

# MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

## Newsletter, April 2021

Volume 63, Issue 8

General Meeting	PRESIDENT'S LETTER
<p><b>Monday, April 12, 2021</b></p>	
<p>Via Zoom</p>	
<p><b>Guest Speaker</b></p>	
<p><b>Dr. Marina Klein</b></p>	
<p><b>COVID-19 Vaccines: What you need to know.</b></p>	
<p><b>7:00</b> – Join your MLUWC friends for some chit-chat</p>	<p>What a remarkable members night we had on March 8 – Kemba Mitchell and Sarah Ford were both great speakers and enlightened us all about the West Island Black Community Association and the West Island Women's Centre. It was wonderful that our monthly meeting coincided with International Women's Day and that we were able to celebrate together.</p>
<p><b>7:30</b> – Start of business meeting</p>	
<p><b>8:00</b> – Guest speaker</p>	
<p><b>Information on Zoom sign-in will be sent shortly</b></p>	
	<p>Earlier in the evening of March 8, I had the pleasure of attending the International Women's Day Awards and Fundraiser in support of the West Island Cancer Wellness Centre. Three outstanding women entrepreneurs were highlighted and celebrated. I am very proud to note that my Co-President this year, Linda Sestock, was one of the three amazing women honoured. Congratulations, Linda, and thank you for everything you do for the MLUWC and the community!</p>
	<p>April is on the horizon, and we have longer days and warmer temperatures to look forward to! A virtual fundraiser is being put together by our creative Fundraising Committee for the end of April – keep your eyes peeled for more information! As time moves forward, more and more of us will be vaccinated, and that special moment when we can all gather together again draws ever closer.</p>
	<p>Happy Passover. Happy Easter. Ramadan Kareem</p>
	<p>Jane Cowell</p>
	<p>President</p>

## PROGRAM

**MONDAY, APRIL 12, 2021 GENERAL MEETING**

*(Remotely via Zoom)*

### **COVID-19 Vaccines: What you need to know**



**Marina B. Klein M.D., M.Sc., FRCP(C)**

Dr. Marina Klein is a Professor of Medicine in the Division of Infectious Diseases/Chronic Viral Illnesses Service at the MUHC where she is Research Director. She is National Co-director of the CIHR-Canadian HIV Trials Network and co-leads the Mi4 Clinical Research Platform. Dr. Klein's research program builds on years of multidisciplinary work leading one of the largest cohorts focused on HIV and HCV co-infection in the world ([www.cocostudy.ca](http://www.cocostudy.ca)). As Canada Research Chair in Clinical and Epidemiologic Studies of Chronic Viral Infections in Vulnerable Populations, she is documenting the impact of new HCV therapies on health outcomes, designing and testing tailored approaches to increase access to diagnosis and treatment, building capacity for research with Indigenous communities and using evidence generated to advocate for policy change. Her goal is to pave the way to eliminating HCV and other chronic viral infections in Canada and globally. To this end she is leading an ambitious project called *Montreal Sans Hep C* which aims to make Montreal the first City in North America to eliminate HCV.

<https://ottawa.ctvnews.ca/quebec-company-making-plant-based-covid-19-vaccine-candidate-here-at-home-1.520857>

## COVID VACCINATION INFORMATION

In case you are concerned about the length of time between your two vaccination shots, it is really actually a good thing that there is a delay. Your body mounts an immune response to the spike protein, but it lasts only so long. With the longer time interval in between shots, you will actually be protected better and for much longer. You can read the paper published in Lancet (link below) which shows this.

[https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=3777268](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3777268)

I hope everyone is able to get protected soon. If you have additional questions, do ask our speaker on **April 12** who will be talking about Covid Vaccines.

Marianna Newkirk PhD (Immunology)

## RESULTS OF VOTE RE. GWI

Thank you to the 83 members who took the time to vote in our recent GWI poll. Here are the results:

- 67 Opt-in (81% of those who voted)
- 16 Opt-out (19% of those who voted)

With such a clear result to opt-in, I will be informing CFUW that our GWI contribution should be sent to GWI and not to a reserve account.

Jane Cowell  
President

## CONDOLENCES

Our condolences are extended to the family of Mary-Louise Lynde Sutherland. Mary-Louise passed away peacefully on February 22, 2021 at the age of 100. Mary-Louise was a founding member of the MLUWC and President of the Club from 1966 to 1968. You can read her full obituary at: <https://montrealgazette.remembering.ca/obituary/mary-louise-sutherland-1081716199>

Sympathies are also extended to one of our life members, Judy Cardwell, who lost her husband on March 22. Judy lives in Brantford, Ontario.

## NOMINATING COMMITTEE

Dear Members,

There are only a couple of positions left to be filled on the executive committee:

- Chair, Programming Committee
- MLUWC representative to the Montreal Council of Women – **2** representatives are required.

This year we have decided to have someone who will be our **GWI** (Graduate Women International) **representative**. We are looking for someone to fill this position.

In addition to these positions, we are looking for a **member-at-large** to work with the **Scholarship Fund**.

I am also looking for someone to help me with **social media and zoom**.

More positions will need to be filled next year, so if you are interested in learning more and helping, please let me know.

Please let me know if you are interested in any of these positions.

Linda Sestock ([lsestock@royallege.ca](mailto:lsestock@royallege.ca))  
Chair, Nominating Committee

## WEEKLY COFFEE TIME

Join us for the MLUWC weekly Zoom *Coffee Break*

No registration required.

Come as you are with your favorite beverage!

***We will have a different theme each week.***

*You can participate in the theme or not.*

*The idea is to have a starting point for our exchanges.*



**When:** Weekly on Wednesdays

**Time:** 10:30 a.m.

## PROVINCIAL COUNCIL OF UNIVERSITY WOMEN - SAVE THE DATE!

On April 24, 2021, the Montreal Lakeshore University Women's Club will be hosting our sister clubs from across Quebec on Zoom for our bi-annual meeting and AGM. All members are welcome to attend. It will be a wonderful opportunity to hear what other Quebec clubs are doing to keep their clubs alive in this difficult time. We will also have a guest speaker - Penny Rankin, President of the Montreal Council of Women - who will tell us about her important work on human trafficking and sexual exploitation. Looking forward to seeing a good turnout from our club from 1-4 pm April 24th.

Jane Cowell

## FUNDRAISING COMMITTEE

The Montreal Lakeshore University Woman's Club (MLUWC) Scholarship Fund encourages education and life-long learning by awarding scholarships and bursaries to qualified and deserving West Island women. To this end we are striving to meet our 2021 Scholarship Fund objective of \$12,000. Thanks to the generosity of our members and long-time supporters, we are delighted to report that we have already received donations totaling \$9,700.

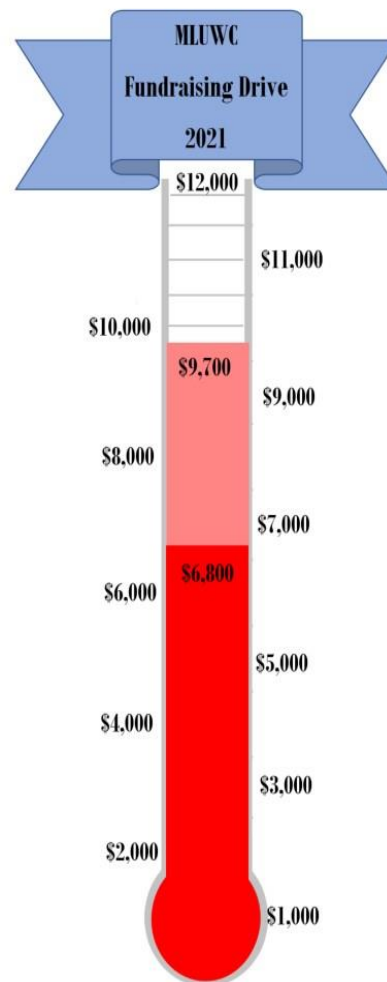
We would encourage you to continue supporting the Scholarship Fund through the **Fundraising Drive** which has been in effect since early February and will continue throughout the spring. Donations may be made through **Canada Helps** or a cheque may be made payable to the **MLUWC Scholarship Fund**. Tax receipts will be issued for amounts of \$25 or more.

We are also pleased to announce a very special fundraising evening on **Thursday, April 22 from 7:00 p.m.- 9:00 p.m.** Join us for **"A Night of Inspiration" with Gina Cody**. Dr. Cody will introduce us to her "Three Stages of Life". (see the following pages for more information)

There is a registration fee of \$25 and tax receipts will be issued. Tickets are limited, so early registration is recommended.

Please refer to the general membership e-mail sent on March 3 or the **Event** tab on the Home page of our website [www.mluwc.com](http://www.mluwc.com) for more information and registration details.

Victoria Pinnell  
Fundraising Chair ([vpinnell@gmail.com](mailto:vpinnell@gmail.com))



## ANNUAL SCHOLARSHIP FUNDRAISER

In an upbeat and inspirational evening, **Gina Cody** will introduce us to her "*Three Stages of Life*". The first stage is where you are taught and nurtured by your parents, teachers and your environment. The second stage is when you forge your own path, and when you pursue your own personal and professional goals and ambitions. The third and final stage is when you can give back and help those coming after you. During her talk, she will discuss her own journey through these stages and some of the lessons she has learned and challenges she has faced. The Montreal Lakeshore University Women's Club (MLUWC) Scholarship Fund encourages education and life-long learning by awarding scholarships and bursaries to qualified and deserving West Island women.

All proceeds from this event will benefit the MLUWC Scholarship Fund which awards \$12,000 annually to West Island women pursuing their education in Quebec. In addition to four scholarships for university students, we are proud to provide 17 bursaries to students from John Abbott College, Place Cartier Adult Education Centre and Centre d'éducation des adultes Jeanne Sauvé. In a year when our usual fundraising events have been disrupted, your support of this virtual event is most appreciated.

### BIOGRAPHY

Gina Cody is the first woman to be awarded a PhD in building engineering at Concordia University. In 2018, Cody made a \$15 million gift to Concordia's Faculty of Engineering and Computer Science. The faculty was renamed the Gina Cody School of Engineering and Computer Science, in recognition of her generosity and professional accomplishments. It became the first faculty in Canada named after a woman and one of the first of its kind in the world. Cody was the executive chair and principal shareholder of CCI Group Inc., a Toronto-based engineering consulting firm. It was named one of Canada's best managed companies in 2013 and ranked the ninth most profitable woman-owned company in 2010. She was named one of Canada's Top Women Entrepreneurs in 2010. She earned an Award of Merit from the Canadian Standards Association, a Volunteer Service Award from the Government of Ontario and in 2010 the Professional Engineers of Ontario (PEO) Order of Honour, at the Officer level. Cody was named Alumna of the Year by the Concordia University Alumni Association in 2011 and a Great Concordian in 2014. She has recently been inducted as a Member of the Order of Canada.

## **REGISTRATION REQUIRED**

To purchase your **ticket for \$25** click on the blue "[Click Here To Register](#)" button below.

### **Note:**

- Tax receipts will be issued
- Register early as tickets are limited.
- A Zoom link will be sent the day before the event.

[CLICK HERE TO REGISTER](#)

If you are unable to attend but would like [to donate to the Scholarship Fund](#) click on the blue "[Click Here to Donate](#)" button below.





# SCHOLARSHIP FUND 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!

## CFUW NEWS

### CFUW 2021 POLICY RESOLUTIONS

There are four policy Resolutions proposed for consideration at the 2021 National AGM in June. The MLUWC Advocacy group will be discussing them at the next Advocacy Zoom meeting at 7:30 pm on April 1. All members are invited to attend and give your feedback. We will forward the feedback to the proposing clubs, and the final version will be voted on at our May Annual General Meeting. You will be receiving an email invitation to register to attend the April 1 Advocacy meeting.

Here are the resolved clauses for the Resolutions. The full background information is available on the CFUW website, or from any member of the Advocacy Committee.

#### **RESOLUTION 1:** SINGLE-USE PLASTICS AND PLASTIC PACKAGING: CFUW Nepean 2021

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Government of Canada, and the Provincial, Territorial, and Municipal Governments to expedite the ban on single-use plastics (plastic checkout bags, straws, stir sticks, six-pack rings, cutlery, and food ware made from hard-to-recycle plastics) and to expand the ban to include all problematic and unnecessary non-recyclable plastics including plastic wrapping, plastic tampon applicators, disposable plastic beverage cups, plastic bottle caps, lids and plastic labels on containers;

RESOLVED, That CFUW urge the Government of Canada to implement Canada's Plastic Science Agenda (CaPSA) and, with the Canadian Council of Ministers of the Environment, to provide funding for, as well as following up on and fully implementing, a Canada wide strategy on zero plastic waste;

RESOLVED, That CFUW urge the Government of Canada, and the Provincial, Territorial, and Municipal Governments to fully fund and promote programs to educate the public about the dangers caused to habitat, the environment (including fisheries and oceans) and to human health by discarded plastic waste;

RESOLVED, That CFUW urge the Government of Canada and the Provincial, Territorial and Municipal Governments to use incentives including start-up funding to create alternative uses for discarded plastics, biodegradable alternatives to single-use plastic packaging and to work with academics and industry to support the creation of alternative uses for discarded plastics.

#### **RESOLUTION 2:** "Right to Repair" for Large Household Appliances

Proposed by: CFUW Cape Breton Club

RESOLVED, That the Canadian Federation of University Women (CFUW) urge the Federal, Provincial, Territorial and Municipal governments to work together and create "right to repair" legislation, making the repair of large household appliances used in Canada easier, in an effort to reduce waste, greenhouse gas emissions, and create local jobs.

**RESOLUTION 3: Canada's Opioid Crisis**

Proposed by: Montreal Lakeshore University Women's Club

RESOLVED, That the Canadian Federation of University Women urge the Government of Canada to work with the provincial, territorial and municipal governments to address Canada's opioid crisis, as outlined in its December 16, 2020 document, Federal Actions on Opioids to Date, by:

- improving access to, and the number of, safe injection and overdose treatment sites;
- expanding public awareness of addiction to prescription and street drugs;
- updating current prescription and treatment guidelines;
- improving access to harm reduction treatment, such as access to Naloxone and safer alternatives;
- restricting the influx of illegal opioids and the tainted drug supply.

RESOLVED, That the Canadian Federation of University Women urge the Government of Canada to work with the provincial, territorial and municipal governments in order to expand its commitment to addressing Canada's opioid crisis by additional means, including but not limited to, the following:

- working with stakeholders, including health practitioners and counsellors, on best practices in pain management;
- increasing support and psychosocial services for vulnerable people by increasing the number of trained professionals available to address the opioid crisis;
- training counsellors and public security personnel to better recognize and address addiction by integrating such training into their core curriculum and ongoing professional development;
- establishing a cross-Canada electronic prescription drug registry.

**RESOLUTION 4: Post-Pandemic Recovery for Women in Canada**

Proposer: CFUW International Relations Committee

Resolved, That the Canadian Federation of University Women (CFUW) urge the Federal Government of Canada to develop a comprehensive Post-Pandemic Economic Recovery Plan including specific interventions to address the disparate effect of pandemics on the lives of women.



“A Voice for Women in Montreal” for 127 years  
[montrealcouncilofwomen.ca](http://montrealcouncilofwomen.ca)  
Depuis/Since 1893

#### **NEWS UPDATE:**

MCW President Penny Rankin and other Board members participated in the “Supporting Senior Women” and “Community Organizations Supporting Women” sessions, sponsored by the West Island Women’s Forum the week of March 14-17.

A National Council of Women of Canada Resolution Review Meeting was held virtually on March 18 and dealt with five Resolutions – *Opposition to Industrial Mining and Deforestation in the James Bay Lowlands; Include the Right to a Healthy Environment in the Constitution; Climate Change and the crucial need to provide food security for Indigenous People in Canada; Women in the Canadian Forces and her Allies; Sexual Assault Forensic Exams (Rape Kits); AND two Updates – Promoting Early Childhood Education in Canada; and A Commissioner for Canada’s Children.*

MCW is pleased to announce that the recipient of the “*Woman of the Year 2021*” will be *MIRANDA POTTS, Community Health Advocate/Intervention Worker*. In her special care counselling work with the NDG Senior Citizens Council, Miranda has made a significant difference in the lives of people during these unprecedented times.

The Montreal Council of Women will honour this “*Unsung Champion*” at the *Annual General Meeting* on Thursday, May 20, 2021.

UPCOMING PROGRAM EVENT: from the comfort of your home via ZOOM  
*On Thursday, April 1, 2021 – 12 pm to 1:00 pm*

*“The Vital Role of Honeybees in Our Ecosystem” with guest speaker: Nicholas Melka*, who will be discussing the important role bees play in our fragile ecosystem and how the decline in bees affects our environment. Nicholas works with restaurants, schools, families, hospitals, businesses and organizations to maintain 110 beehives in 66 areas across Montreal and Quebec.

For more information, please go to the website  
<https://montrealcouncilofwomen.ca/en/events/>

To attend this event, please register on-line at <https://montrealcouncilofwomen.ca/en/events/>

Renate Sutherland  
MLUWC Representative to MCW



GRADUATE WOMEN INTERNATIONAL NETHERLANDS "GWI-NL"



GRADUATE WOMEN INTERNATIONAL (GWI) NFA2NFA PARTNERSHIP PROJECT 2021

Afghan Peace Negotiations: Their Perilous Significance for Women in Afghanistan

## **WALKING TO KABUL**

**TO SUPPORT WOMEN'S RIGHTS IN AFGHAN PEACE NEGOTIATIONS**

March 8 to April 24, 2021

**STAND ON THE BRIDGE – Suggested launch of Walk—International Women's Day March 8**

[Click here for background and more information.](#)

To focus on women's rights, this event has been part of some CFUW International Women's Day celebrations. To include the event in your Club, it is suggested two-five members stand on a local bridge with appropriate signs and have a picture taken for local press and your own newsletter.



**Walking to Kabul—for anyone or group who counts kilometers on foot, skis, or skates.**

Starting on March 8, you can sign up for the Walk and we will track your group or your own kilometres travelled to make up a total on this Virtual Walk. The Netherlands NFA will also be participating.

The end of the Walk is April 24 when everyone is invited to a **Webinar** where Afghan women with close ties to the Afghan peace table will talk. Speakers are Dr. Sima Samar, activist and physician, former head of the Afghanistan Independent Human Rights Commission, Habiba Sarabi, one of only four women on the 42 member peace negotiating team, and Mary Akrima, Afghan Women's Network.

Travel with members from around the world as we combine our kilometres on our way to Kabul from Ottawa. Travel routes, photos and reports will be shared regularly.

Information: [cfuwwalk@gmail.com](mailto:cfuwwalk@gmail.com) (CFUW-Ottawa) [ekt\\_86@hotmail.com](mailto:ekt_86@hotmail.com) (CFUW-North Bay)



## WALK TO KABUL GROUP

In support of women in Afghanistan, contact Linda Sestock for more information or to add your steps to the walk. Hosted by the CFUW Club in Ottawa. #walktokabul



#WalkToKabul



## SOCIAL MEDIA UPDATE

Did you know that the MLUWC was available on the following social media platforms?

- Facebook - <https://www.facebook.com/MLUWC> - with 546 likes
- Petition CHSLD - (temporary page) already has 138 likes and in the last 30 days, had 1,200 post reach and 216 engagements
- Instagram Page - @MLUWC - with 257 followers
- MLUWC Networking Group (Private) with 190 members
- Linked-In @MLUWC CFUW - with 243 connections
- Twitter - @MLUWCWestIsland - with 78 followers

Did you know that every time you like and share a social media post you are increasing awareness for the Club?

Why is social media necessary today? Many people today do not subscribe to traditional print media and instead often get their news from the internet. Thanks to social media we are able to advertise the MLUWC and our events for free. When we have a fundraiser or event, the followers on our social media are advised through social media posts and they in turn share our club news with their social media friends. Thank you to everyone who is on social media and actively participates with MLUWC social media.

Linda Sestock  
Social Media Coordinator

## COMMISSIONER OF OATHS

A Commissioner of Oaths certifies the oath or “solemn affirmation” of a person upon documents such as: diplomas, birth certificates and other records.

This is a free service. If you need a Commissioner of Oaths, please contact either:

Victoria Pinnell ([vpinnell@gmail.com](mailto:vpinnell@gmail.com)) or Jennifer Ferguson ([dd.ferguson@sympatico.ca](mailto:dd.ferguson@sympatico.ca))



Please go to [www.facebook.com/MLUWC](https://www.facebook.com/MLUWC)

We have over 500 likes and over 600 followers! Remember to like our page and share it with your friends!

Many of our new members mention Facebook when asked how they heard about the MLUWC



We're also on **Instagram**



#### AIR CANADA AEROPLAN PROGRAM

Back in 2012 MLUWC got an Aeroplan number that would give the opportunity to our members to donate their Aeroplan points if they so wished. The minimum donation is 1000 points. Until this year we had accumulated 3000 points.

Please contact either Connie Ellis or Mary Vlahos for more information.



## INTEREST GROUPS

### **ADVOCACY**

The MLUWC Advocacy group will be discussing the CFUW Resolutions at 7:30 pm on April 1. A reminder will be sent out a couple of days before with the ZOOM codes.

Mary Vlahos and Patricia Du Val

### **BOOK CLUB I**

Book Club 1 will be meeting on Zoom, April 14 at 1pm to discuss *The Forgotten Home Child* by Genevieve Graham. Anna Maiolo will lead the discussion with her review of the novel. We are looking forward to the day when we can meet again, in person. Spring is in the air!

Marg Nicoll-Griffith and Judy Kelley

### **BOOK CLUB II**

We are meeting via Zoom on Thursday, April 15 at 1:00. Maureen Rowe will be reviewing *The Spy and The Traitor* by Ben Macintyre. We will also be discussing which books to review next season. Please let Hélène know if you are unable to join us for the meeting.

Hélène Quaid

### **EVENING BOOK CLUB 1**

Evening Book Club 1 will have their next Zoom meeting on Tuesday, April 6 at 7:30 pm when the novel *Reproduction* by Ian Williams, will be discussed. Members may want to start offering suggestions for the selected books for our 2021-2022 season.

Linda Ricketts

### **EVENING BOOK CLUB 2**

We are meeting on Tuesday, April 20 at 7:00 pm via Zoom. We will be discussing *The Vanishing Half* by Brit Bennett.

### **EXPLORING WORLD CULTURES**

For the month of April only, we will meet on Thursday, April 29 at 7:30 pm. Joyce Schaaf will be presenting New Zealand.

Sally Gurekian

**MYSTERY BOOK CLUB**

Our April read is *The Chestnut Man* by Soren Svestrup. Joanne Fraser will be leading the discussion on this book. We are meeting on Wednesday, April 14 at 1:00 pm.

Gilda Martinello

**PHOTOGRAPHY**

The Photography group will meet on Tuesday, April 13 at 2:00 pm.  
Our monthly challenge is "abstract".

Maria Korab-Laskowska

**TETE-A-TETE**

French Conversation is meeting on Zoom on Friday April 16 at 9:30 am.

Janet Anderson

**TRAVEL**

The Travel group will meet on Tuesday, April 27 at 7:30 pm. Our member Margaret Czalbowska will present "Discovering San Miguel". Hope to see you all.

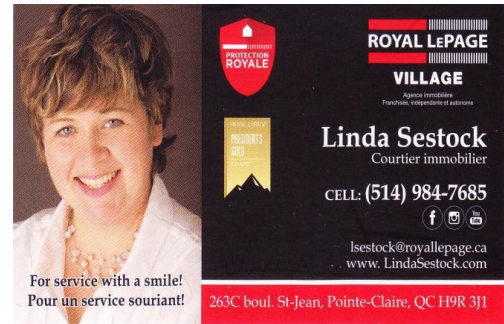
Maria Korab-Laskowska and Ann Arial

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## April 2021

Mon	Tue	Wed	Thu	Fri
			<b>1</b>  7:30 Advocacy	<b>2</b>
<b>5</b>	<b>6</b>  7:30 Evening Book Club 1	<b>7</b> 10:30 Coffee Break	<b>8</b>	<b>9</b>  <b>Newsletter Deadline</b>
<b>12</b>  <b>7:00 General Meeting</b>	<b>13</b> 2:00 Photography	<b>14</b> 10:30 Coffee Break  1:00 Book Club 1 and Mystery Book Club	<b>15</b>  1:00 Book Club 2	<b>16</b>  9:30 French Conversation
<b>19</b>	<b>20</b>  7:00 Evening Book Club 2	<b>21</b> 10:30 Coffee Break	<b>22</b>  <b>7:00 Fundraising Event with Gina Cody</b>	<b>23</b>
<b>26</b>	<b>27</b>  7:30 Travel	<b>28</b> 10:30 Coffee Break  7:00 Networking	<b>29</b>  7:30 Exploring World Cultures	<b>30</b>

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**Proofreaders: Janet Ankorn and Jane Edwards**

**Deadline for May submissions: April 9, 2021**