



## Montreal Lakeshore University Women's Club

Newsletter, February, 2010

Volume 52, Issue 6

### *General Meeting*

*Monday, February 8*

### Guest Speaker

Professor Edwin Holland  
John Abbott College

### Topic: Tales Dead Men Tell

Skeletons are all around us. Well, not actually; we tend to be all around them. But when they do get out and wander about on their own, they raise many questions.

Forensic Anthropologists ask two basic ones - "Who are you?" and "How did you end up like this?" - and find the answers in the bones themselves.

The histories of our lives, our deaths, and our afterwards are written in our bones, and, if you know the language, you can read the tales that dead men tell.

With the assistance of a long-dead subject, Prof. Holland will offer an overview of how we read sex, age, stature, ancestry, individual life history, death, and post mortem factors from the bones.

### *President's Message*

Happy New Year - I hope everyone enjoyed the holidays. Those of you who attended a January potluck dinner I'm sure will agree that it's a wonderful way to start off the second half of the year. I especially enjoy meeting new people and getting to know them – everyone has an interesting story to tell. So a big thank you goes out to the organizers, Diane Nener and Kirsten Birch, as well as all the hostesses and assistants.

The results are in and CFUW has announced that the national president for the 2010-2012 biennium will be Brenda Wallace from CFUW Regina. Brenda will take over from Patricia DuVal at the end of the AGM which will be held in Ottawa this July. Congratulations to Brenda

The Scholarship Committee, lead by Barbara Armbruster, is busy publicizing our two Margaret Manson Scholarships (\$2,000 each). Details and application forms are available on our website [www.mluwc.com](http://www.mluwc.com). If you know any eligible students, please encourage them to apply. The deadline this year is March 15th.

It is at this point in our year that we start to think about next year. Pauline van Nieuwburg will be forming a Nominations Committee to look for candidates to fill our Executive positions. This year we do have a number of important positions to fill. You can make an important contribution to MLUWC by accepting an Executive position and it is a great way for new members to become involved and learn more about Club activities.

See you on the 8<sup>th</sup> of February!

Heather Hamilton

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*Membership*: We welcome our latest new member:

**Eileen Preston**

73 Lakeshore Rd, Beaconsfield H9W 4H7

Tel: 514 426-6365 e-mail: eileen.preston@bell.net

Please note the following changes to the directory :

**Pauline Busby** 242 – 27 Lakeshore Rd, Pte Claire H9S 4H1 tel: 514 697-9470

**Amy Williams** 4 – 365 Aubrey St, North Bay, ON P1B 6H8

Looking forward to seeing you all at the February meeting. Information envelopes will be available for prospective members so bring along a friend who may be interested in joining our club.

**Marie-Belle Cunningham, 514-426-4454; [marie-belle@sympatico.ca](mailto:marie-belle@sympatico.ca)**

*Communications*: We are saddened to announce that Mary Hersey's husband passed away in December. Mary, we hope that you take some comfort in knowing that our thoughts are with you at this difficult time.

Our best wishes to Phyllis Havercroft for recovery from a fall resulting in a fractured leg. Please contact me with any information you would like to pass on to MLUWC members.

Irene Robson 514-694-6647 or Irene.robson@gmail.com

~ Scholarships ~

The posters that advertise the MLUWC Margaret Manson Scholarships have been printed and are ready for distribution. If any of you would like to post one in your church or elsewhere, I shall bring the posters to the February 8 meeting. **Please see me to pick up a poster.** Also, appended to this Newsletter is a copy of the poster. You may want to print this page to give it to members of your family, or to friends or to neighbours who might be interested and eligible to apply. The deadline for applications is March 15, 2010.

Barbara Armbruster  
Scholarship Chair

**An Important Seminar - Strengthening Financial Literacy: A National Strategy for Canada**

The Resolutions Committee of the University Women's Club of Montreal Inc. invites you to a special event on **February 17** at McGill University. **Vice Chair of the National Task Force on Financial Literacy and Chairman of the Bank of Montreal L. Jacques Ménard will speak about the issue of financial literacy.** This initiative is part of UWCM's action plan for its resolution concerning financial literacy and the need for development of a national strategy to ensure access for Canadians of all ages. **Wednesday, February 17, 2010, 6:00pm Leacock 26, Leacock Building, McGill University**

## ♥ POTLUCK DINNERS ♥

A very special **THANK YOU** to the 13 hostesses who graciously entertained 102 fortunate guests on January 11<sup>th</sup> at our 18<sup>th</sup> ANNUAL MLUWC JANUARY POTLUCK DINNERS. A good time was reported by all and this year the weather cooperated as well. As usual, behind our 13 successful hostesses were 13 able assistants helping to make these dinners run smoothly. Our hats off to them!

### HOSTESSES

Maureen Arnold  
Addie Ciebien  
Patricia Du Val  
Pamela Deans  
Suzanne Dawson  
Connie Ellis  
Marilyn Flaherty  
Marjorie Hamilton Harding  
Kate Le Maistre  
Diane Nener  
Hildburg Schleiermacher  
Sita Tadros  
Margaret Vost

### ASSISTANTS

Judy Paquin  
Valerie Delacretaz  
Louise Dagenais  
Mary Le Blanc  
Lorraine Retfalvie  
Nancy Lloyd  
Irene Robson  
Renate Sutherland  
Janet Guay  
Kerstin Birch  
Corinne Thompson  
Tina Tessari  
Anne Altosar

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## ~~ STREET KIDS ~~

As you may remember from the December newsletter, I am collecting small used kitchen appliances, pots, pans, dishes, cutlery etc. for the CLSC Faubourg and Dans La Rue who are trying to settle some street kids into apartments. Several members of our club have been very generous with their donations. If anyone else has anything to donate, there is still a great need and I would like to complete the collection by mid February since I will be going away for the month of March. You may call me anytime and arrange to drop off your items or ask me to collect them from you. Thank you for your generosity! Judy Paquin, 514-428-0541

## ~ Wellness Tips ~

Nearly everyone may experience some flashes, small specks or dots moving in the field of vision. These are called **eye floaters** and most eye floaters are caused by age-related changes. They can be **small grey dots, lines, clouds or "cobwebs" across the visual field**. This phenomenon is caused by shadows cast on the retina by microscopic structures within the vitreous humour, which is a thick, gel-like substance that fills the back of the eye ball behind the lens.

Most eye floaters are noticeable when you look at a plain bright background such as blue sky or plain white wall. The specks and strings move when you try to look at them and they appear to dart away. In most cases, the floaters eventually settle down to the bottom of the vitreous cavity out of

the line of vision. In rare cases, eye floaters can become so numerous that they significantly interfere with your vision.

Over the age of 40, the vitreous humour (the clear gel-like substance inside your eyes) begins to liquefy and shrink. Within the gel are millions of fibres attached to the retina, the light-sensitive nerve tissue lining the interior of the eye. As the gel shrinks, the fibres break, allowing the vitreous to peel away from the retina, a process called posterior vitreous detachment (PVD). Most of the time PVD doesn't cause any problems of eye health and typically no treatment is needed when PVD occurs, but you may develop floaters that move or swim as you move your eyes.

In most cases, the flashes and floaters are harmless, but they may indicate that the retina is tearing or in danger of detaching from the underlying layers of the eye ball. If you notice a sudden increase in the number of eye floaters you see, contact an eye specialist immediately, especially if you also see flashes of light or notice that your vision has become hazy. These are the symptoms of retinal tear or a retinal detachment, which requires immediate attention. If you have PVD with symptoms, the vitreous fibres pull so hard as they naturally separate from the retina that they create a tear or hole in the thin retinal peripheral tissue. Vitreous fluid then has the opportunity to leak through the tear, which can cause the retina to detach from the back wall of the eye. This is a sight-threatening retinal detachment situation. Usually, it is possible to repair a retinal tear, but a tear can also evolve quickly to retinal detachment. Most **eye floaters** require no treatment.

Dr. Sevinc Agbaba [sevoncan@yahoo.ca](mailto:sevoncan@yahoo.ca)

~ *Interest Groups* ~ *Interest Groups* ~ *Interest Groups* ~

**Issues and Resolutions:** The Issues and Resolutions group will meet on **Tuesday, January 26 at 9.30 am** and on **Tuesday February 23 at 9.30 am**. The February meeting will be a visit to a "Green House" (environmentally better!). Should be interesting. Marjorie H

**Travel:** On **February 1**, our own Mary Vlahos, travel agent and frequent traveller, will speak to us about Travel Tips. Even those of us who are experienced travellers will likely learn a few tricks. Come with your questions. Time: 7:00 pm—refreshments; 7:30 pm—presentation. At Sunrise Residence, 505 Elm (top of Woodland). On **March 1**, Margaret Eastwood who travels to places most of us only read about, will speak about her trip to Chile and Patagonia. Not to be missed! Judy Paquin, 514-428-0541

**German Conversation, "Kaffeeklatsch":** The German group will meet on **Tuesday, February 9, at 2 pm** at the home of Joanne Brais. We will have a discussion on post-war German novelist Gunther Grass, led by Hildburg.

**Book Discussion Group 1:** We will be meeting at the home of Norah Christie, 33 Claude, Beaconsfield on **February 10th at 1PM**, to discuss the novel *Tooth and Claw* by Jo Walton, winner of a World Fantasy Award. Please call Norah at 514-695-6165 if you are unable to attend. Hope to see you in February Margie [mumng@aol.com](mailto:mumng@aol.com)

**Music History:** As usual, we will watch an opera on video in February. We will meet on **Thursday, February 11 at 1 pm** to view Gershwin's famous masterpiece *Porgy and Bess*, a story of love, hate, jealousy and murder in a Negro fishing settlement near Charleston, South Carolina. Christine Hamilton has volunteered to host the group at her home, 200 Renaissance St., Pincourt. If you need directions on how to get there, please call Christine at 514-646-0633. Please let her know if you will not attend. Christine will also provide the refreshments. Joanne Brais, 514- 695-2392

**Book Club II :** The Book Club II next meeting will take place on **February 18 at 1:30** at Rekha Toomey's home: 104 Tackeray Rd, Beaconsfield. Suzanne Dawson will review [Water for Elephants](#) by Sara Gruen. If you cannot attend please inform Rekha : 514- 630-6409, rekhatoomey@hotmail.com.

**Conversation en français:** Le prochain rendez-vous du groupe Conversation en français aura lieu chez Sita Tadros, **le 19 février, à 09:30 h.** RSVP 514-697-7475. Son adresse: #304 - 17250 Boul Hymus, Kirkland, H9J 2W2. Dianne Robinson, co-ordinatrice, 514-426-3963

**CA Wellness:** The Complementary Approaches to Wellness group will meet on **Tuesday, February 23 at 7:30 pm** at the home of Renate Sutherland, 28 Lansdowne Gardens. Guests are welcome but there is small fee. RSVP to Renate at 514-695-1970.

Come hear about an upcoming community co-operative due to open this summer in the heart of Pointe-Claire Village called Coopérative des Bons Voisins. This Co-operative will run a Cabaret-Boutique, offering meals and groceries featuring organic, local and seasonal ingredients all produced within a 300 km radius of our homes. The Cabaret will also host weekly cultural events such as music shows, poetry nights, improvisations, movie screenings etc.! Nathalie Laplante and Anne-Marie Angers-Trottier, both co-founders of the Coopérative des Bons Voisins, will be presenting the Co-op's mission, structure and activities. They will also speak about the benefits of eating local and organic, at a time when respecting our environment and supporting our community are essential.

**Jaunters: The February trip to the Château de Ramezay *Let's Eat* exhibit is postponed 'till later.**

**FRIDAY, MARCH 5: I MUSICI** We will attend the I Musici Concert at Ogilvy's Tudor Hall, 5th floor on **Friday, March 5, 2010 at 11:00 am.** The theme of the concert is RUSSIA meets AMERICA. Featured soloist will be concert mistress Eleanora Turovsky. We are asked to be seated by 10:30 am. Coffee will be served beforehand. If you wish to attend this concert you **MUST CALL AMELIE** at 514-982-6038, Monday-Friday 9-5, to reserve your ticket. Mention you are from the Lakeshore University Women's Club and my name Virginia Sears. The ticket price is \$20.00, a group rate for Seniors. There are 20 tickets reserved. You must call for your ticket by January 31. The ticket will be mailed to you. Lunch will be at EUROPEA on Mountain Street just below Ste Catherine. There is a parking lot beside the restaurant.

We meet at **9:15 am at the Plaza Pointe Claire** on St John's Rd north of the 20 near the Nursery. Please be on time. For more info contact Virginia Sears, 514-425 0737; [va.sears@sympatico.ca](mailto:va.sears@sympatico.ca)

**Tutto Italiano:** The group **will not meet in February** to allow some members to participate in the Italian Cooking workshop offered by Pointe Claire. The next meeting has been scheduled for the **second Friday of March, March 12 at 2 pm**. Further details will be e-mailed to group members in due course. Gilda Martinello, 514-364-7210; [gilda.martinello@sympatico.ca](mailto:gilda.martinello@sympatico.ca)

## ♪ **Stewart Hall Singers Theatre Benefit Night** ♪

Ladies, give yourself a Valentine's Day treat and support **two** local cultural organizations. The Stewart Hall Singers have taken a block of tickets for the Lakeshore Players' benefit performance of *The Importance of Being Ernest* on **Tuesday, February 9, 8:00 pm** at the John Rennie Theatre. Oscar Wilde's classic comedy is sure to offer many chuckles to warm a winter night This fundraiser will help defray the expenses of mounting Mozart's sublime *Requiem*, which the choir will present on **Saturday, May 1** at St Joachim's Church in Pointe-Claire. Two important dates to mark on your calendars. For tickets (\$22), contact Joan Dyer, 514-697-8884; joan.dyer @allstream.net



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### **Update on CFUW AGM – Ottawa, July 15-18, 2010**

**It is with pleasure that the Local Arrangement Chairs report that the threads are coming together to make this upcoming AGM/Conference a memorable event The key speakers are confirmed.**

**We will explore diplomacy, defence and development working together through a dialogue with General Natynczyk, Chief of the Defence Staff and equally senior leaders from CIDA and the Department of Foreign Affairs and International Trade. And there will be a question period. After a break, a panel of experts from the field will discuss the main issues in the four targeted areas; then facilitators will lead interactive workshops to produce ideas for action. The Plan is to turn these concepts into practical projects in home Clubs.**

**On Saturday evening our speakers will tie the threads of the weekend together. The extraordinary Dr. Sima Samar, physician, human rights activist, founder of schools and clinics for Afghani women and girls both in Pakistan and her home country, Honorary Officer, Order of Canada, winner of the John Humphrey Freedom Award, former UN special rapporteur on the situation of human rights in the Sudan, is taking the time to come to Ottawa to tell the story of her country at this Gala.**

**We will also have the opportunity to meet an extraordinary young Canadian, Alaina Podmorrow, age 12, who has founded Little Women for the Little Women of Afghanistan. Charlotte Gray, social historian and biographer of so many Canadian women from our past, will be the speaker at the Scholarship Trust Breakfast. You will be pleased to know one arm of LAC is planning fun bits to tuck into this busy program. Now we just need you to come.**

Dianne Rummery  
cfuw-ottawa



*Montreal Lakeshore University Women's Club*  
**Bourses d'études pour 2010-2011**

Pour l'année académique 2010-2011 Le Club Diplômées Universitaires de l'ouest de l'île offre deux Margaret Manson bourses d'études de 2000\$. Les critères d'admission: être résidente de l'ouest de l'île 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 une forte réussite académique.

Pour plus d'information et le formulaire de demande, visitez [www.mluwc.com](http://www.mluwc.com), courriel [mluwc.scholarships@gmail.com](mailto:mluwc.scholarships@gmail.com) ou communiquez avec une membre du Comité des Bourses du MLUWC au 514-694-1852.

**Les soumissions devraient être déposées au plus tard le 15 mars 2010.**

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***Scholarships available for 2010-2011***

The Montreal Lakeshore University Women's Club is offering two \$ 2000 Margaret Manson scholarships to female university students for the academic year 2010-2011. To be eligible students must be residents of the West Island of Montreal, enrolled in an undergraduate or graduate program at a Québec university, Canadian citizens or permanent residents. Applicants must demonstrate financial need and solid academic performance.

For further information and an application form, visit [www.mluwc.com](http://www.mluwc.com), email [mluwc.scholarships@gmail.com](mailto:mluwc.scholarships@gmail.com) or contact a member of the MLUWC Scholarship Committee at 514-694-1852.

**Applications must be postmarked no later than March 15, 2010.**

Membre de la Fédération Canadienne des Femmes Diplômées des Universités

Member of the Canadian Federation of University Women

# ~ February 2010 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Travel 7:00 pm	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> General Meeting	<b>9</b> German Kaffeeklatsch 2 pm	<b>10</b> Book Group I 1:00 pm	<b>11</b> Duplicate Bridge 8:45 am  Music History 1 pm	<b>12</b>	<b>13</b>
<b>14</b> ~♥~ <i>Valentine's Day</i>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Book Group 0 II 1:30 pm	<b>19</b> Conversations en français 9:30 am	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Issues and resolutions 9:30 am  CAWellness 7:30 pm	<b>24</b>	<b>25</b> Duplicate Bridge 8:45 am	<b>26</b>	<b>27</b>
<b>28</b>	<b>March 1</b> Travel 7:00 pm	<b>March 5</b> Jaunters 9:15 am	<b>March 12</b> Tutto Italiano 2:00 pm			

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**Deadline for March Newsletter: February 12**