



Montreal Lakeshore University Women's Club

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

Newsletter, October 2014

Volume 57, Issue 2

General Meeting

Monday, October 6, 2014

at

The Karnak Shriners' Temple
3350 Sources Boulevard, DDO

Coffee - 7:15 pm

Meeting - 7:45 pm

**Our Guest Speaker, Dr. Lucy Gilbert,
Chief of Gynecology-Oncology,
McGill University Health Centre, will
talk about Ovarian and Endometrial
Cancer.**

★

Community Night

Learn about various resources available in
our community

★

Also that evening:

**You will meet our 2014 Scholarship
recipients**

&

**have the opportunity to buy your
tickets for our exciting November**

12th Fundraising Event

(details on page 5!)

Please see détails on page 2

President's Message

So we have sent the children and grandchildren back to school and now it is time for us to get back to our activities. We started off with the Convivium which was very well attended. Kudos to Hospitality Chair, Shirley Wick and her Special Events team (Margaret Galley, Phyllis Havercroft and Orian Leggett) for an excellent job. Our members enjoyed the evening and our guests were impressed. All in all a great success.

Looking at the array of Interest Groups I think that there is something there for every member. However, any member who has a passion which she would like to share has the opportunity to discuss this with the Interest Group Chair and that may well lead to another group. Participating in an Interest Group enhances a member's enjoyment of the Club.

From time to time members have expressed an interest in volunteering. There will be an opportunity, at our next general meeting, to get to know more about some non-profit groups who offer services to the community and who could use our help. If the non-profit groups support one another we will all become stronger and that can only be good for the community we serve.

As always in October we get to meet the scholarship winners. These young women articulate their hopes and plans so well that we are left feeling that we have really made a difference. It's just as well that tickets for the scholarship fundraiser will be on sale at the meeting.

I hope to see you on October 6.

Constance Ellis

You can contact me at:

[mluwc1@mluwc.com](mailto:mлуwc1@mluwc.com)

PROGRAMME COMMITTEE

General Meeting

October 6, 2014

at

The Karnak Shriners' Temple

3350 Sources Boulevard, DDO

Coffee - 7:15 pm

Meeting - 7:45 pm

Ovarian and Endometrial Cancer

Guest Speaker:

Dr. Lucy Gilbert

Chief of Gynecology-Oncology

McGill University Health Centre

Dr. Gilbert will speak to us about the DOvEE project which is focused on the early diagnosis of ovarian and endometrial cancer. The purpose of the project is to find a method to identify signs and symptoms associated with ovarian cancer in order to make a diagnosis as early as possible to very significantly improve outcome and decrease invasive treatments. There will also be an opportunity to participate in the DOvEE study and help provide valuable information.

Community offerings

A number of West Island organisations will also be present and inform you about the services that they provide to the community. This evening responds to one of the purposes of MLUWC, that of community outreach. These groups address the needs and interests of our community and also provide an opportunity to put your education at their service. The groups attending are:

NOVA

Women's Healthy Heart

West Island Cancer Wellness Centre

West Island Community Resource Centre

West Island Palliative Care

DOvEE

Alzheimer's Group

Also this evening:

Our 2014 Scholarship recipients speak

&

Buy your tickets for our November 12th Fundraising Event
featuring the Montreal West Operatic Society

MEMBERSHIP

What a lovely Convivium. So nice to see everyone after the summer break and to welcome new and returning members: Shirley Rugenius, Penelope Kamichaitis and Eva Kuchar. We are hoping to increase this list in the very near future.

Thank you to everyone who brought guests. I could not do my job without all of your assistance. Membership is ongoing and guests (and their daughters) are always welcome at our monthly meetings throughout the year.

I am looking forward to our New Members' Evening that will be held October 30th. You still have time to be a Big Sister and to help our new members know more about our wonderful club.

p.s. I hope everyone enjoyed their new pens/highlighters - please remember to use them - this is a great marketing tool to attract new members.

Linda Sestock
Vice-President Membership

Montreal Lakeshore University Women Club									
Statement of Revenues and Expenditures									
For the year ended May 31st, 2014									
					2014		2013		
Opening bank balance as at June 1st (As adjusted)					\$7,650		\$7,800		
Revenues									
Membership fees - Current year					\$22,310		\$18,524		
Membership fees - received in advance					\$330		\$0		
Annual meeting					\$5,085		\$3,680		
Convivium					\$2,220		\$4,203		
Other revenues *					<u>\$3,095</u>		<u>\$2,226</u>		
Total Revenues					<u>\$33,040</u>		<u>\$28,633</u>		
Expenditures									

CFUW fees paid					\$14,280	\$12,200
Other associations fees paid					\$410	\$50
Annual meeting					\$4,923	\$4,165
Convivium					\$2,203	\$4,170
Administration					\$757	\$945
Communication					\$464	\$730
Membership					\$1,319	\$1,059
Newsletter					\$130	\$138
Program					\$952	\$466
Hospitality					\$371	\$366
CFUW convention delegates					\$3,074	\$1,969
Rent					\$1,325	\$980
Donation					\$2,315	\$595
Total Expenditures					<u>\$32,523</u>	<u>\$27,833</u>
Excess of Revenues over Expenditures					\$517	\$800
Transfer of funds to Scholarship Fund					\$1,000	\$1,000
Closing bank balance as at May 31st					\$7,167	\$7,650
*Breakdown of other revenues		Misc.	\$852.00			
		Advertising	\$295.00			
		Newsletter	\$108.00			
		Workshops	\$240.00			
		Christmas Raffle	\$1,600.00			

The MLUWC had to raise membership dues this year because of a significant raise to the membership fees paid to the CFUW. The executive made a conscious effort to maintain costs at the lowest level possible while maintaining the quality of programs and services. Our club has had another successful year and is once again in a comfortable position to meet new challenges.

Submitted for your consideration

Paulette Cargill
Treasurer
MLUWC

REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW) LE CONSEIL DES FEMMES DE MONTRÉAL

“A Voice for Women in Montreal” since 1893

FROM THE MCW/CFM THE BULLETIN:

“The Annual General Meeting in May was privileged to have as guest speaker, **Ms Barbara Kay**, who is a writer and **National Post** columnist.

Ms Kay’s very informative discourse, focused on violence against women, not only domestic violence, also referred to as “Intimate Partner Violence”, but “honour killings” which are usually cultural. Barbara stated that the only thing these two forms of violence have in common is the suffering of the victim. Domestic violence is virtually always between sexual partners. Honour killings mainly involve father/parent violence against daughters.

She compelled the audience to think about the term “honour” and that it is being used to describe basically murder. Ms Kay stated that, “Westerners are confusing honour with morality.” “Honour and morality are not the same thing, although sometimes honour is consistent with morality and sometimes it is not.”

Ms Kay has co-written a book with **Ms Aruna Papp**, a riveting memoir entitled, *“Unworthy Creature: A Punjabi Daughter’s Memoir of Honour, Shame and Love”*, which tells of untold stories of oppression, injustices and acts of violence against women.

The September 4th meeting was an all day Federates’ Day event, which welcomed representatives from the City of Montreal who spoke on the topic, “Promoting the Equal Involvement of Women and Men in the Montreal Community”.

President, Chitra Chopra, had organized a STRATEGIC PLANNING SESSION which sought input from the Federates as MCW envisions its future directions and determines how the Montreal Council of Women can better respond to the federates’ needs and to the needs of the community. Connie Ellis and Mary Vlahos also attended this stimulating and informative Federates’ Day.

UPCOMING:

MCW GENERAL MEETING: October 2, 2014 at 12:00 Noon;
Light Lunch @\$10/person

Program: “Aboriginal women’s human rights”

Guest Speaker: Teresa Edwards, BA., JD. Director, International Affairs and Human Rights
Native Women’s Association of Canada

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

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



The Pink Hat at the Convivium

What a wonderful evening! And so many members and guests put their names in the hat, hoping to win a bursary for one of the Thomas More Institute’s stimulating discussion courses. - offered for a third year as a gift to members of our Club. The winner may choose one 24 week course (fall, winter or spring) or two programs of 12 weeks from subjects such as philosophy, literature, classics, history, natural and human sciences, the arts and religious studies: a feast for the mind and great fun to explore in an interesting seminar. Copies of the brochure will be sent to each one who entered the draw.

This year, Sylvie Ghanimé 's name was drawn. Sylvie was a guest of Dianne Gibb and hopes to become a member of MLUWC.

For those interested in the TMI Seniors Program, the newly flourishing Villa Beaurepaire in the Beaurepaire Village, plans to offer a course, beginning Oct. 16th, at 2 pm. This years topic is "City scapes : Sketches of Urban life".
Johannah Lloyd for Margaret Nicoll-Griffith.

A TRIBUTE

THERESE CASGRAIN and THE VOLUNTEER AWARD

In July 2014, the Canadian Press revealed that the Therese Casgrain Volunteer Award had been eliminated in 2010 and replaced the following year by the Prime Minister's Volunteer awards. AN ENORMOUS SHOCK. Unfortunately, history is repeating itself.

In 1982, The Canadian government under Pierre E. Trudeau instituted the Therese Casgrain Volunteer Award to recognize volunteers "whose social commitment and persistent efforts have contributed significantly to the well-being of their fellow Canadians". The award was cancelled by Brian Mulroney's government, then reinstated in 2001 by Jean Chretien's Liberals.

I am taking this occasion to pay tribute to Madame Therese Casgrain by reminding us who she was, what she fought for and what was her legacy. She is best remembered for leading the campaign for women's suffrage in Quebec. Therese Casgrain was the *first woman to be elected the leader of a political party in Canada*. She had a long political career and vigorously fought against social, economic and political injustices affecting both women and men.

A committed woman, a founding member of the Provincial Franchise Committee for women's suffrage in 1921, she campaigned ceaselessly for women's rights in Quebec. She headed the *Ligue des droits de la femme* for 14 years (1928-1942), which attained not only the right for women to vote at the provincial level, but also significant social and legal reforms. In 1940, the Quebec Liberals, led by *Adelard Godbout*, passed the women's suffrage bill, and women obtained the right to vote in Quebec's provincial elections, 20 years after the Federal right to vote. Manitoba was the first province to give the vote to women in 1916.

In 1970, at age 74, she was appointed to the *Senate* as an independent and served for nine months before reaching the mandatory age of 75 in July 1971.

HER LEGACY

Madame Casgrain was a humanist who, in addition to her suffragist concerns fought for universal rights and reforms in the areas of unemployment, health care, education and housing. Established in 1982, the Therese-F. Casgrain Foundation continues her mission "to favour the advancement of women in Canada and to support initiatives that allow them to change our society." It supports projects in three distinct areas: education, advancement and social economy of women.

Suzanne Chausse,

Vice-President and CFUW Liaison 2014,08,06

Source : Therese Casgrain – The Canadian Encyclopedia.

SCHOLARSHIP COMMITTEE

The Scholarship Committee is pleased to introduce the three outstanding young women who are the 2014 Scholarship recipients:

Kayley Diamond, recipient of the Margaret Manson Scholarship, has begun her final year of a Bachelor of Civil Engineering at McGill University.

Allison Sibthorpe, recipient of the Alberta Shearer Scholarship, has begun her final year of a Bachelor of Arts, majoring in Anatomy and Cell Biology, at McGill University.

Victoria Wagner, recipient of the Amy Williams Scholarship, has begun her first year in Agriculture and Environmental Science at McGill University.

All three recipients will be in attendance at the General Meeting on Monday, October 6, to be introduced to you and each will give a brief presentation. Do not miss this opportunity to get to know these remarkable young women.

Sandra Munro
MLUWC Scholarship Chair

FUNDRAISING

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

Pot Luck Dinners

Signup for the dinners was very enthusiastic at the Convivium. So far we have eleven dinners and one luncheon planned. There are only a few spaces left, but there is still time at the October meeting to sign up to attend or to be a hostess. If you would like more information before then, do not hesitate to contact us.

Gisele Lambert

Workshop Opportunity

Topic: Mapping a career in science as a female? How do you know when you have been successful?

When: **October 4th, 2014, 2:30 - 4:00**

Where: **John Abbott CEGEP, Hertzberg Building, room H-236** see

<http://www.johnabbott.qc.ca/contact-us/campus-map/>

Objectives: An interactive workshop where topics such as networking, time management, mentorship, risk taking, work-life balance, problem solving and goal setting, all skills needed for a successful career in science will be discussed.

Open to all participants regardless of where you are on your career path.

Please confirm your presence prior to October 2nd to workshop@mluwc.com

Parking is free for participants as long as you park in spaces designated for students or staff. Do not park in areas designated for residents.

Organized by the Montreal Lakeshore University Women's Club (<http://www.mluwc.com/>)

A donation of \$10 will be collected on site. All net proceeds will be contributed to the MLUWC scholarship fund.

Note: refreshments will be served.

For more information please contact Dr. Marianna Newkirk Marianna.newkirk@mcgill.ca



INTEREST GROUPS

BON APPÉTIT -

Hello and welcome. We have had a wonderful response to our interest group with 38 members registered. If you did not have an opportunity to sign up at the convivium and would like to be a part of our dinner club, please do not hesitate to contact me at vpinnell@lbpsb.qc.ca. The more the merrier! We tend to average between 15 and 20 diners an evening. We ask for a \$3.00 contribution from members towards our Christmas raffle gift basket.

We meet the fourth Thursday of the month at 6:30 p.m. Each outing requires two ladies to organize. They should inform the members of the date, time and location of that month's restaurant and request confirmation of their presence. They will call and reserve the restaurant, arrange preferred seating, method of payment and review menu.

Our first dining experience will be at **Terra Mare, 3633 Blvd. des Sources, DDO H9B 2K4, on Thursday, September 25th, at 6:30p.m.** At that time, we will decide which restaurants to visit this year, considering price, type of cuisine and location. This list will be published in next month's newsletter. Please bring some new and exciting suggestions! For reference, I will have a list of where we have been over the past few years.

Looking forward to seeing everyone. Victoria Pinnell

BOOK CLUB I -

Our October book to be reviewed is "SALT A World History", by Mark Kurlansky. The reviewer is Irene, and we will be meeting at Nora's October, 8th at 1pm. I'm sure this will be an interesting afternoon. Please let Nora know if you are unable to be with us. Are we "the salt of the earth"? Marg Nicoll- Griffith

DUPLICATE BRIDGE -

Meets the second and fourth Thursday of every month at 9:00 a.m. at Centennial Hall in Beausfield. For more details, contact Jane Quail.

GOURMET 3 CLUB -

Gourmet 3 is looking for 3 new diners to join us.

Interest Groups continued

We meet on the third Wednesday of every month. The hostess sets the menu and sends each person her relevant recipe a week before we meet; for example, if Joan is the hostess, she would make the main course, Ann would bring the appetizer, Brenda would bring the soup, Connie the side dish, Kathy the dessert and Linda the wine. The next month, the hostess would be Kathy and Linda would bring the appetizer, Ann the soup, etc. The order is determined alphabetically by first name. Every person has the opportunity to be the hostess once during the season and to make each of the different courses.

If you are interested in joining, please contact the group leader, Gilda Martinello. Our first dinner will be held at Gilda's on Wed., Oct. 15.

INVESTORS' GROUP -

The **Investors' Group** will assist its members with defining financial goals based upon ones financial situation, investment experience and personal profile. Discussions will remain at a group level; individual confidentiality will be respected.

Meetings are held the last Tuesday of the month, with the season starting **Tuesday, September 30th at 7:00 p.m. at the home of Victoria Pinnell.**

New members are most welcome. If you did not have an opportunity to sign up at the convivium on September 8th and would like to register, please contact group leader, **Gina Spiridigliozzi.**

JAUNTERS -

The **Jaunters** interest group will be visiting the **McCord Museum** October 24 for the Exhibit of **Ben's the Legendary Deli**, for a *1:30 pm group tour.*

Ben's Delicatessen, founded in 1908 by Benjamin Kravitz (1883-1956), closed in 2006 after nearly a century in business. The exhibition brings together some 100 objects, including posters, architectural plans, photos, counter stools, dishes, utensils, menus, recipes and testimonials that recount the history of this landmark, the very first of Montreal's famous smoked meat restaurants. Rediscover the soul of what was a vibrant fixture in Montreal throughout the 20th century.

Lunch BEFORE will be at 11:30 am in the Café Bistro of the McCord. The Café Bistro offers a free appetizer when you present your admission ticket. Price for lunch will be around \$20. Bens' classic plate with the famous Bens smoked meat prepared according to the original recipe, will also be offered.

We will **carpool** from Point Claire Plaza at 10:30; ***Pam Deans will collect museum money of \$10, senior rate. (this is based on us being at least 15 people).***

Contact Eva Hofmann to reserve your place. *Mention if you are lunching and if you can drive or need a lift. Note:* The entrance to the museum for groups is 2175 Victoria (west side door). We will confirm later if this is where our group enters.

Patricia Jones

MUSIC APPRECIATION -

The Music Appreciation Group will meet on Thursday, October 30 at 10 am at Maria Cranker's home, 38 Glendale, Beaconsfield. Music by Ravel, Rodrigo, Pepin and De Falla will be presented by group members. This is music we will be hearing the following week at the November 6 morning MSO concert, the first concert of the season. For more details contact Maria at 514-694-3963

Interest Groups Continued

MUSIC HISTORY –

This year the Music History group has subscribed to the series of concerts to be given by the Studio de Musique Ancienne, through which we will explore the development of polyphony. The group will meet on Thursday, October 9, 1:30 pm, chez Joan to launch the new season. We will be discovering the music of the great Spanish composer Thomas Luis de Victoria in preparation for the first concert in this year's subscription series, Mystical Iberia, on Sunday, October 12, 3pm, Eglise St-Leon de Westmount.

Anyone who cannot come please let Joan know.

Joan Dyer

PHOTOGRAPHY GROUP -

If you signed you will receive email from me with details about our first meetings.

If you did not sign but want to join Travel or Photography group send me an email

mariakorab@gmail.com

TÊTE-À-TÊTE

La première reunion sera chez moi, le 17 octobre . Si vous avez le gout de nous joindre pour parler en français dans un ambiance amical veuillez me donner un coup de fil.

Diane Robinson

TRAVEL -

Travel group program:

27th of October: Maria Korab-Laskowska: The Quiet Side of Ireland

24th of November: Anne Peters and Karen Runnels: Africa: Malawi and Zambia

COMMISSIONER OF OATHS

Do you know the role of a Commissioner of Oaths?

It is an individual who is empowered to certify the oath or “solemn affirmation” of a person upon documents such as; diplomas, birth certificates and other records.

If you are in need of this service, please contact Victoria Pinnell.

The Friends of the Beaconsfield Library will be having their annual book sale on Saturday, October 18, from 9am to 4pm, in the Herb Linder annex, 303 Beaconsfield Blvd. This year the book sale will be combined with a bake sale, and the sale of Girl Guide cookies, so come early to get the best selection of books and baking.

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 MCW General Meeting	3	4 Workshop 2:30-4:00 p.m.
5	6 MLUWC General Meeting 7:15 p.m.	7	8 Book Club I 1:00 p.m.	9 Music History Duplicate Bridge	10 Deadline for Nov. Newsletter	11
12	13 Thanksgiving	14	15 Gourmet 3	16	17 Tête à Tête	18 Qc. Mini Council
19	20 MLUWC Exec. Meeting	21	22	23 Duplicate Bridge	24 Jaunters McCord Museum 1:30 p.m.	25
26	27 Travel Group	28	29	30 Music Appreciation 10:00 a.m. New Members' Night	31 Halloween	

Newsletter Editor: Barbara Armbruster newsletter@mluwc.com

Proofreader: Janet Guay

Deadline for NOVEMBER submissions: Friday October 10, 2014.

Addendum

Proposed Amendments to MLUWC Constitution and By-Laws

The executive of MLUWC proposes the following change to the By-laws as shown below:

ARTICLE II – Finance

Para 2 will be amended to read as follows:

Para 2 Payment of fees must be made on or before August 15. The deadline for inclusion in membership lists is September 30.

The membership will be asked to vote on this amendment at the General Meeting on October 6, 2014

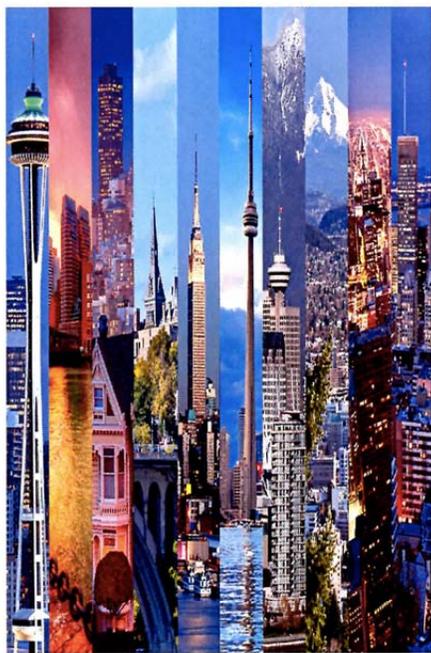
INSTITUT
THOMAS MORE
INSTITUTE

Seniors Course – 2014/2015

Cityscapes: Sketches of Urban Life

A city is a state of mind

J.Todd



Today, almost one out of every two people lives in a city. When we hear “city”, what comes to mind?

Over the course of 18 weeks, we will travel around the world looking at the evolution of cities, illustrating some really interesting issues. What makes a city unique? How does each city reflect the culture within it? How does it shape us?

Through readings, films and guest speakers, this course will provide participants in residences and meeting places for older adults the opportunity to explore urban living across the globe.

SENIORS COURSE 2014-2015

Offered at Villa Beaurepaire

23 Fieldfare Avenue, Beaconsfield

on Thursdays – 2:00 PM – 3:30 PM

Starting October 16, 2014

Cost: \$15 per term / \$30 for full course

For additional information contact:

Jennifer MacGregor at 514-633-9578

or Thomas More Institute at 514-935-9585

Fall term: 8 weeks / Winter term: 10 weeks

Thomas More Institute

3405 Atwater Avenue

Montreal, Qc. H3H 1Y2

Email: info@thomasmore.qc.ca

Website:

www.thomasmore.qc.ca

You're not alone!

If you've ever struggled to understand a conversation, or wanted to improve your communication skills, CHIP is here to help.

In addition to speechreading, these courses cover:

- Living with a hearing loss
- Work, friends and family
- Advocacy and your rights
- Technological advances
- Communication strategies
- And more!

(Refreshments will be provided.)

FOR MORE INFORMATION

Communicaid for Hearing Impaired Persons (CHIP)

www.hearhear.org ebasch@videotron.ca 514.636.0755
7000 Sherbrooke St. West
Montreal, QC, H4B 1R3

Learn to listen with your eyes.

