



Montreal Lakeshore University Women's Club

Newsletter, March 2009
Volume 51, Issue 7

General Meeting



Monday, March 9, 2009

At

The Karnak Shriners' Temple
3350 Sources Boulevard, DDO



Coffee

7:00 pm



Guest Speaker:

Désirée McGraw

TOPIC:

**Climate Change,
Impact and Science**



Désirée McGraw has been described by the national media as "one of Canada's ten most influential people on environmental issues." She was among a select group of Canadians invited to complete private training with former US Vice-President Al Gore on the science and solutions of climate change. Al Gore has trained more than a thousand people, mostly Americans, to adapt his slide show for locally active groups with key roles to play in the global battle against catastrophic climate change.

Act locally: Désirée believes a cultural change is needed if the effects of climate change are to be reversed. That's the message she will be delivering on behalf of environmental guru, Al Gore.

President's Message

If you can believe what is written on Wikipedia, Neil Simon wrote the play *Fools* as the result of an agreement during divorce proceedings that his ex-wife would receive the profits from his next play. With that in mind he set out to write a play that would not last long on Broadway. Whether this is truth or fiction, I cannot say, but I thought this wacky comedy with its colourful set, zany costumes and cast of oddball characters had a certain Dr. Seussical quality to it. All in all, it was good clean fun for a cold winter night with our Scholarship Fund receiving the profits. Thank you to everyone who bought tickets and attended and especially to Nicole Awad and her hardworking committee: Barbara Armbruster, Barbara Sauvé and Elaine Creighton.

I do hope you will all come out on March 9 to hear environmental activist Désirée McGraw speak about Climate Change. The timing of this presentation couldn't be better, as one of CFUW's proposed resolutions this year is entitled "Addressing Climate Change: Greenhouse Gas Emissions."

If you enjoyed participating in the Resolutions discussions last year, you will be pleased to know that we intend to repeat that exercise at our April 6 General Meeting, (complete with sandwiches!). Details about this year's Resolutions are included in this newsletter. I encourage you to read up on them in order to make an informed choice when voting at the April meeting.

The Government of Quebec has just announced that a working group headed by MNA Geoffrey Kelley will study the issue of puppy mills. So hats off to Susan Merrett, Louise Dagenais, Joanne Brais and others who circulated petitions on behalf of the SPCA and proved that you can make a difference!

Heather Hamilton
514-695-2585

heather@hamiltonconsulting.ca

Communications

Please contact me with any information you would like me to pass on to MLUWC members, including important events to be marked.

Irene Robson

514-694-6647

i-c.robson@sympatico.ca

Fundraising

A job well done, ladies. We finally sold 173 tickets to the theatre, despite the freezing rain on the evening of the performance. We know that the play was probably not the best, but many found it hilarious, some so so, and a few did not like it at all. All in all, it was fine. We all know we do not choose or decide on the play we are offered, so we accept what is being given to us. We also find that the money we get from the play is good money that we probably should hang on to. Our next fund-raising event is May 7, the game luncheon, so let us go, have fun, and make money for our cause.

Nicole Awad

514-630-0208

nicole.awad@hotmail.com

Membership

Many thanks to those members who have notified me re corrections to be made in the directory. Your input is very important in our providing up-to-date information to our members.

Please add the following updates/corrections to your directories:

Linda Ricketts: 802 – 18 Lakeshore Rd, Pointe-Claire H9S 5X9

Tel: 514 695-9908, e-mail: jaclin@videotron.ca

Diana Nevins: e-mail: dbnevins@sympatico.ca

Brenda Ticehurst: 114 Windward Cres

Sandra Smith: postal code H9W 2B4

Diane Nener: 5 Sunny Acres Rd

We welcome the following new member:

Margarita Reti, N-4 850 Lakeshore Dr, Dorval H9S 5T9

Tel.: 514 422-9607, e-mail: armarint@videotron.ca

And welcome back to previous member

Phyllis Havercroft: 9 Breton Woods, Beaconsfield H9W 5A6

Tel: 514 694-3989, e-mail:thehavercrofts@gmail.com

Marie-Belle Cunningham

514-426-4454

marie-belle@sympatico.ca

Nomination Committee

The last general meeting approved the following members of the nominating committee:

Pauline van Nieuwburg, chair	514-898-7558	paulinev@remax.net
Marie-Belle Cunningham	514-426-4454	marie-belle@sympatico.ca
Gail O'Reilly	514-697-7104	gail.oreilly@ca.inter.net
Mary Vlahos	514-683-5685	mary@uniglobesupreme.ca

and one position to be appointed.

We will be looking to fill approximately eight positions on the executive for a term of two years. You will be pleased to know that a large number of the members of the present executive are working women and they have found a healthy balance with both.

Many have served in the past but that does not preclude you from serving another term. Group leaders have a unique opportunity to identify members who have skills and the generosity to share them. Please contact us to make suggestions.

We are not looking for experience; we will give you a chance to acquire it. We are not looking for perfection, look at us. We are seeking your interest in, and commitment to, the continued success and growth of the Club. We will clearly explain the varying responsibilities of the different posts.

We will be calling you, calling on you and calling for your participation. We will give you an opportunity to be involved in decisions, to bring in innovative ideas, to share in the camaraderie of a great executive and do some exciting work.

Pauline van Nieuwburg
Past President

Scholarship Fund Committee News

Can you believe it's almost Mother's Day already? You know, the time of year when you are trying to find a gift for a mother or mother-in-law who has just about everything! Recently, a member of our committee, Linda Ricketts, discovered some truly lovely handmade cards that we will provide with a donation to the Scholarship Fund in honour of your mother or mother-in-law. \$25.00 or more to the Scholarship Fund and you will have a tax-receipted and, I am sure, much appreciated gift. The donation notice will be an insert with the card in the envelope. This could be used for any type of gift.

It will also be possible to donate in honour of a mother who is no longer with us. You will then have the card to do whatever you like with.

The woman who makes the cards is in a transition to work program, having lost her job because of the economic slowdown. Supporting this effort helps her and the Fund. Truly women helping women!

We will have a table at the next General Meeting and are looking forward to meeting you, so come and see us on March 9.

Marilyn Calder Flaherty
Chair, Scholarship Fund Committee

Scholarship Committee

The deadline for applications for the MLUWC Margaret Manson scholarships is March 30. This month, we have attached the flyer advertising the scholarships as a separate document. This can be printed up and posted by members at their local churches, schools, recreation centres, etc. Thank you all for helping to publicize our scholarships.

Beverley Fiddian-Green
Chair,
Scholarship Committee

CFUW Liaison

It is that time of the year again when we consider the resolutions forwarded for our consideration by members from across the country. This year we have five resolutions, all of which promise to pique your interest. If your interest group would like to study a resolution and present your findings to our membership or if you would like further information about the resolutions process please contact me at chopra.bio-tox@sympatico.ca. At our meeting in April you will all be asked to give your opinion by voting for or against approval of the resolution at the AGM in Winnipeg. The resolved clauses of the resolutions can be found at the end of this newsletter and the background with all the details and references can be found on the CFUW website at www.cfuw.org on the Resolutions page of the "Members Only" section. Once again, we will also provide an additional venue to discuss the resolutions just prior to the April meeting. So come out, enjoy a sandwich and give us your opinion.

The Quebec Provincial Council meeting will be hosted this year by our Club at the Beaconsfield Golf Club on April 25, 2009. More information regarding registration and the agenda will soon be available. Those of you who enjoyed the CFUW Annual General Meeting last August in Montreal will wish to attend this meeting and enjoy the camaraderie and opportunity to discuss issues together and to share experiences with members from other clubs in the Quebec region.

Chitra Chopra

**Zonta Club
of
Montreal**

celebrates its

**First Annual
International
Women's Day
Luncheon**



Location:
Mount Stephen Club,
1452 Drummond St,
Montreal, H3G 1V9

Ticket:
\$60:00; please reserve.

Date:
Sunday, March 8, 2009

Time:
1:00 p.m.

Contact:
Mickey Wernecke 514-630-0138;
Yvonne Quintyn 514-914-3413

Special Guest:
Honourable
Marlene Jennings,
PC, MP Notre-Dame-de-Grace-
Lachine, Deputy House Leader
of the Official Opposition

Wellness Tips

Does freezing or microwaving with plastic release dioxins? Stories have circulated for years claiming that plastic food containers or wraps release cancer-causing substances called dioxins. In fact, there is no evidence that plastic containers or wraps even contain dioxins. To ensure the safe use of plastic in the microwave, use containers, wraps or utensils only if they are labelled for either conventional or "microwave-safe" cooking. Very few plastics are safe to use in a conventional oven. Oven cooking bags may be used in both types of oven. Both oven cooking bags and their closure ties are made from heat-resistant nylon. They can be used in a microwave oven or in a conventional oven set not higher than 400 F. Microwave food in packaging materials only if the package so directs, and then use only one time. Materials suitable for microwaving include oven bags, wax paper and plastic wrap. Do not let the plastic wrap touch the food, and do not reuse the wrap. Do not use foam-insulated trays and plastic wraps used to package fresh meats in grocery stores. These types of plastic products should not be used in a microwave oven because they react to heat when thawing or reheating. To avoid a chemical migration problem, remove meats from their packaging. Plastic packaging materials should not be used at all in conventional ovens. They may catch fire or melt, causing chemical migration into foods. Plastic cold-storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. Sometimes these materials are inadvertently cooked with a product. For example, giblets may be accidentally cooked inside the turkey in their packaging or a beef roast may be cooked with the absorbent pad from the fresh meat packaging underneath. However, if this happens and the packaging materials remain unaltered, the cooked meat will not pose an imminent health hazard. If the packaging materials have melted or changed shape in some other way, do not use the product.

Dr. Sevinc Agbaba
514-694-1380
sevoncan@yahoo.ca

Art Appreciation

Our March outing, on Thursday, March 5, will be to the Museum of Fine Arts to view the collection of paintings by Kees Van Dongen, "Painting the Town Fauve". We will meet at the Pointe-Claire Shopping Centre at the usual place for 9:30 am, and then reassemble at the Hornstein Building (N/W corner of Sherbrooke and Crescent Sts.) on the first level at the ticket counter, where we will be joined by our guide for 11:00 am. Regarding restaurants, there is the Museum cafeteria and Bistro, and numerous others in the area to choose from.

The cost for the guided tour: over 20 people, Reg. \$12 and Sr. \$8; less than 20, Reg. \$15, Sr.\$10.

It would be much appreciated that we all have the right change on hand.

For more information call

Kerstin Birch at 514-457-6473.

Book Discussion I

We will be discussing the Quebec novel, *Fugitives*, by Suzanne Jacob, on March 11 at 1:00 pm, at the home of Hildburg Schleiermacher, 111 Kings Road, Valois.

Please call Hildburg at 514-695-4142 if you are unable to be with us.

Hope to see you all in March.

C.A. Wellness

Please note that the Wellness group will meet on Tuesday, March 31 rather than our usual meeting date of the fourth Tuesday of the month. Due to a cancellation our speaker will be announced at a later date and group members will be contacted by e-mail and phone. The meeting will take place at 7:30 pm, at the home of Renate Sutherland, 28 Lansdowne Gardens, Pointe-Claire.

Tel 514-695-1970

Reminder—please note March 31 on your calendar!

Conversation en français

Le prochain rendez-vous du groupe Conversation en français aura lieu chez Joanne Brais, vendredi, le 20 mars.

Cross-Country Skiing **New**

Last Friday. Hille Viires and I had a wonderful time skiing in Bois de Liesse, Dollard- des-Ormeaux. We were rewarded by seeing not only a robin, but also on the same tree, a magnificent cardinal. At the end of the sojourn, we indulged in delicious hot chocolate, while classical music played in the background.

For those who are able, please meet on Friday, February 20, at 9.30 am at Cap St. Jacques, main entrance (where the buses stop and where there is ski rental). The parking fee is \$7.00 per car for the day. We will then aim for the Arboretum on Friday morning, February 28 at 9.30 am and alternate between the two locations, the reason being that there is shelter, bathrooms, etc. at both locations. There are also flat, short trails.

I would recommend car-pooling; the parking fee also could be shared. We will leave at 9.30 am sharp. Please be on time and have your skis ready. Looking forward to seeing many of you ready to enjoy.

Please telephone me, if you wish to join our group.

Christine Hamilton, interim group leader
514-646-0633

German conversation 'Kaffeeklatsch'

The next meeting of this group will take place on Tuesday, March 17, at 2 pm, at the home of Christine Hamilton.

Music Appreciation

The members of the Music Appreciation group will be attending a concert of the Montreal Symphony Orchestra on March 4. There will be no other meeting of the group in March.

Penny Gibb

Music History

With this session we will begin music from the 20th century, music from the year 1906, only a few years before the startling new music by Schoenberg and Stravinsky made its appearance.

We will discuss Impressionism, which occurred around this time, with an excerpt from Debussy's *La Mer* as illustration. Other music: Albeniz' piano music from *Iberia 2*, Sibelius' tone poem *Pohjola's Daughter*, and the romantic symphony #2 by Rachmaninoff. If you still have your notes on the various trends in 20th century music that I handed out last year, can you please bring them? We will meet on Thursday, March 12 at 1 pm.

Please phone (514-695-2392) or e-mail if you cannot attend.

Refreshments: Renata.

Issues and Resolutions

Next meeting is at Marjorie's home on Tuesday February 24 at 9.30 am.

The topic to be discussed will be one of the draft resolutions for this year, probably #5 on Protecting the Health of Canadians by Reducing Environmental Toxins.

Jaunters

Trip to the **Titanic artifact exhibition** on **Tuesday, March 24, 2009.**

We will tour this very popular exhibit located at the **Eaton Centre, 5th Floor**, beginning at 10:30 am.

The special group rate for the exhibit is \$13.95 (for 20 or more participants). Audio guides may also be rented for \$4.45.

Parking is available at the Eaton Centre or at Promenades de la Cathédrale.

Lunch will be at **Le Parchemin**, 1333 University, in the old presbytery between Union and University. Their lunch menu, which includes soup, appetizer, main course, dessert and coffee/tea, is \$24.95 plus tax/tip.

Meet at 9:15 am in the southwest corner of Plaza Pointe-Claire, St. John's Blvd and Highway 20. We need to know definitely how many are planning to attend by March 17, 2009. The March telephone committee, headed by Eiblin McHale, should be in place. However, for further info you can call Virginia Sears at 514-425-0737 or Brenda Plescia at 514-426-4070.

You can find out further info regarding the exhibition at: expotitanic.ca

Travel

The Travel Group will meet on Monday, March 2 at 7 pm at Sunrise Living Centre, 505 Elm Avenue, Beaconsfield. Ian MacDonald will give a presentation about the towns and dramatic scenery of the Canadian Arctic and Greenland.

Please call Nancy Lloyd 514-695-7153 or Kathy Brown 514- 697-5360 if you are UNABLE to attend or for more information.

Tutto Italiano

The next meeting of the Tutto Italiano group will be held on Friday, March 20, 2:00 pm, at the home of Sue Callaghan, 113 Sunderland Avenue, Pointe-Claire.

For further information please contact:

Sue Callaghan at 514-695-7093,
clintcal@sympatico.ca

Anna Belleau at 514-783-1416,
grappa@videotron.ca.

Tip from the Environmental Study Group

To do your bit to lessen the drugs going into our wastewater, always return unused medications to your pharmacy for disposal.

MARCH						
S	M	T	W	T	F	S
1	2 Travel 7:00 pm	3	4 Music Appreciation	5 Art Appreciation 9:30 am	6	7
8 International Women's Day	9 GENERAL MEETING 7:00 PM	10	11 Book Discussion I 1:00 pm Book Discussion II 1:30 pm	12 Music History 1:00 pm	13	14
15	16	17 German 2:00 pm 	18	19	20 Skiing 9:30 am Tutto Italiano 2:00 pm Français	21
22	23	24 Jaunters 9:15 am	25	26	27	28
29	30 Deadline Margaret Manson Scholarship	31 C.A. Wellness 7:30 pm				

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Deadline for April Newsletter: **March 13**