



**THE UWCM MEETING ROOM**  
 Atwater Library  
 Club Room #7  
 1200 Atwater Ave.,  
 Westmount,  
 Québec



**Marina Boulos-Winton**

**Executive Director of Chez Doris will join us on Zoom on March 17th. Save the date!**

Boulos-Winton is a former President and CEO of the Foundation of Greater Montreal. Between 1997 and 2009, she worked in New York City, was the Executive Director of High Water Women Foundation,

President and CEO of the national “I Have a Dream Foundation®,” an Assistant National Executive Director of the YWCA of the USA, and earlier, held senior executive positions with the national fundraising consulting firm, CCS Fundraising Inc., and with United Way of New York City. In Montreal, from 1993 to 1997, Marina was Executive Director of Le Bon Dieu dans la rue, and prior to this, served as Executive Director of Tel-Aide. She was appointed full-time Executive Director of Chez Doris in April 2015 from her previous position of Interim Executive Director.

**Spring is Coming!**  
 Never Mind, March  
*by Annette Wynne*



Never mind,  
 March, we  
 know  
 When you  
 blow  
 You're not  
 really mad  
 Or angry or bad;  
 You're only  
 blowing the winter  
 away  
 To get the world  
 ready for April and  
 May.

## A Message from Our Co-Presidents



Donna Jensen



Wanda Leah Trineer

The COVID-19 news is encouraging and offers a brighter outlook for future in-person events. We want to thank all our members who have renewed their Club membership and warmly welcome two new members.

**International Women’s Day, March 8,** helps build awareness about needing a more equitable world while recognizing inimitable women from the past. We urge you to acknowledge special women in your lives who have had an impact.

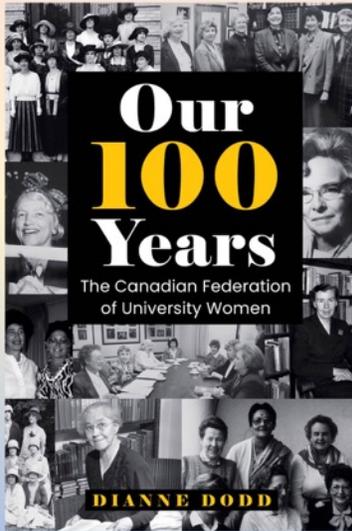
We are proud to announce that our Vice-President, Gawaher Atif, has been chosen as one of the 21-person CFUW delegation to attend the 65th United National Commission on the Status of Women, held virtually this month. She and representatives from all regions of the world will be discussing women's participation and decision-making in public life, ways to achieve gender equality, and eliminating systemic violence against women and girls.



Gawa already has extensive experience across the UN system, which includes her work with the Nobel Prize-winning World Food Program. In her career, she has been posted around the world managing humanitarian emergency assistance and sustainable development programmes. We look forward to hearing from her after the UN conference.

We look forward to welcoming many of you to hear Chez Doris Executive Director Marina Boulos-Winton on March 17. Chez Doris and the UWCM share a long history together. The Club directors even decided to make a special contribution to Chez Doris last August, knowing that COVID has been especially difficult for all such organizations. Please mark your calendars and plan to join us that evening.

As the vaccine rollout continues, we wish you health, contentment and resilience as we all create and adapt to new ways to live.



CFUW Nepean invites you to hear Dianne Dodd speak about her book – *Our 100 years - the Canadian Federation of University Women* March 2, 2021 at 1 pm

CFUW Nepean: A Discussion with **Dianne Dodd**, author of *"Our 100 Years - The Canadian Federation of University Women"*

You can [register here](#) for this discussion that will be held on **March 2, 2021, at 1:00PM.**

**About the book:** This engaging study of a still active women's organization is more than a centennial history to make its members proud. It also provides a lively exploration of a unique organization founded by early women leaders in higher education who offered friendship, community engagement, and lifelong learning. With a leadership of exceptional women, the organization played a largely overlooked

role in the women's movement by supporting education and the arts, encouraging young women to pursue higher education and scholarships, and through its advocacy initiatives, helped to build the Canadian nation. - From Second Story Press

**March 3, 2021 is World Hearing Day**

**The key messages for this day:**

1. The number of people living with unaddressed hearing loss and ear diseases is unacceptable.
2. Timely action is needed to prevent and address hearing loss across the life course.
3. Investing in cost-effective interventions will benefit people with hearing loss and bring financial gains to society.
4. Integrate person-centred ear and hearing care within national health plans for universal health coverage. More information [here](#).



**HEARING CARE FOR ALL**  
SCREEN • REHABILITATE • COMMUNICATE

**ATWATER LIBRARY SERVICES**



Our UWCM clubroom remains closed to members for the time being. But the Atwater library 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](mailto:kryan@atwaterlibrary.ca)

Phone: 514-935-7344

**COVID Library Service**

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

One of our librarians will notify you of your pickup time – either a TUESDAY or FRIDAY between 3:00 and 6:00 pm.

**COVID-19**

**COVID-19 UPDATE - CHANGES FOR MARCH 8, 2021**

**Read the latest on priority groups for vaccination in Montreal and area.**

**In the news:**

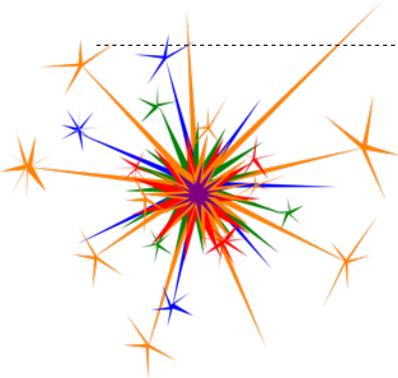
Regions that are in Quebec's red zones could have their alert level changed as of March 8, according to

written opinions from Public Health unveiled on Friday.

The documents suggest that if the situation remains favourable, other indoor facilities, in addition to arenas and swimming pools, could reopen after spring break.

Quebec Public Health, which is headed by Dr. Horacio Arruda, is also planning the return of extracurricular activities in primary and secondary schools from March 8.

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



**COUNTDOWN TO CENTENARY!**



**March is our "birthday" month!!!**

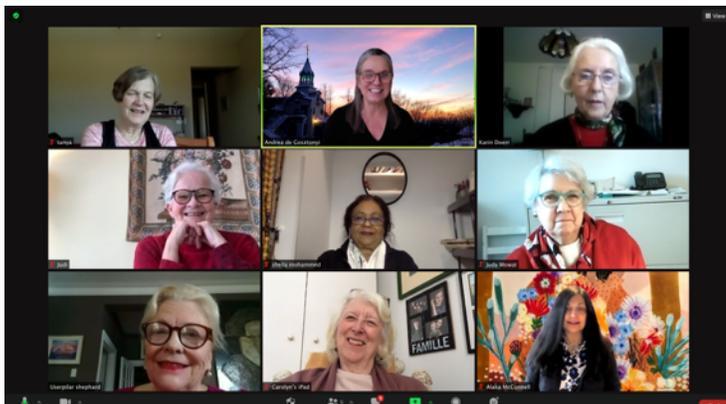
The Letters Patent were signed on March 17, 1927. The Club is now 94 years old and will be celebrating its 100th in only six short years! Watch for news on plans to memorialize the day!

**Interest Groups - Update!**

**Weekly Coffee Chats  
with Dianne Theoret-Major**

We invite you to join Dianne and her daughter, Emma for a weekly coffee chat on Tuesdays at 10AM. The last few coffee chats have been about how we are surviving this pandemic! But other ideas are welcome! Dianne would love to hear from you and welcome you to their Tuesday conversations.

If you are intrigued, please email Dianne and she will send you the Zoom link before each chat: [formajors85@gmail.com](mailto:formajors85@gmail.com).



**Travel Club**

As many of you know, Andrea De Gosztonyi hosts this very popular monthly Zoom event! The next meeting will be on **Tuesday, March 9**, so mark your calendars!

The theme this month will be **"travel guidebooks."** Do you have a favourite guidebook series that you tend to fall back on? Do you have an interesting story that involves a

guidebook that, perhaps, led you astray? Or maybe it took you to a place that you did not expect? Lots can happen when you think about it!

If you wish to be included in the next meeting, please let Andrea De Gosztonyi know at [andredeg@hotmail.com](mailto:andredeg@hotmail.com).

**Something New! A Mystery Book Club**

Are you interested in a Mystery Book club? If so, we would begin with each of you telling the others what type of mysteries you like and who your favourite authors are. Please contact **Dianne** if this topic interests you: [formajors85@gmail.com](mailto:formajors85@gmail.com).





**CFUW & GWI NEWS**

In December 2020, in the midst of the threat of club withdrawals from the Federation, CFUW passed a GWI dues motion to allow clubs to decide to opt in or opt out of paying GWI dues. This motion called for all clubs to inform CFUW by March 31, 2021, of their decision. CFUW held two dialogue sessions – one on January 28 and the other on January 30 – to learn more. A handful of UWCM board and regular members attended.



At its February 3 board meeting, the UWCM Board of Directors agreed that, in face of local current pandemic conditions, it would not be able to properly canvass its members and gain

proper consensus over a Zoom special general meeting before the CFUW March 31 deadline. Taking into account that Club members had voted in favour at past AGMs, the Board decided that

to continue its current support of CFUW membership in GWI this year. It plans to formally consult the members at a future special general meeting. Watch this space for any new developments.

**RECENT WEBINARS**



**Jennifer Lonergan,** is founder of Artistri Sud. She spoke to us in some detail about the extraordinary work the organization is doing around the world to help women create sustainable livelihoods for themselves

and their families. The group will present a free online event on **March 4, 7:30-8:30: [Challenging Business as Usual - Women Entrepreneurs Leading Change.](#)**



**Deepa Nallappan,** classical Indian dancer, gave us a powerful dance presentation with her two young students.

She spoke about this ancient dance tradition and told us about the meaning of each lovely dance.

**UWCM MEMBERSHIP**



UWCM

During a long-standing global pandemic is a rather unusual time to talk about building membership in our club. And yet, more people are joining clubs these days for the camaraderie online, for shared interests and for future “live” activities and companionship.

So we ask you, fellow members, to think of other women in your circle of friends and associates who may be just the right fit for our club. Increasingly, in this troubled world, we women have important work to do not only to help other women in the world, but also to keep our fellow members aloft!



*March 8 is International Women's Day!*

**WOMEN IN THE NEWS**



Photo credit: <https://en.wikipedia.org/wiki/>

**Evelina Cabrera**

- Born on 26 September 1986 in San Fernando, Argentina.

- Evelina was one of the first female football coaches in Argentina. She also founded the Argentinian Women's Football Association in 2013, at the age of 27. She has been president of that association since then.
- Among the teams she formed was a football team for blind women. She has also helped other vulnerable women through sport, including training prisoners.
- In 2020 she told her story in a book called: **Alta negra: Fuerza, perseverancia y liderazgo** (Translates as - **Tall black: Strength, perseverance and leadership.**)
- Her instagram account [is here:](#)

**CLUB HISTORY**



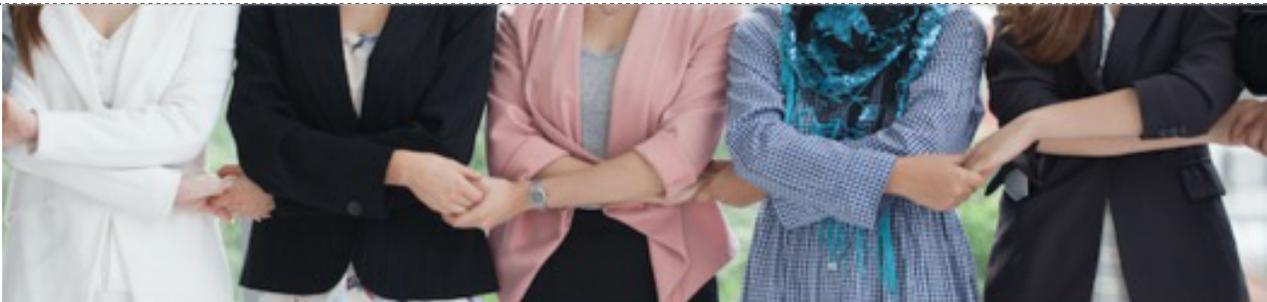
From Linda Edgar: The CFUW recently published a book on their history, "Our 100 years, from 1919 to 2019." Here is an excerpt from the book.

**Did you know?**

University women didn't always agree on how to represent their best interests. Some believed that married women should devote all their time to homemaking, and others believed that they too had the right to have positions outside the home. Some wanted women to be educated but chiefly to add to their important role of wife and mother.

Some members fought against women-only fields of study feeling that that would lead to segregation of women into feminized areas of work and study. As an example, nursing was introduced to UBC in 1919 but the students were required to take 2 years of general arts along with their practical training, thanks to club advocacy.

A familiar debate topic was whether a woman with sufficient resources should take the place of a woman more needing of financial support. What do we believe today?



**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**

**Veronica de la Colina**, one of our newer members, has been very busy over the past several months.



An artist, who hails from Peru, Veronica has continued to create her paintings in oil throughout the pandemic.

But she has also been taking a watercolour course online with a Peruvian painter, in part to spend time with her sister, who lives in New York.

She's also been cooking.... a lot. To teach various family members how to create scrumptious, but easy meals, she recorded videos that display her process.



And now those videos will be uploaded onto a new Youtube cooking channel that she is about to launch. Look for the

Veronica de la Colina Channel!

In her spare time, Veronica has been learning German. And her current book of choice is, *Introduction to Kant's Anthropology*, by Michel Foucault.

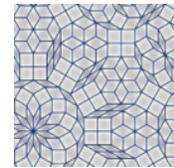
**Allison Haggerty** is also busy with the arts. She is a member of an online photography group.



And she recently joined the Montreal Camera Club which sets photo challenges

for their members. Recent challenges included taking photos of mirrors, and pins and needles!

Allison is also a quilter. She has created quilts both by hand and by machine. Her latest piece is a hand-crafted quilt based on Penrose tiles, which she has been creating, off and on, for two years.



As far as books are concerned, she is eclectic in her tastes. Currently she is reading *A Memory Called Empire* by Arkady Martine. And she recently finished the book about Donald Trump titled, *Too Much and Never Enough* by his niece, Mary L. Trump. She thought this book, in particular, was well done.

Both Veronica and Allison are looking forward to seeing friends and family again *in person*, when we are able to do so.



**STILL TIME TO SIGN!**

**“Strengthening standards in effect in long-term care facilities (CHSLDs)”**



**STILL TIME TO SIGN!**

Simply click the link below (French or English version) to read the petition. Scroll down to the bottom of the petition and fill in the required information (name, city, province, postal code, email), click to agree to the signature conditions and send. You will then receive an email from the National Assembly asking for your confirmation reply. You must reply and confirm for your signature to count.



**Petition in [French](#)**  
**Petition in [English](#)**

**Are you UP for making a phone call?**

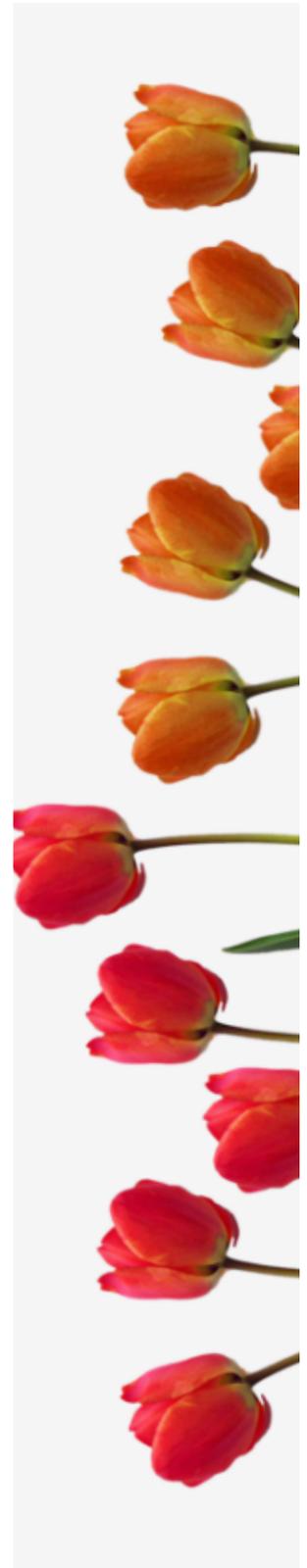
Would you enjoy making a call or two to other members - both as a way of keeping in touch and as a get-to-know-you gesture?

The UWCM board members on the phone team make these calls about once a month. You can sign up to call just one member or several others - it’s up to you. And sometimes, it’s a simple antidote to another person’s loneliness.



So if you would like to join our phone call team, please send a message to Donna:

[donjenvar@yahoo.ca](mailto:donjenvar@yahoo.ca). It’s a joy to hear what others are doing!



**GOTA FAVOURITE RECIPE?**

**Here is a very special recipe from Leah Trainer!**



**“HAGGIS** ( from Alan Vost’s Mother)

- ½ tbsp butter, 1 onion chopped
- ½ tsp gr. black pepper, ¾ tsp gr. coriander,
- ¾ tsp nutmeg, 1 tsp allspice, ¼ tsp cinnamon
- ½ tsp fresh or dried thyme
- 1 lb gr lamb , ½ lb chicken livers

1c beer or chicken stock

4 ozs pinhead or toasted “Old-fashioned” Oatmeal.

Heat oven to 350 degrees F.

**Method:**

Sauté chopped onion in butter. Remove fatty pieces from livers & roughly chop.

Add spices and thyme to onion and cook 1 min.

Add lamb & chicken livers, brown & when all cooked, add beer or stock.

Cover and simmer 20 mins. Add oatmeal, mix well. Transfer to oven proof dish, cover, and bake 30 mins. Remove lid and cook for another 10 mins.

Serve with creamy mashed potatoes and yellow turnips (flavoured with dill).

Freezes well if you have any leftovers.

**From Dorothy Holmes:**

**Cheese Crisps!**



- 1 small carton of Becel
- Margarine
- 1 cup of Imperial cheese
- 2 cups of flour added slowly
- 2 cups of Rice Krispies
- 1/8 tsp cayenne pepper
- 1/2 tsp salt

**Method:**

Mix all ingredients well by hand and mould into small balls. Place on ungreased cookie sheet and flatten with a fork. Bake 12-15 min.@350 degrees Enjoy!

**FUN FACTS!**



**ACCORDING TO THE OLD FARMER'S ALMANAC:** "*March's **birthstone** is aquamarine, a beautiful blue-green stone with a calming, soothing energy. In ancient times, this aquatic blue stone was believed to protect sailors on oceanic voyages.*"

However, the **flower** of March is the lovely daffodil. Daffodils were introduced into gardens in about 300BC.



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

**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](mailto:ralph@atwaterlibrary.ca).

**Thursday, March 25, 2021**, from 12:30 to 1:30 pm

Don Nerbas, McGill University Associate Professor and Chair in Canadian-Scottish Studies, gives a talk on "**Family, Society, and Highland Identity in Industrializing Cape Breton.**"

REGISTER and get the Zoom link: [ralph@atwaterlibrary.ca](mailto:ralph@atwaterlibrary.ca).

**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’s 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.



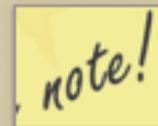
Even if you are not “on” Facebook, consider checking our UWCM page.

[This is the link!](#)



**Our new email address is:**  
[uwcmtl@gmail.com](mailto: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](mailto:barbara@barbaralewis.com)



If there is an event that you would like us to post, please send it to Noran Ahmed  
[uwcmtl@gmail.com](mailto:uwcmtl@gmail.com)