



Canadian Federation of University Women – Ottawa

Capital Carillon

April General Meeting

DATE and TIME: Monday, April 12, 2021, 7 p.m.
PLACE: By Zoom
SPEAKER: LGen (Rtd) Christine Whitecross
TOPIC: Promoting Gender Equality From Within

Christine Theresa Whitecross has twice been named one of Canada's 100 most-powerful women. A graduate of Queen's University and the Royal Military College of Canada, she has served in the Royal Canadian Air Force in Germany, Bosnia, and Afghanistan. She is a retired Canadian Lieutenant-General, who was promoted to this rank in 2015, when she became the most senior female Canadian military engineer. Also in 2015, she was appointed Commander of Military Personnel, launching Operation HONOUR to address sexual misconduct challenges within the Canadian Armed Forces. She was also the first female commandant of the NATO Defense College in Rome.



We hope you will stay for the General Meeting that follows this presentation, during which we shall be showcasing three of our interest groups: Environment Action, The Madrigals, and Easy Gourmet.

Please note that this meeting will be held on the **second** Monday of April.

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

"I am a believer in women, in their ability to do things and in their influence and power. Women set the standards for the world, and it is for us, women in Canada, to set the standards high." Nellie L. McClung (1873 – 1951), Canadian author, social activist, suffragette, politician, and maternal feminist.

March 8th is International Women's Day and the campaign theme for IWD 2021 was *#ChooseToChallenge*. The US, the UK and Australia all celebrate Women's History Month in March. In these countries the celebration initially took place just on the day of March 8th; then the observance became a week and later a whole month, honouring the importance of women. Canada celebrates Women's History Month in October, to tie in with the important Persons Case championed by the Famous Five — Nellie McClung being one of them — who finally won the landmark decision on October 18th, 1928.

I hope you were able to join us for our Club's International Women's Day celebration (see page 5), organized by Catherine Smith. *#ChooseToChallenge* is a terrific slogan, one that I think our club embodies in many ways!

There are so many of our club members to thank for their efforts.

#WalkToKabul, an awareness-raising venture, is a joint GWI endeavour between CFUW and GWI-Netherlands. Its aim is to draw people's attention to hazards at the Afghan

peace table and to support the Afghan Women who are taking part in these negotiations. Afghan women could be forced to return to the dark days of repression, required to wear a veil and be denied education, employment and health care, incarcerated in their homes. On the virtual walk (see page 6), Jill Moll is charting our way and adds to the fun by writing travelogues.

Our Scholarship Trust Fund Awards Night (see page 4) was such

(see **President** on next page)

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President — continued

an enjoyable evening, with an amazing group of young women introducing themselves to us. Thanks to the STF Committee and to Elaine McKnight and Patricia Duffey for putting the program together for us on that occasion.

In our recent vote to have our Ottawa Club counted as an Opt-in or Opt-out Club in the GWI per capita dues calculations, 83.45% of our members voted to opt in, 13.67% voted to opt out and 2.88% abstained. Thanks to all of you who took to the time to vote. Your participation, no matter what your vote was, is very much appreciated.

The choice of this year's IWD theme is explained as follows. "A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions — all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge."

"Never underestimate the power of a woman."

Nellie L. McClung

The **Capital Carillon** is published monthly from October to May, except for January. Suggestions and comments are always welcome. Please send all material for the next issue to Alison Hobbs, newsletter@cfuw-ottawa.org. This will be the May issue, the last of the 2020-2021 season; deadline for submissions, April 15. Previous issues are archived on the Club website.



Sandra Marshall is a new Club member who likes to draw the faces of people she admires. She adds this caption to the sketch shown here.

Bernice Halfe 'Skywalker' is Canada's parliamentary poet laureate, celebrated for weaving Cree language and teachings into her works. Her poetry collections include *Bear Bones & Feathers*, *Blue Marrow*, *The Crooked Good* and *Burning in this Midnight Dream*. Her latest poetry collection, *awâsis – kinky and disheveled*, is to be released in this spring. She is also a trained social worker with Opik, a circle of Indigenous elders that supports apprehended children and their families.



GWI WEBINAR: CFUW & GWI-NL

Saturday, April 24, 10:00 am – 11:30

Afghanistan Peace Negotiations: Their Perilous Significance for Women in Afghanistan

 <p>Dr. Sima Samar Physician & Human Rights Activist Founder of Afghanistan Independent Human Rights Commission</p>	 <p>Dr. Habibi Sarabi 1 of 4 Women On the 42 Member Negotiating Team in Doha</p>	 <p>Mary Akrami Executive Director of Afghan Women Network & Member of Afghanistan's High Peace Council</p>
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MARK YOUR CALENDARS!

March 8 to April 26 – 'Walking to Kabul'

April 12, 7 p.m. – General Meeting with guest speaker

April 24, 10 a.m. – Webinar with Dr Sima Samar and GWI members worldwide

May 10, 7 p.m. – CFUW-Ottawa AGM

June 25 and 26 – CFUW National AGM

For help in using ZOOM technology to join online meetings, see the ZOOM Information on the Member-only pages of our website, or contact Barbara Newbegin.



Why The Afghan Peace Talks Matter

By Alison Hobbs

The recent sequence of events in Afghanistan is tragic. In February 2020, an agreement full of compromises was signed by the Taliban and the USA, a deal that unfortunately gave the Taliban international credibility. From March to July, attacks on civilians increased by 70%. In September, peace talks between the elected government of Afghanistan and the Taliban insurgents began, with the Taliban demanding that tribal Islamic jurisprudence prevail. This puts the rights of women and girls in jeopardy. The new US government is reconsidering last year's deal, including the drawdown of American troops.

Meeting of the “NFA2NFA” partnership

Representatives of the CFUW and GWI-NL and guests met on February 26. Assisted by UWHAW members in Ottawa, Eileen Focker-Bakker from the Netherlands led this meeting, at which Dr. Lauryn Oates, Executive Director of Canadian Women for Women in Afghanistan, and Salma Alokzai, Director of CW4WA's Afghan office, explained “why peace negotiations in Afghanistan and their consequences for women should matter to all of us.”

Salma, participating from Kabul, reminded us that, despite their losses and sacrifices, women are active in all parts of Afghan society, longing for “peace with dignity.” Women have always paid the highest price for any political settlement in Afghanistan,

and some now feel they must give up their gains for the sake of peace. Or should they hold onto their rights at any cost? Such questions divide the country. Why should women have to choose between peace and basic rights? Due to the insecurity they feel (civil rights activists in particular being on the Taliban's hit list) more and more young people are “rushing to escape” Afghanistan. Because the Taliban see themselves as the strongest faction at the peace talks, Salma told us that Afghan women count on external support. “We need your voice to strengthen our voice! We cannot be imprisoned in our homes again.”

Lauryn Oates praised Salma's frankness. Women everywhere want the same for their families and for themselves, she said.

Key concerns

The Taliban show no commitment to ending violence, no evidence of good faith in the talks and have an assassination list. The only way they will concede on the matter of rights is if these are expressed within an “Islamic” fundamentalist framework putting basic freedoms at risk.

Afghan women are the “canary in the coalmine.” The places where there's poor health, poverty, social injustice and instability are where the Taliban reigns. Education, a potent symbol of progress, is anathema to the Taliban, who want to restrict girls' opportunities to learn to Grade 3 classes in a mosque. The threat of

attack — students, principals, teachers and parents all being targeted — has recently forced 1,000 schools to close; at present, 40% of Afghan girls do not go to school. Petty bullying includes confiscating their cellphones and banning music.

Although Afghan women keep up a sustained effort to be heard, becoming “exceedingly vocal”, what is needed most (because the success of the Taliban encourages groups such as Boko Haram and ISIS) is a supportive response from the global Muslim community.

Key demands in the peace talks

What we're seeing is a deeply flawed process, but it is better than nothing. This time, said Lauryn, the Taliban may be more sensitive to how the world sees them. Our task as onlookers is to echo demands for:

- An unconditional ceasefire, now
- A peace process that will not bargain with rights
- Legal protection for rights to education for all members of society
- An inclusive peace process
- Responsible troop withdrawal

How may we help?

Because Afghan women are not prepared to relinquish hard-won rights, we need to send letters to government officials and to the media. Even though 10,000 km away, we must speak up.

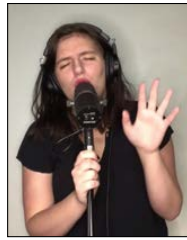
See the video and Advocacy Toolkit at cw4wafghan.ca/AdvocateNow

Scholarship Awards 2021

On the evening of March 1st, CFUW-Ottawa hosted a special ZOOM meeting to congratulate the winners of this year's Scholarship Trust Fund awards: students from the University of Ottawa, Carleton University and Algonquin College. Patricia Duffey, as Chair of the Trust Fund, led the celebration, and Elaine McKnight introduced the students who had received an award. Numerous Club members were present, as were some of the students' family members. Barb Newbegin, with her technical expertise, was on hand to ensure the event went smoothly.

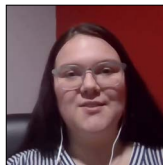
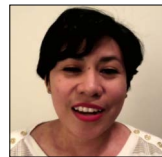
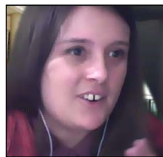
In previous years, our in-person Scholarship Awards evening has always included short performances by the music students. On this occasion a video recording by the recipient of the Helen Nininger Scholarship for Music served as the musical interlude, Maryn Pegan of Carleton University giving a multiple-voice rendition of the rock song *Edge of Seventeen*, by Stevie Nicks.

We also honoured a musician studying the cello, a student of Nursing,



and young women working towards undergraduate degrees or further qualifications in Law, Criminology, Fine Arts, Political Science and Sociology, Forensic Psychology, Mental Health, Physics, Mathematics, Statistics, Acting, Information Systems, Women's Studies, Applied Linguistics and Aerospace.

A few of the scholarship recipients had also made video recordings of their thanks to CFUW-Ottawa; others expressed their gratitude "live" during the meeting, telling us about their studies, their career goals and something about their background. Melissa Hanson, Senior Officer for Grants and Awards at the University of Ottawa, Nancy Druick, Manager of Philanthropy at Algonquin College, and Kylie Patrick, Senior Development Officer at Carleton University, read out letters from some of the students who could not attend. More than one of the young women we support is furthering her education while also raising a family, an impressive achievement!



The First Spring Day

I wonder if the sap is stirring yet,
If wintry birds are dreaming of a mate,
If frozen snowdrops feel as yet the sun,
And crocus fires are kindling one by one:
Sing, robin, sing;
I still am sore in doubt concerning Spring.

I wonder if the springtide of this year
Will bring another Spring both lost and dear;
If heart and spirit will find out their Spring,
Or if the world alone will bud and sing:
Sing, hope, to me;
Sweet notes, my hope, soft notes for memory.

The sap will surely quicken soon or late,
The tardiest bird will twitter to a mate;
So Spring must dawn again with warmth and bloom,
Or in this world, or in the world to come:
Sing, voice of Spring,
Till I too blossom and rejoice and sing.

Christina Rossetti (1830-1894)

Mira Hadden suggested that this poem be included in the Capital Carillon.



At The Canadian Federation of University Women-Ottawa, We Raise our Hands and #ChoosetoChallenge

March 8th was International Women's Day. For our IWD event, **Catherine Smith** arranged a special program based on this year's IWD theme, #ChooseToChallenge. During the meeting, Club members demonstrated their solidarity with this slogan, as shown here, and **Jill Moll** encouraged everyone to "Walk to Kabul" (see page 6). **Dorothy Phillips** described what GWI does for women and girls worldwide, also mentioning its work in conjunction with the United Nations.

Ottawa Women Walking To Afghanistan

A group of Ottawa women decided to take a virtual walk to Kabul, Afghanistan, to raise awareness that in the present peace talks the future rights of Afghan women and girls are imperilled.

The women of Afghanistan do not want to return to the time when they were incarcerated in their homes, required to wear a veil, denied education, employment and health care. They want a guarantee that their right to education and the opportunity to participate in all aspects of society will not be ignored, and are calling for international help.

Members of the Canadian Federation of University Women and friends are joining forces across the country to demonstrate their support. By walking, running, skiing

and cycling, they are hoping to cover the distance from Ottawa to Kabul to reach the Afghan capital by April 24th, when they will join an international online gathering featuring three leading Afghan women.

When walkers reach a major virtual milestone, they take photos of themselves “Standing on the Bridge,” sharing these with local media. Some of the Ottawa contingent gathered on the Flora pedestrian bridge on March 17th for one such photo opportunity, appearing on the CTV News that evening.

By sending postcards to Members of Parliament from each major city they virtually cross, the walkers are asking the Federal Government to work with its allies to take an active role in helping to bring about peace in Afghanistan.



#WalktoKabul

Facebook <https://www.facebook.com/Walk-To-Kabul-105297578297560>

Environment Action Update

Our meeting with Scott Demark was rescheduled for March 29th, this presentation concerning “Zibi, the Waterfront City,” the sustainable development currently under construction in downtown Ottawa. Scott is a leader of this project.



Two weeks later, on April 12th, members and guests of the Environment Action group will be addressed by Emma Langham,



Outreach and Communications Coordinator in the “Climate Change and Resiliency”

team at City Hall. Having declared a Climate Emergency in 2019, Ottawa now has ambitious targets to meet, and Emma will describe the city’s strategy for a low-carbon future. This speaker has more than a decade of experience in educating and empowering individuals to be take some responsibility for the health of the environment and she will give us advice on how we can help to reduce greenhouse gas emissions.

Everyone is welcome at our guest-speaker meetings, held from 1:30 – 3 p.m. on Monday afternoons. For more information, or to add your name to the group’s contact list, please send a message to environment@cfuw-ottawa.org

IN MEMORIAM: Marny (Mary Adeline) Emmerson

We are sad to announce the death of Marny Emmerson on February 20. President of our Ottawa Club from 1971 to 1972, she survived to the age of 103 and in 2019 was visited at her retirement home by four other Club members who have had the honour of serving as President. See page 1 of the [February 2020 Capital Carillon](#).

Marny was born in rural Saskatchewan in 1918, her father being a homesteader who had settled there in 1905. After his death in 1923 Marny and her two younger brothers were raised by their mother, a



teacher from Nova Scotia. Having graduated from the University of Saskatchewan with a BA in Economics and Political Science, Marny worked as Secretary of the University's music department. In 1943 she came to Ottawa to work as an official at the Department of National Defence. Later she became one of the very few female Commerce Officers, the only woman in the Canadian delegation to NATO in Paris in the 1950s.

After her retirement in 1980, as well as joining CFUW-Ottawa, where she belonged to the International Cuisine group, Marny was an

active member of the United Church Women, was Secretary and Treasurer for the Chelsea Club (another women's Club) and was a Board Trustee for the Dominion Chalmers United Church. Her family was "barely able to keep track of her activities." She visited five continents, travelling on Concorde, the QEI and the QEII, the Orient Express and South Africa's Blue Train. Her last trip, at the age of 89, was to Vietnam and Cambodia. She kept in touch with family members across the country and abroad.

Donations in Marny's memory may be made to our Scholarship Trust Fund, and a memorial service will be held at a later date.

OUTINGS ON SKIS



Left: Ski buddies Marion Agnew and Karen Shigeishi-Waite completed the virtual Canadian Ski Marathon (vCSM) on March 3, having skied a total of 164 kms over 10 days all around Ottawa and Gatineau. "It was fun and challenging," said Karen. The event that drew skiers from as far away as Antarctica!



Right: On March 9th, eight women from CFUW-Ottawa Gatineau Trails group started their "Walk to Kabul" (see page 6) with a 20 km ski in Gatineau Park.

American Factory — Movie Club Review

By Mary Butterill

American Factory (1h 55m) is an award-winning documentary film released on January 25, 2019 and available on Netflix. It is the first film produced by Michelle and Barack Obama's Higher Ground Productions, in collaboration with Participant Media. This company produces films on finding common ground and connection through storytelling. Directed by Julia Reichert and Steven Bognar, the film shows the viewer what happened when a loyal Communist Chinese entrepreneur, Cao Dewang, CEO of conglomerate Fuyao Glass Industry Group, bought a shuttered General Motors automotive plant in Moraine, Ohio (near Dayton, in the American Rust Belt) and converted it to Fuyao Glass America, specializing in automotive glass.

Of the 2,400 workers who lost their jobs when the General Motors plant closed on December 23, 2008, and were unable to find other work, about 2,000 were hired by Fuyao by October 2016, paid a fraction of their former wages (\$12.84/hr. instead of \$29/hr.), supervised by "an army of Chinese employees", and forced to do more dangerous work less safely (i.e. working long periods in high heat and picking up glass shards without protective gear). Some of the Chinese expressed opinions that American workers were slow and inefficient (with fat fingers!). Training of American supervisors included travelling to China to observe Chinese techniques in action. Generally, the Chinese were very task-oriented, "living to work" instead of the American "working to live". They had come to America without their families and most of their

wages were sent to China to help their families, so did not contribute much to the local economy.

Though some friendly personal relationships were forged with the Chinese workers, these did not result in major work improvements. An effort by the American workers to unionize failed, having been actively discouraged by firing pro-union workers (which is illegal under the U.S. National Labour Relations Board), by hiring an anti-union consultant, by offering a wage increase of \$2/hr., and by the CEO's threat to close the plant if the workers voted in favour of a labour union.

Screens of pertinent facts/statistics are interspersed throughout the film, framing conversations with Fuyao Glass management and workers to give us a graphic picture of the issues and developments. The case of Fuyao Glass America exemplifies the precarious fate of the

American blue collar working class – diminished by dwindling job opportunities, low wages, and anti-union pressures.

In a globalized economy focussed on output and profit at the expense of fair labour practices, workers are increasingly unprotected, voiceless, powerless, and dispensable. The income disparity between the executive tier and labour is ever increasing. The corporate drive to efficiency and profit sometimes leads to culture clash and communication issues. An emphasis on reducing cost and increasing speed of production sometimes leads to poorer quality control and more workplace injuries. Moreover, there is the ever-looming threat to workers of being replaced by automation. The film predicts that 375 million jobs will be lost to automation by 2030 and that work will be defined by how these seismic shifts are handled. Not a pretty picture.

10 More Tips For Reducing Waste

(Also see page 6 of last month's newsletter)

1. Cancel unnecessary mail and don't accept junk mail in your mailbox.
2. Give gifts wrapped in cloth rather than single-use gift wrap.
3. Stick to a weekly meal plan and shopping list to avoid impulse buys.
4. Buy loose leaf tea, not teabags.
5. Choose toothbrushes, combs and picnicware made of bamboo, not plastic.
6. Propagate the plants you grow, repurposing various containers as plant pots.
7. Share, hire or borrow tools needed for one-off projects.
8. Avoid buying disposable items; don't be tempted by free samples packaged in plastic.
9. Repair or donate old furniture and old clothes.
10. When an item for sale appeals to you, think: could I manage without it?

Convenor of the Month: Heather Lewis



At the University of Toronto, in order to reside in the House owned by the CFUW, Heather briefly became a member of this organization in her student days. Later, after retiring from her career as teacher and administrator in the CEGEP system in Quebec and the college system in BC, she joined CFUW-Victoria. When she moved to Ottawa, because of these past connections, she sought out CFUW-Ottawa right away.

Heather now serves on the CFUW National Board as VP Ontario, having served in a number of positions on the Boards of CFUW-Victoria and CFUW-Ottawa and as President of our Ottawa Club from 2018 to 2020. She believes in the idea of women working together, women helping women, and cherishes the friendships this brings about.

She likes History, reading, singing and talking with friends, so those are the kind of interest groups to which she gravitates. Although she dislikes cooking, she very much enjoys eating out with friends, so Ottawa's "Tea, Dessert and Conversation" group is a very good fit. The group's previous convenor, Grace Hyam, was stepping down, and because Heather (erroneously) imagined she would not be too busy in another role this year, she volunteered to convene it, without any idea it would have to be on ZOOM.

"Tea, Dessert and Conversation"

The name retains the ideas of eating and conversation which were clearly key to "Dining Out", as the previous manifestation of the group was known. Its members meet once a month by ZOOM, to discuss something pertaining to a topic agreed upon in advance. Because of the hour when they meet (Wednesdays at 6:30 p.m.) they can munch on a dessert and drink tea if they wish. For their first ZOOM meeting, each group member showed the others a cup or mug that had a special meaning to her, explaining why.

About 12 people turn up at a typical meeting. "Tea, Dessert and Conversation" demands no advance research, no advance reading, no baking, no singing, no exertion whatsoever, in fact! Its members just have fun talking to one another; so that people can collect their thoughts, there is some structure with a specific topic chosen in advance. Each individual is invited to contribute. They ask one another questions and discuss the answers. Lately, they have been talking about gardening, their own or others' pets,



favourite restaurants, favourite presents. Participants sometimes reminisce about their childhood.

At this time, it is vital for mental health that we see our friends and have conversations with them, and this group provides a no-stress way of doing that. Heather says, "If I can facilitate talking and meeting with each other, I am proud to do so. Learning ZOOM probably created a bit of stress initially, but it is easier now. A big shout-out to Barb Newbegin is required because she has helped so many of us with Club ZOOM."

Would you like to share your ideas for the Speakers Series 2021-22?

The Program Committee is looking for new members and interesting speakers. We welcome any time and ideas you can share — please contact our Program Convenor, Elaine McKnight. Her address may be found in the Private Member Directory on our website

TESTIMONIAL

Although my life has changed during the many years I have been a member of CFUW, CFUW has stayed with me throughout. As a young mother, it allowed me a magical escape, introducing me to new friends, good times, and a large variety of new interests. It stretched me to take responsibilities I never thought possible. And when we moved, whether to a new city or a new country, I was linked automatically through its umbrella organization, GWI, to a whole new, invigorating and reliable network.

Some forty-six years and many miles later, I still am very much involved with old interests and friends but always with opportunities for new. The one constant, centered around friendship, is good food! Couples Gourmet, that welcomed our husbands into its magical web, brought delicious dinners, great conversations and lasting friendships for them as well.

I enjoy enormously the many opportunities CFUW continues to offer me, but of special and lasting interest has been the link CFUW has given me to Graduate Women International, connecting me to over 15,000 women in some 75 countries around the world. I have had extraordinary experiences at Triennials in



By Hally Siddons

Ottawa, Istanbul, Cape Town, and Geneva, meeting fascinating women, learning about and seeing things I could never have imagined. As both a CFUW and GWI delegate several times at the United Nations Commission on the Status of Women in New York, my heart and mind have been opened. I marvel at the accomplishments and goals of the extraordinary women I meet, despite the enormous challenges for so many.

As a CFUW member I have witnessed great changes for women, but more must come. Educated Canadian women are incredibly fortunate; we have much to offer in a world that so desperately needs us, and CFUW and GWI are powerful vehicles to help us make a difference.

Budget Preparation

A message to all CFUW-Ottawa members from Kate Balsara-Pardoe, Treasurer

We have just commenced the process of preparing CFUW-Ottawa's budget for 2021-2022. This will take place over the next few months, with a final budget to be established by May 2021. Please contact me directly if you wish to comment or participate in this process.



FUN Trivia

How well do you know CFUW-Ottawa? Join us for a game of trivia, exploring [our Club's website](#) to find the answers to the questions.

Make a donation [to the Scholarship Trust Fund](#) to receive your trivia questions!

All donors will receive a trivia card, and a different trivia card will be sent for each multiple of \$20 donated. Donations over \$20 will receive a tax receipt. Trivia questions will be sent by email or post, as requested. Fill in the answers and return your cards to **Patricia Duffey***.

Names of donors will be chosen at random to win prizes at the AGM in May.

Our Scholarship Fund needs your help to support women in Ottawa pursuing post secondary school education.

Make your donation via [Canada Helps](#), or mail a cheque, payable to [CFUW-Ottawa STF](#), to **Joan Desautels***.

*Their addresses may be found in the Private Member Directory when you sign in to the [Member-only](#) section of our website.

