



Montreal Lakeshore University Women's Club

A Member Organization of The Canadian Federation of University Women since 1957

Newsletter, February 2013

Volume 55, Issue 6

General Meeting

Monday, February 11, 2013

at

The Karnak Shriners' Temple
3350 Sources Boulevard, DDO

Coffee - 7:15 pm

Meeting - 7:45 pm

Protection of Canadian Waters



Our guest speaker in February will be **Francis Scarpaleggia**, Member of Parliament for Lac-St-Louis. His topic will be **"Protection of Canadian Waters."** Deeply committed to the issue of freshwater protection, he has submitted motions and bills for debate, including a motion calling on the government to create a national water strategy and a bill to ban bulk-water exports. He also initiated an in-depth study by the House of Commons Environment committee into the impact of the oil sands on Canada's water resources.

His talk should be of great interest to us all.

President's Message

I hope your Pot Luck dinner (or lunch) was as interesting, enjoyable and delicious as mine. At my dinner, there were several people whom I had never met before and I enjoyed getting to know them. That's one of the reasons for going to different people's homes for Pot Luck Dinners – to meet new people and to eat some delicious food (I just love to eat!) Congratulations to Baunie McFadyen and Leona Smart for a job well done.

Several executive positions will become vacant for the 2013-2014 year and Chitra Chopra will be chairing the Nominating Committee to look for people to take on these roles. If you are interested in working on the Committee or becoming a part of the executive, please let Chitra know.

Barbara Armbruster and the Scholarship Committee have started to publicize our two Margaret Manson scholarships (each worth \$2000). If you know of anyone who might be eligible for this scholarship, encourage her to check out our website: <http://mluwc.com/index.html> for more information on how to apply.

I look forward to seeing many of you on **February 11** when our guest speaker will be Francis Scarpaleggia, MP for Lac-St-Louis, who will be talking to us about a very important topic: protecting Canadian waters.

Gilda Martinello
mluwc1@mluwc.com

Membership

This month we welcome new members **Janet (Seana) Brisse** - a teacher of English as a second language, **Sabra Ledent** - an editor and past president, American Woman's Club of Montreal and **Victoria Pinnell** - community officer of the Lester B Pearson School Board. Please help them to settle in quickly so that they can enjoy the club.

Constance Ellis
Vice-President & Membership Chair

Christmas Raffle Proceeds

Over the past few years, a few members have asked me or other members of the executive why we don't give part of the Christmas raffle proceeds to the Scholarship Fund.

This idea has been discussed by the Club executive and the executive of the Scholarship Fund and both agree that it is important to continue with our community outreach efforts and that the idea of supporting the needy of our community is an appropriate and gratifying thing to do at Christmas time.

Since its inception in 1961, the Christmas raffle has most commonly been used to support needy West Islanders and the charities that support them. This is one of the few social justice outreach activities we engage in. It also raises our profile as members of the community.

Thanks to fund-raising efforts and donations from members, the Scholarship Fund is currently in good financial shape. Ticket sales for the play were up \$500 over last year. There is currently a balance of about \$8500 of the \$9000 needed for this year's scholarships, with the Games Day and more donations still to come.

If, however, in any future year, the Fund Treasurer predicts that there will be a shortfall, we could top up the money available for scholarships in that year with small amounts from the investment fund, even though our long-term goal should still be to have between \$200 000 and \$250 000 for the fund to be self-sustaining.

I hope this answers any questions you may have regarding our Christmas raffle proceeds and why we will continue to donate the money to local West Island charities.

Gilda Martinello
President

POT LUCK DINNERS - January 14, 2013

The 21st Annual Pot Luck Dinners were held on January 14, 2013. Mother Nature was so gracious in providing an ideal winter day for such an occasion. There was one Luncheon and eleven Pot Luck Dinners. In all, 100 members signed up to attend but due to miscellaneous reasons, there were a few cancellations so approximately 95 participated. We truly hope that everyone had an enjoyable time participating in these dinners and getting to know other members through the experience. Our feedback so far has been very, very positive!

We would appreciate any comments or advice that would help in the planning of the Pot Luck Dinners in 2014 so don't hesitate to contact us by email.

We would like to take this opportunity to say thank you again to all the Hostesses and Assistant Hostesses for all you do to make this event successful. Thank you also to the guests for attending and we hope to see you all next year!

Bauni McFadyen and Leona Smart

Hostesses

Marilyn Flaherty
Kate Le Maistre
Yolande Martin
Suzanne Dutoy
Phyl Havercroft
Pat Murray
Janet McKelvie
Pauline van Nieuwburg
Janet Guay
Margaret Vost
Tina Tessari
Christine Hamilton

Assistant Hostesses

Marnie Dezso
Sandra Smith
BJ Bell
Maria Kolodziej
Dianne Nener
Judy Paquin
Pam Deans
Susan Keating
Dianne Robinson
Renate Sutherland
Bauni McFadyen
Leona Smart

Nominations

It is that time of year again when we must start to consider taking our turn in putting our shoulders to the tasks while others take a much deserved reprieve.

According to the MLUWC By-Laws, the Nominating Committee, constituted at the February General Meeting, must comprise two members from the Executive and three members from the general membership. The two members from the Executive are Chitra Chopra, Past-President and Chair of the Nominating Committee, and Connie Ellis, Vice-President & Chair of the Membership Committee. We are now looking to fill the three positions from the general membership. The job is not onerous and only requires that you know a few other members and in conjunction with the whole committee we must fill the positions which are being vacated in May. If you are interested in joining us to find new leaders for our Club, please contact Connie Ellis or me.

The following positions will be opening up for the next biennium of MLUWC and we are looking for women who would like to join a team which works for the benefit of our membership and who also like having a good time. I can certainly confirm that we have lively, enjoyable meetings full of good conversation, interesting ideas and always a bit of the devil's advocate! Please know that you are most welcome to share one of these positions if you are more comfortable doing so. We will be most happy to provide job descriptions and discuss the requirements of any of these positions that may interest you.

Vice-President & CFUW Liaison
Vice-President & Membership Chair
Recording Secretary
Hospitality Chair
Scholarships Chair
Potluck Dinners

We look forward to seeing you at the February meeting and will be happy to answer any questions that you may have.

Chitra Chopra
Chair, Nominating Committee
Past-President & Corporate Secretary

International Women's Day
Friday March 8, 2013

Here's an opportunity to raise awareness of our Club in the community. On March 8, in association with the Pointe Claire Library, our Club will be screening the new NFB film '*Status Quo - the unfinished business of feminism*'. A trailer for the documentary can be found here:

<http://www.nfb.ca/trailers/>

There will be two screenings - at 1:00 pm and at 7:00 pm. We are trying to arrange with the NFB to send us a representative to animate the 'post-screening' discussion in the evening. Admission is free. More to come....

Constance Ellis
Vice President & Membership Chair

An Organized tour of Philadelphia!
AFDU Québec's Annual Fund Raising Trip

Every year, AFDU Québec (l'Association des femmes diplômées des universités de Québec) organizes a Fund Raising trip. This year, the planned destination is Philadelphia, a 5 day trip.

In the past, their tours combined Museums and Gardens, visits with a City tour and history-cultural activities. This year, it will be from **Thursday May 30 to Monday June 3**. As soon as we have the details you will be informed by the Newsletter. One highlight to consider, the Philadelphia Museum of Art has just integrated the Barnes Collection into its Museum.

Those of you who are interested and can anticipate some openings in your agendas for those days, please send me an email and I will forward the details as soon as I get them.

Note that the usual itinerary is via coach with pick-up and drop-off for Montrealers near the Longueuil Metro station.

Louise Dagenais

MONTREAL COUNCIL OF WOMEN (MCW)
“A VOICE FOR WOMEN IN MONTREAL”

Did you know that January is **National Alzheimer’s Disease Awareness Month**?

The Montreal Council of Women’s **January program**, “**Alzheimer’s Disease-Realities and Myths**”, featured guest speaker MEGHAN WILLIAMS, M.S.W., Coordinator of Support for the Alzheimer Groupe Inc. (AGI) (www.agiteam.org). This is a not-for-profit organization, which provides help to individuals and their families affected by Alzheimer’s disease and related disorders.

The **five MLUWC members** who attended, found Ms. Williams’ excellent presentation to be most informative in better understanding Alzheimer’s. This disease cannot be prevented or cured, but can be managed through treatment, medication, exercise, leisure activities, diet and social networks. Alzheimer’s is a degenerative disease and, as the brain shrinks, various organs are affected. This form of dementia, defined as “the loss of various cognitive and intellectual functions that severely impair an individual’s ability to function in daily life”, affects an estimated 500,000 Canadians every year (1 in 3 women after the age of 85) and statistics predict that this number will double within a generation. We were made aware of the symptoms of this disease which are often mistaken for depression or normal signs of aging. Ms. Williams stressed the importance of an early diagnosis of Alzheimer’s, because it often allows the individual to be involved in the decision-making process of managing this disease and it provides the family with the opportunity to plan for treatments, future living arrangements and finances.

Ms. Williams left us with this thought:

“As we learn more about Alzheimer’s disease and how it affects individuals, we become aware that no two individuals are alike, that those affected ‘live in the moment’ and that, we, as family, caregivers and friends, can make a difference in their life”.

An update on MCW Resolutions:

One of TWO proposed resolutions, submitted by the MCW Resolutions Committee to the National Council of Women of Canada (NCWC) is the one on “**Cyber Bullying National Prevention Strategy**”, **proposed by our Past President Chitra Chopra on behalf of MLUWC**. Our sincere thanks to Chitra for her initiative and research work in submitting this resolution.

The second one concerns solutions to the obesity epidemic-particularly in children and is a resubmission of a proposal submitted by the MCW in 2007, “**Remove Displays of Sweets and Candies from Counter Area at Check-Out Counters**”.

NEXT MEETING – February 7, 2013

Program: “*Women – Take Heart!*”

Guest Speaker: Wendy Wray, Women’s Healthy Heart Initiative, MUHC

When: Thursday, February 7, 2013 at 1:00 p.m.

Where: 2700 Rufus Rockhead (across from Atwater Market)

Time: Light Lunch @\$10.00/person at 12:00 noon

If you are interested in attending the MCW General meeting on **Thursday, February 7, 2013** on “***Women – Take Heart!***” please contact Renate OR access the MCW’S website: www.mcw-cfm.org under “**Invitations**” and let them know that you will be attending the February meeting. *You must RSVP by Monday, February 4, 2013*

Renate Sutherland and Frances Lortie
MCW Representatives

Interest Groups

ART APPRECIATION - On **February 20 at 7:00 pm**, the Pointe Claire Stewart Art Gallery will present Ciné-Art: “*Winds of Heaven*” in its Art Films Series. The title: *Emily Carr, Carvers, and Spirits of the Forest*.

On **March 27 at 11:00 am** we will have a guided tour at the Musée d’Art Contemporain de Montréal to view two exhibitions, one titled *ON ABSTRACTION* and the second: *Laurent Grasso: Uraniborg*, co-produced by the Musée d’art contemporain de Montréal and the Jeu de Paume in Paris, offers a unique foray into space and time. The cost will be between \$8.00 and \$12.00 per person, depending on the number of participants. As usual, we will depart from Plaza Pointe Claire at 9:45 and we will have lunch after the tour in a restaurant close by. Please register by email in providing the following information: can you drive or do you need a ride, are you staying for lunch. Louise Dagenais

BOOK CLUB I - Our next meeting is on **February 13** at 1:00 pm and will be held at the Sunrise on Elm Ave. The book to be discussed is *Alfred and Emily* by Doris Lessing. The discussion leaders are Jan and Jeanette. Please let Jan know if you are unable to join us. Hope to see you all on the 13th. Marg N-G

BOOK CLUB II - On **February 21**, Joanne will review for us *The Elephant’s Journey*, a very unusual and different book by José Saramago, described as his most optimistic, humorous and magical, rich in irony and empathy. Joan will be our hostess; a phone call is always appreciated to inform of your absence. Also, think of carpooling, especially those of you who live the farthest. We don't want to crowd a small driveway and/or make others to have to park away, in winter.....not fun! Louise Dagenais

CROSS COUNTRY SKIING - We will meet on Tuesdays **February 5, February 12, February 19** and **February 26** at 9:45 am at The Morgan Arboretum. All welcome. Janet Anderson

EVENING BOOK CLUB – Our next meeting will be held **Tuesday February 5 at 7:00 pm**. We will meet at Heather Hamilton’s to discuss Hugh MacLennan’s *Two Solitudes*. This is a new group and we welcome new members. Contact Linda Sestock for more information.

JAUNTERS – As announced in last month's newsletter, the February jaunt open to all members of the Club will take us to *Avocado Sushi*, 270 Lakeshore Road in Pointe Claire Village, on **Tuesday February 19 at 11:00 am** to find out all about sushi. Owner/chef Sylvie Longtin will give us a talk on sushi and then we will have lunch there to sample her wares. The cost for soup or salad plus 15 pieces of sushi (not including beverages: tea, coffee or sake) will be \$18.00. The sushi will include a mixture of maki (rolls) and nigri (rice in a ball) and you may make substitutions if you do not want sashimi (raw fish) or anything else. **Please e-mail Connie Ellis by Thursday February 14** to register for this outing, indicating whether or not you need a ride. As the restaurant is fairly small, only 20 participants can be accommodated. Priority will be given to "official" members of the Jaunters group, with other interested members of the Club filling any remaining spaces. Don't delay -- register now as space is limited!
March excursion: Outing to Sucrerie de la Montagne in Rigaud, 3rd week in March. Details to follow in the next newsletter.

KAFFEEKLATSCH - The German Conversation Group will be meeting at Margarita Reti's house on **Tuesday February 5 at 10:00 am** to discuss Franz Liszt. Please cancel with the hostess if you are unable to attend. Christine Hamilton

Interest Groups - continued

MUSIC APPRECIATION - We are meeting at 10:00 am, **Friday January 25** at Adla Halwani's home to prepare for the February 8 MSO Concert. The programme includes Weinzweig's "*Edge of the World*," to be presented by Adla; Herbert's "*Cello Concerto No. 2*," to be presented by Nancy Lloyd and Dvorak's "*Symphony No. 9 (From the New World)*," to be presented by Sevinc Agbaba. Members will car-pool and take public transportation, leaving at 9:00 am for the **February 8th 10:30 am concert**. Coffee hour preceding the concert and lunch following for those available. For details contact Maria Cranker.

MUSIC HISTORY – The Music History group will attend the first subscription concert in the Concert Espresso series, Alexandre Tharaud plays Bach and Mozart, on **Thursday February 14, 2:00 pm** at Bourgie Hall. Louise will be in touch to organize/confirm transportation arrangements. An encore screening of the film "*In search of Mozart*" is offered to those members of the group who were unable to attend the December meeting. Anyone who would like to see it again is welcome on **Thursday February 7, 1:30 pm** at Joan Dyer's. Please let me (Joan) know if you're coming so that I know how to set up.

SAVVY WOMEN INVESTORS GROUP - Hello everyone, hopefully the holiday season was filled with family and friends and good times. I just wanted to provide everyone with a little update for the Savvy Women Investors Group. There are still places available and you are welcome to join as we have not yet held our first meeting. Please send me an email if you are interested in joining. In the meantime, I am available to answer any questions or send you any information on anything you may want to discuss. I may be reached at any time at gina.spiridigliozzi@cibc.ca. Looking forward to hearing from you soon. Gina Spiridigliozzi

TÊTÊ-À-TÊTÊ (French Conversation) - Le prochain rendez-vous sera chez Barbara Mudd le **15 février à 09h30**.

TRAVEL – On **Monday February 4** we will resume our meetings at the Sunrise Senior Living Residence, 505 Elm, Beaconsfield with refreshments at 7:00 pm for 7:30 pm. The knowledgeable and experienced traveler, J.C. Brais, will present the Middle East, Jordan and Palestinian territory. We look forward to seeing everyone again and welcome new members. Barbara Sauve & Mary Wells

TUTTO ITALIANO – Tutto Italiano will be meeting on February 12th at Judith Couillard's home at 1:00 pm. We shall be watching and discussing Italian film "*My house in Umbria*." Please advise Judy if you are unable to come.

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Travel 7:00 pm	5 XC Skiing 9:45 Kaffeeklatsch 10:00 am Evening Book 7:00 pm	6	7 MCW Meeting 12:00	8 Music Appr. Concert 10:30 am	9
10	11 GENERAL MEETING Karnak 7:30 pm	12 XC Skiing 9:45 am Tutto Italiano 1:00 pm	13 Book Club I 1:00 pm	14 Music Hist. 2:00 pm <i>Happy Valentine's Day</i>	15 Tête-à-tête 9h30 Newsletter Deadline for March	16
17	18 EXECUTIVE MEETING	19 XC Skiing 9:45 am Jaunters 11:00 am	20 Art Apprec. 7:00 pm	21 Book Club II	22	23
24	25	26 XC Skiing 9:45 am	27	28		

Newsletter Editor: Heather Hamilton newsletter@mluwc.com
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Deadline for MARCH submissions: Friday February 15, 2013



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