



# Montreal Lakeshore University Women's Club

Newsletter, February 2009  
Volume 51, Issue 6

## General Meeting



Monday, February 2, 2009  
At  
The Karnak Shriners' Temple  
3350 Sources Boulevard, DDO



Coffee  
7:00 pm



Guest Speaker:  
**Stephen Gruber M.A.**

Topic:  
**"Hypnosis for Health and Wellbeing"**

Stephen Gruber is a Consulting Hypnotist at the Queen Elizabeth Health Complex in Montreal. He works there daily to help his clients achieve success across a wide spectrum of issues and teaches them self-hypnosis so that they may continue using this powerful tool to enhance their lives in many different areas. He is also an author and educator on the subject of hypnosis. In an interesting informal presentation Gruber will provide a simple but powerful model enabling the "mind-body connection" to be better understood and will lay to rest the major myths about hypnosis itself.

More information about Stephen Gruber and hypnosis may be found at Gruber's web site [www.ask-the-hypnotist.com](http://www.ask-the-hypnotist.com).



## President's Message

Don't you agree that our January neighbourhood potluck suppers, a tradition since 1993, are the perfect way to start the New Year? By coming together in small groups to share a meal, we end up meeting new people, getting to know one another better and sharing ideas and opinions on everything from current events to books and even how to brine a turkey! A special thank you to Margaret Burwash and Veronica Valentine for organizing this year's dinners and also to all the hostesses and their assistants.

After what feels like a long break in Club activities, we're gearing up for a busy next few months. First up is our General Meeting on February 2 at Karnak. The following week it's Theatre Night on Tuesday, February 10 at John Rennie High School. If you haven't already purchased your tickets, you can get them on February 2 or by contacting Nicole Awad. The Lakeshore Players have generously donated this performance of *Fools* by Neil Simon, so let's do our part and fill the house to support our Scholarship Fund.

Speaking of scholarships, applications are now being accepted for our two Margaret Manson Scholarships. If you know any eligible students, please encourage them to apply. The deadline is March 30, 2009.

Another event to mark on your calendars is the Quebec Provincial Council meeting which MLUWC is hosting at Beaconsfield Golf Club on Saturday, April 25. We are excited to have Dr. Judith Woodsworth, the new President of Concordia University as our guest speaker. All members are welcome and more details will follow shortly.

The National Council of Women of Canada and the National Council of Women Education Fund are seeking input from Canadians about their use and conservation of water and energy. Please take a few minutes to fill out their online survey to assist them in advising all levels of government on the actions they need to take to help us all do better, and to protect our Canadian freshwater resources and the environment. And promote it with your friends and Council colleagues. More information about this project is available on the NCWC web site. Just go to the NCWC web site at [www.ncwc.ca](http://www.ncwc.ca), and you will see the box - "We Invite You to Take the Healthy Environment Survey" - click on it, and you will be taken directly to the survey.

**Heather Hamilton**  
514-695-2585

[heather@hamiltonconsulting.ca](mailto:heather@hamiltonconsulting.ca)

## Communications

It was my pleasure to attend a January potluck luncheon at the home of Suzanne Dawson and I thoroughly enjoyed good food and very pleasant company.

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**  
**irene.robson@gmail.com**

## Membership

Unclaimed directories will be available at the February meeting along with information envelopes for prospective members so bring along a friend who might be interested in joining our club.

Welcome to the following new member:

### **Denyse Benoit**

59 Charles Ave., Pointe-Claire, H9R 4K7

tel: 514 697-6244

e-mail: jackbenoit@sympatico.ca

Please note the following address changes:

### **Pauline Busby**

Manoir Pierrefonds

18465 Gouin Blvd.

Pierrefonds, H9K 1A6

tel : 514 626-6651

### **Catherine Lavoie**

117 Cartier Ave

Pte Claire, H9S 5K4

tel : 514 695-1548

**Marie-Belle Cunningham**  
**514-426-4454**  
**marie-belle@sympatico.ca**

## Scholarship Fund

In a few weeks, a number of you will receive your tax receipt and your MLUWC bookmark in the mail.

Thank-you letters have been individually written to the larger donors, but every last single donation has been gratefully received. On behalf of the club and the Fund Committee I would like to acknowledge all the

donors from 2008, in the order in which they arrived: Barbara Armbruster, Doris Leckie, Barbara Barclay,

Wiesia Suchorski, Katy van Walsum, Anne Altosaar, Maureen Rowe, Margaret Armour, Elizabeth

Semmelhaack, Maureen Arnold, Jane Weber, Linda Ricketts, Betty Jones, Diane Nener, Marilyn Flaherty,

Janet Cushman, Kathleen Walter, Amy Williams, Pauline Van Nieuwburg, Corinne Thompson, Nancy Lloyd,

Dorothy Anderson, Margaret MacDonald, Judith Cardwell, Margaret Funnell, Marie-Belle Cunningham,

Nini Singh, Priya Gupta, Alberta Shearer, Nora Christie, Mary Alexander, and Beverley Fiddian-Green.

Your generosity in furthering the education of West Island women, and one of the aims of our club, is greatly appreciated as are the efforts of all those who contributed by way of theatre tickets or the Games Day. Please remember that no donation is too small, and that tax receipts are issued for \$10.00 and all sums over. If you were a donor in 2008 and your name is not here, please telephone me to ensure receiving a receipt.

**Marilyn Calder Flaherty**  
**514-695-4117**  
**macflah@sympatico.ca**

## MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB SCHOLARSHIP FUND

I enclose my donation of \_\_\_\_\_ (cheque payable to the MLUWC Scholarship fund)

Please issue a tax receipt to: (Tax receipts will be issued for amounts of \$10.00 or more)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

Please send to **MLUWC Scholarship Fund, P.O. Box 383, Pointe Claire, QC H9R 4P3**

**Registration Number / Numéro d'enregistrement: 85457 5289 RR0001**

## Nominating Committee

Every year some positions become available on the executive committee. Members generally accept the responsibility for a two-year term and approximately half of them need to be filled every year.

The first step in the process is to form a Nominating committee, chaired by the past-president and composed of one member of the present executive and three members of the general membership.

I would invite members who would like to volunteer for this committee to contact me before the February general meeting so we can present our committee for approval at that meeting.

We will also be able to announce at that meeting the positions that will become available and have descriptions of the responsibilities. I invite you to inquire and make your interest known. It is a very enriching experience and another source of wonderful rewarding interactions.

Do contact me for more details and seek me out at the next general meeting.

**Pauline van Nieuwburg, past-president**  
514-898-7558 paulinev@remax.net

## **Bourses d'études pour 2009–2010**

### **Bourses Margaret-Manson**

Pour l'année académique 2009–2010, le Club des Diplômées Universitaires de l'Ouest de l'Ile de Montréal offre deux bourses d'études de 2000\$. Les critères d'admission:

- être résidente de l'ouest de l'Ile de Montréal
- être inscrite à une université située au Québec à un programme d'études de premier cycle ou de cycle supérieur
- être citoyenne Canadienne ou résidente permanente

Les candidates doivent démontrer un besoin financier et d'excellents résultats.

Pour plus d'information et le formulaire de demande, communiquez avec:

Comité des Bourses du MLUWC au 514-457-2488

Courriel: [mluwc.scholarships@gmail.com](mailto:mluwc.scholarships@gmail.com)

ou visitez <http://www.mluwc.com>

**Les demandes doivent être postées au plus tard le 30 mars, 2009**

## **Scholarships available for 2009–2010**

### **Margaret Manson scholarships**

The Montreal Lakeshore University Women's Club is offering two \$2000 scholarships to female university students for the academic year 2009–2010. To be eligible students must be:

- residents of the West Island of Montreal
- enrolled in an undergraduate or graduate program at a Quebec university
- Canadian citizens or permanent residents

Applicants must demonstrate solid academic performance and financial need.

For further information and applications, please contact

MLUWC Scholarship Committee at 514-457-2488

or email: [mluwc.scholarships@gmail.com](mailto:mluwc.scholarships@gmail.com)

or visit the MLUWC website at <http://www.mluwc.com>

**Applications must be postmarked no later than March 30, 2009**

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## Wellness Tips

Noroviruses are a group of viruses that cause the “stomach flu,” or gastroenteritis, in people. The term, norovirus, was recently approved as the official name for this group of viruses by CDC (Centers for Disease Control): Norwalk-like Viruses, Caliciviruses and small round structured viruses. The viruses are very different from bacteria and parasites. Like all virus infections, noroviruses are not affected by treatment with antibiotics and cannot grow outside of the body. They are more resistant to heat, detergents and chlorine than any other viruses that causes gastroenteritis.

Norovirus infection usually starts suddenly. The infected person often feels very sick with **nausea and vomiting and watery non-bloody diarrhea with stomach cramps.**

Illness caused by noroviruses has several names: “**stomach flu**” (it has nothing to do the flu or influenza); **viral gastroenteritis; acute gastroenteritis; non-bacterial gastroenteritis; food poisoning and calicivirus infection.**

**Noroviruses** are found in the stool or vomit of infected people. People can become infected with the virus in several ways: eating food or drinking water that are contaminated; touching surfaces or objects contaminated and then placing their hands in their mouth; and direct contact with an infected person showing symptoms. Symptoms of norovirus illness usually begin about 12–24 or 48 hours after ingestion of the virus. Noroviruses are very contagious and can spread easily from person to person. People are contagious from the moment they begin feeling sick to at least three days after recovery. Some people may be contagious for as long as two weeks after recovery. Therefore, it is particularly important for **people to use good hand-washing and other hygienic practices** after they have recently recovered from a viral infection. Anyone can get infected with these viruses. There are many strains of norovirus, which makes it difficult for a person’s body to develop long-lasting immunity. Therefore, **norovirus illnesses do recur throughout a person’s lifetime.** Because of differences in **genetic factors**, some people are more likely to become infected and develop more severe illness than others.

Currently there is no treatment available for people with norovirus infection. There is no antiviral medication that works against the norovirus, and there is no vaccine.

Norovirus infection can be prevented by frequently washing your hands; washing raw food thoroughly; cleaning the infected areas immediately; removing wash cloths or linens; discarding the vomitus and/or stool in the toilet and keeping the surrounding areas very clean. More importantly, persons who are infected with the virus should not be preparing food while they have symptoms after recovering from their illness and should be acting according to the “Food Handler” information rules.

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

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## Travel – Lovers

### Let us meet spring in Virginia, Pennsylvania and Massachusetts

AFDU Quebec (L'Association des femmes diplômées des universités de Québec) is an affiliate club of CFUW. Every year, in collaboration with UNICEF, this dynamic Quebec City Club organizes a cultural trip whose profits go to supporting the education of Rwandan girls. I had the opportunity to travel with this Club to Boston in 2006 and to Washington last spring and I have been able to appreciate how well organized and financially attractive their ventures are. They use a 55-seat coach and there has been room for more participants every time so that is why the invitation is open to us.

**The itinerary** will be: The small town of Lancaster in Pennsylvania, which is the centre of the Amish country; Colonial Williamsburg, the cradle of American history; Jamestown, which saw the arrival of the first pioneers; Monticello: a tour of the house, gardens, and plantation of the mountaintop home of Thomas Jefferson, third president of the United States; the University of Virginia in Charlottesville; the Norfolk botanical garden and the Norfolk Naval Centre; the Clark Institute and its rich art collection in Williamstown.

**The cost** of the trip is \$895.00 in double occupancy and includes coach transportation with tour escort, 5 nights in a 3-star hotel with continental breakfast.

**Tours** include the town of Williamsburg (Palace and Capital day pass), entry to and free visit of Jamestown, a guided tour of Monticello, a guided tour of the Norfolk botanical garden, a tour of and lunch at the Clark Institute. All taxes and tips, as well as a donation to Unicef, are included.

**Date:** “A la rencontre du printemps”: MEETING SPRING, the name given to this venture, is planned for April 2 to 7.

**Information:** Suzanne Lemire, 418-831-0808 or Clémence Aubin, 418-886-2449  
E-mail: [afduquebec@gmail.com](mailto:afduquebec@gmail.com)

Louise Dagenais

## Making Your Opinion Count

### By Marilyn Flaherty

Who among us hasn't wanted to share their views with someone or other in government in the past few months? A written letter carries more weight than a signed form letter or a petition. No stamp is required for the federal government. Postage is required for members of the provincial legislature. You will no doubt be writing on behalf of yourself, and may not use MLUWC stationery or its name in any way.

It's always nice to get a reply when you write a letter. Ask a question such as: What do you plan to do about such and such? Be specific and state the problem, the bill number or the resolution, etc. Be brief. (That's the hard one!) Be polite although you might be upset about something. You could thank the person you're

writing to (perhaps for an as yet unfulfilled promise!) or for a fulfilled one. Writing at the beginning of a session is probably better than later.

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## Forms of address:

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### **Prime Minister:**

The Rt. Hon. \_\_\_\_\_ PC, MP  
 Prime Minister of Canada  
 Dear Mr./Mrs./Ms./Prime Minister  
 Respectfully yours,

### **Federal Cabinet Minister:**

The Hon. \_\_\_\_\_ PC, MP  
 Minister of \_\_\_\_\_  
 Dear Mr./Mrs./Ms./Minister  
 Sincerely yours,

### **Member of Parliament:**

Mr./Mrs./Ms./ \_\_\_\_\_ MP  
 Member of Parliament for \_\_\_\_\_  
 Dear Mr./Mrs./Ms./ \_\_\_\_\_  
 Sincerely yours,  
 House of Commons  
 Ottawa, ON K1A 0A6

### **Senator:**

The Hon. \_\_\_\_\_  
 Senator  
 Parliament Building  
 Ottawa, ON K1A 0A4  
 Dear Senator \_\_\_\_\_  
 Sincerely yours,

### **Premier of Quebec**

The Hon. \_\_\_\_\_ MNA  
 Premier of Quebec  
 Dear Mr./Mrs./Ms. Premier  
 Respectfully yours,

### **Quebec Cabinet Minister:**

The Hon. \_\_\_\_\_ MNA  
 Minister of \_\_\_\_\_  
 Dear Mr./Mrs./Ms. Minister  
 Sincerely yours,  
 Hôtel du Parlement  
 Quebec, QC G1A 1A3

## Art Appreciation

Our February outing is at 10 am, Tuesday, February 10, Stewart Hall third floor gallery, 176 Chemin du Bord-du-Lac--Lakeshore, Pointe-Claire. As part of the Demystifying Art series, we will hear a lecture in English by Sophie Jodoin, covering the exhibition entitled Embodied Forms by herself, Louise Masson, and the late John Fox. The lecture is free and coffee and pastries are available for \$2. Lunch will be at midday at Il Centro, 252 Bord-du-Lac--Lakeshore, Pointe-Claire Village. A menu of between \$14--\$16 is available; there is parking behind the restaurant. After the outing there will be plenty of time for you to relax and then enjoy the evening Theatre fundraiser at John Rennie High school. For further information call Suzanne Dawson, 514-674-0581

## Book Discussion I

Book Club I will meet at the home of Nancy Lorimer, 128 Percival Ave., Montreal West, phone 514-482-3205, on Wednesday, February 11, at 1:00 pm. We will be discussing the sad tale of Biafra, *Half of a Yellow Sun*, written by Chimamanda Ngozi Adichie. If you are unable to join us, please phone your regrets to Nancy. See you all in February!

## Book Discussion II

Book Club II met for the first time on Wednesday, January 14 to review *Lost City Radio* by Daniel Alarcon. We were pleased to welcome a new member, Rekha Toomey. We are now 10 participants and being a small group facilitates discussion. The next meeting will be hosted by Adla Halwani, 32 Shediac, Kirkland on February 11. Sandra Smith will be reviewing *Half of a Yellow Sun* by Chimamanda Ngozi Adichie. Book Club II meets on the second Wednesday of the month at **1:30 pm**. Anyone interested in joining please call: Louise Dagenais

514-694-7651  
dagpal@sympatico.ca

## C.A. Wellness

The C. A. Wellness Study Group will meet on February 24, 2009. Our guest speaker will be Irene Powell who is a sound therapist. She will present *The Power of Sound*. Irene will share with us her interest in the use of sound for personal expression and for sound therapy. She will also demonstrate a variety of instruments, some of which have intriguing names such as the Australian Diggeridoo...it will be experiential and fun! We will meet at the home of Renate Sutherland, 28 Lansdowne Gardens at 7:30 pm. Guests are welcome (fee \$5.00) Please RSVP Orian Leggett, 514-457-3731, daleorian@sympatico.ca to indicate your attendance.

## Conversation en français

Le prochain rendez-vous du groupe 'Conversation en français' aura lieu chez Janet Ankcorn, vendredi, le 20 fevrier.

## German conversation 'Kaffeeklatsch'

The next meeting of this group will take place on Tuesday, February 17, at 2 pm, at the home of Joan Dyer.

## Issues and Resolutions

The next meeting of the Issues and Resolutions Group will take place on January 27 at 9.30 am at Anna Wilkin's home. Patricia DuVal, President of CFUW, is going to join us. We are looking forward to lively discussions and learning more about Women's University Club activities locally, nationally, and even internationally.

## Music Appreciation

The Music Appreciation group will meet on February 25 at 10:00 am at the home of Mary Hersey, 1 Lancaster Drive, Pointe-Claire. We will be preparing for a concert on March 4. Would group members unable to attend please contact Mary directly at 514-695-3796. Thanks. Penny Gibb

## Music History

February is opera-on-video month for the Music History group and we chose a light-hearted one, Johann Strauss Jr.'s *Die Fledermaus*, a Viennese opera-operetta filled with familiar tunes and waltzes. The show will begin at 1 pm, on Thursday, February 12. Refreshments: Nicole. Please phone or e-mail if you **cannot** attend. Joanne Brais, 514-695-2392

## Out-to-Dinner

On January 22 we will go to La Perle. Contact Barbara Armbruster at 514-694-1852 or Brenda Plescia at 514-426-4070 if you wish to attend. On February 26, 2009 our outing is to Madison's in Kirkland at the Riocan Center. It's a rib and chicken place with other items on the menu. It's quite reasonable and the service was good the last time I was there. The time is 6:30 pm. Please contact Carol Kelly at 514-697-1335 or e-mail me at ckelly000@sympatico.ca before February 23 if you are coming. Hope to see many of you there. Carol Kelly

On March 26, 2009, our restaurant is Fuji on Gouin Blvd. at Sources Blvd. It's a Japanese Grill and Sushi Bar combined. It's a fun place where the chef cooks your food right in front of you and puts on a great show! The time is 6:30 pm as usual. Please contact Allison Irwin at 514-426-8369 or Doris Leckie at 514-697-2362 or e-mail Doris at dleckie@videotron.ca.

The next 3 restaurants are Mundo Trattoria (Italian) in April, La Maison Verte (French) in May, and Elounda (Greek) in June. More info later.

## Travel

The next meeting of the Travel Group will be on Tuesday, February 3, at 7:00 pm, at Sunrise Senior Living, 505 Elm Avenue, Beaconsfield. Renata Bagga and her husband Arun will present a wonderful slide show about Barcelona, Spain. Refreshments: Patricia DuVal, Ruth Fair and Judy Paquin. Please call Nancy Lloyd, 514-695-7153 or Kathy Brown, 514-697-5360 for more information or if you are **unable** to attend.

## Tutto Italiano

The next meeting of the Tutto Italiano group will take place at the home of Sue Callaghan, 113 Sunderland Avenue, Pointe-Claire, on Friday, February 20, at 2:00 pm. For more information, or if you'd like to join our group, please contact Anna Belleau, 514-783-1416, grappa@videotron.ca or Sue Callaghan, 514-695-7093, clintcal@sympatico.ca.

♥ FEBRUARY ♥

S	M	T	W	T	F	S
1	2 <b>GENERAL MEETING</b> 7:00 pm	3 Travel 7:00 pm	4	5	6	7
8	9	10 Art Appreciation 10:00 am Theatre Night	11 <b>Book Club I</b> 1:00 pm <b>Book Club II</b> 1:30 pm	12 Music History 1:00 pm	13	14
15	16	17 German Conversation 2:00 pm	18	19	20 Tutto Italiano 2:00 pm <b>Français</b>	21
22	23	24 C.A. Wellness 7:30 pm	25 Music Appreciation 10:00 am	26 <b>Out to Dinner</b> 6:30 pm	27 Issues & Resolutions 9:30 am	28

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