

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, February 2021

Volume 63, Issue 6

General Meeting

**Monday,
February 8, 2021**

via Zoom

Guest Speaker

Jordan LeBel, a professor at the John Molson School of Business (Concordia University), will tell us how to get more pleasure out of our chocolate!

7:00 – Join your MLUWC friends for some chit-chat

7:30 – Start of business meeting

8:00 – Guest speaker

Information on Zoom sign-in will be sent shortly

PRESIDENT'S LETTER

January 2021 will, no doubt, go down in the history books: we are under a lockdown AND a curfew – so most of us are staying pretty close to home!

Your Executive has tried very hard to keep members connected on Zoom throughout the pandemic - for our monthly meetings and interest groups – as well as through special events like our popular Virtual Potluck Brunch and Dinner.

As you may remember, membership in GWI, our international affiliate, has been a continual source of division amongst CFUW Clubs. In December, the National Board of CFUW voted to allow individual clubs to “opt out” of GWI. This came about as a result of a number of Ontario clubs threatening that they planned to withhold their dues and/or leave CFUW and the National Board wanting to retain as many clubs as possible. Members of the Executive and interested members will be attending Discussion Groups on this topic at the end of January. I will keep you informed as more information becomes available and as decisions have to be made.

Our monthly general meeting on February 8 will feature Dr. Jordan Lebel from the Marketing department of the John Molson School of Business at Concordia. He will tell us how to “Get more pleasure out of our chocolate” – a pertinent topic considering that many of us treat ourselves to chocolate around Valentine’s Day!

February is also a great time to let the Nominations Committee know if you would like to join our Executive. Our meetings are quick and often fun! We meet once a month for a maximum of 2 hours. This is a great way to give back to your club, meet other club members, and feel good at the same time. The Scholarship Committee has begun accepting applications for the 2020-2021 Scholarships (more info at mluwc.com). Please feel free to share this information with any young women you believe could qualify.

Have a great month!

Jane Cowell

514-250-9527 / mluwc1@mluwc.com

PROGRAM

Monday February 8, 2021 General Meeting

(Remotely via Zoom)

Get more pleasure out of your chocolate!

In an upbeat and fun adventure through the ages, Dr. Chocolate (Dr. Jordan LeBel) will take you through a guided history of chocolate, show you how cocoa beans are transformed into chocolate, and he'll share useful tasting tips to get more pleasure out of every bite of your favorite comfort food. He'll answer any question you have and we'll talk about matching chocolate and wine. So, pour yourself a glass, break open a nice bar of chocolate and join us!



Jordan LeBel is a professor at the John Molson School of Business (Concordia University) where he teaches The Marketing of Food. Jordan is a graduate of the *Institut de tourisme et d'hôtellerie du Québec*, and held various positions in foodservice, notably as Executive Chef and as restaurant inspector for Distinguished Restaurants of North America. He taught foodservice management in Norway, in Switzerland and in the United States at Cornell University's famed School of Hotel Administration, from which he holds a B.Sc. and M.Sc. He completed his Ph.D. (on chocolate!) at McGill University.



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.

MEMBERSHIP

I'd like to welcome Diane Provencher as our latest member.

Nancy Acemian
VP, Membership

POT LUCK DINNERS

Another annual event took place in January, albeit, virtually. Our traditional pot-luck dinners were attended by 30 members in the comfort of their homes.

Some members opted for dinner, some for lunch, while others attended both. No matter what the format, a good time was had by all.

Hopefully, we can all return to physical gatherings next year.

Mary Vlahos / Carole Newberry
Co-chairs

CONDOLENCES

The Club extends its condolences to Carol Rowan and her family on the passing of her mother, Mary Alison Hains Rowan, on September 21, 2020. Mary was, for many years, an active member with the Lakeshore University Women's Club.

Our sympathy is sent to the members of Gretchen Code's family. Gretchen was a long-time member of our Club. She passed away in St. Thomas, Ont. on January 13, 2021.

Our deepest sympathy is extended to Ginger Brossard and her family on the passing of her son, Pierre, who died tragically in mid-January 2021.

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 COMMITTEE /SCHOLARSHIP FUND

The MLUWC Scholarship Program provides university scholarships and bursaries for female students. In the Spring we were unable to award the bursaries to adult students attending Place Cartier and Centre Jeanne Sauvé due to the instability of school programs at that time. I am happy to report that we were able to award these bursaries in December. Normally, a member of the committee would attend the presentation ceremonies at both schools, but of course this was not possible this year. Sixteen bursaries of \$200 were awarded to 8 students at Place Cartier and 8 at Centre Jeanne Sauvé. These recipients are some of the most vulnerable students the club helps. Many are trying hard to restart their education after difficult family, social or economic challenges. At Centre Jeanne Sauvé, there are also many new immigrants working hard to learn French or requalify for the job market. It is always with a sense of pride when we know that our club can help these students.

Below is a sampling of the comments from the recipients:

“Well life is always unexpected and there are always obstacles that you need to overcome. However, with the support of my loved ones and having the self-confidence to succeed, there is nothing standing in my way”.

“It [the bursary] would make a difference. I did not grow up in a rich family or in family with a lot of money and now I am paying my own things since a long time”.

“What motivates me the most is knowing there is a purpose for all this effort and hard work I put into my daily studies. Knowing I will go far in life after Place Cartier keeps me going and motivated”.

“It [the bursary] will allow me to pay for my school fees and books for the upcoming semester”.

This year the Scholarship Fund is more than ever dependent on donations from our members as fundraising at our monthly meetings and other activities have not been possible. If you would like to donate you can do so on the MLUWC website (mluwc.com). You can also donate directly to the fund by completing the following form, enclosing a cheque and mailing both to:

MLUWC Scholarship Fund
C.P.383
Pointe- Claire
Quebec, H9R 4P3

Thank you for your generosity.
Maria De Wolfe and Heather Hamilton

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 _____

Send to:

Email: _____

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.

Visit mluwc.com and click on: Donate to the Scholarship Fund.

Thank you for your support!

BOURSES D'ÉTUDES POUR 2021-2022

Les soumissions devraient être déposées au plus tard le 26 février 2021

Pour l'année académique 2021-2022 Le Club des diplômées universitaires de l'ouest de l'île de Montréal offre deux bourses d'études de 2000\$: le Margaret Manson et l'Alberta Shearer. Les critères d'admission: être résidente de l'ouest de l'île de Montréal (de Lachine à Rigaud); être inscrite, à temps plein, à une université située au Québec, à un programme d'études de premier cycle ou de cycle supérieur; être citoyenne canadienne ou résidente permanente. Les candidates doivent démontrer un besoin financier et une forte réussite académique.

Pour plus d'information et le formulaire de demande, visitez www.mluwc.com, ou, contactez-nous par courriel : mluwc.scholarships@gmail.com.

Membre de La
fédération canadienne
des femmes diplômées
des universités



Member of the
Canadian Federation
of University Women

SCHOLARSHIPS AVAILABLE FOR 2021-2022

Applications must be postmarked no later than February 26, 2021

The Montreal Lakeshore University Women's Club is offering two \$2000 scholarships, the Margaret Manson and the Alberta Shearer, to female university students for the academic year 2021-2022. To be eligible students must be residents of the West Island of Montreal (from Lachine to Rigaud), enrolled, full-time, in an undergraduate or graduate program at a Québec university, Canadian citizens or permanent residents. Applicants must demonstrate financial need and solid academic performance.

For further information and an application form, visit www.mluwc.com, or, email mluwc.scholarships@gmail.com.

ADVOCACY & CFUW

Things to do on a snowy winter day:

- Check out the Club Action Newsletter
- Follow the links to other clubs' newsletters and see what is happening across the country.
- Check out the link to the article from the Climate Atlas of Canada.
- Check out GWI's 2020 At a Glance link to get an idea of what the GWI portion of your dues does around the world. Did you know that:
GWI gave 17 webinars this year on topics including Membership, Digital Learning Challenges and Gender Based Violence?
More than 1200 girls and women benefitted from the 2020 Bina Roy Partners in Development projects held in Democratic Republic of Congo, El Salvador, Ghana, India, Mexico and Turkey.

The Advocacy Committee received a very warm thank you note from Jennifer Dupuis for our generous contribution to C.A.R.E. Jeunesse. Thanks to your generosity, we donated \$3807 in gift cards.

We would like to thank all who volunteered to make telephone calls to members of the Club and keep in touch with them during the Pandemic.

Chitra Chopra and Barbara Armbruster presented the Resolution on Opioid Crisis which has now been sent to CFUW. Thank you both for doing such a great job.

The Quebec Council Petition on Long-term Care is on the MLUWC FaceBook page and should be shared with friends. The deadline for signing the petition is **March 15**. See the next page for more information.

At the last two meetings of the Advocacy Committee reference was made to the efforts to save the "Fairview Forest", the only green space along the service road from St. John's to the Anse à L'orme Forest. The efforts to save this natural habitat is important. Big name projects such as pipelines and carbon tax are important political movements. But we should not undervalue the efforts to make a difference in our own communities. In addition to the REM light rail system, RioCan has announced plan to redevelop the Coliseum shopping centre in this space.

To find out more about the effort to save the "Fairview Forest", search **Sauvons la Forêt/Save the Fairview Forest** on Facebook. You can also **sign a petition** to save the forest by searching the same name. You can **write letters** to the Mayor of Pointe-Claire to express your concerns with the proposed project to develop the area and destroy the forest.

If you would like the MLUWC Advocacy Committee to advocate for saving this green space, please contact Mary Vlahos or Patricia DuVal to let them know.

Only when the last tree has died and the last river has been poisoned and the last fish has been caught will we realize that we can't eat money. *Cree Proverb*

Patricia DuVal and Mary Vlahos
Advocacy Co-chairs

URGENT PETITION IN SUPPORT OF SENIORS IN LONG TERM CARE

Provincial Council of Women of Quebec and the Quebec Council of University Women's Clubs

With the COVID-19 pandemic, we have become painfully aware of many of our elders' abuse and neglect in senior care residences. The excessive number of fatalities in long-term facilities, inadequate protective equipment, shortages of health professionals and staff, insufficient ventilation, and the lack of facilities maintenance is a testament to this neglect. Your voice and action are needed to address the deficiencies in our long-term care facilities (CHSLDs).

The MLUWC is asking you sign this petition, which will help facilitate the needed paradigm shift in how society views and treats the elderly.

This is a joint initiative spearheaded by the Provincial Council of Women of Quebec (PCWQ) and the Quebec Council of University Women's Clubs (QCUWCs). The petition calls for the Quebec government to strengthen its standards in long-term care facilities (CHSLDs). It is essential that as many Quebecers as possible sign this petition in the National Assembly. This will unequivocally signal to the government that our most vulnerable citizens must be treated with dignity and respect.

To achieve the most significant number of signatures, we are asking you to sign the petition and to actively commit to obtain a minimum of 5 other signatures. You can solicit the support of all Quebec residents aged 18 and over: your spouse, your children, your friends, your neighbours, your relatives, and the members of your social networks. We ask that you please encourage your contacts to share this letter and petition with their networks. Without collective efforts, this petition will not succeed in providing needed changes to the treatment of our most vulnerable seniors living in long term care facilities.

Please click either the French or English version of the petition below. The process is easy. You fill out the information requested (name, postal code, email, etc.). Once signed, you will receive an email from the National Assembly asking for your confirmation. You must reply and click confirmation for your support to count.

Petition in French: <https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-8803/index.html>

Petition in English: <https://www.assnat.qc.ca/en/exprimez-votre-opinion/petition/Petition-8803/index.html>



MONTREAL COUNCIL
OF WOMEN
CONSEIL DES FEMMES
DE MONTRÉAL

“A Voice for Women in Montreal” for 127 years

montrealcouncilofwomen.ca

Depuis / Since 1893

NEWS FLASH – “Women’s groups start petition to improve Long-Term Care facilities”

Montreal Council of Women is pleased to report that the joint petition on Long Term Care (LTC), done in concert with the Quebec Provincial Council of Women and the Quebec Association of University Women's Clubs, has some good traction! Our province-wide media campaign is also starting to produce a few results. A small article/notice was published in the "Beaconsfield Journal" (top of page 15) and the "Pointe Claire Journal" on January 13, 2021. It also appeared in the St. Lambert Journal, Édition 2021-01-13 https://mcusercontent.com/d4cac37c5198c8e3a57b48b7c/files/c4de325f-b725-451d-934f-1b9662584b16/BEA_Jan_13_.pdf

DID YOU KNOW?

That the Montreal Council of Women at its December 17, 2020 “*Holiday Gathering*” has launched its “*MCW Journal of a Pandemic 2020*”? This is a collection of personal testimonials by MCW members about how they coped with the COVID-19 pandemic. Our sincere thanks and appreciation to **Maria Peluso**, VP Government Affairs/Advocacy, and to **Linda Monteiro**, BULLETIN Editor, for their creative initiatives and hard work in publishing this Journal, which will continue to be updated. It has been posted on the MCW website <https://montrealcouncilofwomen.ca>

UPCOMING PROGRAM EVENTS: from the comfort of your home via ZOOM

FEBRUARY - Thursday, February 4, 2021 – 12:00 noon-1:00 p.m.

To mark “**Black History Month**”, the MCW is thrilled to welcome **Dr. Dorothy Williams** as our guest speaker. Historian, author, educator, researcher, content developer and consultant, specializing in Black Canadian history, Dr. Williams will be speaking about the on-line toolkit she and community activist Linton Garner have developed. “*The ABC’s of Black Canadian History Kit*” is a teaching aid highlighting the contributions of Black Canadians past and present. **To attend this event, please register on-line at** <https://montrealcouncilofwomen.ca/en/events/>

MARCH - Thursday, March 4, 2021 - 6:00 p.m.-7:30 p.m.

In conjunction with International Women’s Day (IWD), MCW is sponsoring a “***Celebration of International Feminist Energies***” with three guest speakers. For more information, please go to the website: <https://montrealcouncilofwomen.ca/en/events/>

Renate Sutherland

Save the date!

WEST ISLAND WOMEN'S FORUM

**SATURDAY, MARCH 13 - @ 11 AM
LAUNCH OF THE WOMEN'S FORUM**

**SUNDAY, MARCH 14 - WED. MARCH 17
NEW CONTENT AND WORKSHOPS EACH DAY**

Supporting women during the pandemic

WEST ISLAND WOMEN'S FORUM

Supporting women during the pandemic

ABOUT THE FORUM:

On Saturday March 13, 2021, the West Island Women's Centre will launch the West Island Women's Forum. Throughout the week (March 14 to 17), we will hold daily webinars and online discussion forums that will cover a range of topics related to supporting women during this new reality.

As we are all familiar with now, this pandemic has caused different segments of our population to be adversely affected. Women of all generations have faced many challenges: insecurity with work, increased financial insecurity, increased isolation (especially seniors and those living alone), familial stress and pressures, along with other challenges to mental and physical health.

We are more determined than ever to provide much needed support to women within our community. We have identified sessions that will provide support and information covering these topics and we hope that you are still interested in participating in our Forum which will be a valuable and informative experience for all women.

Our goal is to provide a low-cost opportunity for Forum registrants. Participants can choose to attend just one session or attend all the sessions for a \$10 registration fee.

FORUM OBJECTIVES:

- Focusing on the importance of securing support during the current pandemic
- Addressing the need for skills and personal development for women
- Providing educational and social opportunities for women to learn and grow
- Conducting a new form of outreach which encompasses all women in the West Island

ORGANIZED BY: West Island Women's Centre (WISC)

More information will be sent to you by email.



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

Our next meeting will be on Thursday, February 4 at 7:30 p.m.

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, at 1:00 pm, on Wednesday, February 10. Judy Kelley will send out the link. Jane Quail will be reviewing the novel "The Book Woman of Troublesome Creek" by Kim Michele Richardson. Looking forward to seeing you all!

Marg Nicoll-Griffith and Judy Kelley

BOOK CLUB II

Our meeting will be held on Thursday, February 18 and will be discussing "Conclave" by Robert Harris which centers on the election of a fictional pope. Joan Dyer will be reviewing the book. If you are unable to attend, please let me know.

Hélène Quaid

EVENING BOOK CLUB 1

The Evening Book Club 1 will meet via Zoom on Tuesday, February 2 at 7:30, where we will discuss the book "Say Nothing: a True Story of Murder and Memory in Northern Ireland" by Patrick Radden Keefe. Hope to see all members at that time.

Linda Ricketts

EVENING BOOK CLUB 2

We are meeting on Tuesday, February 16 at 7:30 to discuss "The Widow of the South" by Robert Hicks.

MYSTERY BOOK CLUB

We are meeting on Wednesday, February 10 at 1:00 via Zoom. The discussion on the book "The Liar's Girl" by Catherine Ryan Howard will be led by Marianna Newkirk.

Gilda Martinello

NETWORKING

Our February network will be on Wednesday, February 24. The guest speaker is Lilly Rahmann, PhD, a naturopath, specializing in phyto-therapy and minerals, and author of "Crystal Healing".

Linda Sestock and Susan Campbell-Fournel

PHOTOGRAPHY

We will meet on Zoom on Tuesday, February 9 at 2:00 pm.

This month assignment is SHAPES.

Happy photographing.

Maria Korab-Laskowska

TETE-A-TETE

French Conversation is meeting on Zoom (virtually) on Friday February 19 at 9:30 am.

Janet Anderson

TRAVEL

The Travel group will meet on Tuesday, February 23 at 7:30.

Martin Joyal and Chantal Paul are presenting photos of their trip to Costa Rica called: The Biodiversity of Costa Rica

Maria Korab-Laskowska and Ann Arial

Advertising space available.

Please contact: mluwc.newsletter3@gmail.com

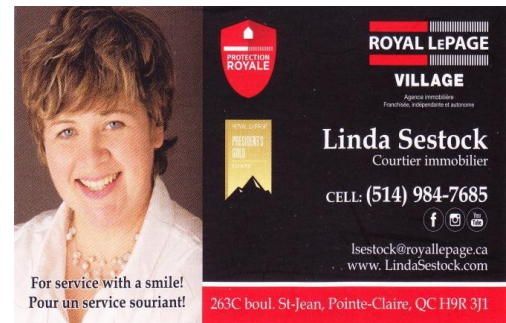
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FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
1	2 7:30 Evening Book Club 1	3 10:30 Coffee Break	4 7:30 Advocacy	5
8 7:00 General Meeting	9 2:00 Photography	10 10:30 Coffee Break 1:00 Book Club 1 and Mystery Book Club	11	12 Newsletter Deadline
15	16 7:30 Evening Book Club 2	17 10:30 Coffee Break	18 1:00 Book Club 2	19 9:30 French Conversation
22	23 7:30 Travel	24 10:30 Coffee Break 7:00 Networking	25	26
25	26	27 10:30 Coffee Break	28	29

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

Proofreaders: Janet Ankorn and Jane Edwards

Deadline for March submissions: February 12, 2021