



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE and Monday, October 4, 2021

TIME: 7 p.m.

PLACE: By Zoom

SPEAKERS: Dr. Stephen Barr

TOPIC: The Barr Lab: Preventing
Pandemics

Dr. Stephen Barr and his team at Western University are part of the frontline of defence against the world's emerging pathogens. Dr. Barr will present part of his journey in trying to understand how some of the world's most deadly viruses such as HIV, Ebola, and SARS-CoV-2 emerge from their hiding places to cause disease and death in the human

(see **Meeting** on next page)

Enthusiastic cyclists taking a break at their destination, Petrie Island, in early summer. Janet Riehm (l), Norma Pike (r) and your humble editor, Moira Phillips, in between.

PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

Welcome and Welcome back!

I hope that you and yours are well and enjoyed a great summer.

We have an exciting program for you this year, both in terms of monthly speakers and interest groups. New this season, we have Gardening, Travel, French, Spanish, Urban Walks, Wine & Spirits, and Handicrafts. Of course, our 'tried and true' groups are back again. Why not add something new?

We would also invite you to join one or more of our Board Committees and have a real hands-on connection to the behind-the-scenes work. We are looking for volunteers to be on the following committees/teams: Membership, Social Media/Communications, Website, Advocacy & Issues, The Capital Carillon Newsletter, Operations/Hospitality, International Women's Day, Holiday Party, Interest Groups, ZOOM Team, Budget, Program, and Nominations. How about trying one or more?

On a rainy Saturday sometime during the summer, there was a Jurassic Park Marathon on TV. I had never seen any of the Jurassic Park movies, so I settled in with my hot chocolate and popcorn.

Jeff Goldblum, who played Dr. Ian Malcolm, stated in one scene that 'life always finds a way'. The sentence comes up during a conversation

with Henry Wu, one of the scientists working at Jurassic Park, who confirms that they control the chromosomes assigned to dinosaurs to prevent breeding.

And when it comes to our club, the major thing that last year taught us was that 'friendships and amazing women always find a way'... and I think we mastered that through patience, willingness to try new things, and leadership and mentoring from those skilled in technology. The only thing missing were those real hugs.

(see **President** on next page)

INSIDE

National AGM 2021

In Memoriam: Lynne Bond

Your New Editor

In Memoriam: Eva Grodde

Movie Club

Access to Zoom

Meet a Glaciologist

Holiday Party

Petition in Support for the Women of
Afghanistan

CFUW-Ottawa AGM

Invite Friends and Family

Dining Out

Mark Your Calendars

UN Day of Elder Persons

Recipe – Pumpkin Bread

President – continued

We are saddened to know that COVID has not yet been beaten, but there is hope, and things are opening up. Many of our groups will be able to meet in person this fall, following the Federal and Provincial Guidelines, and as the government mandates loosen, so will ours. We will, however, always err on the side of caution and the comfort level of you, our members.

The theme or motto for CFUW-National is ‘Embracing a Changing World,’ and I think we are doing that admirably.

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

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 and feel free to contact us if you have questions.

Meeting – continued

population. He will highlight some of the most sophisticated strategies that these viruses use to survive and how researchers are exploiting this for the design of drugs and vaccines to help treat and prevent global pandemics such as COVID-19.

Dr. Barr is currently associate professor of molecular virology at the University of Western Ontario. He has over 20 years’ experience in the field of molecular virology, cell biology, and biochemistry.

National AGM 2021

On June 24th, at an Evening of Awards, Entertainment and Conversation hosted by CFUW before the start of the national AGM, Ottawa Club members were proud to receive two special awards: a Certificate of Recognition for their leadership of the *Walk To Kabul* initiative, and the International Relations Committee Award for our coordination of the project, in collaboration with five other CFUW Clubs and GWI-Netherlands, which raised awareness of the challenges and perils faced by Afghan women and girls.

The entertainment at this event began with a poem, written and read

by Alison Hutchinson, Regional Director of BC Interior, which served as a virtual toast — “Cheers to us!” — for CFUW’s perseverance during last year’s adversity. Karen Gill, a student delegate to UNCSW supported by the CFUW, played an arrangement of Leonard Cohen’s *Hallelujah* on the harp and sang Mozart’s aria *Voi che sapete* from *The Marriage of Figaro*. Barbara Lewis, a Board member of UWC-Montreal, gave a very professional rendition of Joni Mitchell’s song *Both Sides Now*, and our own MadriGals, introduced by Heather Lewis, sang the madrigal they had performed at our Holiday Party in 2020.

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: November 2021; deadline for submissions: October 15

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



In Memoriam: Lynne Bond

Lynne will be sadly missed within CFUW-Ottawa; she died on April 27, 2021.

Born in Saskatchewan in 1943, Lynne began her working life as a flight attendant for Air Canada. As one of the first women baggage handlers she engaged in collective bargaining for better wages and working conditions. She went back to university as a mature student, graduating from Carleton in 2000 with a Bachelor’s degree in Communication and became a certified travel agent, working in this role until her retirement in 2014.

Lynne joined CFUW-Ottawa in 2007, becoming a very loyal member of the bridge, dining out, and book clubs — last year she co-convoked the meetings of “Crime Fiction”. For a number of years Lynne welcomed the group to a wonderful luncheon at her home at the end of each season. She was a faithful member of University Women Helping Afghan Women and of successive environmental action groups within the Club. Her most dedicated role was as a member of the Resolutions and Issues committee, which she chaired for a while. She never missed attending a national CFUW AGM and was particularly proud of this. In 2012 the CFUW adopted the resolution written by Lynne’s committee, asking all levels of government in Canada to enable full accessibility and barrier-free environments for persons with disabilities.



Past President Heather Lewis (left) presenting the Pink Rose Award to Lynne at the AGM in 2018.

Often the first to greet people on their arrival at special events, Lynne always welcomed and encouraged new Club members. For an International Women’s Day event a few years ago, she famously baked 257 brownies. Lynne was presented with the Pink Rose award in 2018 in recognition of her selfless service and, to honour her memory, trustees of the Club’s Scholarship Trust Fund have now created the Lynne Bond Memorial Bursary to be granted annually to a deserving Carleton University undergraduate registered as a student with disabilities.

A Few Words About Your New Editor



I’m apprehensive indeed now that I have taken over the editorship of *The Carillon* from Alison Hobbs. She did

such a splendid job that I fear that my efforts might pale in comparison.

It might entertain you to know that I learned to edit, copyedit, and proofread when I worked many years ago at Harlequin Enterprises in Toronto. The manuscripts (galleys) came from the British publisher

Mills & Boon, which had a profitable business publishing romances every month. One of our jobs as copyeditors was to convert the British spelling and idioms into American, as the Harlequin romances were widely distributed in the U.S. as well as Canada (six titles a month when I was there). We had British-American dictionaries, as I recall, and most of the changes to the British words were straightforward. Pavement became sidewalk, lift became elevator, and a car’s bonnet became its hood. But pity us poor Canadians who had to catch

the spelling of grey (gray) and cosy (cozy). Occasionally we were baffled by how to translate the idioms. I have one memory of the heroine saying to the hero, “You’re amazing, darling; you’ve been a real brick!” Those of you who are Brits might be smiling now if you are familiar with this expression. It was a challenge, that one!

I welcome any feedback you can offer on this and subsequent issues, and I’d be thrilled to hear any ideas you might have.

Moira Phillips

In Memoriam: Eva Grodde

Eva, a regular participant in Diplomatic Hospitality Group activities while she belonged to CFUW-Ottawa, passed away this year, on New Year's Day, at the age of 88. In July, the Coptic Orthodox



Church of Ottawa to which she belonged, St Mark and St Mary of Egypt, held a celebration of her full life, which the priest described as "a song of love."

Eva grew up in Ottawa, her family having moved here from Germany when she was a baby. As a young graduate of Queen's University she began a career in teaching, but her desire to live adventurously induced her to apply for a post at the Canadian Embassy in Beirut, where she worked for ten years. She also worked in Cyprus, Singapore, and Egypt, interviewing applicants for permanent residence in Canada. Her kindness to refugees was exemplary.

Although Eva had no children of

her own, as one of six siblings Eva was loved by all the generations of her extended family, eagerly looking forward to their reunions in Montebello or at their cottage in Ladysmith, Quebec. She was an affectionate pet

owner too.

Eva enjoyed hiking, cross-country skiing, swimming, gardening, and hosting dinners for colleagues and friends. She sang in a Greek choir. As a member of the Diplomatic Hospitality German conversation group she particularly enjoyed singing German carols at Christmas. During the last few years of her life Eva underwent operations for brain tumours and suffered strokes to the extent that she lost her ability to speak, but even then, so the carers at her nursing home affectionately reported, her face would light up when seeing, hearing, or thinking of the people who were important to her. She suffered gracefully, an inspiration to others.



Do you like to watch interesting and thought-provoking movies? Are the choices on Netflix overwhelming? If the answer is yes, consider joining the Movie Club! Once a month, one film is selected for members to watch at their leisure online (mainly on Netflix but also on CBC Gem and NFB). Members are then invited to submit their reviews and thoughts if they wish, to be shared with the other members. For those who are interested in discussing the film further, a Zoom discussion is held on the 4th Thursday of the month at 7:30 pm.

To join or ask any questions, contact Karen Shigeishi-Waite at movies.cfuw@gmail.com.

Access to Zoom

CFUW-Ottawa has a paid ZOOM account that allows up to 100 people to participate. This account can be used for Interest Group and committee meetings. CFUW National Office also has a ZOOM account that we can use for club-wide meetings since that account allows for up to 300 people. On the Member Only section of our website, check out the ZOOM for Members page for general information about ZOOM, which includes instructions for booking access to the Club's account. If you have questions, Barbara Newbegin can help. Contact her at b.newbegin@rogers.com.



Meet a Glaciologist

The Environment Action group is hosting another series of online, guest-speaker presentations this season, which Club members are welcome to attend. At the first of these, at **1:30 p.m. on October 18th**, Dr. Phil Porter, a British scientist who researches the response of glaciers to our rapidly changing climate, is going to talk about his work in the High Arctic. Please contact group convenor Alison Hobbs, environment@cfuw-ottawa.org, if you would like to be at this meeting.



Recently, members of Environment Action have been clearing shorelines and parks of litter, compiling a list of environmentally themed questions for election candidates, and writing articles and letters. Our network of contacts within and beyond Ottawa is expanding. During the next few months, we shall be collaborating with CFUW-Nepean and CFUW-Kanata to plan a five-hour public event at City Hall to raise awareness about environmental issues.

Please consider joining this lively and engaged interest group.

Let's Have a Party!



Our annual in-person Holiday Party has once again been cancelled due to COVID-19. Last year we enjoyed a wonderful get together on ZOOM, and we would like to do so again this

December. Volunteers are needed! Please contact Alice Bolt at ianbolt@sympatico.ca or Patricia Duffey at pmduffey22@gmail.com.

Petition in Support for the Women of Afghanistan



Photo courtesy of Canadian Women for Women of Afghanistan (cw4wafghan.ca)

The women of Afghanistan have a passion for learning and have made remarkable progress in the last 20 years.

With great concern we have watched these women recently shouting in the streets against their oppressors.

Women around the world can shout our support for these courageous Afghan women and against the trampling of their human rights.

Women can no longer accept curtailment of our human rights anywhere in the world.

We are delighted that many signed the petition, sponsored by Graduate Women International.

The petition closed on September 18, 2021 and was delivered to the United Nations Human Rights Council meeting in Geneva. You will find the results in the next GWI Update.

With its extraordinary reach, GWI sent the petition to:

- members in some 70 countries to join us;
- all seven NGO Committees on the UN Status of Women and requested signatures and distribution sharing;
- GWI United Nations Representatives in New York, Paris, Vienna, and Geneva; and
- the United Nations of Geneva Human Rights Council Bureau secretariat.

Thank you for your concern. We cannot turn a blind eye to the restriction of women's human rights.

Hally Siddons and Dorothy Phillips

Our AGM on May 10th

By Alison Hobbs

The Club’s online AGM for 2021 opened with a culinary treat: a video, introduced by Christine Rollo, in which Michael Blackie, a prestigious Ottawa chef, demonstrated how to prepare a green papaya salad combining carrot, papaya, red bell pepper and an original Nam Pla (Thai) dressing. In the past, Chef Blackie took charge of the meals offered by the Brookstreet Hotel and the NAC, and he is the co-founder of NeXT restaurant in Kanata.

The business part of the meeting began with the presentation of the Pink Rose Award for 2020-2021 to Barbara Newbegin, our ZOOM Coordinator. Since March 2020 Barb has patiently helped us cope with on-line gatherings, increasing everyone’s technical know-how in the process. Barbara’s award is well and truly deserved.

In her report, President Elizabeth Wilfert announced that volunteers with relevant skills will be encouraged to help with next season’s executive responsibilities by joining various teams, and that, for the sake of

simplicity, all of our Club’s “Study and Interest” (including outdoor activities) and “External Outreach” groups will henceforth be called “Interest Groups.”

Joan Tyler, Marie Danielle Vachon, and Shelley Zucchi, as retiring Board members, received warm thanks for their service to the Club. The new incumbents proposed by Nominations Chair Heather Lewis were accepted. Lorna Bickerton is now the Secretary, and Jill Moll is VP Operations. Alison Hobbs has become VP Communications, having handed over the editorship of the *Capital Carillon* newsletter to Moira Phillips, who is welcomed as a new Board member in that role. Barbara Newbegin’s role of ZOOM Coordinator will be a Board position from now on.

Patricia Duffey, in her report on the Scholarship Trust, mentioned that a memorial scholarship that has been created in the name of Lynne Bond, a fitting tribute to this former Pink Rose winner whose life came to an end last April: Lynne is greatly missed.



Invite Friends and Family!

Why not invite friends and family to experience all that CFUW-Ottawa has to offer? From now until December 1st, 2021, they can try out any of the interest groups that meet on Zoom and find out why *you* enjoy the Club so much!

Contact the group Convenor to let them know that a guest is attending. From December 1st, guests will need to join the Club in order to continue attending the group meetings.



CFUW-Ottawa has something for *every* woman!



Dining Out

The Wednesday “Dining Out” Group has not been dining out for at least a year. However, on September 15, six of us went out to Canal Ritz for a meal. Fortunately, the weather cooperated. We raised our glasses in a toast to a valued former member, Lynne Bond.

It was great to be together again. The beautiful evening light contributed to our pleasure.

In October we’ll probably be back to our Zoom alias “Tea, Dessert and Discussion;” however, this outing gives us hope that better days may return.

Heather Lewis, Convenor



Photos: Pam Mackenzie

MARK YOUR CALENDARS!

Events in 2021

Monday, October 4, 7 p.m. by ZOOM
General Meeting: The Barr Labs: Preventing Pandemics

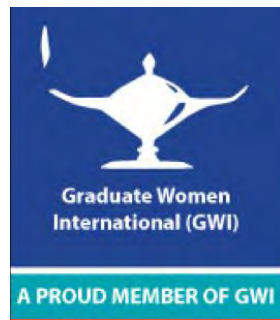
Monday, November 1, 7 p.m. by ZOOM
General Meeting: Family History and DNA 101

Events in 2022

Monday, January 10, 7 p.m. by ZOOM
General Meeting: Landscape Design in the Capital

Monday, February 7, 7 p.m. by ZOOM or at Riverside Church
General Meeting: Archaeology on NCC Lands





United Nations 31st International Day of Elder Persons, October 1, 2021

In recognition of this important date, the Canadian Federation of University Women: Moncton and Montreal South Shore Clubs invite GWI members from around the world to a conversation about the elder care issues that have arisen from the pandemic. The chat titled:

“What Works/What Should Change in Services and Supports for Elder Persons”

will be held by ZOOM on Friday, October 1, 2021 from 4:00 - 5:30 pm CEST

<https://us02web.zoom.us/j/88377824976?pwd=eXJ2d3lEclZ6SF1lS25SeVBiZUpIQT09>

Passcode: 871642

Meeting ID: 884 9147 2542

Please check your local time (<https://www.worldtimebuddy.com/cest-to-est-converter>)

The pandemic has exposed major issues in the services and supports for seniors in Canada and in many other countries. In Canada, the infection and death rates from COVID 19 among elders living in residential care was much greater than for those in community settings. These issues spurred CFUW members to become active advocates in the search for better ways to support aging citizens. CFUW passed a resolution on elder care, and a national study group have held meetings since last fall to garner knowledge and raise awareness.

We know that other GWI members have valuable information about practices used in their jurisdictions: what works, what should change. What do you, as GWI members, believe you can do or have done to improve outcomes for aging citizens?

On October 1, let's start the conversation about how GWI members can help to improve care of elder persons.

Pumpkin Bread

A half-baked idea to welcome autumn!

Servings: Makes 2 loaves • Prep Time: 20 Minutes • Cook Time: 65 Minutes
Total Time: 1 Hour 30 Minutes

INGREDIENTS

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1-1/2 sticks (3/4 cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin (I use Libby's)



INSTRUCTIONS

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point – that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.
7. **Freezer-Friendly Instructions:** The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

Reprinted with permission of [Jenn Segal/once upon a chef](#)