



Canadian Federation of University Women – Ottawa

Capital Carillon

October General Meeting

DATE: Monday, October 2, 2023
TIME: 7 p.m.
PLACE: Riverside United Church
 3191 Riverside Drive
SPEAKER: Michael Kempa
 Associate Professor
 University of Ottawa
TOPIC: The Freedom Convoy
 Movement: Prospects for
 Canadian Democracy



On Monday, October 2 at our monthly meeting, Michael Kempa, Associate Professor at the University of

Ottawa, will be giving a talk on 'The Freedom Convoy Movement: Prospects for Canadian Democracy.'

Michael Kempa is a social scientist (PhD Law, Australian National University) with the spirit of an investigative journalist. Working as an Associate Professor within the Department of Criminology, University of Ottawa, his program of research draws upon Political Science, International Relations, and Sociological theory to address the ways in which states and non-state organizations variously conceive of and attempt to institutionalize "police power" in such domains as the

(see Meeting on next page)

PRESIDENT'S MESSAGE

CATHERINE SMITH

There is a Hopi proverb that wisely states that "one finger cannot lift a pebble." The amazing work being done by members of CFUW-Ottawa in so many different areas is strong testament to this proverb: it is by working together that we have accomplished so much. Indeed, this summer the recognitions, awards, and rewards for our collective work have been pouring down faster than the rain we saw last month. First, we received two awards from CFUW-National at their AGM, one for University Women Helping Afghan Women (UWHAW), who received the International Relations Certificate for their dedication and contribution to helping women in Afghanistan, and the other for our Membership Committee in recognition of our impressive increase in new members this past year.

But the good news does not end there! In July we were informed that our Scholarship Trust Fund (STF) is this year's recipient of AFP's prestigious **2023 Outstanding Philanthropic Group Award**. With the STF having awarded over \$330,000 to deserving university and college students over the past 40 years, this recognition is truly the work of so many. Thank you to our dedicated and hard-working trustees both past and present and to all of you who have supported the

STF through your donations, efforts, endowments, and attendance at our various fundraising events. What a feather in our cap this award is!

The power of our collective efforts bore further fruit in August when, after a long and fraught journey, the Yawari family arrived in Canada as government-sponsored refugees. So

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many of our UWHAW members worked incredibly hard to make this happen. Khadija Yawari managed our Scholarship program at Gawharshad University in Afghanistan and because of her work was in grave danger once the Taliban took over in 2021. Fleeing first to Pakistan and then to Germany, Khadija and her family – after two long years – have finally made it to Canada and are now settling in Peterborough. This is indeed a reward beyond measure for us.

So, to our new and returning members, welcome (and welcome back) to this wonderful group of women that is CFUW-Ottawa. Many fingers are indeed lifting many pebbles, perhaps boulders at this point I would argue, and I am excited to see what more is in store for us as the 2023-2024 season gets underway.



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 2023;
deadline for submissions: October 15

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

Meeting – continued

economy, new forms of urban communal space, and international security. Trained in media through a Munk Fellowship in Global Journalism, University of Toronto, Dr. Kempa tries to take the results of his research to the broadest possible audience. He contributes written, spoken, and audiovisual materials to major news outlets such as the CBC, *National*

Post, and *Global and Mail*, as well as academic publications in top-ranked social science journals. His first scholarly book, co-authored with Professor Clifford Shearing and Dr. Julie Berg, and titled *Policing: Conceptualisations and Practices of Security*, will be published through Routledge in the coming year.

All the Dirt

Late this summer, the Garden Club made a visit to Mackenzie King's Kingsmere Estate and enjoyed a walk among the ruins.

What would inspire the former prime minister to place ruins in his garden? An appreciation for a well-placed ruin was part of the culture of the well-heeled Englishman in the 18th century. Most would have made the Grand Tour through Europe, with Italy as a prime destination. Due to the expense involved, it was a pleasure reserved for the select few with financial means. The English writer Samuel Johnson summed it up: "A man who has not been in Italy is always conscious of an inferiority, from his not having seen what it is expected a man should see." Gentlemen returning from the Grand Tour decorated their houses with art they collected and their gardens with statuary and ruins inspired from their travels. The effect strived for was one of timeless landed authority.

Gardens in this picturesque tradition also took inspiration from



paintings by artists like Claude Lorrain and Poussin, who often included archaeological ruins in their art. The gardens incorporated scenes to delight the onlooker, such as forest glades decorated with hermitages or ruins. Such garden buildings were known as follies, as they had no practical purpose; the only point to their existence was as architectural displays.

It is not surprising that the idea of ruins appealed to Mackenzie King, as he had an interest in the English landscape garden tradition. Those interested in knowing more about Kingsmere might like to read *Garden of Dreams* by Edwina von Baeyer.

Marie Danielle Vachon

University Women Helping Afghan Women (UWHAW) Welcomes Afghan Family to Canada

For two years the members of UWHAW and friends worked to help a young Afghan family whose lives were in danger after the return of the Taliban in August 2021. Khadija Yawari was the manager of the Gender and Women's Empowerment Centre at Gawharshad University in Kabul. She also administered the UWHAW scholarship program that supported more than 100 young women at the school.

The family of four and Khadija's mother escaped Afghanistan for Pakistan where they stayed for many months waiting for Canada

to respond to their applications. Eventually their visas expired and they were invited to Germany, but their hearts were in Canada. Through an Ottawa-based charity, Operation Abraham, they were evacuated and arrived in Toronto on August 3 to a surprise welcome party of Hally Siddons, Naseema Siddiqui and Fran Harding on behalf of UWHAW. The family has begun resettlement in Peterborough as Government-Assisted Refugees and is looking for accommodation and jobs.

Fran Harding



(left to right) Ali Sabah with Erfan, Fran Harding, Duranyi, Naseema Siddiqui, Haniya, Khadija Yawari and Hally Siddons meeting in Toronto.

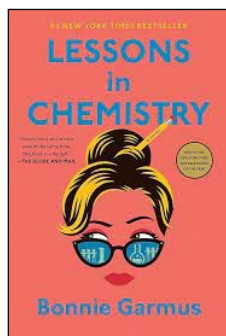
If any CFUW members can help with these needs,
please contact universitywomenhelpingafghanwomen@cfuw-ottawa.org.

Have You Read...? Book Review from Book Club II

Lessons in Chemistry follows Elizabeth Zott, a brilliant chemist in 1960s California, whose career takes a detour when she becomes the reluctant star of a much-loved TV cooking show.

Elizabeth has dealt with misogyny and people who doubt her many skills. She wants nothing more than to focus on her scientific research, but the patriarchy is an unrelenting obstacle. Then Elizabeth falls in love with a fellow scientist, and her life changes.

Eventually Elizabeth finds herself as a single mother and jobless. She ends up, through an unpredictable series of events, hosting a TV cooking



show that becomes very popular. She takes cooking very seriously but also teaches many important life lessons to her mostly female viewers.

The members of Book Club II enjoyed reading and discussing the book, its characters (especially 6:30, the dog), the writing style, and the impact it has had worldwide. *Lessons in Chemistry* has been translated into over 40 languages, is on the syllabus of various schools in an attempt to address sexism and is a must-read for both sexes. Bonnie Garmus has written a blockbuster first novel.

Sandi Stanko

In Memoriam

Esther Beatrice Earle was a long-time member of CFUW-Ottawa. Born in Newfoundland, she received her



Master's Degree in English from Carleton University and then taught English, History, and Geography with the Ottawa Board of Education for over 40 years. Esther belonged to several book clubs, the National Gallery group, Music Appreciation, and Historical Studies. She also enjoyed travel, crafts, and pickleball. Above all else, she was a loving and devoted wife, mother and grandmother who adored her children and grandchildren.

Movie Reviews

With the release of “Barbie” and “Oppenheimer” on the same date in July – the “Barbenheimer” duo became the must-see movies for the summer. Here is a review of each.

Barbie

I found it to be inspiring on so many levels. Ryan Gosling really knocked it out of the park. It’s painful to watch the suffering of codependence – whether in the real world or Barbieland – regardless of gender. I thought the key message of self-acceptance and empowerment came through loud and clear at the end in a lighthearted way. “Be yourself. Be your whole self. You are enough.” (Interesting how the wisest characters – e.g., Weird Barbie – are often the ones who have been the most wounded.)

Sue Carlton

Oppenheimer

Christopher Nolan’s film Oppenheimer is definitely worth seeing both for its historical significance and its examination of the life and thinking of the theoretical physicist who was instrumental in developing the atomic bomb. Based on the book *American Prometheus*, it’s three hours long, complex, and very detailed as it moves between his personal life and professional life. I found the depiction of the intersection between science and politics (the theoretical and the practical) absolutely fascinating. It’s a complex movie with no easy answers about the morality of what was done to end WW2.

Margaret Laing

A New Season of Environment Action

What can we do?

Two thirds of songbirds migrate at night, and light pollution can confuse them. During fall, in particular, turn off unnecessary lights or drape your windows after dark. Outside, using yellow or red light bulbs or motion sensors is better than white bulbs shining all night. Shield your bulbs to direct the light downwards.

Discover the benefits and the beauty of pollinator gardens. For inspiration, this year, our group has twice visited a private corner garden that’s a haven for wildlife, created by Berit Erikson.

Demand speedier Climate Action from the government. Humanity must end its dependence on fossil fuels. In



Aley Samuel (I) and Shirley Rayes in Berit Erikson’s garden



Berit Erikson speaking to Environment Action Group

solidarity with pressure groups world-wide, and inspired by CFUW’s environmental policies, our club members have been joining a series of rallies on Parliament Hill to call for a rapid transition to clean, renewable energy.

Save the dates!

■ Angela Keller-Herzog is the Founding Executive Director of the Community Associations for Environmental Sustainability (CAFES), a network of local environmental and climate leaders in the city of Ottawa. She is also a director of the Ottawa Renewable Energy Coop and the Co-Energy Ontario Coop. On **October 23** the Environment Action interest group will meet Angela to discover how we can engage in more effective environmental advocacy and activism and, in particular, accelerate the implementation of Ottawa’s Climate Change Masterplan. Guests are welcome at this meeting.

■ On the evening of **October 26**, the national Environment and Climate Change subcommittee is going to host a webinar encouraging collaboration between CFUW clubs in response to the challenge: how can we live with less, for the sake of our endangered planet?

Please contact environment@cfuw-ottawa.org (Alison Hobbs) for more information.

Alison Hobbs

News from the Diplomatic Hospitality Group

The Diplomatic Hospitality Group (DHG) is ready for another great year!

Our season-opening welcome event will be Friday, September 22, from 10:00am to 11:30am at the Rideau Sports Centre, located at 1 Donald Street. Because the venue is sheltered, it will take place rain or shine. There is no cost to attend.

We have an excellent array of activities arranged for fall and early winter, including a visit to a Cranberry Bog, a Butterfly Exhibition at Carleton University, an Autumn Adventure including a wagon ride and pumpkin patch, our Annual Christmas Holiday

Luncheon, and much more!

We are also delighted to again offer a range of Interest Groups: Duplicate Bridge; English Conversation; German Conversation and Culture; French Culture and Conversation; Spanish Culture and Conversation; and Snowshoeing. Our groups meet on dedicated days of the week and are both in person and virtual via Zoom, depending on the wishes of each group's members. There is no limit: you may join as many groups as you wish!

For more information, contact us anytime at info@dhg-ottawa.com

Lisa Haley



Members of DHG in front of the living wall at Algonquin College



MARK YOUR CALENDARS!

October 2, 7:00 pm –

Monthly Meeting – in person at
Riverside United Church,
3191 Riverside Dr.,
The Freedom Convoy Movement:
Prospects for Canadian Democracy.

October 16, 11:00 am –

Registration – Scholarship
Trust Fundraiser: Lunch and
Games – Royal Ottawa Golf Club,
1405 Aylmer Rd., Gatineau.



Women with Hammers Getting Geared Up for the Fall

The Women with Hammers Group embraced summer by several of its members participating in an Electrical Workshop in June held at the Electrical and Plumbing Store. Cindy Cashman, an electrician, had all the WwH participants learning how to peel off plastic on wire to prepare it for the next steps of attaching it to light fixtures, plugs and switches. The hands-on learning workshop was packed with information, multiple questions asked and answered, and was followed by a tour of the facility. This also led to a presentation of more information and more questions and answers. Members left with notes, lists, knowledge, and big smiles on their faces, understanding what was needed for those individual “home” projects.

Since the workshop was a success, and since other WwH members have expressed the desire to take the course this fall, arrangements



are underway to schedule a second Electrical Workshop!

In July, several of the WwH members got together at Lac des Loups to enjoy the great weather and get to know each other. It was such a great time that all we agreed we're going to do it again next summer!

Besides the Electrical Workshop, just like last year, more tours, potential courses, and interesting speakers are being scheduled. Interested in learning while having fun? Contact Eugenie Prevost at womenwithhammers@cfuw-ottawa.org.

Eugenie Prevost

Traveller's Corner Where Have You Been, Alice Bolt?

Alice Bolt's winter holiday in February and March took her and her husband on a South American cruise where natural wonders collided with vibrant culture and diverse landscapes. A few days in Santiago, Chile before the 14-day cruise and a few days in Buenos Aires, Argentina after the cruise made for a memorable three weeks.



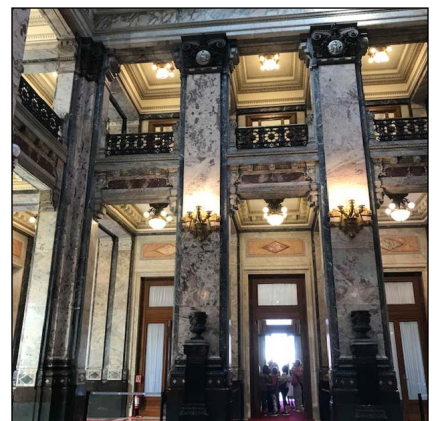
Ushuaia, Argentina – the last stop on the Pan American Highway that begins in Alaska and covers nearly 12,000 miles across two continents



Amalia Glacier – a magnificent experience to see Mother Nature at her best



Cliff-top vantage point of Punta Lorma, Argentina – home to the major sea lion breeding ground



Legislative Palace in Montevideo, Uruguay



Newcomer Welcome

On Sunday May 28, the club hosted new members and their guests at an afternoon gathering at the Royal Ottawa Golf Club. Members of the Board and Membership Committee were on hand to greet our new friends and welcome them to CFUW-Ottawa. Everyone enjoyed light refreshments while they mixed and mingled. It wasn't long before the warm and sunny late-spring weather teased everyone out onto the terrace overlooking the beautiful grounds of the golf club. Lizz Wilfert introduced members of the Board and Membership Committee and talked about CFUW. Everyone left with a smile on their face, having

met a new friend or two.

Members are encouraged to invite friends and family to our wonderful organization and share their great experiences!

Rosie Maclean



Welcome Newcomer Susan Scotti



Having heard about CFUW from friends, it was only once I retired, which was about a year ago, that I had the time to join the club and enjoy the activities it offered.

I was born in Italy and immigrated to Toronto with my family in the 50s. On earning a BA and an MSW from the University of Toronto, I worked in Toronto until I was offered a job with the federal government, which prompted a move to Ottawa in the mid 70s. What I thought might be a two-year stint here turned out to be a permanent move as I realized how much I loved my work and how much I had come to appreciate Ottawa's easy access to the country and strong sense of community.

I'm an active volunteer, serving on the boards of three not-for-profit organizations, and I enjoy the rich culture that this city has to offer. I also love food and cooking and am always scoping out new recipes and restaurants. When I'm not cooking or at the theatre, I'm reading, researching travel, feeding my addiction to the York New Times Spelling Bee and Wordle.

So far, I've joined Gatineau Trails, Urban Walks, the Movie Club, and the Diplomatic Hospitality Group.



MadriGals

We are a group of CFUW-Ottawa women who meet weekly to sing together from September to May. We sing in three-part harmony – soprano, second soprano, and alto. Our repertoire includes a variety of music: folk songs, show tunes, pop tunes, East Coast sea shanties, songs of inspiration – and our very own Madrigal.

Our group welcomes all CFUW-Ottawa members interested in joining us. We meet on Wednesday mornings at St. Timothy's church, 2400 Alta Vista Drive, 9:30-11:00. Our first meeting for the new season is September 27th, 2023.

Our community service normally involves singing to seniors at a variety of seniors' residences around the city.

Masks will be recommended to begin with, and we will follow Ottawa Public Health Guidelines.

Email: madrigals@cfuw-ottawa.org

Kringen Henein and Rosemary Carter



Our motto is "Sing for Joy"

Dining at its Gracious Best

On August 9 the Easy Gourmet group hosted a group of women who had purchased the "Easy Gourmet meal for 8" at the silent auction held during the Musical Lunch in April. The fine weather complemented the culinary, conversational, and informational pleasures of the evening. Our meal started with a pink Prosecco cocktail and hors d'oeuvres of cranberry-pecan bites, and grilled teriyaki-shrimp-and-pineapple skewers, all served and enjoyed in Marie Riopelle's beautiful garden.

As the evening cooled, we were escorted into the beautifully appointed formal dining room. The table was set with fine china and silver ware. Our first course was a very tasty mango gazpacho, served in fine-china teacups. We all agreed that serving soup in teacups was an excellent way to show off teacups that



L to R: Caroline Choquette, Elaine McKnight, Sandy McDonald-Renz, Moira Phillips, Judith Madill, Sandra Murray, Pat Duffey, Terry Anderson

are normally stored in china cabinets. The main meal was rack of lamb, Hasselback potatoes, balsamic roasted vegetables, and pesto-stuffed roasted tomatoes. We had red and white wine, both from New Zealand, which was generously donated by Sarah and Martin Harvey. Our palate cleanser was a lemon sorbet. The meal was topped off with a double chocolate



L to R: Marie Riopelle, Georgia MacAuly, Carolyn Harrison (hidden), Karen Shigeishi-Waite, Ann Flynn, Leila Metcalfe, Betty MacGregor, Carol Bell Thompson (hidden) and Donna Elliott.

mousse cheesecake accompanied by coffee or tea.

It was a wonderful way to contribute to the CFUW Scholarship Trust Fund and enjoy an evening with friends.

The first photo is of the lucky diners. The second photo is of the immensely talented cooks.

Terry Anderson

The Scholarship Trust Fund Committee What We Do and Who We Are

The Scholarship Trust Fund of CFUW-Ottawa was created in 1983 with seed money of \$4,000. Over the past forty years the Fund has grown to over \$500,000, and more than \$330,000 has been awarded to women pursuing higher education in the Ottawa area. Thirty-five scholarships and bursaries are now awarded annually by the Fund.

Our Club has been honoured this year with the Outstanding Philanthropic Group Award from the Ottawa Chapter of The Association of Fundraising Professionals. We are extremely grateful to the members of CFUW-Ottawa who have generously supported our fundraising appeals as



Back row L to R: Joan Desautels, Patricia Duffey, Deborah Bourchier; Front row L to R: Caroline Choquette, Elaine McKnight, Alice Bolt

well as to the dedicated stewardship of the Fund's trustees throughout the years.

In August we met with Erin

Meet the STF Team!



L to R: Elaine McKnight, Caroline Choquette, Lizz Wilfert, Pat Duffey, Catherine Smith

Pickering, CFRE, Development Officer, Principal Gifts at Carleton University, who showed us our new 'giving tile' location. We have moved up to the \$500,000 - \$999,999 level!

Pat Duffey

Enjoyable Gat Trails Bicycle Trip

Thirty-six members of the Gatineau Trails bike group have recently returned from our annual 2.5-day bike trip. This year we travelled northeast to Mont-Tremblant Village on a hot September day to tour the area.

We all stayed at the Auberge Manitonga, which is a lovely resort on Lake Moore just outside of Mont-Tremblant. The accommodations were wonderful, and the location had excellent access to the bike trails.

Everyone met on Tuesday evening to share a potluck dinner and strategize about the next day's events. On Wednesday morning each of the three cycling levels headed out, with the level 1 and 2 groups venturing

along the P'tit Train du Nord trail and the level 3 group exploring along the hilly roads in the region. We purchased yummy and energy-packed lunches from La Sandwicherie Café and Bistro. After a full day of cycling many in the group cooled off in Lake Moore. We finished the day together at the Ital Delli Ristorante, which was a walking distance from the auberge.

Thursday was another sunny and hot day, which we spent travelling various distances along the P'tit Train du Nord. All in all, it was a grand time for everyone, with no accidents or flat tires. Marion Agnew summed up everyone's impressions of the trip in an email, in which she wrote "the hostel



was sooooo comfortable, the sandwiches excellent, the restaurant(s)/food great, the cycling routes well done, music fun. Have I forgotten anything.... Oh yes, the company was so enjoyable and thanks" to all members of the tour committee: Leslie Crone, Colleen Proulx, Johanna Oehling, and Terry Anderson. Until next year.

Terry Anderson

We Won!

Congratulations to our club on the following awards which were handed out at the National AGM in July.

We received a CFUW National – International Relations Award for our contributions to the international cause of University Women Helping

Afghan Women.

We also received a New Members Award from CFUW National. Clubs qualify if they have '10% New Members But Not 10% Membership Increase.' We had 20% new members!

Lizz Wilfert

International Relations Certificate



Canadian Federation of University Women *Fédération canadienne des femmes diplômées des universités*

is pleased to award the

International Relations Committee Certificate

to **CFUW Ottawa**

for their dedication and contribution to

University Women Helping Afghan Women

August 2023
Date

Joy Hurst
Joy Hurst, National President

New Members Award



Canadian Federation of University Women
Fédération canadienne des femmes diplômées des universités

is pleased to award the

2023 New Members Award

to **CFUW Ottawa**

August 2023
Date

Joy Hurst
Joy Hurst, National President

The Pink Rose Award

Congratulations to Leila Metcalf!



The Pink Rose Award is an Ottawa Club annual honour bestowed on one of our members, a tradition inaugurated in 2017. These awards are announced by the President at our AGMs. This honour goes to a Club member who quietly contributes to our events and activities with no thought of reward or prestige, but with exemplary dedication.

This year's recipient has been active in Easy Gourmet, Madrigals, and University Women Helping Afghan Women. She is a former President, having served from 2008-2010, and former Regional Director representing Ontario-East for CFUW-National from 2012-2016.

Our Pink Rose Award Winner is a Co-Convenor of UWHAW, Madrigals Past Convenor, and has played the piano for Madrigals for a great many years. The list is endless when it comes to naming all the contributions Leila makes to our Ottawa Club.

Previous recipients of the Pink Rose were Elaine Copland (2017), Lynne Bond (2018), Mary Broderick (2019), Deirdre Abernethy (2020), Barbara Newbegin (2021), and Fran Harding (2022).

Lizz Wilfert

Photos of Summer

Instead of Ottawa Through a Lens, these photos by the talented members of the Hocus Phocus group celebrate summer both near and far.



Icebergs in Twillingate (photo by Pauline Daling)



Remic Rapids (photo by Kringen Henein)



NCC River House floating pool (photo by Jennifer Rae)



Pleasure Row, Richmond, New Hampshire (photo by Karen Shigeishi-Waite)

Mango Gazpacho

This delicious soup was part of the meal that the Easy Gourmet group served to the lucky eight who successfully bid for the dinner at the silent auction fundraiser last spring. Great food for a worthy cause.

Thanks to Anne Alper for this recipe.

INGREDIENTS

- 2 cups (500 ml) ripe mangoes, diced into ¼ inch pieces
- 2 cups (500 ml) freshly squeezed orange juice
- 2 tbsp (30 ml) extra virgin olive oil
- 1 medium seedless cucumber, diced into ¼ inch pieces
- 1 small red bell pepper, diced into ¼ inch pieces
- 1 small yellow onion, diced into ¼ inch pieces
- 2 medium garlic cloves, minced
- 1 small jalapeno pepper, seeded and minced – optional
- 3 tbsp (45 ml) freshly squeezed lime juice
- 1 tbsp (15 ml) chopped parsley
- 1 tbsp (15 ml) basil, plus more for garnish
- Salt and pepper to taste

INSTRUCTIONS

Put the mangoes, orange juice, and olive oil in a blender or food processor and puree. Transfer to a medium bowl and add the cucumber, bell pepper, onion, garlic, jalapeno pepper (if using), lime juice, parsley, and basil. Mix well and season with salt and pepper to taste.

Refrigerate until ready to serve. If the soup is too thick when ready to serve, slowly add water until it reaches the desired consistency. Serve in chilled bowls and garnish with a sprig of basil.

Yield: 6 servings

*Mosaic: A Cookbook Celebrating
Montreal's Jewish Culinary Diversity.*

