



Canadian Federation of University Women – Ottawa

# Capital Carillon

## March General Meeting

**DATE:** Monday, March 5, 2018

**TIME:** 7:30 p.m.

**PLACE:** Riverside United Church/  
Anglican Church of the Resurrection,  
3191 Riverside Drive,  
Ottawa, ON K1V 8N8

**STF AWARDS:** CFUW-Ottawa Scholarship Trust Fund (STF) Awards for 2017/18

**RECITAL:** Anita Pari, recipient of this year's Earl B. Connell Foundation Scholarship will perform Franz Schubert's Piano Impromptu in G Flat Major op 90, no 3.

Abigail Sanchez Rojas, recipient of the Barbara Newbegin Scholarship in Music, will play a piano solo (composition to be announced).



Please join the CFUW-Ottawa Scholarship Trust Fund Trustees at the annual CFUW-Ottawa Scholarship Evening.

Come to meet and applaud these fine young women who are most appreciative of the help these scholarships provide. Winners include Jessica Trawin, this year's recipient of the Muriel Axon Award. (See her thank you note included below in this newsletter.)

Refreshments and time to chat with the scholarship winners will follow the awards ceremony.

We look forward to seeing you at this important meeting. Your family and friends are welcome to join us.

## PRESIDENT'S MESSAGE

HEATHER LEWIS

I was recently watching a TED Talk on *Longevity* with Susan Pinker. I was interested to see that research shows the strongest predictor of how long your life will be is social integration, in other words how much you interact with other people. We are talking face-to-face contact here, not just contact through social media. Well, CFUW-Ottawa is all about building person-to-person contact into one's life. The Club also provides many opportunities for intellectual stimulation, physical exercise and even nutrition.

Although our club has Interest and Study groups for everyone's taste, there are some special club events coming up in March. The first of these is our *Scholarship Evening* on Monday, March 5<sup>th</sup>, at 7:30 p.m. Do you realize how much you are doing for the recipients of these scholarships? Not only are you providing needed financial resources, you are also giving encouragement and support. Imagine how proud the winners are to list their award on their resumes. Come for the performances of our music scholarship winners, come for the face-to-face contact, come for recognition of the winners, and come for the refreshments provided by the Scholarship Trust Fund Trustees.

If you are feeling up to it, you

are invited to join me at the flame on Parliament Hill at 11:15 a.m. on Tuesday, March 6<sup>th</sup> for CARE's *Walk in Her Shoes* event (see page 8). Look out for our banner. You have heard the expression to "show the flag." Well, we need to show the banner for this event. Last year it was pouring rain. We hope it will be a better day this year. It would be very good to have CFUW-Ottawa members out in number for the walk. You really don't have to do the whole walk. I need company not to mention help in carrying that banner.

(see **President** on next page)

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**President** – continued

I am looking forward to our *International Women's Day Tea and Drama* on Saturday, March 10<sup>th</sup>. See page 7 for a description. The characters are being played by our own Club members or their relatives. My husband is playing the role of Sir John A. MacDonald. (I needed to promise him a reward of chocolate cake.) If you are driving, you may wish to offer a lift to a couple of other people. We want a sizeable crowd for this event, particularly since our Club's profit is going to Cornerstone, a women's shelter. You are welcome to wear Victorian dress if you would like to do so. I hope to see you drinking tea and enjoying the drama.



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

Please send all material for the next issue to Gail Tyerman at [tyermag@rogers.com](mailto:tyermag@rogers.com)

Suggestions and comments always welcome

Next issue: **April 2018**

Deadline: **March 15, 2018**

Previous issues are located on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## Thank-You for the Scholarship

Dear Canadian Federation of University Women-Ottawa,

Re: Muriel Axon Award

As the recipient of the Muriel Axon Award, I am writing this letter to express my sincere gratitude for the tremendous support that you have provided me through this award. It is my honour to be the recipient.

Over the course of my academic career in the International Development and Globalization program at the University of Ottawa, I have developed a keen interest in social justice and health equity. More specifically, my interests include women's sexual and reproductive health, gender-based violence prevention, and menstrual hygiene management in rural and remote areas. Through the CO-OP work program, I have had the opportunity to apply my academic knowledge and skills in practical settings including completing a placement in Sri Lanka as a Gender Inclusion Research Officer with the World University Service of Canada. Outside of school, I volunteer with Mothercraft-Ottawa as a Birth Companion and provide free perinatal support to at-risk and marginalized women living in the Ottawa area.

After receiving my bachelor degree in Spring 2018, I hope to continue my education and have applied to several Master of Global Public Health programs. I used this award to cover my graduate school application fees and associated costs. I thank you once again for your generous support in this endeavor.

Sincerely,

Jessica Trawin

## Donate Securities and Mutual Funds to the Scholarship Trust Fund

A donation of securities or mutual fund shares is the most efficient way to give charitably.

The Canada Revenue Agency does not apply capital gains tax on donations of publicly traded securities. *Capitals gains* are the increase in the value of your securities over the price you paid at purchase. When you sell your shares for cash, you're responsible for the tax due on the gain, even if you plan to donate the proceeds from the sale. If you pay the tax out of those proceeds, there's less money left to donate. Your charity receives a smaller donation and you have a smaller donation to claim for your charitable tax credit at the end of the year. But when you donate your securities to charity, those capital gains aren't subject to tax. This means your charity receives a larger gift, and you'll benefit from a tax receipt for the full value of your eligible securities or mutual funds.

**Here's an example of how it works.**

Let's say you purchased common shares in ABC Company for a cost of \$1,000. If the current market value of those shares has increased to \$5,000, you would have a *capital gain* of \$4,000.

If you **sell those shares and donate the cash proceeds**, you'll owe tax on the capital gain. So, you set aside the taxes due from the proceeds, leaving you with less than the full cash value to donate and a tax receipt which reflects the smaller donation.

But when you **donate the shares directly**, you owe no

capital gains tax and you're able to donate the full value. So STF receives a larger donation and you get a tax receipt which reflects your larger contribution.

Here are some approximate figures to illustrate:

	Sell securities and donate the after-tax proceeds	Donate securities
Original cost of securities	\$1,000.00	\$1,000.00
Current market value	\$5,000.00	\$5,000.00
Capital gain	\$4,000.00	\$4,000.00
Tax on capital gains	\$ 920.00	\$ -
Donation amount after-tax	\$4,080.00	\$5,000.00
Your charitable tax credit	\$1,876.80	\$2,300.00

In this illustration, you're able to donate the full value of your securities to STF: \$5,000.00. Your tax credit on that amount would be approximately \$2,300, or about \$920 more than if you had sold the shares and donated the proceeds as cash.

By donating shares directly, you can save on taxes while you're offering more help to the Scholarship Trust Fund (STF). We have now opened a brokerage account for the STF so now we can accept these types of donations. Feel free to contact me at [jriehm@sympatico.ca](mailto:jriehm@sympatico.ca) for more details.

Janet Riehm  
STF Treasurer



## The Music Appreciation Group



The Music Appreciation Group enjoyed a wonderful luncheon concert of classical, jazz and modern music from Sam Clemann, flute, and Elisabeth Morrison, piano, at Kati Lyon-Villager's home on November 7, 2017.

Corey Arnold, tenor with Opera Pellegrini of Ottawa, and several members of the Music Appreciation Group, (LtoR) Dawn Smith, Barb Newbegin, and Olga Lee. Corey gave a fascinating presentation on the Pellegrini Opera Company, his life in opera and an example of his talents to the group on February 6, 2018.



## Arthritis – We Can Do Something About It!

Urgency is not a word usually associated with arthritis. *“When discussing women’s health issues, arthritis rarely comes up. It’s as though we’re supposed to accept living with pain and fatigue, with restricted mobility, to accept having arthritis rob us of our enjoyment of life”*, according to Janet Yale, President and CEO of the Arthritis Society. *“Arthritis is now Canada’s most prevalent health care condition – the greatest cause of workplace disability and the most common chronic disease with which people struggle”*.

Ms. Yale, the guest speaker at the February luncheon General Meeting, believes the status quo must be disrupted. She told us that arthritis is treated too casually and must be taken seriously; we are too complacent, resigned and accepting. She envisions that our generation of women, those who have spent their lives breaking barriers, are the ones to bring urgency to improving the lives of those with arthritis.

The six million Canadians currently living with one form of arthritis or another are suffering a serious disease. It is not a condition, or an ailment, or the simple consequence of aging. These are euphemisms for more than 100 kinds of

serious diseases that require better treatments, therapies, medicines and even a lasting cure. The arthritis tsunami is coming: in less than 20 years more than 5 million women will have arthritis, including nearly 60 per cent of women over 65.

The Arthritis Society is taking on this rising tide with vigour on all fronts. They are leading the way on changing attitudes. They have taken up the cause of medical marijuana because many experiencing the pain of arthritis have found that medical cannabis can effectively control chronic pain. The society is advocating for research, proper clinical trials, access through drug stores, elimination of all taxes on medical marijuana, and insurance coverage through drug benefit plans. Ms. Yale considers that medical cannabis should be regarded as a medicine.

Universal pharmacare and engaging with governments in helping shape future policy is a priority for Ms. Yale and the Society. Their view is that if the overriding goal of pharmacare is cost savings through bulk purchase, the choice of drugs could be limited with one drug replacing several.

### USEFUL INFORMATION ABOUT ARTHRITIS IN OTTAWA

Contact: [www.arthritis.ca](http://www.arthritis.ca)

613-723-1083

[info@arthritis.ca](mailto:info@arthritis.ca)

**Services:** education, physiotherapy, occupational therapy, social work support, individual assessment and service, educational groups for people

Consequently, those with arthritis may be denied the particular drug that works for them. The Society is seeking a balance between increased access and enhanced affordability.

Ms. Yale urged all members to learn more about arthritis, volunteer their time, and share the sense of urgency about this serious disease.

*Janet Yale has been the President and CEO of the Arthritis Society of Canada since 2012. A lawyer and economist, Ms. Yale is a former Executive Vice-President at TELUS, President and CEO of the Canadian Cable Television Association and Director-General of the CRTC. She is a long-time supporter of the arts in Ottawa.*

Fran Harding





## REPORT FROM CFUW-ONTARIO COUNCIL

On January 20, 2018, I attended a meeting of *CFUW-Ontario Council* in Toronto. Backdrops to the meeting were the upcoming Provincial Election and the June CFUW National Board Election. The keynote speaker Maya Roy, CEO of the YWCA Canada, spoke on the topic of how to get our message heard. Maya described how her team at the YWCA was able to achieve 25% guaranteed funding of the new federal housing budget with a “gender-lens.” Their message was the following: Women and girls need safe affordable housing and emergency shelter and supportive programs.

Here are some of her suggestions:

1. What is the ask? Know what you want to ask.
2. Have a focus. Ask a clear and simple question.
3. Present a unified message. Keep the

position strong by presenting a single message.

4. Work together. Partnerships yield much greater chance for success.
5. Ask for more! Do not underestimate your goal.
6. Follow the money. Be strategic to reap the best chances of success.

CFUW-Ontario Council agrees that there is a critical need for affordable housing. It has therefore presented a Provincial Resolution on this issue for consideration by the membership at the May AGM. As you may remember, CFUW-Ottawa also started thinking along rather similar lines this fall by starting to research the possibility of a National Advocacy Campaign on an Increase in Affordable Housing for Seniors.

There were a number of choices of Workshops in the afternoon. The one that

I chose was the Education Workshop led by Christine Corso, Research and Project Coordinator for *People for Education*. The quality of the research was impressive and highlighted regional differences and inequities in funding, streaming, staffing and programming throughout Ontario. Too narrow a focus on scores in reading, writing, math and graduation rates may underestimate the importance of students’ competencies in social-emotional learning, citizenship, creativity, health and equitable learning opportunities.

As I left the session at the end of the afternoon, I found myself thinking of a statement I read recently: “We need to care less about whether our children are academically gifted and more about whether they sit with the lonely kid in the cafeteria”.

Heather Lewis

### LOOKING AHEAD TO CFUW EVENTS IN 2018

## MARK YOUR CALENDARS!

**March 5** – General Meeting of CFUW-Ottawa resumes evening meetings at 7:30 with our Scholarship Winners night

**March 6** – Care Canada Walk in her Shoes Challenge: meet at 11:15 am at the Centennial Flame on Parliament Hill

**March 10** – International Women’s Day Celebration with an Afternoon of Drama and Dessert

**March 24** – Ontario Council Standing Committees Meetings in Toronto

**April 2** – General Meeting of CFUW-Ottawa presenting Rebecca Bromwich, Director, GDCR, Carleton University, who will speak about *Suggestions for Addressing Delays in the Criminal Justice System. Look Upstream to Child Welfare Law.*

**April 25** – Musical Lunch and Silent Auction, Royal Ottawa Golf Club, Gatineau, Quebec, supporting scholarships

**May 8** – CFUW-Ottawa AGM, Algonquin College

**May 11-12** – CFUW Ontario Council Annual General Meeting, hosted by CFUW Ajax/Pickering & Oshawa & District

**June 12** – UWHAW Summer Evening Garden Reception, Voices for Afghan Women VII



# International Women's Day

CFUW clubs of Ottawa, Nepean and Kanata present an afternoon of Drama and Dessert

## The Drama **Women Vote Indirect**

A play by Joan Conrod:  
A new look at the Fathers of  
Confederation as viewed by the  
women in their lives



## The Dessert **Afternoon Tea** (Victorian-Style)



**Saturday, March 10, 2018**

Woodroffe United Church,  
207 Woodroffe Avenue

Two sittings  
1:15 pm & 3:30 pm

Tickets \$25

Register online [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org)

or contact Christine at

[rollo.cfuw@gmail.com](mailto:rollo.cfuw@gmail.com) or (613) 727-3857

 *In Memoriam* 

CFUW-Ottawa notes with sadness the passing of **Teena Goldberg** (1939–2018). Teena graduated from McGill University and worked as a Head Nurse of obstetrics at the Jewish General Hospital in Montreal. She later received her Bachelor of Fine Arts from Ottawa University and had a museum quality Art Gallery called Gallery Telpaz. Teena is remembered for her huge and generous heart, her devotion to her family, her exquisite artistic tastes and creative abilities, her beautiful jewelry-making skills, and her annual jewelry bazaars, from which a portion of the proceeds were donated to the Canadian Cancer Society. In CFUW, she was a key member of the Tea, Tales & Treasures Interest Group. She welcomed the group to her beautiful home for one of the three Tea, Tales & Treasures “*Lillian Gertsman Scholarship Fund*” fundraising teas, which contributed to the raising of several thousand dollars. Her friend Della Stanley said that meetings just won’t be the same without her.

CFUW-Ottawa also sadly notes the passing of former long-term member **Dorothy Valliant** (1921–2018), who was active in the Diplomatic Hospitality Group for many years. Her friend Shirley Rayes recalls that, not only did she hold crafting sessions in her home, making snowshoe & mukluk rewards for the diplomats, but even well into her 80s, could be seen driving a carload of diplomats to snowshoeing and other diplomatic hospitality events. A former math teacher, she taught English to diplomats in the English Conversation Group. She was also well known in her Alta Vista community as an advocate and volunteer. Her friend Brenda Ellacott said she was fortunate to have lived near this super lady for so long. Moreover, her delectable squares were a welcome addition to every meeting and potluck she attended.

CFUW-Ottawa also sadly notes the passing of former member **Diane Chiasson** (1947-2018), who sang for several years with the MadriGals. She was a retired librarian at the Canada Institute for Scientific and Technical information (CISTI).



**Walk with us on March 6th  
Let’s show Canada that  
CFUW-Ottawa cares!**

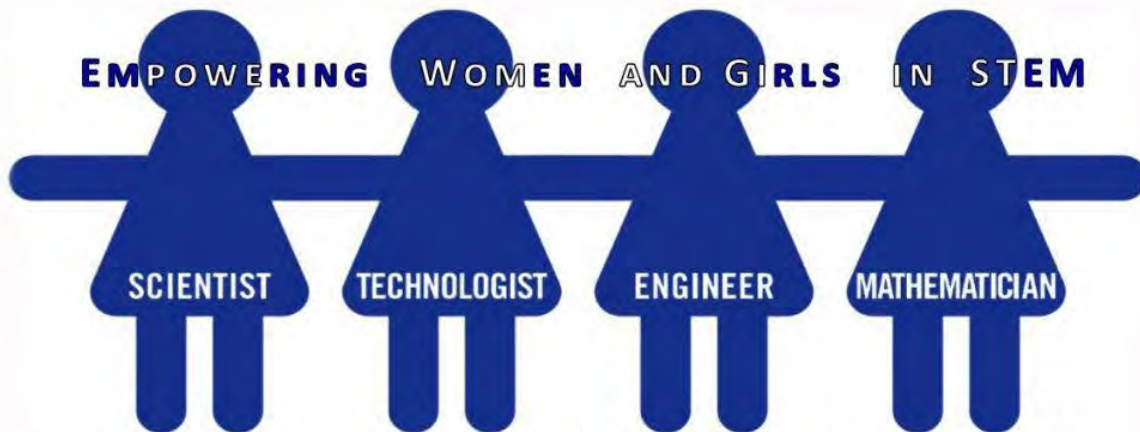
Women and girls in developing countries must walk an average of 10,000 steps every day to collect the basics their families need to survive – water, food and firewood. This leaves them little to get an education or earn an income.

CARE is working to change that. And you can too by Walking In Her Shoes with us from Parliament Hill to City Hall on **Tuesday March 6, 2018**. It’s a fun way to spend your lunch hour with other people from the Ottawa community who want to make a difference a world away.

Look for the CFUW Banner at the Centennial Flame on Parliament Hill at 11:15am. We would appreciate you letting Heather Lewis know if you plan on walking with us.

Her phone # is (613) 565-9351 or email her at [heatherlewis2121@gmail.com](mailto:heatherlewis2121@gmail.com)

For more info: <http://care.ca/walk-her-shoes>



**Ontario Council AGM May 11 & 12, 2018 CFUW Ajax/Pickering & Oshawa and District**





**Proposed Resolutions – CFUW-National AGM 2018**

The resolutions below will be considered by our club at the April General Meeting.

**Resolution 1: Fair and Non-Discriminatory Management of Refugees and Asylum Seekers**  
*Proposed by: The Canadian Federation of University Women Perth and District*

**Whereas**, in accordance with the Universal Declaration of Human Rights, Article 14. Everyone has the right to seek and to enjoy in other countries asylum from persecution,

**Whereas**, the Canadian federal government adopted the 1951 Refugee Convention, and

**Whereas**, the current situation of refugees desperately seeking safe haven is critical and therefore be it,

**RESOLVED**, that the Canadian Federation of University Women urges the federal government of Canada to move expeditiously to protect the world’s most vulnerable by reviewing and increasing the number of refugees accepted into the country in 2018 and onward;

**RESOLVED**, that the Canadian Federation of University Women urges the federal government to provide the resources and infrastructure to the impacted municipal, provincial, territorial, and federal entities involved in processing refugees so as to ensure an efficient and effective refugee claims system; and

**RESOLVED**, that the Canadian Federation of University Women urges the federal government to immediately repeal the Canada/US Safe Third Country Agreement.

**Resolution 2: Ending Youth Homelessness**  
*Proposed by: CFUW BC Council, Ruth Mellor, President*

**Whereas**: Homelessness is a major problem for youth especially those aging out of care, indigenous youth, youth with mental health issues and LGBTQ2S youth

**Whereas**: Youth homelessness can result in a number of long-term consequences including

increased risk of exploitation, greater involvement with the police, disengagement from school, mental health problems and addictions, and difficulty exiting the streets.

**RESOLVED**, That Canadian Federation of University Women (CFUW) urges the Federal government to reinstate funding previously in place to combat youth homelessness specifically targeting those aging out of government care, indigenous youth, youth with mental health issues and LGBTQ youth.

**RESOLVED**, That CFUW urges the Federal government to work in cooperation with Provincial, Territorial, and Municipal governments to develop strategies and support programmes, both long and short term, to attack the root causes of youth homelessness.

**Resolution 3: Education to serve as a vehicle for social justice for vulnerable children living in closed religious communities**  
*Proposed by: CFUW Nelson & District*

**Whereas**: The United Nation’s Committee on Economic, Social, and Cultural Rights (CESCR) recognized the role education can play in combating practices that are harmful to women and children, stating that “In order for education to challenge harmful stereotypes and practices, it is imperative that education be equally accessible to boy and girl children and not be used as a social instrument to reinforce traditional gender roles” (Article 13, 1999, para. 1.). As well, “The Women’s Convention calls for ‘the elimination of any stereotyped concept of the roles of men and women at all levels and in all forms of education’” (Cook & Kelly, 2006, Citizenship para 4).

**Whereas**: The Council of Ministers of Education, Canada who are responsible for education in the provinces and territories come together to take action on matters that directly contribute to the fulfillment of Canada’s international treaty obligations with regard to equal access to education, and to discuss Canada’s priorities for elementary and secondary education with a view to ensuring that all children can access learning opportunities that are inclusive and provided with world class skills. Council of Ministers “recognizes the direct link between

a well-educated population and (1) a vibrant knowledge-based economy in the 21<sup>st</sup> Century, (2) a socially progressive, sustainable society, and (3) enhanced personal growth opportunities for all Canadians” (Learn Canada, 2020, para 2).

**Whereas**: There are examples across Canada such as the polygamous community of Bountiful, B.C., Hasidic Jewish communities in Quebec, and “Twelve Tribes” communities of Manitoba, B.C. and Ontario where children, including those who are home schooled do not receive a basic education or learn about their basic human rights. In these vulnerable contexts social practices also reinforce prejudices and harmful gender stereotypes and this is in direct violation of International Human Rights Instruments such as the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) and the Universal Declaration of Human Rights (1949).

**Whereas**: Home schooling programs across Canada are inconsistent and the laws vary from province/territory to province/territory. Parents have a prior right to choose the kind of education that shall be given to their children (art. 26 (3), UDHR, 1949). However, Article 30 of the UDHR assumes that “nothing in this Declaration may be interpreted as implying for any State, group or person any rights to engage in any activity or to perform any act aimed at the destruction of the rights and freedoms set forth herein.” Therefore, in closed religious communities such as Bountiful, B.C., Tash, Quebec, and those of the “Twelve Tribes”, their social customs and practices are subject to the unequal and discriminatory standards in education.

**RESOLVED**, That the Canadian Federation of University Women (CFUW) urge federal, provincial and territorial governments of Canada to collaborate and create consistent policies with effective oversight for education, including home schooling programs across Provincial Ministries of Education.

**RESOLVED**, That the Canadian Federation of University Women (CFUW) urge provincial ministries to work together through the Council of Ministers of Education, Canada to develop consistent policies and oversights to ensure that children who receive an education, including those who are home schooled, in vulnerable settings are provided gender rights, social justice, and basic education.

## 2018 MUSICAL LUNCH & SILENT AUCTION



Wednesday, April 25th, 2018

**Sold-out event last year!**

**Silent Auction starting at 11:30 am**

**The Royal Ottawa Golf Club 1405 Aylmer Rd., Gatineau, Quebec**  
Parking on site is free

**Tickets to the lunch: \$55 (includes tax and service)**

**Tax receipts will be issued.**

Your ticket includes:

- Elegant three-course lunch with a small glass of wine;
- Performance by 1st class musicians; and
- Door prize tickets

*A voucher for 2 tickets to a performance at the National Arts Centre will be given to each guest.*

*Don't forget to bring cash and your cheque books for the Silent Auction Raffle – 10 tickets for \$5.00 (cash only)*

The Fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group- **University Women Helping Afghan Women**. Thanks to the members of this group for their generous donation of 2 raffle baskets. The proceeds from the meal will go towards the CFUW-Ottawa scholarships at Carleton University, the University of Ottawa and Algonquin College. The proceeds from the Silent Auction will support the scholarships for Afghan Women at the **Gawharshad Institute of Higher Education in Kabul, Afghanistan**.

Ticket sales start at the March 5th general meeting or by contacting Alice Bolt at 613-731-5221 or Alice Bolt at [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca) after March 5th. All cheques are to be made payable to "UWHAW" and mailed to Alice Bolt, 1531 Caton St. Ottawa, K1H 6J3. Online registrations and payments are not available for this event. Please advise Elizabeth Wilfert at [cfuw.ottawa@bell.net](mailto:cfuw.ottawa@bell.net) if you would like special seating arrangements. Contact Alice Bolt if you have any dietary issues.

***Registration is open to all CFUW-Ottawa members and guests, both women and men. What a great opportunity to enjoy lunch at the Royal Ottawa Golf Club with your partner or a friend and at the same time help students at home and in Afghanistan!***

## CFUW-Ottawa 2018 AGM & Dinner

Tuesday, May 8, 2018

Registration 5:30 p.m.

Dinner at 6:00 p.m.

Cost \$40

Restaurant International  
Algonquin College  
1385 Woodroffe Ave.  
Ottawa ON (H Bldg.)

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Register on-line at  
[www.cfuw-ottawa.org](http://www.cfuw-ottawa.org)

or by contacting  
Christine Rollo  
at (613) 727-3857

The cut-off date for buying  
tickets is May 1

*Registration is open to  
members only!*

