



Canadian Federation of University Women – Ottawa

# Capital Carillon

## Scholarship Awards

*All members of the community are welcome at this free event*

**Monday, March 4, at 7:30p.m.**

Riverside Churches, 3191 Riverside Drive

**Please join the Scholarship Trust Fund Trustees at our annual CFUW-Ottawa Scholarship Evening.**

We look forward to seeing you at this important meeting. Your family and friends are also welcome to join us.

Come to applaud these fine young women who appreciate the help the scholarships provide.

**Celebrate their accomplishments and enjoy performances by the musicians.**

*Refreshments and time to meet and greet the scholarship winners will follow the awards ceremony.*



January 22, the Gatineau Trails cross-country ski group skied to a cabin near Meech Lake. They bravely started out in the parking lot at minus 25 degrees but were soon stripping off layers.

Photo by J.Tyler

## PRESIDENT'S MESSAGE

HEATHER LEWIS

As the expression goes, there is good news and bad news. First, the good news. CFUW-Ottawa will be hosting the **2020 NATIONAL AGM** in June 2020! For those of you who have never been to a National AGM I can assure you that this is an exciting event. We have managed to secure the Delta Hotel downtown, a lovely venue both for us and our out-of-town guests. We shall need many volunteers, so don't be surprised if you are approached for help.

In the shorter term, on March 4<sup>th</sup> at the Riverside Churches, 7:30 p.m., we are hosting our annual *Scholarship Trust Awards Evening*. By supporting various CFUW-Ottawa events, you

have financed these awards, so please come to see them handed out. Many of the young award winners, who love to chat with you about their studies, bring their families along, and your presence is also important to them. We have had confirmations for two performances (both piano): one from Abigail Sanchez-Rojas Ottawa U recipient of the Barbara Newbegin Award in Music, and the other from Rachel Warkentin,

(see **President** on next page)

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**President** – continued

Carleton U recipient of the Helen Nininger Scholarship in Music. Trust members prepare refreshments. It's a very nice evening.

Also in March is our International Women's Day event, the **CABARET**: see the poster on page 5 of this newsletter. This will take place the afternoon of Saturday, March 9<sup>th</sup>, also at the Riverside Churches—a celebration indeed, not to be missed. I really wanted this event to be fun and feel confident it will be.

Not only will April bring our General Meeting on April 2<sup>nd</sup> with speaker Melanie Adrian (free and open to the public), but there are two ticketed events: the Seminar on International Issues: *Inclusion and Empowerment through Education*, at Ottawa City Hall on Saturday, April 13<sup>th</sup> (see page 8) and the popular *Musical Lunch and Silent Auction* on Saturday, April 25<sup>th</sup> (see page 10).

Now for the bad news. Inflation is affecting everything, and the CFUW-Ottawa Board has decided there is a need to increase the dues for the 2019-2020 year from \$115 to \$120. At the last May CFUW-Ottawa AGM, members gave the Board authorization to raise the fees by up to \$11 for inflationary issues for GWI and CFUW. (You can see the draft minutes for this meeting on our website.) The National AGM of 2017 ran out of time before a vote on a dues increase could be called. At the National AGM of 2018, a vote on a dues increase was narrowly defeated. We have little

doubt that a motion for a dues increase will pass at the 2019 National AGM in Winnipeg. GWI dues have increased by the equivalent of \$8.40. Considering these factors, your Ottawa Board agreed that it was prudent to raise our dues by \$5.

This increase will not affect the membership fees for current members until next September's annual renewal. *New members enrolling in February 2019 will have the benefit of dues paid now (\$120), covering membership until*

*September 2020!* I encourage members to alert friends who might be considering joining about this opportunity. I call February the BARGAIN month for NEW members. The fees for student members are even a bigger bargain, remaining at \$50.

As much as you can, please take full advantage of your membership. There are many meetings, members, events and interest groups. In fact, stay tuned for more new interest groups in the near future.

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**LOOKING AHEAD TO CFUW EVENTS IN 2019**
**MARK YOUR CALENDARS!**

All General Meetings take place at the Riverside United Churches, 3191 Riverside Drive.


**2019**

**Monday, March 4, 7:30 p.m.** – Scholarship Awards Evening (see page 1).

**Saturday, March 9 – Cabaret**, our International Women's Day celebration, at the Riverside Churches (see page 5).

**Monday, April 1, 7:30 p.m.** – General Meeting with guest speaker Melanie Adrian of Carleton University: *Muslim youth in Canada; dancing the poetics of belonging*.

**Saturday, April 13, 10 a.m.** – Focus on GWI seminar at City Hall: *Inclusion and Empowerment through Education in Developing Societies: a Global Agenda for Women and Girls* (see page 8).

**Thursday, April 25 – Musical Lunch** in aid of scholarships for young women in Ottawa and Kabul (see page 8).

**Saturday, May 4** – CFUW-Ottawa AGM, with lunch, at the Riverside Churches (see page 8).

**Wednesday, June 12 – Summer Evening Dinner** in aid of scholarships for young women in Kabul.

## A Food Revolution In Yellowknife

Report by Margaret Shisko

Photo credits: E. Wilfert



France Benoit

At our General Meeting on February 4, a light lunch was followed by an inspiring presentation by France Benoit, farmer, documentary film maker and community activist, whose mission is to “change the world, one carrot at a time”.

Having begun with a small garden growing vegetables for personal consumption in Yellowknife, France’s passion for gardening evolved into an inspired project to launch the Yellowknife Farmers’ Market and a just and sustainable Food Charter, the first agriculture strategy for the City of Yellowknife and the NWT Government.

France began with a small greenhouse and some raised beds on her property; she also used every available space in her home for container planting. Later, she diversified her crops by creating a micro-climate for certain vegetables. She took a cheese making course using pasteurized milk simply purchased from her grocery

store and launched a new line of products to sell at the Farmers’ Market: desserts and baked goods made with her own cheese and vegetables.

France explained how the group who created the Market planned strategically, for example deciding to host the Market immediately after work on a weekday, so as to capture the interest of workers on their way home. The Market is held on City Hall grounds and the city funds children’s activities, leaving their parents free to shop. The rules of the Market reflect the volunteers’ values:

- Only sell locally produced, baked, processed or harvested produce
- Use only compostable packaging
- No plastic bottles
- Increase the volume of local produce through community initiatives
- Support lower-income young families and promote healthy eating by demonstrating how to prepare meals from local produce
- Promote composting, with volunteers explaining the proper disposal of containers, utensils, left-overs and garbage

France described the many challenges she faces, farming “North of 60”, and her creative solutions to these problems:

- Copious watering to deal with a short, intense growing season with 18 hours of daylight
- Strategically located, small, unheated greenhouses
- Making soil by means of *lasagne* gardening: different layers of organic waste covered and composted over time
- Electrified fences around the food beds to deter wild animals
- Raised beds on uneven ground with one crop on the low end and another at the high end
- Laying rocks in a circle so they can create a space to grow food
- Growing the same crop in different areas so that pests will not destroy the whole crop

France kindly answered the many questions that followed her talk.

At this meeting, the book sale was once again an attraction, and we thank Kevser Korhan Taymaz for organizing the excellent lunch.



## At The Parkdale Food Centre

By Dawn Torsein and Dianne Rummery

*“At the Parkdale Food Centre, we believe in an Ottawa where everyone has the means and opportunity to live a healthy, connected, and fulfilling life.”*

This year, in addition to exploring recipes from different countries, CFUW-Ottawa’s International Cuisine Group II chose a community outing as one of our events. In January, we took our talents to the superb kitchen of the Parkdale Food Centre, to help prepare food for programs offered by the Centre. Dishes included beef lasagna and mac-and-cheese for a local After School Club. Both dishes would feed 24 hungry children, with leftovers to take home for their siblings. A large cauldron of beef stew simmered on top of the stove; after it cooled, 50 family size containers of stew were packaged and placed in the freezer as part of the Fill the Freezer Program, to help families coming in for food. Last, but not least, we baked several dozen blueberry muffins, so that clients could be offered a treat along with a welcoming cup of coffee.

A small, dedicated staff keeps the innovative Centre accessible to the neighbourhood. Community partnerships and a large base of volunteers are essential to its success. Manager Karen Secord stresses that the Centre emphasizes community, innovative strategies for success and, above all, respect for its clients. They hand



In the photos, CFUW-Ottawa members Dianne Rummery, Dawn Torsein, Sherri Ryan, Mary Partington, Peggy McGillivray, Janet Hagey, Dawn Torsein, Darlene Brown and Nancy Vrooman are shown working in the Parkdale Food Centre kitchen. Photo credits, Nancy Vrooman.

out only nutritious food, including hydroponic lettuce grown at the Centre. They feature communal meals where everyone cooks under the direction of a chef and eats at the big table. Some clients have no access to stoves, so the centre teaches cooking in crock pots which are given to those who attend these classes.

The CFUW group, having paid for the food they prepared, used recipes from Sherri Ryan, the organizer of this event. We left knowing we would be back.

The International Cuisine Group II, that meets on Wednesday evenings, is convened by Dawn Torsein ([torsein@sympatico.ca](mailto:torsein@sympatico.ca)).

### Convenor of the Month: Dawn Torsein

Originally from New Zealand, Dawn arrived in Canada in 1975, after ten years spent in London, England, when her husband was transferred to Vancouver. Later, the family moved to Montreal and then Ottawa. Experience volunteering on three continents, together with her secretarial skills and academic studies, prepared Dawn to act as a consultant in the healthcare sector when she moved to Ottawa.



Dawn’s interest in cooking started at an early age, helping her mother baking. It continued with her study of Cordon Bleu cooking while at home with young children, which led to her assisting a friend responsible for Directors’ lunches in the City of London. Cooking has turned into a lifelong interest, one that she enjoys sharing with members of the International Cuisine Group II.

**Canadian Federation of University Women - Ottawa**  
**Invites You to Come Celebrate**  
**International Women's Day**

Join Us for Our

**CABARET**

**Music \* Drama \* Reception**



**Saturday, March 9, 2019**  
**2:00 pm**

**Riverside United Church / Anglican Church of the Resurrection**  
**3191 Riverside Drive, Ottawa**

**Tickets only \$25!**

**All profits to be divided between Elizabeth Fry Society Ottawa and our  
Scholarship Trust Fund supporting post-secondary education.**

**Open to all CFUW members and their family and friends.**

**Register on line at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org)**

**Or contact Christine Rollo at [rollo.cfuw@gmail.com](mailto:rollo.cfuw@gmail.com) or (613) 727-3857**

**Back up contact is Gail Tyerman at [tyermag@rogers.com](mailto:tyermag@rogers.com) or (613) 680-1389**

**IF YOU CAN HELP WITH THIS EVENT IN ANY WAY, PLEASE CONTACT GAIL TYERMAN!**



**ELIZABETH FRY**  
**SOCIETY OF OTTAWA**



The photo (left) with the ice wall was taken at a spot along the parkway early in the season when water was still flowing and freezing over a rock face. The photo (bottom left) showing the Ottawa Valley countryside behind the skiers at Champlain Lookout also shows Sue Carlton and Marion Agnew with their ukuleles on their backs. They then all went to Huron Cabin with their lunches and sang Christmas carols. What fun! Photos by J. Tyler



January 31, the Gatineau Trails group enjoyed a lesson in Gatineau Park from Sue Holloway, former Olympic medalist, on uphill and downhill. The ups were a good way to warm up on that chilly day. Photo by K. Shigeishi-Waite

**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: April 2019; deadline for submissions: March 15. Previous issues are archived on the Club website, at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).



## DIPLOMATIC HOSPITALITY



January 17, the Diplomatic Hospitality Group hosted a Learn to Curl session from experts at the Royal Canadian Navy Curling Club, this event convened by Carol Hinde. Then on January 25 the group met at the Smithvale Stables for their Grand Winter Festival, with snowshoeing and sleighrides, followed by hot drinks, lunch and games of Bingo in the barn! Photos courtesy of Sam Garcia

### The Used Book Sale Table

Gently used books sell for \$2, with the proceeds divided equally between our Scholarship Trust Fund and scholarships for Afghan Women at the Gawharshad Institute of Higher Learning in Kabul.

Please consider donating your paperback books to help offset what it costs for a young woman to get a university education; at the same time, you can clear your cluttered bookcase and share a great read with a fellow CFUW-Ottawa member. Due to the weight of transporting books to meetings, we are primarily looking for paperbacks.

We appreciate exact change, so please bring your toonies and loonies and the books you wish to donate to our next General Meeting. See you at the table!

### MONDAY HIKING GROUP



The Monday hiking group at Lac Leamy on Nov 19. From left to right: Donna Jacobs, Ann Haché, Sandra Murray, Peggy Rader, Elaine McKnight, Natalie Lam, Marlene Hewitt and Margaret Hart. Photo by Christine Rollo.



**Save The Date: Saturday April 13, 2019**

**Inclusion and Empowerment through Education in Developing Societies: A Global Agenda for Women and Girls**

**A seminar hosted by the CFUW-Ottawa Study Group, Focus on GWI, in partnership with World University Service of Canada (WUSC)**

- Venue:** Jean Pigott Place, Ottawa City Hall
- Time:** 9:30 a.m. - 4:30 p.m. including lunch and coffee breaks
- Invited:** CFUW members and the public
- Speakers:** Mrs. Geeta Desai, President, Graduate Women International (GWI); Hugette Labelle, Chair, Independent Advisory Board for Senate Appointments, Former Chancellor University of Ottawa, former President of CIDA; other expert speakers to be announced
- Cost:** \$40



Geeta Desai



Hugette Labelle

Contact Barbara Newbegin for information at [b.newbegin@rogers.com](mailto:b.newbegin@rogers.com) or 613-745-6546

A lively and interactive day is planned, highlighting the problems women in developing societies face in accessing education. The seminar will explore how Canada's agenda for international development addresses women's and girls' education in developing countries, and more specifically, how Canada is dealing with the implementation of the United Nations' Sustainable Development Goals (SDGs) within this agenda. Included will be accounts of the positive outcomes and challenges some women and girls have experienced.

See next month's *Capital Carillon* for more details and watch for updates by email and on the CFUW-Ottawa website.

**CFUW-Ottawa  
2019 AGM & Lunch**

Saturday, May 4, 2019  
Registration 11:30 a.m.  
Buffet lunch at noon  
Cost **\$25**

Riverside United/Church of the Resurrection Anglican  
3191 Riverside Drive  
*Registration will start March 1*

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Buy your ticket at the March 4 General Meeting or register on-line at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org) or by contacting Christine Rollo at (613) 727-3857

The cut-off date for buying tickets will be April 28

*Registration is open to members only!*

*In Memoriam*



It was with great sadness that we learned of the sudden death of **Joyce Ivison** on December 14, 2018. With a BA from McMaster University, Joyce received her MEd in ESL from the University of Ottawa while raising her two children. The importance of providing an education for those who could not afford one was a special interest of hers. As an active member of her church, in partnership with The Ottawa Mission, University of Ottawa, Saint Paul University, Carleton University and First Baptist Church, she was instrumental in establishing Discovery University, a program that "allows people living on a low income to participate in noncredit, university-level Humanities and Social Sciences courses at no cost." She had just been appointed a Dean of the church, having fought for years to have a woman nominated for that position. Joyce was kind and sensitive to the needs of others, always had a story to tell, and was a warm and welcoming hostess to the members of CFUW-Ottawa's Literature Study Group 1. We shall miss her.

By Jill Moll

## Do you know who we are?

### CFUW Scholarships

CFUW-Ottawa and most other CFUW clubs as well as CFUW National give scholarships and/or fellowships to qualifying post-secondary students (preferably female) across Canada:

- In 2019 CFUW-Ottawa Scholarship Trust Fund will give 24 scholarships totaling \$45,500 to students at Carleton, University of Ottawa and Algonquin College
- In 2019 the CFUW Charitable Trust will give 20 scholarships and fellowships to students across Canada, totaling \$141,000
- In 2016-17 a survey by the CFUW Charitable Trust showed that over \$1.1 million in scholarships and fellowships are given to Canadian students by clubs across Canada.

The CFUW-Ottawa External Outreach Group University Women Helping Afghan Women (UWHAW) raises funds for scholarships for women to attend the Gawharshad Institute of Higher Education in Kabul. Since 2011 UWHAW has raised over \$125,000. 36 scholarship winners have already graduated and 38 are still in their program.

Graduate Women International (GWI) gives several fellowships, grants and other awards to qualifying students around the world. Funding for these awards is based on donations from GWI affiliates and individual members around the world. Like CFUW, many other national affiliates of GWI also have scholarship programs.

## Hanneke's Bridge Lunch

The purpose of the bridge lunch fundraiser we held on January 9th was to raise money for scholarships for young Afghan women to study at the Gawharshad Institute of Higher Learning, a cause we have worked for since 2010. Participants arrived at 11:30 for a drink, had lunch at 12—Afghan *Qabli pilau* and a dessert of *crème caramel*, made in my tiny kitchen—and started playing at 1, at four tables. We had prizes for certain contracts made; if

the next person made the same contract, those prizes could be stolen, causing much hilarity and rivalry. At the end, prizes were awarded for the highest and lowest score. With a suggested ticket price of \$40, we raised \$820, more than enough for one girl to go to Gawharshad institute for one year.

We shall do this again. It was fun, and the idea that someone will benefit so directly from our efforts is rewarding!

Hanneke Boadway-Overbeek



Mary Partington has since hosted a similar Bridge Lunch, raising another \$520 for UWHAW scholarships. Kudos and thanks to both Hanneke and Mary for their warm generosity.

## Did you know...?

The Truth and Reconciliation Commission of Canada's *Calls for Action* document, issued four years ago, contains elements directed to education ministries in provinces and territories. One such element calls for the implementation of a mandatory Kindergarten to Grade 12 curriculum to teach children and youth about residential schools, treaties and aboriginal peoples' historical and contemporary contributions to Canada. The Exploring Indigenous Education group is examining the extent to which the Province of Ontario is responding to this call to action. Additional information on the TRC *Calls for Action* is available at: <https://nctr.ca/assets/reports/Calls to Action English2.pdf>.

The CFUW-Ottawa study and interest group Exploring Indigenous Education meets on the fourth Friday of the month. For information, contact Judith Neale Holtzhauer ([judithneale@rogers.com](mailto:judithneale@rogers.com)) or Martha Musgrove ([musgrom@hotmail.com](mailto:musgrom@hotmail.com)).



## 2019 MUSICAL LUNCH & SILENT AUCTION



Thursday, April 25th, 2019

**Sold-out event last year!**

**Silent Auction starting at 11:30 am**

**The Royal Ottawa Golf Club 1405 Aylmer Rd., Gatineau, Quebec**

Parking on site is free

**Tickets to the lunch: \$55 (includes tax and service)**

**Tax receipts will be issued.**

Your ticket includes: elegant three-course lunch, musical performance and door prizes.

*Don't forget to bring cash and your cheque books for the Silent Auction*

*Raffle – 10 tickets for \$5.00 (cash only)*

*50/50 – 3 tickets for \$5.00 (cash only)*

The Fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group- **University Women Helping Afghan Women**. Thanks to the members of this group for their generous donation of 2 raffle baskets. The proceeds from the meal will go towards the CFUW-Ottawa scholarships at Carleton University, the University of Ottawa and Algonquin College. The proceeds from the Silent Auction will support the scholarships for Afghan Women at the **Gawharshad Institute of Higher Education in Kabul, Afghanistan**.

Ticket sales start at the March 4th general meeting or by contacting Elizabeth (Lizz) Wilfert at [cfuw.ottawa@bell.net](mailto:cfuw.ottawa@bell.net) after March 4th. All cheques are to be made payable to "UWHAW" and mailed to Elizabeth Wilfert, 308A - 62 Donald St., Ottawa, ON K1K 1N2. Online registrations and payments are not available for this event.

Please advise Elizabeth Wilfert at [cfuw.ottawa@bell.net](mailto:cfuw.ottawa@bell.net) if you would like special seating arrangements or if you have any dietary issues.

***Registration is open to all CFUW-Ottawa members and guests, both women and men. What a great opportunity to enjoy lunch at the Royal Ottawa Golf Club with your partner or a friend and at the same time help students at home and in Afghanistan!***

## CO-CONVENORS WANTED

**For \*New\* Study  
& Interest Groups**



For the 2019-20 season, CFUW-Ottawa will be adding some new groups

- Photography
- Ottawa Little Theatre
- Non-traditional board/card games
- Movie Night
- Leisurely walking

*and* we need volunteer Co-Convenors for each group who will work with the Convenor to develop the program and manage the group.

Sound interesting? If you would like to volunteer or if you have any questions, please contact Karen Shigeishi-Waite at [CFUW.studiesandinterest@gmail.com](mailto:CFUW.studiesandinterest@gmail.com) or 613-297-6653.