



THE UWCM MEETING ROOM
 Atwater Library
 Club Room #7
 1200 Atwater Ave.,
 Westmount,
 Québec H3Z 1X4

Summer Message and Invitation From Our Presidents



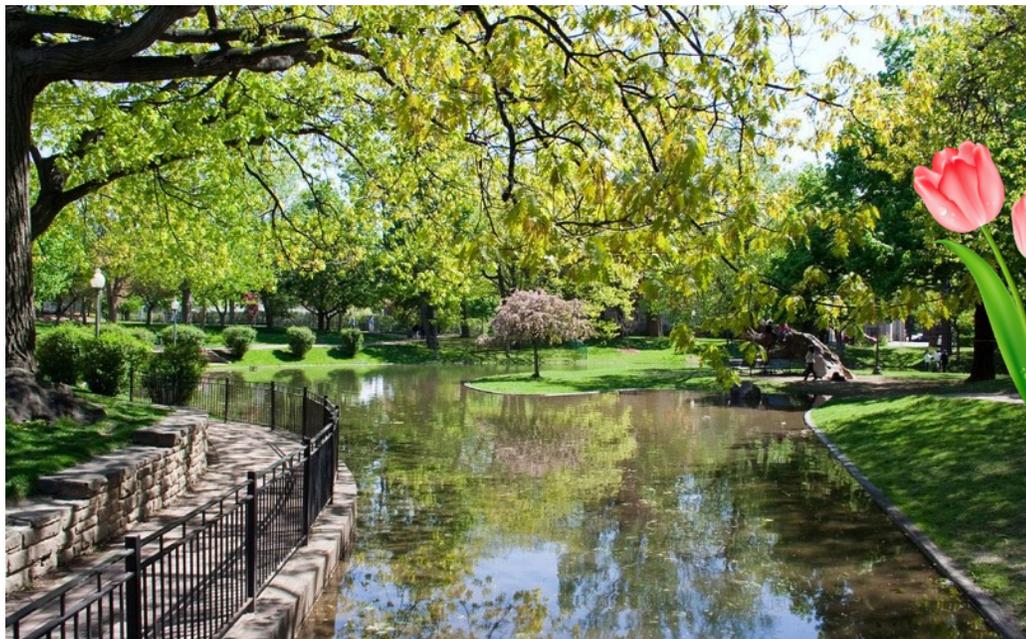
Donna Jensen

Wanda Leah Trineer

**MORNING COFFEE IN WESTMOUNT PARK
 Wednesday, July 21 (rain date: Friday, July 23)**

Your Co-Presidents invite you to join us at 8:30 AM in Westmount Park – between the playground and the library (same spot as last year).

We'll be there until about 10:30 and would love to share how we are all feeling and what we are planning for the next few months. Bring your own beverage.



We'll save the benches in the circle among the trees. See you then!

– Leah and Donna

CFUW 2021 AGM

by Donna Jensen, Co-President

The 2021 CFUW AGM was held, once again virtually, over three days from Thursday, June 24, through Saturday, June 26, with 75 clubs being represented. UWCM Co-Presidents Donna and Leah, and VP Gawa attended.



At the Thursday evening Awards Ceremony, BC Interior Regional Director Alison Hutchinson opened with a poetic toast, the CFUW- Ottawa “MadriGals” choir performed, harpist and two-time student delegate to UNCSW Karin Gill sang Leonard Cohen’s *Halleluliah* and our very own songbird Barbara Lewis performed Joni Mitchell’s *Both Sides Now*.



We all raised a glass to toast moving forward and Barbara closed out the evening with a beautiful rendition of *Wonderful World*.

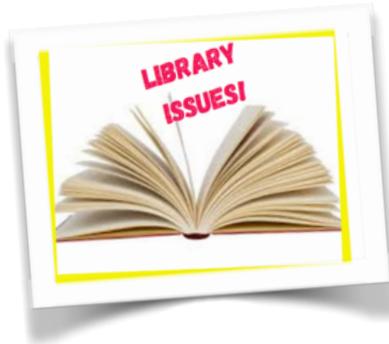


It was great to hear that the “Walk to Kabul” initiative organized by the Ottawa and Sudbury clubs as a joint venture with GWI Netherlands – in which ten UWCM members energetically participated – received a Special Projects Award.

On Friday, the business portion of the AGM started at noon, where delegates adopted the 2020-21 financial statements and auditors’ report, the 2021-22 budget, and a bylaw change to allow for policy sessions (Article #93) to occur separately from the AGM and in order to conform to the 2009 *Canada Not-for-Profit Corporations Act*.

A dues motion was adopted to set 2022 CFUW dues at \$55 per capita (down from the previous \$76) and GWI dues (based on a set formula) that will be paid by clubs who opted to support GWI (of which UWCM is one). This will guarantee CFUW viable operating funds within which it can function each year.

Atwater Library and Room #7 Update!



Library Service:

As of Monday, July 5 there are two ways to borrow physical books and DVDs. You can come into the building weekdays 10:00 am to 6:00 pm and select your own materials from shelves – mask wearing and distancing required. Or you can reserve through the online catalogue or by phone and make an appointment for pickup.

The reading room and computer centre will remain closed for the summer. It is hoped the COVID risk continues to decline and more activities will resume by the end of the summer.

Library staff are always pleased to provide information and help by phone and email: 514-935-7344 or kryan@atwaterlibrary.ca.

The New Elevator!

We invite you to [watch a short video](#) showing the accessibility upgrades completed during the shutdown. Join the men in charge of construction for a tour. Enter through the new accessible door by Tupper Street and ride in the beautiful new elevator to the upper floors.



Access to Room #7

The Clubhouse is accessible between 10 AM and 6 PM, Monday to Friday.

Enter from Tupper Street and head upstairs to sign in and get the key to our room. Be sure to lock the door when you leave Unit #7 and return the key when you sign out at the desk.

The rules regarding wearing a mask may change in the coming days. Please call the library in advance to get an update - 514-935-7344.

Limit your presence to our clubroom and washroom.



WOMEN IN THE NEWS



Somaya Faruqi

(Photo credit: [unicef.org](https://www.unicef.org))

- Born in 2002 in Herat, Western Afghanistan.
- Captain of the six-member Afghan Girls Robotic Team (Afghan Dreamers) since 2020.

Prior to that, Faruqi had been a member of the team since 2017.

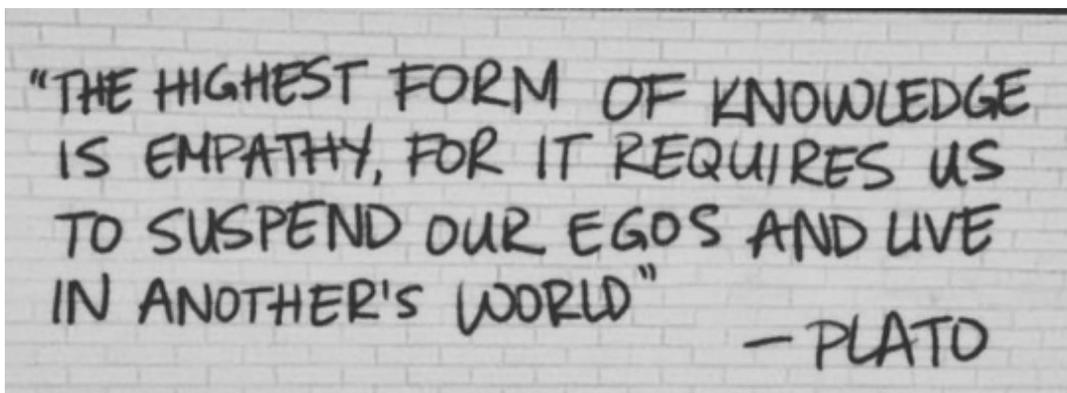
In that same year, the team won a silver

medal for Courageous Achievement at the FIRST Global Challenge, science, and technology (Washington, DC).

- As COVID-19 broke out in Afghanistan, Afghan Dreamers developed a prototype ventilator with guidance from MIT engineers and a surgeon from California.
- Selected among 2021 Forbes 30 Under 30, Asia 2020 and BBC 100 Women, among other awards and recognitions.
- Twitter account: <https://twitter.com/faruqisomaya>



Our imaginative Social Media Manager, Noran Ahmed, posts some memorable images on our Facebook Page. Here is a recent posting. Visit [our page](#) to see more memorable posts!



CFUW NEWS INTERNATIONAL

CFUW has a long tradition of advocating for education, equality, and the health of women and girls, and believes in the importance of advancing gender equality worldwide.



Dr. Samar

Dr. Sarabi

Mary Akrami

CFUW's project with GWI-NL is now completed. It was a very full six months with many activities culminating in the April 24 webinar with speakers Dr. Sima Samar, member of the UN High-Level Council for Internal Displacements and member of

the Secretary General's Advisory Board for Mediation, Dr. Habibi Sarabi, 1 of 4 women on the 42 member Afghan and Taliban Negotiating Teams, and Mrs. Mary Akrami, Executive Director Afghan Women's Network.

They reminded us:

- The problem in Afghanistan will not stay in Afghanistan.
- Continual financial support is needed to educate women.
- We are not done. Women of Afghanistan are members of a global community.

For further details click these links for the [April 24 Webinar Speakers' Comments](#), a [recording of the Webinar](#), and a Brief Review of [Background Activities Building up to the Event, and Repercussions](#).



THE UNIVERSITY WOMEN'S CLUB OF
MONTREAL PUBLIC FOUNDATION

UWCM Public Foundation
Report to the May 2021 AGM

Like everyone else, the UWCM Foundation Trustees for the 2020-2021 year have had to adjust to COVID conditions. We met four times via Zoom this year. Because of COVID, we could not reliably plan a major fundraising event, nor could we continue our recent practice of having gift baskets for raffle at the AGM.

But we did hold our Annual Giving Campaign, which began as usual in November. Canada Helps has really helped us by giving members the option of online donation. Thanks to all of you for digging deep this year.



Because of the difficulty of doing other fundraising events, and because none of us were spending money on our monthly dinners, we asked you to be generous, and you were. The campaign continues until the end of June, so please consider another donation. Despite COVID, we will be able to meet the expectations of the universities and women's shelters who count on our annual donations.

In November we learned of the very generous bequest from our former member, the distinguished Judge Anne-Marie Trahan. Settling estates is slow work, but we have now opened a special account with CIBC-Wood Gundy for the bequest, worth at least \$50,000. The estate is still being settled and we do not yet know the full amount of our legacy. The Trustees are looking at how best to use that fund to honour the memory of Anne-Marie.

Our bylaws stipulate that the outgoing president of the UWCM becomes the Chair of the Foundation. In reality, that succession has not happened for many years now, but we are happy to announce that Past President Saôde Savary will be assuming the Chair of the Foundation in July for the 2021-2022 fiscal year.

We hope that next year finds us all in good health and that we can plan an exciting fundraising event for next spring.

Yours respectfully,

Elaine Bander, President *Pro Tem*, 2020-2021

The UWCM Public Foundation

TRAVEL CLUB UPDATE

Due to the extreme heat warnings, last month's Travel Club was relegated to a Zoom meeting.

A lively discussion about art through travel ensued. This is a theme that can be elaborated upon for future Zoom meetings, so let's keep this theme as a Plan B for inclement weather. Carly shared with us her attempts at learning to appreciate **Picasso** while in situ with various guided tours. This led to quite a lively discussion on his mistresses!



Karin shared her disappointment at visiting the Sistine Chapel in Rome and how she was better able to admire **Michelangelo's** masterpiece during an exhibition here in Montreal.

Judi Ritchie shared her appreciation of the works by **Botero** when she visited his hometown of Medellin, Columbia. His playful and happily rotund figures brought a smile to our unmasked faces!

Judy Mowat collects miniature antique boxes which led her on a search for the actual portrait that graces one of her pillboxes. Her foray through the National Portrait Gallery of London and the Victoria & Albert Museum was quite the journey! Andrea chose to make our travel time, and all those interminable hours in waiting rooms, more enjoyable by visiting Airport Art.

And of course, we always appreciate our members who join us for the pleasure of enjoying and participating in our interesting discussions. Do keep in mind that presenting on a theme is not an obligation! The joy is being together during these difficult times.

The latest Travel Club meeting was held on Tuesday, July 13th. Due to rainy weather, once again we met on Zoom rather than in the Rockhill garden area.



The theme for July was double-barrelled: Bastille Day Celebrations of all that is French along with travel essentials. The two are not that divergent as we need to travel to get to France!

Droits de la Nature/Rights of the River, Rivière St-Pierre

- by Andrea de Gosztonyi



I had the pleasure of participating in the **Droits de la Nature/Rights of the River** webinar organized by the Sierra Club Quebec on Tuesday May 25.

The St-Pierre River, was one of the tributaries flowing into Lac St-Pierre, and is of historical value.

Today, only a small portion of this river is visible from the seventh hole in front of the green. Over the

years, this little creek has swallowed up many a golf ball and our family has sacrificed quite a few as well. Due to cross contamination and urban development, this portion of the river is drying up. Once a breeding and feeding ground for birds, its future is in jeopardy.

The May 25th conference was animated by Isabell Sawyer of Sierra Club. As a jurist-geographer, Ms. Sawyer laid the ground work for discussion. Excerpts from the film “Rights of Nature-A Global Movement” were shown explaining the 2010 Universal Declaration of the Rights of Mother Earth. Mme Louise Legault of Les Amis de Meadowbrook gave a brief presentation on the organization’s actions to preserve the golf course as green space. Proudly, the Friends of Meadowbrook have succeeded in this endeavour. Côte St-Luc city councillor Steven Erdelyi spoke about the affirmative actions taken by his municipality and the steps they have taken to rectify the contamination of the creek.

Finally, Mme. Gaël Gidrol-Mistral, lawyer and law professor at UQAM, further explained the various legal and ethical implications of property ownership, more specifically the rights and responsibilities of the owner and how these issues have been dealt with in other provinces and countries. A dynamic and fascinating discussion period followed this presentation.

For more information:

<https://memento.heritagemontreal.org/en/site/saint-pierre-creek/>

<http://lesamisdemeadowbrook.org>

<https://rightsofnaturecbd.earth>

THE UNIVERSITY WOMEN'S CLUB OF MONTREAL PUBLIC FOUNDATION

The Trustees of the UWCM Public Foundation met on July 8 to decide how to disburse the \$9,650 raised this year thanks to the generosity of Club members. The Foundation, in accordance with Canada Revenue Agency provisions, has allocated almost half to education and the other half to community outreach, retaining a small amount for operating expenses in the coming year. Amounts were allocated as follows:



- \$3,000 to Concordia University
 - \$1,250 to École Polytechnique
 - \$1,000 to the Patricia McKenzie Pavilion of the Old Brewery Mission
 - \$1,000 to The Native Women's Shelter of Montreal
 - \$1,000 to Chez Doris
 - \$750 to Auberge Madeleine
 - \$750 to Auberge Shalome
 - \$500 to the Concordia University Betsy Barber Endowment Fund
- A heartfelt thank-you is extended to all who so generously donated to the Foundation last year to help women in education and women in need.



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

UPDATES ON MEMBERS!
In our flurry of springtime “How are you doing?” phone calls to 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, we’ll provide a short update on several members chosen at random. We hope you enjoy them.

Friendly Gossip! - Updates on Members



Miriam Roland

On Friday, July 16, Miriam will celebrate her 91st birthday.

She has been a member of the UWCM since 1978. In those years, the women only met

for lunch. They did not want to venture out at night.

There were a lot of “firsts” in the early days of the UWCM: the first female lawyer in Canada, the first female doctor. It was a heady time to be a member of the club.

These days, Miriam, a former psychotherapist, is busy with committee and board meetings and webinars. She enjoys reading three newspapers each day.



And she is taking two fascinating courses: one on the architects who have had the greatest impact on other architects. For example: Frank

Lloyd Wright. The other is a course in Hebrew poetry!

But her greatest joy, as her birthday approaches, is knowing that her two sons will fly into Montreal from the United States. Due to COVID restrictions, she has not seen them in more than a year and a half!



Like many club members, Miriam has missed being with other people. So she is looking forward to having lunch in a restaurant this week.



Then it’s coffee on a terrace! Simple, meaningful things that she has not done for a long time.

But... she is wondering what to wear for these unique occasions. She has lost weight, but claims that somehow her weight has been redistributed! So how will her clothes fit?



Miriam has been awarded several honorary degrees. In 2018, she was awarded the degree of Doctor of Laws, *honoris causa* from Concordia University with the following introduction:

Mr. Chancellor, it is my honour to present to you Ms. Miriam Roland, psychotherapist, communitarian and dedicated philanthropist.

Ms. Roland’s commitment to community service and her contributions to the advancement of education are exemplary. They were instilled in her at home as a child, she says. “The same way we eat three meals a day, we give to those in need.”

SUMMER RECIPE!



**Whole chicken Memni
gravy** (Influences from Iraq
and Mediterranean cooking.)

From Rahila Botswana
This recipe was passed down
by my maternal grandmother.

Ingredients

2 medium onions
1 inch of grated ginger

1/2 a head of garlic
1/2 tea spoon of turmeric
1 tea spoon of cumin powder
1 teaspoon of chili powder
4 medium size tomatoes or 2 big ones
1 cinnamon stick, 5 cloves, 2 whole red chilies
6 peppercorns
1 Chicken
A few strands of saffron
salt to taste



Recipe

- 1) Pour 1/4 cup of oil in a pot.
 - 2) Add 1 cinnamon stick, 5 cloves, 2 whole red chilies, 6 peppercorns.
Let it sizzle for a minute.
 - 3) Add chopped onions and fry until translucent and slightly brown.
 - 4) Add the chicken to the onions and fry on both sides until slightly brown.
 - 5) Add ginger and garlic paste and fry for 10 minutes.
 - 6) Add chopped tomatoes, turmeric, cumin powder, red chili powder (paprika for those who want it less spicy), a pinch of saffron and salt to taste.
- Cook all of it until the tomatoes dissolve and the chicken is cooked. One might want to add some water, but I generally cook on a low flame and let the chicken cook in its own juices.





Social Media is fast becoming one the most important ways to let people know about our club. Our social media manager, Noran Ahmed, continues to develop our presence with her daily posts of photos, stories and commentary.

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

Click on each name to visit our pages!

[UWCM Website](http://uwcm.com) - uwcm.com

- **[Facebook](#)** - a social networking site where we connect and share with family and friends
- **[Instagram](#)** - a social media platform for sharing photos and videos
- **[LinkedIn](#)** - the world's largest professional network on the internet
- **[Twitter](#)** - a “microblogging” system that allows you to send and receive short posts called “tweets”
- **[Youtube](#)** - an online video platform



Not on social media? Not a problem!

You can still follow UWCM’s account by adding the link to your favourites and checking them regularly.

Facebook: <https://www.facebook.com/uwcmtl>

Twitter: <https://twitter.com/UWCMTL>

LinkedIn: <https://www.linkedin.com/company/university-women's-club-of-montreal>

Instagram: <https://www.instagram.com/uwcmtl?hl=en>

YouTube: <https://www.youtube.com/channel/UCogSYTjRG9GwoAY29GitzzQ?>

For any comments, questions, or items you would like to share on social media, please contact Noran Ahmed uwcmtl@gmail.com

NOTE OUR EMAIL ADDRESS!

uwcmtl@gmail.com



Newsletter Team

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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

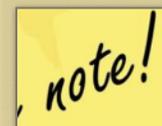
Our **Facebook** page is updated daily by Noran Ahmed with links to local events, national advisories and international news of interest to UWCM members.

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 uwcmtl@gmail.com