



Montreal Lakeshore University Women's Club

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

Newsletter, May 2013
Volume 55, Issue 9

Annual General Meeting and Dinner

Monday May 13, 2013

at

Golf Saint-Raphaël
1111 rue de l'Église, Île-Bizard

Cocktails 6:00 p.m.
Dinner 6:45 p.m.

What a wonderful way to conclude the MLUWC season, in a beautiful atmosphere. Consider carpooling with fellow members, if Île-Bizard is not familiar to you.

Our Keynote speaker will be the dynamic **Wanda Bedard**, successful entrepreneur and president of **60 Million Girls** foundation.



To reserve your place please send a cheque for \$35.00 (payable to MLUWC) to Suzanne Dutoy 514-826-1080 or Maria Kolodziej 514-695-0307 before May 5, 2013.

Menu

Salmon carpaccio salad
Veal scaloppini with lemon butter
Chocolate mousse

Please indicate if you have any special dietary needs when you send your cheque. The Chef will do his best to please - within reason.

Empowering Girls & Women through Education



**Wanda Bedard, President
60 Million Girls Foundation**

A dedicated mother and successful business woman, **Wanda Bedard**, was inspired to establish **60 Million Girls** in 2006 following her volunteer experience with UNICEF Canada. The goal of this public foundation was to sponsor, on an annual basis, a large-scale project focused on providing access to education to thousands of girls in the developing world.

The organization is completely volunteer run. To date over \$1.5 million has been raised for projects in Africa, Asia, and Central America; refugee camps in Kenya and Malawi; and is presently raising funds for new projects in Ethiopia and Kenya.

www.60milliongirls.org

**Don't forget Games Day & Luncheon fundraiser for the MLUWC Scholarship Fund.
Thursday May 2 - noon to 4:00 at the Beaconsfield Annex
Tickets \$15 – contact Nicole Awad**

President's Message

My first year as your President is coming to a close. It has been a very interesting, fun and educational time for me. And I look forward to serving as your President again for another year.

I would like to take this opportunity to convey my sincere thanks to all member of my executive team for their support and encouragement throughout the year. Some of them will be stepping down this year and they deserve a big round of applause for the work they have done these past two years (or more, as in the case of Barbara). Those leaving are **Barbara Armbruster** (Scholarships Chair), **Nicole Awad** (Fundraising), **Suzanne Dutoy and Maria Kolodziej** (Hospitality) and **Veronica Valentine** (Recording Secretary). Thanks also to **Bauni McFadyen and Leona Smart** for their work in organizing the Pot Luck Dinners these past two years. I look forward to working and getting to know their replacements.

I hope many of you will attend **Games Day on Thursday May 2**. Games Day always proves to be an enjoyable day with lots of good food and fun. Nicole Awad is looking for a few volunteers to help out with the food. Please contact her if you are able to help out.

Our **AGM** is scheduled for **Monday May 13** at the Saint-Raphaël Golf Course. If you attended last year's AGM, you will remember what a great venue this is. Hopefully, the weather will cooperate and we'll be able to enjoy cocktails outside. Contact either Suzanne Dutoy or Maria Kolodziej to let them know you will be attending the event. Our guest speaker, **Wanda Bedard**, will share her story on why she founded the *60 Million Girls Foundation* and some of the work that her group has undertaken. I'm sure we will all find her presentation extremely interesting.

If I don't get a chance to see you at Games Day or at our AGM, I wish you a most enjoyable and relaxing summer – may the sun shine on you and your loved ones.

Gilda Martinello
President

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The membership will be asked to vote on the following at the AGM on May 13, 2013:

In accordance with Article II, paragraph 6 of the Constitution, the Executive requests membership approval of expenses associated with sending Chitra Chopra, as author of MLUWC's proposed resolution on Bullying and Cyberbullying, to the CFUW AGM in Saskatoon this July. (Approximately \$1500 to \$1700)

Traditionally, CFUW clubs that are proposing a resolution send a representative to the AGM. Since Chitra has the most knowledge of the resolution and its background, she is in the best position to present and defend our resolution at the AGM.

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Nominations

As Chair of the Nominating Committee, I am pleased to present the following slate of officers and Committee chairs for the year 2013–2014:

Executive

New mandates for:

Vice-President & CFUW Liaison Linda Sestock
Recording Secretary Joyce Schaaf

Returning officers for their 2nd year:

President Gilda Martinello
Vice-President & Membership Connie Ellis
Treasurer H el ene Duquet
Communications Janet Ankcorn
Past President Chitra Chopra

Standing Committee Chairs

New mandates for:

Fundraising Mary Vlahos
Hospitality Shirley Wick
Scholarships Sandra Munro

Returning chairs for the 2nd year of their term:

Archives Renate Sutherland
Interest Groups Linda Sestock
Newsletter Heather Hamilton
Programme Nancy Doray
Webmaster Chitra Chopra

Other committees

New mandate for:

Potluck Dinners Linda Ricketts and Jane Edwards

Returning for a 4th year:

Newsletter distribution Janet Guay
Photographer Judy Paquin

MLUWC Scholarship Fund

Returning for the 2nd year of their term:

Chair Kate Le Maistre

Returning for a 4th year:

Treasurer Helen Findlay (2nd term)

I greatly appreciate the efforts of the members of the Nominating Committee: Marie-Belle Cunningham, Patricia DuVal, Connie Ellis and Elizabeth Semmelhaack.

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 Chitra Chopra, Past President & Chair of Nominating Committee.

Chitra Chopra
Past President

Membership

And so we come to the end of another year. It is now time for each of us to review what went well, what could have been better and what else we should be doing to improve the 'privileges' conferred by membership in our Club.

Do you have an idea for an activity or interest group? Talk about it with a member of the executive. Have you heard a really good speaker at a conference or through another group? Let our Programme chair know about it. Did you attend any Public Forum workshops? If not, was it because the topics did not interest you? Or was it the time that they were scheduled? Let us know. With your input, we can try to make changes for improvement.

To the new members who joined our Club this year I hope that the experience has been positive. If not, please let me know how it could be improved and come back next year to be a part of the solution.

As one year ends the planning for the next year begins. There will be a membership drive in June. If you know a university graduate who is looking for conversation, intellectual stimulation or activities outside of her job or her children's activities; or anyone who may be wondering what she will do when she retires five or ten years from now, tell her about our Club. If she expresses an interest please send her coordinates to me at membership@mluwc.com so that I may contact her.

Here's wishing you all an enjoyable and relaxing summer.

Constance Ellis
Vice-President & Membership Chair

Fundraising

Our second fundraising activity, the **Games Day and Luncheon**, is scheduled for **Thursday May 2nd**, from noon until four o'clock, so please reserve this date on your calendars. **Some tickets are still available at a cost of \$15 each.**

Remember you can play any card or social game you like, not only bridge. Please let us know if you can help make sandwiches or cookies for this event.

We look forward to your continued support of our efforts to raise money for our **Scholarship Fund**.

Nicole Awad
Fundraising Chair

Resolutions

Four of the five resolutions were passed, thanks to the hard work of those who agreed to study them—Elizabeth Semmelhaack and Patricia Duval, and Ginger Brossard. The first one on Bullying and Cyber-bullying was not voted on as Chitra Chopra informed us of new developments that might result in it being amended.

Resolution 2 entitled, ‘**Hyper-sexualization: Countering Exploitative Child Images**’, was passed as amended: RESOLVED, that the CFUW urge the Government of Canada to implement and enforce laws that prohibit the use of sexualized images of prepubescent and adolescent children in media.

RESOLVED, that CFUW recommend a nation-wide education program be designed to raise Canadians’ awareness of the hyper-sexualisation of children, especially girls in advertising, commercial products, and mass media.

Resolution 3 entitled ‘**The Need for a Federal Commissioner for Canada’s Children**’ was passed as proposed: RESOLVED, that the CFUW urge the Government of Canada to:

(1) Take the necessary measures to establish the office of an independent federal Children’s Commissioner with the necessary human, technical and financial resources to secure its independence and efficacy in conducting comprehensive and systematic monitoring of all children’s rights and to ensure the implementation of the UN Convention on the Rights of the Child in Canada.

(2) Promote public awareness and education about the United Nations (UN) Convention on the Rights of the Child and in particular of the need to ensure the implementation of the rights of Aboriginal and other marginalized children in Canada.

(3) Review all legislation for compliance with the Convention on the Rights of the Child (CRC) and other international conventions and protocols which Canada has ratified including the *UN Optional Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Child Pornography* and the *UN Convention against Transnational Organized Crime and its Protocol to Prevent, Suppress and Punish Trafficking*, and to fully implement the terms set out within these documents.

Resolution 4 entitled ‘**An Adequate Income for All Canadians**’ was passed as proposed:

RESOLVED, That the Canadian Federation of University Women urge the federal, provincial and territorial governments of Canada to implement a basic income program that ensures that all adult residents of Canada, as defined for tax purposes, receive an income adequate for the necessities of life including safe housing, nutritious food, clothing, transportation and other basic needs.

Resolution 5 entitled ‘**Reduction of Dietary Sodium**’ was passed as proposed:

RESOLVED, that the CFUW urge the Government of Canada to amend the Food and Drug Regulations to change the basis of the Daily Value (DV) for sodium calculations on food labels from 2300 mg to 1500 mg to reflect the current Adequate Intake (AI) level.

RESOLVED, that CFUW urge the Government of Canada to work with the food industry to establish sodium reduction targets by food category so that Canadians can consume a healthy, varied diet without exceeding the current Adequate Intake (AI) for sodium levels (1500 mg/day for adults).

RESOLVED, that CFUW urge the Provincial, Territorial and Municipal governments to establish sodium levels for food services and restaurant food so that Canadians of all ages may enjoy healthy meals in restaurants and cafeterias without exceeding age-appropriate recommended sodium levels.

RESOLVED, that CFUW urge the Government of Canada and the Provincial, Territorial and Municipal governments to promote public awareness of healthy, age-appropriate levels of sodium consumption based on the current Adequate Daily Intake (AI) (1500 mg/day for adults).

Nancy Doray

POSITIONS AVAILABLE

There are several openings for members on the Standing Committees.

Requirements:

- ✓ a desire to participate in the success of the Club
- ✓ a willingness to share past experience and expertise
- ✓ the ability to work well with others

We particularly encourage newer members to take this opportunity to get involved.

Please forward your expression of interest to the Membership chair at:
membership@mluwc.com



Stewart Hall Singers spring concert

Spring is Sung, Chantons le printemps -- Bid winter a not-so-fond farewell (it is snowing as I write this), usher in the long-awaited spring in the company of the Stewart Hall Singers. Saturday May 11, 8:00 pm, Église Saint-Joachim, Pointe-Claire, enjoy an eclectic selection of madrigals and opera choruses, culminating in Vivaldi's rousing *Gloria*. Tickets \$20 are available from Joan Dyer.

REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW/CFM)

“A VOICE FOR WOMEN IN MONTREAL”

APRIL IS EARTH MONTH

“Earth Day is celebrated by people world-wide, either around the time of the March Equinox, or on April 22 each year. It aims to inspire awareness of and appreciation for the earth’s environment. It is cost saving to keep the environment green. Everything we do each day affects the world we live in and each of us is responsible for its welfare.

MCW commemorated this important day at our *April 4th meeting, “Women and the Green Economy”* with a presentation by *guest speaker, Pierre Lussier, Vice-president directeur, PROJETS Saint-Laurent/Jour de la Terre Quebec* (www.jourdelaterre.org) who spoke about the role of Jour de la Terre in Quebec and the Earth Day Network’s Women and the Green Economy (WAGE) campaign that promotes women’s leadership in designing and advancing the green economy, and in creating a sustainable future” (reprinted from the April 2013 MCW BULLETIN)

NEXT MEETINGS:

- **MCW Annual General Meeting, May 9, 2013**
When: Thursday, May 9, 2013 at “Les Jardins du canal”
Where: 2700 Rufus Rockhead (across from Atwater Market)
Time: Light Lunch @\$10.00/person at 12:00 noon
- **120th Anniversary Federates Tea on June 20th, 2013 at 12:00 noon**
at “Les Jardins du canal” Cost: \$20/person

UPCOMING ACTIVITIES for the MCW 120th ANNIVERSARY CELEBRATIONS:

- **On April 10th**, there was an *exciting tour of the “Peru: Kingdom of the Sun and the Moon” exhibition* at Musee des Beaux Arts de Montreal, in honour of *Amy Williams* Past President (1975-1978 and 1992-1994), born in La Oroya, Peru. Amy Williams C.M. was MLUWC President from 1968-1970.
- MCW members are invited by Mayor Applebaum to a **“Cocktail at City Hall”** on Tuesday, April 16th from 5:00pm – 7:00 p.m.
- A **“Golden Square Mile House Tour”** along Pine Avenue west and Wilder Penfield west, is planned for **Tuesday, May 28th**. Cost: \$30/person RSVP on line by Friday, May 24th.
- The **120th Anniversary Gala Dinner** will be held on **Friday, November 29th** (7:00 pm. -10:00 pm) at the Hotel Omni Mont-Royal. Cost: \$100/person RSVP on line by Monday, November 25th.

For more information, you can contact Renate Sutherland, who has recently joined the 120th Anniversary Committee.

Frances Lortie and Renate Sutherland
MCW Representatives

Interest Groups

ART APPRECIATION - The Art Appreciation members are invited on the 15th of May, at 10:00 a.m. to the Pointe Claire Stewart Hall Art Gallery. A lecture on **Demystifying Art**, exploring the world of printmaking will be given by Ingeborg Hiscox, curator & artist. As a former Director of Stewart Hall Art Gallery, Ingeborg has played an important role in the life of the Cultural Centre.

The conference will be followed by a question period. There is a suggested donation of \$2 which includes coffee and brioches. No reservation needed, just show up. After the lecture, we can have lunch at Piazza Romana. Louise Dagenais

BOOK CLUB I - Our next meeting will be on **May 8th, 1:00 pm** at Nora's. The book for review is **The Thousand Autumns of Jacob de Zoet, by David Mitchell**. Irene will be our reviewer, and hopefully we will all have an opinion on the clash of Japanese and European cultures in the year 1799 to add to the discussion! See you all in May. Please give Nora a call if you are not able to be with us. Marg Nicoll-Griffith

BOOK CLUB II - **Catherine the Great by Robert K. Massie**, is a Pulitzer Prize winning book as were his other books: Peter the Great and Nicholas and Alexandra. With Catherine the Great, Mr. Massie brings back the Romanovs as another masterpiece of narrative biography: the extraordinary story of an obscure German princess who became one of the most remarkable, powerful, and captivating women in history. Book Club II will meet at Ina's on **May 16** where Sandra will review this fascinating book about a fantastic woman making her reign a social, historical, political and psychological epic.

INVESTMENT – Our Savvy Women's Investors Group meets on the last Tuesday of every month - next meeting **April 30th at Victoria Pinnell's**. The goal of this group is to provide you with information to help you navigate through important financially life impacting events and concerns such as:

- Settling of an Estate Planning and Transferring assets
- Planning for a comfortable retirement by answering "How much money do I need?"
- Protecting your wealth addresses concerns of "Will I out live my money?"
- Understanding RRSP's, RRIF's, TFSA accounts and the best investment vehicles for you: stocks, bonds, mutual funds, etc.

Don't miss your opportunity to learn something new! If you are interested in joining, please register by emailing me along with your topic of interest. Gina Spiridigliozzi

JAUNTERS – May outing will be at the new **Rio Tinto Alcan Planetarium**, on **Friday May 10**. The tour lasts about 2 hours and includes 2 theatres and an exhibition. Our English tour begins at 11:30 am. Cost for a group of 15 people or more is \$13. We will meet for brunch at 8:30 am at Le Dejeuner Cosmopolitain, 983 St Jean Blvd. Tel: [514-697-8529](tel:514-697-8529). We will carpool from there at 9:50 am. Let us know by **May 1st** if you plan to attend the outing and/or brunch. We also need to know if you can drive or will need a ride. Please contact Shirley Wick or Ginger Brossard by email for confirmation or any questions. Everyone is welcome.

KAFFEEKLATSCH – The German Conversation Group will be meeting at Joyce Schaaf's home on **Tuesday May 7th at 10:00 am**. Please advise the hostess and Christine via e-mail if you cannot attend.

Interest Groups - continued

MUSIC APPRECIATION – The MSO Music Appreciation Group will meet on Friday, May 3, 11:30 am at Dianne Robinson's home to end the season. A short meeting will be followed by a potluck luncheon. Maria Cranker.

MUSIC HISTORY – The group will attend the final Concert Espresso featuring Bataclan on **Thursday April 25**, 2:00 pm at the Bourgie Hall. The May meeting will take place at Joan Dyer's at 1:30 pm on **Thursday May 9**.

OUT TO DINNER - These are the restaurants we will be going to in the next months:

April 25	Portovino	Dorval
May 23	Le Biftheque	Ville St- Laurent
June 27	Auberge des Gallant	Rigaud

TÊTE-À-TÊTE - Le prochaine rendez-vous sera chez Janet Anderson **le 10 mai à 09h30**.

TRAVEL – **Monday May 6** at the Vivalis, 300 Stillview, Pointe-Claire, 8th floor at 7:00 pm for 7:30 pm. presentation. We are pleased to have Ian MacDonald treat us to "Ramblings in Western Canada" as our travels are completed. New leaders next year welcomed and appreciated.
Barbara Sauvé & Mary Wells

TUTTO ITALIANO – For the last meeting of the season the group has decided to attend the talk on Verdi at the Beaconsfield Library on **May 7 at 10:00 am**. This presentation will be followed by a lunch at an Italian restaurant in the Pointe-Claire Village. Thus another successful season comes to a close. Looking forward to seeing everyone in September. Have an enjoyable and safe summer. Mary Vlahos



Gina Spiridigliozzi, B.Sc.
Investment Advisor
gina.spiridigliozzi@cibc.ca

CIBC Wood Gundy is a division of
CIBC World Markets Inc.

CIBC World Markets Inc.
9900 Cavendish Boulevard
Suite 100
St-Laurent QC H4M 2V2
Tel: 514 832-8396
Fax: 514 332-4908
Toll Free: 1 888 557-8224



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TÉLÉC: (514) 697-9499
lsestock@royallepage.ca
www.LindaSestock.com

16-50 Boul St Charles, Beaconsfield, QC H9W 2X3



GEORGIANA CRETU
courtier immobilier agréé
(514) **636-1468**
georgi@videotron.ca

RÉSEAU IMMOBILIER
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Agence immobilière

1564 Herron Rd., Dorval, Qc. H9S 1B7
Tel. 514-636-2981 Fax. 514-403-3032
www.adresz.com

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May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Games Day & Luncheon 12:00 - 4:00	3 Music Appreciation	4
5 Deadline to reserve for AGM Dinner	6 Travel 7:00	7 Tutto Italiano Kaffeeklatsch 10:00 am	8 Book Club I 1:00 pm	9 Music History 1:30 pm	10 Jaunters 8:30 am Tête-à-tête 9h30	11
12  Mothers' Day	13 AGM & Dinner at Golf St- Raphaël	14	15 Art Appreciation 10:00 am	16 Book Club II	17	18
19	20	21 Joint Executive Dinner & Meeting	22	23 Out to Dinner	24	25
26	27	28	29	30	31	

Newsletter Editor: Heather Hamilton newsletter@mluwc.com

Proofreader: Janet Guay

Deadline for **SEPTEMBER** submissions: Friday August 16, 2013