



## Newsletter, November 2023

Volume 67, Issue 3

**Celebrating over 65 years of Friendship, Advocacy and Education**

<p><b>General Meeting</b> <b>MONDAY,</b> <b>November 13</b> <b>6:30p.m.</b></p> <p>The Church of Saint John the Baptist. 233 Sainte-Claire Ave, Pointe-Claire, Québec H9S 4E</p> <p><b>Guest Speaker</b></p> <p><b>Gabrielle Barrette</b></p> <p><b>Prevention and Consultation Worker</b> <b>La Sortie</b></p> <p><b>Are Women Safe?</b></p> <p><b>7:00</b> - Social Time. <b>7:30</b> - Business meeting <b>8:00</b> - Guest speaker <b>Help needed to put tables and chairs away (thank you)</b></p>	<p><b>PRESIDENT'S MESSAGE</b></p> <p>Fall is well on its way as I write this message warmly indoors while it is pouring outside. I just have to say, how fortunate and grateful I feel to have a roof over my head, my family near by, my health and no bombs exploding around me, and course, all of <b>you</b> wonderful members always greeting me with a smile.</p> <p>Here are a few things I would like to remind new and long-time members as we have quite a few new members who have joined us in the last year. I must be honest, I have borrowed these reminders from our past president, Jane Cowell from our November 2022 newsletter.</p> <ul style="list-style-type: none"> <li>• Your membership includes membership in the Canadian Federation of University Women (CFUW), and Graduate Women International (GWI).</li> <li>• The CFUW has a weekly newsletter that has interesting information about women's issues and Club activities from across the country. It's worth reading! You can sign up for the newsletter by clicking on the link that follows: <a href="https://cfuw.us12.list-manage.com/subscribe?u=8efb82640cb8bc1fd889b4668&amp;id=c38dba3032">https://cfuw.us12.list-manage.com/subscribe?u=8efb82640cb8bc1fd889b4668&amp;id=c38dba3032</a></li> <li>• GWI also has a newsletter wherein you can discover reports on GWI advocacy work with the United Nations and its agencies, social media campaign information, and member activities. You can sign up for the newsletter by clicking on the link that follows: <a href="https://us2.list-manage.com/subscribe?u=4f440ac475f57015275a1f6eb&amp;id=b810ef21f3The">https://us2.list-manage.com/subscribe?u=4f440ac475f57015275a1f6eb&amp;id=b810ef21f3The</a></li> <li>• MLUWC is also a Federate Member of the Montreal Council of Women (MCW), giving you access to all their activities many of which are via Zoom . Check out their website for upcoming events. You need to sign-up and participation is free. <a href="https://montrealcouncilofwomen.ca/">https://montrealcouncilofwomen.ca/</a></li> </ul> <p>I hope to see many of you at our November General Meeting, when Gabrielle Barrette from La Sortie, whose mission it is to help women who have experienced sexual exploitation explains how they help them move on to a better life.</p> <p>Cheers, <b>Nancy Acemian</b></p>
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## PROGRAM



**GABRIEL BARRETTE**

**La Sortie**

**Are Women Safe?**

I invite you to join me as we explore the mission and impact of our organization **La Sortie** as we delve into our journey. At La Sortie, we're not just an entity; we are a community driven by a shared vision and a passion to help women who have experienced sexual exploitation. Over the years, we have dedicated ourselves to bring hope to these women, to offer them alternatives and accompany them in the realization of their personal goals and dreams. I believe that through collaboration, innovation, and a commitment to excellence, we can continue to shape a brighter future for all.

Gabrielle has a deep desire to help people in need and support them on their journey toward a promising future maximizing their potential. She began her path as a social worker at a youth center, armed with her diploma in social work. Additionally, she held the position of residential counselor at a shelter for women who are victims of domestic violence.

In 2020, she joined the team at La Sortie, initially as an outreach worker, and now she serves as a prevention and consultation worker. After witnessing the harsh reality of women seeking to escape the sex industry, she has made it her personal mission to be their advocate. Her goal is to contribute to the improvement of services and support available in the province for women who have experienced sexual exploitation. She is also passionate about prevention and believes in the importance of reaching out to the younger generation.



## **Application for CFUW's Delegation to the 68th Session of the United Nations Commission on the Status of Women(UNCSW): March 11th-22nd, 2024**

UNCSW68 Application - Click, [HERE](#) (CTRL+click), applications are due no later than November 30, 2023

Participating in UNCSW is the primary opportunity for CFUW to contribute to global dialogue regarding the status of women within the United Nations framework. It also provides a platform for meeting with our international partners and an opportunity to influence domestic policy as Federal Ministers attend the session [HERE](#) is our CSW68 statement.

Like last year, the sessions at the UN will be “in person” with the NGO parallel sessions, hybrid (some virtual, some in person). CFUW will be attending in person as well as hosting an in-person parallel event during the first week of CSW68, March 11-15. It is highly recommended to arrive the weekend before so that you can pick up your UN grounds pass before Monday. Being able to participate in CSW68 at the United Nations is an opportunity that we wish all our members could experience. However, if you are unable to become a delegate, all NGO virtual parallel events are open to the public.

Travel costs have increased since Covid. Hotels near the UN start at \$225 US (double occupancy) although we will be negotiating for a block of rooms, so we are hopeful of having better rates. If you are considering going, we would suggest that you travel/share with a partner. If you are travelling alone, please let us know if you are willing to share and we will try to find you a roommate.

Note: You must have a valid passport (needed for the application for a UN grounds pass)

**Please note the following CFUW goals for our participation in UNCSW:  
Application [HERE](#)**

The Québec Council of CFUW met, in person and by Zoom, at the Maison Desaulniers in Saint-Lambert in October. Thanks to AFDU Montérégie, president **Liette Michaud**, VP **Frances Hudon** and all the members of AFDU Montérégie Club for their warm welcome. Thanks to Audrey Patenaude for her assistance with the Zoom. Many thanks to our guest speaker Anne Panasuk for a touching testimony on "**A La Recherche des Enfants Perdus**". Anyone who thinks they understand Indigenous trauma should read this book.

Guest speaker and Radio Canada reporter, **Anne Panasuk**, reminded us that we must right the wrongs before talking about reconciliation. Over 160 Aboriginal children were sent to hospitals in Quebec and never returned. Their parents never knew what had happened to them. Only since 2018 have Aboriginal parents been allowed to travel to the hospital with their sick child. The Awacak (little beings of light) group is working to implement Bill 79, adopted by the Quebec government in 2021, to find lost child.

The Québec Council of CFUW meets twice a year, a great time to share ideas and discuss issues that affect our members. The six clubs that make up the Québec Council are AFDU Montérégie, AFDU Québec, Montreal Lakeshore University Women's Club (MLUWC), Sherbrook & District University Women's Club, South Shore University Women's Club, University Women's Club of Montreal Inc (UWCM).

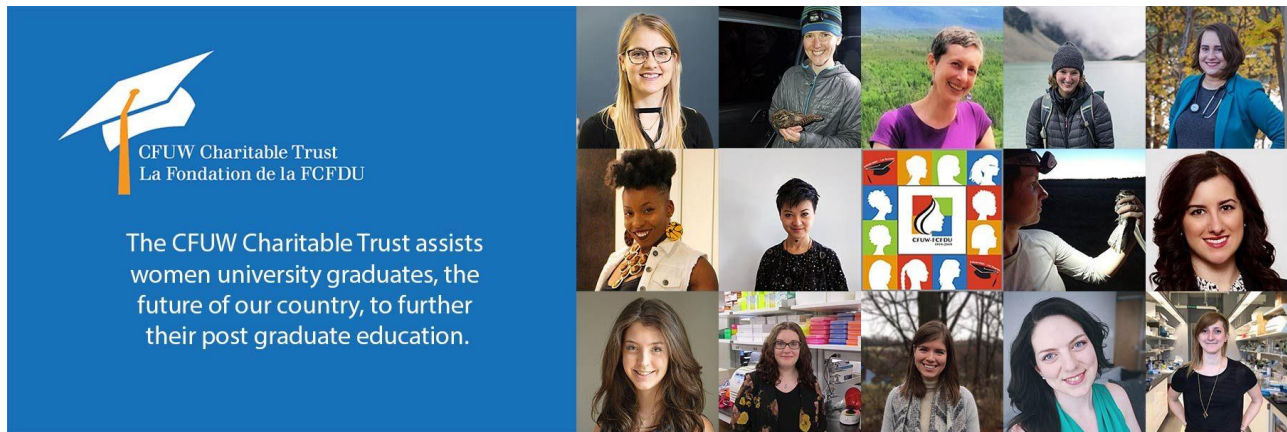
**CFUW – FCFDU      Canadian Federation of University Women**  
**Fédération Canadienne des femmes diplômées des universités**

## **MLUWC ADVOCACY COMMITTEE**

The Advocacy Committee meetings take place on the first Thursday of the month at 7:30 p.m. on ZOOM.

We always welcome new members. Please contact Patricia DuVal or Mary Vlahos for more information.

**Patricia DuVal and Mary Vlahos (Co-chairs)**



## CFUW CHARITABLE TRUST FRENCH SPEAKING VOLUNTEERS NEEDED

Congratulations to **Carolina Soulie**! Following my newsletter article asking for French-speaking volunteers to be on the Scholarship Selection Committee of the CFUW Charitable Trust, Carolina submitted her candidacy, was vetted, and has been appointed to the committee. I am thrilled that I will have a fellow club member join me in this most interesting work.

**Jane Cowell**  
**MLUWC, Past President**

## POTLUCK SUPPERS

Potluck Events January 15, 2024

Don't forget to sign up at the November General Meeting!

There are openings for at 3 guests Lunch venues and 2 guests at the 5 To 7.  
(As of October 18)

But, they will fill up quickly.

If you wish to host an event, we will gladly accept your offer.

**Carole Newberry**  
**Suzanne Chaussé.**  
**MLUWC Potluck Co-ordinators**

## **MLUWC SCHOLARSHIP FUND**

Although, it has been decided that this year we will not undertake any fundraising activities to raise money for the Fund, we will continue to provide the scholarships and bursaries that we normally hand out. We welcome every donation that we receive and are very appreciative of our members' generosity.

The MLUWC has given scholarships and bursaries to deserving women in the West Island since 1958. These scholarships and bursaries have helped many women to achieve their goals.

Once again, this year, we awarded over \$12,000 to West Island women who are continuing their education. In addition to four scholarships for university studies, we support students at John Abbott College, Place Cartier and Centre Jeanne Sauvé Adult Education Centres.

You can donate at any time. Credit card donations are accepted online through [www.canadahelps.org/en/dn/10093?v2=true](http://www.canadahelps.org/en/dn/10093?v2=true)

Or if you prefer, you can write a cheque payable to MLUWC Scholarship Fund and send it to

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

Tax receipts are issued for donations of \$25 and up.  
Thank you all for your generosity!

**Gilda Martinello**  
**MLUWC Scholarship Fund**

# 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 \_\_\_\_\_

Send to:

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

**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!



# LOOKING BACK TO LOOK FORWARD

## Stories from the Archives

The Montreal Lakeshore University Club has a rich history of dedicated women leaders.



An invitation was extended to create a branch of the CFUW in the Lakeshore area in October 1957 which stated:

“The aims and functions of a university women’s club are educational, social, and international. It is the purpose of each club to develop and maintain high standards of public education by encouraging advanced study and research through the awarding of scholarships and fellowships to women students and graduates.

Each club has a social function to promote an intelligent interest in public affairs in the field of politics, social welfare, and cultured arts through the organization of study groups.

Friendly national and international understanding a cooperation among university women is facilitated through affiliation with the CFUW and by holding regular regional, national and international conferences in different parts of Canada and overseas.”

For 65 years we have maintained those aims and ideals and share in over 100 years of history with our fellow clubs across every province in Canada under the umbrella of the Canadian Federation of University Women.





## MLUWC CLUB NEWS

We extend our sincere condolences to **Judy Couillard** and her family for the loss of her husband, Jean Couillard on September 22, 2023

[Jean Couillard | Obituary | Montreal Gazette \(remembering.ca\)](#) (Ctrl+Click)

We extend our sincere condolences to **the family of Marg Nicoll-Griffith** who passed way on October 21,2023. Marg was a long-time member of MLUWC and dedicated book club member.

[Margaret NICOLL-GRIFFITH | Obituary | Montreal Gazette \(remembering.ca\)](#) (Ctrl+Click)

We extend our heartfelt condolences to  
**Joyce and Norbert Schaaf and their family**  
on the death of their daughter,  
**Heidi Schaaf**



<https://funeraweb.tv/obituary/110982>(Ctrl+Click)



**Joyce Schaaf** presented a token of appreciation to **Renate Sutherland, B.J. Bell** and **Kate LeMaistre** (absent).

These special ladies were recognized at our October meeting for their wonderful organization of the Stratford 2023 Trip.



Thank you to **Halina** and **Theresa**, our hard-working Hospitality Chairs, for making sure we are well-served at our monthly meetings

## INTEREST GROUPS

**Interest Group coordinator: Vida Guido**



**Jennifer Ferguson** is MLUWC Technology Liaison and Zoom contact. If your Interest Group and / or committee would like to schedule a Zoom meeting, you should contact her by E-mail at [dd.ferguson@sympatico.ca](mailto:dd.ferguson@sympatico.ca) to advise of dates and times so that she can set up. Please give, at minimum, 12-24 hours notice of your intentions.

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## ARMCHAIR TRAVEL

We will meet on Zoom at 7:00p.m, on Tuesday, November 28. The presentation begins at 7:30p.m. This month we continue our trip with Jennifer Ankcorn. We followed along on a wonderful trip to the Amazon and this month the journey continues to the Galapagos. Jenn is a professional scuba diver, and I am sure like her last presentation we will see some of the many wonders of the islands.  
See you then.

**Joyce Schaaf**

## BOOK CLUB I

We will be reviewing Alice Munro short stories, with a focus on "**Dear Life**", in November, and in December, we will be reviewing the non-fiction work, "**Finding the Mother Tree**", by Susan Simard. Our meetings are always at 1:00p.m. on the second Wednesday of the month. Our hostess in November is Renata Bagga and in December, Sacha Curtis. We will be sadly and fondly remembering our dear book club friend and leader, **Marg Nicoll-Griffith**, who passed away recently and who will be sorely missed by us all.

**Judy Kelley**



## BOOK CLUB II

We will meet on Thursday, November 16 at 1:00 p.m. Our hostess will be Carole Newberry and Carole will review "**The Bastard of Istanbul**" by Elif Shafa

**Susan Pick Vadivel**

### BOOK CLUB III



Photo shows our October meeting where members (from left) Heather, Cendra, Janet and Jane are discussing the book “**Demon Copperhead**”.

Our next get together will be Tuesday afternoon November 7 when we will review “**The Only Woman in the Room**” by Marie Benedict.

**Linda Ricketts**

### BOOK CLUB IV

We will be meeting on November 15 at the Pierrefonds library or on Zoom, depending on the weather from 1:30- 3:30p.m. The book we are reading and to be discussed is “**Any where you run**” by Wanda M Morris..

We are looking to enlarge our group, new members are always welcomed..  
Happy Reading!

**Luhan Wahbeh**

## COFFEE TIME



**Coffee Time 2023-24** will continue on Wednesdays at 10:30am via Zoom. No reservations required. A topic of conversation is suggested for each week in the invite that is sent out on the Monday by either Joyce Schaaf or Marianna Newkirk, the new co-hosts. It is a chit-chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. **Visitors to Coffee time are always welcome. We meet**

**by Zoom every Wednesday at 10:30 and have a different topic to discuss each time.**

**Joyce Schaaf and Marianna Newkirk**

## DINNER CLUB

Our Dinner Club is a dynamic group of approximately 50 club members, who enjoy dining together and sharing the gastronomy of restaurants in and around the West Island. We average between 15 to 20 diners an outing.

We meet the **fourth Thursday of the month at 6:00 p.m. for the dinners and 12:00 p.m. for the luncheons**. As your interest group leaders we will inform you of the date, time and location of that month's restaurant and request confirmation of your presence. We will also call and reserve the restaurant, arrange preferred seating, method of payment and review the menu.

October's restaurant of choice was the ever-popular **La Maison Verte**. 24 diners participated.

**Thursday, November 23<sup>rd</sup>** is the date of our next dinner! Registered diners will be advised of the details by e-mail.

A gentle reminder to those diners who have not yet contributed their \$5.00 to the Dinner Club Holiday Basket collection, would you please see Sally or me when convenient?

Finally, we welcome any MLUWC member to the Dinner Club. Should you wish to join the group, please feel free to contact us.

**Group leaders**  
**Sally Gurekian**  
**Victoria Pinnell**

## **FRENCH CONVERSATION**

French Conversation meets on Zoom on Friday, November 17 at 9:30 a.m.

**Janet Anderson**

## **JAUNTERS**



Visit to Maison Trestler in Vaudreuil-Dorion  
([www.trestler.qc.ca](http://www.trestler.qc.ca))



## MYSTERY BOOK CLUB

Our November book is "Broken Ground" by Val McDermid. We will meet on Wednesday, November 8 at Ina Lessard's home at 1:00p.m. Marianna Newkirk will be leading the discussion on this book.

Cold case detective Karen Pirie is tasked with investigating the death of someone with a pair of bullet holes found in a peat bog that contains two valuable WWII valuable vintage motorbikes.

**Gilda Martinello**

## NETWORKING

MLUWC Networking Wine and Cheese event will take place on Wednesday, November 1 at Studio 77 at 7:00pm. The cost is \$20  
Contact Linda Sestock for more details.

**Linda Sestock**

## OUTDOOR PICKLE BALL

Just a little word to say that by the time you read this newsletter, the outdoor pickle ball season will be over. Don't worry, we will be back next spring when the skating rinks are taken down and the pickle ball/tennis nets are back up in the outdoor courts.

It was great fun! Many laughs were shared as we put in an hour of running weekly after a ball that seems at times to have a mind of its own.

Have a safe and healthy winter!

**Nancy Acemian**



## WEST ISLAND WALKS

West Island Walks will meet every Monday for a one-hour walk: 10:00 – 11:00 a.m.

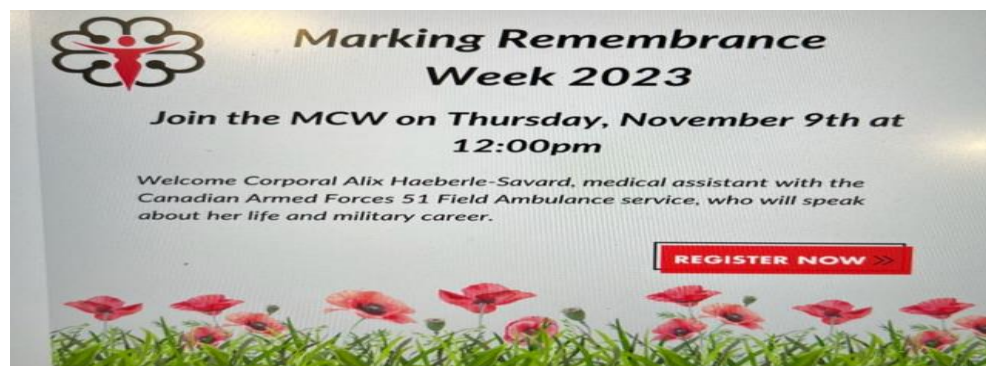
This interest group is open to walkers of all abilities – some of us walk quickly, others at a slower pace. Every week we walk for an hour in a different location in the West Island. We walk rain or shine. The only time we might cancel is if surfaces are icy or muddy or we have high winds.

For more information please contact Jane at : [jane.cowell.poitras@sympatico.ca](mailto: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 me ([mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)) and note that it is for the Community News page.



### MCW Marking Remembrance Day November 9th, 2023 @ Noon

Invitations to the online event, including the Zoom link and dial-in information, will be sent out the morning of the event from "mcwinformation@gmail.com". Please be sure to add our email address to your contacts to avoid it being sent to your spam/junk folder.

Do not hesitate to reach out to us at [mcwinformation@gmail.com](mailto:mcwinformation@gmail.com) for any questions on the event.

## MONTREAL COUNCIL OF WOMEN CELEBRATES 130 YEARS

Women of the Year 2021 **Miranda Potts (2021)** and **Senator Julie Miville-Dechéne (2022)** were honored. The festivities included a surprise attendance by Lady Aberdeen founder of MCW.





Bienvenue chez vous - The place to call home

678 Surrey, Baie-D'Urfé, Québec H9X 3S1

COMMUNITY BREAKFAST at the MAXWELL Senior's Residence.  
A delicious home cooked breakfast every Tuesday from 7:30 a.m.- 9:30a.m.  
No reservation required. Everyone welcome

### Stewart Hall Singers

Handel's Messiah, plus Christmas songs

Saturday, December 2, 2023 8 p.m.

Cedar Park United Church, Pointe-Claire

Tickets \$25 [stewarthallsingers.ca](http://stewarthallsingers.ca)

### ST. COLUMBA CONCERT SERIES 2023-2024

CONCERT INFORMATION:  
[stcolumbaconcerts@gmail.com](mailto:stcolumbaconcerts@gmail.com)

#### Sat., November 4

7:30 PM

Suggested donation: \$20

Free for children

Intimate Cabaret

Barbara Lewis, vocalist

Doug Balfour, piano/ vocal harmonies

Join us for a great evening of songs and fun with the one and only Barbara Lewis singing pop, folk, blues and a dash of musical theatre, with the very talented Doug Balfour at the piano.

For musicians interested in performing as part of the St. Columba Concerts, please contact [michael@stcolumba.ca](mailto:michael@stcolumba.ca)

#### Sat., December 16

7:30 PM

Suggested donation: \$20

Free for children

Christmas - Montreal Welsh Male Choir

Claude Marie Landré, director

John Miranda, accompanist

The beautiful singing and great Christmas music of the Montreal Male Welsh Choir will lift your spirits and ease you into the joy of the season by candlelight

For full concert series click on:





### **Lakeshore Chamber Music Society**

On Friday, November 10, 2023, at 7:30 p.m. the Lakeshore Chamber Music Society will present the following concert:

Valdstyn Trio, featuring:  
**Mana Shiraishi**, violin  
**Pierre-Alain Bouvrette**, cello  
**Martin Karlicek**, piano

Location: Union Church  
24 Maple Avenue

Tickets are available at the door: \$25 for adults; \$10 for students; free for 16 & under.

You can sign up for a season membership on our website at <https://www.lakeshorechambermusic.org>

The concerts are sponsored in part by the Conseil des arts de Montréal.



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**LEST WE FORGET**



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*For every MLUWC member that travels with Senior Discovery Tours,  
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Please contact Joyce Schaaf (joyceschaaf@gmail.com) for booking details.*

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**Please note:** If you travel with Senior Tours and are a member of the club, the Scholarship Fund will get a 4% rebate on the cost of your trip. If you use Senior Tours, please contact me after you return and I will send in the appropriate paperwork. I just need to have your name, the date of travel and the name of the tour. Thank you and Happy Travels.

**Joyce Schaaf**



## 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  
**Jennifer Ferguson** (between 9am and 5pm)

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November				2023		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Networking 7:00pm  Coffee Time 10:30 a.m. Zoom	2 Advocacy 7:30 p.m. Zoom	3	4
5	6	7 .Book Club III	8 Coffee Time 10:30 a.m. Zoom Mystery Book Club 1:00 p.m.  Book Club I 1:00p.m.	9	10	11
12	13 West Island Walks 10:00 a.m.  General Meeting 6:30-900 p.m.	14	15 Coffee Time 10:30 a.m. Zoom Book Club IV 1:30p.m.	16 Book Club II 1:00 p.m. Zoom	17 .French Conversation 9:30 a.m. Zoom	18
19	20 West Island Walks 10:00 a.m.  Exxecutive Meeting 7:00 p.m. .Zoom.	21	22 Coffee Time 10:30 a.m. Zoom	23 Dinner Club 6:00p.m.	24	25
26	27 West Island Walks 10:00 a.m.	28 Armchair Travel 7:00 p.m. Zoom	29	30		

**Newsletter Editor: Maria De Wolfe** [mluwc.newsletter3@gmail.com](mailto: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](mailto: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 Gilda Martinello (Many thanks)**

**December Newsletter Deadline: November 17**



## MEMORIES OF A FUN GENERAL MEETING IN OCTOBER



## THE MOST INTERESTING USE OF CHOCOLATE!

Discussed at the October meeting with Jordan LeBel

### White Chocolate and Lemon Sauce to accompany seafood

Adapted from the cookbook “**Le Chocolat dans la Cuisine**”, by Frédéric Bau, Montagu Editores (2006)

#### Ingredients

400 ml of fish stock

Juice and zest of 1 lemon

2 eggs

2 egg yolks

100 gr of quality white chocolate (don't go cheap here, quality makes all the difference)

Salt, pepper to taste

#### Method

1. In a small pot, bring the stock to a slow simmer with the lemon zest (you can add other aromatic elements here like verbena or other fragrant herbs, making sure to remove them for the next step). You can run through a sieve to remove all flavorings before moving on.
2. Set a medium size bowl over a double boiler, bringing the water to a soft simmer. Put white chocolate in bowl, let melt.
3. Slowly pour the stock over the melted chocolate while whisking gently. Make sure your water doesn't reach a full boiling temperature... slow and gentle here.
4. Add the eggs, egg yolks and lemon juice. Whisk until you get a nice smooth consistency.
5. Add salt, pepper to taste.
6. Turn heat off (or barely simmer), the sauce will keep while you ready the rest of your dish.

**This is a great sauce to go with sautéed shrimps, poached lobster or other such seafood. Serve with spinach or other greens.**