

# MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

## Newsletter, April 2022

Volume 65, Issue 8

### PRESIDENT'S LETTER

Spring is here, the days are longer – we have much to be grateful for!

I am looking forward to our meeting on April 11<sup>th</sup> on Zoom and hearing about the artistic endeavors of a few of our members. I have always admired stained glass and paintings and as someone who has ZERO artistic talent, I am looking forward to learning how I can make a fun abstract painting on my own! Member's night is always such a treat. I always come away inspired by the amazing women in our midst.

April is also the month when the CFUW Quebec Council meets. Here in Quebec, we have four English clubs (MLUWC, Montreal Inc., South Shore, and Sherbrooke) as well as two French clubs (Quebec City and Monteregie). Members from all the clubs will come together on April 23<sup>rd</sup> and discuss our activities, our successes, and our problems. While we had hoped to meet in person, it has been decided to go ahead on Zoom. All members are welcome to attend. If you are interested, please don't hesitate to get in touch with me and I will send you the registration link.

I hesitate to speak too soon, because things can change so quickly, but we are hoping to hold our AGM IN PERSON on May 11<sup>th</sup>! A lovely event to look forward to! So, mark the date and more details will follow.

Ramadan Kareem. Happy Passover. Happy Vishnu. Happy Easter.

Jane Cowell  
President  
[MLUCW1@gmail.com](mailto:MLUCW1@gmail.com)  
514-250-952

### General Meeting Monday, April 11

Via Zoom

### Members' Night Crafting

**Guest Speakers:**  
**Nancy Acemian**  
**Marianna Newkirk**  
**Janet Guay**

**Members will share the ins and  
outs of their craft.**

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

**7:30** – Start of business meeting

**8:00** – Guest speakers

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

## PROGRAM

**Monday, April 11**

**General Meeting**

**Remotely via Zoom**

**Guest Speakers: Nancy Acemian, Marianna Newkirk Jannette Guay**

Traditionally, our April General Meeting is dedicated to our members. Confirmed to date are 2 guest speakers who will walk us through the major steps of their craft.



**Nancy Acemian:** Have you ever wondered how a stain glass comes to be? What are the steps in creating these beautiful pieces of art?



**Marianna Newkirk:** "Fun Abstract painting that everyone can do". (The secret ingredients are shaving cream, food colour and card stock or bristle board). Yes, you read right ... shaving cream !

**Janet Guay** Applique Quilting vs Patchwork Quilting". What is the difference between the two types of quilting and what is involved in applique quilting?



## ADVOCACY

We have been in contact with the West Island. Women's Shelter and have narrowed down our collections for the Spring, as per their requirements and needs. A suitcase drive is being conducted right now. Suitcases are essential for the women as they transition to an apartment. This collection will be on going all year. Please let me know if you have any spare suitcases in good condition and I will gladly pick them up from your house. The other collection we have started is that of sleepwear for women and children. We are aiming for a delivery of these items just before Mother's Day. We would like to cheer up these ladies and boost their morale. Large and extra-large sizes are preferable. As for children's p.j's, sizes are for ages 12 months to 15 years. Slippers and bath robes are also welcome. One of the requirements is that these items should be new, for obvious reasons. As in the past, we are counting on your generosity and kindness to brighten up some lives.

For any questions you can contact Mary or Patricia.

**Patricia DuVal and Mary Vlahos**

## CFUW NEW

### **CFUW Resolutions - 2022 AGM**

The following 6 Policy Resolutions have been proposed by CFUW Clubs for voting on at the August 2022 AGM. The next step is for Clubs to study and debate each Resolution, and, if you believe it will improve a Resolution, to propose Amendments to the Resolved Clauses.

The Advocacy Committee will be discussing the Resolutions at the Advocacy Meeting on Zoom at 7:30 on April 7. All MLUWC members are welcome to attend the meeting. Contact Mary Vlahos or Patricia DuVal for the meeting link, or for more information.

The titles are printed below. To read the complete Resolution, **CTRL+Click** on the following links.

1. [Archiving Selected Policies I – CFUW Advocacy Committee](#)
2. [Archiving Selected Policies II – CFUW Advocacy Committee](#)
3. [Strengthening Employment Equity - CFUW Nelson & District](#)
4. [Tightening Bail Laws to Protect Victims of Intimate Partner Violence – UWC North York](#)
5. [Violence against Women in Politics – CFUW Oakville](#)
6. [A Clean, Healthy & Sustainable Environment is a Human Right – CFUW Headwaters](#)

Patricia DuVal & Mary Vlahos

## MARKETING AND RECRUITMENT WEBINAR

This is the recording of the webinar on the CFUW YouTube Channel:

[https://www.youtube.com/watch?v=6KUpih6QnGQ&ab\\_channel=CFUWNationalOffice](https://www.youtube.com/watch?v=6KUpih6QnGQ&ab_channel=CFUWNationalOffice)

### **Brittany Sagriff**

Member Engagement Coordinator

Canadian Federation of University Women



## SUPPORT FOR UKRAINE

A donation of \$720 was sent to the Red Cross on behalf of Ukrainian refugees from the MLUWC Networking Group on behalf of the MLUWC

The money was raised from Networking members, postcard sales by Veronica Desaulniers and a raffle by Susan Campbell Fournel (she supplied the flowers and Barbara Lewis provided a singing lesson).

**Linda Sestock**

## IN HONOR OF EARTH DAY



## SCHOLARSHIP COMMITTEE

Congratulations to MLUWC 2021-2022 Bursary recipient, **Annika Singh**, who will be a featured speaker for DKG on April 11.



**Monday,  
April 11 / 2022**

**TIME OF EVENT 7:00PM**

**My Miracle  
Inspiring Light in Others to  
Overcome Challenges of Living  
with Disabilities**

**Speaker: Annika Singh**  
Student of McGill University  
Computer Science



### DESCRIPTION OF THE EVENT

Annika Singh is a 20-year-old woman who never lets her physical limitations keep her from achieving her goals. Diagnosed with profound bilateral sensorineural hearing loss at the age of 2, Annika received her elementary education at Montreal Oral School for the Deaf. Upon graduating from John Abbott College in the Science program, Annika is pursuing higher education at McGill University in Computer Science (Bachelor of Science). Annika hopes to be recognized not only as a person with hearing loss, but rather as a helpful person who inspires light in others to overcome the challenges of living with their disabilities!

She will be starting my presentation by explaining her hearing loss and her diagnostic experience. She will be mentioning how her parents struggled to raise a hearing loss child in a new country with no support and how they discovered cochlear implants through Montreal Oral School for the Deaf. Then she will explain a little bit about her childhood: how she went through a long process of hard training to be able to hear with cochlear implants. She will be mentioning her education experience with hearing loss.

[www.dkgquebec.com](http://www.dkgquebec.com)

Minimum Donation \$10.00

Contact [dkgque@gmail.com](mailto:dkgque@gmail.com)

Registration closes 48hrs before the event.



<https://hi.switchy.io/63pE>

## MLUWC SCHOLARSHIP FUND

### Scholarship Fund 2021-2022

The thermometer on the right shows that we have raised just over \$9,100 from June 1, 2021 to February 28, 2022.

Your support is very important to providing scholarships to deserving women in the West Island.

I hope many of you will be participating in Games Day on Friday, April 22. It's always a lot of fun connecting with friends and playing a game – we're all kids at heart!

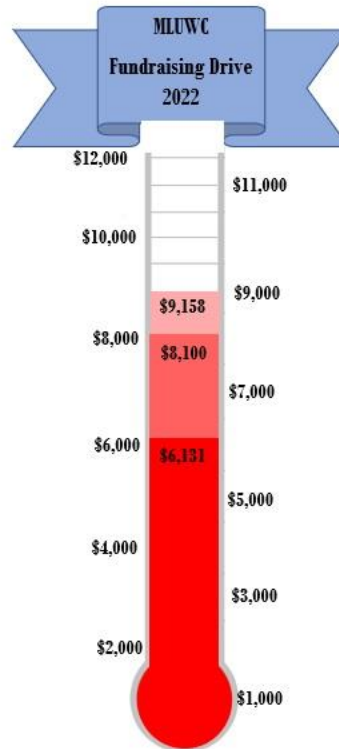
You can donate to the Fund in two ways:

- Credit card donations are accepted online at [www.canadahelps.org](http://www.canadahelps.org)
- Cheque payable to: MLUWC Scholarship Fund and mailed to MLUWC Scholarship Fund, P.O. Box 383, Pointe-Claire, QC H9R 4P3.

Tax receipts are issued for donations of \$25 or more.

Thank you for your generous support

Gilda Martinello  
Chair, Scholarship Fund





## **FUNDRAISING COMMITTEE**

Our **In-person Games Day** will take place on **Friday, April 22, 2022, from noon until 3:00 p.m. in the Community Hall at Cedar Park United Church, Pointe Claire**. The cost of the event will be \$25.00 per person. A small snack box will be provided to all participants along with a hot and/or cold beverage. Details regarding registration will be forwarded by e-mail to members. The committee is in need of 3-4 volunteers on the day, who would be available to help.

The Fundraising Committee was not able to confirm a guest speaker for the Zoom Fundraiser planned for late March, early April.

I would like to take this opportunity to thank all those who so generously supported our **Scholarship Fundraising Drive** which began in September 2021 and ended last month. We do, however, continue to welcome all donations. Should you wish to contribute to the Scholarship Fund, credit card donations are accepted online through [www.canadahelps.org](http://www.canadahelps.org) or by cheque payable to; **MLUWC Scholarship Fund** and sent to **P.O. Box 383, Pointe-Claire, QC H9R 4P3**. Tax receipts are issued for donations of \$25 or more.

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



# SCHOLARSHIP 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 \_\_\_\_\_

Email: \_\_\_\_\_

Send to:

MLUWC Scholarship Fund

P.O. Box 383, Pointe-Claire,  
QC H9R 4P3

You can also make secure online donations using your credit card through [CanadaHelps.org](http://CanadaHelps.org).

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

Thank you for your support!



## INTEREST GROUPS

### BON APPÉTIT DINING CLUB

Bon Appétit is a dynamic group of MLUWC members, who enjoy good company, laughter and the sharing of different cuisines from restaurants in and around the West Island.

We meet the **fourth Thursday of the month at 6:30 pm for the dinners and 12:00 pm for the luncheons**. Each outing requires two ladies to organize. They inform the participants of the date, time and location of that month's restaurant and request confirmation of their presence. They also call and reserve the restaurant, arrange preferred seating, method of payment and review menu.

Given the loosening of government restrictions with regards to COVID and dining indoors, our first dinner is planned for **April 28, 6:30 p.m. at La Verità Restaurant in Dollard-Des-Ormeaux. An e-mail will be send to those registered with the Bon Appétit Interest group to sign up for the evening.**

**Group leader: Victoria Pinnell** ([vpinnell@gmail.com](mailto:vpinnell@gmail.com))

### BOOK DISCUSSION I

Our next meeting, on April 13<sup>th</sup> at 1p.m. will probably still be a Zoom meeting, but hopefully we can meet in person, in May. Our April book is "**The Forgotten Daughter**" by Joanna Goodman, a follow up of the family, featured in her first book, "**The Home for Unwanted Girls**". Quebec history is told in a historical novel which will bring back memories, and promote a good discussion.

**Marg Nicoll- Griffith and Judy Kelley**

### BOOK DISCUSSION II

Book Club II will meet on Thursday, April 21st, at 1 p.m. Susan Pick Vadivel will review "**The Code Breaker : Jennifer Doudna, Gene Editing, and the Future of the Human Race**". Doudna and her collaborators turned a curiosity of nature into an invention that will transform the human race: an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions. After helping to discover CRISPR, Doudna became a leader in wrestling with these moral issues and, with her collaborator Emmanuelle Charpentier, won the Nobel Prize in 2020.

**Susan Pick Vadivel**

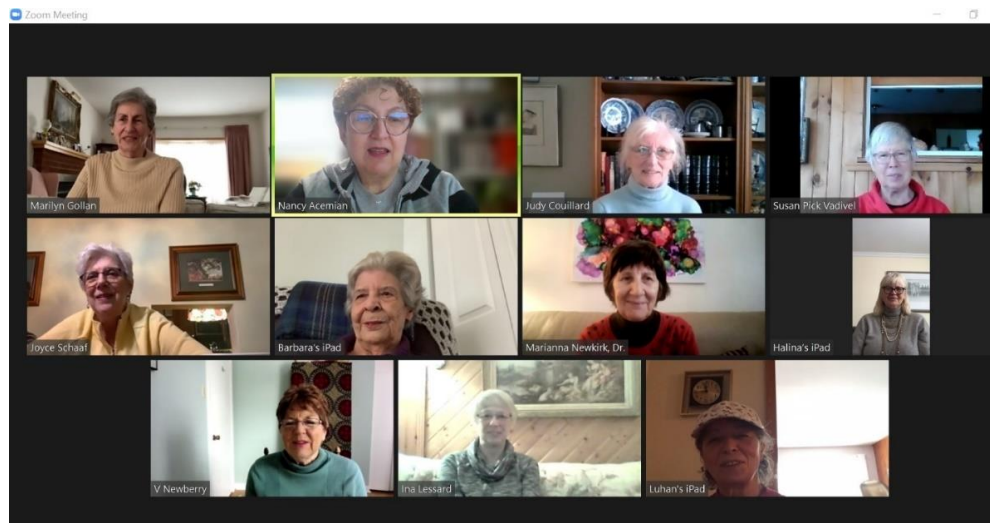
## COFFEE TIME

*Coffee Time* is a weekly gathering on Zoom every Wednesday from 10:30 a.m. to 11:30 a.m. We have a proposed theme for each week which is our conversation starter. Here are a few examples of themes discussed to date:

- What was your first paying job? (Had lots of bed bugs)
- What are some “irritants in the kitchen” that you have found workarounds for?
- Funny recollection of high school days. (We had some really naughty members).



There is always lots of laughter and each week, we get to know each other a little more. Come join in the fun. No registration required. Just click on the link in the weekly invitation email.



## EVENING BOOK DISCUSSION I

The Evening Book Club 1 will be getting together via Zoom on Tuesday, April 5 at 7:30 p.m. The book selection under discussion will be **“The Paris Library”** by Janet Skeslien Charles. A reminder that our March meeting is (was) rescheduled to Tuesday 29 March, to review **“The Four Winds”** by Kristin Hannah. Trust everyone will be able to participate!

**Linda Ricketts**

## **EVENING BOOK DISCUSSION II**

We will be reading the book **"The Clock Makers Wife"** by Daisy Wood. This time it will not be on Zoom but in person. We will be meeting on April 19 at 7:00 pm at Starbucks on St Jean. We welcome new members.

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**Luhan Wahbeh**

## **EXPLORING WORLD CULTURES**

No meeting scheduled for the month of April.

**Sally Gurekian/Linda Sestock**

## **FRENCH CONVERSATION**

French Conversation is meeting on Zoom (virtually) on Friday, April 15 at 9:30 a.m. We have already booked this session on the MLUWC Zoom account with Nancy Acemian.

**Janet Anderson**

## **MYSTERY BOOK CLUB**

Our April book takes us to Saudi Arabia where a young girl is missing and then found dead. Nancy Acemian will be reviewing **"Finding Nouf"** by Zoe Ferraris on April 13, at 1:00 p.m. on Zoom

**Gilda Martinello**

## NETWORKING GROUP

What a magical get together with #MLUWCNetworking group. We talked, we laughed. We listened to Marie's passion for food, and we got to enjoy it as well. \$712 was raised for Ukrainian refugees (see note in this newsletter "**Support for Ukraine**"). Thank you to everyone who participated. Veronica's postcards were a great success. Thank you to Susan for the flowers and Barbara for the voice lesson. We will see you on May 18<sup>th</sup> at Lutafore.



Linda Sestock

## THE TRAVEL GROUP

The Travel Group will remain on Zoom for the foreseeable future.

We are looking for people to share their photos of their trips with us. We know most people have not travelled in the last two years but we would be happy to see pictures of your travels, old and new.

Please, remember, if you have the chance to go away this summer, we would love to share your experiences with you in the fall or in the new year.

I will be happy to help you set up the presentation. It does not have to be professional; we are just interested in 'the world', as seen through your eyes. We also welcome friends and family to share their travels with us.

Our next meeting will be Tuesday, April 26. "The British Isles and Northern Ireland"  
Steve Jackson, will share experiences of his trip in 2019!

Mark your calendar for Tuesday, May 24 when we will hear about "Switzerland, the Trip of a Lifetime". The presenter will be John Anderson Pittman.

**Joyce Schaaf and Maria Korab-Laskowska** [mariakorab@gmail.com](mailto:mariakorab@gmail.com)

## **WEST ISLAND WALKS - MONDAY MORNINGS**

The walking group took a break due to Omicron, but now that things are re-opening, it's safe to get back to our Monday morning walks.. New walkers are always welcome - just send me an email at [jane.cowell.poitras@sympatico.ca](mailto:jane.cowell.poitras@sympatico.ca) to be put on the mailing list.

**Jane Cowell-Poitras**



## CONDOLENCES



We offer our sincere condolences to **Susan Cruickshank** who lost her husband.

**Lyle Cruickshank**

March 27, 2022

<https://montrealgazette.remembering.ca/obituary/lyle-cruickshank-1084813413>





### Montreal Council of Women - 2022 Woman of the Year

The Montreal Council of Woman is delighted to announce that our 2022 Woman of the Year is Senator Julie Miville-Dechêne. An

#### **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 need this service, please contact **Victoria Pinnell** (vpinnell@gmail.com), or **call Jennifer Ferguson** (514-697-7663 between 9am and 5pm)





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 **57,846 points**.

Please contact either Connie Ellis or Mary Vlahos for more information.

**Advertising space available**

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



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**DREAM OF SINGING**

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# April

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Coffee Time 10:30 a.m. Zoom		1	2
3	4 West Island Walks	5 Evening Book Club I 7:30 p.m. .Zoom	6 Coffee time 10:30 a.m. Mystery Book Club 1:00p.m.Zoom	7 Advocacy Committee 7:30p.m. Zoom	8	9
10	11 West Island Walks  General meeting Members' Night 7:00p.m.	12	13 Coffee time 10:30a.m. Book Club I 1:00p.m. Location :TBA Mystery Book Club 1:00pm Zoom	14	15 French Conversation 9:30 a.m. Zoom	16
17	18 West Island Walks  Executive meeting 7:00p.m. Zoom	19 Evening Book Club II 7:00p.m. Starbucks	20 Coffee Time 10:30 a.m.	21 Bool Club II 1:00p.m.	22 Games Day Fundraiser 3:00p.m.	23
24	25 West Island Walks	26 Travel Group 7:00p.m. Zoom	27 Coffee Time 10:30 a.m.	28 Bon Appétit La Verita 6:30p.m.	29	30

If you would like to contact someone mentioned in the newsletter but you don't have their email address, please send a message to the email above and I will forward it.

**Proofreaders: Janet Ankcorn and Jane Edwards (Many thanks)**

**May Newsletter Deadline: April 15**

**Annual report Deadline: April 27 (official request with last year's Annual Report will be sent shortly)**

**HAPPY EASTER, HAPPY PASSOVER, AND RAMADAN MUBARAK  
Happy Spring to Everyone. It has been long time coming**



**Me at 16: This radio  
station is playing my  
song.**

**Me at 21: This bar is  
playing my song.**

**Me now: This grocery  
store is playing my  
song.**

