



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

Women must protect women. I think we need to believe that it is our duty to fight for our own rights and that of other women. – Sana Safi, Journalist

We, Afghan women, must remember that opportunities are rare; therefore we must use them efficiently to grow, to make ourselves, to learn, and to improve. It is then that we will become a force for progress in our country and no one can deny our power. – Sahraa Karimi, Filmmaker

Afghan women are no longer silent. They are a force for progress. From now on, if we have sons, we will teach them to stand up for girls, and if we have daughters, we will make sure they know their value and remember the struggles of the women before them. Our struggle continues but our hope will not fade. – Zarghuna Kargar, Journalist and Author of Dear Zari

These quotes are from notable Afghan women before the Taliban takeover. Sadly, August 15th marks the day their and other Afghan women's hope for the future and their world turned upside down.

Many Afghan women live in hiding, fearing for their lives. Some have even burned whatever educational degree that they earned for fear of reprisals

Spring is Coming



Photo courtesy of Karen Shigeishi-Waite

and even death. The few who have had the good fortune of escaping to another country face the challenges of starting a new life after leaving much behind.

CFUW-Ottawa Club and the HOMSA (Heads of Mission Spouses Association) group in Ottawa want to offer HOPE to some young refugee women to start or complete their university degree in Ottawa. Together with the support of the International Club of Ottawa (ICO), the Afghanistan Canadian Support Network (ACSN), and the Shaw Centre, we are hosting a Gala Dinner and Silent Auction on Saturday, May 14, at 7pm to fund two scholarships for refugee women.

These will be endowed scholarships offering **HOPE**, a **HOMSA Opportunity Program** in Education for Refugee Women and will become a legacy administered by CFUW-Ottawa Club for years to come. Although the situation in Afghanistan was the impetus for this project, the

(see **President** on next page)

INSIDE

April General Meeting
 Mark Your Calendars!
 UWHAW Members are Hard at Work
 Strategic Communications
 Webinars – Tackling the Environmental Crisis
 Scholarship Trust Fund Awards Evening
 Spring is Coming
 Ottawa Through a Lens
 Travellers' Corner
 Welcome Newcomer – Glynis Peters
 Tuesday Evening Book Club
 All the Dirt
 February's Urban Walk was a Blast
 Photos Taking us from Winter to Spring
 Interview with Leila Metcalf
 Sand Storm – A Movie Club Review
 Gatineau Trails
 The Ultimate Canadian Experience
 Hope Gala Dinner
 Recipe of the Month

President – continued

scholarships will be awarded to any refugee women in need.

Our guest speaker is the renowned Sally Armstrong, OC. Ms. Armstrong is a Canadian journalist, author, and speaker. She has spent many years covering the stories in Afghanistan and speaking out against the human rights atrocities she has witnessed.

The evening will also include a delicious three-course dinner, entertainment, prizes, a silent auction, and much more. Be sure to bring cash and/or cheques as we do not have the means to accept credit cards.

Come and be a part of a legacy with life-changing possibilities for young refugee women in Ottawa. You won't want to miss this!

For tickets at \$150 pp (a portion of which will be tax deductible) contact: tickets.hopedinner@gmail.com

For more information or sponsorship opportunities contact: info.hopedinner@gmail.com
To donate silent auction items contact: cjchoquette1@gmail.com

Follow the event on Facebook: [HOPE for Refugee Women | Facebook](#)

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

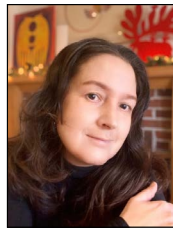
Suggestions and comments are always welcome.

Please send all material for the next issue to Moira Phillips, newsletter@cfuw-ottawa.org.

Next issue: May 2022;
deadline for submissions: April 15

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

April General Meeting



Sarah Funnell is a First Nations family physician and public health specialist. She is an Associate Medical Officer of

Health at Ottawa Public Health and Director of Indigenous Health within the Department of Family Medicine at Queen's University. She is also Founding Director, Centre For Indigenous Health Research and Education (CIHRE), Faculty of Medicine, University of Ottawa.

Previously Sarah offered primary-care services for refugees, immigrants, homeless, and Indigenous people. Since March 2020, however, Sarah has directed her attention towards supporting the COVID-19 response and advancing Indigenous Health and Medical Education.

After completing medical school at the University of Ottawa (U of O), Dr. Funnell pursued her dual interests in family medicine and epidemiology through the five-year Public Health and Preventive Medicine Residency

Program at U of O. She received her Certification in the College of Family Physicians of Canada (CCFP) in 2015 and became a Fellow of the Royal College of Physicians and Surgeons of Canada in 2018.

Sarah is on the Board of Directors of both the Indigenous Physicians Association of Canada and the Board of Directors of the College of Family Physicians of Canada. She is also on the Executive of the National Consortium for Indigenous Medical Education (NCIME). Sarah is past co-Chair of the Indigenous Health Committee at the CFPC and sits on the Indigenous Health Advisory Committee at the Royal College. She is currently working with both colleges to improve the Indigenous Health Curriculum in all residency programs.

Her background is Algonquin (Kitigan Zibi) and Tuscarora; she grew up among the Mississaugas of Alderville First Nation. She lives in Ottawa with her husband and three daughters. In her spare time she speaks to her plants.

Elaine McKnight

MARK YOUR CALENDARS!

April 4, 7:00 pm – Monthly Meeting – by Zoom – Dr. Sarah Funnell: “My winding journey as a First Nations person to become a public health physician”

April 6, 7:00 pm – Webinar on Tackling the Environmental Crisis – Plastic Free July

April 13, 7:00 pm – Webinar on Tackling the Environmental Crisis – To Speak for the Trees

April 20, 7:00 pm – Webinar on Tackling the Environmental Crisis – A Good War

May 2, 7:00 pm – Monthly Meeting – by Zoom – Eleanor McMahon, President and CEO of Trans Canada Trail

May 14, 7:00 pm – Gala Dinner – Trillium Ballroom, Shaw Centre



UWHAW Members are Hard at Work

It has been a busy month for members of the University Women Helping Afghan Women interest group, who are trying to rejuvenate their decade-long scholarship program at Gawharshad University in Kabul.

The highly successful program had 42 young women who had graduated and more than 60 enrolled when the Afghan government fell in August. Some of the scholarship girls have not returned, but UWHAW has decided to replace them with other qualified young women at the school. The manager of the program at the university remains in hiding because of threats by the Taliban relating to her work promoting gender equality and women's empowerment. She wants to resettle in Canada, and members of UWHAW are doing what they can to help, including enlisting the assistance of their MPs in moving her application file along.

A small group is investigating the possibility of sponsoring the family; it is hoped that Canada would accept them through the government's special humanitarian program for particularly vulnerable people such as women leaders and human rights defenders.

Ms. Marie-France Lalonde, MP for Orleans and Parliamentary Secretary to the Minister of Immigration and Refugees, said at the monthly meeting that more than 3,000 people had already arrived in Canada with the program and that the Minister wanted to leave "no stone unturned" in efforts to find better, faster ways to assist Afghans who want to come to Canada.

International Women's Day

On International Women's Day UWHAW responded to a request by the CFUW-Aurora/Newmarket Club to make a presentation about the history of the group and its current activities. Fran Harding spoke on UWHAW's behalf and was joined by Afghan-Canadian Roya Gharji and her sister, Najiba Sanjar. Roya has been in Canada since 2015 and is a longtime friend of the club. She called this International Women's Day the "darkest" of her life, with Afghan women being forbidden to work, attend school past grade 6, and being forced to remain in their homes, while trying to survive the worst humanitarian crisis in the world. But she also

noted that the women of 2022 are not the same as those of 20 years ago. They are protesting, pushing back, and appealing to the international community to support them.

Roya's sister, Najiba, escaped Afghanistan with the help of an international human rights defender charity and is resettling in Sweden. She described the situation in Afghanistan as "gender apartheid" and called the Taliban an ideology, not a government.

Scholarships

Following the talk, the Aurora/Newmarket club presented UWHAW with a cheque for \$600 for its scholarship fund. This is being added to the other generous donations from CFUW-Orillia (\$2192) and Lethbridge and District (\$300).

While scholarships will continue for students in Afghanistan, the new **Hope for Refugee Women Scholarships** will provide an opportunity for a refugee woman to get a degree in Ottawa. The first will be awarded to an Afghan refugee. A fundraiser/gala dinner will be held on May 14. Save the date!

Fran Harding



Photos courtesy of Gawharshad University

Strategic Communications

In difficult times, hope is an act of courage! — Arin de Hoog

The Environment Action group of CFUW-Ottawa is delving into issues of human-related climate change and its environmental repercussions. To make a difference in our future world, what do we need to do?

In February we met Arin de Hoog by Zoom from Amsterdam, a Senior Communications Officer at Wetlands International, formerly of Greenpeace International, who has “a passion for words.” He recommends that our group develop a strategy of action and suggested ways to deliver our message.



Communications should speak truth to power

We need to present our story with passion and imagination. The root causes and solutions to climate change are well presented in Project Drawdown, initiated by Paul Hawken. Social media is our megaphone, where complicated issues can be explained by simple images that compel people to act. The message should be personal, our own. It's a full-time job to handle social media; posts should be prolific and responsive, and authenticity is extremely important. We should chase recent news, linking it to our

own story. We need to understand how the social media work: LinkedIn, for instance, has a more professional following than Facebook or Twitter.

We need to counter misinformation. Scientific information must be sourced and peer-reviewed before it's quoted. Corporate Knights is a good place to seek the latest news on environmental progress in Canada; their website provides an index that rates public companies by their demonstrated economic, social, and environmental maturity and by how well they are reducing carbon emissions.

What may seem good for the economy now will not be good for the environment in the long term.



Photo courtesy of Greenpeace

The best way to exert pressure on governments is to target the ministers responsible for specific concerns. If youth groups, seniors, and others band together, campaigns become large enough to attract media coverage. We could make phone calls, start or sign petitions and write letters, or even begin a class action lawsuit. (For example, in response to a suit by Ecojustice, the Ontario Superior Court found the provincial government broke the law, failing to

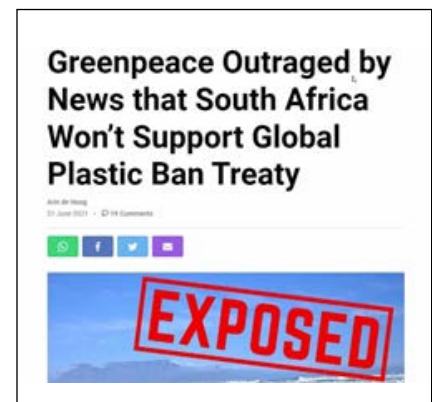
adhere to the Environmental Bill of Rights.)

The important battles are won in the courts.

What can we do?

Start by imagining the world as we want it to be, and then consider what steps we must take to reach that place. Messages must be sent to the right people; who are they, and where are they likely to seek information? Connect with people through their interests — hockey players are interested in the length of the ice season, so use this to catch their attention.

Link human rights to a healthy climate. Show developers and their supportive authorities the risks of losing green space and the benefits of preserving it. Make them feel uncomfortable.



To show concern for the future of “our kids and grandkids” conveys a powerful message.

“All communications should be a call to action”

Sandra Marshall and Leslie Baird

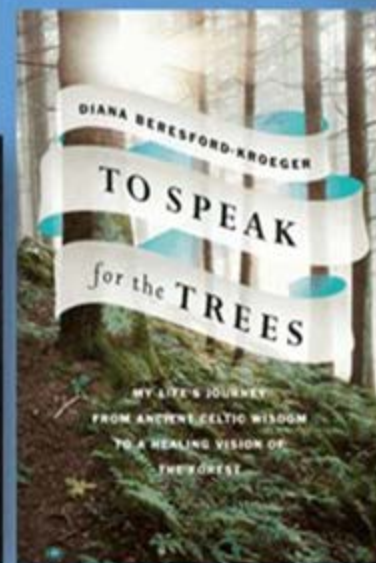
TACKLING THE ENVIRONMENTAL CRISIS

Together We Can

Highly Acclaimed Speakers Free Webinars 7 p.m. (ET)

- April 6 Rebecca Prince-Ruiz: *Plastic Free July*
- April 13 Diana Beresford-Kroeger & Bill Steer: *To Speak for the Trees*
- April 20 Seth Klein: *A Good War*

cfuwkanata.ca



CFUW Kanata CFUW Nepean CFUW Ottawa

Scholarship Trust Fund Awards Evening

Our Scholarship Trust Fund Scholarship Awards Evening is our annual event to congratulate current winners of the Scholarship Trust Fund awards: students from the University of Ottawa, Carleton University, and Algonquin College. On March 7 Lizz Wilfert opened the Zoom event; Patricia Duffey, as Chair of the Trust Fund, led the celebration welcoming the students, their families, donors and members, and Elaine McKnight, Awards Night Coordinator, introduced the students present who had received an award.

Our in-person Scholarship Awards evening has always included short performances by the music students. Similar to last year's Zoom event, videos were provided by our Music Award recipients: three from Carleton University provided videos of their performances.

Rebekah Waddell, recipient of the Barbara Newbegin Scholarship, played excerpts on her trumpet from music by Balay, Mussorgsky, and Beethoven.



Rebekah Waddell

Ian Guenette, recipient of the Earl B. Connell Foundation Scholarship, performed a piece from Buxtehude on the organ, and Maryn Pegan, recipient of the Helen Nininger Scholarship in Music, provided a video of her singing with her band playing their original music.



Ian Guenette

We also honoured two PhD candidates, one in Computer Engineering and one in Political Science; a student in Nursing; women working towards undergraduate degrees or further qualifications in Law, Biochemistry and Biotechnology, Anthropology, Economics, Developmental Psychology, Health Psychology, Humanities, Engineering, Mathematics and Economics, Women's and Gender Studies, Social Work, and Human Kinetics.

Students present expressed their gratitude during the meeting, telling us



Maryn Pegan

about their studies, their career goals, and something about their background. Some students not able to attend the event sent similar information about themselves, which was read by Nancy Druick, Manager of Philanthropy - Advancement at Algonquin College, and Kylie Patrick, Assistant Director, Donor Impact, at Carleton University. More than one of the young women we support is furthering her education while also raising a family, an impressive achievement! While Zoom has allowed us to hold the event during these Covid times, we are looking forward to an in-person event next year.

Elaine McKnight

Spring is Coming



Photo courtesy of Rehana Rouf

Ottawa Through a Lens

As winter gradually makes way for spring, talented photographers capture the change.

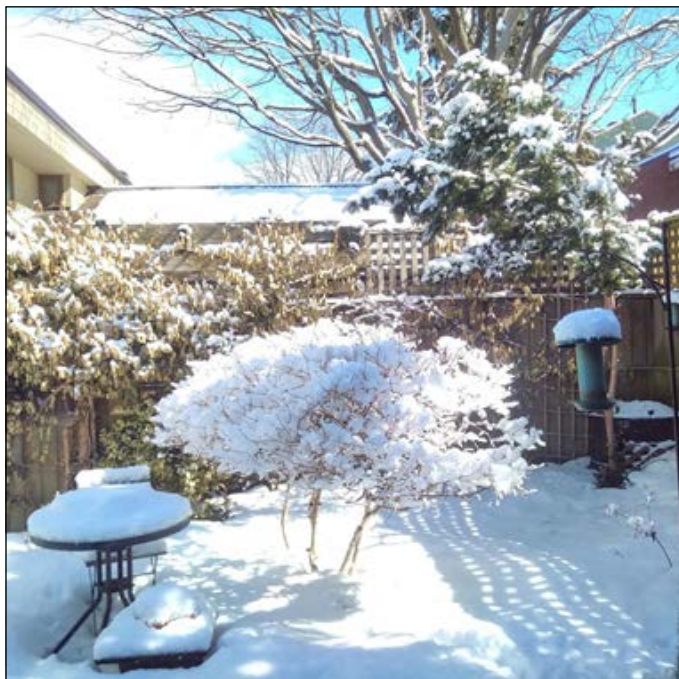


Photo courtesy of Alison Hobbs



Photo courtesy of Karen Schwingamer



Photo courtesy of Judy Richardson



Photo courtesy of Alison Hobbs



Photo courtesy of Pat Duffey

Travellers' Corner

Glynis – where have you been?

Glynis Peters was able to squeak in a cruise to Antarctica just before the pandemic. Cruising through icebergs, hiking, spending time with penguins



and learning from daily onboard lectures made this a trip to remember and left her and her husband with a desire to return as soon as possible.



Welcome Newcomer – Glynis Peters

A conversation on the golf course this summer with CFUW member Sue Goodson about the Madrigals lead to Glynis, who was looking for a new choir, signing up in September. It was with surprise and enormous pleasure that she wandered the web site and unearthed the myriad of other activities, groups, and clubs available. At the moment she has offered to help with the Carillon and is tempted by the Movie Club and Women with Hammers.

Glynis was born in England and immigrated at the age of 10, arriving in Montreal.

After earning a BA in French Language and Literature from U of T she headed to Europe to travel for a few months. A chance encounter led to a job with an investment bank and a few months became six years. The Paris years were heady and adventurous. Her future husband taught her how to rock and mountain climb and encouraged her to take part in marathons and trail running. During a run in Chamonix, she met the wife of one of France's top climbers and a

year later left with them and a doctor on an expedition to Everest, crossing China to arrive at base camp in Tibet.

Missing family, she moved back to Toronto, bringing a Parisian husband as a souvenir and through an old U of T field hockey teammate became Manager of Trailhead, Outdoor Equipment Store. The next years saw some trips with Blackfeather, their travel company, sea kayaking in Greenland and Pond Inlet before the chance came for a return to the Himalaya with the same lead climber. She and her husband left for K2, this time via Pakistan and the Takla Makan desert, for four months.

A move to Ottawa brought the opportunity to head up the fledgling National Women's team program at Hockey Canada and several years of building until the entry of women's hockey into the Nagano Winter Olympic Games. Glynis was Team Leader and will never forget the months living in Calgary leading up the Games and that final game in Japan. These years of experience took her to Sport Canada and a career



as Manager of International Sport and Major Games. You guessed it – lots of travel – lots of major sporting events including the memorable Vancouver 2010.

She retired in 2017 but has continued to attend major sporting events as a volunteer: the Commonwealth Games in Gold Coast, the Ryder Cup in Paris, and the Solheim Cup in Gleneagles.

The pandemic curtailed travel but her time has been filled with golf, hiking, dog walking, yoga, Feldenkrais, gardening, cross country skiing and reading, reading, reading. She is thrilled to be a member of CFUW and looks forward to participating fully in as much as possible!

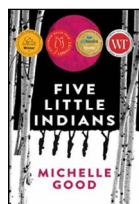
Have You Read...?

Book Reviews from the Tuesday Evening Book Club

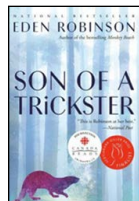
At the February 2022 Zoom meeting of the Tuesday evening book club, we discussed a trio of recent Indigenous-authored books. Different women offered to lead the discussion on each of the books.

There was a general consensus that *Five Little Indians*, while a difficult book to read, was the most impactful. Several members thought Good succeeded in communicating the impact of residential school on survivors, not only on themselves but on their community and descendants. How the five adults survived and sometimes succeeded and provided hope despite the challenges really moved most of the club members.

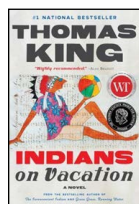
Robinson tells the tale of Jared, the son of a trickster, as he navigates his family's dysfunctions, dealing with the fallout of residential schools. The impact of inter-generational drug use, alcoholism, and general chaos in the family really resonated with



Five Little Indians
by Michelle Good



Son of a Trickster
by Eden Robinson



Indians on Vacation
by Thomas King

readers, as did Jared's ability to remain compassionate and hopeful. Many of the members were very curious and wanted to learn more about the mythology of the raven.

The third book was *Indians on*

Vacation by Thomas King. While King is a celebrated and award-winning author, some of the members were not moved by his story, while others really appreciated his sense of humour; a couple of women said they laughed out loud.

We all agreed that is why we joined book clubs – to read some books we might not have otherwise known about or read, to discuss, listen, and appreciate other readers' points of views.

Reading a trio of books is becoming a precedent for our group; last year we discussed three books dealing with Blackness: *Black Like Me*, *White Fragility*, and *The Skin We're In*.

However, some members noted that it was a lot of reading to do for our meeting. We will see if we decide to read and discuss a trio of books next year.

Janet Riehm

All the Dirt

Did you know that 2022 has been proclaimed the Year of the Garden? It will be a celebration of everything garden, and gardening related, in Canada. The Year of the Garden will be launched on March 20, 2022, the first day of spring.

As part of the celebrations there will be activities, special events and promotions within communities, and public gardens and home gardens from coast to coast. There will

be something for everyone to commemorate our country's rich garden heritage.



So how can you support the celebrations? Why not plant red in your

garden to show Canadian garden pride? How about some nice bright red tulips, geraniums, poppies, roses, zinnias, or dahlias? There are many lovely red annuals and perennials to choose from!

More information and updates on The Year of the Garden can be found on the Gardens Canada website at <https://gardenscanada.ca/>

Shelley Chambers and
Karin Keyes Endemann

February's Urban Walk was a Blast

Every spring the City of Ottawa and the Rideau Valley Conservation Authority team up to prevent flooding on the Rideau River. The process includes clearing snow from the ice, drilling test holes, cutting out strips of ice called keys, blasting, and using an amphibious machine to break the ice into smaller pieces.

Nine members of the CFUW Urban Walks group met for a walk along the river on February 28, which was the third day of river blasting. We



started at the New Edinburgh Field House on Stanley Avenue and walked through Stanley Park to the Minto Bridge. A city worker on the bridge explained the blasting procedure, and then we watched several blasts south

of the bridge. The ice on the river north of this point had been blasted prior to our visit. After blasting, the broken ice floats up and crashes over the falls into the Ottawa River

It was fascinating to see the workers and vehicles on the ice, watch the blasting, and the floating ice.

The yearly river blasting is seen as a sign of the end of winter; the next CFUW Urban Walk will be in the spring!

Sandra Gregson



*Photos courtesy of
Sandra Gregson and
Sandra Murray*



Two More Fabulous Photos Taking us from Winter to Spring



Photo courtesy of Sachiko Okuda



Photo courtesy of Maria Hunter

Interview with Leila Metcalf

For over 17 years, Leila has been a valued and giving member of CFUW-Ottawa. She has held a number of key leadership positions, including President, Past President, and Regional Director. Currently she is Co-convenor of UWHAW (University Women Helping Afghan Women).

When I first met her in 2009 it was in her capacity as Co-chair of the Local Arrangements Committee for the 2010 AGM in Ottawa. Over the years, our paths have crossed many times, both personally and organizationally. I always think of her as the quintessential CFUW member: intelligent, kind, wise, capable, thoughtful, prepared, action-oriented, generous with her time and talent, hardworking, fair, helpful, and compassionate.

It was in 2015 when I joined the MadriGals that I began to know her in her artistic realm as accompanist to the MadriGals, a role she has filled for 16 years. Not only is Leila an accomplished and sensitive player, but for four of those intervening years, she served as MadriGals Convenor as well! A responsibility she carried with her usual grace. Not surprisingly, she has been a source of wise counsel to me.

When Elizabeth Dickson became Director of the MadriGals in 2016, Leila realized that it was not the first time they had performed together. They were both dancers in the Ottawa's Orpheus production of *South Pacific* in 1966!!

When I enquired into the role music played in her life growing up in Montreal, Leila said that she started piano lessons at the age of 6



Photo courtesy of Rick Carpenter

and continued until she was 18, both at the Conservatoire de Musique and with private teachers. In high school and university, she played the Glockenspiel in the bands.

With her father being a violinist with the Montreal Philharmonic (predecessor to the Montreal Symphony Orchestra) there was always lots of music in her house when she was growing up. Although she and her brother played classical music on the piano, they preferred listening to pop or rock 'n' roll. During Leila's career years as an educator, she kept her piano fingers active doing occasional accompaniments for singers and instrumentalists.

In response to my question on what being accompanist to the MadriGals brings to her, she replied that it brings her the joy and fun of making music together as well as treasured friendships.

The MadriGals consider themselves extraordinarily fortunate to have Leila as accompanist and friend. We extend to her our heartfelt thanks and appreciation.

Nancy Simmons-Wright

Sand Storm

(on Netflix)

A Movie Club Review



This is a very intriguing and thought-provoking film about a "Bedouin village" in Negev. It has won numerous awards; the Israeli production team did a superlative job in directing Arab actors who gave superb performances. The harsh economic, political, and social realities of sub-human living conditions are seen but not talked about in the film; that is probably part of the film's success.

The film setting is an urbanized "Bedouin village" in Israel but near Amman, the capital of Jordan, where Suliman went shopping with his bride one day. From its haphazard housing and lack of proper roads, it is a displaced community, but one that retains some of its cultural traditions such as music and dance. The daughter's abrupt arranged marriage happens mostly among the uneducated. Suliman changes from being initially a progressive father and husband to becoming a monster; such unrealistic behavioural contrasts are not normally polarized in one person.

The film might give the uninformed a stereotypical impression of fanatically oppressed Muslim women in the Middle East; that would be false, for there are millions of educated women in diverse careers serving their communities in these countries.

Gouhar Shemdin

It was a cold winter, but Gat Trails had a fabulous time!

Even with sub-zero temperatures and freezing rain, the intrepid women of the Gatineau Trails group headed out every Tuesday morning to cross country ski in Gatineau Park. Each week, three routes were offered, a standard ski, a less challenging ski (shorter distance, no big hills) and a more challenging ski (longer distance and hills). For the first time, a good number of skiers participated in the Virtual Canadian Ski Marathon, skiing anywhere from 1 to 10 sections of 15 km over six weeks to complete the Tourer category of this legendary marathon.

On International Women's Day, the group celebrated with their first "Cookie Challenge," a day in which skiers had the opportunity to ski to up to four cabins in the Gatineau Park and at each cabin reward themselves with a cookie. Prizes were given for those who wore the best red clothing and for taking the craziest photo. The event ended at a "finish-line" party at Keogan Cabin with everyone getting a cookie medal, playing a game, and talking to friends. Many thanks



to Shelley Chambers, Leslie Crone, Heather Brown, Joan Tyler, and Marilyn Goodwin who planned this inaugural event and even dressed up as Cookie Monsters.

Our Gat Trails cross-country skiers also had the opportunity to take lessons once again with Olympic medalist Sue Holloway. Novice and intermediate skiers focused on improving their technique through a variety of drills and with feedback from Sue. The season culminated with "Ski Fest" at Nakkertok ski centre, where skiers dressed up in costumes, played games on skis, and went out for a ski. (Do you get the feeling that this group likes to have fun?) Thanks to Shelley Chambers, Ursula Reichert, and Karen Shigeishi-Waite for organizing the lessons.

While the cross-country skiers were up in the Gatineau Hills on Tuesday mornings, Gat Trail

snowshoers were exploring trails in the Greenbelt. Kudos to Pat Duffey, who organized the snowshoeing this winter. And Peggy McGillivray offered the opportunity to "snowshoe in the wild" on trails in the woods around the Ottawa Valley on Saturday mornings.

What's next? When the snow is gone, on Tuesday mornings Gat Trails will do some urban walks around Ottawa, enjoy biking in the spring and summer, and then have a three-day bike trip in September. In the fall, we'll launch our season with hiking in the Gatineau Park and outside fall fitness classes with Sue Holloway. If you would like more information about Gat Trails, please contact the co-conveners, Heather Brown, Joan Tyler, and Marilyn Goodwin, at gatineautrails@gmail.com

Marilyn Goodwin



The Ultimate Canadian Experience

The Diplomatic Hospitality Group (DHG) was thrilled to host its first large-scale event of 2022: a very Canadian-themed visit to the sugar bush at Stanley's Olde Maple Lane Farms.

Maple syrup is the most symbolic food of Canada – and it is delicious! Stanley's is open only on weekends, but they opened for DHG to have a private visit on March 11. We were delighted to have 37 people attend, representing fifteen countries!

Before beginning our maple syrup adventure, we paused to acknowledge the National Day of Observance for Covid-19 and to reflect on the tragedy unfolding in Ukraine.

Our DHG events are heartwarming and inspiring; we see so many countries and cultures and faiths together; we learn about Canada and about each other. While our outings and gatherings are portrayed as “fun,” there is much discovery and learning going on as well.



While at Stanley's, we learned about the history of maple syrup production in Canada and saw sap being boiled in the Sugar Camp. Guests were amazed to learn that it takes 40 buckets of sap to make one gallon of syrup! We had a scenic wagon ride around the extensive

property and saw not only Stanley's maple forest but their apple orchard as well.

The tradition of maple taffy on the snow struck some diplomats as unusual at first, but they tried it and loved it. We also enjoyed seeing and feeding the farm animals in the fields and in the barn: cows, chickens, horses, donkeys, and sheep. A highlight was feeding and



holding the three-week-old lambs.

After the brisk morning in the fresh air, we enjoyed a tasty lunch in the grand log cabin of – what else? – pancakes and maple syrup!

Several diplomats said this was their favourite event during their posting in Ottawa!

Lisa Haley

Photos by Lisa Haley

H O P E

Humanitarian Outreach Program in Education

FOR REFUGEE WOMEN

GALA DINNER

Keynote speaker

Ms. Sally Armstrong O.C.

Save the Date



May 14th, 2022

Trillium Ballroom, Shaw Centre
7 p.m.

Tickets
\$150 per person

Raising funds for scholarships to enable refugee women to attend university in Ottawa

Registration & more information coming
info.hopedinner@gmail.com

Crustless Lemon Cheesecake with Fresh Berries

This is one of Pat Duffey's favourite recipes

Ingredients

- Peel of 1 lemon
- 1 c sugar
- 1 ½ lb cream cheese (750 g)
- 1 tsp pure vanilla extract
- 2 tbsp fresh lemon juice
- 3 eggs
- fresh berries



Instructions

1. Preheat oven to 325F. Butter a 7- or 8-in. deep round cake pan well and line bottom with parchment or waxed paper. Butter well again. If you are using a springform pan, prepare it as above but wrap it well in foil so the batter cannot leak out and the water from the water bath will not seep into the cake.
2. Pat lemon peel dry, cut into 1-in pieces and fit food processor with metal blade. With machine running, drop peel through feed tube. Add sugar and process until peel is finely chopped.
3. Cut cheese into cubes and add to sugar. Process on/off until cheese is chopped, and process continuously until smooth. Add remaining ingredients and process 5 seconds; scrape down bowl and process only until smooth. Do not overbeat.
4. Pour mixture into prepared pan and place in a larger pan, adding enough boiling water to form a water bath that comes at least halfway up the sides of the pan. Bake 50 – 60 minutes or until the center is firm but not brown or cracked. Cool completely at room temperature; run a knife around edge of cake to loosen and turn out of pan onto a serving dish. Serve right side up or upside down. If using a spring form, simply release the outside ring.
5. Place berries of your choice around the outside edge of cake just before serving.

Bonnie Stern's Cuisinart Cookbook

Note: This cake freezes well but can also be made up to 3 days in advance and kept refrigerated. It may also be baked in 8" sq baking pans, then cut into squares, topped with berries, and served in pretty paper baking cups.