



Canadian Federation of University Women – Ottawa

Capital Carillon

Annual General Meeting

CFUW-OTTAWA AGM and DINNER

Tuesday, May 10, 2016
5:30 p.m. Start and Cash Bar
6:00 p.m. Dinner and Meeting

Restaurant International
Algonquin College
H100, 1385 Woodroffe Ave.
Ottawa, ON K2G 1V8

MENU

*Potato and Leek Soup with
Clipped Chives and Truffle Essence*

*Micro Herb Salad with Goat Cheese,
Dried Fruits, and Candied Pecans,
Citrus and Balsamic Vinaigrette*

*Herb Roasted Chicken Breast with
a Merlot Red Wine Sauce
Creamy Mashed Potatoes
Seasonal Vegetables*

Strawberry Shortcake

Registration Deadline: Sunday, May 1

Ticket price \$35 (including tax and
service charge)

Register online at:

www.cfuw-ottawa.org/event-2018645, or
call Christine Rollo at (613) 727-3857

Driving Directions: At the first set of traffic
lights on Woodroffe Ave. south of Baseline
Rd. (between College Square Shopping Centre
and Algonquin College), turn left onto Navaho
Dr. Turn right at the next set of traffic lights.
Parking Lot 4 and the Hospitality Centre
(Building H) will be on your immediate right.
Restaurant International is in that building.

Parking: Parking is free after 5 p.m. in
Parking Lot 4 (in front of the Hospitality
Centre) and in Lots 8 and 9 on same side of
the street as the Hospitality Centre and just
east of the Robert C. Gillett Student Commons
Building (Building E). All other parking lots
are on a pay-per-use basis.

PRESIDENT'S MESSAGE

CHARLOTTE RIGBY

Democracy at Work!

As we are all well aware by now, there are important votes coming up for CFUW members — at our own CFUW Ottawa AGM on May 10 and at our National CFUW AGM on June 23-24. You will find important information inside this issue about the concerns and decisions that will affect the future of CFUW and all of its member clubs. Our input is needed and it's important that all of us who wish to vote can do so. Note that a motion to amend our constitution or bylaws requires the approval of 67 percent of the eligible votes.

At our club's General Meeting on April 4, I gave formal notice of the motions which will be presented for approval at our club's 2016 AGM on May 10. They are:

1. PROPOSED AMENDMENTS TO CFUW-OTTAWA BYLAWS 2013 (ADOPTED MAY 7, 2013)

A. Under Article IV – Board of Directors and Executive Committee:

IV - 1. b) 3. Delete "Projects Convenor"
Replace with "Special Projects Convenor"

B. Under Article V – Duties of the Mem- bers of the Board of Directors:

1. V - 3. b) 2. The Vice-President Liaison
shall:

Delete "the Standing Committees on
Education, Status of Women and Human
Rights and Legislation/Other" Replace
with "the Issues and Advocacy Com-
mittee"

2. V - 8. The Projects Convenor
Delete "Projects Convenor" Replace with
"Special Projects Convenor"

C. Under Article VI – B. Standing Com- mittees:

VI – B. 1. The Issues Committees:
Delete "The Issues Committees: i) Edu-
cation, ii) Status of Women and Human

Rights, and iii) Legislation/Other" Replace
with "The Issues and Advocacy Com-
mittee"

(Click [here](#) to access the *CFUW-Ottawa By-
laws 2013*)

2. PROPOSED AMENDMENTS TO CFUW NATIONAL ARTICLES AND BYLAWS JULY 2015

1. That: In the Canadian Federation of
University Women *Articles and Bylaws*,
Articles section, strike out Article 4. Mem-
bership in the International Federation of
University Women (IFUW). (proposed by
CFUW St. Thomas)

2. That: In the Canadian Federation of
University Women *Articles and Bylaws*,
Bylaws section, Committees subsection F,
Governance be added to the list of Stand-
ing Committees in Bylaw F.54. (proposed
by the CFUW Board)

(Click [here](#) to access the *CFUW Articles and
Bylaws July 2015* on the CFUW Member Re-
sources website. Note that login is required
and view only access is available to CFUW
members by contacting the CFUW National
Office)

(see **President** on next page)

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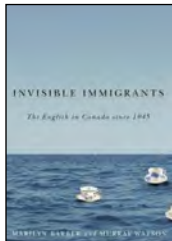
Proposed Slate of CFUW-Ottawa
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Membership Flash, 2016-17

Come Sing With The Madri-Gals

Marilyn Barber's Book Published Recently

Invisible Immigrants: The English in Canada Since 1945



Congratulations to CFUW-Ottawa active member Marilyn Barber on her book *Invisible Immigrants: The English in Canada Since 1945*, co-authored by Murray Watson, published in March 2015 by the University of Manitoba Press as part of its *Studies in Immigration and Culture* series. The book documents the experiences of English-born immigrants who came to Canada between the 1940s and 1970s. Click [here](#) to read a more detailed description and reviews on the University of Manitoba Press website. See also Carleton University's publication notice with archival photos by clicking [here](#). Dr. Barber is an historian (focused on immigration, women's/ gender, and oral history) and Adjunct Research Professor in the Department of History at Carleton University.

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

Please send all material for the next issue to the Editor:
Gail Tyerman
at tyermag@rogers.com.

Next issue: **October 2016**
Deadline: **September 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.

President – continued

3. AUTHORITY TO VOTE AT THE CFUW AGM

The members of CFUW-Ottawa will be asked to give the President or her designate the authority to vote at the national AGM 2016, in accordance with the decisions of this meeting and according to her conscience.

If you wish to participate in the club's vote to be called at our May 10 AGM, you have two choices:

1. Attend and vote in person at the AGM (and enjoy a great evening with a delicious dinner); or
2. Vote by proxy (assign a proxy person to vote on your behalf)

This is the first time in my experience that our club has made proxy voting available. It is used by both CFUW Ontario Council and CFUW National AGMs, and we are adapting their procedures to our situation. A proxy must be a member in good standing who has registered to attend the AGM, intends to vote on her own behalf, and agrees to also vote on your behalf. Voting will be by show of hands and proxy cards. When your proxy signs in at the event,

she will be given a coloured proxy voting card to raise when she is voting as your proxy. Each vote will be called twice: First, for all members present; and second, for members voting as holders of a proxy (who vote by raising their coloured proxy card).

If you wish to participate by assigning a proxy to vote on your behalf:

1. Download from our website or copy the 2016 AGM proxy form below, or request a form by email.
2. Sign the form and have your proxy sign, or confirm by email her agreement to represent you as a proxy and vote according to your instructions.
3. Send completed forms to:

Email: cfuw-ottawa@cfuw-ottawa.org; or
Fax: (819) 778-3469; or
Mail: C. Rigby,
124 rue Champêtre,
Gatineau, QC, J9H 6W4

I encourage you to make use of a proxy voter. It is your chance to make your wishes known, and your choices matter.

Canadian Federation of University Women – Ottawa (CFUW-Ottawa)

Annual General Meeting
Tuesday, May 10, 2016

Restaurant International, Algonquin College, Ottawa

PROXY FORM

1. THE MEMBER

I authorize _____ to vote on my behalf.

Signed _____ Date _____

Please print your name _____

2. THE PROXY VOTER

I agree to vote as a proxy of behalf of this member, according to her instructions.

Signed _____ Date _____

Please print your name _____



The United Nations Commission on the Status of Women, held in New York City annually, is the single largest forum for the advancement of the women's empowerment agenda. The 2016 Commission was the first since the UN adopted the *2030 Agenda for Sustainable Development* last September. Its priority theme was women's empowerment and its link to sustainable development. The review theme which framed many of the discussions was the elimination and prevention of all forms of violence against women and girls.

This year, over 8,100 NGO representatives registered and some 600 side events and parallel sessions were presented. I attended many of these presentations and share now a few "takeaways."

Recently, Zeid Ra'ad Al Hussein, the UN High Commissioner for Human Rights, noted that, in some countries today, girls are more likely to die in childbirth than complete their secondary education — a stark reminder of the crippling inequality that many face. Empowerment through education to give women choice and enable their equal participation in all aspects of life is critical to end this pervasive discrimination. Increasing women's leadership and participation; ending violence against women; engaging women in all aspects of peace and security processes;



Susan Russell, VP GWI, on the left, and Hally Siddons, UWHAW Project Chair, part of the GWI delegation at UN CSW60
Photo by: Phyllis Scott

enhancing women's economic empowerment; and making gender equality central to national development planning and budgeting, are integral to achieving a more equitable global society.

In session after session, I was reminded that gender inequality, linked to a lack of education for both boys and girls, is the norm in many parts of our world. Its effect on girls is especially devastating.

The resultant violence is found in Displaced Persons camps in the Ukraine and Georgia and in refugee camps in the Middle East and Europe. It is evidenced in mob rapes

common at concerts in Egyptian stadiums where 60 men will suddenly appear and completely encircle and isolate a woman, each taking their turn. In Iraq, where in 2003 there was a dream of a democratic life, women are now experiencing unimaginable horrors. In Tajikistan, Morocco, and Tunisia, governments have adapted international law to improve the status of women, but ongoing vigilance is crucial, and many women, especially in rural areas, do not know and therefore do not speak for their rights. This is also true in Afghanistan, of particular interest to some of us. The Afghan sessions I attended were superb. We were reminded of the tremendous progress made in that



Canada's Prime Minister, The Right Hon. Justin Trudeau, Moderator Sade Baderinwa, and UN Women Executive Director Phumzile Mlambo-Ngcuka on the right discuss gender equality at CSW60 on March 16, 2016
Photo by: Hally Siddons

country during the last 15 years and that all could be lost without due care going forward. Again, laws are in place but the justice system must enforce them and the international community must connect its expectations to its desperately needed grants. Last year, 17,000 rapes were committed in the Congo. Just last month, Nigeria budgeted to send a contingent to

UNCSW60 while rejecting a bill to ensure gender equality in their country. In Sierra Leone, where half the girls are pregnant by age 18, the law requires pregnant girls to leave school. Violence against women

is rampant in Honduras. Our speaker from Honduras shared stories of a 13-year-old raped on her walk to school, of a 26-year-old woman who stayed home day after day with no job, no skills, no learning, only daily beatings, and of a 49-year-old woman who had struggled for 20 years, yet was killed as she slept in her own home. When Phumzile Mlambo-Ngcuka, UN Under-Secretary-General and Executive Director, UN Women, was asked what she would like to see going forward, she said she wanted to see everyone rejoice when a girl was born. Today, in her African village, when a son is born, the

(see CSW60 on next page)

CSW60 – continued

family kills a goat for a celebratory feast. When a girl is born, they cut a pumpkin.

It is important to share from my UN experience my better understanding of the work of our three Graduate Women International (GWI) volunteer UN representatives: Dr. Sophie Turner Zaretsky, Polly D. Woodward, and Mick Minard. These talented women live just around the corner from the UN, are very well informed, politically savvy, have built an amazing network on our behalf, and work tirelessly to advance our work for girls' education around the world.

Returning home, one is reminded of our incredible good fortune, and challenged to respond. We do not live in poverty. We are not hungry. We are not surrounded with violence and discrimination. Rather, we are educated, we have choice, we can influence. In fact, we must be a voice for those who have none. Through our link with GWI, we can work effectively with its National Federations and Associations (NFAs) and members in some 80 countries. It is critical to use our influence, experience, and networks to urge governments and policy makers to commit, without further delay, to concrete pledges to accelerate the advancement and empowerment of women and girls worldwide.

Hally Siddons

Project Chair, University Women
Helping Afghan Women

CALL FOR CONVENORS

Does your Study and Interest Group have a convenor for next year? As is often the case, some groups will be looking for new convenors. Convenors are among our club's most important members. Without them, CFUW-Ottawa could not function. Please consider taking a turn in one of your groups — the role of the convenor is vital in keeping our club relevant, lively, and fun. A very big thank you to the 2015-16 convenors — you are all greatly appreciated. Because of you, CFUW-Ottawa offered 44 Study and Interest Groups to members this year — *Brave!*

GWI Moving Forward

Over 60 CFUW members from area clubs attended CFUW-Ottawa's special lunchtime meeting on April 15 to hear Susan Russell's talk on "GWI Moving Forward". Graduate Women International (GWI) focuses on improving women's rights, equality, and empowerment through education. GWI aims to have 100 percent of girls achieving education beyond primary school by 2030.

Despite our founders' 1919 vision of improving women's education, there are still 63 million illiterate girls and women worldwide and very few who achieve in STEM (science, technology, engineering, and mathematics), which could lead them to enhanced careers.

At the 2013 GWI triennial conference in Istanbul, members voted to modernize GWI. With a new name (IFUW became GWI), our international organization is using technology (website, social media, webinars), has exciting new projects, has secured support from outside partners for the first time, and has welcomed new member countries, including Somalia.

GWI advocates for women at UN agencies and other forums around the world, bringing resolutions prepared

by CFUW clubs to meetings in New York, Paris, Geneva, and Vienna, and changing attitudes one step at a time.

A lively discussion followed Susan's talk. Dues paid to GWI was an issue, especially for women on fixed income, many of whom do not have university degrees and are therefore not members of GWI. They pay their full club fee and have access to GWI services but CFUW does not forward their portion as dues. Susan suggested they take this up with CFUW. GWI dues as a portion of CFUW's budget was also discussed. Susan mentioned that GWI dues are based on number of members and a country's GDP. CFUW already pays less than the full rate because of its large membership and relatively strong GDP. What can CFUW do as a member of GWI that it cannot do alone? As one of 60 National Federations and Affiliates (NFA) of GWI, CFUW (and, by extension, its individual membership) gains a strong international voice for the empowerment of women, a goal as important to CFUW as it is to GWI, as relevant in Canada as it is globally.

Dorothy A. Phillips

Friends for GWI

Friends for Graduate Women International

Graduate Women International graduatewomen.org



WEBSITE: friendsforgwi.org EMAIL: friendsforgwi@gmail.com

FACEBOOK: **Friends for Graduate Women International**

Intimate Femicide is Predictable: Why Are We Failing to Prevent It?

In her presentation at the CFUW-Ottawa General Meeting on April 4, Professor Elizabeth Sheehy put faces to several recent victims of intimate femicide from our own or nearby communities. All of these women were killed by current or former male partners, though most had asked for protection from the state, and most of their partners/ex-partners had criminal records for violence against women. The men responsible for intimate femicide frequently involve multiple victims and then commit suicide afterwards.

Information about femicide in Canada is found in the Ontario Chief Coroner's Domestic Violence Death Review Committee Annual Reports and in Statistics Canada's Intimate Partner Homicides (IPH) reports. In 2014, 67 women (80 percent of the total number of women murdered) were killed by current or former partners — a rate of one every 4.4 days!

Why are we failing to prevent the predictable? Do we fail to value women's worth? Do we fail to characterize the abuse of women accurately? Do we minimize women's experiences by the use of neutral language and the passive tense?

Professor Sheehy gave examples of women who suffered prolonged, repetitive, and violent physical abuse by their eventual murderers — abuse that can only be described as torture. She also gave examples of the language used in court documents such as transcripts of testimony by prosecuting and defence attorneys, which consistently understate and minimize the abuse and suffering of these women. Shouldn't these authorities be bearing witness and advocating on behalf of these terrorized and abused women?

Many factors influence the continued tragic outcomes for women in

these intolerable situations including the failure to undertake and respond to risk assessments, failure to protect and provide adequate resources to the victims, and failure to recognize and appropriately punish these heinous crimes.

Professor Sheehy concluded with the following recommendations. We cannot prevent intimate femicide without addressing male violence. We need a National Action Plan to end violence against women. We need to support the independent women's movement. We need new mechanisms for police transparency and accountability. We need new legislation and appropriate penalties for the crime of strangulation. We need to invest in women's safety and freedom and to contain dangerous men. We need a National Femicide Count.

Lorna Bickerton
Program Convenor

UWHAW in CONNECTICUT

After UNCSW60 (see article on page 3), I went on to friends in Essex, Connecticut, where I was interviewed on iCRV Radio (www.icrvradio.com), the local internet radio station, and then to the town library to address a community group including members of the American Association of University Women (AAUW). My topic, *Reach Out to Connect: Empower Afghan Women and Girls*, outlined UWHAW's work and set the Afghan scene incorporating new details from the Afghan sessions I had attended at the UN. The talk was well received with several attendees speaking to me afterwards about how little they had known about the subject before the talk, how they had appreciated learning, and how they were motivated to consider possible action. At the conclusion, I was delighted to receive a contribution for scholarships at Dr. Samar's Gawharshad Institute of Higher Education in Kabul.

Hally Siddons

Project Chair, University Women Helping Afghan Women



Hally Siddons, on the left, and local AAUW President, Dawn Boulanger, during their interview on iCRV Radio in Ivoryton, Connecticut, on March 23, 2016 **Photo by:** Ibby (ibby) Carothers, Executive Producer

Proposed Slate of CFUW-Ottawa Officers, 2016-17

Executive Committee	Nominees
President	Charlotte Rigby
Past President	TBD
Vice President Communications	Elizabeth Wilfert
Vice President Liaison	Frances Manning
Vice President Membership	Judith Neale Holtzhauer
Vice President Operations	Joan Bell-Scott
Secretary	Heather Lewis
Treasurer	Christine Narraway
Board Members	
Carillon Editor	Gail Tyerman
Program Convenor	Lorna Bickerton
Scholarship Trust Fund Chair	Margaret Haines
Scholarship Trust Fund Treasurer/ Assistant Club Treasurer	Pierrette MacLean
Special Projects Convenor	Christine Rollo
Study & Interest Groups Convenor	Norma Pike
Website & Internet Services Convenor	Barbara Newbegin
Committee Chairs/Convenors	
Funds Raised Chair	Alice Bolt
Hospitality Chair	Mary Broderick
Membership Administration Convenor	Carol Hinde
Program & Annual Report Editor	Fran Harding (Program), Lynne Bond (Annual Report)
Board Committee Members	
Carillon	Assistant Editor: Cynthia Farquharson Mailout: Carol Hinde, Pierrette MacLean, Leila Metcalf
Membership	Christine Rollo, Aleyamma Samuel
Operations	Jill Whitford (AV)
Program	Alicia Natividad, Edeltraud Neal
Scholarship Trust Fund Trustees	
Chair	Margaret Haines
Convenor	Patricia O'Flaherty
Secretary	Vicki Kohse
Treasurer	Pierrette MacLean
Club Treasurer (<i>Ex Officio</i>)	Christine Narraway
Funds Raised Chair (<i>Ex Officio</i>)	Alice Bolt
Community Project Chairs	
Home Instruction for the Parents of Preschool Youngsters (HIPPY)	Janet Hagey
University Women Helping Afghan Women	Hally Siddons
CFUW-Ottawa Standing Committee Chairs	
Archives	Patricia Johnston
Budget Review	Janet Riehm
Issues	Frances Manning
Environmental Toxins and Health	Olga Lee
Ad Hoc Committee Chairs	
Holiday Party	Alice Bolt
International Women's Day Event	Frances Manning
Service Group Convenors	
Diplomatic Hospitality	Lisa Haley
Madri-Gals – Convenor, Archivist, Director	TBD , Patricia Johnston, Tammy Shaw
Affiliate Representatives	
Elizabeth Fry Society of Ottawa	Marjorie Melick, Christine Marland
Ottawa Council of Women	Fran Harding, Sheila Perry, Charlotte Rigby

MEMBERSHIP FLASH

It's that time of year again! Renew your 2016-17 membership either on-line or by mailing in your completed Registration Form (see www.cfuw-ottawa.org/membership). Membership renewal letters will be mailed in August to members who have not provided us with an email address.

Membership fees are the same as last year: **full is \$115, full-time university or college student is \$50, and dual (second CFUW club) is \$40.**

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

The printed version of the *Membership Directory* is for sale again this year for \$6. To receive a copy, purchase it when you renew your membership. It will be mailed in November to those that have paid for it. The online directory is available on the website to all current members of CFUW-Ottawa at no additional charge.

In an effort to keep our fees as low as possible, members who wish to receive the *Capital Carillon* in paper format are now required to pay \$15 per year. To purchase this option, select the appropriate box on the Registration Form and include the \$15 in your payment. Current and back issues in electronic format are available to members (and the general public) from the website at no additional charge (go to www.cfuw-ottawa.org/newsletter or www.cfuw-ottawa.org/newsletter/archives).

Renewing your Membership Online:

LOGIN

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

RENEW REGISTRATION

5. Once logged in, the "**My profile**" page appears. Click on "**Renew until September 15, 2017**" in the white box to the right.
6. The "**Membership renewal**" page appears. Review and update your member profile. Once complete, click on "**Update and Next**" even if there are no changes.
7. Review your information, then click on "**Confirm and proceed with payment**".

PAYMENT

8. The "**My Profile**" page reappears with a list of your transactions with the Club. The top listing is the Invoice for Membership Renewal. At this point, choose to either click "**Pay Online**" or select the Blue Invoice Number to obtain the mailing address to pay by **cheque**.
9. The Online payment option links to the PayPal website where you can either pay using your PayPal account or by credit card. If paying by credit card, enter all the information requested and ensure the address you give is the billing address for the card. PayPal will send you a receipt by email.

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

Carol Hinde

Membership Administration Convenor

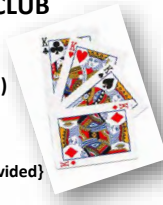
CFUW-OTTAWA GOLF & BRIDGE FUNDRAISING EVENT

**FRIDAY, JUNE 10, 2016 AT LARRIMAC GOLF CLUB
1148, RTE 105, CHELSEA, QUÉBEC**



**GOLF: SCRAMBLE FORMAT: 9 HOLES (RAIN OR SHINE)
SHOT GUN START AT 9:30 A.M.**

**(PLEASE ARRIVE BY 8:30 A.M.)
BRIDGE GAME AT 9:30 A.M. {Make up your table — cards provided}
LUNCH AT APPROXIMATELY 12:00 P.M.**



DOOR PRIZES & PRIZES FOR GOLF & BRIDGE

**ALL PROCEEDS SUPPORT THE CFUW-OTTAWA
SCHOLARSHIP TRUST FUND (tax receipts will be issued)**

\$70 FOR GOLF & LUNCH
(power cart available for an extra \$11 to be paid at the Club on June 10)

\$50 FOR BRIDGE & LUNCH

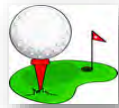
\$45 FOR LUNCH {IF YOU DON'T PLAY GOLF OR BRIDGE, PLEASE JOIN US FOR LUNCH}

**REGISTRATION STARTED APRIL 21
REGISTER BY CALLING VAL AT (613) 731-6181 OR (819) 827-3753
OR BY EMAILING JANE AT jane@wandell.ca
OR AT THE CFUW-OTTAWA AGM ON May 10**

After registration with Val or Jane, all cheques are to be made payable to CFUW-Ottawa & sent to ALICE BOLT at 1531 Caton St., Ottawa ON K1H 6J3

DONATIONS FOR PRIZES GLADLY ACCEPTED —
CALL ALICE AT (613) 731-5221 OR EMAIL jane@wandell.ca OR CALL VAL AT (613) 731-6181

**LET'S MAKE THIS ANOTHER FUN DAY!
BRING YOUR FAMILY & FRIENDS !**



We extend sincere condolences to Club member Norma Pike on the death of her mother, Dorothy Alma Prince, in Ottawa on Wednesday, March 16, 2016, in her 89th year. Norma is a member of the Art - National Gallery, Gatineau Trails - Year-round, Gourmet - Couples, Literature I, and UWHAW Study and Interest Groups.

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*.



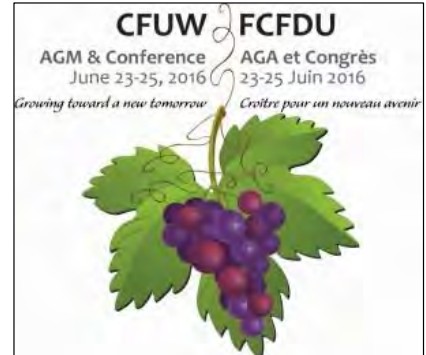
**32ND TRIENNIAL
CONFERENCE**

"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/



Hosted by CFUW St. Catharines at Brock University
Co-Convenors: Monique DeJonghe & Gail Neff
For more information about accommodation, registration & other documents, go to the CFUW website.
Early Bird Registration deadline is May 20, 2016.
Registration closes June 10, 2016.

Dragonauts Not Racing This Year



The CFUW-Ottawa Dragonauts will not be competing at the 23rd Ottawa Dragon Boat Festival in Mooney's Bay Park on June 23-26, 2016. Thank you to all who signed up or offered to spare — perhaps we can try again next year. In the meantime, if you are interested in joining another dragon boat racing team, contact the festival organizers. There are teams looking for good paddlers!

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
available at
www.cfuwontcouncil.ca



SAVE THE DATE!

MONDAY, OCT. 3, 2016

**THIRD ANNUAL LUNCHEON BRIDGE
PLUS FUNDRAISER
ROYAL OTTAWA GOLF CLUB,
GATINEAU
IN SUPPORT OF THE CFUW-OTTAWA
SCHOLARSHIP TRUST FUND**

Please join us for a light luncheon
followed by an afternoon of
duplicate bridge, social bridge, scrabble,
or mah-jong.

Friends, spouses, & partners welcome.
Registration details to follow later in an
email blast.

**Tickets cost \$55 (Includes tax & service
charge. Tax receipt provided.)**

Registration starts Aug. 1, 2016

For additional information, you may
contact either:

Dawn Torsein (Chair) or
Joan McKee (Liaise)

torsein@sympatico.ca
Tel: (613) 747-4289

joanmckee@rogers.com
Tel: (613) 820-0532

Save the Date! CFUW-OTTAWA 2016-17 SEASON OPENER

Date: Monday, September 19, 2016
Time: 7 p.m. - 9 p.m.
Location: Jean Pigott Place, Ottawa City Hall,
110 Laurier Avenue W.
Ottawa ON K1P 1J1
Description: The CFUW-Ottawa Season Opener
provides an opportunity for non-members to join the Club,
for renewing members to reconnect, and for both new and
renewing members to sign up for some 50 Groups (Study
& Interest, Issues, Service, Project). We invite women who
support the mission and values of CFUW-Ottawa to join
the Club.

We will have visitors from the community attending to decide if CFUW-Ottawa is right for them. The Season Opener is an opportunity for us to showcase our Club and tell those interested in joining us about CFUW-Ottawa. Each of us can be an ambassador for the Club that evening. If you meet a non-member or a new member, please introduce yourself and make her feel welcome.

Registration forms will be available for **new** members to sign up for the Club. Our hope and expectation is that most of our current members will renew over the summer months either online (www.cfuw-ottawa.org/membership) or by mailing in their renewals. However, there will be a drop box for renewing members to leave their completed registration forms and payment.

Please mark your calendars and spread the word to your friends, family, or business associates who may be interested in joining us. We look forward to seeing all of you there!

2016 NAC Musical Dinner & Silent Auction



National Arts Centre, Le Café
 Tuesday, May 17, 2016

Silent Auction starts at 4:30 p.m.; Dinner at 5 p.m.

YOUR TICKET INCLUDES:

- ✦ Elegant THREE-COURSE MEAL & a small glass of WINE
- ✦ PERFORMANCE by THREE TOP NOTCH MUSICIANS
- ✦ TWO TICKETS to an upcoming MUSICAL EVENT, COMPLIMENTS OF THE NAC

*Don't forget to bring cash & chequebooks.
 Raffle: 10 tickets for \$5 (cash)*

Thanks to members of UWHAW for donating two raffle baskets.

Door Prizes

This fundraiser is sponsored by CFUW-Ottawa's University Women Helping Afghan Women (UWHAW).

The proceeds of the meal will go toward the CFUW-Ottawa scholarships at Carleton University & the University of Ottawa.

The proceeds of the Silent Auction & Raffle will support the scholarships for Afghan women at the Gawharshad Institute of Higher Education in Kabul, Afghanistan

Open to all CFUW-Ottawa members & guests (women & men) — A great opportunity to spend an evening at NAC's Le Café with your partner or a friend!

Tickets to the NAC Dinner: \$55 (incl. tax & service charge)
Tax receipts will be issued this year
Sold out early last year!

- ✦ Buy your tickets by contacting Alice Bolt at (613) 731-5221 or by email at alicebolt87@gmail.com.
- ✦ All cheques are to be made payable to UWHAW.
- ✦ Online registrations & payments are not available for this event.
- ✦ Please advise Alice if you would like special seating arrangements.

ALEY SAMUEL'S LETTER TO THE EDITOR OF THE OTTAWA CITIZEN PUBLISHED

Congratulations to CFUW-Ottawa active longtime member Aleyamma Samuel on her Letter to the Editor of the *Ottawa Citizen*, published by the Editorial Board on March 16, 2016. The text appears below. Aley recommended that Nellie McClung be featured on the new Canadian bank note planned for 2018. The Bank of Canada had introduced a process on March 8, 2016 which invited Canadians to nominate an iconic Canadian woman to feature on this bank note. This nominations process closed on April 15, 2016. Click [here](#) to visit the Bank of Canada website for further details on the nomination and selection processes and results to date.

Nellie McClung should get dibs on the currency

My suggestion: Nellie McClung (or another woman) from the group "Famous Five." They fought for radical changes in law, politics and social policy, and laid the groundwork for human rights and equality rights, paving the way for women's participation in the political process.

Aleyamma Samuel, Ottawa

Silent Auction Items

- ✦ *Giverny#1*, an original oil painting by well-known local artist Marianne Feaver, whose works are held in collections the world over.
- ✦ What better place to spend a week this summer than at a four-bedroom cottage on Fiddler Lake in the Laurentians?
- ✦ The Rideau Lakes area is special. How would you and your family like to spend a week this summer at a cottage on Crosby Lake?
- ✦ A week at a spectacular chalet in Stowe. Close to Mount Mansfield ski lifts and the best skiing in the east. From the door, access to cross country ski and snow shoe trails. Perhaps you would prefer fall colours or spring flowers — you choose the season.
- ✦ Fly up, up, and away around Ottawa in a small aircraft flown by the husband of a CFUW member.
- ✦ It's back! The famous gourmet lunch for eight at the lovely home of a UWHAW member. Bid early and bid often.
- ✦ If you have always longed to travel there, this basket containing South African wines chosen by a UWHAW member and a guide book to South Africa is for you.
- ✦ A basket containing wine glasses and a selection of their favourite wines chosen by UWHAW members is sure to please.
- ✦ Three bracelets for the price of one! This Dainty Layers Bracelet from Silpada Canada can be worn anywhere you may go.
- ✦ We all love our pets, so what better than a portrait created by Diane Partlo, an accomplished artist specializing in pet portraiture. Diane belongs to the Manotick Art Association.
- ✦ A Seasource Detox Spa Set - Luxuriate in marine botanicals and essential oils that will help you feel better! Allergy and dermatologist tested. Includes body wash, lotion, gelée and gift certificate for a complimentary Ultimate Facial or Detox Foot Spa.
- ✦ And much, much more!!

Have You Been a CFUW Member for 50 Years?

CFUW-Ottawa wishes to acknowledge all 50 Year CFUW Members. If you qualify or know someone who does, call Nancy DeVillers at (613) 742-5599.

NOTE: *The 50 years or more may include membership in other CFUW clubs, not just CFUW-Ottawa.*

**SUMMER EVENING GARDEN RECEPTION
VOICES FOR AFGHAN WOMEN V**

TUESDAY, JUNE 14, 2016

Time: 5:30 p.m. to 8:00 p.m.
Place: 52 Forest Hill Ave.
 Hugh & Hally Siddons
Cost: \$50 (as in 2015)
Space is Limited
Deadline: June 10 or while tickets last
Register: Alice Bolt, after April 25,
 (gardenreception1@gmail.com)
 (613) 731-5221 OR
Purchase: May 10 CFUW-Ottawa AGM
 Cheques Payable to: UWHAW & Mailed to
 Alice Bolt, 1531 Caton St., Ottawa ON K1H 6J3
Further Information:
 Hally Siddons (613) 727-5777
 Lorna Bickerton (613) 592-3821



Proceeds to Support our Scholarship Students at Dr. Samar's Gawharshad Institute of Higher Education, Kabul.

Special Afghan Guests and Guest Speakers to include Senator Mobina Jaffer, & Cabinet Ministers to be confirmed.

Photos by: David Bickerton (Exception: large group in garden by Robin Spencer)

Come Sing with Us!



Do you like to sing? Did you know that singing has documented health benefits? It is good for

your heart because it is an aerobic activity that helps oxygenate the blood, expand the lungs, and exercise the upper body. It has also been shown to reduce stress by releasing endorphins — those same feel-good hormones that are released when you eat chocolate. However, unlike eating chocolate, singing is not fattening! A joint Harvard and Yale study on the benefits of choral singing showed an increased life expectancy in the study population.

CFUW-Ottawa has its very own women's choir. We meet on Wednesday mornings at St. Timothy's Presbyterian Church to make music. We are the Madri-Gals and we would love some new members. Perhaps you would like to join us in the fall. There are no auditions; you just need to enjoy singing and come to the practices.

Our leader is Tammy Shaw, an experienced and enthusiastic choir director and member of the Governor General's Foot Guards.

We sing simple arrangements in two and three part harmony. Despite our name, we don't usually sing madrigals. This year, our songs included a Newfoundland classic, a song about the log drives in the Ottawa Valley, some Gershwin tunes, two popular American hits, and Danny Boy. It's an eclectic repertoire and Tammy helps us learn the parts and develop a harmonious sound. Leila Metcalf is our accompanist.

We are a CFUW-Ottawa Service Group. In the spring, we take our repertoire on the road to sing in four or five retirement residences or seniors' venues around the city. It's always a lot of fun to sing for these folks and we get them to join in on some golden oldies that everyone knows.

If you are available on Wednesday mornings next year, consider giving Madri-Gals a try. Look for our table at the Season Opener on Sept. 19 or contact Lynda Dredge at lynda.dredge@gmail.com. A good time is had by all.

Kringen Henein
Madri-Gals

SUMMER SOCIAL GROUP 2016

We have an enjoyable summer each year, making friends across the usual CFUW-Ottawa groups and filling the gaps in our social diaries during the summer months. This is an informal group in which a member suggests an activity, publicizes it through an email list of members, and, assuming there is enough interest, makes the arrangements with those who would like to join her. Last summer included outings, coffee meet-ups, and a book reading group that met three times. Please contact me at clderwent@gmail.com for further details.



Clea Derwent
Convenor, Summer Social Group