



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

I'm never sure what's coming next, but I'm an opened-minded person and I welcome any challenge.

- Sarah Ellen Polley OC

Sarah Polley was born January 8, 1979, and is a Canadian filmmaker, political activist, and former actress. She received a best-picture Oscar nomination in January, and she also received her second best-adapted screenplay nod for her film *Women Talking*. You may remember Sarah as a child actress for her role as Ramona Quimby in the television series *Ramona*. Subsequently this led to her role as Sara Stanley in the television series *Road to Avonlea*. From there she went on to star in many feature films and plays at the Stratford Festival.

You might even remember her mother, Diane Elizabeth Polley (née MacMillan), who was an actress (best known for playing Gloria Beecham, the receptionist/secretary in the Canadian TV series *Street Legal*) and a casting director. She died of cancer the week of Sarah's 11th birthday.

Although to the best of my knowledge Sarah has no connection to CFUW, her quote could represent so many of our club's members: "open minded" and "welcome any challenge."

This month we saw so many of our members step up to help organize and others participate in a very successful GWI Conversation webinar that was jointly hosted by our club and

CFUW-Belleville. It explored the topic of "Education, Work, and Freedom: what can we do for women and girls in Afghanistan." Over 170 participants worldwide attended this event.

We are now gearing up for our always popular Musical Lunch, Thursday, April 27, to support our scholarship and bursary programs with U of O, Carleton, and Algonquin College. They are offered to Canadian and refugee women, one of which is specific to Afghan refugee women. Save the date and watch for more information about registration. If you have silent auction items and/or door prizes, they will most certainly be appreciated. The more items we have the more money we have to help young women get a chance to pursue their educational dreams.

Angelique Francis, an Ottawa Blues sensation, was a CFUW-Ottawa Club's scholarship winner in 2018. She wowed us at our Scholarship Trust Fund Awards Evening that year playing the bass, while her sisters and father accompanied her. In February she got the nod as a Juno nominee for best blues album of the year.

Please join us on March 6 at the Carleton Dominion Chalmers Centre at 7:00 pm to celebrate talented young women...who knows, there may be

a future Juno winner, Pulitzer Prize winner, or even a Nobel Peace Prize winner receiving an award that evening. Check your emails for more information. Set your TVs for Sunday, March 12, at 8:00 pm for the Oscars and Monday, March 13, at 8:00 pm for the Junos and cheer on Sarah and Angelique, two strong young women.

I want my world to get bigger and not end up in a small corner.

- Sarah Polley

INSIDE

MadriGals Seeking Music Director
New Member Godelieve Deblonde
Mark Your Calendars
The Worldwide Conversation
February's Speaker
Musical Lunch and Silent Auction
Air pollution, climate change and our health
Mahjong and Salad
In Memoriam – Ghislaine Bose
Ottawa Through a Lens
Recipe: Coconut Apple Ginger Dal
Busy February for Gat Trails Skiers
Diplomatic Hospitality Group
All the Dirt
Traveller's Corner

Are you a musician?
Have you ever wanted to conduct?
Do you know someone who might?

MadriGals,
 CFUW-Ottawa's 3-part women's choir,
 is seeking a new Music Director

This is a volunteer position
 with a modest honorarium

We are also seeking a new
 accompanist

If you, or someone you know,
 might be interested
 in taking up the baton or
 tinkling the ivories at rehearsal,
 please contact
 MadriGals Convenor
 Nancy Simmons-Wright
 at nan@nesw.me

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 2023;
 deadline for submissions: March 15

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

Welcome New Member Godelieve Deblonde

I was invited by a long-time friend to an activity of CFUW-Ottawa in 2022, after which I decided to join the club because it offers several opportunities for socializing and sharing common interests. So far, I have joined the Gardening Group and the Diplomatic Hospitality Group (as well as German conversation).



I was born in Belgium and moved with my family to Canada in 1972. I grew up on a farm east of Montreal. I attended McGill University, MIT (MA), and the University of Toronto where I got my PhD in Atmospheric Physics. I was hired as a research scientist and later as a research manager by

the Government of Canada. I worked in remote sensing (Cambridge, MA and Ottawa), weather forecasting (Dorval) and air quality (Ottawa).

Over the course of those years I travelled internationally to represent Canada at satellite remote sensing/weather forecasting meetings. This was an overwhelmingly male-dominated

field, one more reason to join a women's club.

I have several interests including photography, learning languages, gardening, outdoor sports, nature, classical music, and visual arts. I recently joined a curling club, which is great fun.

MARK YOUR CALENDARS!

March 2, 1:00 pm – on Zoom – Breaking Barriers, One Step at a Time: The Fears and Hopes of Afghan Women and Children. A presentation by Dr. Fawad Akbari, Director, Humanitarian Innovation, Grand Challenges Canada. All welcome. To register click universitywomenhelpingafghanwomen@cfuw-ottawa.org



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, 11:30 am – Musical Lunch, Royal Ottawa Golf Club

May 1, 7:00 pm – Monthly Meeting – in Person at Riverside United Church – The Freedom Convoy Movement: Prospects for Canadian Democracy

May 28, 2:00 pm – 4:00 pm – New Members' Welcome, in person, Royal Ottawa Golf Club

June 5, 7:00 pm – AGM – in person at Riverside United Church

June 8, 6:00 pm – Dinner for Hope Fundraiser, Ottawa Hunt and Golf Club

The Worldwide Conversation

Education, Work, Freedom: what can we do for the women and girls of Afghanistan?

CFUW members from more than 20 Canadian clubs joined women from 16 countries around the globe in a webinar co-hosted by the Ottawa and Belleville clubs on January 25. We were joined by GWI members as part of the GWI Outreach Conversation Series.



Fawzia Koofi
Europa Press Getty Images

The guest speaker for the session was Fawzia Koofi, a courageous and long-time Afghan women's rights activist, former Member of the Afghan Parliament, and its first female Deputy Speaker. She spoke to the group from the UK where she fled when the Taliban took power in August 2021.

Fawzia focused her presentation on the increasingly challenging situation for women and girls in Afghanistan with the 35 edicts pronounced by the Taliban, half of which forced women out of schools, including universities, denied them the right to work, the freedom to leave their homes without a male chaperone, among a dozen more. Some actions Fawzia recommended the international community could undertake included the removal of Taliban children who were attending foreign secondary schools and universities; the imposition of travel bans on Taliban members; and keeping up pressure on governments to isolate the *de facto* regime. A recording of Fawzia's talk and Q&A period may be watched here <https://vimeo.com/manage/videos/793380280>

Following Fawzia's talk the women attending the webinar joined breakout rooms to discuss what we can do individually and what our countries could do to support the women and girls of Afghanistan. The subjects covered included united pressure on the Taliban; international partnerships and networking; social awareness initiatives; creation of accessible educational resources; and integration of Afghan refugees into host communities.

Fran Harding

February's Speaker – Fascinating Insight Into Stroke Research

At our General Meeting on February 6 Dr. Diane Lagace spoke about her work in adult neurogenesis - "How We Can Promote Recovery of the Brain After a Stroke." Dr. Lagace is an Associate Professor in the Department of Celynoplular and Molecular Medicine at the University of Ottawa and has become a leader in the field of adult neurogenesis. Her 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 leads the Ottawa Stroke Research Consortium, part of the University of Ottawa Brain and Mind Research Institute.

Stroke research is an important field of research in Canada. Every 10 minutes someone in Canada suffers a stroke, which means there are approximately 62,000 people suffering a stroke each year and over 400,000 people living with consequences of a stroke. More troubling, incidences of stroke are increasing in children, and overall incidence in the total population is predicted to increase by 80% by 2038. Dr. Lagace's research has been focused on three questions: do adult-generated brain cells produce new neurons after a stroke; can increasing the survival of these cells improve recovery; and can increasing the activity of these cells improve recovery. Her team has found that the adult brain can and does generate new neurons and that keeping these cells stimulated and active helps recovery. Dr. Lagace's team's findings are supporting innovative clinical treatments such as non-invasive brain stimulation to improve the recovery of stroke patients.

If you missed her presentation you can find a recording of it on the CFUW-Ottawa website. Sign in and click on the Members Only tab, then on CFUW-Ottawa General Meeting and Speaker Series Presentations. In addition to her presentation you will find a list of links and information provided by Dr. Lagace, including the University of Ottawa Brain and Mind Institute website, which provides information on dementia prevention and on how stroke research is changing patient care.

Christine Rollo

2023 MUSICAL LUNCH and SILENT AUCTION

Thursday, April 27, 2023

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

Your ticket includes:

- An elegant lunch ■ A musical performance
- Silent Auction ■ Free parking

Check-in and Silent Auction starts at 11:00 a.m.

Trivia Game – 3 tickets for \$5.00 (cash) or
10 tickets for \$10.00 (cash)

Thanks to the members of University Women Helping Afghan Women for their kind donation of a basket for the Trivia Game.



This fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group, University Women Helping Afghan Women.

The proceeds from the Lunch will help fund CFUW-Ottawa scholarships at Carleton University, the University of

Ottawa, and Algonquin College. The proceeds from the Silent Auction will support the tertiary education of Afghan women.

Registration is open to all CFUW-Ottawa members and their guests (women and men): a great opportunity to raise funds and enjoy lunch at the Royal Ottawa Golf Club!

Tickets to the Lunch cost \$65.00 (including tax and service charge). An Official tax receipt will be issued for the donation portion of the ticket.

Registration will begin the middle of March. An email will be sent to all CFUW-Ottawa members in March with information about the event and the registration process, including payment information.

Alice Bolt

Request for Silent Auction Items

UWHAW is asking for your help with donations to the Silent Auction and door prizes for the Musical Lunch on April 27. They would like to solicit quality items or experiences for the Silent Auction and would be pleased to advertise your generosity.

In the past, the auction has included cottage rentals, a flight over Ottawa, design makeovers, spa experiences, an evening of wine tasting, getaway packages to the 1000 Islands and Prince Edward County, paintings by local artists, lunches with politicians, gift certificates and vouchers for restaurants, passes for the theatre, musical concerts, Redblack football tickets, jewelry, autographed books by authors, gift baskets, One of a Kind items, lunches and dinners at members' homes, and much more.

If you plan to approach a business for a donation and would like a letter explaining the event, please contact Lorna Bickerton at lorna.bickerton@yahoo.ca.

If you have an item or an experience that you would like to donate for the Silent Auction or a door prize, please contact: Lorna Bickerton lorna.bickerton@yahoo.ca or Nancy Richards narichards7@gmail.com. Thank you in advance for your generosity.

Air pollution, climate change and our health



Dr. Mili Roy, a practising ophthalmologist and a passionate environmentalist, is the Ontario Regional Chair for the Canadian Association of Physicians for the Environment (CAPE) and Co-chair for the Ontario Climate Emergency Campaign (OCEC). On January 16 the Environment Action interest group and its guests were privileged to meet her.

Her presentation began with the health impacts of air pollution from transportation, manufacturing, energy generation, factories, and forest fires. Air pollution has severe effects on all body systems, not just the respiratory system. Most of humanity (99%) live in places where acceptable standards of air quality, as defined by the World Health Organization, are not met. Air pollution is not talked about enough and not appreciated by governments, including here in Canada.

Dr. Roy also described the climate crisis as the single greatest health crisis of our time. She displayed a map of Canada showing the effects we have witnessed: extreme heat, forest fires,

flooding, wind storms, tree and agricultural crop damage, and loss of electrical infrastructure.

The human health costs of these events are tremendous.

Canadian solutions for the climate crisis include:

- An urgent transition from fossil fuels;
- Development of non-fossil-fuel-based public transportation;
- Redesigning our cities into self-sustaining neighbourhoods;
- Reducing unnecessary new road infrastructure.

Dr. Roy did have good news to report:

- In 2020 solar energy became the cheapest source of energy globally.
- In November 2021 a global pledge to reduce methane emissions came into force.
- Nations represented at the COP 15 conference in December 2022 pledged to conserve 30% of the planet's terrestrial and marine habitat by 2030, and our Prime Minister promised that 25% of Canada's natural land would be protected by 2025.

Dr. Roy's final remarks centred on the role of advocacy, especially at the individual and community levels. Her advice was to educate yourself, sign petitions, write action letters and op-eds, discuss ideas in person and on social media, volunteer, donate, and join a group.

Dr. Roy described how her own organization, CAPE, decided to reach beyond its membership and launched the Ontario Climate Emergency Campaign in 2021 to which CFUW-National and CFUW Ontario Council added their signatures. As a member of CAPE, she also led a committee to respond to the Ontario Government's Bill 23, an example of how an organization can make its views known at the provincial level.

On February 27 Environment Action is hosting an Ecology Ottawa presentation on 15-minute neighbourhoods, and on March 20 a representative of Save Wings Ottawa will tell us how the urban environment endangers wild birds and how they can be protected. Non-members are welcome at both events; please write to environment@cfuw-ottawa.org

Joan Tyler and Sandra Marshall



Mahjong and Salad

The weekly Tuesday gatherings of the mahjong group are always lively and spirited, but to mark the Year of the Rabbit the group included something special in late January by having a Yu Sheng salad toss.



Although originally from China, the modern version of a Yu Sheng (sometimes referred to as a Prosperity Toss) is often performed in Singapore and Malaysia during the Chinese New Year and can include many foods that represent the wish for wealth, happiness, and good health. The ingredients are tossed together so that good things (hopefully including luck around the mahjong table for the group!) will occur in the coming year.

Mary Broderick

(Photos courtesy of David Seigny, Rosie Maclean, and Kevser Taymaz)



In Memoriam – Ghislaine Bose



Ghislaine Bose passed away peacefully on January 23 at her apartment in Ottawa. She was 76 years old, full of adventure, and had been eagerly awaiting her trip back to Cannes, France, the following day.

Ghislaine was born July 28, 1946, on a farm in Normandy, France. She was born with a passion for adventure. As a young teacher, she had the opportunity to move internationally and decided on Canada. Upon her arrival, she embraced her Canadian life but always maintained

close connections with her friends and family in France. Her passion for lifelong learning led her to continue to explore and grow through her many art and language classes. Throughout her life, she travelled the world to paint and never turned down the opportunity to visit a new destination. She had an unparalleled *joie de vivre* that was visible to all who met her. Ghislaine was a member of CFUW-Ottawa, belonging to DHG and convening the French Theatre interest group.

Ottawa Through a Lens

Beautiful photos celebrating the best of winter by four talented photographers.



Winter Frames
Marilyn Collette



Cocooned in Snow
Rehana Rouf



Remic Rapids Woods
Pauline Daling



Smiley Snow
Marion Agnew

Coconut Apple Ginger Dal

A favourite recipe of your editor's and very easy to make. ■ Serves 4

From *Bon Appetit* – <https://www.bonappetit.com/recipe/coconut-apple-ginger-dal>

Ingredients

- 2 Tbsp. virgin coconut oil
- ¼ tsp. cayenne pepper
- ¼ tsp. ground cumin
- ¼ tsp. ground turmeric
- ½ large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 3"-piece ginger, peeled, finely chopped
- 1 large apple (unpeeled), grated on the large holes of a box grater
- 1½ cups red lentils
- 1 13.5-oz. can coconut milk
- 2 Tbsp. fresh lime juice
- Kosher salt, freshly ground pepper
- Plain yogurt, cilantro leaves, and toasted unsweetened coconut flakes (for serving)

Preparation

Heat oil in a large pot over medium-high. Cook cayenne, cumin, and turmeric, stirring, until fragrant, about 1 minute.

Add onion, garlic, and ginger and cook, stirring, until softened, about 3 minutes. Add apple and lentils and stir to coat. Stir in coconut milk and 2½ cups water and bring to a boil. Reduce heat and simmer, stirring occasionally, until lentils are completely soft and dal is thick, 20–25 minutes. Add lime juice and season with salt and pepper.

Divide dal among bowls and top with yogurt, cilantro, and coconut flakes; season with more pepper.



Busy February for Gat Trails Skiers

The last day of January was a perfect day for adventure, and then it was a busy week for Gatineau Trails! In addition to our regular Tuesday outings and cross country ski lessons, we enjoyed Sue Holloway's ski waxing clinics and the overnight at Philippe Cabin. A big

thanks to the team of Leslie Crone, Maria Hunter and Laura St. Pierre for organizing a successful overnight. As you can see from the attached photos, a good time was had by all!

Heather Brown, Marilyn Goodwin, Shelley Chambers



Diplomatic Hospitality Group

The Diplomatic Hospitality Group (DHG) got 2023 off to a great start with our special interest groups for duplicate bridge, English, French, and German conversation and culture, and snowshoeing back in action – as well as some interesting outings and activities.



On January 19, Canadians and Diplomats had a fun morning at DHG's annual Learn to Curl event. We had wonderful instructors and coaches, and some folks showed great potential as future curlers – but we all developed a new appreciation for the sport! Afterwards, we warmed up with coffee and cookies kindly brought by DHG member (and excellent curler!) Carol Hinde.

Members of DHG and the International Club of Ottawa (ICO) were honoured to visit the Global Centre for Pluralism and the Delegation of the Ismaili Imamat on January 27. Our gracious hosts were



(DHG and ICO member) Karima Eboo and her husband, Dr. Mahmoud Eboo, Resident Representative to Canada of the Aga Khan Development Network. We had a fascinating visit to the Centre. Founded in Ottawa in 2008 by His Highness the Aga Khan in partnership with the Government of Canada, the GCP is an international research and education centre. The building formerly housed the Dominion Archives and the original War Museum.

Following our visit to the GCP, we walked down Sussex to the Delegation of the Ismaili Imamat building, a secular facility that acts as the Imamat's

"embassy." Dr. Eboo gave a fascinating talk about the work of the Aga Khan Development Network.

On February 3, members of the DHG enjoyed the coldest day of the winter in the warmth of good company with a private tour of Rideau Hall, the official residence of the Governor General of Canada. We were able to see both the public and ceremonial rooms, as well as the additional



residential wings, showcasing various pieces and collections of Canadian art.

The tour also included a visit to the Greenhouse of Rideau Hall. We saw dozens of tropical, exotic, and indigenous plants displayed with markers and care instructions.

Lisa Haley



All the Dirt

With the calendar inching towards spring, are you dreaming about getting your hands in all the dirt again?

If you are a vegetable gardener, now is the time to start planning your garden. Here are a few tips to help you get started:

Seeds

You can order your seeds or check out the stock at your local hardware store or garden retailer. Fresh seeds should be in so best to get there soon.

Location

Factors to consider when picking the location for your vegetable garden are sunlight and drainage. Most vegetables need six to eight hours of direct sunlight. If your soil has poor drainage you may want to consider raised beds.

Garden Size

One common error is that we plant too much too soon. Be realistic about how much you will need and like to eat. Whatever the size of your garden, at every four feet or so,



make sure you have paths to allow access to weed and harvest.

Choosing Vegetables

If you are a beginner gardener, some easy vegetables to grow are lettuce, cucumbers, tomatoes, and zucchinis. Mixing in flowers such as marigolds adds colour, encourages pollinators, and discourages pests.

Where and When to Plant

Not all vegetables are planted at the same time. Vegetables such as lettuce and peas grow in cooler weather.

Warm-season ones such as tomatoes, peppers, and cucumbers are planted when the soil warms up in late spring and summer. No need to plant your lettuce seeds at the same time. Stagger plantings by a few weeks to keep them coming.

Good luck planning for your bounty of vegetables. There is nothing like harvesting vegetables from your own garden!

Shelley Chambers

Traveller's Corner

Where Have You Been, Marie Missyabit?

Marie's travel inside Canada took her to the snowy Laurentians, offering quintessential Canadian winter scenes and pastimes.

