



UWCM

University Women's Club of Montreal Inc.

Club des Femmes Universitaires de Montréal Inc.

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NOVEMBER 2017 NEWSLETTER

Call or email
to reserve
today!



WEDNESDAY, NOVEMBER 15,
from 6:00 pm - **Dr. Richard Fraser**

One of Our Founding Members, Dr. Maude Abbott



Professor of pathology Richard Fraser (BSc '69, MDCM '76) is now curator of the Maude Abbott Medical Museum of McGill University — the repository, founded in 1922, of materials dating from the early 19th century that documents the study and practice of medicine at McGill University and its associated teaching hospitals. This museum was named in honour of Dr. Maude Abbott (1869-1940), its first curator and

one of the first women to receive a BA from McGill University as well as one of the founding members, in 1927, of our club. Please plan to attend this special anniversary dinner, where distinguished invited guests and dignitaries will be present. Raise a glass to the club and, since it holds a royal charter, Her Majesty Queen Elizabeth II. Our president, Dr. Saôde Savary, invites members and their guests to a pre-dinner reception in the Coach House from 5:00 pm to 6:00 pm. Reserve with Saôde before November 12.

NOVEMBER 15 DINNER MENU

- *Leek and pear soup*
- *Roast beef au jus*
- *Pommes dauphinois*
- *Market vegetables*
- *Gâteau anniversaire*
- *Coffee and tea*

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

Member and her guest(s): \$34.50 each, including tax (wine extra), charged on the member's account.
Be sure to reserve a spot for each guest you plan to bring.

Unaccompanied non-members: \$50 (for meal and a glass of wine) by cheque payable to UWCM, at the door.

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

Cancellations made to Club Atwater any later than 5 pm on the Monday before a dinner meeting will result in a 50-percent charge of the cost of the meal.

Next month: WEDNESDAY,
DECEMBER 6, from 6:00 pm
One Equall Musick,
Seasonal Stylings

Enjoy an after-dinner seasonal concert presented by four singers from the Montreal-based collaborative vocal ensemble One Equall Musick, which is dedicated to the programming and

interpretation of a high-quality repertoire from the 15th century to the present day. Founded in 2011, the ensemble has held many concerts in the Montreal area. Come and enjoy an evening of friends, food and festive fun!



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



PRESIDENT'S MESSAGE

Dear colleagues,

As the autumn leaves are spreading their cascade of colours to give us a last glimpse of beauty before nature falls asleep, we have remained fully awake and busy with many things.

Olympes de la Parole: Along with Zofia, Yvonne and Judith (our three UWCM mentors) and our vice-president Nadia, I have visited the three participating schools. At that time, we held a comprehensive presentation and answered questions. The teams are now formed and their work has begun. Next, I will meet with the members of the review panel in November. There will be an official launch for this initiative on November 15, from 11 am to 12:15 pm at Club Atwater. Members are encouraged to attend.

Used Bra Drive: Thanks to Nadia, our collection bins are now secured at six drop-off stations: the Coach House, Club Atwater, Villa Maria, The Study, Carrefour des femmes de Saint-Leonard, and YWCA Centre-Ville. Negotiations are under way for more drop-off stations.

TEDxMTL Women: Sixteen of us have booked tickets to attend the November 5th event. Afterward, we will go to OMMA Restaurant to enjoy authentic Korean cuisine at its best. It's not too late to join us (see page 5).

Partnerships: This month, we had the pleasure of welcoming Marlene Adams from our sister Vancouver club. We have established grounds for collaboration on a project regarding regulations against human trafficking. We also met with the YWCA and, while discussing our used bra drive, agreed to collaborate on educational projects involving local schools. Finally, our meeting with Plan International (<https://plan-international.org/organisation>) has opened the door to future girls and women's education and empowerment projects.

CFUW: Clubs have been asked to provide their opinion to guide the CFUW vote on the GWI fee increase. The result is pending. Regardless of the outcome, the UWCM board has agreed not to increase your membership fees.

Quebec Council semi-annual meeting: This meeting took place on Saturday, October 21, in Quebec City. Along with Nadia and your loyal colleague, Donna, I represented the Montreal club.

Enjoy the autumn leaves, the harmony of nature, and a quiet relaxing month. More updates in the next issue.

Sincerely,
Saôde Savary
President



Take a Book / Leave a Book



On International Literacy Day (September 8), we started our "Take a Book/Leave a Book" library at the Coach House. Bring in books and find another to read at home. Digital books to donate? Want to be one of our "librarians"? Contact Nadia Ramundo.

Condolences appreciated

Some members might already be aware that my sister, Claire Jensen Borrelli, 63, died recently after a five-and-a-half-year struggle with breast cancer. I appreciate all your kind thoughts and words. Donations can be made to the Canadian Cancer Society. (<http://www.cancer.ca>)

- Donna Jensen



INTEREST GROUPS

DINING IN

Tuesday, November 28, 6:30 pm

Hostess: Andrea de Gosztonyi

The next dinner promises to be a casual, fun-filled evening of delicious food, camaraderie and laughter. Please check your busy calendars and let Andrea know as soon as possible: first come, first seated. Alert her of any food allergies or intolerances. We will decide on the theme and date for the next dinner that night. Convenor: Elizabeth Wirth

LADIES WHO LUNCH

Wednesday, November 8, 12:15 pm

Restaurant Da Vinci Ristorante

1180 Bishop St. (Guy-Concordia metro)

Deadline to reserve is noon on October 27.

Convenor: Lauretta Alexander

WINE TASTING

TBA, 7:00 pm (Coach House)

We are still trying to renew our wine tasting group, thanks to our dedicated convenor, Dr. Linda Snell. More participation is needed in order to make this a viable group. Don't hesitate! **Contact Linda today** to express your interest.

Reserve
your spot!

STAGE & SOIRÉE

Saturday, November 18, 7:30 pm - Viennese Ball
Marriott Hotel Château Champlain

Join in the celebration! Dance the night away in Old World European style and New World Canadian fun. Support worthy causes. Tickets available online at <http://balviennoisdemontreal.org>

Convenor: Elizabeth Wirth

OUTDOOR LADIES

Sunday, November 26, 11 am – St-Laurent Murals

We will meet on the northwest corner of St-Laurent and Sherbrooke — rain or shine! Take the #24 bus along Sherbrooke or the #55 from St-Laurent metro station. There are 65 murals in the vicinity of St-Laurent between Sherbrooke and Mont-Royal. We may not see them all, but we'll try! Lunch will be in a nearby restaurant at the end of the walk. Please let me know if you are coming so we will wait for you.

Convenor: Carly Pepler

TRAVEL CLUB

Tuesday, November 21, 7:00 pm (Coach House)

Theme: Ethiopia and St. Petersburg, Russia

Our invited guest speakers, Marsha Sklar and Alaka McConnell, will be taking us on voyages to Ethiopia and St. Petersburg. Another fun evening guaranteed!

Convenor: Andrea de Gosztonyi

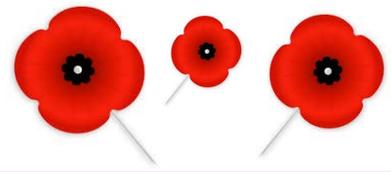
WOMEN'S ISSUES

Monday, November 27, 7:00 pm (Coach House)

PTSD in children with cancer and their parents

The journey through cancer in children can be extremely traumatic and can lead to post-traumatic stress disorder (PTSD) in children and in their parents. Parents often experience higher post-traumatic stress than their child. Symptoms may result in distress, anxiety, depression, sleep disturbance, worry and fatigue. Evidence has shown that physical activity can have a positive impact on reducing symptoms. We will explore and discuss the implications for health-care professionals and family members.

UWCM member Tanya R. Fitzpatrick, Ph.D., is a professor emerita from Arizona State University and has recently worked at the Jewish General Hospital in the Hope & Cope program for cancer survivors and their families. Véronique Huot is a second-year medical student at McGill University.



Coach House Travels

We had a wonderful evening travelling the Amazon with Suneeti Phadke (pictured here). The birds, the wildlife, the rainforest... what an amazing experience! The reading and movie lists, as well as the Portuguese tapas and wine, added to the delightful evening.



- Andrea de Gosztonyi, Convenor

Volunteers Needed

Do you do **translations** (from English to French)? We are trying to finish converting the club's website pages into a fully bilingual entity and could use your help. We also need a volunteer to be on call to translate any future website entries.

Are you familiar with **applying for grants**? We could use your expertise!

Please contact Nadia Ramundo

EVENTS CALENDAR — NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 TEDx MTL	6	7	8 Ladies Who Lunch / BOD meeting	9 Hommage à Jeanne Mance	10	11 
12 Hommage à Jenne Mance	13	14	15 Olympe de la Parole launch /  Dinner	16 Newsletter deadline	17	18 Viennese Ball
19	20	21 Travel Club	22	23	24	25
26 Outdoor Ladies	27 Women's Issues	28 Dining In	29	30		



Essentrics - FREE TRIAL OFFER

Club Atwater is offering the UWCM two free classes to take place in the new year. Essentrics is:



- A dynamic workout, based on the theories of Montrealer Miranda Esmonde-White, that simultaneously lengthens and strengthens body muscles, resulting in greater joint mobility.
- A full-body technique that works through the muscle chains, liberating and empowering them and relieving them of tension.
- An original workout that draws on the flowing movements of tai chi and creates balance, strength, and flexibility, embracing theories behind ballet and the healing principles of physiotherapy to create a pain-free body.

<http://www.essentrics.com/index.html>

Thirteen members have already expressed their interest in attending. Join in on this wellness class for women of all fitness levels and all ages. Click the link and have a look at what Essentrics is all about. Contact Nadia Ramundo to take advantage of this free trial offer.

TEDxMTL Women



BRIDGES. We build them, we traverse them and sometimes we burn them. Speakers will share their *Ideas Worth Spreading* in personal stories and perspectives that offer bridges across background, race, belief, opinion and differences that divide.

**Sunday, November 5,
8:00 am – 5:00 pm**

Théâtre St-Denis,
1594 rue St-Denis, Montreal

Tickets: \$100 per person. More details in previous newsletter. Click on the link at tedxmontrealwomen.com/ to order tickets today!

Get your confirmation, then email Nadia so she can add you to the list of members attending and organize carpooling if needed. Reservations have been booked at OMMA Restaurant nearby for a group dinner after the event.

Newsletter editor: Donna Jensen

Copy-editing and proofreading services:
Zofia Laubitz

BULLETIN BOARD



Place your business card or otherwise advertise your business in our newsletter for \$20 an issue or \$125 a year (nine issues a year). Email Donna Jensen your PDF and send in your cheque.



“Hommage à Jeanne Mance”

November 9, 8:00 pm
 Saint-Viateur Church
 1175 Laurier Avenue W, Outremont H2V 3R5

November 12, 2:00 pm
 Chapel of Hôtel-Dieu Hospital
 Pine Avenue W, corner of Ste-Famille Street



It was in 2012 that Jeanne Mance was proclaimed co-founder of Montréal, thus putting her on an equal footing with Paul de Chomedey de Maisonneuve. While Maisonneuve was taking care of external relations, Jeanne Mance built a new community, at times enlisting the help of native women. She managed the supply of goods for the Hôtel-Dieu hospital, and took various bold and ambitious initiatives.

In order to celebrate the exceptional contribution of Jeanne Mance to the founding of Montréal, Les

Productions Nahartma Inc. is presenting a dramatic and musical tribute: *Hommage à Jeanne Mance*. Performances by Myriam Leblanc and Ensemble Alkemia including soprano Dorothea Ventura, mezzo-soprano Ghislaine Deschambault, baritone Pierre Rancourt, and male alto Jean-François Daignault, who will also be undertaking the musical direction. Renowned pianist Esther Gonthier will accompany the ensemble. Pascale Bussières, the internationally known actress, will read the monologue.

Tickets: \$35 / VIP tickets: \$150 — includes a reception after the show with the artists and guests of honour. Tickets may be purchased — and donations made — at: <https://www.hommageajeannemance.org>. Contact Anne-Marie Trahan (president of Productions Nahartma) for details.

Coming this January...

Wednesday, January 17, from 6 pm

Past Presidents' Discussion

Where do we go from here? The future of the UWCM!



Membership Directory

It has come to our attention that a long-time UWCM member, **Edith Drummond**, passed away last year. Kindly delete her name from your Membership Directory. Our deepest condolences go out to her family.

TROIS SCIENTIFIQUES. UNE DISCUSSION. VOS PRÉOCCUPATIONS.
 THREE SCIENTISTS. AN OPEN DISCUSSION. YOUR CONCERNS.

LE CHANGEMENT CLIMATIQUE : PARTICIPEZ À LA CONVERSATION
 CLIMATE CHANGE: COME JOIN THE CONVERSATION

LE MERCREDI 1^{er} NOVEMBRE, 19 H
 WEDNESDAY, NOVEMBER 1st, 7 P.M.
 Victoria Hall, 4626, Sherbrooke O., Westmount

Modératrice / Moderator **Nicole Forbes**

AVEC LA PARTICIPATION DE / WITH
Jeannine St-Jacques, professeure adjointe / Asst Professor, Concordia
Damon Matthews, professeur / Professor, Concordia
Gerald Ratzer, professeur émérite / Professor Emeritus, McGill

Gratuit. Free.
 Pour vous inscrire / To register: eventbrite.ca