

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, May 2022

Volume 65, Issue 9

<p>General Meeting Wednesday, May 11 Via Zoom</p> <p>Guest Speaker</p> <p>Lucinda Chodan</p> <p>Former Editor-in-Chief Montreal Gazette</p> <p>Meet the University Scholarship Recipients (2021- 2022)</p> <p>6:30 – Join your MLUWC friends for some chit-chat 7:00 – Start of business meeting 7:15– Scholarship Recipients 8:00 – Guest speaker Information on the guest speaker and Zoom sign-in will be sent shortly</p>	<p>PRESIDENT'S LETTER</p> <p>Spring is on the doorstep, and we have experienced some beautiful, unseasonably warm, sunny days.</p> <p>As this is our last newsletter until the fall, I would like to thank all those who are leaving the Board as of the AGM. Thank you for all your contributions to the well-being of the MLUWC. I am most grateful for your help in keeping the club healthy and vibrant during this difficult time.</p> <p>Despite the ups and downs of the pandemic, we have managed to have a very productive year. We gave out \$11,800 in scholarships to deserving women in the community. Our Advocacy Committee has gone above and beyond by organizing the walk in Solidarity with the Women of Afghanistan, the winter coat collection for Resilience, the CARE Jeunesse gift-card collection, and the pyjama drive for the West Island Women's Shelter. We also managed to hold our Christmas Party in person, and hand a cheque to the Friends of Mental Health for over \$1600. Thanks to our program committee, we had interesting and inspiring speakers every month on Zoom.</p> <p>The motto of the Canadian Federation of University Women is "The Power of Women Working Together". Thanks to the hard-working women on the MLUWC Board, coupled with the generosity and support of our Club members, I think we have lived up to the motto. As I have often said, I am most grateful to be surrounded by such a talented, dynamic, and creative group of women who make our club a success.</p> <p>Have a safe and healthy summer</p> <p>Jane Cowell, President</p>
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PROGRAM

MLUWC Annual General Meeting

Wednesday, May 11, 2022

6:30 pm on Zoom

Guest Speaker: Lucinda Chodan

Lucinda retired in February as editor-in-chief of the *Montreal Gazette*. She will speak on the changes in the newspaper industry and particularly how they have affected women.

Lucinda Chodan is the former senior vice-president, editorial, of Postmedia, overseeing the newsrooms of more than 120 brands across Canada. She also served as editor-in-chief of major newspapers in three Canadian provinces: the *Montreal Gazette*, the *Edmonton Journal* and the *Victoria Times Colonist*.

Lucinda's career has been characterized by dedication to journalistic excellence as well as a commitment to creating opportunities for the next generation, particularly women and members of racialized communities. She championed the creation of Postmedia's first Diversity Council and chaired the group until her retirement.

Before becoming an editor, Lucinda was an arts reporter specializing in music journalism. Her writing has appeared in national and international publications, and she won a National Newspaper Award and an NNA citation of merit as a reporter.



ADVOCACY

CFUW NEW

The following six Policy Resolutions have been proposed by CFUW Clubs to be voted on at the August 2022 AGM. As announced in the last Newsletter, the Advocacy Committee discussed the Resolutions at the April 7th Advocacy Meeting and will make its recommendations for the Club to vote on at our May AGM.

Note that we will be reading only the titles at the May AGM. The Resolutions are listed below. To read the Resolutions, 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](#)

If you would like more information on the CFUW Policy Resolutions process, Contact Mary Vlahos or Patricia DuVal.

Invisible No More

The COVID-19 pandemic exposed long-standing negligence, inadequate care, and a lack of preparation in many Canadian long-term care (LTC) residences. Two years into the pandemic, Canada has the worst record in the world for COVID-related deaths in LTC homes - 20,000 of the country's 36,500 deaths.

On May 4, 2022, advocates from across the country will mobilize to urge all levels of government to take decisive action in protecting our most vulnerable populations in LTC and promoting the rights of elders in Canada.

Join CFUW's May 4 "Invisible No More" Day of Action at 1PM ET to see what you can do. CTRL+[Click here to register!](#)

Graduate Women International (GWI)



Gail Neff, Past President

The GWI & CFUW Peer-to-Peer Conversation commemorated International Women's Day by sharing traditions of how women celebrate. It was attended by 56 women and one girl who interpreted for her mother!

International Participants: Bolivia, Egypt, India, Ireland, Israel, Japan, Pakistan, Romania, Switzerland, USA. **CFUW and UWC Participants:** Abbotsford, Edmonton, Milton, Nepean, North Bay, Orillia, Ottawa, St. Catharine's, Stratford, Strathcona County, North Vancouver, Vancouver.



Participants were encouraged to show articles used in celebrations. Stacy Dry Lara, GWI ED, showed the original lamp* used in (IFUW) now GWI Celebrations. Such topics as the importance of Family Reunions and Special Days, as well as Important Causes such as World Water Day were shared. The large, national celebration of International Women's Day in Pakistan was seen as a very encouraging sign of an increase in gender equality. The reasons for celebrations were many, and included transmitting cultural links and traditions across generations, acknowledging friendship, and bringing attention to the value of belonging to a community.

*The lamp logo was designed by members of the Norwegian Federation for the Third Conference in Oslo in 1924. The delegates at that meeting adopted it as the permanent badge of IFUW.

Topics/Items Shared

Importance of family and the experiences when getting together to celebrate (Music, Singing and Dancing))

Importance of celebrating special days e.g. Valentines, birthdays, national holidays/historic moments, the seasons

Concerns regarding women's reproductive rights were a major issue in 60's and 70's in England (not as much in Canada and now at risk of rollbacks in the USA)

World Water Day – projects/activities to reduce water usage e.g., Tie Dye (Bandhai)

Celebration of International Women's Day in Pakistan seen as a good sign – more gender equality particularly with finances

Reasons for Celebrations

Increasing self-control for women

Transmitting cultural links across generations and celebrating cultural identity

Paying tribute to the past , the present and promoting hope for the future

To bring attention to the global community (reason for belonging and celebrating GWI)

To bring attention to the global need of environmental protection

Mariam Ishak

GWI representative



MLUWC SCHOLARSHIP FUND

Scholarship Fund 2021-2022

The thermometer on the right shows that we have raised over \$10,000 from June 1, 2021 to April 22, 2022.

Unfortunately, we were not able to have our Games Day in April due to a resurgence of Covid. Those that had reserved their spots and sent in their cheques very generously donated their \$25 to the Scholarship Fund. Thank you!

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

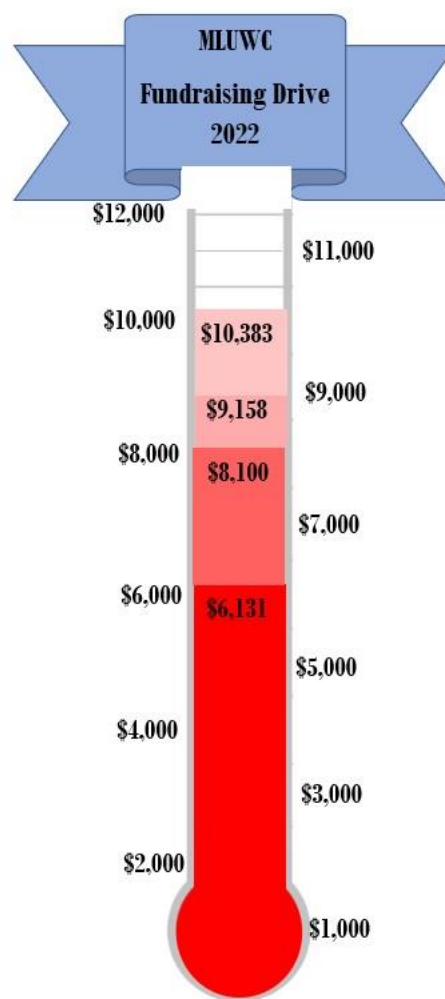
You can donate to the Fund in two ways:

- 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



FUNDRAISING COMMITTEE

Our Games Day, which was scheduled for Friday, April 22 was unfortunately cancelled due to low registration numbers.

I would however like to thank those members who did purchase tickets and who made donations towards the event. A total of \$553.00 was raised.

Should you wish to contribute to the Scholarship Fund in these difficult times when fundraising opportunities are limited, credit card donations are accepted online through www.canadahelps.org/en/dn/10093 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)

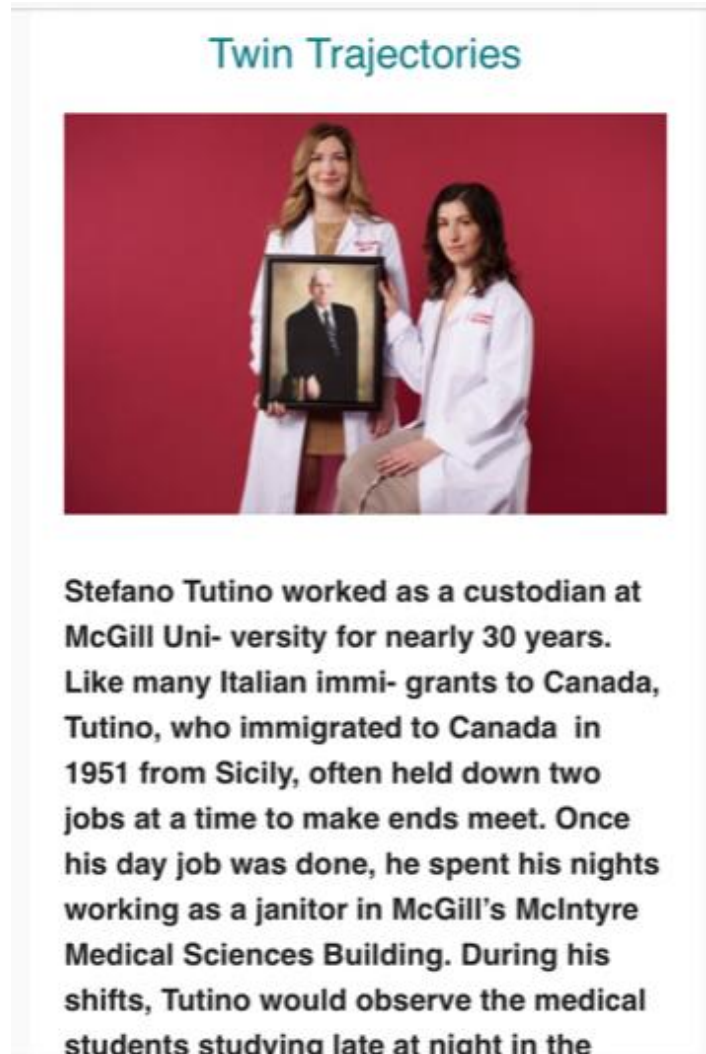


Happy times for all the gardeners, or all of us who enjoy other people's gardens!

SCHOLARSHIP AND BURSARY COMMITTEE

Congratulations to twin doctors, Alexa and Avina De Simone, featured in the Spring 2022 **Panoram Italia Magazine** (magazine dedicated to the Italian community). Stefano Tutino was their grandfather.

Alexa De Simone was a MLUWC University Scholarship Recipient in 2019-2020.



.....The full article is available in the Spring 2022 issue of **Panoram Italia Magazine**. You can also visit the website (panoramitalia.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:

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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

BON APPÉTIT DINING CLUB

Bon Appétit is a dynamic group of MLUWC members who enjoy good company, laughter and the sharing of different cuisine 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 the menu.

Despite a loosening of government COVID restrictions, our first dinner planned for April 28 at La Verità Restaurant in DDO was postponed due to a lack of numbers. Our next date has tentatively been set for **Thursday, May 26**. An e-mail with details will be sent to the Bon Appétit Interest Group closer to the date.

Victoria Pinnell (vpinnell@gmail.com)

BOOK DISCUSSION I

We will meet on Zoom , May 11th at 1 pm , to discuss "**A Town Called Solace**" , written by Mary Lawson. We all enjoyed her book "**Crow Lake**" written ten years ago, and welcome her new novel, again set in Northern Ontario.

Judy will remind us before our meeting and hopefully by June we will be able to meet in person, and discuss the book choices for 2022/23. We look forward to new discoveries!



Marg Nicoll- Griffith and Judy Kelley

BOOK DISCUSSION II

Book Club II will meet on May 19, when Louise Dagenais will review "**The Four Winds**" by Kristin Hannah. This is the story of a woman and her family living through the Dust Bowl era of the Great Depression. A portrait of the grit, courage and sacrifices made by ordinary people trying to achieve the American Dream.

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

EVENING BOOK DISCUSSION I

Our members are meeting via Zoom at 7:30 pm. on Tuesday, May 10. We will be discussing the book "**White Ivy**" by Susie Yang.

Look forward to seeing everyone present at this get-together.

Linda Ricketts

EVENING BOOK DISCUSSION II

The book we are reading is "**The Shadow**" by Melanie Raabe " for May 17th. We will be meeting in person at **Cafe Milano** at 7:00 pm .

Happy reading

Luhan Wahbeh

EXPLORING WORLD CULTURES

We will not be meeting in May.

We look forward to the opportunity in the Fall to return to restaurant outings.

Sally Gurekian

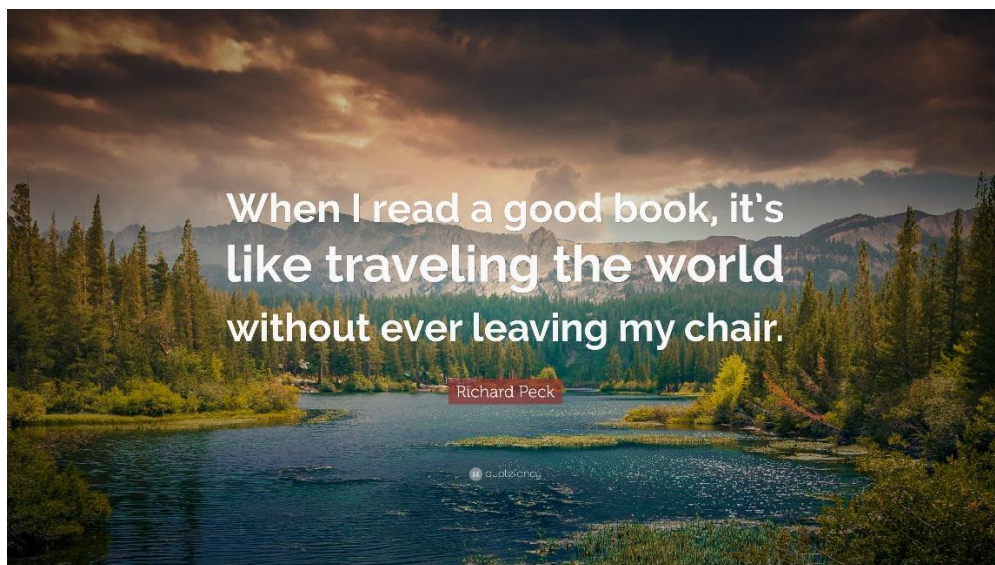
FRENCH CONVERSATION

French Conversation is meeting on Zoom) on Friday, May 20 at 9:30 a.m

MYSTERY BOOK CLUB

Our May book takes place in France where Bruno, Chief of Police tries to solve a 30-year murder. The book is “**The Coldest Case**” by Martin Walker and Judy Couillard will be reviewing on May 11 via Zoom.

Gilda Martinello



NETWORKING GROUP

Our last event of this season will be Wednesday, May 18th and will be hosted by. Maryse Hudon, MLUWC member and owner of **Lutaflore**. Come join us for a glass of lemonade and networking at Maryse's atelier and back yard. Reserve your spot by sending \$20.00 to lsestock@royalpage.ca. Net funds will benefit the MLUWC Scholarship Fund.



Linda Sestock



Happy 102nd birthday to Hildburg Schleirmacher !



Please contact Janet Ankorn (jankcorn@bell.net) if you want to make a reservation. You can pay with a card at the end of the afternoon.

MEET AND LUNCH EVENT

THE FOREST AND STREAM CLUB

Meet & Lunch

WITH ALEXANDER REFORD

WEDNESDAY, MAY 18th, 2022 - STARTS AT NOON



MENU

English cucumber gazpacho

Smoked haddock cakes, green salad & poppy seed vinaigrette

Earl Grey tea crème brûlée

\$49.00
** Including one (1) consumption with lunch **

ALEXANDER REFORD is an historian by training, with master's degrees in history from the University of Toronto and Oxford University. He assumed the directorship of Les Jardins de Métis (Reford Gardens). The great-grandson of Elsie Reford, creator of the Gardens, he was instrumental in creating the not for profit organization that purchased them from the Quebec government in 1995. Under his stewardship, a complete restoration of the gardens and the historic buildings on the property has been undertaken. He has written numerous books and articles. He is the author of the biographies of Lord Mount Stephen and Lord Strathcona and his great great grandfathers, Robert Meighen and Robert Reford. His first book, *Des jardins oubliés 1860-1960*, an album of photographs of Quebec's historic gardens, was published in 1999. He wrote a guidebook to the Reford Gardens in 2001 *Au rythme du train 1859-1970*, an album of photographs illustrating the history of trains in Quebec, was published in 2002. He has two other books on the history of the gardens, notably *Elsie's Paradise - Reford Gardens* and its sequel on the garden's plant collections, *Treasures of Reford Gardens - Elsie Reford's Floral Legacy*. He wrote *The Metis Lighthouse* with Paul Gendron and is leading efforts to preserve this local landmark. His publication on the Robert Reford Company is available as a (free!) on-line book <https://www.robertrefordstory.ca/>. His new book *Elsie 150* on his great grandmother Elsie Reford is coming out this summer.

Administration fee and taxes are extra.
RSVP at info@forestandstream.ca
Reservations will be open to reciprocity members from Monday, May 2nd, 2022

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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May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Coffee Time 10:30 a.m. Zoom	5 Advocacy Committee 7:00p.m.	6	7
8	9	10 Evening Book Club I 7:30 p.m. .Zoom	11 Coffee time 10:30 a.m. Mystery Book 1:00p.m.Zoom Book Club I 1:00p.m. Annual General Meeting 6:30pm	12	13	14
15	16 Joint Executive meeting 7:00p.m.	17 Evening Book Club II 7:00pm	18 Coffee time 10:30a.m. Zoom Networking 7:00p.m.	19 Book Club II 1:00p.m.	20 French Conversation 9:30 a.m. Zoom	21
22	23	24	25 Coffee Time 10:30 a.m. Zoom.	26 .	27	28
29	30	31	27 .	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 Ankorn and Jane Edwards (Many thanks)

September Newsletter: TBA



Wishing you all a great summer with a few margaritas and maybe some tacos

some days you eat salads
and go to the gym.
some days you eat 20 tacos
and drink margaritas.
it's called balance.

