



Canadian Federation of University Women – Ottawa

Capital Carillon



Candid Portraits by the Digital Photography group (see page 8).

October General Meeting

DATE and TIME: Monday, October 5, 2020, 7 p.m.

PLACE: By Zoom

SPEAKERS: Barbara Schulman and Kathy Wright

TOPIC: Transforming Long-Term Care Homes: A Summary of Four Innovative Models

Shortcomings in long term care have existed long before the current Covid crisis. Two speakers from CARP Ottawa, Barbara Schulman and Kathy Wright will present models for transforming long term care.

The Canadian Association for Retired Persons (CARP) is one of the largest advocacy organizations in Canada, with some 300,000 members. Its mission is to improve Canadians' lives as we age. Each of CARP's 27 chapters is managed by volunteers who have extensive and professional experience in working with

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PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

I am honoured to serve as the President of such a wonderful organization as CFUW-Ottawa.

CFUW-Ottawa, formerly the University Women's Club of Ottawa, has a rich history dating back to April 1910, with Helen McLean as its first President. Other cities, such as Toronto, Regina, Edmonton, Victoria, Winnipeg, and Montreal, had university women clubs, too. Early in 1919, it was felt that a national federation would enable women to speak with a stronger, louder voice and so, in August that year, the Canadian Federation of University Women was formed. Each individual club would maintain its own identity, with its own governance, but clubs would come together to advocate more effectively for women's issues across the country.

The Canadian Federation of University Women was also a founding member of the International Federation of University Women in 1919, along with Great Britain and the United States. In 2015, IFUW changed its name to Graduate Women International (GWI).

In its early days, the CFUW focussed on education in all phases, but that soon broadened to what we see today as an organization that strives to promote equality, social justice, fellowship and lifelong learning for women and girls.

In August 2019, I was pleased to attend the 100th CFUW celebrations in Winnipeg.

With over 40 study and interest groups as well as external outreach groups, our Ottawa Club has something to offer everyone. We raise money to provide 31 scholarships for young women to pursue studies at Algonquin College, at the University of Ottawa, and at Carleton University.

Our Ottawa Club provides venues for lifelong learning, as well as the rewarding awareness that you are helping others, both here and abroad. It has given many of you the chance to

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seniors and retired persons. CARP Ottawa is one of the largest chapters in Canada, with about 10,500 members.



Barbara Schulman has over 30 years' experience in the planning and delivery of health services, focusing on care of the

elderly, and persons with dementia. After her retirement as a V.P. at Bruyère Continuing Care (formerly the SCO Health Service), she worked part-time as project manager for the Champlain Dementia Network. Barbara co-founded

this network and was the Co-Chair during its formative years. In 2017, she helped to create a blog that promotes the need for transformation of the long-term care home system. Barbara is also an active member of the CARP Advocacy Working Group. Her mother had Alzheimer's disease for 11 years and was in a long-term care home in Montreal for the last three of those years.



Kathy Wright was Executive Director of the Dementia Society of Ottawa and Renfrew County (then known as The Alzheimer Society) for over 30 years. Under her leadership, partnerships were created that led

to the establishment of the Bungalows at the Peter D Clark Long-Term Care Home, the First Link Program, the Guest House, and Minds in Song. Kathy co-chaired the Champlain Dementia Network for over 10 years working with administrators of the Regional Geriatric Program of Eastern Ontario. Kathy was one of the three colleagues who created the blog on Talking Transformation Long-term Care Homes. After her retirement, Kathy volunteered to join CARP Ottawa's Board of Directors and is currently its Vice President, leading the Advocacy Committee. Kathy's mother had Alzheimer's disease for 15 years and lived in a long-term care home in Ottawa for over 5 years.

President – continued

connect with people, have fun, learn a new skill, or improve the ones you have, to bring about positive change, and make lasting friendships.

This has certainly been a challenging year! Through it all, we have experienced ups and downs, but this has made us all the more resilient. The summer has given us time to 'think outside the box' and our convenors have been hard at work finding innovative ways to carry on with our programs. Exciting new study and interest groups have been added to our program. Why not explore something new?

While recognizing the health and safety of all our members, we look forward to welcoming you back.

Once again, I want to thank you for your continued support and interest in our Ottawa Club. Together, we can demonstrate the slogan: "the power of women working together!"

I encourage you to peruse our website, cfuw-ottawa.org, and feel free to contact us if you have questions.

MARK YOUR CALENDARS!

Events in 2020

September 28, 7:30 p.m. by ZOOM – CFUW-Ottawa Season Opener

October 5, 7 p.m. by ZOOM – General Meeting with guest speakers Kathy Wright and Barbara Schulman: *Transforming long-term care homes*

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

December – TBD

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 more information on using ZOOM technology to join meetings, see the article on page 4 of the May 2020 issue of the Capital Carillon or contact Barbara Newbegin, b.newbegin@rogers.com.

Celebrating Our 110th Anniversary

By Elizabeth Wilfert and Marie Danielle Vachon

Clubs come and go, but to celebrate a 110th anniversary, you must have a winning combination. The secret? This dynamic organization both enhances personal growth and provides opportunities to make positive change in the world.

In April 1910, a group of women met in Ottawa to form what was originally called The University Women's Club. The group has since been renamed, and today a university degree is no longer required to become a member of CFUW-Ottawa. We are one of 122 CFUW Clubs across Canada, affiliated with a global community in 80 countries.

CFUW-Ottawa members have always had a social conscience. During both World Wars, we raised money to provide milk for children in war-torn Belgium and for soldiers' convalescent homes. We sent gifts of tobacco and donated pyjamas, hospital shirts and socks to soldiers. Princess Juliana of the Netherlands, who was given refuge in Canada during World War II, joined the Club as an honorary member.

Support for the education of women is crucial to our members. Each year since 1983, through the Scholarship Trust Fund, CFUW-Ottawa has encouraged and supported students seeking post-secondary education in Canada, offering scholarships, awards and bursaries. In 2019-20, it awarded a record

31 scholarships, totalling \$78,000. University Women Helping Afghan Women (UWHAW), one of our external outreach groups, raises public awareness of the issues facing Afghan women and girls and provides scholarships for young Afghan women determined to make a difference in their country. To date, 42 recipients of these scholarships have graduated and 54 more are currently enrolled at an Afghan university.

CFUW-Ottawa also promotes Canada to foreign diplomatic guests in a spirit of fun and friendship: the Diplomatic Hospitality Group (DHG) organizes activities and events in the National Capital Region that showcase Canadian history and culture.

CFUW-Ottawa is about the efficacy of women coming together for personal development and mutual support. We have groups for those who appreciate art, music, theatre, movies and good food; for women who like to hike, snowshoe or ski; and for those with an interest in the environment, history or literature.

Congratulations, CFUW-Ottawa! May your success continue!

If you are interested in learning more, check out our Webpage: <https://www.cfuw-ottawa.org>

A longer version of this article was published in the Glebe Report this September.

CFUW-Ottawa's former members include:

- **Dr. Charlotte Whitton**, a champion for women's equality in politics and the workplace. In 1951, she was elected Mayor of Ottawa, the first woman mayor of a major Canadian city.
- **Dr. Alice E. Wilson**, Canada's first female geologist and a recognized authority on the fossils and rocks of the Ottawa - St. Lawrence Valley. She was the first woman admitted to the Royal Society of Canada and the first woman to receive an honorary degree from Carleton University.
- **Shirley Greenberg**, a trailblazer in the Canadian women's movement. She helped to found the Ottawa Women's Centre, which subsequently developed into the Rape Crisis Centre and the Women's Career Counselling Centre and Interval House, a refuge for battered women. She also created the first all-female law practice in Ottawa.



Tell a Friend!



About the photo: left, Rehana Rouf; right, Kringen Henein. Photo Credit: Pauline Daling. Taken during a "People" photoshoot of CFUW-Ottawa Digital Photography group.

CFUW-Ottawa is just too good to be kept a secret. This year, more than ever, CFUW-Ottawa is about women supporting other women. We have something for all interests and tastes:

- Study & Interest and External Outreach Groups — from an Afghan women's support group to outdoor activity groups, we have it all!
- Our Monthly Speakers' Series
- Opportunities to support Scholarships at the University of Ottawa, Carleton University and Algonquin College
- Contributions to Advocacy issues

If you enjoy CFUW-Ottawa, tell a friend what you like about us. That's how many women hear about our great organization.

Also consider sharing:

- Our "So Many Reasons To Join CFUW-Ottawa" Facebook and/or Twitter posts — repost on your personal Facebook page or Twitter account
- Our newsletter, the *Capital Carillon* — email the link to your friends

A good friend would never keep CFUW-Ottawa a secret, so *tell a friend!*

Thirty-one Years Ago

Susan Russell kindly shares a sketch that she found when clearing out papers at home. "This is the 1989 Ottawa executive (Board), as I saw us back then ... I still think that's pretty much how Ottawa operates."

We love the title *ONWARD TOGETHER*, and you will note we were still called the **University Women's Club of Ottawa**. Our name changed to the **Canadian Federation of University**

Women-Ottawa in 1990.

In president of the Club from 1988 to 1990 was Constance (Connie) Jones. Gisela, whose name is also written on the boat, is Gisela Ironside, her predecessor, who took over from Helen Nininger. Some *Capital Carillon* readers might recognise other names or faces in this sketch. How many of today's Club members were also members in those days?



Access to Zoom

CFUW-Ottawa has purchased an enhanced Zoom account to be used for our large meetings. This will also be available on a first-come, first-served basis to convenors of Outreach or Study & Interest groups who would like to host their own Zoom meetings. On the Member Only section of our website, there is a page of general information about Zoom including instructions for booking access to the Club's account. If you have questions, Barbara Newbegin — b.newbegin@rogers.com — can help.

Environment Action: A New Study and Interest Group

We all fear for the health of our planet. Instead of losing hope, let's learn from experts how our fragile environment can best be monitored and protected. Our aim is to understand how and why our environment is changing, and then to consider developments in Canada and elsewhere that promise to counteract global warming, reduce environmental pollution, or mitigate the loss of biodiversity. While informing ourselves in this way, we can also discover how to be advocates, learning whom to approach and how to argue for



positive change. We shall share ideas on how to take effective steps as individuals and within groups.

Meetings with occasional guest speakers will take place from 1:30 to 3 p.m. on the 2nd or 3rd Mondays of each month. At the first of these,

on October 19th, we shall be joined online by Dr. Emma Woolliams of the National Physical Laboratory in London, UK, who will tell us about the way in which satellites measure what is happening on the surface of our planet, how scientists make predictive models from these observations and how these models can be of use to decision-makers.

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

DO YOU KNOW WHO WE ARE?

One of the international programs operated by Graduate Women International (GWI) is the Bina Roy Partners in Development. BRPID was founded in 1969 and is named in memory of Bina Roy, from India, first Asian President of the International Federation of University Women (now called GWI).

The Bina Roy projects are supported by donations from investors, personal contributions and donations, and GWI affiliates around the world.

Grants are awarded on a competitive basis to projects supported by

fully paid National Federations and Associations (NFAs) in countries with a Gross National Income of less than US \$12,616 per person per annum.

Projects must:

- Have the goal of empowering women and girls and/or their education,
- Require funds of a maximum of 2,000 Swiss Francs (about \$2900 CAD), and
- Have plans for perpetuation and/or replicability after the funding period.

Since its founding, the BRPID has funded over 500 projects in over 90 countries.

Since 2015, 30 projects have been funded and successfully implemented, and approximately 6,000 women and girls in 14 countries have been positively impacted.

If you would like to be part of CFUW-Ottawa's Focus on GWI team, please contact Mary Partington (mpartington427@gmail.com) or Barb Newbegin (b.newbegin@rogers.com).



In Memoriam: Olwyn Schoorl

It is with great sadness that we report the loss of Olwyn Schoorl who died tragically on April 27th in a house fire on Britannia Avenue. The other victims were her husband Allan, their son Tim, and their dog, whose name was Arlo. Olwyn, who convened a French Conversation group at one time, was a valued member of several other Interest and External Outreach Groups within CFUW-Ottawa. She participated in the Literature II book club, Exploring Indigenous Education, World Religions and the MadriGals.

A few years ago, Olwyn hosted the MadriGals to a lovely end-of-season party in her house and garden, and



Leila Metcalf reports that the news of her tragic passing has devastated this group: “Olwyn was an intelligent and compassionate woman who nurtured friendships. Many of us will remember her quiet, determined nature and love of singing. She was also a keen and competitive Scrabble player.”

Born in England, Olwyn was a loyal member of All Saints’ Church in Westboro who often brought homemade meals to church events.

Her surviving daughter, Helen, is the parish administrator.

Olwyn’s friend Marlene Hewitt says, “Olwyn had an inquiring mind, and was very interested in getting to know people. She was a great cook and a generous hostess as well as being gifted in fabric arts, needlework, gardening and pottery. Olwyn is missed by everyone who knew her — in her church, in her community and in CFUW-Ottawa.”

On April 18th and 19th, 2020, in Nova Scotia, a man killed 22 people and injured three others before being shot dead by an RCMP officer. CFUW-Ottawa member Muriel Scott-Smith would like to share the poem she wrote about this.

NOVA SCOTIA LAMENT

It’s quiet out here in the back of beyond,
A field of heather, a warm “shinny” pond.
Yet out of this blue bursts a rampage,
The very worst in our age.
Leaving nothing untouched, not even a frond.

It’s eerie out here in the great unknown,
As evil lurks from town to town to town.
Blood is splattered,
Innocence shattered,
With a hell-bent shooter loose on the run.

It’s quiet again in the countryside,
Faith and time’s passage restoring our pride.
But the fields lie fallow
With unceasing sorrow
And hope for tomorrow.

Let us not forget
this Spring so ill met.

*Janet Muriel Scott-Smith,
Ottawa, May 15, 2020*

With all the spare time available ...

By Nancy Vrooman

When my granddaughter, a music student at Western in London, decided to get a baritone ukulele to add to

her “things to learn”, she asked me to make a case for it. I decided to dust off my weaving loom and sewing machine. She sent measurements, and I had to design something, hoping that it would fit. The parcel was delivered by post to a happy young lady and a relieved grandmother.



Nancy’s granddaughter, Alyssa Bartholomew, with her ukulele case



Nancy Vrooman

Diplomatic Hospitality: Farewell to Florence

By Evelyn Horsky

One of our dear diplomats, Florence Liautaud from Haiti, whose husband recently retired from his post at the Embassy, has moved to Montreal from Ottawa. On August 19th, Diplomatic Hospitality's bridge group, to which Florence belonged, wished her a fond goodbye.

The event was hosted by Patricia Downey on a picture perfect day. We served a rum punch and cake and, because of COVID-19 health regulations, most of the ladies brought their own lunch. We played a few hands of bridge together and had a lovely time.

We shall miss Florence dearly; her effervescent personality enchanted us all.



2020 Founders Award

By Christina Chenard,

Director of Alumni and Donor Relations at Carleton University

Margaret Haines has been selected by the Carleton University Alumni Association (CUAA) and the Founders Award Committee as the recipient of the 2020 Founders Award. The Founders Award was inaugurated in 1996, to recognize and pay tribute to those individuals who have made significant contributions to the advancement of Carleton University through their dedication, generosity and commitment to the values of the University.

Margaret graduated from Carleton 50 years ago, and then, after a long and distinguished career, came back in 2006 as University Librarian. She played a lead hand in the



development of the FIPPA (Freedom of Information and Protection of Privacy Act) office on campus, planned and implemented the major renovation of the library and led the development of a new strategic plan for the library. After retirement, among other distinguished achievements and roles, she became Chair of the 75th Anniversary Academic Program Committee, a member of the Carleton Retirees Association, member of the CUAA Executive Committee, and a member of the Senate.

Margaret Haines is a member of CFUW-Ottawa and one of CFUW's "100 Notable Women".

Convenor of the Month, Norma Pike: Digital Photography

Norma feels that photography is “not about about depth of field, but depth of feeling.” In September 2019 she founded the CFUW-Ottawa’s Digital Photography group that meets once a month on Monday evenings.

Norma joined CFUW-Ottawa after a long career in nursing. Nine years ago, on seeing an advertisement in the Ottawa Citizen, she decided to attend our Season Opener and registered for several Study and Interest Groups. Since then, Norma served for two years on the CFUW Board and is currently a member of Focus on GWI, Gatineau Trails, Literature I, National Gallery, UWHAW and Saturday at the Movies: “CFUW activities and friendships enrich my life. Each Study and Interest Group offers a unique experience and a new set of friendships that I value tremendously,” she says.

Norma’s interest in Digital Photography peaked when she took an online course offered by Coursera at Michigan State University. “During

a Gatineau Trails hike, I discussed my budding interest with Karen Shigeishi-Waite, who had replaced me as Study and Interest Groups’ Convenor on the Board. Karen asked if I would lead a Photography group. Willing to give it a try, I said I would. The most amazing experience for me is seeing how enthusiastically and creatively engaged members are, and to witness the advancement of their skills in such a short period of time.”

During the 2019-2020 season, the 26 participants met once a month for two hours at Amica, Westboro Park. “No expertise or specialized equipment is required. Half of the group use either a cellphone, iPad or a point-and-shoot camera; few have any technical or advanced training.” They are simply fun-loving enthusiasts, who define their own degree of commitment to the group. Participation in photoshoots is not mandatory, but highly recommended. Norma says, “The most important thing that photography has taught me, as an



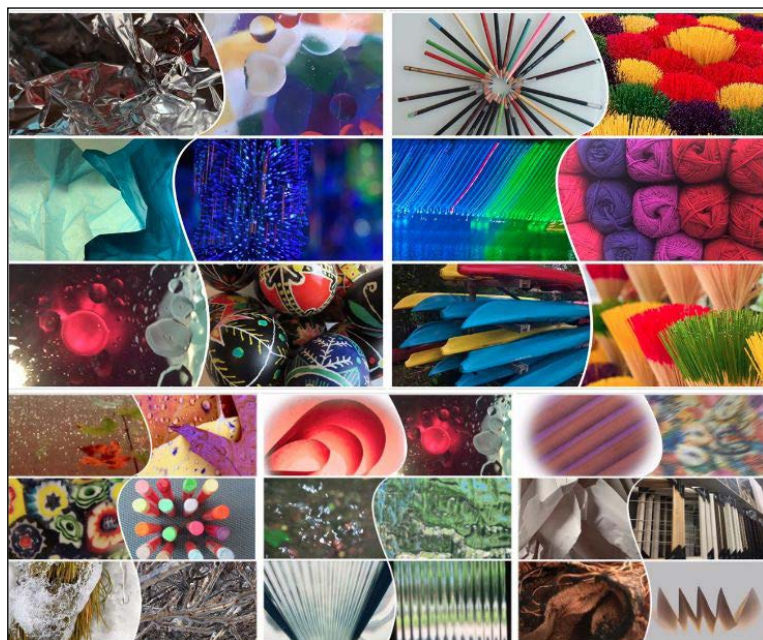
Norma at a CFUW-Ottawa UWHAW event, photo by David Bickerton

online quotation puts it: *Skill in photography is acquired by practice and not by purchase.*” The secret of a good shot is to know how the composition will enhance its impact.

Last fall, the group developed photographic muscle through guest presentations. CFUW member Lois Siegel—filmmaker, casting director and photographer—presented an inspiring portfolio of her photographs, showing the possibility of excellence.

Since lockdown, group members been meeting by Zoom after doing themed photoshoots at home, light box, macro and abstract photography, for example, with guidelines distributed before each photoshoot. They meet to discuss the strategies used to capture their images and to give one another feedback. An exciting line-up of activities and events is planned for this coming year. “We shall continue to meet on Zoom, have themed photoshoots, critique each other’s work. We are planning collaborative events with other photo clubs and we hope to hold a photo exhibition.”

They have a private Facebook page that you need permission to access. Please contact Norma (normapike@rogers.com) if you are interested in viewing this or would like to join the group. Non-members may attend one trial meeting, but are expected to join the CFUW if they want to continue.



Rainbow photoshoot by the Digital Photography group

UWHAW Zooms Ahead

Fran Harding of University Women Helping Afghan Women (UWHAW) organized an impressive series of guest presentations for the group, this summer; all of these online meetings were well attended.

May 7th

Joining us from Winnipeg, **Farima Afaq** spoke about her journey from Afghanistan to the United States and Canada, that she now calls home, in search of the strongest “weapon” in her life, education. Farima recently obtained a Masters degree in Public Policy and Administration from Carleton University, having previously studied International Relations (Foreign Policy: Journalism, Media and Public Discourse) at Mount Holyoke College in the USA. She feels that Afghanistan is still in a dark place, where violence is the norm, and that, before reform can happen, the country needs to acquire a sense of unity.



June 4th

Diane Harper, Executive Director, Afghanistan Division, Global Affairs Canada, brought us up to date on Canada’s programs in Afghanistan. She described the impact of COVID-19 on the people of Afghanistan, who have a shortage of medical resources, available tests and laboratory facilities as well as a limited supply of oxygen. Social isolation is particularly worrisome for women and girls confined to their homes. Diane did show some encouraging pictures of women who have started businesses to produce face masks and other protective supplies for front-line workers. Also pictured were women who are continuing to produce and sell fresh food.



July 9th

H.E. Ambassador Hassan Soroosh, the Islamic Republic of Afghanistan’s Ambassador to Canada, spoke to an online group of 44 UWHAW members and their guests, and graciously answered questions. He acknowledged the help given to his country by Canadian troops and the Canadian government, as well as Canada’s humanitarian contributions. Afghanistan needs Canada to “stay engaged” and needs supportive groups like UWHAW as it faces “extreme challenges”: girls out of school, women’s limited access to health services, conflict with Taliban fundamentalists and now, COVID-19. Positive news included women’s participation in the peace process, in government, in entrepreneurship, and in the Independent Human Rights Commission. He mentioned that Afghanistan now has female deputy governors in every one of its provinces and that 40% of children in school are girls.



(see UWHAW on next page)



UWHAW – continued

September 10th

Speaking to us straight after a call with Canada's Am-



bassador in Kabul, **David Hartman**, Director General of the South Asia Bureau at Global Affairs, Canada, described the situation in Afghanistan as “fluid and dynamic”. He believes that the peace negotiations will be lengthy and challenging, with

setbacks as well as steps forward, but feels “we must keep an eye on the prize.” He described how Canada helped bring about fundamental changes in Afghanistan during the last two decades, always emphasizing human dignity, gender equality and inclusive governance. For example, Canada has recently been funding Education Cannot Wait projects, especially in remote areas, and supports the health sector (improving infrastructure and immunization programs, training midwives and sexual healthcare workers) via

the Aga Khan Foundation. Canada also gives gender-equality training to the Afghan military and police forces, in which women play an increasingly prominent role. The Canadian Embassy offers a “safe space” for peacebuilders, hosting meetings of female activists and their network of supporters.



*Next month, on **October 1st**, **Wazhma Frogh** will address the UWHAW group. Founder of the Women & Peace Studies Organization (WPSO), an organization that advances the inclusion of women in the security sector, with a particular focus on the police force. In 2017, nominated by the civil society and women rights groups, Ms Frogh, along with other key women leaders, was appointed to Afghanistan's High Peace Council to ensure women's meaningful participation in the peace process. She also belongs to the international Women Waging Peace Network, linking peacemakers from conflict areas with one other and with policy shapers.*

YOU'RE INVITED TO ZOOM ALONG WITH US

University Women Helping Afghan Women meets the first Thursday of the month. All CFUW members are invited to join us on October 1 at 12:45 pm. Please register in advance for the meeting by clicking [here](#). After registering, you will receive a confirmation email containing information about joining the meeting. **Keep the email handy as it will contain the Zoom link for the October 1st meeting.**

“Women with Hammers”

This year, CFUW-Ottawa offers the opportunity to belong to a new Interest Group in which you can learn about basic home repairs and maintenance, acquiring skills for do-it-yourself projects. Topics will be chosen to reflect the interests of the group's members. The group will get together by Zoom initially, on Wednesday mornings.

Send an email to the Convenor, Chris Rollo, if you are interested:

rollo.cfuw@gmail.com



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, newsletter@cfuw-ottawa.org. Next issue, November 2020; deadline for submissions, October 15. Previous issues are archived on the Club website, at www.cfuw-ottawa.org.