

# MLUWC

## MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

### Newsletter, March 2021

Volume 63, Issue 7

<p><b>General Meeting</b></p> <p><b>Monday, March 8, 2021</b></p> <p><b>International Women's Day</b></p> <p>via Zoom</p> <p><b>Guest Speakers</b></p> <p><b>Kemba Mitchell and Sarah Ford</b></p> <p><b>7:00</b> – Join your MLUWC friends for some chit-chat</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><b>PRESIDENT'S LETTER</b></p> <p>With March on the horizon, we have a lot to look forward to despite the bleak times in which we find ourselves. Each day, we are gaining about three minutes of sunlight. It is no longer dark at 4:30 p.m! Mid-March, we will be putting the clocks forward and sunset will be at 7:00 p.m.</p> <p>March 8 is International Women's Day. This year's theme is "Women in Leadership: Achieving an Equal Future in a COVID-19 World". The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic. I always like to reflect on the status of women both in Canada and around the world on IWD. I like to think about how far we have come since I was a young woman, and how opportunities for women will change again during the lifetime of my daughters. True equality is still to be achieved sometime in the future, but every day, we are making progress and women are taking their rightful places in the world of science, business, academia, and politics, among others. This year, IWD coincides with our monthly meeting – member's night - so we can celebrate together the talented women in our midst!</p> <p>I would also like to take this opportunity to encourage you to sign up for the West Island Women's Forum March 13-17. The MLUWC is one of the supporters of this wonderful event. Further information is available in this newsletter.</p> <p>With more daylight, spring-like temperatures, and women's activities, we have much to be grateful for as we await vaccination and a return to a more normal existence.</p> <p>Take care and stay healthy, Jane Cowell President</p>
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## PROGRAM

### Monday, March 8, 2021 General Meeting

*(Remotely via Zoom)*

In celebration of **International Women's Day (March 8)**, our March meeting is dedicated to women leaders in our community and, of course, to you, our members.



<https://www.marketingguru.io/blog/international-womens-day-marketing>

We will start the evening by welcoming **Kemba Mitchell**, Chairperson of the West Island Black Community Association (WIBCA) and **Sarah Ford**, Executive Director of the West Island Women's Center (WIWC). They will speak about the work their organizations are doing in the West Island community.

Our March General Meeting is always dedicated to our Members – **Members Night**. This year we will change the format and have as many of you who wish to participate to tell us something about yourself we may not know. Each member will have a 3-minute time block to share.

We are looking forward to seeing you on Zoom for an informative and fun meeting.

#### Kemba Mitchell



Kemba Mitchell is a proud 3rd generation African-Canadian, a mother, and a relentless activist for the empowerment and advancement of the Montreal Black Community. Inspired by her late mother, Ina Cassell, a Pan Africanist, artist and community activist, Mitchell continues to follow in her mother's footsteps through her volunteer work now proudly serving as the 15th Chairperson of the West Island Black Community Association (WIBCA), a long-standing pillar of the community. Kemba holds a B.A in Human Relations from Concordia University. She has over 17 years of experience in customer support, project management, and international logistics management. Her diverse skill set serves her on many fronts, from volunteering with the West Island Blues Festival Committee to, most recently, holding a position as Community Development Agent at a local high school. Kemba is a proud mentor volunteering with Big Brothers Big Sisters of the West Island and was recently appointed to the Lester B. Pearson Task Force on Equity and Inclusivity. She is a biweekly contributor on Bell Media Let's Talk radio station CJAD 800's 8:40 Second Breakfast Table with Elias Makos.

## Sarah Ford



Sarah Ford is a non-profit professional who has worked for the past 12 years in both community and international organizations. Prior to this, Sarah worked as a communications and marketing specialist in the private sector for both companies and agencies. She currently is the Executive Director of the West Island Women's Centre and sits on the Board of Directors for Social Justice Connection. Sarah is a mother of two young daughters and lives with her family in Pointe-Claire.

## 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 am pleased to welcome our latest member who joined this month, Cynthia Vincent.

Nancy Acemian  
VP, Membership

## GLAD

Dear Members,



February and March are often difficult months in the best of times for most of us. This year it is probably harder as not only are we suffering from cabin fever, but have the stress of the pandemic to cope with as well. Well here is a little something you can do every night before falling asleep to make sure that you end your day on a happy note, thus making it more likely that you will get up on the right side of the bed the next morning. Apply the G.L.A.D. rule. Here is how it works.

Think of something you are **grateful** for that day, something new that you **learned** that day, something that you **accomplished** that day, and something that brought you **delight**! This will help you realize that it was not such a bad day after all and you will fall asleep with a smile on your face which will make it easier to wake up with a smile the next morning.

If you try this, let me know how it worked for you and feel free to share with others!

Nancy Acemian

## 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))

## NOMINATING COMMITTEE

Once again, it's time to begin the process of selecting the slate of officers for the years 2021 -2022 and 2022-2023.

As per Article VIII of the MLUWC Constitution and By-Laws,

1. Elections - Officers and Chairs of committees shall be elected at the Annual Meeting. Ballots shall be used if there is more than one candidate for any office.
2. The Nominating Committee **shall consist of five members chaired by the Past-President**: one member shall be appointed by the Executive at their January meeting and three members shall be elected from the membership at the regular meeting in February.
3. The Nominating Committee will:
  - a. Inform the membership of the available positions at the February General Meeting and provide nomination forms.
  - b. Recommend a candidate for each office. Each nominee must be a member in good standing and must signify her consent to stand for election.
  - c. Send each Club member a copy of its recommendations at least two weeks before the Annual Meeting, plus a copy of Article VIII Section 4 of the constitution, explaining the procedure for additional nominations.
  - d. Present the proposed slate of officers to the members at the Annual Meeting.
4. Additional nominations must be made in writing to the Nominating Committee at least five days before the Annual Meeting, but consent must be obtained first from the nominee and accompanied by the signatures of five members.

If you are interested in serving on the Nominating Committee, please contact me directly as soon as possible.

The positions that will need to be filled for the coming years 2021-2022 and 2022-2023 will be announced shortly.

If you are interested in serving on the Executive Committee, please contact me directly.

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

## FUNDRAISING COMMITTEE

It has been several months since I last communicated with you.

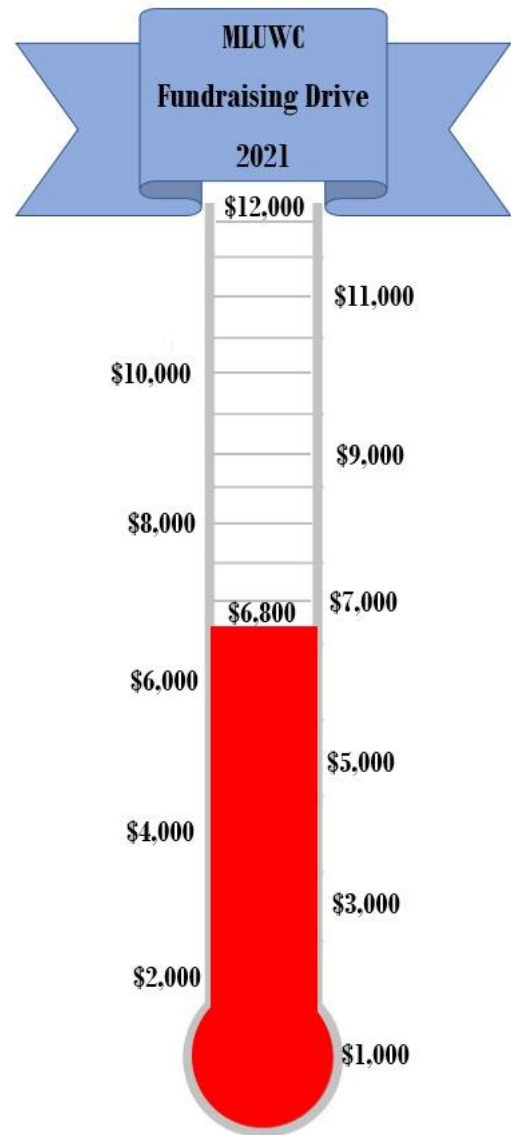
It is my hope that you are all faring well and that you are looking forward to the warmer days of spring which are just around the corner.

You will notice the thermometer on the right indicating our annual Scholarship Fund objective of \$12,000 and our current balance towards this goal of \$6800. This encouraging amount has been attained through all of your kind donations received since last June, which marked the beginning of the club's new fiscal year.

As a means of continuing to put money in our Scholarship Fund, we will be conducting a **Scholarship Fundraising Drive**. The drive is now in effect and will continue throughout the spring. Your continued support would be most welcome. You may donate through **Canada Helps** or prepare a cheque payable to **MLUWC Scholarship Fund**. Tax receipts will be issued for amounts of \$25 or more.

We have also planned a very special virtual fundraising evening on **Thursday, April 22, 2021** from 7:00 p.m.- 9:00 p.m. We are delighted to announce that **Gina Cody** will be our guest. Ms. Cody, MEng 81, PhD 89, was the first woman to be awarded a PhD in building engineering at Concordia. In 2018, Ms. Cody also gifted \$15 million to Concordia's Faculty of Engineering and Computer Science and the faculty was renamed in her honour. Ms. Cody will be talking about "Three Stages of Life". There will be a registration fee of \$25. We will communicate with you as more details become available.

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



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

Thank you for your support!

## UPCOMING CFUW AND GWI EVENTS

**March 8: International Women's Day.** TEMBO Canada (Tanzania Education and Micro-Business Opportunity) is an organization that aims to raise awareness and funds to support their Tanzanian partners in providing educational and micro-business opportunities for girls and women. A free online webinar event sponsored by CFUW called Eight on Eight will bring together 4 voices from Tanzania and 4 from Canada for an innovative and thought-provoking discussion.



**CTRL+Click to register!**

<https://www.canadahelps.org/.../pr.../events/powerandpotential/...>

### **March 16-26: UN Commission on the Status of Women:**

Women in Public Life ♦ Equal Participation in Decision-Making ♦ End Violence ♦ Achieve Gender Equality. Due to the COVID-19 pandemic, the UNCSW forum will be held *virtually* in 2021.

**March 17, 2021, 12PM Eastern:** CFUW will host a parallel event called "**Mobilize for Impact**" at the NGO/CSW virtual forum. Panelists will explore the status of women and girls and effective mobilization strategies. Includes Panelists from the University of Toronto, the University of Ottawa, the Feminist Alliance for International Action (FAFIA) and the Canadian Research Institute for the Advancement of Women (CRIAOW).

**Click here to register** to access the virtual NGO/CSW platform and register for CFUW's and other organizations' parallel events. : <https://www.eventbrite.com/e/ngo-csw65-forum-advocate-registration-tickets-137312871495> After you register via EventBrite, you will receive an email with instructions on how to access the platform where the parallel events will take place.



## **Did You Know?**

### **International Day of Women and Girls in Science 2021**

As pointed out by UNESCO, only 17 women have won a Nobel Prize for physics, chemistry or medicine since Marie Curie in 1903 compared to 573 men. Today only 28% of the world's researchers are women. GWI calls for a concerted effort to break stereotypes about women and girls and sciences and further the enrolment of women and girls in STEM (Science, Technology, Engineering and Mathematics). #WomeninScience

**Want to know more about CFUW and GWI's international activities? Follow the GWI virtual club on Facebook at <https://www.facebook.com/CFUWCanadaGWI>**

## **CONDOLENCES**

Our sincere sympathy is extended to the members of Pat Drummond's family. Pat was a long-time member of our Club. She passed away at Montreal's Fulford Residence on January 28, 2021.

## 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

**The deadline to sign this petition is March 16, 2021.**

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>



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*Depuis / Since 1893*

## GREAT NEWS!

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 May 20<sup>th</sup>, 2021.

## U P C O M I N G   M A R C H 4<sup>th</sup> E V E N T:   from the comfort of your home via ZOOM

In conjunction with International Women’s Day (IWD), MCW and the Zonta Club of Montreal as partners in this joint event, want to honour three remarkable women who work tirelessly to advance the status of women and human rights on this planet. Their international achievements make a difference in the developing world to benefit the lives and well-being of children, mothers, grandmothers and parents.

“A Celebration of International Feminist Energies”

On Thursday, March 4<sup>th</sup>, 2021 - 6:00 p.m.-7:30 p.m.

Three Guest Speakers:

Wenda Bedard, Founder of 60 Million Girls, a volunteer - run organization

Peggy Edwards, co-founder of the Grandmothers Advocacy Network

Armene Modi, educator and activist from India and founder of Ashta No Kai (For a Better Tomorrow)

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



West Island Women Entrepreneurs added an event. ...

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**Second Annual 2021 International Women's Day Awards - Networking & Fundraiser** to benefit the West Island Cancer Wellness Center. The event will take place as a Zoom event on International Women's Day March 8th, 2021 in the form of a virtual 5 à 7 with networking features. Three outstanding Women Entrepreneurs have been selected to be recognized for their contributions within the community. One of these outstanding women is our own Linda Sestock! Congratulations, Linda!

Tickets \$30 – a \$25 tax receipt will be given.

Get your tickets online: <https://secure.e2rm.com/registant/TicketingCatalog.aspx...>

A tax receipt for \$25 will be provided directly to your email from WICWC and West Island Women Entrepreneurs will provide 5 raffle tickets to each person who donates, to be drawn for prizes on the day of the event. A list of raffle prizes will be listed soon. Once you have made your donation, you will receive by email a ZOOM link to the online event.

Bring along your favourite beverage and a few munchies (and invite your entrepreneurial friends) to join us in celebrating this landmark International Women's Day. Put on your party dress!

## WEST ISLAND WOMEN'S FORUM



### REGISTER TODAY! WEST ISLAND WOMEN'S FORUM

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

On Saturday March 13, 2021, the West Island Women's Centre will digitally 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.

Participants can choose to attend just one session or any number of the sessions throughout the week. When you register for the Forum, you will then have access to the Teachable platform where we are holding this online event.

Topics covered:

- ❖ Support for Entrepreneurs Workshop - Sunday, March 14, 2021, at 10:00 am
- ❖ Professional Skills Workshop - Sunday, March 14, 2021, at 2:00 pm
- ❖ Supporting Senior Women Session - Monday, March 15, 2021, at 7:00 pm
- ❖ Managing Stress Workshop -Tuesday, March 16, 2021, at 7:00 pm
- ❖ Community Organizations Supporting Women - Wednesday, March 17, 2021, at 2:00 pm

The Montreal Lakeshore University Women's Club will be supporting the "Supporting Senior Women Session".

Once registered for the Forum, a feedback form will be sent to participants. If you are interested, we would love to have women provide their own insight during this session.

# INTERNATIONAL WOMEN'S DAY

**Date:** Sunday, March 14, 2021  
**Time:** 11:00 am—12:30 pm  
**Place:** Virtual Via Zoom



## ZONTA CLUB OF MONTREAL Cordially invites you to OUR VIRTUAL INTERNATIONAL WOMEN'S DAY EVENT

**Our speaker:** MS KHAWAR MUMTAZ



**Women's Rights Activist,  
Former Chairperson of the National  
Commission on the Status of Women, Pakistan**

**Topic:** "Child Marriage - Denial of childhood"

Ms. Mumtaz has 35 years of experience in teaching, journalism, transnational advocacy, activism and is specialized in areas such as: Women's rights and development, Women's political participation, poverty and environment, Women's reproductive health and rights.

[https://en.wikipedia.org/wiki/Khawar\\_Mumtaz](https://en.wikipedia.org/wiki/Khawar_Mumtaz)

**Place:** In the comfort of your home virtually via Zoom

**Zoom Link:** To be sent by email with confirmation of registration & payment

**Tickets:** \$15.00

**Payment:** e-Transfer, PayPal or mail us a cheque by March 07, 2021.  
(Cheques to be made out to Zonta Club of Montreal and mailed to the attention of ZCO Co-Treasurer at 81 Oxford Street, Baie d'Urfe, QC H9X 2T6)

**RSVP:** Reserve your space by Saturday, March 07  
Click here to register. [Registration Form](#)

**Info:** Contact Pat Funnell or Suzanne Makinson  
at [zontamtl@gmail.com](mailto:zontamtl@gmail.com)

**Sponsor** Zonta Club of Montreal  
[www.zonta.org](http://www.zonta.org)  
[Montreal@ZontaDistrict2.org](mailto:Montreal@ZontaDistrict2.org)





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**

Our next meeting will be on Thursday, March 4 at 7:30 pm.

A reminder will be sent out a couple of days before with the ZOOM codes.

Mary Vlahos and Patricia Du Val

### **BOOK CLUB I**

On Wednesday, March 10 at 1:00 pm, via Zoom, we will be off on a cross-Canada road trip as we review “Chop Suey Nation”, written by Ann Hui, with Megan Marinos as our discussion leader. Judy Kelley will be in touch with the Zoom information closer to the date.

Marg Nicoll-Griffith and Judy Kelley

### **BOOK CLUB II**

Book Club 2 will be meeting on Zoom, at 1:00 pm, on Thursday, March 18. Ina Lessard will be reviewing the novel “*The Splendid and the Vile*” by Erik Larson, a compelling portrait of Winston Churchill and London's darkest year. Looking forward to seeing you all!

Hélène Quaid

### **EVENING BOOK CLUB 1**

We will be meeting via Zoom on Tuesday, March 2 at 7:30 pm to discuss the book “A Good Neighbourhood” by Therese Anne Fowler.

Linda Ricketts

### **EVENING BOOK CLUB 2**

The Evening Book Club 2 will meet on Tuesday, March 16 at 7:00 pm to discuss “The Gown” by Jennifer Robson.

### **EXPLORING WORLD CULTURES**

We will meet on Thursday, March 25, 2021 at 7:30 pm (**please note change in time**).

Cendra Paas will present on the "United Arab Emirates".

Sally Gurekian



**MYSTERY BOOK CLUB**

We are meeting on Wednesday, March 10 at 1:00 via Zoom. Suzanne Chaussé will lead the discussion on the book “The Sweetness at the Bottom of the Pie” by Alan Bradley.

Gilda Martinello

**NETWORKING**

The Networking meeting will be on Wednesday, March 24 at 7:00 pm. More information to follow.

Linda Sestock and Susan Campbell-Fournel

**PHOTOGRAPHY**

The Photography group will meet on Tuesday, March 9 at 2:00 pm.

Our monthly challenge is “Lines and Shapes” however this time we are not photographing objects with lines and shapes but discussing the compositional elements produce implied lines and shapes.

Maria Korab-Laskowska

**TETE-A-TETE**

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

Janet Anderson

**TRAVEL**

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

This time our member Dianne Robinson will share her experience on "Cycling in Sri Lanka".


Maria Korab-Laskowska and Ann Arial

**Advertising space available.**

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



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## March 2021

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b> 7:30 Evening Book Club 1	<b>3</b> 10:30 Coffee Break	<b>4</b> 7:30 Advocacy	<b>5</b>
<b>8</b>  <b>7:00 General Meeting</b>	<b>9</b> 2:00 Photography	<b>10</b> 10:30 Coffee Break  1:00 Book Club 1 and Mystery Book Club	<b>11</b>	<b>12</b>  <b>Newsletter Deadline</b>
<b>15</b>	<b>16</b> 7:00 Evening Book Club 2	<b>17</b> 10:30 Coffee Break  	<b>18</b> 1:00 Book Club 2	<b>19</b> 9:30 French Conversation
<b>22</b>	<b>23</b> 7:30 Travel	<b>24</b> 10:30 Coffee Break  7:00 Networking	<b>25</b> 7:30 Exploring World Cultures	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b> 10:30 Coffee Break		

**Newsletter Editor: Gilda Martinello** [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)

**Proofreaders: Janet Ankcorn and Jane Edwards**

**Deadline for April submissions: March 12, 2021**