



Canadian Federation of University Women – Ottawa

# Capital Carillon

## February General Meeting

DATE:	February 7, 2011
TIME:	7:30 p.m.
PLACE:	St. Timothy's Presbyterian Church, 2400 Alta Vista Dr.
SPEAKER:	Hamdi Mohamed, Executive Director, Ottawa Community Immigrant Services Organization (OCISO)
TOPIC:	Immigration and Refugee Services and Issues

OCISO is a non-profit agency that has been assisting immigrants and refugees with settlement and integration issues since 1978. It serves over 25,000 clients annually through its award-winning community programs and services.

Executive Director Hamdi Mohamed has a PhD in History and an MA in International Diplomacy from the University of Ottawa, as well as an Honors degree in Education from the Somali National University. Her experiences as a refugee shape her choices and engagement with the community. She has extensive experience in senior management, research, policy analysis and grassroots community development. Prior to joining OCISO, she was the Executive Director of the Ottawa Rape Crisis Centre. Hamdi has taught high school, lectured on social work and human rights, authored publications on immigrant and refugee access to community health and social services and served on community boards and advisory committees at the local, provincial, national and international levels.

## PRESIDENT'S MESSAGE

WILMA CLAPHAM

December 2010 marked the end of our Centennial Year and the Club continued the celebration right to the end. Alice Bolt and her Committee planned and implemented our Holiday Party which was a sell-out, raising \$2,338.88 for the Scholarship Trust Fund. Congratulations! The Diplomatic Hospitality Christmas Party chaired by Brenda Ellacott provided a festive start to the holiday season for Club members and diplomats. Thank you to both Chairs and their Committees for making these annual events so successful!

Our Centennial Year may be over but our Club projects continue! Glenda Levesque and Mary Butterill have our new Club website up and running. We are very fortunate to have these members provide us with enhanced membership support through the internet. Board members are presently testing the site, which is still located at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org). Instructions on accessing the new "Member-only" section, which features the Membership Directory, issues and advocacy information, Club documents and discussion forums, are found in this issue in Glenda's article on the new site.

Our goal, within the next five years, is to increase the percentage of members using these services to as close to 100 percent as possible. While we will be maintaining traditional services for those loyal members who do not have a computer and are not in a situation where they can access one through a family member, library or other sources, mem-

bers with computer access who prefer to receive Club communications in hard copy by snail mail, will be asked to reconsider their position. There are compelling reasons to support this request, the most obvious being public perception of the Club, services that support membership needs without requiring incredible hours of work by Board members and increased ease in communication within the Club.

CFUW-Ottawa, as a leading educational and professional organization, should provide services that are generally expected in 2011, especially by new and prospective members. In addition, potential Board and Committee members

(see **President** on next page)

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asked to handle Membership matters are much more likely to accept the positions if they can handle the considerable workload using modern technology. Our new website includes all aspects of membership support including PayPal for collection of dues, and will allow our Club to provide better service to members.

Costs are always a consideration. Glenda and Mary have ensured that our website will be first rate at a modest cost. After the implementation costs are paid, the yearly cost will be approximately the same as the present cost for printing and snail mail. The savings will be in woman hours and paper costs as well as storage costs for records. Those savings cannot be measured in dollars and cents!

CFUW-Ottawa owes a big "Thank You" to Glenda Levesque for her timely initiative and many, many hours involved in developing this website and to Mary Butterill for her assistance in design, editing and content development. There were many others who contributed to the discussions about and development of the website and we also owe them our thanks. We are indeed fortunate to have so many talented and dedicated women in our Club!



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

Please send all material for the next issue to Mary Butterill at [marpathb@storm.ca](mailto:marpathb@storm.ca)

Next issue: **March 2011**  
Deadline: **February 15, 2011**

Previous issues are located on the Club website at <http://www.cfuw-ottawa.org>

# New CFUW-Ottawa Website Launched!

The new CFUW-Ottawa website is now accessible at the same web address as before, [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org), albeit with a different look and feel and many new features.

## New Features

### Public Section

Here, we now have a photo gallery, Federation links, a news blog, event/meeting announcements and reminders as well as online registration for membership and events.

### Member-Only Section

The Member-only section is available only to all current members. It contains a searchable private members directory, many Club governance documents, information on CFUW issues and resolutions and some discussion forums.

To access the Member-only section, enter your E-mail address and Password in the Login area in the upper right-hand corner of the site and press the "Login" button. If this is the first time you are logging in or if you have forgotten your password, press the link for "Forgot password" and it will guide you to set up a password. Once you have logged in, you can update your personal information in the Club database by clicking on the "View profile" button in this Login area. To edit your profile, click the "Edit profile" button, make your changes, scroll to the bottom of the page and click "Save".

### Events

The website lists upcoming Club and Community events that are of interest to our members. Some Club events such as the upcoming International Women's Day event will allow you to register online by clicking the "Register" button and following instructions. Payment can either be online by PayPal account or credit card, or

offline by mail-in cheque. You will receive a confirmation of registration, an invoice and a receipt for payment by e-mail.

### Directory

To access contact information for another Club Member, go to the "Private Member Directory" in the "Member-only" section. Type in a few letters of the member's first or last name and a list of names will come up. If you click on the name of the member that you are searching for, more information about the member will appear. The Directory also has advanced search capability. Press the "Advanced search..." link to select your criteria from the broad range offered which includes Interest Groups, Postal Code, willingness to drive to meetings and area of interest in volunteering. Before you start a search, make sure you clear any previous searches by pressing "Clear values". Press the "Search" button at the bottom of the criteria page to run the advanced search.

### Discussion Forums

We have set up five discussion forums on the website so far: CFUW Draft Resolutions, Club Suggestions, Dining Around Town, Leisure Reading and Travel. If you go to the "Forums" link on the website, click on the forum of interest to you. In each forum, you can add a new comment to an existing topic or create a new topic. If you want to follow any further entries in that forum or specific topic, you can subscribe to either by pressing the "Subscribe to topic" button. You will then receive an email notification anytime there has been an entry in the forum or topic.

If you have any questions, comments, suggestions on the new website, please contact me at (613) 692-4778 or [glenda.levesque@rogers.com](mailto:glenda.levesque@rogers.com).

Glenda Levesque  
Project Manager



From the CFUW-Ottawa Environmental Toxins and Health Study Group

## Air Freshener or Fresh Air?

Air fresheners improve our home's air with fresh, healthy scents – correct? Well, maybe not.

Unfortunately, the rise in popularity of air fresheners has outpaced our awareness that many contain known toxins. Most of the dozens of air fresheners on our supermarket shelves contain strong fragrances such as limonene (citrus oil) that mask offensive odours, but don't eliminate the chemicals that cause them. Many also contain nerve-deadening chemicals, such as formaldehyde, that interfere with our sense of smell. It is virtually impossible to choose toxin-free air fresheners, because there are no labeling requirements. Many contain chemicals that are associated with allergies, asthma, reproductive problems, and hormonal abnormalities. Even “natural” products can contain ingredients with known toxic properties.

Air fresheners in aerosol cans and plug-in air fresheners release chemicals as tiny particles that can be inhaled and enter the lungs and blood stream. Some electric or electronic air cleaners produce ozone that can combine with air freshener ingredients to form formaldehyde and other toxins. In such cases, by using air fresheners, you are actually degrading the quality of air in your home, without providing any benefits.

Many public spaces use high levels of air fresheners, and it is difficult to avoid these exposures. That is all the more reason to protect your family's health by ensuring that your home (the one environment over which you have some control) is air-freshener free.

### WHAT WE CAN DO:

Instead of covering an offending odour, remove or dilute it. Open a window to bring in fresh air. Use fans to maintain good air circulation. Try vinegar as a natural, safe air freshener. Houseplants, especially chrysanthemums, gerbera daisies, and spider plants can neutralize airborne chemicals such as formaldehyde, benzene and carbon monoxide.

### FOR MORE INFORMATION GO TO:

- Are air fresheners bad for your health? at [http://howstuffworks.com/home\\_improvement/household/safety/tips/air-freshener-dangers.html](http://howstuffworks.com/home_improvement/household/safety/tips/air-freshener-dangers.html)
- How “Fresh” is Air Freshener? at <http://www.time.com/time/health/article/0,8599,1664954,00.html>
- Improving Indoor Air Quality. at <http://www.hc-sc.gc.ca/ewh-semt/hazards-risques/air/index-eng.php>

## 2011 CFUW AGM, St. John's N.L.



The 2011 CFUW AGM will be held at the Sheraton Hotel Newfoundland in St. John's, N.L. from Thursday, Aug. 4 to Saturday, Aug. 6, 2011. A proposed agenda and tour information is available on the CFUW St. John's website at <http://www.envision.ca/webs/cfuwstjohns/>.

**CAR RENTAL:** If you are planning to rent a car during your stay in St. John's, you are advised to do so as soon as possible. Rental cars are often hard to come by during the busy summer tourist and convention season.

**TOURS:** The Local Arrangements Committee has partnered with

2 local tour companies, McCarthy's Party and Woody Island Tours. The Full-day and Half-day Tours can be paid during the online registration process. *The 8 and 12 Day Pre-Conference Tours, the 6 Day Post-Conference Tour and the 2 day Post-Conference Woody Island Resort Tour must be paid through the tour companies. Contact information is included with the tour summaries on the website.*

**TRAVEL DISCOUNTS:** Air Canada offers a discount code, located on the website, for use by AGM 2011 delegates on flights to and from St. John's from Wednesday, July 27 to Sunday, Aug. 14.

For further information, please contact Barbara Parsons Clancy at [windinoursails2011@gmail.com](mailto:windinoursails2011@gmail.com).

## PROPOSED 2011 CFUW RESOLUTIONS

Two resolutions were proposed for adoption at the 2011 CFUW AGM in St. John's, N.L.:

■ **Title: CRIMINALIZATION OF NON-STATE ACTOR TORTURE**

**Proposer:** CFUW International Relations Committee

■ **Title: DRIVE-THROUGH SERVICE**

**Proposer:** CFUW Toronto

Clubs are slated to receive the complete texts of the draft resolutions on Feb. 1, 2011. They will then be posted on the CFUW-Ottawa website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org) in the Member-only section. At the April 11, 2011 Resolutions Meeting, the Issues Committees will present the resolutions, recommend either adoption, adoption with amendments or rejection, lead a discussion and call a vote. A quorum of 10 percent of the membership and a simple majority of the members present will be required to pass a resolution. Amendments and comments approved by Clubs are due at CFUW by May 1, 2011.

The Proposers, with the CFUW Resolutions Committee, develop final versions of their resolutions by June 1, 2011. These are translated, posted online, sent to Clubs, debated and voted on at the CFUW AGM. A quorum of 20 percent of voting delegates and a 2/3 majority vote is required for a regular resolution to pass at a CFUW AGM. The AGM voting body includes the National Board, Regional Directors, and delegates of member Clubs and Alumnae Associations. Each Club is allotted a number of votes based on the number of its members. Regional Directors, provincial or regional Vice Presidents or Voting Delegates of neighbouring Clubs may be authorized to cast Proxy Votes on behalf of Clubs unable to attend.

All CFUW-Ottawa members are encouraged to help the Issues Committees review resolutions. Please contact Charlotte Rigby, V.P. Liaison, CFUW-Ottawa, to participate in the 2011 resolutions review.

## Archives are Forever : From Preservation to Research

Patti Harper, Head of Archives and Research Collections at Carleton University's MacOdrum Library, spoke passionately at CFUW-Ottawa's general meeting on Jan. 10 about her work obtaining, organizing and preserving archival material and making it available for study and research.

Patti quickly convinced us of the importance of her field. In fact, we were led to understand that we too might have documents hidden away in our basements that could benefit researchers.

Patti works with rare books and archival material of particular interest to historians and architects, and facilitates access to these documents for teachers, students and researchers. She has organized online and in-house exhibits and encourages hands-on engagement by students. Archives are meant to be useful and digitization of material and online search systems are making access to primary sources easier for everybody.

We learned that Carleton is in process of acquiring important collections

from two well-known Canadians, architect Douglas Cardinal and broadcaster and music critic Jacob Siskind. In the case of music and video archives, the equipment needed to actually play older media formats has to be obtained too.

Considerations for acquiring a collection include the cost of making it searchable and available, copyright and privacy issues, how sought after the material will be, and what condition it is in (there was mention of mouse droppings at this point, a hazard we had not considered).

Patti suggested that if you think you have important archival material, the first step is to organize and document it. The second step is to research which institutions might be interested. A good fit would be one with subject matter similar to yours.

We very much appreciated having Patti share her knowledge and enthusiasm for her work. Now, to tackle that box in the basement!

Kringen Henein  
CFUW-Ottawa Program Committee



### ONTARIO COUNCIL STANDING COMMITTEES MEETING

Saturday, March 19, 2011

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

**Morning Program:** To be determined

**Registration: \$30** prepaid includes a delicious and nutritious **lunch**. Catering requires a **registration deadline** and **dietary requirements** by the Monday prior to the meeting. The **Registration Form** is located at [www.cfuwontcouncil.ca/](http://www.cfuwontcouncil.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 V.P. Liaison and two Standing Committee Chairs **or their designates**.

All CFUW members are welcome to attend. If interested, contact: Charlotte Rigby, CFUW-Ottawa V.P. Liaison, for further details.



## Bridge Anyone?

The American Standard Duplicate Bridge group meets every Wednesday afternoon at the Sandy Hill Community Centre from September to June. Play starts promptly at 1 p.m. and finishes by 3:30 p.m. Early arrivals pitch in to set up tables and refreshment trolley.

The group is run on a drop-in basis. Partnerships are decided each afternoon according to the order of signatures on the sign-in sheet. Thus, we get to play with a variety of partners, which makes for a lively afternoon. We usually have five or six tables. We may discuss problematic hands when they arise and occasionally have a chalk talk by a member.

Although we get the chance to see how other pairs have fared on each board, there is no final tally of scores. The emphasis is on the joy of the game. One should, however, know bridge basics, including standard conventions, in order to join the group.

Are you familiar with the Rule of 20? In first seat (dealer), or second seat (after dealer's pass), add the high card points to the number of cards in the two longest suits. If the total is 20 or more, it may be wise to open the bid-



Photo by: Irene Kellow Ip

Playing bridge on a cold January Wednesday in Sandy Hill

ding, otherwise pass. High card points should be in your two longest suits. High cards in short suits are highly questionable and should be ignored.

If you would like to practice your bridge skills, please join us. If you like to play year-round, there is a supplemental summer group that meets elsewhere.

Jean Halpenny and Irene Kellow Ip, Co-Convenors  
American Standard Duplicate Bridge Group

## IFUW Introductions Abroad

Ardith Toogood, CFUW Coordinator for International Relations (CIR), confirmed recently that CFUW's International Relations Committee is pleased to assist CFUW members travelling to a country that is an affiliate of IFUW to meet other federated members in the host country. To start the process, download the form *Request for Introduction of CFUW Members Travelling Abroad* from the CFUW website's CFUW Resources section at [www.cfuw.org/forms\\_38.html](http://www.cfuw.org/forms_38.html) or from the CFUW-Ottawa website's Club Documents in the Member-only section. To initiate the request, send your completed form directly to:

Ardith Toogood  
Coordinator for International Relations  
Canadian Federation of University  
Women

18 Wildwood Place,  
Waterloo Ontario N2L 4B1  
Tel: (519) 886-5499  
E-mail: [rtoogood@golden.net](mailto:rtoogood@golden.net)

Ardith pointed out that the International Relations Committee does not make the decision. It is always up to members from the host country to decide whether they wish to proceed with an introduction.

The six-week lead time requested on the form is not always needed. It is necessary, however, to accommodate countries that experience long delays between one access to e-mail and the next, to complete the request, the response and the arrangements. It can also be useful when the CIR in a potential host country is on vacation or otherwise away from regular e-mail contact.

### Update on CFUW-Ottawa Strategic Plan Review

This is the year for a major review and rewrite of CFUW-Ottawa's Strategic Plan. Based on our mission statement and goals, the purpose of a Strategic Plan is to set the Club's priorities and direction for the next five years. A committee chaired by Leila Metcalf, which includes members Anne Alper, Patricia Bays, Wilma Clapham, Jill Moll and Charlotte Rigby, is responsible for the review. Leila presented a draft document to the Board at its meeting on Jan. 11, 2011. There was fruitful discussion of the proposal. The plan will be completed during the winter and presented to the membership for approval at the AGM in May.

## CFUW Ontario Council Draft 2011 Resolution on Mental Health Strategy

In early January 2011, CFUW Ontario Council published a draft resolution on mental health strategy for Ontario. The information package is found at [www.cfuwontcouncil.ca](http://www.cfuwontcouncil.ca). Ontario Clubs will be voting on the resolution at the Ontario Council AGM to be held on May 13 and 14, 2011 in Oakville, Ontario.

All CFUW-Ottawa members are en-

couraged to participate in reviewing draft resolutions. Please contact Charlotte Rigby, V.P. Liaison, CFUW-Ottawa, if interested. The Issues Committees will present this resolution to Club members for a vote tentatively at the April 11, 2011 Resolutions Meeting along with two CFUW national resolutions discussed separately in this issue.

### MENTAL HEALTH STRATEGY FOR ONTARIO

*Proposed by CFUW Oakville*

**RESOLVED** that the Ontario Council of the Canadian Federation of University Women (CFUW) request the Government of Ontario to create, and adequately fund, an umbrella organization responsible to the Ministry of Health and Long Term Care (MOHLTC), or its successor, with the mandate to design, manage, and coordinate the mental health and addictions system, and to ensure that all mental health and addictions programs and services are delivered consistently and comprehensively across the province.

**RESOLVED** that the Ontario Council of CFUW urge the Government of Ontario to provide, and fund appropriately, mental health and addictions programs and services, including, but not limited to, the following:

1. improved public education about mental illness and addictions
2. system navigators to connect those requiring care with the appropriate providers
3. a core basket of institutional, residential and community mental health and addictions services
4. standardized assessment tools
5. support services for families dealing with mental health and addiction problems
6. community programs that include age-appropriate early intervention and treatment services for mental illness and addictions
7. supportive housing and treatment for the homeless with mental illness and addictions
8. research into brain function and mental illness
9. regular monitoring of program outcomes by the umbrella organization.

### In Memoriam

#### Shirley Tucker Parks, Q.C. (1930-2010)



Our sincere condolences to the family and friends of Shirley Tucker Parks, a CFUW-Ottawa member who passed away on May 24, 2010 after a brief illness. The daughter of former Liberal MP Walter Tucker, Shirley was one of the early female lawyers in Canada, admitted to the Saskatchewan Bar in 1954 at the age of 24. She enjoyed a long and illustrious legal career which included working at several federal government departments. She was a passionate advocate for justice and volunteered tirelessly to advance the legal rights of women. She enjoyed travel and visited many unique parts of the world.

### The Reid Memorial Scholarship

This new scholarship, in the amount of \$1,500, is to be awarded annually to a full-time undergraduate student in medicine at the University of Ottawa, commencing in the current academic year, 2010-11. The student, either a Canadian citizen or a landed immigrant, must demonstrate good academic achievement and financial need. The scholarship is the gift of Marjorie Melick, a member of the Ottawa Club, in memory of her father, John Vicars Reid.

The Trustees of the Scholarship Trust Fund are very grateful to Marjorie for this generous addition to the growing list of scholarships supported by CFUW-Ottawa.



### CFUW Ontario Council AGM

**Location:** Oakville, Ontario

**Dates:** Friday, May 13 &

Saturday, May 14, 2011

**Theme:** Poverty & Community Action

Details will be available shortly at [www.cfuwontcouncil.ca/agm.html](http://www.cfuwontcouncil.ca/agm.html).

**Mark Your Calendars!**

# FESTIVAL of WINTER LIGHTS

The International Cuisine Group celebrated the festive season in December by borrowing from the charming Scandinavian Festival of Lights, traditionally celebrated on Dec. 13, the feast day of St. Lucia.

December 13, the longest night of the year in the old calendar, Dec. 22 in the new, is brightened in Norway, Sweden and Denmark by the warmth of candlelight and wonderful food. The candles that light the dark are worn in an evergreen head wreath or carried by girls dressed in simple white dresses. Singing a "Lucia" song adapted from various Scandinavian lyrics to the tune of the traditional Neapolitan song *Santa Lucia*, a procession of girls in traditional attire, led by one selected to portray Lucia, make a grand entrance, bringing extra and special food to the guests to support them through the dark night and day. The eldest daughter usually leads the Lucia procession in homes. Public processions in schools, nursing homes, day care centres and other institutions are led by formally

selected Lucias and their handmaidens.

The "Lucia" part of our celebration was a surprise. To our great pleasure, down the staircase came Mary Partington, Peggy MacGillivray and Elizabeth Weber, candles alight and a "Lucia" song in voice.

Marianne Bournes, who, as a second generation Dane, is most knowledgeable about things Scandinavian, brought several stunning candelabra decorated with evergreen and white candles.

The menu, derived from Denmark, Sweden and Norway, included appetizer Salmon Trout Gravlax, followed by glögg-poached pear, endive and blue cheese salad, crown roast of pork with onion and breadcrumb stuffing and lingonberry sauce (at great expense), Jansson's Temptation Potatoes, and braised red cabbage. Gingerbread cake with lemon ice topped off a delicious meal.

Ilse Zandstra and Marianne Bournes convened the Festival of Winter Lights dinner at the home of Pat Thurlow.

Dianne Rummery  
International Cuisine Group II



Photo by: Kathryn Begin

**Three Lucia "brides"**, (Left to Right) Elizabeth Weber, Peggy MacGillivray and Mary Partington bring light to the darkest day.



## IWD 2011 Celebrating 100 Years of Progress

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Library and Archives Canada,  
395 Wellington Street  
**Thursday March 10, 2011,**  
**5:45 PM - 9:00 PM**

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### Guest Speakers

**Dr. Caroline Andrew**  
Director, Centre on Governance,  
Ottawa University

**Dr. Pamela Walker**  
Joint Chair in Women's Studies,  
Carleton & Ottawa Universities

### Featured Artist

**Amanda Cottreau**  
Local Singer/Songwriter  
Amanda donates \$1.00  
from each CD sold to  
Cornerstone Women's Shelter

**Refreshments • Cash Bar**  
**Door prizes • Displays**

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**Tickets \$25**

**Register Online at**

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

Prepay by Credit Card, PayPal,  
Cheque or Cash

### Contacts

Charlotte Rigby  
(819)778-3438,  
[crigby@videotron.ca](mailto:crigby@videotron.ca)

Beverlee McIntosh  
(613)728-9770,

[bmci124@hotmail.com](mailto:bmci124@hotmail.com)

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**7th Annual IWD Event Hosted  
by CFUW-Ottawa & OCW**

For information about IWD,  
see [www.internationalwomensday.com](http://www.internationalwomensday.com)

### 2010-11 Memberships at Jan. 15, 2011

Membership increased in new and returning categories while previous years' renewals continue to decline.

#### CFUW-Ottawa Membership by Status

Category	Feb-11	Feb-10	Feb-09
Renew	429	462	470
New	66	41	47
Returning	17	10	8
<b>TOTAL</b>	<b>512</b>	<b>513</b>	<b>525</b>

Table prepared Jan 15-2011

Associate members increased, while full and dual members decreased.

#### CFUW-Ottawa Membership by Category

Category	Feb-11	Feb-10	Feb-09
Full	474	479	488
Associate	29	24	24
Dual	5	7	9
Life & Life Dual	1	1	1
Student	3	2	3
<b>TOTAL</b>	<b>512</b>	<b>513</b>	<b>525</b>

Table prepared Jan 15-2011

As highlighted in our blue 2010-2011 Program brochure, membership fees had to be submitted by Oct. 22, 2010 to be listed in the printed 2010-2011 CFUW-Ottawa Directory. The Directories for all listed members were distributed to Interest Group Convenors by Nancy DeVillers and Dora Mózes. Some were received at the Nov. 14, 2010 New Members Tea and at Holiday parties. The remaining were sent by regular mail. Convenors of each of the 48 Interest Groups will continue to distribute the directories to members. All additional new and returning members will receive a directory with their welcome package from Membership Administration. In addition, all members can access the continuously updated online membership directory in the Member-only section of the new website.

Dora Mózes  
Membership Administrator

*Data from previous years reported by Glenda Levesque*

### Helping Afghan Women – Open Meeting



Dr Sima Samar

“Human rights are global human values as well as Afghan values” stated Dr. Sima Samar, Chairperson of the Afghan Independent Human Rights Commission, in her written submission to the Standing Senate Committee on Human Rights on Canada’s post-2011 role in supporting women’s rights in Afghanistan.

Following the August 2010 CFUW AGM, with its focus on the lack of human rights for Afghan women expressed so movingly by Dr. Sima Samar, the University Women Helping Afghan Women study and interest group was formed.

The group has listened to Canadian experts on Afghanistan, watched videos, read books by Afghan women and media articles. Most recently, they accessed *Training in Afghanistan : Include Women*, the report of the Standing Senate Committee on Human Rights tabled on Dec. 15, 2010 which strongly recommends the advancement of Afghan women’s rights as one of Canada’s five priorities for Afghanistan after the combat mission ends in 2011. The Senate message is “Let no Afghan woman be left behind.” But how can Afghan women join their society as equal partners?

Brigadier-General Michael Dabros from National Defence and a female colleague, both of whom have been deployed to Afghanistan within the NATO Training Mission, will be speaking at the next meeting of the group. The session is open to all Club members and interested friends. Lucy van Oldenbarneveld of CBC News Ottawa, who did such a superb job mediating the Dialogue at the 2010 CFUW Conference, has also been invited.

**Place:** The home of Hally Siddons  
52 Forest Hill Avenue

**Date:** Wednesday, Feb. 2

**Time:** 1:00 p.m.



To ensure adequate seating, all who wish to attend are asked to please register with Co-convenors Hally Siddons or Joan Bell by phone or e-mail by Monday evening, Jan. 31.



## Bridging the Rivers of Faith

One may ask, is it important to know about different religions? Inspired by the interfaith service held at CFUW's national AGM in July 2010, the Club's newly launched Bridging the Rivers of Faith interest group thinks so.

Our world has shrunk. Distant peoples of different religions are now nearby. Relationships, the backbone of society, depend on understanding, openness, cooperation and goodwill. Our ethics, morals and beliefs, which often stem from religion, inform our behaviour and engagement with the community and its institutions.

Though some destructive things continue to be done in the name of religion, core religious values have always promoted harmony, peace and love. All Faiths have a form of the "golden rule". Mutual understanding among faith communities serves to strengthen the fabric of society. Basic "religious literacy" enables us to understand the complex issues that are affecting our world and the discrepancies between religious teachings and actions that are politically, or otherwise, motivated.

Our aim is to review some of the world religions before focusing on specific issues (e.g. women, human rights) from the perspective of the various faiths. Thus far, overviews on Hinduism, Bahá'í Faith, Islam and Buddhism have been received with enthusiasm and respect for the calibre of the presentations, generating questions, discussion and growing friendships. We are having fun learning of the numerous commonalities amongst faiths, stereotypes are being broken down and there is a broadening of perspective. Presentations on Judaism, Sikhism, Christianity and Aboriginal Spirituality are planned.

We may revisit the faiths already covered and create booklets. The group meets each month on the third Monday after-



Photo by: Carole Trepanier

Our visit to the **Buddhist Temple** on Jan. 17, 2011. **Front row (Left to Right):** Janice Treciokas, Nathalie Thirlwall, Peggy McGillivray; **Back row (Left to Right):** Patricia Bays, Liz Styffe, Jean Chapman, Barbara Miles, Sheila McDonell, Ruth Taylor, Salwa Hafez, Helen Cameron

noon, but if interest warrants, an additional day can be selected. To join the group, contact me at (613) 730-6513 or at [nathaliethir@rogers.com](mailto:nathaliethir@rogers.com). Radhika

Sekar, my Co-convenor, is currently out of the country.

Nathalie Thirlwall, Co-convenor  
Bridging the Rivers of Faith Group

### 2010 CFUW BYLAW AMENDMENTS – VOTE RESULTS

Changes proposed in 2010 to CFUW Bylaws II - Membership and III – Dues, which CFUW-Ottawa voted to approve at the Nov. 8 General Meeting, were also approved by CFUW Clubs across the country EXCEPT FOR the amendments to Bylaw II – Membership, Sections 6.1 and 6.4. The amendments to Bylaw 6 proposed that associate members be required to have completed at least two years of postsecondary education at an accredited university or college. The pro-

posed amended Section 6 of Bylaw II was soundly defeated by 60 CFUW Clubs and five individuals who met the CFUW requirement for a quorum of 20% or 23 Clubs. Of a total of 224 votes, 64 voted in favour and 149 against the educational requirement for associate members. Details on the voting process, next steps, and the full texts of the original and amended Bylaws, are posted on the CFUW website at [www.cfuw.org/doc/Amendments\\_to\\_CFUW\\_Bylaws\\_Dec\\_2010.pdf](http://www.cfuw.org/doc/Amendments_to_CFUW_Bylaws_Dec_2010.pdf).

## Making Music With the Madri-Gals !

The Madri-Gals are a group of CFUW-Ottawa members who meet weekly to sing together. We sing in three part harmony – soprano, second soprano and alto.

There is no audition to join the choir. All that is required is a love of music and a desire to sing with others. Although we work hard, we enjoy lots of laughter as we support one another in our attempts to learn a variety of music. Our repertoire includes East Coast sea shanties, French folk songs, show tunes, medleys and songs of inspiration.

You may have noticed that the program brochure lists the Madri-Gals as a service group. This is because we sing at a variety of retirement residences and seniors' centres around Ottawa. The accompanying picture shows us singing at Colonel By Retirement Residence in the Glebe on Nov. 24, 2010.

We find that singing to seniors provides us with an opportunity to share music with them, and, in turn, their enthusiasm and smiles enrich our lives. In



Photo by: Nancy DeVillers

**Front Row (Left to Right):** Sandra Gorman, Diane Chiasson, Mary Partington, Daphne McCree, Kringen Henein, Bev Biefer, Pat Johnston, Patricia Bays **Back Row (Left to Right):** Sue Ellwood (right shoulder only), Ilona Bain, Hope Finestone, Marlene Hewitt, Charlotte Craig, Norma Ellis, Janice Treciokas, Leith DeTracey, Charlotte Rigby; **Director:** Joy Johnstone; **Pianist:** Leila Metcalf; **Missing from Picture:** Karen Mikhail, Jean Chapman, Mary Houston-Lambert, Joan McKee, Barbara Reid, Olwyn School, Sandi Stanko, Mitsuko Kawasaki, Nancy DeVillers

the sing-along portion of the program we find almost everyone in the audience singing the songs which they learned in their childhood!

Under the capable direction of Joy Johnstone and with the wonderful accompaniment of Leila Metcalf on the piano,

we look forward to learning lots of new music in the future. Our 29 members would welcome anyone interested in joining the Madri-Gals.

Nancy DeVillers, Convenor  
Madri-Gals



### CFUW-OTTAWA HOLIDAY PARTY

The Holiday Party held on Dec. 5 at the RA Centre was a wonderful event attended by



many of our Club members, their families and friends. The lunch consisted of a full hot and cold buffet with a good selection of desserts. Proceeds of \$2,338.88, which include funds raised by the raffles and bake sale, will be given to the CFUW-Ottawa Scholarship Trust Fund, our registered charity.

Many thanks are extended to: The Holiday Party Committee: Joan

McKee, Linda Kelly, Pat Troughton, Gayle Cole and Eva Stumes; The members who helped at the raffle and bake tables; The Madri-Gals, our very talented group of singers; The study and interest groups whose donations enabled us to provide raffle items; Poplar Grove Golf Club for their donation of golf certificates; Fran Harding and Bruce Miller for their raffle donations; and, The members who baked for the bake sale.

Alice Bolt  
Fundraising Convenor

SAVE THE DATE!  
MARK YOUR CALENDARS!

### CFUW-OTTAWA AGM & DINNER



Monday, May 9, 2011

Restaurant International  
Algonquin College