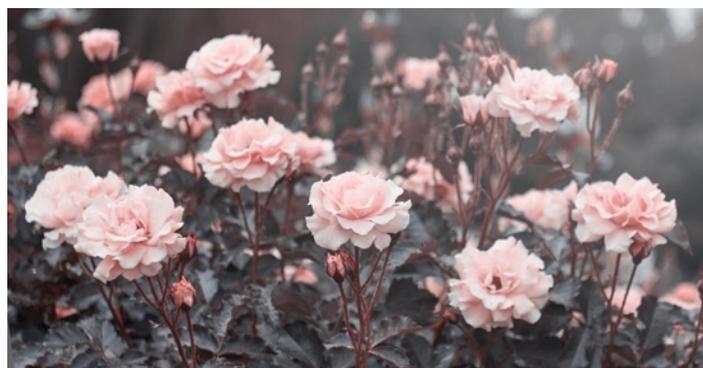




THE UWCM MEETING ROOM
 Atwater Library
 Club Room #7
 1200 Atwater Ave.,
 Westmount,
 Québec



Sultry June!

With a new month comes yet more freedom! By the end of June, we may be back to a much more “normal” life - if all things

COVID go well. But in the meantime, we hope you will join us for our May 28 online get together. See below!

Join us for a “Happy Hour” on May 28 - 6PM - 8PM.

Our special interests manager, Dianne Theoret-Major, is organizing a "Happy Hour" on Friday, May 28, from 6pm to 8pm on Zoom.

She writes: *“I am looking forward to seeing everyone. Don’t forget to put it on your calendar!”*

The Zoom Invite will be sent out the day before the "Happy Hour.”



La Classe Restaurant is still 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

Co-Presidents' 2021 AGM Report

(as presented at the Zoom AGM meeting on May 19, 2021)



Donna Jensen



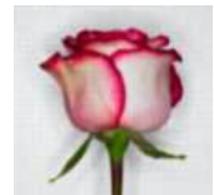
Wanda Leah Trineer

Donna Jensen

Thank you, ladies, for attending tonight's AGM. Last year, during the early days of government lockdown restrictions, your Board of Directors initiated an early response to the plight of Montreal's vulnerable when it donated \$1,000 to Résilience Montréal, a joint venture between the Native Women's Shelter and Nazareth Community.

Leah Trineer

At the start of 2020, the Club enjoyed Jeff Turnbull's January talk about his controlled alcohol program in Ottawa and Hubert Lacroix's February talk about his management style at the CBC. Little did we know that was to be our last wonderful La Classe dinner - at least until later this year when pandemic restrictions allow restaurants to reopen and we can meet in person again.



DJ

The Board of Directors soon set to work to overhaul its focus and keep the Club relevant, approachable and as helpful as possible. Club activities continued over the summer where members participated in or hosted small group events: afternoon teas, morning coffee chats, a picnic lunch and a backyard garden party. Board and other members contacted you by phone, and sent out unprecedented summer newsletters full of recipes, reading suggestions, friendly gossip and news on pandemic protocols.

LT

We purchased a Zoom licence and learned how to host meetings and speaker events. We offered self-help webinars on yoga, reflexology, how to best appear on camera, and the life of Coco Chanel. In November, we supported the international initiative "16 Days of Activism Against Gender-Based Violence" by hosting our first public webinar on personal security.

Co-Presidents' 2021 AGM Report (continued)

In collaboration with the West Island Women's Shelter and the John Molson School of Business, we learned of the risks women in particular are facing in the rise of online scams and domestic violence. The recording is available on our YouTube channel, a platform on which our presence is expanding.

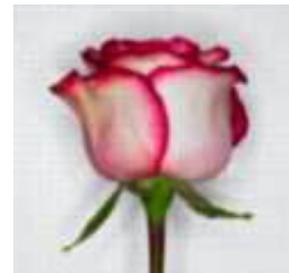


We are one of 20 not-for-profit organizations who participated in last fall's Groupe de Vingt semi-annual training program that *Concentration Montréal* offers to advance the practice of diversity and inclusion in boards of directors.

Our Facebook and LinkedIn follower base has significantly increased over the last year. We are focused on maintaining this growth and expanding our Instagram and Twitter followers, while always keeping an eye out for new trends in social media.

DJ

Our Travel Club Interest Group thrives as members gathered in person over the summer and over Zoom in winter to talk of past travel and dream destinations. Outdoor Ladies occasionally walked together while also respecting lockdown restrictions. And as soon as the Atwater Library resumes its normal operations, we hope the popular Library Lectures and Lunch group will return. We welcome members to step forward if they might want to revive the wine-tasting group. Or what about an environmental issues group? Or an advocacy group? Our library clubroom is there for us to use – and now with central air that the library installed over the past few months.



LT

As you saw from the latest Membership Directory, membership numbers have remained fairly constant over the past year. We recently even welcomed two new members – Andrea and Lorraine – with a few more still “thinking about it.” Now might be the right time, more than ever, to encourage friends to join.

Co-Presidents' 2021 AGM Report (continued)



LT

We participated in the Quebec Provincial Council advocacy committee to urge the government to strengthen standards at long-term care facilities. In an alliance with the Montreal Council of Women, we drafted an online petition last December.

It achieved almost 1,700 signatures and was tabled in the National Assembly in late March 2021.

DJ

In late December, CFUW directors notified all clubs of the need to determine – before March 31 of this year — their wish to remain connected to GWI. After discussion, your Board decided that, since its members had voted a number of times over the past few years to support GWI and there was no opportunity to call an unscheduled meeting of members in the middle of winter and a pandemic lockdown, our club would continue to support GWI. The issue remains a top focus of CFUW and discussions on dues continue. We will report more after the CFUW AGM in late June.

LT

We learned in November that the late Anne-Marie Trahan remembered the Club in her will. To date, the Foundation has received a cheque for \$50,000, which it has placed with Hale Investment with a plan to establish an endowment in Anne-Marie's name to benefit a female student at Ecole Polytechnique. Upon settlement of her estate, we can expect to receive an additional amount. The Trustees are confident that this will appropriately memorialize Anne-Marie's legacy.



Co-Presidents' 2021 AGM Report (continued)

DJ

We are pleased to announce that our immediate past president, Saôde Savary, will be stepping into the role of UWCM Foundation Chair for its 2021-22 year. Accordingly and contrary to the Notice of AGM, Andrea de Gosztonyi is named as a Foundation Trustee.



All the Trustees will work with Saôde to raise funds through the Annual Giving Campaign and to uphold the Foundation's mission to support post-secondary education of women and local women's groups.

LT

We say goodbye and thank you to board member Tanya Fitzpatrick as she continues her professional and altruistic endeavours. Your unique outlook and contributions will be missed, Tanya.

A reminder that the Club's 100th Anniversary is only a short five and a half years away. The Centenary Sub-Committee is even now discussing how to best celebrate and is searching for a writer to properly update our 50-year history written in the Seventies! Watch for the latest in Centenary News!

DJ

Let's look toward the light, dear members. We will move forward into this new world with hope and intent to further improve the situation for ourselves, fellow members, our loved ones near and far and women around the world.

May 19, 2021



Outdoor Ladies



On your left is a photo of the most recent gathering of *Outdoor Ladies* organized by Zofia Laubitz. Upcoming event - TBA!

In the photo, left to right: Andrea de Gosztonyi, Carly Pepler, Ilea Tant, Carmelita Rasquinha and Judi Ritchie.



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



Hannah Trineer-Roberts was a student member of the UWCM for two years.

Now, she is a full-fledged member who also serves on the board as our Membership Chair.

She is drawn especially to the outreach potential of the UWCM - helping other women to get a good education and thrive in life.

Hannah graduated from university in two disciplines: Phys Ed and Music. While she teaches music full-time at Our Lady of Pompei Elementary School in Montreal North, and loves the work, her dream is to teach both phys ed and music in a school.

She  has played the piano for many years. This summer, with more time for personal projects, she intends to work on two glorious pieces by Chopin and Debussy.

Amazingly, along with her full-time teaching job, she also gives piano lessons to 10 students a week!

Before the pandemic, Hannah was a competitive swimmer and swimming was central to her life. She hopes to get back to it this summer.

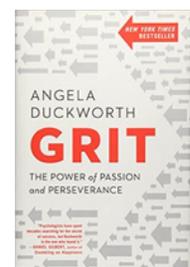


She's also looking forward to doing some gardening up north at the family cottage in the next couple of months.

When pandemic restrictions are lifted, and we can resume our live group meetings, Hannah is keen to introduce new potential members to the club.

Regarding TV, Hannah says that she watches **Jeopardy** "*religiously, every night!*"

The book she is currently reading is titled, **Grit** by Angela Duckworth.



UWCM Members who have resigned:

Alice Holman and Antonella Cattaneo.

Food, Parties, Events...



Coming Up!

A Strawberry Social in Dominique Racanelli’s Garden!

Date and time will be announced in mid June. As COVID restrictions are to be eased, a fair number of members should be able to attend. You can expect bubbly, tea sandwiches and of course *strawberries!* A donation to the UWCM foundation will be appreciated.

LA CLASSE RESTAURANT

We are hoping that our precious restaurant, La Classe, will soon be open again for in-house meals. But in the meantime, do consider making an order.

Our Program manager, Sheila Mohammed and her husband, George, have tested the waters twice.

Sheila wrote: *“La Classe offered a variety of choices catering to different tastes. We were especially impressed by the antipastos and desserts. As for the main courses, there was a wide variety. We chose several and shared them. All were appetizing. We would certainly order again.”*



*“And since all this loveliness can not be Heaven,
I know in my heart it is June.” - Abba Woolson*

JUNE 8 – BEST FRIENDS DAY
JUNE 12 – NATIONAL ROSÉ DAY

Women In The News



Karen Dolva

• Born in 1990, **Karen Dolva** is a Norwegian user-experience designer who studied Information Science and Interactive Design at the University of Oslo. She is the co-founder and CEO of **No Isolation**, the company she started in October 2015 and named as Norway’s startup of the year, and best social impact in 2017.

• No Isolation produces AV1, a robot that helps kids away from school due to long-term illness to remotely interact in class.

- Another product they created is KOMP, a remote-controlled TV-looking screen which allows seniors to receive different files, such as photos, in addition to audio-video calling.
- Dolva and her cofounders (Marius Aabel and Matias Doyle) were on the Forbes’ “30 under 30” in 2018. She was also among BBC’s most influential women in 2020.
- **LinkedIn:** <https://www.linkedin.com/in/karen-dolva-22632a60/>
- **Twitter :** <https://twitter.com/kdolva?lang=en>
- **Company website :** <https://www.noisolation.com/global/>

VIDEO EXTRAVAGANZA!

Breathtaking Footage of Half a Billion Butterflies - Up to half a billion monarch butterflies lie sleeping, having overwintered in Mexico. As winter ends and spring arrives, the sun warms their wings and the forest comes to life as a cascade of butterflies take flight!



UWCM Bylaws Update

UWCM Bylaws - update from from UWCM Vice-President Gawa Atif
We are pleased to share a quick update on our ByLaw amendments. Following an engaging discussion at the AGM on May 19 the following amendments were approved:



Delete Clause **5.5 Transient Membership** and, accordingly, the Bylaw Clause 9.4 reference to fee payment of Transient members.

Amend **Bylaw 12, Clause 12.7 Election of Officers** by adding after the first sentence: **“The role of President can be a Co-Presidency shared by two directors. The normal two-year term can be extended based on exceptional circumstances.”**

Amend **Bylaw 13, Clause 13.1 President** to read **“The President (or Co-Presidents) and in her/their absence** the Vice-President, shall preside at all meetings of the members of the Club and of the Board of Directors and shall exercise a general oversight over the affairs of the Club. The President **(or Co-Presidents)** shall be ex-officio member(s) of all committees. **She/They** shall also **normally** serve as member(s) of the Board of Trustees of The University Women’s Club of Montreal Public Foundation.

The ByLaws Committee will resume in the Fall to continue the review and to update, as required, our rules and regulations. We welcome members to join the Committee. For more information, please contact VP Gawa Atif at our UWCM email - uwcm1@gmail.com. Please use the subject heading - **Gawa Atif, bylaws.**



Travel Club

June update from Andrea de Gosztanyi



I have my fingers crossed that the weather will be beautiful on June 8 and would like to invite you to join me in the gardens of the Rockhill Apartments - the central quadrangle with access off Côte des Neiges. You will have to walk through an area that looks as though it is between the buildings to find this lovely oasis. *There may be mosquitos. So bring your bug spray!*

I would like to propose a theme and an alternate.

If the weather is nice and we can be outdoors, then we go with plan “A.” The theme will be **Travel Essentials**. What is a must for you to travel in comfort? What have you discovered to be useful? What would you recommend? What was suggested to you that you dragged along and discovered to be useless?? All fun stories of discovery accepted!

If we must be indoors on Zoom because of rain, I propose plan “B.” As suggested by our fount-of-ideas person, Karin, **“Amazing art discovered on your travels.”** I do believe that this theme lends itself best to making a PowerPoint or slides and would be best presented on a Zoom platform. Contact me at uwcmntl@gmail.com. Use the subject heading: *“Andrea - Travel club.”*

Penne with Asparagus and Peas



(A recipe recommended by Sheila Mohammed.)

1 cup whole-wheat penne
 ½ cup asparagus

pieces
 ¼ cup frozen peas
 ½ cup small-curd 2% cottage cheese
 2 tsp olive oil
 2 tbsp grated Parmesan cheese
 Pinch each of nutmeg and black pepper
 1 tbsp chopped parsley
 1 tsp lemon zest

Cook penne. Add asparagus in the last 3 minutes of cooking. Add peas during the final minute.
 Drain, saving ¼ cup cooking water. Mix in cottage cheese, oil, parmesan cheese, nutmeg, and black pepper. Top with parsley and lemon zest.

Makes one serving: double the ingredients to serve two.

NUTRITION AT A GLANCE:
 Calories 620,
 Fat 20g,
 Saturated fat 5g
 Protein 35g,
 Fiber 20g,
 Sodium 630 mg.



Graduate Women International (GWI)



During the spring, the National Board of Directors hosted several Zoom information sessions to discuss the results of its late December club directive to indicate by the end of March their club’s wish to stay connected to GWI.

As reported at our AGM, the UWCM Board decided unanimously – and based on the short deadline and past member voting results – that it would remain associated with GWI. Aside from the short deadline and inconvenient timing, the Board also considered attracting an expanding pool of potential members, maintaining a vibrant advocacy role

beyond its local region, and upholding its mission to help women in need.

Current CFUW membership is 6,723. Of that, 2,957 are members of clubs that opted to remain connected to GWI and 3,766 are members of clubs that have opted-out. CFUW and GWI have agreed that, starting in January 2022, CFUW will report only the opt-in portion of its members to GWI and only those club members will be responsible for a per-capita portion of the GWI fee.

Motions may be put forward at the CFUW June 24-25 AGM. We will continue to monitor this long-running issue and update members accordingly.

Quebec Provincial Council AGM

On Saturday, April 23, the Lakeshore Club hosted the Quebec Provincial Council AGM via Zoom. The UWCM co-presidents and vice-president joined Quebec City, South Shore, Sherbrooke & District, and Montérégie presidents to discuss a name change in French, update its bylaws, approve financial statements, and ratify positions for next year. The guest speaker, Montreal Council of Women president Penny Rankin, spoke of her advocacy work with child-trafficking survivors abused by Montreal-founded pornography giant MindGeek and its adult video-sharing website PornHub.



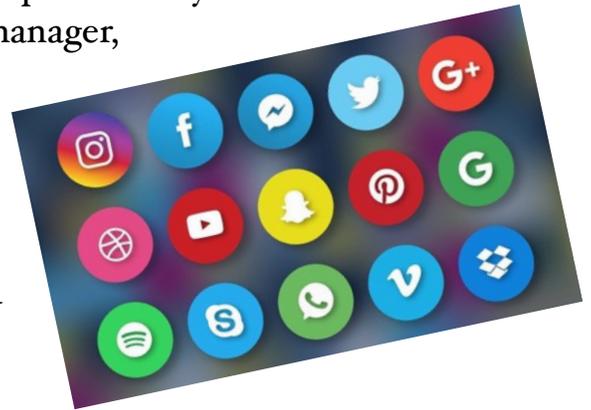
UWCM will host the next Quebec Provincial Council meeting on Saturday, October 23. We are hoping it will be an in-person event. And all members will be welcome to attend. Watch for details coming soon.

Our Social Media - Up Close!

Social Media is fast becoming one the most important ways to let people know about our club. Our social media manager,

Noran Ahmed is gradually developing our presence with her daily posts of photos, stories and commentary. So we want you to know where you can find us!

You can help us to expand awareness of the UWCM by visiting one (or all) of these sites now and then. Leave a comment! Press on the “like” button! Help us to grow!



Click on each name to visit our pages!

UWCM Website - This is our own website!

Facebook - Facebook is a social networking site where we connect and share with family and friends.

Instagram - Instagram is a social media platform for sharing photos and videos.

LinkedIn - LinkedIn is the world's largest professional network on the internet.

Twitter - Twitter is a “microblogging” system that allows you to send and receive short posts called “tweets.”

Youtube - YouTube is an online video platform.



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

Phone: 514-935-7344

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

COVID Library Service

Takeout library service continues into the Summer of 2021.

COVID-19

COVID-19 UPDATE - AS OF MAY 25, 2021

As of May 28, 2021

There will no longer be a curfew.

Restaurants will be able to open their terraces.

A maximum of two adults with minor children from two different households, or all members of one household per table.

Private outdoor gatherings will be allowed.

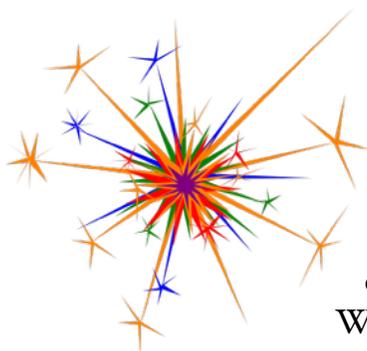
A maximum of eight people from different households or all the members of two different households.

Physical distancing of two metres will still need to be maintained.

It will be possible to travel to a region other than your own.

Indoor concert halls and outdoor venues with assigned seats will be able to welcome up to 2,500 people (spread out in zones of 250 people).

[Learn more here...](#)



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

ADVERTISING

If you would like to put your business card in our newsletter, please send an email to 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