



Canadian Federation of University Women – Ottawa

# Capital Carillon

## January General Meeting

DATE:	January 10, 2011
TIME:	7:30 pm
PLACE:	St. Timothy's Presbyterian Church, 2400 Alta Vista Dr.
SPEAKER:	Patti Harper, Head of Archives and Research Collections, Carleton University Library
TOPIC:	Archives are Forever: From Preservation to Research

How does one go about preserving and organizing one's records and how will that assist with the research end of archives? Patti will invite us into the world of a professional archivist and share some of her knowledge and expertise as it relates to our own documents and those of the Club.

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## PRESIDENT'S MESSAGE

WILMA CLAPHAM

As CFUW-Ottawa's Centennial Year draws to a close, it is time to reflect on the achievements of this year. The start of our year was marked in January by the very successful Birthday Bash and Fashion Show, and the momentum continued as Hally Siddons and Karen Thorington and their team of over 200 volunteers planned for CFUW-Ottawa to host the CFUW AGM in Ottawa in July. The tremendous organization and work paid off as the AGM will be remembered in the Club, and possibly in CFUW, history as a "once in a lifetime" success.

After our summer break we started the second half of the Centennial Year by turning our attention to those matters in the Club which would allow it to remain a leader in women's affairs during its second century. Transferring Club procedures to the internet is an obvious area of concern and, in addition to an expanded web site, completing registration online including credit card payment is the first goal. Glenda Levesque has extensively researched this area and is working with a prototype. Our goal is to have this process completed by May 2011 while maintaining the current system for those who are unable to access the internet.

Since the last *Carillon*, Nancy DeVillers and Dora Mózes have successfully put the Membership records

and the Study and Interest Group lists online. Courtesy of their work, we are now able to ensure that the members of the groups are all members of the Club. In another area, Mary Butterill refined the procedures for producing the *Carillon* and, with an increased percentage of the membership taking the newsletter online, the workload for the production team has been reduced.

Advocacy has not been forgotten during the fall season. The Issues team headed by Charlotte Rigby has been actively at work and their efforts will be apparent to the Club early in the new year. Likewise, Peggy McGillivray and her committee have worked hard at welcoming the new members into the Club, including the November New Members Tea.

Now is the time for the social gatherings associated with the Holiday Season. Alice Bolt and her committee have planned "the best ever" Scholarship Trust Lunch Dec. 5 at the RA Centre; the Diplomatic Hospitality Group has everything in place for the Dec. 3 Party at St. Bartholomew's Church Hall. Many study and interest groups are planning to celebrate the season with Potluck parties. CFUW is a Club whose members enjoy working hard and socializing with fellow members!

I wish you all a very Happy Holiday season and look forward to seeing you in the New Year.

## PROPOSED 2011 CFUW RESOLUTIONS

On Nov. 5, 2010, the Club was notified by Judith Kashul, CFUW Resolutions Chair, that two resolutions had been proposed for adoption at the 2011 CFUW AGM in St. John's, N.L. The titles and proposers of the resolutions are:

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

**Proposer:** CFUW International Relations Committee

■ **Title: DRIVE-THROUGH SERVICE**

**Proposer:** CFUW Toronto

Between November 2010 and February 2011, the CFUW Resolutions Committee will study the draft resolutions and consult with experts. On Feb. 1, 2011, Clubs will receive the complete texts of the draft resolutions. All CFUW-Ottawa members will then be invited to help the Issues Committees review them and develop positions. 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.

See the CFUW Resolutions Schedule at <http://www.cfuw.org/resolutions/schedule.aspx>.



Canadian Federation of University Women (CFUW) - Ottawa &  
Ottawa Council of Women (OCW)  
present the

**7<sup>th</sup> Annual International Women's Day (IWD) Celebration**

Library and Archives Canada

**Thursday, March 10, 2011**

**Guest Speakers • Entertainment • Refreshments • Door prizes**

**Tickets \$25**

Ticket Sales Start January 2011

Contacts:

Beverlee McIntosh (613) 728-9770, [Beverlee.mcintosh@gmail.com](mailto:Beverlee.mcintosh@gmail.com)

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

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

*Capital Carillon* is published monthly  
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Please send all material for  
the next issue to Mary Butterill  
at [marpathb@storm.ca](mailto:marpathb@storm.ca)

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

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



## CFUW ISSUES IN THE NEWS

**Aboriginal Issues:** On Nov. 12, 2010, the Government of Canada endorsed the *UN Declaration on the Rights of Indigenous Peoples* adopted by the UN General Assembly on Sept. 13, 2007 after several decades of discussion. The Declaration outlines individual and collective rights of aboriginal peoples to their lands, cultures, languages, health, education, employment and to freedom from discrimination. Canada originally voted against it, expressing concern about its “fundamental incompatibility with Canada’s constitutional framework” and its articles dealing with land, resources and self-government. These concerns are now outweighed by the desire for effective partnering and reconciliation with First Nations, support for the spirit of the Declaration and its guiding principles of respect for human rights, equality, justice, democracy, good governance and good faith. Although endorsing countries are not legally bound to implement the objectives of the Declaration, it carries moral and political weight.

**Canadian Extractive Industries Abroad:** On Oct. 27, 2010, Private Member’s Bill C-300, *Corporate Accountability of Mining, Oil and Gas Corporations in Developing Countries Act* was narrowly defeated at the 2<sup>nd</sup> reading Report Stage. The purpose of the Bill, originally tabled Feb. 9, 2009 by John McKay (Scarborough-Guildwood Lib), was to ensure that government funding and political support of Canadian extractive industries operating in developing countries be contingent upon evidence of compliance with international environmental best practices and human rights standards. Responsibility for oversight was to have been given to the

Minister of Foreign Affairs and International Trade. Lobbyists against adoption of the Bill were concerned that it did not adequately address corporate social responsibility, posed an unreasonable risk to legitimate Canadian business interests already complying with or committed to voluntary standards, legislated compliance with standards not yet defined, and would introduce yet another enforcement bureaucracy. CFUW actively promoted Bill C-300.

**National Housing Strategy:** Debate at 3<sup>rd</sup> reading of Private Member’s Bill C-304, *Secure, Adequate, Accessible, Affordable Housing Act* began on Oct. 20, 2010. Actively promoted by CFUW, the Bill was originally tabled in the House on Feb. 10, 2009 by Libby Davies (Vancouver East NDP). It is expected to be referred back to the Human Resources, Skills and Social Development and the Status of Persons with Disabilities Committee for amendments to clarify the role of provinces, specifically Québec, to obtain Bloc support. On April 29, 2010, the Senate had unanimously adopted the 290-page December 2009 report of the Standing Senate Committee on Social Affairs, Science and Technology Subcommittee on Cities (Chair: Art Eggleton) *In From the Margins: A Call to Action on Poverty, Housing and Homelessness* found at <http://www.parl.gc.ca/40/2/parlbus/commbus/senate/com-e/citi-e/rep-e/rep02dec09-e.pdf>. The Report recommends that the federal government partner with regional and local levels of government, first nations and other stakeholders, to develop a housing strategy with objectives, targets, outcomes and deliverables. It demonstrates that providing supportive housing for the homeless,

by reducing the currently publically funded needs of the homeless for health care, criminal justice and social services, is more cost-effective than maintaining the status quo.

**Prostitution:** On Sept. 28, 2010, Justice Susan Himel of the Ontario Superior Court of Justice had struck down as unconstitutional three sections of the *Criminal Code* deemed to unnecessarily endanger sex trade workers. The 30-day suspension on the ruling also made on Sept. 28 by Justice Himel has been extended to the end of November 2010. On Sept. 29, the federal government launched its appeal on the decision arguing that prostitution harms individuals and communities. It will ask the courts to suspend the ruling while the case is being heard. It could take several years for the appeal process to complete. CFUW adopted a resolution on prostitution in 2010 that supports Justice Himel’s decision.

**Reproductive Rights:** During the Nov. 1, 2010 Commons debate at 2<sup>nd</sup> reading of Private Member’s Bill C-510, *An Act to Prevent Coercion of Pregnant Women to Abort (Roxanne’s Law)*, it was argued by pro-choice proponents that coercion is already illegal under the *Criminal Code*: s. 264 (1) (Uttering Threats), s. 265 (1) (Assault) and s. 346 (1) (Extortion), that abortion counsellors already screen for possible coercion in women seeking abortions, and, that clinics do not perform abortions on women who are conflicted or being coerced. Bill C-510 had been introduced on April 15, 2010 by Rod Bruinooge (MP, Winnipeg South, Con), who chairs the Parliamentary Pro-Life Caucus. It amends the *Criminal Code* to

(see **Issues** on next page)

Issues - continued

prohibit coercing a woman into an abortion by physical or financial threats, illegal acts, pressure or intimidation. It focuses on domestic abuse and personal coercion. Proponents of pro-choice, which include CFUW, argue that Bill C-510 promotes an anti-choice agenda, reignites the abortion debate, and may lead to unduly criminalizing abortion providers. Abortion was decriminalized in Canada in 1969 by the *Criminal Code* s. 251 to permit strictly regulated therapeutic abortion. All legal restrictions were removed on Jan. 28, 1988 when the Supreme Court of Canada struck down S. 251 as unconstitutional (*R. v. Morgentaler* [1988] 1 S.C.R. 30).

**UN Women:** On Nov. 10, 2010, the 54 nations (including Canada, United States, Australia, and several European countries) on the UN Economic and Social Council, selected countries to serve for two- or three-year terms on the 41-member Ex-

ecutive Board which will oversee and authorize funding of UN Women. Established to promote women's rights and gender equality, UN Women is to be operational on Jan. 1, 2011. Ten African, five Western European and six donor countries were appointed by acclamation because the number of candidates equalled the number of seats. Donor countries (major financial contributors to UN programmes) include Norway, Spain, Great Britain, the United States, Mexico and Saudi Arabia. The Council voted by secret ballot on 10 Asian, four Eastern European, and six Latin American and Caribbean seats because these regions had nominated one more candidate each than available seats. A bid by Iran for an Asian seat was derailed by strong opposition by Western nations, including Canada, and by protests from human rights advocates. Nations now on the Board cited as having poor track records on women's rights include Saudi Arabia and the Democratic Republic of the Congo.

Summaries by Mary Butterill

**2010-11 Memberships at Nov. 11, 2010**

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

CFUW-Ottawa Membership by Status			
Category	Nov-10	Nov-09	Nov-08
Renew	427	454	463
New	60	40	40
Returning	17	7	5
<b>TOTAL</b>	<b>504</b>	<b>501</b>	<b>508</b>

*Table prepared Nov 11-2010*

Associate and student members increased, while full, senior, dual and life members decreased.

CFUW-Ottawa Membership by Category			
Category	Nov-10	Nov-09	Nov-08
Full	461	463	463
Senior	5	7	9
Associate	29	22	25
Dual	5	6	6
Life & Life Dual	1	2	3
Student	3	1	2
<b>TOTAL</b>	<b>504</b>	<b>501</b>	<b>508</b>

*Table prepared Nov 11-2010*

The 2010-2011 CFUW-Ottawa *Membership Directory* is now available for distribution. Directories were received by 33 of the 77 new and returning members at the Nov. 14, 2010 New Members Tea. Convenors of each of the 48 Interest Groups will continue to distribute the directories to members in December.

**Dora Mózes**

Membership Administrator

*Data from previous years reported by Glenda Levesque*



**ONTARIO COUNCIL STANDING COMMITTEES MEETING**

**Saturday, January 22, 2011**

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

**Morning Program: Fetal Alcohol Spectrum Disorder** touches people from all walks of life. Learn about what Health Canada reports is the most prevalent birth defect, more than all others combined affecting, at a very conservative estimate, one in 100 births.

**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.



From the CFUW-Ottawa Environmental Toxins and Health Study Group

## GOOD NEWS – We are making progress!

Yes, progress is being made, so instead of the usual toxic alert, we thought you'd like to hear some recent success stories:

### IN ONTARIO

***New Environmental Toxics Reduction Act passed:*** In June 2009, the Ontario Government introduced legislation to foster the green economy and reduce toxic substances in air, land, water and consumer products. Industries must now track and quantify the toxins they create and use, develop plans to reduce them and report their progress.

### IN CANADA

***Bisphenol A (BPA) banned:*** BPA mimics estrogen and is a health risk, especially to fetuses and babies. In 2008 Canada became the first country to ban BPA in plastic baby bottles and formula packages. This October, Canada formally listed BPA as a toxic substance, extending protection to us all.

***Polybrominated diphenyl ethers (PBDEs) banned:*** PBDEs are used as flame retardants in a wide range of

consumer products including electronics, furnishings, motor vehicles, airplanes, polyurethane foams, and textiles. Residues turn up at high levels in house dust, can be transmitted in breast milk, and have been found to reduce fertility. Last August, Environment Canada announced increased controls on all forms of PBDEs.

***Coal Fired Plants to be phased out:*** Emissions from coal-fired plants affect air quality and contribute to respiratory illnesses. Canada has recently committed to phasing out older coal-fired power plants and making natural-gas-fired plants the new clean-power standard. This will also reduce greenhouse gases.

***Safer Personal Care Products:*** Consumers can make better choices about their lipsticks and shampoos as a result of Health Canada regulations that require manufacturers to list all ingredients on packaging. Many harmful chemicals including siloxanes D4 and D5, thiourea, isoprene, pigment yellow 34, pigment red 104, aluminum chloride, aluminum nitrate, aluminum sulphate, and epichlorohydrin will be banned outright, making many personal care products safer.

## New Website for CFUW-Ottawa

The CFUW-Ottawa Board has approved an upgrade of the Club website, to take advantage of new technology and to reduce administrative workload.

The new website will have a different look and feel than the present one and have more functionality. Most of the information on our present site will be retained. In addition, there will be a password-protected members-only section that will include a searchable online directory of all

CFUW-Ottawa members. Members will be able to update their own information in the directory at any time. Members will automatically be included in the directory when they join and updated when they renew. Payment options include by PayPal account, credit card, or cheque. Members will be able to register and pay online for Club Events and participate in interactive discussion forums and a News Blog.

Members without email or internet will continue to receive the newsletter and registration information in print form.

We expect to transition to the new website in January 2011. Members will be notified and receive instructions on setting up their password by email. We ask for your co-operation and patience during transition. Please contact Glenda Levesque if you have any questions or comments.

# STUDY & INTEREST GROUPS

## Helping Afghan Women

Sixteen CFUW women, led by co-convenors Joan Bell and Hally Siddons, met at Leila Metcalf's on Wednesday, Nov. 10, to hear Paulette Schatz of World Vision Canada, speak about the year she spent in Kabul with the United Nations Development Program. Her commitment, warmth and compassion must have endeared her to the many people pictured in her slides, and of whom she spoke. She shared some of the poetry she wrote in Afghanistan.



Photo by Leila Metcalf

From left to right: Joan Bell, Paulette Schatz, Hally Siddons

The format for the group's meetings will be divided between a speaker, or some form of education, and some additional work in chosen areas of inter-

est. It was suggested that we think seriously about a CFUW resolution based on our support for Afghan women, and perhaps even a project. Areas of interest

appear to be: programme, social events, resource identification/collection/dissemination, news watch/media work/letter writing, continued work as a catalyst, building on the wonderful contacts developed at the national AGM with NGOs, DFAIT, CIDA, the Afghan Embassy and other contacts on policy and activities. Ideas for Action were invited.

The next meeting is on Dec. 8 at the home of Leila Metcalf. Those interested in joining should contact

Joan Bell with their co-ordinates.

**Mary Partington**

University Women Helping Afghan Women Study and Interest Group

## Low Salt Dining Out

Did you know that one teaspoon of salt equals 2,300 mg.? Though the medically recommended amount per day is 1,500 mg., Canadians consume 3,400 mg. each day on average. Most people over 65 and many younger ones have high blood pressure. We learned this from Chelsea Kingsbury and Cheryl Torretto, guests invited to our second Low Salt Dining Out dinner. Both are Research Coordinators of the Salt Study at the University of Ottawa Heart Institute and were a charming addition to our table, increasing our knowledge and adding to the fun.

The Salt Study, under Principal Investigator Dr. Frans Leenen, aims to identify genes that contribute to salt sensitive and resistant high blood pressure. The study requires 3,000 volunteers in the Ottawa area: those between the ages of 20 and 62 with high blood pressure and those 65 and older with normal

blood pressure. To participate, contact Chelsea Kingsbury or Cheryl Torretto at saltstudy@ottawaheart.ca or (613) 761-4788.

Each month we ask a restaurant to provide us with low salt dinners of our choice. Our first two dinners show that it is possible to dine well without overloading on salt. Our first dinner, at Lapointe's Seafood Grill in the Byward Market, had mixed success. Though the food tasted good, half were left with a terrible thirst – so the salt content was probably not low enough. Our second meal at Fraser Café in New Edinburgh was delightful. The restaurant printed a special menu of relatively low salt appetizers and main courses. The food was delicious and not too salty. As part of our advocacy effort, we write and intend to publish our restaurant reviews. We meet the first Thursday evening each month from October to May, except

for January. Call me at (613) 232-5409 for more information.

**Dorothy Phillips**, Convenor

Low Salt Dining Out Group



**HAPPY HOLIDAYS**

... and our Best Wishes for 2011

## My Kindle and I : From Foe to Friend

“My family never truly believes they have experienced anything until they have read a book about it.” (Ann Fadiman, *Ex Libris*) The e-reader seemed another intrusion by modern high-techery, and I, a Luddite, was hostile to it. I need books near; the physical presence, the touch of them, is critical. They fill rooms with colour, history, voices. Gentle Reader, herein lies my journey not from Books but to the enjoyment of machine books.

At Literature Group 5, Sandra Bassett showed us her Kindle. I feared this usurper to The Book’s throne. It is dangerous, especially for women and children, when

usurpers appear. However, to prove that it was inferior to a book, I had to understand it, and Sandra was both enthusiastic and helpful. It is light, and the same size as a paperback. The font size changes to as large as one needs. Amazon carries many titles; e-books are much cheaper. The classics cost pennies.

I could use e-books for club books, and buy only favourites. Therefore, I justified my children buying it for my birthday. It sits beside me now. It has a leather cover and its slim receptor of ether holds Dickens, Shakespeare, and club choices. A mere flick of a switch and *The Scarlet*

*Letter* appears—at the very page I left. With books, I create a quotations’ Compendium, but have to key them into the computer. With e-books, I highlight; the machine lifts it mystically away and it reappears later.

I love my Kindle. It doesn’t carry every book I want and, an electrically-fed slave, must be recharged. It will never replace my volumes, but it is a way: to read when books are too heavy; to travel with a library; and to save money on books. E-readers will never replace books—they are relatives, not rivals.

**Jennifer Hayman**  
Literature Study Group V

## There’s a Winery in Our Neighbourhood!

On our first visit of the year, Jaunters were delighted to discover a very beautiful, quiet oasis about a half hour east of Ottawa – Domaine Perrault, the Perrault family winery near Navan, Ontario. The family has 600 acres, and has farmed in the area for over 100 years.

We visited Oct. 7, the Thursday before Thanksgiving, a warm sunny day. The winery was very pretty with its many large trees and the house and grounds attractively decorated with fall flowers. We wished we had brought a picnic lunch!

Denis Perrault, his wife Lyse, and daughters Anne and Dominique, run the winery. The grape vines were planted in 1999. The vines are a cold-hardy type, developed in Minnesota. They also blend in some wine from Niagara-on-the-Lake. The result is excellent. We had free wine tasting, on their attractive patio. We bought wine from the store at the winery. They have red, white and rosé. The Pinot Grigio is excellent but challenging to obtain because of great demand. You can enjoy it at the Brookstreet Hotel or if you are lucky, get it at the winery.

Denis Perrault told us there is an association of vintners in the area, soon to have eight members, with a new winery in Vankleek Hill, Ontario and one in Papineauville, Québec. The charming sommelier, Julie, gave us a tour of the vineyards. She explained the growing, harvesting and winemaking. The vines are covered with netting to keep the birds from eating the grapes! In the winemaking building, we learned that an oak barrel from France, in which to age the wine, costs \$1,000.

Who knew there is a winery nearby? It could not have been a more pleasant way to begin our year.

**Ann Kelly**, Convenor, Jaunters



Photo by Nancy Simmons-Wright

### CFUW-OTTAWA HOLIDAY PARTY

Clark Room, RA Centre,  
Sunday, Dec. 5, 2010 – Noon to 3:00 pm

Raffle Tickets – \$2 each, 3 for \$5, 8 for \$10

Bake Sale Prices – \$5 to \$15

Tickets (\$35) Contact Alice Bolt at (613) 731-5221 by **Fri., Nov. 26**



## CFUW Advocacy – How It Works

As those of us who attended our CFUW AGM in July will remember, the policy/resolutions session was among its liveliest. This session is important because it creates CFUW policies, the basis for our advocacy. They are added to the *Policy Book Online* at <http://www.cfuw.org/policy-book-online.aspx>. The resolutions approved at this year's AGM are at <http://www.cfuw.org/media/4658/adopted%20resolutions%202010.pdf>.

How does CFUW advocacy work? The CFUW National Board, National Office, Provincial Councils and Regional Directors provide leadership and resources. Our club advocates to local Ottawa and Gatineau area MPs and MPPs on issues supported by CFUW policy.

**Step 1 – Planning:** CFUW National Office provides the *CFUW Advocacy Toolkit for 2010 Resolutions* which contains sample advocacy letters, briefing sheets, advice on meeting with legislators, and guidance on translating policy into advocacy.

**Step 2 – Action:** CFUW National Office and Board members lobby the federal government to support CFUW policy on national and international issues. The Ontario Council lobbies provincial legislators on provincial issues. Clubs send letters and briefs and visit local elected representatives and the media. CFUW encourages members to write as individuals; visit their elected representatives; organize telephone or e-mail campaigns; and organize information forums.

**Step 3 – Results:** We monitor progress on issues. National Office reports *Latest News* at <http://www.cfuw.org>, in their blog at <http://cfuwadvocacy.wordpress.com/>, and in the e-bulletin *Week in Review*. It alerts members to time-sensitive developments on CFUW policy issues including important Parliamentary hearings and votes (see <http://www.cfuw.org/advocacy-policy.aspx>). For example, CFUW advocacy helped ensure the survival of the Gun Registry this fall when Parliament voted to repeal Bill C-391.

Are you interested in participating in CFUW advocacy? Please contact me at [crigby@videotron.ca](mailto:crigby@videotron.ca).

**Charlotte Rigby, V.P. Liaison**

## Ottawa's Community Mental Health Program

Guest speaker Dr. Susan Farrell gave a passionate and informative presentation at CFUW-Ottawa's Nov. 8 general meeting on her work with homeless and mentally ill persons in the community.

A clinical psychologist, Dr. Farrell is the only psychologist at the Royal Ottawa Health Care Group to work exclusively in the community. She is the clinical director of the Community Mental Health Program, a new community outreach program, and has expertise in dual diagnosis, homelessness and serving individuals with mental illness who live in the community. She is the first psychologist in Canada to work with a specialized mental health team for homeless persons and the first psychologist in Ontario to work on an Assertive Community Treatment (ACT) team.

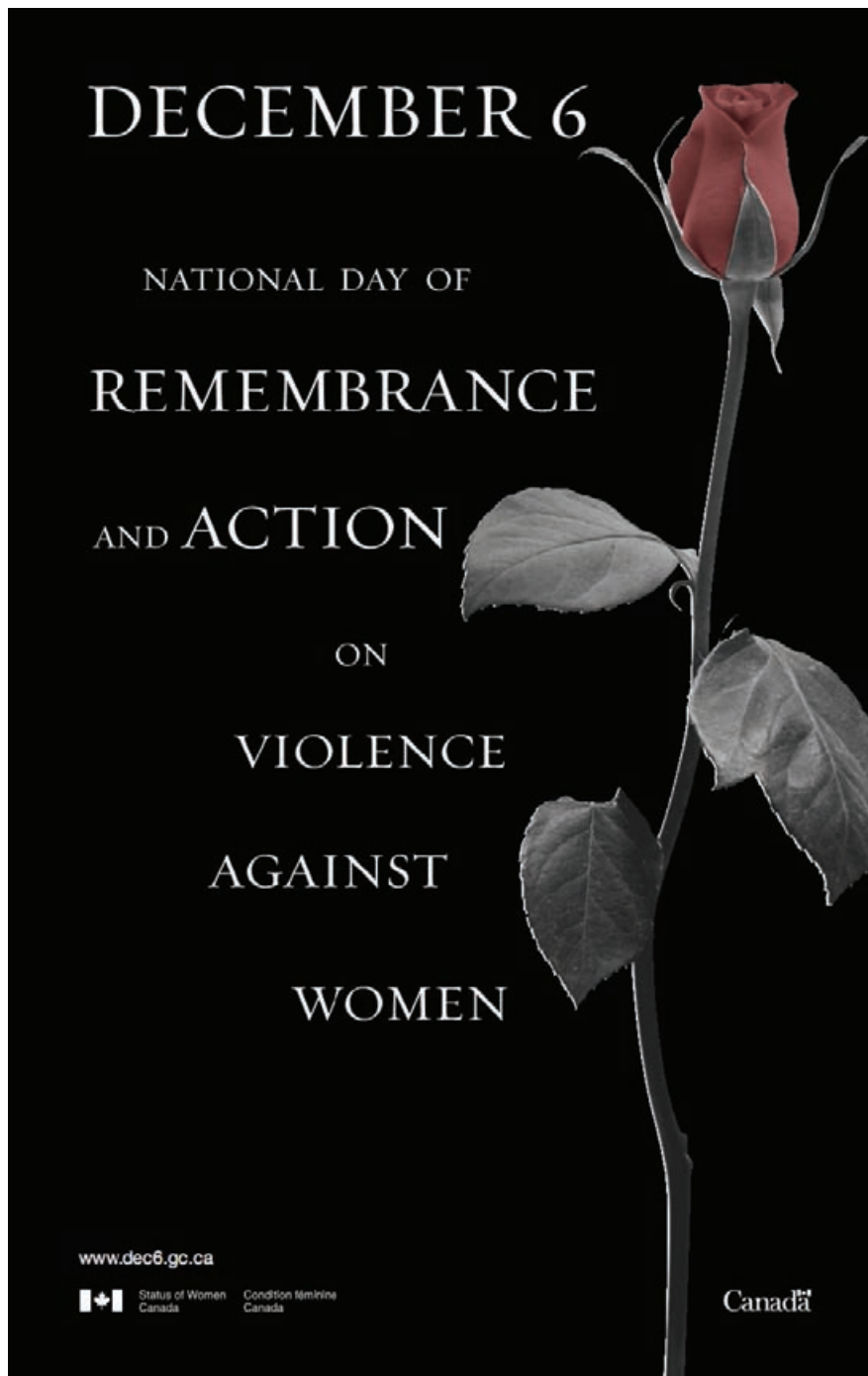
The interdisciplinary ACT team includes a psychiatrist, psychologist, nurse, social worker and recreational worker. It provides medical and personal support to homeless or poorly housed persons on location. The team offers individualized assistance with medication, education or addictions.

Dr. Farrell also currently co-leads, with another professor at the School of Psychology at the University of Ottawa, a study which tracks homeless people across Canada. She noted that homelessness may be long or short term. It involves families with children and/or individuals who may be in a financial crisis due to unemployment. She noted an increase in the number of homeless teens and stated that once a person has been homeless the likelihood of their developing some form of mental illness such as anxiety or depression increases.

Dr. Farrell referred to the CFUW policy on housing, homelessness and poverty, stressing that housing and access to health care should be a universal right and encouraging members to promote this policy locally.

**Elizabeth Weber**  
CFUW Program Committee





### New Members Tea

Sunday, Nov. 14 was a great day for CFUW-Ottawa’s New Members Tea, graciously hosted by Peggy McGillivray, V.P. Membership Development, in her elegant home, as it was last year. Seventy members attended, Board members provided a delightful array of tempting homemade goodies, the team of organizers was excellent and even the weather cooperated.

Board members outlined the key activities of the Club, and encouraged new members to participate: Nancy DeVillers presented our study and interest groups; Cheryl Pacey spoke about our two service groups (Diplomatic Hospitality and Madri-Gals); Alice Bolt discussed fundraising for our Scholarship Trust Fund; and, Charlotte Rigby covered policy issues and advocacy. Charlotte’s description of the role of our local Club relative to regional, provincial, national and international elements of CFUW sparked much interest and discussion among new members.

A popular feature at the event was Peggy’s bulletin board displaying lists of members and addresses by postal code. One new member was pleasantly surprised to discover that four women she knew in her immediate area were also Club members!



CFUW’s Value Our Past posters depicting the history of the women’s movement in Canada, developed for the 2010 AGM, will be on display at the Heron Community Centre, 1480 Heron Rd., 2nd Floor, on Saturday, Nov. 27 and from Tuesday, Nov. 30 to Friday, Dec. 3 from 9 a.m. to 4 p.m. Drop in to look back on our remarkable achievements and ongoing challenges. Parking: front, side and back of the building. Information: Marilyn Letts (613) 421-1603

## 2010 CFUW Ontario East Fall Gathering

Hosted on Oct. 23 this year by CFUW-Perth, with the theme “Reflections of the Past – Inspiration for the Future”, the 2010 Fall Gathering of CFUW Clubs in Eastern Ontario featured outstanding speakers, workshops, a delicious lunch, and a social hour.

Marylea Burt’s “Reflections of the Past”, revealed interesting trends. For instance: in 1980 there were 13,000 CFUW members nationally; in 2010 we have 9,100. In Ontario, membership in smaller communities such as Belleville, Cornwall and Perth has increased, while declining in larger centres like Kingston. CFUW-Ottawa, with over 500 members, is Canada’s largest club. We have a fairly large membership turnover, but our numbers have remained relatively stable. Marylea suggested that this reflects Ottawa’s unique status as the national capital with a fairly mobile professional population. We also know that many Ottawa residents move to smaller towns in the area when they retire – and CFUW members look for a local club to join.

Keynote Speaker Carol Ann Cole provided “Inspiration for the Future,” in sharing stories from her 27-year career – from typist to Vice President of Bell Canada. She spoke of the clarity that comes with age – and the value of humour.

Special guest speaker Caecilia van Peski, the Dutch Women’s representative to the United Nations, worked for many years in peacekeeping, international election observation and capacity building in post-conflict countries. She had just delivered a statement “Women, Peace and Security in the Context of Good Democratic Governance” to the UN General Assembly. Caecilia spoke of the importance of UN Women, the new agency for women’s equality, and of UN protocols that safeguard women’s rights. It was especially rewarding to hear her support UN 1325 and its related resolutions, because at last summer’s AGM, CFUW approved policy to support and thereby permit our advocacy for the related protocols.

Charlotte Rigby

### Keeping in Touch with CFUW National



#### CFUW National Office

251 Bank Street, Suite 305  
Ottawa, ON K2P 1X3

**Email:** cfuwgen@rogers.com (613) 234-8252 ext: 101

**Website:** <http://www.cfuw.org>

**Members Only Web Access:** Information such as CFUW draft resolutions is accessible only to CFUW members who have set up a password protected account. To set up Members Only access:

- Open your Internet browser (e.g. Safari or Internet Explorer);
- Go to the CFUW website by directly entering the above web address;
- On the upper left side of the Homepage, under the drop-down menu bar, you will see **Member Log-In**;
- Enter *Username*: **member123**;
- Enter *Password*: **password**;
- Click on **Log-In**;
- This will bring you to the *Addmember* page where you will be expected to enter your first name, last name and email address and to create a unique username and password; and,
- Click on the **Submit** button.

If you change your email address, you will need to update the email address in your user profile. If you forget your log-in information, click on **Forgot your Log-In Info?** on the CFUW Homepage and follow instructions.

**E-Newsletter Sign Up:** To receive *CFUW Week in Review* and/or the *CFUW National Update* by email, go to *Sign Up For CFUW Newsletter* [Click Here](#) on the bottom right of the CFUW Homepage and follow instructions. If you change your email address, you will need to update the email address provided to continue to receive issues.



#### ENTERTAINMENT BOOKS ON SALE

Salwa Hafez, Ina McCuaig and Alice Bolt will be selling Entertainment Books until the beginning of December. The money raised will go towards the CFUW-Ottawa Scholarship Trust Fund. The books sell for \$35 each, the same price as last year. Please call Salwa, Ina or Alice if you’d like to purchase one.