



UWCM

University Women's Club of Montreal Inc.

Club des Femmes Universitaires de Montréal Inc.

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NOVEMBER 2013 NEWSLETTER



NOVEMBER 20: ON HORSEBACK WITH CAMERA – BONNIE FOLKINS

Bonnie has crossed Kazakhstan and Mongolia on horseback, a total of 3,300 miles, earning her an invitation to join the exclusive Long Riders' Guild.

She is intrigued with the Kazakh people who live in the Altai Mountains of Western Mongolia and will talk to us about how they have retained their ancient customs, including hunting with metre-long Golden Eagles from mountain precipices. Her talk will be illustrated by photographs of these nomadic people and the hostile land they call home.

An avid photographer and artist, Bonnie is currently working on two books: one, a photo essay about the steppe-culture of Kazakh people; another about her experiences riding through Mongolia and Central Asia with pastoral nomads.

DECEMBER 11: WINES FOR THE FESTIVE SEASON – BILL ZACHARKIW

With 25 years of experience in the industry, Bill knows what he's talking about when it comes to wine. Many of you will be regular readers of his weekly wine column in The Gazette and have heard his Friday talks on *Wines that Rock* on CHOM977. This quote from the latest Urban Expressions magazine aptly sums him up: "Bill has held true to his ideology: that wine can be talked about in 'real speak', [that] it is meant to be drunk, not idealized, and that every sacred cow should be questioned, and some should be turned into hamburger." 'nuff said.

Montreal Council of Women – November 14, Noon

When: Thursday, November 14

Where: 2700 Rufus Rockhead (opposite Atwater Market, metro Lionel-Groulx, 108 bus)

Light Lunch: \$10/person

RSVP by Monday, November 4: Call Frances at 514-935-1674, or register for this event online on the MCW's Website: www.mcw-cfm.org under "**Invitations.**"



Dinner Menu

- Green Market Salad
- Tournedos of Grilled Cerf with Mushroom Red Wine Sauce
- Mashed Potatoes and Mixed Vegetables
- Warm Apple Crisp with Vanilla Ice Cream
- Tea/coffee

Remember to mention any food allergies or dietary restrictions when you make your reservation.

Cocktails: 6:00 pm

Dinner: 7:00 pm

Member Cost: \$30.76 including tax; Non-members \$50.00, including wine (please pay by cheque to UWCM); Guest cover charge: \$5.00

Our dinner meetings are held at: Atwater Club
3505 Atwater Avenue

Please reserve with the Club at 514-935-2431 or reception@clubatwater.ca by Friday, November 15.

Notes:

- Cancellations made any later than 5:00 pm on the Monday before a Wednesday meeting will result in a charge of 50% of the cost of a meal.
- **DON'T FORGET YOUR NAMETAGS!**



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Courtesy Tina Kerr

PRESIDENT'S MESSAGE

Dear Members,

Our September dinner was a terrific start to our season. It proved to be an engaging evening with all our Interest Group Convenors sharing the spotlight, while enticing members to join their respective group.

In total, 65 spots were filled on all the sign up sheets. Keep up the great energy, ladies!

Our October dinner was a resounding success. Liliane Colpron and her daughter Josée Fiset (see picture) gave us a fascinating insight into the success of *Première Moisson*. What a great start to the fall session!

I would like to inform you of the Board's decision to upgrade our Website. With technology forever changing and the world going mobile, we need to ensure that our Website functions whether the user is visiting from a desktop, laptop, tablet or smart phone.

The goal is to optimize our Website, so consideration was given to search engine rankings as well as to all the various browsers used by both our current and potential new members. The delivery date of the new Website will be announced soon. Thank you, Maya, for all the research.

In 2004, Canadian Bill Belsey coined the term 'cyber bullying'. Prior to that, most people associated bullying with school yards and back alleys. With today's constant news stories involving teen suicides as a result of cyber bullying, we are sensitized to the real effects of intimidation. The reality is that most teenage bullies continue their behaviour as adults, and we find bullies at work, in universities, in government offices, and in many places you would not expect.

We even find bullies in non-profit organizations. This year, CFUW made a commitment to build and maintain a respectful organization by formalizing the CFUW Respectful Treatment Policy which reads:

"Every person can expect to be treated respectfully in CFUW. Every person, member and volunteer has the responsibility to refrain from participating in behaviour that is, or could be perceived to be disrespectful in nature." November 17-23 is bullying awareness week. Let's all take a stand against bullies and let's also make sure the CFUW policy spills over into our daily lives.

The Resolutions Committee will be starting its meetings soon. This is a wonderful way to be involved with relevant issues championed by our sister clubs.

If you have an idea for a resolution, this committee is for you. Contact Lesley Forester for more information.

Dominique Racanelli

President, UWCM Inc.

Outdoor Ladies Are Back!

The Outdoor Ladies Interest Group is coming back to "Take a Walk in the Park." Barbara Labelle and Carly Pepler will be Co-Convenors. All the walks will be in large Montreal parks with access by metro or bus and information will be provided about bus services. Parking will also be available. As in the past under the capable hands of Jeanette Sharma, the group will usually go to a local restaurant for lunch after our walk. Some parks have no restaurants nearby, so members will be asked to bring a lunch. In general, the walks will continue rain or shine (some of you will remember the blizzard in Angrignon Park last year!), but we will do our best to pick sunny days. The walks will be held on the third Sunday of the month unless otherwise scheduled. The first one will be on Sunday, November 17. See the Events Calendar for details.

Bowser & Blue at the Lakeshore UWC

Hello everyone,

This year the Montreal Lakeshore University Women's Club is hosting a special evening to raise money for our scholarship fund -- an evening with Bowser & Blue. If you have never seen these two in person, they are excellent - they are two local comedians who poke fun at life in Montreal, Quebec, and Canada. We are very fortunate to have them.

The evening with Bowser & Blue is Thursday, November 14, and it will be held at the Dollard Civic Centre at 7:30. Cost is \$40. The Dollard Civic Centre is across from the Marché de l'Ouest. Directions will be sent to those who buy tickets.

You (or your friends) should contact me directly to buy tickets at gilda.martinello@sympatico.ca. I think we are going to try to sell them online using PayPal but we are not sure yet. Your Club members/friends/family should put "Bowser & Blue" as the subject so I don't delete their email in error.

Gilda Martinello

President, MLUWC

CFUW Adopted Resolution: Reduction of Sodium

As you may know, the Canadian Federation of University Women advocates for public policy changes based on resolutions that are approved by the membership at the Annual General Meeting. You will have read in an earlier UWCM Newsletter that one of the 2013 Adopted Resolutions is to reduce sodium in our daily diets. **So what is sodium and why bother?**

Sodium is a nutrient found naturally in salt, and in small quantities it helps keep our body's fluids in balance. It also maintains our blood pressure, and keeps our muscles and nerves running smoothly. Although our bodies need only a small amount, most Canadians consume 3400 mg daily which is double the recommended daily intake of between 1300 and 1500 mg for adults between the ages of 30 and 70. Eating too much sodium can lead to high blood

pressure and is a major risk factor for stroke, heart and kidney disease.

A few years ago, I was diagnosed with an auto immune disease that affected my kidney function and I was advised to significantly cut my sodium levels. In my research, I discovered that over 75% of the sodium we consume comes from processed foods such as cheese, deli meats, pizza, sauces and soups, but even everyday items such as bread and soft drinks can contain hidden high levels of sodium.

I learned how to better read food labels and now understand that a label might say that one serving equals 10 per cent of my daily sodium intake which means it is 10 per cent of 2,400 mg. This is the maximum level though, so this 10% is much higher than the daily recommended intake of 1500 mg for my age group. Quite a difference!

Nowadays, I flavour my food with herbs and spices instead of salt. If you cook at home, here are a few ideas to get you started:

- basil - tastes great with tomatoes and pasta
- cumin - adds flavour to soup, stews, and sauces
- curry - powder - good with meat, poultry, soup, and stews
- dill - pairs well with fish, potatoes, and eggs
- oregano - perfect in pasta, soup, and salads
- paprika - good with seafood, vegetables, chicken, and eggs
- rosemary - delicious with chicken, lamb, and pork
- thyme - goes well with beef and chicken

Please refer to Health Canada which has a lot of great resources on this topic on its Website - www.healthycanadians.gc.ca. In addition, check out the CFUW Website - www.cfuw.org and search for the resolution on the reduction of dietary sodium to read more about this topic and for suggested action, including lobbying the government to establish sodium levels for restaurants so that Canadians of all ages may enjoy healthy meals in restaurants and cafes without exceeding age-appropriate recommended sodium levels.

Jill Wood

Interest Group Coordinator

Message from the Member at Large

The UWCM yearly activities started with enthusiastic presentations by the Interest Group Conveners. The Board of Directors would like to encourage members to participate in other ways as well. One way to get involved is by volunteering to introduce or to thank the speakers at the monthly dinners. At the moment, we are looking for someone who is interested in travel and photography and who would be interested in thanking the November speaker. So if you would like to thank Bonnie Folkins after her presentation on November 20th, please contact me or the Program Chair, Margaret Jackson.

I would also love to invite you to contact me if you have any suggestions and comments that you would like to bring to the attention of the Board of Directors.

Teresa de Genover

Member at large

“Beginning the Conversation / Favoriser le dialogue” Goes to the IFUW Triennial in Istanbul

The Financial Literacy Project Team decided to use its remaining grant funds for a second printing of its two books, *Beginning the Conversation — 15 Case Studies on Financial Literacy / Favoriser le dialogue — 15 Études de Cas sur la Littérature Financière*. With the approval of our funding partner, the Autorité des Marchés Financiers, we had a second printing of 375 books in English and 100 in French.

The Project Team wanted to send copies to Istanbul so that each of the 79 federates of the International Federation of University Women might receive two copies to use in their financial literacy programs and to adapt the case studies to their home country so that the conversation on financial literacy can be continued.

Liette Michaud, VP-Québec, CFUW/FCFDU, bundled 180 copies into a suitcase when she travelled to Istanbul and took them to the August Conference.

In Istanbul, Liette and Carol Hare, CFUW Treasurer, set up a table and distributed our books. Liette wrote to us to tell us about distributing our books:

“With Carol Hare's assistance, I set up a small table near the Credentials table at the entrance to the main hall on Aug. 17 and, at first, I was able to record which delegation received what number of books. However, as the session progressed, being a voting delegate meant that I had to be present in the hall, so I lost track. Some 36 NFAs were represented at the Triennial and my written records indicate that 20 NFAs received two or more booklets. At the end of the Conference on Aug. 21, there were only 10 books left and I distributed them to representatives who were getting ready to leave.”

The remaining copies of our book are available on request and for the team to continue to run workshops. If you want a copy, please contact members of the Financial Literacy Project Team: Liz Annesley, Johanne Desrochers, Brenda Shanahan, Dominique Racanelli and Judith Kashul.

The Team thanks the CFUW, the IFUW, Liette and Carol for facilitating one of our project's goals: To go international!



**Liette Michaud,
VP-Québec, CFUW/FCFDU**



**Carol Hare,
Treasurer, CFUW**

Judith Kashul