



UWCM

University Women's Club of Montreal Inc.

Club des Femmes Universitaires de Montréal Inc.

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FEBRUARY 2017 NEWSLETTER



**DINNER MEETING:
WEDNESDAY, FEBRUARY 15,
from 6:00 pm**

Dr. Judith Adamson, author and Dawson College professor: *Reflections of a Minor Biographer*

How to go from an ordinary Montreal upbringing to collaborating with Graham Greene on his final book,

writing his biography, and editing the correspondence between Leonard Woolf and the woman he spent his life with after Virginia died? Writing literary biography is not an ordinary Montreal story — it's a peculiarly devilish task.

Judith Adamson is the author of many books and biographies, including *Graham Greene and Cinema*, *The Dangerous Edge* (his biography), *Charlotte Haldane* (about J.B.S. Haldane's first wife), and *Max Reinhardt: A Life in Publishing*. She edited *Love Letters*, the thirty-year correspondence between Leonard Woolf and Trekkie Ritchie Parsons, and selected the essays in Greene's much acclaimed last book, *Reflections*, recently republished. She will reflect on the difficulty of the work and the luck she had finding subjects.

Avoid disappointment!
Reserve by Thursday,
February 9.
Email
reception@clubatwater.ca
or call 514-935-2431.

FEBRUARY 15 DINNER MENU

- Sweet potato and carrot soup
- Homemade stuffed pasta
- Tiramisu
- Coffee and tea

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

Cocktails: 6:00 pm
Dinner: 7:00 pm

Member cost: **\$31.04, incl. tax**
Non-members: **\$50.00,**
including a glass of wine
(by cheque payable to UWCM)
Guest cover charge: **\$5.00**

Please reserve with the Atwater Club at **514-935-2431** or reception@clubatwater.ca by Thursday, February 9.

Cancellations made any later than 5:00 pm on the Monday before a Wednesday meeting will result in a 50-percent charge of the cost of the meal.

Mention any food allergies or dietary restrictions when you make your reservation.

FRESH FACES FEBRUARY

Please invite a woman from the younger generation to join us at this month's dinner. We're looking for fresh faces to inject our club with new vitality and ideas. If you know a younger woman with an interest in the arts, or who cares about the status of women, their health and education, international women's development or the future of the environment, please consider introducing her to our club — and our members to her. We could be good for each other!

We always welcome new members — anytime.

NEXT MONTH — WEDNESDAY, MARCH 15
Brenda Shanahan, Member of Parliament for Châteauguay-Lacolle, *A Day in the Life of an MP*

Join us in March to hear how a long-time UWCM member went from financial adviser to educator to social worker and now into federal politics.



**Don't forget
your name tag!**



The best antiques are old friends.

PRESIDENT'S MESSAGE

Dear Members,

I hope you enjoyed the holiday season with your loved ones, and that you are looking forward to a new year ahead with us. I wish to welcome and thank you all for choosing to be part of the UWCM for another year.

This will surely be an exciting year for both our club and the CFUW. As some of you may have read, the National Office has undergone a recent change in leadership, appointing a new president, Grace Hollett. We trust Grace's capacity to handle current pressing issues and to maintain a positive relationship with GWI. We must all strive to stay on the side of the greater good – our club's true purpose.

We also received another important announcement from GWI, which has decided not to move ahead with

the fee increase decided at its International Triennial last year. Stay tuned for further notices to see what impact this will have. The CFUW AGM (taking place this June in British Columbia) will surely provide more details. We will be looking for your guidance at our own AGM in May so that your delegates can vote wisely in BC.

In the meantime, should you have any questions, please do not hesitate to reach out to me or our Vice-President, Saôde.

I wish you an inspiring and motivating year with the UWCM!

Sincerely,

Maya Bergeron-Metivier

President

Board Meeting Highlights

- Discussed Coach House usage and security.
- Invoices sent to members for 2017 fees.
- Board positions for 2017-18 discussed.
- Received Foundation report on December raffle.
- Approved purchase of portable audio system.
- Discussed translating website into French.
- Approved small fee to publish events and blogs.
- Vice-President to be part of CFUW delegation to attend UN Commission on the Status of Women in New York City in March.

Advocacy/Community

Tuesday, February 14 - Annual Memorial March for Missing and Murdered Women There will be a flash mob starting at 5:00 pm in a downtown mall followed by dinner at 6:30 pm. Organized by the Centre for Gender Advocacy. More details to come soon at genderadvocacy.org.

Newsletter editor: Donna Jensen

Copy-editing and proofreading services:
Zofia Laubitz

OUR DEEPEST CONDOLENCES...

....To the family and many friends of **Leslie Brooks**, a dear member who died suddenly on Saturday, December 31, 2015. Many of us attended the memorial on January 8, held in honour of Leslie's bright and sunny spirit.

....To member **Yoshiko (Yoko) Yashiro** for the peaceful passing of her mother on Thursday, January 5, 2017.

... To new member **Ilea Tant** on the recent passing of her father.



EVENTS CALENDAR — FEBRUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMBERSHIP FEES are due JANUARY 31.			1	2 Ladies Who Lunch	3	4
5	6 Wine Tasting	7	8 BOD meeting	9 Dinner reservation deadline	10	11
12	13	14 Flash Mob for Missing and Murdered Women and Children	15 "Fresh Faces" Dinner meeting	16	17	18
19	20	21	22 Women's Issues	23	24	25
26	27	28 Stitch-in' Time			March 8 — International Women's Day	

UWCM FOUNDATION



Cruise Into Summer

After rave reviews of last year's Circus Night, we are sure a spectacular brunch cruise from the Old Port on Saturday, June 3, will also be a welcome event. Spend time discovering Montreal with your friends, family and fellow members while at the same time raising money for women in need. Tickets are \$95 (adults), \$60 (17 and under). Early-bird special: The first 20 tickets are on sale for \$90 each. Contact us to buy your tickets today!

We appreciate already receiving Annual Giving donations from some members and financial support from the board of directors, but we still have a long way to go before reaching our goal of \$12,000. The campaign continues until June 30, 2017, and we urge all members to be generous.

We did start things off with a bang, though, at our December dinner raffle! Thanks to your enthusiasm and wonderful generosity, we were able to award terrific prizes to you and, in the process, raise **\$1,020!**

Best regards,
 And in memory of Leslie Brooks...



Liz Annesley and Donna Jensen
 UWCM Foundation Co-Presidents





INTEREST GROUPS

AFTERNOON LITERARY TEA

Date and time: To be determined (Coach House)

Join us at the Coach House for an intimate literary afternoon. For a tax-deductible donation of \$25 per person, this fundraiser for the Quebec Writers' Federation (QWF) will enable book lovers to enjoy the company of a local author. A minimum of ten guests is required. If enough people express an interest, we'll contact QWF to decide on an author and a date. If you'd like to take part, please contact Zofia Laubitz

WINE TASTING

Monday, February 6, 7:00 pm

This month, we find ourselves without a convenor so are looking for an avid wine lover to lead us through a tasting of her choice. Why not expand your palate? At the same time, enjoy the company of like-minded members!



LADIES WHO LUNCH

Thursday, February 2, 12:15 pm
(RSVP by January 26)

Restaurant Alba
 1112 Sherbrooke St. West (Peel metro)

Convenor: Laretta Alexander

STITCH-IN' TIME

Tuesday, February 28, 7:00 pm (Coach House)

Bring your hand-sewing project to an evening of conversation and stitchery! Convenor: Donna Jensen

WOMEN'S ISSUES

Wednesday, February 22, 7:00 pm (Coach House)

Prostitution and Trafficking of Women

Spend two hours sharing your views in a friendly and collegial atmosphere, often with chocolate and wine! Discussion is framed around: How do you define the issue? What has been done so far to address it? What and how is your experience/perspective? Can you recommend relevant books, movies, art, research papers? You will learn and become empowered by these enriched perspectives and the power of women thinking together! Convenor: Saôde Savary

April Home Dinners

Instead of an April dinner at the Atwater Club, we will again be holding Home Dinners, this year on April 26 and 27. This popular event has members agreeing to either host or attend and contribute to a potluck dinner in the host's home. It offers members an opportunity to socialize with a smaller group of members while enjoying a friendly, casual dinner.

If you are offering to host, please specify which night and how many guests you can accommodate. If you wish to attend, please mention any mobility or food restrictions. Sign-up sheets will be distributed at the next two monthly dinners (February and March).

If you miss signing up but decide to host or attend a home dinner, please contact Maya Bergeron-Métivier



Women's Canadian Club of Montreal

Tuesday, February 21. Lecture (\$10) at Victoria Hall at 12:30. Light lunch (\$5) at 11:15 am
Janet Torge, producer and writer. *"Radical Resthomes: New Housing Choices for a New Age"*



CONCERNED ABOUT CALCIUM?

FACT

- Postmenopausal women need 1200 mg of calcium every day to keep their bones strong.
- Most postmenopausal women rely on supplements to get enough calcium daily.

QUESTION

Calcium supplements are good for the bones, but is it possible that they are bad for the heart?

As researchers at the McGill University Health Centre, we are conducting a study on calcium to answer this question. We want to know if calcium supplements have a different effect on vascular health in postmenopausal women compared to calcium obtained from food. You can help answer these important questions by participating in our study!

YOU MAY QUALIFY TO PARTICIPATE IF:

- you are a healthy non-smoker over the age of 50
- you have had no menstrual period for at least 2 years
- you are not taking HRT, or medication for high blood pressure, high cholesterol, or osteoporosis

PRINCIPAL INVESTIGATORS:

Dr. Suzanne Morin
 Dr. Stella Daskalopoulou

RESEARCH FUNDED BY:

Canadian Institutes of Health Research

LOCATION:

Montreal General Hospital, McGill University Health Centre

REQUIREMENTS:

3 visits to complete questionnaires, provide blood and urine samples, and undergo ultrasounds

FOR THE PERIOD OF A YEAR, YOU MUST BE WILLING TO:

- alter the amount of calcium in your diet
- take or abstain from taking calcium supplements

PARTICIPANTS WILL RECEIVE ALL SUPPLEMENTS AT NO COST AND WILL BE REIMBURSED FOR TRANSPORTATION.

FOR MORE INFO CALL
OR E-MAIL

514-934-1934 ext. 45742
calcium.medicine@mcgill.ca

Centre universitaire de santé McGill  McGill University Health Centre

BULLETIN BOARD

*Do you have your own business?
 Want to grow your client base?*
Post your business card here!



For \$20 an issue or \$125 a year (nine issues per year), we will run your ad. Email a PDF — and send me your cheque. We will place your ad in the next newsletter. Contact Donna Jensen for details.



CFUW News

- Subsequent to the resignation of Karen Dunnett from the position, the CFUW Board has elected Grace Hollett as the new National President. The election will be ratified at the National Annual General Meeting in June.
- Vice-President Saôde Savary's application has been accepted to be part of the CFUW delegation at the United Nations Commission on the Status of Women 2017, to take place at UN headquarters in NYC from March 13 to 24.

Random act of kindness



With items from the Dollar Store (mitts, thermal socks, beef sticks, crackers, candy bars, sanitary wipes, toothpaste, toothbrush, deodorant), put together a "blessing bag" to give someone in need.

Directory Update

- Mica Faciu has moved to Apt. # 317 and her postal code should have read H3Z 2H7
 - Please welcome new members
Yvonne Saleh M.A. English McGill, M.A.TESL, B.A. Concordia
 - Ilea Tant** B.A. University of Victoria, M.Sc. London School of Economics
 - Yvonne Mass** B.N. McGill, Nursing U of S
- Please update your directories accordingly!**

Resolutions etc...

The CFUW Resolutions Committee received all clubs' proposed resolutions last November 15. Now, we are all invited to study the proposed resolutions and suggest amendments. All suggestions will be examined by the proposing clubs before being finalized and circulated prior to the AGM this June.

Our club will participate actively in this amendment process. Interested members are invited to submit their name to me and join our Resolutions Committee. It will require only about 10 hours of your time over a period between February and April to read and discuss possible changes. Enjoy the satisfaction of positively changing the lives of women around the world. Help us make a difference! Join the Resolution Committee today.

Read my blog on *State Food Crimes* at uwcm.com. And don't miss my next posts on *Olympes de la Parole* and *Bullying and Cyberbullying*.

Saôde Savary
Vice-President

Call for Nominations

The Nominating Committee (Liz Annesley, Donna Jensen, Dominique Racanelli and Anelia Wright) announces that the following board positions for the 2017-2018 period are open:

- Vice-President
- Secretary
- Publicity Chair
- Interest Group Chair

Any member interested in serving on the UWCM board is asked to contact a Nominating Committee member for additional information.

Liz Annesley
Nominating Committee Chair

Say hello to
someone you
don't know!

