

Welcome to the Zonta Club of Kanata-Stittsville Newsletter!

In this newsletter you will find information on projects currently underway and past events:

- Zonta Says NO to Violence against Women campaign
- Events During the 16 Days
- United Nations Special Screening: *Unmuted | Child Brides*
- Day of the Girl Child
- ZD2 Fall Conference
- Grandmothers Advocacy Network (GRAN) tea and social
- Upcoming Events

Zonta Says NO to Violence against Women campaign 25 Nov – 10 Dec 2025

Most of ZKS time was earmarked for preparing, contacting businesses, distributing and collecting up the **Orange Ladies** for the Zonta Says NO to Violence against Women campaign during the 16 Days of Activism against Gender-Based Violence. After our Painting Party in Village Square Park last August, Elspeth finished touching up the **Orange Ladies** so they looked pretty spiffy.

Early in November, Judith worked on creating the signage to post on the ladies. Elspeth collaborated and her suggestions were greatly appreciated. Altogether, we created two signs for each lady for a total of 34 signs (two extra just in case). The first one titled “DID YOU KNOW?” provides specific information and statistics about violence against women and girls to bring attention to the many forms of gender-based violence that often occur behind closed doors. The second titled “WHAT CAN YOU DO?” provides information about support services, links, phone numbers and QR codes, as well as a call to your Councillor, MPP and MP to take action on specific issues highlighted on some signs.

Elspeth created a mock-up that appeared in the Community Voice Thursday 20 November.

‘Orange Ladies’ share stories

‘Epidemic’ needs open discussion: Zonta Club

BY NEVIL HUNT

Look for the “Orange Ladies.”

Starting next week, the Zonta Club of Kanata Stittsville will mark the 16 Days of Activism against Gender-Based Violence by placing 16 cutouts in public places.

Each Orange Lady is a four-foot tall, orange-painted plywood cutout bearing information about violence against women.

You’ll see them from Nov. 25 to Dec. 10.

“A lot of municipalities in Canada have declared violence against women an

ORANGE FROM PAGE 1

epidemic, and Ottawa did so a couple of years ago,” said Judith Ainsworth, president of the local Zonta club. “The after-effects of (violence against women) perpetuates itself, especially if children are there.

“It perpetuates the cycle of violence and women have to flee to shelters which sometimes are full. If there’s no room, they may end up on the street or they may return to an abusive situation.”

The 16 Orange Ladies in Kanata and Stittsville will be placed in businesses and organizations, each with information for passers-by to read. One will be located in Kanata North Coun. Cathy Curry’s office at the Mlacak Centre, and another in Stittsville Coun. Glen Gower’s office at the CardelRec Complex.

Ainsworth said people who see the Orange Ladies can stop and “learn more about what you can do, and who to

CONTINUED OPPOSITE



Nevil Hunt photo
Zonta Club of Kanata Stittsville member Elspeth Nickle with one of the Orange Ladies you’ll find in the community between Nov. 25 and Dec. 12.

FROM OPPOSITE PAGE

contact if you see something happening. The goal is for the public to learn and understand what they can do to help stop this.”

The Zonta organization has more than 29,000 members worldwide and has consultative status with the United Nations.

For more information, visit Facebook and search for “ZontaDistrict2.” The local club is also welcoming suggestions regarding the information that should be posted on the Orange Ladies this year and in the future.

nhunt@ottawavoice.ca



Staples was marvellous partnering with us to print at no charge the head part with our club logo and QR code, the Zonta Says NO to Violence against Women logo, the signs and the footer acknowledging our sponsors. Staples also laminated about half of the heads, logos and footers for free. We spent many hours at Staples and thank the store manager and team for their super help!

Next, Elspeth and I got together for a couple of days to cut out the laminated parts, insert the information signs into plastic sleeves and staple all the signs onto the ladies. Elspeth is hard at work stapling the signs.



Finished ladies are ready for distribution!



On Monday 24 November, we launched the Zonta Says NO to Violence against Women campaign at Sacred Heart High School in Stittsville with three ladies, the club banner and information board. The tech department at Sacred Heart partnered with us to cut out the 16 plywood ladies. The 4th December issue of The Community Voice included a picture of the launch with Sam and Makenna who took the lead in the carpentry class to cut out the ladies.



The local Zonta club's Orange Ladies campaign was launched at Sacred Heart High School on Nov. 24. From left are Makenna, principal Ryan Larose, vice-principal Karen Blake-Strong, Elspeth Nickle and Sam. Makenna and Sam are part of the carpentry class that cut out the ladies last spring under the direction of Damien Brown-Graham, the technology department head, who died suddenly last July.

Councillors Cathy Curry (Kanata North Ward) and Glen Gower (Stittsville Ward) featured pictures and info about the **Orange Lady** Campaign in their 28 November and 3 December newsletters respectively. Both councillors hosted a lady at their office during the 16 Days.

Zonta Club of Kanata-Stittsville- 16 Days of Activism

The Zonta 16 Days of Activism Campaign is an annual, global initiative led by Zonta International to end gender-based violence and raise awareness of violence against women and girls. It runs from November 25 (International Day for the Elimination of Violence Against Women) to December 10 (Human Rights Day). As part of the campaign, they have asked groups to host an "Orange Lady" to raise awareness, which we were happy to do at the Kanata North Office.





The Zonta Club of Kanata-Stittsville has placed 16 “Orange Ladies” around the community to mark 16 Days of Activism Against Gender-Based Violence—a global campaign that continues until International Human Rights Day on December 10. It’s part of the “Zonta Says NO to Violence against Women” campaign, to raise awareness and call for the elimination of all forms of violence against women. There’s one outside of our ward office at CARDELREC.

Le Club Zonta de Kanata-Stittsville a installé 16 femmes peintes en orange un peu partout dans le quartier pour souligner les 16 jours d’activisme contre la violence fondée sur le genre, une campagne mondiale qui se poursuit jusqu’à la Journée internationale des droits de la personne, le 10 décembre. L’initiative s’inscrit dans le cadre de campagne « Zonta Says NO to violence against women », qui vise la sensibilisation et l’élimination de toutes les formes de violence faite aux femmes. On retrouve une de ces statues à l’extérieur de notre bureau de quartier, au Complexe CARDELREC.

Days 15 and 16 featured photos with our male allies and Shelter Movers Ottawa at Ottawa Police Service (OPS) in Stittsville and Fire Services at Station 81 in Stittsville. Read the full OPS article [“Ottawa Police Service Partnering with ZONTA”](#) and more about [Shelter Movers](#).



Each day of the 16 Days, Kathleen posted picture/s of the ladies with the host businesses. Judith posted to the ZKS LinkedIn. Links to Social Media:
<https://www.facebook.com/profile.php?id=61565698840592>
<https://www.instagram.com/zontakanatastittsville/>
<https://www.linkedin.com/company/zontaklubkanata-stittsville/posts/?feedView=all>

On our [website](#) home page, you will find an introductory summary of the campaign, a link to the bi-fold [booklet](#) “The Story of the **Orange Lady**” and a [link](#) to the CBC Radio Ottawa Morning Interview with Judith.

All the daily posts can be found on our website in the Advocacy dropdown: 16 Days – Zonta Says NO to Violence against Women. A few early posts are missing. I hope to have them up soon.



The Orange Ladies survived our Canadian winter quite well! To thank them for a successful campaign, they got to enjoy a sleigh ride home after we collected them up on 11 December.



To sum up, the campaign was a great success. Zonta and the Zonta Club of Kanata-Stittville received much attention with our 16 **Orange Ladies** placed around the community to raise awareness of violence against women locally and nationally. The community became engaged in this issue as well. Although we originally developed “The Story of the **Orange Lady**” booklet for the high school, others were curious and asked for more information so we distributed more copies than originally planned.

In particular, CBC Radio learned about our **Orange Ladies** and asked for an interview to tell the community more about the background to the campaign and the club’s process of putting its campaign together.

Other Events During the 16 Days

The Walrus Talks – Ending Gender-Based Violence: A national conversation for change, Wednesday 19 November at National Gallery of Canada, Ottawa

The Honourable Rechie Valdez, Minister of Women and Gender Equality and Secretary of State (Small Business and Tourism) opened the talk with special remarks. The following speakers had seven minutes each:

- Samira Mohyeddin, Journalist, Founder and Managing Editor, On the Line Media
- Gillian Hnatiw, Lawyer and Legal Expert in Gender-Based Violence
- Keri Lewis, Executive Director, Interval House of Ottawa (Women's shelter)
- Waneek Horn-Miller, Former Co-Captain, Canada's Olympic Women's Water Polo team
- Celeste Trianon, Founding Director, Juritrans
- Aline Nizigama, CEO, YWCA Canada



Gillian Hnatiw



Waneek Horn-Miller



Keri Lewis



Samira Mohyeddin



Yamikani Msosa



Aline Nizigama



Celeste Trianon

The speakers provided a variety of relevant information in seven minutes. We learned about the criminal justice system and other avenues for victims and survivors, harassment of women journalists to try to force them to ignore the truth, the need for trauma-informed and intersectional approaches to systemic change, trans equity and justice, and indigenous perspectives of culture, history and lived experiences. As a young girl, the former Olympian had been stabbed during the Oka Crisis in Kahnawake, a Mohawk community just west of Montreal.

Afterwards, Elspeth and Judith met the YWCA members and started a conversation about advocacy partnerships. The YWCA Canada has expertise in public policy, gender equity and inclusion, and sponsors programs for girls.

Ottawa Mayor's Proclamation to launch 16 Days of Activism

On Tuesday 25 December, the Grandmothers Advocacy Network (GRAN), the Ottawa Coalition to End Violence against Women (OCTEVAW) and community partners joined Ottawa Mayor Mark Sutcliffe at the launch of the 16 Days of Activism against Gender-Based Violence in the Mayor's Office at Ottawa City Hall. Mayor Sutcliffe read the official proclamation recognising the 16 Days of Activism against Gender-Based Violence. Ariel Troster, Ward 14 Councillor and Council Liaison for Women, Gender Equality and 2SLGBTQ+ Affairs, joined to officially kick off the 16 Days. "We need all levels of government working together to end gender-based violence."

Jo-Anne Stead (GRAN) emceed the event. Jo-Anne is pictured here (rt) with Mayor Sutcliffe, Ariel and Astara van der Jagt, acting executive director of OCTEVAW.





The keynote address was delivered by Harmony Eshkawkogan, who works at the First Nations Child and Family Caring Society and also serves as a helper with the Assembly of Seven Generations (A7G). Speakers included MP Anita Vandenberg (Ottawa West-Nepean) and Astara van der Jagt.

Elsbeth Nickle and Judith Ainsworth attended the event and are pictured with Astara and Ariel.

The event offered an opportunity for the city to come together, honour the lives lost to violence, stand with survivors and reaffirm Ottawa's commitment to creating communities where everyone can live safely and with dignity.

Zonta Says NO to Violence against Women and Girls 2025 Summit

On Wednesday, 10 December, the [Zonta Says NO to Violence Against Women](#) 2025 Summit focussed on the critical role of male allies in preventing and addressing gender-based violence (GBV). The Summit highlighted how men can leverage their influence to challenge harmful social norms, advocate for cultural change, create safer communities, and how women can engage men as allies in their efforts to end violence against women and girls. Across three sessions, participants heard from global experts, showcasing innovative approaches to allyship, including partnerships with local organisations and creative storytelling.

Victor Rivas Rivers - National Network to End Domestic Violence

Actor and activist Victor Rivers, best known for roles in *Blood In/Blood Out*, *The Mask of Zorro*, and *The Distinguished Gentleman*, has used his platform to advocate against domestic violence. A survivor of severe childhood abuse, Victor broke his silence in 1999 to speak publicly about his experiences and the importance of community intervention.



Today, as the National Spokesperson for the National Network to End Domestic Violence (NNEDV), he works to raise awareness that domestic violence is not solely a women's issue—it is everyone's issue. Through storytelling, advocacy and public engagement, Victor inspires others to break the cycle of violence and support survivors. His leadership with NNEDV highlights the power of using one's voice to create social change and emphasises that ending domestic violence requires collective responsibility and action. [Watch now.](#)

Men Against the Tide film and discussion with filmmaker Priyali Sur

The documentary *Men Against the Tide* explores the compelling journeys of seven men from both rural and urban India who are courageously challenging entrenched patriarchal norms and actively advocating for women's rights. They come from diverse



backgrounds but share a bold conviction: gender equity is not just for women to claim—it’s a cause for all. Produced under the banner of the United States Agency for International Development’s (USAID) “Women and Girls Lead Global” campaign in collaboration with the Ford Foundation and ITVS, the film spotlights their activism, personal risk and the ripple effect of male allies standing up for change. In the talk-back session, filmmaker Priyali Sur discussed how these men’s stories were discovered and crafted, the challenges and breakthroughs of male engagement in gender justice, and how the film aims to inspire similar action worldwide. [Watch now.](#)

Ending Gender-Based Violence with Male Allyship Panel

Panelists discussed the importance of engaging men and boys as allies to end gender-based violence. The four panelists:



- **Dr. Margaret Greene**, Executive Director of GreeneWorks.
- **Vesna Jaric**, Global Head of UN Women’s HeforShe Campaign.
- **Joe Vess**, Senior Programs Fellow for Equipundo.
- **Bob Vines**, Violence Prevention Coordinator at the University of Wyoming and a partner with Futures Without Violence.

want to inspire action, foster collaboration and amplify practical strategies that accelerate progress toward a world free from gender-based violence. [Watch now.](#)

United Nations Special Screening: *Unmuted / Child Brides*, 6 October 2025

One in three women globally will experience gender-based violence. UNMUTED: CHILD BRIDES follows the stories of girls impacted by child marriage in India and the United States of America whilst presenting the global movement fighting to end it through education, legal reform and grassroots advocacy.

United Nations Association of New York, in partnership with Freedom United, hosted this special screening of *Child Brides*, an episode from the three-part documentary series by [Without Exception Films](#), "*UNMUTED*." The *Child Brides* episode spotlights survivors of child marriage alongside grassroots advocates and organisations working to end the practice globally.

Judith and Jane attended the screening. The stories were sad because often child marriage to escape poverty only led to the same or worse impoverished life than before getting married. Stories of ongoing advocacy, policy and community-based efforts are slowly eliminating child marriage. For example, in India, a school councillor informed one girl’s father that child marriage was illegal and said he would call the police to have the father arrested if he went forward with the marriage. The father stopped and let his daughter remain in school, which is what she wanted more than anything.

International Day of the Girl Child, Saturday 11 October 2025

Kathleen posted the ZI infographics to our social media.

Zonta District 2 Fall Conference, Vernon Downs, NY, 17-19 October 2025

At the ZD2 Fall Conference, District Clubs filled emergency bags to be delivered to the local women's shelter. Members of the Zonta e-club 1 of NY sewed the bags. Our club paid for items and the Adirondacks Club President bought them for us. Val Hume, Zonta Club of Ottawa, and Judith are checking out all the bags that D2 clubs filled.



Zonta International Representative to D2, Souella Cumming, spoke about Zonta's four focus areas and global challenges: Zonta Spirit, Sustainability and Speaking up for Human Rights. Our biennial goals are to celebrate our successes: 1. Credible voice through what we have achieved; 2. Club successes; 3. Leadership and Sustainability (International Governance Working Group established); and 4. Engagement of Audience and Allies.

Of course, we all know that the Zonta Club of Kanata-Stittsville was awarded the District International Focus Award. The club is very honoured!



Grandmothers Advocacy Network (GRAN) Tea and Social Friday 12 Dec 2025

Elspeth and Judith got together with GRANs at Jo-Anne Stead's house. GRANs was one of the organisers of the Mayor's proclamation and launch of the 16 Days of Activism and Jo-Anne emceed the event. We enjoyed getting to know other GRAN members and learning more about the history of GRANs. They are a very well-informed group. I think there will be areas of mutual interest where we could support each other's projects to improve the lives of women locally and globally. We look forward to knowing more about their Water, Sanitation and Hygiene (WASH) project and to partnering with GRANs and OCTEVAW for the 16 Days launch next November.

Kathleen's Synchronised Skating Team

Today, Sunday 14 December, was their first competition this year and they won Silver! Kathleen is at the end of the middle row on the right.



Upcoming Events

Zonta Says NOW

HOW CAN CITIES LEAD A JUST AND CLIMATE-RESILIENT FUTURE?

Intercontinental Think Tank – Asia and Oceania



SPEAKER

Krista Milne

Director of Climate Change and City Resilience and co-Chief Heat Officer at the City of Melbourne



SPEAKER

Huey Yoong

Head of Implementation for C40 Cities in East and Southeast Asia and Oceania




SUNDAY
11 JANUARY 2026
11:00AM AWST


Register on Zoom
[HERE](#) or the QR
code below

**BUILD A BETTER WORLD FOR
WOMEN AND GIRLS**



registration QR code



Zonta Says NOW to Gender-Equal Climate Action Intercontinental Think Tank

Join us on **10 January 2026** at 9:00 PM CST (10 p.m. EST) to share your ideas and gather inspiration on how we can address Gender-Equal Climate Action NOW! This session will be Asia and Oceania-focused and led.

ALL CLUB PRESIDENTS, CLUB MEMBERSHIP CHAIRS, & AREA DIRECTORS ARE ENCOURAGED TO ATTEND!

Panel Discussion

JANUARY 21, 2026

5PM PT, 6PM MT, 7PM CT, 8PM ET
REGISTER FOR ZOOM LINK

Topic of Discussion



Recruiting and Retaining

Please register in advance to receive the Zoom link:



PANELISTS:

Zonta Club of Cape Girardeau
District 7

QUESTIONS FACILITATED BY:

Lynn Currier
District 1 Lt. Governor

HOSTED BY THE NORTH AMERICAN
LT. GOVERNOR GROUP

Panel Presentation on Recruiting and Retaining Young Professionals, Wednesday 21 January at 8:00 p.m. EST.

From D2 Lt Governor Iraina:

The Lt Governors of North America have created a unique opportunity to hear from young professionals who have recently joined Zonta. We hope you and your membership chair will join us.

[Registration is required](#) - the zoom link will be emailed to you upon registration.

Coffee Chat with International Advocacy Chair Helen Bowie

Join Zonta International on **28 January 2026**, Global Community Engagement Day, at 1:00 PM CST (2:00 p.m. EST) for an open discussion on how we can engage in advocacy for change at the community level led by Advocacy Chair Helen Bowie.



ZONTA SAYS NOW VIRTUAL ART GALLERY



Artist: Agbegnigan Alihonou
Location: Zonta Club of Lomé, District 18, Lomé, Togo, Africa



Gallery Launch Date:
22 April 2026

Gallery website and submission forms have language translation capability

Submit to the Zonta Says NOW Virtual Art Gallery before 22 April 2026 (Earth Day)
[Submission form](#)



Artist: Theresa Ekdom
Location: Zonta Club of Roscommon County Area, District 15, Roscommon, Michigan, United States

Submissions are now being accepted

[Submission form](#)

Click on 'Submission Form' above or visit the website

[Zonta Says NOW Virtual Art Gallery](#)

Save the Date! International Women's Day film screening Sunday 8 March 2026



INTERNATIONAL WOMEN'S DAY

SAVE THE DATE
Sunday, March 8th 2026 at 2 pm

ENJOY THE NFB DOCUMENTARY "THE NEST" (2025)



More Information
cfuwperth.org



THE STUDIO THEATRE
GORE ST., PERTH



Tickets \$15 (door sales only)/Debit or Cash
Proceeds to support Lanark County Interval House

zontadistrict2.org/kanata/

Let's make a difference in the lives of women and children!

**Mark your calendars for upcoming events and let's plan to attend!
They are fabulous ways to learn, be inspired, connect and
reconnect to build a better world for women and girls!**

**Zonta International Convention 2026
11-14 July, Vancouver, BC, Canada**



**More women and girls will reach their full potential
if more of us work together!**