



Canadian Federation of University Women – Ottawa

Capital Carillon

November General Meeting

Don't Miss Our November Speaker!



Our guest speaker at the next General Meeting on November 7, 2022, at 7 p.m. is Andrew King, a local freelance artist and author. He brings together his rich background in design skills and animation to produce work that varies from contemporary landscapes to almost graphic cartoon-style images.

Andrew moved to Ottawa from Kingston to study Industrial Design at Carleton University. During this time, he contributed to the *Ottawa Citizen's* comics page with a weekly strip entitled "Off the Wall," which was published from 1993 to 1997. His love of cartooning brought him to the Television Animation program at Algonquin College, from which he graduated in 1997. At that time, Andrew's work evolved from animation studios to live action and video game productions.

(see Meeting on next page)

PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

"Whatever women do they must do twice as well as men to be thought half as good. Luckily this is not difficult." – Charlotte Elizabeth Whitton OC CBE (March 8, 1896 – January 25, 1975), a Canadian feminist and first woman mayor of a major city in Canada (Ottawa). She was a Canadian social policy pioneer, leader, and commentator as well as a journalist and writer.

As I write this message, it is Women's History Month in Canada, which commemorates the work of the Famous Five and the passing of "The Person's Act" on October 18, 1929. We have so many inspiring Canadian women! Dawn E. Munroe's Facebook page entitled Famous Canadian Women is worth checking out and following at <https://www.facebook.com/groups/27259974448>. (Dawn is a CFUW member with another club.)

But we do not have to look back in history or across the country to find inspiring women...we just have to look at the membership in our own club! What a remarkable group of gals you are!

Whether you have taken on a leadership role or volunteer quietly behind the scenes for those much-needed but perhaps unpopular jobs or contribute in so many other ways, you are a valuable and integral part of our organization. Thank you for being you!

What an exciting season we have ahead! After so many, many months of meeting through cyber space or

not at all, we finally are able to join each other face to face. We have 50 Interest Groups to get involved with, not to mention Board Volunteer Committees and Special Standing Committees. If you are not already

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In 2003, while between projects, Andrew began to paint and exhibited his first show. His work is inspired by where he grew up, his travels, and Prince Edward County, where his family live. Andrew's work evokes both humour and emotion through minimalism, lighting, and colour. His work has been featured in art exhibitions in Ottawa, Toronto, Guelph, and Muskoka.

Andrew's presentation will intertwine his interests in art and history, for example, his series of lighthouses in Prince Edward County and his current work on landscapes on Newboro Lake.

Save the Date

Leaves are falling, the north wind is blowing, and the holiday season is fast approaching!

Please save the date for our festive Holiday Party: December 5, at the Royal Ottawa Golf Club. Exciting details to follow. Hope you will join us.

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: December 2022; deadline for submissions: November 15

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

President's Message – continued

participating in one or more of these, but are interested in joining, I know you will be more than welcomed, even if the groups have already started.

By joining our Ottawa Club, you have also joined the National group of Canadian Federation of University Women, to which our club pays membership fees on your behalf. With more than 100 independent clubs like ours across Canada as members, CFUW-National has a great opportunity to advocate for us to the Federal Government on issues that concern us.

Because of its size, CFUW has been able to garner an array of discounts and travel opportunities that might interest you. Check out the email sent to you October 12 or the CFUW website page: <https://cfuwadmin.org/tools-and-resources/membership-benefits/>. In order to qualify you will need the code that the link to the particular service is asking for, or your Ottawa Club Member ID, which can be found on our club's website Members Only directory page... just look up your name. <https://cfuw-ottawa.org/page-805996>

As an Ottawa Club member, you also belong to Graduate Women International (GWI), which advocates for women's rights, equality, and empowerment through access to high-quality secondary and tertiary education and training up to the highest levels. Its vision is 100% of girls and women around the world achieving education beyond primary school.

No small organization, GWI has national affiliates in 60 countries and individual members in more than 40 others. To learn how you can become part of an international network of women working for change, check out their website <https://graduatewomen.org/>. It is also not too late to participate in GWI's Triennial General Assembly and Conference *From Growth to Sustainability*. For more information click here: <https://graduatewomeninternational.idloom.events/ga2022>

Not to stop there...your Ottawa Club membership also goes towards your membership with the CFUW Ontario Council. It is a voluntary, self-funded, non-profit, non-partisan women's organization. Its members seek to provide life-long learning, improve public policy, and advocate to the Provincial Government for gender equality and the rights of women and girls (primarily). It offers quarterly workshops and committees you can join such as Advocacy, Education, Legislation, Resolutions, Status of Women, and Human Rights. For more information, click on this link: <https://cfuwontcouncil.org/>

Our Ottawa Club has so much to offer...we advocate, educate, and have a terrific time doing it. We have a remarkable group of members. Don't keep a good thing to yourself...Invite a friend!

"We all have ability. The difference is how we use it." – Charlotte Whitton

All the Dirt

Well, it is that time again ladies – time to put your garden to bed for the winter. Whether you have a perennial garden, vegetable garden, or both, your precious plants need to be tucked in safely in advance of the frost and snow, which will be upon us far too soon.

A little work now in the pleasant days of autumn will ensure that your perennials come back full of vigour in the spring. But don't rush it – wait until the temperatures are consistently cool and your plants have stopped growing. I generally aim to close my garden the last week of October or the first week of November. At this point, it is also important to take stock of your garden so that your successes can be replicated next year and any change ideas will be fresh in your mind in the spring. I find it very useful to take pictures of the garden as it is now and make notes about which plants I want to move and to where.



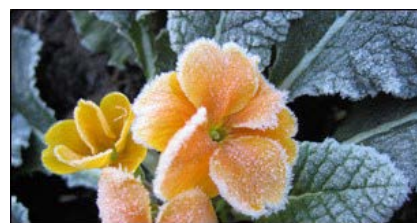
Then, get out those knee pads once more and remove all the weeds!

What looks like a tiny weed right now will become enormous in the spring, so ruthlessly pull them all out. Another important winterization step is to hydrate your garden thoroughly before the ground freezes to ensure adequate water supply for overwintering.

If you have any plants that were plagued by insects you should remove all the affected foliage – better yet, cut them down to ground level. Many gardeners prefer to leave healthy perennials standing all winter as insulation for the new shoots next spring and to provide shelter for beneficial insects and animals. Also remember that there is no need to pull out perennial vegetables (e.g., rhubarb and asparagus) and herbs (e.g., oregano and thyme) because they will come back next season.

In Ottawa, it is a good idea to mulch your new and/or tender perennials to protect them from our wild winter temperature swings. The freeze/thaw of our winters can cause the soil to expand and contract and can potentially heave newly established plants right out of the ground, exposing their roots to harm.

If, like me, you have some favourite annuals, now is the time to gather some of their seeds, dry them, and store them in a labelled plastic baggie.



I often give packages of these seeds for Christmas presents as a reminder that that spring is not that far away. And, of course, don't forget to plant your bulbs for spring....PS if you wrap a piece of a banana peel around each bulb, the squirrels won't dig them up!

Finally, don't forget to clean and oil your tools before putting them away, because there's nothing worse than picking up a dull and rusted tool in the spring.



So as winter slowly creeps up on us and the days become shorter and Jack Frost comes nipping, remember to take the time to wrap up your beautiful plants so they will survive their long winter's nap. Spring is really only five months away!

Karin Keyes Endemann



Graduate Women International Triennial – November 11-13, 2022

Early Bird registration is open!
Registration is 60 Swiss francs until 31 October 2022.



Graduate Women International
From Growth to Sustainability
34th Triennial
General Assembly and Conference
11 November - 13 November 2022



Note: GWI Members are invited to register for the General Assembly and Conference. Non-members are invited to register for the public conference. Follow this link to register:

<https://graduate-women-international.idloom.events/ga2022>

If you are interested in the larger issues that are tied to education whether to the lack of access, quality or to the greater good of our society, you should check this out. Our national organization, CFUW, will be presenting - “How we do Advocacy-Fighting for Social Justice with Education”. Sessions will be offered by experts from GWI membership as well as distinguished international speakers. The General Assembly and Conference subthemes are:

- **Theme 1:** The change we need: Youth as leaders and change makers for modern adaptability to achieve and implement the Sustainable Development Goal 4 (“Ensure Inclusive and Equitable Quality Education and Promote Lifelong Learning Opportunities for All”) (SDG 4).
- **Theme 2:** Graduate women at the grassroots level: Localizing the SDGs through capacity building, awareness raising,

outreach, community dialog, data collection, training and support.

- **Theme 3:** Addressing general and systemic inequality in education; developing and influencing policy.
- **Theme 4:** Beyond the basic skills (reading, writing and arithmetic): Promotion of education for peace, health, civics, culture and the arts, ecology, and sports, social and vocational skills.
- **Theme 5:** COVID-19: Compensating for the effects of COVID-19 on education for women and girls; how to adapt and move forward.

Expected Outcomes:

- Delegates should leave the conference informed, enthused and with a commitment to the GWI Renew and Rebuild project and to taking an active and leadership role in implementing the strategies put forth and developed at the event.
- Members with a clear vision for the future of GWI as a leading advocate for education in the world.



Gat Trails Season Launched!



The cool drizzly start of the day didn't stop more than 50 enthusiastic members of Gat Trails from coming out for our first hike of the season on September 27. We met at P5 in Gatineau Park, then headed onto the trails, some climbing the Skyline loop, while others enjoyed the beautiful trail #79. Soon the day's gloom lifted and happy chatter filled the air as we caught up with each other after our

summer break. Following our two-hour walk in the woods, we gathered at the Penguin Picnic field for, you guessed it, a Penguin Picnic! We all enjoyed lunch, coffee, treats, and a few surprises. After a short briefing on the activities for the year, we left the picnic happy to be back to our regular Tuesday outings.

Heather Brown

Diplomatic Hospitality Group

The Diplomatic Hospitality Group (DHG) launched its 2022-23 season with a fun welcome coffee party at the Rideau Sports Centre on September 23rd. It was great to re-connect with returning members – and a joy to welcome newly arrived diplomats and meet new Canadian members. With an excellent turnout of over 40 guests, there was much friendly chatting throughout the morning!



Attendees learned about DHG's Interest Groups, and guests received our September newsletter and learned about DHG's fall/winter programme of activities and outings.

DHG's first outing of the season was on September 30th. Given the significance of the date as the National Day of Truth and Reconciliation, we began the morning with a discussion of the history and significance of the day for all Canadians as well as an explanation of how the orange shirt



was chosen as emblematic of the day.

Our event was held at Mini-Golf Gardens, a beautifully manicured centre with spectacular gardens and water features – and two 18-hole courses. It was a picture-perfect sunny fall day for DHG members to play mini-golf, get to know one another, and cheer for a few lucky holes-in-one. Our diplomat friend from Kazakhstan actually got two!

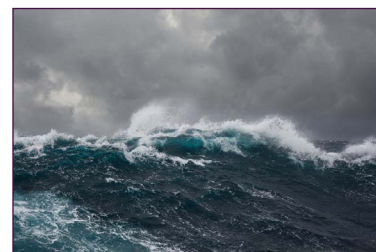
We are pleased to have over 60 Canadian members in DHG, and all CFUW-Ottawa members are welcome to join. Our membership fee of \$30 allows DHG to offer our activities at either no cost or at a reduced rate. For more information, please contact info@dhg-ottawa.ca. *ALisa Haley*

Environment Action Update

November 21 at 1:30 p.m. the **Environment Action** group will host a Zoom meeting open to all members and friends of CFUW-Ottawa, welcoming Dr. Jake Rice, an oceanographer. Dr. Rice was Chief Scientist at Canada's Department of Fisheries and Oceans and has been an advisor to the United Nations International Panel on Climate Change (IPCC). As the author of over 300 scientific publications, with an in-depth knowledge of marine ecosystems, conservation, and natural resource management, he is keen to tell us how climate change affects ocean currents and what this means for the fishing industry in Canada.

If people you know would be interested in hearing this talk, please have them contact environment@cfuw-ottawa.org for an invitation.

The Zoom link to the meeting is <https://us02web.zoom.us/j/86767727212?pwd=dml3MWoyajQ3SGNXdVdNbnBPSmoyZz09>



MARK YOUR CALENDARS!

November 7, 7:00 p.m. – Monthly Meeting – in person at Riverside Church, 3191 Riverside Drive and by Zoom. Guest speaker is author and artist Andrew King

December 5 – Holiday Party Lunch, Royal Ottawa Golf Club

April 27, 2023 – Musical Lunch, Royal Ottawa Golf Club

June 8, 2023 – Dinner for Hope, Ottawa Hunt and Golf Club



NEWCOMER PROFILE

Welcome, Terry Anderson!

After my divorce (38 years of marriage, if you can believe that) I immigrated back to Canada after living for 10 years in Vermont. I chose Ottawa because my two children live in nearby towns, and I wanted the advantages of a downtown life with all the activities easily available. This reasoning was sound, but COVID stifled my adventures in 2020 and most of the winter of 2021. Then I met a lovely woman, Sachiko Okuda, while cross-country skiing



on the canal while she was putting on her skates. She suggested that I join CFUW. I am happy to say that I took her advice and have participated in the Gatineau Trails, Wine & Spirits, Environment Action, Travel, and Gardening Groups as well as the Writers' Workshop. I have met many lovely women and have made some good friends. Thank you all for enriching my life.

Graduate Women International (GWI) Reflections on Truth and Reconciliation

We as CFUW members know that our membership in Graduate Women International has meant that we have learned about indigenous issues and how what happens on the international stage reflects back to our nation, which has a strong commitment to the UN and its important role in world peace and justice.

The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) was adopted 15 years ago, and Canada endorsed it in 2016.

GWI is continuing its efforts to support indigenous peoples by submitting a written statement to the 51st session of the Human Rights Council (HRC) as a respectful and urgent call for States to renew and rebuild their commitment to the UNDRIP, which obliges them to take effective measures

and, where appropriate, special measures to ensure continuing improvement of their economic and social conditions, including education.

History: The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), adopted 15 years ago by most States, is the most comprehensive international instrument on the rights of indigenous peoples. There are an estimated 476 million indigenous people spanning 90 countries and speaking an overwhelming majority of the world's estimated 7,000 languages and representing 5,000 different cultures.

Karen Dunnett
GWISNED

"Establishing lasting peace is the work of education" – Maria Montessori

Maureen McTeer October 3 Speaker

It was the noon speaker at the Manitoba Nurses Association meeting in 1989 who sparked Maureen McTeer's interest in reproductive technologies. Ms. McTeer became active on the issue, served on the Royal Commission for Reproductive and Genetic Technologies for two years, was the first Master of Laws student in reproductive technologies at Dalhousie University, and during Covid wrote *Fertility: 40 Years of Change*. She noted that one in six Canadians needs help with fertility and that while reproductive medical procedures such as delivery of the baby and premie care are paid for publicly, assisted human reproductive medical procedures (e.g., in-vitro fertilization) are paid for privately. She argues that these procedures should be publicly funded with public responsibility and accountability. She proposes that the Assisted Human Reproduction Act be amended and suggests a Pan-Canadian regulatory body be developed, which would include the collaboration of federal, provincial, and territorial governments. It would establish a set of rules applicable to every clinic practising reproductive medicine and using New Reproductive Genetic Technologies (NRGTs). It would also include the collection and publication of uniform data from all clinics.

Her book may be ordered through https://irwinlaw.com/browse/?filter_imprint=delve-books

Women with Hammers

Women with Hammers (WwH) kicked off its new season earlier this month with a Tour of the Habitat for Humanity ReStore – Trainyards. Karen Vejprava, the store manager and marketing/social media person for the ReStores and Habitat for Humanity, conducted an inspirational tour.

Members learned numerous creative ways to uniquely adapt and use tiles, doors, lighting, furniture, cabinet doors, and host of other things. Besides thinking “out of the box,” members of the group realized they could renovate or add to their personal environments at significantly lower costs with items that were “new” (donated by companies or contractors) or slightly used.

All members left the ReStore with a coupon and some purchased items for their projects. The adventure continued with the group going for coffee and spending time socializing. What a great morning!

The high level of interest expressed by members has resulted in a second **Tour of the ReStore** being scheduled for **Wednesday, November 9, at 10:00 a.m.** The group will also meet for coffee after the tour. Registration ASAP: womenwithhammers@cfuw-ottawa.org

Another opportunity on **Wednesday, Nov. 9, from 9:00 a.m. to 12:00 p.m. at the Ottawa Tool**



Photo courtesy Eugenie Prevost

Library will be an opportunity for Women with Hammer Members to learn how to use basic tools while making a bread board. (Perhaps the bread board could be given as a Christmas present!)

Participating workshop members will not only leave with experience and their own creation, but bragging rights for their accomplishment! This basic course opens the door for members to participate in numerous other workshops such as building planters, tea boxes, pepper mills, etc. The group can then head off together for lunch at a fantastic nearby restaurant.

Register ASAP (seats are limited)

at: womenwithhammers@cfuw-ottawa.org

Quite an impressive list of speakers is lined up to present this winter on ZOOM or hopefully in person. For example, speakers will be addressing modernizing and creating unique furniture out of old by the owners of Preloved2Beloved Furniture; and Wiring Light Fixtures and Plumbing Repairs by two employees of the Electrical and Plumbing Store near St. Laurent.

Thinking you'd like to join us? Email Eugenie Prevost, convenor, at womenwithhammers@cfuw-ottawa.org

Gatineau Trails

Hikers enjoying glorious fall weather earlier this month.



Luncheon and Games Fundraiser for STF

The first in-person fundraiser since the May Gala was held on October 17th at the Royal Ottawa Golf Club. Seventy-two members and guests enjoyed a delicious lunch followed by a fun afternoon of mahjong, bridge, euchre, and board games. Thank you to all volunteers, attendees, and supporters, making the event a wonderful success. We were delighted to raise almost \$3,000!

Pat Duffey and Alice Bolt



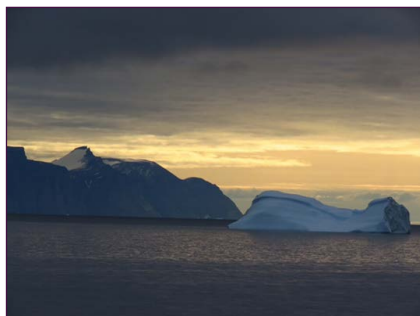
Travellers' Corner

Where have you been, Jill Moll?

From August 2-13, Ocean Endeavour worked its way around the “growlers” so that we could visit Greenland, go



up its fjords and then cross the Davis Strait to stop in Pond Inlet. The beautifully coloured houses on Illusiat,



Greenland, were a photographer's dream, and staying up to appreciate the midnight sun was well worth it.



The Situation in Afghanistan and What Canada Can Do

Afghanistan is deteriorating. Five million people are suffering acute hunger, poverty is climbing to more than 95 per cent, and public services are in disarray, according to Hassan Soroosh, Afghanistan's Ambassador to Canada in a talk to members of UWHAW and friends.



There is no government, and international terrorist groups are becoming entrenched throughout the country, a threat to the people of Afghanistan and the international community.

Human rights abuses are rampant, with extrajudicial killings and punishments, and the repressive policies are most painful to the women and girls. It is “gender apartheid,” with women being forced from jobs, schools, public spaces, and required to be in their homes except when fully covered and accompanied by a male family member.

Canada Could Respond

The Ambassador urged Canadians to provide a platform for women and girls

so they can tell their stories. He quoted a member of the famous all-girls robotics team who said “Do not

let Afghanistan become the cemetery of our hopes and dreams.” He also suggested that Canada could work with the international community to coordinate an umbrella organization for monitoring and reporting human rights violations.

The UN appeal for aid is faltering, and women and children will suffer most, especially if the aid is not delivered through reputable NGOs. One option for Canada is to help female entrepreneurs find markets for their goods; he said the Embassy

would help with such initiatives. This could be important as there is “no hope for a breakthrough in the area of education at the secondary level for girls.” Continued support for private schools, those not under direct Taliban control, is important as students cannot afford tuition.

The Ambassador thanked Canada for being a consistent partner and asked for continued pressure on the Taliban, to increase the number of commercial flights to expedite evacuations, simplify procedures for refugees to get here, and work with the Afghan diaspora to help newcomers.

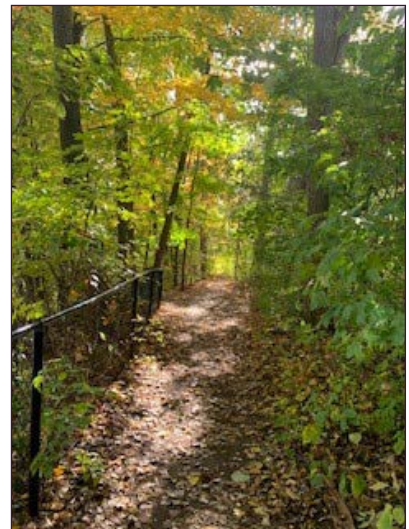
Fran Harding

REMINDER

All members of CFUW are welcome to attend *University Women Helping Afghan Women* Zoom meetings. The next meeting is Thursday, November 3, at 1:00 p.m. Corey Levine, a Canadian journalist with years of experience in Afghanistan, will be our speaker. Please contact Ann Lieff at aplieff@rogers.com to be added to the mailing list.

Ottawa Through a Lens

Photos taken by your editor, Moira Phillips, in and around her neighbourhood over Thanksgiving weekend.



The Well-Being Writing Group: a space to connect with yourself and others

Starting this month, a new interest group, The Well-Being Writing Group, gathers for a relaxing, inspiring journey through words.

I am Sonia-Sophie, a published poet, trauma-writing specialist, and creative wellness coach.

Over the past few years, I have developed a new way of writing with more ease and joy, one that involves

a connection to your body and emotions. As the convenor of The Well-Being Writing Group, I will be guiding you through this process. If you feel like exploring through words and love, sharing some of your ideas and emotions with others, you are more than welcome to join us.

This is a bilingual group. However, you don't have to be fluent

in French or an experienced writer to attend. The participation of people with different backgrounds will enrich the experience and provide diversity.

Our group will meet on the fourth Wednesday of the month, from 7:00 pm to 8:30 pm by Zoom. The first meeting is October 26. For more information, you can reach me at soniasophiecourdeau@gmail.com.

Quinoa Brittle

This scrumptious brittle was a great hit at the Gat Trails Penguin Picnic last month, thanks to Pat Harman. The recipe originates from *The Minimalist Baker*.

Prep time: 5 mins • Cook time: 25 mins • Servings: 10

Ingredients

- ½ cup uncooked white quinoa (if desired, use “sprouted” quinoa for improved digestibility // we love Tru Roots organic brand)
- ¾ cup pecans, chopped
- ¼ cup gluten-free rolled oats
- 2 tbsp chia seeds
- 2 tbsp coconut sugar
- 1 pinch sea salt (optional)
- 2 tbsp coconut oil
- ½ cup maple syrup



Instructions

Preheat oven to 325° F (162° C) and line a baking sheet with parchment paper, ensuring it covers the entire surface and all the edges (to prevent spill over).

Add quinoa, pecans, oats, chia seeds, coconut sugar, and salt (optional) to a mixing bowl – stir to combine.

To a small saucepan, add coconut oil and maple syrup. Warm over medium-low heat for 2-3 minutes, stirring occasionally until the two are totally combined and there is no visible separation.

Pour over the dry ingredients and stir to thoroughly combine and coat. Arrange on parchment-lined baking sheet and spread into an even layer with a metal spoon. Try to get it as even as possible, or the edges will burn and the center won't crisp up (see photo).

Bake for 15 minutes, then turn the pan around to ensure even browning. Bake 5-10 minutes more and watch carefully as to not burn. You'll know it's done when uniformly deep golden brown in color and very fragrant. The edges may appear to be getting too brown, but they're just getting crisp and caramelized, so don't be afraid of that!

Let cool completely before breaking into bite-size pieces with a sharp knife or your fingers.

Once completely cooled, store leftovers in a sealed bag or container at room temperature for 1 week or in the freezer for up to 1 month. This makes an excellent holiday dessert or gift!