



## Montreal Lakeshore University Women's Club

Newsletter, January 2011

Volume 53, Issue 5

### *January Dinners*

**MONDAY, JANUARY 10,  
2011 at 6.30 pm**

Don't miss this MAJOR WEST ISLAND  
SOCIAL EVENT

**Imagine, 19 years and still going strong!**  
Certainly something you will want to be part of.

105 guests will be welcomed into the homes of 13  
hostesses. Assistant hostesses have already  
contacted guests on their lists or will do very  
soon.

There are four places available in Pte Claire  
South and sometimes there are last-minute  
cancellations so perhaps we could fit you in if  
you have forgotten to sign up. It would be helpful  
if the assistant hostesses could contact the co-  
ordinators with cancellations.

**Good food, fine wine, warm hospitality, old  
friends and new all add up to interesting  
conversation and a great evening.**  
BON APPETIT!

Diane Nener 514-457-6540  
Kerstin Birch 514-457-6473 (Kerstin will be  
away until January 5, 2011)



### *President's Message*

**Happy New Year to all of you!**

May all your New Year's resolutions become  
reality! Or maybe, like me, you no longer make  
New Year's resolutions and just take the time to  
celebrate life to the fullest? This year the West  
Island Cancer Wellness Centre has proposed a  
challenge to all of us: change an unhealthy lifestyle  
and replace it with a healthy one. You can do this  
while relaxing this holiday season with family and  
friends.

As usual, the Christmas meeting found us all  
decked out and in high spirits of giving and  
singing. **The raffle for the benefit of the West  
Island Cancer Wellness Centre was greatly  
appreciated by those who gave and those who  
received. And we collected a record \$1,401!** The  
Carmina Choir provided us with lovely music to  
which we were able to lend our voices. I always  
enjoy listening and participating at this meeting.  
**Thank you to all the members who make this  
meeting such a special evening, from members  
who contribute to the many lovely prizes  
offered up for the raffle, to those who bake, sell  
tickets, organize and help in so many ways. This  
is truly a team effort!**

As the potluck dinners approach, I am sure that  
you will all enjoy this alternate type of meeting  
with a smaller group of MLUWC members, some  
of whom you know little or not at all and which  
provides an opportunity to forge new friendships  
and to learn more about the wonderful women who  
make up our Club.

I wish you a fulfilling and contented 2011!  
Chitra Chopra

---

**M**embership I'd like to wish everyone a very happy and healthy 2011!  
2010—2011 directories will be available at the February meeting.

I'd like to welcome Anne Myles Brown as a new member. Anne joined us after the directory went to press and so is not listed in the membership directory. Here are Anne's address, phone number and e-mail address:

Anne Myles Brown  
11 Morgan Road, Baie d'Urfe  
H9X 3A3  
514-457-9658  
e-mail: [anne.myles@videotron.ca](mailto:anne.myles@videotron.ca).

I'd also like to welcome back Pamela Davies as a returning member.

See you in February!  
Gilda Martinello  
514-694-3849



---

**Environment Group tip**

**Stop that tap dripping!** One tap dripping steadily at one drop per second can mean **10,000 litres** of water wasted per year.

Betty Gibb

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

**K**affeeklatsch/German Conversation We will meet **January 11, 2011, at 1.00 pm** at the home of Joanne Brais, 55 Cedar Ave., Pointe Claire, 514-695-2392. Please advise Joanne if you are unable to attend. Frohes Neues Jahr. Christine Hamilton

**B**ook Club I Our January meeting will be held at the home of Margaret Nicoll-Griffith on **Wednesday January 12 at 1 pm**, 101 Drayton Road, Pointe Claire. The book to be discussed this month is *The Reluctant Fundamentalist* by **Mohsin Hamid**. Our reviewer is Nancy Lorimer—it promises to be an interesting afternoon! Please call Margaret at 514-694-1677 if you are unable to join us. I hope everyone has had a happy holiday—and Santa brought you lots of good books to read! My new e-mail address [mumng@bell.net](mailto:mumng@bell.net) My old one still works for the time being but will be cancelled in the New Year. Margaret Nicoll-Griffith

**M**usic History We will next meet on Thursday, **January 13, at 1 pm**, and have chosen to study composers and their music from the year 1893, the tail end of the 19th century. Representing the old guard, we have Bruckner's mighty Symphony No. 9, from which we will only hear an excerpt, and the equally momentous but much more popular Symphony No. 9 by Dvorak, the New World Symphony. Representing the new music of the soon-to-arrive 20th century will be Sibelius' *Swan of Tuonela*, and the piece that ushered in the Impressionist movement, Debussy's *L'Après-Midi d'un Faune*. Please let me know if you cannot come. Joanne Brais, 514-695-2392. Refreshments: Louise (this time for real, Louise) Happy holidays to everyone!

**C**ross Country Ski Group—2011 **The cross-country ski group has been revived!**  
Our first outing will be on **Wednesday, January 19, 2011** at the Morgan Arboretum. Please meet at the **Conservation Centre parking lot at 9:30 am**. (Directions to the Arboretum: Take Highway 40 west, exit 44 (Morgan), turn left onto Pine Road.) Cost is \$6.00 unless you are member. Please call or e-mail Nancy Lloyd to confirm or for carpooling information. We will try to ski (or walk) every second Wednesday morning at different nature parks in the area. All levels of skiing are welcome. Mark your calendars for February 2: Cap St. Jacques Nature Park; February 16: Ile Bizard Nature Park.  
Nancy Lloyd –co-ordinator 514-695-7153 [net.lloyd@sympatico.ca](mailto:net.lloyd@sympatico.ca)

**B**ook Club II In January, Book Club II will review *The Golden Mean* by Annabel Lyon. This novel takes us inside the minds of Aristotle and his pupil Alexander, described as the most fully realized historical character in contemporary fiction. The book will be reviewed by Joan Dyer on Thursday, **January 20, at 1:30 pm**. The meeting will be held at Gilda Martinello's new

home, 18 Lakeshore Road, apt 212 in Pointe Claire. Gilda would appreciate knowing if you cannot attend —514-694-3849. Louise Dagenais

**C**onversation en français Le prochain rendez-vous du groupe Conversation en français aura lieu chez Janet Ankcorn, **le 21 janvier, 2011 à 09:30 h.** RSVP 514-426-7029. L'adresse: 3 Kirkwood Ave, Beaconsfield Dianne Robinson, 514-426-3963

**J**ogging your Mind Our meeting dates have been confirmed with our moderator and we will see you: **Fridays at 10:30 am on January 21**, February 11, March 4, March 25 and April 15.

You will be receiving a reminder before every meeting via e-mail and should the weather be bad, simply watch your e-mailbox before heading out! Remember the homework...Signing off: PapaAlphaUniformLimaIndiaNovemberEcho At 514-898-7558

**C**omplementary Approaches to Wellness

The group will meet on Tuesday, **January 25 at 7:30 pm** at the home of Anna Wilkins, 78 Brunswick Drive in Beaconsfield. Our guest speaker will be **Sharon Cohen, a NHC naturopath**, who will address the topic, "*All You Need to Know for Optimum Digestion*". Questions on digestive disorders or concerns will also be addressed. Sharon's web site is [www.infinitenourishment.com](http://www.infinitenourishment.com)

Please contact Renate Sutherland at 514-695-1970 or [graeme.renate@sympatico.ca](mailto:graeme.renate@sympatico.ca), if you are planning to attend.

**T**ravel Happy New Year to all! We will resume our travelling on Monday, **January 31** with a trip to **The Remote North Atlantic Islands**, presented by Ian MacDonald (Marne's husband) who is a great traveller, member of the Lakeshore Camera Club, and frequent presenter for our pleasure. Ian takes excellent photos and describes his surroundings with precision. Most of us will not have visited the locations he will present so come, enjoy and learn. It will be well worth it! Sunrise Senior's Residence, 505 Elm (top of Woodland) 7:00 pm for refreshments and chatting; 7:30 pm for the presentation. Questions? Judy Paquin 514-428-0541 Janet Ankcorn 514-426-0729

~ January 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Music Appreciation January 5 10 am	6	7	8
9	<i>Pot Luck Dinners</i>	German Kaffeeklatsch 1 pm	12 Book Club I 1:00 pm	13 Music History 1 pm	14	15
16	17	18	19 X-Country Skiing 9:30 am	20 Book Club II 1:30 pm	21 Conversation en français 9:30 am  Jogging 10:30 am	22
23	24	25 CAW 7:30 pm	26	27	28	29
30	31 Travel 7:pm	<p>Editor. Johannah Lloyd. <a href="mailto:mluwc.newsletter@gmail.com">mluwc.newsletter@gmail.com</a>                      Proofreader. Joan Dyer. <a href="mailto:joandyer@allstream.net">joandyer@allstream.net</a>                      Deadline for February Newsletter: January 14</p>				

● MLUWC: [www.mluwc.com](http://www.mluwc.com) ● CFUW: [www.cfuw.org](http://www.cfuw.org) ● IFUW: [www.ifuw.org](http://www.ifuw.org) ● QPCUM: [www.afducfuw.org](http://www.afducfuw.org)