



Canadian Federation of University Women – Ottawa

Capital Carillon

Scholarship Awards Night



At 7:30 p.m. on March 2, 2020, at the Riverside Churches, 3191 Riverside Drive, please join the trustees of CFUW-Ottawa's Scholarship Trust Fund at our annual awards ceremony, which is free of charge. We look forward to welcoming you as well as your family and friends to this important event. Come to applaud the scholarship winners and listen to a recital by the musicians among them:

- Avery Morris, University of Ottawa, winner of the Barbara Newbegin Award, will play selected dance movements from Bach's Violin Partita No. 1 in B minor.
- Nadia Ingalls, University of Ottawa winner of the Helen Ninninger Scholarship in Fine Arts will play the bassoon.
- Marianne Keuleman, winner of the Helen Ninninger Scholarship in Music at University of Carleton, will be singing and playing the guitar.
- Jenifir Thies-Thompson, winner of the Earl B Connell Foundation Scholarship at University of Carleton, will also be performing.

After the ceremony there will be refreshments and a chance to congratulate each of these young women personally at a Meet and Greet Reception.

PRESIDENT'S MESSAGE

HEATHER LEWIS

With the coming of March, we start looking forward to Spring. Young life is always on display at our Scholarship Trust Awards evening where it is such a pleasure to see our proud winners and their families. Remember that you are not giving these talented young women just money; you are giving them recognition, a greater sense of self-esteem, and a drive for future success. Bravo!

The Blanket Exercise is coming up on March 20 for those who wish to participate (see page 10), and then, before we realize it, April will be on us. The speaker at our General Meeting on April 6 (see page 6) is Dr. Graham Sher, CEO of Canadian Blood Services. This is also our Resolutions Meeting. Last year we had no proposed Resolutions at all, but this year we have six: (1) The Canada Health Act and Common Application of Medically Necessary Services, (2) Payday Loans, (3) Achieving the Truth and Reconciliation

Commissions Calls to Action, (4) Climate Emergency — Declarations and Action Plans, (5) Protecting Children from Exposure and Access to Pornography and Sexual Violence on the Internet, (6) Enforcement of the Protection of Communities and Exploited Persons Act. Consult either our own website or the National website for details of these.

I must admit I sometimes sense that Resolutions do not create much excitement among our members. All the same, advocacy is an important part of what we do and who we are. Since the CFUW has

(see **President** on next page)

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True dedication! January 22nd, CFUW-Ottawa's MadriGals, directed by Elizabeth Dickinson and accompanied by Leila Metcalf at the piano, kept their coats on, because there was no heat in the church hall where their rehearsal took place that day. Photo by Sylvie Barzilay.

President – continued

close to 8000 educated members across the country, the Federal Government is forced to listen to the positions we support. We are a voice to be reckoned with. Policy is created by these Resolutions and, before a position becomes Policy, there has to be consensus in the Club as a whole. Health, safety, education, child-care and finance are only a few of the issues for which we have advocated in the past. To give you an example of the effect of our Resolutions, there was one in 2007 which advocated that the Canadian Government promote a high level Agency for Women within the United Nations Development Group, headed by an Under-Secretary-General. With the help of IFUW (now GWI) we achieved the goal of establishing an Under-Secretary-General and Executive Director of UN Women.

On April 23 at the Royal Ottawa Golf Club CFUW-Ottawa's annual Musical Lunch will take place (see page 7), an event I'm sure you will want to attend.

With all the preoccupation with and conversation about the CFUW's National AGM in June (see page 9), it's easy to forget that we'll also have a local, CFUW-

Ottawa AGM (see page 6). Here's a special request to all members to put this event in your agenda now: CFUW-Ottawa 2020 AGM and Lunch, on Saturday, May 2, 2020, Cost \$30.00. We're trying a new venue this year, the Rideau Canal Junior Ranks Mess at 4 Queen Elizabeth Driveway, Ottawa. This is your Annual General Meeting and we need you there.

Have a happy and healthy month of March. Think Spring!

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: April 2020; deadline for submissions: March 15.

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

Donations to the CFUW-Ottawa Scholarship Trust Fund

Donations in cash to the Scholarship Trust Fund may be made by cheque, payable to **CFUW-Ottawa — Scholarship Trust Fund**, PO Box 8392, Station T, Ottawa, ON, K1G 3H8, or via **Canada Helps** (www.canadahelps.org) — **The Canadian Federation of University Women/Ottawa Scholarship Trust Fund**. Official tax receipts will be issued for the amount donated.

Non-cash donations of securities listed on a publicly traded stock exchange may also be donated. The official tax receipt will be for the fair market value of the donation on the date it was donated, thereby eliminating the capital gains tax.

For further information, and to confirm that the Scholarship Trust Fund is able to accept your donation, please contact Patricia Duffy, Chair of the CFUW Ottawa — Scholarship Trust Fund, at pmduffey22@gmail.com.

LOOKING AHEAD TO CFUW EVENTS IN 2020 MARK YOUR CALENDARS!

All General Meetings take place at the Riverside Churches, 3191 Riverside Drive.



Monday, March 2, 7:30 p.m. – General Meeting and **Scholarship Awards**.

Monday, April 6, 7:30 p.m. – General Meeting with guest speaker. See [page 6](#).

Thursday, April 23 – **Musical Lunch** in aid of scholarships for young women in Ottawa and Kabul. See [page 7](#).

Saturday, May 2 – **CFUW-Ottawa AGM** at the Rideau Canal Junior Ranks Mess, 4 Queen Elizabeth Drive. See [page 6](#).

Thursday, June 4 – **Dinner for Hope** in aid of scholarships for young women in Kabul.

Thursday, June 18 to Saturday, June 20 – **CFUW National AGM**, Delta Hotel, Ottawa. See [page 9](#).

The Ottawa Chamberfest's Community Engagement and Education

By Patricia Duffey

Photos by E. Wilfert



50 members attended the February meeting where, after lunch, our guest speaker Peter MacDonald

delightfully informed us of the activities of the Ottawa Chamberfest. Peter is the General Manager of Chamberfest and Interim Manager of Philanthropy. He began his talk by explaining how he first got involved. As a young electrician, he volunteered to work at the Ottawa Folk Festival one year but decided to make a cash donation instead of taking the only job left — porta potties and clean up. He continued to offer his services as a volunteer, for the Blues Festival and Jazz Festival as well as for Chamberfest (since 2011) and for the past dozen years has worked as an arts administrator in the not-for-profit/charitable sector. Peter is dedicated to enriching Ottawa and feels deep joy in observing how community-building makes a difference to individual lives; even more so when it involves music!

The Chamberfest Community Engagement and Education activities include free *Bring the Kids!* concerts, where there are no barriers between performers and audience; *Listen Up!* a community-based arts creation project anchored in local schools, handing students the reins in the creative

process; *Rising Stars*, an annual feature of the Chamberfest summer music festival, showcasing the region's finest emerging talent in a professional concert experience; and *Sensory-Friendly Concerts* where artists create welcoming concerts for children and people with sensory sensitivities, either on the autism spectrum or with other challenges. Chamberfest musicians are always thrilled to participate in these community events while visiting Ottawa to perform.




Barbara Newbegin thanking Mr. MacDonald on behalf of CFUW-Ottawa.

Peter expressed the deep appreciation of Chamberfest staff and musicians for our support and attendance at their events and for the opportunity to share his passion for the work of Chamberfest with us. It was our pleasure!

Might You be Interested in Convening a New Group?

We would like to add some new groups to next season's offerings. Here are some ideas:

- ❖ **Women with Hammers** – organized programs involving home, car and other repairs, how to use power tools, etc. 
- ❖ **Golf** – weekly, during golf season.
- ❖ **Tennis** – weekly or bi-weekly games.
- ❖ **Bowling** – weekly or bi-weekly games.
- ❖ **The Curious Day Trip Group** – explore places of interest on a day trip once a month.
- ❖ **Newcomers' Group** – special activities for people who joined CFUW during the last four years.

We need Convenors and Co-Convenors to get these groups off the ground! Got other ideas? We'd love to hear them! If you could help in any way, please contact Karen Shigeishi-Waite at cfuw.studiesandinterest@gmail.com.

Diplomatic Hospitality



On January 16th, Carol Hinde of the Diplomatic Hospitality Group (DHG) organized a *Learn to Curl* event free of charge at the Royal Canadian Navy Curling Club at Dow's Lake, with the RCN's instructors in attendance. These photos show the group gathered on the rink with their diplomat guests: ladies from Estonia and Romania and a gentleman from Russia. © Sam Garcia.



On Friday, January 31st, the DHG were given a private tour of the National Arts Centre, discovering the the costume and prop rooms, the make-up areas, the lighting and staging areas, and visiting the four stages at the NAC. Backstage, they even met Jim Cuddy of *Blue Rodeo*, preparing for a rehearsal.



The DHG's *Deutschsprachige Konversationsgruppe* "German Conversation Group" was invited in January to the Embassy of North-Macedonia, where Brana I-Blazhevaska gave a presentation in German on the Christmas and New Year traditions in her country. The Macedonian New Year arrives on the date we know as January 14th. Regular group members, with a couple of guests present, were also served seasonal, home-baked, Macedonian specialties.



DHG members and guests at the NAC.



February 4th Mayumi Shepherd taught the DHG English Conversation Group the art of origami, each guest making her own crane. She also demonstrated the Japanese art of wrapping gifts in cloth and served lunch to the group.

Omission from the February issue of the Capital Carillon: we should have reported that there were over 100 attendees, and diplomats from 24 countries, at the DHG's Holiday Luncheon in December 2019.

Calling All Photographers



Not everyone is aware that CFUW-Ottawa has a members-only Facebook page under the pseudonym of Helen McLean. The late Helen McLean was actually the University Women's Club of Ottawa's very first President, who served in that role from 1910 to 1912. If you have a Facebook account, find and befriend her; then you'll have another opportunity to see what CFUW-Ottawa ladies have been doing more recently.

"Helen" recently posted a request, saying, "If you have any photos of your meetings or outings that you are willing to share on my page, please send them to: cfuw.ottawa@bell.net, I would love to post them. To make this a success we need your help."

Some of these photos may also find their way into future issues of the *Capital Carillon*!



Lunching Out



Great company, good food, and pleasant conversations are regularly enjoyed by CFUW-Ottawa's interest groups. In January, for example, The Tuesday Lunch group appreciated the Cucina de Vito Italian Restaurant in Orleans. Photo by N. Lam.

Outings in the Snow



February 4, two groups of Gatineau Trails skiers skied uphill to meet at Huron Cabin for lunch.



The new group, *Snowshoe in the Wild*, is enjoying a series of outings, three of its members shown here.



In February, a number of CFUW-Ottawa's Gatineau Trails members adventurously skied to Philippe Cabin to stay there overnight. Rosie MacLean took this photo of the Polynesian-themed party they had there.

April General Meeting

DATE: Monday, April 6, 2020
 TIME: 7:30 p.m.
 PLACE: Riverside Churches,
 3191 Riverside Drive,
 Ottawa, K1V 8N8
 SPEAKER: Dr. Graham Sher, CEO of
 Canadian Blood Services
 TOPIC: *New and Evolving Challenges
 in Providing Blood, Plasma and
 Transplants*

The Used Book Sale Table

Books are for sale for \$2 at our meetings, with the proceeds divided equally between our Scholarship Trust Fund and scholarships for Afghan Women at Gawharshad University in Kabul.

We appreciate exact change, so please bring your toonies and loonies to our next General Meeting. Do not bring more used books as we have more than enough to sell. See you at the table!



At the General Meeting in February.

CFUW-Ottawa 2020 AGM and Lunch



Saturday May 2, 2020
Registration 11:30 a.m., lunch at noon
Cost \$30.00

Rideau Canal Junior Ranks Mess
4 Queen Elizabeth Driveway, Ottawa

Buy your ticket at the March General Meeting
or register on-line at www.cfuw-ottawa.org
or contact Christine Narraway at (613) 722-5046 or ev923@ncf.ca.

The cut-off date for buying tickets is April 24, 2020.

Registration is open to members only.

Limited parking is available on-site, free parking is located in the underground parking garage at City Hall, 110 Laurier Avenue West, Ottawa.



2020 MUSICAL LUNCH and SILENT AUCTION

Thursday, April 23rd, 2020

At the Royal Ottawa Golf Club, 1405 Aylmer Rd., Gatineau, Quebec



Your ticket includes:

- An elegant, three-course lunch with a glass of wine
- The musical performance
- Free parking
- Voucher for a performance at the NAC

Silent Auction from 11:30 a.m.

Please bring cash and cheque books!

Raffle — 10 tickets for \$5.00 (cash); 50/50 draw — 3 tickets for \$5.00 (cash).

Thanks to the members of “University Women Helping Afghan Women” for their kind donation of two raffle baskets. The proceeds from the Raffle help to pay for the entertainment.

This Fundraising event is sponsored by the CFUW-Ottawa Study and Interest Group, **University Women Helping Afghan Women**.

The proceeds from the meal will help to fund CFUW-Ottawa scholarships at **Carleton University**, the **University of Ottawa** and **Algonquin College**. The proceeds from the Silent Auction will help to fund scholarships for Afghan Women at the **Gawharshad University** in Kabul, Afghanistan.

Registration is open to all CFUW-Ottawa members and their guests (women and men): a great opportunity to enjoy lunch at the Royal Ottawa Golf Club with your partner or friend and at the same time to help students at home and in Afghanistan!

Tickets to the Lunch cost \$55 (including tax and service charge). Official tax receipts will be issued.

Registration begins at the March 2nd General Meeting. After March 16th, contact Alice Bolt, ianbolt@sympatico.ca, or at 613-731-5221, for tickets. Please advise Alice if you have any dietary issues.

All cheques are to be made payable to “UWHAW” and sent to Alice Bolt at 1531 Caton Street, Ottawa, ON, K1H 6J3.

Online registrations and payments are not available for this event.

After April 1st, please advise Sophia Papahariss-Wright, wrigpap@outlook.com, or at 613-837-3082, if you would like special seating arrangements.

CFUW-Ottawa's Writers' Workshop

For over a decade, the Writers' Workshop that was started by Jennifer Hayman, has met once a month in fall and winter, to discuss writing and publishing and to stimulate each other to write. At each meeting we review the written work of one or two members, and read a 500 word story or essay on an assigned topic. Our objectives are to critique short pieces of members' written work; to learn to critique the writing of others in ways that help and support the writer; to discipline ourselves

to write 500 words for each meeting to read at the meeting for the enjoyment of members; to learn from each other about the publishing industry and related events and issues; and to enjoy the stimulation and fellowship of other writers in the relaxed atmosphere of members' homes. New writers are always welcome.

The group in 2020 consists of 9 members, with a large variety of writing interests: from fantasy fiction, poetry, history, to family stories, educational articles, travel writing, children's and young adult stories and much more. Over the decade, some have published in the traditional and electronic presses and some have edited and produced private documents intended for their families, while some members have not yet published. All of us are working to improve our writing skills and aiming for publication in some form. In 2019, the group wrote, acted in and produced a play: "The Famous Five: Reformers and Rebels" which led to an interest in screen writing.

Current members are:

Zeinab el Ghatit, an international bestselling author of inspirational poetry,



CFUW-Ottawa Writers' Workshop 2019-2020: Inset: Ferial Haque, Zeinab el Ghatit. Back row; Barbara Lewis, Susan Russell, Mira Hadden, Ilse Zandstra, Kati Lyon Villiger, Dorothy Phillips, Gouhar Shemdin

is a Master Coach helping empower women in midlife transition. Zeinab retired after 25 years with the Ministry of Community and Social Services where she supervised and provided services for vulnerable individuals.

Mira Hadden is an educator. She is fluent in several languages, an avid reader, and very interested in writing and the publishing process.

Ferial Haque was an assistant professor of chemistry at the University of Dhaka, Bangladesh. She decided in 1972 to migrate to Ottawa, taught and pursued research at both Carleton and Ottawa University. She worked as a forensic scientist and in several federal government departments. After retirement, she began writing and recently published her memoir.

Kati Lyon-Villiger was a government economist with the former CIDA, now Global Affairs Canada, and doing aid- and petro-dollar-related work. Since 1980, Kati has published thirteen books of fiction as Klothild de Baar, including children's fairy tales, novels, novellas, short stories, and epistolaries, of which four

were short-or long-listed for literary prizes, such as the *Fred Kerner Prize* of the Canadian Authors' Association and the *Book Excellence Award* in London.

Barbara Lewis, new to the writing group this year, has retired from Health Canada, and is interested in writing book reviews and educational pieces on a wide range of health related topics.

Dorothy Phillips, a psychologist who retired from a research career studying and writing about users in com-

puter communications systems for the federal government, is writing Canadian history and is now interested in screen writing based on her published work.

Susan Russell, former Executive Director of CFUW, has been plumbing the depths of her experience growing up in Ireland, living in Guyana and travelling widely to produce stories.

Gouhar Shemdin is a conservation architect who worked with the federal government on the Policy, planning, and conservation of the National Historic Sites. She has been writing about her family's history in Kurdistan.

Ilse Zandstra, a biologist with a background in scientific writing and editing, now writes stories inspired by nature or real events that occurred while living and travelling on several continents: Europe, North and South America, and Asia. A particular interest is sharing her knowledge of food crops such as the humble potato.

A list of publications by CFUW-Ottawa members who have been part of the Writers' Workshop can be found on our website. [Click here.](#)

CFUW Annual General Meeting June 2020

As you know, CFUW-Ottawa is hosting CFUW’s national Annual General Meeting, June 18-20, 2020. The theme is *New Century – New Challenges*. Patricia Duffey and Christine Rollo co-chair the Local Arrangements Committee that is made up of nine sub-committees. Our committee volunteers have already been working hard to nail down all the details that will make this event a success, but are looking for extra help.

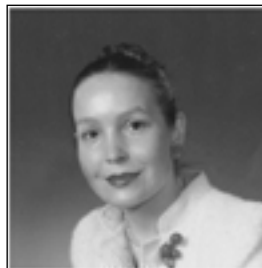


The **Program** sub-committee needs a few more dedicated ladies to work on developing the program and workshops; the **Sponsorship** and **Venues** teams need more people, too. The **Volunteers** sub-committee is seeking help with jobs immediately before and during the AGM. If you’d like to volunteer as an ambassador, greeter, “go-for”, tour- or dinner-driver, let us know.

Please contact agmottawa2020@gmail.com.

Convenors of the Month: Kati Lyon Villiger and Dorothy Phillips

Kati Lyon Villiger joined CFUW-Ottawa some 45 years ago and served as its president in the 1990’s. She fully expects to remain a member for the next 45 years in the flesh or in spirit. It’s the love of writing, good stories, and the beauty and excitement of languages, the fundamental means of communication between human beings of every walk of life, everywhere, that led her to join the Writers’ Workshop ten years ago.



Dorothy Phillips joined CFUW-Ottawa 45 years ago when she was invited to a meeting and discovered “The Company of Lady Adventurers” and has enjoyed many adventures since. When Jennifer Hayman proposed a Writers’ Workshop in 2010, she eagerly joined in an effort to enhance her early attempts at writing non-fiction for general readers. The group has not only stimulated her own writing but brought the warmth and friendship of like-minded women.

Sponsors sought for the CFUW National Annual General Meeting - June 18 to 20, 2020

It’s an exciting year for us since CFUW-Ottawa is hosting the CFUW’s national Annual General Meeting in June, its theme being *Our New Century – Our New Challenges*. This will be a wonderful opportunity to showcase CFUW-Ottawa and our National Capital.

Julia McIlraith, Chair of the Sponsorship Committee for the AGM, is diligently seeking ways to offset the inevitable expenses involved in making arrangements for this special event. Her committee asks that all of our Study and Interest groups consider making a donation to help defray these costs. Donations from individual members would also be welcome.

Any group or person donating \$100 or more by March 25th will have the honour of being recognized in the Conference Program.

For more information, or to make a donation, please contact Julia McIlraith, jmcilraith.cfuw2020@gmail.com, Tel. 613-596-6217.



Do You Know How to Access Affiliated Websites?

As members of CFUW-Ottawa, you have access not only to the extensive public information on our club website and on affiliated organizations websites (Ontario Council, CFUW National, and Graduate Women International), but also to the members-only parts of these websites, including a wide array of tools and resources.

To access the CFUW-Ottawa (cfuw-ottawa.org) member-only pages, enter your email address and password in the upper right-hand corner of the front page and a **Member-only** tab will appear on the left side, under the Home tab. Click on **Member-only**, and other pages become accessible. If you have forgotten your password, click on **Forgot Password** beside the **Login** button and you will automatically receive an email with a temporary password and instructions as to how to change that password. If you need assistance or have questions, please send an email to wizards@cfuw-ottawa.org.

Through the CFUW Ontario Council website (cfuwontocouncil.org) you can receive their newsletter by clicking on **Subscribe to Newsletter**.

Log into the members-only section of the CFUW national level website (www.fcfd.org) by clicking on **Member Resources** (cfuwadmin.org). The Username for our club is **viewonly** and the password is **cfuw4321**. Once you reach the cfuwadmin.org/memberhome page, the Club Action newsletter is accessible from **News and Update**.

The website of GWI (graduatewomen.org) has information on Federation activities around the world, including CFUW-Ottawa's own University Women Helping Afghan Women (UWHAW), graduatewomen.org/university-women-helping-afghan-women-uwhaw. To access the GWI members-only section, click on **Members Corner**, then

By Barbara Newbegin, Internet Services Convenor

click on **Register**, under the **Login** box. Enter your contact information and identify that your National Federation is **CFUW**. You will then receive an email with login information. Within the GWI's **Members Corner**, the **Tools and Resources** page allows access to **GWI Member Discussion Networks**, that cover a variety of topics. To receive the *GWI Update* newsletter, published monthly, click on **GWI Material** in the **Members Corner** and then click on **Update Newsletter - Subscribe**.

The KAIROS Blanket Exercise

AN OPPORTUNITY NOT TO BE MISSED

In conjunction with KAIROS, the CFUW-Ottawa Exploring Indigenous Education study and interest group is hosting a Blanket Exercise with the support of CFUW-Ottawa.

**Friday, March 20, 12 noon to 3 p.m.
at the Riverside Churches, 3191 Riverside Drive**

The KAIROS Blanket Exercise is a unique, participatory history lesson—developed in collaboration with Indigenous Elders, knowledge keepers and educators—that fosters truth, understanding, respect and reconciliation among Indigenous and non-Indigenous peoples.

A limited number of spaces are available to CFUW members.

Cost of the exercise is \$20. To register, email Judith Neale Holtzhauer, judithneale@rogers.com.

