

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, February 2022

Volume 65, Issue 6

General Meeting Monday, February 14 Zoom, 7:00 pm

7:00 Join your MLUWC friends for some chitchat

7:30 Start of business meeting

8:00 Guest Speaker

Sam Watts

Executive Director,

Welcome Hall Mission.

Established in 1892, Welcome Hall Mission is the largest doorway to help for Montrealers in need. It operates in 7 locations in the city, has a professional staff team of more than 160 people and an annual budget of approximately 30 million dollars. The Mission has provided services to women since its inception. An early mission statement included the goal of preventing cruelty to women – a much overlooked societal reality in the early 20th century.

Welcome Hall Mission has a history of offering innovative programs that are designed to help people become independent. The philosophy is one of offering a “helping hand” rather than a “handout”. The presentation to the MLUWC will highlight a number of the programs that are offered in 2022 to support those experiencing homelessness, young single mothers, families, and at-risk youth in the Montreal region. It will also cover how the establishment of partnerships with the healthcare network is an essential part of offering effective solutions to the vulnerable and disconnected.

PRESIDENT'S LETTER

We certainly know that winter is here! Snow, and bitterly cold temperatures, have been on the agenda of late. We have survived another curfew, and many of us are cocooning at home to avoid potential exposure to the highly contagious Omicron variant.

Yet, despite these inconveniences, there are bright spots too! The days are getting ever so slightly longer. While we could not get together in person in January, the virtual Pot-luck Lunch and Dinner were well-attended. Breaking out into smaller groups, members were able to chat and catch up.

Have you tried the amazingly popular and addictive word game called Wordle? You can only play once a day, so it is not a huge timewaster, but it is ever so much fun! It is NOT an app, just go to powerlanguage.co.uk, type in any five-letter word and play. Many MLUWC members are playing everyday and sharing their results on Facebook.

We also have our Valentine's Day meeting to look forward to. Sam Watts, Executive Director of the Welcome Hall Mission (WHM). He will be talking about women's health and a variety of WHM initiatives that are in place to serve women in need.

February is also a great time to let the Nominations Committee know if you would like to join our Executive. Our meetings are quick and often fun! This is a great way to give back to your club, meet other club members, and feel good at the same time. Please contact Linda Sestock if you would like to get involved.

Looking forward to “seeing” you at the February 14th meeting!

Stay safe and stay warm,

Jane Cowell

PROGRAM



Sam Watts

**CEO/Executive Director
Welcome Hall Mission**

Sam is the CEO of Welcome Hall Mission, an organization founded in 1892. It is dedicated to providing shelter, food and love to Montrealers in need. The Mission has an annual budget of approximately 30 million dollars, more than 160 full time employees and over 400 volunteers.

The Mission is dedicated to eradicating chronic homelessness and hunger in Montreal. It operates emergency and supported housing services. It has a mental health treatment unit affiliated with McGill and the Psychiatry Department of the Jewish General Hospital. It also operates a free Dental Clinic, managed in a partnership with McGill University's Faculty of Dentistry. The youth services team manages an innovative program called "Coeur a Soeur" that provides practical support to young mothers and their children.

Sam is the author of "Good Work Done Better", a book that proposes ideas for how community-based non-profit organizations can improve their impact. He has also authored numerous articles that have appeared in local and national publications.

He began his career in management at a Fortune 100 company in Montreal. In various global leadership roles, he learned to understand and appreciate principles that are required to turn good teams into high-performing teams. From 2001 to 2015, he was a team effectiveness consultant to corporations, governments and not for profit organizations acting as a catalyst, facilitator and executive coach.

Sam serves on a number of non-profit boards including The Canadian Alliance to End Homelessness and L'Arche Canada. He lives in Beaconsfield, QC.



NOMINATING COMMITTEE

Report from the Nominating Committee:

Would you like to be a part of the MLUWC Executive Board? Did you know that we now meet online? Meetings are normally held on a Monday evening, one week after the General Meeting. The meeting starts at 7pm and is usually done by 8:30pm. And we meet only 10 times a year. Positions can be shared.

This is a great way to learn more about the Club and to add value to your membership experience.

Report from the Nominating Committee:

Executive Positions to fill 2022-2023 (so far)

- Treasurer
- Hospitality
- Interest Groups
- Secretary
- Archives
- CFUW rep
- 2nd photographer
- Montreal Council of Women rep
- Social Media committee

Do you like to take photos at social events? Are you active on social media? Comfortable with Canva? Know what Canva is? Have a yen with numbers? Like people? Want to learn more about the CFUW? Like to share with others? Want to learn more about zoom? Have a good sense of humour? If you answered yes to any of the above questions, or would be part of the nominating committee, please contact me.

Linda Sestock: lsestock@royalpage.ca
Past President

Welcome

Welcome **Candice Quinn** to the MLUWC Executive. She has generously volunteered to serve as Communications Officer.

Potluck Events 2022



Due to covid restrictions, we could not meet in person once again. 🥲

However, thanks to our computer specialist 🙌 we were able to hold our 2nd virtual Pot Luck Event on Monday, January 17, 2022. Many thanks to Nancy Acemian for organizing our two zoom events! .

It was a great occasion to welcome some new members as well as chitchat with other people we know or got to know more. Nancy organized us into in small discussion groups; 3 groups of 5 (lunch) & 1 group of 7(evening)for a total of 22 (a few attended both times).

Hopefully, we will soon return to in-person events. In the meantime, keep healthy and free of the virus

Carole Newberry

“Good Friends, Good Food, Good Times”

ADVOCACY

Our first meeting of the year took place on January 6, 2022. It was decided that we will partner with the West Island Women's Shelter to support them in the Spring. Details have not all been worked out yet. We will announce further plans before the March meeting.

In the meantime, we would urge you to sign a copy of the Resolution letter for safe injection sites which appeared on the January Newsletter and send it to your local politicians.

We would like to thank Barbara and Chitra for the time and effort it took working on this Resolution.

Patricia DuVal & May Vlahos
Advocacy Committee Co-chairs

In March, the **Advocacy Committee of the Quebec Council of CFUW (QC-CFUW)** is planning an Ecological Footprint Calculation activity for the six Quebec Clubs. The objective of the exercise is to measure the demand and supply of nature. The details of how to proceed will be forwarded to you in March. The club with the most participants will be recognized at the QC-CFUW on April 23rd, 2022.

Canada's Opioid Crisis

In June 2021, at the AGM of CFUW, participating members from clubs from across Canada, voted to adopt MLUWC'S proposed resolution, Canada's Opioid Crisis. Chitra Chopra and I were delighted that our months of hard work had not gone in vain, and we were very pleased to bring this honour to our club. Since the adoption of our resolution, unfortunately, the number of deaths caused by overdoses of opioids, in particular opioids laced with illegal drugs, has increased significantly. This sad story plays out in every town and city across Canada. First and foremost, we need more safe injection sites across the country and these sites must be easily accessible. At these sites, trained professionals can work to help the people who avail themselves of this service. We need to act, and we have to do so now. Every CFUW includes a suggested Action Plan. Our Advocacy Committee has opted to follow the plan of letter writing. We are asking you, please, to write letters to your local politicians at the federal, provincial, and municipal levels in order to heighten their awareness of our opioid crisis and to introduce legislation to help to resolve it. With this article comes a template of a letter that you can use for the different politicians.

Please, I urge you to rise from your January blues, take action and help hundreds of vulnerable lives.

Barbara Armbruster

(A Word document is attached to this newsletter for your convenience)

CFUW NEWS

As a member of MLUWC, you are also a member of the national CFUW organization. Elections for the National Board of Directors will be taking place at the AGM this August. Would you like to know more about the CFUW National Board of Directors? Might you consider running for a Board position sometime in the future or would you consider applying for a position on a Board Committee? Contact Patricia DuVal, or our Regional Director, Linda Sestock for more information.

CFUW National Office has moved. The address for the new office is **Room #230, 815 St. Laurent Blvd., Ottawa, Ontario, K1K 3A7**. The phone number and toll-free numbers remain the same.

Emails can be sent to the following addresses:

Robin Jackson - execdir@cfuw-fcfdu.ca

Brittany Sagriff - memberservices@cfuw-fcfdu.ca

Betty Dunlop - fellowships@cfuw-fcfdu.ca

Charlotte Akin - advocacy@cfuw-fcfdu.ca



Resettlement of Afghan refugees petition: Sign [Afghan Youth Engagement and Development Initiative's \(AYEDI\)](#) parliamentary petition to expedite Canadian resettlement processes to meet the quota of 40,000 Afghan refugees within 6-9 months. [Click here to sign!](#) Share widely within your networks! (Must be a Canadian citizen/resident with a valid postal code to sign)

United Nations Commission on the Status of Women (UNCSW)

CFUW is a member of the UNCSW and sends delegates each year. You can apply to participate as one of our delegates.

The sixty-sixth session of the [Commission on the Status of Women](#) (CSW) will take place in a *hybrid format* from 14 to 25 March 2022. Members of organizations like CFUW will attend *virtually*. Protocols regarding virtual delegations have yet to be announced. As such, **CFUW will notify members as soon as our internal delegate application is launched.**

The [NGO CSW Forum](#) runs parallel to the official session taking place at the UN Headquarters by hosting events organized by non-government organizations (NGOs). The NGO CSW is free and open to everyone and allows civil society the opportunity to engage in the processes and CSW sessions, outside of the formal UNCSW forum. You can register for the NGOCSW forum (separate from the UNCSW forum) online : <https://ngocsw.configio.com/pd/6/>

Patricia DuVal & Mary Vlahos

MLUWC SCHOLARSHIP FUND

Scholarship Fund 2021-2022

The thermometer on the right shows that we have raised \$8,100 from June 1, 2021, to December 31, 2021. This amount represents more than two-thirds of our goal of \$12,000.

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

Don't forget to donate to the ongoing Scholarship Fund Drive if you haven't already done so.

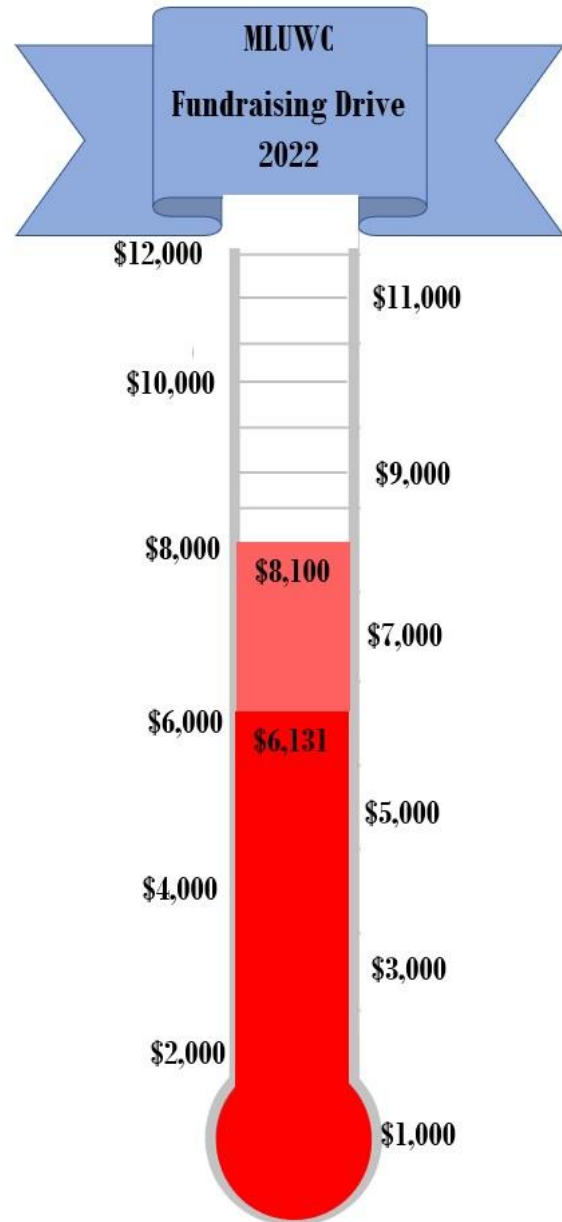
You can donate to the Fund in two ways:

- Credit card donations are accepted online at 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



SCHOLARSHIP COMMITTEE

Messages from two 2021-2022 scholarship recipients:

Lori Desnoyers-Garneau (Université de Montréal, Médecine Vétérinaire)

I am doing my best to stay positive considering the present situation. After the fall semester in person, we have unfortunately gone back to online schooling for the winter semester. It is not the ideal situation, especially for my program, but I know it is the best solution to keep everyone safe and give a chance for our hospitals and medical services to breathe a little.

I am very grateful to be in this program in the first place, and I know it is only a temporary situation. I will make the most of this opportunity, virus, or no virus!

Honestly, the fall semester has been difficult, but extremely rewarding. I have learned so much about different domains of the veterinarian world. I also discovered part of myself as a future professional. The whole experience was amazing, and it definitely confirmed that I made the right choice for my future career.

Thank you again for the Amy Williams Scholarship. With this generous amount, I was able to pay my tuition fees and my textbooks for the fall semester. I am very grateful for this.

Isabella Gavanski (McGill University, BA, Major in Psychology, Minor in International Development)

My first semester went exceptionally well. I completed my psychology and international development classes and received a final grade of A for each of them. Thanks to the MLUWC scholarship, I was able to continue my research around pregnant women's mental health and the effects on their children. I was also able to pursue volunteering with the Peer Support Center, Borderless World Volunteers, and Elimu Impact Evaluation Centre's tutoring program for children living in Kenya.

Thank you again to the Montreal Lakeshore University Women's Club for your continued support for my studies, which has improved my experience in university immensely.

Thank you for your donations to the Scholarship Fund which makes it possible to provide financial support to deserving students.

Kathleen McGrath and Maria De Wolfe



FUNDRAISING COMMITTEE

As I prepare this month's submission for fundraising, COVID cases are still on the rise across the province. Apart from the **Scholarship Fundraising Drive**, which **began in September and will continue until March 2022**, the Fundraising Committee has not planned any fundraisers for the winter months.

As MLUWC members, you have been extremely generous with your donations to the **Scholarship Fund**. If we could count on this type of support once again, in lieu of a formal fundraiser, it would be most welcome. You will be pleased to know that as of December 31, 2021, we have raised \$8,100.00 towards our annual objective of \$12,000.00. Congratulations!

As a reminder, credit card donations are accepted online through www.canadahelps.org or with a 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.

It is still our hope that we will be able to host our annual in-person **Games Day Fundraiser** on **Friday, April 22, 2022**.

The members of our 2021-2022 Fundraising Committee are Anne Brohan, Sally Gurekian, Carole Newberry and Mary Vlahos. Should any MLUWC member wish to join our committee, you would be most welcome.

Victoria Pinnell
Fundraising Chair (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.

Visit mluwc.com and click on: Donate to the Scholarship Fund.

Thank you for your support!

INTEREST GROUPS

NEW INTEREST GROUPS

Franca Ferrara the Interest Group Chair would like to inform the membership that MLUWC would like to create three new groups.

PICKLE BALL GROUP

The MLUWC would like to start a Pickle Ball group in the Spring. Please email Linda Sestock at lsestock@royalpage.ca if you are interested in joining this group.



OUTDOOR ACTIVITY GROUP

The MLUWC would like to organize an Outdoor Activity Group whereby members could meet for some fresh air and outdoor fun . The group can plan to do Nordic walking, skating, cross country skiing, hiking etc. Members who would like to participate and join the group please contact Linda Sestock at lsestock@royalpage.ca



GAMES GROUP

A few club members have expressed an interest in forming a Games group that could meet in the afternoon in members' homes. If you are interested in playing Scrabble, Trivial Pursuit, cards, etc. once a month, and are comfortable - from a COVID perspective - socializing with other fully-vaccinated members, please contact Franca Ferrara at your earliest convenience: franca.ferraram@gmail.com

BOOK DISCUSSION I

The February book chosen is "**The Truth be Told**" by Beverley McLachlin. the former Chief Justice of the Supreme Court of Canada . We will be meeting on Zoom, Wednesday, February 9, at 1 p.m. Nancy Lloyd will lead our discussion. Judy will be in touch with us with the usual instructions. This book covers the fascinating background of many historical Supreme Court decisions which have affected us all. Enjoy!

Marg Nicoll- Griffith and Judy Kelley

BOOK DISCUSSION II

We will be meeting on Zoom, Thursday, February 17, 1 p.m. Carole Newberry will review "**The Exiles**", a story about three women in 19th century Australia.

Susan Pick Vadivel

COFFEE TIME

Welcome to **Coffee Time** on Wednesdays at 10:30 a.m. via Zoom. No reservations required. This is a group that formed last year when we were in lockdown to keep in touch on a weekly basis. I must admit I didn't expect it to still be going on. So, we decided to make it an official Interest Group for the coming year. A topic of conversation is suggested for each week in the invite sent out on the Monday or Tuesday before. It is a chit chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. All are welcomed!



Nancy Acemian, Coffee Time Coordinator and MC

DUPLICATE BRIDGE

Watch this space for exciting news about duplicate bridge once covid restrictions are lifted.

Jane Quail
Ginger Brossard

EVENING BOOK DISCUSSION I

Evening Book Club 1 will be meeting on Zoom on Tuesday, February 8 at 7:30 p.m.. Our book for discussion that evening will be **"They Call Me George"** by Cecil Foster. Look forward to seeing everyone there.

Linda Ricketts

EVENING BOOK DISCUSSION II

The evening book club will be meeting and discussing the book **"The Yellow Wife"** by Sedeqa Johnson. We will be meeting on Zoom at 7:00 pm on February 15, Any members looking to attend a book club, we have room for you. Happy reading.!

Luhan Wahbeh

EXPLORING WORLD CULTURES

We will meet on Zoom on Thursday, February 17, 2022, at 7:30 p.m. **Maria Korab-Laskowska** has offered to present on ***"Krakow - one of the European cities of culture"*** ZOOM information will be forwarded prior to the presentation.

Sally Gurekian/Linda Sestock

FRENCH CONVERSATION

French Conversation is meeting on Zoom on February 18 at 9:30 a.m. We have already booked this session on the MLUWC Zoom account with Nancy Acemian.

Janet Anderson

MYSTERY BOOK CLUB

The next stop on our trip to different mystery destinations is Japan. Our February book is **"Newcomer"** by Keigo Higashino. This mystery is set in modern-day Japan where Tokyo Police Detective Kyochiro Kaga is assigned to a perplexing murder. Liliana Perodeau will be the reviewer and we will be meeting on Zoom on Wednesday, February 9, 1:00 p.m.

Gilda Martinello

NETWORKING

Our February Networking Event will be Wednesday, February 23, most probably online for now. Contact Linda Sestock for more information. lsestock@royalpage.ca

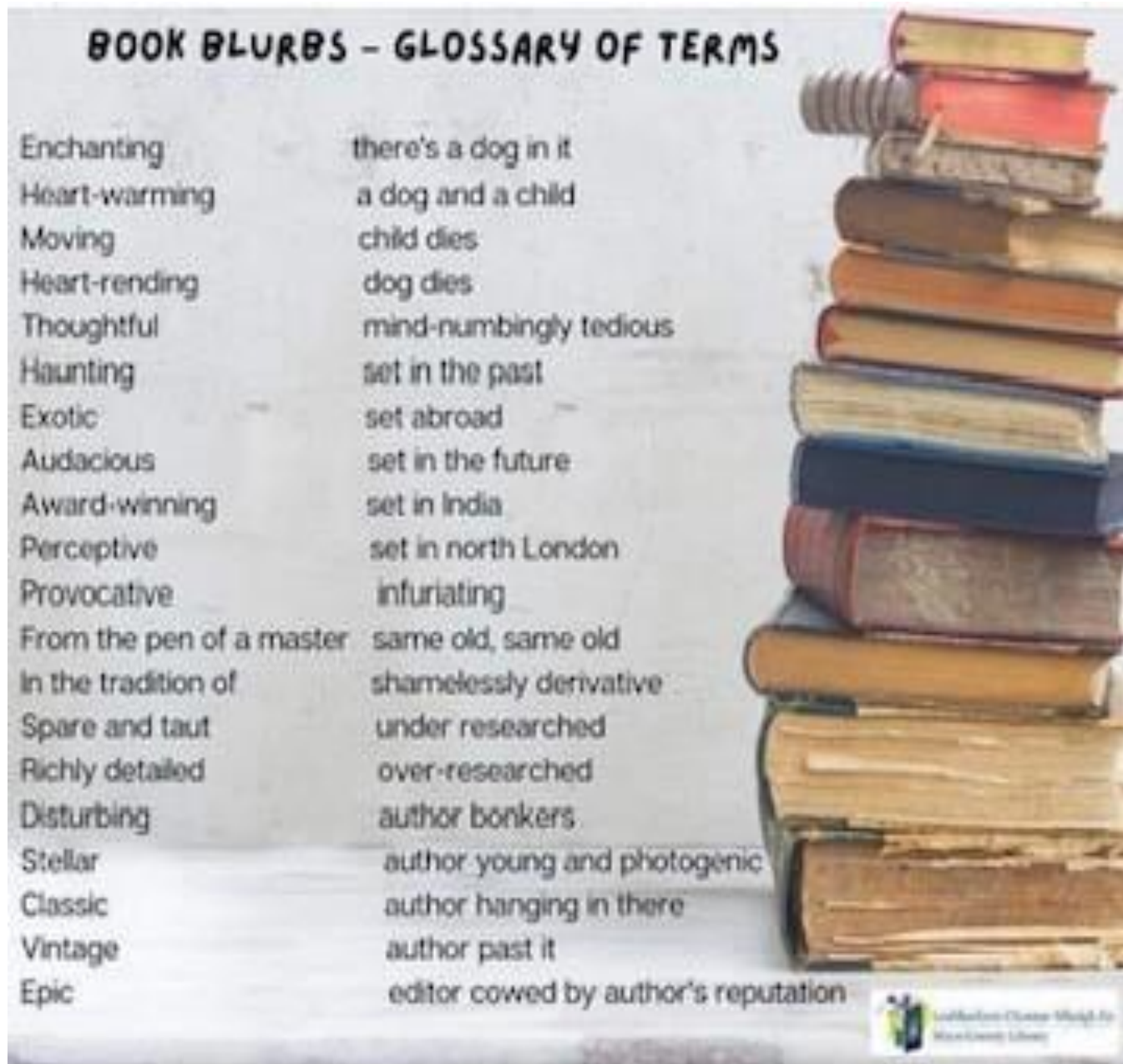
Linda Sestock
Susan Campbell Fournal
Vida Guido

TRAVEL GROUP

The Travel group will meet on Zoom on February 22 (the 4th Tuesday of the month). I will send the Zoom link and more info by email to the members of the group. The meeting is open at 7pm for a chat and the presentation will start at 7.30. If you need more info, want to join, or present something, please contact me.

Maria Korab-Laskowska (mariakorab@gmail.com)





**“Books are the plane and the train and the road .
They are the destination and the journey.
They are home.”**

**Anna Quindlen
Author and New York Times journalist**



On this page, we announce activities that are going on in the community, e.g., breakfasts, concerts, etc. as well as other topics that may be of interest to our members but are not directly associated with our Club, e.g., commissioner of oaths. If you have any items you would like published on this page, please email the information to m (mluwc.newsletter3@gmail.com).



MONTREAL COUNCIL
OF WOMEN
CONSEIL DES FEMMES
DE MONTRÉAL

The Evolution of Art Deco Architecture in Montreal

Speaker: Sandra Cohen-Rose

To view this talk presented on January 27, please visit the MCW website,

[Montreal Council of Women - Events](#)



JANUARY 29

WE REMEMBER

*National Day of Remembrance
of the Quebec City Mosque Attack
and Action against Islamophobia*

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

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



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February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Coffee Time 10:30a.m. Zoom	3	4	5
6	7	8 Evening Book Club I 7:30p.m.Zoom m	9 Coffee Time 10:30 a.m. Zoom Book Club I 1:00p.m.Zoom Mystery Book Club 1:00p.m.Zoom	10	11	12
13	14 General Meeting 7:00p.m. Zoom	15 Evening Book Club II 7:00p.m. Zoom	16 Coffee Time 10:30 a.m. Zoom	17 Book Club II 1:00p.m .Zoom Exploring World Cultures 7:00p.m. Zoom	18	19 French Conversation 9:30a.m. Zoom
20	21 Executive Meeting 7:00p.m. .Zoom	22 Travel Group 7:00p.m. Zoom	23 Coffee Time 10:30a.m. Zoom Networking TBA	24	25	26
27	28					

Newsletter Editor: Maria De Wolfe mluwc.newsletter3@gmail.com

I take full responsibility for all errors, omissions or spelling mishaps and incorrect punctuation. If you would like me to correct an error in the next newsletter, please email me at:

mluwc.newsletter3@gmail.com.

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)

January Newsletter Deadline: February 11

