



# Montreal Lakeshore University Women's Club

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

Newsletter, November 2014

Volume 57, Issue 3



## General Meeting

**Monday, November 10, 2014**

at

The Karnak Shriners' Temple  
3350 Sources Boulevard, DDO

Coffee - 7:15 pm

Meeting - 7:45 pm

### **Sexting and Cyberbullying: Defining the Line for Digitally Empowered Kids**

Guest Speaker:

Dr. Shaheen Shariff  
McGill University

The internationally recognized authority, Professor Shaheen Shariff, will speak to us about Sexting and Cyberbullying which have been at the top of public policy agendas for more than a decade. Come and hear why these online phenomena remain in the media spotlight, drawing concerns from a range of stakeholders including parents, educators, administrators and governments internationally. Professor Shariff will discuss emerging legal, educational and public policy issues relating to sexualized cyberbullying and the distribution of intimate images among youth and young adults. She will highlight the challenges of criminalizing children and youth, and the difficult task of navigating the tensions between free expression, privacy, protection and regulation.

~

**Don't forget to get your tickets for:  
The Montreal West Operatic Society**

**November 12**

**\$30.00**

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

## President's Message

The CFUW 1989 ÉCOLE POLYTECHNIQUE COMMEMORATIVE AWARDS, established in the early nineties, are two of the fellowships given by the CFUW Charitable Trust. Every year since then our Club has made a contribution to help fund these awards.

This year our contribution was used to sponsor Susan Murphy, the immediate CFUW Past President, who pledged to do the Camino de Santiago <http://www.santiago-compostela.net> in support of the CFUW Charitable Trust. She sent daily emails of photographs and 'Journal Entries' to her sponsors.

I hope to compile these emails in an easy- to- read format or our next general meeting.

By now you should all know about the School Board elections and where, or if, you can vote. Please give serious consideration to voting. Voter participation of less than twenty per cent gives the powers that be the impression that taxpayers don't really care what happens to the money that goes to education. To help those undecided about voting we will be holding a workshop on the subject "Increasing voter participation" on Saturday, November 1<sup>st</sup>. Like all our workshops it will be open to the public.

Some years ago the Quebec Department of Health established a Breast Cancer Screening program for women over fifty years old. Some new information has come to light. Any member between the ages of fifty and seventy who is in the program is asked to communicate with me.

We have been enjoying glorious weather- crisp mornings and bright afternoons coloured by the leaves. "*Autumn is the mellow season, and what we lose in flowers we more than gain in fruits.*" - Samuel Butler

**Constance Ellis**  
**[mluwc1@mluwc.com](mailto:mluwc1@mluwc.com)**

# MEMBERSHIP

We had the pleasure of welcoming Carolyn Cunnison to our Club at our meeting Monday night. This year, we are trying something new and we will be combining the Bon Appétit dinner and Newcomer's Night this October 30th, 2014. What better way to get to know our new members and eat a great meal.

The 2014-2015 Directory will be distributed at the November general meeting. You still have time to let me know if there are any changes to your personal information.

**Linda Sestock**

**Vice-President Membership**

# PROGRAMME

## **Community Night – October 6, 2014 - Summary**

*The following groups participated in the MLUWC Community Night. A large number of members were in attendance to speak to the representatives from these groups. We also heard from our three scholarship recipients this year.*

[Editor's note: a number of our members expressed an interest in having this information included in the Newsletter]



### **Project DOvE, McGill University, Dr. Lucy Gilbert**

Dr. Gilbert is a full Professor at McGill University in the Departments of Oncology and of Obstetrics and Gynaecology, and also Director of Gynaecological Oncology at McGill University and the MUHC. She spoke to us about ovarian and endometrial cancer and her research in the early diagnosis of ovarian cancer, as even a small shift in the proportion of patients diagnosed early in the course of the disease translate into substantial reduction in suffering as well as cost to the individual and the healthcare system. Their DOvE study identified the root cause being that the deadliest and most common type of ovarian cancer did not really start in the ovary but in the fallopian tubules. She described the symptoms of this disease to build awareness and thereby improve women's chances of survival.

### **West Island Cancer Wellness Centre**

The West Island Cancer Wellness Centre (WICWC) is a registered charity dedicated to improving the health and well-being of people living with cancer by providing free programs and services to address their emotional, physical and spiritual needs. This type of psycho-social intervention in cancer care supports and complements traditional medical practices. Through their wellness programs, participants will receive personal support, gain coping mechanisms, discover additional alternatives, and become better educated, empowered, active participants in the management of their health and well-being. In the last 5 years the WICWC has helped over 1000 families in the West Island and surrounding areas.

### **West Island Community Resource Centre**

The West Island Community Resource Centre is a non-profit organization dedicated to improving individual and collective well-being in the West Island. It provides information and referral services and strengthens and supports the development of the West Island community in collaboration with community partners. MLUWC is a founding member of this group and Jodie Gibson is our current representative on their Board following in the footsteps of Anna Wilkins and Irene Steffen both of whom have served for many years.

### **West Island Palliative Care Residence**

The West Island Palliative Care Residence is an independent, community-based non-profit institution, accredited by the Quebec government to provide palliative care health services. It is not part of any other hospital or health institution. The Residence was opened in 2002 with nine beds. It expanded in 2012 to 23 beds, making it the largest free-standing palliative care residence in Canada. Our medical and volunteer teams work together to manage symptoms and meet emotional, social and spiritual needs with comfort and dignity in our warm, home-like environment. We also provide support services for families to manage a difficult time.

### **NOVA**

NOVA West Island has been serving the West Island of Montreal since 1911. Programs offered are Palliative and Oncology Care Program, which is specialized nursing care and support to persons living with cancer or ALS; the Carousel Support and Bereavement Program for youth; an Adult Bereavement Program; Adult Day Centre Program; Foot Care Program and Home Support Service Program. Through all their services, NOVA takes care of over 1000 vulnerable people per year in 16 different municipalities of the West Island.

### **Women's Healthy Heart Initiative**

Heart disease is the major cause of death in Canadian women. The Women's Healthy Heart Initiative is the first Nurse-led heart disease prevention clinic for women in Quebec and Canada. Our mission is to increase the awareness of women's risk of heart disease and empower women to improve their heart health. Improving lifestyle choices such as better nutrition, regular physical activity, smoking cessation and weight control is the cornerstone of preventing heart disease and the success of this project. To date, there are 440 women enrolled.

### **Alzheimer Groupe**

Alzheimer Groupe Inc (AGI) is a not-for-profit organization that arrives to improve the quality of life for individuals and their families living with Alzheimer's disease and related disorders. AGI provides programs and activities for those diagnosed with the disease and training, education and respite for their caregivers. AGI has served the greater Montreal community for 30 years, and has plans to expand its vital services and training programs into the West Island.

### **West Island Women's Shelter**

For the past 35 years, the West Island Women's Shelter has helped women and their children who live in situations of conjugal violence. The Shelter is the only house available to them in the West Island of Montreal. They offer confidential and free support to women and their children that are victims of conjugal violence. They have a 24-hour telephone crisis line and they offer short term shelter, external counselling services, partially subsidized second stage housing and have support groups. They also have prevention and awareness programs.

### **Chitra Chopra Programme Chair**

## *CFUW NEWS*

CONGRATULATIONS to Susan Murphy (immediate past-president CFUW) and Moika Oepkes who completed a 22 day trek of 500 Km on the Camino de Santiago in Spain, raising \$17,000.00 for the CFUW Charitable Trust, to which the MLUWC has contributed.

CFUW applauds Status of Women Minister, Dr. Kellie Leitch, for agreeing to participate in a round table organized by premiers on missing and murdered Aboriginal women.

CANADA's economic competitiveness drops from the 8th to 18th due to post-secondary education shortcomings. According to the Global Competitiveness Report, released by the World Economic Forum this week, despite its stable economy, Canada is falling behind many peer nations' investments' in education.

FOCUS ON COLLEGES: The most recent report from the OECD has once again confirmed that Canada's colleges are responsible for the country's impressive post-secondary success rates. The report is the latest evidence that shows a fundamental shift in the way people view post-secondary education. Growing numbers of students and parents feel it is essential that higher education lead to career success.

The CFUW Fellowships and Awards competition for the academic year 2015-2016 is open to applicants. The deadline for mailing completed applications is postmarked dated NOVEMBER 1, 2014.

BENEFIT PROGRAM: CFUW members can take advantage of the UPS Members Benefit Program and save on a variety of UPS services. Visit [www.membersbenefitprogram.com/CFUW](http://www.membersbenefitprogram.com/CFUW)

Suzanne Chaussé  
Vice President - CFUW Liaison

## *A Tribute*

This tribute is to a good friend, Pauline Busby, who died this past summer. With her death we have lost another long- time member who contributed much to our Club. She was a member almost from the very beginning, served on the Executive 1966-68 and on several committees and was in charge of the delivery of newsletters for some time.

A young widow with two young children in 1970, she went back to University and was twice the recipient of one of our early Continuing Education grants. Then with her teacher's training she taught with the Lakeshore School Board for many years. As an active Club member, contributing and participating on committees she made an impact with her thoughtful and considered wisdom. She was awarded a Life Membership in 2008.

Pauline and members like her make this Club an active stimulating force in the community and beyond. We give thanks for her contributions. Our deepest sympathy goes out to Annabel and Brian in their loss of a loving and proud mother.

Mary Alexander

## *Members' News*

Best wishes to Barbara Briggs for a speedy recovery now she has graduated from hospital bed to rehab.

~

Our condolences to the family of Pauline Busby who died in September.

**Jeannie Hazel**

**Communications**

## *Scholarship Winners*



Sandra Munro, Scholarship Chair, with our three scholarship winners at our October General Meeting.  
From L to R: Allison, Victoria and Kayley

# FUND RAISING

The main fundraising event this year is “**A Concert by the Montreal West Operatic Society**” that will take place on **November 12, 2014**.

The tickets have already gone on sale at the Convivium at \$30.00 each. They will also be sold at the next two General Meetings or by calling Mary Vlahos at 514-683- 5685 at your convenience. Cheques should be made out to MLUWC Scholarship Fund.

In addition to the show, we will be publishing a Program Book to mark the occasion. Please pass the word around to your friends, family, associates *et al* encouraging them to place an ad or make a donation. Sponsorship applications will be sent on a separate email.

Let us all try our best to raise \$9,000.00, the amount needed for our scholarships. Counting on your support and thanking you in advance.

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

## *Another wonderful* **STRATFORD FESTIVAL TRIP!**

Our group of thirty-eight theatre participants has just returned from another wonderful Stratford Festival Theatre Tour, September 15<sup>th</sup> to 19<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 Shakespeare's **KING LEAR**, **A MIDSUMMER NIGHT'S DREAM**, **KING JOHN**, **ANTONY AND CLEOPATRA**; the Musicals **CRAZY FOR YOU** and **MAN OF LA MANCHA**; Noel Coward's **HAY FEVER**; Lewis Carroll's **THROUGH THE LOOKING GLASS**, and George Farquhar's **THE BEAUX' STRATAGEM**.



We were very happy to have a wonderful **Excel –Tours Inc. bus driver, Georges Martin**, who so willingly drove us wherever we needed to go while in Stratford. This was Georges' first trip to Stratford and he looked after us so well. How lucky we were!

**We are very grateful to Kate Le Maistre, 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.**

## **2015 STRATFORD FESTIVAL TRIP – Tuesday, Sept. 8<sup>th</sup> – Saturday, Sept. 12<sup>th</sup>**

Plans are being made for our MLUWC group to attend the **63<sup>rd</sup> Stratford Festival** from **September 15 -19, 2015**. Hotel accommodations will be at THE ARDEN PARK HOTEL, which is within walking distance of the Stratford Festival Theatre. The EXCEL-TOURS bus has been reserved.

Artistic Director **Antoni Cimolino** is delighted to announce the 2016 season, in which, through the prism of "eureka moments" of 13 plays, the Stratford Festival will explore the theme of "Discovery".

### **The 2015 Calendar of plays includes the following:**

**Shakespeare's** HAMLET; THE TAMING OF THE SHREW; LOVE'S LABOUR'S LOST; THE ADVENTURES OF PERICLES; **the Musicals** THE SOUND OF MUSIC and CAROUSEL; **the "Schulich Children's Plays"** - THE DIARY OF ANNE FRANK; **A comedy-** SHE STOOPS TO CONQUER; **Sophocles' OEDIPUS REX; a satirical comedy-** THE ALCHEMIST; THE LAST WIFE ... (a world premiere play about Katherine Parr, last wife of Henry VIII); **other plays-** POSSIBLE WORLDS; THE PHYSICISTS;

**If you wish to join us and reserve a place for this thoroughly enjoyable Stratford Trip, please contact Kate Le Maistre at [kate.le.maistre@mcgill.ca](mailto:kate.le.maistre@mcgill.ca) soon as possible.**

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

### **"A VOICE FOR WOMEN IN MONTREAL since 1893"**

#### **Violence**

#### **"A Voice for Women in Montreal" since 1893**

*At their October 2<sup>nd</sup>, 2014 general meeting, The Montreal Council of Women was privileged to meet and hear Ottawa guest speaker, Theresa Edwards B.A., JD, Director of International Affairs and Human Rights, and In-House Legal Counsel, Native Women's Association of Canada (the national voice of Aboriginal women in Canada since 1974)*

Ms Edwards, a Mi'kmaq woman and a member of the Listuguj First Nations Band, has worked for more than 20 years to advance the needs and rights of Aboriginal Peoples, with a particular focus on addressing Aboriginal women's human rights and to promoting gender equality both domestically and internationally. Her power point presentation, **"Talking Rights: Aboriginal women and the right to peace, security and freedom from violence,"** identified ways to address all forms of violence and to promote safety, engage communities in discussions regarding Nation-building and re-building, promote human rights awareness and implementation, and to advocate for quality education, economic security and prosperity for Aboriginal Peoples and their communities as a way to end violence.

**Some of the highlights noted: Experiences of Violence – The UNTOLD Image in Canada Did you know?**

- That there are over 633 native communities in Canada and over 500,000 women members in the Native Women's Association of Canada;
- That Aboriginal women are 8 times more likely to be killed than non-Aboriginal women;
- That rates of spousal assault are more than 3 times higher than non-Aboriginal women (spouse is not necessarily Aboriginal);
- That more severe and potentially life-threatening forms of spousal violence (54% versus 37% of non-Aboriginal women);
- That "It is Aboriginal girls and women who are specifically targeted in this country to be trafficked, in such huge numbers that it does not compare to other populations" and "that the average age of girls being trafficked are between the ages of 7-12 years old", (Jo-Ann Daniels, interim Executive Director for the Metis Settlements General Council in Edmonton)

### **UPCOMING EVENTS:**

- **MCW GENERAL MEETING: Thursday, November 6, 2014 at 12:00 Noon;**  
**Light Lunch @\$10/person**  
**PROGRAM: "Education – How Women Think"**  
**GUEST SPEAKER: Suanne Stein Day, Chair, Lester B. Pearson School Board**  
**WHERE: Les Jardins du canal, situated at 2700 Rufus Rockhead, opposite Atwater Market**
- **WOMEN OF THE YEAR – CALL FOR NOMINATIONS 2014 – Deadline October 30, 2014**

The '2014 Woman of the Year' is an Aboriginal woman who has made an outstanding contribution to aboriginal women's causes and impacted aboriginal society - prevention of violence against women; helping aboriginal women, through training, community education and activities; been a role model, and a source of inspiration and motivation for aboriginal women and girls.

- **THE WOMEN OF THE YEAR AWARD (WOTY) Luncheon will be held in Montreal at the Omni Hotel on November 21<sup>st</sup>, 2014 at noon.**

You can contact your representatives to the Montreal Council for Women for further information **OR** let us know if you want to receive the MCW monthly BULLETIN by email.

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

# *INTEREST GROUPS*

## **ART APPRECIATION - FRIDAY, NOVEMBER 28<sup>th</sup>, 2014**

We will visit the MMFA to view the exhibit "FROM VAN GOGH TO KANDINSKY – EXPESSIONISM IN GERMANY AND FRANCE, 1900- 1914"

This is an extensive and extremely interesting view of this remarkable period of creativity and exchange between French and German artists.

We will meet at the Pte Claire shopping centre at 9.15 am prior to our 11.00 am tour. (use group entrance, Crescent St.) Cost is \$22.50 or \$2.50 for VIP members.

Lunch will be at L'Acadamie on Crescent St. at 1.00 pm.

To sign up please contact Pat Jones at <patriciajones@sympatico.ca> or 514-695-2753

We need to know – Will you car pool?

Will you drive?

Will you stay for lunch?

For further information please contact Pat Jones or  
Diane Nener <[dianenener@icloud.com](mailto:dianenener@icloud.com)> or 514-457-6540

### **BON APPÉTIT DINNER CLUB**

Our first outing of the season in September was at the restaurant Terre Mare. 16 ladies enjoyed a wonderful evening of good food and company. On October 30<sup>th</sup>, a group in excess of 30 ladies will have visited Le Saucier Dining Room, a Lester B. Pearson School of Culinary Arts in LaSalle. A delightful dining experience.

Here are the restaurants we have selected for the upcoming year and the respective organisers:

<u>Date</u>	<u>Restaurant</u>	<u>Organizers</u>
Nov.27th	Le Bordelais (French) Mtrl	Ginger Brossard/ Helene Duquet
Jan. 29th	M. Epicé (Szechuan/ Thai) Pte.Clr BYOB	Ausma Groskaufmanis/ Shirley Wicks
Feb.26th	Sahib ( Indian) Pte. Clr	Franca Ferrara / Margaret Stephenson
Mar.26th	Fuji (Japanese/ Sushi) Pierrefond/Roxboro	Janet Ilvasky/ Jill Rollins
Apr. 30th	The Keg (Steakhouse) Pte. Clr	Denise McMurchie / Joan Pearson
May 28th	Ristorante Andrea (Italian) Lachine	Janet Broadbelt, Doris Leckie & Jane Cowell-Poitras
June 25th	Restaurant Villa d'Este Château Vaudreuil	Judy Couillard / Gisele Lambert

Please feel free to join our dining club if you have not had an opportunity to do so. Everyone is most welcome. A \$3.00 contribution towards our Christmas raffle gift basket is requested upon registering.

Victoria Pinnell [vpinnell@lbpsb.qc.ca](mailto:vpinnell@lbpsb.qc.ca)

**BOOK CLUB I** - Our November book club meeting will take place on Wednesday November 12th at 1 pm with Sasha as our hostess. The book which will be reviewed by Christa is a haunting tale of our countries formative years, *The Orenda*, by Joseph Boyden. Please call Sasha if you are unable to join us . Marg N- G

**BOOK CLUB II** - Our October's reading selection was *The War That Ended Peace* by Margaret MacMillan – a very interesting and well researched book. It was reviewed by Sandra Smith. Continuing our WWI theme, November's book is *All Quiet on the Western Front* by Erich Maria Remarque. The book will be reviewed by Eva Weiss and we will meet at Hélène Quaid's home on Nov. 20. Please advise Hélène if unable to attend. Gilda

**DUPLICATE BRIDGE** - We meet at Centennial Hall in Beaconsfield the second and fourth Thursdays of each month at 9:00 am.

**EVENING BOOK CLUB** – Our first meeting will be held Tuesday, October 28<sup>th</sup> and will be hosted by Diane Gibb in Ile Bizard. We will be reviewing the book **Ru**.

<http://www.chapters.indigo.ca/books/ru/9780307359711-item.html?ikwid=ru&ikwsec=Home&ikwidx=1>

**GERMAN CONVERSATION GROUP** - November 11

The above meeting will take place at Chitra Chopra's home at 10a.m. We will be collecting for our Christmas basket at that time and will welcome ideas as to the basket's contents. If anyone wishes to join the group or simply come as a guest, please advise me, as well as the November hostess. We currently have nine members. Best regards, Christine Hamilton



**JAUNTERS** - November 21st the Jaunters will be having a special pre- Christmas treat.....LUNCH at BIRK'S CAFÉ par EUROPEA.

Welcome to the special, exquisite, elegant atmosphere at Birk's cafe in the downtown store, 1240 Phillips-Square Street.

At 11 am there is a self guided Birk's history tour at the back of the Birk's store. If time permits a possible walk over to the Anglican Cathedral before lunch.Lunch is served from 11:30 to 2 pm. The cost will be approximately \$40 depending on your appetite. ( Please check the web site: [www.maisonbirks.com/eu/café](http://www.maisonbirks.com/eu/café), or [info@birkscafe.ca](mailto:info@birkscafe.ca) as the lunch is a la carte).

Car pool from Pointe Claire Plaza at 10am.

Contact Theresa Sliz. State if you can drive or will require a lift.

Deadline for reservations is November 14.

**MUSIC HISTORY** – The Music History group will meet at Irene Robson's on Thursday, November 13 at 1:30 pm. We will be fast forwarding a couple of hundred years from the Renaissance soundscape of Tomas Luis de Victoria and his Requiem of 1605 to 1791 and exploring the convoluted story behind the Mozart's last, unfinished work, his Requiem, prior to attending the I Musici/SMAM concert at Maison Symphonique the next evening, Friday, November 14, 8 pm. The concert will feature the Robert Levin completion of the Requiem.

November 22 is the feast of Saint Cecilia, the patron saint of music and is happily the date of the Stewart Hall Singers' upcoming concert. Come hear the Stewart Hall Singers In Concert celebrating this auspicious alignment of the spheres in music by Handel, Mozart and Spohr.

The Stewart Hall Singers in Concert, Eglise Saint-Joachim, Pointe Claire, Saturday, November 22, 8 pm, tickets, \$20 from Joan Dyer

**Joan Dyer**

### **PHOTO CLUB** -

We have a nice group and went to the Botanical Gardens for our first outing.

On November 11<sup>th</sup> we will meet at Dianne Robinson's place for photo sharing and learning at 7PM. For those who cannot come on this date we will meet separately.

If you want to join us send me an email [mariakorab@gmail.com](mailto:mariakorab@gmail.com)

Maria Korab-Laskowska ([korabphoto.com](http://korabphoto.com))

### **TÊTÊ-À-TÊTE (French Conversation)** -

La prochaine réunion sera chez Janet Guay, le 21 novembre . Si vous avez le goût de nous joindre pour parler en français dans un ambiance amical veuillez me donner un coup de fil.

Diane Robinson

### **TRAVEL GROUP**–

**Change of date for the travel meeting!**

African Adventure - Malawi and Zambia.

Join Anne Peters and Karen Runnels as they recount the experiences they had, with their husbands, living in a village in Malawi and visiting an unspoiled game park in Zambia.

**November 3 Le Vivalis, 30 Stilview, 8th flor at 7:0 pm refreshments for 7:30 pm.**

For the 2015 Travel meetings please reserve the first Monday of the month starting February.

I am changing the Travel meetings dates on request of several ladies who have conflict with other activities. There are not many people on the Travel group list and some emails were returned due to wrong addresses so if you want to join us but did not receive any email from me please let me know.

[mariakorab@gmail.com](mailto:mariakorab@gmail.com)

Maria Korab-Laskowska

### **TUTTO ITALIANO -**

Tutto Italiano meeting will take place on November 11th at 1.30 .

We shall be meeting at Giovanna Pessina's .

Please call her if unable to come.

Renata Bagga

### **WINE APPRECIATION II -**

Wine Appreciation II would like to invite another Club member to join our group. We meet on the second Tuesday of each month at a member's home. She chooses the wines and serves refreshments and we all divide the costs of the wine. If you are unable to commit to each month, perhaps you would consider being a substitute member of the group. If you are interested please contact Joyce Schaaf.

Our next meeting will be held at the home of Jane Cowell-Poitras on Tuesday, November 4 at 7:00.

Joyce Schaaf

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# November 2014

Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>Oct. 28</b> <b>Evening Book Club</b>		<b>Oct. 30</b> <b>Bon Appétit</b> <b>6:30 p.m.</b>		
<b>3</b> Travel Group	<b>4</b> Wine Appreciation Club	<b>5</b>	<b>6</b>	<b>7</b>	
<b>10</b> MLUWC General Meeting	<b>11 Remembrance Day</b> German Conversation Group Photo Club Tutto Italiano	<b>12</b> Book Club I Fund Raising Event with the Montreal West Operatic Society	<b>13</b> Duplicate Bridge Music History	<b>14</b>	
<b>17</b> MLUWC Executive Meeting	<b>18</b>	<b>19</b>	<b>20</b> Book Club II	<b>21</b> Jaunters visit Birks  French Conversation Group	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Duplicate Bridge Bon Appetit - Le Bordelais, 6:30 p.m.	<b>28</b> Art Appreciation - MMFA	

**Newsletter Editor: Barbara Armbruster [newsletter@mluwc.com](mailto:newsletter@mluwc.com)**  
**Proofreader: Janet Guay**  
**Deadline for DECEMBER submissions: Friday November 14, 2014**

# *Save the Date / Réservez la date*

NOVA West Island and Homestyle Bakery & Black Lion Pub

are pleased to invite you to our NEW **Homestyle Breakfast Fundraiser**

If you're looking for that home style feeling, this is the place to be.

Come and enjoy a little slice of heaven in a cozy atmosphere this **Remembrance Day!**

Whether it is to remember a loved-one, to enjoy a good meal before going to work,

or to start the day on the right foot by supporting NOVA WEST ISLAND.

Visit us or call us at / Venez nous visiter ou contactez-nous au : [514-695-8335](tel:514-695-8335)

All proceeds go to / Tous les profits seront versés à :

NOVA West Island

## *Christmas Social lunch*

The Forest and Stream Club will be holding a ladies Christmas lunch on Wednesday December 3<sup>rd</sup> at noon. Please bring along a new toy or an item of non-perishable food for our charity collection.

We will be having a demonstration by a florist on how to make a Christmas centerpiece which will be raffled. There will also be a jewellery display and an item will be raffled.

If you are interested in making a reservation, please contact Janet Ankcorn.