



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

Pity the Party without enough woman power - there will always be dreamers and leaders, but the dreams won't come true, nor will the leaders reach their goal, without the ready doers. – Judy La Marsh PC, OC, QC

Julia Verlyn LaMarsh was born December 20, 1924, in Chatham, Ontario, and was a Canadian politician, lawyer, author, and broadcaster. In 1963, she was only the second woman to ever serve as a federal Cabinet Minister. Under Prime Minister Lester Pearson's minority Liberal governments of the middle and late 1960s, she helped push through the legislation that created the Canada Pension Plan and Medicare. After leaving politics in 1968, she wrote three books and had her own radio show on CBC Radio. Sadly, she was stricken with pancreatic cancer in 1979 and was given the Order of Canada at her hospital bed and died October 27, 1980. Her funeral was held two days later, and she had six female pallbearers. Regardless of party politics, Judy was an inspiration to many women in her time.

The month of April marks the 113th birthday of our club. It has seen and continues to see its share of remarkable and inspirational women members. Congratulations to each of you for being not only a part of history, as a member of the club, but a role model to other women.

On June 5 at 7:00 pm, our in-person AGM will take place at the Riverside Church. There will be no hybrid Zoom for this meeting as our

meeting involves voting. If you cannot attend, we urge you to sign a proxy, which will be available closer to the date. Your club's board has been hard at work revising the bylaws document. Click here [CFUW-Ottawa Club BYLAWS 2023.pdf](#)

We eliminated the job descriptions from the bylaws and removed duplications in other areas. We hope this will be a more streamlined and easier to use document. If you see words or sentences with a line through them and are not highlighted in yellow, we have simply rewritten them in another spot in red. We also added some dates in red for further clarification.

At the AGM, on June 5, we will be voting on the following bylaw changes.

1) REMOVE:

ARTICLE I – Membership #3. The total number of non degree members shall be limited to 20% of the total number of members (excluding dual members) from the previous year.

Rationale: Most CFUW clubs do not have this as a deciding factor for membership, and we also wish to be inclusive and welcome all women.

2) ADD:

ARTICLE II – Fees #4. New members who sign up on or after January 1 of any year are allowed to have their

membership recognized until May 31 of the following year.

Rationale: We have been doing this for years starting with the month of February. Since we are only charged

(see President on next page)

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President – continued

by National and GWI for Members December 31, we feel that new members (not returning members who are late paying dues) who sign up on January 1 for the full year should be allowed to remain members at no charge for the first five months of the following year. This has never been included in the by-laws and we feel it should be. Please note that our financial year is from June 1 to May 31.

3) REMOVE:

ARTICLE V – Interest Groups #2 c) Convenors may not hold office for more than two (2) consecutive years without the consent of the Board of Directors. *Rationale:* This bylaw has never been adhered to. Although it is being removed, the board does feel that all members of all interest groups should be given a fair and equal opportunity to serve as a convenor or co-convenor or in other leadership capacities and encouraged to do so.

4) You will be not only asked at the AGM to vote on these three items above, but to vote on the complete packaged document, with the changes in clarification and

re-location of some wording and numbers.

If you have any concerns, please let me know...I would be happy to discuss them with you.

Fifteen-Minute Neighbourhoods

On Monday, February 27, 2023, The Environmental Action Group hosted a Zoom presentation by Cheryl Randall of Ecology Ottawa on the concept of the Fifteen-Minute Neighbourhood. Thirty-eight people attended, including representatives from four CFUW clubs and three visitors from Vankleek Hill.

Ms Randall, originally from the UK, is an Oxford graduate, former lawyer, outdoor enthusiast, and environmentalist. She has been with Ecology Ottawa for two years in the role of climate-change campaign organiser.

Some of the issues we face in Ottawa include urban sprawl, loss of greenspace, and poor air quality in a city increasingly designed for motor vehicles over pedestrians and cyclists. High-rise condominiums, large-footprint single family homes, and bedroom communities, profitable for developers, are prioritized over lower-rise affordable urban housing and densification. But cities were not always like this. Cheryl made a case for more liveable neighbourhoods that prioritize people.

A 15-minute neighbourhood is one that includes amenities such as small shops and cafés that can be accessed on foot or by bicycle, reducing the need to drive to a mall. Many of us of a certain age can look back to a time when this was the norm, even in large cities like Montreal. A modern 15-minute neighbourhood should be

pedestrian friendly, with sidewalks, trees and benches along the streets, and marked bicycle lanes. It might include a library, a community garden, and a park within walking distance. This would decrease dependence on cars, reduce pollution, encourage social connections, and improve health.

Ecology Ottawa has run workshops in City View, Alta Vista, and Overbrook to look at this. Each neighbourhood is unique so their needs differ, but all would benefit from local improvements of this kind.

Ms Randall discussed the issue of density and its relationship to 15-minute neighbourhoods. She compared the Glebe, which has good densification and walkability (50 dwelling units per net hectare) to Stittsville (21 dwelling units per net hectare). Increasing density within the city by building lower-rise multi-family homes and small apartment buildings (the 'missing middle') on single-family lots would increase intensification and encourage the development of 15-minute neighbourhoods.

To achieve this there will need to be zoning changes, altered parking requirements, more reliable transit, increased tree canopy, and a balance between green space and in-fill. But the increased liveability of our city makes this worth striving for.

Kringen Henein

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 2023;
deadline for submissions: April 15

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

Engaging Talk on Afghan Women's Human Rights



Dr. Fawad Akbari, MD, MPH, and Adjunct Professor at the University of Ottawa spoke at the

March meeting of UWHAW. He detailed the crushing loss of human rights the women of Afghanistan have suffered and what the international community could do to support them. We should stay informed, inform others, participate in advocacy campaigns, and engage with our MPs to raise Afghan women's voices.

UWHAW is actively working on a plan to connect with CFUW members across the country to generate greater advocacy capacity on behalf of Afghan women and girls, especially to support their education.

To view Dr. Akbari's presentation click here https://youtu.be/jOsJ_6V6k3c

Fran Harding

Ottawa Through a Lens

Windows, doors, and entrances in and around the city, photographed by the talented members of the Hocus Phocus group.



Walled Kitchen Garden –
Deborah Long



Yellow & Green Neighbourhood
Library – Mary McGuire



Church Doors – Jinny Slyfield



Entrance to Chinatown –
Bonnie Seidman

MARK YOUR CALENDARS!

April 3, 7:00 pm – Monthly Meeting – in person at Riverside United Church – Beechwood Cemetery: a Place for the Living

April 27, 11:30 am – Musical Lunch, Royal Ottawa Golf Club

May 1, 7:00 pm – Monthly Meeting – in Person at Riverside United Church – The Freedom Convoy Movement: Prospects for Canadian Democracy

May 28, 2:00 pm – 4:00 pm – New Members' Welcome, in person, Royal Ottawa Golf Club

June 5, 7:00 pm – AGM – in person at Riverside United Church

June 8, 6:00 pm – Dinner for Hope Fundraiser, Ottawa Hunt and Golf Club



Traveller's Corner

Where Have You Been, Shelley Chambers?

A cross-country ski trip to Canmore, Alberta, in February took us on a back-country ski to Skoki Lodge. The 11 km, three-hour ski started at Lake Louise ski hill and finished with a downhill ski to Skoki Lodge. Rustic, comfy accommodations (no running water or electricity), delicious food,

friendly staff and interesting guests. The ski out the next morning was equally spectacular. What a great adventure!



Women with Hammers Have Been Busy!

The Women with Hammers Group has been busy learning new diagnostic and fix-it skills plus key fundamental interior design tricks.

The April 12 presentation is titled "Creating a Backyard Oasis." The topic is perfectly timed for spring. Members will learn how to design, build, accessorize, and landscape their backyard to create their own oasis. Sue Pitchforth, owner of Décor Therapy Plus (www.decortherapyplus.com) will be back to show us lots of examples and "how to" make it happen.

The Zoom meeting On May 10 will show us "How to Replace and Wire in New Electric: Light Fixtures, Wall Switches, and Wall Plugs." (It's easier than you think!) Cindy, from the Electrical and Plumbing Store, is an electrician and currently provides advice, assistance, and parts to customers at their east-end store.

In June, there will be a "hands on" workshop in the Electrical and Plumbing Store where WwH members can learn to apply and practice the skills illustrated on the May Zoom call.

WwH members enjoyed three different presentations and a draw for tickets at the start of 2023. The meetings are videoed, which allows members who missed the meeting to attend it virtually at a later date. A good review, too, for those who attended in person.



At the January meeting Jim Bleackley from the Electrical and Plumbing Store's Parts Department (www.epstore.com) showed the group how to "Fix Your Toilet in 10 Minutes!" Members learned how easy it is to diagnose the problem and then to fix it.

Also in January, eight WwH members attending the meeting won tickets to the Ottawa Home and Remodelling Show (OHRS), which were donated by Karen, a former speaker and Manager of the Habitat for Humanity Re-Store.

At the February meeting, Sue Pitchforth, a speaker at the OHRS, presented "Transforming Your Space on a Budget." Sue showed that design is easy and fun and showed us a variety of tricks to make it VERY affordable!

Equally exciting was the March

meeting, where Anita Murray, owner of All Things Home (<https://allthingshome.ca>) presented "What's



Hot and What's Coming." Prior to setting up her company, Anita was a journalist, with five of those years as Homes Editor for the *Citizen*, where she covered the new and resale home markets, design, architecture, and renovations.

For more information on this interesting group, contact Eugenie Prevost, Convenor, Women with Hammers (womenwithhammers@cfuw-ottawa.org).

Eugenie Prevost

Welcome Newcomer

Lorna Palmer

I joined CFUW-Ottawa in September 2022; Sherie Purie, my neighbour, friend, and cycling companion, told me about it. The Gatineau Trails group was the main



attraction, for both the hiking and the skiing. Since I joined I have been active in the Wine and Spirits group, the Art group, and I keep synced with the Environmental group.

I grew up in BC and Nova Scotia, with high school in Ontario. Even though most of my life has been spent in Ontario I feel more like a Maritimer. I am an engineer, a graduate of the University of Waterloo in the fourth class of Systems Design

Engineering. We were a bit unconventional as a class and trail blazers in many cases.

I have three children and four grandchildren, all living in Ottawa. I live

with my dog in Old Ottawa East.

My absolute passion is running, and I belong to a small club. I enjoy physical activity: cross-country skiing, swimming, cycling, running, snowshoeing, and hiking, and I'm trying to become a better speedskater.

Wine could be considered my other passion; when I retired I trained as a sommelier (certificate from Algonquin) and have taken other advanced wine education.

Successful and Entertaining Awards Night

Carleton University's Dominion-Chalmers Centre, Woodside Hall, was the setting for our first in-person Scholarship Trust Fund Awards Evening since 2020. This 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 6, Lizz Wilfert opened the event, noting that it was the 40th anniversary of CFUW-Ottawa's awards; Pat Duffey, as Chair of the Scholarship Trust Committee, led the celebration, welcoming the students, their families, donors, and members. Elaine McKnight, Awards Evening Chair, and Kylie Patrick, Assistant Director, Donor Impact, Carleton University, introduced the students present who had received an award.

This event was the first time the HOPE Scholarships for Refugee women were awarded. The funds for two scholarships (one each for Carleton University and University of Ottawa) and a bursary (Algonquin College) were raised through a partnership of HOMSA (Heads of Mission Spouses Association) and our CFUW-Ottawa Club. We are grateful for the assistance and support that the International Club of Ottawa (ICO) provided. Sarah Harvey, President of HOMSA, spoke about these scholarships and her hopes for the recipients.



Our in-person Scholarship Awards evenings have always included short performances by some of the music-award recipients. This year Carleton University's Catherine Gendron, recipient of the Helen Nininger Scholarship in Music, and her saxophone quartet played *The New York Suite Movement I: Sofia (Bulgaria)* by Paquito D'Rivera; and Rebekah Waddell, also of Carleton, recipient of the Earl B. Connell Foundation Scholarship, played *Liebeslied* by Oskar Bohme on her trumpet, accompanied on the piano.

We also honoured two PhD candidates, one in Civil and Environmental Engineering and one in Political Science; also honoured were women working towards undergraduate degrees or further qualifications in Science, Neuroscience and

Mental Health, History, Cognitive Science, Economics, Women's and Gender Studies, Information Resource Management, Software Engineering, Psychology, Forensic Psychology, Health Psychology, Social Work, Accounting, Journalism and Humanities, Human Rights and Social Justice, Communications and



Media Studies, Biochemistry and Biotechnology, Social Sciences, Fine Arts, Engineering, Law, Medicine, and Mathematics. Appreciation and gratitude to CFUW-Ottawa for the awards were expressed by many of the students.

Group photos of the students and refreshments were a bonus of having an in-person event. We are very grateful for the wonderful venue that was offered to us by Carleton University. We thank them very much and look forward to continued collaboration with the university.

Elaine McKnight



My Ode to Book Club I on its Demise

How fortunate I have been over these past many years to have shared such a range of books with so many wonderful women. I have so enjoyed the laughs, the critiques, even the disagreements, new ideas, and new ways of looking at the books we have read while sitting in Margaret, Lucille, Jean, Pauline, Arlene, Kati, Joyce, Mary or Sylvia's living rooms. Because it was the living rooms and sunrooms that made one feel the intimacy of the meeting.

I can still visualize Lucille

Muldoon, always the consummate hostess, opening the door and inviting us into her beautiful home. Cakes, squares, and cookies were served on fine bone china, while tea and coffee were poured from silver coffee carafes and teapots. Silver creamers, sugar bowls, and polished silver spoons on silver trays were not far away. Now Zoom meetings and meetings in retirement homes where coffee, tea, and cookies are served on rolling carts replace meetings in members' homes.

A different time and place.

However, the fire alarm continuously going off at Pauline's as smoke poured forth from her fireplace while our guest author spoke about his latest novel, valiantly trying to ignore me as I madly fanned the smoke alarm to get it to stop shrieking or Kati's formal tea party served in her parlour in honour of the novel we were reviewing about British royalty are memories that I shall never forget.

I have been a member of this book club for 18 years and with eight books read a year, this means I have read 146. Some were good, some disappointing and some great! I have been introduced to a wide range of fiction and non-fiction from around the world and a wide variety of authors.

Recently I read a description of readers. Readers can be classified in one of four ways: sponges, sand glasses, strain-bags, or mogul diamonds. The last one identifies who I believe we were as readers, mogul diamonds "equally rare and valuable, who profit by what they read, and enable others to profit by it also." This description sums up Book Club I so beautifully.

Jill Moll

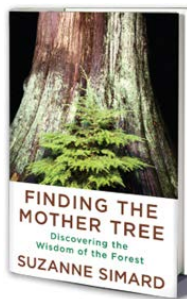
Book Review

La Literati Book Club reads an eclectic variety of books, and this one dealt with issues close to my heart: *Finding the Mother Tree* by Suzanne Simard.

On my many trips exploring the far corners of British Columbia, I am always hugely impressed by the giant trees in the rainforests. I could not help but become aware and concerned about logging practices. In Haida Gwaii, I hugged a tree over 1,000 years old. It took 13 of me with my arms outstretched to circle that Mother Tree.

Suzanne Simard grew up in a logging family and worked for a logging company. Her grave concern for logging practices inspired her commitment to educating herself. Her research led her to the discovery of how trees in a forest communicate with each other and to the writing of this book.

In *Finding the Mother Tree*, Simard tells her personal life story along with



her research into the life of trees in rainforests. Simard says that her curiosity led her more deeply into the complexity of science, like reading a detective novel. Suzanne started the Mother Tree Project in 2015 during her rebirth after cancer. She wanted to prove why clear-cutting forest practices didn't work. Her guiding principle was to retain the giant mother trees and maintain connections within forests to keep them regenerating, especially during climate change. Despite the resistance and obstacles presented from the male-dominated forest industry, Simard persists in her mission. She advocates for understanding the biology of trees and forests in order to change forestry practices. Through her book, she hopes that the public will learn about the importance of mother trees in protecting biodiversity and guaranteeing a healthy forest for generations to come.

Leslie Baird



Gat Trails Cookie Challenge

On March 7, Gatineau Trails hosted its second annual Cookie Challenge. This event provides an opportunity for members to ski to four different cabins in Gatineau Park, rewarding themselves with cookies at each

cabin. The Challenge was to conclude with a 'finish line' party at Keogan's. Unfortunately, this year the conditions were too icy to actually ski, but that didn't stop us from socializing, eating cookies and blueberry soup,

and having a lot of fun!

And the Gat Trails snowshoers enjoyed their own Cookie Challenge that day along the trails in the NCC greenbelt.

Heather Brown



Movie Review: The Swimmers

I thought the movie was very good, especially the scenes in the Mediterranean – the cinematography was excellent – the swimmers had you sitting on the edge of your seat. Even though the girls were superb swimmers, they were still brave and saved many lives. The film also showed how many unscrupulous people there are taking advantage of the refugees trying to escape. Given the scenes of the lifejackets and the debris on Lesbos, you can also understand why the people of that island are perhaps not always so welcoming.



I admired Angela Merkel for her welcoming of refugees.

It is a timely film for us in Canada with the latest figures of refugees coming across the border and the Premier of Quebec saying that they can't cope, and now I have seen on TV that they have put hundreds of refugees in hotels in Niagara. Yes, the refugees are a problem for everyone, but there has to be a solution.

My only criticism is that the film was too long and drawn out in parts. It could have been cut by 20-30 minutes.

Margie Bott

Hog's Back Falls

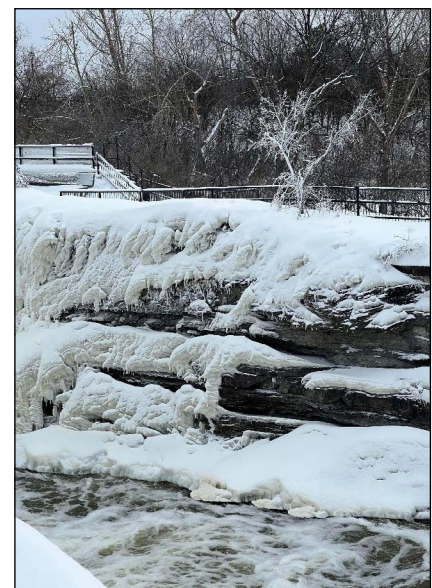


Photo submitted by Aley Mathew.

Diplomatic Hospitality Group

On February 24, 40 members of the Diplomatic Hospitality Group (DHG) enjoyed a wonderful private tour of the Canada Council's Art Bank.

The Canada Council Art Bank holds the world's largest collection of contemporary Canadian art. It includes over 17,000 paintings, prints, photographs, and sculptures by over 3,000 emerging and established artists, including those from Indigenous and culturally diverse backgrounds.

The Art Bank started with a simple but innovative idea: purchase the works of living Canadian artists, rent them to government departments and corporate offices (non-government clients) and lend them to museums and public outreach. This process supports the Canadian arts community and makes art more accessible to a wider audience. The success of The Art Bank has inspired other countries like Australia to create their own national art banks.

Members of DHG and the International Club of Ottawa (ICO) experienced a wonderful International Women's Day on March 8 with a group of international women! Graciously hosted by Abeer Al Jassim, spouse of the Ambassador of the United Arab Emirates (UAE), we learned about the history and culture of the Emirates, including a fascinating presentation on the very advanced role



women in the UAE, such as a mandated 50-50 representation in their government.

At the event, an incredibly talented lady was offering henna painting for hands. She drew these masterpieces free hand in just a few minutes. After the henna dries it brushes off and leaves a beautiful dye design that lasts for a week. Several DHG members took advantage of this traditional art form and had a hand painted. A delicious luncheon of Middle Eastern delicacies capped off this very special International Women's Day.

On March 10, over 40 DHG members and friends enjoyed an interesting and informative outing to Stanley's Maple Farm in Edwards, Ontario, to learn about a delicious Canadian tradition: maple syrup production!

It was a very

pleasant +1 degree and made for a nice walk around the property as we strolled from the Sugar Shack to the Barn, to the Wagon, and to the Pancake House. We divided into three groups to cover the property and met up at the end for – what else? – maple syrup and pancakes!

At the Sugar Shack, participants learned how maple sap is taken from the maple forest through hundreds of buckets to the Shack, where it is turned into syrup through the process of boiling down the sap to thicken it into syrup. Guests were surprised to learn that it takes 40 gallons of sap to make one gallon of syrup!

A highlight of our visit was seeing the animals in the barn. We also enjoyed a wagon ride around the extensive property and saw many landmarks and artifacts along the way.

To top off our visit to the Sugar Bush, we had 'snow taffy' – where maple syrup is poured onto snow and wrapped up on a stick for a very tasty treat. We joked about Canadians stereotypes – and then pointed out that we literally eat maple syrup on a stick in the snow!

A special sidebar: Holiday decorations were up at Stanley's Maple Farm

as a Hallmark Christmas movie was being filmed there. The production trailers were in the parking lot, and props were around the property. Watch for this barn next holiday season in the movie!

Lisa Haley



Scilla siberica 'Spring Beauty'



Photo courtesy of Rachael Martin

As winter gives way to spring, keep an eye out for *Scilla siberica* – one of the earliest spring bloomers in the Ottawa area. These brilliant blue bell-shaped flowers, also known as 'Siberian Squill' or 'Spring Beauty,' are grown from a small bulb.

Native to Russia, these plants don't get much taller than 4-8 inches. They are extremely versatile and will happily grow in containers, borders, beneath trees, or you can incorporate them into lawns. They self-seed readily and appear in greater numbers each year, providing gorgeous swathes of blue to enjoy. An added benefit is that the bulbs are squirrel and rodent proof, and the flowers are great for bees. They are also a nice flower for miniature cut bouquets.

*Shelley Chambers and
Karin Keyes Endemann*



Spotlight on the Canadiana Group

As far back to the late 1970s some members of CFUW-Ottawa have been gathering on the third Monday of the month to talk about all things Canadian – political, social, economic, and cultural. Meeting in a private home, members enjoy afternoon tea/coffee and insights offered by a guest speaker followed by questions and discussion. Topics are wide ranging. Members meet from October to May, closing with a potluck lunch. This month (March), to mark International Women's History month, our speaker is Raylene Lang, feminist, activist, and former national Chair of Equality Voice.

Over the past several months speakers have included Ellen Wright on working with Afghan women and bringing them to Canada; Maria Khan on her experiences embedded with the Canadian Military in Afghanistan; Les Kumar speaking about historic and economic connections between Trinidad and Canada; Holly Larocque on her

life on CBC's much loved "Under the Umbrella Tree" and in musical theatre; Mollie MacCormac on her visit to Vimy Ridge; Ron Gould on the history of the Canadian penny; and Margaret Dickenson on life as an ambassadorial hostess.

Our April meeting will feature Chandler Swain, a talented and highly praised potter and ceramicist from Almonte.

Once a year a literary figure is selected for discussion. This year it was the life and writing of Mazo de la Roche, probably Canada's most popular romance novelist of the early to mid 20th century, at home and abroad.

This group is noted for its many friendships and very full high-tea table that accompany the meetings. Next year's programme is already in the works, including talks on Lauren Harris, the artist, challenges for women on the farm, and the art of millinery in small town Ontario.

Della Stanley



Prem Grainger, Sandie Rivard,
Bev Munn, Nancy Lennox
(photo by D. Stanley)



Mollie MacCormac, Maja Ristic-Solajic,
Mary de Toro, Lucie Dumas, Yvonne Brown,
Della Stanley, Nancy Lennox,
Maria Khan (speaker) Darlene Brown
(photo by L. Kumar)

We Have a Winner!



We congratulate Angelique Francis for winning the 2023 Juno Award for the Blues Album of the Year with her entry *Long River*. Angelique was the recipient of the CFUW-Ottawa Helen Niningger Scholarship in Music while studying at Carleton University. In the photo she is performing her original composition titled “Help Me Be Kind” at our Scholarship Awards evening in March 2018. Angelique (playing the bass) is accompanied by her sisters and father.



She has performed in the United States, Europe, and numerous Canadian locations. We are delighted she has won her first Juno award and wish her every continued success!

Pat Duffey

Creamy Straw and Hay Fettuccine

Thanks to Caroline Choquette for this delicious-sounding recipe.

Ingredients

- 12 ounces each regular and spinach fettuccine
- 2 tablespoons extra-virgin olive oil
- 1 package (8 ounces) sliced white mushrooms
- 1½ cups heavy cream
- 1 box (10 ounces) frozen tiny peas, thawed
- ¼ cup sun-dried tomatoes in oil, drained and cut into thin strips
- ¼ pound prosciutto, cut into thin strips
- 1 teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- ¼ cup grated Parmesan cheese
- Shredded Parmesan cheese, optional
- Fresh herbs, for garnish, optional

Preparation

1. Cook pasta following package directions. Drain well.
2. While pasta is cooking, heat oil in large skillet over medium-high heat. Add mushrooms; sauté for 10 minutes.
3. Stir in cream, peas, sun-dried tomatoes, prosciutto, salt, nutmeg and pepper. Bring to a simmer. Stir in ¼ cup grated Parmesan cheese.
4. Toss cooked pasta with sauce. If desired, sprinkle with additional cheese and garnish with herbs.



<https://www.epicurious.com/recipes/member/views/creamy-straw-and-hay-fettuccine-50139369>

United Nations Commission on the Status of Women (CSW67) in New York



It was once again a privilege to join CFUW members from across Canada as a member of our delegation to the United Nations Commission on the Status of Women (CSW67) in New York. CSW is the largest gathering of gender-equality advocates in the world. The annual session convenes Ministers, high-level government officials, and civil-society members like CFUW to the UN. It is always inspiring to meet women from around the world and to learn of the work they are doing in their own countries.

With our just having surfaced from Covid, this year's primary theme was particularly timely: "Innovation and technological change and education in the digital age for achieving gender equality and the empowerment of all women and girls." The digital revolution offers many opportunities to advance gender equality and women's empowerment but poses a number of risks and challenges to perpetuate gender stereotypes and gendered violence. Difficulties related to accessing information, misinformation, fake news, as well as gendered online violence, is hindering women and girls' participation in the digital world and is becoming a global phenomenon that transcends borders and requires

a multilateral response. The week shared horrific examples of harm done to female journalists, politicians, and students. We must increase the number of girls in STEM so they can become leaders in this area tomorrow, ensuring women around the world do not fall even further behind, especially in achieving Sustainable Development Goal SGD 4.

Girls and women in Afghanistan were never far from the minds of many delegates. How are they managing and what can we do? Moments of silence were held for them on a couple of occasions. We heard from Afghan lawyers, journalists, teachers, Human Rights Defenders and Women Rights Activists (Fawzia Koofi and Asila Wardak), and courageous young women in virtual talks from their homes. The international community should develop a plan for interim access to education without delay. The lack of electricity, connectivity,



and technology need to be taken into account. While online education is essential now it must not be the permanent solution. Girls need to socialize, and mental health needs to be considered in the planning. The UN needs to continue its process of January 2023.

Another highlight was the signing of the CAMEUS MOU, an arrangement among CFUW, WG-USA and FEMU (Mexico) to work together in peace and harmony on matters of mutual interest.

The powerful CSW67 theme leaves much to consider as we think about women and girls around the world, and indeed in our own country and the challenges they face. If you would like to read more about the various sessions I attended or read my full report, please contact me at hally@siddons.ca.

*Hally Siddons,
CFUW Delegate to CSW67*

Delightful Urban Walk

On a glorious sunny day in February the Urban Walkers tackled the Western Community section of Hunt Club. This area was built quite quickly



in the 1970s, primarily as a residential neighbourhood. We wound our way through the streets of suburban housing to the pedestrian bridge over the Airport Parkway, then took the path

through Owl Park. We explored an old quarry and the Landmark seniors' community that is tucked away in it. It was a great morning of walking and chatting.

The group photo was taken at the entrance to the McCarthy Woods, in front of the sign warning of coyotes. Needless to say we did not venture in!

Joan Catterson