



Montreal Lakeshore University Women's Club

A Member Organization of The Canadian Federation of University Women since 1957

Newsletter, March 2013

Volume 55, Issue 7

General Meeting Monday, March 11, 2013

at
The Karnak Shriners' Temple
3350 Sources Boulevard, DDO

Coffee - 7:15 pm
Meeting - 7:45 pm

Protecting Refugees - Tales from Sri Lanka, Egypt & Canada



Denise Otis, Legal Counsel, United Nations High Commissioner for Refugees

From representing women, men, and unaccompanied children seeking refugee status to her present role as advisor to the UNHCR Representative in Ottawa on immigration and refugee matters, **Me. Denise Otis** knows how Canada accepts immigrants and refugees.

She will tell us of her experiences when she was a Protection Officer in the refugee camps of Sri Lanka in 2009 and ruled on applications for refugee status in Sallum, on the border between Egypt and Libya.

The recent changes to our immigration and refugee laws should provide for a lively and interesting discussion about their effect on Canada's former reputation as a compassionate and caring nation.

President's Message

At long last, winter is ending its deep freeze and spring is just a few weeks away. Already the days are longer and the extra sunshine is good for our souls as well as for our plants.

Friday March 8 is International Women's Day and, in conjunction with the Pointe-Claire Public Library, we are screening a NFB film called "**Status Quo: The Unfinished Business of Feminism in Canada**". There will be two screenings: one at 1:00 p.m. and the other at 7:00 p.m. with a Q&A session following each screening. I hope to see you at one of the screenings.

As Chitra Chopra mentioned at our last general meeting, there are five positions which the Nominating Committee is looking to fill: **Vice-President/CFUW Liaison, Recording Secretary, Scholarships Chair, Hospitality, and Pot Luck Dinner Organizers**. I hope you will consider taking on one of these positions and joining my team. It's a great way to get involved and to get to know the Club, its workings, and its members.

I'm sure many of you will find our March speaker very interesting. Me Carole Otis will be talking about several of the recent legislative changes to our immigration laws which have diminished Canada's international reputation.

With your newsletter you also received **CFUW's 5 Proposed Resolutions for 2013**. Please take the time to read this document and consider joining one of the resolution discussion groups. As usual, we will be voting on whether or not to support these resolutions at our April General Meeting.

Gilda Martinello
mluwc1@mluwc.com

Membership

Please welcome new member, **Wendy Hauck**. She has indicated that she would be willing to share her expertise in science, biotechnology and environmental sciences.

In this issue of the newsletter you will find a flyer for the NFB film mentioned in the last newsletter. I will be sending out an email with the flyer attached so that those who wish can forward the information to their circle of friends.

Please remember that the next Public Forum workshop “**The Living Benefits of Life Insurance**” will take place on March 16th. For information and registration contact workshop@mluwc.com

Constance Ellis
Vice-President & Membership Chair

Fundraising

We will continue our sale of books at the March 11 and April 8 meetings:

Paperback - \$2 each

Hard cover - \$3.

Remember our **Games Day** scheduled for **Thursday, May 2, 2013**. We look forward to your continued support of the **MLUWC Scholarship Fund**.

Suzanne Taylor
Fundraising Committee

CFUW Membership Benefits

The Personal Insurance Company

In an effort to provide benefits that increase the value of your membership in CFUW, CFUW has signed an agreement with The Personal Insurance Company so that our members can buy home and auto insurance at preferred group rates.

In addition to CFUW preferred pricing, The Personal offers you and your dependents further discounts, customized coverage and other advantages like 24/7 *Call from the Scene* emergency assistance and Identity Theft Assistance. With The Personal, you also benefit by dealing directly with non-commissioned, licensed insurance professionals.

No matter who you are insured with now for your home or auto, get a quote with The Personal and compare rates and services - you may be pleasantly surprised!

You can contact The Personal for a quote by calling **1-888-476-8737** or by going online at: thepersonal.com/cfuw

Brochures on The Personal will be available at our next General Meeting, March 11.

Canadian Association of Retired Persons

CARP (Canadian Association of Retired Persons) is Canada's largest and most influential advocacy association for Canadians as we age. CARP is offering CFUW members a special rate for membership, including a subscription to Zoomer magazine!

To learn more, please go to <http://www.carp.ca/groupdiscount/> and select “Canadian Federation of University of Women” from the drop down menu. Alternatively, you can call 1-800-363-9736 and quote “GDCFUW” to access your discounted rate.

CARP is a national, non-partisan, non-profit organization committed to advocating for a New Vision of Aging for Canada, promoting social change that will bring financial security, equitable access to health care and freedom from age discrimination. CARP seeks to ensure that the marketplace serves the needs and expectations of Canadians as they age and provides value-added benefits, products and services to our members. Through our network of chapters across Canada, CARP is dedicated to building a sense of community and shared values among our members in support of CARP’s mission.

To keep up to date with the latest Advocacy efforts of CARP, register today for free at <http://www.imakenews.com/carp/> (CARP Action Online.)

Attention Movie-goers!

Recently, at the **Kirkland Cinema**, I asked one of the ushers when the film **Quartet** would be coming to the theatre (we had just seen the preview) and was dismayed with the reply -- Madam, it won't be coming at all! Why not? I exclaimed. The answer -- Cineplex Toronto, who decides which films will come to the Colisée, thinks everyone on the West Island is under 16! (I don't think I was the first to ask!) When I asked, what can I do? Tell them you want the film, was the reply! So, I did.

I sent an e-mail explaining the popularity of the Operas, and also pointing out that if there was proper advertising for the Ballets and other Front Row productions the attendance would grow. I also added that I believed there was a market for films such as Quartet at the Kirkland Colisée.

I received an immediate reply, which indeed seemed to imply that the selection of films was based on demographics, but changes were possible. If you would like to add your voice to this request for the films that never make it out to Kirkland, the e-mail address of Guest Services for Cineplex Entertainment is: Samantha.weaver@cineplex.com

My thanks,
Margaret Nicoll-Griffith

VILLA BEAUREPAIRE **A community-based residence serving seniors** **from Montreal's West Island.**

Villa Beaurepaire, located in Beaurepaire Village in Beaconsfield, is currently under construction and will be ready for occupation in Fall 2013. Fifty apartments for seniors, composed of 1 bdrm, 2 bdrms and studios will include an elevator, community dining room, underground parking, activities, building manager and activity coordinator. While each apartment will have a full kitchen, 5 meals a week will be served in the community dining room and will be included in the rent.

Eligible candidates must be over 60 years old with a slight loss of autonomy or completely autonomous and over 75 years old. They will have a moderate income, while some will benefit from a rent geared to their income.

Information Session: April 26, 1:30pm, in Beaurepaire United Church at 25 Fieldfare, Beaconsfield. **RSVP at 514-823-2325.**

For an application or more information. www.villabeaurepaire.com

MONTREAL COUNCIL OF WOMEN (MCW)
“A VOICE FOR WOMEN IN MONTREAL”

February is HEART Month. Although women today live longer, a major health challenge is cardiovascular disease. It is a leading cause of death for Canadian women and important for every woman to know her risk factors, to recognize the warning signs of heart disease and stroke, and how to prevent and manage them.

The Montreal Council of Women’s **February program, “Women Take Heart!”** a talk about heart health and heart disease prevention, featured guest speaker WENDY WRAY, the *Nurse Director* of the new nurse-led **MUHC’S Women’s Healthy Heart Initiative Clinic** at the RVH site. Ms Wray works as an advanced practice cardiovascular nurse in the collaborative Cardiovascular Risk Management Program. Its mission is to create awareness of women’s risk of heart disease and improves their heart health. Participants are often self-referred and do not need a doctor’s referral. She emphasized the fact that “Healthy Diet and Lifestyle prevents and reverses Heart Disease”.

Her presentation also highlighted the following:

Risk Factors you can do something about:

- High blood pressure (hypertension)
- High blood cholesterol
- Diabetes
- Being overweight
- Excessive alcohol consumption
- Physical inactivity
- Smoking
- Stress

Risk factors you cannot control:

- Age
- Gender
- Family History
- Ethnicity
- History of stroke or TIA (transient ischemic attack)

For more information about heart disease and prevention, you can visit the MUHC’S Women’s Healthy Heart Initiative website www.whhionline.ca and the Heart & Stroke Foundation’s website www.heartandstroke.com

SOME HEART HEALTHY FOOD: (taken from MCW’S The Bulletin February 2013)

Low-fat Yogurt; Raisins; Whole Grains; Salmon/Tuna/Fish; Beans; Nuts (almonds,walnuts); Oatmeal; Brown Rice; Tomatoes; Carrots; Spinach; Broccoli; Sweet Potato; Red Bell Peppers; Asparagus; Apples; Berries; Oranges; Cantaloupe; Papaya; Pomegranates; Bananas; Popcorn; Tofu; Soy Milk; Green Tea.

There will be TWO meetings at the next MCW General Meeting on March 7, 2013

When: *The March Resolutions meeting at 10:00 a.m. will discuss the National Council of Women of Canada’s (NCWC) 10 resolutions and 2 policy updates*
The afternoon presentation at 1:00 p.m. “Important Issues concerning Aboriginal Women” with guest speaker April Dedam, Vice-President of Quebec Native Women

Where: 2700 Rufus Rockhead (across from Atwater Market)

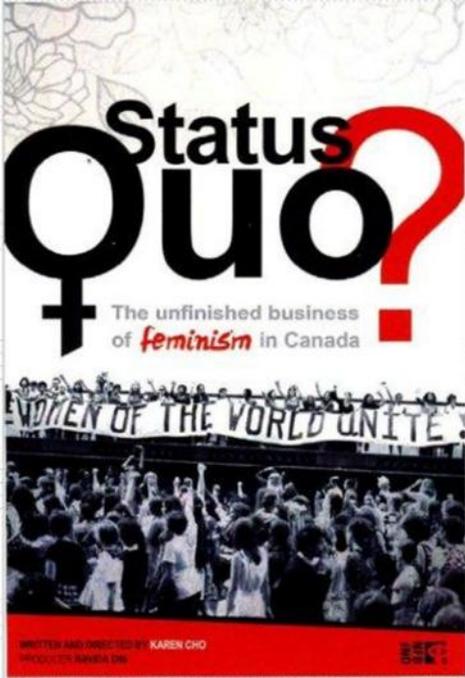
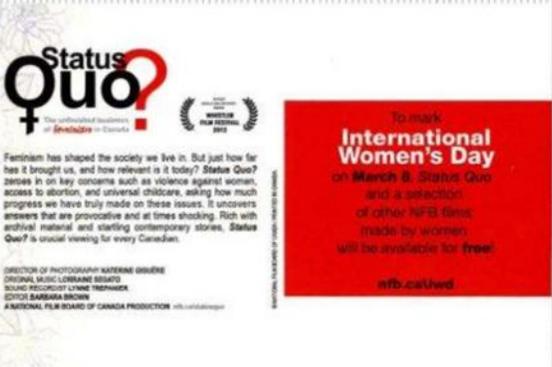
Time: Light Lunch @\$10.00/person at 12:00 noon

You can visit the MCW website www.mcw-cfm.org for full details on each resolution.

If you are interested in attending the March Resolutions meeting on **Thursday, March 7, 2013 at 10:00 a.m.** and/or the **afternoon presentation at 1:00 p.m.** about several important issues concerning **Aboriginal Women**, please contact Renate OR access the MCW'S website: www.mcw-cfm.org under **"Invitations"** and let them know that you will be attending the March meeting. *You must RSVP by Monday, March 4, 2013*

Renate Sutherland and Frances Lortie
MCW Representatives

MARCH 8TH IS INTERNATIONAL WOMENS DAY!!

 <p style="text-align: center;">Status Quo? <small>The unfinished business of feminism in Canada</small></p> <p style="text-align: center;">WOMEN OF THE WORLD UNITE</p> <p style="font-size: small;">WRITTEN AND DIRECTED BY KAREN CHO MONTREAL, CANADA 2012</p>	<p style="text-align: center;"><i>A presentation by</i></p> <p style="text-align: center;">MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB</p> <p style="text-align: center;"><i>in association with</i></p> <p style="text-align: center;">THE POINTE CLAIRE PUBLIC LIBRARY</p> <p style="text-align: center;">Friday, March 8th 2013 1:00 p.m and 7:00 p.m. at 100 Douglas Shand, Pointe Claire Free Admission</p> <p style="text-align: center;">Information & Resevation : membership@mluwc.com</p>
<p>Post-screening discussion leaders</p> <p>Afernoon - Karen Cho, director of the film Evening Mair Verthuy, professor emerita, formerly of the Simone de Beauvoir Institute of Concordia University.</p>	 <p style="font-size: small;">Feminism has shaped the society we live in. But just how far has it brought us, and how relevant is it today? Status Quo? zeroes in on key concerns such as violence against women, access to abortion, and universal childcare, asking how much progress we have truly made on these issues. It uncovers answers that are provocative and at times shocking. Rich with archival material and startling contemporary stories, Status Quo? is crucial viewing for every Canadian.</p> <p style="font-size: x-small;">DIRECTOR OF PHOTOGRAPHY KATERINE GISSINE ORIGINAL MUSIC LORRAINE BEMATO SOUND RECORDIST LYNN TREMPER EDITOR BARBARA BROWN A NATIONAL FILM BOARD OF CANADA PRODUCTION</p> <div style="background-color: red; color: white; padding: 5px; text-align: center;"> <p>To mark International Women's Day on March 8, Status Quo and a selection of other NFB films made by women will be available for free!</p> <p>nfb.ca/ind</p> </div>

Interest Groups

ART APPRECIATION - This is an invitation to view **two** exhibitions titled: **ON ABSTRACTION** and **LAURENT GRASSO: Uraniborg** co-produced by the Musée d'art contemporain de Montréal and the Jeu de Paume in Paris, offering a unique foray into space and time. Our guided tour is planned at **11:00 on March 27** followed by a lunch at The Contemporain restaurant situated very close by. The cost will be between \$8.00 and \$12.00 per person, depending on the number of participants. As usual, we will depart from Plaza Pointe Claire at **9:45** and we will have lunch after the tour in a restaurant close by. Please register by email in providing the following information: *can you drive or do you need a ride, are you staying for lunch.* Louise Dagenais

April activity: PERU: Kingdom of the Sun and the Moon, information in the April newsletter.

BOOK CLUB I - We will next meet on **Wednesday March 13 at 1:00 pm**. Our hostess is Nini. Johannah will review Alice Hoffman's historical novel, **The Dovekeepers**. This promises to be a fascinating afternoon. I hope to see you all in March. If you are unable to join us, please give Nini a call. Marg Nicoll-Griffith

BOOK CLUB II - On **March 21**, Eva will review **The Proud Tower** by Barbara W. Tuchman at Maureen's home. This book presents a Portrait of the World before the War, 1890-1914. *"The fateful quarter-century leading up to the World War I was a time when the world of Privilege still existed in Olympian luxury and the world of Protest was heaving in its pain, its power, and its hate. The age was the climax of a century of the most accelerated rate of change in history, a cataclysmic shaping of destiny"* - B.W.T. Please remember to carpool when possible. Louise Dagenais

CROSS COUNTRY SKIING - We will meet Tuesdays March 5, March 12, March 19 at 9:45 a.m. at The Morgan Arboretum. All welcome. Janet Anderson

EVENING BOOK CLUB – **Tuesday March 19 at 7:00 pm**, Linda Sestock will be hosting our next book club evening where we will be discussing **Mao's Last Dancer** by Li Cunxin. Please rsvp with Linda if you would like to attend our evening of wine and discussion.

JAUNTERS – What better way to greet Spring than sugaring off. We have an outing planned for you at Sucrierie de la Montagne in Rigaud on **Thursday March 21**. Experience the unique ambiance of a French Canadian maple grove. We will be met at the parking lot by a horse drawn sleigh to convey us to our sumptuous traditional feast, complete with music. Please consult www.sucriedelamontagne.com for complete menu. The price is \$28 and includes a tour of the maple grove, the bakery and country store. Rigaud is approximately 40 minutes from Pointe-Claire Shopping Centre, along Autoroute 40, exit 17. Drivers will be provided with directions. We will meet at the Pointe Claire Shopping Centre at 11:00 am. **Registration is with Margaret Galley before March 10th**. Please let her know whether you are able to drive or need a lift.

KAFFEEKLATSCH – The German Conversation group is meeting at Hildburg Schleiermacher's on **Tuesday March 5 at 10:00 am**. Please contact the hostess and/or Christine, if you are unable to attend. Suzanne will present "Bonn". Christine Hamilton

Interest Groups - continued

MUSIC APPRECIATION – We will meet on **Friday March 29 at 10:00 am** at Maude Grenier's home to prepare for the April 5th MSO morning concert. Presentations will be made on Dukas' "The Sorcerer's Apprentice," Tubin's "Double Bass Concerto" and Franck's "Symphony in D Minor." Contact Maria Cranker for details. Group member Marne Dezso will sing with the MSO "Brahms Requiem" the evenings of March 13, 14, and 16.

MUSIC HISTORY – Our group will meet on **Thursday March 14 at 1:30 pm** chez Joan as usual in anticipation of the next Espresso concert on April 11 after the magnificent first concert in the series featuring Alexandre Tharaud. On the programme: Tchaikovsky and Sibelius. Please let Joan Dyer know if you cannot come.

OUT TO DINNER - So far, we have visited Nolah in DDO, Bistro 1843 in Ile Bizard, and La Perle in DDO. All were well received, especially Bistro 1843 with 10 to 15 eager participants. The next restaurants we will be going to are: **Fuji** (Japanese Steakhouse) on February 28; **La Serenata** (Italian) on March 28 and **Portovino** (Italian) on April 25. Everyone is most welcome. The organizers will send out more info as the date approaches.

On **Thursday March 28** we are going to **La Serenata** on Brunswick in Dollard des Ormeaux. This authentic Italian restaurant has a charming ambiance and offers an appetizing selection of dishes originating from the central region of Italy. Come and join us. We meet at **6:30 pm**. Contact Allison Irwin or Janet Ilavsky if you plan to attend.

SAVVY WOMEN INVESTORS GROUP – We will be getting together **Tuesday March 26 at 7:30 pm**. Heather Hamilton has offered to host this first meeting at her home. For our initial meeting I would like to get some suggestions from the group for agenda topics. I will formulate the agenda for our first meeting and subsequent meetings based on feedback and suggestions from the group members. The goal of this group is to provide you with information to help you navigate through important financially life impacting events such as: receiving an inheritance or severance package, going through a divorce or death of a spouse. We can also look at: planning for a comfortable retirement; understanding RRSP's, RRIF's, TFSA and stocks; starting a new business or career; and the settling of an estate. I'm looking forward to seeing everyone. Gina Spiridigliozzi

TÊTÊ-À-TÊTÊ (French Conversation) - Le prochain rendez-vous sera chez Renata Bagga le 15 mars à 09h30.

TRAVEL – On **Monday March 4 at 7:00 for 7:30 pm**. Joyce Schaaf, an enthusiastic and experienced traveller will present "Land of the Incas" from her recent trip to South America. We will confirm the location at a later date as we look forward to hearing from Joyce once again. Barbara Sauvé & Mary Wells

TUTTO ITALIANO – We will meet for a presentation by Joan Dyer on Lorenzo da Ponte, Venetian opera librettist. We shall also see the film Io don Giovanni. The meeting is on **March 12 at 1:00 pm** at Renata Bagga's place. Please call if unable to come.

March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Travel 7:30	5 Kaffeeklatsch 10:00 XC Skiing 9:45 am	6	7 Montreal Council of Women Meeting	8 International Women's Day	9
10 	11 GENERAL MEETING Karnak 7:30 pm	12 XC Skiing 9:45 am Tutto Italiano 1:00	13 Book Club I 1:00	14 Music History 1:30	15 Tête-à-tête 9h30 Deadline for April Newsletter	16 Public Forum <i>Living Benefits of Insurance</i> 1:30 – 3:30
17 	18 EXECUTIVE MEETING	19 XC Skiing 9:45 am Evening Book 7:00	20	21 Jaunters 11:00 Book Club II	22	23
24	25	26 NEW! Savvy Investing 7:30	27 Art Appreciation 9:45	28 Out to Dinner 6:30	29 Music Appreciation 10:00	30
31 						

Newsletter Editor: Heather Hamilton newsletter@mluwc.com

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Deadline for APRIL submissions: Friday March 15, 2013



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