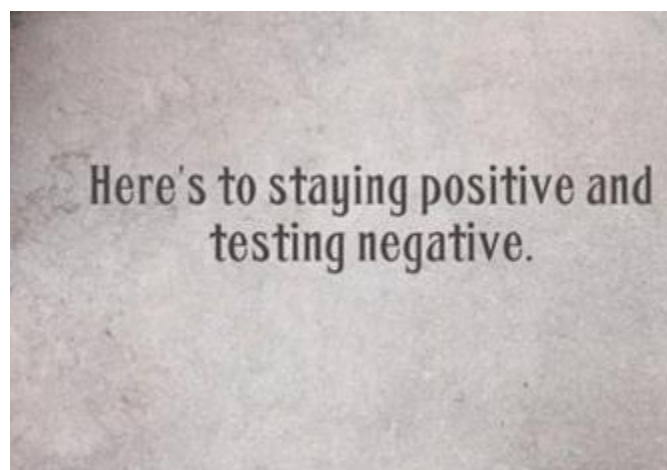


MLUWC
MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, January 2022

Volume 65, Issue 5



**January
Potluck gatherings
January 17
Zoom
(See note under Program)**

**February
Monday, February 14
7:00 pm
Zoom**

Sam Watts, Executive Director of Welcome Hall Mission, will be the February speaker. He will be talking about women's health and a variety of WHM initiatives that are in place to serve women in need.

A message from Sam Watts:

The Mission is large (annual budget of around \$30 million) but we make sure that we remind ourselves that we exist to serve one person at a time. Size merely allows us to operate more effectively in key areas of competence and it gives us a certain institutional capacity that can be harnessed – like in a pandemic! Unfortunately, it also reflects the reality that needs are growing and that, while we would like to put ourselves out of business, that isn't likely to happen very soon.

PRESIDENT'S LETTER

The month of December was full of the Christmas spirit at the MLUWC! I am SO proud of our members who contributed to this outpouring of love to the community.

It all began with our Christmas event. An amazing team of elves including Luhan Wahbeh, Tina Tessari, Nancy Acemian, Sabra Ledent, Linda Sestock, Victoria Pinnell and Renate Sutherland transformed the Hall at Cedar Park United Church into a safe and festive environment. A big thank you to all those who supported our charity - The Friends for Mental Health. Thanks to your generosity, we were able to present Victoria Kuczynsk with a cheque for \$1605 at the start of our evening.

Our members also continued to think about foster youth ageing out of care. As I write this, over \$2,700 in gift cards, as well as many Christmas cards with supportive messages, were collected for CARE Jeunesse! Thanks to Mary Vlahos and Nancy Acemian who organized this effort as well as all who donated.

On December 9th, the giving tradition continued! Thanks to MLUWC members, and our partners – the City of Beaconsfield employees and Eva Vyncke, and Klub20 Gym – 6 ½ carloads of winter coats, boots, baking, and other goods were delivered to Resilience Montreal. Linda Sestock and her team of drivers who travelled downtown in a convoy, deserve a big round of applause.

As I write this, COVID cases are, unfortunately, surging across Quebec. Although we have moved the date to January 17th for our potlucks, in the hope that we would have a better idea of how the situation would unfold, I now suspect that we will be unable to have in-person events. However, we will be able to eat and drink together on Zoom – watch out for more details in January.

I wish you all a happy and healthy New Year 2022! Please know that whatever may happen on the COVID front, your club Executive will adapt programming as necessary. We are here to serve you – please do not hesitate to reach out if we can help you in any way during this difficult time.

Jane Cowell
President



Holiday meeting 2021



PROGRAM

Potluck Events 2022

Due to growing concern with the circulating Covid variants (Delta and Omicron) we have decided to hold only virtual meetings on Zoom for our Potluck event on Monday January 17, 2022. In-person meetings are not recommended by Santé Québec at this time.

As with the last successful Potluck event in January 2021 participants will be assigned to a group of 4-6 persons and will show and discuss their pot luck dishes virtually within their private groups.

There will be 2 virtual events to choose from :

Lunch 11:30am-1pm

Dinner 5:30pm-7pm

or sign up for both times if you so wish.

Sign up will start after January 1st 2022 and we'll send you further details later.

It might be fun to do a little online research for potluck recipes, choose a new one to try out on January 17 or before and share your critique with your group.

We hope to see you all healthy and happy on January 17.

Happy New Year!

Carole Newberry
Suzanne Chaussé



ADVOCACY

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 resolution 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 our 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

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world”.

Desmond Tutu

Template for letter addressing Canada's Opioid Crisis

Sections in red require you to add in local information.

DATE

FOR A LOCAL MEMBER WHO IS NOT A CABINET MINISTER [Name of Member], M.P.

FOR A LOCAL MEMBER WHO IS A CABINET MINISTER, The Honourable [name], M.P.

House of Commons
Parliament Buildings
Ottawa, Ontario, K1A 0A6

Email: first.name.second_name@parl.gc.ca

Re: Canada's Opioid Crisis – Declarations and Action Plans

Dear [Mr./Mrs./Ms. _____] / FOR A LOCAL MEMBER WHO IS A CABINET MINISTER: Dear Minister _____,

I am writing as a member of the MLUWC an affiliate of the Canadian Federation of University Women (CFUW) that works to improve the status of women and to promote human rights, public education, social justice and peace in Canada and abroad.

We are calling on you to urge the Government of Canada, the provinces and territories, municipalities and other community organizations to work together with stakeholders and health practitioners to improve support and implementation for the Federal Action on Opioids dated December 16, 2020.

One in five Canadians experiences chronic pain and significantly delayed access to treatment. Data from the Government of Canada show that there have been over 17,000 opioid-related deaths, and almost 22,000 hospitalisations, in the last four and a half years. Two-thirds of the deaths were attributable to 20- to 49-year-olds and three quarters of these were males.

Based on the current scientific and medical knowledge and experience, the treatment for opioid addiction and available remedies need to be made more immediately accessible to those in need. The harms from opioid use, whether from prescriptions or from street drugs, must be successfully alleviated by health and security personnel, counsellors and first responders. It behooves society to provide better pain management and addiction support for persons who find themselves at the mercy of their chronic dependence.

Use of opioids for personal use must, of necessity, be decriminalised in order to reduce stigma, and encourage the seeking of assistance in cases of crisis. The current influx of newer, more powerful synthetic opioids, such as fentanyl, continues to overwhelm law enforcement, acute care facilities, and inter-disciplinary treatment practitioners. Additionally, a reduction in adverse effects from opioid use would be considerably improved by the establishment of a cross-Canada electronic prescription monitoring system available to doctors and pharmacists.

We ask that you support, encourage and take comprehensive action to mitigate the impact of the opioid crisis for the health and overall well-being of Canadian society.

We would be pleased to meet with you to discuss this pressing issue and **our deep concern regarding Canada's growing opioid crisis.**

Yours sincerely,

Christmas charities

On December 9, a few members of Advocacy delivered seven carloads of clothing, toiletries, and baked goods to Resilience. Besides our members, we had two elves that helped us transport the goods. Many thanks go to Jennifer Ankcorn and John Pinnell and, of course, to our hard-working Committee members: Ann, Nancy, Linda and Victoria.

Our other Christmas Charity is C.A.R.E. Jeunesse for which we donate gift cards to be distributed to transitioning foster children of the West Island. This year we will be donating cards worth \$2725.00, of which a substantial amount came from the Coptic Community thanks to Mariam Ishak.

All these donations would not have been possible without the participation of our generous members, as well as Beaconsfield City employees and Klub20 West Island.

Thanks to your kindness and generosity we have put smiles on many faces of less fortunate people of our community. We wish you and your families a Happy Holiday Season and a much better New Year.

Next year's first Committee meeting will be on Jan. 6 @ 7:30pm.

Patricia DuVal & Mary Vlahos

“Your ordinary acts of love and hope point to the extraordinary promise that every human life is of inestimable value”.

Desmond Tutu



**MLUWC 2021
Resilience Montreal
Collection**



Thank you letter from Friends for Mental Health

LES AMIS DE LA SANTÉ MENTALE



FRIENDS FOR MENTAL HEALTH

December 16, 2021

MLUWC

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

Dear Helen Findley and the entire Montreal Lakeshore University Women's Club,

On behalf of Friends for Mental Health, I would like to thank you for your donation of \$1605.00, which will be put directly towards our vital services as we celebrate 40 years in the community.

Thanks to your help, we will be able to continue offering our support to over 835 different families through our counseling, psychosocial training, support groups, conferences, and more. Your contribution will be mentioned on our social media networks, our website, as well as in the next edition of our quarterly newsletter.

We truly appreciate your support and recognition of the work that we do at Friends in order to continue meeting the needs of our community and of our members.

Sincerely,

Johanne Bourbonnais
Executive Director



Jane Cowell, MLUWC President, Victoria Kuczynski (Friends for Mental Health), Helen Findlay, MLUWC Treasurer

Thank you to our members for their generous donations that made our Christmas charities possible.

CFUW NEWS



The sixty-sixth session of the Commission on the Status of Women will take place from 14 to 25 March 2022 to address the theme of "Achieving gender equality and the empowerment of all women and girls in the context of climate change, environmental and disaster risk reduction policies and programmes,".

Due to COVID-19 restrictions, in-person participation in UN forums for NGOs and civil society representatives is still under review for the 2022 year. As such, it is still unknown if the UN Commission on Status of Women will be in-person or virtual. We will update CFUW members on the CSW's format once it becomes available and will begin the delegate application process once a decision from UN officials is made. Thank you for your patience.

CFUW is a member of the UN Commission on the Status of Women and sends delegates every year. If you are interested, contact the CFUW National Office for information on how to apply. (Contact information is in the MLUWC Directory)

ILO Convention 190 - Elimination of Violence and Harassment in the World of Work: The Canadian Labour Congress is encouraging Canadians to write to Labour Minister Seamus O'Regan to urge Canada to ratify international labour convention C190 - the first-ever global treaty on violence and harassment in the world of work. **Click here to sign!** <https://donewaiting.canadianlabour.ca/ratify-c190/>

Mary Vlahos & Patricia DuVal

NOMINATING COMMITTEE:

Once again, it's time to begin the process of selecting the slate of officers for the year 2021 -2022. The following extract from the MLUWC Constitution and By-Laws outlines the steps to be followed.

ARTICLE VIII - Nominations and Elections

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

If you are interested in serving on the Nominating Committee, please contact me by mid-January. Linda Sestock, Nominations Committee

Do you love taking photos? We are currently looking for a second person to join our current Photographer. Please let me know if this would be of interest to you.



Linda Sestock

MLUWC SCHOLARSHIP FUND

Scholarship Fund 2021-2022

Thank you

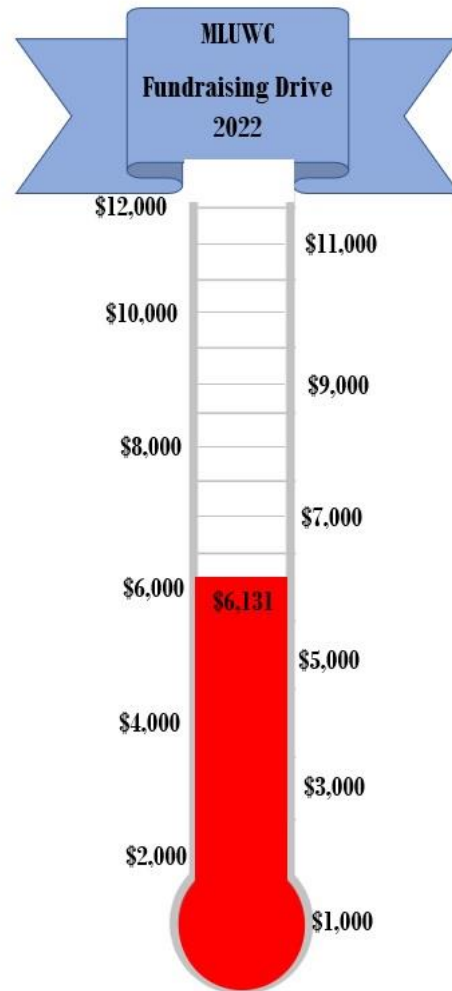
I am writing this a few days before Christmas and am mindful and grateful for the good things that have happened this past year. A special thank you to the family and friends of Diana Jane Nevins who generously donated to our Scholarship Fund in her honour. Close to \$4,000 was received in donations and will help the Fund achieve its goal of \$12,000 for 2021-22.

Another thank you is for Marie Claude Marchessault, a MLUWC networking participant and friend of the Club, who donated \$240, proceeds of her Black Friday sales from her online store Marche Nordique Oxygène. The same amount was donated to another charity in the West Island.

And lastly, a very, very special thank you to all the members of our Club who give generously to the Scholarship Fund every year. Your contributions directly to the Fund or through the various activities put on by the Fundraising Committee help us continue to provide scholarships and bursaries to women in the West Island who are continuing their education.

Despite the hardships that plague the world and the threat of the Omicron variant, I am so thankful for the goodness and generosity of people. People like you do make a difference and I thank you!

Gilda Martinello
Chair,
Scholarship Fund





FUNDRAISING COMMITTEE

There was no major fundraising event this fall so the **Scholarship Fundraising Drive**, which began in **September, will continue until March 2022.**

MLUWC members have been very supportive in the past donating to the **Scholarship Fund**, often in memory of a loved one, in honour of someone special in their lives or in place of the fundraising event that they would have attended. If we could count on your support once again, it would be most welcome. Our hope is to try and meet this year's Scholarship Fund objective of \$12,000.00.

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 our hope that there will be a **Games Day Fundraiser** to be held on **Friday, April 22 2022.** Details will follow closer to the date.

The members of this year's 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

In Memory/In Honour

I enclose my donation of \$ _____

Please make cheque payable to **MLUWC Scholarship Fund**.

Tax receipts will be issued for donations of \$25.00 and more.

Donor Name: _____

Address: _____

City/Prov. _____ Postal Code _____

Email: _____

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.

For: In Memory or In Honour

Please complete the following:

Honouree Name: _____

Notification Information:

Name: _____

Address: _____

City/Prov. _____ Postal Code _____

Send to:

MLUWC Scholarship Fund

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

Thank you for your support!

INTEREST GROUPS

Games Interest Group (New)

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

BON APPÉTIT DINING CLUB AND EXPLORING WORLD CULTURES

On November 25 members of the Bon Appétit Dining Club and the Exploring World Cultures group met at the Lebanese Restaurant "Aya" in Kirkland for the first in-person event in a very long time.

Victoria Pinnell (vpinnell@gmail.com) Bon Appétit
Sally Gurekian and Linda Sestock (Exploring World Cultures)





BOOK DISCUSSION I

Our January book choice is **“American Dirt”** by Jeanine Cummins. This is a refugee story of our times.

We will meet on January 12, 1p.m., either by Zoom , or, our first face to face indoor meeting in Christa’s spacious living room; the decision will be made closer to the date . Wishing everyone a happy, safe 2022.

Marg Nicoll- Griffith and Judy Kelley

BOOK DISCUSSION II

Book Club II will meet on Thursday, January 20, at 1 p.m. on Zoom. The book we will be reading is Diane Chamberlain's **“Big Lies in a Small Town”**, reviewed by Helene Quaid. This is a tale of two women artists, 78 years apart. One restores a mural painted by the other in a small town in North Carolina.

Susan Pick Vadivel

COFFEE TIME

Welcome to **Coffee Time** on Wednesdays at 10:30a.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 welcome!



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

Our group will have a Zoom meeting on January 4, 2022 at 7:30 p.m. We will be discussing the book "**Anxious People**" by Fredrik Backman to start off the new year.

Linda Ricketts

EVENING BOOK DISCUSSION II

We will be reading "**The Book of Women of Troublesome Creek,**" by Kim Michele Richardson. We will be meeting on Zoom on Tuesday, January 18 at 7:00 p.m..

Luhan Wahbeh

EXPLORING WORLD CULTURES

We will meet via Zoom on Thursday, January 20, 2022, at 7:30p.m.

Jennifer Ferguson has offered to present on "**Quebec's North Shore**"
Zoom information will be forwarded prior to the presentation.

Sally Gurekian/Linda Sestock

KNIT & CHAT

Our Knit & Chat Group once again got together and knit squares so they can become lapghans which we donate when completed. This year they were offered to the Teresa Dellar Palliative Care Residence in Kirkland. They were well received and were appreciated. This is not the end as we will continue to work on more lapghans and donate again to a worthy cause.



Tina Tessari

MYSTERY BOOK CLUB

Continuing our journey to different mystery destinations, the January read is "**A Rising Man**" by Abir Mukherjee. This mystery is set in India in 1919 and the police are called in to investigate the murder of a senior British official. The reviewer will be Gilda Martinello and we will be meeting via Zoom on Wednesday, January 12 at 1:00p.m...

Gilda Martinello

NETWORKING

The Networking group will meet on Zoom Wednesday January 26th - 7p.m..
RSVP to lsestock@royalpage.ca

Message from Linda Sestock after the December Networking meeting: Thank you everyone for another in person networking event. So grateful to be surrounded by such caring people. Thank you **Les Biscuits Marookies** for the delicious food and **Studio 77** . You make us feel like are at home (minus the clean-up).



Linda Sestock
Susan Campbell Fournal
Vida Guido

WEST ISLAND WALKS - MONDAY MORNINGS

Throughout October and November, the walking group has continued to get together rain or shine across the West Island. We have walked through Ste Genevieve Village, Angel Woods, along the Lakeshore between Stewart Hall and Pointe Claire Village, and from the Whiteside Taylor Centre in Baie D'Urfé to Ste Anne de Bellevue, among others. We have also enjoyed wonderful conversation. New members are most welcome. Please send me a note to get added to the list:
jane.cowell.poitras@sympatico.ca

Jane Cowell





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).



If you missed a MCW webinar , you can access the recordings here:

[Montreal Council of Women - Events](#)

MLUWC member, Eve Jolicoeur, has launched a new website. Learn more about WIMO at :

[WIMO Québec – Organisation Multiculturelle de l'Ouest-de-l'Île](#)

“Let us work vigorously together to make social inequality as something of the past, and give rise to diversity, inclusion, and equity for our community.”

- Eve Jolicoeur (Founder & President -WIMO)

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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susancf.canada.juiceplus.com
susancampbellfournel.com

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 West Island Walks	4 Evening Book Club I 7:30p.m. Zoom	5 Coffee Time 10:30a.m., Zoom	6 Advocacy 7:30p.m.	7	8
9	10 West Island Walks	11	12 Coffee Time 10:30 a.m. Zoom Book Club I p.m. Location TBA	13	14	15
16	17 West Island Walks Potluck Suppers Zoom	18 Evening Book Club II 7:00p.m. Zoom	19 Coffee Time 10:30a.m. Zoom	20 Book Club II 1p.m. Zoom Exploring World Cultures 7:30p.m. Zoom	21	22
23	24 West Island Walks Executive Meeting Zoom 7:00p.m.	25	26 Coffee Time 10:30a.m. Zoom Networking 7:00p.m. Zoom	27	28	29
30	31 West Island Walks					

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: January 14

"There are so many of you and only one of me."

