



Canadian Federation of University Women – Ottawa

Capital Carillon

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

"I do not want to be an angel of any home: I want for myself what I want for other women, absolute equality. After that is secured, then men and women can take turns being angels."

– Agnes Campbell Macphail (March 24, 1890 – February 13, 1954)

As we wind our Club's 2021-2022 season down, I would say, "We were no angels!" We rattled cages on environmental issues, the situation in Afghanistan, and refugee matters. We were not silent and not likely to ever be – and are certainly not prepared to "share" at being angels yet.

This has been a great season with our Club. Thanks to all of you who have volunteered and taken on roles or continued with roles, all of which enhance our Club. I would also like to thank the following Board Members who are stepping down from their positions for all their work: Christine Rollo, Special Events Coordinator; Kate Balsara-Pardoe, Treasurer; Susan Puderer, Interest Groups Coordinator; and Lorna Bickerton, Secretary.

I have written and spoken about this topic before, but it keeps coming up, so I would like to leave you with some thoughts about "who we are."

We are not CFUW...The Canadian Federation of University Women. We are not a branch of CFUW or a chapter. We are a stand-alone, independent CLUB. We BELONG to CFUW because we pay dues/fees to the Federation, which advocates and lobbies on our behalf

to the federal government about issues of concern, usually involving human rights, women and children, education, and so forth. The Federation can also "buy in bulk," so as paying members we have access to discounted prices with insurance, business supplies, travel, etc. Check out this link: <https://cfuw.org/become-a-member/members-benefits>

If we decide not to pay our dues, we are no longer members and no longer receive the perks that come with membership. (The University Women's Club of Toronto last spring stopped paying their dues/fees and ceased to be a member of CFUW, but the Club still exists.)

Our Ottawa Club's name was the University Women's Club of Ottawa when it started in 1910. Along with other University Women's Clubs, the Ottawa Club became a founding member in 1919 of the newly formed Canadian Federation of University Women. It continues to be an umbrella organization that women's clubs across Canada can join. To read more about the history of CFUW: <https://cfuw.org/who-we-are/the-beginning-of-cfuw>

Unfortunately, (in my opinion),

newly formed women's clubs called themselves CFUW-city/town, and our Club in the 1980s decided to change its name from the University Women's Club of Ottawa to CFUW-Ottawa, which has caused, I believe,

(see President on next page)

INSIDE

Defending the Rights of Afghan Women and Girls

In Memoriam

Ukrainian Easter Eggs

Newcomer Profile

Have You Read...?

All the Dirt

Ottawa Through a Lens

April Speaker: Dr. Funnell

Hope Gala Dinner

Environmental Action Update

Having Hope for Climate Change and the Ontario Election

May Speaker: Eleanor McMahon

Recognize Anyone?

The Intouchables – A Movie Club Review

Mark Your Calendars

Travellers' Corner

Recipe of the Month

President — continued

great confusion. The clubs in Toronto, Vancouver, Montreal, Winnipeg, and a few more, did not change their names.

I believe it would be much less confusing to members if, for instance, we called ourselves Graduate Women-Ottawa Club and the word Federation was nowhere in our name. Our National organization, CFUW, has embarked on a study this spring to not only change its logo but look at its name. They may keep the acronym CFUW and replace words, such as University, or they may completely change its name. The International Federation of University Women changed its name about 10 years ago to Graduate Women International.

Wishing you all the best for the summer season ahead and looking forward to seeing you again as our Ottawa Club's 2022-2023 season begins on Monday, September the 19th. Save the date! And why not invite a friend to join? Don't keep our great Club a secret!

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: October 2022; deadline for submissions: September 15

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

Defending the Rights of Afghan Women and Girls

The highly publicized ban on girls attending school past grade 6 in Afghanistan is not just an education issue but the confirmation that women and girls face a dire future and that the international community must apply much more pressure on the Taliban regime.

According to Habibah Haque, the Gender Rights Campaigner at Amnesty International Canada, the loss of education, access to jobs, legal protection, freedom of expression, and freedom of movement will prove to be a disaster for the country already in the midst of the worst humanitarian crisis in the world.

The Taliban are seeking international legitimacy and recognition, but their actions have brought a sharp rebuff from foreign ministries around the world. Ms. Haque believes the international community must focus its attention on the crisis in Afghanistan. Ambassadors, foreign ministers, the Human Rights Council, and others, must speak with one voice, and all dealings with the regime must have conditions attached.

Invitations to conferences must have conditions attached. Aid, such as Canada's recent pledge of \$50 million, must be tied to women's priorities and their human rights.

The Taliban claim their views on women's rights have changed, but this is obviously rhetoric. They cannot be accepted or respected until all women's rights are restored. Ms. Haque said Canadians should contact the Minister of International Development, the Hon. Harjit Sajjan, to make their views known.

- Minister Sajjan's mandate includes the following: "Implement the Feminist International Assistance Policy and maintain an ongoing

focus on gender equality...."

- "Continue to help support Afghan citizens through humanitarian assistance and work with our allies to protect democratic and human rights, including for women, girls and minorities."

Update on UWHAW in Afghanistan

The manager of the decade-long scholarship program founded by UWHAW remains in hiding with her family and has had to move house again to escape escalating danger from the Taliban. As the leading promoter of women's rights at the university where she worked, she has become a target of the Taliban and has faced threats and harassment.

UWHAW members are continuing to work to find a resettlement solution for them in Canada, the US, or Australia. The hope is that they will be accepted on humanitarian grounds, but the possibility of private sponsorship is also being investigated.

Save the Date – Please Join Us

On Thursday, May 5, at 1:00 pm UWHAW will host Khorshied Nusratty, founder of @Artists4Afghans, former ABC News reporter and FOX News Kabul Bureau Chief.

Ms. Nusratty is no stranger to Canada. "Ottawa has a very special place in my heart, as we lived there for five years while my ex-husband was the Afghanistan Ambassador to Canada, both our sons were born there, and I received my master's degree in Communications from the University of Ottawa."



Fran Harding

In Memoriam

Lucille Muldoon

Lucille Muldoon was born in Starbuck, Manitoba in 1929 and died in Ottawa with her children at her side on April 4, 2022.

She completed her BA, BPed, and BEd at the University of Manitoba and went on to teach every grade except Grade 2 in Winnipeg schools.

Lucille moved with her husband to Ottawa in 1977 where she started her "second career" as a volunteer par excellence. Whether she was raising funds for "Save the Children," working as a docent at the Canadian Museum of Civilization, or encouraging diplomatic spouses to try snow shoeing with CFUW-Ottawa, she brightened everyone around her with kindness, good humour, and hard work. Book club(s), gourmet cooking



club(s), and bridge club(s) kept her busy and happy in her spare time.

Jill Moll adds, "we shall miss Lucille's lovely smile. Her insightful and thoughtful contributions to our book club selections always offered us a new perspective, while her sense of humour

meant that we never took ourselves too seriously. We remember fondly her warmth and graciousness as a hostess as she opened her bright and cheerful sunroom to numerous bookclub meetings followed by tea or coffee poured from her silver tea and coffee set. However, there was nothing formal about Lucille. As one member of our club stated, 'Lucille was a real lady.' It was meant in the most positive of ways."

Dorothy Horwood

Dorothy passed away peacefully on Monday, March 14, 2022, at 97 years of age.

She was born in Montreal but moved to Toronto when she was 12 years old. She earned a BA from the University of Toronto (Victoria College) before moving with her family to Ottawa.



Dorothy went on to get an MSc in Biochemistry and a PhD in Pharmacology at the University of

Ottawa. She then worked at Health Canada, Bureau of Drugs, where she evaluated new drug applications for their safety and efficacy.

She was an accomplished piano player and teacher and enjoyed a variety of music, ballet, and the Little Theatre. She was an active member of CFUW-Ottawa and participated in activities such as bridge, hiking, Canadiana, history, and music-appreciation groups.

Pat Wevrick



Pat Wevrick, a long-time member of CFUW-Ottawa, proud mother, wonderful grandmother, and good friend passed away on March 31, 2022.

Pat was born and raised in Swayzee, Indiana, USA. She graduated with a BSc from Ball State, Indiana, and an MA from Illinois.

Professionally she was a Speech and Language Pathologist, working for almost 50 years with children needing speech therapy.

Pat joined several CFUW-Ottawa study and interest groups, such as French conversation, the historical fiction book club, history study group, lunching out, dining out, Monday hiking group, Canadiana, and environmental action. She attended Zoom meetings regularly and seldom missed a general meeting or holiday party.

Aleyamma (Aley) Samuel



In Memoriam

Mary Wheatley

Mary Wheatley died peacefully on Saturday, March 12, 2022, at the age of 84 years.

Mary graduated in Education from Queen's University and taught High School English, Math, and ESL. She went on to obtain her Master's degree from Concordia in Educational Technology and had a successful second career as a Senior Training Consultant until her retirement.

Janet Riehm writes: "I met Mary Wheatley several years ago when she became a member of our Book Club III. Mary was introduced to our book club by Dorothy Phillips and became a welcome addition. It was not long until I realized Mary was a



woman who read extensively, really savoured the essence of a book, and suggested some interesting and socially relevant books for our annual book selections.

"She laughed easily and enjoyed our group, even when we had to meet in a

park due to Covid for our book selection meeting in June 2020. She suggested some interesting titles, one of which one was *This Is How It Always Is* by Laurie Frankel. She was interested in complicated family dynamics.

"Mary stepped away from the group during Covid, and we soon learned she was not doing so well. Our club misses her presence, and our joint sympathies go out to her family."

Ismene Wood

Ismene passed away peacefully in Ottawa, on March 8, 2022, aged 96.

Born in Karachi, Pakistan, where her father worked for the Ralli Brothers, she spent her early childhood in what was formerly known as British India before moving to Greece, her family's homeland. In the early 1950s Ismene worked as Social Secretary



for the US Embassy in Athens where she met Bill Wood on his first foreign posting with External Affairs. In 1955 Ismene moved to Canada, got married, became a proud Canadian, and enjoyed a long career in real estate.

She was an avid bridge player and enjoyed swimming and cross-country skiing. Ismene was a member of CFUW-Ottawa until 2018.



Ukrainian Easter Eggs



These are *pysanky*, Ukrainian Easter eggs. Creating these eggs is a very old Ukrainian tradition, originally related to the coming of spring and later of Easter. The designs and colours are symbolic, and their creation is a labour of love.

I was taught how to do it by a Ukrainian woman who gave a little class in her kitchen back in the 1980s. Sadly I don't remember her name. All those eggs are my own work except the red one at the bottom, which was done by one of my children. It is a wonderful process involving raw eggs, wax, and a series of special dyes. The designs are authentic. I can't do this anymore as my hands are not steady enough, but it was great fun, and the eggs keep forever. Their beauty and durability reflect the culture they represent.

Kringen Henein

Newcomer Profile

Brigitte, a native of Sept-Îles, has been in the Ottawa-Outaouais region for the past 10 years. She joined CFUW-Ottawa in Fall 2021 after discovering the Club by chance on the Internet.

She was surprised by the variety of opportunities and has joined the French-conversation group, University Women Helping Afghan Women (UWHAW), and the Membership Committee.

After receiving her Bachelor's degree in translation (English-French) from the Université du Québec à



Trois-Rivières (UQTR), in Québec, she completed her Master's in Education at the University of Ottawa. She is currently completing both a diploma in Francophonie and Master's in French literature at the University of Ottawa. For this second Master's she is focusing on Elisabeth Bruyère, who founded the Sisters of Charity of Ottawa in 1845.

Brigitte has been engaged in community associations since 2018 and is active in several. She is a Board member of the Association du

patrimoine familial francophone de l'Ontario (APFFO) as well as a Projects Committee member. She is copresident of the Réseau du patrimoine franco-ontarien (RPFO) and Secretary of the Comité du patrimoine bâti et religieux (Committee of the Franco Ontarian Heritage Network) and member of the Comité de conférence (Conference committee).

Brigitte is interested in women's studies and plans to pursue a PhD in this area, which links several of her other passions: Francophonie, education, and history.

Have You Read...?

Book Review from the Tuesday Evening Book Club



The Pull of the Stars
by Emma Donoghue

We recently read and discussed Emma Donoghue's *The Pull of the Stars*, which was published just before the Covid pandemic changed everyone's life.

Set in a Dublin hospital in the grip of the 1918 flu pandemic, *The Pull of the Stars* grimly foreshadows present-day circumstances. "If in doubt, don't stir out," warn the posters; overwhelmed hospital staff are bedding patients on the floor, and disinfectant is a rare commodity. Yet the pandemic is simply a backdrop for Donoghue's searing portrait of women's lives scarred by poverty and

too many pregnancies in a society that proclaims "she doesn't love him unless she gives him twelve."

The Catholic Church is called to judgement, as well, for its brutal treatment of unwed mothers and their offspring. The hero is Julia Power, a maternity nurse trying to save the lives of pregnant women who are at an even greater risk than usual during labour and delivery because they have the flu. She cares for them in a converted supply room barely big enough for three cots. Equipment and personnel are scarce due to the pandemic and the world war that has taken many doctors to the front.

The very graphic accounts of childbirth might make some readers squeamish, but the details underscore Julia's belief that women pay the blood tax just as soldiers do and should therefore qualify to vote.

Donoghue celebrates the sisterhood of women, bringing life into the world and those who help them along this journey. She makes the hospital's only capable doctor a woman, Kathleen Lynn, an actual member of Sinn Fein released from jail to help deal with the deadly flu. Dr. Lynn gives the novel its central metaphor when she explains to Julia that the word "influenza" comes from the medieval Latin belief that the influence of the stars made people ill.

This same system oppresses men and boys as well, but the novel's focus is on the strength of its female characters. Donoghue infuses catastrophic circumstances with a faith in human compassion, endurance, and resilience. At the end of the novel Julia looks toward the future while walking "through streets that looked like the end of the world."

Sandi Stanko

All the Dirt

As gardeners we always enjoy planning ahead. Here are two experiments to try with coleus and amaryllis.

Do you throw your amaryllis into the compost at the end of the blooming season? Why not see if you can get it to bloom again? The ones in the photo were bought in 2020 for a Christmas blooming. Once the blooms were finished, the amaryllis bulb was watered so the leaves were healthy and strength was restored to the bulb. The bulb was kept indoors until it was warm enough (18-24 degrees) to plant in the garden. The amaryllis grew well in the summer, with no flowers of course. When the leaves died down in the fall, they were cut off and the bulb was put in a paper bag and stored in a basement cool room for a long rest. To get a spring bloom, plant the bulbs in January. If you'd like a Christmas bloom, plant the bulb 7 to 10 weeks before. Once the blooms are finished, you can repeat the steps all over again with the hope of getting another blooming.

Coleuses are a lovely addition to large pots in a shaded area of the garden. The ones in the photo were rescued from Dow's Lake before the NCC cleared the beds in the fall for the tulip bulbs. In the fall, before the weather turns too cold, cut stems with several notches to grow new roots. Place the stems in water in a glass, covering several notches, until they develop strong roots. Then transplant



them to a pot deep enough for the roots to hang down. Make a thick watery mixture of potting soil and pour it around the roots to fill the pot. If the soil is dry, it is too rough for the tender roots. Let the excess water drain from the bottom of the pot. Keep

the soil moist for several weeks to help the roots get established. If the leaves wilt during this process, spray them with water daily to revive them. That way you will have beautiful coleuses in your house to enjoy all winter. If the plants get quite large, then take cuttings and repeat the process.

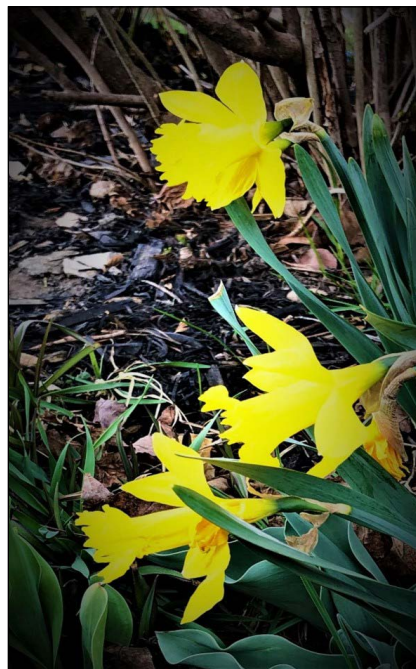
By mid May, they should be ready to plant outdoors. They look stunning with a mixture of flowers and other variegated leaf plants.

*Article and photos courtesy of
Leslie Baird, CFUW-Ottawa
Garden Club Member*

Ottawa Through a Lens

(The Flowers That Bloom in the Spring, Tra La – The Mikado)

More glorious photos from the Club's talented photographers. The daffodils are courtesy of Barb Newbegin, the lilies of the valley courtesy of Pauline Daling, and the trillium courtesy of Norma Pike.



April Speaker – Dr. Funnell's Compelling Story

Sarah Funnell, a First Nations family physician and public health specialist, spoke to the CFUW-Ottawa General Meeting on April 4, 2022. She is Associate Medical Officer of Health at Ottawa Public Health and Director of Indigenous Health at Queen's University. She is also Founding Director, Centre for Indigenous Health Research and Education, at the

University of Ottawa. Her presentation, "My winding journey as a First Nation's person to become a public health care physician," gave us an intimate look into her past – her family history and the major influences and experiences that shaped the person she is today.

Dr Funnell has always had strong connections to her Indigenous culture

– her background is Algonquin (Kitigan-Zibi) and Tuscarora. She grew up among the Mississaugas of Alderville First Nation. She talked very poignantly about her early experiences living as an Indigenous person experiencing racism.

She began her "winding path" to becoming a physician when studying for her BA in Canadian Studies. Her studies gave her the opportunity to learn more about the cultural history of Indigenous people in Canada and understand the impacts of colonialism and inequality on Indigenous populations. When accepted into medical school she pursued her dual interests in family medicine and public health in order to work to improve health equity for Indigenous people.

When asked what we could do to improve the conditions for Indigenous people, she responded by saying that we should all be "allies." Every one of us can make a personal commitment to reconciliation. She urged us to learn about the issues facing Indigenous women and to support the many excellent organizations in the city that provide services to them.

Christine Rollo

H O P E
FOR REFUGEE WOMEN
GALA DINNER
Keynote speaker
Ms. Sally Armstrong O.C.

Save the Date

May 14th, 2022
Trillium Ballroom, Shaw Centre
7 p.m.

Tickets
\$150 per person

Raising funds for scholarships to enable refugee women to attend university in Ottawa

Registration & more information coming
info.hopedinner@gmail.com



Environmental Action Update

Challenges in Peru

The presentation by **Jim Rollefson** that we hosted in March was entitled “Challenges! Climate Change and Sustainable Development, A Case Study from Peru.”

Peru is impacted by global warming in a major way. For the last two decades, virgin rainforest has been greatly eroded by meltwater from glaciers together with a “phenomenal” misuse of the land. When the mud on poorly constructed roads is up to your knees, difficult even for packhorses, you must focus on a light-weight crop: coffee. Expecting initial high yields of coffee to continue, a host of “squatters” converged on the region, choosing 30° slopes for their plantations, and as they cleared the forest an illegal lumber trade began. Soil quality rapidly diminished, with less capacity to store CO₂.

COP26 delegates agreed to halt deforestation by 2030. The UN now funds programs to reduce such degradation of the environment and consequent greenhouse gas emissions. The impacts of climate change need an



The apparent ideal crop – coffee.



Out goes the lumber illegally.

immediate response from all governments, but effective action is lacking. Above all, inequalities must be addressed; addressing governance and sustainable development issues *together* is critical to any success. Canada too must devote more resources to adaptation because, apart from looming disasters elsewhere in the world, significant changes to our own climate are inevitable.

Tackling the Environmental Crisis: Together We Can

During April, the three-part evening webinar series jointly organized by representatives of the CFUW-Nepean, -Kanata and -Ottawa Clubs attracted a large audience. **Rebecca Prince-Ruiz** (meeting us from Australia to speak about the desperately urgent need to reduce plastic waste worldwide), **Bill Steer** and **Diana Beresford-Kroeger** (sharing their commitment to restoring and preserving native woodland), and **Seth Klein** (of *A Good War* fame) each inspired us to join in with their campaigns to mitigate the world's environmental problems, either as individuals or in groups. We are grateful to Ontario Council, to City Councillor Theresa Kavanagh, and to Ottawa MPP Joel Harden for supporting these events.

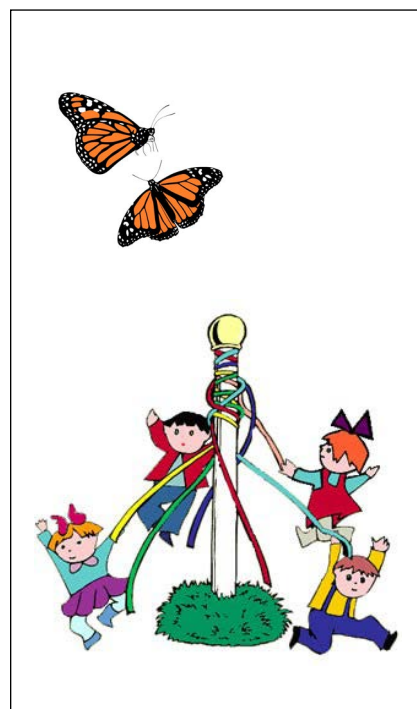
Further educational events

For the remainder of the 2021-2022 season our group has two more online meetings planned at which guests are welcome.

- **May 16, Andrzej Czajkowski** of the University of Ottawa will inform us about existing nuclear fission reactors and about the potential for fusion reactors, discussing their respective benefits and risks.
- **June 13, Peter Eggleton and Peter MacKinnon** will jointly give us “A Peek into the Developing Hydrogen Economy,” discussing hydrogen as a replacement for fossil fuels, with particular reference to the Canadian railway sector.

Please write to environment@cfuw-ottawa.org if you'd like to attend these Monday afternoon Zoom meetings.

Alison Hobbs



Having Hope for Climate Change and the Ontario Election

We live in trying times as one catastrophe follows another. Last summer it was heat domes, atmospheric rains, fires, and floods. This past winter produced more Covid variants, supply-chain problems, and now war in Ukraine. Moreover, the last three reports from the United Nations warn us that the world is not on track to keep global temperature increases below 1.5 degrees centigrade.

So how do we have hope under these circumstances? In my mind, the only thing we can do is *Do what we can.*

There is a lot of information available on things we can do. The International Energy Agency (IEA) provides a 10-Point Plan to Cut Oil Use. This is addressed to governments, but some of the items listed can be implemented by the average citizen, such as

car sharing and other ways to decrease energy consumption. Governments could reduce speed limits on highways by at least 10 km/h.

- <https://www.iea.org/reports/a-10-point-plan-to-cut-oil-use>

The UN has released a report called “Act Now.” This campaign for individual action provides *10 impactful actions* that are doable for most people. These actions address transportation, our energy use, what we buy, what we throw away, what we eat, and what we do with our left-over food.

- <https://www.un.org/en/actnow>

The greatest thing we can all do is to let our representatives (MPs and MPPs) know that we expect greater action than we are currently seeing. The Ontario Environmental Defense organization reports that “Ontario has the second-highest greenhouse gas emissions in Canada, [and a] weak Environment Plan.” Information on climate issues that are important in Ontario can be found at:

- <https://environmentaldefence.ca/campaign/climate-action-ontario/>

All Ontarians currently have the opportunity to question political candidates on their party’s platform on climate change. If they cannot answer your questions, it likely means that they don’t have a good handle on what needs to be done. The CFUW-Ottawa Environment Action group will be providing a list of questions related to climate-change issues for your perusal and use.

Above all, please vote.

Beth Doubt

May Speaker: Eleanor McMahon President & CEO, Trans Canada Trail

“The gift of resiliency. How do we find it in challenging times, and how does it enable us to channel tragic events into lasting change?”

Eleanor McMahon has been President and CEO of the Trans Canada Trail since March 2020, bringing to the role over 30 years of experience in senior management, public affairs, and advocacy. An active outdoor enthusiast and passionate advocate for the safety of cyclists, she founded the Share the Road Cycling Coalition in 2007 following the death of her husband, OPP Sergeant Greg Stobbart, in a cycling collision in 2006.

Ms. McMahon started her career on Parliament Hill and served in a number of roles, including Press Secretary to the Right Honorable Jean Chrétien. Roles in the private and not-for-profit sectors followed, including Vice President at the Canadian Chamber of Commerce, Vice President at United Way Ottawa, Director of Public Affairs at Petro-Canada, and at the Canadian Advisory



Council on the Status of Women.

In 2014 Eleanor channelled her road-safety work into the public-service realm and was elected as the first

Liberal MPP for Burlington in 71 years. She was then appointed to Cabinet as Minister for Tourism, Culture and Sport, and then as President of the Treasury Board and Minister Responsible for Digital Government. She is fluently bilingual.

While elected she successfully engineered two other legislative changes in support of cycling and road safety: Bill 31 (2015), the One Metre Safe Passing Law, and in 2016 Bill 213, which created Canada’s toughest Careless Driving laws.

Eleanor is active on several Boards, including the Art Gallery of Hamilton and the Canada Games Niagara Board, as the Federal Representative.

Pat Duffey

Recognize Anyone?

Many of you will know Barbara Reid, a long-time member of CFUW-Ottawa. Her son, Steve Reid, found this photo when he was going through her papers. You will be happy to know that Steve says she is well. This is a photo of the MadriGals taken at the Redwoods Retirement Residence when they sang there in May 2000. Steve knows I am a member of the MadriGals and gave me the photo. I'll put it in our Club archives, but I was sure that some of you would want to see it. Steve agreed that I could share it with you in our newsletter.

Barb is the silver-haired lady fifth from the left end. She is holding a music folder. I was not a member of



CFUW-Ottawa back then. I thought it would be fun to see how many of the women you can identify. Let our Editor,

Moira Phillips, know if you recognize anyone. She will compile your answers.

Heather Lewis

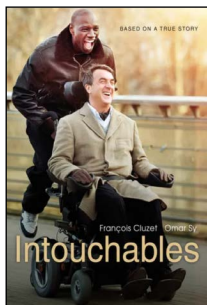
The Intouchables

(on Netflix)

A Movie Club Review

Released in 2011, *The Intouchables* became an international hit at the box office and on the awards circuit.

Based on Philippe Pozzo di Borgo's 2001 memoir *Le Second Souffle*, the movie chronicles the improbable friendship between the paralyzed Philippe (a cultured, wealthy, quadriplegic French gentleman) and his live-in caregiver, Driss (a rough, streetwise, African immigrant, ex-con from the Parisian projects), both of whom were previously resigned to their "untouchable" status. Despite Driss having no relevant experience and still being on parole, Philippe hires him as his personal caregiver. The resulting relationship is mutually beneficial. Philippe



appreciates that Driss doesn't pity him, is amused by his take on things, and becomes more engaged in life. He is introduced to marijuana and pop music. Rather than transporting his patient in the prescribed SUV, Driss

drives him around in a Maserati sports car from Philippe's collection. As well as learning to manage the indignities of an invalid's life, Driss gets a second chance at a better and more stable life, is introduced to luxury, opera, classical music, fine art, and paragliding. Though somewhat fantastical and sometimes comical, this uplifting film shows that thinking outside the socioeconomic boxes in which people put themselves can be rewarding.

Mary Butterill

MARK YOUR CALENDARS!

May 2, 7:00 pm – Monthly Meeting – by Zoom – Eleanor McMahon, President and CEO of Trans Canada Trail: "The gift of resiliency. How do we find it in challenging times, and how does it enable us to channel tragic events into lasting change?"

May 5, 1:00 pm – by Zoom – UWHAW hosts Khorshied Nusratty, president of Artists for Afghanistan Foundation, former ABC News reporter and FOX News Kabul Bureau Chief

May 14, 7:00 pm – Gala Dinner – Trillium Ballroom, Shaw Centre

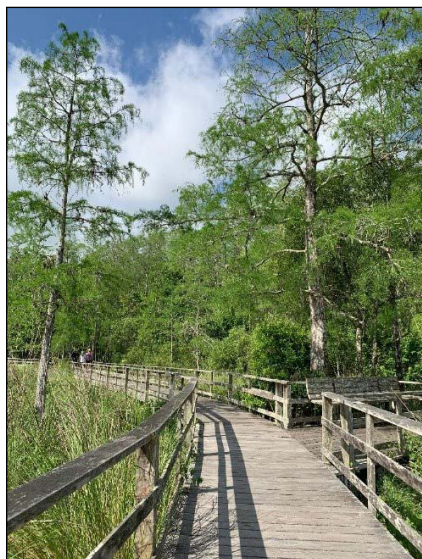
September 19, 7:00 pm – Season Opener – Location to be determined

Travellers' Corner

Moirs – where have you been?

Your editor did not get too far afield. However, a visit to the Corskew Swamp Sanctuary in southwest

Florida was a glorious day trip, offering more than a glimpse of mating egrets and a couple of alligators.



Thick Onion Tart

Glynis Peters discovered this while living in France thanks to her Alsatian father-in-law. It is a staple in her home and great for a buffet.

Ingredients

- Short crust pastry using 100 g of flour and 50 g of your preferred fat

Filling:

- 700 g onions thinly sliced
- 50 g butter
- 2 large eggs, beaten
- 110 ml cream, yoghurt or milk
- Bay leaf, salt and pepper
- Optional: anchovies, bacon, cheese



Method

1. Melt butter in a heavy based saucepan then add the onions, bay leaf, salt and pepper
2. Stir well and cook over medium heat for about 30 minutes until a mahogany brown
3. Roll out the pastry to line a 20 cm quiche mould, pre-bake for 15 minutes, brush with beaten egg and return for another 5 minutes
4. Add beaten eggs, milk, cream or

yoghurt to the onions, mix thoroughly then pour into the tart shell

5. Now add any of the above options you desire and gently stir in to the onion mixture
6. Bake for 30 minutes until the filling is puffy and golden brown
7. Let cool before slicing and enjoy with a crisp green salad. The leftovers, gently heated go well with a grated carrot salad

Note: this is a very forgiving recipe, and you can play around with the filling quantities and additions

Two sources:

www.epicurious.com/recipes/food/views/alsace-onion-tart-109199

www.deliaonline.com/recipes/collections/delia-online-cookery-school/thick-onion-tart