



Montreal Lakeshore University Women's Club

Newsletter, April 2011
Volume 53, Issue 8

General Meeting

MEMBERS' NIGHT AND RESOLUTIONS

Resolutions

The Issues and Resolutions Interest Group will be handling the resolution on “**Criminalization of Non-state Actor Torture**”, while the Environmental Studies Interest Group will be looking at “**Controlling Idling of all Types of Vehicles**”.

For those wishing to share comments and offer feedback on this year's proposed resolutions, **please come to the General Meeting at 7:15 pm to participate in this discussion.**



Members' Night

This is the occasion to get to know your fellow members and appreciate the diversity of interests and talents that we have in our midst.

We will have the pleasure of hearing from Diane Nancy Doray, a new member and an attorney, who will talk about her work with women, immigrants and children. We will also hear from Helena Scheffer, of Galerie Ouest, which provides local artists a non-commission exhibition space.

If you would like to reserve table space to display/showcase a particular hobby, interest, or passion you wish to share with fellow members, this is your opportunity. For those of you who are involved in business or a profession, this is the time to bring along your business cards and network with your fellow members.

To reserve free table space, please contact Linda Ricketts, Programme Chair or Hille Viires, Event Co-ordinator.

President's Message

It is the first day of spring, a day of rebirth and hope. And wet heavy snow is falling, making beautiful Christmas card trees. Why do we call this spring? Is it not supposed to be a young lush green? All the same, a smile plays on our lips —it is resplendent!

The world is upside down again. Japan has been hit by an earthquake and tsunami. Countless lives have been affected. And we wonder again about nuclear power. Global investors express their discontent. Oil, on the other hand, is not much more palatable, but our increasing hunger for energy to drive our development, and our pleasures, continues unabated.

The moral initiative has driven the West into Libya —to clear the skies or to oust a stabilizing despot? And so it begins again. What is right and by whose perspective? We are again inevitably forced to ponder questions for which there are no clear answers.

It is definitely a time of introspection and discussion. How will our response to these happenings change the course of our future—of the future we leave our children?

On a brighter note, we look forward to April and Members' Night in our little microcosm: to hearing your talks, seeing your displays, and getting to know our members better. Let us again celebrate ourselves!

Chitra Chopra

Happy  Spring

Membership I'd like to welcome Nancy Doray as a new member of our Club. You will get to know a little more about her at our April Members' Night meeting.

Remember to advise me of any changes to address, phone number or e-mail address. Please note: Mary Vlahos has changed her personal e-mail address Gilda Martinello

Can you Help?

Carol Kelly left her Christmas tablecloth at the church the night of our raffle.

She returned the next morning but couldn't find it. Anne Adams seems to recall some kind member taking it home for safe keeping. But who was that? The tablecloth has a sentimental value to Carol and she is distressed at having lost it.



REMINDER -- REMINDER -- REMINDER

Please remember to complete the Strategic Planning Committee's Survey by April 15. The easiest way is to answer the survey questions online. The link to the survey was sent to you by e-mail most recently on March 16, 2011. For those without access to the Internet, paper copies of the survey were distributed with the March newsletter and additional copies were available at the March General Meeting. Completed surveys can be mailed or hand delivered to any member of the Executive or the Strategic Planning Committee. **Thank you for your co-operation, your opinions are very important. Any questions should be directed to Heather Hamilton.**

[../My Documents/Downloads/www.vgif.org](http://www.vgif.org)

**CFWV QUEBEC PROVINCIAL COUNCIL invites you to attend the
SPRING MEETING
Atwater Club, 3505 Atwater, Montreal, QC H3H 1Y2
Saturday, April 30, 2011 8:30 a.m. – 4:00 p.m.**

Remember our Games Day for Scholarship!



**Our Second Fundraiser of the year is
the Annual Games Day to be held on Thursday, May 5 at noon at the Lawn Bowling
Annex of the Beaconsfield Library 303 Beaconsfield Boulevard**

As you already know, it is first a Luncheon followed by Fun and Games.
The tickets are limited and sell for \$12 each.

There will be door prizes, also a raffle called Half and Half; each ticket will cost \$2, 3 tickets for \$5. There is beauty to this raffle! Half the money collected goes to the winning number and the other half goes to the Scholarship Fund!

There will also be a tombola
Here the tickets will sell for \$5 each and 3 tickets will go for \$10.
For this last event we are in need of gifts to be donated. If you know any enterprise or place of business that could donate don't hesitate to ask them as it is a very worthy cause.

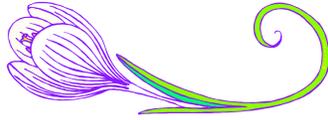
We still need ladies to prepare sandwiches, cookies, squares and a variety of finger foods.

On the day itself, we need members to set up tables and chairs as well as make up the food platters to be put on the tables.

At the April General Meeting, I will be at the back of the hall where you will be able to add your name to the different lists. If you would like to play but have no partner, there is a list for that also. Don't miss out on the fun!

This is the last Newsletter before the Great Day.
If you have any questions call me — I'm in the book!
Ginger Brossard





And Don't Forget: May 9th at 6:00 pm
Our Annual General Meeting and Dinner
at the Beaconsfield Golf Club
49 Golf Ave., Pointe-Claire.

The date is fast approaching! It is time to mark your calendar, take out your cheque book and mail a cheque postdated May 2, 2011 for \$35.00 made out to MLUWC to Margaret Vost, 190 Fairhaven Ave, Pointe-Claire Qc. H9S 4A8.

Please allow at least 10 days for mail delivery.

Reservations will not be made until I receive your cheques. In the event of cancellation, cheques will not be returned after May 2 (four lost their deposit last year)

CFUW has A Tempting Holiday Suggestion for us:
A Taste of Newfoundland's Hospitality!
August 4 - 6, 2011

CFUW St. John's is hosting this year's AGM. This year's meeting is a short one—only two days of meetings including a welcoming reception, a first-timer's breakfast and various workshops.

Several pre- and post-conference tours have been organized to show off their province to other Canadians.

On Tuesday through Thursday, August 2–4, pre-conference tours include a **3-hour tour of St. John's, another of Logy Bay, Middle Cove and Flatrock**, and a **5-hour cruise tour entitled "Birds, Bergs, and Whales"** to view Atlantic puffins and minke and humpback whales.

A full-day tour starts in St. John's and along **the picturesque coastline of Conception Bay**, the home of pirates centuries ago, and then to **Brigus, one of the historic sailing ports** of Conception Bay. This tour is repeated after the conference on Monday, August 8.

CFUW St. John's is also offering a **six-day tour** in conjunction with McCarthy's Party. This tour runs from Monday, **August 8 to Saturday, August 13** and highlights interesting places in Eastern Newfoundland, such as **Placentia**, which was the French capital of Newfoundland in the 17th century, **Bonavista**, where John Cabot landed in 1497, **Terra Nova National Park**, and **Twillingate Island**, one of Newfoundland's oldest and most interesting communities. This tour includes five breakfasts, five lunches and three dinners as well as five nights accommodation, baggage handling and motor coach transportation.

National Geographic Traveler magazine rated Newfoundland's Avalon Peninsula as number one coastal destination: "Newfoundland and Labrador's Avalon Peninsula is home to a winding coastline dotted with picturesque fishing villages." (*National Geographic Traveler*, Nov-Dec. 2010)

For those of you who may not be able to stay for six days, a **two-day tour of Woody Island Resort** is also being offered after the conference.

Air Canada will be offering a discount for AGM 2011 delegates on flights to and from St. John's from July 27 to August 14.

Check out CFUW St. John's web site for further details on these tours:

<http://www.envision.ca/webs/cfuwstjohns/>

Why not take advantage of this great opportunity to visit one of Canada's beautiful provinces.

The Virginia Gildersleeve International Fund

For the last fifteen years or more, our Club has made an annual donation to this fund. You can learn about the fund and/or get an update at www.vgif.org.

Constance Ellis, Treasurer

And Save this Date

Fondation de la Résidence de soins
palliatifs de l'Ouest-de-l'île
La compassion, c'est notre priorité!



West Island Palliative Care
Residence Foundation
Compassion lives here

Défilé de Mode:
Fashion Show:



Une nuit à Paris
A night in Paris

Billets / Tickets: 100.00\$

Mercredi le 5 octobre 2011
Wednesday, October 5th, 2011
18 h 30 / 6:30 pm

Pour plus d'information veuillez contacter Janet Ankcorn
For more information please contact Janet Ankcorn

Do You Know.....

Where did the expression “room and board” come from?

During medieval times in England, the dining table was a plain board called by that name. It sat on the diner’s knee when food was served and then hung on the wall when not in use. In time, the term “board” came to mean not only the surface itself but also the meal, which is where the “board” comes from in “*room and board*” and why lodgers are called “*boarders*” and an honest person came to be referred to as “*above board*” because he kept his hands visible at all times. (Source: Bryson, Bill. *At Home: A Short History of Private Life*. NY: Doubleday, 2010)



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

Attention Group Leaders

'Tis the time again **for annual reports** on your group activities. For these reports to appear in the May newsletter, they need to be sent in to our news editor by **April 15**. Also, if there is to be a change in leadership of your group next year please let me know.

Marjorie Hamilton Harding, Interest Group Co-ordinator

Environment Group tip - from Betty Gibb

CASCADES, already known for making toilet paper and other products from recycled paper, has added a new process that makes the toilet paper ultra-soft. We should all try it once it is available.

T **Travel** On **Monday, April 4**, Joyce Schaaf, one of our own members, will show us her trip to **Egypt and Jordan**. Joyce is widely travelled and since these countries have been so much in the news lately, she felt it would be interesting to see them as they were when she visited a few years ago in order to better understand their present evolution.

Come and see these exotic, mysterious countries and their people. Refreshments: 7:00 pm
Presentation: 7:30 pm Questions? Call Janet Ankcorn

M **usic History** We will meet on **April 7, at 1:00 pm**. (Please note that this is the first, not the second Thursday afternoon of the month, just for this April). Continuing with 20th century music, we chose a date from between World War 1 and 2. From 1935, we will listen to excerpts from Orff's Carmina Burana, Shostakovich's Jazz Suite #1, Vaughan Williams's Three Elizabethan Portraits, and Gershwin's Porgy and Bess Fantasy. Refreshments: Joanne F. Please let me know if you cannot make it. Joanne Brais

G **erman Kaffeeklatsch** Our group will meet at the Co-op des bons voisins café in Pointe Claire Village on **Tuesday, April 12 at 1.00 pm**. It is located at the corner of Cartier and Lakeshore Road, opposite the Post Office. It will be an open meeting. We will simply klatsch, or we could relate an interesting interview, movie or book, in German. Please contact me if you cannot attend. Regards, Christine Hamilton

B **ook Club I** Our April Meeting on **April 13th at 1:00 pm** will be at Jeanette's with Nancy doing the honours with the refreshments. The book for discussion is **Five Sisters, the Langhorns of Virginia** by Jamie Fox. Our reviewer will be Johannah. I'm sure this will be a very interesting afternoon. Please call Jeanette if you are unable to join us . Marg

C **onversation en français:** Tête à Tête - Le prochain rendez-vous du groupe aura lieu chez Nancy Lloyd le 15 avril à 09h30. Dianne Robinson, coordinatrice

C **omplementary Approaches to Wellness** The group will meet on **Tuesday, April 26 at 7:30 pm**. at the home of Renate Sutherland (see MLUWC directory). Our guest speaker will be *Kit Racette*, who will address the topic, "*Mindfulness, the act of experiencing the present moment with your heart*".

Kit Racette has combined her two passions *Mindfulness* and the *Alexander Technique*, the reclaiming of ease with attentive movement, into Mindful Movement. Kit is an Alexander Technique Teacher, Body Psychotherapist, Focusing advocate, world traveller and lover of life—and grandmother. She will share with us her journey into Mindful Movement and how this can help each one of us to live life to the full.

Please contact Renate Sutherland, if you are planning to attend.

O **ut to Dinner** **April 28** is our next outing. We will be going to Le Charleville in Vaudreuil-Dorion. Janet Ilavsky and Janet Broadbelt are responsible and they will be contacting you in the near future.

So far, 10–15 people have frequented Terra Mare, Scala, Le Milsa, Le petit Munich, Oggi's and La Perle. Everyone seemed to enjoy the different cuisines.

On May 26 we will be going to Sequoia and in June we will be going to Elounda. More info later. All are welcome to join us at any time.

~ April ~

◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Travel 7:00 pm	5	6	7 Music History 1:00 pm	8	9
10	11	12 Kaffeeklatsch 1:00 pm	13 Book Club 1 1:00 mpm	14	15 Conversation en français 9:30 am	16
17	18	19	20	21	22	23
24	25	26 Complementary Approaches to Wellness 7:30 pm	27	28 Out to Dinner	29	30 

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