



# Montreal Lakeshore University Women's Club

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

Newsletter, November 2013

Volume 56, Issue 3



## General Meeting

**Monday, November 11, 2013**

at

The Karnak Shriners' Temple  
3350 Sources Boulevard, DDO

Coffee - 7:15 pm

Meeting - 7:45 pm

### ***Person-Centred Care - A Balm for Alzheimer's Patients***



***Guest Speaker:***

**Hildegard Brack, PhD**

Dr. Hildegard Brack, Psychologist, worked for many years on various geriatric care units, at the Douglas Mental Health University Institute. She has also lectured at McGill University and is a long-time volunteer with the Alzheimer Society. She was instrumental in planning the Moe Levin Centre at the Douglas which provides specialized care to patients suffering from cognitive disorders such as Alzheimer's disease. At the Centre, a fundamentally human approach guides both care for patients and relations with families.

***Don't forget to get your tickets for:***

***An Evening with Bowser and Blue***

***November 14***

***\$40.00***

***Contact Mary Vlahos or visit [mлуwc.com](http://mлуwc.com)***

## President's Message

Once again we met some very impressive young women at our October meeting. As recipients of our Scholarships, they spoke for a few moments to talk about their education and their future plans. These women were truly awesome.

In order to ensure that deserving young women continue to receive money from our Club, it is important to participate in the Club's many fundraising activities: book sales, half & half draws, Games Day, and of course, our annual fundraising evening.

This year the Fundraising Committee has scheduled something new: **An Evening with Bowser and Blue** to be held on Thursday November 14 at the Dollard Civic Center. Those of you who have seen Bowser and Blue before know how great this evening will be. Please pass the word on to your family, friends and neighbours about this very special event.

On October 19, Connie Ellis, Linda Sestock and Chitra Chopra joined members from the other Quebec Clubs in Quebec City for the Provincial Council meeting. The special guest was Susan Murphy, President of the CFUW.

The Programme Committee has planned another interesting evening for our November General Meeting: Person-Centered Care for Alzheimer patients. For those of you who are caring for someone with Alzheimer's or who might be in the future, this session will be most informative.

Looking ahead to December, we have chosen the **West Island Women's Shelter** as the recipient of this year's Christmas Raffle proceeds. This selection fits in perfectly with CFUW's National Initiative on Preventing and Responding to Violence against Women & Girls.

I hope to see many of you on November 11 and at the Fundraising event on November 14.

**Gilda Martinello**

**[mлуwc1@mлуwc.com](mailto:mлуwc1@mлуwc.com)**

## Membership

A warm welcome to **Paulette Cargill**, a new member who has agreed to serve as our treasurer and also the following new members:

**Joan Hopper, Sona Hagopian Babakian, Velisanta (Val) Morena, Liliana Perodeau, Jill Rollins** and returning members **Alexandra Fragatos, Mary Ellen (Meb) Goodfellow** and **Jennifer Wall**.

The 2013-2014 Directory will be distributed at the November general meeting. If there are any changes to your information which you have not yet sent to me now is the time to do so.

**Constance Ellis**

**Vice-President Membership**

**Paintings by our new member Liliana Perodeau, are included in the 2014 Art Rental Collection currently on display at the Stewart Hall Art Gallery until December 1st.**

## Programme

Our first speaker of the 2013-14 year, **Josée Maurice from Transplant Québec**, inspired all who attended with her dynamic and very informative presentation. She explained to us how organ and tissue donations from one person can save up to eight lives, and how the need for organs far outweighs the available donors. Her passion for her work with donors and their families was infectious and aroused many questions and answers -- especially the ones on age. For more information, see the Transplant Quebec website. <http://transplantquebec.ca/en>

Meeting and hearing from our three scholarship winners was another highlight of the evening. Their moving presentations all showed such enthusiasm for their projects: **Meiying Li**, violin performance; **Ashley Tritt**, science, and **Zhu Yin Xu**, medicine.

And all who attended were able to hear every word, thanks to a different sound-system, voluntarily provided by Bill Kinal of Erikson Audio.

**Nancy Doray**

**Programme Chair**

For information on the CFUW's report on the IFUW 31st Triennial Meeting and Conference held in Istanbul, Turkey this past summer – please click on the attached link below – it is quite interesting:

[http://www.cfuw.org/Portals/0/AboutUs/IFUW%2031st%20Triennial%20Meeting.pdf?utm\\_source=News+%26+Updates+-+September+26%2C+2013&utm\\_campaign=8-Feb-12&utm\\_medium=email](http://www.cfuw.org/Portals/0/AboutUs/IFUW%2031st%20Triennial%20Meeting.pdf?utm_source=News+%26+Updates+-+September+26%2C+2013&utm_campaign=8-Feb-12&utm_medium=email)

New this year - At the CFUW 2013 AGM in Saskatoon, a national initiative on Preventing and Responding to Violence against Women and Girls was proposed for the coming year. The MLUWC would like to be involved – if this is of interest to you, please contact Patricia Duval or myself to discuss. Here are some ways in which we could be involved – raise money for the West Island Women's Shelter, have someone from the Shelter come to speak to us about their services or you could volunteer at the shelter.

Hopefully our involvement at a local level will give CFUW added visibility and help increase our media presence as well as helping to end violence against women!

Next month I'll be reporting on my upcoming day trip to Quebec City for the CFUW Quebec Provincial Council Fall Meeting which I shall be attending with Chitra Chopra and Connie Ellis.

**Linda Sestock**  
**Vice President - CFUW Liaison**

## Fundraising

The ticket sales for **Bowser & Blue** are coming along on a steady basis. However, if we want to reach our goal and sell all 300 tickets we all have to do our part. Please talk to your family, friends, colleagues and anyone you can think of. As of now we have a PayPal account that tickets can be purchased through by simply going to our website [www.mluwc.com](http://www.mluwc.com) and applying your credit card. Let's make this event a great SUCCESS!

**Mary Vlahos**  
**Fundraising Chair**

### **An Evening with Bowser and Blue** **Thursday, November 14, 2013 at 7:30 pm**

Dollard des Ormeaux Reception Hall  
12001 de Salaberry, Dollard des Ormeaux



Join us for an evening of laughter and music featuring the very popular and talented duo of Bowser and Blue. Refreshments will be served during intermission. Tickets are \$40 and can be purchased by credit card through PayPal at [www.mluwc.com](http://www.mluwc.com)

Make your purchase early to avoid disappointment.

The funds raised at this event will provide scholarships towards post secondary education for deserving women in our community.

For more information or to reserve tickets: [www.mluwc.com](http://www.mluwc.com)  
Or call Mary: 514-683-5685

## *Pot Luck Dinners – January 13, 2014*

Time is running out to sign up for the Pot Luck Dinners. To date, we have 9 full evening dinners and a 10<sup>th</sup> in Pointe-Claire with one spot to fill. We have one luncheon this year, also in Pointe-Claire, with four spots open. Due to the popularity of the event, more hostesses are needed if we are to accommodate more guests.

The November meeting will be the last meeting you will have an opportunity to sign up for the dinners. After that time you can contact either Linda Ricketts or Jane Edwards and, if spots are still available, we will gladly help you find a dinner to attend. We would like to have all sign ups completed by **November 30** so that menus can be planned before the Christmas rush. These dinners are a very pleasant way to spend time getting to know other members of the MLUWC so don't miss out on this fun evening. Drop by the table at the November 11 meeting and we will assist you or phone us before the end of November to get your name added to the list.

**Linda Ricketts**  
**Jane Edwards**  
**Pot Luck Dinner Coordinators**

## *The Importance of a Notarized Will*

The second workshop in our Conference series will take place on **Saturday November 30**. Sabrina Crespi, Notary will explain why everyone should have a notarized will and answer your questions. These sessions are open to the public; so tell your family, friends, neighbours or colleagues. The session will run from 1:30 to 3:30 pm. at Comfort Keepers, 186 Place Sutton in Beaconsfield. Cost \$15. Email [workshop@mluwc.com](mailto:workshop@mluwc.com) to reserve or contact Nicole Thevenet.

**REMINDER:** To ensure that your newsletter submission gets included, please send it to:  
[newsletter@mluwc.com](mailto:newsletter@mluwc.com)

## ***REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW)***

### ***“A VOICE FOR WOMEN IN MONTREAL since 1893”***

The Montreal Council of Women CELEBRATION of *October Women’s History Month* – ***MONTREAL WOMEN IN FILM*** - on Thursday, October 3rd, 2013 was privileged to hear, question and meet filmmaker, Anne Kmetyko. Anne is an up and coming film director who just had two of her films, *Truths and Liars*, and *Graveurs d’images*, screened at the Montreal Film Festival. She talked about her experiences as a female film director in a tough industry in Montreal, as well as gave a little background on how films get funded and how the Internet is changing that process

This excellent presentation was moderated by ***Ingrid Berzins Leuzy, MCW Convener for Arts, Culture and Heritage.***

#### **UPCOMING:**

**MCW GENERAL MEETING: November 14, 2013 at 12:00 Noon;  
Light Lunch @\$10/person**

**Program: “*Mental Illness*”**

**Guest Speaker: Ella Amir, PhD. Executive Director** of AMI-Quebec and member of the Mental Health Commission of Canada Advisory Council (MHCC)

**Where:** Les Jardins du canal situated at 2700 Rufus Rockhead, opposite Atwater Market

Ella Amir was the chair of the Family Caregivers Advisory Committee for the Mental Health Commission of Canada since its inception and until 2012, and is now on the Advisory Council of the Commission. The Family Caregivers Advisory Committee spearheaded the guidelines for caregiver support which was launched last June. Ella’s presentation will focus on the work of the Commission and the importance of the guidelines.

If you are interested in attending the MCW General meeting on **Thursday, November 14, 2013** on **“*Mental Health*”**, 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 November meeting.

You can also contact our representatives to the Montreal Council for Women for further information **OR** let them know if you want to receive the MCW Monthly Newsletter by email.

**Renate Sutherland and Frances Lortie  
MCW Representatives**

## ***2013 STRATFORD FESTIVAL TRIP***

Our group of forty theatre goers has just returned from another wonderful Stratford Festival Theatre Tour, September 24<sup>th</sup> to 27<sup>th</sup>.

The trip was a great success! We were very pleased with our large comfortable bus and our fine accommodation at The Arden Park Hotel. Many of us attended up to six plays which included the Musicals of ***FIDDLER ON THE ROOF*** and Peter Townshend's Rock Opera ***THE WHO'S TOMMY***; Shakespeare's ***ROMEO*** and ***JULIET***, ***MERCHANT OF VENICE*** and ***OTHELLO***; Noel Coward's ***BLITHE SPIRIT***, and Alexandre Dumas' ***THREE MUSKETEERS***.

Much to our pleasant surprise, our ever so faithful ***Excel -Tours' bus driver, Jean-Guy***, came out of retirement (just for us, of course!) and, once again drove us wherever we needed to go while in Stratford. Did you know that this was Jean-Guy's twelfth trip with us? How lucky we were!

***We are very grateful to Louise Dagenais, Joan Ebbett and Renate Sutherland for having organized this wonderful theatre adventure, which also included three evening group meals and, a morning excursion to the village of St. Jacobs.***

## ***2014 STRATFORD FESTIVAL TRIP*** ***September 15 – 19, 2014***

Plans are being made for our MLUWC group to attend the ***62<sup>nd</sup> Stratford Festival*** from ***September 15 - 19, 2014***. Hotel accommodations have been made at THE ARDEN PARK HOTEL, which is within walking distance of the Stratford Festival Theatre.

Artistic Director ***Antoni Cimolino*** is delighted to announce the 2014 season, in which, through the prism of a dozen plays, the Stratford Festival will explore the theme of Madness: Minds pushed to the Edge.

***The 2014 Calendar of plays includes the following:***

Shakespeare's ***KING LEAR***, two versions of ***A MIDSUMMER NIGHT'S DREAM***, ***KING JOHN*** and ***ANTONY AND CLEOPATRA***; the Musicals ***CRAZY FOR YOU*** (music by George Gershwin and lyrics by Ira Gershwin) and ***MAN OF LA MANCHA***; Noel Coward's ***HAY FEVER***; Lewis Carroll's ***ALICE THROUGH THE LOOKING GLASS***; Bertolt Brecht's ***MOTHER COURAGE*** and Michel Marc Bouchard's ***CHRISTINA, THE GIRL KING*** (its English-language premiere); and George Farquhar's brilliant Restoration comedy ***THE BEAUX' STRATAGEM***.

***If you wish to join us and reserve a place for this thoroughly enjoyable Stratford Trip, please contact Kate Le Maistre, Renate Sutherland or Joan Ebbett as soon as possible.***

## Interest Groups

**ART APPRECIATION** - The Vermeer documentary plays at the Kirkland Coliseum on both **November 3rd and 23rd**. I hope to see many of you on the 3rd. “**Demystifying Art**” continues at Stewart Hall. Lou Dubinsky will be discussing art of the last five decades (paralleling the 50 years of Stewart Hall) on November 13 at 10:00 am - coffee and brioches available! **Jeannie Hazel**

**BOOK CLUB I** - We will meet on November 13 at 1:00 pm at Jeanette's home in Montreal West to discuss the book **Olive Kitteridge**, by Elizabeth Strout, a series of connected short stories set in a small town in Maine. Christa will be the discussion leader. In January, in recognition of the wonderful news of the Nobel Prize for literature, won by Alice Munro, we will examine her works. I hope our November choice will prepare us for the “master of the short story form.” Hope to see you all in November. **Marg N-G**

**BOOK CLUB II** - The group will meet on **Wednesday November 20** at 1:30 pm. **Passionate Minds**, by David Bodanis, will be reviewed by Nicole Awad. It's a most interesting book about the great love affair of the Enlightenment, featuring the scientist Émilie du Châtelet, the poet Voltaire, sword fights, book burnings, assorted kings and seditious verse. The meeting will be hosted by Helene Quaid. Please make sure that you inform the hostess if you cannot attend. **Eva Weiss**

**DUPLICATE BRIDGE** - We are off to a great start and are enjoying our friendly games. We play with a different partner each time so we get to know everyone in the group. We'd love to welcome new players or spares. If you are interested, please call Jane Quail or Janet Broadbelt. We meet at Centennial Hall in Beaconsfield the second and fourth Thursdays of each month at 9:00 am.

**EVENING BOOK CLUB** – Our next book is **The Woefield Poultry Collective** by Susan Juby which we will be discussing on **Tuesday November 26** at 7:15 pm. at Heather Hamilton's. We are a small, informal group and new members are welcome.

**FILM CLUB** – On **Tuesday November 19 at 6:30 pm** we shall view the NFB production **Buying Sex**. Timely and wise, this important documentary about the state of prostitution laws in Canada is a revelation. Those laws, forged in the 19th century, are now being challenged by both pro-prostitution and anti-prostitution forces. **Buying Sex** carefully guides the viewer through a wide spectrum of disagreement, exploring the many points of view in this age-old yet contemporary debate. **Margaret Vost**

**JAUNTERS** – Our visit to the Museum of Costume and Textile of Quebec in the Bonsecours Market of old Montreal takes place on Friday November 22. The outing will include a guided visit of the current exposition and lunch in a restaurant nearby. Details will be sent out to all members of the group at a later date. **Pamela Deans**

**KAFFEEKLATSCH (German Conversation)** - On **November 5th** our group will be meeting at Maria Kolodziej's house at 10:00 am. If you are unable to attend, please advise the hostess and myself. **Christine Hamilton**

**MUSIC APPRECIATION** – Members of our group will meet on **Thursday November 14, 10:00 am** at Nancy Lloyd's home to prepare for the November 28th MSO morning concert. Presentations will be made on Mozart's *Symphony No. 31* “Paris,” Grieg's *Piano Concerto* and Soussel's *Bacchus et Ariane, Suite No. 2*. For details contact **Maria Cranker**.

**MUSIC HISTORY** – The November meeting of the group will be held on **Wednesday November 13, 1:30 pm** at Nicole's, with Nicole providing the goodies. Please let Nicole and me know if you cannot attend. NB: Anyone who has not yet bought a ticket for the I Musici concert, Splendours of the Baroque on Sunday, October 27, 2:00 pm, Église Saint-Joachim, can still do so through I Musici ([514-982-6038](tel:514-982-6038)) or Stewart Hall ([514-630-1220](tel:514-630-1220)).  
**Joan Dyer**

## Interest Groups - continued

**OUT TO DINNER** - The group met on September 24th at Terra Mare. 13 of us enjoyed good food, good prices, and, most of all, good company. Thank you to all who volunteered to organize a dinner. Here are the restaurants we chose for this season and the organizers for each one:

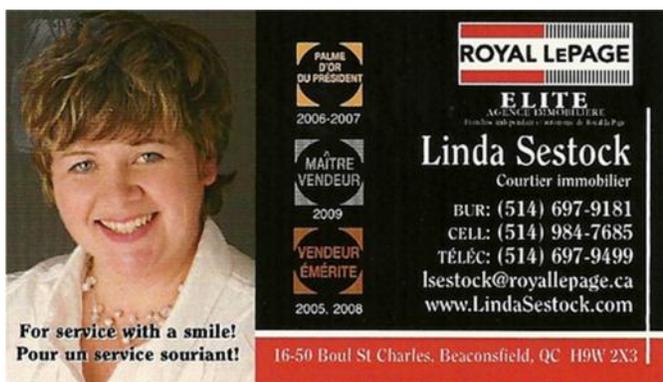
October 24 - Elounda (Greek) St. Laurent - Barbara Armbruster and Ginger Brossard  
November 28 - La Famiglia (Italian) Kirkland - Maria Roussakis and Victoria Pinnell  
January 23 - La Perle (Szechwan) DDO - Janet Ilavsky and Jill Rollins  
February 27 - Tandoor et Grille (Indian) Pfds. - Gilda Martinello and Ausma Groskaufmanis  
March 27 - Le Chambertin (French) Pte-Claire - Hélène Duquet and Maude Grenier  
April 24 - Bistro 1843 (French) Ile-Bizard - Shirley Wick and Anne Altosaar  
May 22 - Bellissimo (Italian) Dorval - Marilyn Flaherty and Anne Adams  
June 26 - The Keg (Steakhouse) - Fairview (no organizer yet)

You don't have to belong to our group to join us for dinner. Just let the organizers know ahead of time. Bon appetit, everyone. **Carole Kelly**

**TÊTE-À-TÊTE (French Conversation)** - Le prochain rendez-vous du groupe Tête-à-Tête sera le **15 novembre** à 9h30, chez Renata Bagga. Nous sommes un petit groupe agréable et aimons parler français. Pensez à nous joindre. Vous serez les bienvenues.

**TRAVEL** – **Monday November 4** the excellent team of Renata Bagga and her husband will present their journey “From Qatar to Goa.” Meeting at Le Vivalis, 300 rue Stillview, 8th floor with refreshments at 7:00 for 7:30 pm. New members welcome at this most interesting evening. **Barbara Sauvé and Mary Wells**

**TUTTO ITALIANO** - Hope that everyone had a chance to visit “Splendore a Venezia” exhibition, as this is going to be our topic for the November 12 meeting at 1:30 at the home of Giovanna Pessina. Looking forward to seeing everyone and please call Giovanna if unable to come. **Renata Bagga**



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# November 2013

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3 Art Appreciation: Vermeer at Cineplex Kirkland	4 Travel 7:00	5 Kaffeeklatsch 10:00	6	7	8	9
10	11 GENERAL MEETING Karnak Hall 7:15 	12 Tutto Italiano 1:30	13 Art Apprec. 10:00  Book Club I 1:00 Music History 1:30	14 Duplicate Bridge 9:00 Music Apprec. 10:00  BOWSER & BLUE 7:30	15 Tête-à-tête 9h30  December Newsletter Deadline	16
17	18 EXECUTIVE MEETING 7:30	19 Film Club 6:30	20 Book Club II 1:30	21	22 Jaunters	23
24	25	26 Evening Book Club 7:15	27	28 Dup. Bridge  Music Apprec. Concert  Out to Dinner 6:30	29	30 Conference: Notarized Wills 1:30-3:30

**Newsletter Editor: Heather Hamilton [newsletter@mluwc.com](mailto:newsletter@mluwc.com)**  
**Proofreader: Janet Guay**  
**Deadline for DECEMBER submissions: Friday November 15, 2013**