



Canadian Federation of University Women – Ottawa

Capital Carillon

May Speaker



Mark your calendars for our general meeting on May 6. Sister Pauline Gagné will be speaking on the very important

topic of “The Many Faces of Human Trafficking/Modern Slavery.”

Sister Pauline Gagné is a high school teacher (special education), a social worker, and spiritual director. She is a member of the Sisters of Charity of Ottawa. Sister Gagné has been a missionary in Zambia, Haiti, and Papua New Guinea, teaching and/or involved in social justice work. She was head of the Integral Human Development Diocesan Office in the Daru-Kiunga Diocese (Papua New Guinea). She has also been the Ontario francophone JPIC person (Justice, Peace, and Integrity of Creation) for the Canadian Religious Conference (CRC). Sister Gagné was a member of PACT-Ottawa (Persons Against the Crime of Trafficking in Humans) from 2004 until its dissolution in 2023.

We will be meeting in person at Riverside United Church at 7:00 pm. You can also join the meeting via Zoom.

Christine Rollo

PRESIDENT'S MESSAGE

CATHERINE SMITH

Can it really be May already? My, how this year has flown by, but what a wonderful season it has been for CFUW-Ottawa. From winning the AFP's Outstanding Philanthropic Group award to forging a new collaboration with Canadian Women for Women in Afghanistan, we have worked hard and successfully to help with the post-secondary education of women near and far. We also topped and then quickly surpassed 500 members, a strong testament to all that we offer those who join our Club.

We continued to run a diverse and stimulating speakers' series, which month after month saw more than 100 people in attendance. And, of course, we all kept busy with our various Interest Groups (more than 45!) and our advocacy work. We biked and dined and wielded hammers; we discussed and wrote literature and sampled fine wines; and we sang with joy and researched art and history. We also made a difference as we welcomed diplomats and showed them the wonderful things our region has to offer; and we advocated for Afghan women and girls and for the protection and revitalization of the environment. I am so proud of all you have done and delighted that you had fun while doing it!

Before we head off for summer travel, fun, and relaxation, I want to remind you of our AGM on Monday, June 3, at 7:00 pm at Riverside United

Church. Please come, meet friends, and ensure that your voice is heard. I will be travelling to Windsor in late May to represent all of you at the Ontario Council AGM and then to Edmonton in late July for the National AGM.

So, as I sign off for the summer, I want to thank each and every one of you for your involvement in our Club. A special thank you must also go to the

(see **President** on next page)

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President – continued

members of the Club's executive, board and directors, and chairs who worked long and hard to keep everything running smoothly. I also want to extend my gratitude to the myriad individuals who volunteered their time to help with our various events and fundraisers. We

couldn't have done it all without you!

But perhaps most important of all, I want to take this opportunity to thank Moira Phillips, our incredible *Capital Carillon* editor. Moira will be stepping down after this issue, capping off three stellar years of service at the helm of this

publication. Moira, we cannot thank you enough for all your hard work and dedication. You brought your exacting standards as well as your vision and creativity to this work, and each month we reaped the benefits of your impressive talents. THANK YOU.

A Farewell From Your Editor

When I was approached three years ago to assume the role of editor of the *Capital Carillon*, I was aware that the outgoing editor, Alison Hobbs, had passed on a heavy mantle. That said, what a wonderful three years it has been. Can there be a better way to get and stay connected in the Club? I get submissions from so many convenors and so many members doing all kinds of heavy lifting for their groups. There are advocates, fund raisers, readers, movie goers, hikers, historians, singers, diners, and chefs par excellence. I've loved the three years I've spent editing this great publication. A big shout out goes to Robert Friedman, the layout wizard, who takes my badly constructed submissions and through his alchemy turns them into the terrific publication that you receive every month. I love the look and the feel of it, and I'm proud to pass it on to the next editor, who will have the privilege of keeping the members informed with news, events, profiles, and recipes!

Moira Phillips



SPRING IS HERE!!



And with it comes cleaning, sorting, and purging

Most of us know what goes into the City's blue and black boxes. But what about items that don't go into these boxes? Where can they be recycled? Here's a sampling of what can be done.

Rosie from CFUW-Ottawa reminded us that every community has a **Buy Nothing** Facebook page. By logging in to your community page, you can find good homes for many items, big and small.

Those of us who are downsizing are faced with the difficult task of getting rid of unnecessary furniture and appliances. By logging in to "consignment stores Ottawa" you will find consignment businesses happy to find homes for those household items you no longer need.

Perhaps you would like those precious items to help refugees, low-income families, or those transitioning to permanent housing. St. Vincent de Paul, Salvation Army, and Matthew House Ottawa all provide such services. Habitat for Humanity Restore accepts and sells used items and building supplies and uses the income for their housing projects. They will also pick up larger items.

Dried-out markers? Empty pens? Crayon and pencil stubs? These, along with mechanical pencils and other

writing implements, can be taken to Staples and placed in recycling containers in the stores. Staples also accepts electronics, batteries, and printer cartridges. Lists of what is and is not accepted can be found on this webpage: <https://www.staples.com/stores/recycling>.

Some of us struggle because the City of Ottawa no longer accepts hard- or soft-cover books in its black boxes. It's far better to donate those in good condition to one of the many places that accept them. For instance, all branches of the Ottawa Public Library have donation boxes run by the Friends of The Ottawa Library. They also provide information about donations that would apply to any organization accepting books. <https://www.fopla-aabpo.ca/what-we-accept/>

Plastic is so ubiquitous that it has become a global concern. In fact, the theme of this year's Earth Day was Planet vs. Plastic. You can do your part by avoiding plastic where possible and by cleaning bread bags, carrot bags, bubble wrap, and other bags and returning them to the recycle container by the entrance of Metro stores.

Happy purging!

Josee Emmson and Lynn Davies

Still Fighting for Human Rights After All These Years

The woman who inspired the creation of *University Women Helping Afghan Women* 14 years ago paid a return visit to a packed Zoom audience from Ottawa and across the country.



This work continues today through the Remote Communications Assistance Program, which provides laptops and internet service to former Gawharshad students so they can learn in the safety of their homes.

Dr. Sima Samar, the lifelong human rights leader in Afghanistan, remains an international campaigner, despite being driven into exile by the Taliban regime.

As a practicing Muslim, Dr. Samar decries the use of a perverse interpretation of her religion to promote fear of literacy and women’s rights. This is not Islamic. “Read, in the name of your Lord who created you” is Islam’s first commandment.

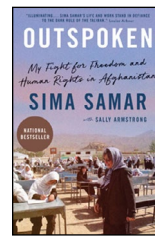
It was Dr. Samar’s passion for women having the right to an education for the betterment of her country that resulted in UWHAW’s formation and the desire of the group to learn about Afghan women and girls, advocate for them, and raise funds that resulted in more than 108 deserving young women attending Gawharshad University, founded by Dr. Samar.

The advancements for women gained over 20 years have been erased by a system of edicts that amount to “gender apartheid,” something she believes the UN should recognize so the Taliban can be held answerable in the international courts for their

crimes against humanity.

Her final admonition was for Canadians to continue to work together to put pressure on our politicians and advocate for sanctions against the Taliban, thereby promoting the idea of accountability and justice.

Naseema Siddiqui, Jennifer Simpson, and Fran Harding



To learn more about Dr. Samar’s life and work read her new memoir *Outspoken: My Fight for Freedom and Human Rights in Afghanistan, with Sally Armstrong*. Random House Canada.

MARK YOUR CALENDARS!

April 24 at 10:00 am – MadriGals Spring Concert. The Sanctuary, St. Timothy’s Church, 2400 Alta Vista Dr.

April 27 at 2:00 pm – in person or via livestream – An Afternoon with Sally Armstrong. Marantha Church, 100 College St. W, Belleville, Ontario.

May 3 from 3:00 pm to 5:00 pm – Saffron Tea, Riverside United Church, 3191 Riverside Dr.

May 6 at 7:00 pm – in person – Sister Pauline Gagné will be speaking on “The Many Faces of Human Trafficking/Modern Slavery.” Riverside United Church, 3191 Riverside Dr. Also via Zoom.

June 3 at 7:00 pm – in person only – CFUW-Ottawa AGM. Riverside United Church, 3191 Riverside Dr.

June 20 at 6:30 pm – Dinner for Hope – Ottawa Hunt and Golf Club, 1 Hunt Club Rd.



Newcomer Profile Welcome, Zivana Pavic!

I joined in February, having heard about the club from my friend Ann, who has been enjoying its stimulating activities, camaraderie, and fun over the past many years. Her enthusiastic stories and positive experiences



gave me the wings to join in and see for myself what CFUW-Ottawa was all about. Having attended the Scholarship Awards Evening, two meetings of the photography club, and a photo shoot, I am impressed by how well these events are run and how you embrace new members with open minds and hearts.

While not a native of Ottawa, I am proud to say that I call Ottawa my home. After completing graduate studies in applied social psychology at the University of Saskatchewan, I moved to Ottawa about 30 years ago. I have spent most of my professional life here. I live in one of Ottawa's green neighbourhoods, and I have come to appreciate and love the peace, the

festivals, and the pace of life our city offers.

Four years into retirement, I am learning and developing photography skills, rekindling my love of reading, and venturing into culinary and other creative explorations.

A lover of art, travel, good restaurants, and joyful company, I enjoy stimulating conversation, meeting people, learning about other cultures, and visiting beautiful gardens.

You can find me on some weekends brunching at Desserts First, browsing in Singing Pebble Books, or sampling sweet delights at Elina's Patisserie. I have a weakness for nice stationery, fountain pens, and leather. Rumi's lines, Mary Oliver's verses, and Rupi Kaur's insights are an inspiration. And, I can never have enough of Helena Bonham Carter reading poetry.

Looking forward to meeting you at upcoming activities and events!



Recipe – Orange Fluff

Thanks to Rosie MacLean for this recipe. She writes that “this is a side dish originally made by my mother-in-law and traditionally served at Easter, Thanksgiving, and Christmas. It remains a family favourite!”



Ingredients

- two 500-gram containers small curd cottage cheese
- one 3-oz package orange Jello
- one container Cool Whip
- two cans mandarin oranges

Method

Drain oranges and reserve juice. Prepare Jello according to package directions (use juice to replace some of the cold water). Let cool 15 minutes. Stir in oranges, then stir in cottage cheese, then stir in cool whip.

Chill in serving bowl until set. Makes about ten servings.

Hocus Phocus Digital Photography Group

Our name ‘Hocus Phocus’ is a play on words – a combination of *hocus pocus* and *focus*. According to Wikipedia, ‘hocus pocus’ is a reference to the actions of magicians, with those two words spoken during a sleight of hand. And, of course, *focus* is key in photography. Creating a stunning photo can often seem like a bit of magic.

From complete novices to dabblers to those with more experience, our group welcomes enthusiasts of all skill levels. Over the past five years the group has evolved to a format that combines educational themes supported by planned photo shoots and topped off by constructive feedback

sessions. Educational themes can range from subject matters like action to abstract to golden-hour photography; alternatively, they may focus on more technical aspects such as composition, editing, intentional camera movement, or lighting.

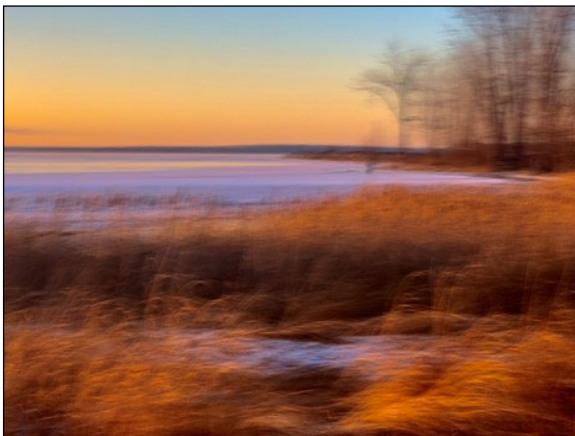
If you are thinking, “I like the idea of exploring photography, but I don’t have a good camera,” no worries. Our members’ equipment choices range from cell phones to point-and-shoot cameras, to digital single-lens reflex (DSLR) cameras. It’s amazing what you can do with a cell phone, especially if you learn about its various camera features. Many use a combination of their

cell phone and a DSLR camera.

To see more of what we’re about and the photos our members have taken over the years, please click [here](#) to visit our website.

Ready to expand your imagination and get energized? Then join our group, where you will meet new people, exchange ideas, seek inspiration, and unleash your creativity in a supportive and encouraging environment. We meet the third Monday of the month from 7:00–9:00 pm via Zoom, with in-person photo shoots between meetings. To join or for more information, please email cfuwottawaphoto@gmail.com.

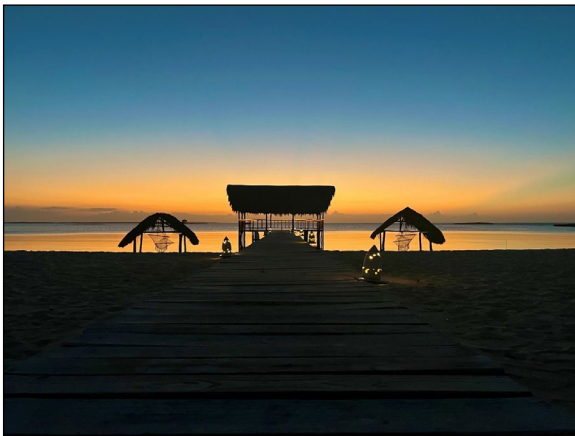
Pauline Daling



Sunset in Britannia Bay by Pauline D



Space Station – Here We Come by Linda L



The Layers of Colour by Bonnie S



Tree Rings by Karen W

University Women Helping Afghan Women
invites you to enjoy Afghan tea, sweets, and music while meeting members of the remarkable Afghan community.

Saffron Tea

No charge for this event

Thursday May 2, 2024

3:00 PM to 5:00 PM

Riverside United Church

3191 Riverside Drive, Ottawa

Please register by April 26, 2024 by clicking here
[RSVP](#)



For more information email sidderogers.com
Subject Line "Saffron Tea."



**Mark your calendars for our
CFUW-Ottawa**



**Monday, June 3rd, 2024 starting at 7p.m.
Riverside United Church, 3191 Riverside Drive, Ottawa**

We need your voice!

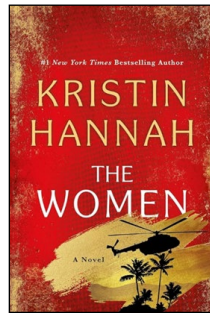
Join us for an evening of dessert, conversation and club business.

Book Review

The Women by Kristin Hannah

I had read a review of this book somewhere and decided to read it, having thoroughly enjoyed *The Nightingale* by the same author. I found the story very moving. It's about a woman in the sixties who trains as a nurse and signs up to go to Vietnam. I found the descriptions of what she and the other nurses faced every day evocative and affecting. Some might find the romance within the story line implausible, but I didn't find it so. Like the ending of *Bel Canto*, which I initially found to be a stretch, I think the love interests in this novel show us that having something as traumatic as a war experience in common makes for a very strong bond.

The title refers to the women who served in Vietnam. Because they did not fight on the front lines like the soldiers and airmen, they did not receive the recognition that was their due, even before the war became unpopular. According to a website Tee It Up



for the Troops, an American organization that raises awareness and provides support to America's military veterans, "nurses played a significant role in that war zone, providing high levels of care under extremely difficult conditions. They also returned home to the same unfriendly reception male veterans famously suffered, and often with the same psychological trauma. Nearly 10,000 women served in Vietnam during the war – 7,000 were nurses."

Moira Phillips

Ed Note: apologies to Dianne Dodd who was not credited with last month's book review.

MADRIGALS SPRING CONCERT



10 am, Wednesday April 24th

The Sanctuary

St Timothy's Church, 2400 Alta Vista Drive

The MadriGals choir, under the direction of Emily Warden Kwok and accompanied by pianist Carol Alette, will be holding an end-of-season concert on Wednesday, April 24th. You are invited to join us for a program of lively and inspiring songs. The concert will include several sing-alongs, with song sheets provided.

There is no charge.

The choir will be masked; guests can wear a mask or spread out in the Sanctuary.

For more information contact the MadriGals co-convenors:

Kringen Henein, kringen.henein@icloud.com

Rosemary Carter, rbbc@bell.net

Diplomatic Hospitality Group

The Diplomatic Hospitality Group (DHG) has had a very exciting month of activities and events since the last *Carillon* issue. We were delighted to welcome newly arrived diplomats to Canada as well as new Canadian members to DHG.

On March 22, DHG members had a fascinating visit to the main campus of Collège La Cité, the largest French-language college of applied arts and technology in Ontario. La Cité opened in 1995 and is made up of pavilions connected by skyways and tunnels on 60 acres of land. It offers over 90 programs to more 7,000 full-time Canadian and international students.

The highlight of our visit was an extensive tour of The 911 Institute, a hands-on training facility for police, fire, and ambulance first responders. It includes a police station, a fire station, paramedical care laboratories, and security and emergency simulation laboratories. We saw training demonstrations and were able to see some equipment up close! The driving simulators were both fun and fascinating to see, and DHG members welcomed the chance to sit in the back seat of police cars, view fire rescue simulations, and tour mock jail

cells and police stations.

After our tour, several DHG members stayed to enjoy a delicious three-course lunch at the campus restaurant, Les Jardins de La Cité, which is operated by the College’s Culinary and Hospitality program. Students of the program prepared and served guests, under the guidance and supervision of instructors and professional chefs. We were pleased to learn that this gem of a restaurant is open to the public during the academic year.

We were thrilled to return to arranging our bus-trip outings this month. Prior to the pandemic, DHG would arrange for outings across the National Capital Region. In addition to being able to visit various venues outside the city, bus trips have also been a wonderful opportunity for our Canadian and Diplomatic members to chat and get to know one another while sitting on the bus.

With pandemic restrictions in the rearview mirror(!), we lined up two great trips, one of which took place earlier this month!

On April 11, DHG members travelled to Lanark for a visit and guided tour of Wheelers Maple, one of the largest maple operations in

Ontario, with over 45,000 maple trees on 730 acres.

While at Wheelers, we learned about the history of maple production in Canada and how trees are tapped and sap is gathered. The family patriarch, Vern Wheeler, regaled guests with stories and anecdotes in the Maple Museum. We were impressed to learn that Wheelers Maple is in the Guinness Book of Records for having the largest collection of maple syrup production items in the world!

Also in April, several members of DHG were invited to attend an Iftar dinner at the Embassy of the United Arab Emirates (UAE), hosted by DHG member Abeer Al Jassim, spouse of the UAE Ambassador. It was an honour to learn about the culture of the UAE and the history and traditions of Ramadan.

In addition to our interest group activities, DHG has lined up some terrific events for the spring, including private guided tours of The Diefenbunker, the House of Commons and Parliament of Canada, the Royal Canadian Mounted Police (RCMP), and another bus trip – this time to Upper Canada Village in Morrisburg.

Lisa Haley



At College La Cité



At Wheelers Pancake House

Traveller's Corner Where Have You Been, Moira Phillips?

Last summer I joined a tour that sailed in a small ship around the top of Scotland. It was an amazing trip, beginning in Glasgow and ending in Aberdeen. We stopped in Islay, Iona, Skye, Lewis, Orkney, Foula (off the

west coast of Shetland), and Fair Isle. We hiked where we could and visited historic sights on other islands with lots of free time in between. A fabulous excursion; I'd do it again without hesitation.



Black house in Lewis. Weaving is still done in black houses



Famous Harris tweed is still woven but in Lewis (Lewis and Harris are one island; Lewis is the northern part)



Skye



Fair Isle (population 60)

In Memoriam – Kate Smithson

Kate Smithson passed away on April 6, 2024.



Kate was born in Enniskillen, Northern Ireland, in 1944 and moved to the Toronto area with her family at the age of seven. Trained as a teacher, she taught in Germany, where she met and married her husband, Bruce. They moved to Ottawa, where Kate continued to teach. She completed her master's degree in education while raising a young family, a testament to her determination, then expanded her professional scope to include guidance counselling and cooperative education. Kate continued her professional passion by moving to Abu Dhabi to teach for seven years, and then to Basel, Switzerland, for another three years before retiring.

Kate had connected with us in UWHAW over several years. She especially enjoyed our garden parties and met some lovely young Afghans there, including a woman named Masuma. Kate kept in touch with Masuma over the years, which led to knowing Fatima and Razia and family.

Kate's interest in Afghanistan dates back to the early 1970s when she and her husband, Bruce, travelled overland to India in a camper van. They were delighted by the warmth of the Afghan people and loved the beauty of the country.

Kate's interest in Afghanistan led her to support the work of UWHAW. Now her family would like to direct memorial gifts to support our current UWHAW project in Afghanistan.

Nancy Stevenson

Gatineau Trails Has a Facebook Page!

Have you ever dreamed of having your own private clubhouse? A place to hang out with friends, somewhere to share pictures of recent adventures or plan future ones?

That is exactly what the Gatineau Trails gals dreamed of, and with a little help from Facebook, Gat Trails now has its own personal Facebook page/virtual clubhouse. No boys allowed!

Convenors first got Board approval, then consulted their membership before launching the page. They were able to reassure members that only Gat Trails members would be accepted and that those who chose not to join would still receive all the information about activities by email. Once launched, the page was a great success. Seventy members joined within two weeks.

It is no surprise that, as a CFUW-Ottawa interest group, Gatineau Trails is made up of vibrant, interesting women, and the Facebook page/virtual clubhouse quickly became the place to go. Want to see the pictures of the Night Hike where some irreplaceable Gat Trails members hiked into Healey Cabin? They are on the page. Miss the urban walk in old Hull and want to know what Philemon Wright's house and gravestone look like? It is on the page. Want to know a great place to stay on a bike trip in Italy? Who better to consult than your fellow Gat Trails members. Looking for some Gat Trails friends to hike with on a weekend? Just post to the page and wait for the responses to roll in. We could go on, but you get the picture.

Our page is restricted to Gatineau Trails members, so the only way to gain access is to join our interest group. If you are a member and want to join, contact Gat Trails and we will get you started. CFUW-Ottawa has its own Facebook page too, known as the Friends of Helen McLean, which is open to all CFUW-Ottawa members.

*Marie Danielle on behalf of
Gatineau Trails Convenors
Shelley, Nancy, Marie Danielle,
and Marilyn*



Save The Date DINNER FOR HOPE

In Support of Education for Young Women in Afghanistan



Help us provide technology to keep these determined women connected and learning.

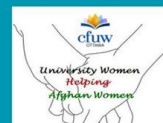
Live Auction

Fine Dining

Inspiring Speakers

Great Conversation

THURSDAY JUNE 20, 2024 6:30 PM
OTTAWA HUNT AND GOLF CLUB
WATCH YOUR EMAIL FOR MORE INFORMATION



The Historical Study Group

Are you interested in history? The Historical Study group meets at 1:00 pm the fourth Wednesday of each month at the New Edinburgh Square Retirement Residence, 420 MacKay St.

Each year we choose a topic among those suggested by the members. In the 2023-24 season we have been discussing the topic “A Global City and its Historical Evolution.”

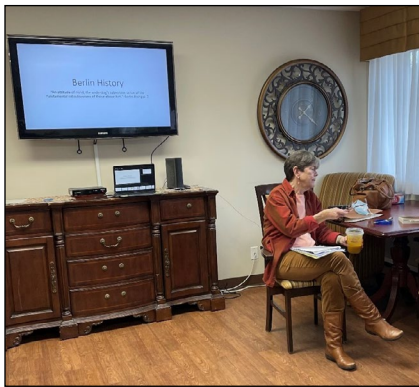
Some members volunteered to research a city of their choice and present the research as a PowerPoint, leading to a discussion of the topic. At the March 27 meeting Julia Turner gave a presentation on the history of the city of Berlin. At the April 24 meeting Dawn Smith will speak on the history of the magnificent city of Madrid.

For the upcoming 2024-25 season we have chosen the topic

“Turning Points in History.” We will be investigating key historical events, inventions, or technological developments that had major impacts on subsequent history. Decisive changes were made by these turning points.

The Convenor, Aline Barrette, and the members of Historical Study group would be delighted to welcome you.

Heather Lewis



Julia Turner preparing her presentation



Group members await presentation



Group members await presentation

Avoiding the Sixth Extinction

“Thank you from our Club and thank you from the world.”

These heartfelt words come from Alison Hobbs, our Advocacy lead, in her thanks to our April Speaker, Dan Kraus. Through Dan, the Director of National Conservation at the Wildlife Conservation Society of Canada, we now know more about global conservation and wildlife loss.

We know about the Greater Prairie-chicken and the Swift Fox and the Trumpeter Swan and how some

species have become extinct, and yet many have had successful reintroductions. Dan tells us there is risk of “the sixth extinction,” where a million species are at risk of extinction in the coming decades. Also, we have significant peatlands and boreal forests that contribute to climate regulation and security. Canada has a role to play in biodiversity and its needs. Indeed, the good news is that Canadians strongly support preventing the extinction of wild plants and animals and agree

that protected areas are necessary. The Government of Canada has enacted support for the legacy of nature. What can we do locally? First, we can connect with nature for enhanced well-being and improved conservation-mindedness; second, we can learn about wild species and ecosystems close to home; and third, we can support nature groups and grow native plants. Thank you, Dan!

Laura Goodine

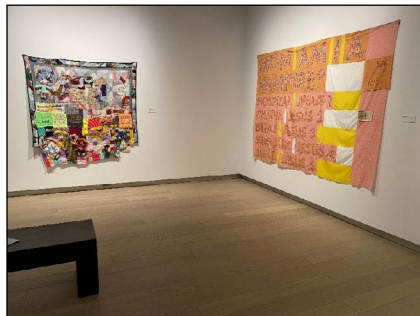
Gallery Group

The CFUW-Ottawa Gallery Group had a great year exploring various art venues around the Ottawa area. In September we visited the Humanics Sanctuary & Sculpture Park in Cumberland, which showcased how sculptures can be viewed as art therapy. Another big hit was the studio visit of Enriched Bread Artists, where



Enriched Bread Artist Studio

gallery members could engage with local artists in the setting of a historical building in Ottawa. Living in the nation's capital, we are so lucky to be able to take advantage of the National Gallery of Canada with three separate visits, each tour having its own specific theme. Another national treasure is the Art Bank, a treasure trove of Canadian



SAW Gallery

art from past to present, which we visited in January. Our other monthly tours showcased smaller galleries, such as the Ottawa Art Gallery and Saw Gallery, which highlight Canadian art across different timelines. To finish off the season we will be getting a backstage tour of the National Art Centre.

Andrea Stephens



National Gallery

Women with Hammers

On April 10 Ryan Branton educated the WwH members on how to find a trustworthy contractor (www.contractorryan.com). (WwH video available.) We can all learn more about renovating, contractors, etc.



from Ryan on his RogersTV Show on Tuesdays, at 8:30 pm.

On Wednesday, May 8, at 10:00 am, the Ottawa Tool Library Manager will discuss tools you can borrow or buy (including gardening, sewing, building, repairing, etc.), available workshops, and workspace, etc.



Over 30 workshop spots were filled this year by members learning new skills! The photos show members attending a March workshop on how to work with and fix dry-wall. Questions? Contact: Eugenie Prevost at womenwithhammers@cfuw-ottawa.org

Eugenie Prevost

