



Canadian Federation of University Women – Ottawa

# Capital Carillon

## January General Meeting

DATE: Monday, January 10, 2022  
 TIME: 7 p.m.  
 PLACE: By Zoom  
 SPEAKER: Tina Liu  
 TOPIC: Landscape Design in the Capital



Tina is a landscape architect and Design Manager – Capital Floral Program at the National Capital Commission. She

leads the design of year-round floral display in the nation's capital, including the Canadian Tulip Festival in the spring and annual and perennial displays over the rest of the year. The floral program plays an important role in showcasing national pride and Canadian values to fellow Canadians as well as international visitors to Ottawa. Tina has been exploring innovative design techniques to enhance pollinator and wildlife habitats while adapting to our constantly changing climate patterns. She is also responsible for the Christmas Lights Across Canada program, which promotes winter usage of open spaces in the city.



## PRESIDENT'S MESSAGE

ELIZABETH WILFERT

*"Nothing is impossible to a determined woman." Louisa May Alcott, novelist, short story writer, poet, abolitionist, and feminist (1832 – 1888)*

As a child, I remember waiting with anticipation as to what Santa would bring me each year. My parents, loving the tradition, continued the practice of filling our stockings, right up to and probably a little after, we left home. I do remember one year receiving a beautifully leather-bound book in a heavy cardboard green slip box to store the book. It was Louisa May Alcott's *Little Women*. I loved it and still have it!

As you read this, the holiday season has begun, and, regardless of your religious beliefs, it is a season of cheer and good will to all. Whatever you may celebrate – or not – we wish you a Happy Kwanzaa, Happy Hanukkah, Merry Christmas, and much joy to all of you this festive time of year.



A photo that captures the beauty of the Indian Summer walk enjoyed by Gatineau Trails members earlier this month

Thinking back on Ms. Alcott's quote, I am reminded of all the CFUW women, past and present. Through their tenacity, look at what all has been achieved, and just think of what will come next.

CFUW is a non-partisan, voluntary, self-funded organization with over 95 clubs, which are members of the federation, located in every

(see **President's Message** on next page)

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**President's Message** – continued

province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, to promote human rights, public education, social justice, and peace, and it is a force to be reckoned with at the United Nations and our own Federal Parliament. As Helen Keller once said, "Alone we can do so little; together we can do so much." With well over 7500 voices represented and over 100 years of experience, CFUW is not a small fish in a big pond that can be overlooked and missed.

CFUW's vision is of a strong national organization working to ensure that all girls and women have equal opportunities and equal access to high-quality education within a peaceful and secure environment where their human rights are respected.

The vision includes a world where poverty is reduced, discrimination eliminated, where there are equal opportunities for leadership, employment, income, education, careers,

and the ability to maximize potential.

CFUW encourages us to use their expertise to bring about change, with particular reference to women's issues such as violence against women, early learning and childcare, education, economic prosperity, and the empowerment of women as leaders and decision makers. CFUW also works on a global level for the adoption and implementation of international agreements that will protect and benefit all women and girls.

Recently, we have advocated for strong governmental policy changes to Pay-Day Loans, Long-Term Care, Climate Emergencies, Appliance Repairs, National Standards for Medically Necessary Care, and Protecting Children from Pornography and Sexual Violence. Your voice becomes even louder when combined with the voices across the country.

It is important to note that CFUW, the federation to which our Ottawa Club pays dues, is a member of Graduate Women International (GWI). GWI advocates for women's rights, equality, and empowerment through access to high-quality secondary and tertiary education and training up to the highest levels. It has national affiliates in over 60 countries and individual members in more than 40 other countries.

Aren't you proud to be a part of such a powerful voice and organization?

We are indeed blessed in the Ottawa area to have so many members of our club with such diverse interests, and with the numbers we

can offer 50 interest groups. One such group, University Women Helping Afghan Women (UWHAW), has raised \$180,000 since 2010 and given scholarships to young, disadvantaged Afghan women to go to Gawharshad University in Kabul. As of this summer, 42 women have graduated and 64 were en route, including three post-graduate students in women's defence law. Sadly, the program is now on hold, and UWHAW continues to search out other ways to help Afghan women.

Last year, our Ottawa Club awarded \$86,000 to 39 students at Ottawa U, Carleton, and Algonquin College through the Scholarship Trust Fund (STF). This year we will add the Lynne Bond award. Lynne was committed to supporting young women pursuing higher education and would be particularly pleased to know her bursary will go to a student with a disability and demonstrating financial need.

As this is the season of giving and tax season is around the corner, perhaps you might be interested in giving a donation to our STF or to the Lynne Bond Bursary Scholarship. (Please earmark if giving for Lynne.) For more information and how to donate: [CFUW-Ottawa – Scholarship Trust Fund](#)

We look forward to seeing you Monday, December 6th, at 7pm for our virtual Holiday Party, and again in March when we hope that our awards ceremony will be in person. The Carleton Dominion-Chalmers Centre is booked!

All the best of the season to you and yours.

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](mailto:newsletter@cfuw-ottawa.org).

Next issue: February 2022; deadline for submissions: January 15

Previous issues are archived on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## Travellers' Corner

### Karen – where have you been?

Karen Shigeishi-Waite and her husband enjoyed a wonderful three weeks in Ecuador during October and November. In addition to Quito and other less-urban parts of the country, they visited the Galapagos Islands, a highlight of their trip.



Farming community north of Quito



Macaw



Volcan Cotopaxi (50 km south of Quito)



Marine iguanas by the hundreds on Fernandina Island, Galapagos

#### Have you been somewhere wonderful?

Feel like sharing a few photos? We'd love to hear from you. Please submit two or three sentences about where you've been, accompanied by a maximum of four photos. Perfect for those of us who are (still) armchair travellers.

*Editor*





## Convenor of the Month – Shelley Chambers

Shelley is a newish member of CFUW, having joined in November of last year when she retired. She had heard good things from her sister-in-law about the Gatineau Trails group, the fun and invigorating outdoor activities. Joining the group seemed like a great way to make new friends, so she thought she'd find out for herself.

Shelley particularly loves being physically active, so she's lending a hand to Sue Holloway to help organize the fitness classes and the upcoming cross-country ski lessons.

A keen gardener too, Shelley volunteers at Maplelawn Garden, a historic walled garden adjacent to the Keg Manor Restaurant on Richmond Road. She describes the garden as "spectacular," and it is lovingly cared for by a dedicated group



Shelley at Maplelawn Garden. Photo courtesy of Ted Simpson

of volunteers. When she heard that a gardening group was being formed, she became co-convenor with Karin Keyes Endemann.

We say welcome to this Vancouver native who has happily relocated to

Ottawa, where she enjoys the four seasons. When she's not exercising or gardening, she's cooking, and if there's any time left over, she's tempted by a good jigsaw puzzle, with a floral theme, of course!

## The Couples' Gourmet Dining Group

We have reverted to partial in-person dinners, with others joining our merry company via computer screen at the table, where we can all see one other. While wining and dining together virtually via our Zoom screens throughout the Covid period of restrictions, we adjusted our menus to mostly delicious *pots-au-feu* and perhaps a small salad and a dessert. Far from being a nuisance, this proved to be a blessing in disguise in that it allowed

us to dine together, while including those who prefer not to drive at night or have moved far away. We were able to participate in lively discussions of news and views, story-telling, and laughter over some hearty new dish we had never tried before. It kept our bodies and souls, hearts and minds together ... and us in touch. Without the constraints of Covid we might never have thought of virtual dining for those who cannot attend in person,

and we will very likely continue this convenient "hybrid" practice in the future, when we hope to return to more normal times. Couples can join our monthly Saturday-night dinners virtually or in person (health authorities permitting) anytime by contacting Maria Neil (613) 233-6429 or Kati Lyon-Villiger (613) 523-7818, even if you have lost your partner.

*Kati Lyon-Villiger*



## Into the Melting Ice

Dr. Philip Porter, a British scientist at the University of Hertfordshire, has 30 years' experience of studying why and how glaciers melt. He has been shocked by the recent acceleration of this phenomenon, leading to a rise in sea levels and increased sediment in rivers, lakes, and oceans. Nutrient delivery to nearby ecosystems is also affected by changing levels of salinity in the water. Around the globe, currents and energy systems are changing as rainfall and warmer summers in the Arctic melt more ice.

This summer Dr. Porter was at a research station on Spitzbergen island in the Barents Sea, at a latitude of >78° North, where the early 20<sup>th</sup> century Norwegian explorer Roald Amundsen once stopped on his expedition to the North Pole.

On October 18<sup>th</sup> the Environment Action group and invited guests learned from Dr. Porter how hydrologists monitor the flow of water through the Spitzbergen glaciers. A fluorometer is used to detect the channels through which purposely dyed water flows underground and disperses overground. He described abseiling down a 60 metre deep "moulin" through a crevasse in the ice, a laser scanner helping his team to observe the formation of these



underground channels — a terrifying but awe-inspiring experience!

Glaciers in the Arctic, the Hindu Kush, the Andes, and the Alps all have different characteristics. He explained how the phenomenon of glaciers surging forward is linked to the passage of water at their base. It does not mean that they are growing; many are drying up. It is sobering to think that in the far east a fifth of the world's population directly relies on the water from ice-melt being predictable. Our imports of food and energy also depend on the reliability of these water sources. Dr. Porter said that rapidly melting glaciers are an indicator of "the biggest crisis humanity has ever had to face." A fascinating if slightly worrisome talk.

*Alison Hobbs*

## Gardening Tip for December

### *Beyond the Poinsettia*

When I think of Christmas flowers, I think of the elegant Amaryllis, which is a bulb that is very easy to grow and rewards us with large stunning blooms. Amaryllis bulbs are readily available in the fall in boxed kits that contain everything you need for planting them. When opening the kit, check the bulb to ensure that it feels firm. If the bulb's roots are dried out, soak them in lukewarm water for a few hours to re-hydrate them. This can easily be done by placing water in a cup and then putting the bulb on the rim of the cup with the roots

dangling into the water. Do NOT soak the bulb. Follow the planting instructions on the box, making sure that approximately the top 1/3 of the bulb is exposed when planted. Do not overwater. The top 1/2 inch of the soil should be dry before watering again. Amaryllis typically bloom 6 to 8 weeks after they are potted, so early to mid November is the perfect time to plant them for Christmas season blooms. Later pottings are a great idea for oh-so-beautiful flowers mid winter.

*Ursula Reichert*





## Diplomatic Hospitality Group

by Lisa Haley

To commemorate Remembrance Week and honour fallen heroes and heroines, the Diplomatic Hospitality Group arranged for a guided tour of The National Military Cemetery located within Beechwood, The National Cemetery of Canada.

At a poignant event called “No Stone Alone” a few days prior, students had placed a poppy on each tombstone to honour fallen military. On the day of our visit, dozens of horticultural and landscaping companies volunteered labour and materials for the Annual Day of Tribute to ensure the consecrated grounds would be in optimal conditions for the Remembrance Day ceremonies on November 11th.

2021 marks the 100th anniversary of the Remembrance Poppy, which was



inspired by the John McCrae poem, “In Flanders Fields,” and adopted by The Royal Canadian Legion in 1921 as the official symbol of remembrance. For

the Poppy’s centenary, the Diplomatic Hospitality Group arranged for all attendees, and our Beechwood guides, to receive a hand-crocheted poppy.

### Diplomatic Hospitality Group’s Christmas Holiday Luncheon

The Diplomatic Hospitality Group (DHG) will host a Christmas Holiday Luncheon at the Ottawa Golf and Hunt Club on Friday, December 3, 2021, from 11:30 am to 2:30 pm. This annual event was cancelled in 2020 due to pandemic restrictions.

DHG is pleased to announce that Arian Ahmadi, spouse of His Excellency Hassan Soroosh, Ambassador of Afghanistan to Canada, will be our Guest of Honour. Mrs. Ahmadi will give a presentation on the ongoing and evolving situation in Afghanistan and the initiatives currently underway to support

newly arrived Afghan refugee families in Ottawa. We are also pleased that Allaha Balouch, founding member of the Afghan Canadian Support Network, will join Mrs. Ahmadi at the event.

Tickets are \$45.00 per person and include a delicious holiday buffet, a wonderful dessert table, special guests, holiday music and games, gorgeous door prizes, and wonderful raffle prizes.

Tickets can be purchased: 1) by sending a cheque for \$45.00 per person payable to Diplomatic Hospitality Group to the DHG Treasurer at 33 Southland Crescent,

Ottawa, Ontario, K1G 5E6; or 2) by sending an e-transfer of \$45.00 (per person) to [treasurer@dhg-ottawa.com](mailto:treasurer@dhg-ottawa.com). If you are sending payment for your guest(s) in a single cheque or e-transfer payment, please provide the name(s) of each person being paid for. Please note that all payments must be received by Tuesday, November 30.

Be advised that under the current protocols set out by the Province of Ontario the Ottawa Hunt and Golf Club will have staff on hand to verify proof of vaccination for all guests attending the luncheon.

## Garden Club Kick-Off Meeting

The kick off meeting for the newly formed CFUW Garden Club took place on October 25th. There was an excellent turn out of 26 people by ZOOM. As this was the first meeting of the club, we took time at the beginning for members to introduce themselves. As part of the introductions, members shared their biggest gardening success or challenge. This proved to be a good lead in to the second part of the meeting where Nancy McDonald presented on Putting Your Garden to Bed. Nancy is with the Master Gardeners of Ottawa Carleton and comes with a wealth of gardening experience. She provided the group with lots of helpful guidance and tips on putting the garden to bed and was

able to address many of challenges presented during the introductions.

We have a great cross section of members in the club – some with small urban gardens, others with larger country gardens, some experienced gardeners and others starting out. We welcome gardeners of all levels into the Club as it's about sharing gardening experiences and learning from each other. We are looking forward to our next meeting, which will be held in the new year.

If you are interested in joining the Garden Club, please contact the co-convenors, Karin Keyes Endemann at [keystone613@gmail.com](mailto:keystone613@gmail.com) or Shelley Chambers at [shelleyhonor@rogers.com](mailto:shelleyhonor@rogers.com)

*Shelley Chambers*

## Hola! Spanish Conversation Group

The Spanish Conversation Group met on Zoom for the first time on Monday afternoon, October 25<sup>th</sup> with seven people taking part. We spent most of the meeting talking about how



we learned Spanish and in the process made a start in getting to know each other. The levels of Spanish differ, but nonetheless we managed to understand or be understood and had some good discussions. During the rest of the meeting we came up with ideas for future meetings and made a few decisions. It was agreed to have in-person meetings instead of Zoom when possible as some of the group have areas

available, such as party rooms, which are large enough for everyone to be well spaced. We also decided to choose a theme before each meeting so that everyone has a chance to prepare with some ideas and vocabulary. As much as possible, the meetings will be all in Spanish. Our plan is to meet twice a month on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month.

*Pat Leach*

## Fascinating Talk on Family History and DNA 101

Over 100 members and guests were treated to a talk on genealogy, “Family History and DNA 101” by Lesley Anderson (Canadian Spokesperson for Ancestry.ca) at our recent Speakers’ meeting. She noted that a family tree gives you a sense of identity and boosts your sense of self-worth, and she offered advice on how to create your own family tree. She recommended that we start with ourselves and work backwards in time, tracing evidence of family connections using census records, birth, marriage, and death records, maps, and research guides. If you need help, you can network and collaborate with various genealogy societies.

In addition to developing a family tree she noted that taking a DNA test can be “the ultimate family history experience.” Such a test can reveal your ethnicity and can verify questionable family names. Test results from AncestryDNA include an “ethnicity estimate” and a likely place for your ancestors’ origins.

If you are researching a family tree, the results of DNA tests can help to identify orphans, adopted children, illegitimate ancestors, the “black sheep” of the family, and Home Children (children sent from the UK to live in Canada and other British colonies) up to five generations back. Knowing the details of your DNA can also help you to trace living relatives. There are several companies that offer DNA testing, such as AncestryDNA, 23andMe, and MyHeritage DNA.

*Elaine McKnight*

## A Cri de Coeur from UWHAW

The tragedy and chaos of Afghanistan since the rapid drawdown of American troops has changed the destiny of 32 million people. Too many are now in safe houses in Kabul or neighbouring countries, watching their funds dwindle while waiting for Canada to admit them.

The brutal Taliban regime, the spread of Covid 19, the drought, the closing of all public money services, women – often sole breadwinners – sent home from their employment, the meteoric rise of prices for food and evacuation flights all result in a tragic perfect storm – desperate hunger. One horrific result is the selling of girls as young as six to older men so that the rest of the family can eat for a month.

As the insurgent Taliban seeks recognition as a legitimate government, promising amnesty to women, the reality is different. Nothing has changed. They are still torturing and killing those who oppose them. Support from aid has always covered

about 75% of the Afghan budget, but this source of funds has been stopped by the international community. The need for humanitarian aid is desperate, but ways must be found to bypass the Taliban to help prevent starvation in the winter ahead.

In a Zoom call, His Excellency Hassan Saroosh, the Afghan Ambassador in Ottawa, warned us that gaining sanctuary here could be a long process. The families affected need realistic information on the timeframe involved. He is in regular contact with Global Affairs and colleagues in Toronto to hear about evacuation plans, but the process has been further stalled by the Canadian election and resulting change of Ministers.

While travel documents are essential there has been a disruption of public services. At present, visas for Pakistan and other neighbouring countries are not guaranteed, and only two airports are providing



His Excellency Hassan Saroosh  
Afghan Ambassador to Canada

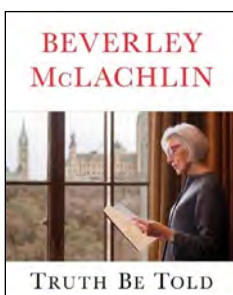
international flights. Ambassador Saroosh has had no communication with the former Afghan government since August 30.

Besides fundraising for scholarships, UWHAW has studied the Afghan community with the help of speakers from the diaspora. We have come to know many of those in peril, which makes their anguish personal for us.

*Dianne Rummery*

## Have You Read....?

### Book Review from Literature Group I



In her memoir, *Truth Be Told*, Beverley McLachlin, former Chief Justice of the Supreme Court Of Canada and the first woman to hold that prestigious position, offers an inspiring,

honest, and personal account of her journey from her childhood growing up in a small town in Alberta to retirement from the Canadian Supreme Court. It was not an easy journey. As one of the first few women studying law in the sixties, she had overcome many stumbling blocks where just being female was a major factor. Personal tragedies took their heavy toll.

This memoir does not refer in any depth to landmark decisions made during McLachlin's tenure as Chief

Justice; rather, its main focus is on her life as she progresses from practicing lawyer to County Judge and finally to the Supreme Court.

What makes this well-written story such a good read is the generous way McLachlin reveals her thoughts and feelings as she makes this life journey, showing the reader what it had been like for her professionally and privately when things went well and when they did not.

*Eleanor Meier*



## Thank you from one of the Recipients of the Scholarship Trust Fund

Dear Sir/Madam,

My name is Olivia Chamberland and I'm the 2020-2021 recipient of the Alice E. Wilson Scholarship. I would like to begin by thanking you for your generous donation. It is with your generosity that I am able to continue my education at Carleton University despite the uncertainty of the pandemic at hand. I am currently a Master of Applied Science Candidate in Aerospace Engineering. My research is centered around micro aerial vehicles but could be extended to biology applications. I am developing new structural analysis methods to predict aeroelastic performance of flapping wings. During my undergrad I majored in physics and minored in both math and biology. This odd combination of disciplines gives me a unique perspective on various engineering topics which have been extremely useful throughout my research. Although my time at Carleton has been short, I believe I have left a lasting impact on both Carleton's Research and Capstone projects. At the start of the 2019-20 winter semester, I took on a role as a teaching assistant for both the Remotely Piloted Aircraft System Capstone projects (Blended wing and Fixed wing). I helped rapidly transition the students to a fully online format in light of the pandemic on top of mentoring and supervising the students. Additionally, through one of my classes at Carleton (MECH5507-Advanced Kinematics), I was able to co-author a paper titled "Design Parameter Space of RRRP Linkages" which is to be presented at the 2021 CCToMM Mechanisms, Machines and Mechatronics Symposium. I am beyond relieved to have been the recipient of your donation and I can't begin to even thank you enough; it is truly appreciated. I intended on continuing to create a lasting impact on the Carleton community all thanks to your generosity.

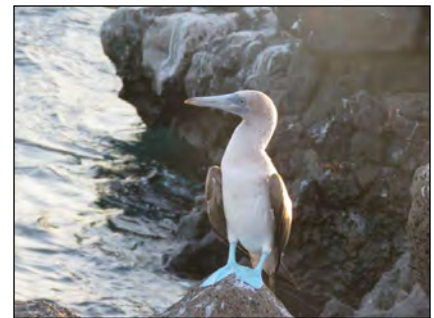
Take care,

Olivia Chamberland, MAsc. Aerospace Engineering Candidate  
Carleton University

## Travel Group

While Covid-19 has made many of us reluctant to travel, seventeen members of the travel group met on Zoom to "talk" travel. Moira Phillips, Karin Keyes Endemann, and Jill Moll outlined the main goals of the group and the format for our meetings. After each travel presentation, a theme topic will be presented for an open discussion. Our first theme topic, "Hiking trips we have loved," generated a great deal of discussion and hopefully offered new ideas for travel. It was a great start to thinking of travelling again, even if only wishfully at this point.

Jill Moll presented Travel in the Galápagos on Thursday, November 25, which segued into the open discussion theme topic, "The Importance of Travel Insurance."



New members are always welcome. Please contact one of the co-ordinators should you wish to join us:

- Moira Phillips  
([Moira\\_Phillips@yahoo.ca](mailto:Moira_Phillips@yahoo.ca))
- Jill Moll  
([jill.moll@gmail.com](mailto:jill.moll@gmail.com))
- Karin Keyes Endemann  
([Keystone613@gmail.com](mailto:Keystone613@gmail.com))

## MARK YOUR CALENDARS!



- December 6, 7 p.m.** by ZOOM – Holiday Party
- January 10, 7 p.m.** by ZOOM – General Meeting: Landscape Design in the Capital
- February 7, 7 p.m.** by ZOOM – General Meeting: Archaeology on NCC Lands
- March 7, 7 p.m.** at the Carleton Dominion Chalmers Centre – Scholarship Trust Fund (STF) Awards evening



**Keeping Spirits Bright –  
CFUW-Ottawa’s Holiday Party on Zoom**

**Mark Your Calendar  
December 6, 2021 at 7pm**

CFUW-Ottawa invites you and your friends to a festive celebration

Stories, Music, Special presentations, Door Prizes and More

**Quilt and Basket for auction, supporting our scholarships**

**Food and Drink from Around the World**  
(wine and food from 9 countries)  
*donated by Alice Bolt*



**Homemade Snowflake Quilt**  
*sewn by Mary Broderick*

The quilt is approx 58” square & is made of 100% cotton fabrics. Could be used as a lap quilt or hung on a wall



**Classic Cranberry Nut Bread**

This wonderful cranberry bread reminds me of Christmas. It was the only time my mother made it, but she made it every year without fail. It’s easy and delicious.

*Editor*

**Ingredients**

- 2 cups flour
- 1 cup sugar
- 1½ tsp baking powder
- 1 tsp salt
- ½ tsp baking soda
- ¾ cup orange juice
- 1 Tbsp grated orange peel
- 2 Tbsp shortening
- 1 egg, well beaten
- 1½ cups Ocean Spray® Fresh or Frozen Cranberries, coarsely chopped
- ½ cup chopped nuts

**Directions**

Preheat oven to 350°F. Grease a 9 x 5-inch loaf pan.

Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, orange peel, shortening and egg. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan.

Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely. Wrap and store overnight. Makes 1 loaf (16 slices).

From oceanspray.com

