At J.F. Norwood House, beds are available to women on parole or probation, to clients of the Drug Treatment Court and from the Ottawa Hospital. Lotus House serves women who have been released on bail.

Each November, we ask our CFUW-Ottawa members for items that are needed for the two houses

and for the women moving back into the community. We ask that the items be gently used or new. Alice Bolt (613-731-5221), Christine Narraway (613-722-5046) and Patricia Duffey (613-828-4569) are looking after the collection and delivery of donations, so please call one of these ladies to arrange a drop off or pick up. Here is a list of suggestions from E Fry staff:

- Kitchen—coffee makers, kitchen utensils
- Laundry—detergent, dryer sheets, small hampers or baskets
- Bathroom—shower curtains, bath mats, extra large bath towels, hand towels, face cloths, soap, shampoo, conditioner, body wash, soap containers, razors, small baskets with handles
- Bedroom—fitted sheets, flat sheets and pillow cases for single beds, new single pillows and pillow covers, comforters/duvets and mattress covers for single beds

- Other Items—journals and pens, new underwear, socks, pyjamas, sandals, shoes, boots, feminine hygiene products, toothbrushes, toothpaste, dental floss, hair dye, denture cleanser, craft supplies, first aid supplies

Items that are needed, but can't be delivered by Alice, Christine or Patricia, are tables, floor lamps, night stands, mirrors, dressers, armchairs and sofas. Should you wish to donate furniture, please contact our team, who will put you directly in touch with the E Fry Society.

Each year the E Fry staff holds a Christmas Party for their clients and children. Their gifts must be new and not wrapped, unless in gift bags. For example: toiletries, children's toys, mittens, gloves, socks, slippers, underwear, pyjamas/nightgowns, food hampers, chocolates/sweets, towels, or \$10 gift cards for Giant Tiger, grocery stores, pharmacies, Walmart, etc.

## Climate Action

Now that the election is over, regardless of which Party is in power, and regardless of whom you voted for, the Member of Parliament for your riding needs to hear from you about the climate change emergency. Write an email or a letter along these lines to let them know that you expect climate change action:

"Climate change is the most pressing issue for the new parliament to deal with. If you fail to act



quickly and definitively, Canada and the world will continue to suffer devastating and unusual weather events, ultimately causing a financial and environmental mess that will affect the well-being of our children and grandchildren. It is important that you, within your caucus, promote collaboration with other parties to implement a multi-faceted approach. No one solution, whether it be innovation, regulation or climate tax, will do the whole job. As your

constituent, I hold you accountable for this."

(Be aware that you are writing as an individual, not as a representative of the CFUW. That is something only the President may do.)

*CFUW-Ottawa's Climate Change and Biodiversity Study and Interest group meets from 7:30 to 9:30 p.m. on the 2<sup>nd</sup> 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.*