



Canadian Federation of University Women – Ottawa

Capital Carillon

January General Meeting

DATE: Monday, January 11, 2021
 TIME: 7 p.m.
 PLACE: By Zoom
 SPEAKER: Mary Reid
 TOPIC: Container Gardening



Mary Reid. Photo by Steve Reid

Mary Reid owns the Green Thumb Garden Centre where she has over twenty years of business and retail experience. She grew up in a family of gardeners, worked as a gardener during her summers at university, has been a teacher and banker and tries to find time for gardening at home. Mary is a member of Landscape Ontario, a Certified Landscape Professional and a Master Gardener. She enjoys teaching at local schools and speaking to garden clubs, horticultural societies and other groups.



PRESIDENT'S MESSAGE

ELIZABETH WILFERT

As I write this President's message for December, I look back on the year so far. Back in January, when we heard of a severe flu-like virus in China likely coming our way, you probably thought, as I did, 'Oh well, we'll just need to be more careful, and thank goodness we got the flu shot!' Even in March, when it finally came in full force, little did we know that that we would still be suffering from its effects so many months later and that much more than a regular flu shot would be needed.

I feel very sorry for the hardships so many people have had to endure because of COVID-19. It makes me sad indeed to hear of illness or death, the loss of jobs and income and of those cherished visits with family and friends.

On the other hand, many of us still count our blessings. Within our Club, we have been thinking 'outside the box', attracting speakers we would normally never have the chance to listen to. Many of us have joined additional groups, because when meetings are held online, transportation to and from no longer takes up time.

On November 6th, led by Hally Siddons, UWHAW and GWI Netherlands held a very successful joint Zoom meeting on the topic

of *Afghan Peace Negotiations: Their Perilous Significance for Women in Afghanistan*.

Both GWI and CFUW-National are offering more webinars than ever. Why not take advantage of this?

Our Club is continuing its 'Tell A Friend, Bring A Friend' campaign. Before having to decide to become a member, your friend is welcome to join you at any online CFUW-Ottawa meeting through December and January. I myself was once an invited friend. For years, Sheryl Pacey and I

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President's Message – continued

kept crossing paths at several different Ottawa events, but didn't know each other. When we finally introduced ourselves, Sheryl asked me if I would like to join CFUW-Ottawa Club and briefly described it. I did join and got two bonus benefits ... Sheryl and I are now good friends and I found an organization where I can both learn and give back. An extra bonus is the opportunity to meet so many like-minded women, who I know will be among my life-long friends. Thanks, Sheryl, for this opportunity.

As you look forward to celebrating both religious and secular days of happiness and counting our blessings, during the festive season, consider giving back; the good news is that you are now entitled to a tax receipt, whichever route you choose. Having saved money on gas, clothing, entertainment and restaurant meals, this year, consider donating to our Ottawa Club's Scholarship Program or supporting a needy Afghan woman to go to Gawharshad University in Kabul. The process is easier than ever. UWHAW has teamed with the King Baudouin Foundation Canada, a

highly recognized philanthropic organization, named after the former King of Belgium, who will immediately send a CRA-recognized tax receipt by email for the full amount of your donation; see page 8 of this newsletter and click on <https://www.kbfcanda.ca/en/projects/the-friends-of-university-women-helping-afghan-women/>

In closing, I want to wish everyone a very happy and healthy holiday season. Take care and stay safe!

I look forward to seeing you at one of our groups' meetings or at our Speaker Series public Zoom meeting at 7p.m. on January 11th*, to hear Mary Reid, Master Gardener of the Green Thumb Garden Centre, talk about container gardening. *Please note that, due to the Quebec holiday, this is the 2nd Monday of January.



CFUW-Ottawa Directory

The printed directory will be published by the end of November and mailed to each of the members who previously paid for it at the beginning of December.

MARK YOUR CALENDARS!

Events in 2020

December 7, 7 p.m. by ZOOM – Online Holiday Party

Events in 2021

January 11, 7 p.m. by ZOOM – General Meeting with guest speaker Mary Reid: *Container gardening*

February 1, 7 p.m. by ZOOM – General Meeting with guest speaker Alexandra Gheciu: *The rise of right-wing populism in Europe*

March 1, 7 p.m. – Presentation of Scholarship Awards

April 12, 7 p.m. – General Meeting with guest speaker (TBD): *Policing in Ottawa*

April 22 – Musical Lunch in aid of scholarships for young women in Ottawa and Afghanistan

June 10 – Dinner for Hope in aid of scholarships for young women in Afghanistan

June 25 and 26, online – CFUW-National AGM

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



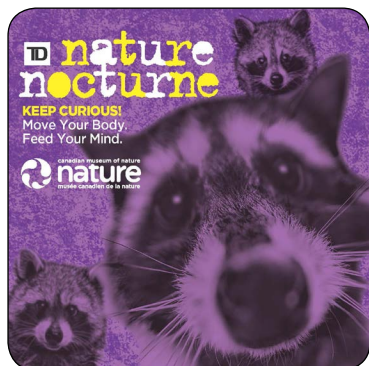
The **Capital Carillon** is published monthly from October to May, except for January. Suggestions and comments are always welcome. Please send all material for the next issue to Alison Hobbs, newsletter@cfuw-ottawa.org. Next issue, February 2021; deadline for submissions, January 15. Previous issues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

A Museum for the 21st Century

By Elaine McKnight

The presentation given at CFUW-Ottawa's General Meeting on November 2 by Margaret Beckel, President and CEO of the Museum of Nature, taught us that a major goal of that Museum is to engage Canadians with Nature's past, present and future. Einstein said, "Look deeper into Nature and you will understand everything better". The Museum's goal is to inspire us to take actions that will sustain the natural world, and through its programs the Museum attempts to trigger the passion that leads to creativity and innovation. Ms Beckel gave examples of innovative ways in which the Museum engages people with the world of nature. One such program is *Nature Nocturne* which was developed by, for and with millennials, who are invited to "explore galleries after hours, engage [their] curiosity with amazing themed activities, and enjoy three dance floors".

Limited by the advent of Covid-19, the Museum looked at what must, should and could be done. Since knowledge is more important than ever, as is the need for evidence, knowledge and inspiration, bringing their collection to life digitally was of paramount importance. Video storyboards are an example of using multimedia technology to stay connected with the public.



During Ms Beckel's presentation, we saw a short video about the Research and Collections wing in Gatineau, housing 14.6 million natural history specimens in a climate-controlled facility, where 22 full-time research scientists engage with 250 organizations throughout the world. New approaches are being piloted in research, bringing young professors to the Museum to interact with the scientists. The Museum's Centres of Excellence showcase new science on topics such as biodiversity, species at risk, natural capital, and nature-deficit disorder. We watched a video on Arctic research; data obtained from the collection of Arctic plants over time reveals the impact of climate change. There is an active fieldwork program, but Covid has stopped this for the time being.

Ms Beckel concluded by reiterating the Museum's vision for the future, its mission being a sustainable

natural future. To save the natural world for the future requires evidence (a collection of specimens that form the record of nature over time), knowledge (the understanding derived from the study of the evidence) and the sharing of that knowledge with decision makers, so that they are better informed.

In response to questions, Ms Beckel noted that: a) Inuit and First Nations guidance is often solicited, for the Canada Goose Arctic Gallery, for example; b) to keep up morale, the Museum reminds staff that what they do is important; c) we all share the responsibility for a sustainable future; d) the Museum of Nature collaborates with museums of other northern countries within the Arctic Council, participating in the Arctic Science Summit; e) about 150 volunteers are involved in public engagement and species documentation and cataloguing; f) admission fees constitute about 15% of the operating budget. There are usually ~480,000 visitors a year, and ~100,000 of those are admitted free of charge.





DO YOU KNOW WHO WE ARE?

By Barbara Newbegin

Graduate Women International (GWI), formerly called the International Federation of University Women (IFUW), established the IFUW Emergency Fund in 1936 to help university women who had been deprived of the right to work, and, in many cases, of the right to live in their native countries. In 1968 the Fund was renamed the Hegg Hoffet Fund (HHF) in honour of the many years of service of long time Fund convenor, Mme Hegg Hoffet of Switzerland.

Currently, the Hegg Hoffet Fund (HHF) assists graduate women who have been displaced as a result of war, political upheaval or other serious emergencies by providing short-term grants for refresher courses for re-entry into the candidates' professional field (or, if that is not possible, for training courses leading to some other employment) and for language

training and other courses to assist with integration into their new countries.

Funding is through donations from GWI National Federations and Associations (CFUW is an NFA), collections at regional meetings, private donations and, at each triennium, from sales at the Hegg Hoffet Shop.

An example of an HHF award winner is an Afghan doctor in Canada who was not allowed to practise medicine here. Through the Fund, she received a tuition grant for courses in ultrasound technology; she also took courses in nursing. Now she works part-time and studies, while caring for her three children. Her husband, also a doctor, is studying for Canadian medical examinations, so she has to help support the family.

For more information and stories of HHF beneficiaries, follow [this link](#) to the GWI website.

CFUW-Ottawa Making Spirits Bright



Save the Date

Even though COVID-19 has changed our way of celebrating the Holidays, CFUW-Ottawa welcomes you and your friends to a festive celebration on **December 7th at 7 pm**, on Zoom.

Gift Basket Silent Auction

Entertainment — Music, MadriGals, Holiday Stories & More

More information will follow closer to the date

Singing Online

It's a complicated technique but the MadriGals are managing to sing together. We have to know when to mute ourselves to sing on our own while listening. We are also using break out rooms to practise individual parts: sopranos, second sopranos and altos. We're learning

new music and welcoming new members. We are even creating some recordings of our efforts. Most importantly we are all having fun and using our bodies and voices to help stay healthy.

The MadriGals meet weekly on Wednesday mornings.



Elizabeth Dickson conducts on Zoom.

The History Study Group

By Aline Barrette, Marlene Hewitt, Dawn Smith and Liza Zaslavsky

The History Study Group is a long-standing CFUW-Ottawa interest group attracting members keen to explore aspects of world history. Each year the Group develops a programme inspired by a specific period or theme (e.g. the Middle Ages, Migrations, the Ottoman Empire). Members may volunteer to give a presentation on a topic related to the overall programme, either from a suggested list or of their own choice. Presentations of about 30 minutes are followed by a lively discussion, often enriched by personal experiences or family connections.

When Ivana Caccia became Convenor in 2012, she breathed new life into the group by convincing its members to use PowerPoint. Thanks to Ivana's expertise and inspiration, the presentations became notably more animated and appealing, accompanied by visual props such as images, videos and maps. While often challenging — especially at first — it was also very satisfying. That set a standard for the Group that we are determined to maintain, even during the present circumstances.

When Ivana retired as Convenor in 2019 after seven years of hard work and much patience, she was succeeded by four Co-Convenors, "the Gang of Four" (Aline Barrette, Marlene Hewitt, Dawn Smith and Liza Zaslavsky).

Although the 2019-20 programme was unfortunately curtailed by the COVID-19 pandemic, we successfully launched the 2020-21 season by resuming our monthly meetings on ZOOM, thanks to the kind assistance of Barbara Newbegin and other technical experts. For our



topic, we chose *Historical Islands of the World*, which we felt would appeal at a time when we are unable to travel; many people have visited or lived on an island during their lifetime. Islands often have fascinating histories and can be a microcosm of larger events. This was clear from the first two presentations in November, featuring South Korea's Jeju Island and Taiwan (formerly Formosa). Both islands have a long history of invasion and exploitation either by neighbouring countries or by colonizing, European nations.

In December we look forward to hearing about the histories of Iceland and Sicily — a contrast, indeed.

Two speakers are scheduled each month from November until April 2021 and at present only a few empty slots remain. Even if we are unable to leave our living rooms, it promises to be a fascinating year of virtual travel.

We have a current membership of 24, including four new members. One returning member now lives in Victoria, BC, but is able to join us on ZOOM. We are encouraging members to invite their friends to sample our meetings, in line with the CFUW Board's decision to offer this option until the end of January 2021.

Meetings are held on the 1st Thursday of the month from 1 to 3 pm. We are always delighted to welcome new members.

Convenors of the Month: The Gang of Four

Aline Barrette is a long-time member of the History Studies Group. During her early years of retirement from the Federal Public Service, she has completed a B.A. in history. She is also a member of the Historical Fiction book club, who enjoys music, arts and travelling.

Marlene Hewitt joined CFUW after a career as an Elementary School library teacher. She has enjoyed participating in many groups, such as skiing, hiking, MadriGals and Literature, as well as History. In 1999/2000 she served as President of CFUW-Ottawa.

Dawn Smith joined the CFUW in 2004 after a long career teaching Spanish and Cultural Studies at Trent University. As well as being in the History Group she has been active in the Music Appreciation group. She served for nine years as a Trustee of the Scholarship Fund and was also on the CFUW Board. She enjoys gardening, travel, music and all things Spanish.

Liza Zaslavsky received her B.A. from the University of Toronto, worked for the Federal Government and taught French. She joined the CFUW History Group in 1987. She is also a member of the Book Club, Art Gallery, and Movie and Theatre groups. She enjoys travel and learning about other cultures and traditions.

Diplomatic Hospitality Walks

The Diplomatic Hospitality Group held two more outdoor events for its members and guests. On October 30th, to get into the spirit of Halloween, they took part in the Haunted Walk of Ottawa, with “spook-tacular” tours given in both English and French. Participants discovered that the Bytown Museum,

the Château Laurier and an Ottawa high school are all haunted! On November 13th, to commemorate the 75th anniversary of the end of World War II, the group had a private, guided tour, again in two languages, of the National Military Cemetery at Beechwood. They visited the Commonwealth War Grave

sections, including the National Military Cemetery of the Canadian Forces, also seeing the memorial to Canadian Diplomats and members of the Foreign Service. On both occasions, warm beverages and snacks were provided at the end of the walk.

Photos by Karen Martin, Lisa Haley and Kevin Shanahan.



Danielle, Shirley, Susama and Ursula, at the Cemetery



Donations to Elizabeth Fry Society

For many years, our members have been collecting and donating household items and personal care products for the women/clients of the Elizabeth Fry Society of

Ottawa. Unfortunately, they are unable to receive our donations this year because of the Covid pandemic. We hope to resume our usual donations next year.

Who benefits from the CFUW-Ottawa Scholarship Trust Fund?



“Because of the Carleton scholarship I received my first year, I was able to focus more on my health science studies and reduce the number of hours I work per week. I have also been able to fully immerse myself in the Raven community by volunteering with the Student Experience Office, the Health Science Society, and much more. Thank you so much for your investment in students like myself and in our education, as our educational pursuits would be much more challenging without your generous support!”

MADISON ADAMS
2nd Year Student,
Health Sciences

CFUW-Ottawa has been encouraging and supporting students seeking higher education since 1983. The Trust Fund offers scholarships, awards and bursaries for post-secondary advancement. Because we are unable to

hold the usual fundraising events this year, the fund would benefit from any donation you are able to make.

Make out your cheque to CFUW-Ottawa Scholarship Trust Fund and mail it to: STF Treasurer, P.O. Box 8392

Station T, Ottawa, ON K1G 3H8. If you prefer to donate by credit card on-line, search for “Canadian Federation of University Women/Ottawa” on the Canada Helps website, www.canada-helps.org, or click [here](#).

Environment Action Update

By Alison Hobbs

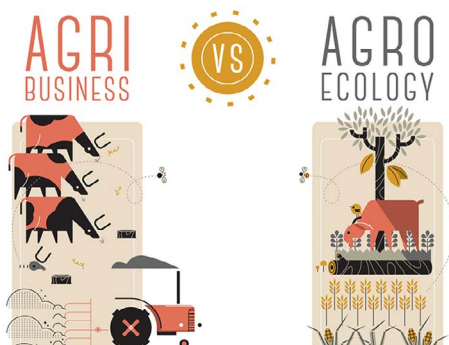
CFUW-Ottawa’s Environment Action group meets once a month on a Monday afternoon. In October, with some guests participating, Emma Woolliams, joining us from the UK, described how “Essential Climate Variables” on earth are monitored by means of satellite observations. Scientists make predictive models from these composite measurements which can be of value to decision makers as “powerful motivators for change”.

Pollution of our river water needs to be kept under close observation too. The November meeting brought us nearer to home when Elizabeth Logue told the group about the Ottawa Riverkeeper’s water-monitoring projects that rely on collaboration with local communities, including Indigenous communities in our region.



The next guest-speaker meeting of the Environment Action group is at 1:30 p.m. on January 11th, 2021, when Dr Marco Bertaglia will talk to us from Italy about the benefits of Agroecology. Dr Bertaglia is a Scientific Officer of the EU Commission (currently on sabbatical leave), researching and advocating for ecological agriculture and sustainable lifestyles.

Please send an email to environment@cfuw-ottawa.org if you are interested in attending this meeting as a guest, or if you would like to become a member of the group.



BREAKING NEWS



Just in time for Christmas and the end of the tax year!

Via the **Friends of University Women Helping Afghan Women**, charitable tax receipts can now be issued for donations to provide scholarships for bright, disadvantaged young women who have been accepted to attend Gawharshad University in Kabul, Afghanistan, but cannot afford tuition.

Through a partnership with an international philanthropic organization, donations can now be accepted by **KBFCANADA** using credit cards, cheques or direct deposit and all donations are eligible for a tax receipt in Canada.

The **Friends of University Women Helping Afghan Women** webpage is at

<https://www.kbfcanda.ca/en/projects/the-friends-of-university-women-helping-afghan-women>

Afghanistan has continued to suffer from terrorist attacks, a dramatic increase in poverty, and unchecked Covid-19. Despite this, Gawharshad has re-opened and new students are being welcomed. Scholarships for young women are needed more than ever.



If you can't go Christmas shopping, or if you usually make charitable donations at Christmas, a contribution to support a young woman's education might be the perfect gift in 2020.

Your help will keep a scholarship winner for her entire university life. Imagine the hope and motivation this will inspire! These girls have overcome so much to make it to university, and they can go so much further with just a little help from us.



GIVE THE GIFT OF AN EDUCATION

