



Montreal Lakeshore University Women's Club

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

Newsletter, January, 2012.

Volume 54, Issue 5.

Our Festive Pot Luck Dinners

January 9, 6:00 pm

We are pleased to report that we shall have 10 dinners and two luncheons.

Ninety-four guests will be enjoying dinner with friends on January 9, 2012. Two openings are left: a luncheon in Pointe Claire and a dinner in St. Anne de Bellevue.

Please phone if you are interested.

Guest lists have been e-mailed to the Hostesses and their Assistants. All guests should be contacted in the next few days to decide on their menu.

So, start thinking of what you would like to prepare.

Please remember that one guest per dinner party can donate \$25.00 to the Scholarship Fund in lieu of cooking a dish. If you are willing to do this, please speak to your Assistant Hostess.

If you have to cancel, please call your Assistant Hostess immediately and let her know.

Again, a heartfelt "Thank You" to all who volunteered to be Hostesses and Assistants. To those who could not take part this year, perhaps next time! A glass of wine, great food, a few jokes, good friends and interesting conversation equal a

Great Potluck Dinner!

Bon Appetit!

Merry Christmas and a Happy New Year to all!

Sita Tadros and Bauni McFadyen



President's Message

I wish you all a Very Happy New Year and only the very best in 2012!

I wonder how many of you took on the West Island Cancer Wellness Centre challenge for 2011 of changing an unhealthy lifestyle and replacing it with a healthy one. I have tried to increase my physical activity having become relatively sedentary of late, I am trying to eat more plant material in lieu of animal products, and I am trying to keep a more positive attitude in everything that I do. But, the change in my lifestyle is far from entrenched. I hope that you are being more successful than me when it comes to making positive changes in your lifestyles.

Our first Christmas meeting at Cedar Park United Church worked out very well as we were regaled by the lovely voices of the Stewart Hall Singers as well as our own which joined in for the sing-along. Also a number of our members sing with this choir. Everybody looked so festive all decked out in Christmas colour and in high spirits of giving and singing. The raffle for the benefit of the On Rock Community Diner collected \$1,443.00 and was greatly appreciated by the members who gave, those who won raffle prizes and those who provide healthy meals to low income families. Thank you to all the members who made this meeting such an especially enjoyable evening, from members who contributed to the many lovely prizes offered up for the raffle, to those who baked, sold tickets, organised and helped in so many ways. This was truly a team effort!

The potluck dinners are coming up soon and with it the opportunity to get to know each other better and to chat with Club members whom you do not know. MLUWC is truly comprised of a group of wonderful altruistic giving women. It is always enlightening to get to know more of the members who make up our Club.

I wish you and your families a healthy and fulfilling 2012!

Chitra Chopra

mluwc1@gmail.com






CFUW

CFUW news this month focuses on the revised submission of the Constitution and by-laws including some new material as some standing rules have also been included in the updated document. The new CFUW CBL draft will be distributed to members shortly. If you have any comments please communicate your concerns or suggestions to me or to one of the executive.

We have until January 31, 2012 to submit our comments and suggest amendments.

The previous proposed, completely revised CFUW Constitution and By-laws was defeated at the 2011 AGM in Newfoundland after considerable debate due probably to the number of issues which remain unresolved and that no amendments were allowed to be entertained.

Chitra Chopra
mluwc1@gmail.com



Membership Happy New Year, everyone! I hope 2012 brings you all lots of good health and much happiness.

Two new members have joined us within the past couple of months: Anita Hayes— her e-mail address is anniebridget@videotron.ca. Welcome, Anita, we look forward to meeting you and getting to know you over the next few months.

And we welcome an old friend as a returning member: Sue Callaghan has joined our Club as a dual member; she is also a member of the Toronto club. Sue's e-mail address is lsm.susan@gmail.com

Membership directory: there are still copies of the directory available, so if you didn't pick yours up in 2011, you can do so at the February meeting.

Remember to invite your relatives and friends to come to one of our monthly meetings. Once they get to know us, they'll love us

Gilda Martinello
Vice President/Membership

~ *Interest Groups ~ Interest groups ~ Interest groups ~*

Issues and Resolutions: **Bill to Ban Bulk Water Exports** Frances Scarpaleggia, Liberal critic for water policy and Chair of the National Liberal Caucus, and our MP for Lac St. Louis, introduced his Private Member's Bill C-267, the Canada Water Preservation Act, on November 19, 2011 in the House of Commons. This was the first reading. A second reading was ordered for the next sitting of the House. Scarpaleggia says "Canadians are resolutely against the idea of exporting our water.....the nature and complexities of the Canadian federal system combined with rules of the North American Free Trade Agreement (NAFTA) have created uncertainty around Canada's ability to safeguard its freshwater sovereignty"

The bill is based on the work of some of Canada's foremost water policy experts.

More information is available on Canada's parliamentary web site.

Marjorie Hamilton-Harding

Cross-country skiing We will be meeting **Tuesday mornings, 9:45 am**, weather permitting, from January 10 to March 13 at various Montreal Nature Parks. Here is the schedule for January:

January 10Morgan Arboretum

January 17.....Bois de L'Ile Bizard Nature Park

January 24.....Cap St. Jacques Nature Park

January 31.....Bois-de-Liesse Nature Park

Please contact either Nancy Lloyd, net.lloyd@sympatico.ca or Janet Anderson, janet.anderson@sympatico.ca to confirm your attendance and for information about directions and car pooling. Everyone is welcome.

Book Club 1 Our January meeting will be held on **January 11, 1:00 pm**, at the home of Margaret Nicoll-Griffith, in Pointe Claire. The book we will review, with the guidance of Jan and Norah, is ***The Mistress Of Nothing***, written by **Kate Pullinger**. This historical novel is the tale of Lady Duff Gordon, the toast of Victorian London society, and her lady's maid, Sally. The story is written through the eyes of Sally as she serves her mistress, who is hopefully recovering from a serious illness, in the hot dry weather of Egypt. The tale takes place in the late eighteenth century. I hope to see you all. I think the warmth of Egypt on a chilly January day will be very welcome! Please call me if you are unable to join us. 514-694-167. Margaret Nicoll-Griffith.

Book Club 11 Exceptionally, in January we will meet on the **second Thursday of the month, January 12 at 1:30 pm** to review *I shall not hate, A Gaza Doctor's Journey* by Izzeldin Abuelaish. — President Jimmy Carter, Nobel Peace Prize laureate. Nicole Awad will be our reviewer and Christine Hamilton, our hostess. "In this book, Doctor Abuelaish has expressed a remarkable commitment to forgiveness and reconciliation that describes the foundation for a permanent peace in the Holy Land." As usual, please inform Christine if you do not intend to attend. Louise Dagenais

Wine Appreciation 1 Our next meeting will be held at Pamela Dean's on **January 18**. We wish to share our favourite wine discoveries with members of MLUWC. Among Zinfandels tasted, the winner was Peachy Canyon Westside Zinfandel, 2007, only available in Ontario. Pity! Our last meeting's winner was a red Chilean wine, Cab-Sauvignon Cuvée Alexandre Casa Lapostelle Colchagua 2009, a bit pricey at \$33.75 but remember it for a special treat! Marie Belle Cunningham

Music History The group will be attending the first Concert Espresso at Bourgie Hall on Thursday, **January 19, at 2:00 pm**. Members will be notified by e-mail of carpooling arrangements.

Conversation en français Le prochain rendez-vous du groupe aura lieu chez Dianne Robinson le 20 janvier à 09h30. Dianne Robinson, coordinatrice

Tutto Italiano Our January meeting will be on **Friday, January 20, 2012** at Carole Newberry's. We shall be watching the film *Tea with Mussolini*. Please call Carole if unable to attend. Thank You, Renata

Healthy Living Our group will meet on **Tuesday, January 24 at 7:30 p.m.** at the home of Irene Robson, 25 Condover Road in Pointe Claire (south). Our guest speaker, Shelagh Webster, will lead a discussion on "Harmful chemicals in our homes – what can we do?" For the January meeting, please contact Renate Sutherland re: your attendance at graeme.renate@sympatico.ca

Did you know? See below...

Five things you can do to keep your bones strong

- **Maintain a healthy weight.** Being too thin has been linked to a higher risk of osteoporosis and fractures.
- **Exercise.** Choose weight-bearing activities like hiking or tennis, or use an elliptical machine or treadmill.
- **Don't smoke.** Chemicals in cigarette smoke are bad for bone cells and make it harder for the body to make new bones.
- **Get enough calcium and vitamin D.** The recommended daily intake is 1,000 milligrams of calcium for women 50 and under and men under 71; 1,200 mg for those who are older. Aim for 600 IU of vitamin D daily (800 IU if you're over 70)
- **.Go easy on alcohol, caffeine, protein, and sodium.** When consumed in excess, they are thought to interfere with the body's ability to retain calcium or form new bones.

Jaunters Our group has made plans and wish you to reserve **Thursday, January 26** for an **evening lecture at 7.30 pm** at the Beaconsfield Library. The topic is Digital Everything and Michael Lautman, PhD, the presenter of this power point presentation, is excellent and will have all the "gadgets" on show. We will dine at Home Style Bakery (and restaurant and pub), 445 Beaconsfield Blvd. at 5.00 pm. Look for more details to come later

Music appreciation Our Group will meet on **January 27, at 10 am** at Addie Ciebien's home to prepare for the February 10 concert. Driving directions will be sent to members. The music to be presented will be Respighi's *Fountains of Rome* and *Pines of Rome* and Verdi's Italian Opera Arias. For details please contact Maria Cranker.

Art Appreciation **January** 2012, MMFA European Collection The opening of the 4th pavilion with the Bourgie Hall at the MMFA has freed space, allowing the Museum to re-install its European Collection, which we will rediscover in January with the help of a guide. The date and details will be communicated by e-mail.

Louise Dagenais

Advance Notice for February's Art Appreciation

February 16 at 7:00 pm: *Leonardo Live: Leonardo da Vinci - Painter at the Court of Milan*

In February, we will experience a very special cinematic presentation at the Kirkland Colisée: LEONARDO LIVE, a preview of the UK's National Gallery landmark exhibition Leonardo da Vinci: Painter at the Court of Milan, captured live and broadcast on a delayed basis to movie screens around the world. This never-before-seen exhibition brings together the largest number of Leonardo's rare surviving paintings ever assembled in one collection.

Art lovers will have the chance to be part of this highly-anticipated gallery opening, the first-ever captured live for global movie theatre audiences. The program will be presented by internationally acclaimed art historians and broadcasters Tim Marlow and Mariella Frostrup.

I suggest that you buy your ticket right now since they sell very quickly.

Louise Dagenais

~ January 2012 ~

| ◀ December | | | | | | February ▶ |
|---|---|---|---|----------------------------------|---|------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1  | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 <i>Pot Luck Dinners</i> 6:00 pm | 10 Cross-Country Skiing 9:45 am | 11 Book Club 1:00 pm | 12 Book Club 11 1:30 pm | 13 | 14 |
| 15 | 16 | 17 X-Country Skiing | 18 Wine Appreciation 1 | 19 Music History 2:00 pm | 20 Conversation en français 9:30 am Tutto Italiano | 21 |
| 22 | 23 | 24 X-Country Skiing Healthy Living 7:30 pm | 25 | 26 Jaunters 7:30 pm | 27 Music Appreciation 10:00 am | 28 |
| 29  | 30 | 31 X-Country Skiing | Editor. Johannah Lloyd. news4johannah@videotron.ca Proofreader. Joan Dyer. joandyer@allstream.net Deadline for February Newsletter: January 13 | | | |

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