



Canadian Federation of University Women – Ottawa

Capital Carillon

May Speaker

The Freedom Convoy Movement: Prospects for Canadian Democracy



Dr. Michael Kempa, PhD, Associate Professor, University of Ottawa, will be the speaker at the upcoming monthly

meeting and will address the topic of the Freedom Convoy Movement: Prospects for Canadian Democracy.

Michael Kempa is a social scientist (PhD Law, Australian National University,) with the spirit of an investigative journalist. Working as an Associate Professor within the Department of Criminology, University of Ottawa, his program of research draws upon Political Science, International Relations, and sociological theory to address the ways in which state and non-state organizations variously conceive of and attempt to institutionalize “police power” in such domains as the economy, new forms of urban communal space, and international security. Trained in media through a Munk Fellowship in Global Journalism, University of Toronto, Dr. Kempa tries to take the results of his research to the broadest possible audience. He contributes written,

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PRESIDENT'S MESSAGE

ELIZABETH WILFERT

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure – Lindsay Agnew

Lindsay Elizabeth Agnew was born March 31, 1995, in Kingston and is a Canadian retired soccer player who played as a forward for the Canada Women's National Soccer Team and three US National Women's Soccer League clubs. Lindsay received her first call-up to the Canada Senior National Team in January 2017. On May 25, 2019, she was named to the roster for the 2019 FIFA Women's World Cup. On March 11, 2022, Lindsay Agnew announced her retirement from professional soccer.

I am not sure that Ms. Agnew was talking about her soccer team or women in general, but I feel her quote describes our club's membership. As we wind down our 2022-2023 season, we celebrate the Madrigals 50th anniversary and the Scholarship Trust Fund's 40th! Helen McLean and her friends started our University Women's Club of Ottawa 113 years ago, and in 1991 we changed the name to The Canadian Federation of University Women – Ottawa Club, but not our mission.

Two years ago, we changed the name of a Board position to Interest Groups Coordinator for ease of discussion and said that all groups would be called 'Interest Groups,' but we certainly have study groups and external

outreach groups, along with interest groups, within this grouping. What a force the external outreach groups are! Indeed, many of our study and interest groups are, as well. They have proven to be “powerful beyond measure.”

There is another quote, “Behind every successful man is a strong

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woman.” We could certainly say “Behind our many Interest Groups are strong women.”...and you don’t have to look very far to see we have so many strong women - just look at our Convenors and Co-Convenors! I know I speak on behalf of the entire club to thank you all for your time and energy. I wish I could list all your names here, but I look forward to seeing your names in the Annual Report.

We thank all of you who have worked on Board Committees, such as Advocacy, Membership, Program, Hospitality, Budget, Zoom, STF, and all those who volunteered their time and talents to all our programs. We



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 2023; deadline for submissions: September 15

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

couldn’t do it without you. No task is so small that you are not considered an important cog in our wheel.

My personal thanks go out to our Executive and Board Members, as well as the Chairs and Advisors to the Board. They have taken their jobs very seriously, and we are all the better for their commitment.

The continued growth of our membership demonstrates the vital role that our club plays in advocating and nurturing women in our society.

Wishing you all the best for the summer months and looking forward to seeing you all in the fall.

May Speaker – continued

spoken, and audiovisual materials to such major news outlets as *The Walrus*, Canadian Broadcasting Corporation, *National Post*, and *Global and Mail*, as well as academic publications.

Join us at Riverside Church, 3191 Riverside Dr., on Monday, May 1, at 7:00 pm to listen to Dr. Kempa speak on this very interesting topic.



MARK YOUR CALENDARS!

April 27, 11:30 am – Musical Lunch, Royal Ottawa Golf Club

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

May 4, 1:00 pm – What Canadian Universities and Colleges Can Do to Help Afghan Women, Dr. Carolynn Watters. On Zoom. To register, contact Ann Lieff at aplieff@rogers.com

May 28, 2:00 pm - 4:00 pm, New Members’ Welcome, in person at the Royal Ottawa Golf Club

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

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



An Organisation For All Times: The Ottawa Council of Women

The other day a new Canadian, a young woman, wrote to me about how lucky Canadian women were to be able to develop freely and prosper because of all the equal rights and freedoms that the Canadian Governments had bestowed on them in the educational, social, legal, economic, political, and professional spheres.

In fact, every right and freedom had been hard won over the last 130 years, thanks in part by the lobbying of Canadian women's organisations such as the CFUW and the various Councils of Women. CFUW-Ottawa has been a member of the Ottawa Council for at least 75 years and has helped shape it and its policies and its advocacy.

The National Council of Women of Canada (NCWC) is a non-profit and non-partisan, non-sectarian organization of women, dedicated to the improvement of the lives of women, their families, and society. It is comprised of Local Councils, Provincial Councils, and likeminded Nationally Organized Societies.

NCWC was founded in 1893 with the object of addressing poverty and homelessness in the cities' slums and to improve the general living conditions and the equal status of women and families right across the country.

In October 1893, Lady Aberdeen, wife of the Governor General at that time, accepted the presidency of the first Canadian National Council. She subsequently drew together some of the existing secular and religious charitable organizations as well as cultural, educational, environmental, and

civic groups to enlarge the National Council of Women of Canada, and local councils were gradually established.

In early January 1894 Lady Aberdeen met with a small group of Ottawa's prominent women about the formation of an Ottawa Council of Women. While the Council movement was started by the American Suffragettes and while the Canadian Dominion Women's Enfranchisement Organisation had been an active member since the beginning, for the Canadian Local Councils, like Ottawa, to improve the lives of women, families, and communities meant bringing practical solutions to many policy areas, which at the time didn't exist or were poorly defined. The Council can take credit for helping to found the Victorian Order of Nurses, helping to establish the Canadian Consumer Association, and was instrumental in the formation of the federal Department of Health.

Improvement for women and families meant – and when translated into the 21st century still means:

- working for humane living conditions for settler and immigrant women and families, insisting on decent affordable housing, creating boarding houses for girls coming to the towns seeking work in order to prevent "white slavery;"
- fighting on behalf of women and families for city health regulations relating to clean water and milk, bread, and meat in order to prevent epidemics such as typhoid and tuberculosis and high children and infant mortality;

- building public hospitals and old-age homes, and organized homecare to prevent high maternal death rates and high infant mortality and to discontinue the practice of keeping old people in jails;
- pursuing free public education and the building of public schools and public libraries and galleries, public playgrounds, and parks;
- promoting good stewardship of the land for agriculture and wilderness parks;
- spearheading and supporting the education and practical training for women needed for work, such as teaching, nursing, and being homemakers and caregivers, and ensuring safe working conditions and better (eventually, equal) pay;
- winning for women a voice in planning and decision making on public boards, and equal employment in the police, military, and the correctional and criminal justice system;
- gaining the franchise for everyone: the right to vote, to elect and be elected to municipal, provincial, and federal governments and agencies.

The work is not yet done. We invite CFUW-Ottawa members to walk with us into the future. If you are interested in becoming involved, or have questions, I would love to hear from you. Please contact me at edeltraud.neal@gmail.com

Edeltraud Neal
CFUW-Ottawa member and
Past-President of CFUW-Ottawa

Does Advocacy Make a Difference?

In 2019 the Advocacy Committee of CFUW-Ottawa started work on a Pay Day Loans resolution. Although many people have been trapped by the usurious interest rates charged by the pay day loan firms, we knew that historically women have been denied credit by the chartered banks more often than men have been. Our resolution was passed at the 2020 CFUW National AGM and became policy. Club presidents across the country

wrote to their MPs and MPPs advocating on the new CFUW policy.

Our CFUW Ottawa 2020 Pay Day Loans policy called “for a lowering of the cap on the interest rate payday loan firms can charge; that the terms and potential risks of a payday loan are made fully transparent to the consumer at the time of the transaction; and that the Federal Government encourage the Chartered Banks, Credit Unions, and Caisses

Populaires to facilitate short-term loans.”

The 2023 Federal Budget called for a reduction of the annual interest rate of pay day loans from 47% to a maximum of 35%. It’s a start, and we are pleased to see a reduction.

Did our advocacy make a difference? Who knows for sure? It’s safe to say it didn’t hurt.

Heather Lewis

Did You Know...?

1948: Advocating for the Construction of a National Gallery



“Resolved: That the Provincial Council of Women urge the National Council to earnestly request the Government of Canada to consider the importance of erecting an Art Gallery worthy of the Dominion Capital City as soon as materials are available.”

The new National Gallery of Canada opened with a Degas exhibition on June 16, 1988.

1948: Advocating for Old Age Pensions



“Resolved: In view of the expressed desire of our Canadian Citizens to have economic security in their old age, we the National Council of Women of Canada urge the Dominion Government to inaugurate a contributory old age pension scheme to provide \$50.00 a month at 60 years of age without a means test.”

Today every senior in Canada receives an Old Age Pension indexed to the cost of living.

1973: Advocating for the RCMP to be open to Women NCWC Resolution Toronto



“Resolved: That the National Council of Women of Canada request the Government of Canada to establish the principle that enlistment in the Royal Canadian Mounted Police be open to female applicants on the same basis as male applicants.”

The first woman graduated from the RCMP Academy Regina, Saskatchewan, in March 1975.

Edeltraud Neal

Welcome Newcomer Linda Gray



It was my sister, a long-time member of the Guelph branch, who suggested I join CFUW-Ottawa on my retirement.

Because of an unexpected work assignment that briefly took me out of retirement, I have only recently begun to participate in the Club's various groups. I've participated in a few Zoom meetings with Women with Hammers and the Environmental Action Group, and I've had the opportunity to join a walk with the Urban Walks Group. Now that I'm fully retired, I hope to explore and join more groups as so many of them look interesting.

I was born in Montreal and graduated from McGill with a commerce degree and had a career in finance in both the banking and financial-services sector.

Since retiring, my husband and I enjoy skiing (downhill as well as cross country), biking, kayaking, and travel. I'm a keen beginner gardener and love to knit. With new freedom in retirement, I'm looking forward to making new friends, exploring new challenges, and participating in various activities that CFUW-Ottawa has to offer.

Walkers and Skiers Say Farewell to a Great Season



Movie Review: Budhia Singh – Born to Run

This movie was a stirring portrayal of the life of Budhia Singh, sold to criminals by his poverty-stricken mother who could no longer support him. His training as a marathoner and eventual adoption by Biranchi highlight Budhia's passion for running (or was it to please adult power figures?) and Biranchi's desire to enter India in the Olympics coupled with his obvious affection for Budhia. But Biranchi seemed oblivious to the harm he was

inflicting on such a young child with his demanding training schedule and severe rules ("no water while you are running"). The film should have declared more forcefully how wrong Biranchi was.

I found it alarming that the populace was so enthusiastic when watching Budhia complete marathons but then turned on Biranchi and was responsible for his murder.

I would rate this 3-stars.

Jennifer Rae



Travellers' Corner

Where Have You Been, Alison Hobbs?

Alison Hobbs escaped from the depths of the Ottawa winter in early February to visit York in the UK, where it felt more springlike. Alison spent 10 years of her life as a schoolgirl in nearby Scarborough, on the Yorkshire coast and has

stayed in York a few times since then, so the attractions of this ancient city are familiar to her. She took these photos during her recent visit.



A Taste of Spring... Flowers



McKee Gardens and Shelby Gardens

If you are interested in visiting some stunning botanical gardens, do I have some recommendations for you! On a visit to Florida in February I visited the lovely McKee Gardens in West Palm, the stunning Shelby Gardens in Sarasota, and the very charming Spanish Point in Osprey. Each garden is exquisite and well worth a visit. Each of them has wide and well-maintained paths that meander through magnificent and endlessly photogenic landscapes. Not only do they each have spectacular displays of rare and beautiful plants, but they also offer varieties of interesting exhibitions throughout the year.



The McKee Gardens boasts 18 acres of lush jungle landscape with over 10,000 native and tropical plants and has one of Florida's largest and most celebrated collections

of water lilies blooming in lagoons, streams and around waterfalls and on paths that wind through the jungle property festooned with orchids.



When I visited, these gardens were hosting an incredible display of very large blown-glass plant structures, which were positioned throughout the gardens.

The Marie Selby Gardens are located in an extensive 15-acre downtown Sarasota campus overlooking Sarasota Bay and feature such diverse environments as a rainforest, mangroves, a desert, and amazing display gardens. The gardens have over 20,000 greenhouse plants and thousands more in the outdoor gardens. In addition to their incredible display of rare orchids, this year Marie Selby Gardens is celebrating all things Tiffany, and there were hundreds of eye-catching stained-glass designs strategically located through the impressive gardens. Each of these gardens has extensive children's interactive areas with climbing structures and water features.



Spanish Point is a 30-acre preserve that boasts an archaeological record dating from 5,000 BC to 1000 AD in addition to striking pine flatwoods, oak and tropical hammocks, mangrove swamps, tidal marshes, and coastal beaches. I particularly enjoyed the fascinating history of this garden.

When you have finished your tour, you can enjoy a delightful lunch alongside the bay (yes, with the requisite dolphins) or under century-old oak trees dripping with Spanish moss. Each of these gardens has an interesting history, a different beginning, and different ecosystems, flowers and architecture. But each is very beautiful and charming in its own way – and each is, interestingly, based on the vision of amazing women with incredible foresight and vision who transformed nasty Florida swampland into beautiful botanical gardens. I really enjoyed my visits and would encourage you to visit, should you get the chance.

Karin Keyes Endemann

Save the Birds!

One of the happiest signs of spring is the return of birdsong to our streets and backyards. So it was with great concern that the Environment Action group heard about the quarter million birds that die annually in Ottawa (one billion globally) due to collisions with glass windows. A shocking 99% of those collisions happen in private residences and low-rise buildings.

Janette Niwa, a representative of Safe Wings and part of the One Window at a Time Initiative, not only enlightened us as to the problem but gave us ideas as to how individuals can mitigate the problem so that birds remain a feature of urban living. Some of the ideas Janette presented include putting visible, dense patterns, screens, or frosting on windows; using



warm-coloured outdoor lights and pointing them downward; belling cats or keeping them indoors; relocating large indoor plants away from windows so birds do not perceive them as part of the outdoor canopy; and keeping ornamental fountains or birdbaths at least 50 cm away from the house so startled birds do not fly into windows. And when a bird does collide with a window, Janette informed us of Safe Way's bird hospital: 613-216-8999.

Our own Leslie Baird was another

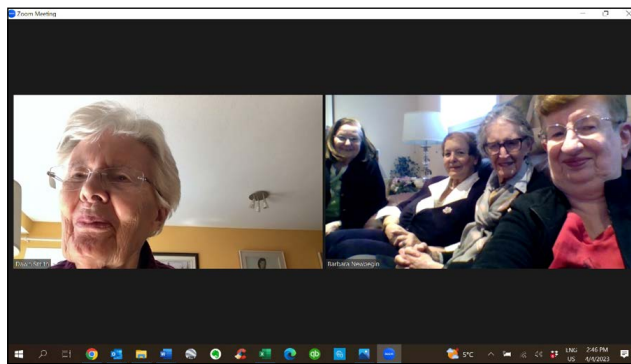
speaker at our March meeting. As a member of the politically active Bill 23 Committee she made us aware that the NCC's greenbelt lands can be sold or used for alternative uses such as transportation (an issue that currently faces Mer Bleue Bog). Leslie strongly encouraged us to sign the petition created by the Canadian Parks and Wilderness Society (CPAWS) to designate Ottawa's greenbelt an Urban Park, a designation that provides our greenbelt with greater protection.

Anyone curious about the activities of the Environment Action group may contact environment@cfuw-ottawa.org. We are planning outdoor events for group members for the spring.

Lynn Davies

Music Appreciation

The members of the Music Appreciation Interest Group love listening to and learning about classical music. Monthly get-togethers have historically consisted of meeting in one another's homes with one of the members preparing a talk and playing a selection of music based on a theme for the season. Those themes could be a composer, a performer, an instrument, women composers, or a musical period or genre, for example. During the last three years we have been able to keep going on Zoom



and have discovered the vast amount of classical music that is available on YouTube, from music history to some examples of trumpet music to flash-mobs playing classical music.

Based on conversations with a

late member of this group (Dorothy Black, who was one of the founding members), the Music Appreciation group began in the late 1940s and originally was more focused on jazz versus classical music. As far as I know the group has been going ever since.

We welcome new music lovers. Based on the number of club members I have seen at the NAC and Chamberfest, there are many classical music fans in this club.

Barbara Newbegin

Used-Book Table

**A Fundraiser for
the CFUW-Ottawa
Scholarship Trust Fund
and for UWHAW's Focus
on the Education of
Afghan Women**



L to R: Muriel Scott-Smith, Nancy Richards, Alice Bolt, Jill Moll, Janet Sharpe

Before the pandemic, one of the great features at our monthly meetings was the used-book table.

We were delighted to bring it back at the November general meeting, and it was a popular feature again at the April meeting. Even though there was only a small number of our members in attendance, we managed to raise \$62.00, selling each book at \$2.00.

Thanks to Janet Sharpe and Nancy Richards for their help and to our members who took home boxes of books ready to be brought to the May General Meeting. So, bring cash with you to the meeting and you should find a bargain.

Alice Bolt

Interesting Talk on Beechwood Cemetery

This year is the 150th anniversary of Beechwood Cemetery, the National Cemetery of Canada. Ian Guthrie and Erika Wagner shared a wonderful presentation with us at the April 3 General Meeting, including many of the special events planned this year celebrating the anniversary.



Ian, a member of the Beechwood Cemetery Foundation since 2004, and Erika, the Program and Fundraising Coordinator, took us on a virtual tour, introducing us to many facts, personalities, and the richness of the Cemetery's history. One section is dedicated to the National Military Cemetery of the Canadian Armed Forces. Beechwood also has sections for the RCMP, the Ottawa Police Services, CSIS, and it houses the only dedicated spy cemetery in the Western World. (The other one is in Russia.) It is also worth noting that Helen McLean, our first Ottawa club president, is buried in this cemetery.

Another interesting note is that a few years ago CFUW-Ottawa members were touring the cemetery and came across an area with a plaque that said "Friendless Women." There were graves but no names as these women died destitute and without any relatives or friends. Our club members mentioned this to their guide; they

thought there should be names. They started searching along with Beechwood staff; happily all the names were found, and a plaque now lists all the women buried in that spot.

The Macoun Marsh on the property is home to much wildlife, including foxes, salamanders, blue

herons, woodpeckers, frogs, turtles, and even groundhogs.

There are numerous free tours on a variety of themes and many additional events planned to celebrate the anniversary. This year will feature a plaques tour, with new plaques being added, including one honouring Grete Hale. There are tours on the theme of reconciliation, and special events are planned for Orange Shirt Day.

A tree-carving program was started as a pilot project to give a second life to trees that would have been cut down. Artist Pierre Van Adrichem has carved three trees using a chainsaw: one of Canadian animals such as puffins and grizzly bears; the 100th Anniversary of Armistice Tree with three maple leaves, each one representing a branch of the Canadian Armed Forces; and in honour of the 35,000 tulips planted each year, the Tree of Tulips represents spring renewal and the return of colour on our grounds.

Pat Duffey



Fascinating Tour of CBC Building

On April 13 members of the Diplomatic Hospitality Group (DHG) had a very interesting and informative morning at the offices and studios of the Canadian Broadcasting Corporation (CBC/Radio Canada) downtown. We were especially fortunate with our timing, as this headquarters building will undergo major renovations over the next two years. We were the last group to receive a private tour – and we were promised to be the first group welcomed back for tour of the new facilities in Spring of 2025!

DHG members learned about the range of services provided: radio, television, and digital in both English and



French, and about the international and streaming services. It was very interesting and educational to learn about how this Crown Corporation operates. Both our Canadian and Diplomatic members were able to ask questions about everything from funding and advertising to broadcast standards and operating guidelines.

The newsroom was a marvel to

see, but due to “breaking” stories, no photos were allowed inside. We did, however, have the opportunity to visit Studio 40 where CBC’s afternoon show *Power & Politics* is taped. DHG members had a special thrill meeting David Cochrane, host of *Power & Politics*. David was quite interested in

DHG and talked about his recent interviews with various ambassadors and diplomats on international stories.

Our hosts at CBC were so gracious and welcoming – and they even let DHG members sit on the news set and pretend to “host” the news program. A fantastic morning event!

Lisa Haley

Is the Digital World the Future for Afghan Women and Girls?

For Afghan women and girls, digital literacy has the potential to open doors to continue their education and work in the world of technology. If they can get access to equipment, training, and mentoring they can overcome the gender bias that pervades the technology world, especially in Afghanistan, and the digital divide that separates the haves and have nots.

According to Zahra Nazari, PhD, a Postdoctoral Fellow at the University



of Alberta and the Canadian Ambassador for Women in Tech Afghanistan, digital literacy facilitates entry into the

labour market, brings economic benefits to women and society, is essential for women’s safety both online and offline, and empowers women to help steer the future of technology and gender equality.

In her talk to UWHAW members and friends in April, Dr. Nazari said Women in Tech wants to build bridges through partnerships with international organizations and companies to provide resources and support, promote gender equality locally, and foster a culture of innovation and entrepreneurship in Afghanistan. The group will provide the training courses, digital devices, and internet access to the students. The goal is to help them find jobs that will allow them to work remotely and earn incomes so they can support their

families and contribute to the country’s economic growth.

Dr. Nazari is optimistic for the future and believes that Afghanistan could experience a “leapfrogging” process towards development and apply new technologies to overcome challenges in healthcare, education, political participation, and civil rights, in addition to increasing economic output by an average of 35%.

For more information about Women in Tech Afghanistan see <https://women-in-tech.org/af/>

The next meeting of UWHAW and friends is Thursday 4 May at 1:00 pm. To register for the Zoom link please contact Ann Lief at aplieff@rogers.com

Fran Harding

Roasted Sweet Potatoes in Tomato, Lime, and Cardamom Sauce

Thanks to Sandra Gregson for this recipe: addictive roasted sweet potatoes in a fragrant tomato, lime, and cardamom sauce and topped with a garlic and jalapeno salsa.

Ingredients

- 2 lb sweet potatoes, cut crosswise into 1-inch thick rounds
- 2 tbsp olive oil
- 4.5 tsp maple syrup
- 1/2 tsp ground cardamom
- 1/2 tsp ground cumin
- kosher salt and black pepper

For the sauce:

- 5 tbsp olive oil
- 6 garlic cloves, minced
- 2 jalapeno peppers, finely chopped
- 2 shallots, finely chopped
- 14 oz whole peeled tomatoes, blended until smooth
- 1 tbsp tomato paste
- 1.5 tsp sugar
- 1.5 tsp cardamom
- 1 tsp ground cumin
- 1 tsp lime zest
- 1 tbsp lime juice
- 1 cup water
- 2 tsp finely chopped dill

Instructions

1. Heat oven to 500F. Line a baking sheet with parchment paper and set aside.
2. Toss the sweet potato slices with the olive oil, maple syrup, cardamom, cumin, 1/2 tsp salt, and black pepper in a large bowl. Spread on the prepared baking sheet. Cover the baking sheet tightly with aluminum foil. Place in the oven and bake for 25 minutes. Remove the foil and return to the oven for another 10 minutes, or until completely tender and browned.



For the sauce:

1. While the sweet potatoes are cooking, combine the olive oil, garlic, jalapenos, and a pinch of salt in a large lidded saute pan over medium heat. Saute for 8-10 minutes, or until soft and tender. Transfer half of this mixture to a small bowl and set aside.
2. Add the shallots to the pan with the rest of the garlic mixture and saute for 5 minutes. Add in the tomatoes, tomato paste, sugar, cardamom, cumin, lime zest, and 1 tsp salt. Cook for 5 minutes so the flavors can combine, stirring frequently. Add in 1 cup of water and bring to a simmer. Cook for 5 minutes.
3. Transfer the cooked sweet potatoes to the sauce and gently toss to combine. Decrease the heat to low, cover the pot, and simmer for another 10 minutes.
4. Stir the dill and lime juice into the reserved garlic and olive oil mixture. Drizzle this over the sweet potatoes and serve immediately.

Recipe from Ottolenghi *Flavour*

Recipe by Joanne Eats Well With Others at <https://joanne-eatswellwithothers.com/2020/12/roasted-sweet-potatoes-in-tomato-lime-and-cardamom-sauce.html>