



UWCM NEWSLETTER

November | 2022



**FOLLOW
OUR LINKS**



THE UWCM MEETING ROOM

Atwater Library
Club Room #7
1200 Atwater Ave.,
Westmount,
Québec H3Z 1X4

Index

- Pg. 2 President's Greetings
- Pg. 3 Interest Groups
- Pg. 6 La Classe
- Pg. 8 Directory Changes
- Pg. 9 Foundation News
- Pg. 9 International News
- Pg. 10 Club News
- Pg. 11 CFUW
- Pg. 12 Calendar

PRESIDENT'S GREETINGS

Leah Trineer

Greetings from the President

It is hard to believe that we are about a week or so into November and still the weather has been good to us. With the change of time this past weekend, the reality of the on-coming winter season will be a sudden reminder. Personally, I tolerate the dark mornings of the past month far better than I tolerate the early on-set of darkness in the evening.

This week we are asked to remember those who gave the greatest sacrifice so that we could grow up in freedom and the lack of fear. To wear the poppy not only means remembering our Canadian troops who served, and continue to serve, but this year I hope that it will also give us pause to remember that many of our friends and relatives live in countries around the world where peace is having to be fought for. I cannot help but think of the mothers who are forced to be alone, away from spouses and children who are fighting for their freedom. Some of these mothers put their children to bed not knowing what may await them the next day. Please remember them and assist in whatever way you can; donations to the Red Cross and other aid organizations, food and clothing to local facilities who are providing for refugees, writing letters to our MNA's and MP's encouraging them to do more, and keeping all these individuals in our thoughts and prayers. Help can take many forms, do what you are able, but please help to give them a voice.

We have an exciting few months ahead! On November 16th, we will welcome Alexa Ruel to speak to us about the aging brain; more details are available further in the Newsletter. At the December 7th dinner, we have Patterson Webster, author, visual artist, and garden designer coming to "launch" her new book entitled "Autobiography of a Garden". More about that evening is also further down in this Newsletter. As usual, our December event will be held during the first week of the month, so mark your calendars.

We will be "hosting" our Home Dinners in January this year, so we invite all of you to start thinking about signing up to "Host" or to be a "Guest" at a dinner to be held during the week of January 16th. More details will follow shortly.



INTEREST GROUPS - ACTIVE AT THIS TIME



TRAVEL CLUB

Andrea de Gosztonyi is the Convenor of the Travel Group. The Travel Club will not be meeting in November but will resume on Zoom for the winter months. December topic:

Tuesday December 13th 2022
Holidays around the world. Have you been to a Christmas Market, here or in Europe? Have you celebrated the holidays in another country? Join us on Zoom for a Christmas cocktail!

Please confirm with Andrea

We encourage anyone interested in creating or inspiring an interest group to do so.

Each interest group that is active and would like to be included in the monthly newsletter must send their update to Emma by the last weekend of each month to be included in the proceeding month.



BOOK CLUB BUDDIES

The group will meet on **the third Monday of the month between 3:30 and 5:30 in the Club Room at the Atwater Library.**

Each member will be selecting a book to recommend to the other members according to a monthly rota. Currently the group is full. And a second Book Club is in the works so please keep an eye out for that email.

INTEREST GROUPS

OUTDOOR LADIES

After two highly enjoyable outings in October, we will be ending our season with our November walk. For this outing, we'll be doing another of the Public Art Walks created by Art Public Montréal. You may remember that we checked out some of the public art in Old Montreal in the spring; this time, we'll be exploring artworks in the Plateau Mont-Royal district, including Parc La Fontaine.

We will meet on **Sunday, November 13, at 11 a.m., in front of Mont-Royal metro station.** The walk, which should last about 1-1/2 hours, will end in the vicinity of Sherbrooke metro station. Given the neighbourhood, we'll be able to choose from lots of restaurants for our lunch.

If you are interested in joining them, please send an email to: uwcmtl@gmail.com, subject heading, OUTDOOR LADIES



LADIES WHO LUNCH

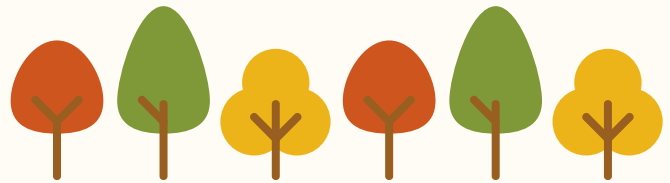
Lauretta Alexander and Adele Hebert will be Co-convenors of this group.

BiS
1229 rue de la Montagne

Wednesday, Nov. 9 at 12:00 pm

Please advise Lauretta by November 3 if you will attend.

Contact info for Lauretta



Many more interest groups to come.

Please reference the Interest groups document that will be circulating again with this month's newsletter.

INTEREST GROUPS



LIBRARY LECTURES AND LUNCH

The Atwater Library Lunchtime Series features once-a-week presentations by leading writers, musicians, intellectuals, scientists, and many more people sharing their knowledge and experience with the Atwater Library community. **These events usually take place on Thursdays (but sometimes other days), from 12:30 to 1:30 pm.**

Up-coming Lectures and Lunch will be communicated via the Newsletter or by special e-mail; information about the lectures themselves, is also available on the Atwater Library website: [HERE](#)

COFFEE KLATCH



Coffee Klatch is a new Interest Group that began meeting in August.

This group has been convened by Leah Trineer and meets on **the second Friday morning of the month, anytime between 7:30 and 9:30 A.M. at the Avenue G coffee shop on Greene Avenue** (just south of Sherbrooke and Greene).

If you want more information, please send an email to: uwcm1@gmail.com, subject heading, COFFEE KLATCH

OTHER INTEREST GROUPS THAT ARE RUNNING AND YOU CAN STILL SIGN UP FOR BY EMAILING BARBARA WITH YOUR NAME AND CONTACT INFORMATION. THE SUBJECT LINE IS THE CLUB YOU WOULD LIKE TO JOIN.

INTEREST GROUP - CONVENER/ ORGANIZER

FIRESIDE GARDENING - ELAIN BANDER

ARTS AND CRAFTS - DIANNE THEORET-MAJOR

STAGE AND SOIREE - LIZ WIRTH AND OLGA SHEVCHENKO

MUSEUM AND ART GALLERY - TBD

BOOK CLUB #2 - TBD

AFTERNOON TEA - TBD

WOMAN'S ISSUES - OLGA SHEVCHENKO

WINE TASTING - EMMA MAJOR

SOCIAL MEDIA - SANDRA BRODSKY

DINNERS AT LA CLASSE



MENU CHOICES FOR NOVEMBER 16 DINNER

STARTERS

1. Parmentier soup, chervil puree
2. Beef tartar with knife, grilled hazelnuts, and quail egg
3. Grilled scallop with maple, arugula, and bacon
4. Local parmesan apple fruit and walnut crouton fondu

MAIN DISHES

1. Morteau sausage, Puy lentils, candied carrots.
2. Lamb shank with rabiote puree, red cabbage.
3. Mackerel fillet, hollandaise, leeks and chanterelles
4. Fresh spinach pastry, cream of squash, pecan pesto

DESSERTS

1. Blueberry tiramisu
2. Queen Elisabeth Tribute cake
3. Entremet Praline
4. Colonel: Lemon sorbet and vodka. Green apple financier

The next dinner at our beloved La Classe Restaurant will be \$30 (tax included) PLEASE let Sheila know what you would like to eat by **November 13th**

Our speaker for the evening will be Alexa Ruel, a Phd student in psychology from McGill.

Reminders:

- Please bring cash to pay for your dinner (\$30)
- You can buy liquor at the bar.
- Special coffees cost extra.

In order for La CLasse to provide the best service they request that you submit what you are interested in eating so that they may order accordingly.

For reservations, please be in touch with Sheila Mohammed.

NOTE! You must make your reservation **before November 13.**

DINNERS AT LA CLASSE

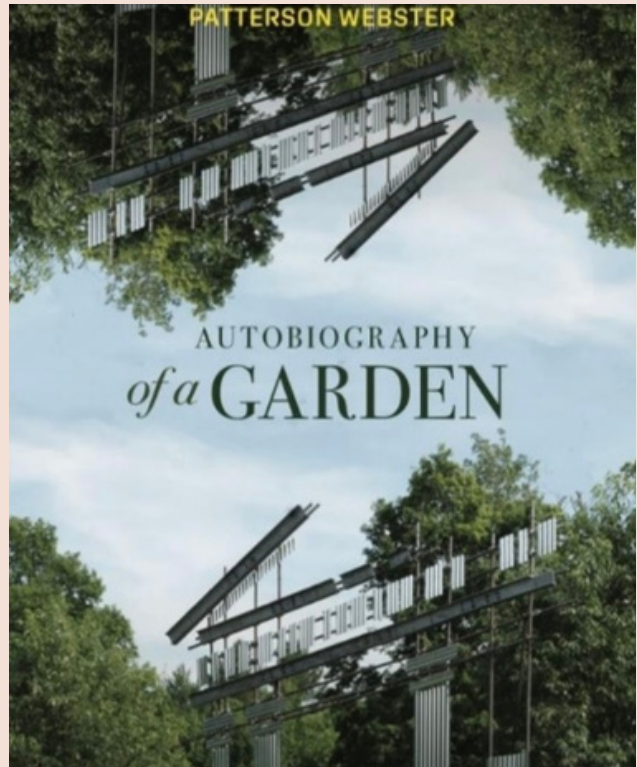


November Dinner Speaker

Alexa Ruel is a PhD Candidate in Psychology and past Public Scholar at Concordia University in Montreal, Canada. She has a BA in Psychology from McGill University and a Master's in Experimental Psychology from Concordia University.

Alexa's primary research is in decision-making strategies and cognitive control changes during healthy aging. She is currently involved in projects examining the neural mechanism supporting the shift towards model-free decision-making in older adults. She is also investigating how different cognitive abilities relate to decision-making and how individuals of different ages learn following some surprising events.

She is the Founder of Concordia's Journal of Accessible Psychology and Co-founder of Concordia's Journal of Psychology and Neuroscience.



December Dinner Speaker

Patterson Webster's new book "Autobiography of a Garden" follows her 25-year commitment to transforming her beautiful, but traditional, country property into a 750-acre landscape of what a garden can be.

Copies of her book will be available for purchase and for signing.



DIRECTORY CHANGES

CHANGES TO YOUR MEMBERSHIP DIRECTORY, MAKE SURE TO UPDATE YOUR INFORMATION AT THIS TIME.

Joan

Margarita

Diane

Elizabeth

Sandra

Maryse

Let us know if your contact information has changed.

FOUNDATION NEWS

Annual Giving Campaign letters were mailed late last month. The campaign runs until the end of June next year.

SAVE THE DATE: Thursday, April 27, 2023, Atwater Library Adair Auditorium
Major fundraiser — Cartooning as a Communication Tool — by Terry (Aislin) Mosher and Jacques (Boris) Goldstyn
Short reception to follow. Watch for details in upcoming issues. This will be a bilingual presentation.

INTER NATIONAL WOMANS NEWS

Anne Jakkaphong Jakrajutatip, a Thai media tycoon and transgender rights advocate. A Thai media tycoon and transgender rights advocate has bought the Miss Universe Organization for \$20 million, according to her company, which will now host the international beauty pageant. Oct 27, 2022



billboard

HOT 100

SONG	ARTIST
1 Anti-Hero	Taylor Swift
2 Lavender Haze	Taylor Swift
3 Snow on the Beach	Taylor Swift ft. Lana Del Rey
4 Midnight Rain	Taylor Swift
5 Maroon	Taylor Swift
6 Bejeweled	Taylor Swift
7 You're on Your Own, Kid	Taylor Swift
8 Karma	Taylor Swift
9 Vigilante Shit	Taylor Swift
10 Question...?	Taylor Swift



Taylor Swift is not only the first woman but she is also the first artist EVER to have her music on all top ten spots of the hot 100 global music list.

CLUB NEWS

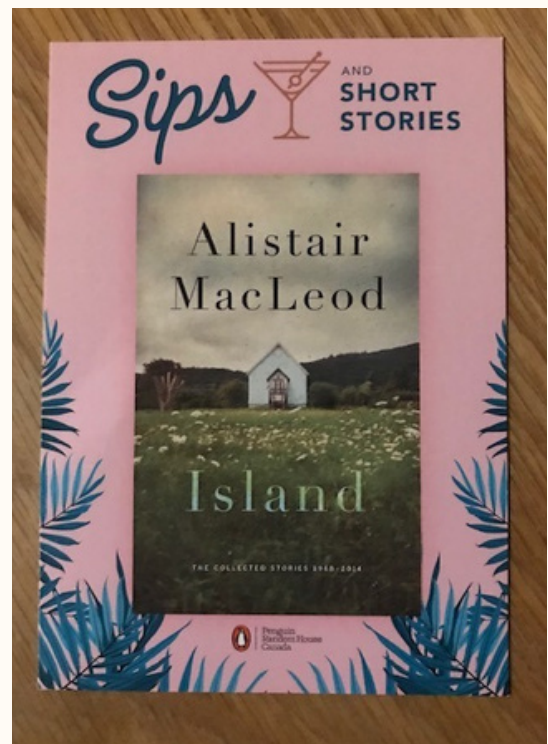


Its that time of year again to donate to the Christmas Shoebox Project

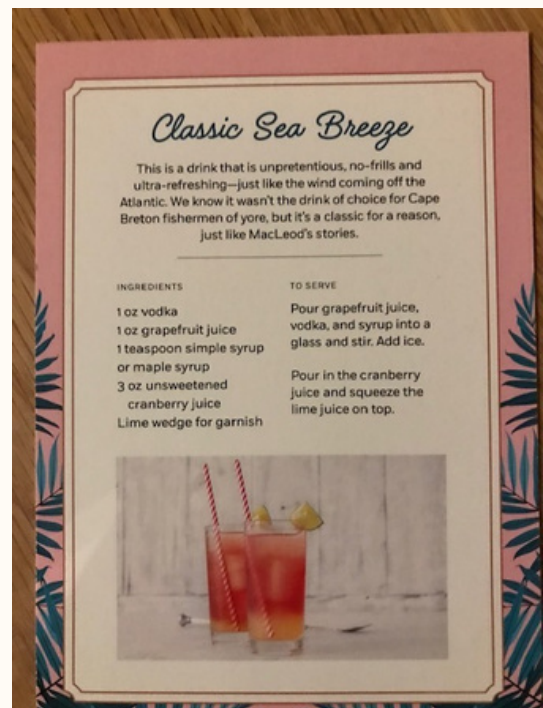
A Shoebox gift is a powerful reminder for a woman that she has not been forgotten and that she remains a valued and respected member of her community.

For those giving gifts, The Shoebox Project is a tangible and creative opportunity to give back directly to someone in your very own community. It's a small, simple gesture of kindness that has an immediate, positive impact on the woman who receives it.

You can find the link [HERE](#) to donate to the cause or learn more about their community impact.



Novembers book recommendation comes from Valerie Shannon. There are some books that have been republished with a paired cocktail to enjoy while consuming a good book. Other books offered in the Sips and Short Stories program can be found [HERE](#)



CFUW NEWS

The link to the website for the members only portal is [HERE](#).

As a member you are welcome to access the exclusive side of the CFUW website. Please feel free to discover more information and details regarding international club news. Such as the Danesh Online Library (DDL).

CFUW's 2022-23 International Service Project Fundraiser is the Darakht-e Danesh Online Library (DDL), a program by Canadian Women for Women in Afghanistan. The Darakht-e Danesh Online Library (DDL) provides Free and Open Educational Resources for Afghanistan. The Library is a digital repository of open educational resources (OERs) for teachers, students, and anyone with a curious mind who wants to learn more on a particular subject. The Library currently houses nearly 6,000 resources in almost 130 subjects, for both primary and secondary teachers, in nine languages.

If you would like to advertise anything along the above lines, please feel free to send a brief ad in PDF format to uwcmtl@gmail.com **in addition to** a \$15 fee (either by cheque payable to the University Women's Club of Montreal Inc. or via bank transfer) **no later than** the 15th of each month. * **Businesses/self-employed people are eligible for one-year ads in every newsletter for a one-time payment of \$100.**

Members are most welcome to advertise for themselves or on behalf of family and friends.

Kindly note that **only** advertisements received with their payments within the deadline will appear in the immediately upcoming newsletter. Any ads/payments received after the 15th will be postponed to the following month.

All advertising funds will be dedicated to the Centennial Celebration reserve.

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	BOARD MEETING	3	4	5
6 Deadline for newsletter submissions	7	8	9 Ladies Who Lunch	10	11 Coffee Klatch 	12 Outdoor Ladies
13	14	15 Travel Club	DINNER	17	18	19
20	21 Book Club Buddies	22	23	24	25	26
27 Deadline for newsletter submissions	28	29	BOARD MEETING	1	BIRTHDAYS IN DECEMBER Barbara Karr - Nov 5 Ausma Tane - Dec Veronica Noriega - Dec 19 Noran Ahmed - Dec 20 Elaine Bander - Dec 24 Mariana Frank - Dec 26	

If you have not given your birthday yet please email majoremma101@gmail.com so that Emma can include it.

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Deadline for newsletter submissions	28	29	BOARD MEETING	1	2	3
EXPECT THE NEWSLETTER THIS WEEKEND	5	6	DINNER	8	9 Coffee Klatch	10
11	12	13 Travel Club	14	15	16	17
18 	19 Book Club Buddies	20	21	22	23	24
25 	26	27	28	29	30	31

**NEWSLETTER CURATED BY EMMA MAJOR
 PROOF READ BY LEAH TRINEER
 AND DIANNE THEORET- MAJOR**