



ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN CAMPAIGN 2025

Zonta Club of Kanata-Stittsville “ORANGE LADIES”



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1. Making the Orange Lady Plywood Cutouts

In August 2024, we contacted our local councillors, Glen Gower Stittsville Ward 6 and Cathy Curry Kanata North, to ask for a list of high schools including emails and phone numbers. Speaking to Office Administrators was unsuccessful. Although they passed messages on to principals, the principals did not return calls. If your club has connections with schools, you may find it easier to get replies and explain the project directly.

Early in January 2025, I contacted the Councillor Assistants at Councillor Gower's office. The club has established excellent connections with Councillor Assistants who are always eager to help us. It seems that Sacred Heart High School in Stittsville is the only school to offer a carpentry program. Early in February 2025, Councillor Gower's office connected us with Damien Brown-Graham, Head of the Tech Department at Sacred Heart High School. Damien was very interested in our **Orange Ladies** project and said that his carpentry class could cut them out as an "extracurricular" activity. He sent us specs for plywood type, number of sheets and thickness.

One of our members, Carolyn James, said that we could get the supplies donated, and sure enough, she did! Carolyn and Elspeth, our Advocacy team, went to Rona and Home Hardware in Stittsville and succeeded in getting the plywood and paint donated! Carolyn researched the **Orange Ladies** and GBV and emailed follow-up information to Rona and Home Hardware store managers. She included a great picture of **Orange Ladies** with the Zonta Club of Airlie Beach in Australia. (See Appendix 1 for example email.) Carolyn liaised with Rona and the high school, and by the end of February, Rona delivered four sheets of plywood to Sacred Heart so the students could start cutting out the ladies. Thanks to Carolyn and Elspeth, we were off to a great start with our **Orange Ladies**!

- **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.

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

2. Involving the Community

2.1 Stittsville Multicultural Festival – Saturday 7 June

At the Multicultural Festival, we started to get some publicity for our **Orange Ladies** and the Zonta Says NO to Violence against Women campaign for the 16 Days of Activism. Carolyn and Elspeth staffed the Zonta Club of Kanata-Stittsville table at the Festival. They displayed a few of our **Orange Lady** cutouts, although we still needed to paint the rest. They talked to many people interested in Zonta's mission and curious about the **Orange Lady** project, and followed up with invitations to join our events and club meetings. (See Appendices 2 and 3 for example letters.)



2.2 Orange Lady Painting Party – Saturday 9 August

Once we received all the lady cutouts, we needed to paint them. The club rented space in Village Square Park in Stittsville and held a “Painting Party”. 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 friends and family as well. We were joined by friends and some youthful painters who helped paint the 16 plywood cutout ladies. Stittsville City Councillor, Glen Gower, wearing the bicycle helmet, dropped by to congratulate us on an inspiring community project in the park. Some of the ladies are drying in the sun.

The event aimed to raise awareness and galvanise action to end violence against women and girls locally and worldwide.



2.3 Media Recognition

The 6 November issue of *Your Community Voice* Stittsville edition included this article about our “**Orange Lady Painting Party**” and the campaign goal to end violence against women.

‘Orange Ladies’ aim to spark conversations

COMMUNITY VOICE STAFF

Every year during the 16 Days of Activism against Gender-Based Violence, Zonta International promotes the Zonta Says NO to Violence against Women campaign.

The 16 days this year include Nov. 25 through Dec. 10 and call for the elimination of all forms of violence against women by raising community awareness of this serious and long-standing issue.

This year, the Zonta Club of Kanata Stittsville will contribute to the campaign by placing 16 “Orange Ladies” in strategic locations around Stittsville and Kanata for each of the 16 days.

An Orange Lady is a four-foot, orange-painted plywood



Volunteers help paint the ‘Orange Ladies’ you will see around Stittsville and Kanata during the 16 Days of Activism against Gender-Based Violence.

cutout with information about violence against women posted on the lady. You can look for them in and around the community during these days.

For more information, visit Facebook and search for “ZontaDistrict2.”

editorial@ottawavoices.ca

File photo

2.4 Contacting Sacred Heart to hold assembly

On 19 September, we emailed the principal at Sacred Heart High School to ask if the school could hold an assembly on 24 November to launch the **Orange Ladies** and the Zonta Says NO to Violence against Women campaign. An example of the letter can be found in Appendix 4.

The Vice Principal responded that assemblies are organised months in advance so it would not be possible this year but suggested having a display to educate the students on the issue. We collaborated by placing some ladies in the school Atrium/Inside front entrance and gathering space for the launch. We also provided some information booklets “**The Story of the Orange Lady**”, so if students wanted to know more about what the lady symbolises they would have something to read. The VP contacted Sam and MacKenna and they were happy to meet with us on 24 November.

We later learned that the school is open to an assembly, but we need to start organising in May.

3. Contacting Businesses to Host

We developed a list of suggested businesses and brainstormed with club members for more ideas at our meeting on 2 October. Elspeth spent the next month contacting businesses in Stittsville, mostly in person, and was successful in finding 12 that were willing to host a lady for the 16 Days. The high school and hockey arena agreed to host two ladies each. Judith contacted businesses in Kanata but had no luck. However, Kanata North Councillor Curry hosted an **Orange Lady** at her office as did Stittsville Councillor Gower. (See Appendix 5 for the letter sent to businesses.)

4. Designing Signage

Early in November, Judith and Elspeth worked on creating the signage on Canva to post on the ladies. 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 the signs. See Appendix 6 for completed signs.

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!



Note that purple is

the colour used on our signs to be sensitive and respectful of our Indigenous communities in Canada that have chosen orange for Truth and Reconciliation and Orange Shirt Day. Purple symbolises justice, dignity, equality and awareness for ending violence against women.



Next, Elspeth and Judith 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!



4.1 Media Recognition

Elspeth created a mock-up that appeared in *Your 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

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



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.

5. Distributing Orange Ladies

5.1 Launch at Sacred Heart High School

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 club information. The 4th December issue of *Your Community Voice* included this picture at 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.

5.2 Delivering to Councillor Offices and Councillor Recognition

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

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 calls 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.

5.3 Delivering to Local Businesses

Elsbeth drove Judith and the **Orange Ladies** to drop them off at businesses along Stittsville Main Street. At each business, we took pictures with managers/employees. Often we asked bystanders to take the pictures. Everyone was willing to help and stop to chat for a few minutes. Fabulous community interaction! Here are a few photos.



6. Social and Other Media

6.1 Social Media

Each day of the 16 Days, our social media coordinator, 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/zontaclubkanata-stittsville/posts/?feedView=all>

6.2 CBC Radio

CBC Radio Ottawa Morning show learned about our **Orange Ladies** and one of the producers of the Morning Show asked Judith for an interview. They met outside Glen Gower's office. Judith answered questions telling the community more about the background to the campaign and the process putting the campaign together starting in January. Topics included IPV, femicide and the shocking statistics in Ottawa, homelessness, lack of shelters and affordable housing, as well as homelessness and Indigenous women highlighted on the councillor's Lady.

Judith gave an overview of some of the suggestions and advice for **"What Can You Do?"** if you see or suspect some form of violence is happening, or how to support victims. She also mentioned community engagement. For example, Ritual on Main, one of the host businesses, let us know that customers had requested more information on the **Orange Ladies**, so we dropped off **"The Story of the Orange Lady"** booklets for their customers to read. The [interview](#) aired on Tuesday 9 December 2025.

6.3 Zonta Club of Kanata-Stittsville Website

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.

6.4 Right to Learn Afghanistan

One of the members of *Right to Learn Afghanistan* Ottawa Chapter, who lives in Stittsville, informed us that they were holding a Candlelight Vigil followed by a community gathering at St. John the Evangelist Church in Ottawa on 10 December 2025, International Human Rights Day. They asked if they could borrow one of our ladies to display. The event would spotlight the escalating repression of Afghan women and girls and call for Canadian leadership to recognise and end gender apartheid, including digital violence. UN experts warn that these policies amount to gender apartheid, requiring urgent international recognition and response.

The club was happy to help and participate by lending an **Orange Lady**. Unfortunately, the event was cancelled due to a snowstorm that day. The event has been rescheduled at Carleton

University on 24 January, International Day of Education. We have lent them one of our **Orange Ladies** to display at the event.

7. Gathering up **Orange Ladies**

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



To sum up, the campaign was a great success. Zonta and the Zonta Club of Kanata-Stittsville 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.

APPENDIX 1 - Follow-up email to hardware store managers

Dear/Hi _____,

It was lovely to meet you on Friday. Elspeth and I were elated by your enthusiastic response to our request on behalf of Zonta. As mentioned, we have also connected with Home Hardware and anticipate receiving some support from them.

As requested, please see the following information **about Zonta**:

Zonta International is a leading global service and advocacy organization active in 64 countries with more than 25,000 women and men members in 1093 clubs. The vision of Zonta is a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential. In such a world, women have access to all resources and are represented in decision making positions on an equal basis with men.

Founded in 1919 and named for a Native American Sioux word that means "honest and trustworthy", Zonta is made up of executives and professionals who work together to empower and assist women locally and internationally.

Zonta Club of Kanata-Stittsville was chartered in July 2024 and the President is Judith Ainsworth. For more information please visit our website <https://zontadistrict2.org/kanata/>. New members, both women and men, are welcome to join the club.

About The Orange Lady Project

The story of "The Orange Lady" started in Australia. Since 2013, the Zonta Club of Ipswich, District 22 in Australia, has been promoting the Zonta Says NO to Violence against Women campaign during the 16 Days of Activism (25 November-10 December) by distributing 16, free-standing, orange, cut-out ladies. A template for "The Orange Lady" was created for consistency and ease of use. **The purpose of the campaign** is to raise awareness by having the Orange Lady always present.



Violence against women and girls happens:

- More often than expected
- Closer than imagined
- Every day, every night, and all year round

The Orange Lady says:

- No to violence against women and girls
- No to violence in any form, whether physical, psychological or via the Internet
- Observe

- Be on the watch
- Take care
- SPEAK UP!

What we are looking for from RONA:

- Donation of four (4) 3/4 or 5/8 x 4 x 8 plywood sheets.
- Donation of Orange paint
- Ongoing relationship that includes donations/discounts/support

I have reached out to the teacher (Damien Brown-Graham) at Sacred Heart to ask how many pieces of plywood should be delivered and the timing of the same. I will be sure to let you know when we have more information.

Please reach out with any additional questions or further requirements you may have. We look forward to connecting again in the near future.

APPENDIX 2 – Email inviting interested Multicultural Festival attendees to our “Orange Lady Painting Party”

[YOUR CLUB LOGO]

Dear _____,

It was a real pleasure seeing you again at the Stittsville Multicultural Festival in June and talking about Zonta International. Zonta is a non-profit organization working to make the world a better place for women and girls for over a century.

We are reaching out today to invite you to our “Orange Lady Painting Party” at the Village Square Park in Stittsville on Saturday, August 9th from 2-4 pm (more on this below!). But first, we want to remind you that Zonta advocates for gender equality, gender-equal climate action, ending child marriage, ending violence against women and expanding access to education. You can read more about our causes [here](#).

Since its inception in July 2024, the Zonta Club of Kanata-Stittsville has focused on ending domestic violence, women’s shelters, transitional housing and affordable housing for women. We’ve also considered working with local food banks, providing financial literacy education, raising awareness of human trafficking, and the list goes on. Undoubtedly, you’ll find a cause that speaks to you. You can read about the Zonta club of Kanata-Stittsville [here](#).

Now, as mentioned above, the “Orange Lady Painting Party” is planned for August 9th, 2024. We will be painting 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. It aims to raise awareness and galvanize action to end violence against women and girls worldwide. Please feel free to bring along as many friends and family as you’d like. More women and girls will reach their full potential if more of us work together.

We are also attaching a poster that you can print/post or share regarding the Orange Lady Painting Party. We hope to have more time to discuss Zonta on August 9th. If you would like more information about the event or additional information about the club, please feel free to reach out to us.

Kindest regards,

Carolyn James and Elspeth Nickle
Zonta Club of Kanata-Stittsville

APPENDIX 3 – Follow-up email inviting interested Multicultural Festival attendees to our September club meeting

Hello [First Name],

It's hard to believe that almost three months have passed since we first met you at the Multicultural Festival in Stittsville on June 7! We hope you've had a wonderful summer enjoying the outdoors and time with family and friends.

We are delighted to invite you to the first meeting of the Zonta Club of Kanata-Stittsville after our summer break. The meeting will take place via Zoom on **Thursday, September 4, 2025, at 6:30 pm.**

When we spoke with you at our booth, you expressed an interest in Zonta's work to promote human rights and empower women and girls. You can learn more about our club here: [Zonta Kanata-Stittsville](#).

At this meeting, we'll be discussing the next phase of our **Orange Ladies project**. You may remember the two bright orange plywood cutouts of women at our booth — we now have sixteen! We're excited to plan their distribution to institutions and businesses across Kanata-Stittsville in preparation for the **16 Days of Activism Campaign** beginning November 25 ([UN Women campaign info](#)).

In addition, we'll be exploring ideas for new projects for the remainder of the year. Whether you'd like to share ideas, learn more about the Orange Ladies campaign, or simply get to know our club better, we would love for you to join us.

Please find attached our agenda and the Zoom link for the September 4 meeting. We would be grateful if you could **RSVP by September 3** to let us know whether you'll be attending.

Thank you again for stopping by our booth at the Festival — we look forward to seeing you soon!

Warm regards,

APPENDIX 4 – Letter to school principal requesting to hold an assembly to launch Zonta Says NO to Violence against Women campaign

Dear Ms/Mr. _____,

As President of the Zonta Club of Kanata-Stittsville, I am following up the Orange Ladies Project with a request to hold an assembly collaboratively at Sacred Heart High School on or before Monday 24 November to launch the **Zonta Says NO to Violence against Women** campaign during the **16 Days of Activism against Gender-Based Violence** (25 November-10 December). The United Nations declared the 25th of November *International Day for the Elimination of Violence against Women*. Zontians around the world participate in this campaign to "orange" the world.

Thanks to Damien Brown-Graham's carpentry class, in particular two young ladies (Makenna and Sam), our Zonta club now has 16 Orange Lady cutouts all painted orange that we would like to display at the school to kick off the campaign.

Although details are still to be worked out, here are some suggestions:

- invite a speaker to explain what is considered violence against women and girls
- have students file past the 16 Orange Ladies on their way to the assembly hall
- give thanks and acknowledgement to the school and students from the Zonta club
- distribute certificates to student participants
- let everyone know where the Orange Ladies will be displayed during the 16 Days (local businesses and institutions)
- invite media coverage (Community Voice)

We are very much open to your suggestions for the assembly and potential speakers. Below is more information about Zonta and the Orange Ladies Project.

About Zonta

Founded in 1919, [Zonta International](#) is a leading global service and advocacy organisation active in 64 countries with more than 25,000 women and men members in 1093 clubs. Zonta's vision is a world in which women's rights are recognised as human rights, where every woman is able to achieve her full potential and no woman or girl lives in fear of violence. In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men.

Since its inception in July 2024, the [Zonta Club of Kanata-Stittsville](#) has focused on ending domestic violence, women's shelters, advocating for more transitional housing and affordable housing for women, and raising awareness of human trafficking. We also advocate the federal and provincial governments to raise the legal age of marriage to 18 with no exceptions.

About The Orange Lady Project

The story of "The Orange Lady" started in Australia. Since 2013, the Zonta Club of Ipswich, District 22 in Australia, has been promoting the Zonta Says NO to Violence against Women campaign during the 16 Days of Activism by distributing 16, free-standing, orange, cut-out ladies. A template for "The Orange Lady" that the carpentry students used was created for consistency and ease of use. **The purpose of the campaign** is to raise awareness by having the Orange Lady always present.

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The Orange Lady says:

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- No to violence in any form, whether physical, psychological or via the Internet
- Observe
- Be on the watch
- Take care
- SPEAK UP!

I attach the latest club newsletter where you can see how our Orange Ladies project developed over the spring and summer thanks to the Advocacy Committee whose members are ccd on this email.

I would be happy to speak with you to answer any questions and discuss plans for the assembly. My number is ___-___-___. I look forward to hearing from you.

Regards,

APPENDIX 5 – Letter to businesses requesting to host an Orange Lady for the 16 Days

[YOUR CLUB LOGO]

Every year during the **16 Days of Activism against Gender-Based Violence**, from 25 November - 10 December, Zonta International promotes the **Zonta Says NO to Violence against Women** campaign. The 16 Days of Activism calls for the elimination of all forms of violence against women by raising community awareness of this serious and long-standing issue.

This year, the [Zonta Club of Kanata-Stittsville](#) will be contributing to the **Zonta Says NO to Violence against Women** campaign by placing 16 “Orange Ladies” in strategic locations around Stittsville and Kanata during the 16 days. An Orange Lady is a four-foot, orange-painted plywood cutout with information about violence against women posted on the lady. **Would your business be willing to host a lady?**

You will find information below on the campaign, Zonta International, and the Zonta Club of Kanata-Stittsville. This is an exceptional opportunity for citizens in Kanata and Stittsville to work with Zonta, a well-respected organisation that collaborates with the United Nations on programs to promote humanitarian efforts throughout the world.

How can you contribute to the campaign?

We are asking your business or organisation to place an “Orange Lady” in a visible location each day of the campaign. Throughout the 16 days, your business will be acknowledged in any publicity and social media organised by the Zonta Club of Kanata-Stittsville. Your Lady will be dropped off at your business on the first day of the campaign and picked up at the end of the campaign. Although there is no cost to hosting an “Orange Lady”, any donations to the Zonta Club of Kanata-Stittsville would be happily received.

What is Zonta International?

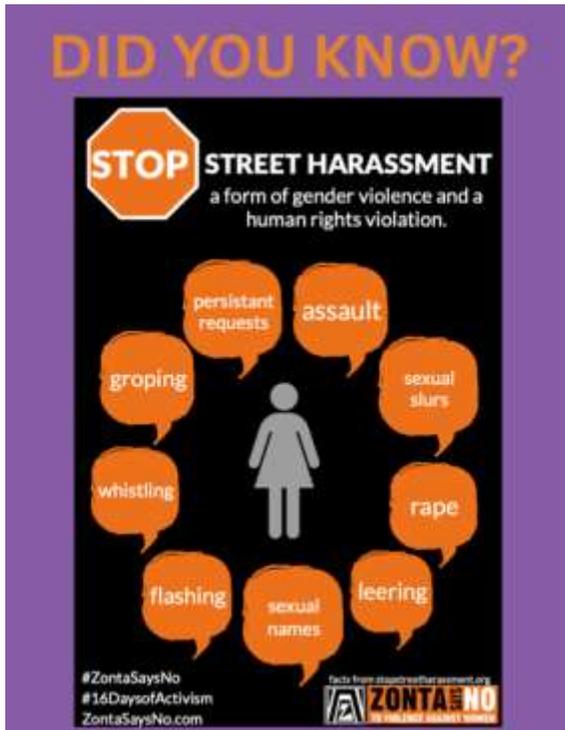
[Zonta International](#) was founded in 1919 by a group of forward-thinking women. The organisation has now expanded to 64 countries and its 26,000 members advocate for making the world a better place by empowering women. Our vision is a world in which women’s rights are human rights and every woman is able to achieve her full potential. ZI has consultative status with the United Nations and we partner with the United Nations on programs that advocate for equality, education and an end to child marriage and gender-based violence.

What is the Zonta Club of Kanata-Stittsville passionate about?

Since its inception in July 2024, the Zonta Club of Kanata-Stittsville has focused on ending domestic violence, supporting women’s shelters, advocating for more transitional housing and affordable housing for women, and raising awareness of human trafficking. We have also called on the Ontario Government to declare femicide an epidemic.

If you are willing to participate in the campaign, please contact Judith Ainsworth at ___-___-___ or zontaclubkanata@gmail.com to make arrangements for your Orange Lady!

APPENDIX 6 – Signs created for Orange Ladies. Each lady displays two signs.



DID YOU KNOW?

INTIMATE PARTNER VIOLENCE is one of the most common forms of violence against women.

It includes physical, sexual, emotional abuse, controlling behaviour by an intimate partner.

30% of women worldwide in relationships report physical/sexual violence by their intimate partner.

80% of females murdered in Canada were killed by partners/family members they should have been able to trust.

Facts from WHO and UNODC

WHAT CAN YOU DO?

BELIEVE SUPPORT

Why doesn't she just leave?

The person abusing her might threaten to kill or hurt her, themselves, or children and other loved ones if she tries to leave.

DID YOU KNOW?

In Canada, efforts are underway to recognise intimate partner violence (IPV) as an **EPIDEMIC**.

6.2 million women aged 15 and older have reported experiencing some form of psychological, physical or sexual abuse.

Bill 55 - Intimate Partner Violence Epidemic Act - has still not been passed into law by the Ontario Government

Bill 55 seeks to recognise IPV as an **EPIDEMIC** in Ontario.

Source: E. Hoffer, The Conversation, 13 November 2024

WHAT CAN YOU DO?

ADD YOUR VOICE! SPEAK UP!

Write to your MPP to push for Ontario adopting **Bill 55** (formerly **Bill 173**).

Failing to declare IPV an epidemic allows conditions that sustain IPV and femicide to persist - and likely worsen.

Source: E. Hoffer, The Conversation, 13 November 2024

DID YOU KNOW?

TRAFFICKING IN PERSONS



79% of female victims are exploited for sexual purposes, 14% for forced labor



Detected victims of trafficking are comprised of 49% women and 21% girls



The trafficking of girls under the age of 18 is increasing

Facts from UNODC



ZONTA THE **NO**
TO VIOLENCE AGAINST WOMEN

#ZontaIsNo
#18DaysOfActivism
ZontaIsNo.com

WHAT CAN YOU DO?

If you think someone is being groomed or trafficked:

Call Canadian Human Trafficking Hotline 1-833-900-1010

Call 9-1-1 if it's an emergency

Contact Ottawa police
1-800-292-1168; 613-236-1222, x5005

Report to Crime Stoppers
1-800-222-TIPS (8777)

DID YOU KNOW?

It's not love. It's hate.
It's not passion. It's control.
It's not rough sex. It's rape.
It's not honour. It's violence against women and girls.
It's not only homicide. It's femicide.

No woman or girl deserved it, but society allows it.

#CallItFemicide

Source: Canadian Femicide Observatory for Justice and Accountability

WHAT CAN YOU DO?

KNOW THE RISK FACTORS!

- Misogynistic beliefs of the perpetrator
- Coercive/controlling behaviour
- Stalking and tech-facilitated harassment
- Strangulation (increases risk of femicide by up to 750%)

Source: aurafreedom.org/femicide/

DID YOU KNOW?



One woman or girl is killed every other day, on average, somewhere in Canada, mostly by men.
#CallItFemicide



A woman is killed by her male partner, on average, once a week.
#CallItFemicide



Some groups of women and girls are disproportionately impacted by femicide depending on race, religion, sexuality, ability/age.
#CallItFemicide

Source: Canadian Femicide Observatory for Justice and Accountability

WHAT CAN YOU DO?

How can I support and intervene safely?

- Check this UNWomen resource on how to take action: <http://bit.ly/3WLnoEs>  Scan me
- Provide info to the victim about safety and services in the community that can help, e.g. Sexual Assault Support Centre of Ottawa (SASC) 613-234-2266 

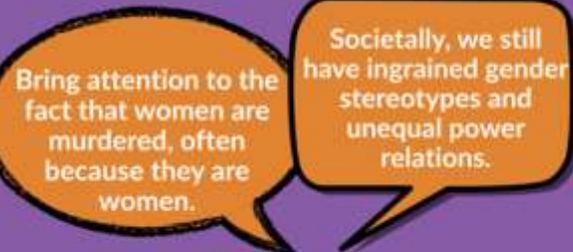
DID YOU KNOW?

- In June 2025, Ottawa had already exceeded its femicide total for 2024.
- 6,636 intimate partner violence incidents were reported in 2024, resulting in 3,355 charges laid, an increase from the previous year.
- On average, Ottawa Police receive 18 calls for service related to IPV incidents every day. About 79% of victims are identified as female.

Source: Ottawa Citizen, 3 June 2025

WHAT CAN YOU DO?

Call it femicide - Raise awareness



Melanie Winwood, Ottawa Police Service Senior Adviser on violence against women
Source: Ottawa Citizen, 3 June 2025

Remembering the Montreal Massacre
École Polytechnique 6 December 1989



WHAT CAN YOU DO?

Join the vigil to remember the
Montreal Massacre victims on
6 December 2025 at 6 p.m.

Location: Women's
Monument in
Minto Park, Lewis
Street (between
Elgin and Cartier)



DID YOU KNOW?

Child marriage is
happening in
Canada because...



16, not 18, is the legal
age of marriage in
Canada with parental or
guardian permission.

Despite millions of dollars to
end child marriage globally,
Canada is not willing to take
action at home.

Source: Beyond Borders Au-delà des frontières

WHAT CAN YOU DO?

1. Write to your MP! Ask why child marriage is still legal in Canada.
2. Sign Zonta's petition to End Child Marriage in Canada, NO EXCEPTIONS

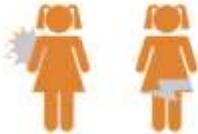
Source: Zonta Canada



DID YOU KNOW?

Child marriage puts girls at risk of violence throughout their lives

Child marriage exposes girls to intimate partner violence, including sexual, physical, psychological and emotional violence.



Girls who marry before the age of 15 are almost **50%** more likely to experience physical or sexual violence than girls married after 18.



44% of married girls 15-19 think a husband or partner is justified in hitting or beating his wife or partner.

#ZontaSaysNO | #EndChildMarriage | #14Days
www.ZontaSaysNO.com



WHAT CAN YOU DO?

- Report Child Abuse
- Get involved with Advocacy Actions to End Child Marriage in Canada
- Ask why child marriage is still legal in Canada.
- Write to your MP!

Sign Zonta's petition to End Child Marriage in Canada, **NO EXCEPTIONS.**



DID YOU KNOW?

6 years after Ottawa first heard allegations of sexual harassment against a city councillor, the province has done nothing to protect municipal workers.

The Ontario government failed to legislate harsher penalties for abusive elected officials or a process to remove a council member from office.

Source: Ottawa Citizen, 12 September 2024

WHAT CAN YOU DO?

SPEAK UP! ADD YOUR VOICE!

Call on the Ontario Government to allow removal of elected municipal officials guilty of workplace harassment.

Join Zonta to advocate for a better world for women and girls.



DID YOU KNOW?

Homeless women face higher rates of violence than women who are housed.

Fleeing domestic violence is a leading contributing factor to women's homelessness.

Source: Canadian Observatory on Homelessness

WHAT CAN YOU DO?

LISTEN LEARN ACT

The Assaulted Women's Helpline (1-866-863-0511)



Eastern Ottawa Resource Centre 24/7 (613-745-4818)



Local shelters can provide support to victims, concerned neighbours, friends and family.

DID YOU KNOW?

Every night **more than 3000 women** in Canada (along with their **3000 children**) are forced to sleep in a woman's shelter or transition house because it is not safe for them at home.

1000 women become homeless in Ottawa each year.

Source: Cornerstone Housing for Women

WHAT CAN YOU DO?

SPEAK UP! ADD YOUR VOICE!

Advocate with your Councillor, your MPP and MP for more shelters, transitional and affordable housing



If an emergency, contact Ottawa Victim Services 9-1-1

Sexual Assault Support Centre of Ottawa (613-234-2266)



DID YOU KNOW?

Only half of murder cases involving Indigenous women and girls have led to charges of homicide.

However, the national rate for murdered women in Canada leading to charges is 84%, indicating endemic discrimination.

Source: Native Women's Association of Canada

WHAT CAN YOU DO?

CALL ON THE FEDERAL GOVERNMENT

To improve data collection on Indigenous women who become involved with the justice system.

To increase funding for support systems for Indigenous women and girls.

DID YOU KNOW?

Indigenous women are:

overrepresented in the homeless population

3 times more likely than non-Aboriginal women to experience violence

Source: Canadian Observatory on Homelessness

WHAT CAN YOU DO?

CALL ON THE FEDERAL GOVERNMENT

To improve data collection on Indigenous women who become involved with the justice system.

To increase funding for support systems for Indigenous women and girls.

DID YOU KNOW?

- 31% of Canadian youth say they've been cyberbullied
- Most cyberbullies and victims know each other
- 50% of youth & 30% of parents say they have witnessed cyberbullying directed at someone else
- Reporting is problematic because kids fear losing their devices

Source: RCMP



©UNICEF

WHAT CAN YOU DO?

SEEK HELP FROM SOMEONE YOU TRUST

COLLECT EVIDENCE

IDENTIFY AND REPORT IT

CONTACT POLICE OR EMERGENCY SERVICES (9-1-1)

TO FILE A REPORT WITH OTTAWA POLICE: call 613-236-1222 or online <https://bit.ly/4nYqZdl>



APPENDIX 7 – Acknowledgements

The **Zonta Club of Oswego** for getting us started. They brought a couple of **Orange Ladies** to a ZD2 Spring Workshop so we could see examples of plywood, cutout ladies, and provided us with the template. Then they sent us pictures of their community partners that host an **Orange Lady**.

Rona, a building and hardware store, for donating the plywood, paint, paint brushes and other material for our Painting Party.

Staples for printing all our signs for free lamination at no cost.

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Nevil Hunt, editor of *Your Community Voice*, Stittsville, for keeping the community engaged in our project throughout the year.

All the local businesses that hosted a lady for the 16 Days.



and most of the