



Montreal Lakeshore University Women's Club

A Member Organization of The Canadian Federation of University Women since 1957

Newsletter, March 2018

Volume 60, Issue 8



General Meeting

Monday, March 12, 2018

at

The Karnak Shriners' Temple
3350 Sources Boulevard, DDO

Members' Night

An interesting evening in which we meet some fascinating members – some who are new and will speak to us about some remarkable aspects of their lives and others who will show off their creativity!

6:30 pm – Set-up of Displays *

7:00 pm – Networking and Coffee

7:45 pm – Meeting: Resolutions and Presentations by Members

*It's not too late to reserve a table to display your creative achievements, call or email **Marianna Newkirk**

President's Message

Spring is on its way, despite all of the snow (which may have melted away by the time you read this).

Our 60th Anniversary Gala planning has allowed me the privilege of going through our scrapbooks from 1957 on. I am overwhelmed by how involved the MLUWC was politically and how we helped influence the way women are perceived - much has changed, but we are still fighting for our rights. We need to preserve our memories, and more importantly share them while we continue to advocate for women around the world.

The Program committee has provided us with many wonderful speakers this year, including Janet Torge and now I am looking forward to Members' Night. This is a great opportunity to showcase your work, hobbies and volunteer work and to learn more about your fellow members.

International Women's Day is happening soon. I plan on attending the Zonta luncheon March 17th. I am looking forward to seeing many of you then as well.

Linda Sestock
mluwc1@mluwc.com

To donate to our Scholarship Fund at any time go to

http://mluwc.com/scholarship_fund.html

MEMBERSHIP

I would like to start by thanking all of you for your help in recruiting new members. I want to welcome Helena Gunnarson and Astrid Defence, who joined us in February.

The new website is also attracting people. I get requests online and people seem interested in our club. The outstanding work done by one of our new members, Sylvie De Sousa, is clearly paying off.

As part of our 60th gala celebration, we will be honoring 4 volunteers for their outstanding service to our club and in the community.

ATTENTION ALL MEMBERS

CFUW has requested your email addresses in order to send their newsletter directly to you. I want to make sure you do not object to our giving out this information. You will have one week from the date the newsletter is issued to opt out. To do so, just send me an email at: mluwc.membership@gmail.com

Paulette Cargill
Vice-President & Membership Chair



MEMBERS' NIGHT

Members' Night – March 12th - Karnak

An interesting and fun evening in which we learn more about our own members – three new members (Gloria Bijun Gong; Luhan Wahbeh; Devi Di Guida) will speak to us about remarkable aspects of their lives and others will show off their projects and interests! In the spotlight will be a couple of the interest groups. Come and be inspired by our members. Also, have your say and contribute to the discussions of the current three resolutions that have come from the CFUW for our input.

6:30 pm – Set-up of issues, miscellaneous activities, promotion tables*

7:00 pm – Networking and Coffee

7:45 pm – Meeting: Resolutions and Presentations by Members

*It's not too late to reserve a table to display your creative achievements, your work, volunteer or paid, and your hobbies, call or email Marianna Newkirk

Marianna Newkirk
Chair, Programme Committee



Marianna Newkirk with Janet Torge, the guest-speaker at the February meeting

Save the Date

Saturday April 28th the MLUWC is hosting the QC Council AGM

Location - Herb Linder Annex (Beaconsfield)

Time: 8:30 - 3pm

Guest Speaker: Rachel Kiddell-Monroe, a lawyer and an activist who specializes in humanitarian assistance, global health, governance and bioethics.

Cost: \$35

Contact Linda Sestock if you will be able to volunteer (registration, help with food and clean up)

FUNDRAISING

Thank you to those members who responded to our committee's request with fundraising suggestions for next season. Please keep those ideas coming, as they are most appreciated.

The 60th Anniversary Gala Dinner scheduled for Wednesday, April 18th, 2018 will replace our Spring Fundraiser normally held at this time of the year.

Victoria Pinnell
Chair, Fundraising Committee



COMMISSIONER OF OATHS

Do you know the role of a Commissioner of Oaths?

It is an individual who is empowered to certify the oath or “solemn affirmation” of a person upon documents such as; diplomas, birth certificates and other records.

If you are in need of this service, please contact Victoria Pinnell. vpinnell@gmail.com

CFUW NEWS

It's Resolution time. We will be voting on them at the next general meeting. The deadline for amendments is **April 15th**.

Resolution Number	Name of the Proposer	Title	Email to send amendments
Resolution 1	CFUW Perth and District	Fair and Non-Discriminatory Management of Refugees and Asylum Seekers	resolution1@fcfd.org
Resolution 2	CFUW BC Council	Ending Youth Homelessness	resolution2@fcfd.org
Resolution 3	CFUW Nelson and District	Education to serve as a vehicle for social justice for vulnerable children living in closed religious communities	resolution3@fcfd.org

For background information on any of these resolutions, visit the CFUW Member Resource site and click on Proposed Resolutions, Table of Contents or call Nancy Doray or Patricia DuVal.

INTERNATIONAL WOMEN'S DAY – MARCH 8th

2018 Project: MATCH International Women's Fund

All funds raised will be DOUBLED!!!

Funds raised by CFUW members in 2018 will allow the MATCH International Women's Fund to expand its support for grassroots women's organizations and groups in the global South. MATCH partners with over 650 women's groups in 75 countries and in current "hot spots". Bags made from the tents of refugees are also available to purchase or auction. See picture here -

https://gallery.mailchimp.com/8efb82640cb8bc1fd889b4668/_compressed/65ec2a0b-cbaa-4036-a5ac-cf8b32dbf9d9.jpg

Visit the MATCH International Women's Fund website for more information or

To find out more about The MATCH Fund and its partners, please visit www.matchinternational.org.

CFUW/FCFDU INTERNATIONAL WOMEN'S DAY AWARD

This award is given to a CFUW/FCFDU **individual member(s), group, or club** in good standing, in recognition of efforts to advocate for the rights and advancement of women and/or girls on International Women's Day on March 8th. Initiatives (advocacy efforts, events and projects) are eligible for consideration. If you think you deserve this award, or know a member who does, let Patricia DuVal (prduval@videotron.ca) or Nancy Doray (dndoray@gmail.com) know.

More locally, don't forget the Zonta lunch on Saturday, March 17th, 2018, 11:30 am - 3:00 pm, at Place Bistro Méditerranéen Table 09, Pointe Claire H9R 4Z7.

Proposed Amendments to CFUW Articles and Bylaws

The first step of the CFUW Articles and Bylaws amendment process has been completed. The Articles and Bylaws Committee (the Committee) received eleven (11) Board proposals to amend the bylaws (beginning on page 2). All have been vetted and accepted by the Committee.

The second step is the distribution of the proposed amendments. Below you will find the amendments and their rationale for consideration. If during your consideration of the material, you have questions or inquiries you wish to make, these must be sent in writing to the Chair of the Articles and Bylaws Committee to either mwilliscfuw@gmail.com or articleandbylawcommittee@gmail.com

The third step is the submission of Amendments to the proposed Bylaw Amendment. The due date for Amendments to the Amendment is May 1, 2018. The correct form (Form 2) must be used and submitted on or before this date to articleandbylawcommittee@gmail.com. Form 2, along with the procedures, may be found in the CFUW admin site www.cfuwadmin.org

All Amendments to the Amendment will be forwarded to the proposers for consideration after being vetted by the Committee. The package of compliant amendments to the proposed amendments, along with the final wording of the Proposed Bylaw Amendment will be distributed to the Clubs, Regional Directors and members of the Board of Directors before the AGM. If it is not possible, such material shall be distributed to members of the voting body on arrival at the AGM. At the AGM, only proposed Amendments to the Proposed Bylaw Amendments properly received and compliant will be allowed from the floor.

The Articles and Bylaws Committee is committed to upholding the Respectful Treatment Policy and The Ethical Behaviour Policy. If you receive any communication that contravenes these policies, please forward it to the Chair of Articles and Bylaws Committee and then delete it.

Myra Willis
Chair, Articles and Bylaws Committee

Nancy Doray and Patricia DuVal
Vice Presidents & CFUW Liaisons



CONGRATULATIONS

Dear Jane Cowell-Poitras,

I am delighted to inform you that you have been appointed Resolutions Convenor, National Council of Women of Canada (NCWC). We look forward to working with you.

At our Annual General Meeting, which will be held in Niagara, June 7-10, 2018, we will celebrate our 125th Anniversary. At it we will present the NCWC 2018 Resolutions for ratification by the members. We hope you will be able to join us for this very special meeting.

Please do not hesitate to call us if you have any questions,

Warmest regards,

Sandra Cohen-Rose
President, National Council of Women of Canada (NCWC)

NOMINATIONS

The other members of the Nominating Committee are:

Paulette Cargill
Theresa Sliz
Hille Viires
Mary Vlahos

paulette50@bell.net
theresaesliz@gmail.com
hvgk@sympatico.ca
mary.vlahos@videotron.ca

The positions to be filled are:

Vice-President & Membership Chair
Treasurer
Recording Secretary
Communications & Publicity Chair
Newsletter Editor
Programme Chair

Expressions of interest in, or suggestions for, any of these positions should be sent to any member of the Nominating Committee.

Constance Ellis, Chair
Nominating Committee
constancehellis@gmail.com



Do you have an inventory?

Whether it is for the purpose of moving, insurance, illness, financial or estate planning, it all starts with an **inventory**. Here is an excellent one from a trustworthy site, **Educaloi** at <https://www.educaloi.qc.ca/en>, a *pro bono* organization that offers bilingual legal information on many issues. *We hope you find it useful.*

Issues to Action Group

DID YOU KNOW???

That the UN theme for International Women's Day "**Time is Now: Rural and urban activists transforming women's lives**"... On 8 March, join activists around the world and UN Women to seize the moment, celebrate, take action and transform women's lives everywhere. The time is NOW." For more, click on <http://www.unwomen.org/en/news/in-focus/international-womens-day>

What to do if you are a victim of a scam?

Report it to the appropriate local authority and the Canadian Anti-Fraud Centre (CAFC) by phone at 1-888-495-8501 or online with your GCKey.

What a GC key is?

GCKey is a service provided by the Government of Canada that allows you to securely conduct online business with various government programs and services, including reporting fraud to the CAFC. [Registering for a GCKey account](#) is simply and easy to do. If you already have a GCKey account, you can proceed directly to the CAFC's [Fraud Reporting System](#).

Publicize it and save your friends and neighbours from being victimized!

**Nancy Doray & Patricia DuVal
Issues to Action Group**



REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW) LE CONSEIL DES FEMMES DE MONTRÉAL

"A Voice for Women in Montreal" since 1893

This year the **MCW programs' theme** will touch on various aspects dealing with Health in the community, including Mental Health.

At the February 1, 2018 MCW Meeting, guest speaker Lynn Harris-Nulman, a *Family Peer Support Worker at the Jewish General Hospital's Psychiatric Department, at the Douglas Hospital and at AMI-Quebec*, shared her knowledge and experience working in the mental health sector. Ms Harris-Nulman works with the Anglophone community and helps families manage the effects of mental illness through support groups; referrals from hospitals, psychiatrists, and social workers; counseling; educational guidance and advocacy; public awareness; presentations; workshops; tele-workshops and Webinars. Her main goal/focus is to help and support family members, including ill relatives, acquire the skills and confidence they need to cope with the impact of mental illness. Mental illness is affected by one's biology, genetics and the environment around us- air, water, people, school, work etc. Caregivers/carers, who live with and look after family members with a mental illness, are often excluded in life and in the hospital sector. Did you know that:

- *Mental illness strikes ONE IN FIVE Canadians in their lifetime*
- *70% of mental health problems have their onset during childhood or adolescence*
- *Young people aged 15-24 are more likely to experience mental illness/psychological distress i.e. symptoms of anxiety and depression than any other age group*

- *By the time Canadians reach 40 years of age, 1 in 2 have-or have had- a mental illness*
- *In 2015, 70% of Canadians believed attitudes about mental illness have changed for the better compared to five years ago*
- *The stigma and discrimination of mental illness, however, remains a barrier – negatively judging someone because they are living with mental illness, which often results in not seeking help, social seclusion and unequal treatment*

UPCOMING:


 **MCW Meeting: Thursday, March 1, 2018**

Address: 2700 Rufus Rockhead (near Atwater Market)

Guest speaker: Jason Finucan, professional business speaker and Founder of **stigmaZero**. As a consultant and expert on the stigma surrounding mental illness, his presentation will focus on opening people's minds up to the reality of this stigma.

A light lunch will be served at 12:00 noon, followed by the speaker at 1:00 p.m.

Price: \$10.00 per person payable at the door. Please advise Shirley Gyles, if you plan to attend at: 450-672-7081 or e-mail: sagyles@sympatico.ca

 The **“Woman of the Year Award 2018” event** with special guest, Margaret Trudeau, will be held **on Saturday, April 21st, 2018** at the newly renovated **Le Mount Stephen**, 1440 rue Drummond. Twenty-five MLUWC members have already registered to attend.

The Montreal Council of Women provides an important role as a voice for women in Montreal and surrounding areas, and publishes ***an interesting monthly BULLETIN*** and a website: <http://montrealcouncilwomen.org>

Frances Lortie and Renate Sutherland
MCW Representatives

INTERNATIONAL WOMEN'S DAY



Date: Saturday, March 17, 2018

Time: 11:30 am – 3:00 pm

ZONTA CLUB OF MONTREAL

cordially invites you to our

ANNUAL INTERNATIONAL WOMEN'S DAY LUNCHEON

KEYNOTE SPEAKER



June Michell

Co-Founder

Women Aware/Femmes Averties

“Women Aware - the Next Chapter”

- Location:** Bistro méditerranéen Table 09
formerly Restaurant Le Chambertin
9 Place Frontenac, Pointe Claire H9R 4Z7
(with your pass, take Buses 200 and 202) www.table09.com
- Tickets:** \$60.00 — meal, glass of wine, door prizes
- Parking:** FREE parking
- Cash Bar:** 11:30 am — 12:00 pm
- RSVP:** Reservations of tickets a must by **Tuesday, March 13, 2018**
- Email:** zcmcommunications@gmail.com and by online registration
- Guest Org:** Women Aware/Femmes Averties www.womenaware.ca
- Info:** Mickey Wernecke 514-630-0138
or Yvonne Quintyn 514-683-4213

SPONSOR

Zonta Club of Montreal
www.zonta.org
Montreal@ZontaDistrict2.org





Please go to our website - www.mluwc.com

Click on the Facebook icon

on the bottom right of the home page

We have over 205 likes! Remember to like our page and share it with your friends!

Thank you to

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**For graciously hosting the monthly meetings of the Executive of the
Montreal Lakeshore University Women's Club.**



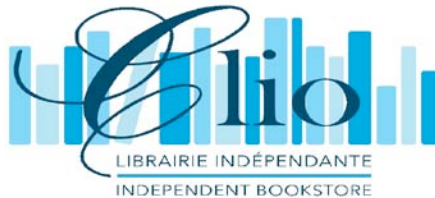
Special Anniversary Project

As part of our 60th Anniversary celebrations, Mary Vlahos and the members of the Anniversary Committee have approached some local merchants to offer discounts to our MLUWC members. The following merchants have confirmed what discounts they are prepared to offer:

Maurizio's on St.Charles Blvd. 10% off any regular priced meal.

Richer Jewellers Dorval is offering MLUWC members a 15% discount on any in-store merchandise at regular price.

Librairie Clio is offering a 15% discount.



Lindt Chocolate Pointe Claire will offer a **25% discount**. See card below.



Boutique Gourmande Sorella will offer a 10% discount. See card below



10%

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VALID ON CATERING ORDERS ONLY. APPLICABLE ON ORDERS WITH A MINIMUM VALUE OF \$05 BEFORE TAXES. DISCOUNT NOT APPLICABLE ON DELIVERY FEE OR ON STAFF SERVICE FEE. EXCLUSIONS MAY APPLY. NOT APPLICABLE ON IN-STORE PURCHASES OR GIFT BASKETS. CANNOT BE TRANSFERRED. CATERING ORDERS MUST BE PLACED AT LEAST 48 HOURS IN ADVANCE. EXCLUSIONS MAY APPLY.



TRAVEL WITH SENIOR DISCOVERY TOURS AND MAKE \$\$\$\$ FOR YOUR ORGANIZATION. FOR EVERY MLUWC MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO THE MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB. THIS MONEY CAN BE USED FOR FUND RAISING, CHARITIES....YOU DECIDE. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS. PLEASE ADVISE MARIA KORAB LASKOWSKA, WHO WILL BE COORDINATING ALL BOOKINGS.

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INTEREST GROUPS

BON APPÉTIT CLUB -

Thank you to **Veronica Valentine and Jane Schissler** who organized our February dinner at **Bistro Nolah** in DDO. This was a delightful new restaurant for our ladies that served New Orleans type cuisine.

March's dinner will take us to **Sahib Restaurant** in Pointe Claire on **Thursday, March 22nd** at **6:30 p.m.** **Ann Arial and Ginger Brossard** will plan this evening. Details will follow shortly.

If you are looking to visit different restaurants in the West Island and enjoy good company and laughter, please feel free to join our interest group. Everyone is most welcome.

Victoria Pinnell

BOOK CLUB I -

Our next meeting, March 14th, 1 PM, will be held at Nini's, in Beaconsfield. We will be discussing Eva Stachniak's latest book, "The Chosen Maiden".

The author will be a guest at the Beaconsfield Library in April. Renata will be our reviewer, so we will all have had an excellent background for Eva's presentation.

Have a happy, safe month - think Spring!

Marg Nicoll-Griffith

BOOK CLUB II -

The March meeting of Book Club Two will be held on **Thursday the 15th** at the home of Eva. The book to be discussed is “Red Notice” and the reviewer is Ina. Please contact me if unable to attend.

Sandra MacDonald Smith

DUPLICATE BRIDGE -

We will meet at Centennial Hall, Beaconsfield, on **Thursday, March 8 and 22 at 8:45** for a 9:00 am start.

Jane Quail

JAUNTERS -

Tuesday, 27th March, 2018

Montreal Museum of Fine Arts

Visit and Tour of “Napoleon: Art and Court Life in the Imperial Palace”

This exhibit re-creates the ambiance and spirit that prevailed in the French Court during Napoleon’s time. We will see a selection of about 250 works of art of the Empire Period, most of which have not been seen in North America before.

The guided tour will be from 10:30 to 11:30 am. The cost is \$2.50 for card holding MMFA members, and \$25.50 for non-members. Please meet through the group side entrance to the museum any time after 10:00 a.m.

Carpooling will be arranged from Pointe Claire Shopping Centre, departing at 9:30 am. Ginger Brossard will coordinate the car pool. Please reach her at brossarda@videotron.ca or (514) 684-1497.

Lunch will follow at l’Académie Restaurant, at 2100 Crescent Street.

Please confirm your presence with Theresa Sliz by email theresaesliz@gmail.com. or by phone **only after** March 9th (514) 457-3208.

Linda Ricketts

Mystery Book Club -

We are meeting on March 14 at Suzanne's home at 1:00. Gilda will be reviewing the book "The Unquiet Dead" by Ausma Zehanat Khan.

Gilda Martinello

PHOTO CLUB -

A Successful Vernissage



Back row L-R Marianna Newkirk, Ann Arial, Janet Ankcorn, Renata Bagga, Marnie Linder
Front Row L-R Krystyna Pleszewska, Maria Korab-Laskowska, Malgorzata Czalbowska.

TÊTE - à- TÊTE -

Le prochain rendezvous du groupe Tête-à-tête sera **vendredi le 16 mars à 9:30** chez Renata Bagga. Nous sommes un petit groupe agréable et aimons parler français. Pensez à nous joindre. Vous serez les bienvenues.

Janet Anderson

WINE APPRECIATION GROUP 1 -

Our coming Wine Appreciation I meeting is on the **21st of March at 7 PM .**
It is Jeannie and Anna awaiting us at Anna's place. It is going to be great evening.
Please let Anna know if unable to come.

Renata Bagga

*Advertising space available.
Please contact: mluwc.newsletter@gmail.com*




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MARCH 2018

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5	6	7	8 Duplicate Bridge 8:45 AM International Women's Day	9
12 MLUWC General Meeting 7 PM	13	14 Book Club I 1 PM Mystery Book Club 1 PM	15 Book Club II	16 French Conversation 9:30 AM Newsletter Deadline
19	20	21 Wine Appreciation I 7 PM	22 Duplicate Bridge 8:45 AM Bon Appétit 6:30 PM	23
26	27 JAUNTERS 9:30 AM	28	29	30

Newsletter Editor: Barbara Armbruster mluwc.newsletter@gmail.com

Proofreaders: Janet Guay & Gilda Martinello

Deadline for APRIL submissions: Friday March 16, 2018.

