



Montreal Lakeshore University Women's Club

Newsletter, May 2010

Volume 53, Issue 9

ANNUAL GENERAL MEETING & DINNER

MONDAY, MAY 9, 2011

BEACONSFIELD GOLF CLUB

Cocktails 6:30 pm Dinner 7:00pm

Guest Speaker: RUSSELL WILLIAMS

Russell Williams, president of Rx&D (the association representing Canada's research-based pharmaceutical companies) and a long-time friend and advocate of West Islanders, will speak to us on "Sustainability of Health"

Have you often wondered about the present and future state of research in Canada today? Do you understand the relationship between the federal/provincial governments and the pharmaceutical industry with regard to regulatory affairs and clinical trials? What is the impact for consumers on the cost and choice of drugs?

With years of experience in provincial politics and community service before joining Rx&D in 2004, Russell is well placed to enlighten us on health-related issues that concern all of us and we look forward to meeting him again.

The Golf Club is reserved, the menu is set, and we look forward to seeing all of you at the Annual General Meeting and Dinner. Please make your reservation with a \$35.00 cheque (payable to MLUWC) to Margaret Vost, Hospitality Chair, by May 2, 2011. No cash please.

President's Message

It has been a very interesting year. And it is not yet over. Members' Night was a wonderful evening, providing us with a small insight into the talents and altruism of our members!

Games Day is fast approaching and Ginger Brossard has promised us a special surprise on May 5! Don't miss this great opportunity to play bridge, scrabble or mah-jong with friends and have some fun. There is still time to buy your ticket —just call Ginger or send her an e-mail—don't delay and risk being disappointed!

Our AGM also promises to be very interesting. It is one of the occasions where many members come out and reconnect with friends and share plans for the summer. Russell Williams will speak to us about pharmaceutical research. I am sure that many of you remember him as an MNA.

There is still time to register for the Quebec Provincial Council meeting being hosted by UWC Montreal Inc. on April 30. Dorys Makhoul of The Women's Centre will speak about "The situation of women in Montreal".

I would like to express my heartfelt thanks to the members of the executive and to the many members of the Club without whom MLUWC would not function quite so smoothly nor be quite so fulfilling. I wish you all a wonderful summer and look forward to seeing you again in September!

Chitra Chopra

Newfoundland



calling

CFUW AGM, August 4–6, 2011

Registration for the CFUW AGM in Newfoundland is now open! For information about the conference and for registration, please go to the CFUW website at www.cfuw.org

Please read the Registration Information Guide for details about the AGM and the tours http://www.cfuw.org/doc/REGISTRATION_BOOKLET_updated.pdf The direct link to the registration form is <https://www.proreg.ca/sort.php?e=256-e>

For any other questions, please contact Barbara Clancy, AGM 2011 Co-Chair, at windinoursails2011@gmail.com

*This promises to be a wonderful opportunity to visit
Newfoundland.*

≧ **And in September, why not bring a friend to the Convivium** ≦

As you all drift off into the lazy days of summer, please consider bringing a friend to the Autumn Convivium. MLUWC offers a wealth of possibilities: new friends, fun social activities, informative general meetings, a wide range of interest groups, participation in helping students further their education through scholarships, advocacy, and being a part of CFUW and IFUW.

Newsletters

Effective September 2011, the newsletter will be distributed to members via e-mail. At the April General Meeting we announced that, with regret, the executive has taken the decision to discontinue mailing printed copies of the newsletter gratis. Members wishing to receive the newsletter by mail will be asked to pay the annual cost of the mailing with their membership dues.

Nominations for 2011-2012

As Chair of the Nominating Committee, I am pleased to announce the following nominations for the year 2011–2012:

Standing Committees

Archives
Hospitality
Scholarships

Renate Sutherland
Suzanne Dutoy-Dachy
Barbara Armbruster

Other committees

Potluck Dinners

Bauni McFadyen / Sita Tadros

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 Heather Hamilton, Nominating Committee Chair.

Nominating Committee: Gilda Martinello, Françoise Perreault, Renate Sutherland

chaired by Heather Hamilton, Past President.



Can you Help? AVATIL Inc (Apprentissage à la Vie Autonome

– Towards Independent Living) is a non-profit community organization based in Lachine serving adolescents and adults with a mild intellectual handicap. We are looking for counsellors and an assistant director who have an interest in our “special people”. We offer outreach to adolescents and young adults, short-term residential learning to live outside the family home for adults, and long-term community support for apartment living, money management, health and personal matters. Our social activities reduce isolation and foster friendships. We offer counselling for clients and fieldwork placements for university students. We collaborate with organizations serving the intellectually challenged in the west of Montreal. Call Carita Dubuc, MSW, 514-684-7423 or Carmela De Lisi, MSW, Exec. Director, 514-634-8944.



*Don't Forget Our
MLUWC Annual General Meeting and Dinner 2011*

Beaconsfield Golf Club 49, Golf Ave., Pointe-Claire.

MAY 9th.

Please reserve your place at the dinner by sending a cheque

for \$35.00 payable to MLUWC. As soon as possible .

c/o Margaret Vost 190, Fairhaven Ave-Claire Pointe - Claire H9S 4A8

THE DEADLINE FOR RECEIPT OF CHEQUES IS MAY 2nd 2011.

Cocktails: 6pm (Cash Bar) Dinner: 6:45pm

Menu:

Roasted red pepper and tomato soup

**Chicken in hunter's sauce , spinach mousseline,
potato puree, vegetable in season.**

Chocolate tulip cup filled with red berries

Coffee or Tea

**Vegetarian Main Course : Spinach Manicotti with tomato and basil
sauce and Parmesan cheese.**

**Please indicate your choice of vegetarian menu when you send your
cheque.**

Thank you, Margaret Vost.



♪ *The Stewart Hall Singers sing ALLELUIA* ♪

The Stewart Hall Singers will be singing **Alleluia**, a celebration of choral music on **Saturday, May 28, 8:00 pm at St Edmund of Canterbury Church, Beaconsfield**

under the baton of guest conductor Douglas Knight. There is something for everyone in this spring concert program from Mendelssohn and Brahms to ABBA and West Side Story. Tickets (\$20, \$15 seniors) available from Joan Dyer.

*West Island
Savvy Seniors Fair*

May 28th, 2011
10:00 – 3:00
The Red Barn
20609 Lakeshore, Baie D'Urfé

On May 28th, Comfort Keepers and the West Island Community Resource Centre will be hosting the West Island Savvy Seniors Fair. There will be more than 30 kiosks staffed by people who will answer your questions regarding health, help around the house, hobbies and more.

Here is the day's program:

- 10:30 – Demystifying Alzheimer's Disease – Alzheimer's Society**
- 11:30 – New Government Projects for Seniors – Good or Bad? – Comfort Keepers**
- 12:30 – You and Your Finances – CIBC Wood Gundy**
- 1:30 – Ten Tips to Keep Seniors Safe – Crime Prevention Unit**
- 2:30 -- Wills, Power of Attorney and Mandates: What You Should Know**

In addition, Coach Antiques will be offering free evaluations.

This event is free so come listen to the speakers, discover local resources and enjoy a coffee.

The MLUWC will be hosting a table so if you plan on attending this event, please drop by and say hello.

Annual Reports 2010 – 2011

*The Annual Reports for 2010 – 2011 will be published electronically on May 6th.
Several printed copies will be available at the AGM on May 9th.*



We have just heard of the death of Valerie Sudds. Valerie was a beloved member of this club and will be missed by her many friends.

~ Interest Groups ~ Interest Groups ~ Interest Groups ~

Kaffeeklatsch We will meet on **Tuesday, May 17 at 1:00 pm** at the home of Hildburg Schleiermacher, where Irene Steffen will present selections from the German poetess, Hedwig Witte, followed by our planning session for the fall. Please bring ideas. Christine

Travel Our last Travel Group meeting this spring will be on **May 2 at Sunrise** (top of Woodland). Another of our own members, **Renata Bagga** along with her husband **Arun**, will take us mainly to **St. Petersburg, Russia** but we will briefly visit **Vilnius** (Lithuania), **Riga** (Latvia) and **Talinn** (Estonia) as well. This will complete our virtual traveling for this season. Let's hope you do the real thing over this summer. Please join us at **7 pm for refreshments and the presentation at 7:30 pm.**
Judy and Janet.

Book Club I Our next reading takes us to Haiti with Isobel Allende's *Island Under The Sea*. This historical novel will be reviewed by Irene and Nini. We will meet on **May 11, 1:00 pm** at Kerstin's; baking will be provided by Norah. At that meeting, I hope all will have at least one book to suggest for next year. Please remember that our choices must be available in paperback and readily available at the local libraries. I will be meeting with Judith at Librairie Clio on May 4 at 2:00 pm. Anyone who wants to join is welcome; please let me know so I can tell Judith how many to expect. We'll bring her suggestions to our meeting on May 11, when we will set a date for the selection committee to choose the books for next year. We'll draw up next year's schedule of reviewers and hostesses at Irene's at our traditional and delicious potluck luncheon on June 8 at Irene's.

Music History Music History's last meeting of the year will take place on **May 12, at 1 pm.** As usual for our final meeting, we will discuss the growing crisis in the world of classical music, why younger people don't listen to it any more, why new composers don't compose music we want to hear, etc. etc. We have still found some music to listen to and to appreciate (from the decade of the '60's), and our program for this day includes Benjamin Britten's remarkable War Requiem, Dmitri Shostakovich's Lyrical Piano Concerto #2, Leonard Bernstein's Symphonic Dances from *West Side Story*. After the break, we turn to popular Beatles melodies arranged and played by local Baroque orchestra, Les Boreades. Please let me know if you cannot make it. People tend to get busy in the great outdoors at this time of year. Refreshments: Joan.

Book Club II The next Book Club II meeting will take place on **Thursday, May 19 at 1:30 pm** at H el ene's home. Eva, a history teacher, will review the challenging book *Champlain's Dream* by David H. Fisher. It promises to be quite an animated meeting. We will also vote on next year's book choices; I remind members not to forget to submit their suggestions for next year before May 1 in order for everyone to have time to read the different proposals.

We will meet in **June on the 16th** at my place where Maureen will review *Paradise of the Blind* by Duong Thu Huong. This novel was banned in its own country and is the first one from Vietnam to be published in the U.S. and is described as a beautifully told story of a civil war within a family. Louise Dagenais

T ete- - ete: Conversation en fran ais: le prochain rendez-vous du groupe aura lieu chez Dianne Robinson, **le 20 mai   9h30**. Diane Robinson, co-ordinatrice.

Music Appreciation Music Appreciation will wrap up the season with a potluck lunch. Date and place TBA.
Our MSO subscription, with seats together, has been organized. However, for anyone still wishing to join the group, it may still be possible.

September 2011 is the beginning of the MSO's first season in its brand-new concert hall with the famous "shoebox" design. For a peek at the new hall, look on the Internet at: www.adressesymphonique.gouv.qc.ca. The cost for the season of six morning concerts is \$250.05 (including taxes and service), 20% off the price of buying tickets individually at the regular price. A subscription gives you six concerts for the price of five. Furthermore, if planning ahead is not your thing, tickets may be purchased at your leisure, but take note that the new concert hall has half the capacity of the current hall, which may impact seat availability. If you are interested in joining us for the six morning concert series, please check the MSO website for details. Concerts are held at 10:30 am on Fridays: September 30, November 11, December 9, February 10, March 2, April 27. Members of the group meet two weeks beforehand to share information about the composers and their music. We carpool and enjoy lunch together in a nearby restaurant. If you are interested in joining our group next year, please contact Maria Cranker..

 **Energy-conservation practices do make a difference.** Using microwave ovens instead of conventional ovens where practicable, using compact fluorescent/LED bulbs and turning lights out when not in continuous use and making purchases of energy-efficient appliances, water heaters, doors/windows and televisions are just some of the effective actions you can take. Did you know that energy-efficient televisions use about one-twelfth the power of standard television sets?

from Betty Gibb

~ May ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Travel 7:00 pm	3	4	5	6	7
8	9	10	11 Book Club I 1:00 pm	12 Music History 1:00 pm	13	14
15	16	17 Kaffeeklatsch 1:00 pm	18	19 Book Club 11 1:30 pm	20 Tête à tête 9:30 am	21
22	23	24	25	26	27	28
29	30	31 	Music Appreciation TBA			

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Deadline for the September Newsletter: August 25