



Canadian Federation of University Women – Ottawa

# Capital Carillon

**To the Local Arrangements Committee for the CFUW-National 2020 AGM to have been held in Ottawa this June ...**



#### Co-Chairs

Patricia Duffey and Christine Rollo

#### Treasurer

Chris Narraway

#### Secretary

Janet Graham

#### Facilities and Accommodations

Joan Tyler and Johanna Oehling

#### Communications/Media

Christine Rollo and Marie Danielle Vachon

#### Displays and Exhibits

Karen Shigeishi-Waite

#### Registration

Heather Lewis

#### Tours

Barb Newbegin and Nancy Simmons-Wright

#### Volunteer Management

Norma Pike and Dierdre Abernethy

#### Program

Patricia Duffey

#### Sponsorships

Julia McIlraith

#### Charitable Trust Boutique

Betty Bertrand and Joy Forbes  
(both of CFUW-Kanata)

**THANK YOU for all the preparation work that you and your assistants have done!**

## PRESIDENT'S MESSAGE

HEATHER LEWIS

This May Message is my Swan Song. After serving as your President for two and a half years, I am stepping down. I shall still be around as Past-President, but at the back of the stage. You can find the list of the new CFUW-Ottawa Board of Directors on [page 3](#) of this Newsletter. Some members



thank you to those who have agreed to serve in the coming year.

We continue to suffer from the self-isolation and the anxiety of negative news and uncertainty. Ironically, the more we are apart, the more we are together, because we recognize how much we need

one another and depend upon mutual support. We are all thinking of some of our members who are

(see **President** on next page)

of this year's Board are carrying on and some are new. There'll be a good combination of continuing and fresh talent; all of the members of the Board are well qualified for their positions. Ordinarily, we would have introduced the new Board to you at our May AGM, but that is not happening this year. Our current Board members unanimously approved the 2020-2021 slate at a ZOOM meeting on March 23rd.

It has been an honour to serve as your President and my job has been made easier by the support of a good Board. Thank you to the current Board members for all their hard work and

**Thank you from all of us, Heather!**

**You have been an excellent President of CFUW-Ottawa.**



## INSIDE

Pink Rose Award

Mark Your Calendars!

Our New CFUW-Ottawa President

The new Board of Directors Slate

Meeting Online With ZOOM

Kitchen Klutz

Virus vs Virtual: Saturday at the Movies

GWI Statement

Do You Know Who We Are? What GWI is Doing

Convenor of the Month: Lorna Bickerton

UWHAW Asks For Your Support

Appeal for New Convenors

German Conversations Online

Save the Date: Lunch and Bridge Fundraiser, October 19th

The Speakers' Program Team

Renewing Membership of CFUW-Ottawa

In Memoriam: Dr. Carole Guzman

**President** – continued

frontline healthcare workers.

Please keep reaching out to others at this time. Phone calls are good; remember that a few of our members are not “online.” For those who are, ZOOM meetings (see page 4) and social media contact help to keep us in touch. We’re all in this dark place together and need to trudge on toward the light ahead. Who knows how long the trek will be? From the very limited hiking I have done, I know that one needs to have someone strong at the start of the line and at the end of the line. You are all needed on this difficult journey. Please continue to help each other along.

*“I am a believer in women, in their ability to do things and in their influence and power. Women set the standards for the world, and it is for us, women in Canada, to set the standards high.”*  
*Nellie McClung*

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 Alison Hobbs, [newsletter@cfuw-ottawa.org](mailto:newsletter@cfuw-ottawa.org). Next issue, October 2020; deadline for submissions: September 15. Previous issues are archived on the Club website, at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## Pink Rose Award



The Pink Rose is an annual award to one of our Club members, a tradition inaugurated in 2017. This year’s award was to have been presented by the President at our local AGM in May and will now have to be presented at a later date, but the Board of

Directors would like to announce the winner here and now, in the *Capital Carillon*.

**The Pink Rose for 2020 goes to Dierdre Abernethy**

This honour goes to those Club members who quietly contribute to our events and activities with no thought of reward or prestige, but with exemplary dedication.

Previous recipients of the Pink Rose were Elaine Copland (2017), Lynne Bond (2018) and Mary Broderick (2019). Dierdre, this year’s recipient, has been the



Dierdre Abernethy

Convenor of the popular National Gallery Study and Interest Group for the past four seasons. She is also a stalwart member of UWHAW and of our Literature Group 1 book club. If you come to our General Meetings you will usually see her helping in a quiet and always friendly way at the Used Books table. Like the other Pink Rose recipients, she represents the spirit of CFUW-Ottawa in person.

## MARK YOUR CALENDARS!

### Events this year

**June 19**, 12 noon to 3 p.m. Eastern Time, Electronic CFUW-National AGM (Business Meeting)

**June 20**, 12 noon to 4 p.m. Eastern Time, Electronic CFUW-National AGM (Business Meeting)

**September 16**, Convenors’ Meeting (Interest and Outreach groups)

**September 28**, CFUW-Ottawa Season Opener, 7:30 p.m. at Jean Pigott Place, City Hall

**October 19**, Luncheon Bridge-Plus STF Fundraiser (see page 9)

**December 6**, CFUW-Ottawa Holiday Party

### And next year ...

**April 22, 2021**, Musical Lunch

**June 10, 2021**, Dinner for Hope



## Elizabeth Sleith Wilfert — Our New CFUW-Ottawa President

To most of us, her friends, she is simply known as Lizz, so that is the name you will read in this article. When recognized as one of the 100 Notable Women of the CFUW at last year’s (2019) National AGM in Winnipeg, she was given the following accolade:

*Lizz brings a wealth of experience from public service at municipal, provincial and federal levels. As VP Communications, she has re-invented and energized our communications and public relations and created a lively presence on Social Media. She even makes it seem a simple chore to send out an e-blast on short notice to 500 members and friends! She has met with Canadian diplomats and organized silent auctions that have raised over \$8000 to support Afghan women and Kabul’s Gawharshad University. We count on her photography skills to record fundraising and award events and we carried the banner she designed at the recent CARE Canada Parliament Hill event, Walk in her Shoes. Her positive outlook, collaborative spirit and creative ideas enrich our Club.*

Apart from her dedication to the UWHAW group, Lizz is also an active and enthusiastic member of CFUW-Ottawa’s Diplomatic Hospitality and National Gallery groups and is the administrator of our Facebook pages.

However, her achievements are not confined to the CFUW.

After graduating from Wilfrid Laurier University and University of Toronto, Lizz taught for 25 years at Havergal



Lizz Wilfert

College, and also worked as an occasional teacher with the York Region District School Board. In 1997 she was appointed Councillor for Richmond Hill, after her husband Bryon, the previous Councillor, had been elected MP for that riding. Lizz ran in the next municipal election,

and was an elected a Richmond Hill Hydro Commissioner from 1997 to 2000.

She served a Public Councillor to College of Dietitians of Ontario from 2006-15 and was elected by the Dietitians to serve as their President 2012-14. She also served as a Public Councillor on the Royal College of Dental Surgeons and was Chair of their Professional Liabilities Program 2016-2019.

In Richmond Hill, she has been a member of the Library Board, the Arena Association Board, and, for more than two decades, the Helpmate Community Information Volunteer Bureau Board. She has helped to organize annual events such as the Terry Fox Run, Communities in Bloom, Canada Day, the Winter Carnival and the Santa Claus Parade. Last year (2019) she received a Volunteer Achievement Award for her services to the Richmond Hill community.

Her volunteerism has been internationally recognized, by being named a Kentucky Colonel in 2018 and in 2019 she was named to the Order of St. Joachim as Dame.

Lizz’ LinkedIn profile states that, “with a demonstrated history of working in the government relations industry, she is skilled in Public Affairs, Political Communication, Non-profit Organizations, Corporate Social Responsibility, and Political Science.”

In short, CFUW-Ottawa is proud to have Lizz Wilfert at its helm.

### CFUW-Ottawa Board Slate for 2020-2021

President	<b>Lizz Wilfert</b>
Past President	<b>Heather Lewis</b>
VP Liaison	<b>Catherine Smith</b>
VP Membership	<b>Karen Shigeishi-Waite</b>
VP Communications	<b>Marie Danielle Vachon</b>
VP Operations	<b>Joan Tyler</b>
Secretary	<b>Janet Graham</b>
Treasurer	<b>Kate Balsara-Pardoe</b>
Program Convenor	<b>Elaine McKnight</b>
S&I Groups Convenor	<b>Susan Puderer</b>
STF Chair	<b>Patricia Duffey</b>
Special Projects	<b>Christine Rollo</b>
Carillon Editor	<b>Alison Hobbs</b>
Website & Internet	<b>Meghan Callman</b>
Funds Raised Chair	<b>Alice Bolt</b>
Hospitality Chair	<b>Kevser Taymaz</b>
Issues Coordinator	<b>Catherine Smith</b>
Membership Admin	<b>Carol Hinde</b>

# Meeting Online With

By Barbara Newbegin

With today's social distancing restrictions and cancellation of meetings, many of us still want to connect. Here are some helpful instructions for using ZOOM, an online software app that can be used by friends and family, by online book clubs or for a business meeting. This way of connecting could also be useful in future when gatherings are cancelled because of Canadian weather conditions.

The first step in using or setting up a ZOOM call on your computer / tablet / mobile phone is either to download the ZOOM software, or, if you have already done so, to verify that it is up to date. The ZOOM app is evolving to cope with security concerns.

## Downloading, if you don't yet have ZOOM on your computer:

If you don't yet have the ZOOM app on your computer you may still join a call, but your computer must first download the software. It is advisable to do this ahead of your meeting:

- Go to <https://zoom.us/download#>.
- Click on **ZOOM Client for Meetings** (or, if you are using a tablet or smart phone, search your app store for **ZOOM Cloud Meetings**), and **download** the software.

## Updating, if you already have ZOOM on your computer:

If you already have ZOOM, while it may still work fine, you should update it anyway:

- Open ZOOM and log in. If necessary, click on **Forgot Password** and follow the instructions.
- Once you are logged in, you should see an icon in the upper right-hand corner beside the **Search** button; it may show your initials. Click on this icon.
- Click on **Check for Updates** and follow the instructions.

## Participating in a ZOOM meeting

If you don't want to download the ZOOM software or app, you can call in by phone. The phone number should be accessible through the meeting invitation you receive by email from the convener of the meeting. When you connect by phone, you need to provide the meeting ID and password that were included in the invitation.

Otherwise...

- Once you have ZOOM on your device, to join a ZOOM call that has been set up, go to the invitation you received by email, click on the meeting link shown after **Join Zoom Meeting** ([https://...zoom.us/j/...\[10-11 digits\]...?psw...](https://...zoom.us/j/...[10-11 digits]...?psw...)) or, if it is not highlighted as a link, copy and paste this link into a new address bar on your browser and enter from there.
- Click **Join Meeting** and follow the instructions.

- Once you are in a meeting, you may view other participants by means of **Gallery View** or **Speaker View**. The button to change the view should be in the upper right-hand corner. **Gallery View** will show you who is speaking; the frame of their box is highlighted.
- If you are having problems with hearing or being heard, beside the microphone mute button in the lower-left corner is an arrow which, when clicked, lets you **Test Speaker and Microphones**. You can also click **Audio Settings** to test and adjust the volume.

If there is background noise in your home you can **mute** yourself in the lower left-hand corner of the screen, but don't forget to **unmute** yourself to speak. If you wish to turn the video on or off, that button is beside the mute button.

## Convening a ZOOM Meeting

- Open your ZOOM app and log in.
- Four icons will appear. Choose **Schedule** to enter the topic, date, start time and estimated duration of the meeting. It's usually a good idea to set the start time about 15 minutes before the actual meeting will start, so that everyone has time to arrive at the meeting ahead of the planned start. If you do not have a paid account, you are allowed only a 40-minute meeting.
- Under **advanced options**, enable **Waiting Room**. This will help you to admit people to your meeting.
- Once you have entered this info for your meeting, click **Schedule**, then **Copy to Clipboard**.
- Set up your email with the Recipients (Bcc, if it is a large group), the Subject (e.g. "Instructions for Zoom meeting"), then **Paste** the info into the body of this email. Include yourself as the primary recipient and then you'll have the requisite information to hand.
- Make sure that the meeting address is hyperlinked, so that people will be able to click on it.
- Send the email.

To launch your meeting, just click on the meeting address. If you have already logged into ZOOM, you will see your scheduled meeting listed there with a button to **Start Meeting**, so you can click there. It is best to do this before others start entering. As Convener, click the **Manage Participants** button and **admit** participants as they arrive.

If there is too much background noise, you can **mute all** participants and remind individuals who want to speak to **unmute** themselves first.



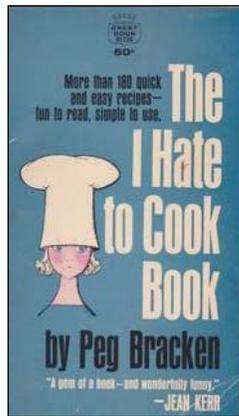
## The Kitchen Klutz

Heather Lewis

Cooking is not my forte. When I was in university, one of my friends gave me the *I Hate to Cook Cookbook* with the inscription, “To one of the lousiest cooks I know with love on her birthday.” Naturally I have avoided the Interest Groups which focus on cooking. I refer to *Easy Gourmet* as an oxymoron. You’ll know those cooking shows on television which have experts in their gleaming studio kitchens whipping up special recipes. I’ve always maintained that if I starred in a television show entitled *The Kitchen Klutz*, it would be much more popular than those and probably more realistic.

I met my husband at a summer camp. I was a counsellor and he had a summer job as the chef. He made special breakfasts for me. My friends said that they knew what I wanted. He still makes the breakfasts, but I usually make the dinners. Believe me, they are rudimentary; I know about chicken nuggets, cake mixes and the like. When others ask about my skills, or lack thereof, he answers, “There have been other compensations.” You can see why he is still around.

In my attempts to prepare dinners, there have been, I admit, many burned pots and very strange concoctions. I didn’t learn how to make cookies until I was in retirement, when someone revealed to me the wonders of parchment paper. Since I am writing this, I suppose I had best confess my worst culinary catastrophe. A number of years ago I decided to make a Jello Instant Chocolate Pudding for dessert. What could possibly go wrong? I pulled out



eggbeaters from the back of a drawer where they had lain unused for a long time and whipped up the pudding. That evening I triumphantly presented little bowls of the pudding for dessert. On the second spoonful my husband found a picture hook in his spoon. A picture hook in the back of the drawer had got stuck in the eggbeaters.

He said, “What’s this?” I muttered something about trying to improve his blood iron and have never made an instant pudding again.

A few other women have this issue. I was reassured when I heard that Judge Ruth Bader Ginsburg’s family refuses to let her cook at all. Maybe my ineptitude in this area is not an indication of serious retardation after all.

The point of this article? I am stuck at home. I am slightly bored. It may be time for a project. My mother had an expression: “You can never learn younger.” I have decided to try to learn how to cook. A couple of my friends, members of the *Dining Out* group, are taking on the *Teach Heather How to Cook* challenge. Lynne Bond and Pam Mackenzie, both excellent cooks, are sending me a limited number of recipes. So far, I have successfully made a delicious apple cake and a great lasagna. Yes, I can get online recipes, but this way I know the recipes are doable and I have someone who can answer my questions. If the truth be told, I also need the motivation of needing to report back on my progress! Although I will never become Julia Child, there is some real hope that my skills will improve.

### Virus vs Virtual

Saturday at the Movies  
Interest Group, Reimagined

By Margaret Laing

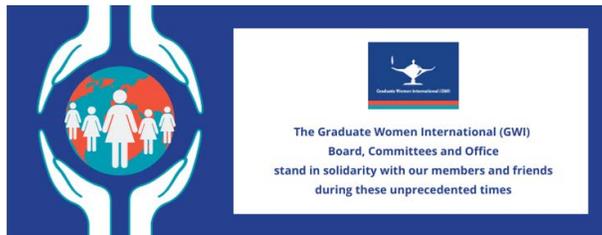
COVID-19 can’t stop this dedicated group of movie lovers. We have moved online and will continue to enjoy our monthly movie fix, followed by a virtual discussion about what we liked and didn’t like about the films we watch. We have to thank one of our own for coming up with this smart idea, proving that physical distancing does not equal social distancing.

As a substitute for our visits to the Bytowne Cinema, movies are being selected by our coordinators from a list of films suggested by members. The first (Netflix) film was *The Boy Who Harnessed the Wind*. Set in Malawi, it is based on the true story of a very bright 13 year-old who saved his community from drought and famine by designing and building a windmill to extract water from the ground. The second (YouTube) film was *Night Train to Lisbon*, about a Swiss teacher, played by Jeremy Irons, who saves a stranger from suicide. She subsequently disappears, leaving only a coat and a book behind. Abandoning his work, the teacher impulsively embarks on a journey of discovery.

Have you found a project which interests you during these difficult days? I hope that you have, in which case Alison (email: [newsletter@cfuw-ottawa.org](mailto:newsletter@cfuw-ottawa.org)) may be glad to hear about it for future issues of the *Capital Carillon*. I wish you all the best with your efforts.

## Graduate Women International News Update

### 25 March 2020



*The GWI Board, Committees and Office stand in solidarity with our members and friends during these unprecedented times.*

Dear Members and Friends,

We are writing to you during these anxious times as the economies of our respective countries react to the daily news, and as we all make adjustments to our deeply entrenched social habits to flatten the curve of the virus. We realize that we are all trying to “hang in there” as the news remains fluid and familiar community institutions are locked down.

As we are all watching our world face an unprecedented public health challenge in the fight against COVID-19, GWI stands in solidarity with all of you and particularly those who are most vulnerable during uncertain circumstances like this. Although the safety and well-being of everyone requires us to physically separate from one another, the GWI Board, Committees, and Office remain committed to our global membership community of graduate women. Through this unprecedented period, GWI will continue doing what it knows best: raising the voice of graduate women around the world and working for the preservation and improvement of women’s and girls’ fundamental right to education.

GWI knows that in crises, pre-existing social inequalities and injustice are often deepened. We are concerned that girls will be impacted the most by school closings in many countries. They are least likely to return to school and in

many areas most vulnerable to drop out. For this reason, GWI is resolutely focused on continuing to pursue its mission as routinely as possible in support of our almost 15,000 members across the world and to remain engaged and energized through this evolving global challenge.

When we come out on the other side of this pandemic, a lot of things will look the same, but, as countries and as a planet, we will be changed forever because we will have been through a profoundly transformative experience.

Dramatically changed conditions can be distracting, but rest assured that GWI remains united and committed to pursuing our mission. Thank you all for your support in these difficult times. Our thoughts are with you in uncertain circumstances like these.

Sincerely,  
GWI Board, Committees and Office



### Do You Know Who We Are?

### What GWI is Doing in 2020

By Barbara Newbegin

GWI is very involved in advocacy:

- preparing policy documents concerning the education of girls and women; and
- actively engaging with the United Nations and a wide variety of international organizations.

GWI has various levels of involvement in multiple international projects:

- The Bina Roy Projects being developed in various countries, including the Democratic Republic of Congo, El Salvador, Ghana, India, Mexico, and Turkey
- Teachers for Rural Futures in Uganda;
- University Women Helping Afghan Women (UWHAW) in Ottawa;

- Girls’ Champion Network;
- Olympes de la Parole; and
- Girls’ Choices Mobile App in Rwanda.

The fellowships and grants offered by GWI and its affiliates, that open doors to quality higher and continuing education, include The Hegg Hoffett Fund for Displaced Women Graduates and the Caroline Spurgeon Fellowship.

**Are you keeping yourself informed about GWI?** Check out the Do You Know? article on page 10 of the March 2020 issue of the *Capital Carillon* for information on how to receive GWI Updates. Even if you do not have a Facebook account, you can still view the public GWI Facebook pages.

## Convenor of the Month: Lorna Bickerton of UWHAW

I have been involved in many volunteer initiatives, including the founding of the Bridlewood Cooperative Nursery School in Kanata and the medical team coordination of National and International skating competitions held in Ottawa. During the Synchronized Skating Championships in 2003, with teams from all over the world, we had to deal with the SARS pandemic.

I retired in 2008 from my position as Regional Cardiac Care Coordinator at the University of Ottawa's Heart Institute and two years later Barbara Evans encouraged me to join CFUW-Ottawa. Soon recruited to the Program Committee, I enjoyed two years helping to plan the Speakers' Series. I have been a member of the CFUW-Ottawa Board for the past six years, first chairing the Program Committee and then as V.P. Membership. At the CFUW-Ottawa's Season Opener in 2010, I met my children's former music teacher, Hally Siddons, who told me about University Women Helping Afghan Women (UWHAW). The group was created and led by Hally after Dr. Sima Samar had spoken movingly at the 2010 National CFUW AGM of the perils facing women and girls in Afghanistan. Dr. Samar established the Gawharshad University in Kabul to ensure that a pool of educated women would be able to take leadership roles in Afghan governments.

I have convened the UWHAW group since 2015. Our meetings are held monthly on Thursday afternoons, with a guest speaker, a question and answer opportunity and a short business meeting. Usually more than 20 members of our group attend, either at Hally Siddons' or Mary Partington's home. Guests are welcome, but to continue membership within the group, do need to join the CFUW, so that our hostesses may be covered by CFUW-Ottawa insurance.

Anyone interested may contact me at [universitywomenhelpingafghanwomen@cfuw-ottawa.org](mailto:universitywomenhelpingafghanwomen@cfuw-ottawa.org)

Fran Harding and Sophia Papahariss-Wright, in charge of our program, attract excellent speakers from Global Affairs Canada, from the universities, the Aga

Khan Foundation and our local Afghan community. Fran recently invited Roya Gharji, a long term friend of UWHAW, who came to Ottawa from Afghanistan to complete her PhD. Roya had visited Kabul for the first time in five years and spoke of her friends' lack of hope for their future. This was different from what she had encountered on her previous visit. Young women want to hold onto the gains they have achieved during the last 15 years, but these are threatened by the Peace Process between the USA and the Taliban that neglects the input of the Afghan people and government. The women are determined not to lose rights and freedoms for which they fought so hard. Roya spoke of their children, numbed to the violence around them; increased mental health and health care is desperately needed. At Gawharshad University she had met a group of our scholarship students who conveyed their gratitude for the opportunity to continue their studies. They asked if we would consider offering scholarships for further study, beyond the baccalaureate degree.

Our undergraduate students are enrolled in the faculties of Law, in Political Science and Economy and in Engineering and Computer Sciences. Currently we fund four-year scholarships for post-secondary study and offer one post-graduate scholarship, the Fran Manning Scholarship in Defense Law. We have seen 47 scholarship girls graduate from Gawharshad University and another 51 are currently enrolled, including the two postgraduate students currently studying Defense Law, supported by the Fran Manning Scholarship.

Funds are raised through ticket sales, raffles and silent auction items at our two annual events, the Musical Lunch and the Dinner for Hope (replacing the Summer Evening Garden Reception and Sunday Supper hosted for many years by Hally and Hugh Siddons). I was particularly proud to co-chair our first Dinner for Hope last June with Lizz Wilfert. This event was the culmination of excellent

team work by members of UWHAW and CFUW-Ottawa. As Program Chair, Hally invited H.E. Roya Rahmani, Ambassador of the Islamic Republic of Afghanistan to the United States, who spoke eloquently, saying that the majority of the Afghan population are women and young people, her country's greatest asset. Empowered by their education, young Afghans are stepping up to make their hope for peace and prosperity a reality.

To date, we have sent \$150,000 Canadian to Gawharshad University; each scholarship is worth around \$600 annually and we make a four-year commitment to the recipients, once they are chosen by the University. Gawharshad University regularly sends us pictures of these students, along with their brief family histories, their grades and the financial details of our donations. This year we also received photos of the girls in their homes.

Because our two fundraising events had to be cancelled this year, we would greatly appreciate donations in support of our scholarship fund (see page 8). Our sincere thanks for anything you can afford, and please mark your calendars for the events already arranged for next year:

**Musical Lunch** – Thursday April 22<sup>nd</sup>, **2021**, at the Royal Ottawa Golf Club

**Dinner for Hope** – Thursday June 10<sup>th</sup>, **2021**, at the Ottawa Hunt and Golf Club



Left to right: Lorna, H.E. Roya Rahmani, Lizz Wilfert and Hally Siddons, at last year's Dinner For Hope.

## University Women Helping Afghan Women Ask For Your Support

By Lizz Wilfert

Donations  
are Greatly  
Appreciated!

Dear Friends,

As you know by now, COVID-19 has caused many events to be cancelled. One such event is this year's Musical Lunch. Planned annually by the University Women Helping Afghan Women (UWHAW) Outreach Group, this is a major fundraiser not only for our Canadian scholarship program but also for our Afghan scholarship program.

Without the monies raised at the Musical Lunch for 2020, our Afghan women's scholarship program at the Gawharshad University in Kabul is in serious jeopardy; in order to fund this program, the UWHAW group relies solely on its Silent Auctions, Raffle Draws and some donations. Therefore we are kindly asking for your help!

Last year we sold 142 tickets to the Musical Lunch, and the disposition of funds to the Scholarship Trust Fund (STF) was \$2880.00. The funds raised by UWHAW by means of the silent auction, raffle, 50/50 draw, and donations to UWHAW (after paying for the musical performance) was \$6669.15. In other words, the STF received \$20.28 per person attending, while UWHAW received \$46.96 per attendee.

If you are able to donate the value of what would have been the purchase price for this year's Musical Lunch of \$55, the Afghan program can use the cost of your ticket (\$35) to help an Afghan girl improve her life through education, and you will furthermore receive a \$20 tax receipt for a donation of \$20 to our Canadian



Some of the students at Gawharshad University whom we support

(STF) program. We would of course be thrilled if you would be willing to donate more than \$55, because we cannot possibly reach the amounts we raised in the past few years. Unfortunately, we have had to cancel UWHAW's Dinner for Hope in June as well.

Your support and financial assistance will ensure Afghan Women succeed in building a better life for themselves.

THEY NEED US NOW MORE  
THAN EVER!

Thank you.

If you are willing to donate money, please contact Alice Bolt, tel. 613-731-5221, 1531 Caton Street, Ottawa, ON., K1H 6J3, [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca)

If you have items or experiences to donate for future auctions, please contact one of the following: Lizz Wilfert, [cfuw.ottawa@bell.net](mailto:cfuw.ottawa@bell.net), Barb Newbegin, [b.newbegin@rogers.com](mailto:b.newbegin@rogers.com), Lorna Bickerton, [lorna.bickerton@yahoo.com](mailto:lorna.bickerton@yahoo.com), Ann Lief, [aplieff@rogers.com](mailto:aplieff@rogers.com).

### Might You be Interested in Convening a New Group?

We would like to add some new groups to next season's offerings. Here are some ideas:

- **Women with Hammers** — organized programs involving home, car and other repairs, how to use power tools, etc.
- **Golf** — weekly, during golf season.
- **Tennis** — weekly or bi-weekly games.
- **Bowling** — weekly or bi-weekly games.
- **The Curious Day Trip** — explore places of interest on a day trip, once a month.
- **Newcomers** — special activities for people who joined CFUW during the last four years.



We need Convenors and Co-Convenors to get these groups off the ground! Got other ideas? We'd love to hear them! If you could help in any way, please send an email to [cfuw.studiesandinterest@gmail.com](mailto:cfuw.studiesandinterest@gmail.com).

## German Conversations Online

By Alison Hobbs

Besides editing this newsletter, I also coordinate Diplomatic Hospitality's subgroup known as the *Deutschsprachige Konversationsgruppe* (DKG). When we realized that the remainder of our German Conversations for the season would have to be cancelled, we felt sad about it. How to compensate and keep in touch in spite of the present emergency restrictions was going to be a challenge. We could no longer meet at one another's homes as we normally would, and merely phoning one another would not be a group activity. I decided to arrange for us to meet online instead.

The outcome has been more successful than I'd anticipated. On Day One of the lockdown, I created a private Facebook group called *Die Deutschsprachige Konversationsgruppe Online*, contacting a few group members to let them know. The ones who already had a Facebook account could be invited through the Facebook site; I invited others by email. I didn't need to limit this group to current members living in Ottawa, because Facebook is international. So I invited a few former diplomat guests as well with whom I am still in touch on Facebook. Not everyone accepted my invitation, but within a couple of weeks my group had 26 members from five different continents, delightfully interacting with one another to the extent that it already seems we can continue this beyond the lockdown period. We share videos in German, inspirational snippets of news, cartoons, recipes, music, photos and happy memories such as this one, from a few summers ago:



Some of the DKG in June 2017, photo by Theodor Wielander

Then we thought about ZOOM (see page 4). Our Thursday morning get-togethers to speak German are now taking place on our computer screens. As the hostess, I cannot serve *Kaffee und Kuchen* (coffee and cakes) to the others as DKG members normally take turns to do, but I can still send the group something to read during our weekly meeting, as an attachment to my invitation email. Around 10–15 people join in, including a few of our diplomat friends. We meet for 40 minutes only — long enough to exchange our news briefly and then read aloud and discuss the reading material, of which each participant brings a printout. Believe it or not, this format seems to work! The virtual world is not the same as the real world, but it is lovely to see all of those familiar faces, smiling from our screens.

I hear that the English Conversation Group within Diplomatic Hospitality has also been holding ZOOM meetings.

### SAVE THE DATE!

**Monday, October 19, 2020**

**Luncheon Bridge-Plus  
Fundraiser at the Royal  
Ottawa Golf Club,  
Gatineau**

**In support of the  
CFUW-Ottawa Scholarship  
Trust Fund**

Please join us for a light luncheon followed by an afternoon of Social Bridge, Mahjong, Scrabble and other games. Family and friends are welcome, men included.



Tickets cost \$55, including tax and service charge — tax receipt provided.

**Registration will start  
August 24<sup>th</sup>**, details to follow by email.

For additional information, please contact Patricia Duffey at [pmduffey22@gmail.com](mailto:pmduffey22@gmail.com) or Christine Marland at [christine.marland@gmail.com](mailto:christine.marland@gmail.com).



### The Speakers' Program Team

Are you interested in helping to plan the speakers' program for next year?

If so, please contact convenor Elaine McKnight at [elainemcknight@gmail.com](mailto:elainemcknight@gmail.com) or 613-422-4070



## Renewing Your Membership of CFUW-Ottawa

By Carol Hinde, Membership Administration Convenor

It's that time of year again! Renew your 2020-21 membership either online or by mailing-in your completed Registration Form (see **Printable Registration Form** under **Membership** at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org)). Membership renewal letters will be mailed in August to members who have not provided us with an email address.

This year's fees have not increased: full membership still costs \$120, full-time university or college students pay \$50, and dual membership (with a second CFUW Club) costs \$40.

Your email address is your access to the website. It is essential to use only one email address when accessing this website. If your email changed since you last registered as a CFUW-Ottawa member, or if you have any questions, please contact me at [membership@cfuw-ottawa.org](mailto:membership@cfuw-ottawa.org) before proceeding.

The printed version of the Membership Directory is for sale for \$7. To receive a copy, purchase it when you renew your membership and it will be mailed to you in late November. The online directory is available on the website to all current members of CFUW-Ottawa at no charge.

Members who wish to receive the *Capital Carillon* in paper format can purchase it for \$15 per year. Select the appropriate box on the Registration Form and include an extra \$15 in your payment. Current and back issues in electronic format are accessible [from the website](#) at no additional charge.

Renewing your Membership Online:

### LOGIN

- Go to [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).
- Click on **Membership** (In the blue menu on the left side).
- Choose **Online Renewals** from the sub-menu.
- **Log in** with your email address and password. If this is your first Log-in or if you have forgotten your

password, click on **Forgot password** and follow the instructions.

### RENEW REGISTRATION

- Once logged in, the **My Profile** page appears. Click on **Renew until September 15, 2021** in the white box to the right, under **Membership details**.
- The **Membership Renewal** page appears. Review and update your member profile. Once complete, click on **Update** and **Next**, even if there are no changes.
- Review your information then click on **Confirm and proceed with payment**.

### PAYMENT

- The **My Profile** page reappears with a

list of your transactions with the Club. The top listing is the **Invoice for Membership Renewal**. At this point, either click **Pay Online** or select the blue Invoice Number to obtain the mailing address to pay by cheque.

- The Online payment option links to the PayPal website where you can either pay using your PayPal account or by credit card. If paying by credit card, enter all the information requested and ensure the address you give is the billing address for the card. PayPal will send you a receipt by email.

If you encounter a problem or have a question, contact me at: [membership@cfuw-ottawa.org](mailto:membership@cfuw-ottawa.org).

## In Memoriam: Dr. Carole Guzman, 1933 -2020

Carole Guzman died on March 21<sup>st</sup> from ovarian cancer. A frequent attendee of our General Meetings who belonged to the Canadiana group and (in the 1990s) the Lunching Out group, she was the neighbour of Glenys Pike, who had introduced her to the CFUW. Glenys says, "Every time I was with her, I learned something from her."

Born in Toronto, Carole began her studies at the University of Toronto at the age of 16; she played in the University's basketball team and led a fund-raising initiative for refugees. In 1958, she graduated from the University's Medical School, one of the few women to do so in those days. In 1964 she also earned an MSc from McGill University.

Married for 56 years, with two sons, Carole spent much of her working life as a high-level civilian physician at the National Defence Medical Centre. In an article published in the Ottawa Citizen, her son Andrew is quoted as saying: "She



succeeded in a system that did not want women to succeed." She was President of the Ontario Medical Association, President of the Canadian Medical Association, President of the Federation of Medical Women, President of the

Alzheimer Society of Ottawa-Carlton, and Chair of the Canadian Forces Health Services Council. She founded a number of clinics, including the first Canadian outpatient rehabilitation program for people with chronic lung disease. In 1963, she was part of the first Canadian team to assess the efficacy of CPR. Carole also taught medicine at the University of Ottawa.

Her obituary states, "The world could use more Caroles." A celebration of her life will take place in Toronto as soon as this event can be arranged. Her family requests that, in place of flowers, those who wish to remember Carole should take a moment to help a friend or neighbour in need during this challenging period, as she would have done.