



**cfuw**  
MLUWC

## Newsletter, March 2025

Volume 68, Issue 7

Celebrating over 65 years of Friendship, Advocacy and Education

### General Meeting On Zoom

**Monday, March 10  
7:00p.m.**



**Fergus Keyes, C.Dir**

**Honoring the Past, Building  
the Future:  
Montreal's Black Rock  
Journey to Remember**

**7:00 p.m. Members' Networking**

**7:30 p.m. Business Agenda**

**7:45 p.m. Guest Speaker**

**Registration required**

### PRESIDENT'S MESSAGE, NANCY ACEMIAN

As the MLUWC Snowflakes walked on February 22nd, I couldn't help but feel grateful both for myself and for all the MLUWC ladies—to have a warm home and a fridge full of food to return to. My thoughts turned to those less fortunate, especially the homeless, who had to endure the 72 cm of snow that had fallen just a week before, some struggling on the streets and others, if lucky, finding refuge in a shelter.

As I write this, the MLUWC Snowflakes have raised nearly \$3,000 for Ricochet Homes—an incredible achievement made possible by YOU! Our 5km walk aimed to raise awareness of those in need, and you responded with generosity. Thank you from the bottom of our hearts!

If you meant to support our cause but haven't had the chance, there's still time—donations are open until March 31<sup>st</sup> at the following link:

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1022927&langPref=en-CA>

March 8 marks International Women's Day, with this year's theme, "Accelerate Action." It's a global call to recognize and champion strategies, resources, and initiatives that drive women's progress. While significant barriers to gender equality, persist, meaningful action and support can pave the way for positive change worldwide. Look out for details about the many events organized by GWI and CFUW to mark this day in the newsletter.

March is also a time to celebrate Irish heritage, with St. Patrick's Day on March 17. This month, our guest speaker, Fergus Keyes, will discuss the Irish Commemorative Stone, also known as the Black Rock. This monument honors the 6,000 mostly Irish immigrants to Canada who lost their lives to "ship fever" (typhoid) during the famine-driven migration of 1847-1848.

I look forward to seeing many of your smiling faces on Zoom on March 10 for this insightful talk on a piece of Montreal's history.

**Nancy Acemian**

## PROGRAM

### **Honoring the Past, Building the Future: Montreal's Black Rock Journey to Remember**



Fergus Keyes, C.Dir., holds a degree in Board and Governance issues from McMaster University and brings extensive experience with non-profit organizations. He has served—and continues to serve—on numerous diverse boards. Notably, he is a past Chairman of the Board at Centaur Theatre and a former board member of Alzheimer Montréal and is a current member of the Quebec Anglo Heritage Network (QAHN) among others.

As a founding member of The Montreal Irish Monument Park Foundation, Fergus was elected Chairman of its Board. He is a dedicated advocate for heritage, with a particular passion for promoting and preserving Quebec's rich history.

### **About the Montréal Irish Monument Park Foundation**

The Montreal Irish Monument Park Foundation was established over a decade ago by members of Montreal's Irish community who sought to raise awareness about the Black Rock and the mass graves near its site.

The foundation's primary mission is to create a commemorative memorial space around the Black Rock monument to honor the memory of the Irish famine victims and the local caregivers who died while aiding them. Over the past decade, the foundation has worked tirelessly through events, media campaigns, and educational initiatives to highlight the historical significance of the Black Rock and advocate for the creation of a dedicated memorial park.



## NOMINATIONS

One of my tasks as Past President, is to strike a Nominations Committee each year - to find candidates for the Executive Committee - as well as Committee Chairs.

Diane Gibb, Jane Hamilton-Weber, and Victoria Pinnell have kindly offered to join me on the Committee. We are then required to present the slate of candidates to be ratified by the membership at the AGM in May.

We have several positions to fill for next year. Our club cannot adequately function without members like you volunteering to fill these positions.

These are the positions for which we need candidates:

**President**  
**Scholarship Committee Co-Chair**  
**Hospitality Co-Chair**  
**GWI Representative**  
**Scholarship Fund Treasurer**

Please keep an open mind about taking on a position. Yes, some positions (e.g. President) DO require a fair investment of time, but please do not forget that all these positions can be SHARED. You do not have to assume the entire load alone.

Our committee will be contacting many of you to enlist your collaboration in occupying these openings. In the meantime, please give some thought to the skills that you have, that might be an asset to the MLUWC.

If you feel you would be a good fit for one the positions above, or if you have any questions, please do not hesitate to contact a member of the nominations committee.

**Jane Cowell**  
**Chair, Nominations Committee**

## The APRIL MEETING IS MEMBERS' NIGHT

### *Artisans and Crafters*

### *We need you*



Do you have hidden talents like knitting, crocheting, sewing? Or do you create beautiful pieces of art, such as painting, photographs, stained glass, jewelry, or greeting cards?

If you replied “yes” to the above, then we invite you to show your wares at our **Members Night**, which will be held on **Monday, April 14**.

You can either show the members of our Club what you do, or you can sell some of your creations.

Please contact **Gilda Martinello** to reserve a table for that evening by Wednesday, April 1.

**Gilda Martinello**

## PROPOSED AMENDMENTS TO THE CONSTITUTION

### **Proposed Amendments to MLUWC Constitution and By-Laws - Spring 2025**

The executive of MLUWC proposes the following amendments to the MLUWC By-Laws. MLUWC has been a member of the Quebec Council of CFUW since its inception and this is now reflected in the proposed By-Law revisions. The membership will be asked to vote on the following amendments at the **Annual General Meeting on May 14, 2025**.

Please note that the complete current MLUWC Constitution and By-Laws can be found on the MLUWC website at the following link:

[https://www.mluwc.com/uploads/1/0/7/1/107109475/constitution\\_revised\\_may\\_2024.pdf](https://www.mluwc.com/uploads/1/0/7/1/107109475/constitution_revised_may_2024.pdf)

### **Proposed amendments**

#### ARTICLE I – Membership

New Article I.2. to follow Article I.1

#### ARTICLE II – Finance

1. Add the words:  
after ...including CFUW, **Quebec Council of CFUW**, GWI and ...

#### ARTICLE V – Duties of Executive Committee

1. Add the following sentence at the end of the para:  
**She shall also represent MLUWC at all meetings of the CFUW, and the Quebec Council of CFUW.**

#### ARTICLE XIII

Delete the words:

**Quebec Provincial Council of University Women’s Clubs**

Replace these words with:

**Quebec Council of CFUW.**

### **Proposed amended version of the By-Laws to read as follows:**

#### ARTICLE I – Membership

New Article I.2 following Article I.1

Renumbering the following paras.

- 2.. **MLUWC shall also be a member of the Quebec Council of CFUW, a provincial association of CFUW Clubs and AFDU Associations in the Province of Quebec.**

#### ARTICLE II – Finance

2. Fees: Each member shall pay an annual fee to be determined by the Club membership which fee covers Club dues, including CFUW, **Quebec Council of CFUW**, GWI and a contribution to the MLUWC Scholarship Fund. Student members are only required to pay 50% of the CFUW dues and 60% of Club dues. MLUWC will pay the dues of life members.

ARTICLE V – Duties of Executive Committee

1. President - Preside at all meetings of the Club and the Executive. She shall be an ex-officio member of all committees except the Nominating Committee. **She shall also represent MLUWC at all meetings of the CFUW, and the Quebec Council of CFUW.**

ARTICLE XIII

The name “CFUW” or “MLUWC” shall not be used in speaking or writing on any matter contrary established CFUW policy. No letters or statements shall be made in the name of MLUWC without the approval of either the Executive or the membership. Where there is no CFUW policy, the Club name may be used in speaking or writing on matters of local concern provided these are in accordance with the aims of CFUW and not contrary to any policy adopted by CFUW or by the **Quebec Council of CFUW**.

**Prepared by  
Chitra Chopra**

## HOSPITALITY

The Hospitality Team looks forward to seeing everyone at the April General meeting and we're already looking ahead to the **Annual General Meeting on Wednesday, May 14, 2025**, please save the date.



This year's AGM will be held at La Serenata Restaurant on St Charles Boulevard; details and registration will be forwarded to all early in April.

**Sally Gurekian  
Hospitality**

## CFUW & GWI



### **Retaining Girls In School – Nepal: An International Service Project, in Partnership with 60 Million Girls**

CFUW has partnered with **60 Million Girls** on our International Service Project (ISP) for 2024-2025. Through mobile learning devices (MLLs) this project will help keep girls in school and educate students about their sexual and reproductive health. Our goal is to raise the funds for two MLLs for use in schools in remote areas of Nepal.

**So far, we have raised \$12,444. Thank you so much to those Clubs and individuals who have already donated! If you haven't donated yet, please consider doing so. We need your help to get to our fundraising goal of \$15,000 by April 30th.**

To donate, **check here** and make sure you record CFUW (and Club name) as your organization in the section titled "Write a Note here" just under where you insert the amount you are donating. All donations to 60 Million Girls are sent directly to their organization. **Read the details here** for more information on how to donate and learn more about the project.



Graduate Women International (GWI) is excited to announce that its **35th Triennial General Assembly and Conference will take place in Lusaka, Zambia, from 11-13 September 2025**. This milestone event marks GWI's 106-year commitment to advancing women and girls worldwide through education.

Registration for this landmark event will open soon. Stay tuned for updates on our website and social media platforms

Looking for more information on what GWI is doing? Click here for their latest newsletter. **GWI UPDATE - 12 February 2025**

## ADVOCACY COMMITTEE

In March and April, we will be collecting **new** sleepwear and lingerie for the West Island Women's Shelter to be delivered for Mothers' Day.

Children's sleepwear is also welcome as these ladies sometimes come with their children.

We thank all our members for their contributions.

**Patricia DuVal**  
**Mary Vlahos**  
Co Chairs, Advocacy Committee

### INTERNATIONAL WOMEN'S DAY 2025





## LOOKING BACK TO LOOK FORWARD

### STORIES FROM THE ARCHIVES

Our President in 1998, **Chitra Chopra** and members of the 40th Anniversary committee made a fantastic

decision to have all the speakers in our monthly meetings to be either members or daughters of members.

In October **Sue Steffen**, daughter of Irene spoke on her experience as a senior field worker for the UN in

Rwanda. November had member **Nancy Bengough** give insight into the history of quilting. December

had the MLUWC Choir perform which was led by **Wendy Hamel** and accompanied by **Cynthia Bennett**

both members. February had **Pauline Beauchamp** daughter of the late Monica Beauchamp speak on "Alternative Healing Therapies". Our former club president, **Kate Le Maistre** spoke on changes in school

curricula, new teaching techniques, and technologies in education in March.

April was a "Getting to Know Us" Member's Night. **Doris Morrison** spoke on university in the 1930's and

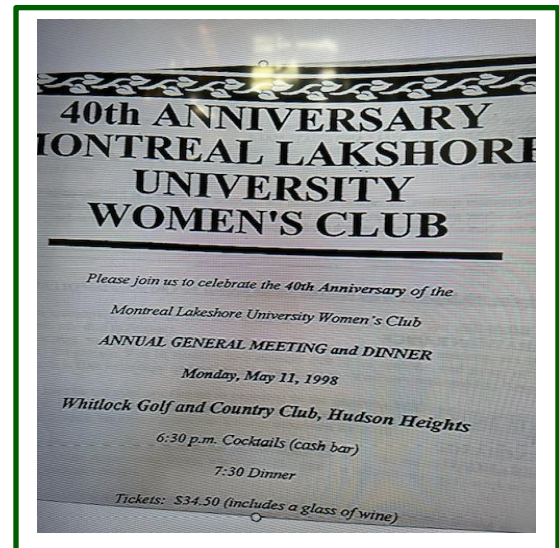
finding jobs during the depression in Montreal. **Marilyn Flaherty** told us about her work in the North.

**Johanna Zaichkowsky** told us what it was like to study and work as an engineer in a man's world.

**Lucie**

**Loiselle** showed her determination in setting up a children's activity page in the Gazette. **Joan Pearson**

told us about the joys and sorrows of raising foster children with special needs. May AGM and Dinner had an oral history of MLUWC from our past presidents.



**Cendra Paas**  
**MLUWC Archivist**

## MLUWC SCHOLARSHIP FUND

Thank you all who have generously donated to the Scholarship Fund either through Canada Helps or by mailing in your cheque. Your donations are very much appreciated.

As you know, this year we will be increasing the amount of each of our scholarships from \$2,000 to \$4,000. Every contribution is very important to the Fund.

Since we have not had any fundraising activities in the past couple of years, our current fund is about half of what we need to disburse to the recipients this year. We will have to retrieve the extra money from our investment account.

Although we have enough money in the investment account to cover these disbursements, I would much prefer that we do not dip into our investment account but rather use the money in our current account to cover the scholarships. So, it is very important that people continue to donate to the Fund.

You can do so by sending a donation cheque payable to MLUWC Scholarship Fund to:

MLUWC Scholarship Fund  
P.O. Box 383  
Pointe-Claire H9R 4P3

Or by donating through Canada Helps at:

[www.canadahelps.org/en/dn/10093?v2=true](http://www.canadahelps.org/en/dn/10093?v2=true)

You can use your credit card to make the donation. If you prefer, you can make a recurring monthly donation through Canada Helps as well.

Tax receipts are issued for donations of \$25 and up.

**Gilda Martinello**  
**Chair, Scholarship Fund**

### SUPPORTING FEMALE STUDENTS SINCE 1958



# SCHOLARSHIP DONATION FORM

## Donation Form

### MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation

Company donation

For: In Memory

or In Honour

In Memory/In Honour

Please complete the following:

Honouree Name: \_\_\_\_\_

I enclose my donation of \$ \_\_\_\_\_

Notification Information:

Please make cheque payable to **MLUWC Scholarship Fund**.

Name: \_\_\_\_\_

Tax receipts will be issued for donations of \$25.00 and more.

Address: \_\_\_\_\_

Donor Name: \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Email: \_\_\_\_\_

Send to:

MLUWC Scholarship Fund

P.O. Box 383, Pointe-Claire,  
QC H9R 4P3

You can also make secure online donations using your credit card through [CanadaHelps.org](http://CanadaHelps.org).

Visit [mluwc.com](http://mluwc.com) and click on: Donate to the Scholarship Fund.

Thank you for your support!

## INTEREST GROUPS

Participation in interest groups is a privilege of membership in MLUWC, a chance to get to know other members better while sharing a mutual interest and enjoying some time together.

**Interest Group Coordinator**  
**[mluwc.interestgroupchair2@gmail.com](mailto:mluwc.interestgroupchair2@gmail.com)**

## TECHNOLOGY AND ZOOM



We welcome Tamara, our new coordinator. Please note the new email address to use for requests. If you have any technology or Zoom requirements, kindly direct your requests or queries to **Tamara Colbeck at : [mluwc.techno@gmail.com](mailto:mluwc.techno@gmail.com)**

## WEBSITE

Pursuant to Quebec Law 25 on the protection of personal information which came into force in September 2023, you will find a cookie permission screen on the MLUWC website.

## ARMCHAIR TRAVEL

Armchair Travel meets the 4th Tuesday of each month. Our next meeting will be Tuesday, March 25. We meet at 7:00 for a chat and business and presentation begins at 7:30. Come travel the world with us.

**Joyce Schaaf**

## BOOK CLUB I

We will be reviewing "**The Marriage Portrait**" by Maggie O'Farrell on Wednesday, March 12, at 1:00p.m. at Addie's.

**Judy Kelley**

## BOOK CLUB II

Book Club II will meet on Thursday, March 20 at 1:00 p.m. on Zoom. Joanne Fraser will review "**The Secret Life of Sunflowers**" by Marta Molnar, a historical fiction novel about two women in two time periods: an auctioneer who finds her grandmother's diary and discovers her relationship with the sister-in-law of Vincent van Gogh, who had inherited his paintings.

**Susan Pick Vadivel**

## BOOK CLUB III

We will meet once again on Zoom at 7:00 p.m. Tuesday, March 4. The book we will be discussing is "**James**" by Percival Everett.

**Janet McKelvie**

## BOOK CLUB IV

We will be meeting on March 19 on Zoom from 7:00p.m. to 8:00p.m. The book we are reading and to be discussed is "**The lost Book Store**" by Evie Woods. We are looking to enlarge our group, new members are always wanted and welcomed.  
Happy reading

**Luhan Wahbeh**

## BOOK CLUB V - MYSTERY BOOK CLUB

Our March book is "**Death Under a Little Sky**" by Stig Abell. It is the first of a series of books featuring Jake Jackson, a former city police detective. A treasure hunt in a rural setting uncovers a young woman's bones. Jake is back to being a detective, as he tries to unearth a dangerous killer in this most unlikely of settings.

We will be meeting at 1:00p.m. on Wednesday, March 12 on Zoom. Susan Pick will be reviewing the book.

**Gilda Martinello**

## COFFEE TIME



**Coffee Time 2025** will continue on Wednesdays at 10:30am starting in mid-September via Zoom. No reservations required. A topic of conversation is suggested for each week in the invite that is sent out on Monday by either Joyce Schaaf or Marianna Newkirk, co-hosts. It is a chit-chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. **Visitors to Coffee time are always welcome. We meet by Zoom every Wednesday at 10:30 and have a different topic to discuss each time.**

**Joyce Schaaf and Marianna Newkirk**

## DINNER CLUB

Our Dinner Club is a dynamic group of approximately 52 MLUWC members, who enjoy dining together and sharing wonderful meals at restaurants in and around the West Island. We average between 15 to 24 dinars an outing.

We meet the fourth Thursday of the month at 6:00 p.m. for the dinners and 12:00 p.m. for the luncheons. As your interest group leaders, we will inform you of the date, time and location of that month's restaurant and request confirmation of your presence. We will also call and reserve the restaurant, arrange preferred seating, method of payment and review the menu.

In February our ladies enjoyed a delightful "Family Style" dinner with a wonderful array of dishes at Restaurant Sahib in Pointe-Claire. Our next gathering will be a luncheon, Thursday, March 27, 2025. An invitation will be distributed shortly to Dinner Club members with the chosen restaurant and to request that they confirm their presence.

We welcome any MLUWC member. Should you wish to join our group, please feel free to contact us.

Group leaders

**Victoria Pinnell**  
**Sally Gurekian (**



*February Dinner Club at Sahib's in Pointe Claire*

## FRENCH CONVERSATION

French Conversation meets on Zoom on Friday, March 21st at 9:30 a.m.

**Janet Anderson**

## JAUNTERS

Spring is on the horizon, and with it, the next proposed Jaunt, on April 4, to **the Sucrierie des Gallant in Ste-Marthe**. Lunch is buffet-style with traditional sucrierie selections, (abundant, fresh and delicious).

The dining room has a large stone fireplace, usually with a fire going, and large windows with lovely views, particularly of the tapped maples where their syrup comes from. The weekday cost of the sucrierie lunch buffet is \$39.

Please contact **Jill Rollins** before March 12, if you would like to join this Jaunt, and if you are able to drive (carpool from PC Plaza), at [dojiro@sympatico.ca](mailto:dojiro@sympatico.ca), or 438-969-1990  
**More details will be sent to those who sign up.**



Visit to the Pointe-à-Callière museum for exhibitions on old St-Henri and Witches in February

**Pat Jones**

## LET'S PLAY GAMES

This group meets the 2nd Tuesday of each month from 2:00pm to 4:00pm from September to May. We take turns hosting the gathering.

There is always room for more players! If you want to be added to the mailing list, contact Nancy Acemian.

**Nancy Acemian**



## NETWORKING

### SAVE THE DATE

MLUWC Networking at Studio 77

Wednesday April 2nd - 7-9pm

\$25 - RSVP and e-transfer to [lsestock@royalpage.ca](mailto:lsestock@royalpage.ca) (514) 984-7685

Speaker: **Jeannie Trubiano**, West Island Photographer (business and family portraits) will talk about Cellphone photography for fun and for business and provide some do-it-yourself tips to help you take better photos.

Net proceeds to benefit the MLUWC Scholarship Fund

**JEANIE TRUBIANO**

Maître photographe - Master Photographer

[www.TrubianoPhoto.com](http://www.TrubianoPhoto.com) [info@TrubianoPhoto.com](mailto:info@TrubianoPhoto.com)

**Linda Sestock**

## WEST ISLAND WALKS

West Island Walks meets every Monday morning at 10 a.m. at a predetermined location in the West Island. Some walk quickly, others walk slower as we discover different neighbourhoods and parks and get to meet other members. Not everyone can come every week, but by signing up, you will get the schedule and know where to meet up when you are available. We are always accepting new members so feel free to contact Jane Cowell

**Jane Cowell**





On this page, we announce activities that are going on in the community, e.g., breakfasts, concerts, etc. as well as other topics that may be of interest to our members but are not directly associated with our Club, e.g., commissioner of oaths. If you have any items you would like published on this page, please email the information to me ([mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)) and note that it is for the Community News page



### **FEZANA Bestows the Lifetime Achievement Award to Dr. Dolly Dastoor at the 18th NAZC 2024**

*The Federation of Zoroastrian Associations of North America (FEZANA) Lifetime Achievement Award is the highest honor bestowed by the Federation of Zoroastrian Associations of North America, recognizing individuals who have made extraordinary and enduring contributions to the Zoroastrian community and society at large. This prestigious award celebrates visionaries who exemplify leadership, service, and dedication to Zoroastrian values. Over the past 37 years, **only 5** Zarathushtis have been awarded this honor. At the 18th NAZC 2024 in Houston, Dolly Dastoor & Rohinton Rivetna joined this rare and august list.*

***Dr. Dolly Dastoor is the recipient of the FEZANA Lifetime Achievement Award for her extraordinary contributions to the global Zoroastrian community, interfaith leadership, and advancements in clinical psychology and dementia research***



## ST. COLUMBA CONCERT SERIES 2024-2025

CONCERT INFORMATION: [stcolumbaconcerts@gmail.com](mailto:stcolumbaconcerts@gmail.com)  
*Enter on Vincennes Avenue, Pointe-Claire*

**Saturday, March 15, 7:30 pm: Space Time Continuo –  
Terra e cielo**

Paulina Francisco, *soprano*; Sylvain Bergeron, *archlute*;  
Christophe Gauthier, *harpsichord*; Amanda Keesmaat, *cello*

## Lakeshore Chamber Music Society

### Hisato Osawa Piano Quintet

- Luri Lee - violin
- Eri Kosaka - violin
- Hezekiah Leung - viola
- Rachel Mercer - cello
- Tomoko Inui - piano

**Friday, March 14, 2025 at 7:30pm**

Merging Waters United Church, 24 Maple Avenue  
Sainte-Anne-de-Bellevue, QC H9X 2E6

Tickets are available at the door: \$25 for adults; \$10 for students; free for 16 & under.

More information is available on our website  
at: <https://www.lakeshorechambermusic.org/>

## Forest and Stream Club.

**Dr. Christopher Labos** will be the guest speaker at lunch on April 30th at the Forest and Stream Club.

To reserve your place, please email **Janet Ankcorn**: [jankcorn@bell.net](mailto:jankcorn@bell.net)

## Montreal 2025 Blanket Project

# Raising Awareness About Violence Against Women

*A Nota Bene Foundation Initiative*



Get involved & make a positive difference!

We are collecting 50 cm x 50 cm squares – knitted or crocheted – symbolizing your **NO** to violence.

The squares will be assembled into blankets. On May 10 2025, they will be displayed at Esplanade PVM. On this day visitors can donate and in exchange will select a blanket(s) of their choice.

All proceeds raised will go to:  
*Auberge Shalom, Chez Doris, Le Chaînon and Native Women's Shelter of Montreal*

### **How to Participate:**

Knit or crochet squares measuring 50 cm x 50 cm  
Use any type of yarn, colour, or design  
Contact us to drop off your squares

**Sign up & join the movement**

**notabenefoundation@gmail.com  
NORI 514-825-0005**

**If you are making knitted squares (50cm x 50cm) for the Montreal Blanket project, please deliver them to Janet Ankcorn before April 10th.**

## COMMISSIONER OF OATHS

Do you know the role of a Commissioner of Oaths?  
It is an individual who is empowered to certify the oath or “solemn affirmation” of a person upon documents such as diplomas, birth certificates and other records.

If you need this service, please contact  
**Jennifer Ferguson** (between 9am and 5pm)

## THE COLDEST NIGHT OF THE YEAR MLUWC SNOWFLAKES



Cheryl Ann Simoneau, Nancy Acemian,  
Linda Sestock Heather Hamilton and Lisa  
Fancott

< **Montreal Lakeshore University...** ...

Wow! Congratulations to the MLUWC CFUW Snowflakes ❄️ this is the second year that we have participated in the Coldest Night of the Year and we doubled our fundraising and our team grew! Last night we walked in support of the Ricochet (Hébergement • Homes) Homeless shelter in Pierrefonds. Finding yourself hungry and homeless could happen to anyone of us

Thank you to all of the MLUWC members who walked and donated to our group. And to all of our friends and family who supported us !

Did I mention that the MLUWC Snowflakes came in 2nd place 🏆 for fundraising! And yes, you can still donate to the team or to one of our walkers :

<https://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=1022927&langPref=en-CA>





## Let's Get Excited About Travel Again!

Senior Discovery Tours takes care of all your travel details, so all you have to do is enjoy our beautiful world. As Canada's largest and most trusted operator of escorted tours and cruises for over 45 years, our tours are designed to provide peace of mind for the mature traveller who enjoys a carefree experience.

Our travellers love our tours because we include everything! They also rave about our Tour Managers, who go above and beyond to ensure that their trip runs smoothly and that everyone has a wonderful experience!

*For every MLUWC member that travels with Senior Discovery Tours, the MLUWC will receive a 4% commission per booking!  
Please contact Joyce Schaaf ([joyceschaaf@gmail.com](mailto:joyceschaaf@gmail.com)) for booking details.*

**Request a Brochure**  
**1.800.268.3492**  
**SeniorDiscoveryTours.ca**

Reg# 701736

**Senior  
Discovery  
Tours**



**Please note:** If you travel with Senior Tours and are a member of the club, the Scholarship Fund will get a 4% rebate on the cost of your trip.

If you use Senior Tours, please contact me after you return and I will send in the appropriate paperwork.

I just need to have your name, the date of travel and the name of the tour. Thank you and Happy Travels.

**Joyce Schaaf**

**Advertising space available:**

Please contact: [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)



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**BARBARA LEWIS**

**New Show for 55+ audience:**  
**'IMAGINE THIS!'**  
*songs & stories that celebrate our creative souls!*

**For bookings & to connect:**  
**barbara@barbaralewis.com**

|   |   |
|---|---|
| <p><b>Liberal Arts Courses</b></p> <p><i>Philosophy Arts</i><br/> <i>Literature Social Sciences</i><br/> <i>History Writing</i><br/> <i>Classics ...and more!</i></p> | <p><b>Cours en arts libéraux</b></p> <p><i>Philosophie Beaux-arts</i><br/> <i>Littérature Sciences sociales</i><br/> <i>Histoire Écriture</i><br/> <i>Classiques ...et plus encore!</i></p> |
|---|---|



3405 Ave. Atwater  
Montreal, QC

[www.thomasmore.qc.ca](http://www.thomasmore.qc.ca) (514) 935-9585

**Newsletter Editor: Maria De Wolfe** [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)

Thank you to proofreaders Jane Cowell and Janet Ankcorn.

I take full responsibility for all errors, omissions or spelling mishaps and incorrect punctuation. If you would like me to correct an error in the next newsletter, please email me at: [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)

If you would like to contact someone mentioned in the newsletter but you don't have their email address, please let me know at [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com).

**April Newsletter Deadline: April 16**

**IT'S THAT TIME AGAIN!**

**ANNUAL REPORT  
DUE APRIL 24**



<https://www.freepik.com>

The **Annual Report** must be prepared for the **May 14 AGM** meeting. I will be sending the first notice in 2 weeks to Interest Group leaders and members of the Executive.

To have the Annual Report ready for the AGM I must have all entries no later than **April 24**. As I will be travelling in May it would be much appreciated if I could receive your report as soon as possible.



[https://www.freepik.com/search?format=search&last\\_filter=query&last\\_value=Happy+st-patrick%27s&query=Happy+st-patrick%27s&type=photo](https://www.freepik.com/search?format=search&last_filter=query&last_value=Happy+st-patrick%27s&query=Happy+st-patrick%27s&type=photo)



<https://www.freepik.com/psd/ramadan-mubarak>

**2025****March**

| Sunday | Monday  | Tuesday                              | Wednesday   | Thursday                          | Friday                           | Saturday                              |
|--------|---|--------------------------------------|---|-----------------------------------|----------------------------------|---------------------------------------|
|        |   |                                      |   |                                   | <b>Ramadan begins</b>            | 1                                     |
| 2      | 3<br>West Island Walks<br>10:00am   | 4<br>Book Club III 7:00pm<br>Zoom    | 5<br>Coffee Time 10:30am  | 6                                 | 7                                | 8<br><b>International Women's Day</b> |
| 9      | 10<br>West Island Walk<br>10:00am<br><b>General Meeting Zoom 7:00pm</b>                                 | 11<br>Let's Play Games 2:00pm        | 12<br>Coffee Time 10:30am<br>Book Club I 1:00pm<br>Book Club V 1:00pm<br>Zoom | 13                                | 14                               | 15                                    |
| 16     | 17<br><b>Happy St. Patrick's Day</b><br>West Island Walks<br>10:00am<br><b>Executive Meeting 7:00pm</b> | 18                                   | 19<br>Coffee Time 10:30am<br><br>Book Club IV 7:00pm<br>Zoom                  | 20<br>Book Club II 1:00pm<br>Zoom | 21<br>French Conversation 9:30am | 22                                    |
| 23     | 24<br>West Island Walks<br>10:00am  | 25<br>Armchair Travel 7:30pm<br>Zoom | 26<br>Coffee Time 10:30am   | 27<br>Dinner Club Lunch           | 28                               | 29<br><b>Ramadan ends</b>             |
| 30     | 31<br>West Island Walks<br>10:00am  |                                      |   |                                   |                                  |                                       |