



**Newsletter, September 2023**

Volume 67, Issue 1

**Celebrating 65 years of Friendship, Advocacy and Education**

**General Meeting**

**WEDNESDAY, SEPTEMBER 6**

**KICK- OFF  
2023-24 SEASON  
6:30p.m.**

The Church of Saint John the Baptist.  
233 Sainte-Claire Ave, Pointe-Claire,  
Québec H9S 4E3

**Guest Speaker**

**Anthony Housefather**

**Member of Parliament  
For Mount Royal**

**Defending rights of English-  
speaking Quebecers.**

**6:30 – Sign-in**  
**7:00-interest Groups and  
Social Time.**  
**7:30 Business meeting**  
**8:00 – Guest speaker**  
**Help needed to put tables  
and chairs away (thank you)**

**PRESIDENT'S LETTER**

Welcome back to a new season of events, camaraderie, and advocacy at MLUWC!

It has been a frustrating summer weather wise: unpredictable, uncooperative, and destructive! But we did not let it get the better of us! Let us hope this is not a pattern that mother nature has in store for us this fall and winter.


As far as MLUWC is concerned, it is feeling like a REAL normal year. We are planning for in-person general meetings, of course keeping in mind, and respecting the many measures that have become part of our every day lives since the pandemic. To account for weather surprises in February and March we will hold those monthly meetings on Zoom only.

Once again, our program committee, this year led by Linda Sestock, who graciously volunteered to lead the committee, was busy this summer ensuring that we have a mix of interesting thought-provoking speakers who will inform and educate us this coming season.

I would also like to thank the many for their vote of confidence and I hope not to disappoint you as your 33<sup>rd</sup> distinct president, not double counting those that served more than once.

It is an honour and privilege to serve you and I look forward to seeing many of your smiling faces at our September 6 kick-off!

Nancy Acemian,  
President



**If anyone knows where the club gavel is please let Nancy know**

## PROGRAM



Anthony Housefather was first elected as the Member of Parliament for Mount Royal in 2015. He has previously served as Parliamentary Secretary to the Minister of Labour.

Mr. Housefather has been an elected official for over 25 years. He served as a municipal councilor from 1994 to 2005, and as the Mayor of Côte Saint-Luc from 2005 to 2015.

Mr. Housefather holds a Bachelor of Civil Law and a Bachelor of Laws from McGill University, and a Master of Business Administration from Concordia University's John Molson School of Business. He worked at Dialogic Corporation, a multinational technology company, where he rose through the ranks to become Executive Vice-President of Corporate Affairs and General Counsel.

Mr. Housefather is active in his community, having served as a volunteer for many years with a number of community organizations. He is also a member of the local drama society and swim team. His performance in swimming earned him seven medals at the 2013 Maccabiah Games and five medals at the 2017 Maccabiah Games. The Maccabiah Games is an international multi-sport competition held every four years in Jerusalem.

# MEMBERSHIP

## A message from Sabra Ledent, Membership Chairperson

Dear members,

I'm the club's new membership chair. Wearing that hat, I recently attended a zoom session with membership chairs from other clubs around Canada and learned that our club, like others, could benefit in so many ways from ramping up its recruitment efforts. With that in mind, I encourage all members to ask their friends to come with them to meetings, acquaint others with the benefits of club membership (new friends, new horizons!), and generally be welcoming to all those who express an interest in the club. My specific recruitment effort at the moment is gathering a team who will brainstorm with me about new, different ways to bring in new members, as other clubs are doing. Some clubs have been able to increase their membership by 15-20 percent by undertaking innovative efforts to bring in new (especially younger!) members. Please let me know if you're interested: [mluwc.membership@gmail.com](mailto:mluwc.membership@gmail.com).

**Sabra Ledent**

## Membership dues

The annual dues will increase slightly for the 2023/2024 club year, to **\$130**, and are due by August 30, 2023, so that you can be included in the club directory.

Two payment options are available:

- **Credit card or PayPal:**

<https://mluwc.us8.list-manage.com/track/click?u=1dd3cb1d9296f8813007f286f&id=0f099f9a2f&e=4336188148>  
(Ctrl+click)

**Cheque** payable to MLUWC and mailed to  
MLUWC  
P.O. Box 383  
Pointe-Claire, QC  
H9R 4P3

## Have your coordinates changed?

To keep our records up to date and to include the correct contact information in the membership directory, please send any **changes** to your address, phone number(s), or email preference to [mluwc.membership@gmail.com](mailto:mluwc.membership@gmail.com).

### **Donate to our Scholarship Fund!**

We always welcome donations to the **Scholarship Fund**. For payment options and to be eligible for a charitable receipt, please click on the **Donate Now** button at [mluwc.com](http://mluwc.com)

### **Want to put an ad in our newsletter?**

We offer business card advertising in the club's monthly newsletter for \$100 a year. To pay for your ad, please click on the *Click Here To Pay* button below and then send your ad copy to our newsletter chair at [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com).

## **NOMINATIONS**

### **A Message from Jane Cowell, Past President**

In my role as Past President, I am responsible for nominations. We don't usually discuss nominations in the Autumn, but this year we still have positions to fill. These individual positions can be filled by two or more people - so why not grab a friend and take on one of these jobs?

#### **Photographers**

We require two photographers to share the job of visually documenting our monthly meetings. No special equipment is required - a cell phone will suffice. If you are already a regular attendee at our monthly meetings, why not consider agreeing to take a few snaps while on site?

#### **Secretary - General monthly meetings**

The business part of our monthly meetings are deliberately kept short and to the point so we can allow as much time as possible for our speakers. So taking these minutes is not an arduous task. You are not expected to take minutes during the speaker presentations - just to summarize in a couple of sentences the theme of their talks. We have already gone one year without anyone permanent in this position and asking for volunteers at each meeting has not always yielded candidates. At most, this will take one hour of your time each month - including the time taking notes.

#### **Fundraising Chair**

This position requires more of a commitment. There exists a very dedicated committee, but most committee members are either on the Executive or hold other positions within the Club and feel they cannot take on more responsibility at this time. If Fundraising is of interest to you, please do not hesitate to contact me.

**Jane Cowell**  
**Nominations Chair**



CFUW National AGM this past June in Ottawa

Advocacy Coordinator Paige Inglis (past), Membership Coordinator Elizabeth Malcolm, Parliamentarian & VP BC Sheila Service, President Joy Hurst, Executive Director Jaime Beagan, Deputy President and VP Quebec Linda Sestock, Parliamentarian and Tech Support Elizabeth Haynes

AGM attended by Nancy Acemian, Linda Sestock, Patricia duVal and Leah Trineer (also President UWC Montreal)

## 60 MILLION GIRLS

CFUW is raising money this year for 60 million girls

**60 million girls** is honoured that the Canadian Federation of University Women's (CFUW) International Relations Committee has chosen "She Belongs in School" as their International Service Project (ISP) for 2023-24. Our project with Save the Children Canada for Mobile Learning Labs in Mozambique, impressed the evaluation committee. Education of women and girls has been a priority for CFUW since its inception in 1919. As stated by CFUW: "Helping to fund a project that will enable marginalized girls to obtain a secondary education speaks to our hearts. We particularly liked the ability for this project to be replicated."

CFUW's 100 chapters across Canada will be raising funds in support of this project until February 2024.

We are deeply grateful for this recognition of the importance of girls' education and for CFUW's belief in the work we do.

## Save the date

The Quebec Council of CFUW Fall General Meeting

Date: **Saturday, October 14, 2023**

Location: St-Lambert

Time: 9:00a.m.-3:00p.m.

The Fall General Meeting is being hosted by AFDU Monteregie. More information regarding the agenda and location will follow. Everyone is welcome.



## APRIL AGM OF THE QUEBEC COUNCIL



Group photos of the Quebec Council of CFUW at the Quebec Council AGM this past April, hosted by AFDU Quebec in Quebec City with all of our clubs represented.

MLUWC President Jane Cowell-Poitras, CFUW representatives: Linda Sestock (VP Quebec) Regional Directors: Frances Hudon, Judy Hopps. Not present Penny Ellison (Treasurer) and on zoom Joy Hurst (President CFUW)

## CFUW UPDATE

### CFUW 2023 Special Project Awards

**MLUWC was awarded a Special Project Award at the CFUW AGM for our Essay Contest on the Climate Crisis. The Club** reached out to grade 5 & 6 students of the Lester B. Pearson School Board to write an essay on the Climate Crisis. The purpose of this essay contest is to give young students an opportunity to give advice to the Prime Minister of Canada on how to solve the climate change. We received 97 essays from 17 schools.



# GWI UPDATES

## **Save the Date: GWI Town Hall 13 September (Choice of Two Sessions)**

As part of CFUW, we are part of Graduate Women International. This GWI Town Hall is a good opportunity to learn more about GWI's current activities and to help shape its future.

### **All MLUWC members are welcome to attend**

All GWI members are encouraged to attend this engaging Town Hall with the GWI Board of Officers on 13 September. The theme of the event, "Transforming GWI's Future through Member Conversation", aims to foster a dynamic dialogue with GWI's Board of Officers and GWI members. To accommodate as many members as possible two interactive sessions will be held. Please plan to attend the Town Hall to share your insights, voice your opinions and contribute to the collective vision of GWI. Click [HERE](#) (CTRL+click) (to register for Session 1 that will be held at 6-7:00 a.m. CEST.

Click [HERE \(CTRL+click\)](#) to register for Session 2 that will be held at 6-7:00 p.m. CEST. Pre-questions are encouraged via the registration process.

The PDF flyer can be downloaded [HERE](#). (CTRL+click)

**Patricia DuVal and Mary Vlahos ( Co-chairs)**

## **ADVOCACY COMMITTEE**

Our monthly meetings will be held on the first Thursday of the month at 7:30 p.m. on ZOOM. **Exceptionally** for September, the meeting is moved to the second Thursday (Sep.14) at 7:30p.m.

We are looking forward to seeing all past members and to welcome new ones. If you have any questions you can get in touch with Patricia DuVal or Mary Vlahos ( Co-chairs)

**Patricia DuVal and Mary Vlahos ( Co-chairs)**



## TREASURER REPORT

- Page 9 Financial Report May 31, 2023, Actual And 2024 Budget
- Page 10-11 Financial Report May31,2023 Actual And May 31, 2023, Budget

<b>MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB</b>				
<b>Financial Report</b>				
	<b>May 31</b>		<b>May 31</b>	
	<b>2023 Actual</b>		<b>2024 Budget</b>	<b>Notes</b>
<b>REVENUE</b>				
MLUWC Dues	17,645		19,500	150 members at \$130
Fall Kick-off Event Revenues	1,350		2,250	
MLUWC AGM Revenues			5,850	
Xmas Event Fundraising			1,500	
Other Fundraising				
Advertising	300		400	
<b>TOTAL REVENUE</b>	<b>19,295</b>		<b>29,500</b>	
<b>EXPENSES</b>				
GWI Surcharge	169		1,500	
CFUW Membership Dues	12,854		13,028	150 members at \$86.85
Provincial Council Dues	296		300	
Montreal Council of Women Dues	60		60	
<b>Total Memberships</b>	<b>13,379</b>		<b>14,888</b>	
Fall Kick-Off	1,242		2,250	
AGM's Event			5,850	
Christmas Event	280		500	
Hospitality Other	331		350	
<b>Total Hospitality</b>	<b>1,853</b>		<b>8,950</b>	
Communications - Website	748		750	
Communications - Publicity				
<b>Total Communication</b>	<b>748</b>			
Rent	936		950	
Office, Bank, Postage	392		600	
Paypal Fees	215		250	
Insurance	455		500	
<b>Total Administration</b>	<b>1,998</b>		<b>2,300</b>	
Membership	120		300	
Newsletter			50	
Program	415		500	
Advocacy			200	
CFUW Convention Delegate 2023			600	
MLUWC Scholarship Fund	500		1,000	
Xmas Fundraising			1,500	
Donations - Other	443		450	
<b>Total Other</b>	<b>1,478</b>		<b>4,600</b>	
<b>TOTAL EXPENSES</b>	<b>19,456</b>		<b>30,738</b>	
<b>NET INCOME (LOSS)</b>	<b>-161</b>		<b>-1,238</b>	

**MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB**  
**Financial Report**

	<b>May 31</b>	<b>May 31</b>
	<b>2023 Actual</b>	<b>2023 Budget</b>
<b>REVENUE</b>		
MLUWC Dues	17,645	18,000
Fall Kick-off Event Revenues	1,350	2,250
MLUWC AGM Revenues		5,850
Xmas Event Fundraising		1,500
Advertising	300	400
	<u>19,295</u>	<u>28,000</u>
<b>TOTAL REVENUE</b>		
<b>EXPENSES</b>		
GWI Surcharge	169	1,500
CFUW Membership Dues	12,854	13,050
Provincial Council Dues	296	450
Montreal Council of Women Dues	<u>60</u>	<u>60</u>
Total Memberships	13,379	15,060
Fall Kick-Off	1,242	2,250
AGM's Event		5,850
Christmas Event	280	500
Hospitality Other	<u>331</u>	<u>350</u>
Total Hospitality	1,853	8,950
Communications - Website	748	500
Communications - Publicity		<u>100</u>
Total Communication	748	600
Rent	936	900
Office, Bank, Postage	392	500
Paypal Fees	215	250
Insurance	<u>455</u>	<u>550</u>
Total Administration	1,998	2,200

Membership	120	300
Newsletter		50
Program	415	500
Advocacy		200
CFUW Convention Delegate 2023		100
MLUWC Scholarship Fund	500	2,000
Xmas Fundraising		1,500
Donations - Other	<u>443</u>	<u>250</u>
Total Other	1,478	4,900
<b>TOTAL EXPENSES</b>	<u>19,456</u>	<u>31,710</u>
<b>NET INCOME (LOSS)</b>	<u>-161</u>	<u>-3,710</u>
<b>Membership</b>	<b>148</b>	<b>150</b>
<b>Bank Balance - May 31, 2023</b>	<b>\$7,660.59</b>	

**NOTES:**

The club is still operating at a loss this year (\$161), as we have in the previous three years - losses of \$1,084 in 2022, \$482 in 2021 and \$2,308 in 2020. We have been able to sustain these losses due to the bank balance the club has built up over prior years. In 2023, the net loss was very favourable compared to budgeted loss of \$3,710 - mainly due to the GWI Surcharge (\$169 actual vs \$1,500 budget) and the donation to the Scholarship Fund (\$500 actual vs \$2,000 budget).

**Budget 2024 approved at May 2023 AGM**  
**Financial Report approved at Executive Meeting, August 2023**  
**Respectfully submitted by Jane Hamilton Weber**

## SCHOLARSHIP AND BURSARY COMMITTEE



**Joanna Vilme**

Joanna Vilme is a doctoral student in psychology, specializing in clinical neuropsychology at Université de Montréal. She will start her second year in September 2023. Joanna's goal is to acquire a solid knowledge of neuropsychology and mental health, so that she can help people with neurological and psychological problems. She is currently studying the role of maternal depression and prenatal stress on the cognitive and psychological development of babies during the Covid-19 period. As a clinician, Joanna aims to use an interdisciplinary approach to help her better understand people according to their culture, religion, sex, gender, and ethnicity.



**Amandie Fernando**

Amandie Fernando is a second-year dentistry student at Université de Montréal. Prior to dental school, she completed a Bachelor of Science degree in Microbiology & Immunology from McGill. Amandie's passion lies in periodontics, and she aims to specialize in this field to provide exceptional care to her future patients. She aspires to establish her own clinic in the West Island, where she envisions actively participating in community dentistry initiatives to improve oral health for all. In her free time, she enjoys outdoor activities such as paddle boarding, sailing and taking walks with her dog.

### **Caitlin Miller**



Caitlin Miller is an experienced educator, performer, and student Music Therapist. Currently, she works as a Competitive Swim Coach and Building Supervisor at the Pointe-Claire Aquatic Centre, in addition to engaging in a music therapy internship supporting with children diagnosed with Autism. Academically, Caitlin holds a B.A. in Child Studies, specializing in diversity with a minor in music, and she is currently completing her first year in the Graduate Diploma of Music Therapy at Concordia University. Caitlin started training in the pool at the age of 6 as a competitive swimmer for the Pointe-Claire Swim Club, which also coincided with her love for music, training for 10 years at the McGill Conservatory in classical voice, piano, and eventually expanding into guitar. The merging of these two loves, aquatics and music has led to the culmination of performing, coaching, and managing aquatic spaces. In addition to her passion for working with differently abled individuals, Music Therapy has been her chosen career path as she strives to influence positive change in supporting the wellbeing of vulnerable populations. Caitlin's dedications have led her to being accepted into the Master of Music Therapy at Concordia University, allowing her to complete her studies while giving back to the community, doing what she loves through a series of intensive practicum placements. Caitlin considers herself an advocate for individuals diagnosed with special needs, and the field of music therapy, where evidence-based research continues to demonstrate use in supporting interventions for children regarding language processing, pro-social abilities, and executive functioning skills.

### **Kelsey Beauchamp (picture not available)**

I want to begin by expressing my most sincere gratitude to the MLUWC scholarship and bursary committee for selecting me as one of this year's recipients for the Montreal Lakeshore University Women's Club Amy William's Scholarship.

I'm someone who is really passionate about advocacy and that was my primary motivation to study nursing. I am currently a registered nurse in both Quebec and Nova Scotia and am currently a student at McGill university and have just completed my first year in the Bachelor of Nursing Integrated Online program. Following my graduation next spring, I plan to continue my studies at McGill University and pursue a Master of Science in advanced nursing with a concentration in global health. Once completed, I will finalize my studies and complete the graduate certificate and diploma in the Primary Care Nurse Practitioner program.

Though I still have a long road ahead of me, I remain passionate about community care nursing. My long term goal is to open up my very own clinic with a variety of services available to all those in the community, no matter their socioeconomic background. Our community needs better access to resources, shorter waiting times and essentially more options to meet their social, psychological, and physical needs.

This scholarship will alleviate some of the financial burden that is brought upon when pursuing university education and allow me to solely focus on striving for the best academic results. I'd like to take a moment to say how grateful I am for this scholarship opportunity and to the donors' contributions. Lastly, I'd like to highlight the MLUWC. organization's consistent support for female students truly empowers young women to thrive in their academic and professional careers.

## **MLUWC SCHOLARSHIP FUND**

As many of you know, the MLUWC has given scholarships and bursaries to deserving women in the West Island since 1958. Because of these scholarships and bursaries, many lives have been positively affected.

In 2022-23, we raised just over \$14,000 for the Scholarship Fund which is above our goal of \$12,000. Thank you all for your generosity!

Once again, this year, we awarded over \$12,000 to West Island women who are continuing their education. In addition to four scholarships for university studies, we support students at John Abbott College, Place Cartier and Centre Jeanne Sauvé Adult Education Centres.

It has been decided this year that we will not undertake any fundraising activities to raise money for the Fund. We have enough money in our accounts, that we can still provide the scholarships and bursaries that we normally hand out.

However, that doesn't mean that you have to stop donating to the Fund. We welcome every donation that we receive and are very appreciative of our members' generosity.

You can donate at any at any time. Credit card donations are accepted online through [canadahelps.org](https://canadahelps.org). If you prefer, you can write a cheque payable to MLUWC Scholarship Fund and send it to P.O. Box 383, Pointe-Claire, QC H9R 4P3. Tax receipts are issued for donations of \$25 and up.

In accordance with our bylaws, a copy of the Scholarship Fund's financial statement for the year ended May 31, 2023 is presented below.

Thank you all!

**Gilda Martinello**  
**MLUWC Scholarship Fund**



**Montreal Lakeshore University Women's Club**  
**SCHOLARSHIP FUND**  
**Financial Statements**

	<b>As at</b> May 31, 2023	<b>As at</b> May 31, 2022
<b><u>BALANCE SHEET</u></b>		
Bank Account	\$ 23,837.53	\$ 23,342.00
Investment Account at cost	\$ 188,260.41	\$ 182,946.49
Market value at May 31, 2023= \$204,379 (May 2022 \$210.537)		
Accounts Receivable	<u>\$ -</u>	<u>\$ -</u>
<b>TOTAL ASSETS</b>	<b><u>\$ 212,097.94</u></b>	<b><u>\$ 206,288.49</u></b>
Scholarship Fund Balance	<u>\$ 212,097.94</u>	<u>\$ 206,288.49</u>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b><u>\$ 212,097.94</u></b>	<b><u>\$ 206,288.49</u></b>
<b><u>INCOME STATEMENT</u></b>		
General Donations (receipted)	\$ 3,920.00	\$ 3,855.78
Canada Helps Donations	\$ 5,103.00	\$ 6,399.80
Other Contributions (not receipted)	\$ 5,057.33	\$ 2,585.00
Spring fundraiser tickets (receipted)	-	\$ 875.00
Other fundraising activities		
Investment income	<u>\$ 7,687.43</u>	<u>\$ 14,029.12</u>
<b>TOTAL REVENUE</b>	<b>\$ 21,767.76</b>	<b>\$ 27,744.70</b>
<b>EXPENSES:</b>		
Scholarships paid	\$ 13,200.00	\$ 11,400.00
Fall Fundraiser Expense		
Spring Fundraiser Expense	-	\$ 258.94
Supplies, services and gifts	\$ 37.54	\$ 78.48
Post Office box rental	\$ 140.85	\$ 137.97
Bank charges and investment fees	<u>\$ 2,579.92</u>	<u>\$ 2,801.85</u>
<b>TOTAL EXPENSES</b>	<b>\$ 15,958.31</b>	<b>\$ 14,677.24</b>
<b>EXCESS OF REVENUES OVER EXPENDITURES</b>	<b><u>\$ 5,809.45</u></b>	<b><u>\$ 13,067.46</u></b>
Scholarship Fund, Beginning of Period	<u>\$ 206,288.49</u>	<u>\$ 193,221.03</u>
<b>Scholarship Fund, End of Period</b>	<b><u>\$212,097.94</u></b>	<b><u>\$206,288.49</u></b>

# SCHOLARSHIP DONATION FORM

## Donation Form

### MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation  Company donation

In Memory/In Honour

For: In Memory  or In Honour

Please complete the following:

Honouree Name: \_\_\_\_\_

I enclose my donation of \$ \_\_\_\_\_

Notification Information:

Please make cheque payable to **MLUWC Scholarship Fund**.

Name: \_\_\_\_\_

Tax receipts will be issued for donations of \$25.00 and more.

Address: \_\_\_\_\_

Donor Name: \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Email: \_\_\_\_\_

Send to:

MLUWC Scholarship Fund

P.O. Box 383, Pointe-Claire,  
QC H9R 4P3

You can also make secure online donations using your credit card through [CanadaHelps.org](http://CanadaHelps.org).

Visit [mluwc.com](http://mluwc.com) and click on: Donate to the Scholarship Fund.

Thank you for your support!

# MLUWC CLUB NEWS

**Best wishes are extended to Barbara Armbruster as she recovers from her recent illness. Get well soon!**

## LOOKING BACK TO LOOK FORWARD

A NEW FEATURE FROM OUR ARCHIVIST, CENDRA PAAS

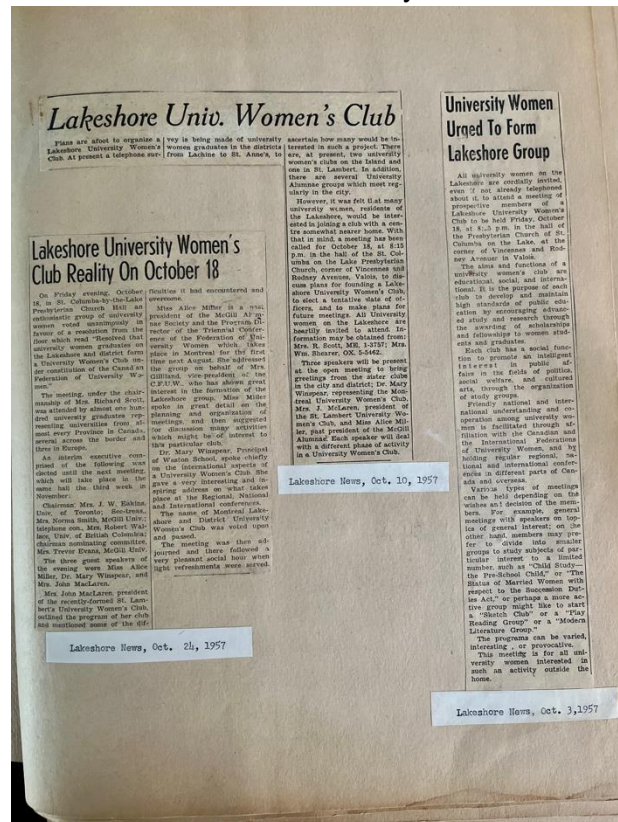
### Stories from the Archives

In 1957 a telephone survey went out to university women graduates in the Lakeshore and district to ascertain how many would be interested in organizing a Lakeshore University Women's Club. There was also an invitation extended in the Lakeshore News (Lakeshore News and Chronicle, a local paper that ran from 1924-2015) to attend the first meeting on October 18 in St. Columba-by-the-Lake Presbyterian Church Hall. Nearly one hundred graduates from across Canada, a handful or European and American graduates that settled in the area came to that first meeting.

The women voted unanimously to "form a University Women's Club under constitution of the

Canadian Federation of University Women" (CFUW). An interim executive was proposed, as well as the name of 'Montreal Lakeshore and District University Women's Club' which was voted upon and passed until the next meeting.

Three guest speakers helped guide the new group: Mrs. John MacLaren from the newly formed St. Lambert's University Women's Club who outlined their program and difficulties they encountered and overcame; Miss Alice Miller, past president of McGill Alumnae Society and Program Director of Triennial Conference of CFUW who gave detailed guidance on the planning and organization of meetings and suggestions for activities; and Dr. Mary Winspear who spoke of the international aspects of the club outlining what takes place at Regional, National and International Conferences.





**MLUWC JUNE PICNIC**



## INTEREST GROUPS

**Interest Group coordinator: Vida Guido**



A message from **Jennifer Ferguson**, Technology Liaison and Zoom contact  
My name is Jennifer Ferguson, and I am thrilled to announce that I am joining the Executive Committee as Technology Liaison. This means, in practice, that if your Interest Group and / or committee would like to schedule a Zoom meeting, you should contact me by E-mail to advise of dates and times so that I can set up. Please give, at minimum, 12-24 hours notice of your intentions. I look forward to serving the Club in this capacity!

***P.S from Nancy Acemian:*** *If you have sent me an email with your Zoom needs and you have not heard back from me yet, please forward the email to Jennifer and she will take care of your needs. Thank you.*

### NEW INTEREST GROUP PROPOSAL

#### Let's Play Games

I'm looking at starting a new interest group for those who like to play board games or card games (other than bridge). Depending on the number of participants, we could all play the same game or have groups playing different games. I'm sure we all have favourite games or a game we have always wanted to try. Well, here is your chance! The idea is to have fun and socialize. I don't have a fixed day or time yet. We will decide as a group which day of the week, what time and where we play.

As it is a new idea I am throwing out there, I am open to suggestions. Please send me an email or sign-up at the Kick-off meeting on Sept 6.



Photo by N. Acemian

**Nancy Acemian**

### AFTERNOON BOOK CLUB.

We are a group of seven women who get together and enjoy reading the books that each member has suggested for us to read. Time is spent on discussing the book then we have a small friendly chat about whatever subject comes up. We meet every third Wednesday in the afternoon at the Pierrefonds library from 1:30-3:30.

We will be meeting on Wednesday, September 20 at the Pierrefonds library -1:30-3:30p.m. The book we are reading and to be discussed is **“Lessons in Chemistry”** by Bonnie Gormus. New members are welcomed.

**Luhan Wahbeh**

### ARMCHAIR TRAVEL

Our first meeting of the season will be held on Tuesday, September 26. We meet at 7:00p.m. for chat and the presentation begins at 7:30pm on Zoom.

This month we welcome Jennifer Ferguson who will present **“Adventures in Solo Travel”**. We will travel with her through the beautiful province of Newfoundland. We will meet the people and see the scenery as she travels solo. If you are registered, you will receive the link the day before. If you would like to join just sign up at the “Kick-Off” or email me. See you soon.

**Joyce Schaaf**

### BOOK CLUB I

Our first meeting will be held on Wednesday September 13 at 1 p.m., at Addie's . The book chosen for the month is **“Lucy by the Sea”** , by Elizabeth Strout, and **“Oh William “** by the same author, for some background on their relationship. . Easy summer reads! (did we have summer?). Hope to see everyone in September.



**Marg Nicoll- Griffith and Judy Kelley**

### BOOK DISCUSSION II

Book Club II will meet on Wednesday, September 21 at 1 p.m. Susan will review **“Empress of the Nile”** by Lynne Olson. This is the story of the intrepid archaeologist who led the international effort to save ancient Egyptian temples from drowning in the floodwaters of the Aswan Dam.

**Susan Pick Vadivel**



### BOOK CLUB III

We have a new name for our reading group, Book Club III rather than Evening Book Club 1. We made the decision as a group, to meet the **first Tuesday afternoon of the month** instead of Tuesday evenings.

Our first meeting will be September 12 where we will be discussing the book **“Killers of the Flower Moon”** by David Grann. Our plan is to meet in each others’ homes with perhaps a meeting on Zoom once or twice during the winter months. We have room for one or two new members to join our group. If you are interested, please contact me.

**Linda Ricketts**

### COFFEE TIME



**Coffee Time 2023-24** will continue on Wednesdays at 10:30am via Zoom. No reservations required. A topic of conversation is suggested for each week in the invite that is sent out on the Monday by either Joyce Schaaf or Marianna Newkirk, the new co-hosts. It is a chit-chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. All are welcomed! If you want more information, chat with either Joyce or Marianna at the Kickoff. The first chat session will be September 13<sup>th</sup>. Looking

forward to seeing you by Zoom.

**Joyce Schaaf and Marianna Newkirk**

### DINNER CLUB

Our Dinner Club is a dynamic group of approximately 50 club members, who enjoy dining together and sharing the gastronomy of restaurants in and around the West Island. We average between 15 to 20 diners an outing.

We meet the **fourth Thursday of the month at 6:30 p.m. for the dinners and 12:00 p.m. for the luncheons**. As your interest group leaders we will inform you of the date, time and location of that month’s restaurant and request confirmation of your presence. We will also call and reserve the restaurant, arrange preferred seating, method of payment and review the menu.

There will be a table at the **Kick-Off on Wednesday, September 6<sup>th</sup>** where you may

The registered diners will be advised of the first dinner in September under separate cover by e-mail.

**Group leaders: Sally Gurekian  
Victoria Pinnell**



### **FRENCH CONVERSATION**

French Conversation meets on Zoom on Friday, September 15 at 9:30 a.m.

**Janet Anderson**

### **JAUNTERS**

Indigenous Voices of Today - McCord Museum

There will be a guided tour at the McCord Museum on Thursday, September 28 starting at 11:30a.m. followed by lunch at the museum cafe (**Notman Cafe**). Details about the jaunt will be sent out to Jaunters Interest Group members within the next week so that they can register. The cost will be around \$20 depending on the number of registrants.

**Chitra Chopra**

### **MYSTERY BOOK CLUB**

Our first meeting of the year will be on Wednesday, September 13 and we are finally meeting in person! The book which we will be discussing is **“Killers of a Certain Age”** by Deanna Raybourn. Judy Couillard will be leading the discussion and we are meeting at Sandy Parekh’s home at 1:00. The book follows four women assassins who have worked for the “Museum” for 40 years. But now, their talents are considered old-school. Now that they are retired, they are being targeted by the “Museum” by other assassins because they know too much.

**Gilda Martinello**

## OUTDOOR PICKLE BALL

Never heard of pickle ball? Never tried pickle ball? Don't worry we are all beginners and are not competitive at all. Not yet anyways. We spend to much time laughing at ourselves. Just to show how silly we can be, have a look at the picture.

We meet on Fridays at 9:30am at Drummond Park weather permitting (which has been a challenge this summer). An email is sent out every Thursday asking those who want to play that week to respond. If you want to be on the list of people who get the email, please send an email at with the subject line *Pickleball* or sign-up at the Kick-off meeting on September 6.

If you don't have a racket, don't worry. Many of us have 2. Just let me know in your email(or the sign-up sheet) so we can make sure we have enough rackets.



**Nancy Acemian**

## WEST ISLAND WALKS

West Island Walks will meet every Monday for a one-hour walk: 10:00-11:00 a.m.

This interest group is open to walkers of all abilities - some of us walk quickly, others at a slower pace. Every week we walk for an hour in a different location in the West Island. We walk rain or shine. The only time we might cancel is if surfaces are icy or muddy or we have high winds. To sign up, sign the sheet at the kick-off on September 6th or email me.

**Jane Cowell**

## WINE APPRECIATION

Wine appreciation will meet on September 13.


**Diane Gibb**



On this page, we announce activities that are going on in the community, e.g., breakfasts, concerts, etc. as well as other topics that may be of interest to our members but are not directly associated with our Club, e.g., commissioner of oaths. If you have any items you would like published on this page, please email the information to me ([mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)) and note that it is for the Community News page



*The Montreal Council of Women*  
*1893 - 2023*



*You are cordially invited to*

**A CELEBRATION OF  
130 YEARS OF  
ADVOCACY**

*Sunday, October 1 at Noon*

*Join MCW members and special guests  
as we celebrate  
the Past, Present, and Future*

L'AMBROISIE ET L'ESPACE CANAL  
4020 RUE ST-AMBROISE #140  
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REGISTER NOW-TICKETS \$75  
LIMITED SEATING

## MCW CELEBRATES 130 YEARS OF ADVOCACY!

The Montreal Council of Women (MCW) is a non-partisan, non-profit, non-sectarian and pro-active council of women and federate members founded in 1893. Across its active history of engagement, the Council has sought to improve conditions and opportunities for women, children and families, and the community at large - and conversely, defending citizens when protected civil rights and opportunities are eroded or threatened. Directed and dedicated to positive responses to major social issues, MCW seeks to influence public policies and legislation. Our mission also provides valuable educational programming on critical issues of the day.

The Montreal Council of Women is delighted to invite you to a special luncheon on **Sunday, October 1st** as we celebrate this major milestone. Join us for an afternoon of camaraderie, reflection, and celebration.

We are thrilled to announce that we will be joined by several distinguished guests who will add an extra touch of interest and entertainment to the afternoon. Get ready for surprises and engaging conversations that will make this celebration truly memorable.

**[REGISTER HERE \(ctrl+click\)](#)**

Please mark your calendars, and register as soon as possible. **Kindly note that payment (\$75) must be received no later than September 15<sup>th</sup> to guarantee your spot.**

We look forward to sharing this special day with you as we honour our rich history of women and advocacy and look towards a future of continued progress.

For more information about tickets or sponsorship opportunities, please **contact Heather MacKay**.

Heather MacKay and Maria De Wolfe, MCW Representatives

## ONLINE CONSULTATION FOR THE SAFE LONG-TERM CARE ACT

### A Message from Francis Scarpaleggia, Member of Parliament, Lac Saint-Louis

Dear Friend,

Every senior in Canada deserves to live in dignity, safety, and comfort, regardless of where they live. While a majority of Canadians want to age closer to home and their family, they also expect and deserve long-term care — if it is needed — to be high quality and safe.

The COVID-19 pandemic shone a light on the problems in long-term care (LTC) and highlighted long-standing and systemic challenges across Canada. As the pandemic exposed uncomfortable truths within LTC, the Government of Canada is taking action to meet the evolving needs of seniors and to work with provinces and territories in order to support improvements.

The government has announced the launch of a public online consultation to support the development of a Safe Long-Term Care Act.

The development of the Safe Long-Term Care Act builds on the federal government's commitment to support seniors and persons with disabilities across the country. On January 31, 2023, the government welcomed the release of two independent LTC standards from CSA Group and the Health Standards Organization (HSO), which provide guidance for delivering services that are safe, reliable and — most importantly — centred on residents' needs.

The 60-day online consultation invites people, including LTC residents and their families, to share their perspectives and expertise on how to improve the quality and safety of LTC, foster the implementation of the LTC standards, address human resources challenges, and strengthen accountability in the LTC sector. Feedback will help inform the drafting of the legislation.

Recognizing traditional jurisdictional responsibilities over the delivery of LTC, the Government of Canada will also work with provincial and territorial governments on the Safe Long-Term Care Act and how to best support the delivery of quality and safe LTC services. The consultations will also include discussions and roundtables with relevant experts and stakeholders to obtain advice on how federal legislation can help support improvements in the quality and safety of LTC.

The open consultation is available at the following link:

[Consultation on Safe Long-Term Care - Canada.ca](#) (Ctrlclick)

Sincerely,



Francis Scarpaleggia





## **Merci to our volunteers and donors!**

(un message en français suivra)

To each of our volunteers, donors and partners  
We at CAREJeunesse want to extend a heartfelt  
thank you for your energy, time and work.  
Your contribution and commitment to helping care  
experienced youth as they transition to  
independent life is invaluable to both our  
organization and to the youth we serve.  
Thanks to your generosity we are able to support  
our youth members with scholarships and other  
opportunities to help our members become leaders  
in our community.  
CAREJeunesse couldn't do it without you. We are  
truly grateful for your continued support and for  
the time you donate to our organization.

Best wishes,  
The CAREJeunesse Team

# Forest and Stream Tea



Please note: If you travel with Senior Tours and are a member of the club, the Scholarship Fund will get a 4% rebate on the cost of your trip.  
If you use Senior Tours, please contact me after you return and I will send in the appropriate paperwork.  
I just need to have your name, the date of travel and the name of the tour. Thank you and Happy Travels.

Joyce Schaaf



## Let's Get Excited About Travel Again!

Senior Discovery Tours takes care of all your travel details, so all you have to do is enjoy our beautiful world. As Canada's largest and most trusted operator of escorted tours and cruises for over 45 years, our tours are designed to provide peace of mind for the mature traveller who enjoys a carefree experience.

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*For every MLUWC member that travels with Senior Discovery Tours,  
the MLUWC will receive a 4% commission per booking!  
Please contact Joyce Schaaf ([joyceschaaf@gmail.com](mailto:joyceschaaf@gmail.com)) for booking details.*

**Request a Brochure**  
**1.800.268.3492**  
**SeniorDiscoveryTours.ca**  
Reg# 701756



## 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 need this service, please contact  
**Jennifer Ferguson** (between 9am and 5pm)



Please go to [www.facebook.com/MLUWC](http://www.facebook.com/MLUWC)

We have over 500 likes and over 600 followers! Remember to like our page and share it with your friends!

Many of our new members mention Facebook when asked how they heard about the MLUWC



## We're also on Instagram



AIR CANADA AEROPLAN PROGRAM

Back in 2012 MLUWC got an Aeroplan number that would give the opportunity to our members to donate their Aeroplan points if they so wished. The minimum donation is 1000 points. Until this year we had accumulated **57,846 points**.

Please contact either **Connie Ellis** or **Mary Vlahos** for more information.



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# September

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					i	2
3	4	5	6 General Meeting 6:30-900 p.m.	7	8	9 Pickle Ball 9:30a.m Drummond Park
10	11 West Island Walks 10:00a.m. Executive Meeting 7:00 p.m. Zoom	12 Book Club !!!	13 Coffee Time 10:30 a.m. Zoom  Book Club I 1:00p.m.  Mystery Book Club 1:00p.m.  GWI Town Hall	14 Book Club II 1:00p.m.Zoom  Advocacy 7:30p.m. Zoom	15 French Conversation 9:30a.m. Zoom  Rosh Hashanah	16 Pickle Ball 9:30a.m Drummond Park
17	18 West Island Walks 10:00a.am	19	20 Coffee Time 10:30 a.m. Zoom Afternoon Book Club 1:30	21 Book Club II 1:00p.m.	22 French conversation 9:30a.m. Zoom Provincial Council Quebec	23 Pickle Ball 9:30a.m Drummond Park
24	25 West Island Walks 10:00a.am	26 Armchair Travel 7:00p.m. Zoom	27 Coffee Time 10:30 a.m. Zoom	28 Jaunters McCord Museum	29	30 Pickle Ball 9:30a.m Drummond Park



**Newsletter Editor: Maria De Wolfe** [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)

I take full responsibility for all errors, omissions or spelling mishaps and incorrect punctuation. If you would like me to correct an error in the next newsletter, please email me at:

[mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com).

If you would like to contact someone mentioned in the newsletter but you don't have their email address, please send a message to the email above and I will forward it.

**Proofreaders: Janet Ankcorn and Gilda Martinello (Many thanks)**

**October Newsletter Deadline: September 18**

FOR OUR JEWISH MEMBERS, HAPPY ROSH HASHANAH

