



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



### Sweet May!



And so we head gratefully outdoors again after many months of cold weather and a sudden snowstorm last week! Finally, it's time to enjoy the bountiful pleasures of nature.

In upcoming newsletters, we plan to include two new sections.



The first is on ways to both enjoy our natural world and to **help preserve our environment.**

The second... As a club, we have a deep commitment to the **well-being of women** in Montreal. Many of these women

will have a hard time recovering both emotionally and financially after the COVID pandemic.

If you have ideas or suggestions about either of these issues, please be in touch with us at: **uwcm1@gmail.com.**



**La Classe Restaurant is now open for takeout meals!**

Tuesdays to Fridays.  
 Order before midnight for next-day pickup at 2000 Ste-Catherine Street West, basement level.  
 Three-course meal costs \$18.95.  
 Pickup and pay from 5 pm to 7 pm.  
[Order online here.](#)

**A Message from Our Co-Presidents**



Donna Jensen



Wanda Leah Trineer

**Greetings from the Co-Presidents:**

*Hope is being able to see that there is light despite all of the darkness.*  
 – Desmond Tutu

We are all seeing a bit more light these days. The world is adapting to overcome so many difficulties these last 18 months have thrown at us. But we will face the next challenge knowing that we can.

It is our pleasure to welcome two new members, Andrea Bobkowicz and Lorraine O'Donnell. All our members who stayed with us this year hope to meet you both in person very soon!

Leah and I virtually attended the Quebec Provincial Council AGM on Saturday afternoon, April 24. Not surprisingly, we learned that all the Quebec clubs faced similar experiences over this past year. But it was encouraging to hear how we were all able to adapt and carry on!

Over a seven-week period ending April 24, our “Walk to Kabul” team of members (Alaka McConnell, Sheila Mohammed, Andrea de Gosztonyi, Ilea Tant, Valerie Aitken, Miriam Roland, Mica Faciu, Anelia Wright, Carly Pepler) joined Donna in recording our weekly steps that were then converted into kilometres. This CFUW/GWI-Netherlands joint initiative kept us walking and supporting Afghan women at the same time. We clocked a very impressive 1,808 kilometres in that short time. Thank you for your participation, ladies. Keep on walking...it’s the least we can do.

The Provincial Council Advocacy Committee, of which I was a part, drafted a petition to the Quebec Government urging stricter regulations in long-term-care residences. The petition received 1,700 signatures and was put to the floor of the National Assembly in late March. We await further government action to implement stronger regulations to help our most vulnerable.

For two weeks in late March, V.P. Gawa Atif participated, as one of the CFUW 21-person team, in the virtual 65th United Nations Commission on the Status of Women (UNCSW). It focused on gender equality, the impact of climate change on women, and establishing a public system of childcare.

Our Annual General Meeting will take place on Wednesday, May 19. We hope you will join us (virtually) to hear what your Club did, how it has changed, what it plans for the future, and the new outdoor events we will host this summer.

**Travel Club**



The theme: **Islands** (*thank you Elaine for the great suggestion*). We live on an island, we visit islands, we swim and sail to islands. This topic is open to interpretation. See you then!

Andrea de Gosztonyi, Travel Group Manager, writes: The next meeting of the club is scheduled for Tuesday, **May 11, at 3:30**. Weather and COVID permitting, I would like to suggest meeting in person in the courtyard of the Rockhill. What do you think? Would this work for you? Zoom is always a sure alternative.

*“When you’re on one of the Caribbean islands, sometimes it’s hard to picture how they fit with the rest, but when you see them all joined together like a necklace from space, you see the natural geographic connectedness of them all.”* — Chris Hadfield



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

**Lorraine O'Donnell** only very recently joined the UWCM.



An historian by training, Lorraine is Research Associate at the [Quebec English-Speaking Communities](#)

Research Network (QUESCREN), where,

since 2008, she has led day-to-day operations.

Like most of us, this past year of the COVID pandemic has hugely interrupted her life. She has not seen her 90-year-old mother, who lives in Ottawa with other family members, in many months. (*Except on Zoom, etc.*)

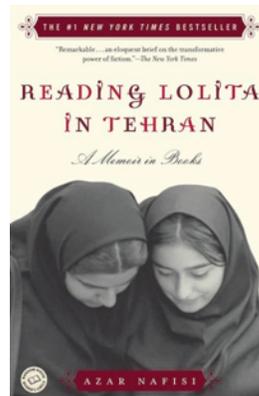
But one positive thing that has come out of this time of COVID is Lorraine's daily walking routine near the river in Verdun. She bought a house in that area two years ago and she loves the easy access to a gorgeous walking space. She also told me that she has enjoyed abundant daffodils and tulips in her garden this spring!



#### Hobbies?

Lorraine loves to sing and she is a great reader. Until recently, she was singing online with Montreal's Siansa Chorus.

The books that Lorraine is currently reading explore two vastly different themes - both are powerful, non-fiction tomes.

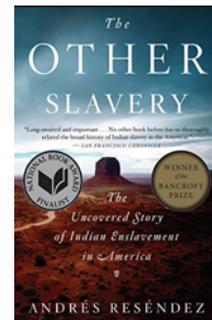


The first is *Reading Lolita in Tehran*, by Azar Nafisi.

Lorraine says it is a "fascinating book about women and reading" in a country that does not celebrate

women's freedoms.

The second book is titled *The Other Slavery* by Andrés Reséndez. It is about the uncovered story of Indian enslavement in America.



Lorraine told me that she likes to read thrillers, too! :)

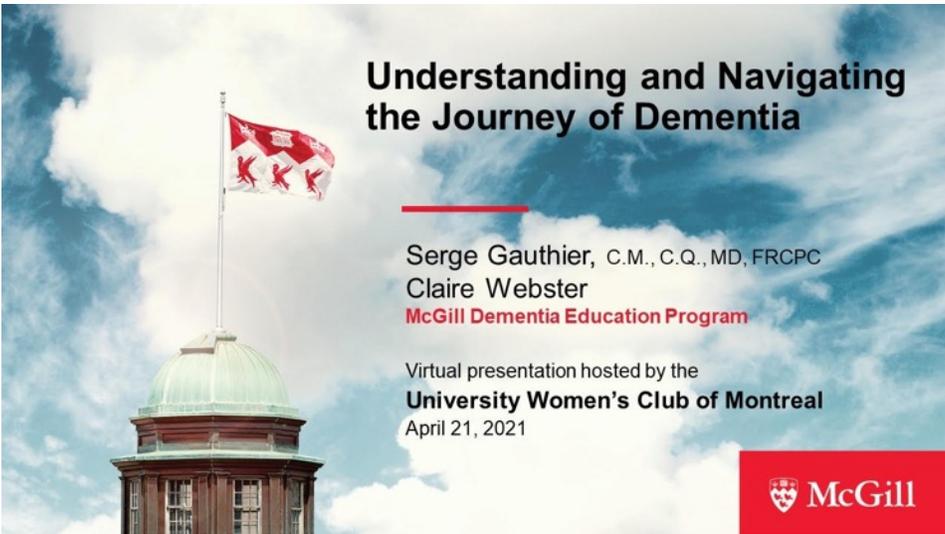
#### Suggestions for Members?

Lorraine suggests we check out an online exercise class called, [Le Gym](#) Online Classes. She finds it upbeat and fun.

**Events - Upcoming and Recent**



**REMINDER!** Our Annual General Meeting will take place on **Wednesday, May 19**, on Zoom. We hope you will join us to hear what your Club did, how it has changed, what it plans for the future, and the new outdoor events we will host this summer.



On **Wednesday, April 21**, 2021, from 6:30 pm to 8 pm, the UWCM presented and co-hosted with McGill University a very successful webinar titled **Understanding and Navigating the Journey of Dementia**.

The event was also open to the public. More than 150 people attended.

UWCM co-president Donna Jensen introduced the speakers: Dr. Serge Gauthier and Claire Webster. Many thanks to UWCM program chair Sheila Mohammed, who brought the event to us!

Dr. Serge Gauthier, Director of the Alzheimer Disease and Related Disorders Research Unit of the McGill University Research Centre for Studies in Aging, discussed the medical aspects and impact of the disease including the behavioural and psychological symptoms. Former caregiver and Certified Alzheimer Care Consultant Claire Webster shared her personal journey and lessons learned.

This was followed by an opportunity to interact with our guest speakers and to ask questions. UWCM co-president Leah Trineer fielded questions that were asked in the chat. You can [view the video of this webinar here](#).

**Women in Politics, 2021**



**The 2021 IPU-UN Map of Women in Politics**, jointly released by UN partner the Inter-Parliamentary Union (IPU) and UN Women, spotlights the record number of women in top positions, which now stands at 22, including nine heads of State and 13 heads of government.

Europe has the most women leaders, and the Nordic countries of Denmark, Finland, Iceland and Norway are all currently led by women.

Moreover, Nicaragua, Austria, Sweden and Belgium constitute the top four countries where women hold more than half of all ministerial positions, followed by Albania, Rwanda, Costa Rica, and Canada.

**The portfolio most often held by a woman**, according to the IPU data, is **environment**, followed by social affairs, women’s affairs, and gender equality.

**“Not good enough”** - While the number of women ministers rose to 21.3 per cent of the total last year, the increase in representation slowed up to 1 January this year, when the data was compiled, showing just a 0.6 point increase, to 21.9 per cent.

And for some regions, no progress has been made at all. There are still 12 countries among those surveyed that do not have a single woman minister. [From news.UN.org](https://news.un.org)



**Interest Groups Update**

**From Dianne Theoret-Major** - Interest Groups Manager



As you know, isolation has been a problem for many of us during this pandemic. As a way to bring us together, I tried the “coffee chat” on Tuesday mornings. But the timing was not right for most of our members. So here is another idea: **“Friday Happy Hour”** from 5:00 to 7:00 to be held once a month on Zoom. Are you interested? If this idea is attractive to you, please contact me through our UWCM email here: [uwcmtl@gmail.com](mailto:uwcmtl@gmail.com). Use “Happy Hour” in the subject heading and tell me that you’d like to join us for this monthly get-together!

**Outdoor Ladies** - Zofia Laubitz is, once again, running this interest group. Are you ready to walk? If so, please contact Zofia at [uwcmtl@gmail.com](mailto:uwcmtl@gmail.com). Write **Outdoor Ladies** as the subject heading. Let start getting together again!

**Apple-Oatmeal Cookies**

from Sheila Mohammed

20 minutes preparation, 10 to 12 minutes baking. Makes 3 dozen cookies!



- 1 ½ cups quick-cooking rolled oats
- 1/4 cup all-purpose flour
- 1/4 cup whole-wheat flour
- ½ cup brown sugar, firmly packed
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ½ teaspoons cinnamon

- 1 ½ cups raisins
- 1 cup finely chopped, peeled apple (such as Granny Smith)
- 1 egg, slightly beaten
- ½ cup honey
- ½ cup oil
- ½ cup milk

1. Preheat oven to 375°F.
2. In a medium bowl, combine oats, all-purpose flour, whole-wheat flour, brown sugar, baking powder, baking soda, salt and cinnamon. Stir to combine.
3. Stir in raisins and apples.
4. In a large bowl, combine egg, honey, oil and milk. Stir in dry ingredients. Mix to form a smooth batter.
5. Drop batter onto ungreased baking sheets, using a rounded teaspoon of dough for each cookie, leaving 2 inches between. Dip fingers into water. Press dough down to about 1½ inch diameter.
6. Bake for 10 to 12 minutes, or until lightly golden.
7. Remove sheet from oven. Transfer cookies to cooling rack.

**HEALTHY START'S  
RAISIN AND OAT  
SCONES** from Anelia Wright

- 3/4 cups all-purpose flour
- 3/4 cup whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon coarse salt
- 3 tablespoons dark-brown sugar
- 1/2 cup rolled oats
- 1/2 cup raisins or dried cherries
- 2 teaspoons fennel seed
- 3 tablespoons unsalted butter (melted)
- 1 large egg, lightly beaten.
- 1 cup buttermilk



Preheat oven to 400°F. In a medium bowl, whisk together flour, baking powder, salt, brown sugar, oats, raisins and fennel seeds.

In a small bowl, whisk together butter, egg and buttermilk until combined, then add to flour mixture.

Stir until batter is evenly moistened.

Drop batter by 1/3 cupfuls, 2 inches apart onto a parchment-lined baking sheet.

Bake until golden brown, 15 minutes, rotating the sheet halfway through.

Let scones cool on a wire rack, 5 minutes. (Store in an airtight container up to 1 day.)

**THE MONTH  
OF MAY**

The month of May, according to the Gregorian calendar, is named after Maia—the goddess of springtime and growth.

Historically, the gentle warmth of the month caused flowers to blossom, crops to sprout, and people to dance.

Children made garlands from greenery and participated in joyful celebrations on the first day of May.

[holidappy.com](http://holidappy.com)

*HELLO, MAY!  
PLEASE BE  
AWESOME!*



**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 us a message here:

[uwcm1@gmail.com](mailto:uwcm1@gmail.com)

## Our Glorious Planet

### About doing more to help the planet:

"You know, everybody thinks, do we have to go back to living in caves, scrounging around killing rabbits and rats to eat. No. What I say is, let's set a target of 1950. I was an adult in 1950 and we lived pretty well. Three quarters of the things we take for granted today, cell phones, computers, weren't there. But believe it or not, we were happy." - David Suzuki



"Many people don't think water is alive or has a spirit. My people believe this to be true. I do what I do for the water because water is sacred." - Autumn Peltier, Ojibway/Odawa First Nation, Ontario

"I hold a vision of this blue green planet, safe and in balance. At the end of the Fossil Fuel Era, we are emerging to a new reality. We are ready to make the next leap – as momentous as abolishing slavery or giving women the vote."  
- Elizabeth May



## 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.insigniaails.com/Library/Home>  
Email: [kryan@atwaterlibrary.ca](mailto:kryan@atwaterlibrary.ca)  
Phone: 514-935-7344

### COVID Library Service

Our takeout library service continues during the Spring 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

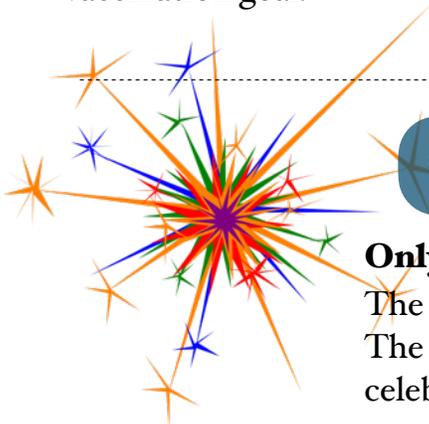
### COVID-19 UPDATE - AS OF APRIL 27, 2021

Walk-in AstraZeneca vaccinations are no longer available in Montreal.

Quebec hit another daily record for COVID-19 vaccinations and the province's health minister says it is halfway to its June 24 vaccination goal.

REGARDING VACCINE SAFETY  
For each COVID-19 vaccine offered in Québec, 30,000 people are recruited and monitored to document any side effects severe enough to result in a medical consultation within 7 days of vaccination. All situations reported will be investigated. The frequency of side effects will be compared

between people who have been vaccinated and people who have not been vaccinated and with their frequency in the three years prior to vaccination. - From the Quebec Government



### COUNTDOWN TO CENTENARY!

#### Only 6 years to our UWCM centenary!

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!



**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**



**Barbara Lewis -  
Editor**  
•  
**Zofia Laubitz -  
Proofreader**



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

**ADVERTISING**

If you would like to put your business card in our newsletter, please send an email to [uwcmtl@gmail.com](mailto:uwcmtl@gmail.com).

**SOCIAL MEDIA**



**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.

**Please Visit!**

We also have a presence on **Instagram** and **LinkedIn**

Please find our **UWCM** website **here.**

**BE INTOUCH!**

If there is an event that you would like us to post:  
**[uwcmtl@gmail.com](mailto:uwcmtl@gmail.com)**