

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, December 2020

Volume 63, Issue 4

General Meeting

Monday December 7



7:00 pm: Join with your drink

7:30 pm: Meeting start

8:00 pm: Music

Barbara Lewis and her team will help put us in the Christmas spirit

Information on Zoom sign-in will be sent shortly

PRESIDENT'S LETTER

It feels like déjà vu, but here I am again writing my last newsletter to you as President. I am very grateful to have had the chance to be your President. I had so many wonderful experiences with all of you and I look forward to more, but as your Past-President and Regional Director for CFUW.

I had the opportunity to participate in the national book club this past week and I strongly recommend that you take advantage of zoom and our ability to meet like-minded women across the province and the country.

Thank you all for your generosity for the Holiday Raffle, CAREJeunesse and of course Resilience - it has been lovely to see you as you dropped off your donations.

I am looking forward to working more on advocacy - and social media (if someone is comfortable with Facebook, Instagram, Linked-in, etc. - please let me know - I am willing to share the work).

I also hope to continue as a club ambassador in our local community and help to keep the MLUWC in the public eye. Remember we are all Club ambassadors and new members join because of you.

It is time to bid you au revoir,
Linda Sestock

PROGRAM
Monday, December 7 at 7:00 pm

Barbara Lewis and her team will help put us in the Christmas spirit.



Barbara Lewis performs powerful folk and pop songs that are both entertaining and highly emotional. With her wide-range, classically-trained voice, vulnerable stage presence and elegant storytelling ability, she is known as *"a hugely gifted singer, a born communicator."* Barbara is also a vocal coach who specializes in working with singers over 40 - both beginners and professionals. Her YouTube channel is called, *Singing After 40*.



Doug Balfour is a multi faceted pianist, arranger, composer and as of late, a singer. He worked extensively in music theatre as a music direct, arranger, and keyboardist. As an accompanist, he has played with the likes of Barbara Lewis, Suzi Wesson, Karin Plato and, on a couple of brief occasions, Michael Bubl . An old-time rock n roller, he still plays with Toronto's legendary Robbie Lane and the Disciples.



Beverly McGuire is a well-known singer and voice teacher in many Montreal circles. Her versatility as a performer has charmed audiences in classical, Celtic and folk music. Equally compelling as an opera singer or accompanying herself in a ballad with acoustic guitar, she brings a sincerity to the music she serves.

CHRISTMAS FUNDRAISER DONATIONS

Just a reminder about our Christmas Fundraiser for the **West Island Mission**.

We are asking that you consider donating the \$5 you would normally contribute to each interest group leader, as well as the amount you would normally spend on raffle tickets. Like the raffle tickets and interest group donations, this donation would not be eligible for charitable receipts because the MLUWC is not a registered charity.

Suzanne Sparrow, the Director of the West Island Mission, was thrilled to hear that we have chosen them this year, and she will be with us at our Christmas party to hear about the amount we have collected.

Since we normally donate about \$1500 to a local charity, the MLUWC will **MATCH ALL FUNDS** you donate up to \$1,000. We thank you in advance for helping to keep this tradition alive.

There are three easy ways you can donate **before November 30th**:

1. Write a cheque made out to the MLUWC and mail it to our post office box:

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

2. Send an Interac Transfer via your Online Banking

For this operation, you will need to set up the MLUWC Treasurer as a payee. The email address to be used is mluwc.treasurer17@gmail.com. Please use **Noel2020** as the password

3. Use our PayPal link: https://www.paypal.com/donate?hosted_button_id=XKPXU7W95PW42

Since we pay a small amount to process PayPal payments, we **kindly ask that you only use this method for donations of \$20 or more.**

Looking forward to seeing you all at the Christmas party and informing you how much we raised!

Jane Cowell
President

Weekly Coffee Time

As agreed during the October 5 General Meeting, we now have a weekly MLUWC Zoom *Coffee Break*.

No registration required.

Come as you are with your favourite beverage!

When: Every Wednesday

Time: 10:30 a.m. (up to noon, max)

Format: No format, no specific topic, just a time to chit chat with your MLUWC friends.



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) or Jennifer Ferguson (dd.ferguson@sympatico.ca)

SCHOLARSHIP FUND COMMITTEE AND SCHOLARSHIP COMMITTEE

Every year, for over 60 years, the MLUWC has provided scholarships and bursaries to female students pursuing their education at every level. Adult education students, John Abbott College students, university bound and in technical programs, as well as students in university programs have benefited from the generosity of our Scholarship Program. In normal times individual donations, our regular monthly meetings and special fundraising events (thanks to the efforts of the amazing Fundraising Committee) have provided the income to make the scholarships and bursaries possible. This year the in-person events are on hold for the moment and we are more than ever dependent on donations.

Please consider donating to the Scholarship Fund in lieu of other activities that have been cancelled or postponed indefinitely. For information on how to donate, please visit our website and click on the donate button (**mluwc.com**). You can also make a cheque directly to the Scholarship Fund and mail it to the club (**MLUWC Scholarship Fund, P.O. Box 383 Pointe Claire, Quebec H9R 4P3**).

You may consider donating in honour of someone special, or, in memory of a loved one. All donations will be recognized, and tax receipts will be issued for donations of \$25.00 or more.

We thank you in advance for your consideration of this request.

Heather Hamilton
Scholarship Fund Chairperson

Maria De Wolfe
Scholarship Committee Chairperson



MLUWC SCHOLARSHIPS
**\$2,000
SCHOLARSHIPS
TO FEMALE
UNIVERSITY
STUDENTS**

Discover how you can qualify at
www.mluwc.com/scholarships.html

Deadline: February 26, 2021

MLUWC
MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB
Advancing opportunity, mental health and education for women and girls for 60 years

SCHOLARSHIP FUND DONATION FORM

Donation Form

MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation Company donation

In Memory/In Honour

I enclose my donation of \$ _____

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

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

Donor Name: _____

Address: _____

City/Prov. _____ Postal Code _____

Email: _____

You can also make secure online donations using your credit card through CanadaHelps.org. Visit mluwc.com and click on

Donate to the Scholarship Fund.

For: In Memory or In Honour

Please complete the following:

Honouree Name: _____

Notification Information:

Name: _____

Address: _____

City/Prov. _____ Postal Code _____

Send to:

MLUWC Scholarship Fund

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

Thank you for your support!

MEMBER NEWS

One of our members, Barbara Lewis (who will be headlining our December Christmas event) has a YouTube channel called, *Singing After 40* (<https://youtube.com/c/BarbaraLewis-SingingAfterForty>). You can subscribe to it.

Are you interested in learning how to sing? Contact Barbara as she specializes in providing fun instructions for singers after 40.

CONDOLENCES

We extend our condolences to Joanna Zaichkowsky and her family on the passing of her father, Andrew, at the age of 94 on November 8, 2020.

Our sympathies are extended to the family of Nora Christie, a Life Member, who passed away recently in Ottawa. She was a long-time member of the Club.

CFUW NEWS

CFUW Merchandise Sale

Now is the time to start thinking about purchasing gifts for Christmas! CFUW has marked down some of its brand merchandise to make things a bit easier for you. See the catalogue [here](#) and email Rachel Deneault at cfuwgen@rogers.com with your order.

CFUW Reads Book Club

CFUW has created a virtual Book Club. All CFUW members are welcome to join. Follow the [Facebook page](#) for updates.

Women and the Arts During COVID 19

As one of the ways in which artists are coping and using their creativity and innovation to stay connected during the pandemic, the Stratford Festival has put together a [streaming service](#) to watch productions in the comfort of your own home for \$10/month.

UN 65th Commission on the Status of Women

The format of this year's 65th Commission on the Status of Women in New York remains under review by UN Women. Therefore, the participation of representatives from organizations in consultative status with ECOSOC in this year's CSW remains unknown, due to anticipated continued implications for in-person gatherings and international travel as a result of the COVID-19 pandemic. CFUW will provide updates to members as they are shared by UN Women.

CFUW and GWI

Unfortunately, there are still clubs not wanting to pay GWI dues, even after Clubs voted at the 2020 AGM vote to remain a member of the International organization. As recommended by the CFUW Mediation Report of June 2020, the CFUW Board created a national Communications Committee to develop a communications strategy to improve relationships within our organization and with the specific intent of healing strained relationships.

Patricia DuVal
Mary Vlahos

16 Days of Activism against Gender-Based Violence November 25 - December 10, 2020

The 16 Days of Activism against Gender-Based Violence campaign (November 25, the International Day for the Elimination of Violence against Women, to December 10, International Human Rights Day), can help put an end to violence against women and girls. CFUW clubs and members can be trailblazers in their communities.

For the UN's "Orange Campaign", MLUWC has approached West Island municipalities requesting that they light up their billboards in orange from November 25 to December 10 in support of the Violence Against Women campaign. So far Beaconsfield has given us a positive answer. Hopefully, more municipalities will follow their example.

CANADIAN FEDERATION OF UNIVERSITY WOMEN 

Take action to end Gender-Based Violence

Toolkit for the 16 Days of Activism against Gender-based Violence
November 25 - December 10 2020

PAGE 3

What is Gender-Based Violence?

The Convention on the Elimination of all Forms of Discrimination against Women (CEDAW) defines Gender-Based Violence as:

"Any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life."

 GBV impacts women, girls, and LGBTQI2S+ people in areas such as domestic violence, sexual harassment or assault, child marriage, sexual abuse, human trafficking, and female genital cutting/mutilation (FGC/M).

In Canada, GBV disproportionately impacts women, girls, Indigenous peoples, LGBTQI2S+ and non-binary individuals, people living in northern, rural, and remote communities, people with disabilities, newcomers, children and youth, and seniors.

 **1 in 2 women in Canada have experienced GBV since age 16.**
Source: Statistics Canada

ADVOCACY NEWS

Once again, this year we will be collecting gift cards for CARE Jeunesse to be distributed during the Holidays. The cards can be from stores such as Dollarama, Walmart, Tim Hortons, Jean Coutu, etc.

Last year many of you included handwritten notes with the gift cards, which were very much appreciated. Some of you may want to write them again this year, even if you do not make a gift card donation.

Since many of us do not go out under the present conditions, Nancy Acemian has a mailbox with a security camera that you can mail your cheques to or drop them off at her house.

Linda and Chitra are also willing to pick up donations from members who cannot do it themselves.

Cheques should be made payable to MLUWC. If you are making one cheque for both charities, please specify how much should go to CARE Jeunesse for gift cards and how much to the West Island Mission food bank.

The deadline for the donations is: **DECEMBER 5.**

Thank you for your generosity.

Patricia DuVal & Mary Vlahos
Advocacy Co-chairs

PROPOSED MLUWC RESOLUTION TO THE CFUW

MLUWC is submitting an Intent to submit a proposed resolution to CFUW on:
Raising Awareness for Canada's Opioid Crisis

We expect to find out whether this Intent is approved by CFUW by November 30. **If it is accepted**, the final wording of the Intent will be distributed to the membership and a vote will be taken at the next MLUWC meeting on December 7 for membership acceptance to forward a resolution to CFUW.

If accepted, the wording of the complete proposed resolution will be distributed to the membership for their comments prior to submission to CFUW.

MLUWC Resolutions Sub-Committee
MLUWC Advocacy Committee



MONTREAL COUNCIL
OF WOMEN
CONSEIL DES FEMMES
DE MONTRÉAL

Depuis / Since 1893

“A Voice for Women in Montreal” for 127 years

MLUWC, PROVINCIAL COUNCIL OF UNIVERSITY WOMEN’S Clubs working together

By Maria Peluso, MCW VP Government Affairs

Following our work with the Provincial Council of Women and the ***Provincial Council of University Women’s Clubs***, please consider signing this petition on the need for Home Care. In a virtual meeting with the ***Quebec Ombudswoman, Me Marie Rinfret***, she revealed that since ***the Quebec Home Care Act*** was passed some ten years ago, little is being done to offer home care to those who require it. ***Seniors need home care the most***. Many seniors do not wish to be in a nursing home or residence. They are able with home care to remain in their own environment. Delays in obtaining home care are long, take years in fact, and worse, hours allotted for home care have been severely reduced. Moreover, it is not how citizens in our Covid-19 pandemic deserve to be treated.

The trajectory of the petition is an interesting one. Here is the background on the petition: It was started with Prof. Jacques Malouin, from the Université de Sherbrooke, who took it to Christine Labrie, MNA, for Sherbrooke, who in turn, took it to the Assemblée nationale. It is supported by members of the Association of Retired Professors of the Université de Sherbrooke, who are widely circulating the petition.

It is in the French language but filling in the boxes with your name, email address, and postal code is simple. Please consider circulating the petition among your own networks.

<http://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-8599/index>.

The MCW and the Provincial Council of Women are thankful to the Provincial Council of University Women’s Clubs for sharing this initiative with us.

“STATUS OF WOMEN AND ELDER ABUSE” – November 5, 2020

The ***Honourable Maryam Monsef, Minister for Women and Gender Equality and Rural Economic Development***, spearheaded our MCW virtual meeting. She spoke about how women in Canada

have been hard hit by the coronavirus pandemic and discussed the government's action to support women. She was also very interested to learn more about the work being done on the ground by organizations such as MCW and its affiliates, to support communities. This power of the community is an important way of staying connected.

Miranda Potts, Outreach worker for Seniors at Prevention CDN-NDG and MCW Convener on Seniors, spoke briefly on the impact of COVID-19 that she has witnessed as a frontline intervention worker for seniors within the west-end area.

Members of **RECAA (Respecting Elders: Communities Against elder Abuse)** headed by Anne Caines, a community worker and founding member and coordinator of RECAA, led us through a presentation that took the form of a dramatization that highlights the well-hidden and unreported forms of elder abuse that are experienced within all ethno-cultural communities. For more information about this organization, check out their website at recaa.ca

“WOMEN IN THE MILITARY- PAST PRESENT FUTURE” – November 19, 2020

MCW held an informative and enlightening session with **Master Warrant Officer Stephanie Cyr**, an Infantry Senior Non-commissioned Member in the Black Watch (Royal Highland Regiment) of Canada, based here in Montreal. MWO Cyr joined the Canadian Armed Forces in 1998 and has been deployed around the world to many places, including Bosnia, the Democratic Republic of Congo, Pakistan, and Afghanistan. Among her many achievements, MWO Cyr was the first woman to complete the Infantry Company Sergeant Major Course. We were joined by **Roberta Bolton** who spoke on the role military wives have taken in supporting service members.

DECEMBER PROGRAM EVENTS

- 🗓️ **December 3, 2020 at 12:00 noon: “PolySeSouvient and the Ongoing Efforts to Protect and Prevent”**, followed by a Commemoration honouring the lives lost on December 6, 1989. The MCW is pleased to welcome **Heidi Rathjen** of **PolySeSouvient**, who will present an update on the work of the group she formed in the wake of the Polytechnique de Montréal massacre. She will also provide us with insights into the current efforts of the Coalition for Gun Control. Following her presentation and a Q & A, she will be joined by fellow survivor **Dr. Marie-Josée Potvin**. Together we will honour the fourteen women killed 31 years ago.

REGISTER HERE: <https://montrealcouncilofwomen.ca/en/our-events/thursday-december-3-2020>

📅 December 17, 2020 at 6:00 p.m. “Holiday Gathering and Launch of the Pandemic Journal”

REGISTER HERE: <https://montrealcouncilofwomen.ca/en/our-events/thursday-december-17-2020>

Invitation: You are invited to these Zoom meetings and must register.
(After registering, you will receive a confirmation email containing information about joining the meeting.)

For more information: Renate Sutherland 514-695-1970 or email renate.sutherland@bell.net

The **MCW Education Committee** wishes to bring to your attention that **Ghada Sfeir** has organized a Live Webinar at Concordia University on the critical and evolving issue “**The Future of English Language Education in Quebec**”. The online event is being held on Friday, November 27 from 1:00 pm - 2:15 pm.

Ghada is an Assistant Professor in the Department of Education at Concordia University.

The Webinar is free and is open to the public. Please note that **space is limited.**

For details and to register please click on this link:

https://www.concordia.ca/cuevents/artsci/education/2020/11/27/Bill-40-The-Future-of-English-Language-Education-in-Quebec.html?fbclid=IwAR19n139M4HVVq_IFRgNIFJtQR9Loofs2gntw9RqXIKGfwD1lg0cz86yDjg



Please go to www.facebook.com/MLUWC

We have over 500 likes and 540 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

We will meet on Thursday, December 3 at 7:30 pm.

Mary Vlahos and Patricia Du Val

BOOK CLUB I

Our December meeting will again be on Zoom (thank you Judy!) on December 9, at 1:00 pm. We will be discussing the book, Save Me the Plums by Ruth Reichl, former editor-in-chief, Gourmet magazine. Many yummy recipes and inside foodie stories. While celebrating may not be as usual in 2020, there still will be food, and fellowship, even if it is virtual!

Marg Nicoll-Griffith and Judy Kelley.

BOOK CLUB II

Our next meeting will again be held virtually, on December 10 at 1 pm. The book to be discussed is The Mirror and the Light, the much anticipated third and last instalment of Hilary Mantel's Cromwell Trilogy. Our reviewer is Sandra Smith. Please let H el ene know if you are unable to join our Zoom meeting.

H el ene Quaid

EVENING BOOK CLUB 1

The last meeting of 2020 will be on December 1 at 7:30 pm on Zoom, when we will be reviewing From the Ashes by Jesse Thistle. As we will not be having our usual Christmas meeting this year, do not forget to make a contribution to the West Island Mission.

Linda Ricketts

EVENING BOOK CLUB 2

We will be meeting on Tuesday, December 15 at 7:00 and will be discussing Dare to Lead by Bren e Brown.

Amy Dhindsa

EXPLORING WORLD CULTURES

The November meeting is scheduled for Thursday, November 26 at 7:00 pm. We will be exploring the Basque countryside hosted by Maria Korab Laskowska. We will be back in January to learn more about New Brunswick.

Sally Gurekian

MYSTERY BOOK CLUB

We are meeting via Zoom on Wednesday, December 9 at 1:00. Sandy Parekh will be leading the discussion on the book The Smiling Man by Joseph Knox.

Gilda Martinello

NETWORKING

Please note that we will skip December and come back the 4th Wednesday of January and continue to meet on the 4th Wednesday of February, March, April and May.

Linda Sestock and Susan Campbell-Fournel

PHOTOGRAPHY

The Photography group will meet on zoom on Tuesday, December 8 at 2:00 pm

Maria Korab-Laskowska

TETE-A-TETE

French Conversation is meeting on Zoom (virtually) on Friday, December 18 at 9:30 am.

Janet Anderson

TRAVEL

The Travel group will not meet in December.

Maria Korab-Laskowska and Ann Arial

Advertising space available.

Please contact: mluwc.newsletter3@gmail.com

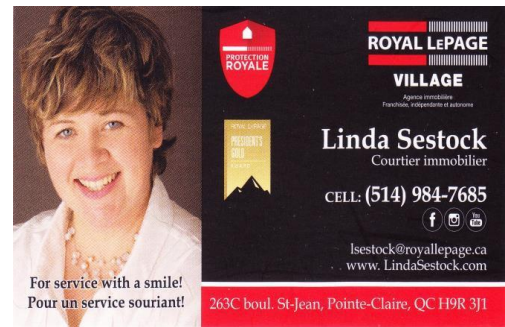
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Singing After 40+
Tips, Techniques & Lifestyle Ideas for Singers at any level!
JOIN ME on YouTube!
Barbara Lewis

For anyone who has had even a fleeting interest in singing, Please visit my YouTube channel, Singing after 40! (or 50 or 60!).

<https://www.youtube.com/channel/UCYwNUSoa4KPNyupvpkYRzCQ>



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BY JUICE PLUS+
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DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1 7:30 Evening Bk Club 1	2 10:30 Coffee Break	3 7:00 Advocacy	4
7 7:00 General Meeting	8 2:00 Photography	9 10:30 Coffee Break 1:00 Book Club 1 and Mystery Book Club	10 1:00 Book Club 2	11 Newsletter Deadline
14	15 7:00 Evening Bk Club 2	16 10:30 Coffee Break	17	18 9:30 French Conversation
21	22	23 10:30 Coffee Break	24	 25
28	29	30	31 	

Newsletter Editor: Gilda Martinello mluwc.newsletter3@gmail.com

Proofreaders: Janet Ankcorn and Jane Edwards

Deadline for January submissions: December 11, 2020