

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, January 2021

Volume 63, Issue 5

POT LUCK DINNERS

**Monday, January 18,
2021**



Brunch/Lunch: 11:30

Or

Dinner: 6:30

Or

Both!!

**Information on Zoom sign-in will
be sent shortly**

PRESIDENT'S LETTER

Happy New Year, everyone!

Thanks to all who attended our Zoom Christmas event and for supporting our charity this year - the West Island Mission.

Your generosity surpassed all expectations! We raised \$3,563.50! The Executive had decided to match funds up to \$1,000, so the total for the Mission was \$4,563.50!

As if this donation was not enough, thanks to your benevolence, we were also able to collect an additional \$3807.50 in cash and gift cards and which was given to Jennifer Dupuis for CARE Jeunesse. Thanks to all who donated and thanks also to Mary Vlahos, Nancy Acemian and Patricia Du Val for organizing this. A big thank you to our Treasurer, Helen Findlay, for ably handling all the additional work associated with these two fundraising efforts.

It was so unfortunate that the wonderful Christmas concert, so lovingly prepared by Barbara Lewis, experienced transmission difficulties. Hopefully, we will receive a link soon, so we can listen to the music during the holiday season.

Nancy Acemian also deserves our gratitude for keeping our club running on Zoom. Thanks to her savvy tech skills, she has been able to keep our Executive and General monthly meetings, as well as many interest groups, connected during this difficult time.

Finally, I'd like to thank Linda Sestock for being the President of our Club for 4 years. Linda brought our club into the 21st Century, and, thankfully, she will continue her efforts to promote MLUWC through social media. I am most grateful that you have entrusted me with the position of President for the second half of this year. Please do not hesitate to contact me with any concerns. All my best for 2021.

Jane Cowell-Poitras

POT LUCK DINNERS



This year we are keeping up the tradition of the January Pot Luck Dinners with a small twist to them.

Just think, ladies: NO hosting, NO cooking, NO late-night driving and dealing with the elements. It will all be virtual through ZOOM, as is the rest of our lives lately.

You can join us from the comfort of your home. We will have **two sessions, brunch/lunch at 11:30 a.m. and dinner at 6:30 p.m.** There is also a **third option:** you can attend **both sessions** since you do not have to leave your home. We will be in chat rooms of six persons to make for easier conversation and to meet new people. An invitation will be sent out to you early in January.

In the meantime, we wish you a Happy and Safe Holiday Season. Do not hesitate to contact Carole or myself if you have any questions.

Best wishes,
Carole Newberry & Mary Vlahos

CHRISTMAS FUNDRAISER

We raised \$3,563.50 for the West Island Mission! The Executive had decided to match funds up to \$1,000, so the total for the Mission was \$4,563.50!

I announced the amount at our Christmas event, and I had the pleasure of presenting the cheque on your behalf to Suzanne Scarrow, the Mission's Director, a few days later.

While on site, I was lucky enough to have a socially-distanced tour of the facilities where underprivileged families, or those down on their luck due to the pandemic, can "shop" for \$5 and choose what they would like - not only non-perishable goods - but also fresh items like milk, bread and eggs. There was even an entire room devoted to toys and games for children, where parents can choose an age-appropriate Christmas gift for each of their kids. While I was there, volunteers were buzzing around making up bags of food to be delivered to shut-ins and immuno-compromised folk. A group of employees from a local company arrived to make the deliveries free of charge.

Please know that your donations will be put to good use.



ADVOCACY NEWS

We are very happy to announce that an unprecedented amount of \$3807.50 was collected for C.A.R.E Jeunesse and we are still receiving more.

These gift cards, along with the Christmas cards many of you submitted, were given to Jennifer Dupuis of CARE Jeunesse. They will no doubt bring joy to the young people transitioning out of foster care.

A big “Thank you” to all of you for your generosity. Well done, **BRAVO**.

Best wishes for a Happy Holiday Season and a healthy and safe New Year.



Mary Vlahos, right, is presenting Jennifer Dupuis of C.A.R.E. Jeunesse our gift and Christmas cards .

Thank you for your generosity.
Patricia DuVal & Mary Vlahos
Advocacy Co-chairs

CFUW NEWS

The National office in Ottawa will be closed for the holidays from December 18 until January 4.

CFUW Liaisons:

Patricia DuVal

Mary Vlahos

CLOTHES AND FOOD DRIVE FOR RESILIENCE

At our November meeting, our guest speaker Nakuset inspired the MLUWC members to start a collection for the Indigenous Homeless Day Shelter at Cabot Square.

Nancy Acemian and Linda Sestock accepted the generous donations of food and clothing at their homes. It was a lovely opportunity to see members, at a safe distance and with masks.

On November 18, a bitterly cold morning, a caravan of 3 very full vehicles made its way from the West Island to Cabot Square. Nancy & Tom, Linda and Cendra unloaded the 3 vehicles and were warmly welcomed by the Shelter Staff.

To see the people lined up waiting for assistance and to drive through an alley where sleeping bags were spotted, one could not but pause and take a long moment to appreciate all that one has.

For more information about Resilience Montreal, a day shelter and wellness centre here is the website link: <https://resiliencemontreal.com/home/>

If you are interested in a future food drop off, please let Linda Sestock know.

CONDOLENCES

We extend our condolences to Hélène Duquet and her family on the passing of her son at the age of 55 in late November 2020. He leaves behind his mother, his wife, and four children.

WEEKLY COFFEE TIME

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 DONATION FORM

Donation Form

MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation ☐

Company donation ☐

In Memory/In Honour ☐

For: In Memory ☐

or In Honour ☐

Please complete the following:

Honouree Name: _____

Notification Information:

Name: _____

Address: _____

City/Prov. _____ Postal Code _____

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: _____

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. Visit mluwc.com and click on

Donate to the Scholarship Fund.

Thank you for your support!



montrealcouncilofwomen.ca

Depuis/Since 1893

“A Voice for Women in Montreal” for 127 years

NEWS FLASH- A Move to Action

Advocacy Groups pressure VISA and MasterCard to cut ties with Montreal based company MindGeek and Pornhub – the largest “adult entertainment” website in the world.

The letter from more than 40 signatories, endorsed by MLUWC at the December meeting, comes as the government has promised new legislation to crack down on child pornography and hateful content on our various internet platforms. The letters, which include a letter signed by 20 Senators and MPs along with their supporting documents, will be sent to the appropriate directors of both companies as well as to government departments and banking associations.

MCW’s involvement is based on having put forward and successfully having had two policies related to this issue accepted by the National Council of Women.

Our sincere thanks to MCW President, Penny Rankin, for her initiative in addressing this important issue and in taking action. An update of this ACTION is in her follow-up letter to all MCW members:

“Dear Members, Friends and Supporters!

Following up on our work in developing policy on human trafficking and protecting children online...I am happy to share this article that you can access here:

<https://montrealgazette.com/business/advocacy-groups-pressure-visa-mastercard-to-cut-ties-with-porn-company-mindgeek>

The article can also be accessed online on our website here: [Montreal Council of Women -](#)

The Montreal Council is proud of all the work we engage in. Whether responding to calls for support related to gun violence...or the current and excellent work being done related to Long

Term Care (LTC) and Homecare regulations (and more!), I want to confirm and assure members that we are not a one-issue organization. A fact mirrored in the excellent series of speakers that have Zoomed with us this year...To review recent activities click here: [Montreal Council of Women - Events](#)

I hope also that you will be joining us next Thursday, December 17 at 6 pm as we Zoom-meet to unveil our Pandemic Journal and to take some time to reflect back on what has been a challenging- but nevertheless productive year. So, please register here: [Montreal Council of Women](#) -.

If you have any trouble doing so please contact me. 😊 mcwinformation@gmail.com

*In the interim
Stay Safe...*

*Penny (Rankin)
President MCW"*

POLYTECHNIQUE MEMORIAL

Thank you for attending the PolySeSouvient Presentation given by Heidi Rathjen and for joining in the Commemoration graciously led by Marie-Josée Potvin in which we honoured the lives of the 14 young women who lost their lives so brutally on December 6th 1989.

Should you wish to review the event please check our website as the recording will be uploaded to the Members Portal in the coming days here: [Montreal Council of Women](#) - here are links to the online campaign calling for legislation to render the assault weapon ban permanent:

ENGLISH: <http://polysesouvient.ca/action/calltoaction/>
FRENCH: <http://polysesouvient.ca/action/appelalaction/>

MEMBER IN THE NEWS

A note about the Quebec English school board elections:

The LBPSB (Council of Commissioner) elections were postponed twice this fall which certainly led to confusion for the electorate and for those running for Wards and for the position of Chair.

Once the new election date is called by the Ministry of Education, possibly in the spring of 2021, although it could be sooner depending on a green light from public health, I will share more information with you. In the meantime, you can still ensure you are on the English voters list: <https://boardsite.lbpsb.qc.ca/school-board-election#List>

As one of two people running for chair of the LBPSB, I hope you will support me in this leadership role when you make your choice. Thank you!

Judy Kelley (MLUWC member)

judy_kelley@hotmail.com



Career in education - 42 years

SHOW YOU CARE, elect **JUDY KELLEY** as **CHAIR** of the LBPSB

I will champion our school board through:

STRONG LEADERSHIP <ul style="list-style-type: none">• Consensus• Respect• Civility• Stewardship	EXCELLENCE IN EDUCATION <ul style="list-style-type: none">• Fluency: English and French• Resources and tools for teachers, support staff and professionals• Innovative programs and services
VALUES <ul style="list-style-type: none">• Wellness: mental and physical health• Diversity• Equity• Inclusion	SAFETY and SECURITY <ul style="list-style-type: none">• Pandemic mitigation• School environment• Digital citizenship• Individual rights
	ENGAGEMENT <ul style="list-style-type: none">• Student empowerment• Parent voice• Local democracy• Community development• Celebrating successes

Our public schools are the heart of our English community. By taking part in our school board elections, all electors will show how proud we are to be part of the LBPSB. Please vote: December 20, 2020.
(jforchair2020@gmail.com/Facebook Judy Kelley)

Authorized by Judy Kelley. Printing by Jeff Jones Printing



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

The next Advocacy Committee meeting will be held on January 7, 2021 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

Our January meeting, will be on the 13th 1:00 pm on Zoom. The chosen book is the historical narrative "Washington Black " written by Esi Edugyan. Nancy Lloyd will tell us about the author, and Renata Bagga and Judy Kelley will lead the discussion.

Have a safe holiday, everyone, and a big welcome to 2021, a year when we can hopefully meet and converse face to face. In the meantime, enjoy some cozy winter reading, maybe a new holiday gift! See you all in January.

Marg Nicoll-Griffith and Judy Kelley

BOOK CLUB II

We look forward to our first meeting of 2021 to be held on January 21 at 1:00 pm on Zoom, when Carol will be reviewing "Bush Runner". Please come with a suggestion for a book that we can review/discuss at our May 2021 meeting.

Happy New Year! Be well, stay well!

Hélène Quaid

EVENING BOOK CLUB 2

We are meeting on Tuesday, January 19 at 7:30 to discuss "Nine Perfect Strangers" by Liane Moriarty.

EXPLORING WORLD CULTURES

The next meeting will be on Thursday, January 28 at 7:00 pm.

Sarah Ford will present on Newfoundland. Additional information will be forwarded prior to the evening.

Sally Gurekian

MYSTERY BOOK CLUB

We are meeting on Wednesday, January 13 at 1:00 via Zoom. The discussion on the book "Victim 2117" by Jussi Adler-Olsen will be led by Liliana Perodeau.

Gilda Martinello

NETWORKING

Our January network will be on the fourth Wednesday, January 20. Details will be sent by email.

Linda Sestock and Susan Campbell-Fournel

PHOTOGRAPHY

The Photography group will meet on Tuesday, January 12 at 2:00 pm.

This month our challenge is "Lines".

Maria Korab-Laskowska

TETE-A-TETE

French Conversation is meeting on Zoom (virtually) on Friday, January 15 at 9:30 am.

Janet Anderson

TRAVEL

The Travel group will meet on January 26 at 7:30.

You are invited for an adventure with Wojtek Skoryna who will present "Mount Fuji and the Japanese experience".

Maria Korab-Laskowska and Ann Arial

Advertising space available.

Please contact: mluwc.newsletter3@gmail.com

Advertising space available.

Please contact:

mluwc.newsletter3@gmail.com



GEORGIANA CRETU
courtier immobilier agréé
(514) **636-1468**
georgi@videotron.ca
RÉSEAU IMMOBILIER
ADRESZ
Agence immobilière
1564 Herron Rd., Dorval, Qc. H9S 1B7
Tel. 514-636-2981 Fax. 514-403-3032
www.adresz.com
L'immobilier de a à z Real estate from a to z



ROYAL LePAGE
VILLAGE
Agence immobilière
Franchise, indépendante et autonome
Linda Sestock
Courtier immobilier
CELL: (514) 984-7685
lsstock@royalpage.ca
www.LindaSestock.com
For service with a smile!
Pour un service souriant!
263C boul. St-Jean, Pointe-Claire, QC H9R 3J1



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>



Juice PLUS+
TOWER GARDEN
BY JUICE PLUS+
Susan Campbell-Fournel
Nutrition Consultant, B.A., M.Ed
Certified Health Coach & Educator
705.441.6084
healthjus4you@gmail.com
susan@canada.juiceplus.com
susanccampbellfournel.com

JANUARY 2021

Mon	Tue	Wed	Thu	Fri
				1 
4	5	6 10:30 Coffee Break	7 7:30 Advocacy	8
11	12 2:00 Photography	13 10:30 Coffee Break 1:00 Book Club 1 and Mystery Book Club	14	15 9:30 French Conversation Newsletter Deadline
18 Pot Luck 11:30 Brunch/lunch 6:30 Dinner	19 7:30 Evening Bk Club 2	20 10:30 Coffee Break 7:00 Networking	21 1:00 Book Club 2	22
25	26 7:30 Travel	27 10:30 Coffee Break	28 7:00 Exploring World Cultures	29

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

Proofreaders: Janet Ankorn and Jane Edwards

Deadline for February submissions: January 15, 2021