



Canadian Federation of University Women – Ottawa

# Capital Carillon

<http://cfuw-ottawa.org>

## Annual General Meeting

### CFUW-Ottawa AGM Dinner

Restaurant International,  
Algonquin College  
1385 Woodroffe Ave.

**May 10, 2010**

Dinner at 6:00 PM  
Meeting at 8:00 PM

**Cut off for tickets is  
April 27, 2010**

#### Directions:

*Turn left at the first set of traffic lights on Woodroffe Ave., south of Baseline Road (between College Square shopping Centre and Algonquin). Turn right at the next traffic lights. The parking lot and hospitality centre will be in front of you. The Restaurant International is in that building.*

### CASH for GOLD

The Final Fundraiser for the AGM/Conference is designed to put us comfortably over the top.

Bring your broken chains, single earrings, or any other unwanted gold jewellery to the CFUW-Ottawa AGM dinner. Items will be sold for their gold value which is at present is high. Every little single earring counts!

## PRESIDENT'S MESSAGE

LEILA METCALF

It has been a joy and my great privilege to provide leadership for our Club for the past two years, particularly during this once in a lifetime Centennial year. We have already marked the occasion in a number of special ways. The year began well when "Protecting the Health of Canadians by reducing Environmental Toxins", a resolution proposed by our Club, was adopted at last summer's CFUW National Annual General Meeting and is now national policy. The Archives Committee published Agenda 2010, a calendar



with historical vignettes of us throughout our 100 years. We had a birthday celebration featuring a narration of the Club's history along with a show of the fashions of the decades, a Centennial song, and a book display of the work of 27 CFUW-Ottawa authors. We inaugurated the Ruth Bell Centennial Scholarship Honoring all Members of the Club since 1910, and for this birthday year increased the monetary value of our scholarships.

Many of you are involved in planning the 2010 CFUW National AGM/Conference, an event that will enable us to share our Centennial celebration with colleagues from across the country. Thanks to the remarkable leadership of Hally Siddons and Karen Thorington, as well as the dedication and hard work of many among us, we anticipate an exciting and challenging conference.

We learned recently that Susan Russell, Executive Director of CFUW for the past 11 years, will retire following the National AGM. CFUW will hold a special reception for her at the AGM just prior to the banquet on July 17. CFUW President Patricia DuVal writes: "We believe that Susan has been instrumental in advancing the CFUW profile. She, and through her CFUW, has gained respect for the views of its members and the balance their views bring to issues. She has been instrumental in helping us become one of the preeminent membership based women's organizations in Canada."

I have been fortunate to work with a team of wonderful people, otherwise known as the CFUW-Ottawa Board. They have given me many gifts – a collaborative approach to our work, brilliant ideas, and jobs well done. Each Board member has made

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

**President's Message** (continued)

an important contribution to the success of our Club, and I especially appreciate the support they have given me. Thank you.

At our upcoming AGM on May 12, a terrific slate of new Board members awaits your approval. Look for the text of "Down the Decades" and our Centennial Song in the Annual Report. If you would like an email version of the text and song, please let me know and I will be happy to send it to you.

Thanks to you, our members, we have a vibrant Club, rich in the joy of working and playing together. I so enjoy our times together, and appreciate your encouragement.

2010 has 8 more months to go – let's consider what we can accomplish in our next century!

Warmest regards for the coming AGM and summer vacation.

**In Memoriam**

We regret to note the passing of Lilly Marie Swan, a long-time member of the Club who died on April 3, 2010 in her 96th year. Our sympathy is extended to her children and friends.

**Email Changes**

Any changes to your email address should be directed to Glenda Levesque or Marjorie Melick as soon as possible so that you don't miss out on any issues of the Carillon!



**THANK YOU** to all those members who have contributed in any way to the National AGM and Conference. Your support is invaluable. Members from across Canada will be talking about this experience for years to come.

Hally Siddons & Karen Thorington  
Co-chairs



**CFUW MEMBERS ONLY**

The Rideau Club will host a Reception in honour of Dr. Sima Samar who is our guest at the CFUW AGM Conference  
 Tuesday July 13, 2010  
 The Rideau Club  
 99 Bank St 15<sup>th</sup> Floor  
 5:30 – 7:30 PM

Dr. Samar will address the issues of health, education and human rights in a 20-minute presentation followed by a question and answer period

Tickets are \$30. Kindly make cheque payable to Joan Bell, 53-890 Cahill Dr. W. Ottawa K1V 9A4  
 Deadline is July 8 and no refunds can be given after that date. Only credit cards will be accepted for payment at the bar.

**SPACE IS LIMITED**

**This is a wonderful opportunity to meet and hear this extraordinary physician and human rights activist.**



Canadian Federation of University Women  
**Annual General Meeting & Conference**  
 Hosted by CFUW-Ottawa  
 At the Ottawa Marriott Hotel  
**July 15-18, 2010**  
**Value our Past: Shape the Future**

*A capsule version of this rich and diverse program is listed below. For more details, go on line to the new CFUW Website, [cfuw.org](http://cfuw.org). Click on "For AGM Information Click Here" to access the Guidelines and most importantly to register for all or part of this AGM on your doorstep.*

### Dialogue

Friday, July 16, 2010

11:30 AM to 1:00 PM – Victoria Ballroom



We are delighted to report that CBC's Lucy van Oldenbarneveld will mediate the innovative dialogue on how **diplomacy, defense and development** work together to rebuild a country. Besides co-hosting CBC news Ottawa, she has been sharing her skills, teaching journalism in Africa.



**Jillian Stirk, Assistant Deputy Minister, Afghanistan Task Force, DFAIT**, formerly Canada's Ambassador to Norway will discuss the **Diplomatic** side of the Canadian Mandate.



**General Walter Natynczyk, Chief of the Defense Staff** will address **Security**. Besides regimental command positions, the General has extensive experience in all phases of peacekeeping from Cyprus to Bosnia, Croatia, East Timor and Ethiopia-Eritrea.



**Françoise Ducros, Vice President, Afghanistan-Pakistan Task Force for CIDA** will discuss the vital issue of **Development**. With a background in law, she was previously program head for the European, Middle East and Maghreb Directorate.

**PANEL**

Friday, July 16, 2010

2:15 PM to 3:00 PM – Victoria Ballroom

Experts in the field of **education, health, governance and economic growth** will discuss the successes, barriers and challenges in their respective areas.



**Shape the Future in Education—how can we work together to improve and promote the quality and access to education for women and girls in developing countries?**

**Stephen Cornish** who has a wealth of experience in delivering aid will lead this workshop. He is currently the **Director, Bilateral Projects at CARE Canada** and has worked extensively with both Médecins sans Frontières and the Canadian Red Cross in Chechnya, Sierra Leone, Sudan, Rwanda, Afghanistan, Columbia and Haiti.



**Shape the Future in Health. How can the health of women and girls be improved?**

**Dr. Sima Samar**, the featured speaker at the final gala dinner, who besides being the **Chair of the Afghanistan Independent Human Rights Commission**, is a practicing physician. A most effective advocate for girls and women, she has developed both schools and clinics in Pakistan for Afghani refugees and in her native Afghanistan.



**Shape the Future in Governance. How we can work together to help improve the socio-political status of women and girls in developing countries?**

**Dr. Razmik Panossian's** international development work has taken him to 40 countries including Afghanistan. He was most recently **Director of Policy, Programs and Planning at the Montreal-based Rights and Democracy**. He has taught at both the London School of Economics and at the School of Oriental and African Studies in the U.K.



**Shape the Future in Economic Growth. How can we work together to improve the economic security of woman and girls in developing countries?**

**Justine Turner** who is a **Project Officer for War Child Canada** responsible for a CIDA-funded grassroots Women's Community program that empowers them economically and through education and psychosocial support.

**WORKSHOPS**

Friday, July 16, 2010

3:00 PM to 4:30 PM – in Cartier 1, 11, 111 and Laurier rooms, all on Lower Level

The panelists will then move into their roles as workshop leaders. While the reference point is Afghanistan, there is wide application for the ideas that will emanate from these workshops limited only by our imagination and energy.

### CFUW PRESIDENT'S VISIBLE VOICE WORKSHOPS

Saturday, July 17, 2010

2:15 PM to 4:00 PM in Cartier 1, 11, 111, Albert and Laurier rooms, all on Lower Level

1. **Presidents' Workshop – Shape the Future of your Club**, with **Susan Murphy**, Vice President B.C. who feels being a club president is the best volunteer experience she has had in a long career.
2. **Putting the Fun in Fundraising** with three members of **CFUW-Perth Anne Neil, Lois Perreault and Susan Roach** who have been very successful fundraisers for their Club.
3. **The Anatomy of a Project: The 3I's of your Action Plan** **Brenda Wallace** the new CFUW President and our own **Hally Siddons and Karen Thorington** will lead this workshop.
4. **Shape the Future of IFUW – Get Involved at the International Level** A panel of CFUW leaders including **IFUW Vice-President Phyllis Scott, Roberta Brooks IFUW Assistant Treasurer and Andrea Lanthier-Seymour Director of Communications for CARE Canada** will discuss the international role of IFUW and the resolutions to be presented in Mexico City.
5. **Communicating for Advocacy – Working with Local Media for Activism**  
Workshop Leaders are **Samantha Spady CFUW Advocacy and Communications Co-ordinator and Claire Tremblay, Co-coordinator of the Ad Hoc Coalition for Woman's Equality and Human Rights**
6. **Women, Human Rights and the Olympics**  
Workshop leader is **Laura Robinson, CFUW- Southport Sports journalist and Author, Athlete and Coach.**

### CFUW FEDERATION BANQUET

Saturday, July 17, 2010

6:30 PM to 9:30 PM – Victoria Ballroom

Saturday evening our speakers weave the threads of this exciting and multi-dimensional tapestry together.

**Dr. Sima Samar**, physician, human rights activist, founder of schools and clinics for Afghan women and girls both in Pakistan and her home country, Honorary Officer, Order of Canada and special envoy to the UN for Darfur will be the guest speaker.



We will also have the opportunity to meet an outstanding young Canadian, **Alaina Podmorow**, now age 13, who has founded Little Women for the Little Women of Afghanistan.

### CHARITABLE TRUST BREAKFAST

Friday, July 16, 2010

7:00 AM to 8:15 AM – Victoria Ballroom



**Charlotte Gray**, social historian and biographer of so many Canadian women from our past will be the speaker at the Charitable Trust Breakfast, proceeds from which fund National Scholarships.



## CFUW AGM 2010 Registration Fees

Early Bird Registration received on or before May 12, 2010 is \$425

Late Registration received after May 12, 2010 is \$475

**Registrations Complete as of June 25, 2010**

### PARTIAL REGISTRATION

Thursday Opening Reception: \$25

Friday Charitable Trust Breakfast with Charlotte Grey: \$40

Friday Business Session #1 Dialogue; Panel Discussions; Theme Workshops

Includes morning nutrition break, lunch and Conference Bag: \$175

Saturday Business Session #2 Focus on Resolutions, CFUW Visible Voice Workshops; includes Breakfast, Regional

Luncheon; Morning Nutrition Break and Conference Bag: \$175

Saturday Federation Banquet with Dr. Simar and Alaina Podmorrow: \$85

Sunday Business Session #3 Includes Breakfast and Morning Nutrition Break: \$80

## Proposed Slate of Officers for CFUW-Ottawa Board of Directors, 2010-2011

### Executive

President: **Wilma Clapham**

Past President: **Leila Metcalf**

Vice President, Liason: **Charlotte Rigby**

Vice President, Communications: **Mary Butterill**

Vice President, Membership Development: **Peggy McGillivray**

Vice President, Operations (co-chairs): **Leslie Holland,  
Sheryl Pacey**

Secretary: **Sheila Waugh**

Treasurer: **Pierrette MacLean**

### Board Members

Scholarship Trust Fund Treasurer: **Janet Riehm**

Program Convenor: **Mary Patton**

Publications, Carillon: **TBA**

Publications, Program and Annual Report: **Mary Houston Lambert**

Web Wizard: **Marjorie Melick**

Study and Interest Groups Convenor: **Nancy de Villers**

Hospitality: **Nancy Vrooman**

Scholarships: **Margaret Haines**

Fundraising: **Alice Bolt**

Membership Administration: **Dora Mozes**

Appointments and Talent Resource Bank: **Margaret Pimm**

## Needed on the Voyage to the CFUW AGM/ Conference 15-18 July

The Publicity team needs the skills of members for both publicity and promotion. The team would also welcome photographers to keep a visual record of this Centennial event. Please contact Ulle Baum or Hally Siddons for more information and to find out how you can assist.

## A Joyful Sound

The Madrigals, CFUW-Ottawa's own chorale group performed four numbers at the April 10 meeting. They were in good voice and the choice was especially compelling with Pussy Willows, Cattails by Gordon Lightfoot, Here's to Song (a Cape Breton melody), Angels through the Night (combining a Welsh tune and African American spiritual), and Hymn to Freedom by Oscar Peterson. The group sing most often for Seniors but also led us in song at Down the Decades. New members always welcome. The leader for some 29 years is Joy Johnstone; accompanist Leila Metcalf.

# Resolutions Meeting April 12 Voting Results

Sixty-eight members attended the April 12 Resolutions Meeting, an increase of six from 2009. Club members agreed with all of the recommendations of the Issues Committees, voting as follows:

■ **RESOLUTION 1:**

**Chrysotile Asbestos and Canada's Responsibility in the International Trade of Hazardous Substances**

Presented by Olga Lee, the Committee recommendation to ADOPT the resolution was CARRIED.

■ **RESOLUTION 2:**

**The Funding of Aboriginal Education**

Presented by Jill Moll, the Committee recommendation to NOT ADOPT the resolution was CARRIED.

■ **RESOLUTION 3:**

**Mobilizing the Will to Intervene - W2I**

Presented by Lynne Bond, the Committee recommendation to ADOPT the resolution AS AMENDED was CARRIED.

■ **RESOLUTION 4:**

**Prostitution of Women and Children**

Presented by Mary Patton, the Committee recommendation to NOT ADOPT the resolution was CARRIED.

■ **RESOLUTION 5:**

**Protecting Canadians from Health Hazards Associated with Exposure to Electromagnetic Fields from High Voltage Overhead Power Lines**

Presented by Kringen Henein, the Committee recommendation to ADOPT the resolution AS AMENDED was CARRIED.

■ **PUBLIC POLICY FROM ANOTHER ORGANIZATION 1:**

**United Nations Security Council Resolutions 1820, 1882, 1888 and 1889 on Peace and Security for Women and Children**

Presented by Lynne Bond, the Committee recommendation to ADOPT the resolution was CARRIED.

Amended resolutions approved by the Club on April 12 are submitted by May 1 to the CFUW Director of Resolutions, including constructive comments and reasons for not adopting resolutions. Amendments submitted by all Clubs, including those of CFUW-Ottawa, are posted by May 10 on the CFUW website at [www.cfuw.org](http://www.cfuw.org) in the Advocacy/Policy section, accessed through Member Log-In. Proposers develop "final" draft resolutions which are posted by June 10 on the CFUW website and accessed through Member Log-In. These versions will be discussed and voted on at the July 2010 AGM in Ottawa. If adopted, they become CFUW policy for which Clubs can advocate.

Mary Butterill  
V.P. Liaison

## NATIONAL GALLERY STUDY GROUP



These happy members of the Club National Gallery Study Group are pictured in the Atrium of the Gallery after touring the International and Modern Collection. This Club Study and Interest group meets on the last Wednesday of the month, October to April. From left to right are Brenda Ellacott, convenor, Carys Griffiths, Tanya MacLeod, Phemie Johnson and Ulle Baum.

**Photo Credit:**  
Harvey Slack, Executive Director of the Canadiana Fund of the National Gallery of Canada.



From the CFUW-Ottawa Environmental Toxins and Health Issues Group

## Insect Repellents

Biting insects such as mosquitoes and black flies are a fact of life in Ontario. Reactions to bites range from minor itching to serious infections like West Nile virus. Ticks that carry Lyme disease have moved into Southern Ontario and are spreading northward. Lyme disease is hard to detect and can be permanently disabling if untreated. A combination of protective clothing and repellent can minimise your risk of bites. Use mosquito netting to protect infants.

The most comprehensive and consistently effective insect repellents contain N,N-diethyl-meta-toluamide (DEET). Both Health Canada and The United States Environmental Protection Agency (EPA) have approved the use of products containing up to 30% DEET as long as the instructions on the package are followed. As DEET is rated as 'slightly toxic' by the EPA based on a small number of incidents, approved alternatives (listed below and available in Canada) may be preferred where the risk of disease from bites is low.

Active ingredient	Degree of Protection Against			Safe for	Product Example	Notes
	Mosquito	Black fly	Deer tick			
DEET 30%	6 hours	6 hours	6 hours	Adults, kids over 12 years	OFF Deep Woods	Apply on exposed skin only
DEET 10%	3 hours	3 hours	3 hours	Adults, kids 6 mo to 12 years	OFF Skintastic	Application rate: 2y-12y: 3X day; 6mo-2y:1X day
Oil of Eucalyptus - 65% PMD (p-methane 3,8-diol)	2 hours	5 hours	2 hours	Adults, kids over 3 years	Repel Lemon Eucalyptus	Application rate: no more than 2X daily
Soybean Oil 2%	1.5 to 3.5 hours	Up to 8 hours	none	All ages	Summer Survivor / Bite Blocker	Can reapply safely every 2 hours
Citronella 10%	30 mins to 2 hours	30 mins to 2 hours	none	Adults, kids over 2 years	Natrapel	Can be toxic if overapplied
Vitamin B1 patch	Up to 36 hours when physically active	Up to 36 hours when physically active	none	Adults, kids over 1 year	Insect Defend Patch (newly approved)	Adhesive skin patch; Activated by perspiration

**Not Recommended – ineffective or problematic (Health Canada 2009)**

- Electronic or ultrasonic devices; odour-baited mosquito traps; repellent-saturated wristbands, neckbands or ankle bands; citrus houseplants; vitamin B1 taken orally; skin moisturisers; combination products containing both insect repellent and sunscreen.

**FURTHER ADVICE:**

Wear light coloured clothing; tuck pants into socks in tick and black fly areas; apply repellent to your hatband; avoid scented products (soaps, shampoo); apply sunscreen before applying repellent.