



# University Women's Club of Montreal

## NEWSLETTER JULY 2024



### **THANK YOU, LEAH!**

At the Club dinner in June, Sheila Mohammed and Olga Shevchenko presented flowers to outgoing UWCM President Wanda Leah Trineer. Photo courtesy of Olga.

### **In this issue**

NEWS FROM THE UWCM PRESIDENT .....	2
CLUB DINNERS .....	4
CLUB SPECIAL OUTING #1: BELLEFEUILLE GALLERY, JULY 25 .....	6
SPECIAL OUTING #2: WINE TOUR, SEPT. 13.....	7
UWCM INTEREST GROUPS .....	8
FOUNDATION NEWS .....	10
NEWS FROM OUR NETWORKS .....	11
NEW MEMBERS .....	17
BIRTHDAYS! .....	17
CLUB CALENDAR.....	18

## NEWS FROM THE UWCM PRESIDENT

### Message from Emma Major

Hello everyone,

I am Emma Major, your new president of the UWCM. As a creative individual passionate about making a positive impact, I am currently working on my sommelier certification and pursuing studies in graphic design through the Toronto Film School. My diverse background in fine arts, hospitality, and business, combined with my ongoing education, fuels my drive to advocate for women's rights and to foster a supportive and empowering community.

I am immensely honored to represent our UWCM club with Leah Trineer in Edmonton this coming week, at the CFUW AGM. I look forward to sharing what I learn with all of you.

This summer, I welcome you to celebrate the remarkable achievements of women excelling in the Motorsports and the racing industry and the Scientific Discoveries made this summer by Women.



In racing, trailblazers are breaking barriers and setting new records, inspiring the next generation of female athletes. I welcome you to check out the amazing F1 Academy team and their drivers.

<https://www.motortrend.com/features/women-in-motorsports-you-should-know/>

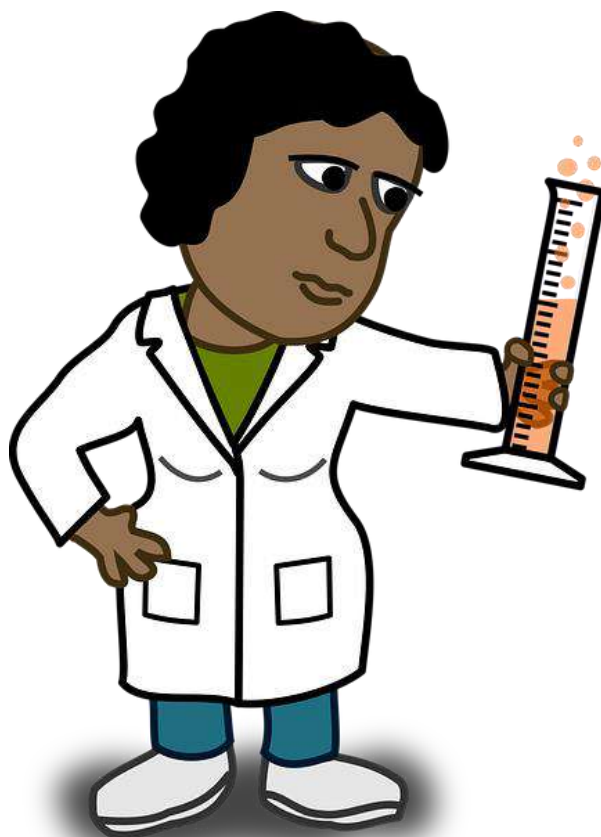
## NEWS FROM THE UWCM PRESIDENT, cont'd.

In the scientific community, women researchers are making groundbreaking discoveries and leading innovative projects that shape our future.

“Despite this large potential for public health concern, very little research has been done to measure chemicals in tampons,” lead author Jenni Shearston, a postdoctoral scholar at the UC Berkeley School of Public Health, said in a statement.

Shearston led a team of scientists from Columbia University and Michigan State University in examining 30 tampons from across 14 brands and 18 product lines, which they did not name in the study.”

<https://www.npr.org/2024/07/11/nx-s1-5036484/tampons-heavy-metals-study>



Both motorsports and science, among many other things, I am very interested in constantly learning about. If you ever come across an article, paper, or idea that you want to talk about please send it my way. Make sure to keep an eye out for all of the events being hosted through the interest groups this summer, I know I'm excited for the wine tour.

Emma Major  
UWCM President

*Images by [Sunny Daye](#) and [OpenClipart-Vectors](#) from [Pixabay](#)*

## CLUB DINNERS

### Next Club Dinner

Monthly club dinners at La Classe resume in **September**. Looking forward to seeing you then.

### Our June dinner at La Classe

Photos courtesy of Olga Shevchenko



There was the usual great turnout and good cheer at the June dinner.



**OUR PREVIOUS CLUB DINNER, cont'd.**



Sheila Mohammed and Olga Shevchenko had kind words (and flowers) for outgoing UWCM President Wanda Leah Trineer.



Our guest, Na'kuset, Executive Director of the Native Women's Shelter of Montréal, addressing the Club.

## CLUB SPECIAL OUTING #1: BELLEFEUILLE GALLERY, JULY 25

Convenor: Pilar Shephard-Cumming, UWCM member

*Pilar sent out the following message:*

This is a reminder about the visit to the [Bellefeuille Gallery](#) at 11:00 am on **July 25<sup>th</sup>**, 2024.

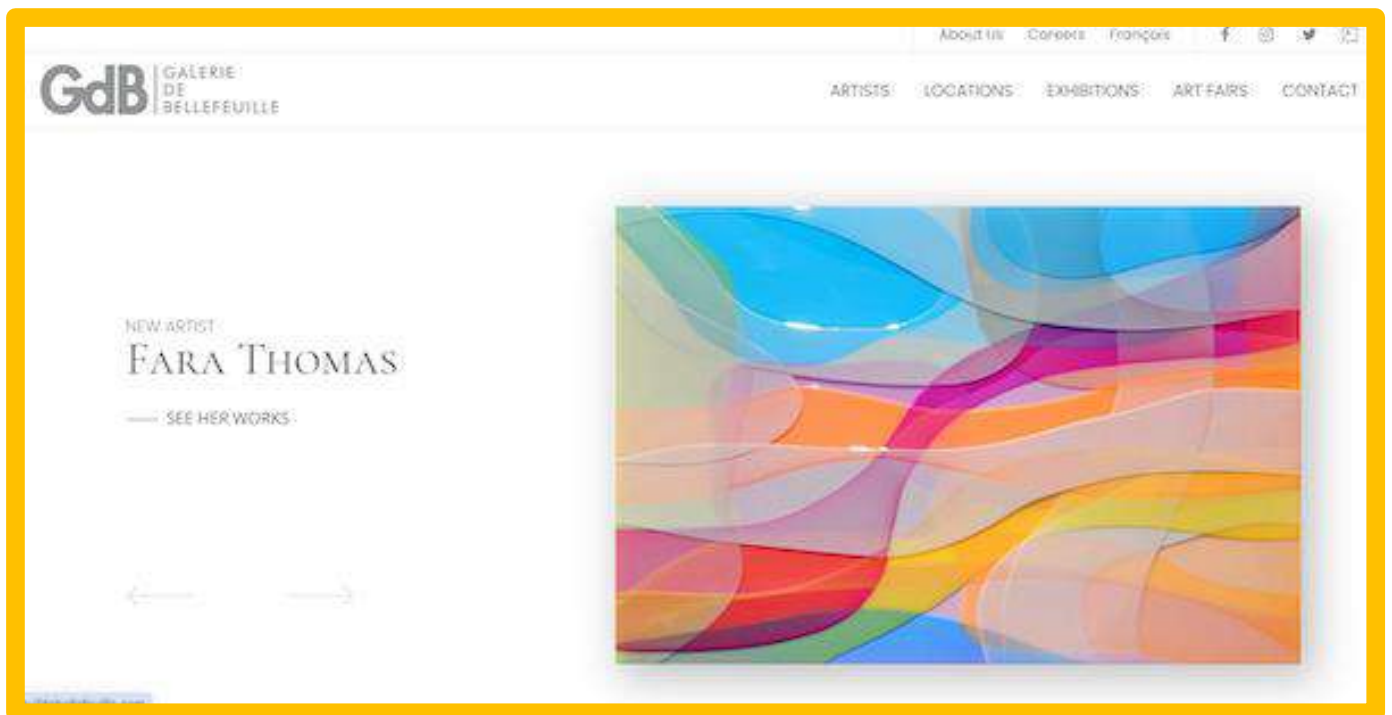
We have the first Gallery tour of the day with the guide. Please do not be late.

The Tour Guide will explain the collection at the Bellefeuille Gallery.

Gallery Location: 1455 Sherbrooke West (across of MacKay Street)

Phone 514-933-4406

Please email me if you are interested in attending this event.



Screenshot of the Galerie de Bellefeuille website, <https://debellefeuille.com/>

## SPECIAL OUTING #2: WINE TOUR, SEPT. 13

Convener: Carly Pepler

Below is a message from Carly:

To all members of UWCM.

Four of us are planning to go on a wine tour of the Lac Brome area from 12:30-17:30 on Friday, **September 13<sup>th</sup>**. The package includes minibus transport from and return to Knowlton, Quebec, historical commentary on the bus, visits to 4 vineyards around Lac Brome, information/discussion sessions with owners and/or vintners, and wine tasting of 3 wines with snacks at each stop. The price is \$150. Vineyards normally charge \$20-\$30 for tasting (just for comparison, a 3-hour wine tour from Quebec City to Île d'Orléans is \$125). It is likely we will plan to have a meal in a restaurant in Knowlton at the end.

**If you are interested, please let Carly know.**

What could be luckier than an outing on Friday the 13th!

**Brome Lake Vineyard Tour**

Sugar Hill Vineyard

Belle Alliance Vineyard

Domaine Val Brome

Vignoble Léon Courville

Treat yourself to a guided tour of wine tasting from four Knowlton vineyards and brush up on local history!

Included is outstanding scenery, your bus transportation, our very own tour guide, 3 wines per vineyard to sample, a gourmet snack, a water bottle and your own wine glass charm! \$150/person

Dates available in 2024: May 24, June 21, July 19, August 16, September 13 and Oct 11 or by appointment for groups of 10 or more.

Call to book 450-243-6000

St. ESTER

Lac Brome

## UWCM INTEREST GROUPS

We encourage anyone interested in creating or inspiring an interest group to do so. Want to join an existing interest group, start a new one, or learn more? Email the club with your name and contact information.

### Book Club Buddies

- 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 Tanya Fitzpatrick.
- The current group meets on the third Monday of the month between 3:30 and 5:30 in the Club Room at the Atwater Library.
- **Next meeting: August 19<sup>th</sup> – please confirm with Tanya**



### 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). **Next meeting: August 9<sup>th</sup>**
- For information: Leah Trineer.

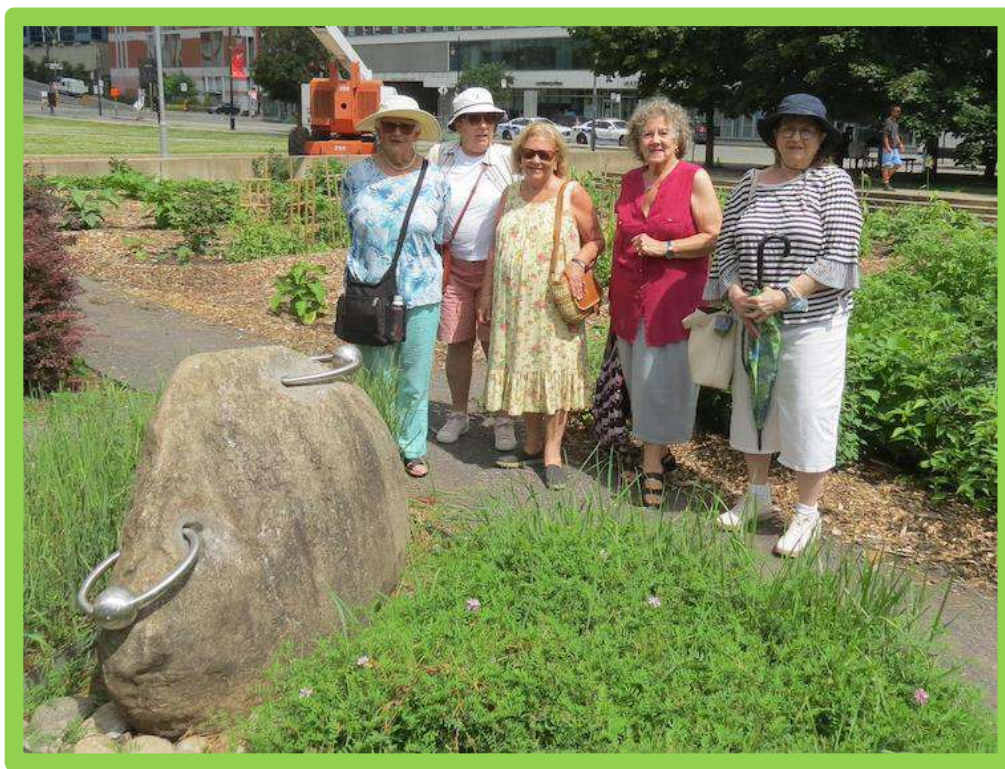
### Library Lectures & Lunch

- This is different from other interest groups in that the organizer, Carly Pepler, has no list of participants, but she keeps our members aware of upcoming Atwater Library lectures.
- **There will be no Atwater Library lectures over the summer**, so there will be no lunches. Carly will include the series planned for the fall in the August newsletter.
- For information: Carly Pepler.

## INTEREST GROUPS (cont' d)

### Outdoor Ladies

- Convenor Zofia Laubitz comes up with a variety of fun activities around town. **There are none currently scheduled.**
- To join or for information: Zofia Laubitz.



The most recent Outdoor Ladies activity was an art walk. Here, members are shown in the Grande Bibliothèque garden, looking at a sculpture called “Jardin Punk.”

*Photo credit: Zofia Laubitz*

### Women's Issues

- This group meets to discuss women’s issues over dinner, generally on the last Thursday of the month
- **Next meeting: Thursday, August 29th at the McGill University Faculty Club**
- For information: Olga Shevchenko.

## FOUNDATION NEWS

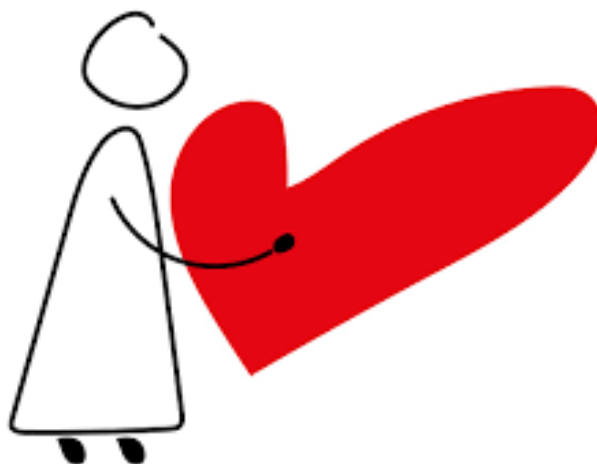
### Donating is personal

By Donna Jensen, UWCM Public Foundation Trustee

When a donation is made to the UWCM Foundation, for example, not only does it support women in education and local women's outreach but it also gives one a sense of pride.

There are many motives for donating: to get an income tax credit, to relieve any sense of guilt, to extend condolences on the loss of a loved one... There are many methods of donating: volunteers donate their time, food shoppers donate groceries, de-clutterers give away unneeded clothing or household items...

One of our more recent members, Shaila Sharma, when she donated to the Foundation wrote it was "in loving memory of my dear father, Mysore Chandra, who always encouraged my daughter and me to have our own stand in society and play a useful role towards its prosperity." I appreciate the friendships I have formed since joining the UWCM. I feel privileged to learn and live in this prosperous city within a free and democratic country. I am touched by Shaila's generosity and the sentiment her note conveys. I am grateful to be able to play a useful role in society, and proud to give back whenever I can.



## NEWS FROM OUR NETWORKS

### Canadian Federation of University Women (CFUW) News

#### CFUW News Item 1: Reminder: Pieces for Peace

*Note from the editor: at the request of the UWCM President, we are repeating a piece previously published in our June newsletter.*

An update from Deborah Dimitruk,  
Sherbrooke & District CFUW

**September 21st is the UN International Day of Peace, and we invite all CFUW members to participate in *Pieces for Peace***

#### **FAQs**

#### **Can you provide more detail on the demonstration?**

Our PEACE demonstration will start at 12:00pm on September 21st at Parliament Hill in Ottawa. Panels containing peace messages will accompany the demonstration.

#### **Can you provide more detail on these peace panels?**

Squares of fabric, knit, crochet, felt, piece of clothing, etc. Paper may not be as practical should the weather be unfavourable. Images can be drawn on (markers work best), glued, stitched, painted. There is a wide variety of images, messages & symbols that signify peace as shown by the panel photos above.

Just a simple panel. No backing. Finished edges are not required. Whether attending the demonstration in person or not, members and clubs can produce an unlimited number of panels to be displayed at the demonstration. The more panels, the stronger the message.



## NEWS FROM OUR NETWORKS – CFUW News, cont'd

VERY IMPORTANT: the messages, symbols & colours MUST BE NEUTRAL, not associated with any particular country, conflict or war going on presently. We are petitioning for PEACE worldwide.

### How will the peace panels be displayed?

How they will be displayed will be determined by the weather & by the number of participants on site. Display ideas include placing them on the ground, pegged on a rope, participants can hold them or wear them (like a sandwich board). They will not be sewn together.



### Can family & friends attend the demonstration also?

Everybody is welcome to join us on Capital hill. Some members are also asking family, friends, local schools, church groups etc to make panels.

### What will happen to the panels AFTER the demonstration?

Panels can go back with their makers if they wish to keep them. Those who wish to have their panels returned but who are not attending the demonstration can designate a representative to watch over them & to bring them back. Unclaimed panels will be donated to various groups, fiber artists, quilt guilds, quilt projects & schools.



Please send photos of your panels so that we can continue to build our mosaic in the Club Action Newsletter.

*These two quilted squares are by Donna Jensen  
Photo credits: Dominic Varvaro*

Contact Deborah Dimitruk (Sherbrooke & District) or Joan Conrod (Nepean).

## NEWS FROM OUR NETWORKS, CFUW News, cont'd

### CFUW News Item 2: Annual General Meeting & Conference

Current UWCM President Emma Major and Past President Leah Trineer will represent our club in Calgary. Bon voyage, Emma and Leah!



The banner features the CFUW CFDU logo on the left, a calendar icon with the date 'Wednesday, July 24, 2024 8:00 AM - 5:00 PM' in the center, and a location pin icon with 'Sandman Signature Edmonton Downtown Hotel' on the right. The background shows a woman speaking at a podium to an audience with their hands raised.

### Speakers

-  **Kathryn LeBlanc**  
Principal Consultant at LeBlanc (& co.) Communications
-  **Jake Stika**  
Co-founder & Executive Director at Next Gen Men
-  **Dr. Patricia Makokis**  
First Nation & Indigenous Expert
-  **Janice Makokis**  
Indigenous Rights Advocate | Legal Scholar | Consultant
-  **Puneeta McBryan**  
CEO at Edmonton Downtown Business Association

 **PEMBINA institute** Bridging the Gap to Net-Zero: Gender Equity in Energy

### About Us

CFUW is a non-partisan, voluntary, self-funded organization with 94 Clubs, located in every province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice, and peace.

### Topics

- Gender-Based Violence
- Oppression
- Colonialism
- Climate Change
- Advocacy Campaigning
- Women and the Environment
- Gender Equity
- And so much more!

**Workshop By:** **JOHN HUMPHREY CENTRE** for PEACE and HUMAN RIGHTS

## NEWS FROM OUR NETWORKS, CFUW News, cont'd

### CFUW News Item 3: Board of Directors Nominees 2024-2026

National President Position:  
The candidate is:  
Linda Sestock ([Application](#))

Vice President, Finance Position:  
The candidate is:  
Susan Lane ([Application](#))

Vice President, Advocacy Position:  
The candidate is:  
Heather Oxman ([Application](#))

Vice President, Membership Position:  
The candidate is:  
Anne Cordon ([Application](#))

Vice President, International Relations  
Position:  
The candidate is:  
Grace Hollett ([Application](#))

Vice President, Education Position:  
VACANT

Vice President, Atlantic Region Position:  
The candidate is:  
Karen Dunnett ([Application](#))

Vice President, British Columbia  
Position:  
The candidate is:  
Sheila Service ([Application](#))

Vice President, Ontario Position:  
The candidate is:  
Sandra Shaw ([Application](#))

Vice President, Prairies Position:  
The candidate is:  
Barbara Gustafson ([Application](#))

Vice President, Quebec Position:  
VACANT



cfuw fcfdu

Realizing potential. For all women.  
Le pouvoir par le savoir.

## NEWS FROM OUR NETWORKS, cont'd

### Graduate Women International (GWI) news

#### **GWI Calls for Child-Sensitive Social Protection Systems on World Day Against Child Labour**

*Excerpt from a GWI news release:*

Geneva, Switzerland, 12 June 2024 — This year's World Day against Child Labour, organized by the International Labour Organisation (ILO), focuses on celebrating the 25th anniversary of the adoption of ILO Convention No. 182 on the Worst Forms of Child Labour. Graduate Women International (GWI), an international organization with a steadfast commitment to improving women's and girls' rights and access to education, observes this day to raise awareness about the atrocity of child labour that exists around the world, robbing children of their well-being and future opportunities. In alignment with this year's theme "Let's act on our commitments: End Child Labour!" GWI urges States to increase child-sensitive social protection systems and improve access to quality education.

Patrice Wellesley-Cole, GWI President, emphasizes the importance of using education as a tool to combat child labour internationally. "To collectively put a stop to child labour practices worldwide, we must urge governments to implement social protection services to not only halt the abuse that children are suffering but also create and increase opportunities that will empower the world's youth," she says.

*The full news release is here: <https://graduatewomen.org/wp-content/uploads/2024/05/Leggat-Brooke-FINAL-IDACL-Press-Release-V3-FINAL.pdf>*

*For a GWI infographic on this topic, see here: <https://graduatewomen.org/wp-content/uploads/2024/05/IDACL-Infographic-English-Version.pdf>*

## NEWS FROM OUR NETWORKS, cont'd

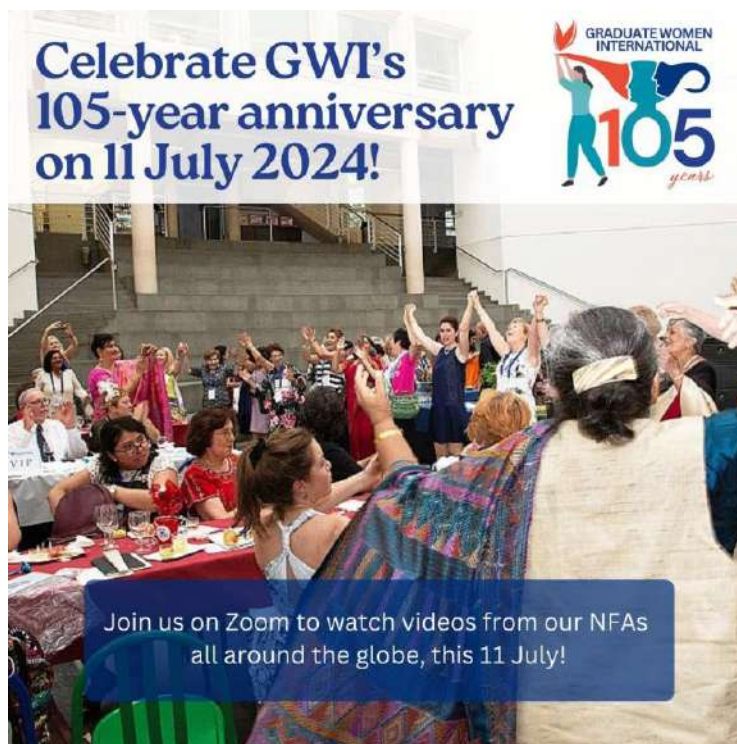
### GWI and CFUW news

Graduate Women International is 105!

*Excerpt from an article by Barb DuMoulin, VP International Relations, CFUW, in the CFUW July 12, 2024 newsletter*

GWI celebrated its 105th anniversary with a birthday webinar yesterday, July 11th. CFUW was one of the three founding NFAs (National Federations or Associations) when IFUW (International Federation of University Women, GWI's former name) was formed in 1919.

As part of this important anniversary GWI requested each NFA to submit a 2-minute video. CFUW has uploaded ours to GWI, you can view the video [HERE](#). CFUW has also submitted our 100th anniversary video, which gives our history. You can view the compilation of NFA videos [HERE](#).



## NEW MEMBERS

## BIRTHDAYS!



*Image by [Midora](#) from [Pixabay](#)*

## CLUB CALENDAR

### July

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b> Coffee Klatch	<b>13</b>
<b>14</b>	<b>15</b> Book Club	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Visit to Bellefeuille Gallery	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>30</b>			

### August

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>01</b>	<b>02</b>	<b>03</b>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b> Coffee Klatch	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Book Club (tbc)	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Women's Issues	<b>30</b>	<b>30</b>

### Reminders

- Keep an eye on your emails for **summer events!**
- Next UWCM Board meeting: **Aug. 21<sup>st</sup>**
- Our dinners will commence again in **September**

**The UWCM meeting room**

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

**Click on these icons!**



**Newsletter by Lorraine O'Donnell**

**Happy summer!**



Image by [Christel](#) from [Pixabay](#)