



Canadian Federation of University Women – Ottawa

Capital Carillon

February General Meeting

DATE and TIME:	Monday, February 4, 2019. Lunch at 12 noon; meeting begins at 1 p.m.
PLACE:	Riverside Churches, 3191 Riverside Drive, Ottawa, K1V 8N8 (by Mooney's Bay)
SPEAKER:	France Benoit, Farmer and Food Security Activist, Yellowknife, Northwest Territories
TOPIC:	Northern-style food security— the Yellowknife Food Charter



France Benoit lives near Yellowknife, Northwest Territories, where she owns and operates Le Refuge farm. Her farm is located on sheer bedrock in the middle of

the boreal forest. Using containers, rock gardens, small greenhouses, platforms, uneven raised beds and some garden rows France has managed to grow food north of the 60th parallel. Pumping water from the nearby lake, operating a small irrigation system using solar energy and making her own soil and compost, she knows that the simple life entails hard work. France is also a food security activist. Six years ago, she helped found the Yellowknife Farmers' Market, realising that its weekly market was the beginning of a northern-style local food revolution. Soon afterwards came the drafting of the Yellowknife Food Charter which supports the development of a just and sustainable food system. The Farmers' Market has created programs aiming to

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PRESIDENT'S MESSAGE

HEATHER LEWIS

As I am writing, it is the bleak mid-winter. Fortunately, there are some cheery prospects. You will probably remember that 2019 is the hundredth anniversary of the founding of CFUW and GWI. The origins of our own Club go back even further, to 1910! The participation of women in the war effort during WWI convinced many that women were more than just nurturing, domestic and decorative. By 1918 most (but not all) women in Canada aged 21 or over could vote in Federal elections and in 1920, in England, Oxford University began to grant women degrees. Women in many countries wanted to do what they could to support each other and to work for peace. The time was ripe for the founding of the CFUW and GWI. For over one hundred years we have been providing our members with opportunities to socialize, educate and advocate in ways that are tailored to their interests and expertise. We have also been raising money for scholarships to help women pursue post-secondary education.

This August the one hundredth anniversary of CFUW will be celebrated at the National AGM in Winnipeg. One of the events will be to "reveal" one hundred National Notable Women in the CFUW. In our own Club we have been looking for the "SAGE." This is the woman in the Ottawa Club who has been a member of CFUW the longest. We have found one active member who joined in the fall of 1946, just after she graduated with a Bachelor's Degree. So far, she has the inside track on this award, but please let me know if

someone else has been a member longer.

There are some events to look forward to in the nearer future. On February 4th our General Meeting speaker is France Benoit, farmer and food security activist, who will be speaking on the topic of *Northern-style Food Security: The Yellowknife Food Charter*. Remember to email our VP Operations, Joan Tyler, if you would like to come to lunch at noon before the meeting. Our March 4th General Meeting is our Scholarship Trust evening when our scholarship winners will receive their certificates and be honoured; see page 2.

Surely we have a right to celebrate and have fun during our one hundredth anniversary. You must not miss our International Women's Day event

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on Saturday, March 9th. This will be a Cabaret including music, drama and a reception. More information can be found on page 8. Come to the Cabaret!

I wish you and yours all good things in 2019.

Advance Notice of Scholarship Awards Night

At 7:30 p.m. on Monday, March 4, 2019, at the Riverside Churches, please join the trustees of CFUW-Ottawa’s Scholarship Trust Fund at our annual awards ceremony. We look forward to welcoming you as well as your family and friends at this important meeting. Come to applaud the scholarship winners and listen to a recital by the musicians among them. After the ceremony there will be refreshments and a chance to meet and congratulate each of these young women personally.

Further details to appear on Page 1 of the March issue of this newsletter.

Capital Carillon is published monthly from October to May, except for January. Suggestions and comments are always welcome. Please send all material for the next issue to Alison Hobbs, newsletter@cfuw-ottawa.org

Next issue: March 2019; deadline for submissions: February 15. Previous issues are archived on the Club website, at www.cfuw-ottawa.org.

Meeting – continued

increase the weekly distribution of local fresh vegetables while also supporting low income families who learn how to cook with these. France currently supports the work of the City of Yellowknife in developing its own local food strategy. Armed with a shovel and resilience, she believes we can all change the world, one carrot at a time!

In February, the General Meeting will start at 1:00 p.m., but you have the option of coming for a light lunch at noon. So that the organisers will know how much food to order, you must register for this \$10 meal by sending an email to Joan Tyler, VP Operations, at mjctyler@sympatico.ca. **The deadline for registration is January 27.** You will then pay at the door on February 4.



The lunch table at our January 2019 General Meeting. Photo by E. Wilfert. Lunch will also be served before the meeting on February 4.

Philanthropy Award

This photo shows representatives of CFUW-Ottawa and Carleton University at the presentation of our Philanthropy Award on November 29, 2018. The certificate reads: “The 2018 Carleton University Leadership Philanthropy Award is presented to the Canadian Federation of University Women – Ottawa in

honour of their outstanding commitment to promoting life-long learning for women and creating opportunities for future generations of Carleton students.” This is a tribute to all who contribute to our Scholarship Trust Fund. CFUW-Ottawa thanks everyone who has worked so hard over the years to make this possible.



Lobbying for Affordable Childcare

On November 20, 2018, a number of CFUW members, including National President Grace Hollett, lobbied on Parliament Hill for more licensed, affordable childcare spaces. During a meeting with Members of Parliament, they also asked that childcare workers be better paid and recognised.

During Grace Hollett's visit to Ottawa, nine CFUW-Ottawa members

also met her for a restaurant lunch, to share further ideas. In the course of that discussion, Grace requested that Ottawa consider hosting the National AGM in 2020. The last time we did this was nearly ten years ago, in 2010, so it may be time to think about doing it again. If you have an opinion on the matter, please make contact with one of our Board members.

LOOKING AHEAD TO CFUW EVENTS IN 2019

MARK YOUR CALENDARS!

All General Meetings take place at the Riverside United Churches, 3191 Riverside Drive.



2019

Monday, February 4, 1 p.m. (with an option of lunch at noon) – General Meeting with guest speaker France Benoit, farmer and activist: *The Yellowknife Food Charter* (see page 1).

Monday, March 4, 7:30 p.m. – General Meeting and scholarship awards (see page 2).

Saturday, March 9 – Cabaret, our International Women's Day celebration, at the Riverside Churches (see poster on page 8).

Monday, April 1, 7:30 p.m. – General Meeting with guest speaker Melanie Adrian of Carleton University: *Muslim youth in Canada; dancing the poetics of belonging*.

Saturday, April 13, 10 a.m. – Focus on GWI seminar at City Hall: *Inclusion and Empowerment through Education in Developing Societies: a Global Agenda for Women and Girls* (see page 5).

Thursday, April 25 – Musical Lunch in aid of scholarships for young women in Ottawa and Kabul.

Saturday, May 4 – CFUW-Ottawa AGM, with lunch, at the Riverside Churches.

Wednesday, June 12 – Summer Evening Dinner in aid of scholarships for young women in Ottawa and Kabul.

Do you know who we are?

- In 1910 a few women met to consider forming the University Women's Club of Ottawa, the Toronto University Women's Club being their model; CFUW-Ottawa was thus founded.
- In July 1919 a group of women representing Canada, the United States and Great Britain met to establish what is now called Graduate Women International (GWI), our international arm. GWI now has national affiliates in over 60 countries and individual members in 40 more countries.
- In August 1919 six Canadian clubs, including the University Women's Club of Ottawa, met in Winnipeg to establish the Canadian Federation of University Women (CFUW), our national arm. There are now over 100 such clubs in existence within Canada.
- CFUW-Ottawa is the largest CFUW club in Canada.
- CFUW is the largest national affiliate of GWI.
- GWI will hold its centenary AGM July 25-28, 2019, in Geneva, Switzerland.
- The CFUW will hold its centenary AGM August 15-17, 2019, in Winnipeg.

Donations to the Elizabeth Fry Society of Ottawa



Four car loads of very gratefully received donations from our members—collected for the benefit of clients of the Elizabeth Fry Society of Ottawa—were delivered to Norwood House on November 30th, 2018. Thanks for your generosity!

Diplomatic Hospitality Group Christmas Party



Diplomat guests at the Diplomatic Hospitality Group’s annual Christmas Party, November 30. The diplomats and their Canadian DHG friends enjoyed a delicious lunch at the Ottawa Hunt and Golf Club, with great conversation, gifts and carol singing.

Shirley’s Porcelain Sale



Shirley with some of her creations

Shirley Rayes of CFUW-Ottawa had an excellent idea. On two successive Sunday afternoons—December 9th and 16th, 2018—she kindly opened her house to friends in order to sell a wide variety of her beautiful, hand painted porcelain at bargain prices, in support of a good cause. She served tea and cookies as well. The \$665 raised by Shirley and her assistants will help to finance scholarships for the Afghan girls supported by our interest group University Women Helping



An example of Shirley’s porcelain painting.

Afghan Women (UWHAW).

Several UWHAW and other CFUW-Ottawa members took the opportunity to witness Shirley’s amazing talent at first hand and to stock up on stocking stuffers and small hostess gifts before the holidays. One of Canada’s

top porcelain artists, Shirley’s teacher, Marlene Eagan of Aylmer, Quebec, incidentally one of the artists selected to paint cache pots for the Vimy Ridge remembrance celebrations, also displayed and sold examples of her work at the event.

A Grand Success

While some missed the Holiday Party on December 2nd because of the winter weather, those attending had a most enjoyable afternoon.

The Scholarship Trust Fund committee is delighted to accept a cheque for \$4,851.58! The Holiday Party is the major fundraising event for the scholarship fund and the proceeds are greatly appreciated and will go far to honour our award winners this year. The organizing committee of Alice Bolt, Mary Broderick, Virginia Boro, Christine

Narraway and Patricia O’Flaherty are grateful to everyone involved in making the party such a success and such fun. Thank you to the Madrigals for their beautiful performance; thank you to the 26 volunteers who made light work for the committee; thank you to everyone who donated to the silent auction, the grab bags, the bake table, the door prizes and to those who bought items at the various fundraising areas. Thanks to the attendees (and those who donated but could not attend) for their continued

and generous support. This was truly a CFUW-Ottawa community event.

Looking ahead, please save December 1, 2019, for our next Holiday Party.

Please join us for the regular meeting on March 5—the awards ceremony for our scholarship recipients. Come and meet the winners and their guests, enjoy performances by the students studying music and chat with these bright young women about their studies.

Patricia O’Flaherty



Save the Date: Saturday April 13, 2019

Inclusion and Empowerment through Education in Developing Societies: a Global Agenda for Women and Girls

A seminar hosted by the CFUW-Ottawa Study Group, Focus on GWI.

- Venue: Jean Pigott Place, Ottawa City Hall
- Time: 10 a.m. – 3:00 p.m. including lunch and coffee breaks
- Invited: CFUW members and the public
- Speakers and cost: to be announced

A lively and interactive day is planned, highlighting the problems women in developing societies face in accessing education. The

seminar will explore how Canada’s agenda for international development addresses women’s and girls’ education in developing countries, more specifically, how Canada is dealing with the implementation of the United Nations’ Sustainable Development Goals (SDGs) within this agenda. Included will be accounts of the positive outcomes and challenges some women and girls have experienced.

See next month’s *Capital Carillon* for more details.

THE FIRST NATIONAL INDIGENOUS THEATRE IN THE WORLD

Report by Fran Harding

To kick off its 50th anniversary year, the National Arts Centre will launch Canada's new Indigenous Theatre with an all-indigenous "takeover" of its public spaces and stages from September 12th to 28th. The initiative is the first of its kind in the world. According to Lori Marchand, the first guest in our 2019 Speaker Series, "Theatre has been able to provide a voice to those who were silenced too long." Before becoming the Managing Director of the NAC's Indigenous Theatre, Ms. Marchand led the Western Canada Theatre (WCT) for 19 seasons, and is a member of the Sylix or Okanagan Nation. "Simply by hiring me in a leadership position," she said, "WCT made a statement. The impact of seeing oneself reflected in the workplace, on the stage, in the stories, is amazing. In my experience, it has been transformative."

The new theatre department hopes to reflect regional, national and international perspectives and will represent as many Nations as possible, from coast-to-coast-to-coast. To support the resurgence and resilience of the multiple and diverse cultures of this land, indigenous languages will be included in the stage productions and in the corresponding outreach materials. During the inaugural season, eight productions written and created by women will celebrate indigenous women's resilience.

Indigenous Theatre was built step-by-step over many years. When the NAC opened its doors in 1969, its first production was *The Ecstasy of Rita Joe*, a tragic story about a young indigenous woman's experience in the downtown eastside of Vancouver.



CFUW-Ottawa President Heather Lewis (left) with Lori Marchand and Fran Harding, who introduced her. Photo by E. Wilfert



Photo by Alison Hobbs.

The production starred Chief Dan George, Francis Hyland and August Schellenberg, who was the first indigenous graduate from the National Theatre School. 40 years later, in a co-production with WCT, the NAC recreated *The Ecstasy of Rita Joe*, this time with an indigenous director and indigenous actors in all indigenous roles. Again, August Schellenberg starred and was joined by Kevin Loring. Schellenberg went on to fulfill his dream of playing the leading part in an all-indigenous production of *King Lear*, after which Ms. Marchand and Mr. Loring, now Artistic Director of the NAC's Indigenous Theatre, started to talk about the stories they wanted to tell. Mr. Loring was commissioned to develop his script *The Ballad of Floyd*, later known as *Where the Blood Mixes*. Winning the Governor General's Award, this play opened on the day of the federal government's recent apology for residential schools.

Ms. Marchand believes plays such as *Where the Blood Mixes* and *Children of God* by Corey Payette are works that change perspectives, change lives and help to heal communities. They make the world a better place. That is why "Our Stories are Our Medicine" is the Indigenous Theatre's overriding theme.

Lori Marchand kindly donated her honorarium to the Scholarship Trust Fund (STF) for the Indigenous Studies Award at Algonquin College. During the General Meeting afterwards, two cheques were presented to STF Chair Patricia O'Flaherty, one by Alice Bolt—the Holiday Party proceeds—and the other,

by Dierdre Abernethy, to University Women Helping Afghan Women—the profits from the sale of used books from September to December, 2018. Thanks to Keuser Taymaz and her team for organising lunch, to Fran Harding and her team for arranging another interesting Speakers' Series event and to Joan Tyler for handling the registration. Our next lunchhour meeting is on February 4: see details on page 1.

Did you know...?

Although indigenous women make up less than 3% of the Canadian population, they account for 38% of women in federal prisons. This imbalance is not only a terrible legacy of colonisation and residential schools, but also an indication of the social and economic disadvantages affecting on- and off-reserve aboriginal populations. More effective education, training and treatment programs offered by Correctional Services Canada would be one route to healing incarcerated indigenous women and restoring them to their families and communities.

The CFUW-Ottawa study and interest group Exploring Indigenous Education meets on the fourth Friday of the month. For information, contact Judith Neale Holtzhauer (judithneale@rogers.com) or Martha Musgrove (musgrom@hotmail.com).

CFUW-Ottawa's Historical Study Group

This Study and Interest group consists of about eighteen women. Its convenor, Ivana Caccia, originally from Zagreb, worked for 15 years in Geneva at the headquarters of Inter-Parliamentary Union; she moved to Canada in 1982 and was employed until 1993 at the Human Rights Research and Education Centre (University of Ottawa), as its librarian.

She has been a member of CFUW-Ottawa since 2008, and in 2014 represented our Club at the selection committee for the Dr Margaret McWilliams (CFUW's first national President, from 1919 to 1923) Pre-Doctoral Fellowship Award.

Members of the Historical Study Group concentrate on one particular region or country per season, currently

exploring stories of significant people and events in the history of France. At each meeting, on the first

Thursday afternoon of the month from October to May, at the New Edinburgh Square Seniors' Residence, one or two members of the group give each a half



Ivana Caccia, convenor of the Historical Study Group

hour presentation on a topic of her choice within the general theme. On January 10th, 2019, for example, Esther Earle spoke about the Huguenots. Presentations are usually accompanied by slides or videos to illustrate the narrative and are not meant to be academic exercises. One should keep in mind that members of the group are more or less amateur historians, keen to learn new things and support each other in that process. Refreshments are served during a coffee break.

The fact that people keep renewing their membership in the group is proof that this formula works. For further information, please contact Ivana at icaccia@bell.net.



University women of Canada greet Madame Curie, discoverer of radium, at Niagara Falls. 26.01.2015-13:19
LAC, CFUW FONDS, MG 28, I 196, Vol. 7, FILE 22

A photo discovered by Ivana Caccia: Ladies of the Club meeting the Nobel Prize winner Marie Curie, in 1921! Lots of glorious hats... and a lonely fellow among them.



Esher Earle speaking about the Huguenots

Request for Silent Auction Items: A Unique Advertising Opportunity!

University Women Helping Afghan Women (UWHAW) is asking for your help with any "one of a kind" quality item or experience you might be able to offer for **Silent Auctions** at our fundraising events: a Musical Lunch on April 25 and a Summer Evening Dinner on June 12. If you wish, **we would be pleased to mention your name when advertising these.** UWHAW is an External Outreach group as well as a CFUW-Ottawa Study and Interest group. We shall

distribute a short description of your donation to the 400+ members of CFUW-Ottawa, and your generosity will also be acknowledged at our events in April and June.

In previous years, our auctions have included cottage rentals, a flight over Ottawa, design makeovers, spa experiences, getaway packages to the 1000 Islands and Prince Edward County, original paintings by local artists, lunches with politicians, Redblack football tickets, gift certificates and

vouchers for passes for concerts or the theatre, for airline lounges, restaurants and cooking classes. We auction books autographed by the author, jewelry, and more.

Each donation is important in helping us reach our goal; if you can help, please contact Lizz Wilfert at cfuw.ottawa@bell.net.

Your generosity will be very much appreciated.

Thank you in advance!

Canadian Federation of University Women - Ottawa
Invites You to Come Celebrate
International Women's Day

Join Us for Our

CABARET

Music * Drama * Reception



Saturday, March 9, 2019

2:00 pm

Riverside United Church / Anglican Church of the Resurrection
3191 Riverside Drive, Ottawa

Tickets only \$25!

**All profits to be divided between Elizabeth Fry Society Ottawa and our
Scholarship Trust Fund supporting post-secondary education.**

Open to all CFUW members and their family and friends.

Register on line at www.cfuw-ottawa.org

Or contact Christine Rollo at rollo.cfuw@gmail.com or (613) 727-3857

Back up contact is Gail Tyerman at tyermag@rogers.com or (613) 680-1389

IF YOU CAN HELP WITH THIS EVENT IN ANY WAY, PLEASE CONTACT GAIL TYERMAN!



ELIZABETH FRY
SOCIETY OF OTTAWA