



UWCM NEWSLETTER

June | 2023



Index

- Pg. 2 President's Greetings
- Pg. 3 Interest Groups
- Pg. 6 Directory Changes
- Pg. 7 Dinner - June
- Pg. 8 July BBQ
- Pg. 8 June Events
- Pg. 9 National Indigenous History Month
- Pg. 10 Foundation News
- Pg. 11 Fundraiser at AGM
- Pg. 12 CFUW
- Pg. 13 GWI Update
- Pg. 14 MTL Council of Women
- Pg. 15 News From Members
- Pg. 16 Calendar



THE UWCM MEETING ROOM

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

PRESIDENT'S GREETINGS

Leah Trineer

A huge thank you to all who attended the AGM last month, helping to make it such a wonderful evening. A special thank you to the Interest Groups who put together such a lovely display of baskets and to all those who purchased tickets in aid of our scholarships and outreach. Altogether, we raised \$735.00 for the Foundation. Last, but not least, congratulations to all of you who took baskets home with you; we hope that you are enjoying them!!

Our successful AGM was followed by an even more special evening where Terry Mosher (a.k.a. Aislin) and Jacques Goldstyn (a.k.a. Boris), tag-teamed an incredible evening on "Cartooning is Communicating". It was a delightful presentation, lots of fun, a great opportunity to purchase books and have them personalized and the reception held downstairs at our Club Room was equally enjoyable. A huge congratulations to the members of the Fundraising Committee, struck by the Foundation who, collaboratively, achieved such great success.

Our next dinner, and sadly our last one at La Classe until September, will be held on June 14th. As indicated in our last Newsletter, James Hughes, President, and CEO, of the Old Brewery Mission, will be coming to speak about the work of the Mission and more specifically, the Patricia Mackenzie Pavilion. Once again, I would like to encourage everyone who may have been doing a little spring cleaning recently, that if you have come across any unused sample bottles of toiletries or should you wish to purchase a few items of this nature, please feel free to bring them along and we will send them back to the Pavilion with Mr. Hughes. I know that they will be appreciated.

As was announced at the last meeting, many of our Interest Groups will be continuing to meet over the summer and you may hear about a few "one-off" events being held due to nice weather. Keep an eye out for news of these events in the summer editions of the Newsletter or via special e-mail announcement. Don't forget to let us know if you are planning to attend any of Montreal's Festivals or other summer events, it might be a great chance to organize a group activity or maybe just to let others know that some of you are planning to attend.

INTEREST GROUPS - ACTIVE AT THIS TIME



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.

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

COFFEE KLATCH



This group **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).



BOOK CLUB BUDDIES

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

The next meeting is
Monday June 19th

Each member selects a book to recommend to the group on a rotational basis. Currently, the group is full. If this is of interest in a second Book Club please let us know.

INTEREST GROUPS

TRAVEL CLUB

Good morning Travel Ladies,

It has been 7 years since I took over the Travel Club. Amazing how time has flown by (pardon the pun!). Do you remember those years at the Club House on Atwater? It was great fun to gather in the living room...until construction on the road made accessing the clubhouse downright dangerous...and then the winter storms made it almost impossible to navigate safely up the stairs to the front door. That is when we broke ranks and moved our meeting season to Spring, Summer, and Fall and we were on hiatus during the winter months. What trailblazers we were! The move to our new location in the Atwater Library was a bonus for us as the room is much larger and more conducive to gathering. But then Covid hit. The Travel Club moved forward, meeting outdoors and transitioning seamlessly to Zoom. This was a saving grace for me and hopefully for you too. Isolation was so difficult. Our monthly meetings, seeing each other on the computer screen, and sharing a glass of wine, tea or cocoa was music to my soul. Zoom allowed us to meet year-round wherever we may have been: Florida, California, Arizona and share memories and aspirations of where we have travelled and where we wished to go. Guest speakers and Travel Club members were thrilled to share their experiences and photos. So many places to see, so many trips to be planned, your travel experiences have set my mind a-twirling and fluttering with dreams of discovering new places and having new experiences.

It is with a heavy heart that I must now step down as coordinator of this activity group. Life is complicated and I must now pare down my activities so as to concentrate on the essentials. This is not an easy decision as I have enjoyed every moment of planning and meeting with you all each month. Hopefully one of you will step up and take over the reins? I will continue to be a member of the Club, to be a trustee of the Foundation and to work on the Centenary Committee. I will also try to attend the delicious and wonderful dinners.

I would like to thank you all for your support, patience, enthusiasm and good cheer. It has been a fun ride!

Andrea



WOMEN'S ISSUES GROUP

The next meeting of the Women's Issues interest group (dinner) will be held at the McGill Faculty Club on **June 8th, Thursday, at 6 pm.**

Please contact Leah to RSVP.

INTEREST GROUPS

SOCIAL MEDIA

SEEKING INTEREST in a group interested in learning the social media basics for Facebook, Twitter, and Instagram.

We have tentatively arranged a presentation on social media basics with the Atwater library to host the lesson.

This will be a daytime presentation. Please email Olga if you are interested in attending. Please include a preferred weekday.

At this time the group needs a minimum of 3 people to be established.



FOR OTHER INTEREST GROUPS THAT ARE RUNNING CAN BE FOUND BELLOW. YOU CAN STILL SIGN UP FOR THEM BY EMAILING THE UWCM EMAIL WITH YOUR NAME AND CONTACT INFORMATION.

THE SUBJECT LINE IS THE CLUB YOU WOULD LIKE TO JOIN.

INTEREST GROUP CONVENOR/ ORGANIZER

FIRESIDE GARDENING
ELAINE BANDER - JUNE 20TH

ARTS AND CRAFTS
DIANNE THEORET-MAJOR

STAGE AND SOIREE
LIZ WIRTH & OLGA SHEVCHENKO

MUSEUM AND ART GALLERY - TBD

BOOK CLUB #2 - TBD

AFTERNOON TEA - TBD

LADIES WHO LUNCH
LAURETTA ALEXANDER & ADELE HEBERT

BRIDGE FOR ADVANCED PLAYERS
SANDRA BRODSKY

BRIDGE FOR BEGINNERS - TBD



INTEREST GROUPS

ATWATER 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. Located in room 7 after the lecture.**

Below is a list of Atwater Library events scheduled for the next month or so. Click [HERE](#) for the whole list of this season's upcoming events.

Thursday, June 8, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: For [National Indigenous History Month](#), a public screening of the award-winning short documentary film [Mary Two-Axe Earley: I Am Indian Again](#) by Courtney Montour.

To REGISTER and get the Zoom link, click [here](#).

Thursday, June 15, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: Festival Bloomsday Montréal presents a program of words and music to celebrate the life and work of the great Irish writer James Joyce.

To REGISTER and get the Zoom link, click [here](#).

Thursday, September 21, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: Dr. Lawrence Rosenberg discusses his new book *Patients Matter Most: How Healthcare Is Becoming Personal Again*. Dr. Rosenberg is President and CEO of the CIUSSS West-Central Montreal healthcare network.



DIRECTORY CHANGES - NEW MEMBERS

DINNER AT LA CLASSE - JUNE

Reminders:

- Please bring cash to pay for your dinner (\$30 tax included)
- Wine and liquor at the bar with debit/credit available.
- Special coffees cost extra.
- Parking is available under the LaSalle College, the entrance is on Fort Street. Parking is free and should be done on level P3. When you exit, notify the attendant by using the button indicated for assistance and mention that you were eating at La Classe.

For reservations, please be in touch with Sheila Mohammed.

NOTE! You must make your reservation known to Sheila



With speaker: James Hughes, President and CEO of the Old Brewery Mission

JAMES HUGHES has dedicated his career to the non-profit and social services sectors playing a pivotal role in championing social inclusion and helping to reduce poverty and end chronic homelessness in Canada. As the Old Brewery Mission's President and Chief Executive Officer, Mr. Hughes stewards the Mission's vision to see the end of chronic homelessness in our lifetime. Under his watch as Director General from 2004 until 2008, the Mission shifted from managing homelessness to focusing on reducing homelessness permanently through long-term solutions.

Hughes currently sits on the Board of Directors of the Queen Elizabeth Health Centre in Montreal, the Governance Committee of the Children's Aid Foundation of Canada, the Comité de coordination of the Collectif des fondations québécoises contre les inégalités and is the volunteer President of the Provincial Employment Roundtable sponsored by YES Montreal.



JULY SUMMER BBQ

Keep an eye on your email. This summer UWCM will be hosting a BBQ in July for members who are interested in attending.

WE ENCOURAGE YOU TO REACH OUT TO OUR FELLOW UWCM MEMBERS THIS SUMMER IF YOU PLAN TO MEETING UP AROUND THE CITY AT VARIOUS EVENTS.

MURAL Festival (June 8 to 18, 2023)

Forget the idea that watching paint dry can be remotely boring. Montréal's MURAL Festival brings together some of the world's top graffiti artists (this year including Brazil's OSGEMEOS, American Lauren YS and Canadian JUNKO) to transform the city's walls into colourful artistic statements, coupled with a block party you won't soon forget.

Festival Bloomsday Montréal (June 10 to 16, 2023)

This festival is a celebration of the heritage, culture and literature of Irish Montrealers. It does not only boost local pride and community spirit, but, as 40% of Quebecers have some Irish ancestry, builds awareness of diverse cultures and identities in our community. This emphasis on exploring our heritage is threaded through the program in the choice of artists, music, Montréal walking tours, films and documentaries, lectures, and readings from Irish literary works – especially Joyce's Ulysses. In this way, even while being a part of a larger international celebration, our Bloomsday is a uniquely Montréal event.

Festival International de Jazz de Montréal (June 29 to July 8, 2023)

Expanding the definition of jazz for 43 years, the Festival International de Jazz de Montréal is one of the world's top festival destinations. This year's fest once again features a typically varied lineup including heavyweights Colin Stetson, Buddy Guy, Herbie Hancock, and Diana Krall alongside genre-breakers like Orville Peck, CARRTOONS, Snarky Puppy and DakhaBrakha.

L'International des Feux Loto-Québec (June 29 to August 10, 2023)

Lighting up the skies with eye-popping fireworks displays, Montréal's beloved International des Feux Loto-Québec guarantees an epic and finish to your summer city nights.

NATIONAL INDIGENOUS HISTORY MONTH

National Indigenous Peoples Day

Description of Visual Elements

The visual for National Indigenous Peoples Day includes some of the same elements as the National Indigenous History Month design. The sun, represented by the date "June 21", remains in the centre to demonstrate its importance in the festivities. First Nations, Inuit and Métis as well as the four elements of nature (earth, water, fire and air) are represented by different symbols and colours. The visual is supported by a multicoloured smoke* reminding us of Indigenous spirituality but also the colours of the rainbow, symbol of inclusion and diversity of all First Nations, Inuit and Métis communities and their members.

***Smoke** is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies or celebrations, it is a significant symbol in Indigenous culture.

Description of the three icons



The eagle
represents First Nations



The narwhal
represents Inuit



The violin
represents Métis



June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial and whose presence continues to impact the evolving Canada.

The House of Commons designated June as National Aboriginal History Month in 2009. The name was changed to National Indigenous History Month in 2017.

To learn more click [HERE](#)

The best way to gain a deeper understanding of First Nations, Inuit and Métis experiences is through their own voices. Enjoy Indigenous storytelling by picking up a book, attending a show, watching a movie, or listening to music from Indigenous artists.

You can also check out the [GC Indigenous](#) Instagram account to learn more about inspiring Indigenous women, 2SLGBTQ+ people, environmentalists, artists, activists, scientists and researchers.

For generations, many Indigenous communities have celebrated their culture on or near June 21, the summer solstice. Learn more [About National Indigenous Peoples Day](#) and how the tradition lives on.

FOUNDATION NEWS

By Donna Jensen, UWCM Public Foundation Chair

Cartooning Fundraiser



The "Cartooning is Communicating" fundraiser was a great success. Over fifty people heard Terry "Aislin" Mosher and Jacques "Boris" Goldstyn relay their methods and offer anecdotes on current news events. With humour and humility, both speakers shared thoughts on cancel culture, censorship, and the risk of erasing, rather than learning from, history.

One of our board members, Valerie Shannon, was quoted "the two cartoonists really complemented each other and were not simply entertaining but made profound statements through their art."

As a registered charity, the Foundation is governed by the Canada Revenue Agency (CRA), which requires the establishment of a fair market value for any advantage assigned to a fundraising event. Often charities piggy-back on established events like theatrical or musical presentations and increase the price to reflect a donation warranting a tax receipt. In our case, the cartooning presentation's 'advantage' was difficult to determine using CRA guidelines. As a result, the ticket price was established to cover expenses while, at the same time, carrying out our fundraising mission to support women's bursaries and community outreach.

In a congratulatory email, club president Leah Trineer writes "well done to everyone who worked hard to make this evening a great success!" and Foundation Trustee Judith Ritchie writes "it was a fascinating and funny...presentation."

I would like to congratulate the fundraising committee (Marie Bourbonnière, Veronica de la Colina, Maryse Ingenito, Barbara Kerr, Ilea Tant, and Anelia Wright) for their efforts, advice, counsel, and teamwork. In addition, I would like to thank all those who donated wine to the reception following the event.



DEADLINE TO DONATE FOR 2022/2023

Just a reminder that the books of the UWCM Foundation close for the 2022/23 year on June 30th, 2023. Should you wish to make a donation to be used for this year's post-secondary education awards and outreach grants, please do so by that date.

Donations can be made in one of two ways:

1.) By mail: send a cheque, dated no later than June 30th, and ensure that the postmark date will also be no later than June 30th to qualify for inclusion in this fiscal year.

2.) Canada Helps: Likewise, a donation made by June 30th will also be eligible for inclusion in this year's distribution. Here is the link: <https://www.canadahelps.org/en/charities/la-fondation-publique-du-club-des-femmes-universitaires-de-m/>

Once again, thank you for your continued support!
- UWCM Foundation



Maryse Ingenito winner of the Fireside Gardening Basket



The talented Barbara Lewis serenading us all at the dinner.

FUNDRAISER AT THE AGM

The UWCM Foundation raised \$735 selling tickets to win interest-group gift baskets at last month's AGM.

Door-prize winners were Pam Georges (Travel Club), Valerie Aitken (Outdoor Ladies), Provincial Council / Regional director - English Judy Hopps (Women's Issues and Arts & Crafts), Hannah Trineer-Roberts (Ladies Who Lunch/Museum Jaunts), Maryse Ingenito (Fireside Gardening), Lynn de Grace (Foundation Trustees), Barbara Kerr (Book Club).

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.



CFUW wishes everyone a happy pride month! Pride started as a protest, and sadly, we still need to fight against queer and trans hate.

In addition to celebrating, we encourage Canadians and especially CFUW clubs to write to the government of Canada to [#Act4QueerSafety](#).

Follow the link [here](#) for the CFUW instagram Account.

And the list of resources for the CFUW [HERE](#).

GWU UPDATE



Join us for a Graduate Women International (GWI) Outreach Conversation hosted by the Nepean Club of the Canadian Federation of University Women (CFUW), originators of the GWI Single Use Plastics and Plastic Packaging policy resolution that CFUW brought to the 2022 GWI Triennial.

Friday, 16 June 2023
6:00-7:30 p.m. CEST (12:00 p.m. ET)
Register below to join this conversation

[Click HERE to register for this event.](#)

WHAT CAN WE DO TO REDUCE OUR PLASTIC CONSUMPTION?

Seventy-nine percent of all plastic waste that has ever been produced is sent to landfills or the ocean, while only 9% is recycled and 12% is incinerated. Share ideas from your household, community, and country. Join over 140 million others around the globe as they "choose to refuse" single use plastics for a Plastic Free July.



Stomach contents of a baby shearwater that never left the nest.

Sponsored by:





MONTREAL COUNCIL OF WOMEN

Take advantage of the new free transportation offered by Montreal Transport (STM) for all seniors. Complete details are below - courtesy of our member Maria Peluso.

Good News - Free Montreal Public Transport for MCW Seniors

The hardships of inflation with the higher costs of food, rent, and services burden seniors. The good news is the announcement by the City of Montreal and the STM for free public transit.

Public transit will be free for seniors aged 65 years and older across the island of Montreal as of July 1, 2023. The fare is titled "GRATUITÉ 65+, Tous modes A". The free fare applies to buses, metros, commuter trains and the coming REM rails in "Zone A" of the Autorité régionale de transport métropolitain (ARTM)'s system. Off-island areas like Laval, Longueuil, and the North and South Shores are not included.

The "GRATUITÉ 65+, Tous modes A" fare is valid for two years.

1. If you already have a photo OPUS card getting it updated for the free fare is simple.
2. Take your photo OPUS card to any Metro station. Ensure to bring identification and proof of your age and address.
3. It is easy, and no costs are involved. Your card will be updated.

However, you need one if you do not already have a photo OPUS card. Go to a main Metro station (Berri-UQAM, the Lionel-Groulx metro station, or the Fairview Pointe-Claire bus terminal). They will take your identification information, register you, and take your photo. You will then receive your photo OPUS card. You will need to pay \$15 to receive your photo OPUS card. A photo Opus card is valid for seven years.

Current paratransit users aged 65+ can ride adapted transit services for free without a new OPUS ID card. The adapted transit reservation system already includes your name, age and address. Paratransit users wishing to ride the REM, Exo, STM bus, or métros can go to a ticket office with their Opus cards for free fares.

Take advantage of the free transit fare for seniors starting July 1, 2023, and register in person to get your updated photo OPUS card.

Maria Peluso, VP, Provincial Government Affairs

Linda Serpone, President MCW

NEWS FROM MEMBERS

Valerie Aitken was featured in an interview on 'Health Matters'. It is a weekly program on CJAD at noon on Sundays sponsored by the MUHC Foundation.

"Helping Patients Know Their Risks of Health Issues"

The episode on Health Matters, guest host Kelly Albert speaks with Valerie Aitken about volunteering and donating in support of Dr. Lucy Gilbert and the DOvEEgene Project

You Can find the direct link to Valerie's episode [HERE](#).

Web: <https://bit.ly/3CvxdM>

Spotify: <https://spoti.fi/32HFxrc>

Apple: <https://apple.co/35NvltS>



LETTERS TO THE EDITOR

Legault unclear on concept of service

Re: "Legault says MNA salary increases would be 'important for society'" (Montreal Gazette, May 31)

Premier François Legault insists he must raise MNA basic salaries from \$100,000 to \$130,000, arguing "it's important to attract the best, to attract competent people."

He fails to add that many MNAs top up that basic salary with extra income for serving on committees or in cabinet.

I am appalled by his assumption that no competent person would be willing to serve in government unless offered recompense at the higher end of a professional salary.

And I question why the same logic does not apply to recruiting desperately needed but underpaid and overworked teachers, nurses

and doctors.

During my last 15 years of CEGEP teaching, some on Legault's watch as minister of education, I received no salary increase. I was frozen at the top of the scale with a PhD and 10-plus years of experience. I never quite reached \$70,000.

Like many of my colleagues, however, I worked far more hours than my contractual obligation. I also assumed various extra administrative responsibilities for which, unlike MNAs, I received no extra salary, just extra hours of work.

I believe I was competent, perhaps even excellent. I know I was trying hard to give my students the best possible education despite government restrictions and reduced resources.

And on my own limited time and dime, I continued to make scholarly contributions to my field.

It is called public service, Mr. Legault.

Elaine Bander, Montreal

This letter to the editor section of the Gazette was written by our very own Elaine Bander.

You can see it in the June 1st edition.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Deadline for newsletter submissions	29	BOARD MEETING	30	1	2	3
4	5	6	7	8 Womans Issues	9 Coffee Klatch	10
11	12	13	DINNER	15 "Gimme Shelter" Event (see last newsletter)	16	17
18	19 Book Club Buddies	20 Fireside Gardening	21 Indigenous Pride Day	22	23	24
25	26	27	28	29	30	1

BIRTHDAY'S THIS MONTH

Valerie Shannon - June 6

Judith Anne Ritchie - June 16

Helene Audren - June 21

If you have not given your birthday yet please email Emma Major at majoremma101@gmail.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	BBQ Date Pending		5	6	7	8
9	10	11	12	13	14 Coffee Klatch	15
16	17 Book Club Buddies	18	19	20	21	22
23	24	25	26	27 Womans Issues - Location TBA	28	29
30	31	1	2	3	4	5