



# Montreal Lakeshore University Women's Club

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

Newsletter, January 2013

Volume 55, Issue 5

## **January Pot Luck Dinners**

Good food, fine wine, warm hospitality, old friends and new all add up to interesting conversation and a great evening.

**Monday, January 14, 2013**

**6:30 pm**

**This is the 20<sup>th</sup> year of the Pot Luck Dinners and we are still going strong!** It is a wonderful social event of sharing great food and enjoying the friendship our club has to offer.

We have one luncheon and ten dinners scheduled this year and to date have 101 sign ups. The Assistant hostesses have been sent their lists so you will have received or will be receiving a call from them soon as they set up the menu for the home you signed up for. There is only one spot left and it is for the luncheon to be held at noon the same day. Sometimes there are last minute cancellations so perhaps we could fit you in if you have forgotten to sign up. It would be helpful if the assistant hostesses could contact the coordinators with any cancellations.

**BON APPETIT!**

**Bauni McFadyen and Leona Smart  
Coordinators**

## **President's Message**

Another year has come and gone – it seems like only yesterday that the year began. Where does the time go!!!

As I look back on 2012, I think of all the things I have done, all the projects I have undertaken, and all the people I have met. It was a very rich, rewarding and fun year for me and I hope that it was for you as well.

We ended the year on a high note with our Christmas raffle and sing-along. The Stewart Hall Singers, as always, enchanted us with their beautiful voices and their choice of Christmas songs – some traditional and some new. The singing was followed by some very delicious food – made and brought by many of our Club members – thank you all!

But most of all, thank you for your generous support for this year's raffle. We raised \$1620 – our best year ever! And the two organizations that received the proceeds – **Light a Dream** and the **West Island Mission** – were very touched by your generosity. In the hustle and bustle of the holiday season, we often forget that there are many people who are not as fortunate as we are. By participating in the Club's raffle, we all contribute to making people's lives better and that is the true meaning of the holiday season.

Many of you expressed an interest in helping these charities and I hope as we begin 2013, you will follow up and become involved in helping these people achieve their goals.

January is our pot-luck month - I hope that at your luncheons or suppers, you will meet some very interesting people and eat some delicious food. Bon appétit!

I want to wish each and every member of the Club and your loved ones a very happy, healthy and prosperous 2013!

**Gilda Martinello**  
**mluwc1@mluwc.com**

## Membership

### **BEYOND MILES PART TWO**

Our application to this program has been successful - see BEYOND MILES in the October 2012 newsletter. We can now receive donations of AEROPLAN air miles from members, friends and well-wishers. The process is really simple.

#### **THE RULES**

1. The Account is only able to accumulate Aeroplan Miles through donations from Members.
2. All transfers of donated Aeroplan Miles are made without charge.
3. A minimum donation of 1,000 Aeroplan Miles is required.
4. Once a donation transaction is completed by a Member, the transfer of the selected quantity of Aeroplan Miles to the designated charity/charitable initiative is final, and neither the charity/charitable initiative selected nor the quantity of Miles donated may be reversed or modified.
5. *Tax receipts are not issued for donations of Aeroplan Miles.*

#### **HOW TO DONATE**

Go to <http://beyondmiles.aeroplan.com>

1. Select **PARTICIPATING CHARITIES**
2. Search for and/or select **MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB**
3. Click on **DONATE NOW**
4. **Login with your Aeroplan number**
5. Select the number of miles to be donated
6. Click on **DONATE MILES**

**Constance Ellis**  
**Vice-President & Membership Chair**

## Fundraising

We are happy to announce that the **Tutto Italiano Interest Group** has raised **\$250.00** for the Scholarship Fund from the sale of their cookbooks. All of the recipes in the book were contributed and compiled by members of the Group. Bravo!

From the November issue of *The Communicator*, the following is just a selection of the projects for which CFUW clubs across the country won project awards in 2012. To access the full document go to:

<http://www.cfuw.org/Portals/0/ClubsAndCouncilsFiles/Communicator%20Vol19%20Issue%202.pdf>

### **CFUW CALGARY NORTH - Pneumonia Prevention Vests for Africa & India**

This event was the knitting of pneumonia prevention vests to help various clinics in mountainous parts of Africa and India to save the lives of premature or young babies who might otherwise succumb to pneumonia without suitable warm clothing. The idea was taken up by their craft group who participated in the initial effort. As more people took on the project, it became evident that they could expect about 60 vests by the end of the year. Not only were their own members excited to participate but friends also came on board. In order to send out the vests, they approached various NGOs with a view to helping their Club and ensuring safe receipt of the packages (vests) at the other end. Two successful deliveries were made, one to Africa and the other to India. They were able to invite one member of the NGO (Hopethiopia/Rwanda) to one of their meetings. This has been a rewarding project for their Club as they reached out into their community as well as making contact with clinics abroad.

### **CFUW KANATA - Guitar Groovers**

Guitar Groovers, a new group this year, aimed to teach members how to play the guitar, sing favourite songs, and raise the profile of CFUW/Kanata in their community. About ten members dusted off their guitars and began learning some simple chords. Another ten joined in to sing along. A logo was designed for their hot pink shirts along with their fascinators. Their first concert was at Stonehaven Manor. They also performed at St. Patrick, St. Elizabeth Ann Seton Catholic Schools, Riverpark Place Retirement Centre, and the Provincial AGM of Delta Kappa Gamma. They also played at their Christmas party, at their International Women's Day celebration and at their AGM in May. They raised \$500 for their general fund and provided positive musical experiences for all audiences. The camaraderie felt by members of this group while bringing smiles to others was invaluable, and there is an open invitation to others to play and sing with them next year.

### **CFUW KELOWNA - Salvation Army Kettle Support**

CFUW Kelowna members staffed a Salvation Army kettle for a whole cold day in December. The project involved interaction with the general public and the name CFUW Kelowna was attached to the Salvation Army kettle for all passers-by to see. They were recognized for their participation and the \$600 raised at a kettle volunteers' breakfast.

### **CFUW PERTH AND DISTRICT - Open House**

In an effort to continue CFUW awareness and continue to increase their membership, they hosted an Open House in early September. They put a notice in the local papers and invited all to come and visit us – to learn about CFUW – who they are and what they do. All group leaders and committee chairs were invited to set up a display. Refreshments were served from 7:00 pm to 9:00 pm.

After many guests had arrived and had a chance to have a coffee and browse the room, they were invited to take a seat for a few minutes while an overview of CFUW at all levels was presented and ending with us and their past history and some of the things they have planned for the future. Their executive was introduced and then invited questions from the audience. Afterwards, they invited guests to feel free to browse the displays, ask questions of each committee or interest group leader. There were also membership forms and signup sheets available. It was a very successful event in many ways. It allowed the public, who may have heard about CFUW and wanted to know more, a chance to learn; it increased their membership and it also allowed some of their newer members to feel free to ask questions, sign up for another year and sign up in advance for interest groups.

### **CFUW SHERBROOKE AND DISTRICT - Eastern Townships Walking Calendar**

Members of the Walking Group of CFUW Sherbrooke and District created and marketed an "Eastern Townships Walking Calendar" to encourage local community members to undertake short scenic walks close to their homes. Each month featured a montage of pictures depicting a different area of the Townships. The photos and write-ups

were provided by the group's members. Some walks were notable for their historic architecture; others for their nature sanctuaries. A local printer made 300 copies of the calendar and the group sold them all for \$15 each. The profits were divided between two local environmental groups, the Parc Ecoforestier Johnville Bog and the St. Francis Valley Naturalist Society. Each group received \$850. The members of these beneficiaries helped out with the sales. The project was undertaken in the third year of the existence of the Walking Group. By that time, the group had accumulated several photos suitable for calendar reproduction. The group is now working on an Eastern Townships Walking Calendar 2013.

### **CFUW ST. JOHN'S - Fresh Start Baskets**

CFUW St. John's joined with a local IODE chapter to provide "Fresh Start Baskets" to women at Iris Kirby House, a shelter for abused women and their children, in St. John's. The women arrive at the shelter with few possessions, often only the clothes which they are wearing. New laundry baskets are packed with items to enable these women to make a fresh start in their new homes when they are ready to leave Iris Kirby House: they include soap, shampoo, and deodorant, towels, basic kitchen utensils, mugs, coffee and tea, other non-perishable foods and always some special personal treat. The estimated value of each basket is in excess of \$75. Their members were sent a list of what would be included in each basket and were asked to bring at least one of the items to regular CFUW meetings, or to other CFUW events, starting in November. The response has been overwhelming. Prior to their participation, the IODE had been able to deliver one basket per month but the generosity of their CFUW Club has allowed them to increase that to two baskets in November and three in each of the months since. This focus on Homelessness will be an ongoing event.

To receive *The Communicator*, as well as CFUW News and Updates by email, register at:  
<http://www.cfuw.org/en-ca/membership.aspx>

You can also read them online at <http://www.cfuw.org/en-ca/clubsandcouncils.aspx>

## ***Financial Literacy Workshop Series***

### ***Preparing for your Real Estate Transaction***

The Financial Literacy seminar series continued in November with the topic of ***Preparing for your Real Estate Transaction***. Pauline van Nieuwburg, our Club President from 2006-2008, generously shared her insights and expertise gained from years of experience in the Real Estate field.

During the two-hour presentation and Q&A from the audience, she brought to our attention many factors to consider when selling a home such as the importance of preparation, the building inspection, the warranty of quality for “hidden defects,” the certificate of location, title insurance and other documentation, determining the value, home staging, etc. There were also questions about selling a condo which can involve additional considerations. Pauline’s excellent and informative review emphasized that by being prepared and knowledgeable we will facilitate the process when the time comes to buy – or sell – our homes. Pauline’s RE/MAX Beaconsfield office graciously provided the comfortable conference room for our Saturday afternoon workshop.

Carol Ohlin

### ***Advance notice of February jaunt open to all members of the Club***

Mark your calendars, ladies, for **Tuesday February 19** 11:00 am - 2:00 pm, and chase away the February blahs with a jaunt to **Avocado Sushi**, the excellent new sushi restaurant at 270 Lakeshore Road in Pointe Claire Village, to discover the delights of this Japanese delicacy. Chef/owner Sylvie Longtin will give us a talk on sushi and then we will proceed to sample the different varieties over lunch. The sushi will include a mixture of maki (rolls) and nigiri (rice in a ball). Everyone is free to make substitutes if they do not want sashimi (raw fish) or anything else. The cost (not including beverages: tea, coffee, sake) for soup or salad with 15 pieces of sushi will be \$18.

The restaurant is fairly small so the group will be limited to 20 participants with "official" Jaunters being given priority. Gourmet/gourmand ladies not part of the Jaunters interest group are welcome to notify their interest in this jaunt in the event that space is available.

**Anyone interested in joining this jaunt is asked to e-mail Connie Ellis** indicating her intention to take part and whether or not she needs a ride. Further details will appear in the February Newsletter.

## DID YOU KNOW?

That the **Thomas More Institute** was founded in Montreal 67 years ago? Its aim is providing opportunities for lifelong learning and liberal education for adults.

At our last Convivium I won a 12 week, 2 hours/week course entitled “**Has Imperialism a Bright side?**” which was given in Pointe-Claire. Each week two very knowledgeable and articulate leaders guided us through readings and articles followed by insightful comments on the material at hand. It was an enriching experience to listen, reflect, discuss and sometimes debate serious events and issues. Needless to say our search for the bright side of imperialism was a real challenge! From a personal standpoint however, the course offered me a broader perspective and understanding of the impact of the Roman and British empires on world history.

I highly recommend the Institute which offers courses in Philosophy, Literature, History, Natural and Social Sciences, Religious Studies, the Arts, Mathematics and Classical Culture. **For more info please call 514-935-9585.**

I am grateful to the Institute and MLUWC for having given me the opportunity to participate in this most thought provoking experience.

**Anna Wilkins**

## **TSARIST RUSSIA: Mystics, poets, Romanovs and revolutionaries**

When you think of the Russia of the Romanovs what comes to mind? The great 19th century poet Fyodor Tyutchev declared that “you cannot understand Russia with your mind”. What is there in the soul of a Russian that is best described by such Russian writers as Gogol, Turgenev, Tolstoy and Dostoyevsky? This course examines the final century of Russian Romanov rule from historical, literary, philosophical and spiritual perspectives.

Course readings include excerpts from: *Natasha’s Dance: A cultural History of Russia*; *Romanov Riches: Writers and Artists under the Tsars*; *House in the Garden*; and *Anarchism*, among others.

The course begins on **January 7, 2013** and continues for 12 weeks.  
Contact: The Registrar at the Thomas More Institute, [514-935-9585](tel:514-935-9585).  
A senior’s discount is available.

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

**NEXT MEETING – January 10, 2013**

**Program:** “*Dealing with Alzheimer’s Disease*”

**Speaker:** *Meghan Williams, M.S.W., Coordinator of Support, Alzheimer Group Inc*

**When:** *Thursday, January 10, 2013*

**Where:** *2700 Rufus Rockhead (across from Atwater Market)*

If you are interested in attending the MCW General meeting on **Thursday, January 10, 2013** on “*Dealing with Alzheimer’s Disease*”, please let Renate Sutherland know OR you can access the MCW’s website: [www.mcw-cfm.org](http://www.mcw-cfm.org) under “**Invitations**” and let them know that you will be attending the January meeting. ***You must RSVP by Monday, January 7<sup>th</sup>, 2013***

**Renate Sutherland and Frances Lortie**  
**MCW Representatives**

*Don’t forget our next*  
**GENERAL MEETING - February 11<sup>th</sup>, 2013**

**Protection of Canadian Waters, February 11<sup>th</sup>, 2013**  
**Francis Scarpaleggia,**  
**M.P. Lac-St-Louis**

## Interest Groups

**CROSS COUNTRY SKIING** - We will meet on **Tuesday January 22** and **Tuesday January 29** at 9:45 am at The Morgan Arboretum. Please confirm with Janet Anderson if you plan on coming. Think snow!"

**EVENING BOOK CLUB** – The first book is **Inside** by Alix Ohlin. Our meeting will be held **Tuesday January 8 at 7:00 pm**. We’re looking for more members so please contact Linda Sestock for more information.

**BOOK CLUB I** - Our January meeting will be held at my home on **January 9** at 1:00 pm. The book for discussion is “**The Hair with the Amber Eyes**” written by **Edmond de Wall**. The book will be reviewed by Patricia and Nini. I hope you all will enjoy the holidays and maybe a new book or two! See you all in January. Please call me if you are unable to be with us on the 9th. Marg N-G

**BOOK CLUB II** - Just a reminder that we will next meet on **January 17** at H el ene's place. Maureen will review **The Paris Wife** by Paula McLain, a novel deeply evocative of ambition and betrayal. It tells of Ernest Hemingway and his wife Hadley's life in Paris, a remarkable period of time and a love affair between two unforgettable people. Please inform H el ene if you will not be able to attend.

**JAUNTERS** – On **Thursday January 24**, the Jaunters will be attending an 11:00 am. I Musici concert at Ogilvy's in the Tudor Room, 5<sup>th</sup> Floor. The concert title is Viva la Marimba and promises to be a lively event. Tickets must be purchased individually, as soon as possible, from Marianick at the I Musici box office 514-982-6038 (1:00 – 5:00pm) under the name of MLUWC. The price for seniors is \$28.74. Once the ticket is purchased, please contact Pat Murray by phone or email to confirm. Lunch will be at the Europa Restaurant on Mountain Street. All are welcome to attend. Carpooling details to follow in January.

**KAFFEEKLATSCH** - The German Conversation Group will meet at the home of Joyce Schaaf on **Tuesday January 8** at 10:00 am. Christine Hamilton

**MUSIC HISTORY** – The January meeting will take place on **Thursday January 10** at 1:30 pm at Joan Dyer's to continue our preparation for February's concert. Please notify Joan if you cannot come.

**T T - -T TE (French Conversation)** - La prochaine r union sera chez Janet Ankcorn le **18 janvier 2013**   09h30.

**TRAVEL** – Our next meeting will be on **Monday February 4** at the Sunrise Senior Living. J.C. Brais will present some of his recent travels. More information in the next newsletter. Best wishes to all in the New Year. Barbara Sauv  and Mary Wells

**TUTTO ITALIANO** – Tutto Italiano will be meeting on **January 8** at Lillian Marier's home. We shall be watching and discussing the film **“Malocchio.”** Please advise Lillian if you are unable to come. Renata Bagga



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# January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Happy New Year!</i>	2	3	4	5
6	7	8 Tutto Italiano Kaffeeklatch EveningBook 7:30 pm	9 Book Club I 1:00 pm	10 MCW Meeting  Music History 1:30 pm	11	12
13	14 <i>Potluck Dinners 6:30 pm</i>	15	16	17 Book Club II	18 Tête-à-tête 9h30  <i>February Newsletter Deadline</i>	19
20	21 Executive Meeting 7:30 pm	22 X-Country Skiing 9:45	23	24 Jaunters	25	26
27	28	29 X-Country Skiing 9:45	30	31		

**Newsletter Editor:** Heather Hamilton [newsletter@mluwc.com](mailto:newsletter@mluwc.com)  
**Proofreader:** Janet Guay  
**Deadline for FEBRUARY submissions:** Friday January 18, 2013