



Montreal Lakeshore University Women's Club

Annual Reports 2010 - 2011

Executive Reports

The President

The year started early with the annual Programme Committee Meeting even before I had a chance to take the helm from Heather Hamilton. Heather was a tough act to follow and served MLUWC most ably!

The 2010 CFUW Annual General Meeting was held in Ottawa in July, followed by the IFUW triennium meeting in Mexico City in August. I had the double pleasure of representing MLUWC at the meeting as well as finishing my term as Vice-president CFUW for the Quebec region. Celine Dupuis, VP CFUW for MLUWC, also attended part of the meeting and participated in the resolutions process. The AGM was again a stimulating experience, offering the chance to meet members from across the country and exchange ideas. The UN announced in the summer that there would be an agency focusing on women's issues to be named *UN Women*. The long-time CFUW Executive Director, Susan Russell, retired. The focus of the 2010 AGM was on Afghanistan, in particular, on security, diplomacy and development. Along with some highly reputable panelists, we also heard from Alaina Podmorrow, a young girl who believes that 'education is the most powerful tool for achieving peace', and we established an organization called *Canadian Little Women for Little Women in Afghanistan*.

In the early fall, we revised the MLUWC Constitution and By-laws to clarify and simplify some of the operations. We managed the process early in the year to ensure that the MLUWC directory would have the current version of the Constitution and By-laws and thus avoid any confusion. The Past President was assigned the responsibility of overseeing such amendments in the future.

The CFUW Constitution and By-laws were also redrafted in their entirety and circulated to all Clubs across the country for feedback. MLUWC sent in a three-page list of comments after consultation with the executive and the membership, and was the only Club from the Quebec region to send in comments. Many of these comments were addressed in the revised draft to be considered for voting at the AGM in Newfoundland this August. A subsequent list of comments on the revised draft will be sent to CFUW shortly.

Driven by a lack of enthusiasm for leadership positions and for resolutions, we established a Strategic Planning Committee to determine the current motivation and interest of members so that we could determine a possible new direction for MLUWC that better responds to the needs of the membership. I chair this committee and along with the other committee members we designed a survey to identify strategies for the future of MLUWC.

Though the year started without two Committee Chairs, we were fortunate to have both Ginger Brossard and Marjorie Hamilton Harding join the team in the fall as Fundraising Chair and Interest Groups Chair, respectively. We were very grateful to have Carol Ohlin step in as Recording Secretary for the second part of 2010–2011. She substituted for Eileen Preston, who has had some health issues.

We considered two CFUW resolutions being proposed this year for voting at the AGM in August. The membership approved the resolution on *Idling of Motor Vehicles*, but rejected *Criminalization of Non-State Actor Torture* as written on the basis that it required some clarification. Four MLUWC members will attend the 2011 AGM in Newfoundland: Connie Ellis, Gilda Martinello, Patricia DuVal and myself.

There has been a considered focus on publicity this year, in addition to regular announcements of our general meetings by Eva Weiss in newspapers, and on radio and TV. At the December General Meeting, MLUWC donated the proceeds from the raffle to the West Island Cancer Wellness Centre. Janet Ankcorn used this as an opportunity to put a write-up in *The Suburban* and *The Gazette*. More recently, I was interviewed along with Marilyn Flaherty and a couple of other members, and an article was published in the new *Femmes d'ici* section of *The Chronicle*, along with a photograph of our Fundraising Chair, Ginger Brossard. We have sent AGM invitations to leaders of other like-minded organizations in an effort to further broaden our visibility. In May, Gilda Martinello will organize a table showcasing what MLUWC offers at the *Savvy Seniors Fair* being held at the Red Barn in Baie d'Urfé. Any further suggestions for publicity will be very welcome as we strive to increase the visibility of MLUWC in the community.

On the advocacy front, I made a presentation to the Parliamentary Committee on Palliative and Compassionate Care on behalf of MLUWC in December 2010. Marjorie Hamilton Harding, Anna Wilkins and Connie Ellis helped prepare the brief for the presentation.

The Quebec Provincial Council meeting was held on April 30, 2011 and hosted by UWC Montreal Inc. The meeting focused on the organization of a *Strategic Planning Session* presented by Johanne Desrochers and the information promises to be very helpful as we go forward with our own strategic planning process. UWC Montreal Inc. also discussed the future direction of its *Financial Literacy* project and will present a workshop at the CFUW AGM. Dorys Makhoul of the Montreal Women's Centre spoke about the *Situation of Women in Montreal* and shared some startling statistics about how far women still have to go to achieve equality. The Club reports and discussions between members were very enlightening.

This has been a good year for MLUWC: attendance at both general and executive meetings was good, members showcased their interests once again at Members' Night, there were two successful fundraising events and reasonable participation in the Strategic Planning Survey, with 88 members responding. Thank you to all the members, interest group leaders, committee chairs and executive for making this another successful year for MLUWC!

Respectfully submitted,
Chitra Chopra
President

The Past President

As Chair of the Nominating Committee, I am pleased to present the following slate of officers and committee chairs for the year 2011–2012:

Executive

Returning for the 2nd year of their term:

President	Chitra Chopra
Vice-President & CFUW Liaison	Céline Dupuis
Vice-President & Membership	Gilda Martinello
Treasurer	Connie Ellis (3rd year)
Communications	Eva Weiss
Recording Secretary	
Past-President	Heather Hamilton

Standing Committees

New mandates for:

Archives	Renate Sutherland
Hospitality	Suzanne Dutoy-Dachy

Returning for the 2nd year of their term:

Fundraising	Anne (Ginger) Brossard
Interest Groups	Marjorie Hamilton-Harding
Newsletter	Johannah Lloyd (3rd year)
Programme	Linda Ricketts
Scholarships	Barbara Armbruster (2nd term)
Webmaster	Pauline van Nieuwburg (3rd year)

Other committees

New mandate for:

Potluck Dinners	Bauni McFadyen / Sita Tadros
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Returning for 2nd year:
Newsletter distribution
Publicity / Photographer

Janet Guay
Janet Ankcorn / Judy Paquin

MLUWC Scholarship Fund

Returning for the 2nd year of their term:

Chair
Treasurer

Sandra Smith
Helen Findlay

Maria Kolodziej will assist Suzanne Dutoy with Hospitality duties. Thank you to the members of the Nominating Committee: Gilda Martinello, Françoise Perreault and Renate Sutherland.

This year the Past President has also been given the title of Corporate Secretary, responsible for governance and Constitution and By-laws amendments. To this end, I actively participated on the Strategic Planning Committee. This group met monthly and worked on a mission/vision statement for the Club and developed an online survey to solicit feedback from Club members. The results of the survey will be available shortly. The members of the Strategic Planning Committee are Chitra Chopra, Connie Ellis, Marilyn Flaherty, Françoise Perreault, Sandra Smith and Renate Sutherland.

Respectfully Submitted
Heather Hamilton

Vice-President/Membership

There are currently 203 members including 13 life members, 6 associate members and 2 honorary members.

Seven new members were welcomed to MLUWC this year. The New Members` reception was held on October 28 at which time information on the operation of our Club was provided by several members of the executive. Thanks to Gail O`Reilly for hosting the New Members` reception and assistance in assigning Big Sisters to all new members. We are pleased with the strong involvement of the new members in the Club activities during the year.

The directories were available for distribution at the monthly meetings as of November. Changes occurring during the year were listed in the newsletters and an updated list of changes was available at the April and May 2011 meetings. Membership fees remained at \$95 for the year 2010–2011.

Respectfully Submitted
Gilda Martinello, Vice President & Membership Chair

Treasurer

**Montreal Lakeshore University Women's Club
Interim Statement of Revenues & Expenses
For the period June 1, 2010 to April 30, 2010**

	2011	2010
Opening Bank Balance June 1, 2010	\$ 6,963	\$ 7,230
Revenues:		
Membership Fees Collected	17,875	18,910
Other Revenue	236	1,832
Total Revenues	18,111	20,742
Expenses:		
CFUW Fees Paid	12,083	12,480
Other Association Fees Paid	40	254
Annual Meeting	0	(5)
Convivium	(301)	(167)
Administration	717	958
Membership	393	691
Newsletter	440	503
Program	640	790
Hospitality	83	230
CFUW Convention Delegate	475	1,115
Rent	775	775
Donations	450	1,886
Total Expenses	15,795	19,509
Excess of Revenues over Expenditures:	2,316	1,233
Transfer of funds to Scholarship Fund:		1,500
Closing Bank Balance April 27, 2010	\$ 9,238	\$ 7,230

TREASURER'S REPORT (INTERIM)

The club has had a successful year. We have been able to meet all our obligations and are in a healthy position to meet any new challenges which may arise next year. The final year-end financial statement will be presented in the September newsletter.

Respectfully submitted
Constance Ellis

Communications

Condolences, congratulations and get-well wishes: 9 cards were mailed—5 condolences, 4 get-well wishes

Notices of General Meetings, including the names of guest speakers, were sent out on a regular basis, in either English, French, or both, to a variety of media. Louise Dagenais was responsible for the French translations.

Respectfully submitted
Eva Weiss/Janet Ankcorn

Standing Committees

Fundraising

Our first Fundraising activity of the year was Theatre Night. The Lakeshore Players Inc. provided us with a Benefit Performance on Tuesday, November 9, 2010 at 8:00 pm. The ticket price was \$24.00. The gross proceeds collected were \$4,967.00. From this, a sum of \$600.00 was payable to the Lakeshore Players Inc to cover the cost of royalties, the printing of the programs and the rental of the theatre. The net proceeds for the Scholarship Fund came to \$4367.00.

Incidentally, we sold 203 tickets. Normally we should have paid the Lakeshore Players Inc. \$9.00 for the three extra tickets but the Business Manager, Guy Vézina, waived this amount. We thanked him warmly.

The play was a great success: *Steel Magnolias* by Robert Harling took us to the deep South for a while and the story had a final message: the need for good friends to help us through the bad times and rejoice with us during the good times! How true!

Connie Ellis provided us with an innovation: two door prizes—one from Westspa.ca in Dollard-des-Ormeaux for a manicure, and the second, a gift certificate in the amount of \$100.00 toward a meal for two people at the restaurant Le Gourmand in Pointe Claire.

I wish to thank you all for your participation in the success of the soirée, and particularly, the ladies that helped distribute the program, collect tickets at the door and for the draw of the door prizes.

Our second Fundraising activity was the Games Day Luncheon at the Lawn Bowling Annex in Beaconsfield between noon and 4:00 pm on Thursday, May 5. The tickets were kept at \$12.00, and 93 were sold. We had a lovely turnout and many players had a chance to play their favourite game, whether bridge, mahjong or scrabble, with friends

after a nice luncheon prepared by the ladies. Door prizes were raffled, and a half and half draw was held plus tombola. Many ladies went home with a lovely prize.

This year we had a very generous donation by Marjorie Hamilton-Harding and her husband of a Quebec-made replica of the Bluenose, the Canadian sailing ship represented on the back of our dime. This was raffled all on its own as it was considered an heirloom. We were fortunate in receiving donations in the amount of \$160.00 in lieu of tickets from ladies who could not be present. The ticket sales and the various raffles yielded a gross revenue of \$1,984.50. The expenses and the rental of the Annex totaled \$285.31. Therefore, including the donation, our net proceeds for the Games Day were \$1,859.19.

Thank you again to all who participated in the success of these activities. All proceeds were the benefit of the MLUWC Scholarship Fund.

Respectfully submitted
Anne(Ginger) Brossard

Hospitality

The Convivium Dinner, was held at the Beaconsfield Golf Club in Pointe-Claire on September 14 . The ticket price was \$ 32.00 for a three-course meal and guests were able to buy cocktails and wine at the cash bar. The attendance was very good (115 reservations were made, one person cancelled due to illness, we therefore served a total of 114 meals).

The Christmas Party was held at Beaurepaire United Church on December 14. A cold cranberry punch was served and delicious savoury and sweet confections were supplied by 13 members (Approx. 100 attended).

The Monthly Meetings at the Karnak Shriners Temple: coffee, tea and bought cookies were offered.

The AGM and Dinner will be held at Beaconsfield Golf Club on May 9. The ticket price for will be \$35.00 for a three-course meal and again, a cash bar will be available.

I wish to thank the people who "filled in" for me at the October General Meeting, baked for the Christmas Party and helped with Registration and "Set up" at the Convivium and AGM dinners. Bill Pitts at Karnak Shriners Temple, and Claude Larocque at BGC, your generous assistance was much appreciated .

Respectfully submitted,
Margaret Vost

Interest Groups

The Club has 26 groups. The majority have healthy membership, and are functioning very well. The Jaunters group did not materialize this year and the Environmental group has a very small membership. A new group, Jogging for the Mind, was offered, which proved very popular. Times and members' interests do change, and so groups will too. There is always the opportunity to start new groups and we encourage anyone with a brilliant idea to take up the challenge. A big thank you to all group leaders for a great year.

Respectfully submitted
Marjorie Hamilton Harding, Chair

Newsletters

It has been a pleasure to produce our newsletters. Once again, I have followed a simple format, one that no member need fear undertaking, as future Editor.

Throughout the year we published monthly newsletters from September through May. The majority were published electronically, each issue sent in two formats: Word document and PDF. The PDF version of each month's newsletter was e-mailed to our printer, who prepared up to 32 hard copies for mailing out to members who had asked for them in this format.

Earlier, in August 2010, we sent a one-page invitation to the Convivium to all our members and, in December, an addendum concerning the parking regulations important for that very popular Christmas Sing-along and Raffle Meeting. To conclude the year, we published the Annual Reports electronically; several printed copies were made available at the May AGM and Dinner.

I wish to extend special appreciation and thanks to our efficient and prompt proofreader, Joan Dyer. Hers is an essential task and a most welcome contribution.

Respectfully submitted
Johannah Lloyd

Programme

Our Programme Committee was composed of the Chair and seven members: Janet Ankorn, Ginger (Anne) Brossard, Nancy Lloyd, Yolande Martin, Gail O'Reilly, Judy Paquin and Hille Viires. Thanks to their ideas, initiatives and efforts, we were successful in landing several excellent speakers for our monthly meetings. Meetings were well attended and comments were generally very positive.

A Programme Committee planning meeting was held on April 28, 2010, with the above members all in attendance. At that time each member took responsibility for one event in the year.

Our monthly General Meetings were held at the Karnak Shriners' Temple in DDO. and Mr. William Pitts provided invaluable assistance in the logistics of arranging our meeting space. The Autumn Convivium Dinner and the Annual General Meeting and Dinner in May were again held at the Beaconsfield Golf Club. The Christmas Concert & Raffle in December was held at the Beaurepaire United Church. General meetings commenced with refreshments at 7:15 pm , with the official meeting starting at 7:45 pm. Guest speakers began their presentations at approximately 8:15 pm.

Monthly Speakers

October Debbie Magwood, Co-founder and Director of the West Island Cancer Wellness Centre. Debbie shared the special support services offered locally to cancer patients and their families.

November Paul Bilodeau, C.A., Tax Partner with Ernst & Young LLP. Paul talked about women and financial issues, particularly new taxation guidelines.

December Carmina Choir provided Christmas music, and the proceeds of the annual Christmas raffle, in the record amount of \$1,401.00, was donated to Debbie Magwood and Jill Boleau of the West Island Cancer Wellness Centre.

January Potluck Dinner Parties

February Jane Guest, owner of Janey & Company, Stager & Downsizing Consultant

March Nancy Dunton, Architectural Consultant, expert on historic Montreal buildings

April Members' Night, where eleven members showcased their interests, hobbies, and community involvement. Member Helena Scheffer spoke about her experiences setting up Galerie Ovest, which provides an exhibition venue for local artists. Nancy Doray, a new member and retired attorney, spoke of her experience in immigration law, particularly with refugee women.

Two CFUW resolutions were discussed, with one being accepted by membership to go forward, while the second one was rejected as proposed.

May Annual General Meeting and Dinner held at the Beaconsfield Golf Club
Russell Williams, President of Rx&D in Ottawa, was the keynote speaker. A former West Island resident and Member of the National Assembly, Russell has had long-standing community involvement.

Respectfully Submitted
Linda Ricketts, Chair

Scholarship Committee

Scholarships Awarded in 2010

Two Margaret Manson Scholarships of \$2,000.00 , one each to Emilie Chan-Thim, and Lucia Batista both through Concordia

John Abbott College Scholarship of \$2,000.00 to Anna Wu entering McGill

Place Cartier 8 recipients: \$100.00 each

Centre Jeanne-Sauvé 12 recipients \$100.00 each

Total disbursed: \$8,000.00

Respectfully submitted
Barbara Armbruster, Chair

Report of the Scholarship Fund Committee

The Scholarship Fund Committee has experienced a year that has seen the investments profit from the resurgence of the capital markets. (See the Financial Report after May 31, 2011 for details)

Our monies are currently invested in a low risk fund with a financial manager specialized in not-for-profit organizations.

Our committee, which was mostly comprised of new members, has worked hard to be as accountable and transparent as possible. The files received from the previous committee were extremely well organized and eased the transition.

I would like to thank: Carol Ohlin for her timely and accurate minutes, Helen Findlay , treasurer for the accounting and Cathy Maxwell for handling the acknowledgements and miscellaneous details. I would especially like to thank Barbara Armbruster, who has agreed to serve another term, for her efforts as Vice-Chair and Scholarship Chair. Lastly I would like to thank the members of MLUWC for their donations and support of the fund raising activities. Their support allows us to continue to award scholarships to young women without depleting our capital assets.

Respectfully submitted
Sandra Smith, Chair

Other

Photographer

Photographs were taken at each meeting by either Janet Ankcorn, Judy Paquin or Hille Viires.

Janet Ankcorn will be printing out photos and putting them into albums to display at the Annual Dinner at the Beaconsfield Golf Club in May and at the Convivium in September.

Respectfully submitted
Janet Ankcorn

Potluck Dinners

January 10, 2011 dawned a bright and clear winter morning, bringing sighs of relief from those involved in organizing our 19th ANNUAL POTLUCK DINNERS. No storm warning was good news for our 13 generous hostesses and their helpful assistants. However, there were the inevitable last-minute cancellations and numbers were down a little. In the end 98 women enjoyed good food and warm hospitality at 12 dinners and 1 luncheon, down from the 108 originally signed up.

We wish to extend a very special **THANK YOU** to all the wonderful people listed below as well as to all those who were their guests. Your participation has meant another successful year for what has become an annual tradition eagerly anticipated by MLUWC members. Next year will be our 20th such event! We wonder how many women haven't missed a year and how we might increase our attendance next year?

HOSTESSES

B.J. Bell, Ginger Brossard, Beate Cloetta, Betty Jones, Kate Le Maistre, Ina Lessard, Marney MacDonald, Pat Murray, Carole Newberry, Judy Paquin, Jane Quail, Sita Tadros, Margaret Vost.

ASSISTANTS

Eleanor Shaver, Eva Weiss, Heather Robertson, Diana Nivens, Christine Hamilton, Judy Couillard, Valerie Fortin, Maria Kolodziej, Mary LeBlanc, Pamela Deans, Kerstin Birch, Sandra Munro, Tina Tessari, Renate Sutherland.

Respectfully submitted
Diane Nener and Kerstin Birch

Montreal Council of Women

General Council meetings of the Montreal Council of Women are held monthly on the second Thursday of every month at Les Jardins du Canal, 2700 Rufus Rockhead in Montreal. These monthly MCW Luncheons (\$8.00), usually hosted by a federated member organization, are held at 12:00 noon, followed by an afternoon program of interesting and inspiring guest speakers. As well, each hostess group has an opportunity to present and introduce their organization to those in attendance.

The highlight of the year was the celebration of the Montreal Council of Women's 24th Woman of the Year Gala on December 3 at the Mount Stephen Club. Together with Chitra Chopra, Heather Hamilton and Connie Ellis, five of us represented MLUWC.

The program themes presented this past year were as follows:

September 2010 – Transport 2000 Quebec is an association, non-profit and non-government, dedicated to the defence of public transit users and the promotion of efficient and sustainable means of transportation. Mr. Smereka and Judith Racine, the guest speakers, shared with MCW their vision of public transport in Quebec as well as recommendations to improve transportation throughout the province.

October 2010 – Women's History Month celebrated Canadian women of colour who have marked the history of our country. MCW members had the privilege of hearing Helene Wavroch of the Coloured Women's Club of Montreal. She presented an extremely interesting slide show based on the significant contribution of Black women to the early and present history of Canada. MCW also paid tribute to the women who have been awarded the Governor General's "Person Award". Several recipients of the award gave speeches that related to their award.

November 2010 – Seniors were the focus when representatives from the NDG Senior Citizen Council addressed seniors' concerns, issues and programs.

December 2010 – A gala luncheon recognized the Honourable Eleni Bakopanos as the winner of the 2010 Woman of the Year Award. The first Greek-born woman to be elected to Parliament and presently the Senior Director for Government Relations for McGill University, Ms Bakopanos was honoured for excellence and achievement in Public Service.

January 2011 – Three representatives of the South Asian Women's Cultural Community (SAWCC) spoke of real-life experiences women face when immigrating to Canada and the programs established by the community centre to meet their needs.

February 2011 – Two people representing the Multi-Ethnic Association for the Integration of Persons with Disabilities spoke about the specialized integrated day care programs and compounded difficulties that parents and their disabled and/or disadvantaged children encounter, especially as newly arrived immigrants.

March 2011 - Mr. Alan DeSousa, member of the Executive Council of the City of Montreal, gave an interesting presentation on the Montreal Community Sustainable Development Plan and the City's direction and plans for the next five years. Environmental issues are of major concern and further measures are recommended.

April 2011 – Guest speakers Ginette Sheehy, Director General of John Abbott College, and Nakuset, Director of The Native Women's Shelter, reflected on their professional careers and their personal journeys of "40 Years Later, the Lady in the Driver's Seat".

Upcoming MCW Special Event: A *Canadian Citizenship Ceremony* will be hosted by the Montreal Council of Women on Thursday, May 5 at 10:30 am. at the Office of Canadian Citizenship and Immigration, 1025 St. Jacques West, near Peel Street (ground floor) During the ceremony, the new citizen receives a Certificate of Canadian Citizenship.

The MCW Annual General Meeting takes place on June 2.

The Montreal Council of Women publishes a monthly BULLETIN and its website www.mcw-cfm.org plays an important role as a voice for women in Montreal and surrounding areas through a forum of more than seventy member organizations and more than seventy individuals.

Respectfully submitted
Renate Sutherland and Marjorie H. Harding
MCW Representatives,

Interest Groups

Afternoon Bridge

Our afternoon bridge group had 12 members and met every two weeks at each other's homes. Delicious refreshments were served first. We tried to improve on our bridge skills but we all mainly enjoyed the friendship of the group.

Eleanor Shaver

Art Appreciation

Here is a summary of the principal activities that were carried out by the Art Appreciation Group this year:

In September, we toured *The European Collection* of the Montreal Museum of Fine Arts. The main objective was to learn how to look at a painting. It was meant as a comprehensive introduction to European art, from early Renaissance paintings in Italy and Spain through the evolution of art up to the Impressionist period.

In February we returned to the MMFA for the much anticipated exhibition *The Warrior Emperor and China's Terracotta Army*. With a guided tour we saw a unique selection of some 300 artifacts, including the famous life-size terracotta soldiers of the first Qin Emperor's army. It took us back through 1,000 years of Chinese art and history. In preparation for this exhibition, some members attended a lecture by Chen Shen, guest curator of the exhibition, followed by a film "The secrets of the First Emperor of China".

In March, eight members took part in a two-day trip to Quebec City to visit the Musée National des Beaux-Arts du Québec to follow the aesthetic path of Marc-Aurèle Fortin (1888-1970). We marvelled at the charm of his urban views of Montreal, Île d'Orléans and the Charlevoix, Gaspé and Saguenay regions. This was followed by a delicious dinner at The Continental and gallery visits the following day.

In June, we will have our last activity for this year. It will take place at the National Gallery in Ottawa to see *Caravaggio and His Followers in Rome*, a major international exhibition of approximately 60 works that will bring the genius of Caravaggio to Canada for the first time and mark the 400th anniversary of his death. Showing exclusively in Canada at the National Gallery, this ambitious exhibition will focus on the period he spent in Rome. It will offer a rare opportunity to explore his unique style, provocative character and his profound influence on some of the most significant European artists of the Baroque period, including Simon Vouet, Peter Paul Rubens and Orazio Gentileschi.

Celine Dupuis and Louise Dagenais

Book Club I

We are presently a group of 18 readers who meet on the second Wednesday afternoon of the month. I would like to thank all the hostesses and reviewers for making these gatherings so stimulating. We began the year by reviewing *To Kill a Mocking Bird* by Harper Lee. This classic is celebrating its 50th anniversary in print. Coupled with this reading we also reviewed *The Book Of Negroes* by Lawrence Hill. In October we opened our meeting to all, as we invited the author Claire Holden Rothman to speak to us about the research and writing of her book, *The Heart Specialist*. Our thanks to Nancy Lorimer for organizing this event. As we charged a small fee and had such a good response, we were able to give a donation to the Scholarship Fund. In December we revisited the classic, *A Christmas Carol*, by Charles Dickens, and coupled with this, a novel based on Dicken's wife, *Girl in a Blue Dress*, by Gaynor Arnold. . Other books reviewed were *A Fair Country* by J. Ralston Saul; *The Reluctant Fundamentalist* by Mosin Hamid; *The Invisible Wall* by Harry Bernstein; *Five Sisters— The Langhorns of Virginia* by Jamie Fox; *The Origin of Species* by Nino Ricci, and *Island under the Sea* by Isobel Allende. We will end our season with our potluck luncheon in June when we will review the past year and present the book choices made by our selection committee for the next year. Last year we reread two classics, and I wonder how many of our other choices will be on book club lists in 50 years? Time will tell. That is, in part, the of the fun of belonging to a book club .Every book is an adventure, some, better adventures than others, but always a good discussion. My thanks to everyone for making this past year such fun.

Margaret Nicoll-Griffith

Book Club II

Book Club II maintained a membership of 15 very dynamic ladies, an ideal number for stimulating animated discussions, taking into consideration that there is always someone absent.

This year the following titles were selected for discussion:

- *Wolf Hall* by Hilary Mantel, a tale of intrigue in the court of King Henry VIII, a vividly told Tudor story which won the Man Booker Prize, one of the most prestigious prizes in English literature.

-*Elegance of the Hedgehog* by Muriel Barbery, which Le Figaro described as 'the publishing phenomenon of the decade'. It was even compared to Proust and it sold more than a million copies in France last year and has won numerous awards; a story of social class, relationships and the passion for reading.

-*Britannia's Daughters* by Joanna Trollope examines the contribution of women in building and sustaining the British Empire, their social categorizations and the power that war allowed them to take.

-*The Heart Specialist* by Clare Rotham Holden was of particular interest to us since the action takes place in Montreal and because we were able to attend a lecture given by the author on her experience of writing this moving story of a fighter, a woman who had to carve out her place in the chauvinistic medical milieu in order to achieve her dream of becoming a doctor.

-*The Golden Mean* by Annabel Lyon, her first novel, re-imagines the real-life teacher/student relationship between Aristotle and a 13 year-old boy who would soon transform the world as Alexander the Great.

-*A Bed of Red Flowers* by Nelofer Pazira takes us from the democratic agitation of the 1960s, through the Soviet-sponsored upheavals of the 1970s and 1980s, to the rise of the mujahidin and Taliban, and, finally, to the American-sponsored overthrow of the Afghan regime in 2001. We were privileged to have the insight of the Kandahar-based commander on this terrible situation through the reviewer of the book, his mother.

-*A History of Marriage* by Elizabeth Abbott. This book is a kaleidoscope of entertaining facts and vignettes about marriages past and present.

-Art books are being presented in April by members who wish to share their discoveries and tell us why they recommend their findings.

-*Champlain's Dream* by David H. Fisher is May's selection, a challenge of a book which is the definitive biography of Samuel de Champlain (1567–1635): spy, explorer, courtier, soldier, sailor, ethnologist, mapmaker, and founder and governor of New France (today's Quebec), which he founded in 1608. We are privileged to have a history teacher as a reviewer.

-*Paradise of the Blind*, by Duong Thu Huong, with its insight into Vietnam, will close our season. This staunchly unsentimental, evocative novel offers a narrative rich in detail and free of cliché, a depiction of the complexity of Vietnamese culture.

Most of us appreciated the variety of themes and literary styles of the books chosen for discussion this year and hope for just such a rich and captivating selection next year, which will be determined in the coming weeks.

Louise Dagenais

Complementary Approaches to Wellness

We have had another successful year and welcomed an average of 12–15 members to our monthly meetings which were held on the fourth Tuesday of the month at 7:30 pm. The meetings were held at the home of Renate Sutherland, Anna Wilkins and Margaret Vost.

After an inspiring and informative presentation by our guest speaker, we would enjoy refreshments and fellowship. We especially thank Pat Jones who arranged for all our guests speakers from the Clinique Psy-Sante Holistic Centre, 3943 St. Jean Blvd.

Topics addressed were as follows:

September 2010 “Promoting Wellness and Self-Care” - Renate Sutherland, Pat Jones

October “Why everything you’ve ever learned about losing weight is wrong”
Julia De Nardo, Psychotherapist and Intuitive Eating Coach

November “Preventative Nutrition for women: heart disease, diabetes,
osteoporosis, eye problems and cancer.” - Kim Arrey, Dietician

January 2011 ”All You Need to Know for Optimum Digestion” - Sharon Cohen,
Naturopath

February “Posturology for Pain Free Living” - Matthew Boulé, Osteopath and
Posturologist

March “The Value of Beauty” – Suzanne Pretten, Psychosynthesis
guide/counselor

April “Mindfulness, the act of experiencing the present moment with your
heart” – Kit Racette, Teacher and Body Psychotherapist

May Luncheon at La Co-operative des Bons Voisins

Thank you to all the participants for your support and valuable contributions in making this a very special group experience. We couldn’t have done it without you!

Renate Sutherland and Pat Jones

Cross-Country Ski Group

The cross-country ski group planned outings every second Wednesday morning from mid- January until mid-March. We visited our lovely nature parks on the West Island including the Arboretum and Ile Bizard Nature Park. Seventeen members signed up in September and we averaged six skiers on the day. Unfortunately we were not always lucky with the weather despite a winter of lots of snow. We had a pleasant closing luncheon at Cunningham’s Pub in St. Anne de Bellevue. Next year there is a consensus to ski Wednesday mornings *every* week through the winter.

Nancy Lloyd

Gourmet I

The group met each month at a different member's house, and we cooked in groups of three, leaving the rest of us to just enjoy. We had a Bistro evening, a Romanian evening, an Asian evening and a Greek evening. This year the main courses included Braised Lamb Shanks, Portobello Stuffed Chicken Breasts, Twice Cooked Hoisin Duck, Crown Rib Pork Roast, Glazed Salmon, and Shrimp Sagaraki. Some of the appetizers included Pear and Blue Cheese Fritters and Aubergines with Tomato Topping. We had more hearty soups such as Roasted Squash with Apple and Brie and Sweet Potato and Garlic, as well as the more exotic Mushroom Cappuccino and Egg Lemon soups. Our deserts included Amaretto Pears, Peaches and Cream Meringue, Chocolate Glazed Clementine Mousse and a spectacular Cranberry Pear Phyllo Tart.

Patricia Du Val

Gourmet II

This year has once again been most enjoyable. Our twelve members discovered new and delicious recipes. The camaraderie shared by all makes our group work very well together. We meet each month at a member's house. Four women plan and cook the dinner and we all sit down to amazing meals. In December and in June we have a celebration dinner with spouses. We all look forward to resuming in the autumn.

J D Gibson

Gourmet III

The eight members of Gourmet 3 continue to enjoy their dinners each month. We look forward to food, laughter and conversation, accompanied by lots of wine. We said goodbye to Renata Bagga and welcomed Helene Duquet to our group. We end our year in May and will resume in September.

Sita Tadros

Gourmet IV

This season the 10 members of the Gourmet IV group got together for nine delightful culinary feasts.

In March we had the pleasure of welcoming the delightful Maria Kolodziej, the winner of our Christmas raffle, to our dinner.

For our last get-together this year, we are planning to spend a weekend in Quebec City to explore the gastronomic delights and ambiance of La Vieille Capitale.

Our group has been together for over 25 years and, as usual, is filled to capacity.

Ausma Groskaufmanis

Intermediate Bridge

The Intermediate Bridge group met alternate Wednesday evenings in the homes of the players. There are eight members and two spares. We enjoyed socializing while playing bridge . We will be going out to dinner at the end of the season.

Eibhlin McHale and Shirley Wick

Issues and Resolutions

Our meetings were very well attended. This year our focus has been the story of the First Nations in Canada. We read *A Fair Country* by John Ralston Saul, and his idea that Canada is a Métis country, a somewhat controversial statement, generated a great deal of discussion. Anne Douglas PhD, at present writing a book about the Inuit, spoke to us about her experiences living and working with them. We learnt from both these sources that we all need to know more about how we can live together and make this country, Canada, work well. Any members interested in these ideas are welcome to join us at future meetings where we will discuss this further and other interesting topics. Our meetings are lively and fun.

Marjorie Hamilton Harding

Jogging for your mind

This was a one-time interest group that met for six sessions for some brain training to improve our mental function. There are optimistic statistics that mind and concentration skills can be honed. The course was very interactive and we came away with a number of tools to stay sharp. The striking thing was that if you walked by the conference room during the class you would hear constant peals of laughter. Our moderator Nicole Thévenet from ComfortKeepers commented that we were the most positive group she had had the opportunity to interact with. We are grateful to Nicole for sharing so generously with us.

Pauline van Nieuwburg

Kaffeeklatsch German Conversation Group

Our group met regularly and discussed the following topics: the Passion Plays at Oberammergau, a selection of Meyers Universum, Cluny Museum — The Lady and the Unicorn Tapestries, i.e. the five senses, Israel-Palestine, and German wines. In March we had an open discussion, in April we discussed the upcoming wedding in the English Royal Family and we will close the year with the German poetess, Hedwig Witte.

Christine Hamilton

Music Appreciation

For the 15th year running, the MLUWC Music Group attended MSO concerts — six in total this season. This marked the final year of the MSO performing in its current concert hall. Meetings two weeks before the concert gave us a forum to explore the upcoming music and its composers and to make arrangements for the concerts. The day of the concerts, members carpooled downtown and shared lunch afterwards. Special thanks to our faithful drivers Janet Anckorn, Suzanne Dawson and Addie Ciebien as well as meeting hostesses Nora Christie, Barbara Mudd and Mary Hersey. Nineteen women signed up for the group and 17 participated. Three members attended meetings only. Nine members subscribed to the matinee concert series while some bought tickets individually. We studied music by 16 composers: Weber, Mahler, Debussy, Shostakovich, Franck, Ryan, Chausson, Prokofiev, Mendelssohn, Bartok, Rachmaninoff, Sibelius, Tchaikovsky, Dion, Saint-Saens, and Rimski-Korsakov. Members in the group took turns researching the music and composers and enlightened us with stories of each composer and his creations.

New members are welcome to share with us the enjoyment of some of the finest symphony musical performances by the MSO at their morning concert series. Next fall, we look forward to hearing the MSO in their new concert hall in six Friday Morning Concerts.

Maria Cranker

Music History

This is a large group (17 ladies) who meet every month in the same venue to listen to and discuss classical music, beginning with the Baroque period in the fall, and ending with 20th century music in the spring months. We began this year in September with music from our favourite three Baroque composers, Bach, Handel and Vivaldi. In October we studied works from the latter half of the Classical period, mainly by Beethoven, but also early works by Rossini and Schubert. The following three months were devoted to the Romantic period of the 19th century—music by Mendelssohn, Chopin and Schumann (November), Tchaikovsky, Grieg and Saint-Saens (December), Bruckner, Sibelius and Dvorak (January). In February we watched an opera on video (a useful separation between the 19th and 20th century). This year we watched Mozart's *The Magic Flute*. In March, we continued with the early part of the 20th century, Debussy, Schoenberg, DeFalla and Richard Strauss. In a still very wintry-looking April, we continued with Shostakovich, Vaughan Williams, Gershwin and Carl Orff. For our final presentation, in May, we studied music from the 1960's —Bernstein, Shostakovich, Britten, and a Beatles medley played by a Baroque orchestra.

The sessions were well attended and we had some lively discussions. Many thanks to my two assistants, Suzanne and Joanne, and to all the ladies who brought refreshments.

Joanne Brais

New Book Exchange

Forty-three members of MLUWC joined the book exchange group in September 2010. We were inspired to read by Judith's presentation at our annual get -together at Clio's bookstore on September 29.

Since October we have each received our "new" book on the 1st of each month and delivered one to a friend. At present we are five groups but if our numbers increase we will expand to six groups next fall. Please join us. B.J. Bell

Tête à tête

Tête-à-tête a connu une excellente année. Nos discussions étaient stimulantes et, parfois, même amusantes malgré le sérieux des sujets abordés tels que l'actualité, les voyages, la gastronomie. Nous nous rencontrons le troisième vendredi du mois et nous pouvions toujours compter sur l'assistance de Gisèle Aubin pour le raffinement de nos phrases.

Dianne Robinson

Travel

This year we had some very interesting topics:

1. Cycling from Istanbul to Samarkand (Uzbekistan) by Victor Breedon
2. China and the Silk Road by Dianne Robinson
3. Italy by Joanne Brais and Margaret Eastwood
4. Remote North Atlantic Islands by Ian MacDonald
5. Walking the Camino de Santiago by Jean Poitier
6. Egypt and Jordan by Joyce Schaaf
7. St. Petersburg and Tallin by Renata Bagga

All our meetings have taken place at the Sunrise Retirement Residence on Elm and several of the residents have joined us each month for the presentations.

Judy Paquin and Janet Ankcorn have been the leaders of the Travel Group for two years. We will be asking for two new volunteers to take over this great group.

Janet Ankcorn and Judy Paquin

Tutto Italiano

The Tutto Italiano group gained several new members this year. We had presentations on people's trips to Italy and two guests – Louise Dagenais and Celine Dupuis - who talked about the Caravaggio exhibit they saw in Florence. We saw a very interesting Italian film

called “Malena” which had been released several years ago but most of the members had not seen. We plan on closing the year with a trip to Little Italy and perhaps lunch at one of the many restaurants in the area.

Gilda Martinello

Out to Dinner

We are about 31 members but only about 10–20 attend each outing. We meet the fourth Thursday of the month at a different restaurant each time. In choosing the restaurants at our first meeting we try to accommodate all palates and pocketbooks. It seems to work well.

This year we went/are going to:

September- Terra Mare

October - Scala

November - Le Milsa

January - Le Petit Munich

February - La Perle

March - Oggi's

April - Le Charleville

May - Sequoia

June - Elounda

Each month, two people volunteer to organize the event by reserving the restaurant, calling or e-mailing members with relevant info and confirming attendance.

I have enjoyed leading this group and intend to stay on for next year.

Carol Kelly

Wine Appreciation

We started this year by inviting the newly formed Wine Appreciation Group 2 to join us for a visit to a local winery in Vaudreuil. It was a lovely day for an informative tour and tasting by the owners. Throughout the year various members researched and hosted evenings featuring Chenin Blanc, Alsatian, Chianti, Greek and Beaujolais wines. We have one more regular tasting and then are hoping to organize a joint 'wine and appetizer' potluck to end the year. Marie-Belle Cunningham has graciously offered to be the coordinator next year. Our group continues to learn as we enjoy wine during our lively get-togethers. We realize that improving our knowledge necessitates practice, so we keep sipping.

Pamela Deans