



Canadian Federation of University Women – Ottawa

Capital Carillon

November Speaker



Our speaker at the **November 6** meeting will be Adrian Cho, who will be speaking on understanding creativity. He is well placed to do so, as he touches on several creative areas in his life. Adrian is best known to Ottawa jazz audiences as the founder and Artistic Director of the Ottawa Jazz Orchestra, a unique, critically acclaimed symphonic mass ensemble he founded in 2006. As a jazz bassist he freelances and performs around town for various events. Adrian believes in entertaining as well as educating through music and has often been praised for his connection with audiences.

As a photographer, Adrian has travelled the world photographing wildlife, nature, people, places, and culture to promote ethical wildlife photography and wildlife conservation. You can view some of Adrian's photography at adrianchophotography.com.

Adrian loves to share his unique cross-disciplinary experience and perspectives through teaching and

(see Meeting on next page)

PRESIDENT'S MESSAGE

CATHERINE SMITH

"Woman – Life – Freedom."

This was the battle cry of demonstrators (many of whom were killed) fighting against the oppression of women in Iran in 2022 following the killing of a young woman by the country's morality police. This motto also exemplifies the work of the winner of this year's Nobel Peace Prize, Narges Mohammadi, an Iranian human rights activist who has been fighting for the rights of women in her country for decades, often from behind bars; in fact, she is in prison as I write.

It is heartening to see the Nobel committee recognizing the work (and plight) of women such as Narges. The more attention she and her cause receive, the more the world will realize what is happening in places like Iran and how the lives of women in many parts of the world are still deeply repressed, unequal, and often lacking in basic human rights. And while Iran may seem like the epitome of oppression for women, let us not forget that the women of Afghanistan are even worse off – they currently rank at the *very bottom* of all countries on the Women, Peace, and Security Index.

I note that it was a good year for women winning Nobel Prizes. Indeed, only a few days after Narges won the Peace Prize, Claudia Goldin, a Professor at Harvard, won the Nobel

Prize in Economic Sciences for illuminating the factors that have led to gender disparities in the labour market over time. Her work has had a huge and lasting impact on understanding and redressing the gender gap in employment opportunities

(see President's Message on next page)

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and compensation for work performed. Many important strides have been made towards rectifying the inequalities, but there is still work to do. The gender wage gap in Canada currently stands at 13% overall, and COVID eroded some gains in equality that had been achieved before the pandemic began.

While I noted that it was a good year for women winning Nobel Prizes, with women receiving awards in four different categories, I also want to point out that only four out of a total of 11 recipients were women: that's only about a third of the award winners. Why wasn't it a half or more? We are making strides, but there is clearly still much work to be done, both here and abroad before true equality is reached. Let us not be complacent!

Meeting — continued

writing. He has been teaching in Carleton University's Learning in Retirement/Lifelong Learning program since 2011.

The meeting will be followed by a special reception to celebrate the STF Philanthropy Award.

Pat Duffey



All the Dirt

As a gardener, I always find it fun to discover new plants. Looking back on this past season, I would say that the Imperial Star Artichoke (*Cynara scolymus*) is at the top of my list to plant next season.

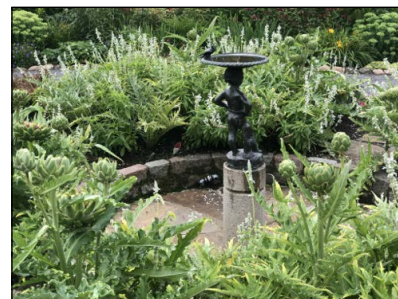
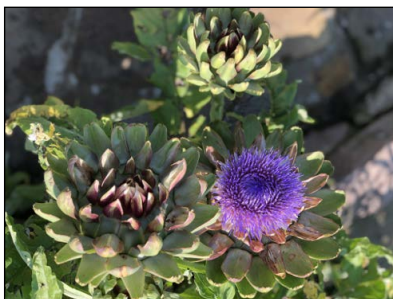
I first discovered these artichokes at Maplelawn Garden on Richmond Road. As a member of the thistle family, it is bred for annual production. The plants have spiky, silvery foliage and flower stalks that grow three-to-five feet tall. The flower buds can be eaten and, if left to open, produce a stunning bright purple flower that

attracts bumblebees and other pollinators.

Plant artichokes in sunny vegetable gardens or flower borders. They also make excellent container plants when grown in large, deep pots. Growing artichokes from seed isn't difficult, but they take a few weeks longer than crops like tomatoes or peppers.

Why not try planting vegetables in your flower garden next year? The textures and foliage will add beauty to your garden and will be a great conversation piece!

Shelley Chambers



Photos by Shelley Chambers

In Memoriam – Arlene Harrison

Arlene Harrison died peacefully in bed with family by her side at the Montfort Hospital in Vanier on August 31 at the age of 84. Arlene was born in Kirkland Lake, Ontario, and spent her working years as a committed teacher of Geography and ESL. Arlene's first and lifelong passion was dance. She danced all over the world. She taught dance and was an amazing



acrobat. As a majorette, Arlene twirled her baton in parades, opened games for the Toronto Argonauts, danced at the National Ballet of Canada and tap-danced into her seventies with the Happy Tappers, Ottawa. Arlene was a member of CFUW-Ottawa for many years; she belonged to a book club and to the Art Gallery group.

Sending Laptops to Kabul

The bad news is that the current Taliban regime is preventing all women in Afghanistan from obtaining advanced education, now even prohibiting women with student visas from leaving the country. The good news is that at the start of September a delighted and deserving dozen young women in Kabul received equipment enabling them to connect to online learning and other web-based educational materials. What is the story here?

Inspired by the 2010 National CFUW AGM speech of Dr. Sima Samar, Afghan physician and activist, a group of women in CFUW-Ottawa created the interest group, University Women Helping Afghan Women (UWHAW). A primary goal was to support the women and girls in Afghanistan with special emphasis on tertiary education. (The current co-convenors of UWHAW are Leila Metcalf and Barb Newbegin.)

This support meant helping selected young women in Afghanistan with scholarships at Gawharshad University, founded by Dr. Samar in Kabul. The first fund-raising initiative was held in 2011, and many followed. After the Taliban takeover again in 2021, the Canadian Anti-Terrorism legislation stopped UWHAW from sending more money in this way.

The attention of the resourceful women of CFUW-Ottawa moved to refugee women. In May 2022 the HOPE gala in the Shaw Convention Centre (a combined initiative of CFUW-Ottawa, HOMSA, and IOC) was a big effort that resulted in big returns. The funds from that event are for endowed scholarships for refugee women in Canada studying in Ottawa post-secondary institutions.

A separate endowed Bursary for Afghan women refugees in Canada attending Algonquin College was also set up through the CFUW-Ottawa Scholarship Trust Fund.

Many hearts still ached for the young women who were stuck in Afghanistan, worse off than ever. The Executive of UWHAW, never forgetting the original goal of UWHAW to help women in Afghanistan with their education, wondered whether there were ways UWHAW could legally assist young women remaining in Afghanistan with their education, notwithstanding the Taliban prohibitions and the Canadian Anti-Terrorism legislation. In the fall of 2022, the Executive set up a sub-committee, the Afghan Education Fund Committee, to research possibilities. After some months of investigation, in March 2023 the AEF Committee recommended that UWHAW partner with Canadian Women for the Women in Afghanistan (CW4WA) and their Remote Communication Assistance (RCA) Program. The Executive of UWHAW, the general membership of UWHAW, and the CFUW-Ottawa Board all voted to approve this partnership. On June 26, 2023, Leila Metcalf, Co-convenor of UWHAW, and Catherine Smith, President of CFUW-Ottawa, signed the partnership agreement with CW4WA.

Online education is currently the only viable option for these young women to continue their education. CW4WA, very supportive of UWHAW efforts, is proving to be a good partner. It has a huge library of online courses in several languages. Their lawyers have done due diligence in making sure that



their programs do not run afoul of the Canadian Anti-Terrorism legislation. The safety of the young Afghan women being of paramount importance, many safeguards are in place. The partnership means that it is possible to provide tax receipts for donations. The Remote Communication Assistance program provides the women with the technology they need to keep learning. Eight hundred dollars covers the cost of one laptop and power supply. An additional \$90. is needed every six months for internet access. So far UWHAW has been able to support a dozen women with this equipment. These are selected former students at Gawharshad University who are bright, diligent, and in need. They initially will be put in courses to improve their English skills because those skills provide a doorway to other opportunities. Note, however, the internet means a contact with any academic program anywhere for which they are eligible. Hundreds more women in Afghanistan want and need this help.

Should you wish more information or think this is a program you might like to support, here is a link <https://www.cfuw-ottawa.org/page-1863197>

Heather Lewis

Book Review

Historical Fiction Book Club

The Son of the House is a novel highly recommended by our book club. It is described as a “powerful and intimate narrative,” spanning four decades of the lives of two Nigerian women. While kidnapped, the characters tell each other their own life story.

Only such a situation would allow someone to share so many deep secrets. I was captivated by each woman’s life, full of incredible struggles. Some details are extremely disturbing, but they are important to know in order



to understand each character’s suffering.

While writing about every-day life in Nigeria, including the customs and social-class conflicts, the author includes details about Nigeria’s historical, political, and economic challenges.

It’s a feminist story, written for the people of Nigeria, but it’s a book that should be read by anyone interested in learning about women’s lives in the most populated country in Africa.

Maria Hunter

In Memoriam – Hope Ross-Papezik

Hope was a beautiful woman—refined, elegant, cultured—and loved anyone who came from Montreal West or graduated from Queen’s University and McGill University. She loved parties, art galleries, performances, concerts, luncheons, and dinners on the verandah of the Royal Ottawa Golf Club, fine clothes, and cruises with friends. Her vibrancy and enthusiasm for life only increased with the years, peaking in her 80s. She loved people, was thoughtful of others, and intensely interested in their lives. Hope died in July 2023.

Hope was born in Montreal West in 1925 and went on to earn a B.A. from Queen’s University, a Bachelor of Social Work from McGill, and a secondary school teaching diploma.

In 1961 she moved with her



husband to St. John’s, Newfoundland, where she lived for 30 years, teaching in the Department of English at Memorial University for 20 of those years, retiring as an Associate Professor.

On retirement she settled in Ottawa, becoming a member of CFUW-Ottawa, having been previously a member of the St. John’s club. Along with her friend Flora Crombie, Hope founded the Tea, Tales, and Treasures Group in 2004. She organized her last meeting of that group in 2019. She was also a member of the Canadiana Group for many years. Although not recently active in our club, Hope was presented a 50+ year CFUW member award in 2013. (The photo is from Hope’s last Tea, Tales, and Treasures meeting.)

Environmental Action Group

Climate change was a HOT topic this summer as we experienced forest-fire smoke, floods, and hurricane winds. This likely explains the increase of interest and membership in the Environmental Action Group. We now number 60.

Research has shown that climate anxiety is reduced when individuals work on “small, controllable” actions. So, at our first meeting of the year, members identified a long list of individual actions that could be taken to reduce emissions.

Clothing and Climate Change

Climate change was on my mind as I culled my summer wardrobe and prepared clothes for the fall/winter. I stopped to reflect on the *real* cost of the clothing I wear and was shocked to learn that the fashion industry is responsible for 10% of annual global carbon emissions, more than all international flights and maritime shipping combined, according to the World Bank, and that less than 1% of used clothing is recycled into new garments. Our group identified three actions to reduce clothing emissions:



reduce the amount of clothing you buy, *reuse* older clothing, and *recycle* unwanted clothing by donating it and marking unsuitable clothing as BALE when donating.

Lynn Davies

Movie Club

Are you interested in watching movies that inspire, educate, and make you think? If so, read on! The Movie Club watches one film each month chosen from Netflix or one from the Bytowne Cinema or Mayfair Theatre. The selection includes foreign films, documentaries, hidden gems, and others. Reviews are often submitted by members - with a 👍 or 🗣️ - and shared with others in the Movie Club. For movies at the theatre, we often go out afterwards for a bite to eat and to discuss the film. For movies online, there is a Zoom discussion where we share our thoughts. These take place on the fourth Wednesday of the month. The photo below captures moviegoers enjoying Korean food in a pre-Covid outing after a movie at the Bytowne Cinema.

If you are interested in joining the Movie Club, please contact Karen Shigeishi-Waite at movies.cfuw@gmail.com.



In Memoriam – Iza Morawiecka

Iza Morawiecka died on September 27 at the age of 77.

Iza was born in Taymouth Castle, Scotland, before emigrating to Canada in 1960. She studied for her BSc in Pharmacy at the universities of Ottawa and Toronto and worked in the private sector and Health Canada. Always an activist for many social and political issues, she belonged to CFUW and was particularly active in the UWHAW group. Iza made friends everywhere she went through her varied interests and gregarious nature. She enjoyed the outdoors: tennis, skiing, swimming, and biking.

In more recent years, she devoted more time to Polish affairs, including translating her mother's and grandmother's wartime diaries, and made presentations about her family history within the wartime context.

Fran Harding writes, "Iza was



such a fine woman. Adventurous, kind, caring, and courageous. Among other things, I will remember her for her numerous contributions to support the women and girls of Afghanistan." Hally Siddons added, "she was a marvellous human being, well-read and a great

conversationalist. She researched extensively and presented on her family during and after the War – all so very interesting. It is marvellous that she was able to pass all that on to her family. As a female pharmacist she was ahead of her time. A keen athlete, she was a woman of many talents, including that of sommelier. In fact she looked after choosing, ordering, and serving the wine during our UWHAW Garden Parties and always with a smile! Indeed she was a great supporter of UWHAW and joined us as recently as June. She will be greatly missed."

MARK YOUR CALENDARS!

November 6, 7:00 p.m. – Monthly Meeting – in person at Riverside Church, 3191 Riverside Drive, and via Zoom: Understanding Creativity. The meeting will be followed by a special reception to celebrate the STF Philanthropy Award.

December 4 – CFUW-Ottawa Holiday Party, 11:00 am – 2:00 pm
The Royal Ottawa Golf Club, 1405 Aylmer Road, Gatineau



DHG Kicks Off a New Season

The Diplomatic Hospitality Group (DHG) kicked off its 2023-2024 year with a season-opening welcome event at the Rideau Sports Centre on September 22. It was a terrific morning, with over 50 Canadians and Diplomats in attendance.

Attendees received an overview of DHG activities, and details about our interest groups for English, French, German, Spanish, Duplicate Bridge and Snowshoeing – as well as the many fun and educational events planned. I was delighted that our CFUW-Ottawa president, Catherine Smith, joined our event to learn about DHG – and see first-hand what a dynamic group we are!

DHG's first outing of the season



was on October 2: a visit to a cranberry bog! Members enjoyed a beautiful sunny autumn morning at Upper Canada Cranberries, the only commercial cranberry grower in Eastern Ontario and one of just two commercial cranberry producers in Ontario (the other is in Muskoka).

We walked through one of the bogs and had the opportunity to pick,

and eat, cranberries! Our visit was also timely, with attendees able to purchase fresh cranberries for Thanksgiving dinner!

On October 6, DHG members escaped a rainy day to enjoy a tropical greenhouse for the Butterfly Exhibit at Carleton University. Located in the Nesbitt Biology Building on campus, the greenhouse features 1,300 exotic but-

terflies representing 41 species from around the world. A fascinating event!

DHG has an interesting array of activities planned for the coming season. All CFUW-Ottawa members are eligible to join DHG for a membership fee of \$30.00. For more information, please contact me at info@dhg-ottawa.com

Lisa Haley

Welcome Newcomer Jane Waterston

I joined CFUW-Ottawa this spring, after attending two meetings of the Wine and Spirits club, which were informative and highly sociable. I met new people, some people I should have met 25 years ago, and some old friends from my alumni organization.

I have known about the club my whole life because a beloved great aunt, Zoë Smith, was president of the Toronto chapter in the 1950s. My friend Moira Phillips drew me in once we reconnected here a few years ago. Her enthusiasm for the activities



and people is infectious. When I saw Patricia Bays was on the membership list I knew it was a good place.

I was born in Montreal but raised in western Ontario (London, Guelph). In 1983 I made

the big shift from Toronto, where I had gone to university, following a well-trodden path for people of my age and educational background. The lure was a job based in Carleton's J-school, administering the Centre for Investigative Journalism. Terrific position, but I had to walk from the

one-person operation once I started a family.

Right now, I only belong to the Wine and Spirits group, but I hope to investigate many more interest groups as time goes on, once my private life (recently widowed) and housing (downsizing with determination) settle down.

In my spare time, such as it is, I design and lay out two small newspapers, Sandy Hill IMAGE and the Anglican Diocese of Ottawa *Crosstalk*. I am a churchwarden at St. Margaret's Vanier. I enjoy the company of my two children as often as possible. I read books.

Traveller's Corner

Where Have You Been, Barbara Newbegin?

Barbara Newbegin visited Berlin, Germany, in June of this year to join friends for the Berlin Philharmonic

Concert Hall debut of Ottawa-born cellist Bryan Cheng. She then travelled to Scotland where she spent

a week in Edinburgh and then two weeks touring Scotland as she followed her ancestral trail.



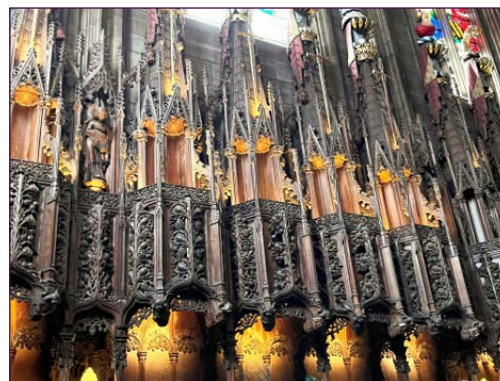
Reconstruction of Ishtar Gate, Pergamon Museum, Berlin



Armoury Hall, Inverary Castle



Town of Portree, Isle of Skye



Thistle Chapel in St. Giles Cathedral, Edinburgh

STF Members Recognized

Catherine Smith, Lorna Bickerton, and trustees of the STF recently attended a reception at the Ottawa home of Peter Nicholson to celebrate the AFP Philanthropy Awards. CFUW-Ottawa is the recipient of the Outstanding Philanthropic Group Award for supporting education through our scholarships. Algonquin College's president and CEO, Claude Brule, and Mark Savenkoff, vice-president of



advancement are seen in conversation with Lorna, after recognizing our club by her name tag.

Pat Duffey



Photos by Caroline Phillips

Hiking Season is Underway!

On September 26, the Gat Trails launched the 2023/2024 season with its first hike in Gatineau Park followed by the annual Penguin Picnic at the Penguin Picnic Area. The theme was black and white, and many came appropriately attired! After an invigorating hike in the park, 70 or so members gathered in the picnic area to socialize and enjoy refreshments provided by volunteers. A good time was had by all. Hikers don hats and jackets for the hike in early October.



Marilyn Goodwin, Nancy Todd-Girodano, and Shelley Chambers

Urban Walkers Enjoyed Ottawa at its Best

The first Urban Walk of the season took place on a glorious fall day in late September. Walkers gathered at Andrew Haydon Park and ambled along the Ottawa River to Britannia Park. Britannia dates back to the early 19th century and remained primarily a summer-cottage community until after

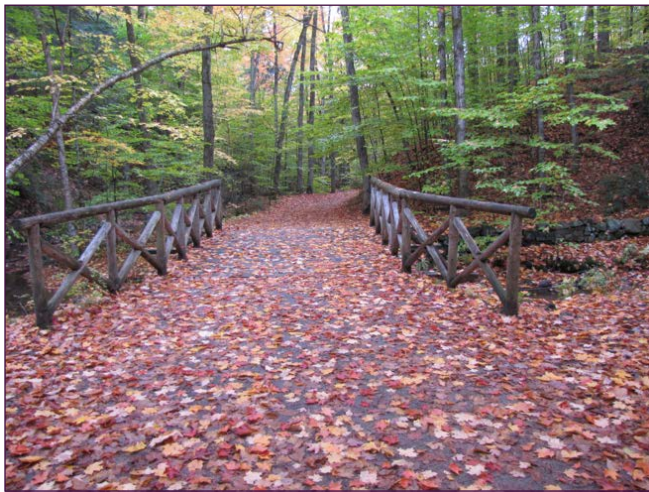


WWII. The village was annexed to Ottawa in 1950. It's a lovely part of the city; visitors can still see some of the old cottages and other original buildings, some with historical signs. Thanks so much to Peggy McGillivray for organizing the walk.

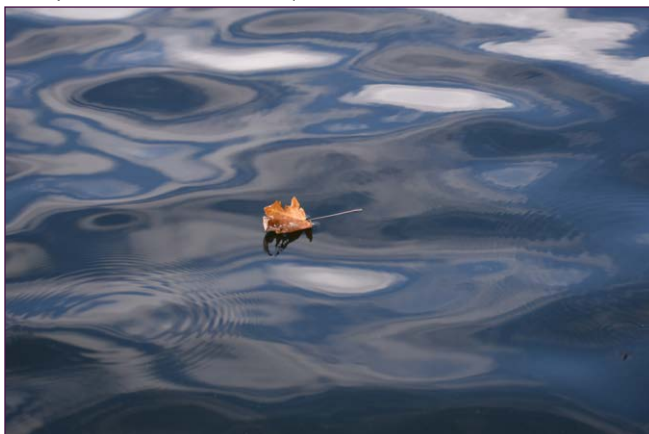
Moir Phillips

In and Around Ottawa Through a Lens

The Club's talented photographers have captured the glorious autumn season.



Fall Splendour – Caroline Choquette



Late Summer Leaf on Water – Julia Turner



Manotick Mill – Gwenda Davies

The Ability to Write, A Root of Democracy



The Writers' Workshop Group has welcomed three new members so far this season. It has thrived for many years now, helping and encouraging budding writers in a congenial and supportive atmosphere. To this point, its members have successfully published some 100 titles, available worldwide, translated into more than 10 languages, including close to 300 short stories. The Group's objective is first and foremost to have fun together enjoying the writing of words. Although the natural means of communication for us humans is our individual voice, as different from all others as are our fingerprints, our clever ancestors long ago invented the coding and decoding (writing and reading) to communicate with those beyond the reach of our voices in space and time. Some argue that with the rapid advent of voice-activated computers, writing will no longer be necessary, and it was even said that 100 years from now, only scholars will still know how to read and write.

Be this as it may, in the Writers' Workshop Group we love to write, critique each other's writings at every session, and regale the group with a short, less-than-500-word short story. We help novices to find publishers willing to produce their manuscripts in hard cover, paperback, or as electronic/talking books. What a moment when the last polished word of your book is written, the one you never thought you were capable of writing. And what a thrill when you are lucky enough to see it in print or hold a beautiful book of your very own in your hands, one that will outlast you in cyberspace for a 1,000 years or more! Come and join us, if you want to experience it.

Kati Lyon-Villiger



Source: Nancy Edward

A few of the writers, after a happy gathering: Dorothy Phillips, Ilse Zandstra, Margaret Bott, Kati Lyon-Villiger, Sheila Perry, Nancy Edwards

Good Food, Good Company, and Games: Another Successful Fundraiser

What a great time we had on Monday, October 16, as we got together at the Royal Ottawa Golf Club for food and friendship, prizes, and games. After a delicious lunch and the distribution of loads of prizes, we separated to

play our game of choice. The bridge was popular, as usual, and there were mahjong players, board-game players, and intrepid women who participated in a new game: wine trivia!

Seventy-nine registered, and the

Scholarship Trust Fund was delighted to have raised just over \$2,500.00. A wonderful event for a wonderful cause.

Moir Phillips



Fascinating Insight into the Freedom Convoy Movement

It isn't surprising that the topic of our first speaker of the year, Dr. Michael Kempa, elicited much interest and many questions from our members. Speaking on populism and prospects for democracy in light of the Freedom Convoy Movement (FCM), Dr. Kempa noted that critical weaknesses and liabilities in Canada's policing and intelligence systems not addressed after reports on previous protests (e.g., the G20) resulted in an inevitable security collapse under the weight of Canada's first national

social protest movement. Like other populist movements, FCM is based on rejection of science and the modern state (science-based vs morality). The discontent driving such movements comes from economic dislocation/marginalization, social anxiety (against "unfairly" privileged elites), erosion of trust in public institutions and the political/electoral process, and, for FCM, Covid public-health measures. Because FCM is also a tactic in search of a cause (and Covid public health measures are now much reduced) there

is a return to diffusion of objectives, such as saving the children and gender identity in schools. Due to the potential for populist movements to become violent and undermine democracy, Dr. Kempa suggested several actions: a) enhance fairness of society to reduce attraction to the extreme elements; b) undertake electoral reform; and c) improve community involvement and engagement in such areas as policing. His book on the FCM is due out in the coming year.

Elaine McKnight

Monthly Meetings – In Person, Via Zoom, or Both?

The Board would like to hear from you. Before COVID, our meetings were always in person; however, with the necessity of social distancing, the monthly meetings became virtual (via Zoom).

Meeting in person allows us to chat to other members and maintain our social connections. With Zoom, however, we have the convenience of staying at home and therefore not braving the elements or having to go

out again at the end of a long day. It also prevents the spread of illness.

A hybrid meeting seems, on the face of it, a good way to go. Each of us has a different preference and more of us can be accommodated. There are technical challenges to using a hybrid platform, however, and it can be frustrating if we can't hear or see the proceedings properly. That said, we will be giving the hybrid model one

more try in November. We appreciate your patience and understanding as we work to improve the performance of the system. After November, we will reassess how best to move forward come next Spring.

Note that our meetings in January and February will be exclusively virtual (on Zoom). March will be exclusively in person for the Scholarship Awards Night.

In the meantime, we would love to hear from you. Could we ask you take a minute and let us know your preference for future meetings apart from those in the winter months? Please let your president, Catherine Smith, know. Her email address is cfuw-ottawa@cfuw-ottawa.org.

CFUW Advocacy: How Does It Work?

Membership in CFUW is obviously about having fun and making friends, but it has a serious purpose, too; for over a century we have been striving to change the world for the better, with some proven success.

CFUW advocates for the adoption and implementation of legislation to protect and benefit women and girls. At present, priority considerations for our national organization include Indigenous peoples' rights, violence against women, long-term care, and climate change. Our non-partisan positions are based on policies approved at the National Annual General Meetings. Our representatives communicate with decision makers, asking pertinent questions, and we host public meetings and fundraising events.

Locally, the CFUW-Ottawa club liaises with the Ottawa Council of Women and the Elizabeth Fry Society. As part of the network of CFUW clubs across Canada, we support CFUW-Ontario Council

on provincial issues, and the CFUW National Board on national and international issues. At a global level, we collaborate with Graduate Women International.

Recently CFUW-Ottawa has been speaking up for Afghan women and girls and lobbying for speedier positive action in response to environmental issues.

If CFUW does not already have a Resolution on an issue of concern to us, the CFUW-Ottawa Advocacy Committee can research, develop, and propose a new policy for approval by CFUW members nationwide. We also review proposals from other clubs.

We invite you to join our Advocacy team! If a particular issue—perhaps something we have not yet considered—causes you concern, or if you would like to offer us practical support or would simply like to observe one of our meetings, please send a message to advocacy@cfuw-ottawa.org.

Alison Hobbs

VP Advocacy for CFUW-Ottawa

Post Meeting Celebration!

Please join us to celebrate our club as we receive the Outstanding Philanthropic Group Award from the Association of Fundraising Professionals. We will have a special reception following the speaker at the general meeting on November 6. Join us to celebrate the generous and continuous support of CFUW-Ottawa members on this, the 40th anniversary of the creation of the fund and to help us acknowledge the stewardship and dedication of STF trustees since 1983.

Pat Duffey

Curried Butternut Squash Soup

A yummy fall soup for curry lovers. From The Minimalist Baker.

<https://minimalistbaker.com/curried-butternut-squash-soup/>.

Ingredients

- 1 tbsp coconut or avocado oil
- 2 medium shallots thinly diced
- 2 cloves garlic, minced
- 6 cups peeled and chopped butternut squash (one small butternut squash)
- Pinch of salt and pepper
- 1½ tbsp curry powder
- ¼ tsp ground cinnamon
- 1 14-oz can light coconut milk
- 2 cups vegetable broth
- 1-3 tbsp maple syrup (or coconut sugar)
- 1-2 tsp chili garlic paste (optional)



Instructions

1. Heat a large pot over medium heat.
2. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.
3. Add butternut squash and season with salt, pepper, curry powder, and ground cinnamon. Stir to coat. Then cover and cook for 4 minutes, stirring occasionally.
4. Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional, for heat).
5. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.
6. Use an immersion blender or transfer soup to a blender and puree on high until creamy and smooth. If using a blender, return soup to pot.
7. Taste and adjust seasonings.
8. Garnish with toasted pumpkin seeds, chili garlic paste, or full-fat coconut milk.