



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

"When we demand Woman Suffrage, we can only do so on the ground, not that it should be a right attached to the possession of a certain amount of property, but that it should be inherent in the woman herself."

"When the men are silent, it is our duty to raise our voices on behalf of our ideals."

"The bourgeois woman not only demands her own bread, but she also requests spiritual nourishment and wants to develop her individuality."

– Clara Zetkin (July 5, 1857 – June 20, 1933)

As International Women's Day is celebrated this month, I started to wonder about the history of this day and how it came about.

This special day first emerged from the labour movements in North America and Europe at the turn of the twentieth century. According to history accounts, the first National Women's Day was observed in the United States on Sunday, February 28th, 1909, in accordance with a declaration by the Socialist Party of America. (I failed to find a date of when Canada celebrated Women's Day, but we have a rich history of strong women who paved the way for us, generations later. The Persons' Case of October 18, 1929, marks the start of Persons' Day in Canada and has a powerful significance for Canadian women.)

But it was in 1910, at the second International Conference of Working Women, in Copenhagen, when Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the

same day - a Women's Day - to press for their demands. The conference, with over 100 women participants from 17 countries, who represented unions, socialist parties, and working-women's clubs, embraced Zetkin's suggestion with unanimous approval, and with that International Women's Day became a reality.

This day became more international in nature as the fight for universal suffrage expanded across the globe. Throughout the years, International Women's Day has served as a platform for women (and men!) to rally together and advocate for women's rights. Whether it was protesting for the right to vote or ending discrimination in the workforce, International Women's Day has fostered unity and activism, and we have Clara Zetkin from Germany to thank.

In 1975, the United Nations decided to celebrate the day on March 8th for the first time, and in 1977, two years later, it became an official UN holiday, recognized by the General Assembly. Over the years, different events have expanded the vision for International

Women's Day, and it continues to evolve.

This year's IWD campaign theme is #BreakTheBias

(see President on next page)

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“Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women’s equality.

Collectively we can all #BreakTheBias.”

We invite you to join our CFUW-Ottawa Club members, family, and friends along with GWI friends from around the world on Friday, March 11th, at 10 am ET on Zoom to

Celebrate International Women’s Day, as we share traditions and practices about how we celebrate in different cultures ... and remember, this year together let’s #BreakThe Bias!

MARK YOUR CALENDARS!

March 7, 7:00 pm by Zoom – Scholarship Trust Fund Awards Evening

March 11, 10:00 am by Zoom – Peer-to-Peer Conversation to Celebrate International Women’s Day

April 4, 7:00 pm Riverside United Church or by Zoom – Dr. Sarah Funnell: “My winding journey as a First Nations person to become a public health physician”

May 2, 7:00 pm Riverside United Church or by Zoom – Eleanor McMahon, President and CEO of Trans Canada Trail



Money, Money, Money

Hello members,

It is that time of year again when we prepare the CFUW-Ottawa Club budget for 2022-2023. If you wish to provide comments, suggestions, or feedback, please contact me at treasurer@cfuw-ottawa.org

Thank you,

Kate Balsara-Pardoe
Treasurer



In Memoriam

Valerie Wilmot



Valerie Christine Wilmot passed away peacefully at the Elisabeth Bruyère Hospital on January 20, 2022, at the age of 96.

Valerie was a member of CFUW for at least the past 10 years. She was a member of the Canadiana group and Tea, Tales, and Treasures. She also participated in a bridge group

and assisted with fundraising events.

Valerie was very well educated, having earned a B.A. from the University of Toronto in 1946, an MSc from McGill in 1952, an MEd in 1967, and a PhD in 1972 from the University of Delaware. She subsequently returned to Canada and joined the Public Service in Ottawa, working in the Ministry of Science and Technology and later as a Senior Policy Advisor at Health and Welfare.

CFUW-Ottawa is grateful that Valerie suggested that those who wish to contribute in her name make a donation to the club’s Scholarship Fund.

Pauline Joyal



Pauline Joyal passed away on January 19, 2022. She was twice a graduate of McGill University, first earning a BSc in 1951 then an MSW in 1972.

Pauline was an active member of CFUW-Ottawa. She was a skier and a traveller. She belonged to Book Club 1 and was a regular at the Monday Bridge.

Environment Action Update

At the January meeting the Environmental Action group took a deep dive into solid waste-issues in the city of Ottawa.

Ashley Cheslock, Outreach and Communications Coordinator for Ottawa's Solid Waste Master Plan Engagement Series, updated us on the plan, to be completed in 2023, giving guidance for reducing waste and protecting the environment over the next 30 years. Ottawa residents will have the chance to engage with the City to give their input on the latest options for this plan; we recommend you sign up for this public consultation.

Information on the current state of garbage collection and diversion was ably presented by Ashley's colleague Meike Woehlert, who showed us two videos: *What Happens To My Garbage?* and *What Happens to My Recycling?* Meike then answered our questions.

Some takeaways:

- Making full use of green, black, and blue bins could keep 75% of household waste out of the landfill (the current rate is 43%);
- The best strategy is to Reduce (buy less); Repair more; choose Reusable containers; Refuse unnecessary packaging; Reuse unneeded items (sell/swap/donate/Regift/Repurpose them);
- Do not use cling wrap because it cannot be recycled;
- Separate lids from jars before recycling them in your blue box;
- Work with neighbours to improve recycling arrangements in your condo, especially where green

bins are concerned;

- Advocate for more forward-looking legislation from the provincial government in support of the City's waste-management proposals. CFUW members, please see the Take Action section of this document (scroll down);
- If you don't know what to do with an item for disposal, check this site listing Take-It-Back options in the Ottawa area.

On February 21st the Environment Action meeting welcomed Arin de Hoog, Senior Communications Officer for Wetlands International, writer, teacher, and press liaison officer, who described the role of environmental NGOs in today's climatically impacted world. Answering our questions from Amsterdam, his theme was Strategic Communications.

On March 14th, 2022, at 1:30 p.m., Dr. Jim Rollefson, a former advisor at the NRC, will talk to us about attempts to curb deforestation in Peru and threats to sustainable coffee farming in the Montane rainforests of Peru.



If you are not a member of the interest group but would like to attend any of our public meetings, please contact environment@cfuw-ottawa.org.

Beth Doubt and Alison Hobbs

The Lost Daughter (on Netflix)

A Movie Club Review



I found this critically acclaimed movie compelling, drawn in by its artfulness, drama, and by the psychological angst of the two main characters, Leda and Nina, as they dealt with their day-to-day realities and interacted with their children. As it careens slowly and menacingly to its strange ending, the film maintains its focus on the mother-daughter bond.

Mary Butterill

I found the film slow moving and boring. I'm assuming it was meant to be thoughtful and introspective, but it was simply tedious. I didn't like the film and have to confess that I fast forwarded it a few times given the slow pace and lack of artistic focus. I'm a fan of Olivia Colman, but I never did figure out what the message was.

Margaret Laing

Scholarship Trust Fund Awards Ceremony

Please join the trustees of CFUW-Ottawa's Scholarship Trust Fund at our annual awards ceremony on **Monday, March 7th, at 7 pm**. Meet and applaud the scholarship winners. Family and friends are welcome. Watch for the Zoom link to this wonderful event.

All the Dirt

During these darker days of winter, many of you may be wondering which indoor plants do well with minimal light. Luckily, there are many plants that prefer indirect light. Here are a few suggestions from your garden-gnomes:



Lucky Bamboo (*Dracaena sanderiana*)



It is the beginning of a new year, so why not start off with a bit of good luck? This low-maintenance lucky bamboo is often used within feng shui to attract wealth, health, and abundance. It can be grown in soil or water.

Nerve Plant (*Fittonia*) Or how about a bit of pattern? The beautifully coloured veins on the leaves of this South American plant are splendid. The veins appear in silver, pink, or white.

English Ivy (*Hedera helix*) Why not celebrate the Queen's Platinum Jubilee

with a bit of English Ivy? Not only does this ivy thrive in low light, it's also an air-purifying plant capable of filtering toxins out of the air.

Cyclamen (*Cyclamen persicum*)

During the winter months, indoor colour is uplifting. These long-stemmed plants make a pretty addition. They come in a variety of colours such as pink, purple, and red.

Peace Lily (*Spathiphyllum*) Want to bring some tranquility into your home? Peace lilies are popular low-light indoor plants that also can tolerate neglect. They are known for their attractive foliage and striking white blooms.

*Shelley Chambers and
Karin Keyes Endemann*

Lunch & Learn

Some of you might remember that Kathy Wright, Chair of the Ottawa Advocacy Working Group on Long-Term Care for CARP (Canadian Association of Retired Persons), came to speak to the club in October of 2020 on the topic of four innovative models of long-term care. Those who found the talk interesting might choose to listen to the webinar that describes the Green House model. <https://changeltcnow.ca/wp-content/uploads/2021/11/Webinar-Greenhouse-BlueprintForChange-20211124.mp4>

Elaine McKnight

Help the Afghan Newcomers in Ottawa

A drive for gently used devices

Last summer the cofounders of a young start-up company in Toronto, Maddy Hearne (CEO) and McKenzie Day (CTO) of First Class Conferencing Facilitation, thought they could find a way to help the Afghan newcomers in Toronto and Ottawa. In collaboration with AWO (Afghan Women's Organization) they initiated a drive to collect phones, tablets, peripherals, laptops, and other computers, which would otherwise be discarded. The devices are refurbished by First Class and donated to the AWO, which in turn distributes them to newcomers. As a result of the pandemic there is a huge technology barrier that the new Afghan refugees are facing as many of the essential services that can help them get integrated into Canada have moved online.



The drive continues until the end of March. If you are planning to upgrade your phone, tablet, or computer, do please consider donating your used device to the AWO via the ongoing drive, called Empowered by Devices: A Technology Drive for Afghan Refugees. The drop-off location in Ottawa is 221 Station Bl, Unit 7, which is near the Trainyards. This is a great initiative and one that CFUW members could be happy to support.



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.

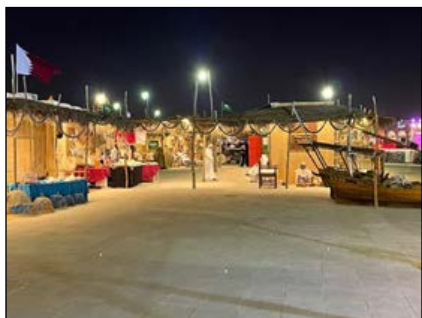
Next issue: April 2022;
deadline for submissions: March 15

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

Travellers' Corner

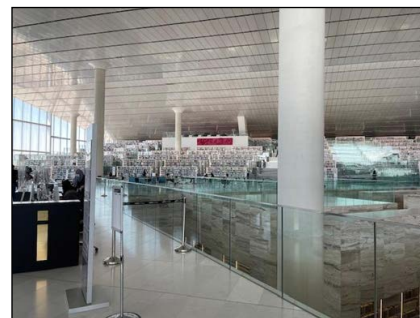
Denise – Where Have You Been?

Denise Amyot is delighted to have had the opportunity to travel to Qatar for work, as she sits on the board of the Qatar Foundation (a non-profit organization founded for the purpose of investing in education, science, and cultural development). She was there



in December of last year.

The first of the photos, all taken in Doha, shows the National Museum of Qatar; the second and third photos show the Souq, and the last photo is of the Qatar National Library.

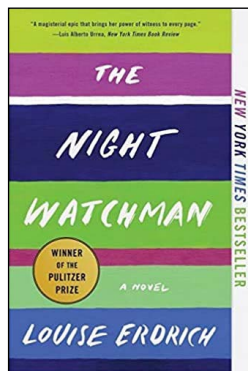


Have You Read...?

Book Review from Book Club VI

This 2021 Pulitzer Prize winning novel was well liked by all the readers in our group. The author is an enrolled member of the Turtle Mountain Band of Chippewa Indians in North Dakota, has written many books since 1984 and received many awards, and now lives in Minnesota, where she owns an independent bookstore focused on native literature, arts, traditional medicine, and events.

The Night Watchman tells the story of the Turtle Mountain Band's protest against the 1953 U.S. Government's Bill 108, intended to abrogate all Nation-to-Nation



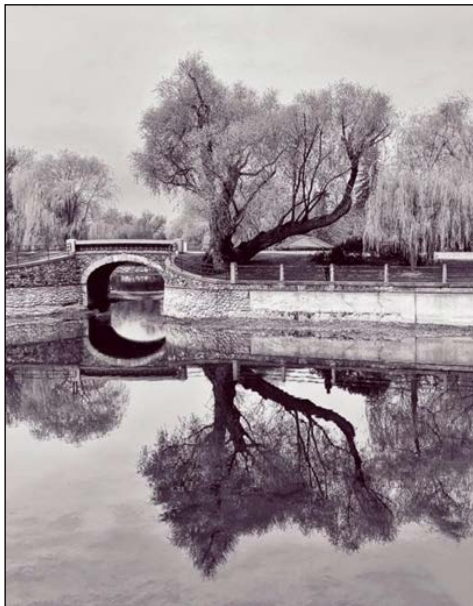
treaties and terminate all the tribes, resulting in loss of their lands, poverty, and other deprivations. The protest was led by the author's grandfather, and the book was inspired by his letters written at that time to family and friends. The fictional main character, Thomas Wazhashk, is based on Erdrich's grandfather. The Turtle Mountain Band was the first to mount a fierce defence and present it in Washington and prevail. We are given a meticulous picture of the tribal people, good and bad, and their lives, traditions, and beliefs, presented with a sympathy that makes

us care about them. There are many other stories going on in the book: Thomas's capable wife Rose and their family, his niece Pixie who is trying to raise herself from poverty and abuse, her sister Vera caught in the terrible exploitation of young native women, the conflict between traditional ways and new ways, integration of race, and the suffering of children forced into government boarding schools. This is all carried by humour as well as sadness. We are told some characters and events in the book are real. This is a great author honouring her people, reminding us of how they have been mistreated and how little has as yet changed.

Anne Vincent

Ottawa Through a Lens

This month's glorious photos come courtesy of some of the talented members of the photography group.



Rideau Canal near Patterson Creek, with credit to Pam Mackenzie.



The Canadian Museum of History, illuminated with Christmas lights, comes courtesy of Joanne Bourcier.



This photo, shot by Barb Newbegin, shows her back garden blanketed in snow.



This shot shows Mackenzie Street on a snowy night. Photo courtesy of Kim Merrett.

Welcome Newcomer – Brenda Buchanan



Like so many of our other members, in September 2021 Brenda was encouraged to join our CFUW-Ottawa Club by a friend, Lynn Davies, who in turn joined thanks to another member. One look on the website at the number of interest groups (she wanted

to join at least half of them) and opportunities to learn and contribute, and she was hooked.

Brenda has lived in Ottawa most of her life. She attended Carleton University, earning her BS in 1975 and MPA in 1982, working in health and fitness at the university in between degrees.

In 1982 right after her second degree she joined a large international consulting firm as a Management Consultant, which led to an amazing 35-year career – mostly as a self-employed consultant juggling motherhood, single parenthood, volunteer

work, friendships, travel, and much more.

Six and a half years ago she and her new husband moved from west end Ottawa to the lovely village of Manotick, fulfilling a dream to live on the water.

Brenda has already joined the Madrigals. Urban Walks are right up her alley, and although many other clubs pique her interest, given her other commitments (online bridge, reading, daily outdoor exercise, and some volunteer work) Brenda is trying not to bite off more than she can chew.

Welcome, Brenda!

Canada's Disappointing Response to the Afghan Crisis

Canadian immigration programs for Afghans at risk after the Taliban take-over in Afghanistan have been plagued by poor communications and changes in eligibility. The Federal Government may have deliberately created a limited and lengthy application system to avoid opening the floodgates.

In February, the UWHAW group met Arghavan Gerami, an immigration and refugee lawyer in Ottawa offering free assistance to Afghans, who said that the situation in Afghanistan demands a direct pathway to resettlement on compassionate grounds. Canada's commitment to resettle 40,000 of the most vulnerable people is currently well below target. People who would likely be deemed acceptable as refugees remain trapped in Afghanistan unless they can reach a "third country." Even there, they remain at risk of harassment or deportation. Furthermore, the Canadian immigration process can take years.

Recommendations to the government

- Immigration, Refugees and Citizenship Canada (IRCC) must acquire more resources to process the applications.
- The designation of refugee should be as for the Syrians, allowing families in exceptional circumstances to apply from within their home country.
- IRCC must offer meaningful communication, not just automated responses.
- Statistics provided by the government

must accurately reflect the numbers of Afghan refugees who are government sponsored or privately sponsored.

Recommendations to us

Ramp up advocacy efforts for Afghans at greatest risk, contacting MPs who have direct access to IRCC and can investigate applications and report to their constituents. Ms. Gerami referenced her own efforts to assist Afghan judges trapped in Greece who have now been accepted to come to Canada.

A special guest from Afghanistan

The manager of UWHAW's scholarship program and the Gender and Women's Empowerment Centre at Gawharshad University joined UWHAW's February Zoom meeting from Afghanistan. Until the Taliban took control of Kabul she had been recruiting and selecting scholarship candidates, monitoring their progress, sending us reports, and had overseen the graduation of 42 bright, disadvantaged young women. She is still remotely trying to help more than 60 students remaining in the program. She and her family are under threat by the Taliban, due to her human rights efforts and because her sister was a police officer. She is waiting for a response from IRCC — "Should I be hopeful or not?"

What is UWHAW doing to help?

Representatives of the group have been contacting and meeting MPs. If you would like to support this effort, please contact

universitywomenhelpingafghanwomen@cfuw-ottawa.org

The group is looking into options for sponsoring the family.

Members of the group are working on applying greater pressure on the government and raising awareness of the escalating Afghan crisis in the media.

UWHAW meeting Marie-France Lalonde, Parliamentary Secretary to the Minister of Immigration, Refugees and Citizenship Canada (IRCC).



Ms. Lalonde, Member of Parliament for Orleans, will speak to UWHAW and friends in

March on the Government's Response to the Afghan Crisis. As Parliamentary Secretary to the Minister of IRCC, Ms. Lalonde will be in a unique position to offer helpful information for anyone urging a more effective Canadian response to the plight of Afghans hoping to resettle in Canada.

All CFUW members are invited to participate in the Zoom meeting on Thursday 3 March:

3 p.m. general meeting; 4 p.m. guest speaker.

Do You Know Who We Are?



Graduate Women International
Empowering women & girls through lifelong education

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 14,000 educated women in

74 countries around the world. Click [here](#) to see a summary of the extraordinary amount of work they did in 2021 on behalf of education for women and girls around the world.

Barb Newbegin

Interview with the Director or the MadriGals

Elizabeth Dickson has been CFUW-Ottawa's MadriGals Music Director since 2016. She is a creative, energetic and inspiring director, always open to new ideas, and deeply interested in each member's musical journey.

Recently, Elizabeth took time out of her busy schedule to chat with me about her musical life: early influences, her experiences and training, and, of course, her work with MadriGals, particularly over these last two very challenging years.

In her own words:

My earliest memories of music are Dad's record collection: Haydn, Beethoven, and Mozart and Mom's records of Frank Sinatra and Broadway musicals. At six or so, my two sisters and I began singing trios, which we continued into our teens, accompanying ourselves on guitar. In high school I played clarinet and was tantalized by the little bits of music theory I came across.

In my teens, as I began to participate in musicals, I was exposed to jazz through Orpheus conductor Bert Carrière. I was captured.

A few years later, while doing molecular genetics research in New York City, I auditioned for the choir conducted by Charles Dodsley Walker IV, and through four years with the choir gained a deep respect for the formidable emotional power of the human voice when many sing together.

Years later, back in Canada,



with an opportunity to play with the "Seven Fine Fiddlers" of Quyon, Quebec, I jumped at the chance.

In the late 1990s, working in Paris, I was invited to sing the alto voice with a women's barbershop quartet. I will always carry with me the sense of breathing and singing as one, and the amazing feeling of settling exactly into the right pitch of the close harmonies experienced at that time.

Upon my return to Ottawa, playing second violin in the Parkdale Orchestra for eight years started my education in orchestral repertoire. Classical orchestral music has always been the true home of my musical soul.

Formal training has been limited to two years of music classes in high school, two semesters at The London College of Music in 1969, a two-week intensive Medomak conducting camp in 2006, and, after retirement, coaching by a number of excellent violinists and pianists. Despite the relative absence of formal training, any time I've seen an opportunity to learn something about music over the years, I've taken it; and any time

an opportunity to play a new instrument crosses my path, I jump in with both feet, leading to close encounters at various times with tuba, timpani drums, flute, trombone, drum kit, violin, and double bass.

When the pandemic started, the MadriGals made an early decision to do whatever we

could to keep the choir singing. Zoom turned out to be the right choice for us. We soon began to find ways to record the accompaniment of our wonderful pianist, Leila Metcalf, and to encourage our singers to record their voices too. By merging these tracks, we built up "virtual choir" recordings of each of our songs, permitting our members to sing with their own choir every week, even though each was alone in her own home. All told, we've learned about as much new music as usual and have had a lot of fun. A wonderful silver lining to not being able to sing together in person is that in the process of recording their voices, the members are finding that they are gaining confidence as singers and that their vocal ranges are increasing.

MadriGals love to sing. What I enjoy most is finding a way, whether in person or on Zoom, to create an environment that helps each one of them discover the beauty of their own voice and liberate it to "sing for joy" (the MadriGals' Mission Statement).

Interview by:

*Nancy Simmons-Wright,
Convenor, MadriGals*

Notes from the Tuesday Book Club

*"Through all kinds of weather,
What if the sky should fall..."*

Our book club is made up of dedicated, determined, resilient, and very hardy members who transitioned gradually from all indoor meetings to face-to-face outdoor meetings to Zoom (only when we reached our endurance limit out of doors). Last year we added meetings in August and September and stayed outside as long as hot apple cider and long johns permitted. As these photos will attest, clothed in more and more layers as the weather grew colder, we were quite happy to listen to a book review and then discuss the book while enjoying a hot drink and treats, most often home-made.

This past summer we met every two weeks at spots along the Ottawa River and at various locks on the Rideau canal to enjoy each other's company, in cooling shade, to talk about events of the day and to even discuss books we were reading.

This fall we continued our regular meetings with a mix of outdoor and indoor settings.



Books reviewed since September include *A Long Petal of the Sea* by Isabel Allende, *The Great Gatsby* by F. Scott Fitzgerald, *Song of Solomon* by Toni Morrison, *The Company We Keep* by Frances Itani, and *Silence of the Girls* by Pat Barker. Our February selection is *The Pull of the Stars* by Emma Donoghue.

We have reverted to Zoom meetings throughout the winter months until such time as members are comfortable with in-person meetings, and we



look forward to a continued sharing of our love of books and our friendships.

Sadly, we lost two of our staunch book club members last year: Olywn Schoorl and Norah Christie. We still miss them.

On the bright side, we are fortunate to have three new members: Martha Christie (daughter of Nora Christie), Moira Duchesne, and Helen Jelich, who have enriched our group considerably.

We meet on the second Tuesday of every month at 11:00 am.

*Nancy Simmons-Wright and
Sandi Stanko*

**TACKLING THE ENVIRONMENTAL CRISIS
TOGETHER WE CAN**



REBECCA PRINCE-RUIZ
APRIL 6



DIANA BERESFORD-KROEGER
APRIL 13



SETH KLEIN
APRIL 20



April 6, 13 & 20 Free Webinars on ZOOM at 7pm (ET)

cfuw fcfdu
CFUW Kanata CFUW Nepean CFUW Ottawa



Manotick Meander

Thirteen brave members of the Urban Walks group set off on a crisp January morning to tour the historic village of Manotick. Our loop took us through "Old Manotick," with many homes built in the late 1800s and early 1900s on land owned by the founders of Manotick and owners of Watson's Mill - Moss Kent Dickinson and Joseph Currier. We stopped to have a look at buildings that housed the first bank,

general stores, undertaker, bakery, doctor, etc. At the well-known centerpiece in the core of Manotick (Dickinson Square/Watson's Mill) we crossed the footbridge over the back channel of the Rideau River to get to Long Island and have a look at the Cenotaph and Mill and the AY Jackson Park. After crossing back to the "mainland" the tour continued down Mill and Main streets pausing in front of many of

today's hot spots in the village: coffee shops, spas, restaurants, and the famous Mill Street Florist.

The tour guide deemed the walk a great success when she learned that some participants were so keen about what Manotick



has to offer that, immediately after the walk, they inquired about rental prices in a newly built seniors' residence (not a retirement home!) in the midst of the "action" in the village!

Brenda Buchanan

Photos Courtesy of Pat Duffey



Artifacts in Ottawa

Mr. Ian Badgley, the NCC Archeology Program Manager, spoke to us in February about the rich archaeological importance of our region. Mr. Badgley presented artifacts of pottery, stone, and wood-working tools, some dating back 7,500 years. Burial grounds have been found along the Ottawa River, and Aylmer Island remains a burial site.

Flooding and boat wakes have accelerated the erosion of the Ottawa river, allowing for the discovery of artifacts, particularly on the shores of Lac Leamy and Jacques Cartier Park. Our region holds treasures of various descriptions, including the soapstone turtle amulet or figurine pictured. It

was found in the Ottawa Valley, but its culture and date remain unknown.



During the current renovation of the of Centre Block on Parliament Hill, the discovery of a stone knife approximately 4,000 years old has led to a major policy change by the government.

"It is the first time the government of Canada has accepted a pre-contact artifact as indicating use of Parliament Hill by the Indigenous population," explained Mr. Badgley at the time of the discovery. It is the first artifact to

be returned to the stewardship of the Algonquin people of the Ottawa area. Ownership will be shared between the Kitigan Zibi Anishinabeg and the Algonquins of Pikwakanagan First Nation. As a result of this find, indigenous people will now be included in the management and preservation of found artifacts. The Algonquin people will display the knife in Centre Block when the renovations are complete.

There are two public digs each summer where artifacts are rescued and categorized. If you are interested in participating, contact Ian Badgley: ian.badgley@ncc-ccn.ca.

Pat Duffey



**In Commemoration of International Women's Day
It's a Celebration!
Sharing Traditions of How Women Celebrate**

Two Canadian Clubs, CFUW-Nepean and CFUW-Ottawa, invite Graduate Women International (GWI) members from around the world to take part in a Peer-to-Peer Conversation on the nature of celebrations across cultures. International Women's Day is our day, so we wish to take this opportunity to learn about and appreciate each other, focusing on the contributions women make to the traditions and festivities that enrich our lives. This discussion will centre on celebrations for, and/or created by, women. Participants are invited to bring an item to share during their conversations.

It's a Celebration

Will be held via Zoom on Friday, March 11th, 2022 from 10:00 am – 11:30 am ET
(Zoom coordinates for the meeting will follow)

What are some celebrations in your culture in which women play a central role? This might be a celebration for women or prepared by women, and it might be a large festival or an intimate family gathering. For this interactive Peer-to Peer Conversation, you may wish to bring with you to share some aspect of a celebration in your culture – such as an object, photograph, piece of clothing, recipe, song, or story.

It is hoped that we will learn about the different roles that women play in celebrations across the globe. It is also hoped that we will better recognize the enduring commonalities that underlie our diverse traditions and appreciate why celebrations are important and meaningful in all of our lives.

*Catherine Smith and
Dorothy Phillips*



Photography Show

From Tuesday, March 1, until March 31, 2022, Pamela Mackenzie and Jinny Slyfield will be exhibiting their photographs at Studio B (a woman's owned hair salon) at 591 Bank Street in the Glebe.

Pam and Jinny have been members of the Hocus Phocus interest group since its inception. They have drawn confidence and inspiration from the group and decided it was the right time to exhibit and sell their work. Both women are keenly aware



Photo courtesy of Pamela Mackenzie

of the importance of higher education for women and will donate a portion

of their sales to the CFUW Ottawa Scholarship Trust Fund.

If you'd like to meet Pam and Jinny and see their photos, you are invited to attend the Vernissage on Sunday, March 27, from 1:00 pm to 4:00 pm. Otherwise you may stop into Studio B on Tuesday, Wednesday, Friday, or Saturday from 12:00 pm to 4:00 pm to see their photographs. Government-mandated Covid restrictions will be in place.

Pamela Mackenzie

Lamb Shanks Braised in Balsamic Tomato Sauce



This recipe has been a favourite of Jill Moll's for years. See her tips at the end of the recipe.

Serves 4 • From *Canadian Living Magazine*: April 2008

INGREDIENTS

4 lamb shanks (about 1½ lb/750 g)
1 teaspoon salt
1 teaspoon herbes de Provence
¼ teaspoon pepper
1 tablespoon extra-virgin olive oil

Balsamic Tomato Sauce:

1 tablespoon extra-virgin olive oil
1 onion diced
3 cloves garlic minced
1 bay leaf
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon dried oregano
1 can whole tomatoes
2 tablespoons granulated sugar
2 tablespoons balsamic vinegar
2 tablespoons tomato paste
1 sprig fresh basil

METHOD

Place lamb in dish; rub all over with salt, herbes de Provence and pepper. Cover and refrigerate for 4 hours. (Make ahead: Refrigerate for up to 24 hours).

In large skillet, heat oil over medium-high heat; brown lamb, in batches. Remove and set aside.

Balsamic Tomato Sauce: In oven-proof Dutch oven, heat oil over medium-high heat; sauté diced onion for about 5 minutes or until softened. Add garlic, bay leaf, salt, pepper and oregano; sauté for 2 minutes.

Add tomatoes, breaking up with spoon. Stir in granulated sugar, balsamic vinegar, tomato paste and basil; bring to simmer.

Add lamb and any juices; return to simmer. Cover and braise in 325°F (160°C) oven, basting occasionally, for 1½ hours or until lamb is tender. Remove lamb to plate and keep warm.

Skim fat from sauce. On stove top, bring sauce to boil; reduce heat and simmer for 10 minutes or until thickened and reduced to about 3 cups (750 mL). Discard basil sprig and bay leaf. Serve sauce with lamb.

Tips: Jill writes, “the key to this dish is marinating [the lamb] in the Herbes de Provence in the fridge for at least four hours. The balsamic tomato sauce makes a wonderful sauce for spaghetti, Sloppy Joe's, etc. You could use any protein if you're not a lover of lamb.”