



Montreal Lakeshore University Women's Club

Addendum to the Newsletter, March, 2011

Dear MLUWC Members,

The Strategic Planning Committee has designed a survey intended to help form a vision and mission statement for MLUWC. Your input is very important and will help in determining the future direction of the Club.

Please follow the link below (or copy and paste the link into your Internet browser). This will take you directly to the MLUWC Survey on SurveyMonkey.com. Survey Monkey is a safe and user-friendly application. The survey should take you no more than 10–15 minutes to complete. Please be assured that your answers will remain confidential.

<https://www.surveymonkey.com/s/mluwc>

If you have any questions or difficulty accessing the survey, please contact **Heather Hamilton**. We encourage you to complete the survey online, but there will be some printed copies available at the March General Meeting.

Special instructions for MLUWC members without access to the Internet: If you receive the newsletter via Canada Post, a paper version of the survey is included with your March newsletter. Please complete the survey and mail or deliver it to any member of either the executive or the Strategic Planning Committee. You may also bring the survey with you to the March 14 General Meeting. Alternatively, you may complete the survey online from the computer of a friend or relative.

The deadline for submitting completed surveys is **Friday, April 15, 2011**. Thank you in advance for your co-operation.

Strategic Planning Committee

Chitra Chopra, Connie Ellis, Marilyn Flaherty, Heather Hamilton, Françoise Perrault, Linda Ricketts, Sandra Smith, Renate Sutherland

Scholarship Committee Report

To

The Executive of the MLUWC

February 21, 2011

The posters advertising the Margaret Manson Scholarships have been distributed both to the French and English universities in Quebec as well as to a wide variety of community places on the West Island.

The Financial Services rep at JAC has been notified that we will, again this year, be offering a \$2,000.00 scholarship to a female student who is graduating from JAC in June 2011 and going on to pursue her university studies at a Quebec university. Also, I informed JAC that from 2011 onward, the JAC scholarship will be named the Amy Williams Scholarship. The criteria for eligibility remain unchanged.

Place Cartier has received a letter and copies of our application form for the scholarships offered to their students.

Centre Jeanne Sauvé has also received a letter and copies of our application form for the scholarships offered to their students. The counsellor in charge telephoned me immediately, he will e-mail me copies of the publicity that he will put out and we agreed to meet closer to the April 15 deadline to discuss the deserving applicants.

Ads about the Margaret Manson scholarships have been e-mailed to all the local newspapers, community newsletters and The Gazette.

The next Scholarship Committee meeting is March 24, by which date all the applications for the Margaret Manson scholarships will have been received.

Respectfully submitted,

Barbara Armbruster

TRAVEL

On March 7, Jean Pothier, a member of the Lakeshore Camera Club, will show us his trip through the **Camino de Santiago**, which runs the width of northern Spain. This is a 780km walking or cycling trip which has been done for centuries as a pilgrimage but is often done as an adventure. The countryside is lovely and shown beautifully in Jean's photos.

Come and visit a country we haven't seen for a while, from a new vantage point.

Refreshments: 7:00 pm

Presentation: 7:30 pm

Questions? Call Janet Ankcorn

COMPLEMENTARY APPROACHES TO WELLNESS

Suzanne Pretten, a Psychosynthesis guide/counsellor will be our speaker on March 22, 2011, taking as her topic **The Value of Beauty**. *It may sound naïve in our uncertain times of global conflict and environmental and financial crises to suggest that opening to the deep value of beauty can make a difference, but it truly can. In this talk we will explore the extraordinary power that beauty has, to speed recovery from trauma or illness, to deepen our sense of purpose and well being and how taking time to "smell the roses" not only lessens our stress but builds our own aesthetic intelligence and confidence.*

Suzanne has a BA in Art History and Psychology, an MA in Psychosynthesis, is an NHC graduate and energy practitioner, gives workshops and is Teaching Assistant at the Psychosynthesis Pathways of Montreal. You can google her at Suzanne Pretten/Psy Sante.

We hope to see you at our meeting on **Tuesday, March 22 at 7:30 pm at the home of Margaret Vost, 190 Fairhaven, Pointe Claire** (off Lakeview, east of St Jean Blvd).

RSVP patriciajones@sympatico.ca if you are planning to attend.