



Canadian Federation of University Women – Ottawa

Capital Carillon

February General Meeting

DATE: Monday, Feb. 1, 2016
TIME: 7:30 p.m.
PLACE: Riverside United Church/
 Anglican Church of the
 Resurrection,
 3191 Riverside Drive,
 Ottawa, ON K1V 8N8

PART 1 SPEAKER: Mr. Paul Heinbecker,
 Director, Laurier Centre
 for Global Relations, and
 Distinguished Fellow, Centre
 for International Governance
 Innovation, Waterloo,
 Ontario

PART 1 TOPIC: Sunny Ways for a
 Recalcitrant World

PART 2 TOPIC: 2016 CFUW Draft
 Resolutions – Presentation,
 Discussion, Vote

NOTE: Details about the Resolutions
 Meeting (held in April each year before
 2015) follow just after Mr. Heinbecker's
 biographical information.

Part 1: Sunny Ways for a Recalcitrant World

Mr. Heinbecker graduated from Waterloo Lutheran University with a BA (Hons) and has received honorary doctorates from Wilfred Laurier and St. Thomas Universities. He is a distinguished retired Canadian career diplomat, a former Canadian ambassador to Germany, and a permanent representative of Canada to the United Nations (UN). At the UN, he was a leading opponent of the Iraq war and an advocate of the International Criminal Court and the Responsibility to Protect. Mr. Heinbecker held the position of Minister



Photo by: Laurier University

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PRESIDENT'S MESSAGE

CHARLOTTE RIGBY

How much has happened to our organizations and our country in the past four months! Many of us have worked on policy resolutions and action plans and it's wonderful to see progress on some CFUW priority issues including the mandatory national census; the national action plan on violence against women; national framework on child care; new commitments to address climate change; and more.

Closer to home, with partners CFUW-Nepean, CFUW/Kanata, and the Ottawa Council of Women, our ever-popular International Women's Day celebration will be on Tuesday, March 8. This year's theme is "Moving Forward – One Step at a Time". We'll include a silent auction and our club's share of the revenue will support new and continuing CFUW-Ottawa Scholarships for women studying at the University of Ottawa, Carleton University, Algonquin College, and La Cité collégiale, as part of CFUW's National Centennial celebrations in 2019. You will find details in this issue. Save the date!

Our General Meeting on Feb. 1 will begin with a dynamic speaker, Paul Heinbecker, followed by our annual "Resolutions" Meeting. Members of our Issues Groups, who have been reviewing the five draft resolutions submitted for CFUW's National Annual General Meeting in June, will present their recommendations for your approval. This is our chance to express our opinions and contribute to sound CFUW policies and advocacy plans. And I've been reliably informed that our session will close with surprise treats – possibly involving chocolate.

Our CFUW community extends far beyond our borders. CFUW-Ottawa members are automatically members of CFUW National and also of Graduate Women International (GWI — formerly IFUW) (See www.cfuw.ca/en-ca/aboutus/ifuw-gwi/ifuw-gwigoingforward.aspx). Our connection with GWI has always been close; CFUW was a founding member of GWI in 1919 (the same year that CFUW itself was founded!) and we are the largest of about 60 National Federations and Associations (NFAs). GWI Headquarters is in Geneva. Therefore, NFA membership dues, its only source of financial support, must be paid in expensive Swiss francs. Some NFAs are having financial difficulties paying their dues, and some are expressing doubts that GWI's value on the world scene justifies its cost. Two of the largest NFAs, Germany and the Netherlands, have recently withdrawn, citing financial concerns and their need to focus on

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domestic issues. CFUW has launched a website (www.cfuwforum.org) to host discussion about the benefits, costs, and rationale for CFUW to remain a GWI member. GWI may not survive without CFUW. I encourage you to join this important discussion. Many of our fellow CFUW-Ottawa members have formed Friends for the GWI (FFGWI) and are working with other CFUW members across Canada to study the situation, gather information, and express their opinions. Join the conversation online or contact Dorothy Phillips of FFGWI at dorothy@ashidor.ca.

We lost a devoted, distinguished, and highly respected member when Ruth Bell passed away shortly before Christmas. Ruth's contributions to CFUW-Ottawa, to CFUW nationally, and to women's well-being internationally, were immeasurable. We've all benefited immensely from her generosity and commitment. Ruth was a major donor to our Scholarship Trust Fund, and is especially remembered for the CFUW-Ottawa Centennial Scholarships in 2010. We remember her with affection and gratitude. She truly made the world a better place.



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

Please send all material for the next issue to the Editor:
Mary Butterill
at marpathb@storm.ca.

Next issue: **March 2016**
Deadline: **Feb. 15, 2016**

Links to electronic issues going back to February 2001 are found under Newsletter, Archives on the Club website at www.cfuw-ottawa.org.

Meeting – continued

(Political Affairs) at the Canadian Embassy in Washington, other positions in Ankara, Stockholm, and at the Organization for Economic Co-operation and Development (OECD) in Paris.

Mr. Heinbecker has been Chief Foreign Policy Advisor to Prime Minister Brian Mulroney, Assistant Secretary to the Cabinet for Foreign and Defence Policy, and Assistant Deputy Minister for International Security and Global Affairs in the Department of External/Foreign Affairs. He has been credited as an architect of Canada's human security agenda.

He is one of Canada's most experienced commentators on foreign policy and international governance. He has also written numerous newspaper and journal articles, authored *Getting Back in the Game: A Foreign Policy Playbook for Canada*, and has contributed to and edited several other books on international relations.

CFUW-Ottawa General Meetings are open to the public. Feel free to invite your family, friends, and neighbours.

Part 2: 2016 CFUW Draft Resolutions

Advocacy has long been a central pillar of the Canadian Federation of University Women. Our advocacy is based on CFUW policy which in turn is based on resolutions. Resolutions are developed by CFUW Clubs either individually or by co-operation between Clubs. This year, four resolutions have been presented for review by six Clubs and one resolution by the CFUW Standing Committees on Advocacy, International Relations, and Education.

The five resolutions are:

1. ***Missing and Murdered Indigenous Women and Girls – Ending the Marginalization of Indigenous Women in Canadian Society*** proposed by CFUW Barrie and District
2. ***Fetal Alcohol Spectrum Disorder – Diagnosis, Intervention and Support Plan for children, adults and families affected by FASD*** proposed by CFUW Guelph and CFUW Kitchener-Waterloo

3. ***Strengthening the Pest Management Regulatory Agency in Order to Protect the Environment*** proposed by CFUW Owen Sound and Area
4. ***Electoral Reform: Adding Proportionality to the Electoral System in Canada*** proposed by CFUW Leaside-East York and CFUW Etobicoke
5. ***Sustainable Development Goals*** proposed by the CFUW Standing Committees on Advocacy, International Relations, and Education

The 2015-16 Proposed Resolutions can be reviewed online at: www.cfuwadmin.org/Portals/1/cfuwadminfiles/webfiles/advocacy/resolutions/proposed/2015-2016%20Proposed%20Resolutions%20for%20Amendment.pdf

At our general meeting on Monday, Feb. 1, following Paul Heinbecker's presentation, we will introduce the five resolutions to our members with any edits or changes suggested by the CFUW-Ottawa Environmental Toxins and Health Group (proposed resolutions 2 & 3) and the Issues and Advocacy Group (proposed resolutions 1, 4 & 5). Each resolution will be presented by a member of the reviewing Group who will briefly summarize it, outline the background, identify any recommended changes, open discussion / Q&A to the floor, and call a vote to accept or reject the resolution. The VP Liaison will then forward any edits, comments, and the results of the vote to the proposing Club(s) or Committee(s). Then, with the caveat that she may change her vote based on further changes to the resolution introduced prior to the AGM, the new CFUW President will attend the CFUW AGM in St. Catharines and speak to the resolutions as she deems fit and vote on them according to the results of the CFUW-Ottawa meeting on Feb. 1.

Although this sounds somewhat complicated, the activity should be complete within 40 minutes. Following the business part of the meeting, we hope to have a special treat for our members. February is the month for Valentines and one naturally thinks of chocolate!! Looking forward to seeing you then.

Women and Dementia: Incidence, Impact, and Potential for Prevention

Dr. Antoine Hakim spoke on women and dementia to a full crowd at the CFUW-Ottawa luncheon meeting on Jan. 11, 2015. Not surprisingly, 70 percent of dementia patients are women. Women in their 60s are twice as likely to develop dementia over the rest of their lives than breast cancer.

What is dementia? According to Dr. Hakim, dementia is “an umbrella term describing a serious deterioration in mental functions, such as memory, language, orientation, and judgement”. There are many types of dementia. The best-known is Alzheimer’s disease which accounts for two-thirds of cases. Unfortunately, there is no cure for any type of dementia. Drugs may ease some

of the symptoms but they do not tackle the underlying diseases.

What causes dementia? Dr. Hakim pointed out that there are certain brain conditions that can cause dementia: Alzheimer’s disease, brain vascular disease, neurodegenerative diseases such as Parkinson’s disease, multiple sclerosis, frontotemporal dementia, and normal pressure hydrocephalus.

Dr. Hakim noted the research of Deborah Barnes in *Lancet Neurology*, 2011, that identified certain factors that contribute to dementia. They are low education, smoking, physical inactivity, depression, hypertension, diabetes, and obesity. In North America, physical inactivity is the highest contributing

factor followed by depression, smoking, hypertension, low education, obesity, and diabetes, in that order.

According to Dr. Hakim, we control a major part of how we age. We can keep dementia at bay by taking preventive measures that we can do ourselves to combat the contributing factors that lead to dementia; essentially, having and enjoying a healthy lifestyle, stimulating our minds, and joining associations such as CFUW.

Dr. Hakim has written a book to be published in French detailing his research on dementia which will be launched in March. The publication of the English version is still in the works.

Alicia S. Natividad
Program Committee

CFUW-Ottawa Strategic Plan Review: Strategic Domains #3 and #4

In the December 2015 issue of the *Carillon*, we reviewed the progress made on **Strategic Domain #1. Socialization and Community Service**, and **#2. Education and Learning**. The final two domains, which we are reviewing in this article, are **#3. Advocacy and Action** and **#4. Membership and Communication**.

Stepping back a bit, the new Strategic Plan covers the years 2015-19 and was passed at our AGM in May 2015. Click [here](#) to view it now on our website. A quick review of initiatives and events which support goals is a way to see whether what we do matches what we say we do.

For the Advocacy initiative, refer to Fran Manning’s article in the November 2015 *Carillon*. Fran explains the process of reviewing the draft resolutions proposed for adoption at the CFUW AGM in June and invites members to participate. The results of the resolutions review will be presented by the Issues Groups at the General “Resolutions”

Meeting on Feb. 1, 2016.

One voice is seldom heard — many voices make a great noise. Even though we have a large active club, we don’t create a lot of the good “noise” that draws the press to cover our events. One solution is partnering with like-minded women such as other CFUW groups, OCW, Elizabeth Fry and similar organizations. We hope to expand our reach with the help of others.

The final goal is increased membership. We need to focus on the advantages of being a member – financial, social, educational, health, and many more. New members who do not join any groups in their first year are unlikely to return to the Club for another year. Our VP Membership, Judith Neale Holtzhauer, is busy calling these members to encourage them to join a Study and Interest Group. Judith also planned a successful new members meeting in November prior to the General Meeting. New members were introduced to one another and then recognized at the

General Meeting.

CFUW is providing webinars on current topics for interested members. This fall, the presenter was the President of CFUW Victoria and the topic was *How to Improve and Retain Membership in Your Club*. She gave a well-researched, timely, and thought-provoking presentation which contained some excellent strategies.

We have had a very active and productive first part of the year and look forward to reaching more goals in the ensuing months and years.

You can help. Volunteer in a community outreach activity, invite a friend to a General Meeting, speak to Fran Manning about involvement in reviewing and researching background information on a resolution, support a fundraiser to assist our Scholarship Fund, propose a new event to the Board the list goes on!

Happy New Year to All,

Nancy DeVillers
Past President, CFUW-Ottawa

Kicking in for Kids — Together we've made a difference!

A very special fundraising event took place at Ben Franklin Place on Nov. 25, 2015: two eminent Canadian authors, Charlotte Gray and Jane Urquhart, were the stars of a fundraiser for Kick in for Kids, a community group in the Rideau Lakes area that raises funds to help students in the local high school, Rideau District High School (RDHS). CFUW-Ottawa partnered with Kick in for Kids to make this event happen.

The theme of the evening was 'Taste of the Rideau' and so it was, figuratively and literally, with Wendy's Country Market from Lyndhurst catering the reception and Kick in for Kids coming up with some great Rideau Lakes-related door, raffle, sale, and auction items, including boat, garden, and organic cheese factory tours. (In fact, if you're interested in a June 2016 boat trip from Chaffey's Lock to Jones Falls with lunch at Hotel Kenney, tickets will be available at our International Women's Day event at Centrepointe on March 8.)

Sharon Halladay, RDHS principal, spoke simply and directly to the needs of her students, and to the plight of the School's community: caring and close but suffering from fewer and fewer jobs. She explained the paper outline of a small foot she had with her as one of the ways in which the financial help from Kick in for Kids helps her students. She had the foot outline so she could buy a pair of shoes the next day for a Grade 7 student who had one pair of shoes – no laces, no toes. He had finally found friends to play soccer with, but no one wanted to play with him as every time he kicked the ball, his



Charlotte Gray (on the left) and Jane Urquhart

shoe flew off, invariably hitting one of his new-found friends.

Yvonne Helwig, Kick in for Kids, introduced the talented and popular writers, Charlotte Gray and Jane Urquhart. In a matter of seconds, Charlotte and Jane turned the stage into a dock on Newboro Lake on a summer's day, their drinking water into white wine, and shared their conversation on Fiction and Nonfiction: Why We Do It, with an expectant, appreciative, and sold out crowd.

At ease with each other, the topic and the audience, Charlotte and Jane held forth in a friendly, humorous manner on many topics: experiences gained in university, first jobs, reactions and comments from readers, the need for rigorous research, and never knowing where their writing was going to end up – even with nonfiction!

All too soon their

conversation ended. They graciously fielded questions from the audience. I thanked the authors and presented them with bouquets of flowers donated by Tivoli Flowers – a small token of appreciation for their generous contribution to Kick in for Kids.

Other members of Kick in for Kids closed the program: Maggie Fleming spoke about the origins in 2014 of this small group, committed to helping local students participate and thrive in their schooling. Diane Haskins thanked CFUW-Ottawa for our work in making this fundraiser such a success, for its efficiency and generosity. And little did she know at the time how much of a financial success this fundraiser was! The final figures are quite amazing.

All proceeds, except for costs CFUW-Ottawa incurred, went to Kick in for Kids - \$7,757.19!!

I would like to extend my sincere thanks to our members who volunteered on the committee to make this event such a success: Christine Rollo, Mary Broderick, Lorna Bickerton, Fran Manning, and particularly, Charlotte Rigby, who was not only supportive, but was actively engaged in many aspects of this event. Special thanks also to Janet Hagey who pushed the limits of our website to help market this event online, and to Alice Bolt who provided so much



Clockwise, from the top: Mary Broderick, Charlotte Rigby, and Nancy Simmons-Wright

assistance and advice. A sincere thank you to all of our members who volunteered at the event itself in various capacities.

Together we have made a difference in a lot of lives.

Nancy Simmons-Wright
CFUW-Ottawa Chair, KIFK Event
(and graduate of
Rideau District High School)



Photos by: Stephanie Cavanagh. Exception: Photo of Mary and Charlotte by: Mary Butterill

CELEBRATING INTERNATIONAL WOMEN'S DAY 2016 MOVING FORWARD - ONE STEP AT A TIME!

For several years, CFUW Clubs of Ottawa, Nepean, and Kanata and the Ottawa Council of Women (OCW) partnered to celebrate outstanding Canadian women for International Women's Day. This year, we are focusing on the tremendous contributions to our community by Indigenous women in the Ottawa area. Please join us on **Tuesday, March 8, 2016**, at the **Centrepointe Atrium and Chamber, Ben Franklin Place, 101 Centrepointe Dr.**, where we will celebrate **"Moving Forward – One Step at a Time!"**

We will begin our evening at **5:30 p.m.** in the Atrium with a reception catered by Wawatay Catering which specializes in delicious contemporary and Algonquin cuisine. Check out their website at www.wawataycatering.com.

The program will start at **7:00 p.m.** in the Chamber with a fashion show featuring the creations of Laura Leonard, a fabulous Indigenous fashion designer based in Ottawa. Her creations include beautiful wraps, gowns, purses, jewelry, and incredible shoes and boots. View the Laura Leonard Originals YouTube video at www.youtube.com/watch?v=94PNcrVEdVA.

Linda Grussani, the Director of the Aboriginal Art Centre at Les Terrasses de la Chaudière, has just opened an incredible show: "Mamawo Payiwok - They Gather in One Place" celebrating 12 works by 12 internationally recognized First Nations, Aboriginal, Inuit, and women artists. Linda will introduce this beautiful, moving show, illustrated with slides and speak to the importance

of the Indigenous art collection.

The final part of the program will be a story by Louise Profeit-Leblanc, an Aboriginal storyteller, cultural educator, artist, writer, choreographer, and scriptwriter. Louise comes from a long line of storytellers and is now the keeper of many of these stories of the ancient and not so distant past. She will end the evening by sharing one of these stories with us.

CFUW will be celebrating its centenary in 2019. To mark this occasion, CFUW's Ottawa Clubs and OCW will have silent auction items which we hope will raise funds for scholarships for students in the Ottawa area enrolled at Carleton University, the University of Ottawa, Algonquin College and La Cité collégiale.

Look forward to a fabulous evening of Food, Fashion, Fine Art, and lots of Fun!! Registration is **\$30** and can be done online at cfuw-ottawa.org/event-2134442 or, if you prefer, by sending a cheque payable to CFUW-Ottawa to Jean Chapman, 379 Hamilton Ave. South, Ottawa ON K1Y 1C8.

Frances Manning

CFUW-Ottawa Co-Chair, IWD 2016

ECONOMIC REALITIES FOR WOMEN & INTERNATIONAL STUDIES GROUPS

We will meet on
Sunday, Feb. 7, 2016, at 2 p.m.

at

Duke of Devonshire Retirement Residence, 1095 Carling Ave.
(courtesy of Marnie Emmerson, (613) 820-4474).

We will hear about **Child Haven International**
organized throughout India by

Bonnie & Fred Cappuccino*, with 24 support groups in Canada, for some 10 establishments for indigent children in India, Bangladesh, Nepal, and Tibet, in nine languages.

*Our speaker, CFUW-Ottawa member **Tara Upreti** is their Counsellor.

Anyone who wishes to attend,

Please call **Convenor Janet Parry** at **(613) 820-0701**.

THANK YOU FOR YOUR COOPERATION.



CFUW-Ottawa Holiday Party 2015 A Festive Fundraiser



As members, we have shared in some wonderful Holiday Parties, but this year's event, according to comments received from many guests, was one of the best in recent years.

The event drew a full house of 144 people who enjoyed a festive lunch and participated in fundraising opportunities which included a raffle, the sale of grab bags, a silent auction, Lisa Haley's jewelry sale, and the bake table — an all-time favourite. Triple Trouble, the three incredibly talented Mullan sisters, entertained the guests for a lively half-hour of song, fiddle and piano playing, and step dancing.

The afternoon finished with the draw for door prizes and raffle baskets and the announcement of the silent auction winners.

Due to the generosity of members and guests, we raised **\$4,430.55** which will support the CFUW-Ottawa Scholarships at Carleton University and the University of Ottawa. A cheque for that amount was presented to Margaret Haines, Chair of the Scholarship Trust Fund, at the January General Meeting on Jan. 11, 2016.

Many thanks are extended to:

- The members who helped at the event;
- The members and friends who donated prizes, baked goods, raffle items, silent auction items, and monetary donations;
- The members and friends who bought raffle tickets, jewelry, grab bags, baked goods, and silent auction items;

- Triple Trouble;
- The RA Staff; and
- Everyone who attended.

If you weren't able to attend the Holiday Party, but would like to make a donation to the scholarships, you can send your cheque to Pierrette MacLean, Treasurer of the CFUW-Ottawa Scholarship Trust Fund. Please make the cheque payable to CFUW-Ottawa Scholarship Trust Fund. If your donation is \$20.00 or more, you will receive an official tax receipt.

Alice Bolt, Mary Broderick, and Christine Mattson
Co-Convenors, 2015 Holiday Party



Above: Perusing the goodies at the ever-popular Bake Table

On the left: Christine Rollo browsing Lisa Haley's glamorous Jewelry Display.

Photos by: Mary Butterill



We extend sincere condolences to Club member Christine Rollo on the death of her mother, Ivy Rollo, in Ottawa on Friday, Jan. 1, 2016, at the age of 92. Christine is Special Projects Convenor on the CFUW-Ottawa Board, as well as a member of the National Gallery Art, Dance, Lunching Out I, Snowshoeing, and Trail Walking (Hiking) Study and Interest Groups, convening the Lunching Out I Group and co-convening the Hiking Group.

Our sincere sympathy is also extended to member Marlene Skoutajan on the death of her husband, Rev. Hanns Felix Skoutajan, in Ottawa on Thursday, Dec. 10, 2015, at the age of 86. Marlene is a member of Literature Study and Interest Group II.

We invite all CFUW-Ottawa members to let us know about deaths in their immediate families or of other significant persons in their lives if they wish to have notices published in the *Carillon*.

A Plea for Support for a Fine Institution in Kandahar

At the meeting of University Women Helping Afghan Women (UWHAW) on Jan. 7, 2016, our speaker, Maryam Sahar Naqibullah, requested our support for her former school, the Afghan-Canadian Community Centre (ACCC) in Kandahar.

Maryam came from an illiterate family in Afghanistan, and was educated at the ACCC. Within two years, at age 16, she was sufficiently proficient in English to become an interpreter for the Canadian Forces. She was brought to Canada for her own protection, and is pursuing a PhD with a double major in International Relations and Security at Carleton University while also acting as an advisor to the Department of National Defence (DND) in training the police and military in Afghanistan. She hopes to return to Afghanistan in the future.

The ACCC has a stellar record. Begun in 2006 with funding from the Canadian International Development Agency (CIDA) and individual donors, it is now the largest community learning institution in southern Afghanistan. Both its technologically savvy staff and support from Afghans and international volunteers — many Canadians and Americans, including ex-military personnel — have enabled its outstanding reputation. It has a connection with the Southern Alberta Institute of Technology (SAIT), teaching computer skills and business management, as well as English. Though more boys than girls attend, from an amazing age range of six to 40, it offers a wonderful opportunity for girls to get an education and a job after graduation. With the status such an education brings, these girls get a chance for an increased role in the family, the community, and society. Three thousand women have attended, 700 have graduated with jobs after graduation, thus getting



Maryam Sahar Naqibullah
Photo by: Elizabeth Wilfert

a chance to make their own individual decisions — such a rarity for women in Afghanistan. One hundred and eighty have received scholarships to go on to further education.

Canada has ceased to fund ACCC and it is in danger of closing if sufficient funds are not forthcoming. Maryam and fellow advocates have managed to raise \$17,000 of the \$20,000 needed to keep it operating for two months. But of course, a longer term solution is needed. We are invited to write to our Members of Parliament to encourage our government to use \$5 million of the \$50 million the country has promised to Afghan projects following the withdrawal of our troops, to support this school which has developed so many leaders and successful citizens. We may do this as individuals, while our President, Charlotte Rigby, has done so on behalf of CFUW-Ottawa.

Maryam has received support from her MP David McGuinty, from Hon. Marie-Claude Bibeau, Minister of International Development and La Francophonie, General and MP Andrew Leslie, and Hon. Maryam Monsef, an Afghan-Canadian in the new cabinet as Minister of Democratic Institutions. The government will be deciding on the disbursement of monies for Afghanistan by the end of January.

At our meeting, Fran Harding produced paper, envelopes, details of the school, and salient points to be made to our MPs and other related politicians. Some sat at tables and wrote directly to their MPs, while many more took the literature to do the work at home. It was a masterful combination of rhetoric with the actual tools needed to create support for a worthy cause. *Brave, Maryam and Fran!*

Mary Partington

University Women Helping Afghan Women Study and Interest Group

CFUW-Ottawa did it again!

Many thanks to our CFUW-Ottawa members and friends who supported the 2015 Annual Elizabeth Fry (EFry) Donations Appeal. Christine Marland, her husband Paul, and Marjorie Melick delivered three carloads of items much needed by Norwood House and by its residents when they return to the community. There were also gifts, toys, and gift certificates for the Christmas Party for EFry clients and Norwood House residents. Staff and volunteers were amazed by the amount of donations, all of which were very much appreciated!

Norwood House provides transitional housing and services to assist women who are in conflict or at risk of conflict with the law, to reintegrate into the community. For a list of the many services and programs offered by EFry, please click on efryottawa.com/services.html.

**Marjorie Melick and
Christine Marland**

CFUW-Ottawa Representatives
to EFry Ottawa



THE DRAGONAUTS ARE RECRUITING!

We need more paddlers to participate in the Ottawa Dragon Boat Festival on June 23-26, 2016. Please consider joining the team. Contact Patricia O'Flaherty at pmoflaherty@gmail.com for details.

2015-16 CFUW-Ottawa Membership Report, Jan. 15, 2016

CFUW-Ottawa Membership by Status

Category	Jan-16	Jan-15	Jan-14	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Renewing	399	414	437	441	449	429	462	470
New	44	57	50	59	49	66	41	47
Returning	10	8	9	14	13	17	10	8
TOTAL	453	479	496	514	511	512	513	525

CFUW-Ottawa Membership by Category

Category	Jan-16	Jan-15	Jan-14	Feb-13	Feb-12	Feb-11	Feb-10	Feb-09
Full	446	466	481	501	475	474	479	488
Associate	–	–	–	–	27	29	24	24
Dual	6	8	12	10	6	5	7	9
Life		1	1	1	1	1	1	1
Student	1	4	2	2	2	3	2	3
TOTAL	453	479	496	514	511	512	513	525

Again this year, we've seen a decline in the club membership, with 15 fewer renewing members and 13 fewer new members.

For the third year, the printed mem-

bership directory was sold to members for \$6. The fee did not quite cover the cost of printing and distributing to the 125 members who purchased it. It was given out at the Christmas lunch or mailed out in early

December. Please contact me at membership@cfuw-ottawa.org if you purchased but have not received your copy or if your information in the Directory is incorrect. All members can access the continuously updated online membership directory in the Member-only section of the website. If you would like to order a printed copy of next year's CFUW-Ottawa Membership Directory for \$6, please do so during the renewal process (either online or by mail).

During the 2015-16 renewal process, a subscription to the print version of the *Capital Carillon* newsletter was offered to members for \$15 per year, for the first time. Currently, 35 members pay for a print version of the newsletter.

Early registration for next year begins on Feb. 1, 2016. New members who join after that date are automatically renewed to September 2017.

Carol Hinde

Membership Administration Convenor



NEXT ONTARIO COUNCIL STANDING COMMITTEES MEETING

Saturday, March 12, 2016

Yorkminster Park Baptist Church

1585 Yonge Street, Toronto (Two blocks north of St. Clair Subway Station, East Side)

Morning Program: TBD

Speakers: TBD

Registration: \$35 prepaid includes **lunch**. Catering requires a **registration deadline** and **dietary requirements** by the Monday prior to the meeting. To make a brief announcement, please advise by the prior Thursday to be included on the agenda. The **Registration Form** is located at www.cfuwontouncil.ca/.

Registration starts at 9:00 a.m. The meeting begins at 10:00 a.m., lunch is at 12 noon and the afternoon sessions end around 3:00 to 4:00 p.m.

CFUW-Ottawa funds registration fees and partially funds accommodation and travel for attendance by the Club President, the VP Liaison and two Standing Committee Chairs **or their designates**.

All CFUW members are welcome to attend. If interested, contact: Fran Manning, CFUW-Ottawa VP Liaison, for further details.

In Memoriam

Dr. Ruth Marion Bell (née Cooper), C.M., BA, MA, LL.D., DSL (Hon. Causa), 39th CFUW-Ottawa President, 1968-70, 19th CFUW President, 1973-76 1919-2015



Our sincere condolences to the family and friends of Dr. Ruth Bell, long-time active member of CFUW-Ottawa, who passed away peacefully on Wednesday, Dec.

16, 2015, at age 96, at the Ottawa Civic Hospital. Ruth will be missed by her many friends in CFUW-Ottawa and is remembered affectionately for her feistiness, enthusiasm for life, sense of humour, and love of music. Highly respected, Ruth was honoured by CFUW-Ottawa with a life membership in 2007.

She joined CFUW-Ottawa in 1955 and was active in many capacities over the years, holding executive positions at the local, national, and international levels of the organization. In 1968, she spearheaded the Diplomatic Hospitality Service Group, co-founded with Elizabeth Doe. During her CFUW Presidency, she initiated the “Foster the Roster” campaign to appoint qualified women to corporate boards and directorships. Most recently, she was Honorary Convenor of the Economic Realities for Women Study and Interest Group and belonged to the Music Appreciation, Dining Out, and Sunday Brunch Groups.

Ruth was instrumental in setting up the Scholarship Trust Fund in 1983 which she generously supported. She was primarily responsible for two CFUW-Ottawa scholarship awards given annually to deserving students at either Carleton University or the University of Ottawa: The Dr. Ruth Bell Scholarship (\$1,000), awarded to a part-time student with high potential for university studies, and the Ruth Bell Centennial Scholarship Honouring All Members of the Ottawa Club Since 1910 (\$5,000), awarded to an honours student in Women’s Studies. Proceeds from her 2004 autobiography, *Be a “Nice” Girl! A Woman’s Journey in the 20th Century*, partially funded the Ruth Bell Centennial Scholarship.

Dr. Bell was a true believer in volunteerism and a strong advocate for education and women’s equality. Her impact in these

areas form a legacy from which many of us benefit. Her activism and accomplishments beyond CFUW were also substantial. Her accolades include: Member of the Order of Canada in 1981; honorary LL.D from Carleton University in 1984; Governor General’s Award in Commemoration of the Persons Case in 2005; and two Canada 125 medals. Her autobiography is included in the collection of the Canadian Museum for Human Rights in Winnipeg.

Many members will remember Ruth’s motto adopted during her CFUW Presidency and oft mentioned in her colourful speeches: “Behold the turtle; she makes progress only when she sticks her neck out.” Many will

also recall the naughty play on words of her Grace at Club receptions which always earned a chuckle: “Let us always be needful of the minds of others.”

Visitation was held at the Central Chapel of Hulse, Playfair & McGarry on Dec. 21, 2015. On Dec. 22, a service of thanksgiving for Ruth’s life was held at Christ Church Cathedral, followed by a reception. Dorothy Phillips gave one of the eulogies — to a full church which included many CFUW-Ottawa members. Ruth’s obituary was published in the *Ottawa Citizen* from Dec. 19 to 21 and in *The Globe and Mail* on Dec. 19 and is found online at www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=176956406.

See also a brief announcement on the CFUW home page at www.cfuw.org, an [article](#) by Joanne Laucius in the Dec. 23, 2015 issue of *Ottawa Citizen*, and a [featured obituary](#) by Lisa Fitterman in the Jan. 18, 2016 issue of *The Globe and Mail*.

LOOKING AHEAD TO CLUB EVENTS IN SPRING AND SUMMER 2016

MARK YOUR CALENDARS!

March 8 IWD Celebration, Centrepointe, Ottawa (Ticket sales started in January)

March 12 CFUW Ontario Council Standing Committees Meeting, Yorkminster Park Baptist Church, Toronto Topic: TBD

March 14 CFUW-Ottawa Scholarship Meeting, Riverside United Church/Anglican Church of the Resurrection, Ottawa Speaker: Dr. James K. Wright, Professor of Music, Carleton University Topic: Carleton’s Music Program (particularly the Carillon program and its relationship with the Dominion Carillonneur)

April 4 CFUW-Ottawa General Meeting, Riverside United Church/Anglican Church of the Resurrection, Ottawa Speaker: Prof. Elizabeth Sheehy, University of Ottawa Faculty of Law Topic: TBD

May 10 CFUW-Ottawa AGM, Restaurant International, Algonquin College, Ottawa (Ticket sales start at March 14 General Meeting)

May 13-14 CFUW Ontario Council AGM, Hockley Valley Resort, Orangeville

May 17 NAC Musical Supper, 5 p.m., Le Café, National Arts Centre, Ottawa

June 10 CFUW-Ottawa Golf, Luncheon, & Bridge, Larrimac Golf Course, Chelsea (Ticket sales start in late April and at the May 10 AGM)

June 14 UWHAW Summer Evening Garden Reception, Home of Hally and Hugh Sidons by the Canal, Ottawa (Ticket sales start in late April and at the May 10 AGM)

June 22-26 CFUW National AGM, Brock University, St. Catharines

June 23-26 23rd Tim Hortons Ottawa Dragon Boat Festival, Mooney’s Bay Park, Ottawa (CFUW-Ottawa Dragonauts are planning to race again this year)

Aug. 21-26 32nd GWI Triennial Conference, Cape Town International Convention Centre, Cape Town, South Africa

See more details online at www.cfuw-ottawa.org/events and/or within this issue.

CFUW Ontario Council Annual General Meeting 2016

May 13 & 14, 2016
Hockley Valley Resort
793522 3rd Line EHS, Mono
(just northwest of Orangeville)



Building Bridges - Creating Connections

Friday

Welcome Reception & Leadership Workshop

Saturday

Ontario Council Business Meeting & Plenary Sessions

Registration fee for Friday & Saturday – \$110 per person; Welcome Reception only – \$25 per person

Hosted by:
CFUW – Orangeville & District
www.cfuworangeville.ca
info@cfuworangeville.ca

Brochures and Registration Forms
will be available in January
www.cfuwontcouncil.ca

Happening at Local CFUW Sister Clubs

The 2015-16 programs of our local sister clubs may interest you. To see the schedules of events and meetings that are open to the public and the names of guest speakers, go to their websites:

CFUW/Kanata:

www.cfuwkanata.ca General Meetings: Usually, the 2nd Tuesday of the month, 7 p.m., at Stonehaven Apts., 70A Stonehaven Dr., Kanata (January and February lunchtime meetings, 11:30 a.m. to 1:30 p.m.)

CFUW Nepean:

www.cfuwnepean.ca General Meetings: 1st Tuesday of the month, 1 p.m., except September, at Bells Corners United Church, 3955 Old Richmond Rd., Nepean

CFUW Perth:

cfuw-perth-district.com General Meetings: 3rd Monday of the month, 6:30 p.m. at Royal Canadian Legion Hall, 26 Beckwith St. E., Perth



32ND TRIENNIAL CONFERENCE

"At the crossroads of education, gender and human rights"

24 - 26 AUGUST 2016
CAPE TOWN INTERNATIONAL CONVENTION CENTRE

Graduate Women International Conference 2016
21 - 23 August 2016: GWI members-only General Assembly

Early Bird registration closes on May 31, 2016. To register & for more information on program, key dates, travel & accommodation, go to gwiconference.org/

Share Your Good Ideas!



Email us at communications@cfuw-ottawa.org

OR

Click on [Suggestions](#) here OR on the "Contact Us" page on the CFUW-Ottawa website