



cfuw fcfd
UWC MONTREAL INC

**Club Room, Unit #7
Atwater Library
1200 ave. Atwater
Westmount, QC
H3Z 1X4**

Published August. 25, 2026

SEPTEMBER 2026 NEWSLETTER

ALL ABOUT INTEREST GROUPS

It's our first dinner meeting back from summer break, and we will be showcasing our interest groups that are an important part of our club.

During our dinner evening we will learn about the activities of our club's interest groups, and everyone will have the opportunity to sign up for the interest group or groups of their choice. Volunteers with ideas for a new interest group are most welcome!



**DON'T FORGET
YOUR NAME
TAG.**

Wednesday, Sept, 16

6:00 p.m.

Ristorante Geso

1800 Sherbrooke St W, H3H 1E5

\$65 (cash) (includes service, taxes)

Glass of wine (red or white): \$16
Bottle of house wine: \$40 plus taxes
(credit or debit)

R.S.V.P. Mica Faciu

**before 11 a.m. on
September 14
September 14**

MENU

First course

- choices:
- Insalata Mista (Field Mix Greens, fresh garden vegetables in a house vinaigrette)
 - Zuppa di legume (Potage of vegetables and fine herbs)

Main course choices:

- Vitello GESO (Veal scallopini with king mushrooms and asparagus in a cognac, cream and demi-glace sauce)
- Pesce Fresca (Grilled fillet of doré, topped with a fresh chutney of pineapple, sun-dried tomatoes, basil and red peppercorns)
- Pasta all'Ortolana (Penne pasta tossed with a mixture of garden vegetables and fine herbs in a light olive oil and tomato sauce)

Dessert: Tiramisu, coffee, tea



PRESIDENT'S NOTE

Dear Members,

In July, several Club members and I attended the CFUW AGM and Conference. About 150 women attended meetings, lectures, dinners, and entertainment. What a whirlwind! Here are five takeaways that stood out for me.

1. The people

With [nearly 90 clubs](#) and [six regional councils](#) from Atlantic provinces to British Columbia, CFUW is truly nation-wide as we saw during the AGM roll call. We may have different ages, backgrounds, and capacities, but we shared the CFUW commitment to improving the status of women.

2. Democracy in action

The AGM and policy session were a revelation. Members debated motions and resolutions (both of the latter passed), found common ground, and voted with cutting-edge tech. Elizabeth Haynes guided us through tricky moments. She is a parliamentarian – did you know that is a profession with an association? Overall, I enjoyed seeing members finding compromises for dealing with so many important issues.

3. A great conference

The conference portion was excellent, and I especially enjoyed speaker Julie S. Lalonde. She taught us how to intervene if we witness harassment, even if we are afraid. You can see her talk [here](#).

4. Full impact

Collectively, the CFUW clubs and its [Charitable Trust](#) provide more than \$1-million in student support annually. Award recipient Ella Walsh spoke to us about “[continuum robots](#).” They have flexible arms inspired by elephant trunks! You can see her colleague’s video on them [here](#).

5. Fun!

We also shared a lot of laughs and enjoyed getting out and about. One evening I shepherded ten women including a member’s granddaughter to a local restaurant. It was special seeing lively engagement on topics ranging from studying jazz vocals to “vanning” across Canada. I left feeling like I had made new friends.

All in all, the event was a great success. Thanks to UWCM Past President Leah Trineer who served on its Local Arrangements Committee and to Colleen Cattiny, Holly Haimerl, Donna Jensen, Carly Pepler, Judith Ritchie, and Sylvia Ruby for volunteer assistance, with a special mention going to Olga Shevchenko for her gorgeous display showcasing Club wine and cheese cocktails for recruiting members.



Lorraine O'Donnell
President

PHOTO CREDIT: © CONCORDIA UNIVERSITY
BY LISA GRAVES

SUBSCRIBE TO:

- CFUW (Canadian Federation of University Women) *Club Action* newsletter [HERE](#).
- GWI (Graduate Women International) *The Update* newsletter [HERE](#).
- NCWC (National Council of Women of Canada) newsletter [HERE](#).



EVENTS CALENDAR - SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thursday, August 27 Women's Issues at McGill Faculty Club		1	2 BOARD MEETING	3	4 CHITTER-CHATTER	5
6	7 LABOUR DAY	8	9 STRAT PLAN MEETING	10 CENTENARY COMMITTEE ----- LECTURES & LUNCH	11 COFFEE KLATCH	12 FOUNDATION TRUSTEES MEETING
13 OUTDOOR LADIES	14 TRAVEL GROUP	15	16 DINNER MEETING	17 LECTURES & LUNCH	18	19
20	21 BOOK BUDDIES	22	23 MEMBERSHIP WINE & CHEESE	24 LECTURES & LUNCH - - - - - GOURMET GROUP	25	26
27	28	29	30	1 WOMEN'S ISSUES		

GWJ NEWS

By Lynn Travers, GWJ Liaison

Leadership & Board Representation:

Patricia Patton (CFUW) leads GWJ as President, supported by fellow CFUW members Joy Hurst (VP Legal & Governance) and Lynne Kent (VP Fundraising) on the [Graduate Women International Board](#)

Global Advocacy: GWJ National Federations and Associations (NFAs)

recently submitted written reports for the UN Commission on the Status of Women (CSW), with CFUW emphasizing access to justice for women and girls under SDG 16, focusing on Indigenous women and systemic legal barriers.

International Projects: The 2025–2027 GWJ International Service Project continues its active rollout, promoting education-driven empowerment for women and girls globally.



CFUW NEWS

By Alaka McConnell, CFUW Liaison

For the remaining 2025 – 2026 cycle, the Federation continues to focus on advancing women's rights, social justice, and education. Key priorities include advocacy for childcare, ending gender-based violence, and maintaining inclusive membership while focusing on the four core goals of amplifying advocacy, strengthening education, building strategic alliances, and empowering local clubs.

The **CFUW 2025 – 2026 Policy Session**

Booklet notes that the eight distinct resolutions had been successfully carried over from the June 2025 session cementing its active stance on:

- **Health & Equity:** Addressing period poverty, menstrual inequity, and expanding reproductive health services.
- **Social Safety:** Supporting 2SLGBTQ+ rights and safeguarding domestic violence victims and their animals.

CFUW's **Annual Reports Booklet for the 2025 –2026 operational year** compiles comprehensive governance, financial, and strategic updates from the National Board, Vice-Presidents, and Regional Directors across Canada.

Re-elected National President Linda Sestock highlights the **CFUW Strategic Vision** transition from 2025's "Women Standing Strong" to 2026's "Women Moving Forward" and its corporate mandate to protect historic progress.

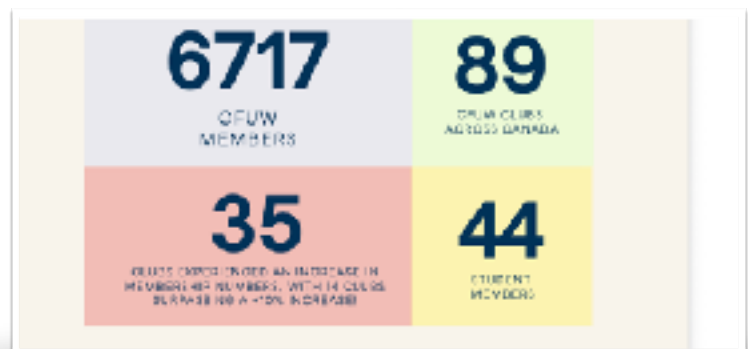
International Footprint: The Federation expanded its global standing at the UN Commission on the Status of Women (UNCSW70) and sent an active delegation to the Graduate Women International (GWI) Triennial in Lusaka, Zambia.

2026 - 2028 Board of Directors

- Linda Sestock, President
- Niki Carlan, VP Advocacy
- Audrey Hobbs-Johnson, VP Education
- Susan Lane, VP Finance
- Grace Hollett, VP International Relations
- Anne Cordon, VP Membership
- Sheila Service, VP British Columbia
- Barbara Gustafson, VP Prairies
- Sandra Shaw, VP Ontario
- Debbie Stowe, VP Quebec
- Janet O'Brien, VP Atlantic Region

(SOURCE: CFUW UPDATE, AUGUST 7, 2026)

With heavy hearts, CFUW announces the death of National Past President Kathryn Wilkinson on August 20th with her family by her side.





FOUNDATION FACTS

The Foundation exceeded its goal of \$16,000 by netting \$17,500. The financial breakdown:

\$21,600 Donations, fundraising, grants*
 (\$ 4,000) Less expenses
 \$17,600
 (\$ 100) Retained for stamps, printing
 \$17,500

DISBURSEMENTS (as per CRA)

EDUCATION: \$9,000

(approximately 50 percent)

\$6,000 Concordia

\$ 500 Betsy Barber Fund

\$2,500 Polytechnique Montréal

COMMUNITY OUTREACH: \$8,500

(approximately 50 percent)

\$1,500 Auberge Shalom

\$1,500 Auberge Madeleine

\$1,500 Native Women's Shelter

\$1,500 Old Brewery Mission to benefit
the Patricia Mackenzie Pavilion

\$1,500 Chez Doris

\$1,000 Maison Elizabeth House

* Donations made through Canada Helps

MAISON ELIZABETH HOUSE in NDG is a centre that offers support services and treatment to young mothers and mothers-to-be including education and therapy focusing on "building upon the strengths of the individual." With its long history of managing the needs of young mothers who often must forego their education, the "Learning Hub Program" at Elizabeth House supports many new mothers by providing the necessary assistance to complete their education. One of these mums has recently completed the requirements and will be starting a biology degree at Concordia University this fall.

Elizabeth House describes its literacy programs that build the love of reading and writing into the lives of babies and children by purchasing educational toys and tactile books for babies and toddlers. Locally, the Quebec Federation of Home and School Associations is a supporter of the [Born to Read](#) program.

The Foundation will donate the funds to provide new mothers with a canvas bag filled with four appropriate books to support the love of reading.



HAPPY BIRTHDAY!!

The Club is honoured to wish former member **Mary Hazen** joy, delight, and peace as she celebrated her **104th birthday** on August 9th with family members.

Pictured here, from left, is her sister, member Sally Vineberg, holding hands with Mary.

(PHOTO COURTESY OF SALLY VINEBERG VIA SHEILA MOHAMMED)



INTEREST GROUPS

BOOK CLUB BUDDIES

Monday, September 21, 4:00 to 5:30 pm

UWCM Club Room, 1200 Atwater Avenue

Each member of the group chooses a book to discuss. The book presenter acts as host and brings snacks and beverages for participants. She also leads the discussion on her book of choice. This month: *The Heaven and Earth Grocery Store* by James McBride will be presented by Alaka McConnell. Convenor: Tanya Fitzpatrick

CHITTER-CHATTER

Friday, Sept. 4, 2 to 4 p.m.

Café Myriade, 345 Victoria,

Westmount H3Z 2N1

The group meets the first Friday afternoon of the month. All club members are more than welcome but please RSVP the night before. Convenor: Rhonda Schanfield

New location and
convenor!

LADIES WHO LUNCH

Convenor: Adèle Hébert

MUSEUM JAUNTERS

Convenor: Adèle Hébert

TRAVEL GROUP

Monday, September 14, 2:00 to 3:30 pm

UWCM Club Room, 1200 Atwater Avenue

This group will meet in the Club Room once a month to talk of all things travel: the places you've been or the places you want to visit. For many years, Valerie had run this group and now she's back! The travel group will meet on in the club room at the Atwater Library. Presentation and discussion of the use of the internet and apps to aid travel will be the focus. Convenor: Valerie Markham

COFFEE KLATCH

Friday, September 11, 7:45 to 9:00 a.m.

Avenue G, 1386 Greene Avenue

We meet on the second Friday of each month, starting around 7:45 a.m. at this coffee shop. Convenor: Leah Trineer

LIBRARY LECTURES & LUNCH

Thursdays, Sept. 17, 24, 12:30 to 3 p.m.

Atwater Library Auditorium & our Club Room

After the 12:30 in-person lectures, Carly serves a light lunch for \$5 in our Club Room. Great chance to discuss the lecture and catch up with fellow members. Convenor: Carly Pepler

To be sure of having enough to serve, Carly MUST BE CONTACTED before the day of the lecture if you plan to attend her lunch.

OUTDOOR LADIES

Sunday, Sept. 13, 11:00 am - Art Deco Tour

We will be on the lookout for signs of Art Deco in Montreal. All details, including the meeting point, will be confirmed the week prior to the event. Contact me to express your interest in participating. Convenor: Karen Staudinger

STAGE AND SOIRÉE

Is there any type of music or play you particularly enjoy? Contact me with ideas or if you would like to connect before a show. Convenor: Christine Gilsenan

Starts again in
October!



INTEREST GROUPS (cont'd)

GOURMET GROUP

Thursday, September 24, 4:30 p.m.

UWCM Club Room, 1200 Atwater Avenue

This is an initial meeting to discuss format, and in October, we will meet in someone's home to prepare a dish or meal together. The hostess will be on a rotating basis, probably every two or three months. Works best with at least six or eight participants. Contact Joan if you're interested.
Convenor: Joan Shideler

WOMEN'S ISSUES

Thursdays, August 27 and October 1, 6 pm

McGill Faculty Club, 3450 rue McTavish

Over drinks and dinner, the group meets first for a cocktail and then 45 minutes later moves to the dining room. Short walk from the Peel metro station. Parking (for \$15) is available at the back of the Faculty Club building.
Convenor: Olga Shevchenko

MUSEUM JAUNTERS and LADIES WHO LUNCH

By Adèle Hébert

On August 12, the Jaunters visited a very interesting exhibition, *Heroes of Greece: The Age of Troy*, at the Pointe-à-Callière Museum. We were accompanied by a young guide, Emile, who is studying anthropology at Université de Montréal. We were transported to the Bronze Age and the different gods of Iron Age Greece. The legendary 10-year Trojan War was at the

peak of the Greek Heroic Age, immortalized by Homer's *The Iliad* and *The Odyssey*.

After our visit, the "Jaunters" became "Ladies Who Lunch" and went to the second-floor Bistro L'Arrivage, an excellent restaurant offering bison burgers, pasta and fish. It had a very interesting French-bistro inspired menu but with a local twist. A good time was had by all.

From left:
Barbara Kerr,
Marsha Sklar,
Joan Hagerman,
Lynn Travers,
Adèle Hébert,
Elaine Bander,
Alaka McConnell.
Missing from
photo:
Mariana Frank,
Wendy Telfer,
Margarita Schultz.





WOMEN'S ISSUES discuss beauty in ÎLE BIZARD

By Karin Doerr

The word “beauty” occurs often in our life with the word “beautiful,” as we refer to weather, landscape, or a person. Meaning “full of beauty,” it is stronger and deeper.

Beauty is the visual pleasure in art, environment, nature, people, and more. The expression “Beauty lies in the eyes of the beholder” suggests subjectivity as we apply our own standards and often include an ethical value as “inner beauty.”

It has been part of philosophical and literary contemplation for centuries.

In Western history, classical Greece provided visual depictions of the

beautiful body, objects or dwellings of Gods and humans, and also in symmetry and order. It included the mathematical *Golden ratio*.

Renaissance artists Leonardo da Vinci and Michelangelo embodied beauty through harmony and precision in their works including architecture.

The German Period of Enlightenment emphasized a combination of emotion and reason shaped by cultural context and personal feelings, whereas the early 19th-century Romantics chose the senses over intellect with emotion and experience of the individual.

Physicists have found beauty in Einstein’s famous and brief 1905 formula $E = mc^2$.

Our world uses various lenses to examine how personal experience, cultural background, and different societal norms influence our perceptions of beauty.

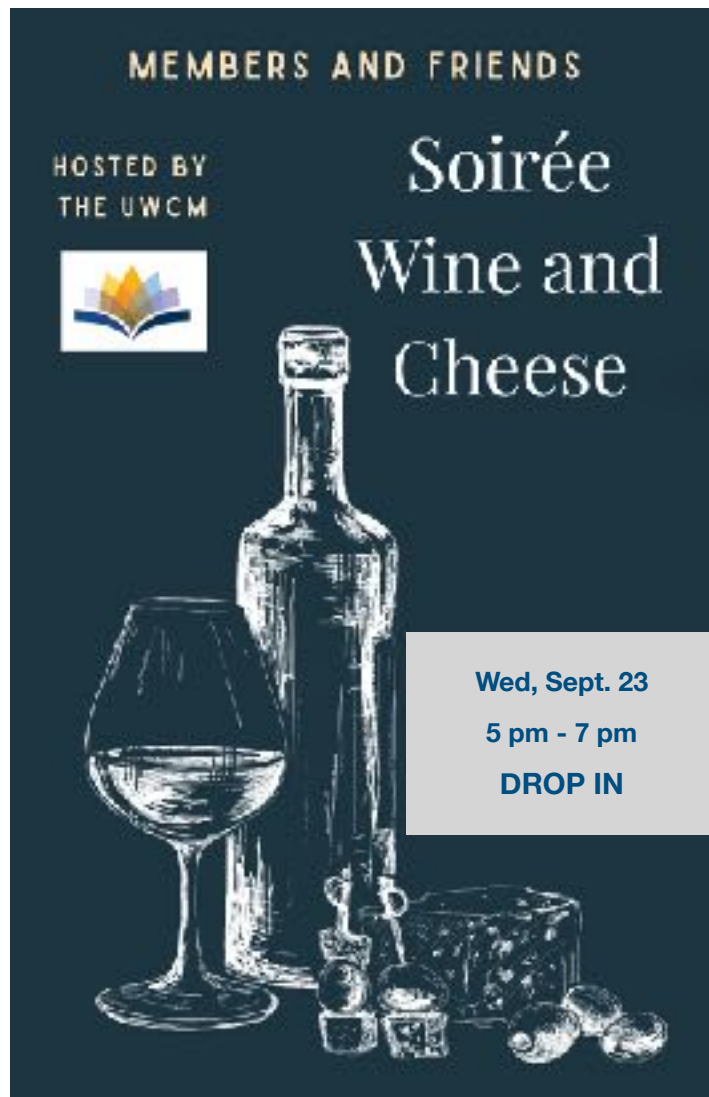
Eleanor Roosevelt is quoted as saying, “Beautiful young people are accidents of nature, but beautiful old people are works of art.”

PHOTO COURTESY OF KARIN DOER





MEMBERSHIP



UWCM tops
the CFUW list for
membership
increases!

CFUW MEMBERSHIP INCREASES

- UWC MONTREAL INC. (+19%)
- AFDU MONTRÉRIE (+17%)
- CFUW LONDON (+17%)
- CFUW RENFREW AND DISTRICT (+17%)
- CFUW LETHBRIDGE (+16%)
- CFUW OWEN SOUND AND AREA (+14%)
- CFUW PERTH AND DISTRICT (+14%)
- CFUW PRINCE ALBERT (+13%)
- CFUW RICHMOND (+12%)
- CFUW CAPE BRETON (+11%)
- CFUW SAANICH PENINSULA (+11%)
- CFUW LEASIDE/EAST YORK (+10%)
- CFUW ST. THOMAS (+10%)
- CFUW MILTON AND DISTRICT (+10%)
- CFUW NELSON AND DISTRICT (+10%)

We're #1!

NEXT MONTH'S SPEAKER

Catherine Bradley, costume designer, will take us for a peek at the process of designing costumes for the theatre. A Senior Academic Associate, Resident Costume Designer, Catherine is also Head of Wardrobe for the Drama and Theatre Program at McGill University. In her capacity, she has designed the costume shop into what it is today and ran the costume section. During this time, she has also served as a course lecturer for courses in Costuming for the Theatre (a two-part course) and The History of Costume. She has been at McGill for 38 years and has never stopped loving it!

Catherine started her costume career sewing at the Stratford Festival, followed by the Shaw Festival, Banff Centre, The National Ballet, L'Opéra de Montréal, Centaur Theatre, and many others. She has made hats for film and theatre and has acted as wardrobe manager for multiple theatre companies.

Please join us in what promises to be a fun and informative evening "behind the scenes"!





CENTENARY COMMITTEE

TOTE BAG PHOTO CHALLENGE

Submit a picture of your bag taken in front of or near an **iconic Montreal** site, statue, monument or sign. Include your name, the date the photo was taken, and a short description of the site. (See example below.)

Submit your photo to
Newsletter Editor Donna Jensen.

All photographs will be published throughout the centenary year — just a few months away!

ONLY 33 LEFT!

We continue to sell sturdy cotton tote bags (at \$30 each) to help raise funds for celebrating our centenary next year.

Payable in cash or e-transfer to
Donna Jensen.



Photo by Dominic Varvaro.



Photo by Dominic Varvaro.

August 14, 2026.

Donna Jensen in front of the Orange Julep at 7700 Decarie Boulevard. Started by Hermas Gibeau in 1937. When relocated to its current spot in 1964, at almost 60 feet it became known as “the Largest Orange Sphere in the World!” (<https://orangejulep.ca/>)

Newsletter Editor: Donna Jensen

Copy Editor, Proofreader: Lauren Rudy