



Montreal Lakeshore University Women's Club

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

Newsletter, February 2015

Volume 57, Issue 6

General Meeting
Monday, February 9, 2015
at
The Karnak Shriners' Temple
3350 Sources Boulevard, DDO

Coffee - 7:15 pm
Meeting - 7:45 pm

The Future of Mental Health: Prevention and Early Intervention with Youth

Guest Speaker:
Lynne McVey
CEO, Douglas Mental Health University Institute

"There is no health without mental health" Dr.
David Satcher, CDC

The mental health strategy for Canada calls on all Canadians to create a broad social movement for improved mental health in Canada with a focus on youth mental health. Lynne McVey will address us on the topic of changing how we see mental illness. She is recognised for her patient-centred approach and advocacy on behalf of vulnerable populations.

Twenty percent of youth in Canada between the ages of 11 and 25 suffer from some form of mental health problem. Stigma prevents most of these young Canadians from receiving the help they need. Communities and school environments are perfect places to engage in primary prevention of mental illness.

Together, let's provide the leadership and culture change required to eliminate stigma and give to our community's youth the health they deserve.

We will also hear from, **Sarah Burkart, a 2009 MLUWC scholarship recipient**, and now community care worker in the mental health area.

President's Message

It has recently come to my attention that some of our members are not aware of the changes to the criteria for membership in the CFUW. At the Annual General Meeting and conference held in Montreal in summer of 2008, the qualifications for membership were updated as follows:

A woman may apply for membership if she

1. Has a degree, diploma or the equivalent from an accredited tertiary education institution.
2. Has a professional designation or qualification that currently requires a degree, diploma or equivalent qualification.
3. Is a full-time student at an accredited post-secondary institution.
4. Has qualifications other than the above, and supports the policies and objectives of CFUW

with the proviso that **the percentage of women with degrees in a club should not fall below 80.**

At the Annual General Meeting and conference held in Waterloo, Ontario in June 2014 there was a slight revision. The above criteria for membership were upheld with the proviso that **the percentage of the members of the CFUW with degrees should not fall below 80.**

Two months ago I indicated that our club had been asked to provide volunteers for the CFUW AGM which takes place in June. Any member who wishes to volunteer is asked to indicate this to me by email at mлуwс1@gmail.com. Your email will be forwarded directly to the organizing committee.

The weather has been very unpredictable. I look forward to seeing as many of you as possible at the next general meeting.

Connie Ellis
mлуwс1@mлуwс.com

CFUW

IFUW NAME CHANGE.

The deadline for the vote on Name change has been moved to September 30th, 2015

COMING FEDERAL ELECTION:

CFUW helped form the UP FOR DEBATE campaign and the Alliance for Women's Rights. Now the campaign has grown to represent over 150 organizations across Canada. Up for Debate calls on all political parties to commit to a federal leaders' debate on issues identified by women - the first in 30 years, and to make meaningful commitments to change women's lives for the better, at home and abroad by:

- Ending violence against women
- Ending women's economic inequality
- Supporting women's leadership and organizations

Suzanne Chaussé
Vice President & CFUW Liaison

Pot Luck Dinners



Pot Luck Dinner at the home of Suzanne Chaussé

The 22nd Annual Pot Luck Dinners were held January 12, 2015. Over 100 participants braved frigid winter conditions to attend one lunch and twelve dinners. (One dinner had to be cancelled due to this year's nasty flu.) We hope that everyone enjoyed the evening!

Any comments or advice that would help in planning next year's dinners is welcome so don't hesitate to contact us by email.

A big thank you to the Hostesses and Assistant Hostesses for all you did to make this event a success!

Hostesses

Barb Marcolin
Celine Dupuis
Christine Hamilton
Diane Nener
Janet Guay
Joan Pearson
Kate Le Maistre
Lorraine Retfalvi
Maureen Rowe
Patricia Murray
Renate Sutherland
Sandra Munro
Suzanne Chaussé
Tina Tessari

Assistant Hostesses

Jeanne Marie Lefebvre
Louis Dagenais
Nancy Doray
Yolande Martin
Dianne Robinson
Denise McMurchie
Joyce Schaaf
Maria Korab-Laskowska
Paulette Cargill
Hille Viires
Margaret Vost
Jane Quail
Donna Bourne
Maria Roussakis

**Gisèle Lambert and Patricia DuVal
Potluck Dinner Coordinators**

Nominations

We are starting the process of looking for replacements for various Executive and Committee Chairs.

According to the MLUWC By-Laws (found in the Directory), the Nominating Committee is made up of two members from the Executive and three members from the general membership. The two members from the Executive are Gilda Martinello, Past-President and Chair of the Nominating Committee, and Linda Sestock, Vice-President & Chair of the Membership Committee.

I am looking for people who are interested in serving on this committee. The job requires that you know some Club members who, you think, will fill the upcoming vacant positions on the Executive for the next two-year term. If you would like to join us, please contact me. The members of the rest of the committee will be announced at the February General Meeting.

The following positions will be coming to an end in May and we are looking for women who are interested in continuing to make our Club a vital member of the West Island environment. Many of these positions can be shared, if you prefer. If any of these positions are of interest, please contact me and I will be happy to explain the roles and responsibilities of the position.

Please note that nominations close five days before the AGM in May and each new term starts at the end of the AGM.

MLUWC Positions to be filled:

Treasurer
Recording Secretary
Fundraising
Hospitality
Programme
Scholarships

Gilda Martinello
Chair, Nominating Committee
Past-President & Corporate Secretary

Membership

Happy New Year!

It was so lovely to start the year off with a potluck dinner. This is a wonderful chance to meet old friends and to make new ones. I highly recommend the potluck dinners for all new members.

Speaking of new members, please welcome Lyane Trepanier and Françoise Vien who joined in December.

I still have many directories to give out. You may arrange to pick them up at my home (84 Jasper - just west of the Pointe-Claire Village) or at our next meeting.

Looking forward to seeing all of you at our next meeting.

Always remember: ***MEMBERSHIP IS EVERY MEMBER'S RESPONSIBILITY.***

Linda Sestock
Vice-President &
Membership Chair

Communications

Sopranos needed!

Brahm's Requiem will be performed on Sunday afternoon, March 29. A beautiful soulful piece to greet Spring. *Women Making Music* will perform the work together with the *McGill Choral Society*. *Women Making Music* is inviting sopranos particularly to participate in this concert. Practices are Tuesdays 4:30-6:30 at Queen Mary Rosedale United Church in NDG. Come enjoy singing the beautiful Requiem by Brahms.

For more information please contact Maria Cranker.

Dr. Marianna Newkirk
Communications Chair

Where Are They Now?

A search to find former MLUWC Scholarship Recipients

Continuing our series on former scholarship recipients, we have heard from Meiyong Li, the 2013-14 recipient of the MLUWC's Margaret Manson Scholarship.

Meiyong writes, "After finishing my studies in Music at McGill University, I am now embarking in a career in music administration. Currently, I am working on an exciting project called Stella Musica, a festival that promotes and celebrates the accomplishments of women in music, and taking place around the International Women's Day.

"I would like to know if it's possible for MLUWC to spread the festival's information among your members, or to help us in any way possible."

Here are the details:

Ensemble Arkea - Stella Musica Festival - Women in Music

March 13, 2015 at 8:00 PM

Théâtre Outremont (1248, avenue Bernard Ouest, Outremont, QC H2V 1V6)

Regular \$43, Senior \$35, Student \$28, VIP \$100.

<http://www.stellamusica.org/>

Sandra Munro

Chair, Scholarship Committee

Interest Groups

ART APPRECIATION - The Art Appreciation group may want to join the Jaunters for February. Please see details below under Jaunters.

Jeannie Hazel

BON APPÉTIT - Bon Appétit Dinner Club

The next restaurant we will be visiting is **M. Epicé, a Szechuan / Thai (BYOB) restaurant** in Pointe Claire on **Thursday, January 29th at 6:30 p.m.**, organized by Ausma Groskaufmanis and Shirley Wicks. Details for the evening have now been distributed to the interest group members.

February's dining adventure will take us to **Sahib, an Indian restaurant** in Pointe Claire on **Thursday, February 19th at 6:30 p.m.** Franca Ferrara and Margaret Stephenson will plan this evening for us.

If you are looking for a lovely evening out, please feel free to join our dining club if you have not had an opportunity to do so. Everyone is most welcome.

Victoria Pinnell

BOOK CLUB I - Our next Book Club meeting will be held on February 11th, 1 pm, with Hildberg as our hostess. Marg will review the book *The Imposter Bride* written by Nancy Richler. The Globe and Mail review states "Elegant, ambitious, accomplished". Enjoy the read. Mark Abley will come to our book club meeting on March 11th, 3 pm, to discuss his book, *Conversations with a Dead Man*, the legacy of Duncan Campbell Scott. I would like to invite the other two book clubs to join us at the Cambridge.

Marg N-G

BOOK CLUB II - The book we will review for February is *Black Count* by Tom Reiss, winner of the 2013 Pulitzer Prize for Biography. The sub-title of this book is: Glory, Revolution, Betrayal, and the Real Count of Monte Cristo. It relates the life of Alexandre Dumas whose son, also Alexandre Dumas, wrote the book "The Count of Monte Cristo" based on his father's life.

Carole Newberry will review the book and we will meet at Joan Dyer's home on Feb.19. Please advise Joan if unable to attend.

Gilda Martinello

CROSS COUNTRY SKIING - The cross-country ski group meets at The Morgan Arboretum at 9:45 am on Tuesday February 3, Tuesday February 10, Tuesday February 17 and Tuesday February 24. All welcome.

Janet Anderson

DUPLICATE BRIDGE - Will meet at 9:00 A.M. at Centennial Hall, Beaconsfield, on Thursday February 12 and February 26.

Jane Quail

FILM CLUB - The theme of the film for February 17th is “Mental Health, Temple Grandin”. The theme of the films that will be viewed on Tuesday March 17th is “WORKING LIFE: EQUALITY /DISCRIMINATION”.

Suzanne Chaussé

JAUNTERS – The **Jaunters** will be going to the **Montreal Museum of Fine Arts’** newest show **MARVELS AND MIRAGES OF ORIENTALISM**

Date: Wednesday February 25, 2015

Time: 11am (meet at group entrance at 10:45am)

Cost: \$22.50

Lunch: L’Academie on Crescent St. at 1:00 p.m.

Carpool: 9:15am Pointe Claire Plaza

RSVP/Contact: Gilda Martinello and state if you are driving, need a ride, staying for lunch.

Patricia Jones

MUSIC APPRECIATION - Music Appreciation will meet Thursday, February 12 at Maude Grenier's home to prepare for the February 19th MSO morning concert.

Presentations will be made on Bach's "Brandenburg Concerto No. 5 in D Major," Schumann's "Konzertstück for Four Horns in F Major," and Mendelssohn's "Symphony No. 5 in D Minor." Kent Nagano will be directing this concert. For details, contact Maria Cranker.

MUSIC HISTORY – The group will meet on Thursday, February 12 at 1:30 pm at Joan's. Renata is scheduled to bring the goodies.

Please let me know if you can't come.

Joan Dyer

TUTTO ITALIANO – The Tutto Italiano meeting will take place at Lilian Marier’s on the 10th of February at 1:30.

The topic of the meeting will be confirmed in the reminder.

Renate Bagga

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.

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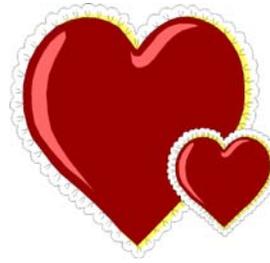
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February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:45 X Country Skiing	4	5	6
9 7:15 General Meeting	10 9:45 X Country Skiing 1:30 Tutto Italiano	11 1:00 Book Club 1	12 9:00 Duplicate Bridge 1:30 Music History Music Appreciation meeting	13 DEADLINE FOR MARCH NEWSLETTER
16	17 9:45 X Country Skiing Film Club	18	19 Music Appreciation at MSO 1:30 Book Club 2 6:30 Bon Appétit	20
23	24 9:45 X Country Skiing	25 10:45 Jaunters	26 9:00 Duplicate Bridge	27

Newsletter Editor: Barbara Armbruster newsletter@mluwc.com

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Deadline for MARCH submissions: Friday February 13, 2015