



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

CATHERINE SMITH

March can often seem like a dreary month in Ottawa, with the remnants of winter (or sometimes its full-blown effects) still lingering... and with spring not quite yet seeming at hand. But March is anything but dreary at CFUW-Ottawa! It is one of my favourite months. That is because it is full of celebration. On March 4 we will celebrate our scholarship winners at an in-person event that is a wonderful way for us to see the significant impact of our program through the promising and truly inspiring recipients of our roughly 35 awards. It is an event not to be missed!

And then it is International Women's Day (IWD), and we can once again celebrate together. While IWD is officially marked on March 8, the whole month feels like a time when we recognize all that we, as women, have accomplished and all of those who have helped us achieve those goals. This year, we have reserved the Mayfair Theatre for a special showing of the movie *Suffragette* on March 19 at 3:00 p.m. You will find more details in this newsletter about the event. This will be another wonderful way for us to come together in person, get in the spirit, and be entertained all at the same time. Again, this is an event not to be missed!

But IWD is more than just a time

to celebrate. It is also a time to advocate and to act. This year, the UN's theme for IWD is "Invest in Women. Accelerate Progress." I like this theme as I believe there are so many ways in which we can and should invest more in women. Education is obviously critical in this regard, and we can feel proud of what we do in the area – from our award-winning scholarship program to our educational support of women and girls in Afghanistan, even in the face of a repressive terrorist regime.

We must also invest in women's financial and food security as well as see that funds are available to ensure that women are free from violence and harassment. Much work is needed on these fronts. CFUW's National office is pushing, through a resolution passed in 2023, to have more women at the table during international trade negotiations and to see that they are then featured in such agreements, thus working to advance gender equity and sustainable development. We also need to implement more gender-responsive financing and work even harder to close the wage gap.

Intimate Partner Violence is another area of deep concern that prevents women from reaching their full potential. CFUW-Ottawa member Fran Harding has helped me prepare

a letter to our mayor, Mark Sutcliffe, asking him to outline what progress he has made after declaring Intimate Partner Violence to be an epidemic on the last International Women's Day. Our letter to him is timed for the one-year anniversary of that declaration, but I suspect we may need to push harder to see true action on this front. I look forward to his response.

What I have mentioned here is just a very small sampling of how we

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can work to invest more in women; there is much, much more to be done. So this March let's get ready to celebrate our accomplishments, and let's also get ready to advocate and act for the change we still need to make a difference in women's lives.

Society of the Snow A Movie Review by Jean Patton

I found the movie difficult to watch, especially at the beginning, so I spent several evenings watch-



ing it. It is intense and emotional, filled with despair and desperation but also with determination to survive and appreciation for each other. The horror of the crash and the impact on the individuals as each dealt with bodily needs and moral and spiritual issues place personalities forefront. Yet, team support and camaraderie exist as they struggle together to keep going, using each other's knowledge, skill, and creativity.

The acting is realistic but, like others, I was surprised at how long the cigarettes lasted and how good some of the actors looked weeks after the crash. The movie evoked many thoughts and feelings, and I was overwhelmed with relief (and a few tears) when the two fellows finally made it over the mountains.

Newcomer Profile Welcome, Martha Edmond!

I joined the CFUW in November 2023. I had heard about this wonderful club for years from friends and decided it was time that I joined. I hope to take advantage of some of the many programs the club offers. So far, I have joined the Gatineau Trails and the Urban Walks groups.



and canoeing and have taken up golf, which I am now trying to learn.

I am a writer and historian. I worked at the National Archives and then as an architectural historian with Parks Canada. I have a

long-time interest in history and heritage and have worked mainly on the heritage of the Village of Rockcliffe Park. I wrote a book on the history of Rockcliffe Park, which was published in 2005. I am now retired but involved in writing a history of New Edinburgh with a colleague.

MARK YOUR CALENDARS!

February 26 at 1:30 pm – via Zoom – Mary Sarumi will be speaking on “Reducing Our Environmental Impact From Food” at the next meeting of the Environment Action group

March 4 at 7:00 pm – in person – Scholarship Awards Evening – Riverside United Church, 3191 Riverside Dr. Come, meet, and celebrate our current Award Winners

March 7 at 1:00 pm – via Zoom – Lauryn Oates, Executive Director of Canadian Women for Women in Afghanistan, will be the featured speaker at the University Women Helping Afghan Women meeting

March 19 at 3:00 pm - 5:30 pm – Screening of *Suffragette* at the Mayfair Theatre to celebrate International Women's Day

April 18 at 11:00 am - 2:00 pm – Musical Lunch and Silent Auction – Royal Ottawa Golf Club, 1405 Aylmer Rd., Gatineau, Quebec



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 2024; deadline for submissions: March 15

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

Meat and the Environment*

I grew up in a meat-loving family in a meat-eating culture that taught that meat and dairy were necessary for good health and growth. It was, therefore, difficult for me to accept the evidence that one of the biggest positive impacts I could make on the environment would be to reduce or eliminate animal-based products. Some of that evidence:

- Animal agriculture is responsible for 18% of all greenhouse gases. It is also responsible for much of the world's overconsumption of water, deforestation, increased waste production, and water- and air-quality degradation;
- Meat is not necessary for health, and people in industrialized countries eat twice as much as experts deem healthy. It is also linked to many diseases (e.g., heart disease, cancer);
- Cows are ruminants and produce methane, which is a greater pollutant than carbon;
- It takes 25 pounds of feed to produce only one pound of meat;
- Food can account for one third of an individual's carbon footprint, especially if the individual consumes mostly a

meat-and-dairy diet;

- 96% of meat is produced in factory farms where profit trumps animal welfare.

Reducing Meat Consumption: Small Steps Do Matter

Each Canadian who swaps out just one beef-based meal for a plant-based meal each week will reduce their greenhouse gas contribution by 5% each year. Multiply that by 38 million Canadians.

If the entire population of the U.S. did not eat meat or cheese for just one day a week, it would be the equivalent to taking 7.6 million cars off the road. This is a case for Meatless Mondays.

Following a plant-based diet rather than eating meat (assuming consumption of 3.5 ounces of meat per person per day) can reduce a person's carbon footprint by 75% where food consumption is concerned, especially if that diet is based on locally sourced food.

Consuming less red and processed meat and more plant-based foods such as vegetables, beans, soy, and nuts offers many health benefits, including

Guest Speaker on Reducing Meat Consumption



The next Environment Action's guest speaker is Mary Sarumi, who will be speaking on the topic of "Reducing Our Environmental Impact From Food." It will take place at 1:30 p.m. on Monday, February 26, via Zoom.

Register: https://us02web.zoom.us/join/register/tZYvc-eyopzosE93XIUoyO4GI_wM-SOoNFXnYD

decreasing the risk of heart disease, diabetes, and various types of cancer.

*Meat in this article refers to the flesh of mammals eaten as food

Linda Gray and Lynn Davies

Did You Know...?

In addition to her love of painting, Philippa Borgal also designs Christmas and other greeting cards. (She has also started a weekly arts and crafts group in her condo building.) Her cards can be whimsical, and she often draws inspiration (no pun intended!) from her travels.



Canada in Afghanistan: “We’re Still Doing It and It’s Still Possible”

University Women Helping Afghan Women hosted Nell Stewart, Executive Director of the Afghanistan and Pakistan Division of Global Affairs Canada, at their February meeting and learned that Canada continues to play a role in supporting the people of Afghanistan despite the restrictive edicts of the Taliban, especially affecting women and girls. Through international agencies such as the World Bank and UNICEF some community-based education and health facilities are funded, and aid is being delivered.

Canada is pressing for a reversal of the restrictions on women and girls, but the Taliban do not respond, and Canada also supports the work of an international team monitoring and documenting human rights abuses to hold the Taliban accountable, perhaps through the International Criminal Court.

The Q&A session revealed that much of the education for boys is now through Taliban-led madrassas, with a heavy focus on an extreme interpretation of Sharia law. The prospects are “looking grim;” however, Canadian diplomats are working to prevent high-risk Afghans destined for Canada from being repatriated by Pakistan, and legal teams are investigating the adoption of “gender apartheid” as an effective means of bringing the Taliban to justice through international courts.

Ms. Stewart concluded by acknowledging that Afghanistan is

heartbreaking to work on and that it is painful to see that things will not get better soon.

Naseema Siddiqui, Jennifer Simpson,

Fran Harding

UWHAW Program Committee

Lauryn Oates to Speak at UWHAW Meeting



Lauryn Oates, Executive Director of Canadian Women for Women in Afghanistan, is the acknowledged Canadian leader in the non-profit delivery of education for women and girls in a country where education is denied to all girls beyond the grade 6. She will be speaking at our meeting on March 7, telling us about how they run their programs, UWHAW’s partnership with CW4WA, and their advocacy work. All CFUW members are invited to attend. If you are not a member of UWHAW you can register by contacting university-womenhelpingafghanwomen@cfuw-ottawa.org.



CFUW-Ottawa’s International Women’s Day Celebration: We’re Going to the Movies!



Join us to celebrate International Women’s Day at the Mayfair Theatre with a screening of *Suffragette*, a historical drama that focuses on the struggles and sacrifices of women fighting for the right to vote. The film features an all-star cast including Carey Mulligan, Meryl Streep, and Helena Bonham Carter.

Save the date:

Tuesday March 19th

3:00 pm – 5:30 pm.

Tickets: \$15. More details on how to purchase tickets coming soon.

University Women Helping Afghan Women (UWHAW) & Divertimento Orchestra – A Win-Win Partnership

As a member of CFUW I have become familiar with the important advocacy and support UWHAW provides for Afghan women's post-secondary education. As a cellist in the Divertimento Orchestra and its current Liaison and Partnership Lead, I was looking for potential ways to partner with charity organizations in our community to help expand Divertimento's audience.

This past fall I approached Barbara Newbegin to ask if she could distribute details to the Music Appreciation Group about Divertimento's fall concert in November to hopefully entice some CFUW members to attend. She did, and she also attended the concert along with Patricia Duffey. They both were very enthusiastic about Divertimento's music, and a seed of a potential partnership started to germinate.

After confirming with Divertimento's executive that we



Divertimento Orchestra at Woodroffe United Church

would set aside a block of 100 tickets for UWHAW to sell and retain the revenue for their charity, I contacted Barbara and Leila Metcalf the co-convenors to confirm whether this opportunity would be of interest. We quickly decided to move ahead with the February 9 and 10 Divertimento Pops Concert.

In addition to the fundraising opportunity from ticket sales, Divertimento also allocated time for a UWHAW representative, Barbara

Newbegin, to speak to the concert audience about UWHAW's advocacy and how funds provide educational assistance via its partner Canadian Women for Women in Afghanistan (CW4WAfghan).

This was truly a win-win opportunity for UWHAW and Divertimento. Many thanks to Barbara, Leila, and the many CFUW members who bought tickets and attended the concerts.

Janet Sharpe



Gordon Slater conducting Divertimento Orchestra



Barbara Newbegin - speaking about UWHAW



Janet Sharpe speaking with CFUW members at intermission

Butternut Squash Cauliflower Pasta Casserole

Thanks to Karin Keyes Endemann for this plant-based recipe that she put together herself. ■ Serves 6-8

Preparation

Preheat oven to 350°.

1. Toast hazelnuts/walnuts on a rimmed baking sheet, tossing halfway through, until golden brown, 6–8 minutes. Let cool, then finely chop and transfer to a medium bowl. Stir in 2 tbsp oil; set aside.
2. Heat remaining 2 tbsp oil in a medium pot over medium-high heat. Cook onion, stirring occasionally, until golden brown and softened, 8–10 minutes.
3. Add garlic and red pepper and cook, stirring, until fragrant and garlic is softened, about 1 minute.
4. Add squash and cauliflower and toss to combine.
5. Add stock and bring to a boil.
6. Reduce heat to medium-low and gently simmer until squash and cauliflower are tender, 12–15 minutes. Let cool slightly.
7. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions. Drain, then rinse with cold water.
8. Transfer squash mixture to a blender (note: I often leave everything whole or just blend half of it).
9. Add 1 cup Parmesan and purée until smooth; season with salt.
10. Pour ½ cup squash purée into a 13x9" baking dish and spread to edges.
11. Scatter pasta over sauce, then pour remaining sauce over.
12. Top with ½ cup Parmesan.
13. Cover with foil and bake 15 minutes.
14. Uncover and increase oven temperature to 425°. Continue to bake until the top is darkened in spots and the sauce is bubbling, 10–15 minutes.
15. Add basil to the bowl with reserved hazelnuts, season with salt and toss to combine. Spoon mixture over pasta. Top with more Parmesan and black pepper.

Enjoy!

Ingredients

- ½ cup nuts (hazelnuts or walnuts)
- 4 tablespoons extra-virgin olive oil, divided, plus more for drizzling
- 1 large onion, finely chopped
- 3 garlic cloves, thinly sliced
- ½ teaspoon crushed red pepper flakes
- 1 small butternut squash, peeled, halved, seeded, cut into ½-inch cubes (about 6 cups)
- 6 cups cauliflower chopped
- 4 cups low-sodium vegetable stock
- 1 pound pasta (i.e., paccheri or rigatoni)
- 2 ounces Parmesan, finely grated (about 1½ cups), divided, plus more for serving
- 1 cup basil leaves, torn
- Freshly ground black pepper (salt to taste)



Diplomatic Hospitality Group

On January 19, Diplomatic Hospitality Group (DHG) members toured The Senate of Canada Building, the Senate's temporary home since 2018 on Rideau Street. (The Senate's permanent home, Parliament's Centre Block, is undergoing its first major rehabilitation since 1920.) The current Senate building was originally Ottawa's central train station and later the Government Conference Centre. The magnificent architecture and features were restored beautifully, and the extensive renovations reflect the various aspects of Canadian history.



DHG members were given a special tour, conducted by the staff of The Usher of the Black Rod, Gregory Peters. After the tour, Mr. Peters invited DHG members into the Senate Chamber, where he explained that his title comes from the ebony cane that is carried as a symbol of authority under a 600-year-old parliamentary tradition. Mr. Peters is the 16th Usher of the Black Rod since Confederation and, as such, is the personal attendant and messenger of the Sovereign or the Sovereign's representative when either is in Parliament.

On January 31, our annual Learn to Curl event drew a large group of Canadian and Diplomat participants. This is always a popular event, and the folks at the Royal Canadian Navy (RCN) Curling Club are wonderful hosts. The RCN Club provided all the



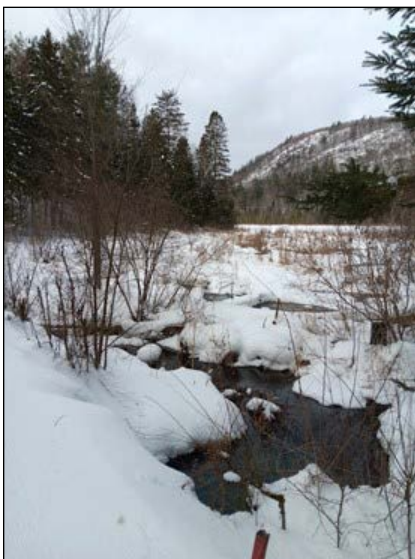
equipment for DHG, and their excellent instructors taught everyone the techniques to learn and enjoy this very Canadian sport. Participants learned that walking on ice and sliding heavy rocks isn't easy – but it certainly is fun! After acquiring a new appreciation for curling, DHG members shared and laughed about their experiences over snacks and beverages in the RCN lounge. A super morning of activity and fun!

Lisa Haley

Ottawa Through a Lens

This month, the wonderful photographers in the Hocus Phocus group

are showcasing Ice and Snow in and around Ottawa.



Little Lakes in the Snow in Gatineau
by Anne Flynn



Maple & Ice Fingers
by Leslie Baird



The Many Layers of Ice
by Pauline Daling



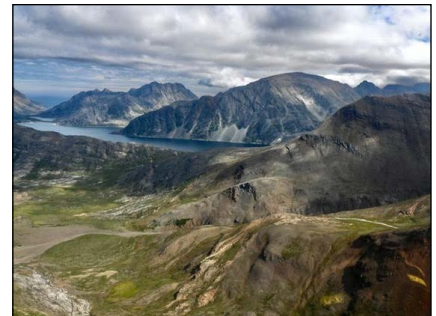
Reflections
by Debbie Long

Traveller's Corner

Where Have You Been, Liz Kwasniewski?

In August 2023 I visited the Torngat Mountains National Park in Northern Labrador, which is one of the last wild, pristine places left on Earth. There are no roads, trails, or paths in the park. You can appreciate its beauty from a helicopter or a boat, although outdoor

aficionados can traverse the wilderness on foot or by snowmobiles in winter. In the summer, Parks Canada offers organized expeditions and superb accommodations in tents or domes located in the Torngat Mountains Base Camp and Research Station.



Interesting Talk at February Meeting

Jim Davies, a professor in the Institute of Cognitive Science at Carleton University, spoke at our February general meeting, highlighting the multiple aspects and impact of artificial intelligence following the recent AI revolution.

Major impacts are already being seen in our society in areas of education, art, the media, and medicine. For example, ChatGPT, is a text-generating tool trained on internet data with the ability to quickly generate text in response to prompts. Useful for many purposes – creating a rubric, planning a trip, etc., if students rely on AI to do their work, they will miss learning crucial skills such as writing. The spread of disinformation is another major concern, in particular its potential impact on elections as well as reputations. The art industry is also seeing issues from the use of AI including job loss, lack of diversity, and the creation of deep fakes.

Professor Davies stressed the

importance of ensuring that AI's goals align with human values and interests. AI can come up with original ideas but lacks common sense, therefore creating the possibility of it exploiting human rules. There is a need to ensure that AI is designed to protect humanity.

On the other hand, AI is aiding in significant advancements in various fields such as protein research, medicine, computations, and productivity enhancement. New benefits of AI are being discovered every day. When asked about the best regulatory body for ethical applications of AI, Professor Davies suggested it might be more effective to create ethical software rather than rely on government regulations. Professor Davies' presentation and others can be found by clicking on "General and Speakers' Series Presentations" on the Members Only page of the CFUW-Ottawa Club's website.

Pat Duffey



Musical Lunch and Silent Auction

Our annual Musical Lunch will be held this year on April 18 at the Royal Ottawa Golf Club. Buy a ticket and help raise money for UWHAW and for the Scholarship Trust Fund.

The tickets to the lunch cost \$75.00 (including tax and service charge). Your ticket includes:

- An elegant lunch
- A musical performance
- Fundraising opportunities
- Free parking
- An official tax receipt (issued for the donation portion of the ticket)

Here's what else you need to know:

- Check-in and Silent Auction starts at 11:00 am
- 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 donations of two baskets for the Trivia Game.

This fundraising event is sponsored by the CFUW-Ottawa interest group University Women Helping Afghan Women.

The donation portion of 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 online education of women in Afghanistan.

Registration is open to all CFUW-Ottawa members and their guests (women and men): a great opportunity to raise funds and enjoy lunch and a musical performance at

the Royal Ottawa Golf Club!

An email will be sent shortly to all CFUW-Ottawa members with information about the event and the registration process, including payment information.

Request for Silent Auction Items

UWHAW is asking for your help with donations for the Silent Auction at the April 18 Musical Lunch. They would like to solicit high-quality items or experiences that can be put up for auction.

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, gift certificates and vouchers for restaurants, passes for the theatre, musical concerts, Redblack football tickets, jewelry, autographed books by authors, wine/spirits, gift

baskets, and lunches and dinners at members' homes.

Every item or experience donated will assist Afghan women.

If you have an item or an experience that you would like to donate for the Silent Auction, please contact one of the following members:

- Heather Lewis (Ottawa North) at 613-569-9351 or at heather-lewis2121@gmail.com
- Fran Harding (Ottawa South) at 613-521-3281 or at fjharding@rogers.com
- Nancy Stevenson (Ottawa West, Kanata) at 613-599-8539 or at nancenlance@hotmail.com
- Rosemary Carter (Ottawa East, Convent Glen) at 613-830-3393 or at rbcc@bell.net
- Natalie Lam (Ottawa East, Orleans) at 613-852-1737 or at profnlam@gmail.com

In advance, thank you for your generosity!

Alice Bolt

Come and Sing with the MadriGals

The CFUW choir – the MadriGals – sings every Wednesday morning at St. Timothy's Church, 2400 Alta Vista drive, 9:30 am – 11:00 am. Our Director is leading us with a new repertoire supported by our excellent new pianist.

We are a three-part choir (soprano, second soprano, alto). You don't need to read music, although some members of the choir do – we all joined the choir because we love to sing. Singing together brings mental health benefits *and* it is fun – so come for a visit and check us out. (We are currently wearing masks to protect ourselves and each other.)

For more information contact the co-convenors:
Kringen Henein, kringen.henein@icloud.com
Rosemary Carter, rbcc@bell.net



Women with Hammers

CFUW-Ottawa's Women with Hammers members are learning how to use tools! As the photos show, members built their own chopping boards! This is only one of the workshops that both have and will occur. Drywall, Electrical, and Tool Workshops are being scheduled in April and May. In March and April respectively, the Manager of

the Ottawa Tool Library (and Workshops) will be giving a talk, and the Owner of Branton Construction Group will be speaking about "Hiring a Contractor You Can Trust." Both talks will be via Zoom. If you'd like to participate, contact Eugenie Prevost at womenwithhammers@cfuw-ottawa.org.

Eugenie Prevost

