



Montreal Lakeshore University Women's Club

Newsletter, January 2009
Volume 51, Issue 5



**Happy
New Year**



General Meeting



Monday, February 2, 2009

At

**The Karnak Shriners' Temple
3350 Sources Boulevard, DDO**

Guest Speaker:

Stephen Gruber

Topic:

**"Hypnosis for Health &
Wellbeing"**

(Will be announced again in the next issue)

President's Message

Each December the Executive crosses its fingers that the weather will be clear on the night of our Christmas meeting and Raffle. This year the weather gods did not smile on us and yet the evening was still a great success.

There are so many people who contributed to making the evening a success that if I start naming names, I'm sure to forget someone. So thank you one and all: Programme, Hospitality, Interest Groups, ticket sellers, bakers, Scholarship Fund, Spectrum Vocal Ensemble, car-poolers...and of course all the members who braved the snowy conditions and generously supported the Raffle.

Despite being a smaller group than usual we were still able to raise \$920 for Amcal Family Services. Heather Parker, Executive Director of Amcal, was very grateful for the donation and let us know that the funds will be used immediately to support Our Place, a program for teenage mothers and their babies.

Don't forget to buy your tickets for Theatre Night! This is the major fundraiser for our Scholarship Fund and we count on your support. Why not get a group of friends together and make it a night out to beat the February blahs. The more the merrier! Tickets are available from any of the Interest Group leaders or by contacting Nicole Awad.

We do not meet again as a group until early February, but I hope that many of you will enjoy getting together with friends, old and new, at the January potluck dinners.

Happy New Year!

P.S. In the fall of 2005, the Quebec University Women's Clubs hosted a group of University Women visiting from Holland. Several of our members participated in this event. The Dutch women have now extended an invitation to welcome our members in May 2009. A ten-day visit is being planned and the tentative dates are May 7-18. Anyone who is interested in participating in this cultural exchange should contact me as soon as possible. Sherbrooke & District UWC is looking after the arrangements with the VVAO.

**Heather Hamilton
514-695-2585**

heather@hamiltonconsulting.ca

Communications

We offer sincere condolences to Sandra Smith, whose mother passed away on December 7, 2008. Our thoughts are with you at this time of sadness.

Seasons Greetings,

Irene Robson
514-694-6647
i-c.robson@sympatico.ca

Fundraising

The sale of our Theatre Night tickets is under way. A big thank you goes to all our ladies who are selling the tickets, to those who have already bought some, and a mere reminder to those who still want to buy, please try not to wait till the last minute since our next meeting is on February 9, the day before Theatre Night.

To get your tickets, contact one of the fundraising committee members: Barbara Armbruster, Barbara Sauvé, Elaine Creighton or myself, and we will be happy to get them to you.

Nicole Awad
514-630-0208
nicole.awad@hotmail.com

Membership

Membership directories were available for pick-up at the November and December general meetings. Many members have yet to claim their copy. The directories will again be available at the February meeting. If you do not have yours and will not be attending the meeting, please arrange to have your directory picked up or contact me should you need assistance.

We welcome our latest new member, Joan Ebbett. Please add her name to your directory:

Joan Ebbett, 701 – 5450 Cranbrooke Ave, Cote St-Luc, H4X 2E1

Tel: 514-489-1147; e-mail: jebet@sympatico.ca

Happy Holidays to all our members!

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

Montreal Council of Women

The guest speaker at the November 19 Montreal Council of Women meeting was Françoise Susset, a psychologist, who, in addition to being a family therapist, works with the Quebec Health and Social Services Ministry. Her topic was "Lesbian Elders: Vulnerabilities and Resiliencies". Lesbian elders are a very invisible group despite gains made over the past few years by the lesbian and homosexual community; they are often ignored or forgotten by society, including other gays or lesbians. In addition to issues faced by all women, lesbian elders have many other issues to face. Even though homosexuality has been legal since the 1970s, society still assumes that people are heterosexual, and lesbian elders still face discrimination at medical, social and governmental levels. For example, if a lesbian elder is in intensive care, her partner cannot visit her because she is not "family". Our health system needs to look at issues facing the elderly—both heterosexual and homosexual. The Quebec government has been looking at problems faced by lesbians and gays but there is still a long way to go before homosexuals are truly integrated into all aspects of society.

The next meeting of the Montreal Council of Women will be on **Wednesday, January 21, 2009**. Guest speaker will be **Douglas Lightfoot** who will argue that the need for energy supply is more important than climate change.

The meeting will be held at Les Jardins du Canal, 2700 Rufus Rockhead (near the Atwater Market). A light lunch will be served at 12:15 pm (cost \$6.00) and the meeting will begin at 1:00 pm.

If anyone is interested in attending, please let me know at 514-364-7210.

Gilda Martinello

Bicycles for Humanity

I have recently been made aware that the above group is sending used bicycles in good repair, to Africa. Please allow me to quote briefly from their website: "Give a gift of empowerment and help make a difference! Even the smallest donation makes a big difference and goes directly to supporting the cost of sending bicycles to communities in Africa. Bicycles for Humanity is entirely volunteer-run, with 100% of all donations going directly to the project.... donate your old bike, spare parts & tools". Bicycles should be

for adults and the main goal is to "improve access to health care, education, water, food, employment, etc. by providing sustainable transport solutions."

The next shipment is leaving the West Island, a brand new depot for the above organization, in the spring. So far, approximately 150 bicycles have been collected and are stored in a warehouse in Vaudreuil, until 340 bicycles are obtained. This will fill a shipping container. The organization is also looking for used soccer balls, used soccer uniforms, shin pads, etc., as well as large cooking pots (i.e. pots for cooking corn, etc). The soccer items and cooking pots will be used as fillers in the bicycle-shipping container.

If you wish to know more about Canada's efforts towards "Bicycles for Humanity" the website is "www.bicyclesforhumanity.org" —interesting and compelling reading!

The above effort, here in the West Island, is spearheaded by employees of Future Electronics, who have already raised a large part of the \$9,000 it will take to ship the container to Africa. If you wish to help in any way, or if you wish to participate in this amazing effort and you no longer have a need for your bicycle and/or have children/grandchildren who play soccer, the person to contact is: Mark Diaz, 514-898-9476, e-mail address: mark.diaz@future.ca

My lovely purple bike has been dusted off and is waiting in my garage, along with a large canning pot and my grandson's old soccer uniform, for pick-up by Mark Diaz.

Your generosity, however small, will be very much appreciated by people in Africa, by schoolteachers, nurses, doctors and caretakers.

P.S.: the Quebec location is brand new and is not on the above website as yet.

Thanks from The Clinic

On behalf of the Street Youth Clinic at the CSSS Jeanne-Mance, I would like to thank the University Women's Club for your generous donation of towels, bedding and winter clothing. Our clients (homeless 14–25 year old youth) are directly benefiting from your gifts and are heading towards a warmer winter season. Due to your overwhelming response, we have enough donations to share with some of our community partners. On Friday, December 12, I will be delivering bags of towels and blankets to the Refuge des Jeunes and Dans la Rue. Thank you.
Joanna MacLeod RN, BScN

Did You Know



Members of our group might be interested to know that there is an orthopaedic and sports medicine clinic on St. John's Blvd., in DDO, just past the Casa Greque. It seems to be possible to see a specialist on relatively short notice, i.e. weeks, rather than months. as in most clinics. They deal with injuries other than sports injuries. I may just have been extremely lucky, but I made an appointment and saw a sports medicine doctor the same morning. You will need a referral and, in most cases, an x-ray, but these can be obtained at the Statcare walk-in clinic in SW1.

West Island Sports Medicine clinic,
3881 St. John's Blvd, DDO, 514-624-0444.



As an MLUWC member, you may know of an interesting West Island topic, which I can write about for my column in the West Island Gazette (something with a new twist perhaps)?

In addition, comments pro or anti any of my columns are welcomed by editor Brenda O'Farrell
ofarrell@thegazette.canwest.com

Thank you,
Elaine Creighton,
514-693-1311;
communication.dynamics@qc.aibn.com

Wellness Tips

Up to 20% of the population has Irritable Bowel Syndrome (IBS), which consists in disturbance of gastro-intestinal motility, manifested in abdominal pain with constipation, diarrhea or both. IBS is two to three times more frequent in women than men. Because there are no identifiable organic abnormalities, diagnosis has to be done by careful elimination of other organic diseases. The pathogenesis of IBS is not well understood. Stress, dysfunction of sensory and/or motor activities, the role of the brain and infections of the gastro-intestinal system should be considered. The treatment of IBS includes dietary and lifestyle changes, peppermint oil and antispasmodics, antidiarrheal drugs, fibre supplements and psychological treatment.

Since my previous Wellness Tips article (MLUWC, May 2008 Newsletter) about a new approach to the treatment of IBS with the antibiotic Rifaximin, a new study recently published in the British Medical Journal (BMJ 2008; 337:a2313) has reported the results of a meta-analysis of randomized controlled clinical trials. The authors are from McMaster University, Canada; Mayo Clinic, USA, Florida and Rochester; UCLA Healthcare System, USA, California; and Cork University Hospital, Ireland.

This meta-analysis looked at the medical literature using Medline 1950 to April 2008; Embase 1980 to April 2008, and the Cochrane controlled trials registered 2007 were systematically searched. Fibre with placebo and no treatment in 591 patients in 12 studies; antispasmodics with placebo in 1778 patients in 22 clinical trials and peppermint oil with placebo in 392 patients in 4 trials were compared. An extensive statistical analysis with careful elimination of methodological errors showed that soluble fibre such as **ispaghula husk**, known under the name of psyllium, as well as antispasmodics, particularly **hyoscine** and **peppermint oil**, are all more effective than a placebo for treating Irritable Bowel Syndrome. Therefore in the interim management of the condition should be updated to include this data.

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

Interest Groups News

Dear Reindeers,
 You were phenomenal and your cheery, generous help was so much appreciated. I think we will all agree that the weather was atrocious; yet the event, while slightly disrupted, was a resounding success. We raised \$920.00 for Amcal, the recipient of our fundraiser and Heather Parker, Executive Director of Amcal was very touched by our efforts. Thank you to all for purchasing so many tickets.

Thank you also to all group leaders who brought in the lovingly presented raffle gifts. They looked beautiful, useful and delicious and as one gift after another left the stage, I must admit, I became more than a little jealous. Helen Finlay's cider was very tempting and the goodies, well... what can I say! I found the Spectrum Choir exceptional and they kept us bouncing. One of the young singers spent four hours in her car, trying to reach the church from the South Shore. As I was scraping my car around 10.30 pm, after a clean-up with Heather Hamilton and Helen Finlay, I was musing on how truly Canadian our Christmas Raffle was—filled with a great deal of generosity, good cheer and a generous portion of the elements.

Happy Holiday Greetings to everyone.

**Christine Hamilton,
 514-646-0633**

Art Appreciation

On Sunday, January 11, 2009, at 12:00, you are invited to meet a Lakeshore Player.

Peter Cook has graciously agreed to give us some of the background to putting on a play. He will meet us first in Dorval North, the home of the props. From there we will go to Dorval South in time to see the next play in rehearsal.

Unfortunately, on this outing, space allows only a limited number of participants, accepted on a first come, first served basis. They must provide their own transportation.

If interested, please phone Diana Nevins, 514-697-3955 and leave a message if necessary.

Book Discussion I

We will be meeting at the home of Jan Cushman, # 304, 321 Lanthier Ave, Pointe-Claire, January 14 at 1:00 pm. We will be discussing a rather disturbing book, "Lost City Radio" by Daniel Alarcon.

Please call Jan if you are unable to attend at 514-695-5237

We wish Book Club II great success in their launch—we will miss you!

C.A. Wellness

The C.A. Wellness Study Group welcomes Kim Corbett, Doctor of Naturopathic Medicine as speaker on January 27 at 7:30 pm at the home of Renate Sutherland, 28 Lansdowne Gardens in Pointe-Claire.

Kim began her career as a chemical engineer, working for 10 years as an environmental consultant. She then switched careers and graduated in 2001 from the Canadian College of Naturopathic Medicine (Toronto), one of two accredited schools in Canada.

Her practice in Pointe-Claire Village includes the therapies of clinical nutrition, botanical medicine, traditional Chinese medicine, homeopathy, hydrotherapy, and lifestyle counseling. The subject for Kim's talk will be Nutrition and Arthritis—defining arthritis, signs and symptoms, nutritional impacts, supplements and lifestyle changes. We welcome any MLUWC member to join us. Because we give an honorarium to our speakers, we have a yearly fee of \$10 or a \$5 fee each meeting.

To indicate your attendance, please call Heather Robertson at 514-697-8015.

Conversation en français

Le groupe de Conversation en français s'est retrouvé vendredi le 21 novembre 2008, sous une nouvelle formule. Soyez assurées, mesdames, que nous aurons des matinées bien remplies.

Le prochain rendez-vous aura lieu chez Dianne Robinson, le 16 janvier, à 9h30.

German conversation 'Kaffeeklatsch'

The next meeting of this group will take place on Tuesday, January 13, at 2 pm, at the home of Hildburg Schleiermacher.

Jaunters

January Trip

I MUSICI, Friday, January 16, 2009

We will attend the 11:00 am concert featuring **Vivaldi's *Four Seasons***. If you have not already done so you must order your own ticket from **Amelie** at I MUSICI, 514-982-6038, as soon as possible. Mention the MLUWC to obtain your ticket for \$20.00. There are still some tickets available.

We will meet at 9:00 am at Plaza Pointe-Claire, southwest corner of the parking lot, on Blvd. St. Jean, for car pooling downtown. Please be on time.

The concert begins at 11:00 am but the doors to the Tudor Hall open at 10:30 am.

Lunch will be at Restaurant **Europa** on Mountain St. below Ste. Catherine.

Parking is available on Mountain St.

February Trip

Fools by Neil Simon, Tuesday, February 10, 2009

We thought it might be a good idea to throw our full support behind the Club's Fundraiser.

Therefore our February Jaunt will be to the play at John Rennie High School on Tuesday, February 10, at 8:00 pm. Tickets are \$22.00 and are available from me

or Brenda or the fundraising committee. Let's make this a huge success.

For tickets, please call

Virginia Sears, 514-425-0737;

va.sears@sympatico.ca

Brenda Plescia, 524-426-4070;

bplescia@sympatico.ca

Music Appreciation I

Music Appreciation will meet on January 14 at 10:00 am at the home of Susan Callaghan, 113 Sunderland Ave, Pointe-Claire to prepare for a concert on January 21.

I would ask that all members of the Music Appreciation Group reserve Wednesday, April 22, for a special meeting with a guest speaker. Penny Gibb

Music History

The Music History group will meet on January 8, at 1 pm as usual. We are now at the end of the 19th century, 1895, with the old 19th century guard still mostly around, while at the same time 20th century composers are beginning to make an appearance. We will listen to, from the old guard, Dvorak's well-known cello concerto, and Saint-Saens' 5th piano concerto (the 'Egyptian') Representing the new guard we will study an early work by Richard Strauss (Till Eulenspiegel's Merry Pranks). And modern Spanish music makes one of its first appearances, with Albeniz's Rhapsodie espagnole. It should be an interesting and tuneful afternoon.

Refreshments: Suzanne T.

Please phone or e-mail if you **cannot** attend.

Joanne Brais, 514-695-2392

Tutto Italiano

Our next meeting will take place on Friday, January 23, at the home of Carole Newberry, 263 Connemara Cresc., Beaconsfield, starting at 2:00 pm The subject will be Italian cuisine.

Contact:

Anna Belleau, 514-783-1416,

grappa@videotron.ca

Sue Callaghan, 514-695-7093,

clintcal@sympatico.ca.

Tip from the Environmental Studies Group

If you are looking for phosphate-free dishwasher detergent, you can now find it in several formats— powder, gel and packets— sold variously at Loblaws, IGA, Metro, Jean Coutu and Papillon.

JANUARY 2009

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				1 	2 	3
4	5 	6 	7	8 Music History 1:00 pm	9 	10 
11 Art Appreciation 12:00 am	12 	13 German Conversation 2:00 pm 	14 Book Discussion I & II 1:00 pm Music App. 10:00 am	15 	16 Conversation en français 9:30 am Jaunters 9:00 am	17 
18 	19	20	21 MCW 12:15	22 	23 Tutto Italiano 2:00 pm	24 
25 	26	27 CA Wellness 7:30 pm	28	29 	30 	

Editor. Adla Halwani. news4adla@gmail.com
 Proofreader. Joan Dyer. joandyer@allstream.net
 Deadline for February Newsletter: **January 16**