



Canadian Federation of University Women – Ottawa

# Capital Carillon

## October General Meeting

DATE and Monday, October 3, 2022

TIME: 7 p.m.

PLACE: By Zoom

SPEAKER: Maureen McTeer

TOPIC: Fertility: 40 Years of Change

Photo: Valberg Imaging



Maureen McTeer is an influential role model and leading advocate for gender equality, women's health,

and reproductive rights in Canada. She is the author of the newly released book *Fertility: 40 Years of Change*, which explores the development and use of reproductive and genetic technologies and Canada's response to the challenges and opportunities they offer. An original member of the Royal Commission on New Reproductive Technologies, and a member of the Global Commission on Pollution, Health, and Development, she works to ensure citizen engagement and inclusion in the discussions and debates on major health issues where science and society intersect.

As an expert on medical law and public policy, she has been a visiting scholar and visiting professor at several universities and is also the author of four best-selling books.

(see Meeting on next page)

## PRESIDENT'S MESSAGE

ELIZABETH (LIZZ) SLEITH WILFERT

*"I know of no single formula for success, but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm, and their inspiration to work together."*

*Queen Elizabeth II (April 21, 1926 – September 8, 2022)*

### Welcome and Welcome Back!

Queen Elizabeth II should have belonged to our Ottawa Club. Her quote describes so many of our members. She was a role model for women around the world, but I must admit growing up, perhaps we took her for granted. We were truly blessed to have a woman not only our Queen but also Head of State. Her accomplishments as a monarch are impressive and she held her own ably when up against world leaders.

Our club as a member of the Canadian Federation of University Women demonstrates its motto "the power of women working together," by combining our efforts, talents, and insights with enthusiasm. Whether it is working within our club, such as the MadriGals and their beautiful music, working with other clubs who are also members of CFUW, such as the Tackling the Environment Webinars or working with organizations and groups who are in the Ottawa community, such as the HOPE Scholarships we demonstrate the power of women working together.

We have an exciting program

for you this year, both in terms of monthly speakers and with fifty interest groups. New this season we are

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**President – continued**

offering a bilingual group, ‘Well-being Writing’. Our ‘tried and true’ groups are back again but 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 for the following committees/teams: Membership, Social Media/Communications, Website, Advocacy and 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?

We look forward to welcoming you back in person while continuing to recognize 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 motto: *“the power of women working together!”*

I encourage you to peruse our website and feel free to contact us if you have questions.

I close this month’s message with another Queen Elizabeth II quote... “When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.”

**Meeting – continued**

The first graduate of Dalhousie University’s Health Law Institute she holds honorary degrees from the University of Sheffield, Carleton University, Athabasca University, and

Acadia University. A lifelong volunteer, Ms. McTeer urges others to volunteer to make their communities stronger and has herself served on many not-for-profit Boards.

## New Members and Guests Welcome Event

*Karen Shigeishi-Waite*

In June of this year, the Ottawa club hosted its first (but not last!) event to welcome new members and their guests at the Royal Ottawa Golf Club. Fifty new members and their guests, Board and Membership team members got together to meet and socialize *in person*. Members

shared their great experiences with the club. Their stories must have been interesting, as eight of the thirteen guests became new members following this event! We look forward to another wonderful season together in 2022-23.



Photo credit: Alison Hobbs





## HOPE Scholarships for Refugee Women

CFUW-Ottawa has three new scholarships! Working with members of the Heads of Mission Spouses Association and the International Club of Ottawa, we have created endowed awards at Carleton University and the University of Ottawa as well as an annual scholarship at Algonquin College for refugee women. The HOPE committee hosted a gala dinner in May at the Shaw Centre with Sally Armstrong as keynote speaker.



Hope Gala Committee

The success of the gala surpassed our expectations with total revenue of

\$106,922, and a net profit of \$70,555. Thank you to our members and friends - your attendance at the gala, your cash or silent auction donations, and your willingness to volunteer all contributed greatly to the success of the project. We look forward to meeting the first HOPE Scholarship recipients at our awards evening in March 2023.



HOPE Sub-committee signing Terms of Agreement at Carleton University; Photo: Mike Pinder

**Back row (l-r):** Erin Pickering (CU), Kylie Patrick, (CU), Betina Appel Kuzmarov, Aliaa El Sherif (HOMSA), Olawunmi Asekun (HOMSA), Lorna Bickerton (CFUW-Ottawa)

**Front row:** Suzanne Blanchard (CU), Jennifer Conley (CU), Sarah Harvey (HOMSA), Patricia Duffey (CFUW-Ottawa)

**Absent:** Elizabeth Sleith (CFUW-Ottawa)



Silent Auction Coordinator Caroline Choquette (right) with Helen McElroy



Patricia Duffey (CFUW- Ottawa), Anne McIlroy (U. of Ottawa), Aliaa El Sherif (HOMSA), Olawunmi Asekun (HOMSA), Lorna Bickerton (CFUW-Ottawa); Photo by Bonnie Findlay, University of Ottawa



Lorna Bickerton (left) and Sally Armstrong



## Happy 50<sup>th</sup> Year, MadriGals!

by Patricia Bays



Braving the weather for the joy of singing

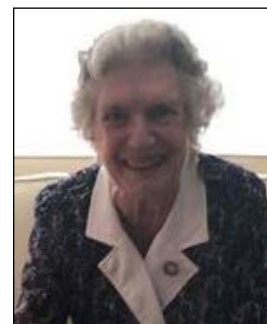
At a CFUW-Ottawa Christmas party in 1972, Susan Pulker volunteered to play the piano for a sing-song. The next fall, President Judith Oyen asked Susan if she would form a choir as a new interest group. The MadriGals, with ten members, was formed in September 1973 and continues on a weekly basis to this day. The current membership is around twenty-five, including two of the original members, Barbara Reid and Beverly Bieffer.

In the fifty years, there have been six musical directors. Joy Johnstone led the group for thirty-three of those years. Joy was a fine musician – she sang, and played the piano, flute, piccolo, and handbells. Her energy and skill shaped the choir. Designated by CFUW as a service group, the MadriGals have for many years entertained residents of seniors' homes all over Ottawa. They have performed for groups so small that the singers outnumbered the audience, and sung for groups so large it was difficult turning pages of music in the crowded room.

Some audiences enjoy singing along including a resident canary who was inspired to join in the music. They have sung at the Club's holiday parties and general meetings. On one occasion, undeterred by stormy weather and a church without heat, they rehearsed in parkas. For the sheer love of singing, they take on three-part harmony! They have their very own signature madrigal and a mission statement – “we sing for joy”!

Now entering their 50<sup>th</sup> year, they meet every Wednesday morning to sing under the leadership of director Elizabeth Dickson and accompanist Leila Metcalf. No audition is required and sight-reading skills are developed. The pandemic stopped in-person rehearsals and concert appearances, but they have developed a Zoom format that challenges them to learn new music and still allows them to express their joy in singing. New members are always welcome and the group looks forward to the time when in-person gatherings can be resumed.

## In Memoriam – Marie Andrews



Marie Andrews, a long-time member of CFUW-Ottawa and a keen skier and hiker with the Gatineau Trails group, died on 29 August 2022. Her enthusiasms included hiking holidays in Newfoundland, England, Wales, and France as well as choral singing with various Ottawa choirs. She is missed by the many friends with whom she shared these activities.

## MARK YOUR CALENDARS!

**October 3, 7:00 pm** – General Meeting and Speakers Series: Fertility: 40 Years of Change  
Maureen McTeer – by Zoom

**October 17, 11:00 am** – Lunch and Games Fundraiser – The Royal Ottawa Golf Club

**November 7, 7:00 pm** – Speakers Series – Andrew King – Author and Artist – Location TBD



## Ottawa Distinguished Women

Femmes remarquables Ottawa Distinguished Women is a collaborative volunteer initiative comprised of over 50 community leaders from various cultural communities and backgrounds with a shared passion for creating a legacy and conduit for recognizing the outstanding contributions and professional achievements of exceptional women in Ottawa.

The process to identify these “Distinguished Women” started in 2019 but was delayed by the pandemic. Finally on June 27 a ceremony was held at the Maison de la Francophonie

d’Ottawa to recognize the thirty successful award winners. In the presence of Mayor Jim Watson and other dignitaries three of our CFUW-Ottawa members were presented with special certificates and pins: Dorothy Phillips and Hally Siddons in the *Community Pillars* category and Kati Lyon-Villiger in the *Women of Inspiration* category. We always knew that they were distinguished women, but now others do too.

For more information and detailed biographies of these remarkable women see: [www.frottawadw.ca](http://www.frottawadw.ca)



Left to Right: Kati Lyon-Villiger, Dorothy Phillips, Hally Siddons. Photo by Heather Lewis.

## In Memoriam – Shirley Greenberg



Shirley Greenberg was born in Ottawa on October 6, 1931 and died peacefully in Ottawa on May 25, 2022. While not a member of any interest groups, Shirley was a long-time member of CFUW-Ottawa Club.

Shirley was a pioneer in the women’s movement, the legal profession, and the philanthropic world. She earned an undergraduate degree in sociology as a mature student at

Carleton University, followed by a law degree from the University of Ottawa when she was 45. When she started her practice in the 1970s, there were only ten women in Ottawa practicing law and more than 1,000 men. Shirley was among those who worked hard to change that status quo. She created the first all-female law practice in Ottawa. She helped found the Ottawa Women’s Centre, which in turn led to the creation of the Women’s Career Counselling Centre, the Rape Crisis Centre and Interval House, the refuge for abused women and children. She co-founded the National Association of Women and the Law, which educates and lobbies governments to address the status of women and their legal issues, and the Legal Education Action Fund (LEAF), which ensures that

women’s interests are adequately reflected in all court cases. As a philanthropist, Shirley donated to projects designed to improve the status and well-being of women. These included the Shirley E. Greenberg Women’s Health Centre at the Riverside Campus of the Ottawa Hospital, the Breast Cancer Imaging Suite at the Queensway-Carleton Hospital, and the Mental Health Resource Centre for Women at the Royal Ottawa Hospital. She established scholarships and bursaries at both Carleton University and the University of Ottawa.

Shirley was a loyal and devoted friend, a famously keen bargain hunter and a great hostess, renowned for her famous July 1st parties. She was always up for an adventure.

## The Pink Rose Award

by Elizabeth Wilfert

This year's recipient, Fran Harding, has been active in numerous groups including Environment Action, Gatineau Trails, the Gallery Group, Urban Walks, the Hippy Project, and UWHAW, and has served on the Board as Program Coordinator and VP of Communications. She is an important member of the Advocacy and Issues Committee, writing proposals that were accepted nationally and have become part of our Policy Statements, such as Pay Day Loans.

Fran works feverishly behind the scenes with all Afghan Issues; be it collecting Silent Auction items for UWHAW's fundraisers and the HOPE Gala, or writing reports and articles for the Capital Carillon, the Ottawa Citizen, or the Globe and Mail. She is also heavily involved in the UWHAW program and responsible for the outstanding speakers from around the world speaking to the group. She successfully managed

*"The Pink Rose is an annual award to one of our Club members, a tradition inaugurated in 2017. Each year the award will be presented by the President at our club's AGM in June. This honour goes to those club members who quietly contribute to our events and activities with no thought of reward or prestige, but with exemplary dedication."*



The Pink Rose Award



President Lizz Wilfert and Fran Harding

to get a family out of Afghanistan and is now working to procure them a visa for safe passage out of Pakistan.

The list is endless when it comes to naming all the contributions this member has made and continues to make to our Ottawa Club. Once again, thank you, Fran.

Previous recipients of the Pink Rose were Elaine Copland (2017), Lynne Bond (2018), Mary Broderick (2019), Dierdre Newbegin (2020), and Barbara Newbegin (2021).



## Wine and Spirits in Prince Edward County

by Moira Phillips

In June, twelve of us from the Wine and Spirits group headed to Picton in Prince Edward County to experience two days of wine tasting at four local wineries.

We met up for lunch on the first day at Huff Estates and enjoyed al fresco dining, accompanied by a glass of one of the winery's offerings. We checked out the art gallery on the property and then wended our way through Bloomfield (did some of us stop for ice cream?) on the way to Picton, where we were staying a couple of nights in a pretty hotel overlooking the harbour. We managed to congregate for pre-dinner drinks that evening then



dispersed in small groups to try some of the restaurants nearby, happily within walking distance.

The next morning, we poked around the shops on Main St before assembling in the afternoon for our tour of the wineries. We tried four

wines in each winery, and some of us bought bottles to take home, as the wines are not generally available for purchase outside the county. It was fun to try the different wines – reds, whites, and rosé, and in one winery, we sampled some finger food too, to give us some idea of possible pairings.

We were delighted to have glorious sunny days for our ramblings and tastings, and we generally agreed that the junket was an excellent first foray, with hopefully many more to come. Tuscany or Croatia, next time? Hmm....

## Do You Know Who We Are – Graduate Women International Triennial – November 11-13, 2022

CFUW-Ottawa was founded in 1910 and is one of almost 100 clubs that make up CFUW, which was founded in 1919. Graduate Women International (GWI), formerly the International Federation of University Women (IFUW)

is the international arm of CFUW and was also founded in 1919.

Every three years GWI hosts a Triennial General Assembly and Conference and invites delegates from over 50 country affiliates to come together to learn, share and set policy. Normally this requires extensive travel, but due to Covid, we will have a one-time opportunity to attend this triennial with other women from around the world from



Graduate Women International  
**From Growth to Sustainability**  
34th Triennial  
General Assembly and Conference  
(to be held virtually)  
**11 November - 13 November 2022**

the comfort of our own homes.

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 out this conference. Our national organization, CFUW,

will be presenting "How we do Advocacy – Fighting for Social Justice with Education."

They have extended the early bird registration until the end of October. If you are interested in learning more, explore the GWI website [www.graduatemen.org](http://www.graduatemen.org), where you may also register for the event and review the detailed programme. The early bird fee is about \$80 (CHF 60), increasing to CHF 75 (about \$150 CDN) after October 31<sup>st</sup>.



## The Diplomatic Hospitality Group

*by Lisa Haley*

### The Platinum Jubilee Tea

The Diplomatic Hospitality Group (DHG) ended its very enjoyable 2021-2022 season with a special event. To coincide with the historic Platinum Jubilee of Her Majesty Queen Elizabeth II, participants enjoyed a guided tour of the Billings Estate followed by a traditional tea served in the estate's garden tent. With so many interested we had to organize both a morning and afternoon group.

To mark this very special event, attendees were given a commemorative Platinum Jubilee pin, a souvenir even more special and poignant today.

We have terrific activities and events lined up, as well as our interest groups on English Conversation, French Culture and Conversation, German Conversation, Duplicate Bridge, Snowshoeing, and more!

All CFUW-Ottawa members are welcome to join DHG at a cost of \$30.00. Payment can be made by e-transfer to [treasurer@dhg-ottawa.com](mailto:treasurer@dhg-ottawa.com) or by cheque to 33 Southland Crescent, Ottawa, Ontario K1S 5E6.





## CFUW-OTTAWA LUNCH & GAMES SCHOLARSHIP TRUST FUNDRAISER

Please join us for friendly conversation and a luncheon followed by a fun afternoon of games.

This event will greatly contribute to our scholarships at Carleton University, the University of Ottawa, and Algonquin College.

**DATE:** Monday, October 17, 2022

**TIME:** Registration: 11:00 am  
Cash Bar opens at 11:00am  
Lunch: 11:45 am

**PLACE:** THE ROYAL OTTAWA GOLF CLUB  
1405 Aylmer Road, Gatineau

**COST:** \$65.00 (cost of lunch plus a donation to the Scholarship Trust Fund – a tax receipt will be issued for the donation part of your ticket.)



Following the public health guidelines, it is expected that all attendees are vaccinated for Covid-19

**REGISTER** by contacting **Alice Bolt** at [ianbolt@sympatico.ca](mailto:ianbolt@sympatico.ca)

Please include the following information for yourself and any guests or friends attending. Can't stay all afternoon?

Join us for lunch by indicating below:

- Name or names if bringing a guest
- Complete mailing address (tax receipts)
- Phone number
- Email address
- Dietary restrictions/allergies with person's name and type of allergy or restriction
- If lunch only
- Luncheon seating request

### Payment

By cheque: please send cheques to Alice Bolt, 1531 Caton Street, Ottawa, K1H 6J3, payable to CFUW-Ottawa, and including the names of any guests for whom you are paying.

By e-transfer: to [gardenreception1@gmail.com](mailto:gardenreception1@gmail.com). In the message section, please indicate if you are paying for a guest and give the guest's name.

Confirmation will be sent by email.

A variety of games will be offered. If you wish, bring your own game!

To register for **bridge**, please contact **Junko Price** [j.y.price@sympatico.ca](mailto:j.y.price@sympatico.ca)

To register for **mah-jong** please contact **Mary Broderick** [maryelainebroderick@gmail.com](mailto:maryelainebroderick@gmail.com)

To register for **board games**, please contact **Chris Narraway** [ev923@ncf.ca](mailto:ev923@ncf.ca)

If you cannot attend the event, please consider a donation.

Questions? Contact **Pat Duffey** [pmduffey22@gmail.com](mailto:pmduffey22@gmail.com) or at **613-828-4569**

## All the Dirt – Leave the Leaves

by Sandra Gregson

Favorable weather this summer allowed the CFUW Garden Club to hold our first few in-person garden visits. These included a visit to Fletcher Gardens and a visit to the gardens of club members Dawn Smith and Barb Newbegin. It was really nice to finally be able to meet club members in person!

The June Garden Club visit to Berit Erickson's Garden was very inspiring. Often, we look at a garden and enjoy its organization and cultivation of ornamental plantings; Berit's approach to gardening is to see it as an ecosystem and habitat which supports many creatures. Her garden is full of the textures and colours of many plants buzzing with insects attracted by the plants and birds attracted by the insects. In order to attract these insects and birds, she has planted mostly native plants (about 70%).

In addition to using native plants, one of the simple things to support



Fletcher Gardens Visit

your garden and foster pollinators is to leave the leaves in the autumn. Many caterpillars, chrysalises, bees, and other insects winter in the garden under or in the leaves. (See Berit's website link to this: [www.cornerpollinatorgarden.net/leave-the-leaves](http://www.cornerpollinatorgarden.net/leave-the-leaves).) She also suggests not dead-heading or cutting plants to the ground. So, in

preparing your garden for the winter, leave the leaves, leave the flower heads for the birds, and do not cut down the stems. The leaves will break themselves down, first providing mulch protection during the winter, then in the spring, enriching the soil, the birds will feast on plant seeds, and pollinators may nest in the stems. Enjoy your winter garden knowing that an ecosystem is at work! Berit's website also offers suggestions for a spring cleanup: [www.cornerpollinatorgarden.net/spring-clean-up](http://www.cornerpollinatorgarden.net/spring-clean-up).

Berit had at least one insect hotel in her garden. As they are losing their habitats, insects are less evident in our gardens and an insect hotel provides a safe structure for them to build homes. They are usually made of natural or recycled materials, including twigs, pine cones, hollow stems, and cardboard. Insect hotels are beneficial



Japanese anemone – garden of Dawn Smith



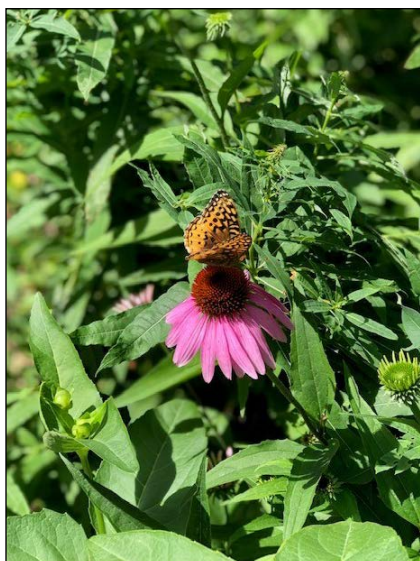
Barb Newbegin – front garden

(see **Garden Club** on next page)



**Garden Club** — continued

to your garden as they attract the following: 1. pollinator insects which increase flower and fruit production, 2. predator insects that can control insects you don't want, such as aphids, and 3. decomposer insects such as centipedes, beetles, and spiders which feast on fungi and rotting vegetation keeping your garden healthy. Insect hotels can be purchased or as a fun DIY project. In addition to attracting pollinators and controlling pests, they add visual interest to a garden.

**CFUW-Ottawa AGM**

by Alison Hobbs

President Elizabeth Wilfert began the meeting, which took place on June 6, by asking for a moment of silence to honor club members who have passed away this year.

The guest of honour and speaker, Sharon Hapton, founded the not-for-profit organization Soup Sisters in 2009. She presented a short introductory video "Soup Bank MISO 22", (MISO standing for Money In, Soup Out) which outlined its operations. 13% of households in Canada experience food insecurity, affecting one in six children. Soup Sisters deliver, freshly made, flash-frozen

soup, not soup in a can, to agencies nationwide, showing recipients that someone cares enough about them to make them a meal or give them a "hug in a bowl." Although community fundraising events were canceled during the pandemic, the soup kept flowing with Government grants to assist with funding.

Soup is an all-encompassing meal with zero waste and zero overheads. When homeless and impoverished children receive the soup, they feel part of something, like a Sunday evening family dinner. A huge team of volunteer helpers has included Governor General David Johnston and his



Sharon Hapton, Founder of Soup Sisters



Mary Clare Carter, founder of Ottawa Soup Sisters

wife Sharon. Male helpers are recruited as Broth Brothers, and Souper Kids make soup for other kids.

Our second speaker, Mary Clare Carter, started the Ottawa chapter of Soup Sisters in 2013. Working with the Carlington Community Health Centre, the Parkdale Food Centre, and local Indigenous agencies they serve needy families, vulnerable seniors, and refugees living in Ottawa hotels. In 2016 a *Soup-a-thon* for Syrian refugees took place, serving 5000 litres of soup in one weekend. Donations of soup came with handwritten labels and friendly welcome

notes. They also partner with CHEO and have augmented their school lunch program with servings of fresh fruit and vegetables.

During the business meeting that followed, Fran Harding was announced as this year's recipient of the Pink Rose award and new 2022-2023 Board Members Mady Keup, Deborah Bouchier, and Maria Hunter, were elected. The board members stepping down, Susan Puderer, Lorna Bickerton, and Kate Balsara-Pardoe, were recognized and thanked for their considerable contributions to our Club.



## Environment Action Report – In the Fletcher Wildlife Garden

*By Alison Hobbs*

The Fletcher Wildlife Garden is worth visiting and revisiting! In early September, as a prelude to our new season, members of the CFUW-Ottawa and CFUW-Kanata clubs' environmental interest groups met there for a guided walk through its different habitats.

In four groups, each led by a knowledgeable representative of the Ottawa Field-Naturalists' Club, we made our way through the butterfly meadow, one of Canada's certified way-stations for monarch butterflies. Beside the meadow is a purpose-built drinking place for butterflies, with tadpoles in the water too. We noticed paper wasps constructing a nest, a

garter snake, numerous chipmunks and many colourful, native flowers. Our visit gave us ideas for what to incorporate into our own gardens.

We heard anecdotes about snapping turtles and invasive plants in the amphibian pond and about the problems caused by dog-strangling vine in the woodland and meadows. Despite huge efforts to get rid of these invasive plants, they spring up everywhere. If they are cut and left to dry, their seeds are dispersed for next year's growth. White snakeroot competes with the dog-strangling vine, so it is being encouraged to flower in the same areas. Black walnut trees are also plentiful; it was interesting to discover that nothing

much else grows on the ground in their vicinity because their roots produce a toxic substance called juglone.

The message of the tour was that we can act by volunteering to maintain the ponds, butterfly meadows, woodland, and pollinator gardens as a haven for the native flora and fauna — by removing invasive plants or simply by introducing young people to such places, teaching them respect for nature and appreciation of their surroundings.

Please contact [environment@cfuw-ottawa.org](mailto:environment@cfuw-ottawa.org) for more information about the garden, or if you would like to take part in other Environment Action activities this year.



Photo by Alison Hobbs



Photos by Sue Hurtubise, Carol Hinde and Mady Keup.



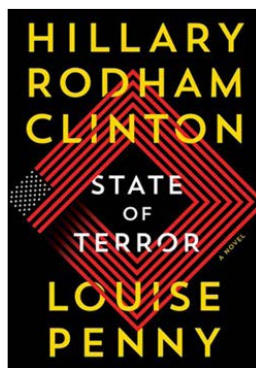
White snakeroot



## Book Review – State of Terror

by Glynis Peters

If you are a Louise Penny fan you will love this novel - with subtle references to her Gamache novels that pepper it. If you have never read one of her books before it is irrelevant. Her friend Hillary Clinton has opened up a world that very few see, a real insider view of the role of Secretary of State. Together they weave a story of our times, including some chilling possibilities that came true between writing and publishing. At the centre is the friendship of two women who must cope with terrorists, a huge threat to peace in the world, the complications of misogyny, and knowing just who is the enemy. It takes us around the world in a race against time to stop nuclear bombs from being detonated. Both Penny and Clinton stepped out of their comfort zone and they created a great story, a real page-turner. Take time to read the acknowledgments at the end and discover the amazing real-life inspirations for some of the characters. Very moving.



Ellen is late-middle-age and that reflects in both appearance and worldly experience. She is very clearly based on Hillary, which I quite enjoyed. It was refreshing to have a protagonist that is written in a way that felt

realistic and not in the male gaze. In this case, many people underestimate Ellen because she is a woman and she does use that to her advantage.

I thought it was very clever how Ellen would anticipate misogynistic attitudes and work around them to achieve what she wants.

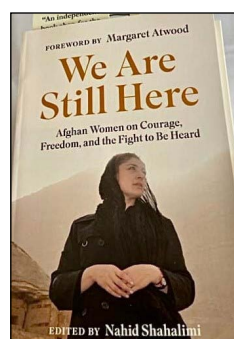
### A Day of Solidarity with Afghan Women

by Fran Harding

On August 18, their Independence Day, and a year after the Taliban overthrew the Afghan government and seized power the Embassy of Afghanistan hosted a very warm and thought-provoking event at Ottawa City Hall.

The more than 100 guests were welcomed by H.E. Hassan Soroosh, Ambassador of Afghanistan to Canada. He spoke of the humanitarian crisis in his country, the widespread hunger and displacement of thousands of its citizens, and the loss of rights by women and girls.

Nahid Shahalimi, an Afghan Canadian artist and activist, and editor of “We Are Still Here – Afghan Women on Courage, Freedom, and the Fight to be Heard”, continued this theme. Her book is a collection of 13 essays by powerful, insightful, and influential Afghan women who have worked as politicians, journalists, scientists, filmmakers, artists, coders, and musicians. No two essays are the same, but they



“We Are Still Here” is available at Perfect Books on Elgin Street. Photo by Zahra Jafari

provide historical context and personal stories, and clearly show what Afghan women have lost: freedom, self-determination, and joy.

It is a compelling book in which Shahalimi calls on us all to “Listen to these women. See them. See their commitment to freedom and

to their rights. See them in a new light. They are not victims. They never were. They do not need regrets; they need a platform, support, and solidarity. Invite them to participate and bring them into your conversations.”

The Ambassador then expressed appreciation to organizations that have supported Afghan women and girls and the many newcomers to Canada. Both the Canadian Federation of University Women and University Women Helping Afghan Women were recognized for their work.

The event concluded with the raising of the Afghan flag in front of City Hall.



## The History Studies Group invites you ...

... to join a group of ladies interested in history. Many have traveled and want to know more about the places they have visited. Some have read a book whose story was set in a particular country or city they wish to research. Others want to explore the current events of our rapidly changing world and the History Studies Group seeks to meet these varied interests.

Members volunteer to make presentations around



a theme selected each year by the group, followed by a discussion.

The above historical photo, a Chinese junk sails through the Upper Gorges of the Yangtze River, illustrates this year's theme, the "History of Great Rivers and Waterways".

Rivers flow through practically all continents of the world and their shores have seen the emergence of many of the world's major cities

and megacities. On the other hand, waterways, such as the Panama Canal and the Suez Canal, are often geopolitical enterprises. These waterways have been constructed or developed to extend or provide an alternative way for maritime traffic, especially commercial exchanges. In this way, they may impact the subsequent history of the region.

This year's theme will explore the interaction of rivers and waterways on the development of the people who settled around them.

At the request of our members, our opening meeting in October will feature a discussion of Ukraine – what the future holds for that beleaguered country.

The History Studies Group meets on the first Wednesday of every month from 1:00 to 3:00 p.m. For further information or to join our group, please contact Aline Barrette, at [aline-barrette32@gmail.com](mailto:aline-barrette32@gmail.com).



## Speakers Series – Eleanor McMahon and the Gift of Resiliency

by Laura Goodine

On May 2 we were privileged and delighted to listen to Eleanor McMahon, President and CEO of the Trans Canada Trail and founder of Share the Road Cycling Coalition.

In 2006, her husband, OPP Sergeant Greg Stobbart died in a cycling collision. From this tragedy sprang the passion and commitment she has since shown in her pursuit of safety for cyclists. Share the Road Cycling Coalition, now one of North America's leading cycling and urban mobility organizations has achieved significant public policy and legislative changes both in Ontario and Canada. In achieving this Eleanor has collaborated, shared, and sought input from around the world.

She credited her strength in building relationships to her many previous roles: Press Secretary for Jean Chretien on Parliament Hill; Vice-President



Eleanor McMahon with a photo of her husband Sergeant Greg Stobbart.

of United Way Ottawa; and in the private sector as Director of Public Affairs at Metro Canada.

Eleanor shared her roots, the source of her resilience, referring particularly to her 96-year-old mother, an undeniably strong role model.

She finished her talk with an inspirational quote by Emerson – "Do not follow where the path may lead. Go instead where there is no path and leave a trail".

For further information – [SharetheRoad.ca](http://SharetheRoad.ca)



## Safe at Last – Afghan Refugee Stories

by Fran Harding

Within days of the fall of Kabul, University Women Helping Afghan Women (UWHAW) received appeals for help from the two people largely responsible for the success of their 10-year-old scholarship program at Gawharshad University.

Amad Zia Kayhan, Finance Manager, and Khadija Yawari, Manager of the Gender and Women's Empowerment Center and responsible for women's scholarships along with their families were in danger and had applied for resettlement in Canada.

UWHAW said they would try to help. Letters of support were sent from CFUW National to the Prime Minister and Cabinet Ministers. MPs were lobbied, alliances formed with other organizations working to get people out of the country, and sponsorship was investigated.

After a terrifying encounter with Taliban soldiers, Kayhan, his wife,



Left to Right: Khadija Yawari, daughter Haniya, son Irfan, and mother Durani in their new home, Aachen, Germany. Photo Credit: Ali Sabah, Khadija's husband.

and a brother escaped to Pakistan. He was soon resettled in Germany. His brother is in Italy.

The Yawari family story is longer. During the chaotic evacuations they were to fly to Australia, but a bomb attack aborted the flight. Escape overland was impossible as their newborn son had no passport, Khadija's mother was frail, and her sister, a police officer, was a Taliban target.

The sister fled to Iran and the family kept moving to hide from the Taliban. A UWHAW member got a passport for the baby, another worked with a European human rights organization that wanted to help. Sadly, a second evacuation by a Jewish charity failed because our government would not respond.

A Canadian charity, Operation

Abraham, was working with the office of the Minister for Refugees to get vulnerable people out of Afghanistan including the Yawaris. Reassurances were given weekly. They were advised to go to Pakistan as quickly as possible. They went, waited, visas expired and a UWHAW member got them new ones. Encouraging messages continued, UWHAW donations helped with rent and everyone remained hopeful.

The Yawaris were desperate to get to Canada, but a year after their first plea for help they could wait no longer. On September 1st they flew to Germany, without hearing any official word from Canada.

The family remains committed to get to here and will prepare their immigration papers soon.

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](mailto:newsletter@cfuw-ottawa.org).

Next issue: November 2022; deadline for submissions: October 15

Previous issues are archived on the Club website at [www.cfuw-ottawa.org](http://www.cfuw-ottawa.org).

## Travellers' Corner – Louise Penny's Eastern Townships

by Sandy Stanko and Gwenda Davies

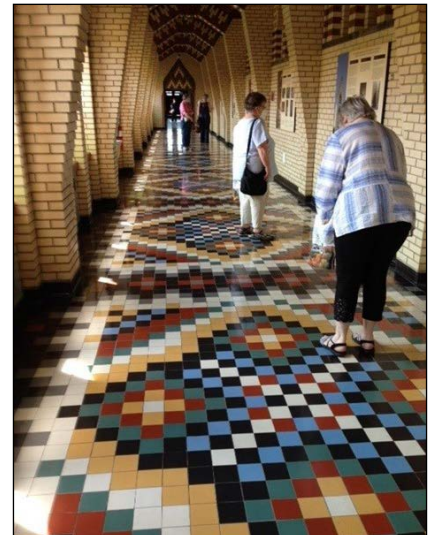
A late May coach tour took us to the landscape and sites which are the inspiration for the setting and evocative ambiance of so many of Louise Penny's novels.

It was simply packed with those stand-in influences... at Georgeville, not just Mr. Beliveau's General Store, but the 1866 St. George's church (Penny's St. Thomas) as well as Hadley House. At Knowlton, by the water race, the independent Lac Brome book store (shades of Myrna) has a Louise Penny corner with a sign-in guest book... Jane's painting of "Fair Day" stands at the entrance to the village museum. And, of course, as one

would naturally expect there were gastronomic treats worthy of Gamache: Sutton's enticing La Rumeur Affamée reminding us of Sarah's boulangerie; Knowlton's Le Sapin Bistro's exquisite offering of lemon square (absolutely worthy of Gabri and Olivier); ...and there were vineyards, chocolateries, afternoon tea, the exquisite Sherbrooke murals, and fromageries en route too. Not least the cheeses named after saints at the monastery of those surprising tiles, Abbaye de Saint-Benoît-du-Lac, which was the setting for Saint-Gilbert-Entre-les-Loups Abbey in *A Beautiful Mystery*.

So if you are longing for a world

that includes the endearing mythical Three Pines, this is remarkably close!



Abbaye de Saint-Benoît-du-Lac



Lac Brome book store



Afternoon tea at the Uplands Cultural and Heritage Centre



One of the many beautiful murals in Sherbrooke



"Still Day"

## Lucy Waverman's Cinnamon Gardens Chicken Curry

Thank you to Elaine McKnight for this warming autumn dish.

### INGREDIENTS

- 2 tablespoon vegetable oil
- 1 large onion, finely chopped
- 1 tablespoon ginger, finely chopped
- 1 tablespoon garlic, finely chopped
- 2 tablespoon medium curry paste
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander seed
- 1 teaspoon ground cumin
- 2 pounds boneless, skinless breasts, cut in 2-inch (5-cm) pieces
- Salt and freshly ground pepper
- 1 cup coconut milk
- 2 cup drained chopped canned tomatoes
- 1 tablespoon lemon juice
- 2 cup baby spinach
- 1 cup golden raisins



### Garnish:

- 2 tablespoon chopped coriander

### INSTRUCTIONS

1. Heat oil in a skillet over medium low heat. Add onions and sauté slowly until softened and browned on the edges, about 10 minutes. Add ginger and garlic and sauté for 5 minutes longer.
2. Stir in curry paste, cinnamon, coriander and cumin and cook until fragrant, about one minute. Add chicken and sauté for about 4 minutes or until coated with spices and slightly brown. Season to taste and remove chicken to a bowl.
3. Add coconut milk and tomatoes to skillet, scraping up any bits at the bottom of the pan, and bring to boil. Reduce heat and simmer for 5 minutes or until thickened.
4. Return chicken and simmer, uncovered, for 2 to 3 minutes or until chicken is almost cooked through. Remove from heat and stir in lemon juice, spinach and raisins. Taste for seasoning, adding salt or lemon juice as needed.