



THE UWCM MEETING ROOM

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

H3Z 1X4



A MESSAGE FROM OUR CO-PRESIDENTS

It’s hard to believe that I am sitting writing to you for the August Newsletter! A few months ago, August seemed so far off in the future and now it is almost here. Donna and I hope that you are enjoying the summer, albeit probably not the summer that you planned last winter. Some of you may have had to cancel trips to far-off places or maybe you have credits to make those trips in 2021. Some of you may have been prevented from travelling to the U.S. to country houses or to visit family, or maybe family from the U.S. is unable to visit you. All

of us have had our summer plans changed in one way or other another but we hope that you are enjoying the summer in ways that you did not expect. Even the fact that we are reaching you by means of an August Newsletter is something new and different – we hope that you are enjoying these “special” editions. We appreciate your feedback and would love to hear from you with ideas for content or contributions of your own.

Over the past year or so, we have entertained the idea of creating a few groups that would meet over the summer. Long before COVID-19, your Board was thinking about how we could expand on this idea and offer more ways for our membership to stay connected over the summer months. And then along came COVID!!! So far, we have offered you a couple of Webinars and some afternoon gatherings in local parks. Both outdoor events were highly successful, each bringing out eight to ten members who spent a wonderful hour or two connecting with fellow members; many already knew each other while others were meeting for the first time. The marvellous weather that we are having is making it even easier to meet out of doors, allowing for easy “distancing” and so far, no rainouts.

We are continuing to plan other get-togethers for August but there is lots of room to schedule more if you have any ideas or would like to take the lead on an event yourself. Don’t hesitate to reach out to either of us if you would like to schedule something or need a little help getting an idea off the ground. Continue to enjoy the summer and we look forward to seeing you at an “event near you”!

Summer Outings & Events

On July 21 and 22, two different groups of members gathered to enjoy coffee and treats in the great outdoors! As you can see in the photos, both occasions were happy, companionable and safe. Good food and great company!



Sheila Mohammed’s group met at a park across from Duc du Lorraine Patisserie while Leah met with her group Westmount Park.

More group outings are planned for late July and August, as you will read in the Co-President’s Message above on page 1! If **YOU** would like to organize or host an outing, please let us know!



COMING IN AUGUST!
- DATE TBA

One of our newest members, Olga Shevchenko will give her 30-min presentation on **Coco Chanel**. Titled, **“Women in History,”** Olga, a gemologist and jewelry designer, will

speak (on Zoom) about Gabrielle Coco Chanel: the woman, the businesswoman and the designer.” Click to view [Olga’s Web site](#). We will update you through email about the date & time!



ZOOM MEDITATION on July 6th Board member, Noran Ahmed invited Georgette Damian to lead us through a 30 minute **Transmutation Meditation** which was both deeply relaxing, very personal and fun. Georgette writes that through her work she *“bridges the gap between science and spirituality.”* Her web site is here: <https://www.knowledgefromtheheart.com/>

Atwater Library Clubhouse - Room #7 - Update!

Can we now have access to our Clubhouse Room #7 at the Atwater Library?

- Yes! And there is a process:
- Only afternoons (3 to 5 pm) or evenings (6 to 8) are available.
 - Maximum of four to six people.
 - Contact the Atwater Library's Kimberley Ryan (kryan@atwaterlibrary.ca) to schedule a date and time.
 - Identify yourself as a member of the UWCM.
 - Your group must meet first outside the Tupper Street entrance.
 - A security guard will then let your group in.
 - You must wear a mask and practise social distancing.
 - Limit your presence to our clubroom and washroom.

Atwater Library

Loans, Pickup at Atwater Entrance

Since the beginning of June we've been in Phase I of our pandemic reopening plan. We resumed loaning paper books and DVDs with pickup at our Atwater Avenue entrance at the following times:



TUESDAYS 3:00 to 5:00 pm

FRIDAYS 3:00 to 5:30 pm

Materials have to be reserved by the day before.

Our Head Librarian notifies each borrower of the pickup time by email or phone.

UWCM FOUNDATION NEWS

The Foundation met at the beginning of July to discuss disbursement of the funds raised this past year. We also reviewed our fundraising activities.

We began the year with a much anticipated visit to the Montreal Museum of Fine Art. This has become an annual event.

Our guide, Andrea Mackenzie, walked us through specific areas of the permanent collection. It is always a treat. We also launched our Annual Giving Campaign at the November dinner.

Our February evening at the McGill Savoy Society's *The Gondoliers* was a great success.

We were well on our way to meeting our fund-raising goal when COVID-19 brought our activities to a screeching halt. Despite this, we did succeed in raising a respectable amount and we would like to thank you all for pulling through and making your donations, be it by cheque or through Canada Helps.

More information regarding the disbursement of funds will be provided in the September Newsletter.

Enjoy your summer and stay healthy!
Andrea de Gosztonyi



SPECIAL INTEREST GROUPS

**Special Interest Groups
Upcoming Meetings!**

Travel Group

The Travel Club met on Tuesday July 14th to celebrate Bastille Day and to exchange fun stories about our many trips to France. Colourful masks replaced sun hats and social distancing was de rigueur. A cool breeze and the warm sun made for a perfect afternoon.

The next meeting of the Travel Club will be on Tuesday August 4th 3-5 pm on the esplanade of the Rockhill apartments. In case of rain we will meet the following Tuesday August 11th. Travel destination: Scotland

The same rules will apply: masks, bring your own beverage and snack. Seating will be outdoors weather permitting.

RSVP Andrea de Gosztonyi 514-891-9481

Ladies Who Lunch

The *Ladies Who Lunch* will meet on Wednesday, August 12, at 12:00 pm.

Our meeting place:

Jardin Nelson Terrace

407 Place Jacques- Cartier

Old Montreal

RSVP August 6

Lauretta Alexander



**LAUNCH OF THE
GWI MEMBER
MARKETPLACE!**

The fostering of friendship and sharing of knowledge and ideas between graduate women around the world has been one of the GWI cornerstones since its creation more than a 100 years ago. As part of its work to bring GWI into its

second century and modernize actions, in September 2020 it will launch the GWI Member Marketplace, a GWI Twinning programme application for peer-to-peer knowledge sharing and connecting. Through this new initiative, GWI aims to provide an innovative avenue for members across to world to foster friendship, share skills set and expertise. The idea is simple: members will offer free online sessions relating to their area

knowledge and expertise to other members, and thus contribute to building experience and fostering friendship. From language lessons, to thematic classes or crafts lessons, opportunities for learning and sharing are abound! Additional details and registration forms will be found on the GWI website in the coming weeks. *(From the July Graduate Women International Newsletter)*

Notes from Gawa's Blog-in-the-Making



By Gawaher Atif

Since my studies at McGill in the 1980s, I have been drawn to international development, driven by a deep passion to make this world a better place for those less fortunate.

My career took me far and wide across our

dear planet, witnessing, as I never imagined I would, impoverished women, children and men living in communities ravaged by natural and manmade disasters, in Africa, the Middle East and Southwest Asia.

I have worked on issues that directly impact hundreds of millions of people across the globe including food security, women's and children's health, and income generation, as well as the Avian Flu Pandemic.

Since the outbreak of the COVID-19 pandemic, I have been keeping an eye and ear on the pulse of international reflection, thinking, and action.

I maintain my sanity, my hope, and my strength from the forward-looking, inspirational minds in academia, government, and the non-profit sector across the globe. I am pleased to share with you four of my favourite podcasts/webinars with global leaders, some of whom I have had the privilege to work and interact with over the years. I hope you enjoy these links and find them informative.

Please don't hesitate to share your thoughts and comments.

1. **Leah Wright Rigueur's** *Have the Chickens Come Home to Roost? Race, Inequality, and Rebellion in Modern America*, a webcast presented by **Harvard Kennedy School Executive Education**.

2. **Finding Humanity** is a new podcast that explores the need for empathetic, principled leadership in the time of COVID-19. In this episode, **Mary Robinson** and **Gro Harlem Brundtland** discuss multilateralism and why effective global partnerships are the best defence against existential threats, including the pandemic that we are facing today. <http://findinghumanitypodcast.com>

3. **Dr. David Nabarro**, Special Envoy of the World Health Organization (WHO) Director-General on COVID-19, shares his insights with **Catherine Bertini**, Senior Fellow at the **Chicago Council on Global Affairs** (former Under-Secretary General at the United Nations). What are the global leadership challenges for the "new normal" created by the spread of the COVID-19 virus? How must leaders in every level of government and in each community rethink their approaches to keeping people safe and planning for our post-pandemic world?

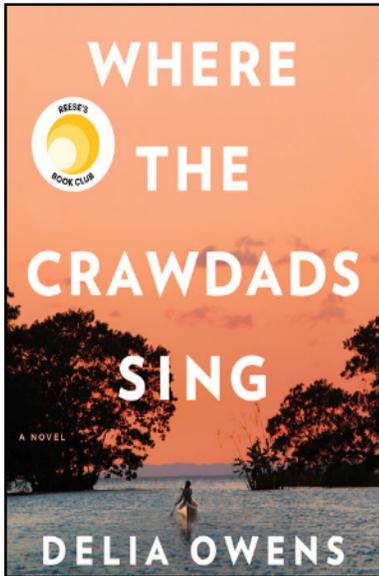
https://youtu.be/NPl_mEaTRBo

4. **Nahlah Ayed** CBC radio interview: [Listen to The Unconventional Diplomat: Standing Up For Principles](#) with **Prince Zeid Ra'ad Al Hussein** (former UN Human Rights Chief)

<https://www.cbc.ca/radio/ideas/former-un-human-rights-chief-says-we-must-be-bolder-in-calling-out-world-leaders-1.5390811>

Book review

Where the Crawdads Sing
by Delia Owens



Reviewed by
Donna Jensen
A
PAGETURNER!

The tale of a young girl growing up alone in the marshlands of North Carolina, *Where the Crawdads Sing* will grab hold of the reader from its opening lines,

written with superb sensitivity and haunting harshness. In a style the *New York Times* depicts as “painfully beautiful,” the novel tells of the lonely life of young Kya Clark, who eventually learns to find strength through the natural world around her.

A retired wildlife biologist and critically acclaimed author of many nature books, first-time novelist Delia Owens gives us real human emotions, shocking animal mating rituals, and nature’s grim realities. The book is not only a page-turner with a mystery at its core but also a story of human endurance, animal instincts and an unforgiving world to which we all belong. Should be at the top of your must-read list.

Poem and Quote

contributed by Donna Jensen

Hope is the thing with feathers
by Emily Dickinson

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

“The secret of survival is to embrace change and to adapt.”
- Rohinton Mistry, *A Fine Balance*

Mystery Masked Member!

In case you did not guess, our mystery masked woman was Zofia Laubitz!



We welcome your contributions to this newsletter!



We hope to make these newsletters a fun & newsy read! 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 whom you think we'd like to hear about
Please be in touch!

We welcome your news, your dreams, your thoughts!

ADVERTISING IN THE NEWSLETTER

If you would like to advertise in this newsletter, please be in touch with Barbara Lewis.



Barbara Lewis - Vocalist & Inspirational Vocal Coach. Please visit Barbara's YouTube channel, [Singing After 40](#) for *free* video instruction on ways to improve both your singing & speaking voice.

Social Media



About Facebook

Our [Facebook](#) page is updated daily by Noran Ahmad with links to local events, national advisories and international news of interest to UWCM members.



Noran also posts great jokes, animal stories & much more.

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

[This is the link!](#)

NOTE!



If there is an event that you would like us to post, please send it to Noran Ahmed moonstone282@gmail.com