



Canadian Federation of University Women – Ottawa

Capital Carillon

January Speaker



At our General Meeting on January 9, Margaret McCuaig-Johnston will be speaking on “Canada’s Evolving Relationship with China.”

Ms McCuaig-Johnston’s credentials are many. She is a Senior Fellow at the Graduate School of Public and International Affairs and a Senior Fellow with the Institute for Science, Society, and Policy at the University of Ottawa; a Board Member of the Canadian International Council (NCR); and an Advisory Board Member of the Canada-China Forum. She is a member of the Canada Committee and the Canadian Board of Human Rights Watch; an Advisory Board Member of the forthcoming China Risks Institute, as well as a Policy Advisor to the Uyghur Rights Advocacy Project.

Ms McCuaig-Johnston’s research includes China’s human rights violations and technologies used in surveillance, as well as China’s innovation system and challenges that western technology firms have faced when working in China.

(see Meeting on next page)

PRESIDENT’S MESSAGE

ELIZABETH WILFERT

“Educate a boy, and you educate an individual. Educate a girl, and you educate a community.” - Adelaide Hoodless (February 27, 1858 – February 26, 1910)

Adelaide Hoodless was a modest revolutionary. She believed that women had value, and she fought for their right to education. Haunted by the death of her small son, she launched a twenty-year campaign to give women the knowledge and institutions they needed to serve and safeguard their families. Hoodless was a Canadian educational reformer, who founded the international women’s organization known as the Women’s Institute. She was the second president of the Hamilton, Ontario, Young Women’s Christian Association (YWCA), holding the position from 1890 to 1902. Sadly, she died two months before Helen MacLean and friends started our University Women’s Club of Ottawa, now known as CFUW-Ottawa Club. I think she would have been impressed with our club and our mission of being dedicated to women’s and girls’ education and rights.

CFUW-Ottawa Club started the Scholarship Trust Fund in 1983 with \$4,000 seed money. Over the last almost 40 years, the assets grew to \$550,000 (reduced now slightly because of endowments). Next year the STF will celebrate 40 years of supporting deserving women pursuing

higher education. Since 1983, we have increased our number of awards to 35, with one more in the making.

Bursaries are based on financial need. While recipients must maintain good academic standing, the main purpose of a bursary is to support students monetarily without the means to afford school otherwise.

(see President’s Message on next page)

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Meeting — continued

She worked in the Canadian public service for 37 years; for the last seven years of her government career, she was a member of the Canada-China Joint Committee on Science and Technology.

Ms McCuaig-Johnston holds an MA in International Relations focused on China, and an Honours BA in Political Economy.

Christine Rollo

Erratum

The previous issue of the *Carillon* included an article on the Madrigals that erroneously implied that Bev Biefer and Barbara Reid are still singing in the choir. Bev died in 2020 but had not sung with group since about 2014. Barb is still a CFUW member but has not been singing in the group for a while. They did, however, both sing for more than 40 years up until around 2014. Apologies for the error.

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: February 2023; deadline for submissions: January 15

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

President's Message — continued

Two years ago we created a Lynne Bond Bursary for any student at Carleton University with a disability, demonstrating financial need and good academic standing.

University Women Helping Afghan Women (UWHAW), our Study, Interest and External Outreach Group is endowing a \$25,000 bursary for an Afghan refugee woman at Algonquin College of Applied Arts and Technology. It will be open to a female Afghan student in second, third or fourth year enrolled in any diploma or degree program at the College. It is to be administered by CFUW-Ottawa Club's Scholarship Trust Fund (STF).

The HOPE Scholarships were

created last May through joint partnerships with the Heads of Mission Spouses Association (HOMSA) and help from the International Club of Ottawa (ICO). These scholarships will be awarded for the first time in March to a student at OttawaU and CU, as well as a HOPE Bursary at Algonquin College, all established to help refugee women.

As the end of December approaches and we are madly tying up loose year end 'must dos,' why not add making a charitable contribution to our STF Scholarships and/or Bursaries?

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

Andrew King at our First Hybrid Meeting

On a chilly evening in November our speaker, local Manotickian author and artist Andrew King, warmed our hearts with some local tales and fun art.

Andrew's genuine openness and curiosity regarding his 'objects of interest' took us on a fascinating journey; we moved from his early

eventually moved to painting a range of objects—landscapes, lighthouses, churches, etc., all the time researching their histories. Some of Andrew's work can be seen on his website <https://www.andrewkingstudio.com/>

Finally, Andrew shared his challenging journey through the pandemic

days in industrial design at which time he worked as a cartoonist to his animation work locally and in other Canadian cities. He continues as a freelance designer

for television shows and has creative ideas for video-game productions. Always adapting along the way in the creative world, Andrew

period, using his humour and creativity to install structure, discipline, and a sense of purpose and meaning in both his life and process of producing art.

In so doing, he benefitted his local community through his fun games and intrigue. Thank you, Andrew!

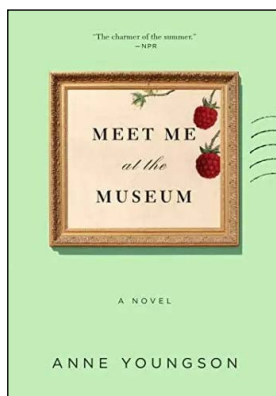
Laura Goodine



Book Review – Meet Me at the Museum

Septuagenarian British author Anne Youngson makes a compelling case for change at any age in her first novel, *Meet Me at the Museum*. She had a successful career in the auto industry before taking early retirement to pursue writing after getting a PhD and writing her debut novel at the age of 75, written in the epistolary style.

The reader is introduced to two distinct characters throughout their thoughtful, empathetic letters. Recently widowed Anders Larsen lives mostly indoors. Tina Hopgood, a dissatisfied farmer's wife, lives outdoors. They "meet" through their letters, which begin as questions and answers about the Iron Age archaeological find known as the Tollund Man, but their relationship soon deepens as they begin to examine their chosen life paths in those letters.



Tina was pushed into marriage by a pregnancy; after forty years she has regrets. Lonely Anders works at Denmark's Silkeborg Museum, which houses the Tollund Man. Gradually their relationship deepens; they have both arrived at the same point in their lives, with more behind than ahead of them, but also "enough time to change."

This is a touching, hopeful story about figuring out what matters and being courageous enough to make the necessary changes. Themes of sacrifice, regret, loneliness, grief and second chances are evident and beautifully described in Youngson's prose. It is an enjoyable, satisfying read right to the end and allows the reader to speculate on the probable outcome. Book club II members heartily recommend this book.

Sandi Stanko

In Memoriam – Miriam D'Souza



Miriam passed away on Friday, November 11, after a year of severe health challenges.

Miriam joined the CFUW in September 2018. She belonged to the Supper Club, International Cuisine, Urban Walks, Travel, and the book club La Literati. Miriam was very modest about her accomplishments. She had an outstanding career at Nortel, then joined the Public Service and was a Senior Policy Analyst with National Defense when she passed away. Mentoring others was a big part of her career and personal life. Miriam generously gave back to the community through cooking in soup kitchens, visiting and cooking for isolated seniors, and tutoring children. She will be sadly missed at our book club for her wide interest in world issues and her strong opinions. La Literati has made a donation to CFUW's Scholarship Fund in her memory. Miriam's family has requested that in lieu of flowers, donations be made to the CFUW Scholarship Fund

Leslie Baird

MARK YOUR CALENDARS!

December 1, 1:00 pm via ZOOM – Wazhma Frogh, Women and Peace Studies Organization: "Women's Rights are Human Rights. We Cannot Be Silent." Contact Ann Lief at aplieff@rogers.com to register.

December 5 – Holiday Party Lunch, 11:00 am – Royal Ottawa Golf Club, 1405 Aylmer Road, Gatineau

January 9, 7:00 pm – Monthly Meeting – via Zoom. Guest speaker Margaret McCuaig-Johnston: "Canada's Evolving Relationship with China"

February 6, 7:00 pm – Monthly Meeting – via Zoom. Guest speaker Dr. Diane Lagace: Adult Neurogenesis

April 27, 2023 – Musical Lunch, Royal Ottawa Golf Club

June 8, 2023 – Dinner for Hope, Ottawa Hunt and Golf Club



Diplomatic Hospitality Group

On November 4, members of the Diplomatic Hospitality Group enjoyed an excellent guided tour of the Canada Aviation Museum and learned, among many things, of the incredibly impressive and hardly mentioned role that women played in Canada's aviation and aeronautic history. We were fascinated to learn that the International Space Station was designed to resemble the legendary symbol of the thunderbird, evoking the spirit of exploration. We also appreciated some Canadian members sharing their personal stories about their families' connection to Canada's aviation history through the careers of their fathers and grandfathers.



Photo courtesy of Fred Chartrand

The DHG Executive Committee was pleased to be invited once again to attend and participate in the Resource Fair at the annual orientation session for newly appointed diplomats hosted by The Parliamentary Centre and Carleton University on November 3. In addition to hearing interesting presentations by politicians, journalists, and businesses, we enjoyed meeting new diplomats and introducing them to DHG's interest groups, activities, and events.

Lisa Haley

In Memoriam – Beryl Millington

Beryl Millington, 81, passed away on October 16, 2022, in Ottawa.

She was a faithful member of the Diplomatic Hospitality Spanish and German language and culture groups and made many friends among the



other members. Beryl was also a keen supporter of UWHAW's fundraising events; she continued to make the effort to attend these until 2019, even after she became seriously stricken with Parkinson's disease.

| Parkinson's disease.

All the Dirt

Now that your garden has been put to bed for the winter, you may be suffering from gardening withdrawal. What better way to channel that energy on a cold snowy day than by doing garden-themed jigsaw puzzles over the winter months?

During the pandemic jigsaw puzzles saw a boom in popularity as many of us were hunkering down at home and needed something to do. We all know that jigsaw puzzles are therapeutic and addictive. Puzzlers have been known to work on them into the wee hours of the morning. Once completed we feel productive and accomplished (unless a dreaded piece or two go missing!).



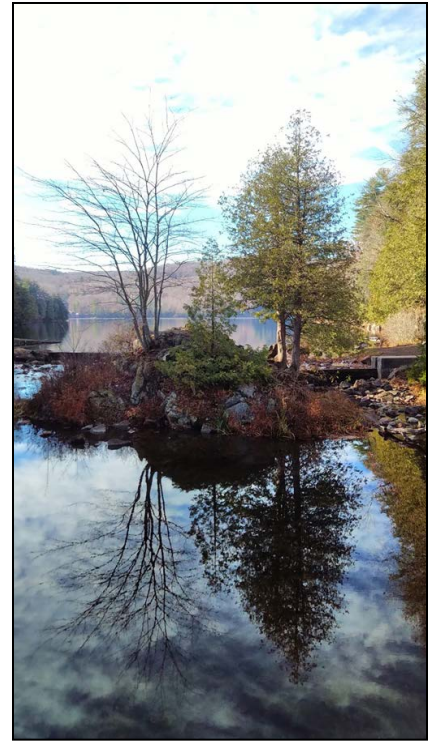
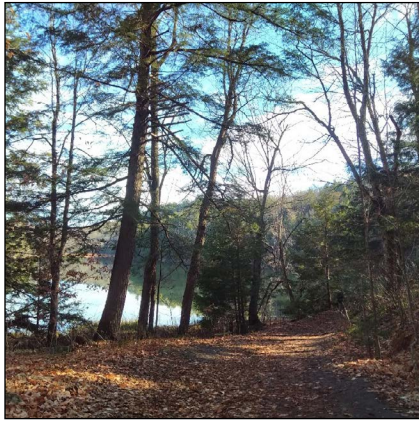
If you are looking to bring your gardening friends together over the winter months, why not try a monthly puzzle exchange? There are endless choices of garden-themed puzzles. Check out DeSerres, Staples, Home Sense, or your local thrift store for some nice puzzles - or simply google "garden-themed puzzles" and you will get lots of hits. The puzzle featured in the photo is from Cavallini & Co. They make nice vintage puzzles.

Happy Puzzling!

*Shelley Chambers and
Karin Keyes Endemann*

Ottawa Through a Lens

Talented photographer Alison Hobbs took these glorious photos in Gatineau Park late last month.



Newcomer Profile Welcome, Mary Muduuli

I joined CFUW in September of this year, following an introduction to the Club and being invited to the New Members' Welcome in June.

I was born and raised in Uganda and am a graduate of Makerere University, Kampala (BA Rural-Econ) and the University of Manitoba (MSc Agric-Econ.). On full retirement in 2017 I chose to move to Ottawa, where most of my family live. In June this year I became a Canadian citizen.

So far, I have joined just the Environmental Action Group, but

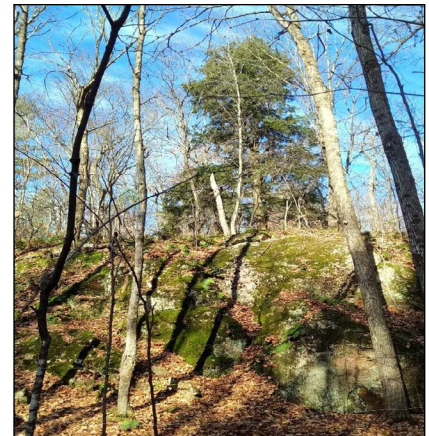


I'm interested in Gatineau Trails and the French Conversation Group.

My hobbies include reading and cooking, and I am a member of the Ottawa-based African Study Group, a voluntary association promoting closer cooperation between

Canada and Africa (ASG is an affiliate of the Canadian International Council (CIC)).

I also love to spend time with my family. I have three daughters and five grandchildren, all living here in Canada.



Women with Hammers

Members of the Women with Hammers Group were busy on Wednesday, November 9!

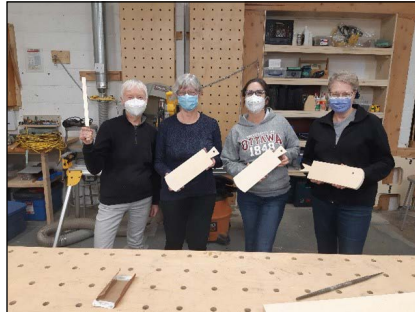
Some members were learning how to use various tools while attending a Workshop at the Ottawa Tool Library. Their individual creation of a cutting board not only proves they were “hands on” learning how to use the tools but now have the bragging rights as they have the product to prove it! Congratulations!

At the same time, another group of WwH members was touring the Habitat for Humanity ReStore. The October tour of the ReStore had been so successful a second one was organized.

At both ReStore tours the group discussed the creativity of an organization called “Preloved 2 Beloved Furniture.” The result is that at the Wednesday, December 14th, WwH Zoom meeting Jonathan, the co-owner of “Preloved 2 Beloved Furniture,” will be making

a presentation on how you can transform and modernize your furniture. See bottom photo. Come and join us! Contact: Eugenie Prevost, Convenor, at womenwithhammers@cfuw-ottawa.org

Eugenie Prevost



In Memoriam – Joan McKee

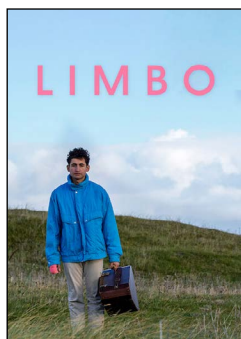


A long-time member of CFUW, Joan was a retired teacher who regularly put her organizational skills to good use. She was a skilled and long-time member of the Madrigals, was on the board doing membership, I believe in the 80's, and frequently went above and beyond to do things like delivering membership booklets by car to save the Club mailing costs. She was a regular in the Diplomatic Hospitality Club, including snowshoeing in the winter months. Although she couldn't snowshoe, she was always available to run a registration desk, take attendance, and do any other jobs needed. She was most of all a competitive player of games, especially bridge. Even her grandchildren knew that playing games with Grandma took all their skill and then some. Joan was generous with her time and money, and vocal about women being financially independent, as her granddaughters would be quick to say! A great and loyal friend and an entertaining companion on the many outings such as Sunday Brunch, Holiday parties, and monthly meetings, Joan was one of a kind and will be sorely missed by her friends.

Carol Bell Thompson

Movie Review – Limbo (Netflix)

I enjoyed this movie very much. It was deadpan funny without being insensitive, patronizing, or exploitative of the story or seriousness of the subject. And the scenery was so bleak, almost barren, and yet so beautiful with the howling wind,



the cold permeating everything, and the northern lights so majestic – it really helped carry the movie and the story forward. Superb acting by everyone as well as great music.

I give it 10★

Moiria Duchesne

Back to the Future for Afghan Women and Girls

Corey Levine's presentation to UWHAW, November 3, 2022

The title was apt. As a human-rights advocate with 25 years' experience in conflict areas, familiar with Afghanistan since 2002, Corey Levine was well positioned to share insightful reflections on what the international community should or should not have done in the past.

Her photographs showed what life was like in the 20 years before the Taliban takeover: girls were at school, and women were entering civil society and politics, even going to the gym. Visiting Kabul this June, Corey discovered that government offices now fly the Taliban flag, no women are visible in the street, the "Ministry of Women's Affairs" has been replaced with the "Ministry for the Propagation of Virtue and the Prevention of Vice," checkpoints are manned by Taliban wearing or carrying military gear left by the U.S, and most girls past Grade 6 are not attending school.

What went wrong with our past interventionist strategies?

- Too many strategies – the war on terror, nation building, and pouring of millions of dollars into building a modern state as a bulwark against China in the east, Iran in the west, and Russia in the north.
- Imposing western democracy on Afghanistan without properly understanding its culture, especially where its justice system is concerned.
- Nothing done to stamp out bribery and corruption or to

prevent warlords being elected to government.

Afghan women who have lost everything are disheartened and disappointed with the international community's failure to help, but Corey suggested a number of things we can do to keep Afghanistan on the radar: write op-ed articles; lobby the government about the need to amend anti-terrorism legislation to permit the transfer of humanitarian aid (other countries have found a workaround); remind our Government of Canada's Feminist Foreign Policy in this context; post online.

The Taliban want legitimacy, financial assistance, and the removal of sanctions, which means that we have leverage. Two reputable Canadian NGOs, the Women's International League for Peace and Freedom (WILPF) Canada, and Aid for Afghanistan (a consortium of Canada's largest humanitarian agencies) are demanding that Canada permit lifesaving aid for Afghans in need.

Donor countries need to work together. There must be a more unified multilateral effort to engage with the Taliban; there needs to be a 'no fly' ban for all Taliban, and we need to amplify ordinary Afghan voices, not just those of the elite.

Let's work towards eliminating gender apartheid in Afghanistan. Let's lobby our Government to change anti-terrorism legislation so that much needed humanitarian aid* can be delivered. It's the least we can do.

*Agencies to get humanitarian aid to the people include:

- the World Food Program (WFP)
- UNICEF
- Aga Khan Foundation Canada
- Canadian Women for Women in Afghanistan
- Médecins Sans Frontières (MSF)

Norma Pike

In Memoriam – Janice Vennos



Janice Vennos passed away peacefully but unexpectedly on November 8, 2022 at the age of 83.

Janice had kind words for everyone and shared thoughtful insights but was respectful of differing opinions. She was intelligent, curious, pragmatic, humble, and compassionate. She made the best cookies. She was the best listener. She kept her word. Whenever we needed her, she was just always there.

Janice was a member of the Club until this September and had been a long-time member. Last year she was a member of the Mahjong group.

Environmental Action Group



The first meeting of the new season, held in October, featured a powerful presentation by new

club member Mary Muduuli. An agricultural economist, Mary spoke to the group about the many tragic effects of climate change in Uganda generally and the effects on women specifically. She suggested that donations of farm and transportation equipment, seeds, animal stocks, and infrastructure equipment are particularly useful to Ugandan women after previously stating that “Africa is littered with good plans. The problem is the political will, capacity, and resources to implement them.”

Upcoming initiatives by the group include letter-writing campaigns and the compilation of a list of children’s books on the environment that will be distributed to public libraries and interested CFUW members. If you have suggestions, please forward them to Alison Hobbs, environment@cfuw-ottawa.org.

Two adult books on climate change highly recommended for CFUW members were: *Saving Us* by Katherine Hayhoe and *A Good War* by Seth Klein.

Environment Action is welcoming three expert guests in the months ahead. All CFUW members are invited to hear these inspiring speakers.

- November 21 — Jake Rice: Effects of Climate Change on

Ocean Currents and the Fishing Industry

- January 16 — Mili Roy (CAPE/OCEC): Health Impacts of Air Pollution and Climate Change
- February 13 — Ecology Ottawa: An Ottawa Action Plan for

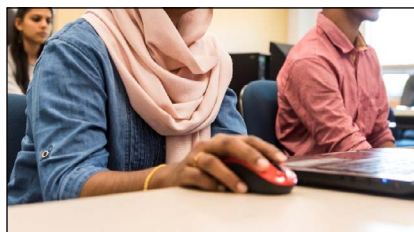
15-Minute Neighbourhoods.

If you, like us, are concerned about the future of the planet, join us by contacting: environment@cfuw-ottawa.org. We are 49 strong and counting!

Lynn Davies

UWHAW News

University Women Helping Afghan Women are proud to announce the endowment of a \$25,000 bursary for an Afghan refugee woman at Algonquin College of Applied Arts and Technology. The bursary will be awarded annually to a second-, third-, or fourth-year student enrolled in any diploma or degree program who is – in order of preference – a convention refugee, a protected person, a permanent resident or Canadian citizen, who was a refugee/protected person and who demonstrates financial need and is in good academic standing. CFUW-Ottawa Scholarship Trust Fund will be administering this bursary.



The funds for this bursary were raised by UWHAW to support female students at Gawharshad University in Kabul, Afghanistan. Due to the current political situation women’s education is severely limited, and due to antiterrorism legislation, it is illegal

to send funds to Afghanistan.

Algonquin College has announced that Giving Tuesday in fact starts before the 29th. The College will match every dollar received from November 25, starting at one minute past midnight, to November 29, regardless of programs, to a set limit. If you wish to donate to the UWHAW bursary, please click [here](#). Once you get on to the Algonquin College website page, click on Donate Now. Then, where you see Fund, scroll down to Other. Then, under Private Message, type UWHAW Bursary.

Donations at anytime can be made to the Scholarship Trust Fund by making out your cheque to CFUW-Ottawa STF and mailing it to: STF Treasurer, P.O. Box 8392 Station T, Ottawa, ON K1G 3H8. If you prefer to donate by credit card online using Canada Helps, please click [here](#) and mention the UWHAW bursary in the memo section.

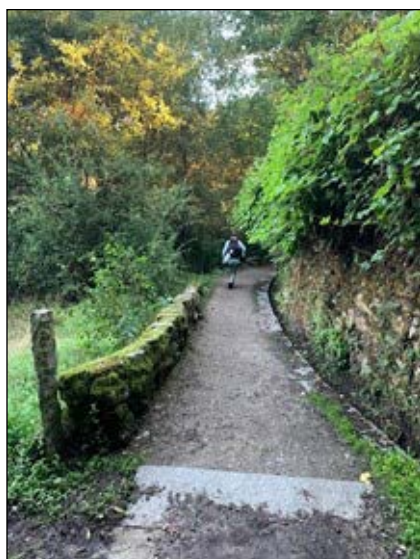
Afghanistan is the only country in the world that denies women the right to an education, so please consider supporting this bursary for an Afghan woman refugee.

Lorna Bickerton

Travellers' Corner

Where have you been, Moira Phillips?

In September I walked the Camino from Porto, Portugal, to Santiago de Compostela, Spain. While not all the walks were through lovely countryside, many were wonderfully pastoral.



Urban Walkers Enjoyed a Beautiful Day

October 31 was a beautiful fall day, and 12 members of the Urban Walks group stepped out on a 90-minute stroll to hear a talk on “What’s New and Newish in Ottawa East and the Glebe.” Ottawa East, one of Ottawa’s first suburbs, has also been the home of many changes over the past 150 years. These include the Pretoria Street Bridge, the new Flora Bridge, the evolution of Immaculata High School from a Catholic Boys college to high school, and the recent development



of the Greystone community on land formally owned by the Missionary Oblates of Immaculate Mary. Those changes continue, and walkers were surprised to learn of the new school and community centre being developed in the oldest building on the Oblate site. Our walk ended with a brief history of St. Paul’s (Ottawa’s third University) as the predecessor to the University of Ottawa.

Lynn Davies

Healthful Fudge

This recipe is from Pat Harman, and every bit as scrumptious as her quinoa brittle mentioned in last month’s issue. The recipe comes from an old book (published January 1, 1980) called *Better Homes and Garden Crafts & Foods*. Thanks again, Pat!

Ingredients

- 1 c honey
- 1 c peanut butter
- 1 c carob powder (sifted) –
[Ed. Note: use unsweetened cocoa powder]
- ½ c shelled sunflower seeds
- ½ c toasted sesame seeds
- ½ c flaked coconut
- ½ c finely chopped walnuts
- ½ c raisins

Directions

In a large saucepan heat honey and peanut butter, stirring constantly just until smooth. Remove from heat.

Add the cocoa powder to the sunflower seeds, sesame seeds, coconut, walnuts, and raisins. Add the wet ingredients and mix together immediately. Press into a buttered 8x8x2" pan. Chill, covered, several hours or overnight. Cut into 1" squares. Store in refrigerator or freeze after cutting. Makes 2½ pounds of fudge.

