



THE UWCM MEETING ROOM

Atwater Library
Club Room #7
1200 Atwater Ave.,
Westmount,
Québec



A Message from Our Presidents



Donna Jensen



Wanda Leah Trineer

Happy New Year!!
Were you as glad to say good-bye to 2020 and welcome to 2021 as we were? Last year was a tough year for all of us but now we have the promise of a new year and new hope for the future. We learned a lot last year; we learned how truly important it is to see one another; let's never take

that for granted again! We also learned how resilient we are, as individuals and as a club. We managed to stay connected by phone, by Zoom, and in good weather, we learned how much fun it was to meet for morning coffee, afternoon tea, and share a picnic lunch in the park.

Let's make sure that we keep doing those things in 2021. With a vaccine beginning to be administered to those most at risk and front-line workers, there begins to be a light at the end of this long, dark "pandemic" tunnel.

We are all looking forward to the evening when we will come together at La Classe for our first face-to-face since all of this began. If any of you have ideas on how we should plan to make that a "special" evening, please pass along your ideas to any member of the Board. We would like to celebrate the event in some way and your ideas are appreciated.

Happy Valentine's!



Even though the pandemic is very much a part of our lives as we

begin this new year, we can still find ways to celebrate the many kinds of love we have in our precious lives.

One of those loves may well be our love for the UWCM and all that the club brings to us.

We hope you find evidence of some of that love and joy as you read our February newsletter.



Love to You All!

A Message from Our Presidents continued...



You should all have received your membership renewal invoices by now and we want to thank all of you who have returned them already. For those who haven't done so yet, just a reminder that you can do so by cheque or e-payment; if you opt for e-payment, then please reach out to Rhonda Schanfield (rschanfield@gmail.com) and she will assist you in making the transmission safely and securely.

We are trying to ensure that many of our members who may be isolated from friends and family during these times are receiving periodic phone calls from members of the Board or other members who have energetically stepped forward to do so. The response to the calls has been positive and we can report that everyone is doing well, under the circumstances. Our callers have also appreciated the opportunity to get to know other members through this telephone exchange.

We were disappointed that Peter McAuslan fell ill and was not able to be with us at our January meeting but want to thank Patrick Hutchinson, who was already scheduled to supply a little Scottish music for the evening, for filling in for him. We hope that Peter may be able to join us at some meeting in the future. Please put February 17th on your calendars as we are excited to have Jennifer Lonergan, Executive Director of Artistri Sud, as our guest speaker; details appear later in this Newsletter. We have also arranged to bring you a short presentation on East-Indian dancing on February 19 at 5:00 P.M.

In CFUW news, Deputy Prime Minister Freeland, with the urging of the CFUW and over 60 other groups, has called for an intersectional feminist taskforce to solve the economic inequality facing many women in Canada today. We look forward to bringing you more news on this in the future.

As the world moves into a new year, we wish you all moments of happiness and peace of mind and, most of all, may you stay safe and be well.



“The new dawn blooms as we free it / For there is always light / If only we’re brave enough to see it / If only we’re brave enough to be it.” - US Youth Poet Laureate Amanda Gorman, Jan. 20, 2021



Jennifer Lonergan and Artistri Sud



We are truly privileged to have **Jennifer Lonergan**, PhD, founder and Executive Director of Artistri Sud, a Canadian charity (Montreal-based) **join us on Zoom for our meeting on February 17th at 7:00 p.m.**

The mission of Artistri Sud is *to empower women in developing economies* by supporting their efforts to generate revenue and become instruments of change through entrepreneurship. Jennifer Lonergan describes herself as a serial entrepreneur. She holds a PhD in women’s history and has twenty years’ experience in education, all critical tools in her efforts to build capacity among women artisans to meet market needs while supporting cultural heritage

preservation.

Before we meet on February 17, why not check out the website of [Artistri Sud](#) and view a [TED Talk](#) given by Jennifer a few years ago to learn more about this amazing organization.

OUR UPCOMING WEBINAR - DANCE SPECIAL!



February 19th at 5:00 PM.

Deepa will explain the meaning of her dance. Then she will dance with two of the children from her dance school.

She describes herself as *“a passionate Bharathanatyam dancer/ teacher/ performer.”* About her art Deepa writes:

“Dance has become such an integral part of me and my life.

A companionship that I am always blessed with for life.”



We will have the great pleasure of watching the exotic, Indian dance stylings of **Deepa Nallappan** on Zoom -



CFUW NEWS

The CFUW, Etobicoke, is committed to the power of women working together. Please help support the 7th Annual

Stop The Violence

Breakfast which will be held virtually via Zoom on **Wednesday, February 10th, 2021.**

They are delighted to present professor Dr. Wendy Cukier who will speak on **“Women, Men and Guns: What Needs to Be Done?”** Tickets are \$25 and all proceeds will support the Women’s Habitat. To register visit the website at:

www.cfuwetobicoke.ca/stop-the-violence-breakfast/

Violence against women and the need for legislated gun control is a more urgent issue than ever, given the pressures of the COVID-19 crisis.



We look forward to receiving your registration.
- Gail Rutherford - CFUW, Etobicoke Breakfast Chair



In honor of February, the month of Love:

Maya Angelou said: *"I am grateful to have been loved and to be loved now and to be able to love, because that liberates. Love liberates. It doesn't just hold—that's ego. Love liberates.*

It doesn't bind. Love says, 'I love you. I love you if you're in China. I love you if you're across town. I love you if you're in Harlem. I love you. I would like to be near you. I'd like to have your arms around me. I'd like to hear your voice in my ear. But that's not possible now, so I love you. Go.'"



FEBRUARY IS BLACK HISTORY MONTH

On November 23, 2006, the National Assembly adopted a law project to make February *Black History Month* to underline the black communities’ contribution to Quebec society. This law was made official February 1, 2007. Learn more about what

is going on in February 2021 on the Quebec [Black History Website.](#)

UWCM Foundation NEWS:



Thanks to the generosity of members, this year's Annual Giving Campaign – which continues until June 30th – has collected just over \$4,600 in donations. This amount and the usual annual donation from the Club will support many university bursaries and local women's groups.

- The Foundation has received a generous bequest from the Estate of the Late Anne-Marie Trahan, which has been invested with CIBC Wood Gundy/Hale Investments and will provide funds for an annual bursary.
- While the pandemic lockdown continues to hinder any in-person events, the Trustees welcome ideas on alternative fundraising efforts.

WOMEN IN THE NEWS



Photo credit: <https://live.worldbank.org/experts/>

Yvonne Aki-Sawyerr, OBE

is Mayor of Freetown, Sierra Leone, since 2018 with 59.9% of votes. In December 2015, Aki-Sawyerr was recognized for her efforts during Sierra Leone's Ebola crisis with an Ebola Gold Medal from President Ernest Bai Koroma.

She was made an Officer of the Order of the British Empire (OBE) by Queen Elizabeth II in January, 2016.

She is best-known for her project: the *Transform Freetown* plan, which involves 11 pillars ranging from youth unemployment to climate change.

In January 2020, Aki-Sawyerr launched a campaign aiming at planting one million trees over two years. By October of 2020 there were already 450,000 planted!

Married with two children, she also obtained a master's degree in International Relations and Politics of the World Economy from the London School of

Economics and Political Science in 1993.

Find her here on twitter: <https://twitter.com/yakisawyerr>

View her TED Talks : https://www.ted.com/speakers/yvonne_aki_sawyerr

Aki-Sawyerr's most recent publication:

Cities need inclusive COVID-19 responses to build back stronger. But we can't do it alone.

Published in Thompson Reuters, Jan. 7, 2021: <https://news.trust.org/item/20210107132355-uw6lx/>

PETITIONS - SIGNATURES NEEDED!



If you haven't done so yet, please sign these two petitions:

- In support of **seniors in long-term-care facilities**: <https://www.assnat.qc.ca/en/exprimez-votre-opinion/petition/Petition-8803/index.html>

**SIGN
HERE**



- Protecting Young Persons from Exposure to Pornography Act. Sign the petition here: [Adopt Bill S-203, Protecting Young Persons from Exposure to Pornography Act](#)



Friendly Gossip! Updates on Members
What have you been doing lately?



Our Friendly Gossip! update-on-members section has become very popular.

We started the section when several members told us that they would like to read about fellow UWCM members.

One person said: *"I'd love to know what other members are doing and how they are feeling. We can't see many of them. Let's at least hear about them!"*

We are expanding the section a little to include other aspects of member news including,

member well-being. If there are any members who need some cheering up or who have not been well during the past month, we will let you know about them here, so that you will have the opportunity to make a phone call or send a get-well card.

Friendly Gossip!

Updates, News and Suggestions from Members

We want to wish a speedy recovery to **Jana Bara**, who is in the hospital following surgery after a bad leg break and a resulting, but mild, case of COVID-19.



Jana is a fairly new member. She is looking forward to meeting more of us at a future in-person event. I think we all share that desire!

Sylvia Ilkiw,

In a short interview, Sylvia told us that she is eating and sleeping a lot! She has gained five pounds that she really needed to gain! (*Lucky woman!*) In her work life, Sylvia has been a legal secretary and a teacher. For one year, many years ago, she worked as secretary to the Dean at a Military College in Saudi Arabia. She recalls being chased down the street by a man who shouted, "*Cover your hair!*" - as her long blond hair flew in the wind!

She enjoys walking in the park in Outremont and feeding the squirrels. Her current book is a Russian psycho thriller!

A SUGGESTION!

Liz Annesley recently suggested that some of our club members might enjoy making phone calls to other members both as a way of keeping in touch and as a get-to-know-you gesture.



The board members on the phone team makes these calls about once a month. So if you would like to join our phone call team, please send a message to Donna: donjenvar@yahoo.ca.



You can sign up to call just one member or several others - it's up to you. It's a joy to hear what others are doing. And sometimes, it's a simple antidote to another person's loneliness.

**Haiku Love Poem
[for you]**

by Sonia Sanchez



*love between us is
speech and breath.
loving you is
a long river running.*

GOTA FAVOURITE RECIPE?

Here is a zesty recipe from board member, Noran Ahmad.



“On this web page you will find the standard Egyptian recipe for Faatah. (Some people omit the tomato sauce.)”

<https://www.food.com/recipe/egyptian-faatah-rice-meat-with-crispy-bread-on-bottom-194764>

“And this is my Canadian healthy version.”

- Rice is cooked in rice cooker or even on the stove with no fat. My spices are salt, ground ginger, and bay leaves.

- For bread, I use whole wheat pita. I bake it for 1-2 mins in the oven to dry before tearing it.
- Then I add a little broth (I sometimes use chicken broth, but beef/veal tastes better.
- Then I add a layer of rice, followed by a bit of broth.
- And so on until the whole quantity is ready.
- For the sauce, I use no fat either. Only stir the minced garlic until it fully browns. Then add the vinegar



And from board member, Sheila Mohammed.

HUMMUS

(Middle Eastern)
(chickpeas with sesame paste)

Serves 8

- 2 cups cooked chickpeas (chana)
- 2 tbsp. water
- 2 tbsp. sesame tahini
- Juice of 1 lemon or tbsp. lime juice
- 1 tsp. minced garlic.
- ½ tsp. salt
- ½ tsp. pepper
- 2 tbsp. olive oil

Method.

1. Put peas in blender and process at puree until smooth, remove and place in a dish.
2. Combine water, sesame tahini, lemon juice, garlic, salt, pepper and olive oil; process a few seconds in blender.
3. Pour over chickpeas and combine thoroughly. Mixture should of a smooth spreading consistency.
4. Garnish with parsley or mint. Use as a dip with Arabic bread, crackers, chips or flat bread.

Invitation to a Webinar on Design!



JAMES MCGILL SOCIETY

**Education by Design:
The Case of the McIntyre
Medical Building
by
Annmarie Adams**

**Monday, February 22, 2021
A ZOOM Presentation
at**

**<https://mcgill.zoom.us/j/88004800775>
Meeting ID: 880 0480 0775**



**Upcoming ONLINE Events
presented by the Atwater Library**



Thursday, January 28, 2021, from 12:30 to 1:30 pm
Montreal author Mary Soderstrom gives a talk with a video on her latest book, *Concrete: From Ancient Origins to a Problematic Future*. REGISTER and get the Zoom link: ralph@atwaterlibrary.ca.

Thursday, March 4, 2021, from 12:30 to 1:30 pm
Gwendolyn Owens, Director of McGill University's Visual Arts Collection, tells a fascinating story, "A celebration and a ruckus: The 1931 inauguration of Gertrude Vanderbilt Whitney's fountain on the McGill University campus." REGISTER and get the Zoom link: ralph@atwaterlibrary.ca.

Thursday, April 29, 2021, from 12:30 to 1:30 pm
Montreal writer and publisher Linda Leith discusses her new memoir, *The Girl from Dream City: A Literary Life*. REGISTER and get the Zoom link: ralph@atwaterlibrary.ca.

ATWATER LIBRARY SERVICES



Our clubroom remains closed to members for the time being. But the Atwater library still provides the following services:

Members can reserve paper books and DVDs online through our catalogue, by email or phone.

Library catalogue:

<https://atwater.insignails.com/Library/Home>

Email: kryan@atwaterlibrary.ca

Phone: 514-935-7344

COVID Library Service

Our touchless takeout library service continues during the Winter of 2021.



COVID-19

COVID-19 UPDATE - GOOD NEWS!

COVID-19: Montreal Heart Institute concludes colchicine tablet is effective - *Jan. 23, 2021*

The institute called its findings a "major scientific discovery" that could help millions of COVID-19 patients around the world.

An extensive study launched by the Montreal Heart Institute last March has concluded the anti-inflammatory medication colchicine can reduce some of the complications associated with COVID-19.

In a news release issued Friday, the institute described its findings as a "major scientific discovery" that could help millions of COVID-19 patients around the world.

- Montreal Gazette
[\(click for more updates\)](#)

WORLD HEARING DAY! MARCH 3RD

World Hearing Day is held on **March 3rd** each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.
Is it time to check your hearing?



WE WELCOME YOUR CONTRIBUTIONS!



So if you have:

- a favourite book to suggest
- a photo you would like to share
- a special birthday coming up
- an activity you think that others would enjoy
- another member-story you think we'd like to hear about

Please get in touch! We welcome your news, your dreams, your thoughts.

Newsletter Team



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Social Media



About Facebook
Our **Facebook** page is updated daily by Noran Ahmed with links to local events, national advisories and international news of interest to UWCM members.

Noran also posts fun jokes, animal stories and much more.



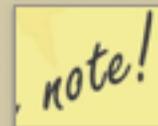
Even if you are not "on" Facebook, consider checking our UWCM page.

[This is the link!](#)



Our new email address is:
uwcmtl@gmail.com

IF YOU WOULD LIKE TO PUT YOUR BUSINESS CARD INTO OUR NEWSLETTER, PLEASE BE IN TOUCH WITH BARBARA LEWIS:
barbara@barbaralewis.com



If there is an event that you would like us to post, please send it to Noran Ahmed
uwcmtl@gmail.com