



# Montreal Lakeshore University Women Club

Newsletter, May 2009  
Volume 51, Issue 9

## ANNUAL GENERAL MEETING & DINNER

May 11, 6:30 pm  
The Beaconsfield Golf Club



Guest Speaker:

**Barry Wilson,**  
Executive Producer of CTV News.

Barry will speak to us on  
“**Local News: Why It Matters**”.  
Barry will address a number of issues  
facing the news business these days and  
why it is so important to maintain as many  
voices as possible.

Most of you know Barry Wilson from his  
Commentaries on CTV News, so you know  
that we can look forward to a very  
interesting speech.

### *Menu*



*Chef Salad with Balsamic Dressing*

*Veal Cannelloni with Tomato Sauce*

*Dessert*

The Golf Club is reserved, the menu is set – join us  
for our Annual Meeting and Dinner!  
Please make your reservation by mailing a cheque  
in the amount of \$32.00 (payable to MLUWC) to  
**Helen Findlay, 122 York Rd., Beaconsfield, QC  
H9W 4L4**

## President's Message

I can't believe it's almost May again! It seems like yesterday we were celebrating our 50<sup>th</sup> anniversary, but a whole year has gone by and soon we'll be back at the Beaconsfield Golf Club for our 51<sup>st</sup> AGM and dinner. If you haven't done so already you can still make your reservations with Helen Findlay.

Hats off to the Fundraising Committee — the 2<sup>nd</sup> Annual Bridge/Games Luncheon is sold out!! If you don't have a ticket all I can say is better luck next time... there's already a plan to find a larger venue for next year. You can still help out by contributing sandwiches, squares/cookies or door prizes. Contact Nicole Awad for details.

The Scholarship Fund Committee is planning to send out a short questionnaire to get your input and feedback on scholarships, fundraising, etc. Please take the time to respond to it. This is your opportunity to share your opinions and ideas on the way we fundraise and the scholarships we give. Remember that awarding scholarships is one of the stated purposes of our Club and it is every member's responsibility to support this activity.

If you are going to be in Winnipeg this summer, think about attending the CFUW AGM August 20–23. Registration information is available on the CFUW website. I look forward to representing MLUWC at this event and will report back to you in September.

I'd like to thank everyone for their support and encouragement this year. The Executive Committee members have done a great job fulfilling their responsibilities and, in many cases, have gone above and beyond. But there are so many other members who have contributed to making the Club a success: interest group leaders, big sisters, potluck hostesses, committee members, resolution groups. You all deserve a round of applause.

**Heather Hamilton**  
514-695-2585  
heather@hamiltonconsulting.ca

## **CFUW Liaison**

Resolutions night was an exercise in democracy in action as we considered the five proposed resolutions for the 2009 AGM. For those of you who were unable to attend, you will be interested to hear that two resolutions were accepted as proposed, two were rejected outright and one was amended by strengthening the proposal.

We supported “Promoting Financial Capability and Financial Literacy in Canada” and “Protecting the Health of Canadians by Reducing Environmental Toxins” and we rejected “Canadian Department Of Peace” and “Employment Insurance Reform”. We voted to strengthen the resolution by reducing the long-term target for “Addressing Climate Change: Greenhouse Gas Emissions” further suggesting that, if adopted, the resolution should be forwarded to IFUW.

Some of you who enjoyed participating in the 2008 AGM in Montreal might wish to register for the 2009 AGM in Winnipeg. The conference will be held on 20–23 August 2009 and registration information can be obtained from the CFUW website at [www.cfuw.org](http://www.cfuw.org). It promises to be a very good meeting and once again provides an opportunity to exchange ideas with other CFUW women from across Canada.

I look forward to seeing you at our MLUWC Annual General Meeting.

**Chitra Chopra**  
**514-631-9854**  
**chopra.bio-tox@sympatico.ca**

## **Communications**

I am saddened to inform you that Joan Crossman passed away on Monday, April 13. She was a member of MLUWC since 2001 and of UWC clubs in other cities in which she lived. Joan was an avid bridge player. Joan will be missed by many MLUWC members.

**Irene Robson**  
**514-694-6647**  
**i-c.robson@sympatico.ca**

## **Fundraising**

Our game/luncheon event seems very popular; we are sold out, except that we still need volunteers to help make sandwiches or cookies to feed our hungry 90 ladies attending the event, and also some door prizes.

So please call or e-mail one of us and tell us how you can help. Many thanks.

Nicole Awad, Barbara Armbruster, Barbara Sauve, Elaine Creighton

**Nicole Awad**  
**514-630-0208**  
**nicole.awad@hotmail.com**

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## Nominating Committee's Report

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**As Chair of the Nominating Committee,** I am proud to nominate the following proposed slate of officers and committee chairs for the year 2009–2010:

### **Executive**

New mandate for:

Recording Secretary

Gilda Martinello

Treasurer

Connie Ellis

Returning officers for their 2nd year:

President

Heather Hamilton

1st Vice-President & CFUW Liaison

Chitra Chopra

2nd Vice-President & Membership

Marie-Belle Cunningham

Communications

Irene Robson

Past-President

Pauline van Nieuwburg

### **Standing Committees**

Hospitality

Margaret Vost

Newsletter

To be filled

Scholarships

Pamela Deans

Webmaster

To be filled

Returning chairs for their 2nd year:

Archives

Evlyn Payton Tayler

Fundraising

Nicole Awad

Interest Groups

Christine Hamilton

Programme

Carol Ohlin

### **Other committees**

Newsletter distribution

Heather Robertson

Photographer

Joyce Fair

Potluck Dinners

Joyce Fair

### **MLUWC Scholarship Fund**

Continuing:

Chair

Marilyn Flaherty

Treasurer

Jane Weber

### **Representatives:**

Montreal Council of Women

Gilda Martinello

Returning for a second year:

Community Resource Centre

Anna Wilkins

In accordance with Article VIII, Section 4 of our Constitution, additional nominations must be made in writing to the Nominating Committee at least five days before the Annual Meeting, but consent must be obtained first from the nominee, accompanied by the signatures of five members. Please forward nominations to Pauline van Nieuwburg. My appreciation to the members of the Nominating Committee: Marie-Belle Cunningham, Gail O'Reilly and Mary Vlahos.

**Pauline van Nieuwburg**  
**President 2006–2008**

## Wellness Tips

### A Note

As an MLUWC member, you may know of an interesting West Island topic that I can write about for my column in the West Island Gazette (something with a new twist perhaps or which has not been published previously)?

In addition, comments pro or anti any of my columns are welcomed by editor Brenda O'Farrell  
ofarrell@thegazette.canwest.com

Thank you,

Elaine Creighton,  
514-693-1311  
communication.dynamics@qc.aibn.com

### Tip from The Environmental Studies Group

Many stores now feature green ecological products for cleaning, beauty and gardening. You can pay a visit to stores specializing in these products, such as Marika, Ecological Products [535 Lakeshore Drive, Dorval] or to other grocery and general purpose stores that now carry an increased range of green products.

It is well known that **aging** is associated with changes in body composition, including an increase of body fat mass. As you age your metabolism slows down, and the amount of fat in the body slowly increases. Women have an even greater fat percentage than men do. Then, after menopause the distribution of body fat tends to shift, being laid down less in the arms, legs and hips, and more in the abdomen.

Abdominal fat, largely caused by the accumulation of visceral fat, increases proportionally more with age than peripheral fat. Many epidemiological and clinical studies have showed that excess abdominal visceral fat correlates with increased risk for cardiovascular disease, diabetes, certain types of cancer, hypertension, dyslipidemia and gallbladder problems. **Adiposity** represents the body fat tissue content. When the degree of adiposity increases it can be defined as being overweight or obese by measures such as the **body mass index (BMI)**. **Adipose tissue** changes may influence or be influenced by brain structures and functions and be involved in dementia processes. Adipose tissue changes in degree and intensity over the lifespan and has been shown to influence brain development in relationship to early and late measurement of cognitive function, intelligence and disorders of cognition, such as dementia.

**Adipose tissue** is the largest endocrine gland in the body, yet it is only recently that its role in neurodegenerative disease has been considered. Prospective population level evidence has emerged to show that both obesity and overweight are associated with an increased risk of all cause **dementia, Alzheimer's disease (AD)** and underlying neurodegenerative changes. Weight loss in late life, however, is associated with dementia, and those categorized as underweight are also at a greater risk of dementia. Given the current epidemic of obesity and the expected age-related increase in the incidence of dementia, even a small association between these two diseases has far-reaching public health implications. However, due to the effects of both AD-associated weight loss and age-related changes in body composition, there are methodological challenges in evaluating obesity as a risk factor for developing dementia.

Mechanistic pathways such as adipocyte-secreted proteins and hormones and inflammatory cytokines could explain the association between obesity and increased risk of dementia. Since visceral fat is buried deep in the abdomen, it may seem like a difficult target for spot reduction. However, targeted tummy exercises, strength training, a healthy diet and toning the deeper and lower abdominal muscles can help you to firm your muscles and flatten the belly. Although there are good reasons for some women to try **Hormone Replacement Therapy (HRT)** after menopause there are also questions about the risks and potential benefits of this therapy. Therefore, you should talk to your doctor in detail regarding your risks/vs./benefits of HRT before trying it.

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

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## ASSOCIATE MEMBERSHIP PROPOSED AMENDMENTS

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At the 2008 AGM in Montreal a motion was passed, That the Director of Membership, in consultation with the Membership Committee, prepare a By-Law amendment for discussion and vote at the 2009 Annual General Meeting that:

1. provides a common definition of Associate members,
2. grants full privileges, voting rights and membership portability to Associate Members while retaining the 20:80 ratio of Associate to Regular Members, and
3. permits CFUW to assess full membership dues for Associate Members.

The following are the proposed amendments to BY- LAW II - Membership

In 6 Associate Member is a member who does not qualify for regular Membership, as stated in bylaw 2.1.1: 2.1.2: 2.1.3. (Hold a recognized degree, diploma or equivalent qualification from an Institution of higher education, or been accepted for a masters or doctoral program at a recognized tertiary institution; or holds a professional designation or qualification in the past that currently results in the awarding of a degree from a university or college)

In 6.1 Associate Members shall support the objectives and purpose of CFUW.

In 6.2 Associate members are entitled to all the privileges and responsibilities of Membership in CFUW.

In 6.3 Associate members shall pay full CFUW per capita dues.

In 6.5 Strike out the existing wording

The implication for Clubs is that, if these amendments are adopted, associate members will be full dues-paying members with the same privileges and rights as regular members. There has been some concern about the money that Clubs will now have to remit to CFUW as well as granting the same privileges to non-university degree-holding members as to those with university degrees. In addition, at the 2008 AGM the membership voted to grant students full membership albeit at a lower rate.

At present, over seventy five percent of the Clubs accept Associate Members in their Clubs.

Any comments that you may have should be communicated to Heather Hamilton or to Chitra Chopra.

### **Book Discussion I**

Book Club I will meet on May 13 at 1:00 pm to discuss *The Golden Notebook* written by Doris Lessing. Our hostess will be Jeanette Brooker, 72 Curzon Ave, Montreal West.  
Please call Jeanette at 514-481-8583 if you are unable to attend. We will wind up our season with a potluck luncheon at the home of Irene Steffen, 1880 Lakeshore Road on June 10.

### **Book Discussion II**

The members of Book Club II will meet on Wednesday, May 13, at **1:30 pm**, at Joan Dyer's home, 221 Lakeshore Road, Pointe-Claire, 514-697-8884.  
We will discuss Doris Lessing's book, "The Golden Note Book", which will be reviewed by Mary Leblanc. We will also prepare our next year's programme. Members are reminded to send their suggestions to me before the next meeting in order for everyone to receive the compilation before May 13.  
Anyone who wishes to join our new Book Club II, please call:  
Louise Dagenais  
514-694-7651  
dagpal@sympatico.ca

### **Conversation en français**

Il y n'aura pas de réunion durant le mois de mai.  
Rendez-vous donc en septembre.  
Bon été à tout nos membres.

### **German conversation 'Kaffeeklatsch'**

We will meet for the last time this year on Tuesday, 5 May, at 2:00 pm, at the home of Suzanne Dawson.

### **Issues & Resolutions**

The next meeting of the Issues and Resolutions Group is on Tuesday, April 28 at 9.30 am at Irene Steffen's home. Among many interesting topics we will be covering women in Afghanistan.

### **Music Appreciation**

The members of the Music Appreciation Group will meet at Place des Arts on May 13 to attend a symphony concert. The meeting scheduled for May 6 has been cancelled.  
Our first meeting of the fall season will be held on September 30, 2009. Details will be available in the September newsletter. Penny Gibb.

### **Music History**

For our final session of the year, we have chosen the immediate post-war years, 1946 to 1948. We will listen to a short work by the Romanian composer Enescu (Overture on Popular Romanian themes), followed by Copland's majestic Symphony #3. After the break, we will listen to Britten's Four Sea Interludes from his opera *Peter Grimes*, and we will then spend some time with Richard Strauss, an old man in his eighties but still composing: he wrote his oboe concerto for an American soldier and oboeist stationed in Strauss's Alpine village after the war, and composed the poignant *Munich: a Commemorative Waltz* after surveying the post-war ruins of his beloved native city.  
The meeting will be held on Thursday, May 14, at 1:00 pm.  
Refreshments: Louise.  
Please phone or e-mail if you CANNOT attend.  
Joanne Brais 695-2392

### **Out To Dinner**

On Thursday, May 28, we will be dining at La Maison Verte Restaurant, 16981 Gouin Boulevard, at the corner of Saint Charles Boulevard. This well-known restaurant specializes in classic French cuisine and also offers fresh seasonal products, such as wild game.  
Join us for a memorable evening of fine dining in a charming setting.  
Meet at the restaurant at 6:30 p.m. All are welcome.  
To sign up for this outing, call Shirley Wick at 514-697-9936 or Janet Ilavsky at 514-695-5552.

June 25 we will be going to, Elounda on Cote Vertu: call Sita Tadros at 514-697-7475 or Tina Tessari at 450-424-1135

### **Travel**

The Travel Group will meet at 7:00 pm, Monday, May 4 at Sunrise Living Centre, 505 Elm Avenue, Beaconsfield.

Margaret Eastwood will show us beautiful slides of a trekking trip to Bhutan.

Refreshments: Katy Van Walsum, Mary Wells and Anna Wilkins.

For more information or if you are unable to attend please call Nancy Lloyd 514-695-7153 or Kathy Brown 514-697- 5360.

### **Tutto Italiano**

Although details have still to be worked out, we hope that our last gathering for this year will be a visit to Little Italy on Friday, May 22, culminating in lunch at a neighborhood restaurant.

Group members will be advised.

For information about our group, please contact Sue Callaghan,  
clintcal@sympatico.ca,  
514-695-7093.

### **A note from the editor**

The May issue brings to an end my job as editor of the MLUWC newsletter.

A special thank you goes to Joan Dyer for proofreading every article of every issue; the newsletter would not have been the same without her professional input.

My gratitude goes also to all of you who have shared with me appreciations and kind words.

This has been a very enjoyable and interesting experience that allowed me to interact with members and get to know them better.

Adla

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3	4 Travel 7:00 pm	5 German 2:00 pm	6	7 Games Day Luncheon 12:00 am 😊	8	9
10  Mothers' Day	11 ANNUAL GENERAL MEETING 🎵	12	13 Music App. Book Discussion I 1:00 pm Book Discussion II 1:30 pm	14 Music History 1:00 pm	15	16
17	18 Victoria Day	19	20	21	22 Tutto Italiano	23
24	25	26	27	28 Out To Dinner 6:30 pm	29	30
31						

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