



Canadian Federation of University Women – Ottawa

Capital Carillon

April Speaker



Our April speaker is Dan Kraus, the Director of National Conservation with Wildlife Conservation Society Canada. The title of Dan's talk is "Stopping the Sixth Extinction Needs to Start at Home: A Canadian Perspective on Global Wildlife Loss and Recovery." Dan, an expert on Canadian biodiversity, has worked on projects ranging from prioritizing islands in the Great Lakes for conservation action to working with economists at TD Bank to determine the natural capital value of Canada's forests. Most recently, Dan has published papers on nationally endemic species, Canada's "crisis" ecoregions, ecological corridors, and coastal conservation. Dan is a member of the federal government's Nature Advisory Committee. He researches and teaches about endangered species recovery at the University of Waterloo and served on the Committee on the Status of Species at Risk in Ontario for over a decade. His editorials on conservation have appeared in media across Canada.

Laura Goodine



PRESIDENT'S MESSAGE

CATHERINE SMITH

On March 4, as I was basking in the glow of our wonderful Scholarship Awards night and chatting with several recipients, I was approached by Louise Delorme who told me she was a brand-new club member and asked to whom she should give her dues payment. I pointed out Carol Hinde, our amazing Membership Administration Coordinator, and as I introduced our new member to Carol, Carol broke out into a huge smile and exclaimed "Congratulations! You are our 500th member!"

Five hundred. What do you think of? 500 Miles, the card game 500, the Indy 500, the Roman Numeral D, the S&P 500, half of a thousand? What I think of is that we as a club are bigger and stronger every day and that we are clearly providing for our members many of the things that they need and want – that might be friendship, a collective means of helping others through our scholarship programs and advocacy work, fellowship, an opportunity for stimulating discussion, broadening our horizons through educational enrichment, a good meal together, or a breath of fresh air and some physical exercise in the company of others.

As we all work to embrace this challenging post-pandemic era, many of us are realizing the value of belonging to a community. We were

isolated for too long, and in a way that is not normal for our society or indeed for any of us as part of a highly social species. What delights me is that CFUW-Ottawa can provide this sense of belonging for so many, and that our growing numbers is a strong

(see **President** on next page)

INSIDE

Burial and the Environment
 The Dreams of Twelve Afghan Girls
 Exploring Green Burial
 Movie Review – Two Distant Strangers
 Welcome, Peg Herbert!
 Ottawa Through a Lens
 CFUW-Ottawa Reaches a Milestone
 In Memoriam – Elvira Matthews
 Diplomatic Hospitality Group Update
 An Afternoon with Sally Armstrong
 Did You Know...?
 Scholarship Trust Fund Awards Night
 Traveller's Corner
 Sunday Brunch
 Musical Lunch and Silent Auction
 Madrigals Spring Concert
 University Women Helping Afghan
 Women Speaker Series
 Have You Read...?
 Recipe: Mucveri (Turkish Zucchini Fritters)
 Mark Your Calendars!

President — continued

testament to this.

The anthropologist in me recognizes the value of being part of a *tribe*. While in our modern world we may belong to several different tribes at once, I would argue that CFUW-Ottawa is one important tribe for many of us. Our club offers camaraderie, the joy and rewards of working together for common goals, and the physical and emotional wellbeing that comes with belonging.

So as we welcome Louise, and all of those who both came before and will undoubtedly come along after her, let us open our doors to all members of this community with warmth and enthusiasm, since surely we are all better and stronger and happier when working together and relying on our collective strength, wisdom, friendship, and compassion.

CFUW-Ottawa is clearly a great place to belong – 500 of us can't be wrong! So why not invite a friend of yours into the fold?

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 2024;
deadline for submissions: April 15

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

Burial and the Environment

Hemingway once quipped, "If you don't have the hero die at the end, you just didn't finish the story." We all know our own stories will end, but those of us concerned about the environment recognize that burial is an important part of our environmental legacy.

Although many cultures around the world forbid embalming and cremation, North Americans have adopted both despite the environmental challenges they present. Chemical embalming involves the use of formaldehyde, which is a highly toxic carcinogen that leaches into the soil post burial. Additionally, the Centre for Natural Burial estimates that a 10-acre cemetery contains nearly 1,000 tons of casket steel, 20,000 tons of concrete for vaults, and enough wood from buried coffins to build more than 40 homes!

Cremation, while cheaper and more environmentally friendly than embalming, releases mercury and 400 kg of CO₂ into the atmosphere per body.

Environmentally Friendly Alternatives

Aquamation, or resomation, is a sustainable process of water cremation. It uses an alkaline solution to slowly



break down the body and to produce a powder-like substance. It is legal in Ontario and has local providers. Terramation, or human composting, transforms organic matter from human remains into nutrient-rich soil. It is not yet legal in Canada.

Green burial is the oldest form of deposition: the body is put directly into the earth in a simple grave using a shroud or biodegradable casket. Graves can be modestly marked, and native species are often planted in the cemetery. There are currently Green Burial sites around the Ottawa area. The Environment Action Group will sponsor a Zoom talk on burial and the environment on April 15.

Don't Forget Earth Day!

April 22 is Earth Day and this year's theme is "Planet vs Plastic."

Linda Gray and Lynn Davies



The Dreams of Twelve Afghan Girls

Twelve girls in Afghanistan are working hard studying English despite the Taliban's attempts to shut down their education. These girls are the recipients of University Women Helping Afghan Women's RCA program, which has provided them with laptops and internet access and has set them up with online programs to study English as a Second Language (ESL).

The girls range in age from 18 to 31 years old and were studying at Gawharshad University in Kabul when in December 2022 the Taliban placed a ban on females attending university. Eight are in beginner ESL classes, three are in intermediate, and one is in advanced. The beginners are studying with an organization called Classroom Without Walls, which provides free online Zoom classes with volunteer teachers. The intermediate and advanced students are studying ESL through Arizona State University, which has provided free online courses through our partner, Canadian Women for Women in Afghanistan.

The girls have been studying English online for five months now and have made significant progress in this short period. We asked them what they planned to do with these skills. Here's what some of them said:

"I want to get a scholarship abroad, so I need English language, and then I can teach other women who are

deprived of education in Afghanistan for free so that they can build their future."

"I want to get chosen at a great university and after that to get a better job to support my family, society and other people like us."

"I want to become a judge, fight for the justice of women's rights in Afghanistan."

"I want to become a successful politician or representative of Afghanistan in the United Nations."

What is universally true about these students is that they all want to learn English well enough to pass one of the standardized English tests, which will allow them to apply for scholarships abroad and finish their education. For many, their ultimate goal is to be able to improve the lives of women and their families in Afghanistan and pave the way for a better future. They experienced freedom before the Taliban took over and they want it back, and these hard-working, ambitious, and intelligent girls, along with others like them, will be the force for change in Afghanistan. The key is their education.

For more information about the RCA program, click [here](#).



Karen Shigeishi-Waite

Exploring Green Burial

On April 15, at 1:30 pm, the Environment Action Group will present a Zoom talk on Green Burials. Our speaker is Mary Nash, who has had wide experience in the Green Burial field for almost 20 years. Mary will explain the basics of Green Burial (GB) and developments in the burial field such as resomation, cryomation, and terramation. She has been fortunate to visit green burial facilities in Canada, the

US, the UK, and the Netherlands.

Mary is currently a Board member of Green Burial Ottawa Valley Inc., a cooperative that is working to establish and operate a green burial ground accessible to people in Eastern Ontario.

Since 2018 she has been a member of Community Deathcare Ottawa (CDO) and acted as a roving Green Burial ambassador, talking to attendees and distributing

Green Burial flyers at many community events.

You are invited to attend this Zoom talk by connecting:

<https://us02web.zoom.us/join/register/tZlIdequpiguEt1eE-MufPS2yo8dJ3mk0Gwdm>



www.greenburialottawavalley.ca

Two Distant Strangers **A Movie Review** **by Jill Hawken**

In recognition of Black History Month, the Movie Club members watched the Oscar-winning short film *Two Distant Strangers* on Netflix.

This movie was produced in the immediate aftermath of the killing of George Floyd during the pandemic and with the tension of the Black Lives Matter movement and several recent senseless killings.

It was a powerful short movie with a clear and devastatingly effective visual message. In the words of writer and co-director Travon Free, it “would elicit different reactions from different audiences.” For the Black audience, particularly Black males, no doubt it mirrors and validates the familiar daily feeling of being surrounded by the enemy, of being in danger, of being stuck with no way to escape, of hopelessness. For some Black viewers, it also serves as a trigger, making it exceedingly painful to watch. For other audiences, primarily white Americans, it is intended to awake empathy for the Black community. I hope those needing this awakening are moved on a very human level.

I found myself, a white person, watching from different angles. The shocking brutality and complete absence of treating Black males as human beings was conveyed in searing desperate scenes of escalating violence. Such scenes were not new to me as they are on the news, but the inside story from Carter’s point of view made it very poignant.

I was so hopeful that there was going to be a positive outcome leading to a dialogue between two human beings on the drive back to Carter’s house, when Carter seems to succeed in engaging the police officer in a conversation. I felt the film left a total lack of hope when the police officer revealed his absolute inability to trust anything from a Black person. Carter’s dog symbolized for me the plight of innocent victims caught up in the loop of brutality.

Newcomer Profile **Welcome, Peg Herbert!**

I joined CFUW-Ottawa in November 2023. My mother had been a member decades ago, and a friend suggested I look into joining after my retirement in the spring of 2023. A meniscus tear has prohibited me from joining the “active” groups, which I will do when it heals, but I have joined the lunch and dinner groups, as well as a book club in my area.



I grew up in London, Ontario, did my BA at Queen’s and lived in Alberta where my three sons were born before moving to Ottawa in 1983. I live on the Rideau River downtown and love the exposure to nature and the walking opportunities.

I am an educational psychologist by profession. I taught graduate courses at the University of Ottawa for 10 years and had a part-time therapy practice for 25 years. The last 20 years have been spent founding an NGO (Help Lesotho and Pearls4Girls) and developing the staff, content, and 22 programs to build resilience and leadership among vulnerable populations in the tiny mountain kingdom of Lesotho. I am exploring how I can best volunteer my experience and training to help vulnerable people in Ottawa.

I am excited about this new chapter in my life, as well as enjoying opportunities to spend more time with friends and my six grandchildren here and at my cottage in the Gatineau. I look forward to travelling and to making new friends. I had suggested the CFUW-Ottawa database be segregated by postal code to meet more women in my neighbourhood. I have hosted one coffee party and will do so again. It was lovely to learn more about my neighbours.

Correction

The movie review in last month’s newsletter was submitted by Mary Patton. Her name erroneously appeared as Jean Patton. Apologies to Mary for the error.

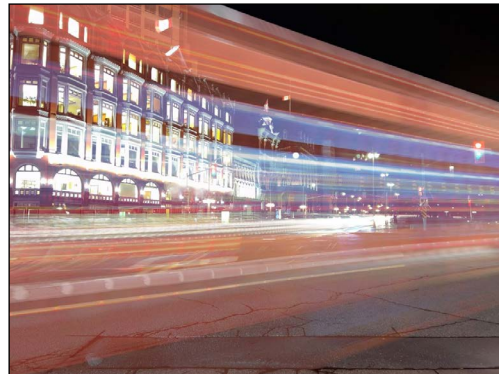
Editor

Ottawa Through a Lens

More photos from our talented members of the Hocus Phocus Groups.



Ancient Glory by Zivana Pavic



Downtown Streaks by Caroline Somers



Streaking in Front of the NAC by Rehana Rouf



CFUW-Ottawa Reaches a Milestone!

On March 4, Carol Hinde, our Membership Administrator, made the big announcement. "We've reached 501 members – two new ones joined today!"

Our thanks go to Louise Delorme who became our 500th member ... and Beatrice Keleher-Raffoul, who was our 501st! Both are new members to the club – welcome!

And our thanks also go to the other 499 members who make this club the great organization that it is!

*Karen Shigeishi-Waite
Convenor, Membership
Committee*

In Memoriam – Elvira Matthews

Elvira Matthews passed away on February 14, 2024, at the age of 89.

As a CFUW-Ottawa club member who joined the club some 10 years ago, Elvira often participated in Diplomatic Hospitality events and regularly attended the meetings of its German conversation group. Everyone in the group who knew her, club members and diplomats alike, was fond of her.

Her friend Ursula Mount says,



"we always enjoyed her warm and wise contributions. She was an excellent hostess, spoiling us with delectable savouries and sweets whenever she welcomed our group to her much-treasured house. The transition to a Seniors' home and dealing with COVID made it difficult for her to participate in discussions over Zoom. We will remember her as a gentle, wonderful friend with a kind and cheerful smile."

Born in Germany, Elvira lived through the Second World War and Germany's post-war deprivations during her adolescence. After moving to Canada in her teens she began to forget her original language, using it only occasionally.

Elvira was a gifted seamstress and for many years managed a successful fabric store. A member of the Ottawa Horticultural Society, she loved flowers.

Alison Hobbs

DHG Update

The Diplomatic Hospitality Group (DHG) had a very productive and exciting month, with two major outings, interest group meetings, a membership boost, and even a little snowshoeing!

On February 15, DHG members enjoyed a fascinating private visit to the Art Bank of the Canada Council for the Arts. Established in 1972, it holds the world's largest collection of Canadian art - paintings, sculptures, drawings, photographs and prints by emerging and established artists, including a significant number of Indigenous artworks.

Attendees saw the artworks on display, as well as their restoration, curation, care, and storage, and learned so much from the knowledgeable curators who welcomed DHG to this incredibly large and impressive private facility.

At our Art Bank event, I indicated that February 15 is Flag Day in Canada, the day in 1965 when the Maple Leaf



was raised on Parliament Hill for the first time, and gave a brief overview of the history of the flag. To commemorate this Flag Day together, all Canadian and diplomat attendees received a flag pin to wear!

On February 27, DHG members had a special Backstage Tour of the National Arts Centre (NAC), Canada's home for the performing arts. We began our visit in Southam Hall and enjoyed fascinating commentary and historical insights from our host, the NAC's House Manager. A terrific event with rave reviews!

Our Snowshoeing Group witnessed the effects of the changing climate this year, with only one snowshoeing outing all winter! Our intrepid Snowshoeing Convenor, Kevser Taymaz, tried very hard to find suitable venues with enough snow and safe trails. Kevser did succeed, and a small but mighty group enjoyed their rare wintery morning near the Rideau Sports Centre.

For the first time since the 2020 pandemic lockdown and restrictions, DHG's Canadian membership has surpassed 90 members! I am particularly delighted that of this impressive total, over 25% are new members.

Lisa Haley



*An Afternoon with
Sally Armstrong*

**Saturday, April 27, 2024,
2:00 p.m. start**

Maranatha Church, Belleville, Ontario
Presented by the Canadian Federation of
University Women (CFUW) - Belleville.

Tickets -
\$25 Adult
\$20 Livestream
\$15 Student

Go to: shorturl.at/bg037 (Eventbrite site)
Or visit-call Books & Co., Picton 613-476-3037



SALLY ARMSTRONG is an award-winning author, journalist, and human rights activist with decades of experience being on the ground working with women in zones of conflict. She has also witnessed the power of women to achieve change.

Join Sally as she shares stories from her travels including the shocking details from *Outspoken: My Fight for Freedom and Human Rights in Afghanistan* by Sima Samar, with Sally Armstrong. This is the memoir of Dr. Samar - public official, founder of schools and hospitals, and Nobel Peace Prize nominee. She defied the Taliban at every turn and has the inside story on why the Afghan government collapsed.

Sally Armstrong is the author of four bestselling books: *Ascent of Women*, *The Nine Lives of Charlotte Taylor*, *Veiled Threat*, and *Bitter Roots*. Tender Shoots. Armstrong was the first journalist to bring the story of the women of Afghanistan to the world. She has also covered stories in conflict zones in Bosnia, Somalia, Rwanda, Iraq and more. She is a four-time winner of the Amnesty International Canada media award, the recipient of eleven honorary doctorate degrees, and an Officer of the Order of Canada.

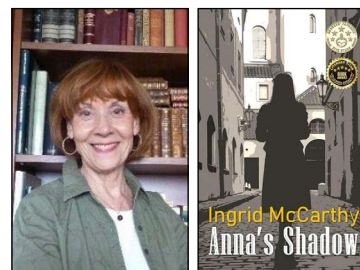
Proceeds to University Women Helping Afghan Women (UWHAW) to help provide the tools for online education to women in Afghanistan.

Sponsored by




Did You Know...?

Brand-new member Ingrid McCarthy has written a book, which won the Literary Titan Book Award! Ingrid has a rich background in theatre and community service. After a 33-year



career in theatre, Ingrid now dedicates her time to writing dramatic novels and novellas for adults and children. Recognized as a Woman of Distinction by the City of Ottawa and a recipient of the 30-year medal from the Ontario Volunteer Service Awards, McCarthy is renowned for her fundraising work and efforts to promote reading and writing among young students. Congratulations, Ingrid, and welcome to CFUW-Ottawa!

STF Awards Night

On March 4 the Scholarship Trust Fund held an in-person Awards Evening, our annual event to congratulate current winners of the Scholarship Trust Fund awards: students from the University of Ottawa, Carleton University, and Algonquin College.



Catherine Smith

opened the event, welcoming the students, their families, donors, and members. She noted that CFUW-Ottawa's achievement in providing scholarship awards was recognized by the Association of Fundraising Professionals as its 2023 Outstanding Philanthropic Group. Pat Duffey, as Chair of the Scholarship Trust Committee, led the celebration, with the help of Elaine McKnight, Awards Evening Chair, Erin Pickering, Development Officer, Department of University Advancement at Carleton University, and Mistalyn Seguin, Director of Philanthropy, from Algonquin College.

Our in-person Scholarship Awards evenings have always included short performances by some of the music-award recipients. This year, attendees enjoyed pre-ceremony piano music by Bridget Olver, Recipient of the Helen Nininger Scholarship in Fine Arts at the University of Ottawa, and by Sinead Almeida, Recipient of the Earl B. Connell Foundation Scholarship at Carleton University.

Also honoured were women working towards undergraduate degrees or further qualifications in disciplines as

varied as Feminism and Gender Studies, Biomedical Mechanical Engineering, and Architectural Conservation and Sustainability, and a PhD candidate in

Political Science. This event was the first time the UHHAW Afghan Legacy Bursary was awarded, and we were so pleased that the recipient was able to attend the event.

Thanks to many volunteers who provided and served the refresh-

Elaine McKnight

Traveller's Corner Where Have You Been, Caroline Somers?

My sister and I headed to Chile/Patagonia in January to go kayaking. We had a few days in Santiago to enjoy the city and wineries. From there we flew south to meet up with our boat for the nine-day kayaking trip leaving from Puerto Aysen. For the next nine days our small group kayaked,

hiked, visited a ranch, had wonderful fresh-caught seafood, and saw amazing scenery from our small boat and kayaks. We didn't see many people and had most places to ourselves. Seeing the landscape from a kayak is so peaceful and beautiful.



Sunday Brunch

The CFUW-Ottawa Brunch group meets on the first Sunday of the month. We have a membership of 32. About half – 12 to 15 people – have been participating on a regular basis. It is a lively group enjoying a meal together, having lots of fun, and many

good laughs.

In January we tried out the Cooper Restaurant on Cartier Street, Working Title Kitchen on Laurier Ave. E in February, and the relatively new Browns Crafthouse on Bank Street in March. Each restaurant was

very accommodating, and we all enjoyed the specialties of the house.

Unfortunately, it is getting increasingly difficult to find venues that will reserve for a group of more than six people or without a deposit.

Ursula Mount



REMINDER TO REGISTER

Musical Lunch & Silent Auction
Thursday, April 18th, 2024 at 11:00 am

The Royal Ottawa Golf Club
1405 Aylmer Rd. in Gatineau, Quebec

Your ticket includes:

Elegant Lunch – Musical Performance

Silent Auction – Trivia Game



Tickets to the Lunch - \$75.00

(includes tax and service charge)

An official tax receipt will be issued for the donation portion of your ticket.

Click [here](#) to register on-line:
or by contacting Christine Rollo at rollo.cfuw@gmail.com

Registration closes on April 2nd or when sold out!

Madrigals Spring Concert

10:00 am, Wednesday April 24
St. Timothy's Church
2400 Alta Vista Drive

You are invited to come and enjoy a selection of inspiring songs at our season end Spring Concert.

There is no charge.

The choir will be masked; guests can wear a mask or spread out in the sanctuary.

For more information contact the MadriGals co-convenors:
Kringen Henein,
kringen.henein@icloud.com

Rosemary Carter,
rbbc@bell.net

University Women Helping Afghan Women Speaker Series

Every month University Women Helping Afghan Women (UWHAW) hosts interesting and informative speakers. On Thursday March 7, 2024, we were pleased to welcome Dr. Lauryn Oates, Executive Director of Canadian Women for Women in Afghanistan (CW4WAfghan). She spoke about “Opportunity in Crisis: Alternatives for Women’s Education in Afghanistan.”

In 2023 UWHAW partnered with CW4WAfghan to help fund the online education of young women in Afghanistan through their Remote Communications Assistance (RCA) Program. Lauryn provided us with some context for the situation for women and girls in Afghanistan, the opportunities that still exist to support them in their education, some constraints and risks, and what programs CW4WAfghan has in place. Lauryn made it clear that CW4WAfghan is in for the long haul and will not abandon the women and girls in Afghanistan. Click [here](#) to watch Lauryn’s International Women’s Day

message.

On Thursday April 4, at 1:00 pm, we look forward to hearing from Dr. Sima Samar. Dr. Samar is an Afghan physician, human rights activist, and former Chairperson of the Afghan Independent Human Rights Commission. She also founded Gawharshad University in Kabul, where UWHAW has supported over 100 young women with scholarships. Some of those students are now being

assisted through CW4WAfghan’s RCA Program. Her memoir, *Outspoken: My Fight for Freedom and Human Rights in Afghanistan*, written with Sally Armstrong, has just been released. She was the inspiration behind the founding of UWHAW and she continues to inspire us. If you are interested in joining us on ZOOM, please contact universitywomenhelpingafghanwomen@cfuw-ottawa.org.

Barb Newbegin

Have You Read....? Book Review from Historical Fiction

Black Butterflies, Priscilla Morris

This story takes place in Sarajevo in the spring of 1992, when Bosnian Serb Nationalists laid siege to the city in order to remove Bosnian Muslims as an act of “ethnic cleansing.”

The black butterflies of the title represent the senseless destruction of war as Zora, Professor of Art at the Academy of Fine Arts, and an artist, watches them fall from the sky, remnants of books held in the city’s library where she had a studio. It is the ultimate symbol of the senseless destruction wrought by ethnic hatreds and war.

Having sent her husband and mother to the safety of her daughter’s home in England, she stays because she loves her city and feels it would be disloyal to abandon a home that has long been the subject of her art.

Zora does not understand the ethnic tensions, remarking that previously everyone had lived in peace. She hopes for peaceful resolution until it

becomes too late to leave, as things spiral out of control with the shelling and destruction of the city. She soon finds herself in an increasingly perilous position, as one by one, the food, water, heating, and electricity become increasingly scarce and turn a once contented life into a matter of barest survival.

Though a brutal statement on the impact of war and of ethnic divisions, the novel is a gripping and unsentimental portrait of human bravery and survival, as Zora forms a close-knit community with her friends and neighbours. Eventually she is rescued, but there is sadness even in this, as she leaves behind both the new family she created and the destruction of much that made life and art meaningful.

The English author Priscilla Morris was inspired to write the novel by a Bosnian great-uncle who was a landscape painter. The book has won several awards.



Mücveri (Turkish Zucchini Fritters)

from Mike Murdoch's cooking class

Thanks to Karen Shigeishi-Waite for this recipe. She writes, “this plant-based recipe has been a hit with everyone I’ve served it to – carnivores and vegans alike!”

Serves 4-6

What you'll need...

- 2-4 zucchini, shredded (about 2½ cups/600 mL)
- 1 tsp (5 ml) sea salt
- 2 eggs, lightly beaten *see notes below
- 1 small onion, thinly sliced
- ½ cup all-purpose gluten-free flour blend OR regular flour
- ⅓ cup (80 ml) crumbled plant-based or regular feta cheese
- ¼ cup (60 ml) chopped fresh dill (or 1-2 tbsp/15-30 mL dried)
- 1 tbsp (15 ml) ground coriander seed
- ½ tsp (2.5 ml) ground black pepper
- sea salt, to taste
- extra virgin olive oil, for frying

Notes...

- If gluten isn't a concern, regular all-purpose flour can be used.
- For a fully vegan option, use chia or flax “egg.” Combine 2 tbsp/30 ml whole chia seeds or ground flax seed with ⅓ cup/80 ml water and let sit for 5 minutes before using in place of the two eggs.

What to do...

1. Mix together shredded zucchini and sea salt in a mesh strainer or colander. Set over a bowl and leave to drain for 10-15 minutes.
2. Transfer zucchini to a clean, lint-free kitchen towel or some paper towel; squeeze out as much water as possible. Make a ball out of the shredded zucchini, put it in the middle of the towel and wrap the towel around it, and then squeeze the towel and water will come out.
3. In a bowl, mix together shredded zucchini, eggs, onion, feta, dill, ground coriander, and pepper using a fork. Feta usually provides enough salt, but season with more to suit your taste. Add flour at the end and then don't overmix so that the fritters don't become tough.
4. Heat a large frying pan over medium. Add enough oil to cover the entire bottom with ½ cm/¼-inch.
5. Scoop 3 tbsp/45 mL batter per fritter; be careful not to crowd the pan. Fry until golden brown on both sides, around 5-7 minutes, flipping half-way through. Transfer to a plate covered with paper towel to drain any excess oil. Repeat with remaining batter.
6. Serve hot or at room temperature



MARK YOUR CALENDARS!

March 19 at 3:00 pm – 5:30 pm – Screening of *Suffragette* at the Mayfair Theatre to celebrate International Women's Day

April 4 at 1:00 pm – via Zoom – UWHAW Speaker Dr. Sima Samar, founder of Gawharshad University in Kabul

April 8 at 7:00 pm – via Zoom – Speaker Series and Monthly Meeting. Dan Kraus, of the Wildlife Conservation Society, will speak on “Stopping the Sixth Extinction Needs to Start at Home: A Canadian Perspective on Global Wildlife Loss and Recovery”

April 15 at 1:30 – via Zoom – Environment Action Speaker Mary Nash on Green Burials.

April 18 at 11:00 am – 2:00 pm – Musical Lunch and Silent Auction – Royal Ottawa Golf Club, 1405 Aylmer Rd., Gatineau, Quebec

April 24 at 10:00 am – MadriGals Spring Concert – St. Timothy's Church, 2400 Alta Vista Drive

April 27 at 2:00 pm – in person – An Afternoon with Sally Armstrong. Marantha Church, 100 College St. W, Belleville, Ontario

