



Canadian Federation of University Women – Ottawa

# Capital Carillon

## February General Meeting

**DATE and TIME:** Monday, February 1, 2021, 7 p.m.  
**PLACE:** By Zoom  
**SPEAKER:** Alexandra Gheciu  
**TOPIC:** *The rise of right-wing populism in Europe*



Alexandra Gheciu is a Professor at the Graduate School of Public and International Affairs at the University of Ottawa and an Associate Director of Canada's Centre for International Policy Studies, a forum for analysis and debate. She has been involved in numerous briefing sessions with Canadian, British and American policy-makers as well as

(see Meeting on next page)

## PRESIDENT'S MESSAGE

ELIZABETH WILFERT

I hope you are all well and that in spite of the COVID restrictions you enjoyed a good holiday season. Because this is the first Capital Carillon of 2021 (we do not publish in January), I wish you a healthy and happy year ahead.

At January's General Meeting we enjoyed another great presentation at our Speakers' Series, by Mary Reid (see page 4). Our program committee under the leadership of Elaine McKnight does a wonderful job and we thank them. Taking turns, Christine Rollo, Marion Agnew, Joan Tyler, Marilyn Goodwin, Dawn Twemlow and Peggy McGillivray then showcased four of our Study & Interest groups: Women with Hammers, Gatineau Trails, Skiing Downhill and Snowshoeing in the Wild. Stay tuned for next month's presentations.

I reported that, as of December 31st, 2020, our club had a total membership of 389, of which 375 were full and 13 dual members. 32 people are new to the Club and four are returning members. Since the beginning of January, three new members have joined us. We welcome everyone.

For each full member, Ontario Council charges (for this year only) dues of \$2.75 and \$0.75 insurance. CFUW-National charges each full member \$76, of which (depending on the value of the Swiss Franc) approximately \$21 goes to Graduate Women International (GWI).

(see President on next page)

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## Watercolour by Kringen Henein



Kringen has been drawing and painting since childhood. While pursuing a science degree part time, she worked as a draughtsman at Bell Canada. She feels that art and science nicely blend of ways of seeing the world. A founder member of the Ottawa Watercolour Society, she has taken classes at the Ottawa School of Art and elsewhere.

*If anyone else has created a work of art that could be shown to readers of the Capital Carillon, please send a photo of it to newsletter@cfuw-org*

## President – continued

Hally Siddons gave an excellent report on the NFA2NFA initiative (see page 8). A team of CFUW members across the country, including five UWHAW members from Ottawa, are working with a Dutch team from GWI-NL, a terrific example of *The Power of Women Working Together* (CFUW's slogan). You are invited to participate in their ZOOM meeting on **Friday, February 26 at 3-4 p.m. (EST)**, when Dr. Lauryn Oates from CW4WAfghan will address the Canadian/ Dutch Group on the importance of the current peace negotiations in Afghanistan. On **Saturday, April 24 at 10-11:30 a.m. (EST)**, you may also join a webinar open to GWI members worldwide, featuring Dr. Sima Samar, Chair of the Afghan Independent Human Rights Commission. You will hear from Dr. Samar and other high-profile Afghan speakers why these negotiations are so significant for Afghan women and their children, and what we, as educated women around the world, can do to help.

At our January meeting, Dorothy Phillips led a discussion about the controversial letter of December 9, addressed to CFUW members from the National President Kathryn Wilkinson, and about the response sent by the St. Catharines' Club to this letter. Kathryn Wilkinson stated that Clubs would be allowed to opt out from Article 4 of the National Constitution, if they wished, withholding their dues to GWI. Approached by a group of concerned CFUW members from across Canada, St. Catharines Club agreed to reply to this by proposing that a GWI Council be formed, with a VP on the CFUW Board. Its overall purpose would be to represent the interests of those clubs who wish to retain their membership in GWI. The letter also suggests that:

- we retain Article 4 of the CFUW Constitution
- all members pay the same dues

## Meeting – continued

European Union (EU), NATO and OSCE (Organization for Security and Cooperation in Europe) officials.

In 2019, the University of Ottawa's Faculty of Social Sciences granted her an *Excellence in Research Award*. Before coming to Canada, she was a Leverhulme Research Fellow at the University of Oxford, and a Jean Monnet Fellow at the European University Institute, Florence. She has a *Summa Cum Laude* Ph.D. in Political Science from Cornell University.

Having worked on a project on *NATO and the Challenge of Sustain-*

*able Peacebuilding*, sponsored by the Carnegie Corporation of New York, she made a study of practices of security provision in post-communist, 21st century Europe. She has worked on the editorial team of the academic journal *Security Studies* and writes about international security, Euro-Atlantic relations and global governance.

She is currently working on several research projects on international security and the evolution of the EU in the 21st Century, and is a member of a group project on the Global Right.

- individual members choose whether their dues go to GWI or to another international organization
  - those Clubs that send their dues to GWI be members of the GWI Council
  - those who send their dues to other international organizations be represented by the current VP International
  - members have a choice, but it is hoped that CFUW would support GWI
- These letters have been sent to you

via email in January and I hope you attended one of the two dialogue sessions held by CFUW-National, either on January 28 or 30.

Our Ottawa Club was a founding member of GWI, and I urge you find out more about this worthwhile association. See page 8.

*"Alone we can do so little,  
together we can do so much."*

Helen Keller

## MARK YOUR CALENDARS!

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

**February 26, 3 p.m.** – Meeting with Dr. Lauryn Oates from CW4WAfghan and GWI-NL representatives

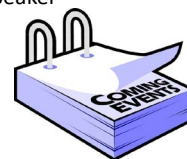
**March 1, 7 p.m.** – Presentation of Scholarship Awards

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

**April 24, 10 a.m.** – Webinar with Dr Sima Samar and GWI members worldwide

**June 25 and 26** – 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.*



## Keeping Spirits Bright at the Online Holiday Party

*By Patricia Duffey*

Thanks to each participant at the Holiday Party 2020 on December 7, bright spirits were in abundance, when over 100 CFUW members and guests enjoyed a delightful variety of stories, music, poems and the company of friends.

Highlights included a holiday greeting from **Lizz Wilfert**, a gift basket auctioned for the scholarship

fund, warm-up exercises followed by a singalong, and our gracious and entertaining emcee, **Catherine Smith**. We had musical interludes (online videos) from the Trans-Siberian Orchestra and children's choir, from the National Children's Chorus of the USA and from a Scholarship Trust Fund award winner, Carleton University graduate **Anita Pari**.

Thank you and kudos to...

- The poets — **Ilse Zandstra, Käti Lyon-Villiger, Patricia Bays**
- The story-tellers — **Heather Lewis, Gouhar Shemdin, Hope Finestone, Natalie Lam, Dianne Dodd**

- The MadriGals — directed by **Elizabeth Dickson**
- The donor and creator of the beautiful gift basket — **Alice Bolt**
- Music selector, ZOOM wizard and sharing of ideas for a quiet holiday — **Barbara Newbegin**
- Members who sent photos for the slide show

It was great fun. Many thanks to each of you and all attendees. Next year we look forward to seeing you all in person.

Happy New Year from the Organizing Committee!



### Goodbye to 2020

By Patricia Bays

Goodbye to 2020!

It's time for you to go.

You brought us your surprises,

More than we want to know.

We walked in every weather.

We've worn our masks always.

We've kept our social distance.

We've built jigsaws each day.

We've Zoomed with all our family.

We've tried to do our part.

Now, on to 2021

With glad and hopeful heart!



# Mary Reid's Container Gardening Presentation, January 11, 2021

by Elaine McKnight

On a January winter's night, over 170 members and friends were treated to a glimpse of summer. Mary Reid, of the Green Thumb Garden Centre, provided many tips and ideas for successful container gardening, although as she says, "if it doesn't work out this year, there's always next year!"



## What to use

Just about anything will do: containers can be ceramic, stone, concrete, plastic or burlap bags, or baskets. The only requirement is that soil must be held in. To convert an interesting object into a container, use screening or tin inserts. She told us that clay pots should be brought in during the winter, as the freezing and thawing of the earth in them can cause cracking. However, if much of the soil is removed from the pot it is less necessary to bring it indoors. The soil from hanging baskets can be removed and saved from one year to the next; coco liners last three years if allowed to dry out before storing. Insert pots can be placed inside "pretty" pots and should have a drainage hole. Self-watering pots may not be a good choice for plants that dislike too much water or for plants like basil, with shallow root systems.

## Watering

Shards of old pots, old fabric and coffee filters can be used to control drainage. If a pot is to be moved around, Mary recommends not filling the whole pot with soil, but lining it with styrofoam to keep it light. An interesting approach to moisture retention is the use of coconut bricks. A slurry made of the brick and water can be added to the potting

soil, or fibres from the bricks can be scraped off and added. Wind may affect watering frequency and hanging baskets may need to be watered twice a day.

The "finger test" can be used to decide if watering is necessary. Do not water if the soil is dry in the top inch but moist below. If plants need to be left for periods of time, a "water nanny" can be used to maintain moisture — this is a plastic bottle with its neck punctured with holes; filled with water and with its top kept on, it is then inverted and stuck neck deep in the soil.



## Fertilizers

Mary recommends slow-release fertilizers. Leaves, roots and flowers require different proportions of Nitrogen (N) for Leam growth, Phosphorus (P) for Root growth and Potassium (K) for Flower growth. Kathy suggests we use the phrase Little Red Flower to remind ourselves what fertilizer to use depending on the purpose. She also recommends feeding plants weekly with small amounts of fertilizer as opposed to less frequently with larger amounts.

## Sun requirements

Full-sun plants require 6 or more hours, part-sun plants 4 to 6 hours, part-shade plants 2 to 4 hours and shade plants less

than 2 hours of sunshine.

## Design

When describing the structure of a planted arrangement, she said that tall plants such as Cana are the "thrillers"; plants like coleus that add bulk to the container are "fillers"; "spillers" are any plants that cascade. All three kinds can be used in one container to great effect. With respect to display, choose a theme (e.g. same colour, all edibles), combine different types of plant — kale with hyacinths, edibles with annuals — and pack plants in, so that the container looks good for the whole season. Containers can be used through all seasons; bulbs in containers can be forced to bloom in spring; evergreen boughs in containers make a lovely decoration in winter.

Mary answered several questions and welcomed us to contact her at her garden centre ([www.greenthumbgarden.ca](http://www.greenthumbgarden.ca)) for further consultation.



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](mailto:newsletter@cfuw-ottawa.org). Next issue, March 2021; deadline for submissions, February 15. Previous issues are archived on the Club website.

## VIP Guest Speakers: Réunion En Français



Le Parlement du Canada est l'un des membres fondateurs de Assemblée parlementaire de la Francophonie (APF), créée en 1967 et dont le siège social se trouve à Paris.

Le sous-groupe d'appréciation de la culture and langue française du Groupe d'accueil diplomatique de la FCFDU aura l'honneur d'accueillir M. Francis Drouin, député de la Chambre des communes, président de la Section canadienne et premier vice-président de l'APF, de même que madame Marie-France Lalonde

députée et rapporteure au Réseau des femmes parlementaires de l'APF le 22 février 2021 à 10h sur Zoom.



Ils nous présenteront le travail important que font les membres de l'APF et,

en particulier, le réseau des femmes de l'APF qui, depuis 2002, encourage une meilleure participation des femmes de la francophonie à la vie politique, économique, sociale et culturelle et cherche aussi à prévenir et gérer la lutte contre le harcèlement.

Tous les membres du FCFDU ainsi que leurs invitées peuvent prendre part à cette réunion. Pour plus d'informations et pour s'inscrire, communiquer avec Marie Danielle Vachon. Veuillez noter que la réunion se tiendra en français.

## Convenor of the Month: Lisa Haley

Lisa retired from the Government of Canada in 2013 after fourteen years as political staff plus fourteen years with the public service. In both her political and bureaucratic roles, she worked with national and international groups in Canada and abroad, for example, arranging national tours for visiting foreign delegations of politicians, bureaucrats and journalists. Looking for interesting volunteer activities after her retirement, she saw a newspaper notice about the CFUW Open House, and decided to go. The flag display at the Diplomatic Hospitality Group table caught her eye: "I was so charmed by the warmth and friendliness of Sheryl Pacey and Barbara Ryan who were hosting that table, that I signed up there and then!"

She originally hoped to test drive other CFUW groups, but once she



Lisa, on the right, with members and guests of the DHG. Photo by Sam Garcia.

realized the size, scope and possibilities for the DHG, she decided to focus solely on this. Lisa became the group's President

in 2014, and this season, 2020-2021, is her sixth year as its leader.

## The Diplomatic Hospitality Group

By Lisa Haley

I admire people who move across the world to a foreign country where they may or may not speak one of our official languages. Like the other Canadian members of Diplomatic Hospitality Group (DHG), I recognize how fortunate I am in Canada; we have the opportunity to meet new people, learn about other countries, and enjoy the culture and cuisine of those countries. Whenever I hear dozens of people of various ages and backgrounds talking and laughing all at the same time, in several languages, it is heartwarming. I want to be part of helping to make everyone feel welcome and hope that diplomatic families will remember Ottawa as their favourite posting! What makes me proud of the DHG is the loyalty of its members, the infusion of new members and their enthusiasm, and the shared goal of making our diplomat guests feel welcome and accepted during their posting in Canada.

With changing demographics, almost 40% of professional diplomats are now women. As a result, we now reach out to 120-140 "spouses and partners" of diplomats. To provide more opportunities for interaction, DHG has increased the number of its outings to 14-15 each year, half at no cost, half for a cost-recovery ticket price. We visit venues not generally open to the public, such as the Canada Council Art Bank, and have had private, backstage tours of the National Arts Centre, the National Archives Document Preservation Centre in Gatineau and the CBC Headquarters in Ottawa. In addition, we organize bus trips to such attractions as the Upper Canada Village

in Morrisburg, the Diefenbunker in Carp, a maple sugar bush in Lanark, and a Thousand Islands boat cruise. Our diplomats tend to be younger than our Canadian members, often with young children; on PD Days, diplomats bring their children to family-focussed events and Canadian members bring their grandchildren. Our largest events are the Christmas Holiday Luncheon (<125 guests) and an annual Fashion Show (<80 guests), with Canadians and Diplomats from each continent volunteering as models!

Our Duplicate Bridge group is wildly popular. On specific days of the week, our special interest subgroups for English, French and German Conversation continue to meet virtually either every week or every two weeks; a snowshoeing group meets weekly in winter, as weather permits.

Our six-person Executive has the traditional table officer positions of President, Vice-President, Secretary, and Treasurer, and two Convenors: one for Canadian Membership and one for Embassies and Communications. Within the past year, we made great strides in records-management and financial reporting, with a shared drive for DHG documents and an online payment system for our tickets and fees. An ad-hoc Committee on Governance revised and updated our administrative documents. Most of the credit for this goes to our Vice-President, Karen Martin, and our Treasurer, Sheila Gervais.

Sharing one's favourite food is a universal sign of friendship. As circumstances do not permit this now, we decided to involve Canadians

and diplomats in the production of a *Diplomatic Hospitality Group International Cookbook* to allow everyone to share favourite recipes reflecting a range of cultural traditions.

We are still hosting in-person events; there were four such events last fall. We take considerable efforts to ensure that our DHG events respect all public health guidelines on social distancing and COVID-compliant requirements. Outdoor events have been planned for January and February 2021, if the guidelines allow. We have events tentatively booked for spring/summer at various outdoor and/or large open-air venues.

There has not been one event in six years that I would not consider a success. As to the future events we are planning, I'm not giving away any secrets!

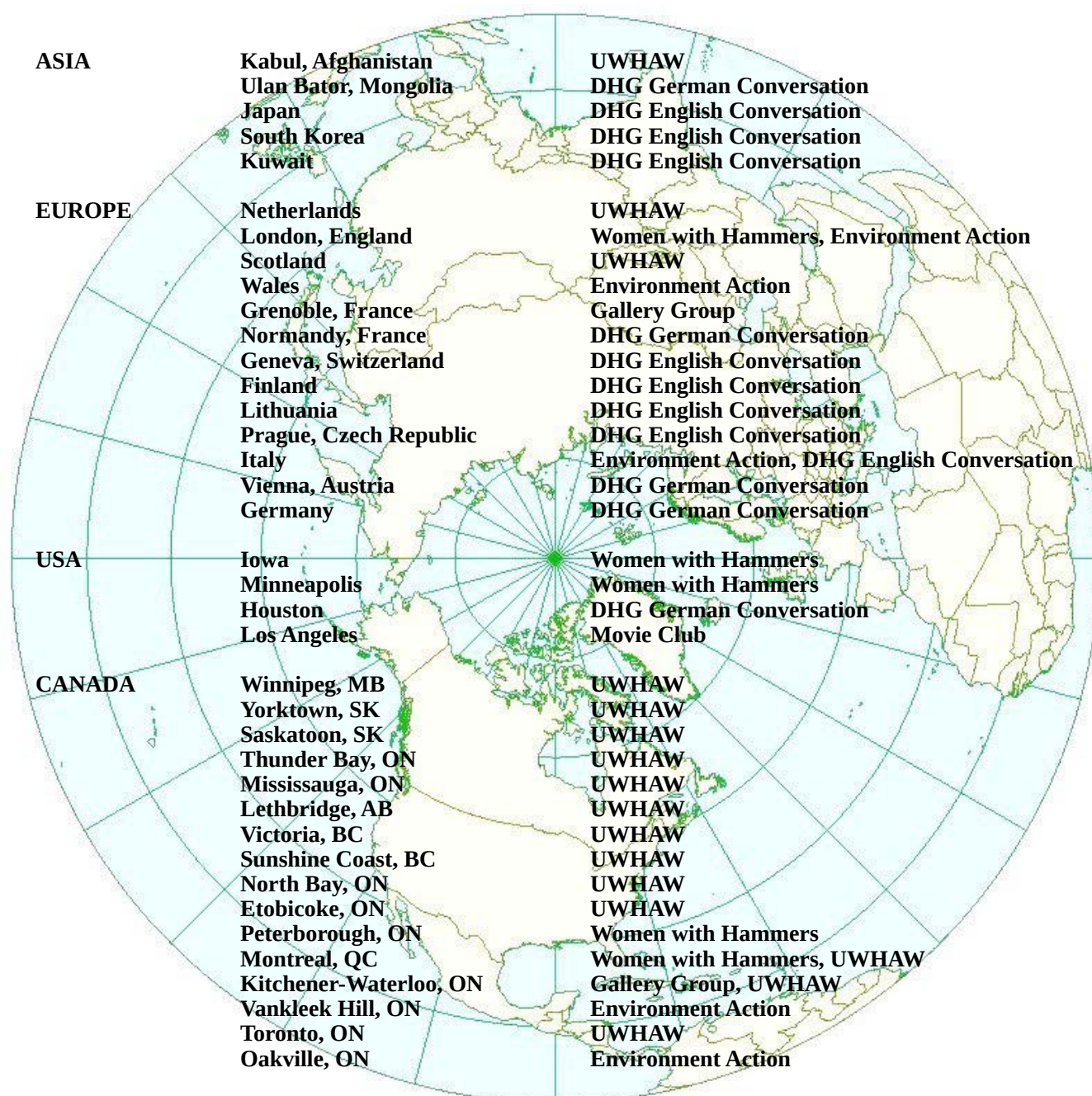
*In addition to the CFUW membership fee, DHG charges group members a \$30 fee which helps to cover the cost of printing our programme and miscellaneous operating expenses. We can be reached at [info@dhg-ottawa.com](mailto:info@dhg-ottawa.com) and generally respond within the day. Members can join as many sub-groups as they wish, and may register for whichever outings and events appeal to them. To keep our DHG members connected, we produce a newsletter to share photos and information for all Canadians and diplomats.*



# CFUW-OTTAWA SPREADS ITS WINGS!

## PARTICIPANTS FROM FAR-FLUNG PLACES

Karen Shigeishi-Waite compiled this list of the places from which guests have been welcomed to our meetings, since our Study & Interest and Outreach groups began to take advantage of ZOOM.



## Gatineau Trails



November 24th, 2020, first ski of the winter, in the Gatineau Park.

## NFA2NFA

Aware of the unfolding news in Afghanistan of violence, dire COVID-19 ramifications, and the ongoing complex peace negotiations so crucial for Afghan women, Hally Siddons wrote to our mentor Dr. Sima Samar to ask what CFUW could do to help the women of her country. Dr. Samar suggested we work with other women's groups to bring international pressure to the peace table.

Meanwhile our umbrella organization, Graduate Women International, was introducing a new opportunity for its National Federations and Associations (NFAs), of which CFUW is one. One NFA could work with another on a joint project. This was the perfect response to Dr. Samar's suggestion. We would have the potential to raise awareness of the perils of Afghan women's rights in an international network of some 15,000 women, in 75 countries around the world.

GWI-Netherlands contacted us directly asking to join us. Now a team of ten CFUW members from across the country, including 5 UWHAW members from Ottawa, is

working with a team from the Dutch association.

Both groups meet to hear speakers on the topic, discuss issues, and are developing a database and toolkit for advocacy use, not only for our own members but for other NFAs we hope to attract. Our project concludes with a webinar on April 24, open to all GWI members around the world and featuring Dr. Samar herself. Also invited to speak are Habiba Sarabi, one of only five women on the 42 member peace negotiating team in Doha, and Mary Akrami, founder of the Afghan Women Network connecting women from across Afghanistan. We will hear from these remarkable speakers why these negotiations are so significant for Afghan women, and what we can do to help. We are delighted GWI has given us this opportunity to work together on such an important and timely issue. Save the date, April 24, and also February 26, when Dr. Lauryn Oates from CW4WAfghan will address our joint Canadian Dutch Group on the importance of the peace negotiations for Afghan girls' and boys' education.

## In Memoriam: Frances Chambers

Frances Chambers, longtime member of CFUW, passed away on December 18, 2020, in her 90th year, at The Lord Lansdowne Retirement Residence.

She did her undergraduate studies at Mount Allison University, graduating in 1953, and her graduate studies at the London School of Economics, receiving her Master's in 1955. In her professional life, Frances was a trail-blazer. She held high positions in Canadian Federal Government departments and at the Bank of Montreal when it was not common for women to be in such positions.

She had many community involvements such as Southminster United Church, music festivals, volunteering for underprivileged and disabled children. She also loved gardening. Aleyamma Samuel remembers Frances as a friend who was "quiet, soft-spoken, unassuming, with a gentle smile."

## Do You Know Who We Are?



Graduate Women International (GWI)  
2020 YEAR-AT-A-GLANCE

CFUW's international affiliate, Graduate Women International (GWI) has a volunteer Board and two staff members, along with rotating interns, that liaise with an international network of some 15,000 educated women in 75 countries around the world. Click [here](#) to see a summary of the extraordinary amount of work they did in 2020 on behalf of education for women and girls around the world.

## Environment Action Update

By Joan Tyler, Jill Moll and Alison Hobbs



At its January meeting, the Environment Action group welcomed an agro-ecologist of the

EU Commission, Dr. Marco Bertaglia, speaking about ways in which conventional farming systems need to change. The current worldwide agrifood system causes 33% of greenhouse gas emissions, but does not feed the same percentage of the world population. Because of soil loss and climate disruption, a billion people are already living in crisis. Dr. Bertaglia offered viable solutions for feeding the world without destroying the environment.

Farming practices have to change, he said, or there will be biological annihilation. 68% of flying insects have already been wiped out over the last three decades; 40% of amphibians are in danger, as are 91% of fish, as a result of pesticides leaching into watersheds. Farmers' heavy reliance on fertilization was originally due to scientific discoveries of the chemistry of soil and plants. When scientists realized that plants need potassium, nitrates and phosphorus, it was decided that these minerals should be added to the soil to promote growth. This does lead to bigger plants and bigger yields, but also destroys the natural ecosystem of the soil, causing certain types of insects to thrive, thus necessitating artificial fertilizers that weaken the root systems of the plants. Eventually the soil is depleted of its natural pest-fighting and moisture retention capability, fertilized

lands become dependent on pesticides and the nutritional value of the plants is compromised. Man-made chemicals destroy natural pollinators, and when some insects become resistant to the pesticides, more aggressive pesticides are needed. It's a vicious cycle.

In order to diminish the intensity of climate change and halt the loss of biodiversity, agroecologists say, we should abandon monoculture; it doesn't work. We must stop using pesticides and artificial fertilisers altogether — properly grown crops don't need them and actually manage better without them — and ban tillage. Digging is unnecessary, too. The only suitable mulch for plants is hay or straw. Allow "spontaneous vegetation" (otherwise known as weeds!) to grow alongside the food plants, the more varied the better, so long as the food plants themselves are not stunted. Choose the best possible seeds and plant different species together, using the strength of each species to assist the growth of all the plants, some for shade, some for soil cover, etc. If farmers respect the natural structure of soil, its equilibrium can be restored and the roots of plants will grow better. The more complex the ecosystem of a

farm, the more produce it will yield and the less CO<sub>2</sub> it will emit. If fewer foodstuffs were imported and exported, we wouldn't starve; properly managed, one hectare of land can provide enough food for 15 people. A cold, harsh climate needn't be a limitation. In urban environments new farming methods are being developed: hydroponics and vertical growing systems in greenhouses, vegetable gardens on roofs, etc.

Key recommendations were to transition to small farms and to promote organic farming. The extent to which governments support big corporations instead of small farmers is not helping. When we start to understand more about the tasks at hand, it can seem overwhelming, therefore friendly collaboration makes sense. This is where "non-violent communication" comes in. (The American Dr. Marshall Rosenberg made this his life's work and Marco Bertaglia himself offers such training courses.) Really trying to understand another person's viewpoint, including that of people who farm in the "non-organic" way and the people who run large agri-businesses, is part of the challenge. Change will come when they too are heard and involved in the process.

### Next meeting: February 8 at 1:30 p.m.

*The City of Ottawa is developing a fiscally responsible, socially acceptable and environmentally conscious waste-management system, in order to reduce what goes to our landfill. **Environmental Services Project Manager, Rachael Jones** is going to introduce the Environment Action group to the city's **Solid Waste Master Plan**. What does it entail, and how can we be involved? If you're interested in attending this meeting, please send a message to [environment@cfuw-ottawa.org](mailto:environment@cfuw-ottawa.org).*

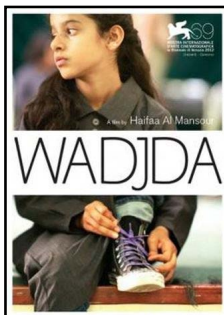


## Thought-Provoking Movies

Before Covid, the CFUW-Ottawa Movie Club was known as *Saturday at the Movies*, last year's group visiting the Bytowne Cinema together on Saturday afternoons. In the new season, we must make do with virtual outings online, but we can still share our impressions of the experience afterwards. As Convenor, **Karen Shigeishi-Waite** selects one film per month for the group to watch. Her choice for October was *Wadja* (2012), directed by a woman, the story of a spirited 10-year-old Saudi Arabian girl who wants to own a bicycle. We got together to discuss this on October 29, at a ZOOM meeting facilitated by **Leslie Baird**. It was particularly interesting to hear the insights of **Gouhar Shemdin** who has personal experience of life in Iraq and Saudi Arabia.

Next, on November 24, Leslie introduced a meeting at which **Pauline Daling** led a thoughtful discussion about the National Film Board of Canada documentary *What Is Democracy* (2018), directed by Astra Taylor. The participants shared what had struck them while watching the film and took turns to express their own thoughts about democracy. It was a wide-ranging conversation that had begun previously, when members of the group had emailed their reviews and comments to one another. We agreed that watching this during the presidential election in the USA made *What is Democracy?* a timely choice indeed. The film forced us to wonder what the word actually means in today's world.

During our discussion, the injustices of poverty, homelessness and immigration were mentioned. Someone pointed out



how ironic it is that countries with the word "Democratic" in their names often seem to be the most dysfunctional. Because capitalism creates such a big divide in society, economic inequalities must be addressed before other problems. Respect for the rights of others is crucial. The legacy of slavery, for example, still causes pain and division; we need to acknowledge this.

Some of us felt that Scandinavian countries come closest to a democratic ideal. Nelson Mandela's autobiography described what he called a pure form of democracy in the tribal community of his childhood, in South Africa. The most important factors within a well-functioning democratic society are freedom of speech, a respect for civil rights and the rule of law. Plato said "Nothing is beautiful without struggle". Education is crucial too. Different factions, especially religious factions, must be willing to listen to one another, and those places where this is the case give us grounds for hope. The film, however, showed upsetting instances of outsiders without a voice (refugees, former prisoners) who are not treated well.

Both the films and our deliberations left us with much to reflect upon. Our movie for December — *Hunt for the Wilderpeople*, set in the wilds of New Zealand — was a more light-hearted choice. In January we have been avidly discussing the Netflix documentary *Kiss The Ground* which, like the Environment Action meeting described on page 9, is all about the benefits of sustainable, regenerative farming practices.

If you wish to belong to the Movies Club, please send a message to [movies.cfuw@gmail.com](mailto:movies.cfuw@gmail.com).

### STF Update

A brand new scholarship! The **Barbara Newbegin Scholarship in STEM** was endowed at Carleton University in 2020. This scholarship will alternate each year between students enrolled in any program in the Faculty of Engineering and the Faculty of Science.

### News Of A Former Speaker

**Melanie Adrian**, an Associate Professor of Legal Studies at Carleton University, has been appointed to the Order of Ontario. At our General Meeting in April 2019 Melanie spoke memorably about Muslims in Canada and about the rights of minorities in different ethnic and cultural environments. She helped to establish the Ottawa chapter of *Scholars At Risk* is also co-founder of the nonprofit *Be The Choice*, helping women with breast cancer.

