



Canadian Federation of University Women – Ottawa

Capital Carillon



On the Gatineau trails (see [page 5](#)).

November General Meeting

DATE and TIME: Monday, November 2, 2020, 7 p.m.
 PLACE: By Zoom
 SPEAKER: Meg Beckel
 TOPIC: Museums for the 21st Century

Even before the advent of the Covid-19 pandemic, Canadian museums faced the daunting challenge of staying current and relevant. Would a generation raised on the Internet and 140-character messages continue to respond to traditional displays and information exchange? When public institutions closed during a general lockdown and reopened with strict protocols, a museum's task of reaching new audiences became even more difficult. Yet institutions such as the Canadian Museum of Nature are more important than ever, playing a vital role in reminding Canadians not only of our natural heritage but also of threats to our

(see **Meeting** on next page)

PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

Can you keep a secret? — This is one time when we would love you *not* to do so, but to shout from the roof tops: "The CFUW-Ottawa Club is great!" As of October 15th, we have 345 women who renewed their membership this season, 23 new members, and four who have returned to the Club. We are delighted to welcome all 372 of you!

In these uncertain times, our Club has planned to host its Speakers' Series on Zoom, at least until February. Why not invite your friends? These meetings are open to the public, and free, with a very interesting line-up of presentations. At the next meeting, at 7pm on Monday, November 2, Margaret Beckel, President and CEO of the Museum of Nature, is going to speak about *Museums for the 21st Century*.

With 44 Study & Interest and External Outreach groups on offer, there is bound to be something else of interest besides. Why not invite a friend to join you, as a 'test run' for one of these groups?

Zoom gives us an opportunity to reach farther afield than our normal Ottawa-Gatineau scope. I know of several groups who have guest speakers lined up, not only locally, but nationally and internationally. There's no need to leave your home; Zoom offers you the opportunity to try out some of those groups without the hassle of

wintery driving conditions, distance or time.

The hikers have already been out to take advantage of viewing the beautiful fall colours that nature has blessed us with this year.

The Couples' Gourmet Dining Group have decided to publish a Cookbook with our favourite recipes, and you are all asked to contribute to it — see [page 5](#). The proceeds will go toward our club's Scholarship Trust Fund. For details as to how you can help, see the article on [page 9](#) of this newsletter.

Of course we are saddened that, because of Covid, we have had to

(see **President's Message** on next page)

INSIDE

Mark Your Calendars
 Our Online "Info Night"
 Certificate of Recognition
 Pink Rose Award Recipient
 Transforming Long Term Care
 Gatineau Trails
 CFUW-Ottawa Cookbook
 The Crime Fiction Book Club
 Convenors of the Month
 In Memoriam
 GWI: Do You Know Who We Are?
 The Ottawa River: Environment Action
 Scholarship Trust Fund Appeal
 Diplomatic Hospitality News

Meeting – continued

cherished environment. Join us Monday, November 2 via Zoom to hear how one museum is reshaping itself for the 21st century.

This event is free and open to the public. You may also listen to the speaker by telephone.

Our speaker, Meg Beckel was appointed as President and Chief Executive Officer of the Canadian Museum



of Nature in June 2011. She leads a team of passionate and committed individuals dedicated to the Museum's mission to inspire understanding and respect for nature. Prior to joining the Museum, Ms. Beckel was Vice-President, External Relations at the University of Waterloo, Chief Operating Officer of the Royal Ontario Museum and Executive Director External Relations at the University of Victoria.

Ms. Beckel currently serves on the board of Canada's National Committee for the International Union for the Conservation of Nature (IUCN). She is Chair of the Digital Opportunity Trust Board, a member of the Association of Science Museum Directors Board and member of the Advisory Board of Ottawa Riverkeeper.

The **Capital Carillon** is published monthly from October to May, except for January. Suggestions and comments are always welcome. Please send all material for the next issue to Alison Hobbs. Next issue, December 2020; deadline for submissions, November 15. Previous issues are archived on the Club website, at www.cfuw-ottawa.org and a link to the Carillon is now also included in CFUW-National's **Club Action** newsletter.

President's Message – continued

cancel not only the enjoyable social interaction of face-to-face meetings but also our fundraising events. Both the October Bridge and Games Lunch and this year's Holiday Party have been postponed until next year. This means that the lack of funds we usually generate from these events will create a hole in the STF budget. Last year, our annual awards to students were raised from \$1500 to \$2000. It is important that we maintain this. More than ever, students need our help, not only because of rising costs but because the summer jobs many

relied upon were non-existent. In some cases, even members of their family face unemployment or reduced hours, due to Covid.

Please consider making a tax receipted donation to our Scholarship Trust Fund. For further enquiries, please contact the STF Chair, **Patricia Duffey** or Treasurer, **Joan Desautels**.

Our CFUW-Ottawa Club has so much to offer... we advocate, educate, and have a terrific time doing it. Don't keep a good thing to yourself. Invite a friend! **Share the CFUW-Ottawa Club secret!**



MARK YOUR CALENDARS!

Events in 2020

November 2, 7 p.m. by ZOOM – General Meeting with guest speaker Margaret Beckel: *Museums for the 21st Century*

**Events in 2021**

January 11, 7 p.m. by ZOOM – General Meeting with guest speaker Mary Reid: *Container gardening*

February 1, 7 p.m. by ZOOM – General Meeting with guest speaker Alexandra Gheciu: *The rise of right-wing populism in Europe*

March 1, 7 p.m. – Presentation of Scholarship Awards

April 12, 7 p.m. – General Meeting with guest speaker (TBD): *Policing in Ottawa*

April 22 – Musical Lunch in aid of scholarships for young women in Ottawa and Afghanistan

June 10 – Dinner for Hope in aid of scholarships for young women in Afghanistan

June 25 and 26, online – CFUW-National AGM

For help in using ZOOM technology to join online meetings, see the Zoom Information on the Member only pages of our website, or contact Barbara Newbegin.

Our Online “Info Night”

On the evening of Monday, September 28, a Zoom meeting took place, hosted by CFUW-Ottawa, with more than a hundred in attendance. In place of our usual in-person Season Opener held annually at the City Hall, this online event, being a somewhat experimental venture for the Club, had been well rehearsed and thoroughly advertized beforehand. With the help of a shared screen, Convenor Coordinator Susan Puderer ably moderated the proceedings from her desk at home and, during her presentation, members of the Board took turns to address the participants.

At the outset, President Lizz Wilfert welcomed everyone and encouraged interested non-members to join CFUW-Ottawa. Karen Shigeishi-Waite, VP Membership, reinforced this by giving a wealth of good reasons for joining or rejoining the Club,

explaining the steps to be taken to do this.

“Despite the pandemic, there’s a lot going on! Perhaps this is the year to try something new?”

There followed a summary by Susan of our wide range of Study and Interest and Outreach groups operating in the 2020-2021 season in spite of current restrictions, including information about how to register for participation in any of these groups. Barb Newbegin, Zoom Coordinator, described in straightforward terms how the Club is now using Zoom technology for most of its meetings, and how this can be accessed with the help of information on our website.

Since we are a community, with many of us in the “vulnerable” sector, a particularly important part of the meeting was Joan Tyler’s reminder of the Covid-19 health guidelines as they apply to the CFUW. For

in-person activities such as walks in the park and gatherings at outdoor venues, an *Assumption of Risk and Waiver of Liability* document will now have to be signed in advance by each Club member or guest who takes part.

Our Scholarship Trust Fund and its purpose was clarified by Patricia Duffey (see [page 9](#) for more about this). Marie Danielle Vachon, VP Communications, gave an enthusiastic description of “where to find us” on social media and other online pages, and Alison Hobbs also brought the *Capital Carillon* to people’s attention, hoping for further contributions to this newsletter.

Towards the end of the meeting, people had the opportunity to hear some answers to their questions.

Congratulations to the Club’s executive for all the work they did in bringing the Season Opener to us in this digital way!



In June 2020, our Club received a Certificate of Recognition with the following inscription: “Canadian Federation of University Women, Fédération Canadienne des Femmes Diplômées des Universités, is pleased to recognize CFUW Ottawa for an Increase in Members in 2020.” Signed by Grace Hollett, National President.



Congratulations to Dierdre Abernethy, Pink Rose Award Recipient for 2019 – 2020! Because President Lizz Wilfert could not present the award at a General Meeting online, she met Dierdre out of doors instead. This was a well-deserved acknowledgement of Dierdre’s dedicated service to our Club.

Transforming Long Term Care

By Elaine McKnight, Speakers' Series Coordinator

On October 5, our Speakers' Series launched with a timely presentation by Kathy Wright and Barbara Schulman of [C.A.R.P. Ottawa](#) on transforming long-term care. Describing four innovative models, for each of which a video was shown, the talk began with a quotation from R. Buckminster Fuller: "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

In Ontario's highly regulated model of long-term care, consideration of residents' preferences and needs is limited. The promise of 30,000 more long-term care beds in the next 10 years, with 15,000 of these up and running within 5 years, will bring even more staffing challenges than currently exist.

"Let people live before they die!"

The four innovative models presented all concentrate on relationships — compassion that focusses on the individual; small, home-like environments that facilitate physical and social capacity and which may slow a decline in ability, positively influencing residents' quality of life; and a recognition that staff education and training is required to change the concept of care from one of "giving" care to a relationship-based approach. The new philosophy is: "Let people live before they die!" Common benefits include improved quality of life, reduced boredom, helplessness and loneliness,

reduced agitation and neuropsychiatric symptoms, reduced hospital visits, reduced staff sick time, reduced food waste, staff feeling their work is valued and that they share a community with residents and families.

Four innovative models:

1. **Hogewey Village** (established in Holland) creates a familiar environment that those with dementia can understand, having streets, squares, gardens and a park where residents can safely and freely roam. Village Langley in B.C. is Canada's first village-style residence for people with memory-related conditions, where 12 people live with support staff in each home. Surrounded by five acres of grounds, the Village offers independent, cottage-style living.
2. **The Eden Alternative** introduces pets, plants, and children to the homes. The Sherbrooke Village Model in Saskatoon, a first in Canada, has 9 or 10 residents living together in houses attached to the rest of the facility by an internal street. 25 Grade 6 students roam the halls, giving waves, hugs and high-fives to the residents. They are taking part in a unique, intergenerational program — iGen — that embeds an elementary class inside an advanced care home for the entire school year.
3. **The Green House** incorporates stand-alone, small homes as

opposed to small units in large buildings. Mealtimes are an opportunity for social interaction and a sitting area replaces the traditional nursing station.

4. **The Butterfly Model** prioritizes emotional intelligence, offering positive experiences with face-to-face connection rather than a clinical application of procedures. Residents are grouped according to their level of dementia; caregivers and staff wear casual clothing and are encouraged to empathize with them. The home is filled with the "stuff of life" connecting residents with their past lives and interests. In 2018, Malton Village, a long-term care home in the region of Peel, ON, became the first "Butterfly" home. The Glebe Centre launched the Butterfly Model in one of its units in September 2019, a first in Ottawa. With the arrival of Covid-19, however, this was put on hold. Bonnechere Manor and Miramichi Lodge in Renfrew County began to implement the Butterfly Model in January 2020.

The speakers noted that C.A.R.P. Ottawa is working with 10 or more collaborating organizations on a grassroots campaign to bring about transformative culture change in Ontario's long-term care home system. Those who may be interested can find more details at carp.ca.

Gatineau Trails



First hikes of the season with the Gatineau Trails group. Photos by Karen Shigeishi-Waite and Karen Schwinghamer.

A CFUW-Ottawa Cookbook

The Couples' Gourmet Dining Group decided to defy that pesky, tiny, and insolent Corona Virus, who is not only busily attempting to lock down our entire planet at record speed, but, more importantly, created havoc with the Gourmets' traditional, time-honoured, elegant dinners, forcing them, like many others, to rethink their *modus operandi*. We are in the initial phase of publishing a CFUW-Ottawa cookbook during the fall and winter season, and ask all members to send us your favourite recipe(s) and your ideas for its cover.

Its proposed title is: **CULINARY CULTURE CANADA – Recipes of CFUW-Ottawa 2020**.

As the book will also include chapters on the history of porcelain



and china, cutlery, table linen, the proper way to set a table, etiquette and table manners, your ideas on any of these topics are most welcome, especially the delicate matter of eating with your fingers!

Please send your submissions to Kati Lyon-Villiger, including the name of your recipe, the name of the originator (if known), your name, a short description of who you are (not

By Maria Neil and Kati Lyon-Villiger

more than 5 lines) and a photo of yourself. If you would like to dedicate the recipe to someone, and you are encouraged to do so, give the person's name. Include a list of ingredients and number of people it will serve, the preparation, cooking directions and tips, if you have any, and nutritional values (optional). If you like, add a description of the dish, e.g., its origin, what it tastes/looks like, serving suggestions, etc. A picture of the dish would be good. If typing the recipe, please use Times New Roman, 12 point font, with 1.5 line spacing..

Deadline: As soon as possible, to enable publication at the end of the season.

All proceeds will go to the Scholarship Trust Fund.

The Crime Fiction Book Club

Who dunnit? With each book selection, that's the question that confronts the Crime Fiction Book Club. This dedicated group, initiated by Anne Jeanjean in 2011 with 14 members, continues to thrive, and six of those original members are still reading of murder and mayhem, today. Meetings were held on the 4th Wednesday of the month at the Alta Vista branch of the Ottawa Public Library, until the Pandemic required an introduction to ZOOM. The mystery now is how well we shall adapt and continue. Our first foray into the virtual world of crime will be on October 28th.

Crime fiction is demanding in its literary format. Novels must not only demonstrate sophisticated writing technique, but must weave twisted and intricate plots. Some popular authors have caught the Club's attention, among them, Elizabeth George and her polar opposite protagonists, Inspector Thomas Linley and Barbara Havers. Ann Cleeves highlights the unconventional Vera Stanhope. Peter May's books have become a frequent read, in part because of his prolific output and excellent writing. He has four series published, and is currently starting on a fifth.

Beyond the traditional novels, the psychological thriller is another genre encountered in crime fiction. This can take one beyond the cold case to a reality that is sometimes stretched. Paula Hawkins is an author who ventures into this realm. This year, we are also going to read Indigenous author Thomas King and delve into the world of his ex-cop sleuth, Thumps DreadfulWater.

At each meeting, a Book Club member presents a short biography of the author and a range of critiques from the media. A discussion of the story itself, given all the different opinions of the group, always proves enlightening. By

means of a roundtable at the conclusion of each session, we discover what new books each of us is currently reading. Lots of great suggestions result from this.

Every once in a while, we end up doing some sleuthing of our own. Last winter we came across two books that had been accused of plagiarism. Plagiarism is without a doubt on the rise in the era of digital books and self-publishing, but this was an example in two printed books: *Saving April* by Sarah Denzil (2016) and *The Woman in the Window* by AJ Finn (2018). The group decided to read both books and solve the crime ourselves.

While acknowledging that familiar tropes pepper crime fiction and are acceptable, we made a detailed comparison of the books, point by point. We found no evidence of direct wording that had been copied, and the settings were sufficiently different. Likewise, the styles of the two authors were very distinct. We all agreed that AJ Finn was the better writer. However, the plots overlapped so closely that if you read one book, you knew quite precisely what was going to happen in the other one. Our list of similarities in plot and characters included over 25 points! We thus felt the books were far too similar for this to be due to chance. Since Denzil wrote and published her book well before Finn, we had homed in on our villain: AJ Finn. To add insult to injury, Denzil is a little-known author whose book only sold

By Lynne Bond and Catherine Smith

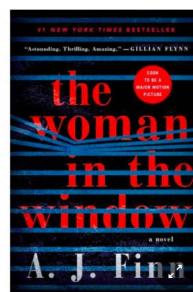
modestly, while AJ Finn had rocketed to the best-seller list with *his* version. We subsequently uncovered the fact that Finn has been exposed as a pathological liar who invented illnesses for himself and other family members to curry favour and even killed off his brother in his tales – more than once! He has also manipulated his way in (and out of) a number of higher-level positions at major publishing houses. Sometimes, it seems, real life characters can be as mystifying and unscrupulous as those on the page.

Convenors of the Month: Lynne Bond and Catherine Smith

Lynne joined the CFUW in 2007. Since then, she has been involved in the Book Clubs and Bridge Clubs, as well as our various Environmental and Dining Out groups. Her most dedicated roles have been with Resolutions and Issues, and at the AGM in 2018 she was awarded the Pink Rose for her selfless service to our Club.

Catherine currently serves on the Board of CFUW-Ottawa as VP Liaison, is also on the Zoom Committee and coordinates the Resolutions and Issues team. She is an active member of Exploring Indigenous Education, the Lunching Out group, Environment Action and MadriGals. A paleoanthropologist by profession, Catherine is Secretary of the Canadian Association for the Club of Rome (CACOR), on whose behalf she gave an online presentation this October, her subject being

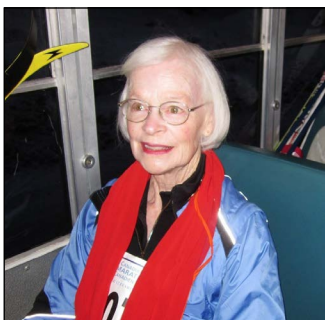
Food Security for Humankind.



In Memoriam: Elaine Copland

Written by her friend, Ann Flynn

It is with heavy hearts that we announce the passing of one of our cherished members, Elaine Copland, on September 8th. A remarkable woman with a generous spirit and steely will, Elaine was a stalwart member of our



Gatineau Trails ski group, with whom she skied, cycled and hiked for many miles over the years. In the past she was a coordinator for the group and was responsible for organizing two of their famous cycling trips. Elaine was also a keen participant for ten years in the Canadian Ski Marathon, an annual two-day ski tour between Lachute and Gatineau, and she was a gracious hostess for recent May luncheons for the Gatineau Trails group at her local community centre.

In 2017 CFUW awarded the Pink Rose Award to Elaine, who for many years took charge of the book table at our General Meetings. This honour goes to those Club members who quietly contribute to our events

with no thought of reward or prestige, but with exemplary dedication. It has taken a group to replace her. She also served for a while as Membership Convenor on the Board of Directors, and in 2010 she worked on

the Tours Committee for the National AGM in Ottawa.

Elaine was still doing cycling outings with her friends up until a little over a month before she died. She began to feel unwell and was eventually hospitalized at the Ottawa General Hospital with a rapidly progressive cancer. She had spent many of her later years caring for her husband, John, who survives her. She is also survived by her children, Lindsay (David Stewart) and Blair (Connie Higgs), and grandson, Malcolm, who was the light of her life.

Elaine was a gifted woman, a wonderful friend, and will be fondly remembered and missed by all who knew her.

In Memoriam: Thelma Juanita (Nita) Bradley

Nita Bradley's life came to an end on June 12, 2020, when she was 89 years old. She was a teacher in Nova Scotia and in Toronto before moving to



Ottawa, where she taught high school English and Special Education for 25 years. After 15 years of retirement, Nita also spent two years teaching English in Beijing and Xiamen, China.

She was an avid skier and bridge player, a member of CFUW-Ottawa and a mentor for the Ottawa Toastmasters Club, but most of all, she treasured the time she spent with her family.

Marlene Hewitt remembers Nita's "lovely smile and friendly manner" and says, "When I was President, I needed to find a venue for our CFUW Holiday Party. Nita suggested the RA Centre, because she had been very pleased with the reception there after her daughter's wedding. I investigated, and we have continued to go there yearly, ever since."

In Memoriam: Patricia Hall

By Marlene Hewitt

We acknowledge the passing of long-time former CFUW member, Patricia Hall, on October 5. Pat was born and raised in South Africa, and graduated from Rhodes University there. She immigrated to Canada in the 1950s, becoming a social worker in the Ottawa area.



Pat was always active, both mentally and physically, and enjoyed skiing and hiking with the Gatineau Trails group. She also liked

to canoe with friends and play tennis at the Rideau Tennis Club. She enjoyed reading, and belonged to the Literature Group IV. She also loved to travel, visiting friends and relatives in the Maritimes, U.S., Europe, South Africa and Australia. Older members will remember her astute comments about everything she saw, and her friends felt sad when she declined in later years with dementia. She died peacefully at the Perley Residence at the age of 91.



Do You Know Who We Are?

By Barbara Newbegin

This month's article about Graduate Women International (GWI) focuses on the *Teachers for Rural Futures* project. This scholarship program currently operates in the rural areas of Uganda where, due in part to a lack of women teachers, many girls are not enrolled in school or are forced to drop out. The project began in 2015 with the sponsorship of two female students; in 2016 three additional young women were supported. All five have now successfully graduated, and each of these new teachers will help to educate and thus empower innumerable other girls and women. The program is operated in collaboration with the local GWI affiliate, Uganda Association of University Women (UAUW).

Program goal:

- To increase the number of qualified women teachers in secondary schools in rural Uganda, thus also increasing the number of girls who remain in school in these areas.
- To provide important role models for girls.

Each scholarship covers:

- Tuition fees, books and supplies, meals, transportation, accommodation, and a stipend for living expenses.
- Miscellaneous fees such as library, gym, and graduation fees.
- Internships and practical experience opportunities.
- Mentoring and ongoing support with communication skills, etc.
- Community engagement and sensitisation workshops.



The five new teachers © GWI

This program is financed by private donations and crowdfunding through GlobalGiving, which closely monitors the projects it supports. GWI has also received about \$65,000 CAD worth of funding from the City of Geneva. These funds will support for four new students in this program.

Click [here](#) for more information on the GWI website, or to donate.



The Ottawa River

On November 9, CFUW-Ottawa's **Environment Action** group is going to be joined online by an Algonquin-Irish representative of the **Ottawa Riverkeeper** program, Elizabeth Logue, who will give us a presentation on "Citizen Science: community-based monitoring of pollution in the Ottawa River watershed" and will be happy to answer our questions.

Please contact Alison Hobbs if you are interested in attending this meeting as a guest, or if you would like to become a member of the group.

Our aim is to learn how and why our environment is changing, and to consider developments in Canada and elsewhere that promise to counteract global warming, reduce environmental pollution, or mitigate the loss of biodiversity. We can also discover how to advocate for positive change and can share ideas on how to take effective steps as individuals or within groups.

Meetings with occasional expert speakers take place from 1:30 to 3 p.m. on the 2nd or 3rd Mondays of each month.

CFUW – Ottawa Scholarship Trust Fund

By Patricia Duffey

The CFUW-Ottawa Club has been encouraging and supporting students seeking higher education since 1983. With seed money of only \$4000, we have built up our endowment funds to over \$400,000, thanks to the generosity of our members.

Last year we were delighted to award 31 scholarships worth \$78,000 to students at Carleton, the University of Ottawa, and Algonquin College. We raised our annual awards to \$2,000 and Carleton University's policy of matching funds have made it possible to endow three of our awards. This year we are delighted to introduce three new scholarships, endowed by members of our club. We are also thrilled to add *The Susan B. Davies Scholarship in Nursing*, awarded to a graduate or senior undergraduate First Nations, Inuit, or Metis student in the Nursing Program at the University of Ottawa.

This year, of course, Covid-19 has turned everything upside down. It seems more important than ever that we maintain the level of funding we have achieved. We know many students were unable to secure employment this summer and we have been told that not all students can rely on assistance from family members, due to their own unemployment. As well, interest on our Scholarship Fund's endowment has fallen, and major fundraising events planned for October and December have been cancelled.

We are increasingly relying on personal annual donations and on funds raised by the CFUW Study and Interest Groups; we hope you will help us to maintain our level of funding and our objective of encouraging and supporting deserving young women studying in university or college in Ottawa. Please consider making a personal donation, or a

Donations to the Scholarship Trust Fund may be made by cheque to **CFUW-Ottawa Scholarship Trust Fund** and mailed to: **STF Treasurer, P.O. Box 8392 Station T, Ottawa, ON K1G 3H8**. If you prefer to donate by credit card online, using Canada Helps, please click on the donation link on the [scholarships page](#) on our website, www.cfuw-ottawa.org. Tax receipts are issued for donations of \$20 and over.

donation from your group. Trustees of the Scholarship Trust Fund are happy to answer any questions and receive feedback. You can find a full listing of awards and trustees on [our website](#).

Every March we hold a reception when we invite the recipients and their families to come along to celebrate their achievement and to meet our members. Our music scholarship recipients are always delighted to perform for us, and we have had some wonderful concerts as a result. If allowed, in 2021, the ceremony will be held at the Carleton Dominion Chalmers Centre.

For further enquiries, please contact STF Chair, **Patricia Duffey** or Treasurer, **Joan Desautels**. Thank you for your interest and support of CFUW-Ottawa's Scholarship Trust Fund.



March 2020 scholarship award winners with CFUW supporters, photo by Mike Pender.

News from the Diplomatic Hospitality Group

The 2020-2021 season's opening event of the Diplomatic Hospitality Group was held on Friday, October 2, at the Rideau Sports Centre on Donald Street. Its open-air patio, sheltered from the rain on that morning, was large enough to allow for social distancing. A light coffee/tea and snack was served, following Covid-compliant procedures. Two weeks later, on October 16, the group took part in an "Autumn Adventure" — hayrides through the fields and woodlands at the Proulx Farms, Cumberland.

Each diplomat guest receives a "Welcome Gift", this season. As the DHG goal is to showcase Canada and Canadian history and culture, a gen-

erous friend of DHG prepared packets of mint-condition, commemorative postage stamps, depicting iconic Canadian figures, sites and artworks.



Each packet contains stamps featuring UNESCO World Heritage sites in Canada, the beaver (one of Canada's best known symbols), the Commonwealth Games, NATO, the International Year of Older Persons, tall ships, one of Canada's popular birds, (the screech owl) and a beautiful Canadian flower, the Spotted Coralroot.

The next two DHG events will be

- Friday, October 30 – a Haunted Walk through Ottawa
- November 13 – a tour of the National Cemetery

In addition to their events and outings, the DHG includes various subgroups: French Conversation and Culture on alternate Mondays; Spanish Conversation and Culture on alternate Mondays; English Conversation on alternate Tuesdays; Duplicate Bridge on Wednesdays; German Conversation and Culture on Thursdays.

For further information please contact Lisa Haley or Karen Martin.



Isabella Abols and Nadia Haddad of Lebanon wearing masks at the DHG Opener, photo by Lisa Haley



Diplomat guests and DHG members at Proulx Farms, October 16

Donations to Elizabeth Fry Society

For many years, our members have been collecting and donating household items and personal care products for the women/clients of the Elizabeth Fry Society of

Ottawa. Unfortunately, they are unable to receive our donations this year because of the Covid pandemic. We hope to resume our usual donations next year.