

**THE UWCM  
MEETING  
ROOM**

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

## A Message From Our Presidents



Donna Jensen

Wanda Leah Trineer

Greetings, fellow members:

As we all continue to cope with restrictions and new pandemic habits, our club strives to keep our members informed, engaged, and looking out for those most vulnerable. We appreciate your loyalty as we all do our best to weather this storm.

Our October speaker Janine Barkas, all the way from the University of Texas, gave us lots of tips on how to look professional on Zoom – an art that is fast approaching a necessity in today's world.

We are proud of our V-P Gawaher Atif for being a long-time team member of the UN World Food Program recently was awarded the 2020 Nobel Peace Prize. Bravo, Gawa!

The UWCM Foundation has launched its Annual Giving Campaign and asks you to be extra generous this year. Remember the six monthly dinners you have not attended and, instead, donate that amount to women's bursaries and local women's groups. And have a glass of wine while you do it!

November is the month of remembrance. Let us not forget the bravery of those who fought for the freedoms we often take for granted.



## COVID-19

### COVID UPDATE

Just a few days away from the earliest possible end date to Quebec's red zone restrictions, (Oct. 28), Premier François Legault has already said restrictions

could be extended beyond Oct. 28. More regions outside of Montreal are becoming "red zones" as cases spike in different areas across the province. Please look here for [recent information](#) about COVID19 in Quebec.

### October 21 was the first of our monthly speaker events for the 2020/2021 season!



In this fun and zesty Zoom presentation, speaker Janine Barchas, joined us online from Austin, Texas to teach us *How to look professional on Zoom*. For this evening, we invited any interested members from our sister club, the Montreal Lakeshore University Women's Club, as well. We were 31 in total. And many of us received personal attention

about our professional look on Zoom or lack thereof. Janine is a natural-born comedienne.



Several of us wrote in the chat that we were "LOL" - laughing out loud!

We learned about the importance of creating the right mood with our backgrounds, how to tinker with lighting and how to get clearer sound.

In the end, most of us found a variety of ways to upgrade our Zoom appearance.

We invited Janine to join us for a drink next time she's in Montreal!

## Atwater Library & Clubhouse and Room #7 Update!

### Atwater Library



In accordance with the “red zone” pandemic measures imposed by the Government of Quebec to reduce the spread of COVID-19, the

Atwater Library is providing services online and by phone, but we’re not admitting people to our building from October 1 to 28, 2020.

We are offering takeout library service. Members can reserve paper books and DVDs through our online catalogue, by email and by phone. Our staff will fill the orders and hand out packages at our Atwater Avenue entrance two times a week:

- Fridays 3:00 to 6:00 pm
- Tuesdays 3:00 to 6:00 pm



### FROM LINDA EDGAR

The CFUW recently published a book on history, *Our 100 years*, from 1919 to 2019. I enjoyed reading the book and have selected some anecdotes that you may find interesting. The book is available in the Atwater Library, and I have a copy that I would be pleased to lend out. Linda Edgar, Board member

### Did you know?

The CFUW was born out of the struggle by a small number of nineteenth, and early twentieth-century women to gain admittance to Canadian universities. These determined young women knew they were doing something controversial. They faced open

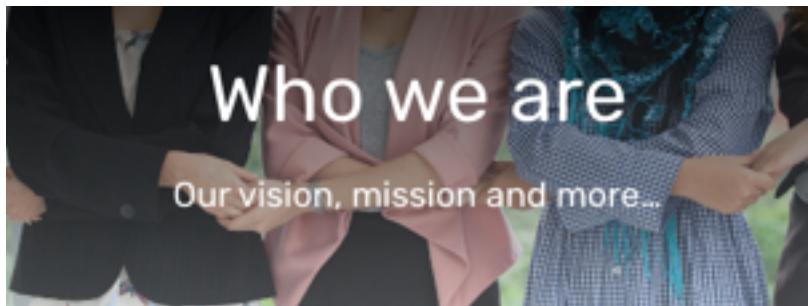
curiosity and hostility once they stepped onto campus. The young men there had to curtail their pranks and either displayed an exaggerated civility or plain rudeness. It got worse when the women’s marks were often better than the men’s. Since women were barred from taking part in any extracurricular activities, they formed their own and thus began debating and research groups that helped prepare future women, to be assertive and ready for political work!

### Access to the UWCM Clubhouse Room

#7

***The Clubhouse will not be accessible from October 1 to 28, 2020. After that time, if the library opens again, the rules are as follows:***

- Only afternoons (3 to 5 pm) or evenings (6 to 8) are available.
- Maximum of 6 people. Contact Kimberley Ryan to schedule a date and time.
- Identify yourself as a UWCM member.
- Your group must meet first outside the Tupper Street entrance. Someone will then let your group in.
- Fill out the contact-tracing form provided.
- Limit your presence to our clubroom and washroom.

**OUR VALUES AND BELIEFS**

- We value our members and we foster mutual understanding, caring and friendship.
- We believe in policies that are gender responsive and based on the full respect of human rights.
- We believe that access to an education of quality and life-long

learning are the basis for empowering girls and women around the world.

- We believe in an inclusive and gender-equal society, where people who are vulnerable are empowered and enjoy a violence-free environment that allows them to achieve their full potential and build a better future.

Based on these values and beliefs:

We support girls' and women's education by providing scholarships

We advocate for policies that foster gender equality and girls' and women's empowerment.

**INTEREST GROUPS****STORIES TO TELL**

Thanks to the Atwater Library and New Horizons for Seniors, you can learn how to share memories and digitize old-format media. You will have help in finding creative ways to keep and share your stories for generations to come. Explore a wide variety of digital media from podcasts and video interviews to memes and animated gifs.

For now, connecting with the public is completely online, but is evolving daily. Contact Eric Craven (

514-935-7344), tell him you are a UWCM member, and sign up today.



Have you tried "Kahoot?" Looking for something new to challenge you? Anyone can download the application (apple or android) and play along doing the quizzes. You can select different topics and learn how much you know about them! If you have questions, I would be glad to help. **Dianne** at

## Greetings from your Membership Chair, Hannah Trineer-Roberts



In anticipation of the start of a new membership year in January, I would like to reach out to send greetings and say how much I am looking forward to meeting all of you, - in person, - at some point in the future.

Since this is not possible at the moment, I wanted to use this opportunity to pass along a few ideas about how each of us might tell others about our great organization. I'll try and include more ideas in future Newsletters, but here are a few to get you started that are quick and easy to do.

Probably the easiest way of sharing information about our club is **the monthly Newsletter!** It speaks volumes about who we are and what we do and since most of us receive it via email, it is an easy document to share with others. Most of us have people in our contacts who would love to learn more about the organization that we are active in. Use the Newsletter as an invitation to join an up-coming meeting, whether virtual or in-person. Prospective members are always welcome at our meetings and it is a great way for your friends to learn more about us while having the opportunity to meet other members at the same time. (They may find that they know other members.)

Many of us are on social media in one way or another. I would encourage everyone to share the fact that you are a member by using our handles in your personal and professional bios. On Facebook, Instagram, Twitter, LinkedIn, and YouTube, **our handle is @UWCMTL**. Also, if you see an interesting post by our Club, share it with your circle.

If people are interested, direct them to our [website](#) and maybe that of [CFUW](#) for lots of information about what we do as a club locally, as well as what CFUW does on a national and international front. If you need help in this, I would be happy to assist you.

Sometimes, it is easy to forget that we have potential members within our own family or extended family; take myself for instance! My mum, Leah Trineer, recruited me as a student member and having recently graduated, I am now a full member and on the board!

Don't hesitate to contact me if you have questions, comments, or other ideas.  
Contact Hannah Trainer-Roberts -

**SPECIAL INTEREST  
GROUPS**

## Upcoming Meetings



### THE TRAVEL GROUP

Our next Zoom meeting is scheduled for Tuesday **Nov. 3, 3:30 to 5:30.**

We may need a stiff drink, as it is election day in the U.S.!

The theme this month will be "*A book, a trip.*"

When I first took over the Club from Valerie, I had prepared reading lists to accompany our guest speaker's theme.

So I thought it might be fun to have a location and a novel (or two) that would have us running to our virtual on-line library for some interesting reading!

Our following meeting is scheduled for Tuesday,

**Dec. 1, 3:30 to 5:30.**

Eggnog and Christmas spirit/ decorations de rigueur!



The theme:  
**Christmas Travel.**

Have you been to the Christmas markets in Europe? Where have you been over Christmas? Do you have a particular

Christmas travel story to share? Contact Andrea de Gosztonyi -

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

### UPDATES ON UWCM MEMBERS!

In our flurry of springtime "*How are you doing?*" phone calls to UWCM members, several people requested that we add a section to the newsletter that would act like a

"friendly-gossip" column. One member said, "*I'd love to hear what other members are doing. We can't see many of them. Let's at least hear about them!*"

So we have decided to do just that. Until we can freely be

together again, in each UWCM newsletter, we'll provide a short update on several members chosen at random.

We hope you enjoy them.

## Friendly Gossip! Updates on Members



**Hélène Audren** stopped working as a researcher in March of 2020. And she has not returned to her duties, as working from home is not appealing to her. She had cataracts removed from both eyes in July and August. The procedures had been

delayed several months due to COVID. But she is happy with the result. She said that "*the world looks more vibrant!*"

Hélène has been careful about her outings, only doing her grocery shopping early in the morning on the weekends. But she happily attended three meetings of the travel group and two outdoor lunches. Helene asked that members please be in touch to say hello!

**On her reading list?** *Elon Musk* - by Ashlee Vance and *How's your faith?* by David Gregory.



### Pamela Georges

Pam, is one of our longer term members of the UWCM.

She spoke at some length about the fascinating history of the club and the various roles that she has assumed over the years.

Sometime soon, we will have a more in-depth talk about the historical perspective of the UWCM.

Pam told me that she has not experienced major worries due to the pandemic. However, her husband has been very ill, so that has been a central part of her life.

### Pamela Georges - cont.

And over the past few months, she has been busy with many other things, including being involved with business affairs in England, where she has visited often in recent years. Pam was in the health field and only recently retired she is both a force and an inspiration! Pam would like to send a special thank you to all those members who have been very kind and helpful to her over the past months. Her reliance on the UWCM members is as strong as it is long!

**Books?** Pam is re-reading some John LeCarre, and other books that have historical themes.

### Gawaher Atif



We are happy to congratulate Gawa Atif on her 25 years of work with the World Food Programme (WFP), which was recently awarded the Nobel Peace Prize!

Gawa retired from active service in 2017. But she continues to be involved in a variety of ways, including giving talks on the work of the UN and the World

Food Programme.

And she is actively engaged in advising NGOs in the humanitarian field.

## We welcome your contributions!

**Help us make these newsletters a fun and informative 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's story you think we'd like to hear about

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

## NOTE OUR NEW EMAIL ADDRESS!

**uwcmctl@gmail.com**



### Newsletter Team

#### Editor:

Barbara Lewis -

#### Proofreader:

Zofia Laubitz -

**IF YOU WOULD LIKE TO PUT YOUR BUSINESS CARD INTO OUR NEWSLETTER, PLEASE BE IN TOUCH WITH BARBARA LEWIS:**

## Social Media



### About Facebook

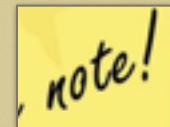
Our **Facebook** page is updated daily by Noran Ahmed with links to local events, national advisories and international news of interest to UWCM members.

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!**



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