



Montreal Lakeshore University Women's Club

Newsletter, April, 2010

Volume 52, Issue 8

General Meeting

This is MEMBERS' NIGHT, an evening to discover how diverse the interests and passions of our club members are.

COME and bring your craft and art work items to show/sell. COME and bring your brochures, fundraising items, and sign-up sheets for community or professional information and/or involvement.

COME and listen to three members, Janet Anderson, Addie Ciebien and Celine Dupuis, all of them new to MLUWC, speak about topics dear to their hearts and discover again what an amazing group of women we are!

Let's learn more about each other in order to foster the NETWORKING and the many friendships that begin in our club.

If you would like space for a display, reserve your FREE table by contacting Heather Hamilton at 514-695-2585 or Renate Sutherland at 514-695-1970.

6:30 pm display set up

7:00 pm show & sell, networking, coffee

7:45 pm business meeting and speakers

President's message

Spring is in the air. Resolutions are on the table. Scholarship applications are being reviewed. The Nominations Committee is recruiting for next year. Fundraising is gearing up for the Bridge/Games Luncheon on May 6th. It's a busy time of year.

The Scholarship Fund Committee wants your input. Please help by completing the questionnaire sent out last month. In order for the results to be meaningful, it is important to have input from as many members as possible. This is your chance to let us know what you think about our scholarship giving and fundraising activities; so don't be shy.

Our next meeting is Members' Night on April 12. We will be voting on the resolutions proposed by CFUW, but this is also an evening designed to get to know our members better. Also, two copies of *Among New Friends*, MLUWC's 30th anniversary cookbook, will be raffled off with the proceeds going to the Scholarship Fund.

I wish you all a happy Easter and look forward to seeing you on April 12.

Heather Hamilton

heatherham@videotron.ca

Annual General Meeting and Dinner May 10, 2010

Beaconsfield Golf Club , 49 Golf Ave., Pointe-Claire.

6.00 pm for 7.00 pm

\$32.00 (incl. taxes and gratuities)

Menu:

Potage Argenteuil (cream of asparagus)
Warm salmon on a salad with balsamic dressing
Parfait with fresh fruit
Tea / coffee

Reservations for dinner will only be made on receipt of a cheque before
APRIL 30

Please postdate your cheque **May 10, 2010**, payable to **MLUWC**
and mail it with any dietary preferences

To: Margaret Vost, 190, Fairhaven Ave., Pointe-Claire, Qc H9S 4A8

We look forward to seeing you all , Margaret

Membership The final count of our members stands at **214**. This year 16 new members joined us and monthly enquiries continue to come from potential members. As always our best recruiters are the members at large. Many thanks to all and keep up the good work!

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

~ • **CFUW Membership Survey** • ~

As part of the Governance review process, CFUW's Board of Directors promised to do a membership survey. The survey is now available online through the link below. All CFUW members are being asked to complete the survey. The deadline for responses is April 15, 2010. An electronic document version of the survey is also available. Contact Heather Hamilton if you would like to receive the survey document by e-mail or print version.

Don't miss this opportunity to make your opinion known!

<http://www.surveymonkey.com/s/RPQND2Y>



News from the Scholarship Fund Committee

A questionnaire has gone out to you regarding your views on scholarship funding. A number of you have responded and we thank you. We hope that those of you who have not will do so in order for us to get a consensus on how to go forward.

In order to respond by e-mail: Please FORWARD the response to me, macflah@sympatico.ca. If you Reply to Sender, I will not get it. USE the DOC version ONLY. (With this version you will be able to write an "x" in the space beside your choice of answer.) Press FORWARD. Go to the beginning of the Q. and using your keyboard, mark with the letter "x" your choices. Press SEND. Good luck and thank you for trying.

You can also mail it to me, or send it to the MLUWC Scholarship Fund, PO Box 383, Pointe Claire, H9R 3P4. It should reach us before April 10, our Members' Night meeting, when there will be a draw of responses for a free local membership. OR, give it to anyone you know on the Fund Committee: Barbara Armbruster, Helen Findlay, Jane Weber or Linda Ricketts.

To our donors in the tax year 2009, we are grateful for your generosity and we thank you. Please check to make sure that you have received your tax receipt: cheques we received in 2009 have been receipted. Please do not lose the receipt as another cannot be issued.

Thank you for reading this and for your participation. Marilyn Flaherty, Chair



A tip from the Environment Group - from Betty Gibb



Drain a bucket's worth of water from your water heater a few times a year to decrease sediment, which can increase efficiency.

~ Alert ~ Alert ~ Alert ~

All Annual reports are due by April 16th

~ Dear Lakeshore University Women's Club ~

On behalf of the Street Youth Team at the CSSS Jeanne-Mance, I would like to thank you for your donations of kitchenware and appliances to Montreal street youth.

We are a health care team based out of the CLSC des Faubourgs which focuses on providing care and promoting the wellbeing of street youth, aged 14 to 25, in Montreal. I have been working as a nurse with the Street Youth Team for the past three years, and during this time, my colleagues and I have noticed various unmet needs of our clientele. One of these needs is that, once youth actually get out of the street and enter an apartment, they have difficulty living independently due to a simple lack of everyday living supplies. Often, being unable to make their own food leaves the youth discouraged and dependent on soup kitchens. They require help in being able to provide for themselves.

For a second year, the University Women's Club (organized by Judy Paquin) has generously donated household items to street youth through our team. Your kitchenware and appliances are being given directly to the youth and are having an immediate impact on their independence and daily living. Thank you so much for your kindness and generosity in helping Montreal street youth set up their apartments! You are helping to make a difference!!

Sincerely,

Joanna MacLeod, RN, BScN, ♥
and the entire Équipe des Jeunes de la Rue at the CSSS Jeanne-Mance. ♥
phone number: (514) 428-0541

~ Interest Groups ~

~ Interest Groups ~

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Travel On **Monday April 5**, we will be treated to another fascinating presentation by our intrepid Joanne Brais and her husband J.C., who will take us to India via slides and a video. They always have an interesting slant on the places they visit and Joanne's commentary is colourful and informative. **Refreshments at 7 pm; presentation at 7:30 pm;** at Sunrise at 505 Elm Ave. Beaconsfield. Call Janet Ankcorn with any questions.

Music Appreciation Members will attend the final MSO morning concerts for this season on **April 7 and 28 at 10:30 am**, lunch nearby. The group subscription rate for next year's 2010–11 season of six morning MSO concerts is \$159.12 (savings of 20%). Individual concert seats are \$32. Cheques will be submitted May 11 for our group. We welcome new members. For details, please contact Maria Cranker @ 514-694-3963.

Music History The next meeting will take place on **Thursday, April 8, at 1 pm**. We will listen to music written in and around 1923, in between the two wars, in what is often called the Jazz Age. On the program: Ravel: Tzigane; Poulenc: Sonata for piano and clarinet; Walton: Facade; Sibelius: Symphony #7, and Ibert: Ports of Call. Refreshments: Barbara Mudd. Please phone or e-mail if you CANNOT attend. Joanne Brais

Book Discussion Group I This month, **April 14, at 1 pm**, we will be discussing the New York Times Bestseller *RUN* by Ann Patchett. We will meet at the home of Kerstin Birch, 117 Terrasse Marc-Antoine, Ste. Anne de Bellevue. Please call Kerstin at 514-457-6473 if you are unable to join us. Have a happy early spring!

Book Club II At our next Book Club meeting, Rekha will review *The White Tiger* by Aravind Adiga at Joanne Brais' home, 55 Cedar Avenue, Pointe Claire on **April 15 at 1:30 pm**. If you cannot attend please inform Joanne at 514-695-2392. Louise Dagenais 514-694-7651 dagpal@sympatico.ca

Tutto Italiano The next meeting of the group will take place on **Friday, April 16 at 2 pm**. Details TBA. For our last meeting of the year, we are planning a visit to the Montreal Museum on Fine Arts on **Friday, May 14**. We will have a tour of the various Italian artists who are on display in the Museum. The visit will be followed by an optional lunch at a nearby restaurant. This event is open to everyone. There is a slight charge for the tour. Please contact Gilda Martinello, 514-364-7210, for more information or to confirm your attendance before the end of April. More information will appear in the May newsletter.

Jaunters The trip for April will be a visit to the MAISON ST GABRIEL at 2146 Place Dublin, Pointe St Charles, on Wednesday, April 21. Our guided tour (**at 2:00 pm, cost \$6 EXACT CHANGE PLEASE**) will take us back in time to visit life in NEW FANCE. The needlework is not to be missed. Of course there will be time to check out the little gift shop where rose products are featured amongst other items.

Preceding our visit to the Maison St Gabriel, we will have lunch at **Magnan's Tavern**, a Montreal landmark for 75 years featuring especially steaks and roast beef., located at 2605 St Patrick St. (corner Charlevoix), plenty of parking, at approximately 11:30 am. Tel: 514-935-9647.

Please meet at the Plaza Pointe-Claire at **10:30 am on Wednesday, April 21.**

The phone committee for APRIL will be in operation but you can always call or e-mail Virginia Sears or Brenda Plescia. **DEADLINE is April 15.** va.sears@sympatico.ca or bplescia@sympatico.ca 514-425-0737 or 514-426-4070

German group *Kaffeeklatsch* The next meeting of the *Kaffeeklatsch* will be held on **Tuesday, April 20, at 2 pm**, at the home of Christine Hamilton. Joyce will be talking about her upcoming trip to Oberammergau, southern Germany, to attend the famous passion play there, held every ten years.

Conversation en français Le prochain rendez-vous du groupe Conversation en français aura lieu chez Janet Ankorn, **le 23 avril, à 09:30 h.** RSVP 514-426-7029. L'adresse: 3 Kirkwood Ave, Beaconsfield. Dianne Robinson, co-ordinatrice, 514-426-3963; robinsondl@videotron.ca

Issues and Resolutions Dates to remember: **April 8, Thursday, 9.30 am.** Meeting to discuss proposed CFUW education committee resolution, "The Funding of Aboriginal Education". Place: 10, Claremont Avenue, Pointe Claire. Tel. 514-695-0125

April 27, Tuesday, 9.30 am. We have invited Chantal D'Astous, Nursing Director at the Lakeshore General Hospital, to come and talk to us about nursing issues in Quebec to-day.

A General Gentle Reminder to Issues and Resolution members: Please read *A Fair Country* by John Ralston Saul by **May 25** when we will be discussing it.

Our February meeting took us to a "Net Zero" house being built in Hudson. The idea is to build houses that are energy-neutral using passive natural means to generate that energy. If you google "net zero" you will find all sorts of people across the country trying to address our energy issues. Take a look. Marjorie Hamilton Harding.

Complementary Approaches to Wellness The group will meet on **Tuesday, April 27, 2010 at 7:30 pm** at the home of Renate Sutherland, 28 Lansdowne Gardens, Pointe Claire. Our guest speaker will be Timothy Wideman, a registered physiotherapist, who currently practises at the McGill University Health Centre's multidisciplinary pain clinic. His presentation on "**Coping with Chronic Pain**" will outline our current understanding

of this complex condition and will discuss principles of chronic pain treatment and self-management. Please contact Renate Sutherland re: your attendance: 514-695-1970 or graeme.renate@sympatico.ca

♪ *Stewart Hall Singers upcoming concert Mozart's Requiem* ♪

Ladies, another important date for your calendars —*Saturday, May 1, 2010, 7:30 pm*, Mountainside United Church, 4000 The Boulevard, Westmount. The Stewart Hall Singers spring concert will feature Mozart's sublime *Requiem*. Tickets: \$20, \$15 seniors, now available through Joan Dyer.

Since the concert is taking place just the week before Mother's Day, there will be a special page in the program to commemorate mothers, mothers-in-law, grandmothers. If you would like your relative's name listed on that page (\$10 an entry), please contact me. If you have lost a dear one recently whom you would like to specially remember or have a special anniversary to commemorate (say, the 100th anniversary of the birth of a parent, as is the case for my father, for example), you can purchase a business card size ad for \$25.

A chance to celebrate all those wonderful women in our lives who helped make us all what we are today. *Carpe diem*—seize the day—and the opportunity to remember and be glad!

Joan Dyer, 514-697-8884; joandyer@allstream.net



~ April 2010 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Easter	5 Travel 7 pm	6	7 Music Appreciation 10:30 am	8 Duplicate Bridge 8:45 am Issues and Resolutions 9:30 am Music History 1 pm	9	10
11	12 General Meeting 7 pm	13	14 Book Discussion Group I 1 pm	15 Book Club II 1:30 pm	16 Tutto Italiano 2 pm	17
18	19	20 German Kaffeeklatsch 2 pm	21 Jaunters 10:30 am	22 Duplicate Bridge 8:45 am Out to Dinner	23 Conversatio n en français 9:30 am Art Appreciation 10 am	24
25	26	27 Issues and Resolutions 9:30 am Complementary Approaches to Wellness 7:30 pm	28 Music Appreciation 10:30 am	29	30	

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Deadline for May Newsletter: April 16