

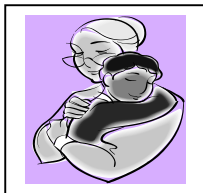


Montreal Lakeshore University Women's Club

Newsletter, April 2009
Volume 51, Issue 8

Members Night & Resolutions

Monday, April 6
Resolutions, 6:30. Meeting, 7:30
The Karnak Shriners' Temple
3350 Sources Boulevard, DDO



"Making a difference: Advocates for a better future"

Did you know?

*13 million children have been orphaned by HIV/AIDS in Africa.
An estimated 5 million more will be orphaned by 2010.*

In March 2006 the Stephen Lewis Foundation launched the **Grandmothers to Grandmothers** Campaign to raise awareness, build solidarity and mobilize financial support for Africa's heroic grandmothers who are holding their communities together by caring for millions of HIV/AIDS orphans.

Come and meet some of our MLUWC members who have created a local **Grandmothers to Grandmothers** chapter in the Cedar Park area of Pointe-Claire. They will share with you their efforts in support of the Stephen Lewis Foundation as it assists African grandmothers in securing a hopeful and healthy future for themselves and their orphan grandchildren.

Handmade bracelets will be available for sale in support of the Stephen Lewis Foundation.

For more information on the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign, visit their website at www.grandmotherscampaign.org.

President's Message

I don't know about you but the sunshine and longer days give me more energy-and that's a good thing because there's a lot going on in the next couple of months. First up is our General Meeting on April 6. (It's early this month due to Easter.) Five resolutions will be voted on, so do your homework and come prepared to make an informed choice. All of the background information is available at www.cfuw.org. Instructions on how to access the Members Only section are included in this newsletter.

April 22 is Earth Day. There are at least a million acts of green we can do to help preserve the environment. Our Environmental Studies group provides us with good suggestions each month and you can visit www.green.cbc.ca for many more ideas. I was recently asked by members of both the Environment and Issues & Resolutions groups to eliminate the use of disposable coffee cups at our general meetings. Although the cups we use are biodegradable, they still go into the trash, not to mention the energy and resources required to produce them in the first place. So, my Earth Day challenge to all of you is: Bring your own mug to the next General Meeting!

You will find an invitation to the April 25 Quebec Provincial Council meeting included in this newsletter. Do not miss this opportunity to interact with members from other University Women's Clubs in Quebec. I am looking for a few volunteers to help with registration and greeting our guests, so please let me know if you plan to attend. The Fundraising Committee is currently working on our second annual Games Day Luncheon scheduled for Thursday, May 7. Everyone is welcome so why not invite your friends from outside the Club to join us for a fun afternoon and help raise money for the MLUWC Scholarship Fund. If card games are not your thing, you can still support the Scholarship Fund by making a donation and receiving a beautiful hand-painted card, which can be used for Mother's Day or another occasion. Don't forget to reserve now for our Annual General Meeting and dinner on May 11 at Beaconsfield Golf Club. It is sure to be an enjoyable evening.

Heather Hamilton
514-695-2585
heather@hamiltonconsulting.ca

Communications

We are pleased to acknowledge that Louise McLeod, a Past President and Life Member of the Club has recently been nominated to the Board of Directors of the Virginia Gildersleeve International Fund. Our good wishes to you, Louise.

Thanks to Dorothy Anderson for communicating this information.

Please contact me with any information you would like me to pass on to MLUWC members, including important events to be marked.

Irene Robson

514-694-6647

i-c.robson@sympatico.ca

Fundraising

Our next fundraising event is the Games Day luncheon on Thursday, May 7, in the lawn bowling alley in Beaconsfield, between noon and four o'clock. Members and non-members of the MLUWC are welcome. So ladies, tell your friends and make your tables. Lunch of sandwiches and dessert will be served. We will need volunteers to help us prepare the food. If you would like to help prepare something, please contact one of us and let us know. The cost will be \$10.

Thank you and see you there.

Nicole Awad, Barbara Armbruster, Barbara SauvÈ, Elaine Creighton.

Nicole Awad

514-630-0208

nicole.awad@hotmail.com

Membership

The final count of our members stands at 213. This year 18 new members joined us. Our best recruiters are the members at large. Keep up the good work!

Marie-Belle Cunningham

514-426-4454

marie-belle@sympatico.ca

APRIL RESOLUTIONS

April is Resolutions month and as you are all reading through the proposed resolutions to be considered at the AGM this summer, I am sure that you will want to have your comments and suggestions included in MLUWC's response to CFUW. In order to do this, please note that the following study group leaders are considering the listed resolutions:

#1 Addressing climate change: Greenhouse gas emissions

Betty Gibb

#2 Canadian Department of Peace

Ina Lessard

#3 Employment Insurance Reform

Ina Lessard

#4 Promoting Financial Capability and Financial Literacy in Canada

Corinne Thompson

#5 Protecting the Health of Canadians by Reducing Environmental Toxins

Marjorie Hamilton Harding

Please contact these individuals if you wish to offer any suggestions or amendments. There will also be another opportunity for input on April 6, 2009 at 6:30 pm. MLUWC will provide sandwiches and an hour in which to discuss the resolutions for the last time before we vote on them at the General Meeting.

I look forward to seeing you at the meeting.

Chitra Chopra

How to access the members section on the CFUW website.

You must create your own account. Go to cfuw.org and click on member registration. Click on the yellow box to proceed to the member registration form. The default username is members123 and the password is password. Then you just follow the instructions and create your own username and password.

Tip from the Environmental Study Group

When driving, remember that idling the engine for more than 10 seconds wastes more gas than restarting. Also, keep your tires properly inflated and save up to 5% in gas costs.

DID YOU KNOW

March 22 is World Water Day. Are we good stewards of our water?

News from the Scholarship Fund Committee

The Scholarship Fund Committee has a selection of wonderful donation cards that can be used to honour a mother or mother-in-law, living or not, for Mother's Day. The cards can also be used as a gift to other special women in your life for birthdays or Easter. For example, I am making a donation to the Scholarship Fund in memory of my mother for Mother's Day, but I will use the card that I will receive with my donation to send greetings to my favourite aunt at Easter. The minimum donation is \$25.00 and a full tax receipt will be given. The cards have been handmade, hand painted and lined with blank paper, and come with an envelope and an insert stating that a donation has been made in someone's honour or memory. The woman who has made the cards recently lost her job in the garment industry and is in a transition to work program. The Scholarship Fund needs your help and so does this woman from whom we are able to buy these cards. Your donation is truly women helping women.

To donate, please call:

Linda Ricketts at 514-695-9908

Diane Nener at 514-457-6540 or

Marilyn Flaherty at 514-695-4117.



Wellness Tips

Botulinum toxin type A, or **Botox**, is being carefully scrutinized as a possible treatment for certain **arthritis** conditions. **Botox** injections are said to be useful for more than 50 medical conditions, including excessive sweating, constipation, migraine headache, clubfoot and even hiccups, according to a recent issue of the **John Hopkins Arthritis Bulletin**. **Botox** acts by binding to the nerve endings of muscles, blocking the release of the chemical that causes muscles to contract. When injected into a specific muscle, **Botox** paralyzes or weakens the muscle but leaves surrounding muscles unaffected, allowing for normal muscle function.

Intra-articular injections of botulinum toxin type A (**Botox**, Allergan) decrease refractory joint pain and improve function, according to the first-ever study. In this early study **Botox** was used in joints and the findings were reported recently at the American College of Rheumatology meeting. In this open-label, pilot study seven frail elderly patients with shoulder pain received intra-articular injections of 50 to 100 units of **Botox** into the joint and five patients with refractory lower-joint pain received intra-articular injections of 25 to 50 units of the toxin. There was a striking decrease in pain within 4 to 6 weeks after the injection, and several people's pain continued decreasing for over 2 months. Thereafter, there was a gradual increase in pain. These results may point to **Botox** as a potential interim treatment to delay surgery. Overall, pain relief lasted 3 to 12 months according to the 1-year follow-up data. Three patients had a slow increase in pain, but not to the pre-injection levels of severity.

Other than the shoulder, **Botox** injections were given into several other joints and muscles, such as knees, ankles, low back and neck, but exactly how this toxin works to reduce joint pain is not known. The researchers suspect that it inhibits the release of neuropeptides involved in pain production and transmission.

Safety was big concern at first; however, there was no increase in joint swelling, erythema, tenderness, fatigue, or dyspnea. In addition, no adverse events were seen among patients who were re-injected. The researchers thought that these encouraging results should be verified and repeated by giving the **Botox** injections into the shoulders and knees again. Therefore, randomized placebo-controlled trials have been organized and they will soon be under way.

Dr. Sevinc Agbaba
514-694-1380
sevoncan@yahoo.ca

**A Memorial Contribution to the
Montreal Lakeshore University Women’s Club Scholarship Fund**

This gift is in memory of:

Name of family to be notified:

Address:

Name of person to whom a tax receipt should be sent: _____

Address: _____

Date: _____ Amount: _____

Please make cheque payable to and mail to:

MLUWC Scholarship Fund

P.O. Box 383

Pointe Claire

QC H9R 4P3

(Scholarships and bursaries are awarded to women in the community so that they may continue their education. CRA registration number: 85457 5289 RR 0001).

WHAT YOU CAN DO TO FIGHT GLOBAL WARMING

There are many ways, big and small, that you can reduce your personal 'carbon footprint'. Start by calculating your greenhouse house gas emissions at home, at the office, from your car and from regular air travel and offset these online. For more information see: www.planetair.ca www.zerofootprint.net/ www.safecclimate.net/calculator/index.php www.desmogblog.com/carbon-footprint-label-introduced-to-guide-consumers

Two 'Big Hits'

If you live in Canada, most of your personal greenhouse gas emissions likely originate from your home and your vehicle. Home upgrades and efficient vehicles can be significant investments, but both pay off handsomely through energy savings and greatly reduced greenhouse gas emissions. So here are two ways you can make big reductions in your personal impact on the planet:

AT HOME

Make your home more efficient: All Canadian homeowners can get grants through **Natural Resources Canada's ECO-Energy program**. According to Natural Resources Canada, homes over 25 years old have the potential to save 35% of their energy use. Basement insulation, attic insulation, air sealing, wall insulation and, in some cases, doors and windows are typically the most cost-effective upgrades.

Specifically:

Install compact fluorescent light bulbs (CFLs): Traditional incandescent light bulbs are only about 10% - they produce far more heat than light. In comparison, CFLs use about one-fourth the energy to give the same amount of light. Plus, CFLs last for years.

Turn out the lights: In fact, go a step further and turn off anything when it is not being used, including computers, stereos and televisions.

Use less air conditioning: Air conditioning reduces mileage and produces greenhouse gases. As an alternative, try using fresh air settings on the highway and roll down your windows to enjoy fresh air at lower speeds.

Install a low flow shower head: Hot water represents 20% of a home's energy use, and you can save a lot by installing a shower head that uses much less water but still provides a pleasant shower.

Wash clothes in cold water: Many of today's laundry detergents have been developed specifically for cold water use, so you can count on clean clothes and significant savings

Use a clothesline: A dryer is one of the biggest users of energy in a home. A clothesline can do the same job for free. It's the original solar energy collector!

Choose locally produced food: Local food not only helps out producers in your community, but it's better for the environment because it doesn't need to be transported halfway round the world.

Compost: Turn veggie trimmings and other organic waste into fertilizer for your garden. It's simple and odor-free, and it reduces garbage transportation and landfill costs.

Don't throw it away: To trim your bin, compost your kitchen waste, avoid products wrapped in excess packaging, and recycle as much waste paper, glass, metal and plastic as you can. Donate larger unwanted items to your local charity shop or offer them on one of the many 'give away' websites springing up.

Plant a tree. Grow a garden: All plants absorb CO₂ from the air, and trees are especially good at it: one tree can absorb one tonne over its lifetime. Gardening is a great way for young children to interact with nature in a meaningful and rewarding way. Fast-growing sunflowers are always popular with young gardeners, while city kids with no garden of their own will enjoy growing other easy-care varieties from seed in flowerpots on a windowsill.

Reduce, reuse, recycle in that order: Consider grocery bags: it's **best** to use cloth bags, reducing the need for plastic bags; **second best** to reuse your plastic bags; and **third best** to recycle plastic bags. But any of the 3 Rs are better than simply discarding. The same logic applies to most things we buy or use.

Bring your own bag: 80 per cent of shoppers use new bags each time they shop at the supermarket. This convenience comes at a high environmental cost, but you can make a difference by getting into the habit of using canvas bags or 'bags for life' when you shop. If possible, recycle your old plastic bags or reuse them for dirty diapers, sports kits, bike seat covers – your imagination's the limit!

Break the bottle habit: Manufacturing and even recycling plastic water bottles uses energy and every year in Canada we throw away over a billion of them! It's not worth the waste. A less expensive and more earth-friendly alternative to buying bottled water is to fill reusable aluminum or stainless steel bottles with tap water, then chill in the fridge.

ON THE ROAD

Use your BMW (bike, metro, walk) - take **public transport**

If/when you drive:

Drive less: Carpool to work with a neighbor or colleague if you can for an instant fuel saving of 50%. Better still, take public transportation if it's available. Do all your errands in one trip. Organize neighborhood carpools for getting the kids to and from their activities. High potential for making a big impact quickly.

Drive gently: Want to save 10-20% on your gas bill right away? Imagine there's an egg taped under the toes of your right foot, and try not to smash the egg as you drive. Accelerate gently instead of tramping on it, and ease off sooner as you approach a stop.

Find and use the free kilometers along your route, places where you can coast downhill without losing speed or slowing traffic.

High potential for making a big impact quickly.

Drive an energy efficient vehicle: Hybrid cars can go about 3 times as far on a liter of fuel as a typical sport utility vehicle, van or pickup truck. Check vehicle fuel efficiency ratings at www.oee.nrcan.gc.ca to find the most fuel efficient vehicle that meets your needs.

Telecommute. If it's an option, work from home. Zero traffic, zero fuel used, zero time wasted en route.

Car Pool: Share rides for community and children to school

Remove excess weight: every 100 pounds means 1% to 2% less fuel consumed.

Use the AC sparingly: can result in an overall reduction of 2% to 5%

Commit to 'zero-idling': Idling more than 10 seconds wastes fuel and is hard on today's engines. Use the '10 second rule' to save money and reduce air pollution.

Avoid drive-throughs: Each year, Canadians burn millions of liters of fuel idling at drive-throughs. It's much more eco-friendly to park and go inside - and it's often faster too!

Avoid (ab)using remote starters A cold engine is ready to go after just 30 seconds of idling, and idling any longer wastes fuel.

The best way to warm up the entire car is to drive it.

Check your tire pressure monthly: Under-inflated tires reduce your vehicle's gas mileage, and over-inflated tires wear out prematurely.

AT WORK

Suggest a **workplace audit** = Up to 30% reduction in emissions

THINK GLOBALLY, ACT LOCALLY

- **Write your elected representatives:** Let our leaders know that you support policies and programs to fight climate change. It's up to each of us - in big ways or small, each of us can change our corner of the world and make a difference.
 - **Write your local newspaper** (op-ed or letter to the editor)
 - **Talk to your family and neighbours**
 - **Learn More** e.g. Tim Flannery's *The Weather Makers* www.theweathermakers.com/
-

For more information www.desireemcgraw.com

WHAT I WILL DO TO FIGHT GLOBAL WARMING

Today:

This week:

This month:

This year:

This lifetime:

Signed _____ Date _____



Montreal Lakeshore University Women's Club

invites you to attend the



**CFUW QUEBEC PROVINCIAL COUNCIL
ANNUAL GENERAL MEETING**

***Beaconsfield Golf Club
Saturday April 25, 2009
8:30 a.m. – 4:00 p.m.***

Program

8:30 – 9:00 - Registration & continental breakfast

9:00 – 12:30- Morning Session

Teri Shaw, CFUW Director of Resolutions

Marianne Singh-Waraich, CFUW Director of Resolutions

Aboriginal Issues, Challenges and Successes with a focus on Education Panel discussion with members of the native community

12:30 – 1:30 – Lunch

1:30 – 4:00 – Afternoon Session

Guest speaker: Dr. Judith Woodsworth, President Concordia University

Inter-Club Discussions - Membership; Publicity; Strategic Planning

Registration fee - \$35.00

Includes: continental breakfast, morning coffee break, lunch (soup, asparagus quiche, dessert & coffee). Registration and payment due by April 15, 2009.

Registration Form

CFUW QUEBEC PROVINCIAL COUNCIL MEETING

***Saturday April 25, 2009
Beaconsfield Golf Club***

Name: _____

Phone: _____ **Email:** _____

Club: _____

Club position (if applicable): _____

To reserve please return completed registration form with cheque for \$35 payable to **MLUWC** by April 15, 2009.

Send to:

Anne Adams

Treasurer, MLUWC

46 Little Rock

Pointe-Claire, QC H2R 2G2

Interest Groups News

I would like to remind all Interest Group Leaders to please prepare your Annual Reports and submit them to the Newsletter editor before the deadline for the May 2009 Newsletter.

Please call if you have questions.

**Christine Hamilton, 514-646-0633,
chamilton@iglide.net**

Art Appreciation

Our April outing will be to the Stewart Hall Art Gallery on **Tuesday, April 7, 2009** to view the collection of well-known senior Montreal artist **Catherine Y. Bates**. She has a reputation for landscape painting and will be presenting her more than 40 years of work in conjunction with the exhibition entitled "**Out of Line**" as part of the **Demystifying Art** series. The lecture and the exhibition are both free. However, a small donation will be appreciated for coffee and pastries. We will meet at 9:30 am in the Stewart Hall 3rd floor Gallery, 176 Chemin Bord-du-Lac, Pointe-Claire. Following the lecture we will have time to see the exhibition and ask the artist questions. Lunch will be at the **Clint-Grill** (Pointe-Claire Plaza, 235 St. Jean Blvd, 514-630-7577) around 12:15 - 2:30 pm. The Luncheon special at the restaurant costs from \$9.99 to \$12.00. There will be no reservation for the restaurant, so please feel free to come and join us any time after the exhibition. Group members will be called regarding their attendance at the Gallery.

For more information please call

**Sevinc Agbaba at 514-694-1380 or B.J. Bell,
514-630-5007.**

Book Discussion I

We will be meeting at the home of Kerstin Birch, 51 Shaw, Baie d'Urfe, on Wednesday, April 8, 1:00 pm. The novel to be reviewed this month is *Consumption* by Kevin Patterson. This is the author's first novel. His experience as a doctor in Canada's Arctic has enabled him to paint, through this novel, a vivid portrait of modern Inuit life.

Please call Kerstin at 514-457-6473 if you are unable to join us.

Book Discussion II

Book Discussion II will meet on Wednesday, April 8 at Rekha Toomey's home, 104 Thackeray Rd, Beaconsfield.

We will discuss Kevin Patterson's book *Consumption*, which I will review.

Please remember that we now meet at **1:30 pm.**

Anyone who wishes to join Book Club II, please contact:

Louise Dagenais

514-694-7651

dagpal@sympatico.ca

C.A. Wellness

The Group will meet on April 28, 2009 at 7:30 pm at the home of Renate Sutherland, 28 Lansdowne Gardens in Pointe-Claire.

Our guest speaker will be Rukhshana Surty, Director of the Harmoni Health Center. Her presentation will be on "How breathwork can enhance your energy and well-being".

Come and enjoy this transformational breathing experience!

Please RSVP to Renate Sutherland at

514-695-1970 or graeme.renate@sympatico.ca

to indicate your attendance.

Guests are welcome (fee \$5.00)

Conversation en français

Le prochain rendez-vous du groupe Conversation en français aura lieu chez Doris Leckie, vendredi, le 17 avril, 9:30 h.

German conversation "Kaffeeklatsch"

The next meeting of this group will take place on Tuesday, April 14, at 2 pm, at the home of Joanne Brais.

Music Appreciation

The Music Appreciation group will be meeting on April 22 at 10 am at the home of Penny Gibb, 122 de Breslay Ave., Pointe-Claire. We shall be hearing a talk by special guest, Sherry Steinberg.

Music History

Continuing with 20th century music, we will study music written between the two world wars, from the year 1929. On the program: Respighi - Fountains of Rome; Stravinsky - Symphony of Psalms; Ravel - Piano concerto in G; Copland - Music for the Theatre; and Villa-Lobos - Bachianas Brasileiras #2.

Joanne Brais, 514-695-2392

Refreshments: Phyllis.

Issues and Resolutions

The next meeting will be on Tuesday, March 24 at 9.30 am at Hildburg's home.

One important topic we will discuss is 'Pay Equity'.

Travel

The next Travel Group will meet on **Tuesday, April 7** at Sunrise Living Centre, 505 Elm Avenue, Beaconsfield. Joanne Brais will present a slide show on California and Western Canada. We look forward to pictures of the Brais' road trip from Montreal to Vancouver Island and then of the San Francisco and Big Sur area of California. Alberta Shearer and Corinne Thompson are scheduled to look after the dessert.

For more information or if you are **unable** to attend, please call

Nancy Lloyd, 514-695-7153 or

Kathy Brown, 514-69-5360.

Tutto Italiano

The group will meet on Friday, April 24, 2:00 pm, at the home of Lynn Harris, 42 Bayview Ave., Pointe-Claire. We're looking forward to watching an Italian movie (with English subtitles).

For further information, please contact Sue Callaghan, 514-695-7093, clintcal@sympatico.ca.

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6 Members Night & Resolutions 6:30pm	7 Art Appreciation 9:30 am Travel	8 Book Discussion I 1:00 pm Book Discussion II 1:30 pm	9 Music History 1:00 pm	10	11
12	13	14 German Conversation 2:00 pm	15	16	17 Conversation en Français 9:30 am	18
19	20	21	22 Earth Day Music Appreciation 10:00 am	23	24 Issues & Resolutions 9:30 am Tutto Italiano 2:00 pm	25
26	27	28 C.A. Wellness 7:30 pm	29	30		

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