



Canadian Federation of University Women – Ottawa



Capital Carillon

February General Meeting



Mark your calendars for our general meeting on February 6, 2023, at 7:00 pm. You won't want to miss our speaker, Dr.

Diane Lagace, who will be speaking on How We Can Promote Recovery of the Brain After a Stroke.

Diane Lagace, PhD is an Associate Professor in the Department of Cellular and Molecular Medicine in the Faculty of Medicine. She obtained her PhD in Pharmacology at Dalhousie University and completed a Postdoctoral Fellowship at the University of Texas Southwestern Medical Center in Dallas, Texas, where she became a leader in the field of adult neurogenesis. Her Canadian Institute Health Research-funded lab is defining how stem cells form adult-generated neurons in the healthy and unhealthy brain. Most recently, her efforts are directed to the field of stroke recovery, where she has risen to be the Pillar Lead for the Ottawa Stroke Research Consortium, which is part of the University of Ottawa Brain and Mind Research Institute. She is also an active member within the Neuroscience Program at the University of Ottawa, where she loves teaching and inspiring the next generation through mentorship and outreach.

Christine Rollo

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

*"Don't ever let anyone tell you that you cannot go through a particular door.
Always be prepared to go through a door that leads to your goal."*

– Ann Saddlemeyer

Eleanor Ann Saddlemeyer OC, FRSC, MRIA was born November 28, 1932, in Prince Albert, Saskatchewan. She was and is an academic, internationally known author, and expert in the history of Canadian theatre and Anglo-Irish literature. She was made an Officer of the Order of Canada in 1995.

International Women's Day (March 8) has become a day of global celebration, honouring the historical, cultural, and political achievements of women. The day also supports the acting against gender inequality around the world. We all know the world could not run without women. This is the day to appreciate their efforts!

The campaign theme for this year's 2023 International Women's Day is #EmbraceEquity. Equity means creating a fair and equal world. That no one stands in front of a particular door and told they cannot go through it. Embrace means to accept, adopt, and espouse willingly and enthusiastically. Let's neither be afraid to walk through that door or bar someone from going through that door. Let us be the support and hold that door open widely for all to walk through.

When the #MeToo movement

began in 2006, debates around the gender pay gap and gender equality within the workplace (especially at the leadership level), women's

(see President on next page)

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President — continued

reproductive health, and the so-called Pink Tax, got noticed. It's clear that gender has become a central lens through which we view our everyday lives and a benchmark for us to measure the equity of our world.

We're also faced with reminders of the inequities that persist around the world, both the obvious — such as gender-based violence — and the more subtle norms and beliefs that fuel generations of imbalance. The Women, Peace, and Security Index (WPS) measures women's rights through levels of inclusion in society, representation in the justice system, and feelings of security (at home, in their community, and within conflict settings). The United Nations' Gender Inequality Index touches on similar data points, such as the number of years of education a woman receives and women's representation at the political level, as well as areas like maternal mortality, early marriage, and teen pregnancy.

August 15, 2001, marked the turning back of time for Afghan women. Afghanistan ranks last out of 170 countries on the WPS Index and 157th out of 162 on the UN Gender Inequality Index. The WPS has Syria one notch better, then South Sudan, Democratic Republic of Congo, Chad, Sudan, Sierra Leone, Somalia, Central African Republic, and finally Pakistan ranking marginally better than the others. Can we hold the door open for these women?

On March 6th, our club celebrates our Scholarship Trust Fund (STF) award winners. Our STF gives young women a chance to fulfill their educational dreams that they might not otherwise have had.

International Women's Week is celebrated worldwide from the first Saturday of March, leading to International Women's Day (IWD) on March 8. This year, it takes place from March 4 to 7. What will you do to celebrate?

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: March 2023;
deadline for submissions: February 15

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



A Birthday Celebration

The Couples Gourmet group is happy to be meeting in person, at last. In December we welcomed several new people and celebrated the birthday of our Chair, Maria Neil, with an amazing cake house. The menu consisted of peanut butter soup, honey carrots, chicken and blue cheese meatballs, and poppy seed salad.

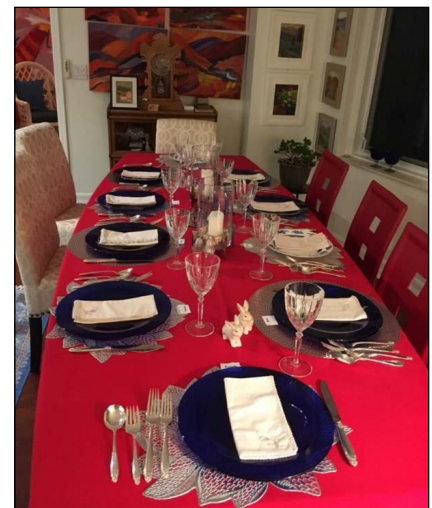


Photo courtesy of Jinny Slyfield



Photo courtesy of Carol Hamm

We are a group that loves setting the table with our best china, polishing the silver, and sharing delicious plates, recipes, wine, and stories in each other's homes under the very able guidance of Maria.

Jinny Slyfield

New Year's Resolutions for the Planet

The Environment Action Group has had several busy weeks since the last report. On November 28, the Ontario Government passed Bill 23: Build More Homes Faster in spite of wide criticism from municipalities, individuals, and conservation groups. Leslie Baird, one of our members, spearheaded our Bill 23 Action Committee; we protested by calling the Premier's office, writing letters, knocking on doors, and attending two protest rallies. We are planning more such initiatives in 2023.

Our final meeting of the year was a Strategic Action meeting, ably facilitated by Sue Carlton. It was agreed that one of the antidotes to the sense of fear, frustration, and confusion regarding the state of the planet is to do something small to move the needle in the right direction. With that in mind, individual group members committed to New Year's Resolutions for the planet, including driving within the speed limit, turning down home heat, planting trees, reducing food waste, using less plastic, and donating to environmental organizations.

If you, like us, want to make a difference to protect the planet, would you commit to a small, doable action for 2023? Every bit counts!

Lynn Davies

A Very Special Wine and Spirits Group Meeting

On December 8 Sarah and Martin Harvey, the New Zealand High Commissioner to Canada, welcomed 18 members of the CFUW Wine and Spirits Group into their home. What followed was a magical evening of learning about and tasting New Zealand wines!

Sarah and Martin began with an introduction to the geography, climate, and key players in the New Zealand wine industry as well as the major wine regions in the country. Woven through their stories, they poured five wines from those different regions for tasting.



Not surprisingly, we began with a New Zealand Sauvignon Blanc – a perennial favourite among many in our group. While the second and third wines of the evening (a Chardonnay and a Pinot Gris) were familiar grapes, many of us had not previously enjoyed New Zealand versions of these whites. We finished our tasting by really moving into new ground in tasting two very different (and wonderful!) Pinot Noirs. While many

in the group went in to this experience as fans (and dare we say frequent consumers) of New Zealand's iconic Sauvignon Blanc, we came out with a new appreciation for the lovely reds being produced there!

As we streamed out into the Ottawa cold, I heard so many comments on how much fun we'd had and how lucky we were to have participated in this event — an evening we will remember for a long time!

Judith Madill

MARK YOUR CALENDARS!

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

March 6, 7:00 pm – STF Awards Evening. Dominion Chalmers Centre, Woodside Hall.

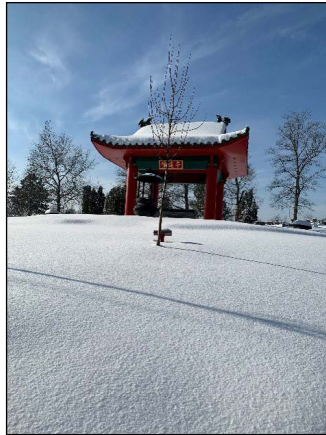
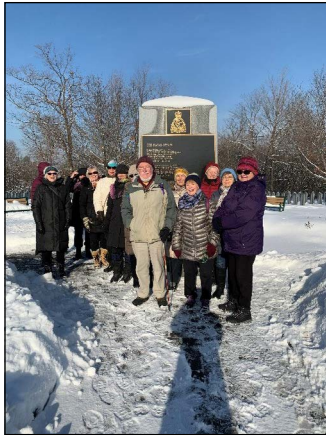
April 3, 7:00 pm – Monthly Meeting – In person at Riverside United Church - Beechwood Cemetery: a Place for the Living

April 27 – Musical Lunch, Royal Ottawa Golf Club

May 1 – Monthly Meeting – In Person at Riverside United Church – The Freedom Convoy Movement: Prospects for Canadian Democracy



A Pleasant Ramble Through Beechwood Cemetery



The day of our last urban walk of 2022 dawned with an amazingly blue sky and sparkling, pristine snow for the tour of our National Cemetery. We were met outside the Sanctuary by Ian Guthrie, a member of the Beechwood Foundation and an experienced volunteer tour guide.

Ian's knowledge of the many people buried at Beechwood who have made significant contributions to Canada and the world and the

meaning of the various types of headstones made our tour very much a learning experience.

The multicultural presence at Beechwood is unparalleled. Sections have been set aside for Greek, Egyptian, Lebanese, Latvian, Muslim, Polish, Portuguese, Ukrainian and Vietnamese communities. The Chinese section is notable for its lovely pagoda.

A tree carving program allows the cemetery to preserve some of the

beautiful natural heritage. On our tour we saw several trees carved with animals found across Canada.

Much of the beauty of Beechwood is hidden under snow at this time of year, so I am sure we will be planning a return visit in the spring to see the many flowering crabapple, lilac, and magnolia trees and the more than 3500 bulbs and 1500 annuals planted every year.

Morna Paterson

Tuscan Garlic Chicken

Here's a favourite recipe from Alice Bolt.

Ingredients

- 3-4 chicken breasts
- 2 cloves of garlic
- a pinch of salt and pepper
- fresh baby spinach
- 1 can artichoke hearts, drained and chopped
- 1 jar sun dried tomatoes, drained and chopped, save some of the oil
- 1 cup mozzarella cheese, grated

Instructions

1. Preheat the oven to 375 F
2. Lay the chicken flat in the bottom of a large dish. Season with salt and pepper, press garlic and spread it evenly over the chicken. Place the spinach, artichoke hearts and sun-dried tomatoes on top of the chicken. Drizzle the reserved oil over the top. Finish by topping with the cheese.
3. Bake for 45-50 minutes. Cook 20 minutes uncovered and then loosely cover with foil for the remaining time.

https://easyfamilyrecipes.com/wprm_print/724



Holiday Luncheon and Fundraiser

The CFUW-Ottawa Holiday Party was held on Monday, December 5, at the Royal Ottawa Golf Club and was a great success. The food and service were top notch. Thank you to Pat Mainwaring for sponsoring the event. There were 98 guests in attendance. Our emcee, Catherine Smith, kept us entertained throughout the event. A silent auction, a skill-testing question event for a gift basket, and a trivia game were all part of the festivities. The trivia game pitted table against table

with some very challenging questions. There were three tables who tied, so a tie-breaking question was needed to determine the winning table: "How far is the North Pole from Ottawa?"

The event raised close to \$4,500 for the CFUW-Ottawa Scholarship Trust Fund.

Thank you to all who were in attendance and participated in the events.

Happy New Year to all!

Caroline Choquette



Ottawa Through a Lens

These talented photographers from the Hocus Phocus group have captured winter at its most beautiful.



Photo: Pauline Daling



Photo: Danielle D'Amour



Photo: Rehana Rouf



Photo: Ursula Reichart

Margaret McCuaig-Johnston: “A Personal Reflection on Canada-China Relations”

At our General Meeting on January 9 Margaret McCuaig-Johnston spoke about her personal reflections on the China-Canada Relationship. Her enduring interest in China started after her first visit to China in 1979. Margaret is a senior Fellow with both the Institute for Science, Society and Policy and the Graduate School of Public and International Affairs at the University of Ottawa, an Advisory Board Member of the Canada-China Forum and an Advisory Board member for the forthcoming China Risks Institute.

Ms McCuaig-Johnston has closely followed the development of China's tech industry and its relationship with Canadian companies and universities. Canada's industry and universities have benefitted from R&D funding and partnerships with China. However, as she noted, this is not without risks

– unfavourable profit-sharing arrangements, loss of intellectual property rights, and lack of control over the use of data collected are common concerns. She also noted that there are risks for any Canadian company or university collaborating with China on almost any science or engineering project, as China has a strategy to integrate military and civilian technology development. China has plans for cyber, electronic, and psychological warfare, incorporating neuroscience, biotechnology, supercomputing, and quantum technology.

Ms McCuaig-Johnston, a member of the Canadian Board of Human Rights Watch and a Policy Advisor to the Uyghur Rights Advocacy Project, is very critical of China's increasing human rights violations and worried about the increasing use of surveillance technologies against vulnerable populations. For

example, Chinese surveillance companies are developing technology for the repression of the Uyghur people, and that technology is now starting to be rolled out to other parts of the country, including Tibet and the Mongolian province of China. In addition, users of WeChat are having their conversations monitored by algorithms to see if they are being critical of the government and can lose rights as a result. She urged that Canadians should speak truth to power every time they meet with Chinese officials.

She ended her talk on a positive note – hopeful that the Government's newly released *Indo Pacific Strategy* will support a reset of Canada-China relations. In her view “it is comprehensive, fully funded, and addresses head on the specific challenges that we're facing from China.”

Christine Rollo

EDUCATION, WORK, FREEDOM:
WHAT CAN WE DO FOR WOMEN AND GIRLS IN AFGHANISTAN?

WITH GUEST SPEAKER
FAWZIA KOOFI



**A GWI OUTREACH
CONVERSATION**

WEDNESDAY JANUARY 25, 2023 AT
 8:00 P.M. CET
 (CHECK YOUR LOCAL TIME)
 JOIN ON ZOOM
<https://us02web.zoom.us/j/83261723828?pwd=FU5XQVlONetvOFFpTzc5MkhZenNTdz09>



HOSTED BY
 CANADIAN CLUBS
 CFUW-BELLEVILLE
 &
 CFUW-OTTAWA






Courageous and long-time Afghan women's rights activist, **Fawzia Koofi**, (<http://fawziakoofi.org>) was a Member of the Afghan Parliament and its first female Deputy Speaker. She was one of 4 women on the 42-member Afghan and Taliban peace negotiating team. With the fall of Kabul in 2020 she found herself under house arrest and her safety in jeopardy. A single mother of two, she was most concerned about her daughters and felt she had no alternative but to leave her country with the belief she would return within a few months. Sadly she has not been able to do so, but remains deeply in touch and is fully involved in trying to help her fellow citizens from outside.

Her talk to us will focus on the increasingly challenging situation for women and girls in Afghanistan with the ongoing draconian Taliban decrees, not only the withdrawal of girls and women's education but the denial of their right to work and the freedom even to leave their homes. This webinar, **Education, Work, Freedom: What can we do for women and girls in Afghanistan?**, will consider the questions: How can we work in our own communities, with our own government, and with each other nationally and internationally to make a difference? Join us to hear an Afghan voice and to share in a breakout session your ideas for action.

Do You Know Who We Are?

CFUW's international affiliate, Graduate Women International (GWI), has a volunteer Board and one staff member, along with rotating

interns, that liaise with an international network of more than 8400 educated women in over 60 countries around the world. Click [here](#) to see a summary of

the extraordinary amount of work they did in 2022 on behalf of education for women and girls around the world.

Barb Newbegin

Historical Fiction Book Club

The Historical Fiction Book Club had a lively discussion in December as Heather Lewis led us through the twisted adventures of double Agent Zigzag (book by Ben Macintyre) during WW2. Some of our group meet in person at the Rockcliffe Retirement Residence (RRR) while others join us on Zoom. December's in-person meeting saw an abundance of holiday cookies and snacks while



the RRR provided beverages. Our January title is *She-Wolves: the Women Who Ruled England Before Elizabeth* by Helen Castor. Julia Turner will lead the discussion on this amazing work.

We meet on the second Tuesday of every month, from 6:30 pm to about 8:30 pm. If you're interested in joining us, do please us know. You can contact me at pmduffey22@gmail.com.

Pat Duffey

Movie Review: Searching



Once again movie critics have weighed in on the Netflix movie that was chosen for the Movie Club. Here are two differing opinions:

Heather Lewis writes:

"Most of the movie picks are not something my husband would watch.

He was prepared to watch this one and didn't doze off. It incorporates social media very well. I would give it 4.5 stars (out of 5). Most importantly, I think anyone who has teenage kids or grandchildren should watch it with them to the end."

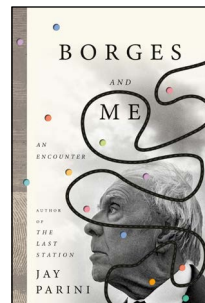
Gwenda Davies writes:

"The storyline was good enough, but I found the use of laptop or computer screens endless. Did I dislike them because my eyes could hardly read the computer's or iPad's rapidly changing screen info on my TV? Or because the search bar technique was so often repeated – the moving finger writes but did not move on!"

Karen Shigeishi-Waite



Book Review



Author Jay Parini calls *Borges and Me – an Encounter* a "kind of novelistic memoir" and takes the reader 50 years into the past, when he left the United States for Scotland to escape being conscripted into the war in Vietnam; his suffocating mother who is always full of advice; his humdrum middle-class life in Scranton, Pennsylvania. Thus begins his transition

from adolescence to adulthood.

In Scotland, Parini meets the blind, frail, septuagenarian author, the Argentine titan Jorge Luis Borges, about whom Parini knows next to nothing. Circumstances throw them together on a trip through the Highlands, where Borges hopes to meet a man in Inverness who is interested in Anglo-Saxon riddles but discovers that there is more than one Inverness in the world. Parini becomes Borges's eyes, describing the beauty and ruggedness of the Highlands to him, while Borges takes his apprentice on a grand verbal tour of Western literature and ideas and even promises to teach him about love and poetry.

This is a classic road novel, described by one book club member as "Mr. Bean on a road trip" and as a "comedy of errors" by another member, based on the many adventures and mishaps that befall the mismatched travellers. The ending is like the final act of an opera, according to a third member of the group.

Parini has an impressive list of literary works to his credit; this novel is one of them.

Sandi Stanko

Travellers' Corner

Where Have You Been, Gwenda Davies?

Last summer I visited the misty and mystical islands of Haida Gwaii. Based in Daajing Giids (renamed ancestrally only weeks earlier from Queen Charlotte City) we had easy access to all the tourist sites, including volcanic Tow Hill with its blow holes, Old Masset, home to many master totem carvers (as well as to Canadian poet Susan Musgrave), and Port

Clements where the famous Golden spruce was chopped down in 1977 by Grant Hadwin.

The highlight of the trip was the day our group sailed to Gwaii Haanas, a UNESCO World Heritage site, which the Haida consider sacred since the remains of so many ancestors and their spirits reside there.



In Memoriam –

Flora Crombie

Flora Margaret Crombie of Orleans died peacefully at her home Wednesday, December 7, 2022, at the age of 90.



Photo credit: Della Stanley

Flora (at left in photo, standing beside Hope Ross-Papezik) loved the arts, volunteering at the National Gallery, attending opera and plays, and participating in bridge and book clubs.

Della Stanley writes: “Flora was a keen participant of Canadiana group and often asked speakers excellent questions. She was a very good friend of Hope Ross-Papezik, who founded Tea Tales and Treasures Group and was involved with that group for some time with Hope.

“She was a gentle but determined woman who kept going in spite of pain from bad joints. Sadly Covid restricted her outings in the last few years, and we missed her smile, her contributions to discussion, and her wonderful smile. We will continue to miss her.”

Diplomatic Hospitality Group

Members of the Diplomatic Hospitality Group were honoured to have a private tour of the Native Women's Association of Canada (NWAC) headquarters on November 16, 2022.



Attendees learned of NWAC's work, saw beautiful art and commemorative displays, visited the medicine room and healing chamber, sampled the soups in the catering kitchen — and checked out the site of the rooftop gardens planned for next spring. In addition, some members shopped at their lovely Boutique Artisanelle and stayed to enjoy the Indigenous-inspired menu at Cafe Bouleau in the NWAC lobby. A spectacular event!

The Diplomatic Hospitality Group's annual Christmas Holiday Luncheon on December 2, 2022, at the Ottawa Hunt and Golf Club was a tremendous event. Over 100 guests celebrated the past year and looked forward to the new year with hope and joy. In the season of giving, guests generously contributed to a toiletries drive for Afghan refugee families.

Guests enjoyed a wonderful and moving musical performance by Laura Leonard and David Finkle, who

conveyed the beauty of our natural heritage through drumming, wind instruments, David's stories, and Laura's beautiful and powerful voice. They even coached guests through a singalong!



The "Official DHG Shoes" were on display as well as raffle and door prizes galore. Two talented DHG members, Sheila Gervais and Jinny Slyfield, generously donated paintings for our silent auction.



We have another interesting and entertaining lineup of events and outings planned for 2023. Our English, French, and German conversation groups continue to be popular, as does our Duplicate Bridge group. Thanks to the recent turn of weather, our Snowshoeing group is ready to hit the trails!

Lisa Haley

Welcome New Member Jane Newcombe



I joined the CFUW in September after a few neighbours told me about the organization and its activities. We had been skiing together last winter and crossed paths often with the Gat Trails crew on Tuesday mornings. Since our regular designated ski day or hike day is Tuesday, and all my ski mates had joined the Club last spring and the Gatineau Trails group, I figured I should get onboard too so I could have lots more like-minded outdoor enthusiasts to play with. So far I have only joined the Gat Trails group but come late winter when skiing and skating are a faint memory I can look at other options.

Beyond skiing and skating early in the year, I enjoy gardening, swimming, and biking. I also like to hike and kayak at my cottage in the more temperate months. I also help organize a used-book sale in support of the local library branch annually, volunteer on various community activities, help with newsletter delivery, tree pruning, and watching out for neighbours.

I am native to Ottawa back several generations, born, raised, and schooled for the most part here.

A Seasonal Feast Easy Gourmet Style

How lucky are we? Once again Marie Riopelle hosted one of the finest December feasts you'll find in Ottawa. Along with her talented elves (pictured) our group of 18 was treated like royalty.

The pictures tell the story of the warmth and festive atmosphere. Lots of loving attention to detail by Marie ensured the evening was magical. This dinner is one of the marvellous meals we experience each month between November and June (except January).

Along with the fun, members add to their culinary repertoire and learn tips on food prep and places to find special ingredients. While our group is currently at capacity we'd be happy to share our experiences should a new group wish to form.

*Betty MacGregor
Easy Gourmet*



The cooking team (L-R): Donna Elliott, Marie Riopelle, Ann Flynn, Anne Alper, Karen Shigeishi Waite and Marie's daughter, Heather Riopelle. **Photo by:** Betty MacGregor



Donna Elliott with our luscious dessert. **Photo by:** Carol Bell Thompson



Dinner guests at the December feast: Noël Chez Riopelle. **Photo by:** Heather Riopelle

In Memoriam – Linda Souter



Linda Souter, past president of CFUW (1985-1988) and IFUW (1998-2001), died in Almonte on October 27, 2022. Born in 1930, Linda grew up in Montreal and graduated with a BA from McGill University. She moved with her family to Ottawa in 1982.

A major focus in Linda's life was her advocacy for women and children through her years with both the Canadian Federation of University Women (CFUW) and International Federation of University Women (IFUW).

"I dream of a world where the daughters of our children and their children's children will be valued for who they are and who they can be; where they will be free to laugh, to play, to explore, to study and learn so they can reach their potential; where they can grow to womanhood in homes and communities where they are free from fear, discrimination, violence and war."

This statement eloquently expresses the philosophy of Linda's drive to champion rights for women through CFUW and IFUW for more than three decades. With clear vision, energy, and inspired leadership, Linda gave thousands of Canadian women an articulate voice and later gave that same voice to women of the 71 national affiliated associations that then comprised the IFUW.

Under Linda's watch, CFUW members were primarily concerned with violence against women and children, pay equity, access to generic drugs, pensions, and day care. The list is still with us. One of her first duties was to lead the Canadian delegation to the 22nd IFUW conference in New Zealand in 1986, where a CFUW resolution on child pornography was ratified.

In the words of Dianne Rummery, Linda "was a dynamo, caring, inventive, giving women a voice in Canada and through IFUW internationally, always a lady."