



Canadian Federation of University Women – Ottawa

Capital Carillon

Scholarship Awards Night



At 7 p.m. on Monday, March 1, 2021, please join the trustees of CFUW-Ottawa's Scholarship Trust Fund at our annual awards ceremony. You are welcome to bring family and friends to this meeting. Come to applaud the scholarship winners and listen to a musical performance. A ZOOM link will be shared soon.

PRESIDENT'S MESSAGE

ELIZABETH WILFERT

"We must open the doors and we must see to it they remain open, so others can pass through." Rosemary Brown, Canadian politician, and activist (1930-2003)

I am struck by Rosemary Brown's words when I think about what our Ottawa Club has done, is doing and will do. We have an outstanding Club, and that is because we have so many outstanding members working quietly behind the scenes, both alone and with others, to create such open doors.

March is when our Club celebrates

its Scholarship Trust Award Winners. Through your donations, we can open that door and keep it open for 32 young women studying at University of Ottawa, Carleton University and Algonquin College to continue working towards their educational goals. Hopefully, they in turn will open doors for other young women.

Our University Women Helping Afghan Women (UWHAW) group opens doors to full scholarships

(see **President** on next page)



Audrey Turner drew this view from a café on the Via Monseratto, during a trip to Rome. Art has always been important to Audrey. Mid-career, she took a leave of absence from her professional work to study for a Bachelor of Fine Arts at the Nova Scotia College of Art & Design. She says, "Art history, drawing, and travel

continue to fascinate and engage me. I use pen and ink to quickly capture a particular place in my Moleskin note book, when the moment strikes."

If this picture inspires you to submit photos of your own works of art for publication in the *Capital Carillon*, please send an email to newsletter@cfuw-ottawa.org!

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allowing young Afghan women to go to Gawharshad University in Kabul. Some of these young women are even studying for a postgraduate defence law degree, hoping to provide legal assistance for abused Afghan women.

In the coming weeks, CFUW-National will once again want to know where our club stands on the issue of whether or not we wish to support Graduate Women International (GWI), of which CFUW is a charter member. GWI opens doors for young women and girls internationally. They advocate for women's rights, equality, and empowerment through access to quality secondary and tertiary education and training, up to the highest levels. Their vision is that 100% of women and girls in the world achieve education beyond primary school.

Sadly, many see the issue of GWI with CFUW-National as purely monetary. The fee we pay to CFUW-National per person includes our dues for GWI, which amounts to \$21 CFH. Because of the fluctuating Swiss Franc, that may cost as much as \$26 CAD. When the topic arises, one of our members says, 'That's the cost of four Starbucks coffees a year.' Another member quickly does the math, and you hear her say, 'That equates to \$2.17 a month!' Another, 'The cost of a bottle of wine!' GWI dues are much lower than for other International NGO's and certainly lower than for CFUW-National, yet what great value for our sisters around the world to be able to attain some of the benefits we in Canada often take for granted.

Large international organizations expect individual organizations to speak through their national governments,

and expect multi-national NGOs to speak for groups within their member nations. GWI has that presence and place with the United Nations, something CFUW cannot have on its own. As women, we are stronger together, helping one another to influence women's issues.

On Monday, March 8th we invite you to join us to celebrate International Women's Day. More information will be coming your way about exciting daytime events and an evening Zoom. We look forward to seeing you!

"Sisterhood is powerful!"

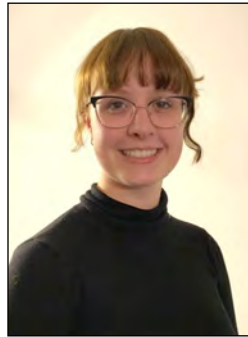
– Rosemary Brown

Letter From A Scholarship Award Winner

February 18, 2021

Dear Canadian Federation of University Women,

I would like to take this opportunity to thank you for your generosity in funding a scholarship at the University of Ottawa. It is an absolute pleasure to be this year's recipient of the Lucille Muldoon Award.



Ayslin Richer

I am a second-year chemical engineering student at the University of Ottawa. In high school, I really enjoyed and excelled at the science and math courses which motivated me to go into engineering since it combined science and math with problem solving. So far, my favourite course has been fluid flow which taught me about pipes and how fluids move which I found interesting. In the future I hope to go into the pharmaceutical field of chemical engineering. My mom is a pharmacy technician so I think it would be

neat to go into pharmaceuticals.

I am originally from a small tourist town in northern Ontario called Parry Sound. The main attraction in Parry Sound is Georgian bay which I am very fortunate to live nearby. Some of my hobbies include going for walks and crocheting. When choosing universities, the campus at the University of Ottawa really stood out to me along with the great engineering program. This past year has been very difficult not only for me but for everyone with what is happening right now with COVID-19. I am very thankful to have received this award which will help tremendously with continuing my education.

Thank you again for your generous contribution to the scholarship program at the University of Ottawa. I am very thankful and appreciative to have received the Lucille Muldoon Award which will help me continue my studies.

Sincerely,

Ayslin Richer

Convenor of the Month: Leslie Baird

My teaching career began in several elementary public schools, before my two children were born. When I was ready to return, there were no jobs in the public system. Elmwood Girls' School hired me at a time when they were expanding and developing new programs. My favorite courses were Indigenous and early Canadian History at the grade 7 level, and Ancient History at the grade 8 Level.

My love of woods and gardens shapes how I spend my time. My grass has been replaced with perennials, and I



grow vegetables. Last summer I found a hummingbird moth dipping its proboscis in my phlox flowers. I had never seen

such an insect, but the internet had.

About ten years ago, during a visit to Prince George B.C., my cousin Maxine invited me along on a regular hiking day for her CFUW group. I learned how much CFUW Clubs meant to Maxine and her friends and knew immediately that I wanted to join such a vibrant national women's Club.

Gatineau Trails was the first interest group I joined in Ottawa, hiking and cross-country skiing and cycling during the summer. Conversation was easy and friendships inevitable. I thrived on the annual bicycle trips, and in 2014, with Beth Doubt and Frieda Hjartarson, I helped to organize a trip to Prince Edward County.

CFUW-Ottawa offers so many different interest groups! **Downhill Skiing, Exploring Indigenous Education, Digital Photography**, the **National Gallery** group, the **Canadiana** group and **Movie Club** have allowed me to explore my own interests more deeply.

La Literati

At the CFUW Season Opener held at City Hall in 2015, I could not find a book group on a night when I was available. I sought out the Interest Groups Convenor, and she said, "Why don't you start a new book group? Just sign up some members tonight". So Book Club #7 was born. Our members thought — what a boring name! We challenged ourselves to find something interesting. *La Literati* means "educated people interested in literary pursuits". Our group has very eclectic tastes, enjoying books from many genres. Each month, one member presents a book and directs the discussion. Each member reads all of the chosen books and prepares to add to the discussion.

A particularly memorable recent meeting was our discussion of *Requiem* by Frances Itani. CFUW member Sachiko Okuda gave us a personal account of her parents' internment in BC during WW II. Sachiko is also a friend of Frances Itani, so could share some personal stories with us.

When Covid hit, we sure missed our casual gatherings in people's homes with snacks and wine to fuel our lively conversations. One of our members had used ZOOM at work, so she got us started, and we never missed a meeting.

There are four books left to discuss this year.

- *Agent Running in the Field* - John Le Carré
- *Paris Hours* - Alex George
- *Here The Dark* - David Bergen
- *American Dirt* - Jeanine Cummins



Our group of ten meets on the third Thursday of the month at 7 p.m. What makes me particularly proud of our group is that our opinions are quite varied, but differences are always expressed respectfully.

If you want to join in, please send a message to Leslie.

Cancellation of Planned Cookbook

Many thanks to all of the Club members who submitted recipes for Culinary Culture Canada: Recipes of CFUW-Ottawa — the Christmas cookbook project announced in the November 2020 issue of the *Capital Carillon*. Due to unforeseen difficulties, the project unfortunately had to be abandoned and the cookbook will not be published after all.

The Rising Global Right

By Alison Hobbs

At CFUW-Ottawa's General Meeting on February 1, guest speaker Dr. Alexandra Gheciu, Professor of Public and International Affairs at the University of Ottawa, gave us a presentation on the rise of right-wing populism in Europe.

It is assumed that liberal globalisation suits everyone, she said, but not much attention is paid to those left behind. In fact liberal systems of governance don't give much hope to some and liberals have failed to find a good way to connect with ordinary people, especially in rural areas of Europe, where the influence of the Catholic church is particularly strong. This is where the populists step in. They focus on liberal weaknesses and are organised transnationally, supporting, learning from and financing one another. Right-wing leaders like Marie Le Pen in France claim to stand up for those who feel alienated, saying that "traditional" social values and identities are being "destroyed" by global movements or by an influx of refugees or immigrants. Mid-Europe, where the majority of the population has been committed to democracy since

the end of the Cold War, is a particularly interesting case of this phenomenon. In Poland and Hungary, the liberal norms are attacked. President Macron of France goes so far as to call it a European civil war, a threat to the future of Europe.

"Managerial elites" (as the right wing calls them) and liberal-democratic values are being challenged. There are concerted attacks on the rule of law, on the institutions. The right reminds the people of its "Christian roots" and, using social media to spread the message, liberal projects are labelled as dangerous. To counteract internationalist ideas, right-wing leaders disseminate alternative stories about national identity, reaffirming the notion of an Empire of Christian nation states, presenting these as bulwarks of Christianity against Islam, thus contesting the liberal narrative of integration.

Women's freedom of speech is questioned and women's lives are impacted by right-wing attitudes. Anti-abortion campaigns are frequent, claiming to protect "the natural family as the only fundamental and sustainable unit of society." Public health is already being affected by new legislation in Poland, for instance, where right-wing authorities have restricted access to abortion, "in



Alexandra Gheciu speaking

order to fight the COVID-19 pandemic". The populists have created a transnational, anti-feminist coalition, denying LGBTQ rights as well. The World Congress of Families (recently renamed as The International Organization for the Family, IOF) originating in the USA and supported by Salvini in Italy and Orbán in Hungary, claims to offer vulnerable women protection. This movement is spreading into Asia and Africa too. Needy women are faced with the dilemma of whether or not to accept financial assistance from populist organizations. Liberals should be aware of this and engage with communities that resist such schemes; it would be beneficial if liberal authorities and NGOs provided alternative assistance for women at risk.

We should not dismiss the far right, said Dr. Gheciu; they are stronger than we assume. Are we prepared to address the challenges they bring?

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 2021; deadline for submissions, March 15. Previous issues are archived on the Club website.



Testimonial

By Johanna Oehling

I have been a member of CFUW-Ottawa for six years now, and I can say that this has enhanced my life in a way I could never have imagined.

With a demanding career, I used to have very little free time, and did worry how I would engage in recreational activities and have fun during my retirement.

Luckily, a skiing acquaintance invited me to attend a one-time, free session of the Gatineau Trails Group, and after that I was hooked. I met the most interesting and adventurous women, from many walks of life, who warmly welcomed me into the group and befriended me.

Little did I know at that time that CFUW was a not-for-profit organization supporting the education of disadvantaged women in Canada and abroad, as well as offering a ton of fun recreational activities and educational platforms to their members. I learned that, besides hiking in the shoulder seasons, Gatineau Trails offered skiing! There are also



Johanna Oehling (left), Leslie Baird (right)

international cuisine groups, photography, language conversation and history groups, several book clubs, an environmental group, all run by knowledgeable and committed volunteers.

The most impressive aspect of CFUW is that it raises funds for education,

advocacy and more, and for a very low annual fee Club membership opens the door to a wide range of interest groups. As one member noted to me recently, CFUW offers ‘the very best bang for the buck’. Indeed it does, and I am so grateful to be a part of it.

MARK YOUR CALENDARS!

February 26, 2 - 3 p.m. – Meeting with Dr. Lauryn Oates from CW4WAfghan and guests

March 1, 7 p.m. – Presentation of Scholarship Awards with musical performance by an award winner

March 8, 7 p.m. – International Women’s Day event

March 8 to April 26 – ‘Walking to Kabul’ (See page 9)

April 12, 7 p.m. – General Meeting with guest speaker, TBD

April 24, 10 a.m. – Webinar with Dr Sima Samar and GWI members worldwide

June 25 and 26 – CFUW National AGM



For help in using ZOOM technology to join online meetings, see the ZOOM Information on the Member-only pages of our website, or contact Barbara Newbegin.

Budget Preparation

Message to all CFUW-Ottawa members from Kate Balsara-Pardoe, Treasurer:

We have just commenced the process of preparing CFUW-Ottawa’s budget for 2021-2022.

This will take place over the next few months, with a final budget to be established by May 2021. Please contact me directly if you wish to comment or participate in this process.



Environment Action Update

On February 8 the Environment Action group met **Rachael Jones**, Project Manager of the Solid Waste Master Plan for the City of Ottawa. She told us that the rapid increase of waste in today's world requires



Rachael Jones answering questions

urgent action at all levels of society. A circular economy is a guiding concept for Ottawa, that's now aspiring to attain zero waste by 2050. At present we are a long way from that visionary goal. To reach it, everyone's attitudes and behaviour must change; citizens must realize that 58% of the garbage currently being thrown into landfills could be repurposed or recycled instead; packaging must be drastically reduced; companies using recyclable materials for their products must take responsibility for collecting the contents of blue boxes; construction companies must be consulted and must collaborate with the city.

A federal ban on single-use plastics is coming soon. When food companies take responsibility for the waste they generate, as will have to happen, the blue-box collection system will likely be privatized or partly privatized. Municipal, provincial and federal authorities will work on better enforcement of new and existing regulations. Rachael gave an example of how law-enforcement does not need to be harsh: a courteous note left in someone's blue box advising the owner to leave the right kinds of material for the next collection is proven to be effective. Because many residential blocks in Ottawa do not have a green bin collection service, only 17%



of compostable waste is currently recycled; the province will bring in legislation obliging landlords to give this more thought. The conversion of waste to energy, or for agricultural purposes, is

a big component of the city's plans, so many new and existing recycling technologies, including chemical methods, will be under consideration during Phase 2 (the present phase) and Phase 3 of the City's Master Plan. However it is *always* better to reduce the amount of waste we generate in the first place, or to try to reuse what we have, than to recycle.

The City of Ottawa's waste-management services have made much information publically available. The Solid Waste Master Plan page on the Engage Ottawa website is the best place to start researching this.

We are encouraged send our comments, and Rachael also offers to answer our questions personally, by email.

Next meeting: On **March 8**, at 13:30, **Scott Demark** will speak to us about a sustainable, environment-friendly 34-acre residential and commercial area that he and others are developing within downtown Ottawa-Gatineau, on the former Domtar industrial site, to be known as **Zibi, the Waterfront City**. This promises to be an exciting presentation. CFUW-members and friends are all welcome to join in: please contact environment@cfuw-ottawa.org for more details.

10 Tips for Reducing Waste

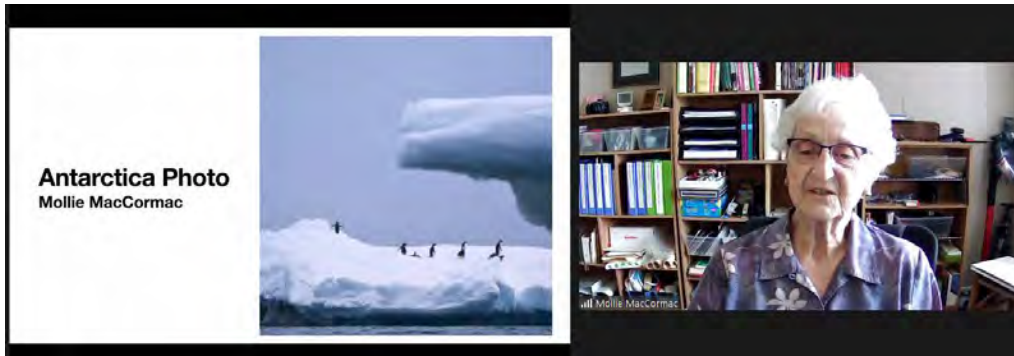
- 1 Always carry reusable shopping bags in your purse
- 2 Buy unwrapped bread, fruit and vegetables whenever possible
- 3 Buy nuts, edible seeds, pulses, grains, dried beans and dried fruit from bulk bins, using glass jars to store them
- 4 Ask for meat to be wrapped in butcher's paper rather than plastic
- 5 Place newly purchased food at the back of the fridge so as not to neglect the food already there
- 6 Use vegetable trimmings simmered in seasoned water to make nutritious vegetable stock
- 7 Cook in bulk, labelling and freezing extra portions
- 8 Freeze and preserve excess food before it starts to deteriorate
- 9 Avoid using plastic wrap in the kitchen; there are multiple alternatives
- 10 Compost egg shells, vegetable peelings, coffee grounds, nut shells, tea leaves

News of CFUW-Ottawa Interest and Outreach Groups

National Gallery Study Group

On January 27, around 50 members of the Gallery Group, convened by Dierdre Abernethy, listened online to four of the group describing pictures they own and talking about the artists. Ann Haché showed ‘Skating on the Rideau Canal’

by David W. Jones; Mollie MacCormac shared a photo of Antarctica; Janice Beddard shared a painting by F. Almstedt and guest Louise Brzustowski talked about a painting by Marc André Brzustowski.



Diplomatic Hospitality Group (DHG)

The French-speaking group has been meeting twice a month, led by Marie Danielle Vachon, their themes for conversation being Canadian impressionist painters, the *Salon de La Francophonie* on Parliament Hill and the *Carnaval de Québec*. Diplomats from Brazil and from New Zealand joined these meetings.

At the end of January, the English conversation group for diplomat guests and their Canadian friends, led by Pat Mainwaring,



was treated to a talk by Ulzhan who described the importance of apples and tulips in her country, Kazakhstan. In February, the group said good-bye to Myriam (pictured here), heading back to Venezuela. Socorro told a dramatic story of flying home to Brazil and Brana amazed the group with her presentation on Macedonian rubies.

Weekly conversations of the *Deutschsprachige Konversationsgruppe*, with German-speaking guests from the USA, Germany, France and Mongolia regularly participating, have covered a variety of subjects recently — castle owners in Bavaria; purpose-built, outdoor sleeping pods for homeless people in Ulm; Rhineland carnival traditions; famous German engineers.

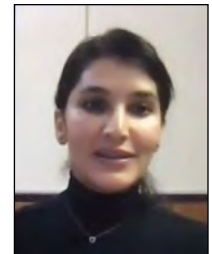
Movie Club

Members of this group have been discussing ‘American Factory’ which documents the progress of Fuyao Glass, a Chinese company that opened a factory in Dayton, Ohio, re-employing 2000 people whose jobs had been lost after the demise of a GM plant

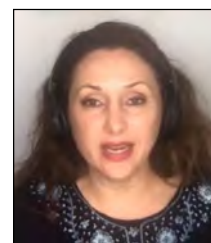
at the same location, and the consequent clash of expectations and cultures.

University Women Helping Afghan Women (UWHAW)

UWHAW are, as usual, very active, liaising with Dutch associates from GWI-NL and hosting an online guest-speaker presentation each month. Fran Harding finds and invites the speakers. In January, Dr. Tabasum Akseer, signing in from Kabul — at midnight in that time zone — gave the group a thorough overview of the work done by the Asia Foundation in Afghanistan, describing a survey of that nation’s attitudes and opinions as well as an analysis of disabilities among Afghans, including the sad fact that



many people do not know how to get help and in some cases



Humaira Ghilzai

do not even realize that help exists. In the evening on February 4, UWHAW invited the group along with family members to hear a fascinating talk by Humaira Ghilzai in San Francisco, on “Afghanistan’s 100-year History—Through Afghan Women’s Eyes.” There were over 70 participants at this meeting, a record attendance.

If your own Study and Interest group has something special to report, please send that information to newsletter@cfuw-ottawa.org, so that Club members can read about it in future issues of the Capital Carillon.

An IFUW * “Success” Story

By *Tammy Irwin (1938-2020)*

Where would you expect to find two women, strangers, one speaking Spanish and one with a strong New Zealand accent, engaged in intense discussion one moment (with the help of a translator) and sharing a hug the next? I found them at the IFUW Triennial Conference in Graz, Austria in 1998.

As Chair of the Resolutions Committee, I had received a late resolution, in Spanish, from the Uruguay Association. A volunteer translator was found. The resolution called for government action to end violence toward women and to provide “refuges” (shelters) for women. Shortly I received a phone call from the son of the originator of the resolution (no doubt recruited because he spoke English). His message was to stress the importance of this issue to women of Uruguay because, without the backing of a powerful women’s organization like IFUW, there was little hope of getting government action.

One of the 18 previously submitted resolutions for the Conference was from the New Zealand Federation, urging governments to act on several points addressing violence against women. We weren’t yet “online” in 1998, so faxes established that the New Zealand members would be open to including a request for shelters in their resolution. Getting that message to Uruguay was not guaranteed and when their delegate arrived in Graz, she was very worried about the possibility of their concerns being dealt with successfully.

Rather than confine resolution debate to the business sessions, we had set up separate meeting rooms for delegates to meet each other informally to discuss “their” resolutions with those suggesting amendments, prior to final debate. We found it more efficient and less confrontational than final debate in the Assembly. It was modelled on a process which Mary Plant had instituted in CFUW.



Tammy Irwin

The resolution was adopted and I considered that a success but was recently challenged that it could only have been called a success if women’s shelters had been built in Uruguay. It may be many years before we know the result of our policy, as governments can act slowly, and often public support must be rallied before action is taken. I believe that our

policy is a necessary tool to that end and without it change is unlikely, so yes, the Graz hug was indeed a portent of success.

March 5, 2016

Thomasine (Tammy) Irwin, who died last Christmas Day, was President of the CFUW from 1988-1990 and a member of CFUW-Edmonton. She chaired the IFUW Resolutions Committee for two terms. The Governor General of Canada awarded her the Sovereign’s Medal for Volunteers in 2019. Tammy championed justice and equality for women and the LGBTQ2S+ community; she was actively involved with ‘Truth and Reconciliation’ and fought for a healthy planet. She spent 25 years as a volunteer teacher of adult English Language Learners.

**IFUW, The International Federation of University Women, is now known as GWI, Graduate Women International.*

In Memoriam: Julie MacKenzie

It has come to our notice that former CFUW-Ottawa member Julie MacKenzie — a caring and much-loved mother, grandmother, sister and friend — succumbed in September 2019 to cystic fibrosis, a condition that she had endured with quiet courage for many years, determined to make the best of her life in spite of it. Towards the end of her life, Julie had moved to Toronto to be closer to her family and we had lost touch with her.

A former Teacher at the OCDSB, Julie had studied at the University of Ottawa. Speaking good Spanish, she kept in touch with several Latin-American friends and for many years was a loyal member of the DHG Spanish conversation group, regularly volunteering to host its meetings at her apartment on Cumberland Street. She used to enjoy



Julie with *Capital Carillon* editor Alison Hobbs (on the left) and Flora Tulus (right) in 2009, photo by Tenny Ny Edison of Indonesia.

walks on snowshoes with our diplomat guests and faithfully participated in the DHG’s business meetings. Living in downtown Ottawa she also loved to attend classical concerts in the city.



GRADUATE WOMEN INTERNATIONAL NETHERLANDS "GWI-NL"



GRADUATE WOMEN INTERNATIONAL (GWI) NFA2NFA PARTNERSHIP PROJECT 2021

Afghan Peace Negotiations: Their Perilous Significance for Women in Afghanistan

WALKING TO KABUL

TO SUPPORT WOMEN'S RIGHTS IN AFGHAN PEACE NEGOTIATIONS

March 8 to April 24, 2021

STAND ON THE BRIDGE – Suggested launch of Walk—International Women's Day March 8

[Click here for background and more information.](#)

To focus on women's rights, this event has been part of some CFUW International Women's Day celebrations. To include the event in your Club, it is suggested two-five members stand on a local bridge with appropriate signs and have a picture taken for local press and your own newsletter.



Walking to Kabul—for anyone or group who counts kilometers on foot, skis, or skates.

Starting on March 8, you can sign up for the Walk and we will track your group or your own kilometres travelled to make up a total on this Virtual Walk. The Netherlands NFA will also be participating.

The end of the Walk is April 24 when everyone is invited to a **Webinar** where Afghan women with close ties to the Afghan peace table will talk. Speakers are Dr. Sima Samar, activist and physician, former head of the Afghanistan Independent Human Rights Commission, Habiba Sarabi, one of only four women on the 42 member peace negotiating team, and Mary Akrima, Afghan Women's Network.

Travel with members from around the world as we combine our kilometres on our way to Kabul from Ottawa. Travel routes, photos and reports will be shared regularly.

Information: cfuwwalk@gmail.com (CFUW-Ottawa) ekt_86@hotmail.com (CFUW-North Bay)

