

## Welcome to the Zonta Club of Kanata-Stittsville Newsletter!

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

- “Orange Ladies” Painting Party
- How we got the Orange Lady cutouts
- Stittsville Multicultural Festival
- Zonta International Friendships
- Leadership in Action Conference hosted by John Molson Women in Leadership
- McGill Africa Umoja Summit
- Remembering Ellen Harris, Zonta Club of Vancouver, ZI President 1960-1962

### “Orange Ladies” Painting Party in Village Square Park Stittsville – Sat 9 Aug

At our “Painting Party”, Carolyn, Elspeth, Judith and friends painted the 16 plywood cutout ladies to be used in the sixteen (16) days of activism campaign, an annual event which runs from November 25th to December 10th. The event aims to raise awareness and galvanise action to end violence against women and girls worldwide.



Carolyn created the flyer that club members sent to people interested in Zonta and women’s human rights to invite them to our “Painting Party”. We asked people to feel free to bring along as many friends and family as they would like.

As you can see, we were joined by friends and some youthful painters. Stittsville City Councillor, Glen Gower, dropped by to congratulate us on an inspiring community project in the park.

Here are some of the ladies drying in the sun. A huge thank-you to the shop students at Sacred Heart High School in Stittsville who cut out the ladies for us as part of their extra-curricular activity.

And thanks to Elspeth and Carolyn for pulling this event together!

**How we got the Orange Lady cutouts:  
Message from Damien Brown-Graham,  
Technology Department, Sacred Heart High  
School 20 May 2025**

Just an update on the Orange Ladies Project. We have the Orange Ladies rolling off the production line courtesy of a couple stellar students, (Sam and Makenna), in one of my construction classes. They have really engaged in the project, looked you up as an organisation and decided to help you by completing this project in a volunteer capacity. I have described the full project to them including the finish painting step and they have "volluntold" some reliable friends to help paint them early next week if you would like.



If you have the appropriate paint in the appropriate colour we will expand the project to include that step. What we would likely need is a gallon of exterior grade all in one Paint and Primer or a gallon of Exterior Primer and a gallon of Exterior Paint.

It may also be neat if someone from your group dropped by with the paint between 1:00 pm and 2:10 pm one day and the students can show you how they were made. It's kinda neat and perhaps not the way you thought they would be made.

Thanks to Carolyn who dropped by the school to pick up a couple of the unpainted ladies and take some photos of the girls with their teacher, Damien. The girls were thrilled to show off their handiwork!

With great sadness the club learned that Damien died from sudden heart failure while out cycling in early July. The club will always remember his support and enthusiasm for the project.

### **Stittsville Multicultural Festival – Saturday 7 June**

Carolyn and Elspeth staffed the Zonta Club of Kanata-Stittsville table at the Festival. They talked to many people interested in Zonta's mission and are following up with invitations to join our events and club meetings.



## Zonta International Friendships

When reading the letter from ZI President Salla, we are reminded of the fabulous friendships that Zontians develop when joining Zonta and sharing our common aspirations for gender equality and human rights. Zontians continue to “fuel my passion for the vital work that Zonta undertakes”.

With HyunJu Lee, D32 UN Chair, Helen Bowie, Zonta Club of Wellington, NZ and ZI Advocacy Chair, at CSW/NY (13 March 2025)



Attending the Berlin Philharmonic with Karin Lange, member Zonta Club of Berlin and Zonta Says NOW Think Tank (15 June 2025)



Visiting the Expressionist artist colony in Worpswede, Germany with Ute Scholtz, Past International President (19 June 2025)



Ingeborg Geyer with many Vienna Zontians at a dinner gathering (10 July 2025)



Getting together in Seoul, South Korea (26-29 July) with HyunJu Lee, D32 UN Chair. We met at CSW/NY 2024 and 2025, and plan to have many more meetings. Seoul is a fantastic city! Wouldn't it be great to hold a ZI International Convention there?



## Leadership in Action Conference hosted by John Molson Women in Leadership – 23 March

Judith attended the John Molson School of Business, Concordia University, Montreal, Leadership Conference organised and hosted by the John Molson Women in Leadership organisation.

Student attendees listened to a keynote speech on wealth management, strategies and advisor experience, a workshop on Personal Branding: How to Stand Out and Get Noticed, lunched with corporate mentors, attended panel discussions: A) The Power of Allies: Building Bridges to Inclusive Leadership; or B) Breaking Imposter Syndrome: Owing your Success, and concluded the day with a networking session.



## McGill Africa Umoja Summit, McGill University, Montreal

Judith attended the summit on the theme of “Empowering Changemakers: Innovations in Food Security, Health and Governance”. The announcement and overview of the summit connected the theme to the UN SDGs.

Keynote speaker, Dr. Larty, University of Ghana, an expert in Nutrition Science, spoke about food systems and connected food systems to external drivers such as climate change, income distribution, urbanisation, political and sociocultural context, as well as opportunities for food system transformation in Africa. Concerning climate change, she explained that:

Although technological change, market responses and the effects of CO<sub>2</sub> fertilisation on yield are projected to increase global availability of dietary protein, iron and zinc, these increases are moderated by negative effects of climate change affecting productivity and carbon penalties on nutrient content. The combined effects of projected increases in atmospheric CO<sub>2</sub> (ie, carbon nutrient penalty, CO<sub>2</sub> fertilization and climate effects on productivity) will decrease growth in the global availability of nutrients by 19.5% for protein, 13.6% for iron, and 14.6% for zinc relative to expected technology and market gains by 2050. The many countries that currently have high levels of nutrient deficiency would continue to be disproportionately affected.



## Agri-food systems transformation to address food insecurity and malnutrition in Africa

Anna Lartey  
Professor of Nutrition (Adjunct), University of Ghana, Legon.  
Former Director of Nutrition, Food and Agriculture Organization of the United Nations, Rome;  
Former President of the International Union of Nutritional Science

McGill Africa Umoja Summit, Montreal, Canada

27 March 2025

The summit was especially meaningful for Judith as many Ghanaian scholars attended who were recipients of Mastercard Foundation Scholarships at Ashesi University where Judith was Visiting Professor in Fall 2023. Through this scholarship, students are able to attend one of three major universities in Canada: McGill, Toronto or University of British Columbia.



Two entrepreneurs developed food to reduce malnutrition in Uganda (Nutriposh composite flour sold to primary schools to prepare lunch for children) and hunger in Ghana (EcoRice Ghana – working with farmers for more efficient rice production). Both projects also provide work for local farmers.



In addition, Ghana and Uganda are two of the eight African focus countries in the Zonta “Ending Child Marriage” programme.

### **Remembering Canadian Ellen Harris, Zonta International President 1960-1962**

Who would have thought I would meet a former Zontian and President of the Zonta Club of Vancouver, Gisèle Yasmeen, while at the summit? Gisèle told me that she wrote an article in 2014 about the late Ellen Harris who was President of Zonta International from 1960-1962. The [article on the Women’s History Network](#) lacks the original pictures, so Gisèle sent me a copy, reproduced here, that includes pictures.

### **Remembering Ellen Harris**

The late Ellen Harris (1904-1967) was President of Zonta International from 1960-62. She hailed from the Zonta Club of Vancouver, British Columbia (Canada) where she and a small dedicated group of Zontians achieved extraordinary things in the 1950s and 60s. Approximately five women formed the core of the local club and together they raised funds for a number of worthy institutions in the city that are still active to this day.

Mrs. Harris’s contribution to the work of Zonta both locally and internationally was preceded by a long distinguished career. In the 1920s and 30s, Ellen Harris played an instrumental role in organizing the Children’s Theatre Group in Winnipeg, where she grew up. As a radio broadcaster with the Canadian Broadcasting Corporation, she was the host of “Morning Visit” from 1944 to 1952. Ellen Harris established herself as a public figure in Vancouver and throughout the province and participated in a number of other radio programs and broadcasts. She was also the President and driving force behind the BC Ballet Society. Dance was one of her passions.

In addition to her professional work, Mrs. Harris raised a son - Richard Colebrook (Cole) Harris - and a daughter, Susan Lorraine Pond. Her children, now retired, remember their mother traveling the world during her Zonta International Presidency and have donated Zonta-related correspondence, photos and other memorabilia to the University of British Columbia (UBC) Special Collections Archives. Some of these photos, reproduced below, illustrate the early sixties as they were for middle-class women – hats, gloves, fur stoles and the occasional tiara!



President Ellen Harris (right) with Mrs. Vern Staaf on a visit to Sweden in 1961



Left to Right – Katherine Jacobson, Incoming Governor Vivienne Worley, Outgoing Governor Beverly Augustine, Conference Chair Ellen Harris, Helen Jones, Chair of Transportation riding the “Zonta Hitching Post” shuttle at the District 12 convention in Lamarre (state?/year?)

The organization’s mission and work, however, was clearly consistent with Zonta’s mission which still remains to advance the status of women worldwide. Mrs. Harris dined with Heads of State and other dignitaries and, on one occasion, invited Eleanor Roosevelt to the opening ceremonies for UBC’s International House for which the Zonta Club of Vancouver, along with the Marpole Rotary Club, had raised most of the funds.

Though Ellen Harris’ work with Zonta was exciting and of significant benefit to the local and international community, her Presidency was also extremely demanding physically. She was not a robust woman and, according to her children, the toll of travel and other responsibilities contributed to her early death at the age of 63.

The Zonta Club of Vancouver invited Mrs. Harris’s daughter, Susan Pond, speak at its 2003 annual general meeting where she recounted her mother’s work with the organization. The Vancouver club is proud to have had this distinguished woman serve as international president and its members are inspired to continue her work toward advancing the status of women worldwide.

Contributed by Gisèle Yasmeen, Ph.D., President, Zonta Club of Vancouver, 2014

At the time she wrote the article, Gisèle was Senior Fellow at the University of British Columbia – Institute of Asian Research. Currently, she is a Global Fellow at the Wilson Centre in Washington, DC.

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

**Mark your calendars for these 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 District 2 Fall Conference  
17-19 October 2025, Vernon Downs, Vernon, NY**

**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!*