



UWCM NEWSLETTER

September | 2023



*Click on
these
icons!*



THE UWCM MEETING ROOM

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

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PRESIDENT'S GREETINGS

Leah Trineer

Welcome Back!!!

I hope that you have all enjoyed the summer and if this nice weather continues, we shall enjoy it a little longer. It has been an unusual summer compared to the past few; so much heat and humidity and then the rain!!!! On the other hand, we have much to be thankful for, given the plight of others around the world, experiencing draughts, forest fires, and worse!

Some of our hoped-for activities were difficult to schedule because of the weather but many did go on and I hope that those of you who were able to participate enjoyed the company of others. If you were able to plan trips and get away, even if only to cottages, etc., I trust that you had a wonderful time, and we welcome you home!

On September 20 th, 2023, we will be meeting again at La Classe. The "save-the-date" and menu have been sent out and I remind you to please confirm by e-mail to Sheila Mohammed. The primary intent of the evening is one of getting back into our monthly routines as well as signing up for Interest Groups; some Interest Groups meet regularly each month while others come together as the calendar of events around the city provides us with the opportunity to organize outings. Besides the groups that have been meeting, we have a few carry-over ideas and some new ones, to pique your interest. Olga Shevchenko, Interest Group Co-ordinator, is always keen to hear about any new ideas that you may have; e-mail her before the meeting if you would like to put forward an idea on that evening; Please note that she has an e-mail change listed under "Directory Updates". For any of you who cannot be there on the 20th, there will be a special e-mail detailing all of the group activities, following the dinner on the 20th. Sign-up instructions will be provided so that group coordinators can be in touch.

You will also notice that we are inviting you to come to our club facilities at the library on Wednesday, September 27th for a 5 à 7. We hope that this is an opportunity for you to bring a friend who might be interested in learning more about us in a casual and relaxed atmosphere. Your board will be there to host you and your guests.

Emma Major and I attended the CFUW Annual General Meeting in June, albeit "virtual". Besides the routine matters of business, there was a soft launch of the new logo for CFUW that will be formally rolled out this fall. Tentatively, our V.P. Quebec, Linda Sestock, may be able to join us at the September meeting to help present the new logo on behalf of CFUW. On another note, we were one of the clubs in Canada to receive a Membership Award for attaining more than a 10% increase in new members. Congratulations to everyone who contributed to us earning this wonderful award!!

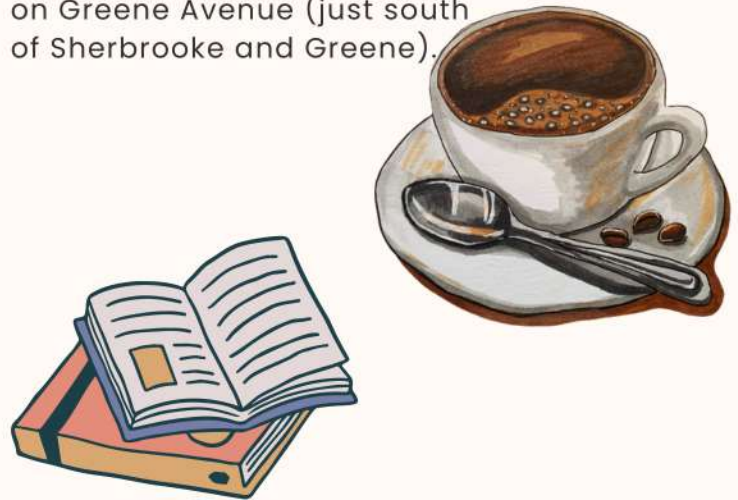
See you on the 20th!!!

INTEREST GROUPS - ACTIVE AT THIS TIME



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).



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.

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, September 18th**

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.

Although this group is full, if there is enough interest in forming another one please contact Olga Shevchenko

INTEREST GROUPS

WOMEN'S ISSUES GROUP

The next meeting of the Women's Issues interest group (dinner)

The next meeting of the Women's Issues interest group (dinner) will be held at the Faculty Club on **September 28th, Thursday, at 6 pm.**

Please contact Olga Shevchenko



AT THIS MONTH'S DINNER WE WILL HAVE SIGN UP SHEETS FOR INTEREST GROUPS AND ANY GROUPS YOU WISH TO FORM.

PLEASE LET US KNOW IF THERE ARE ANY GROUPS THAT ARE NOT LISTED THAT YOU WANT TO FORM OR PARTICIPATE IN.



IF YOU MISS THE DINNER, YOU CAN STILL SIGN UP FOR THEM BY EMAILING VERONICA AT UWCMTL@GMAIL.COM WITH YOUR NAME AND CONTACT INFORMATION. THE SUBJECT LINE IS THE CLUB YOU WOULD LIKE TO JOIN.

INTEREST GROUPS

ATWATER LIBRARY LECTURES AND LUNCH



WEDNESDAY, September 20 – 2:00 to 3:30 pm

LISTS FOR YOUR LOVED ONES

IN PERSON and BY ZOOM (HYBRID): For the [Atwater Library Financial Literacy Program](#), Catherine Rahal, certified professional consultant on aging, gives a presentation on her book [If You Love Them Leave Them Lists](#). With Q&A.

To REGISTER and get the Zoom link, please send an email to iverge@atwaterlibrary.ca.

For in-person attendance, no need to register. Just come to the Adair Auditorium at the Atwater Library (accessible by elevator).

THURSDAY, September 21 – 12:30 to 1:30 pm

HEALTHCARE

IN PERSON and BY ZOOM (HYBRID): For the [Atwater Library Lunchtime Series](#), 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.

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

For in-person attendance, no need to register. Just come to the Adair Auditorium at the Atwater Library (accessible by elevator).

THURSDAY, September 28 – 12:30 to 1:30 pm

EATING WELL

IN PERSON and BY ZOOM (HYBRID): For the [Atwater Library Lunchtime Series](#), cookbook author and restaurant reviewer [Lesley Chesterman](#) talks about what makes a delicious meal.

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

For in-person attendance, no need to register. Just come to the Adair Auditorium at the Atwater Library (accessible by elevator).

THURSDAY, September 28 – 3:00 to 5:00 pm

TECH HELP HUB

IN PERSON ONLY: Got a question about using your device? Our team of tech-savvy staff and volunteers will be in our Adair Auditorium (accessible by elevator) to give you some quick help for free. We'll give demonstrations and resources aimed at improving digital literacy skills.

Bring your own device or use one of our tablets or laptops.

Attendees are encouraged to wear a mask.

First come, first served. No advance registration. For more info: connect@atwaterlibrary.ca

Thursday, October 5, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: QUEBEC'S LOWER NORTH SHORE – Filmmaker [Louise Abbott](#) presents documentary shorts about the Quebec Lower North Shore community of St. Paul's River and the island of Bonne Esperance.

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

Thursday, October 12, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: Art historian [Sandra Paikowsky](#) gives an illustrated talk on her new book [James Wilson Morrice: Paintings and Drawings of Venice](#).

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

Thursday, October 19, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: CRIME FICTION – [Anne J. \(A.J.\) Fotheringham](#), [Ann Lambert](#), [Michael Kent](#) and [Russell Brooks](#) of [Crime Writers of Canada](#) discuss the mystery and crime genre, and talk about their own work.

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

DINNER AT LA CLASSE

For reservations, please be in touch with Sheila Mohammed.

NOTE! You must make your reservation.



NOTE! You must make your reservation known to Sheila



La Classe MENU

ENTRÉES - STARTERS

1. Tartare de Boeuf - Beef Tartare
2. Satay de poulet, citronnelle et coriandre
Chicken satay, coriander and lemongrass
3. Salade aux 3 betteraves et fromage grillée (option végété)
Three beets and grilled cheese salad (vegetarian option)

PLATS PRINCIPAUX - MAIN COURSE

1. Risotto aux crevettes et palourdes (option végété)
Shrimp and clam risotto (vegetarian option)
2. Omble chevalier, beurre blanc au sumac et légumes du Québec
Arctic char, sumac beurre blanc and Québec vegetables
3. Joue de veau, mousseline de celeri-rave et panais
Veal cheek, celeriac and parsnip mousseline

DESSERTS

1. Crème brûlée
 2. Chocolat - Chocolate
- Café filtre, thé, et tisane - Filter Coffee, Tea and Herbal Tea
Espresso 2.50 \$
Cappuccino/Latte 3.25 \$

INFORMATION

September 20th at 6:00pm

Please bring cash to pay for your dinner (\$30 tax included)
Wine and liquor available (debit/credit)

Free parking (Fort entrance) on P3 available. Upon exit, press the assistance button and say you had dinner at La Classe.

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.

The Annual Atwater Library Fundraising Event is Nov. 1

They are excited to be having a Benefit Party this fall for the first time since before the pandemic. **It's set for Wednesday, November 1 at 6:00 pm** in their beautiful heritage building.

Please join Guest of Honour Scott Jones and emcee Terry Mosher (aka Aislin) for a gala evening in support of their educational programs for the community.

The party will feature live music by the Dave Turner Jazz Trio, a sensational auction (online starting October 20 and closing at the end of the party), tasty hors d'oeuvres, and smoked meat, wine, and beer.

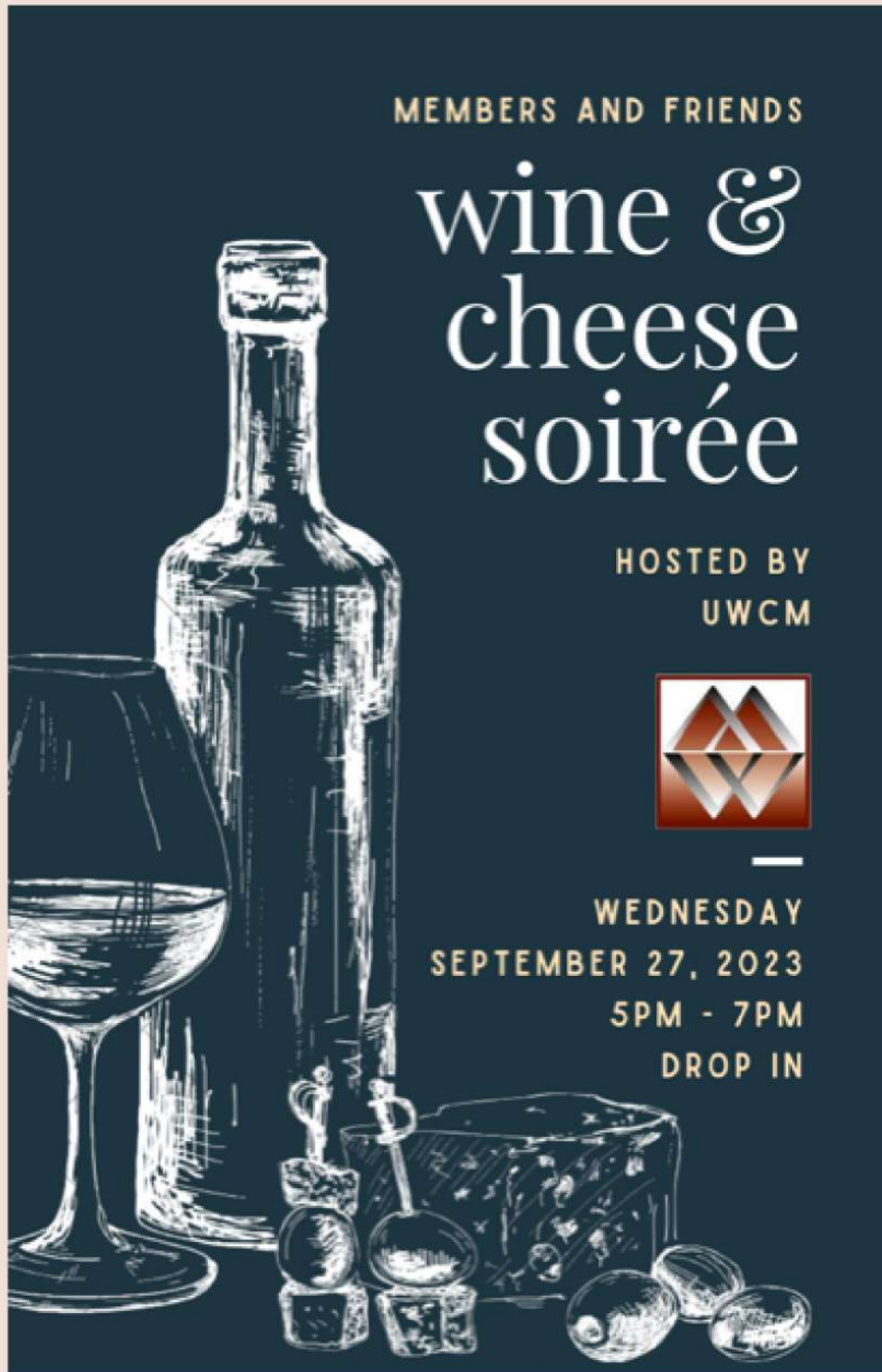
Tickets priced at \$150 (\$125 tax receipt) are available online from CanadaHelps by clicking here. For more info, please contact Lavina Alonzo at lavina@atwaterlibrary.ca.

DIRECTORY UPDATES

NEW MEMBERS

DIRECTORY CHANGES

We are hosting a Special Event at our club facilities in the Atwater Library.



CFUW NEWS

Username:

Password:

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.



GWU UPDATES

Here are the dates of our GWISNOG meetings over the next year. All meeting times are 2-4 pm ET.

Friday, October 13th at 2-4 pm ET

Friday, January 12th at 2-4 pm ET

Friday, March 1st at 2-4 pm ET

Friday, May 3rd at 2-4 pm ET

Friday, June 14th at 2-4 pm ET

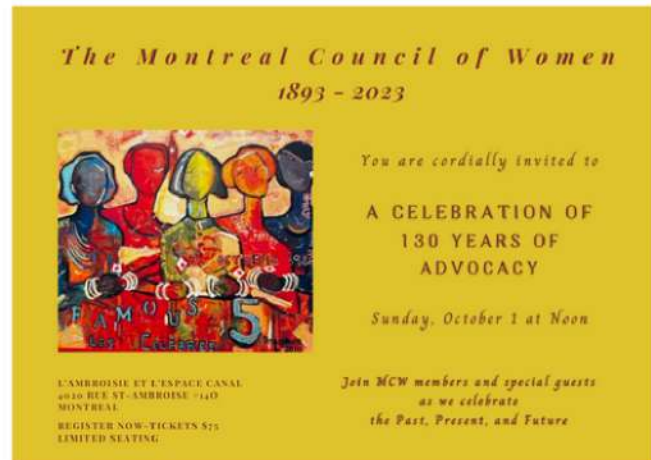


EVENTS

October 1, 2023

MCW's 130th Anniversary Luncheon

Sunday, October 1st @ Noon



The Montreal Council of Women is delighted to invite members and friends to a special luncheon on Sunday, October 1st for an afternoon of camaraderie, reflection, and celebration. Get ready for distinguished guests, surprises and engaging conversations that will make this celebration truly memorable.

Click [here](#) to register

JOIN OUR TEAM
MCW MARVELOUS MAVENS
TERRY FOX RUN 2023
WALK - JOG - RUN
2K - 5K - 10K
SUNDAY, SEPTEMBER 17

GO AT YOUR OWN PACE!
BRING THE KIDS & GRANDKIDS!
ENJOY THE CAMRADERIE AND THE
OUTDOORS!

REGISTRATION 9:30 AM - 10:45 AM
START: 11 AM
REFRESHMENTS: 12PM
TMR RECREATION CENTRE, 60 ROOSEVELT AVE.

THE MONTREAL COUNCIL OF WOMEN

MEMBER'S SPOTLIGHT



Leah and Anelia went to visit Ausma, our honorary member, over the summer. While she has been unable to get out she sends her greetings and appreciates telephone calls.

This summer's Picnic in the Park had to be cancelled so many times due to rain that only the die hards ended up meeting one Friday evening.

Pictured are Joan, Leah and Marie



MEMBER'S SPOTLIGHT



Big shout out to Linda, from the Westmont YMCA Masters Swim Team, who was one of the representatives from Canada at the Masters World Championships in Japan this summer.



Combined summer get-together of the Gardening and Travel Interest groups at the rooftop garden of Pam Georges

SEPTEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	BOARD MEETING	7	8 Coffee Klatch	9 Outdoor Ladies
10	11	12	13	14	15	16
17	18 Book Club Buddies	19	DINNER	21	22	23
24	25	26	27	28 Womans Issues	29	30

BIRTHDAY'S THIS MONTH

Anelia Sept 14

Hannah Sept 28

If you have not given your birthday yet please email Emma

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Deadline for newsletter submissions	BOARD MEETING	5	6	7
8	9 	10	11	12	13 Coffee Klatch	14
15	16 Book Club Buddies	17	DINNER	19	20	21
22	23	24	25	26 Womans Issues	27	28
29	30	31 	1	2	3	4