



Canadian Federation of University Women – Ottawa



# Capital Carillon

## February General Meeting



Our February speaker is Professor Jim Davies, speaking on “The Social Effects of Artificial Intelligence.”

Professor Davies is a full professor in the Institute of Cognitive Science at Carleton University, where he has won awards for his teaching and research. He has degrees in philosophy, computer science, and cognitive psychology. As director of the Science of Imagination Laboratory, he explores processes of imagination in humans and machines and specializes in artificial intelligence, analogy, problem-solving, and the psychology of art, religion, and creativity. His work has shown how people use visual thinking to solve problems and how they visualize imagined situations and worlds.



## PRESIDENT'S MESSAGE

CATHERINE SMITH

*Ask not what your Club can do for you – ask what you can do for your Club.*

**J**FK, I apologize and hope you can forgive me for using and abusing your famous quote. It just seemed too fitting for my purpose here...

I think we all know what CFUW-Ottawa can do for us, from enriching our lives and friendships to educating ourselves and others. But all of the time we spend together – be it enjoying the great outdoors, debating literature, sampling food and wine, or wielding power tools, to mention only a few – would not be possible were it not for the work of many, many hard-working and creative volunteers. Yes, our club is entirely volunteer driven.

So, as we embark upon another wonderful year together, I would simply ask that you consider thoughtfully and honestly if you can help our club in any way. You may only be able to help out by serving refreshments or greeting guests for an hour or two at one monthly meeting or special event, or you may feel that you have the time to sit on one of our many essential teams or committees, or even become a member of our Executive or Board of Directors.

Large or small, there are so many different ways in which your skills can be put to good use. Are you a master organizer? Do you have strong writing skills? Are you proficient online

or with programming? Do you like to speak your mind and feel passionate about certain causes? Or are you an unabashed number cruncher? The list goes on, but whatever you love and choose to do, please know that it can

(see **President** on next page)

## INSIDE

New Year's Resolutions: Environmental Action for Everyday Life

They Hit the Ground Running

Mark Your Calendars!

Newcomer Profile: Brenda Whalen

Did You Know?

Happy 100th Carol Shuttleworth

Ottawa Through a Lens

January Speaker – Dr. Wesley-Esquimaux

Movie Review: Maestro

CFUW-Ottawa Contributes to the Elizabeth Fry Society

Find Your Neighbours!

In Memoriam – Ruth Toller

In Memoriam – Sandra Bassett

Wine and Spirits Group

Holiday Party Recap

Diplomatic Hospitality Group

Book Review: Crow Lake

Traveller's Corner

Your Club Needs YOU!

Mahjong Group

In Memoriam – Gayle Cole

Recipe: Chickpea Curry

President — continued

make a big difference.

In this edition of *The Capital Carillon*, you will find some requests for help with upcoming events this spring. You can also peruse the various positions, teams, and committees that make our club one of the largest and most vibrant in the national Federation by going to the Members Only tab on the website, scrolling down to the last item called Club Documents, and looking under “What’s New” for the “Board and Chair Job Descriptions” and “Board Team Descriptions.” Please don’t hesitate to reach out to me or to the contacts listed for each position or team if you have any questions. Our Past President, Lizz Wilfert, is also an invaluable source of information, and she spearheads our succession planning efforts.

In closing, I return to JFK, but I promise to stay true to his words this time when he so aptly said “Every person can make a difference, and every person should try.”

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: March 2024; deadline for submissions: February 15

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

## New Year’s Resolutions: Environmental Action for Everyday Life

Acting as a group of friends and neighbours, you can boost one another’s morale, but individual action counts too.

In October, the national Environment and Climate Change Subcommittee hosted an online workshop for CFUW members, entitled *Environmental Action for Everyday Life*, sharing ideas nationwide. Here are some.

Reduce your dependence on plastic packaging for household supplies. Dryer balls and laundry-wash sheets can replace bulky, plastic-wrapped products. Purchase bar shampoo and bar soap. Even dish-washing soap is available in bar form. Find stores that sell produce in bulk and bring your own containers to fill.

Gradually eat less meat. Look online for vegan recipes and find ways of sharing the results. Research the best ways to store food purchases, and rather than using cling-wrap, use containers with lids for leftovers. Don’t waste food; plan ahead, store with care, cook in bulk, and freeze extra supplies. Read the labels on food products, avoiding foods transported

from distant countries. Choosing locally grown and locally retailed produce supports local jobs and cuts down on transportation emissions.

Make mittens from old sweater cuffs, lined with reused fleece. A group working together could sell or donate these at community events. Making lined bags from household fabrics could be another such project. Contact [environment@cfuw-ottawa.org](mailto:environment@cfuw-ottawa.org) if you’d like the sewing instructions.

Paint and re-purpose old house and garden furniture rather than throwing items out, and, if you have the inclination, rescue neighbours’ cast-off items for the same treatment.

Some of the above can be fun as well as purposeful. On November 27, 2023, Mike Nickerson, author of *Living on Earth as if We Want to Stay – More Fun, Less Stuff*, was the guest of honour at our club’s on-line Environment Action meeting. His premise is that when we accept responsibility for living within the planet’s limits, we are capable of securing well-being for the next seven generations and beyond.

*Alison Hobbs*

Spring is a favourite time for cleaning, sorting, and renewing. This spring the Environment Action group will share an article entitled “Where to Recycle Your Used...” If you have favourite places where you leave used appliances, furniture, electronics, etc. for recycling, email the contact information to Lynn Davies at [lydavies@rogers.com](mailto:lydavies@rogers.com) and it will be included in the article.

## They Hit the Ground Running: The First Six Months of a Remarkable Afghan Refugee Family

In the afternoon of August 3, 2023, a family of five refugees from Afghanistan arrived in Toronto. By that evening they were living in a hotel in Peterborough. Since then, Khadija Yawari, her husband, Ali Sabah, children Haniya and Erfan, and mother, Durani Yawari, have not slowed down and have accomplished an astonishing number of things to become established in Canada.

In the first two weeks they received Permanent Resident cards, health cards, set up bank accounts, met with the newcomer settlement organization, registered Haniya for school, walked the 45 minutes each way to Walmart for essentials, and began house hunting.

Khadija, who had managed the UWHAW scholarship program at Gawharshad University, began recruiting the first 12 students to participate in UWHAW's new remote-learning program. From then on, she spent most nights helping the students in Kabul register, getting computers set up, connecting with teachers, and providing practical and emotional support to the women living in fear of the Taliban. She continues this work.

Ali took language classes to upgrade his English proficiency - he



is one step away from full fluency – and has earned two accounting diplomas. He walked Haniya to and from school each day, got his driver's license, and kept looking for a house. In a city reporting zero vacancies they found a ground-floor apartment in a Victorian home in a well-established neighbourhood, and moved in on October 1.

By December Ali had an offer of a part-time position with UNIGLOBE CBO Travel located at the RA Centre in Ottawa. He works remotely from Peterborough and uses his financial-management background.

UNIGLOBE CBO is owned by Salma Siddiqui, sister of CFUW member Naseema Siddiqui, and she believes that with this experience Ali will be able to offer his services to similar agencies. For Ali, it is the essential Canadian work experience that businesses demand. This month he began an online Canadian Taxation course at Fleming College.

Khadija is taking language classes and would like training to be an administrator in a medical office, but she is stymied by lack of day-care. A Canadian problem she will overcome.



## MARK YOUR CALENDARS!

**February 5, 2024**, at 7:00 pm – Monthly Meeting via Zoom –  
The Social Effects of Artificial Intelligence

**March 4, 2024**, at 7:00 pm – in person – Scholarship Awards Evening –  
Riverside United Church, 3191 Riverside Dr.





## Newcomer Profile

### Welcome, Brenda Whalen!

I was born in Northern Ontario (a small town close to Thunder Bay) but have spent most of my life



in the Ottawa Valley. I lived in Kingston for three years while studying Behavioural Science Technology in the late 80s. After graduating, I moved back to Ottawa for an employment opportunity.

For the past 20 plus years, the Gatineau Hills have been home. After many beach days at Lac Philippe, we fell in love with the area.

Some of my interests are: walking, golfing, curling (just learning), cross-country skiing, cycling, baking, travelling, volunteering, reading, and spending time with my pets and husband.

As a recent retiree from the world of education, my motto is "try anything and everything" at least once

(with the exception of skydiving!). So, when someone mentions a new group or activity, I am keen to see if it's for me.

This past summer I joined a ladies golf group in Chelsea. What fun!!

Added bonus, I met so many wonderful women while golfing, including fellow CFUW member Diane Anderson. She mentioned this group, and I signed up in December.

Last week, I had my first CFUW outing with the Gatineau Trails and was so glad I joined!

As a new member I am looking forward to exploring some of the other groups.

### Did You Know...?

Did you know that Karin Keyes Endemann is a duplicate bridge aficionado and recently achieved her Life Masters? In addition to playing and teaching several times a week in Ottawa, she also plays in national and international tournaments. She particularly loves the experience of playing with foreign nationals when travelling. Karin is currently working on her Director accreditation.



### CFUW-Ottawa Members Wish Carol Shuttleworth a Happy 100th Birthday!



## Ottawa Through a Lens

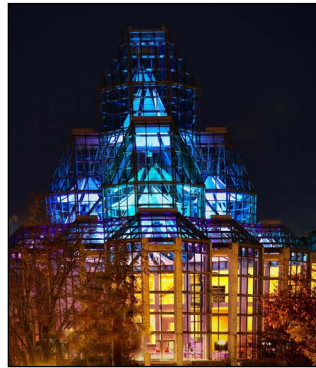
Perspectives of Ottawa through the artistic lenses of the Hocus Phocus Group.



Sunset by the Pond by Jelca Torok



Happy Faces, by Karen Shigeishi-Waite



National Art Gallery at Night  
by Pauline Daling



Tree Rings by Karen Walker

## January Speaker – Dr. Cynthia Wesley-Esquimaux

At our General Meeting on Monday, January 8, Dr. Cynthia Wesley-Esquimaux spoke on “Restoring Physical, Emotional and Spiritual Health to Indigenous Communities.”



She spoke about the work she does with the Banff Centre for Arts and Creativity on Indigenous Leadership, especially the course she delivers on Indigenous Women in Leadership. Indigenous women have often experienced trauma during their formative years and need a safe space to

explore who they are, focus on their values, and consider how they can live their values before they can begin to restore health in their communities.

If you were not able to attend Dr. Wesley-Esquimaux’s presentation you can find it on the CFUW-Ottawa YouTube channel. Sign in to the CFUW-Ottawa website and click on the “Members Only” tab, then on “CFUW-Ottawa General Meeting and Speaker Series Presentations” tab.

*Christine Rollo*

## Maestro A Movie Review by Jeanne Thibault



Generally I liked the movie albeit with some reservations. Carey Mulligan gives by far the best performance in the movie. As is often the case,

British actors are superlative in mastering their craft. Her quiet restraint in portraying Felicia Montalgre’s struggles with cancer took my breath away. So beautifully done. A very Oscar-worthy performance. I found Bradley Cooper depended too much on mimicry in his portrayal of Bernstein.

At the beginning, I had a hard time understanding what the two main characters were saying. They were not very articulate and would sometimes talk over one another. I would suggest you stay very alert to capture what Cooper and Mulligan are saying. I almost felt like I needed subtitles.

Visually, it’s a beautiful film, although Bradley Cooper’s different film techniques feel like he is trying to impress you, rather than focusing on telling the love story of the Bernsteins. I felt Cooper didn’t adequately explain the supporting cast of characters. Different people flitted in and out, yet I didn’t really know their backgrounds or who they were supposed to portray. I found it irritating.

So, I would say the film was a bit uneven, sometimes rushing so fast in the lives of the characters that it made you feel like you missed something important.

I had very high expectations before seeing this film, and I guess it didn’t quite match these expectations.



## CFUW-Ottawa Contributes to The Elizabeth Fry Society

Since 1951 when five volunteers from the University Women's Club of Ottawa began to visit women incarcerated in the Ottawa Jail, CFUW-Ottawa has been committed to supporting the Elizabeth Fry Society of Ottawa. Expanding to the not-for-profit agency it is today, Elizabeth Fry provides confidential programs to women who are, or may become,

criminalized.

Each year the Elizabeth Fry staff holds a Christmas Party for their clients and children. In November, we ask our CFUW-Ottawa members for items to help fill their gift bags. This year we were pleased to deliver a car filled to the roof with gifts. I wanted to share this email I received.

*Chris Narraway*

I want to express my sincere gratitude for all your donations. It helped us create many gift bags to give out at our holiday party on December 12!

Included are pictures of gift bags created for our adult clients and a couple of bags created for children of some clients.

Thanks to your donations, all bags included miscellaneous hygiene products, sweets/treats, self-care products, oral-health supplies, and a gift card.

Again, we thank you for your continued support of E Fry Ottawa!

I hope you had a great Holiday!!

Kind regards,

*Kayla Crowe*

Pronouns: She/Her

Associate Manager of Office Administration  
The Elizabeth Fry Society of Ottawa



## Find Your Neighbours!

Have you ever wondered who in the club you could carpool with to an event or outing? Or go for a walk, have a coffee/tea, or find a partner to do something with? Someone close by, in your neighbourhood?

Wonder no more. We have put together a list of all current CFUW-Ottawa members, sorted by postal code, with their name, address and phone number. [Click here](#) for this list (It can also be found on the club website, under the "Members-only" -> "Find Your Neighbour"). You can find your postal code and then name in the list, and then easily see who lives around you. You may be surprised to see the members who live close by!

Please use this list as you wish. You may wish to reach out to someone for a ride. Or perhaps organize a "meet and greet" coffee for those in your neighborhood. Arrange to get outdoors for a walk and some exercise. Up to you.

If you have any questions or comments, please let us know.

We hope you find this helpful, and another way to find friendship in the club.

(Thank you to Peg Herbert, a new member who participated in our New Members' Welcome Zoom in November, for this wonderful idea!)

Cheers,

*The Membership Team  
(Karen, Moira, Rosie, Joan,  
Naseema, and Catherine)*

## In Memoriam – Ruth Toller



Longtime member of CFUW-Ottawa, graduate of University of Toronto, mother and grandmother, Ruth Toller passed away on January 6, 2024, 10 days before her 90th birthday. She had been a very active and involved member of CFUW-Ottawa. Over the years Ruth served the club in different roles such as Chair of Study and Interest Groups and Convener of the Monday hiking group in Gatineau park. She was also a member of the Monday snowshoeing group and Tuesday hiking and skiing group.

Ruth lived in Alta Vista for many years and was very active and known in the community. She was co-founder and co-editor of the now decades-old Vistas community newspaper. She taught Sunday school at St. Timothy's Presbyterian Church and was both an elder and a pastoral-care visitor. She delivered Meals on Wheels. She loved music, played piano, and was member of the Madri Gals as well as the Writer's Workshop for a while. She took on so many tasks, but made it look so simple, never waiting for acknowledgment or accolades.

Ruth will be greatly missed.

*Aley Mathew*

## In Memoriam – Sandra Bassett

Sandra died following a short illness on December 10, 2023. She was born in rural Wales and spoke only Welsh until she was eight years old. She went on to complete a double hon-



ours degree in English and Education and taught English, specializing in children's literature, in Manchester, England, and in Carleton University and Algonquin College. In her last 10 years at Algonquin she was the Director of International Education, overseeing Algonquin's education projects in Africa, Asia, and Latin America and recruiting international students for the College. Sandra was a voracious reader, loved music and art, and developed a surprising love of Formula 1 racing later in life. She enjoyed discussing just about anything,

especially politics, which she was passionate about.

Hally Siddons writes, "Sandra was a member of UWHAW when we first began and very active, including at the Garden

Parties. She was tremendous fun and she and her husband so very interesting. She will be greatly missed .... [Sandra] was indeed a lovely woman and always with a smile."

Lynn Haggarty adds, "Members of the Thursday Literature Study Group will remember Sandra for her insightful comments about the literary merits of the books we read and for fascinating reminiscences of her Welsh childhood and experiences in Africa and around the world, always delivered so charmingly in her cultured Welsh lilt."

## Kicking off 2024 with the Wine and Spirits Group

The popular Wine and Spirits Group was hosted in January by Betty MacGregor and Laurie Anne King. Each month, various members host the meetings in their homes and get

to choose an array of tastings for the group. Despite horrible weather and travel woes, nothing stops this group from getting together! The lively group had a chance to view a ter-



rific presentation on wines from Portugal.

We learned a lot; what a wonderful way to start the new year.

Cheers from the Wine and Spirits Group!

*Bonnie Seidman*



## Wonderful Holiday Party!

Our club celebrated the arrival of the holiday season with a delightful gathering of members on December 4th. The Royal Ottawa Golf Club served a delicious luncheon, Catherine Smith entertained us with her tales and jokes as emcee, and Moira Phillips led teams in a stimulating trivia match. What a successful event, largely due to the



hard work of Alice Bolt performing registration duties and creating the two beautiful baskets for our mini trivia game and Caroline Choquette for organizing donations and leading the silent auction team.

A cheque was presented to the treasurer of the Scholarship Trust Fund for \$7,215.58 - the highest amount raised at a single STF event in many years. Many, many thanks to Pat Mainwaring for sponsoring us at the ROGC, to all who attended, to all who donated to or bid on silent auction



items, to all who bought tickets towards the baskets, to members who made cash donations as they could not attend, and to members who invited guests from outside the club to join us.

A very special thank you to the many volunteers who made the work light and the day fun. The proceeds will go a long way as the STF recovers from the years of low returns on investments and the lack of fundraising events during the pandemic. Thank you very much!

*Pat Duffey*



### Winners of the Trivia Game at the Holiday Lunch

Thanks to Joan Tyler for a great photo!





## Update from the Diplomatic Hospitality Group

Diplomatic Hospitality Group (DHG) members visited the Bytown Museum on November 17, where we learned about the history of Ottawa and the construction of the Rideau Canal. The museum is housed in Ottawa's oldest stone structure, between Parliament Hill and the Chateau Laurier, at the entrance to the canal. Today, the Rideau Canal is a recognized UNESCO Heritage Site. The Bytown is well worth visiting. We saw many artifacts from Ottawa's history, including the original flag that was saved from the Peace Tower during the 1916 fire that destroyed the Parliament Building.

DHG's annual Christmas Holiday Luncheon is always the highlight event of the year, and this year's event on December 1 at the Ottawa Hunt and Golf Club was our largest ever – with a sold-out crowd of over 125 Canadians, diplomats from over 20 countries, and many special guests. We were pleased that both the current

and the former CFUW-Ottawa presidents, Catherine Smith and Lizz Wilfert, joined us to celebrate.

In the season of giving, guests kindly donated to our toiletries drive for newly arrived refugee and immigrant families at the YMCA's Newcomer Centre, which was presented to our guest, Marianne Long, Manager of Philanthropy and Community Engagement for the National Capital Region YMCA.

His Worship, Mark Sutcliffe, Mayor of Ottawa, extended his best wishes to attendees, reminding all that Ottawa is a vibrant multicultural city where Hannukah and Kwanzaa are also celebrated during this holiday season. The Mayor thanked DHG for welcoming diplomatic and consular members, their spouses and families to Ottawa, and for providing opportunities for them to see and learn about our Capital and our country.

His Excellency Martin Harvey, High Commissioner of New Zealand,

was our guest speaker, and we enjoyed hearing his impressions of Canada during his three-year posting in Ottawa. As the Harveys have left Canada to return to New Zealand, we were especially thrilled the High Commissioner chose to make his final formal speech in Canada to DHG. We also paid special tribute and bittersweet farewell to Sarah Harvey, the former president of the Heads of Mission Spouses Association (HOMSA), for her incredible contributions to Ottawa during the Harveys' posting in Canada.

An afternoon of fun, friendship, prizes, and food: an excellent way to end 2023. We are off to a great start with two events lined up for January: a guided tour of the Senate of Canada and our always popular Learn To Curl Day! Details in next month's newsletter!

*Lisa Haley*



His Excellency Martin and Sarah Harvey, Lisa Haley



Members of DHG in the Bytown Museum

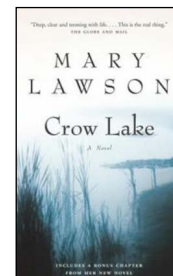
## Have You Read ....?

### Book Review from Book II

Crow Lake is the first novel written by Canadian author Mary Lawson, whose love of Northern Ontario is very evident in this book, as is the presence of her great-grandmother. It

won the Books in Canada First Novel Award in 2002 and the McKitterick Prize the following year. It is set in the small farming community of Crow Lake in Northern Ontario

and centres on the Morrison family – Kate the narrator, her younger sister Bo and her older brothers, Matt and Luke – and the events



following their parents' deaths in a car accident. Kate's childhood story is intertwined with her story as an adult as a successful academic who is planning a future with her partner, Daniel, while haunted by the events of her past. Rural life in Northern Ontario and the farming families of the area are recurring cameos in the narrative.

Members of Book Club II had a wide-ranging discussion around the themes of guilt, dysfunctional families, community, education, abandonment, forgiveness, relationships destroyed, and misplaced shame, among others. We admired Lawson's evocative and lyrical writing style, especially her descriptions of a northern winter. We agreed that it was an exceptionally good first novel, which easily invites reading her subsequent books: *Road Ends*, *The Other Side of the Bridge* and *A Town Called Solace*, all of which have garnered awards. Lawson does not disappoint.

*Sandi Stanko*

## Traveller's Corner

### Where Have You Been, Sandy McDonald-Rencz?

I went to Finland last summer to visit my son and daughter-in-law. They live in Helsinki, a beautiful Scandinavian city that juts into the Gulf of Finland. We hiked, biked and enjoyed lots of Finnish cuisine. And of course, no trip

to Finland would be complete without numerous visits to saunas, a hike and sausage roast at one of their many community fire pits, and of course a trip to Lapland to see the northern lights. What a wonderful getaway.





## Your Club Needs YOU!

*Volunteers are currently being sought for various club events. Can you help?*

### For Upcoming Fundraisers:

CFUW-Ottawa currently runs four fundraisers each year, The Lunch and Games event, the Holiday Party, the Musical Lunch, and the Dinner for Hope. The Scholarship Trust Fund is the beneficiary of the first two and shares in the proceeds of the third, the Musical Lunch. University Women Helping Afghan Women (UWHAW) benefits from the Musical Lunch and the Dinner for Hope. These events would not happen without a slate of volunteers. The need for volunteers ranges in time commitment from chairing or co-chairing the event to greeting people at the door. In the spirit of many hands making light work, the tasks are spread across many volunteers and in most cases, there is a lot of documentation from past events so no one needs to start from scratch.

The **Musical Lunch** is scheduled for April 18 and the **Dinner for Hope** is on June 20. The most immediate needs are co-chairs for these events. The roles will involve coordinating the team and ensuring all tasks are covered and being the primary point of contact for the event. Previous chairs of the events will be available for consultation. Please contact Barbara Newbegin at 613-878-3329 or [b.newbegin@rogers.com](mailto:b.newbegin@rogers.com) for information on how you can help make these events a success.

### For International Women's Day and Advocacy:

The **Advocacy and Liaison Team** particularly needs assistance during

the next few weeks with arrangements for an enjoyable afternoon, in-person club event to celebrate International Women's Day on a date to be determined during March. Please contact [advocacy@cfuw-ottawa.org](mailto:advocacy@cfuw-ottawa.org) for more information.

If you have poster-design skills, we can use your help throughout the year. If you enjoy writing, you could contribute to our advocacy work by helping to draft short letters to newspaper editors or to politicians and councillors on the issues that concern us, or by writing and submitting short articles for publication in community newsletters or the *Capital Carillon*.

### For our AGM:

The **AGM Committee** needs volunteers to help plan and organize the format, supplies, and refreshments for the CFUW-Ottawa AGM in June; to promote attendance at the AGM to club members; and to help run the AGM on the day. Please contact Christine Rollo at [rollo.cfuw@gmail.com](mailto:rollo.cfuw@gmail.com) for more information.

### For Our Monthly Meetings:

Needed: Members for our **Hospitality Team!** Hospitality Greeters and Refreshment Helpers are needed for our in-person meetings. Be a member of a team that welcomes members to The Season Opener as well as our Speakers Series and General Meetings and that offers help to the Hospitality Chair with the serving of refreshments. Please contact Jill Moll at [jill.moll@gmail.com](mailto:jill.moll@gmail.com) for more information.

## Mahjong Group December Potluck

After a four-year hiatus, the members of the Tuesday mahjong group gathered for their annual holiday potluck and tournament in early December. It was a fun and lively event, and the group enjoyed a fantastic assortment of dishes and desserts before a friendly mahjong tournament. The mahjong group welcomed many new players in 2023 who have very quickly picked up the game, and it was one of our newest members, Sandy MacDonald-Rencz, who won the coveted Mahjong Champion trophy with the high point score for the day.

*Mary Broderick*





## In Memoriam – Gayle Cole

Gayle Cole passed away peacefully on November 24, 2023, surrounded by family. Gayle was born March 11, 1940, and raised in Ottawa, graduating from the Ottawa Civic Hospital as a Registered Nurse. She worked in maternity, obstetrics, and in family medicine for



over 50 years, retiring from the Britannia Medical Group.

When Gayle was not working she could be found skiing, playing bridge, curling, and golfing.

Gayle was part of the Easy Gourmet group as well as the Sunday Brunch group. Carol

Bell Thompson writes, “Gayle was a long-time loyal, close friend, and her sudden death came as a shock. She had a take-charge, tenacious competence, combined with never-ending optimism at all times, and took great pride in the four daughters she raised. I am missing her daily.”

### Chickpea Curry with Coconut Milk and Tomato

This wonderful recipe comes from Linda Gray, who made a few modifications to a couple of recipes she found online. Thanks, Linda!

**Serves 4**

Chickpea Curry with Coconut Milk and Tomato  
<https://www.bowlofdelicious.com/chickpea-curry>

#### Ingredients

- 1 tbsp coconut oil (or other oil of choice)
- 1 onion (thinly sliced)
- 3 cloves of minced garlic
- 1 tbsp brown sugar (or honey or white sugar)
- 2 cups stewing vegetables of choice – zucchini, red peppers, green peppers, butternut squash, mushrooms – any vegetable you may have on hand
- 30 oz can chickpeas – drained and rinsed (approx. 3 cups cooked dry chickpeas)
- 1 ½ tbsp curry powder
- 1 tsp ground cumin
- 1 tsp cinnamon or garam masala (I used garam masala as I wanted a more savory vs sweet curry flavour)
- 15 oz can diced tomatoes
- 2 cups of spinach
- 1 can coconut milk (unsweetened and whole – not light)

#### Instructions

1. In a large pot heat the coconut oil, add the onion, minced garlic & brown. sugar. Cook over medium heat so as not to burn the ingredients and stir until the onions are a deep brown (caramelized).
2. Stir in the vegetables of choice. Cook until vegetables are al dente.
3. Add chickpeas and spices. Stir to coat everything evenly with the spices. Continue to cook for 1-2 minutes to bring out the flavour of the spices.
4. Add the stewed tomatoes. Keep temperature at medium heat and stir often until the juices are reduced. Scrape down the sides until the sauce has thickened and vegetables are cooked through.
5. Add spinach and cook until the spinach wilts.
6. Add coconut milk, cook until the sauce bubbles. Turn down to a simmer, stir and let simmer for 5-10 mins.

Cook rice and make salad

Add the curry either on the side of the rice or as a topping to the rice. I placed the curry and rice in large bowls with a side salad and naan as options.

If you like you can squeeze some lime juice over top and sprinkle with fresh chopped cilantro.

