



Canadian Federation of University Women – Ottawa

Capital Carillon

February General Meeting

DATE: Monday, Feb. 5, 2018
TIME: 1:00 p.m. for the meeting
PLACE: Riverside United Church/
 Anglican Church of the
 Resurrection,
 3191 Riverside Drive,
 Ottawa, ON K1V 8N8

SPEAKER: **Janet Yale**, President and
 CEO of the Arthritis Society
 (Canada) and Catherine
 Harwood, Regional Develop-
 ment Manager, Eastern
 Ontario Arthritis Society

TOPIC: **Arthritis: Dispelling the Myths**

Please join us at 12 noon for a pre-meeting light lunch. There is no charge for the meeting, but we will charge \$10.00 for lunch (to be paid at the door).

Register for lunch by Jan. 26th:

- Online by E-mail to Joan Bell-Scott at jbelle-scott@bell.net
- By telephoning Joan Bell-Scott at (613) 680-4204
- If you signed up at the January luncheon, please confirm your luncheon reservation with Joan by E-mail or telephone

Please Note: As sufficient food needs to be purchased for lunch, if you cannot attend the lunch after registering, kindly send our Treasurer Chris Narraway a cheque for \$10 or catch her at the next meeting.



Janet Yale is the President and CEO of the Arthritis Society (Canada), a role that she began in June 2012. Janet is a lawyer and an

economist who previously served as the executive vice president at TELUS, and president and CEO of the Canadian

(see Meeting on next page)

PRESIDENT'S MESSAGE

HEATHER LEWIS

I hope your year started well. Our January speaker, Michelle Valberg, was stellar and literally took our breath away with her photographs.

My own January had a whirlwind start. Some of you may remember that at the great Holiday Party we had on December 3rd, I played the role of the Page to Good King Wenceslas. Less than a fortnight later, I was faced with the prospect of a different role. What happened? Charlotte Rigby sent a memo to the Board members indicating that she was resigning as President of CFUW-Ottawa effective December 31 of last year. She is well. She just wants, needs and deserves a break after serving for more than three years in the position. We thank her for that service. She will still be working on the preparations for the International Women's Day celebration this year. According to the Club by laws, the Board must ensure that, if the President resigns, the office is filled by appointing a full Board member to fill the unexpired term. The Board met on December 12 and voted to appoint me as Interim President effective January 1st of this year. I will serve in that capacity until Club elections are held at the Annual General Meeting in May. There are many talented people on the Board and I will depend on their support and yours.

You will recall that that you received in your email a forwarded copy of a CFUW-National Update of December 8. It invited members who wished to do so to make a voluntary contribution of \$8.40 to cover the required dues increase for Graduate Women International (GWI). The Ottawa Board discussed the update on December 12. Although the Ottawa

club supports GWI, our Board concluded that this proposal was not workable for us and it is too divisive within the Clubs both locally and nationally. I wrote to National President, Grace Hollett, requesting that the National Board form another more feasible plan to meet the GWI dues increase. We are by no means the only club to have decided not to recommend to our members this plan of voluntary contributions of \$8.40 for the GWI dues increase. CFUW-National has not yet proposed another way forward.

CFUW-Ottawa has always been a Club with a focus on advocacy. This year is no exception. A major advocacy theme for the year has been *Women and Poverty*. Lynne Bond and I chaired a Resolutions and Advocacy Group meeting on November 9th. Our guest speaker was Ann Denis, who is a specialist on

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the topic. One of the attendees was Louise Dulude, who is also an expert in the area. We decided to propose a Resolution for an Increase in Affordable Housing for Seniors. Further consultation with the National Board and with the Ottawa Board led us to conclude that proposing a National Advocacy Campaign on the topic would be more effective. Information about National Advocacy Campaigns can be found on the CFUW National website. The Resolutions and Advocacy Group is working on the development of this campaign and the consideration of the Resolutions to National submitted by other Clubs. At the April General Meeting, we will bring forth to the club our recommendations.

This Club is not just talk about women and poverty either. The letter from the *Elizabeth Fry Society* in this issue of the Carillon indicates how significant our contribution level has been this year. Many our members are also contributing actively to the support of *Cornerstone* too. You deserve to be proud of what you do.

See the announcement on this page about the February meeting. I don't think this is a meeting you will want to miss.

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

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

Suggestions and comments always welcome

Next issue: **March 2018**
Deadline: **February 15, 2018**

Previous issues are located on the Club website at www.cfuw-ottawa.org.

Welcome to our Interim CFUW-Ottawa President Heather Lewis



Heather Lewis became our new President January 1, 2018. So who is Heather Lewis?

Heather has a long association with CFUW, starting when she was a graduate student at the University of Toronto. She let her membership lapse as she went on to a distinguished academic career in English Literature, History and Religious Studies while obtaining a PhD from McGill. She taught at the post-secondary level in Quebec and became a Dean at Vanier College in Montreal. She then moved

to Victoria B.C. to become Dean of Arts and Science at Camosun College.

Upon Heather's retirement in 2008, she joined CFUW-Victoria, where she served in several capacities on the Victoria Executive. When she moved with her husband to Ottawa in 2015 to be closer to her daughter and grandsons, she joined our club. She participated in the CFUW-Ottawa Board as Secretary and then VP Liaison. She has an interest in Advocacy and she is currently a member of the History Group, Historical Fiction Group, MADRIGALS, and the Tuesday luncheon Group. She has also attended five CFUW-National AGMs.

Meeting – continued

Cable Television Association, along with other corporate roles in private, public and not-for-profit organizations. Early in her career Janet was the director general at the CRTC and general counsel to the Consumers' Association of Canada.

Retiring from TELUS in 2010, Janet transferred 25 years of corporate knowledge and skills successfully into the not-for-profit sector. Currently Janet chairs the Arthritis Alliance of Canada, Past-Chair of the Ontario Trillium Foundation, and serves on the boards of Samara and the Ottawa Art Gallery. Janet is a recipient of the Queen Elizabeth II Diamond Jubilee Medal. She is also a marathon runner and mother.

The Arthritis Society is a national health charity fueled by donors and volunteers, with a vision to live in a world where people are free from the devastating effects that arthritis has on lives. Janet is responsible for leading the organization in their mission of helping people live well with arthritis while searching for a cure. The Arthritis Society funds life-altering research, develops and implements educational and service programing both in

person and on-line, leads advocacy work to drive meaningful policy change and executes awareness programs so that people are aware of the toll of arthritis and what can be done to alleviate their pain.

Janet leads a corporate organization, with regional offices across the country providing local programs and resources to people living with arthritis. She will be accompanied by **Catherine Harwood**, the Regional Development Manager of Eastern Ontario. The Ottawa Regional office provides information regarding education, physiotherapy, occupational therapy, social work support, individual assessments and services and educational groups for people with osteoarthritis, inflammatory arthritis and fibromyalgia.

Catherine and Janet will be accompanied by their clinician and are promising a very engaging presentation with answers to our many questions.

Please join us to hear Janet, Catherine and their clinician discuss *Arthritis: Dispelling the Myths*.

CFUW-Ottawa General Meetings are open to the public. Feel free to invite your family and friends.

HOLIDAY LUNCHEON

The December 3rd. Holiday Luncheon was an enjoyable and fun event for all who attended. Close to 110 people appreciated a delicious lunch put on by the RA Centre.



After lunch, the Madrigals led everyone in a fun sing-song of holiday favourites. Photo by Lizz Wilfert

This is the major fundraiser that CFUW holds for the Scholarship Trust Fund. There were several opportunities to participate and help raise money, including the silent auction, grab bags, bake table and jewelry sales. As always, members and guests were generous and raised \$4,292.26.



Chair of the Scholarship Trust Fund Margaret Haines (left), accepts a cheque for \$4,292.26 from Ruth Willison, Chair of Holiday Party Organizing Committee at the CFUW-Ottawa General Meeting January 8th, 2018. Photo by G. Tyerman

Thank you to all that volunteers who helped at the event, members and friends for their donations, the Madrigals, the RA staff and to all who attended.



(L to R) Christine Rollo, Ruth Willison & Mary Broderick, Organizing Committee, Photo by Lizz Wilfert

Our heartfelt thanks to the hardworking Organizing Committee for making this Holiday Luncheon such a success. Also a special thanks to Alice Bolt, who was there to answer all the questions.



Did you know?

February is the bargain month for new CFUW members. Memberships bought after February 1st will be good until September 2019. Now is the time to invite your friends to join our club!

CFUW-OTTAWA NEEDS YOU!

CFUW-Ottawa is looking for a volunteer to edit our Annual Report. This is a short-term position with a few hours work over March-April this spring to pull together the input from our study and interest groups into a coherent whole. If you have editing and word-processing skills and are ready to help, please contact Heather Lewis email: heatherlewis2121@gmail.com

Michelle Valberg: Creativity in Motion



Despite the extreme cold, over one hundred CFUW-Ottawa members and guests attended the presentation of Michelle Valberg at the January 8th General Meeting. A professional photographer, renowned explorer and adventurer, Michelle held us all spellbound. You had to be there to experience it.

Michelle shared her adventures and showed us the magic images of Northern landscapes, wildlife, and people. She described the many daring ways required to capture that special image of a herd of narwhals, or of a close-up of a polar bear. She illustrated the need of being always aware of the environment and thus avoiding life endangering situations posed by the wild creatures, and extreme

and shifting weather and ice conditions. She spoke about the perseverance needed to wait for something to happen, for something to appear and then seizing the opportunity to capture the moment with the camera. A successful shoot also depends upon teamwork with guides and other photographers.

Be it swimming with humpback whales at Silver Banks in the Dominican Republic, portraying the Spirit Bears in BC, Grizzly Bears at Bear Cave Mountain in the Yukon or Beluga Whales and other wildlife in the Arctic, Michelle's courage, enthusiasm and artistic dedication shone through in her words and in her photography. Examples of her art can be found in her self-published books: **Look Beyond** ... The Faces & Stories of People Living with HIV/AIDS, **Dare to Dream**... A Celebration of

Canadian Women, **Arctic Kaleidoscope**... The People, Wildlife and Ever-Changing Landscape. She also produced a children's book, **Ben & Nuki Discover Polar Bears**.

It was also good to see the happy and proud faces of the people and children who are benefitting from **Project North**, a not-for-profit organization founded by Ms. Valberg and which is committed to delivering education and sport-based opportunities to youth in Canada's Arctic. Since its inception, \$1,000,000 worth in new sports equipment has been delivered to more than 26 Inuit communities.

As Michelle's birthday coincided with our General Meeting day, the audience broke into a hearty choir of "Happy Birthday" at the end of the presentation.

Edeltraud Neal
Program Committee

In Memoriam

CFUW-Ottawa sadly notes the passing of two former long-time members: **Melita Classen (1928 – 2017)** and **Alison Brunton (1923 – 2017)**

Melita Classen was active in the CFUW-Ottawa's Diplomatic Hospitality Group (DHG), often extending the warmth of her welcome to diplomats and their families and offering people rides to DHG events. A fluent and dedicated member of the DHG's German conversation group, she came to its weekly meetings for two decades, often encouraging the group to sing, as well as speak, in German. She was a treasured participant in French conversation groups. She took part in the bridge groups and the Madrigals. Melita was known as a remarkable raconteuse, as well as being a gifted accompanist. Her friend Alison Hobbs tells us that Melita was a loyal, intelligent friend, who would lend a sympathetic ear to anyone who wanted to talk to her about their troubles; she was sensitive to the dark side of life, willing to offer

pertinent advice, and who, at less solemn moments, endeared herself to others with her infectious laughter.

Alison Brunton was known in CFUW for her love of French literature and culture. Her friend Ruby Elver tells us that as a retired French teacher at Confederation High School in Nepean, Alison was a valued member of Charline Alward's CFUW French Conversion Group, which met for many years in each other's homes for a snack and for discussion of French books. The first in her family to achieve a university education, she was blessed with wisdom, kindness, determination, graciousness and charm, and a dry sense of humour. She continued to be devoted to family and friends even as the ravages of age took hold.



International Women's Day

CFUW clubs of Ottawa, Nepean and Kanata present an afternoon of Drama and Dessert

The Drama
Women Vote Indirect

A play by Joan Conrod:
 A new look at the Fathers of Confederation as viewed by the women in their lives



The Dessert
Afternoon Tea
 (Victorian-Style)



Saturday, March 10, 2018

Woodroffe United Church,
 207 Woodroffe Avenue

Two sittings
 1:15 pm & 3:30 pm

Tickets \$25

Register online www.cfuw-ottawa.org
 or contact Christine at
rollo.cfuw@gmail.com or (613) 727-3857

Congratulations to Ruth Toller, whose article, *"Thanks to my Father's Advice, Heaven doesn't seem so Lonely Any More"* was published in the Globe and Mail January 18, 2018.

Long Term Members of CFUW-Ottawa

We are still on the hunt for long term members of CFUW-Ottawa. We want to honour you! If you have been a member of our club for more than 30 years or you know of someone who is, kindly let us know. Our club Secretary, Natalie Lam, is collecting names. You can contact her at 613-837-1810 or profnlam@gmail.com

2018 MUSICAL LUNCH & SILENT AUCTION



Wednesday, April 25th, 2018

Sold-Out event Last Year!

Silent Auction starting at 11:30 am

The Royal Ottawa Golf Club, 1405 Aylmer Rd., Gatineau, Quebec

Parking on site is free

Tickets to the lunch: \$55. (includes tax and service) Tax receipts will be issued.

Your ticket includes: Elegant Three-Course Lunch with a small glass of wine; Performance by 1st class musicians and Door Prize Tickets

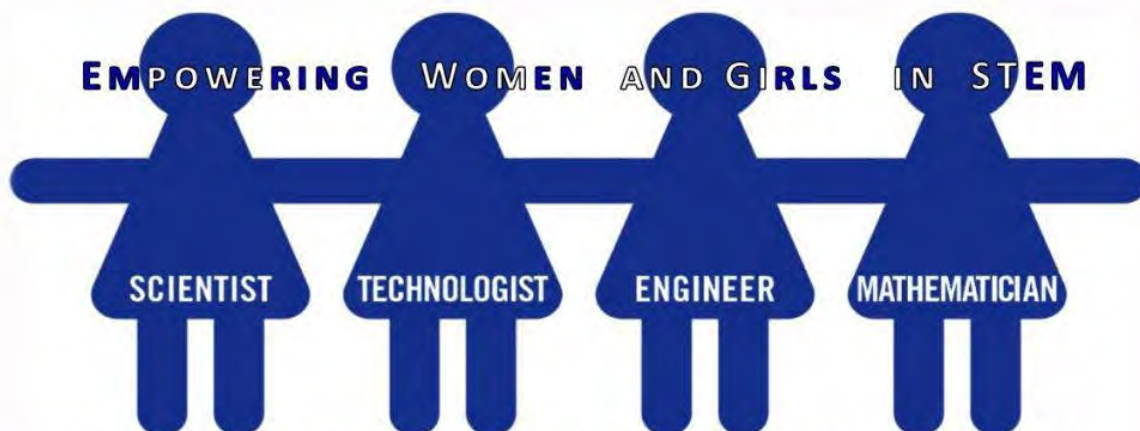
Don't forget to bring cash and your cheque books for the Silent Auction

Raffle – 10 tickets for \$5.00 (cash only)

The Fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group – **University Women Helping Afghan Women**. Thanks to the members of this group for their generous donation of 2 raffle baskets. The proceeds from the meal will go towards the CFUW-Ottawa scholarships at Carleton University, the University of Ottawa and Algonquin College. The proceeds from the Silent Auction will support the scholarships for Afghan Women at the **Gawharshad Institute of Higher Education in Kabul, Afghanistan**.

Ticket sales start at the March 5th general meeting or by contacting Alice Bolt at 613-731-5221 or Alice Bolt at ianbolt@sympatico.ca after March 5th. All cheques are to be made payable to "UWHAW" and mailed to Alice Bolt, 1531 Caton St. Ottawa, K1H 6J3. Online registrations and payments are not available for this event. Please advise Elizabeth Wilfert at cfuw.ottawa@bell.net if you would like special seating arrangements. Contact Alice Bolt if you have any dietary issues.

Registration is open to all CFUW-Ottawa members and guests, both women and men. What a great opportunity to enjoy lunch at the Royal Ottawa Golf Club with your partner or a friend and at the same time help students at home and in Afghanistan!



Ontario Council AGM May 11 & 12, 2018 CFUW Ajax/Pickering & Oshawa and District



International Women's Day



Q. What's wrong with this famous Canadian picture?

A. There are no Women!

Join us on **Saturday March 10** at Woodroffe United Church, to celebrate

International Women's Day

The CFUW clubs of Ottawa, Nepean and Kanata jointly present "Drama and Dessert!". Enjoy the play "Women Vote Indirect" a dramatization about the women who were associated with the Fathers of Confederation and their influence on the founding of Canada.

Tickets are \$25. There will be 2 sittings – at 1:15 pm and at 3:30 pm.

Register online at www.cfuw-ottawa.org or by phone at 613 727 3857



LOOKING AHEAD TO CFUW EVENTS IN 2018 MARK YOUR CALENDARS!

February 5 – General Meeting of CFUW-Ottawa meets at noon for a light lunch and 1:00 pm for the meeting with Janet Yale, President and CEO of the Arthritis Society (Canada) and Catherine Harwood, Regional Development Manager, Eastern Ontario Arthritis Society as our speakers

March 5 – General Meeting of CFUW-Ottawa resumes evening meetings at 7:30 with our Scholarship Winners night.

March 10 – International Women's Day Celebration with an Afternoon of Drama and Dessert.

March 24 – Ontario Council Standing Committees Meetings in Toronto

April 2 – General Meeting of CFUW-Ottawa presenting Rebecca Bromwich, Director, GDCR, Carleton University, who will speak about *Suggestions for Addressing Delays in the Criminal Justice System. Look Upstream to Child Welfare Law.*

April 25 – Musical Lunch and Silent Auction, Royal Ottawa Golf Club, Gatineau, Quebec, supporting scholarships

May 8 – CFUW-Ottawa AGM, Algonquin College

May 11-12 – CFUW Ontario Council Annual General Meeting, hosted by CFUW Ajax/Pickering & Oshawa & District

June 12 – UWHAW Summer Evening Garden Reception, Voices for Afghan Women VII



CFUW-Ottawa Did It Again!

Many thanks to our CFUW-Ottawa members and friends who supported the 2017 Annual Elizabeth Fry Donations Appeal. We delivered a record four carloads of much-needed items for Norwood House, and for the women when they return to the community. There were also gifts, toys and gift certificates for the Christmas Party for EFry clients and Norwood House residents. Staff and volunteers were amazed by the amount of donations. They were very much appreciated! See the letter of

thanks below from the Society. Thank you for your generosity and continued support for this worthy cause.

For a list of the many Services and Programs offered by EFry, please see: <http://efryottawa.com/services.html>.

Christine Marland, Chris Narraway and Joan Bell-Scott
CFUW-Ottawa Representatives to
Elizabeth Fry Society Ottawa (the EFry)



ELIZABETH FRY
SOCIETY OF OTTAWA

211 Bronson Ave, Suite 309, Ottawa, ON K1R 6H5

Tel: 613-237-7427 Fax: 613-237-8312

www.efryottawa.com

17th January, 2017

Canadian Federation of University Women - Ottawa
331 Cooper St. Suite 502
Ottawa, ON
K2P 0G5

Dear CFUW:

On behalf of our Board of Directors, staff and clients, I would like to express our sincere thanks for your wonderful donation of gifts, gift cards, toiletries, household items and toys to our annual **Holiday Celebration** and to benefit the residents of **J.F. Norwood House**.

This past year, with your donations, we were able to provide over 75 women with loot bags and raffle prizes at our Annual Client Celebration. In addition we were also able to provide a gift bag filled with goodies to each of our 15 residents in J.F. Norwood House. The women were thrilled with their gifts and asked that we express their sincere thanks to those who generously supported them over the holidays.

We cherish your kind generosity and hope you will support the event again next year!

Change...one step at a time!

Sincerely,

Ann McSweeney
Acting Executive Director

