



cfuw
MLUWC

Newsletter, February 2024

Volume 67, Issue 6

Celebrating over 65 years of Friendship, Advocacy and Education

PRESIDENT'S MESSAGE

General Meeting
MONDAY, FEBRUARY 12
7:00p.m.
Via ZOOM

GUEST SPEAKER

JAMIE LATVAITIS
REGIONAL ENGAGEMENT
COORDINATOR



7:00 – Join your MLUWC friends for some chit-chat.

7:30 – Start of business meeting

8:00 – Guest speaker

Looking forward to seeing you in your Valentine red
Registration required



Dear MLUWC members, I hope that those who attended a Potluck, be it an in-person lunch, dinner or cocktail or the one on Zoom from the comfort of your home, had a good time. This is always a fun event where you get to spend quality time with new or long-time members. We come across so many members during the general meetings, that it is not realistic to expect to be able to connect one-on-one with all of them. The Potlucks are a perfect opportunity to do so. I attended one hosted by a new member (thank you, Sonia) and had great company, conversation, and food in a beautiful setting and became better acquainted with members, with whom I usually share small talk with during the general meetings. Really, what more could I ask for?!

This month's general meeting on Zoom, to be held on February 12, will feature Jamie Latvaitis, Regional Engagement Coordinator, of The Climate Reality Project Canada. He will talk to us about the science behind climate change, its tragic impacts, and will highlight "the variety of avenues to climate action, and how a diversity of approaches is needed to achieve true transformative change". I'm sure we will learn a lot and maybe even set ourselves goals towards making transformative changes in our daily lives. February 12 is just a couple of days before Valentine's Day. It would be fun if everyone wore red and/or had a heart as part of their outfit. Remember, on Zoom we only see your face and upper torso.

February is also the time that the Nominations Committee starts gearing up to search for new recruits. This year members of the Executive whose mandates are up, as well, as some vacant positions that are just waiting for eager new or long-time members to step-up and fill these positions.

Our monthly executive meetings are on Zoom and last a maximum of 2 hours. For new members, this is a great way to meet other members, to get a better feel for how the MLUWC works and contribute to making a difference. I hope to see some new faces on the Executive next year.

Looking forward to your smiling faces at the February meeting on Zoom on February 12. Until then stay well, **Nancy Acemian**

PROGRAM

JAMIE LATVAITIS REGIONAL ENGAGEMENT COORDINATOR



” What Does Climate Change Mean Today? “

“Start with a brief dive into basic science, then navigate through the economic, political, and psychological challenges of addressing climate change. The presentation will include examples from Quebec and Canadian politics as well as a quick look at international advancements. Join us for a concise exploration of the multifaceted dimensions of this critical issue.”

Jamie is a graduate of political theory from Concordia University. His experience is defined by mobilization in the field and more particularly by his role in student mobilization during the 2019 climate strikes. That path has then led him to organize strikes, marches, conferences, and mediated gatherings to encourage collective and large-scale engagement.

More recently, Jamie has dedicated most of his time to regenerative farming. That direct connection to the land is a more personal way of understanding the land in its current state. Jamie’s theoretical knowledge, his experience in climate mobilization, and his agricultural background bring an original perspective to the social, economic, and environmental issues that need to be assessed.

Registration required

As soon as you fill in the registration form by clicking on the blue *CLICK HERE TO REGISTER* button that follows, you will receive a confirmation email with the Zoom link. Be sure to save this email as it is the only one with the Zoom link that will be issued.

CLICK HERE TO REGISTER

Ctrl+Click

NOMINATIONS

As Past President, one of my responsibilities is chairing the 2024 Nominations Committee that is put together each year. This committee recruits potential candidates to fill open positions on the Executive, as well as various committees for the 2024-25 year, that will then be presented at the AGM for approval.

As a first step in this process, I am looking for people to work on this committee with me from February until April. For your information, this is all work that can be done from home and we will meet about once a month on Zoom.

To join the committee, please contact me by email at jane.cowell.poitras@sympatico.ca by February 12th at the latest.

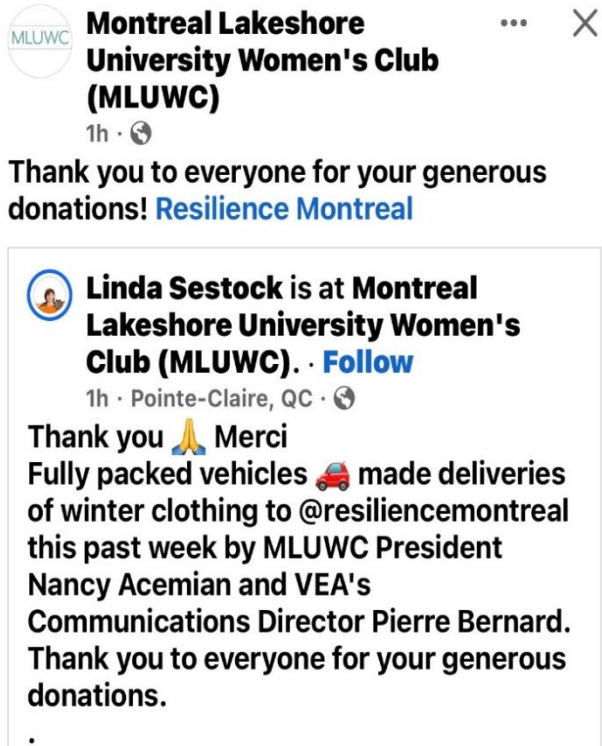
Jane Cowell
Past President

MEMBERSHIP

Welcome to new member, Francine



Francine was born in Montreal and moved to Beaconsfield with her spouse about 40 years ago. She pursued studies in psychology at the University of Montreal and engaged in private practice as a psychotherapist and a trainer in psychotherapy and clinical psychology. Her interests are walking, yoga, reading, visual arts and bonsai.



POTLUCK EVENTS JANUARY 15, 2024

This year we were able to have several very enjoyable in-person events and 1 zoom meeting.

There were a total of 49 ladies at 3 lunches, 3 dinners and a 5 to 7pm event.

Thank you to all our generous hosts and assistants, as well as, all of you who participated in these events.

We are looking forward to next year with more members participating in this popular event.

**Carole Newberry
Suzanne Chaussé
Potluck Coordinators**



**CFUW
Coldest Night of
the Year 2024**

MLUWC Snowflakes

Feb 24, 2024

#cnoy24



The MLUWC is joining the Canada wide CFUW **Coldest Night of the Year Walk** on February 24th.

The **MLUWC SNOWFLAKES** will be walking in support of **Logifem** and the money raised will assist with the building of 35 permanent residences for women.

If you would like to join our group or donate, please go to:

<https://cnoy.org/search?q=mluwc+snowflakes> (Ctrl+Click)



Do you want more information? Please communicate with Linda Sestock: lsestock@royalpage.ca

For more information about Logifem visit the website:

logifem.org

MLUWC ADVOCACY COMMITTEE


The next Advocacy meeting will be held Thursday, February 8 at 7:30p.m. on Zoom. All MLUWC members are welcome.



In partnership with Lester B. Pearson School Board

ESSAY CONTEST

The **Montreal Lakeshore University Women's Club** (mluwc.com) is proposing an essay contest for all students in grade 5 and 6 English and French classes in the Lester B. Pearson School Board. The purpose of the contest is to give young students an opportunity to offer advice to the Prime Minister of Canada on how to solve the climate change challenge.



CALLING GRADE 5 & 6 WRITERS!


CONTEST CHALLENGE:

Students are asked to respond in English or French with an essay of 200-300 words to the following question:


Jeremy Hanson is a Canadian Astronaut who will be Mission Specialist on Artemis 2 flight to circle the moon in 2024. If you had an opportunity to meet with him and he asked you the following question, how would you respond. What are the benefits of space exploration? Will increasing space research and travel positively affect our planet and environment?

CONTEST RULES AND TIMELINE

- Deadline for submission of entries is Friday, March 29, 2024.
- All entries must include the student's name, teacher, grade level and school.
- A committee composed of members of the MLUWC will choose three finalists for recognition.
- Finalists will be announced by mid-April, and prizes will be awarded.
- All participants will receive certificates of appreciation.




- 1st prize: \$200.00
- 2nd prize: \$100.00
- 3rd prize: \$50.00



Please send all submissions to:

Nancy Battet,
Educational Services Department, Lester B. Pearson School Board





cfuw fcfd

Realizing potential. For all women.
Le pouvoir par le savoir.

Club Action Newsletter

Do you want to know what is happening in the national organization? Would you like to add your voice on issues that interest you, or take advantage of events put on by other clubs? You can find out about all of these in the weekly Club Action Newsletter. To subscribe to the Newsletter, go to the CFUW website, or contact the national office.

Below is a list of the contents of the current edition **In this Edition:**

- **President's Message**
- **New Website and Submitting Membership Numbers**
- **Housing, a National Crisis: A CFUW Think Tank**
- **2024 CFUW-FCFDU AGM and Conference**
- **GWI Board Vacancies**
- **Your National Board**
- **CFUW National Office: Branding and Website**
- **Women In Skilled Trades: A Webinar about Policy, Barriers and Opportunities**
- **Saving Canada's Public Health Care System: A National Study Group**
- **Sharing Cornero CFUW Perth & District: A Conversation with Canadian murder mystery writer Maureen Jennings**
- **CFUW Moncton: 18th Century Fortress of Louisbourg**
- **UWC North York General Meeting**
- **GWI Updates**
- **Club Newsletters**

Patricia Duval and Mary Vlahos, Co- chairs



Graduate Women International

Empowering women & girls through lifelong education



Rachel Lutz
CFUW Wolfville, NS



Olenka Kravets
CFUW Sherbrooke & District, QC



Denise Bradden
CFUW St Catharines, ON

Welcoming Refugees: Three Canadian Stories and the GWI Experience

Tuesday, February 13th at 12:00 ET

Register [HERE](#) to join this conversation

Sharing ideas from around the world about welcoming refugees

Join us for a GWI Outreach Conversation hosted by CFUW Wolfville, CFUW Sherbrooke & District, and CFUW St Catharines which will feature speakers who have worked to welcome refugees to their communities.






LOOKING BACK TO LOOK FORWARD

Stories from the Archives

In 1966 the club was looking to contribute to a Centennial Project. A proposal was made to the membership to support libraries in the North of Canada by means of a financial contribution. After consultation with the Minister of Northern Affairs the club was referred to the Commissioner of the Northwest Territories. The need was felt to be greatest in this area, specifically the Mackenzie District which had only local volunteer libraries, and some school library facilities. A major Centennial Project for the NWT was to build a regional library at Hay River with a view to supporting 5 sub-libraries in the region.

It was agreed by the membership on Member's Night in April 1966 to donate \$200 specifically for the purchase of educational books for the new library. Moneys were redirected from some of the funds from the scholarship fund and additional contributions were made from selling advance tickets of EXPO '67 passports.

Letters in the archives show that MLUWC managed to come up with an extra \$300 to a total of \$500 to be donated to the newly built library. Acknowledgement 'gift plates' were pasted into each books donated. Titles that were purchased: Encyclopedia Canadiana, Encyclopedia Britannica and five copies of the Dictionary of Canadian Biography and Source Book of Canadian History as well as To Everything There is a Season by Rolof Beny.

Footnote: The library that was built as a Centennial Project is called the NWT Centennial Library in the downtown core of Hay River. It is still open to the public till this day.

**Submitted by MLUWC Archivist
Cendra Paas**

Hay River Public Library



MLUWC SCHOLARSHIP FUND

Although we are not undertaking any fundraising activities to raise money for the Fund, we have received many donations to the Fund and we will continue to provide scholarships and bursaries to deserving women in the West Island. In addition to four scholarships for university studies, we support students at John Abbott College, Place Cartier and Centre Jeanne Sauvé Adult Education Centres.

A few of our members have lost loved ones this year and you have been most generous in making donations in their memory. On behalf of everyone, thank you very much for your kindness.

From June 1 to December 31, 2023, the Scholarship Fund has received \$6,252 in donations directly to the Fund or through Canada Helps.

You can donate at any time. Credit card donations are accepted online through www.canadahelps.org/en/dn/10093?v2=true

Or 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.

Thank you all for your generosity!

Gilda Martinello
MLUWC Scholarship Fund

SUPPORTING FEMALE STUDENTS SINCE 1958



SCHOLARSHIP DONATION FORM

Donation Form

MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation

Company donation

For: In Memory

or In Honour

In Memory/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 _____

Send to:

Email: _____

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.

Visit mluwc.com and click on: Donate to the Scholarship Fund.

Thank you for your support!

INTEREST GROUPS

Interest Group coordinator: Chitra Chopra

Interest Groups – A member privilege

Participation in Interest Groups is one of the privileges of membership in MLUWC. As such, Interest Groups are only open to members of MLUWC or to joint members. There are also some members who join MLUWC for the sole purpose of access to one interest group. As such, it is particularly disappointing to learn that there are non-members participating in some Interest Groups. Please realize that the January Potluck get-togethers which replace the January General Meeting are also part of MLUWC activities for members only. If there are women who enjoy the activities of MLUWC, please encourage them to become bona fide members by filling out a membership form and paying their annual dues.

We would be much obliged if members would adhere to the MLUWC By-Laws in this respect. Waiting lists in interest groups should also be respected. If a space becomes available in an Interest Group, it should go to the first person on the waiting list.

TECHNOLOGY AND ZOOM



Please note that if you have any technology or Zoom requirements, kindly direct your requests or queries to **Nancy Acemian at nacemian37@gmail.com**

WEBSITE

Pursuant to Quebec Law 25 on the protection of personal information which came into force in September 2023, MLUWC will be placing a cookie permission screen on its website in the coming weeks.

ARMCHAIR TRAVEL

Nancy Acemian will present on Tuesday, February 27 on Zoom. The chat starts at 7:00p.m. and presentation begins at 7:30.

Come travel vicariously with Nancy through the ruins in Cappadocia, Turkey. We will see the distinctive “fairy chimneys,” tall, cone-shaped rock formations clustered in Monks Valley, Göreme and elsewhere as well as Bronze Age homes carved into valley walls among other things. We will experience these both on foot and as seen from a hot air balloon.

A little taste of wonders of what’s to come. See you in Turkey!



Joyce Schaaf

BOOK CLUB I

We will be meeting on Wednesday, February 14, at 1:00p.m at Jane Q's home. We will be discussing "Coronation Year: A Novel by Jennifer Robson" and will also dig into "Spare" by Prince Harry as a companion read.

Judy Kelley

BOOK CLUB II

We will meet on Thursday, February 15 at 1:00 p.m. on Zoom. Louise Dagenais will review "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce.

Susan Pick Vadivel

BOOK CLUB III

We will be meeting February 6 at 7:00p.m. on Zoom, as was agreed upon by members for the winter months. The book selection under discussion is "Hello Beautiful" by Ann Napolitano. Look forward to seeing everyone present!

Linda Ricketts

BOOK CLUB IV

We will be meeting on Zoom on February 21 to discuss the book "The Guncle" by Steven Rowley. Happy reading everyone!

Luhan Wahbeh

BOOK CLUB V: MYSTERY BOOKS

The book we will be discussing this month is "Moonflower Murders" by Anthony Horowitz. We are meeting on Wednesday, February 14 at 1:00 via Zoom. Joanne Fraser will be leading the discussion of this book.

Gilda Martinello

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. **Visitors to Coffee time are always welcome. We meet**

by Zoom every Wednesday at 10:30 and have a different topic to discuss each time.

Joyce Schaaf and Marianna Newkirk

DINNER CLUB



Our Dinner Club is a dynamic group of 51 club members, who enjoy dining together and visiting restaurants in and around the West Island. We average between 15 to 25 diners an outing.

We meet the **fourth Thursday of the month at 6:00 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.

January's restaurant of choice was the Grill Sélect on St Charles in Kirkland. We had a record **27 diners who participated.**

Thursday, February 22nd is the date of our next luncheon.

Registered diners will be advised of the details by e-mail.

We would like to welcome any MLUWC member to the Dinner Club. Should you wish to join the group, please feel free to contact us.

**Group leaders
Sally Gurekian
Victoria Pinnell**

FRENCH CONVERSATION

French Conversation meets on Zoom on Friday February 16 at 9:30a.m.

Janet Anderson

Let's Play Games



This interest group has materialized. We have met twice already. The first time in November 2023 at Nancy Acemian's home where the game **Timeline** was played, a new game for all except the hostess. Our second gathering was in January at Diane Gibb's, where we enjoyed the game **Chromino**, again a game proposed by Nancy Acemian and new to all those present. A great time was had at both gatherings with great munchies. We have decided to meet the 2nd Tuesday of each month from 2:00pm until 4:00pm. We will take turns hosting the gathering. Always room for more players!

Nancy Acemian

NETWORKING



MLUWC
Networking Event
Feb 7, 2024
7-9pm
Studio 77
Pointe-Claire
\$25.00



To reserve your spot at the Networking event please email lsestock@royalpage.ca

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.

For more information please contact Jane.

Jane Cowell



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) and note that it is for the Community News page.

Lakeshore Chamber Music Society

On Friday, February 16, 2024, at 7:30 p.m. the Lakeshore Chamber Music Society will present the following concert:

Viktor Lazarov, piano
Leo Purich, composer

Location: Union Church
24 Maple Avenue
Ste-Anne-de-Bellevue


**ST. COLUMBA CONCERT SERIES
2023-2024
CONCERT INFORMATION:
stcolumbaconcerts@gmail.com**

Saturday February 24th / samedi le 24 février :
Three Centuries of Sonatas for the Piano
Viktor Lazarov, piano
Leo Purich, composer/compositeur
Saturday March 23rd / samedi le 23 mars :
Andre Rodrigues, classical guitar/guitare classique

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)





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.

Our travellers love our tours because we include everything! They also rave about our Tour Managers, who go above and beyond to ensure that their trip runs smoothly and that everyone has a wonderful experience!

*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) for booking details.*

Request a Brochure
1.800.268.3492
SeniorDiscoveryTours.ca
Reg# 701756



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

Advertising space available :Please contact: mluwc.newsletter3@gmail.com



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SINGER &
VOCAL COACH

February

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 West Island Walks 10:00 a.m.	6 Book Club III Time 7:00p.m. Zoom	7 Coffee Time 10:30 a.m. Zoom Mystery Book Club Zoom 1:00p.m. Book Club I 1:00p.m. Networking 7:00-9:00p.m.	8 Advocacy 7:30p.m. ZOOM	9	10
11	12 West Island Walks 10:00 a.m. General Meeting Zoom 7:00p.m.	13 Let's Play Games 2:00-4:00p.m.	14 Coffee Time 10:30 a.m. Zoom Book club IV 1:30p.m Zoom. Mystery Book Club Zoom 1:00p.m	15 Book Club II 1:00p.m. Zoom	16 .French Conversation 9:30 a.m. Zoom	17
18	19 West Island Walks 10:00 a.m. Executive Meeting 7:00p.m Zoom	20	21 Coffee Time 10:30 a.m. Zoom	22 Dinner Club TBA	23	24
25	26 West Island Walks 10:00 a.m.	27 Armchair Travel 7:00p.m. Zoom	28 Coffee Time 10:30 a.m. Zoom	29		

Newsletter Editor: Maria De Wolfe 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.

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.

March Newsletter Deadline: February 21

February is Black History Month

[16 ways to participate in Black History Month 2024 | TD Stories](#)

(Ctrl+Click)

[25 books about being Black in Canada | CBC Books](#) (Ctrl+Click)