



Newsletter, November 2021

Volume 64, Issue 3

<p>General Meeting Monday, November 8 Via Zoom</p> <p>Victoria Kuczynski Counsellor Friends for Mental Health</p> <p>7:00 – Join your MLUWC friends for some chit-chat</p> <p>7:30 – Start of business meeting</p> <p>8:00 – Guest speaker</p> <p>Information on speaker and Zoom sign-in will be sent shortly</p>	<p>PRESIDENT’S LETTER</p> <p>As I write these words, it is mid-October, and the weather is glorious! Apart from the less intense sun, and the vibrant colours of the trees, it is almost hard to believe that it is Autumn!</p> <p>October has been a wonderful month for the MLUWC. Despite inclement weather, our march in solidarity with the women of Afghanistan on October 2nd was a big success. Not only did we demonstrate our solidarity with the women and girls of Afghanistan, but we generated very positive publicity for our club. A big thank you to the organizing committee for all their hard work.</p> <p>Our Speaker on October 4th, Stéphane Aquin, the new Director of the MMFA, gave us an interesting talk on the inner workings of the Montreal Museum of Fine Arts. Mr. Aquin described himself as a feminist and he is encouraging his teams to collect more art from women, visible minorities, and indigenous peoples. He wants a museum where everyone will feel and see their culture, but also be exposed to others.</p> <p>November 8th, I am looking forward to hearing Victoria Kuczynski, from the Friends for Mental Health, give us a status report on the Mental Health Network of the West Island. Almost as much as the Covid-19 virus itself, mental health has become a public health concern since the start of the pandemic. A very timely topic!</p> <p>As we approach the end of the year, many of us look at making charitable donations to reduce our tax burden. If this is your case, you may wish to consider donating to the Scholarship Fund. The MLUWC Scholarship Fund is authorized to issue charitable receipts that you can use on your tax return. Due to the pandemic, we are unable to host in-person fundraisers to</p>
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	raise funds for the Scholarship Fund, so individual donations take on even greater importance. Any help you can give will be greatly appreciated.
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Take care and stay safe,

Jane Cowell
President

PROGRAM

Monday, November 8, 2021

General Meeting

Remotely via Zoom

Guest Speaker : Victoria Kuczynski



Biography

Victoria Kuczynski, counsellor at Friends for Mental Health, graduated from Yorkville University with a Master's in Counselling Psychology in 2021. Victoria started her career in counselling with youth suffering from mental illness and dependencies to alcohol and drugs at Portage. She later decided to help a population often forgotten by the mental health system, the caregivers and families of individuals suffering from mental illness. Victoria joined Friends for Mental Health in 2018. Victoria has since expanded her career into the private sector, to continue working with individuals suffering from mental health difficulties. Having suffered from mental illness herself, Victoria has decided to dedicate her life to helping those still struggling. In addition to counselling, Victoria is also a strong advocate for ending mental health stigma. She continues the fight, through media reports, radio interviews and newspaper articles.

ADVOCACY

On October 2, the Walk in Support of Afghan Women took place at Centennial Park in DDO. Despite the inclement weather it was rather well attended. We had representation from Federal, Provincial and Municipal dignitaries. We also heard from members of the Afghanistan Women who spoke with passion and asked for help to restore the rights of Afghan women, which has been cruelly snatched away from them overnight.

This event received positive recognition on social media. We would like to thank all the ladies who made this possible; too many to mention here.

Moving forward, the Committee will be working on several projects, i.e., Mental Health, Opioid Crisis, violence against women, Indigenous affairs.

In late November, we will once again, be collecting warm clothing and non- perishable items for Resilience, as well as gift cards for C.A.R.E. Jeunesse.

Our meetings are always held on the first Thursday of every month at 7:30 p.m. via Zoom.

We welcome new members to our group.

Patricia DuVal & Mary Vlahos

Depending on your device click, or Ctrl and click:

To view the video of the March in Support of Afghan Women

<https://youtu.be/p1VVqRnWINE>



CFUW NEWS

The CFUW Quebec Council Advocacy Group is looking for new members. Made up of representatives from all of the Quebec CFUW clubs, we meet several times a year to encourage and support issues that affect all clubs and involve the Quebec Government. If this is of interest to you, please contact **Linda Sestock** (Regional Director CFUW and CFUW Quebec Council Advocacy Group member).

UPCOMING CFUW EVENTS

Think Tank: Gender-Based Violence/Violence Against Women - Nov. 3

Ahead of the *16 Days of Activism against Gender-Based Violence* from Nov. 25 to Dec. 10, join CFUW members from across the country to discuss the pertinent issues, share what your club is planning for the 16 Days, and brainstorm ways we can work together during this campaign and in the future to eradicate gender-based violence in Canada! This Think Tank session is open to ALL members with an interest and will take place on **Wednesday, November 3 at 1pm ET.**

[Click here to register](#) (Depending on your device click, or Ctrl and click)

CANADIAN FEDERATION OF UNIVERSITY WOMEN - HAMILTON presents “*Meet Dr. Anne Innis Dagg, The hero we ALMOST didn’t know we had.*”

Years before Jane Goodall and Dian Fossey, Dr. Anne Innis Dagg did ground-breaking research about giraffes in the wilds of Africa. Upon her return to Canada, instead of receiving accolades, she was the victim of sexual discrimination in the world of Academia. But despite repeated setbacks, Dr. Anne persevered, becoming a prolific author of many books and scientific papers, a feminist, and a conservationist. View the award-winning documentary film about her life, ***The Woman Who Loves Giraffes***, any time between **October 28th - November 3rd** with an up-close and personal meeting with Dr. Anne herself, and the film’s director, Alison Reid, in a virtual Q&A session on November 3 at 7:00 PM.

Read more about this Scholarship Fundraising event here.
(Depending on your device click, or Ctrl and click)

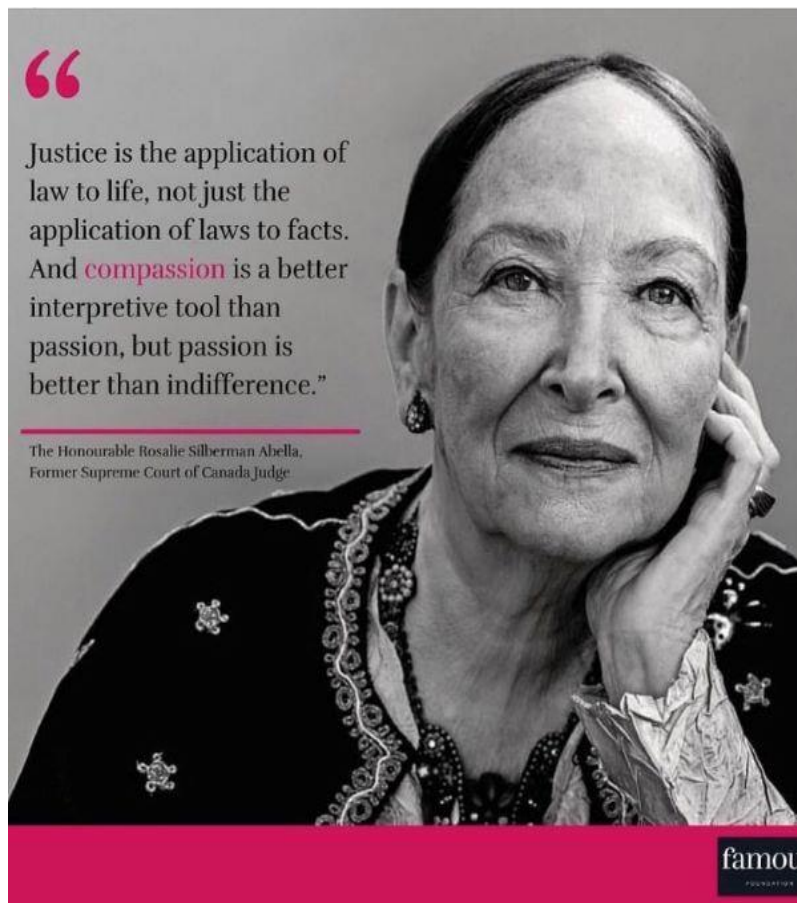
[To purchase the tickets, click here!](#)
(Depending on your device click, or Ctrl and click)

Wazhma Frogh: "The 20 Years Journey of Afghan Women and Back" presented by CFUW St. John's - November 9

CFUW St. John's invites CFUW members across Canada to join us for a presentation and discussion on Afghanistan "The 20 Years Journey of Afghan Women and Back" by Wazhma Frogh on **Tuesday, November 9th at 6:00pm ET**. Ms. Frogh is a peace building expert and mediator from Afghanistan now living in Canada, with over 10 years of direct mediation and conflict resolution experience who was appointed by the President of Afghanistan to the country's High Peace Council to mediate the peace negotiations with the Taliban during 2017 and 2018.

Click here to view Wazhma Frogh's full bio.
(Depending on your device click, or Ctrl and click)

Click here to register (Depending on your device click, or Ctrl and click)
For more information, contact graceh@nl.rogers.com



MEMBERSHIP



A final reminder to pay your **2021-2022** dues if you haven't done so yet, and if you already have, thank you.

If you wish to continue receiving the newsletter, invitations to our events and partake in our interest groups, be sure to have your payment to us by **October 31st** to maintain your member in *Good Standing* status.

Look out for the newly formatted member's directory which will be available in the member's section of the MLUWC web-site by the end of the month. An email will be sent out to all members in *Good Standing* informing them of its availability. Also, a digital copy, which will be password protected, will be sent out to all members in *Good Standing*. As was done last year, you will receive a first email with the password followed by a second email with the directory as an attachment. You will be able to save the directory on your computer/tablet and consult as needed using the password provided in the 1st email.

Friendly Reminder - the \$120 fees can be paid in two ways:

1. at the following link by credit card (even if you don't have a PayPal account):
https://www.paypal.com/webapps/hermes?token=78G16690L8440164A&useraction=commit&mfid=1631894757098_f399216cd6723
2. or by cheque made out to MLUWC and mailed to **MLUWC** P.O. Box 383 Pointe-Claire, QC H9R 4P3

Nancy Acemian
Membership Chair

MLUWC SCHOLARSHIP FUND

Two Motions to be voted on at the November General Meeting

Proposed by the Scholarship Fund

MOTION No. 1:

To establish two bursaries in the amount of \$500 each to be awarded to female students from Place Cartier and/or Centre Jeanne Sauvé who complete their high school requirements and are registered in a CEGEP program for the following fall semester.

Students at Place Cartier and Centre Jeanne Sauvé work hard to obtain a high school diploma and some very dedicated ones do move on to study at the CEGEP level. Female adult learners face many challenges in pursuing their education. These women are very much in need of support, so the Scholarship Committee proposed to the Scholarship Fund that two additional bursaries of \$500 each be awarded to students from either educational institution who are enrolled in a CEGEP program.

Since this motion was approved by the Executive, a membership vote will take place at the November General Meeting.

MOTION No. 2:

To offer a one-time \$1,000 bursary to a female student of John Abbott College in memory of Diana Nevins.

Diana Nevins, a long-time member of our Club, passed away this spring. In her obituary, it was requested donations be sent to a specified charity or to the MLUWC Scholarship Fund.

The Scholarship Fund has received approximately \$4,000 in her memory. To recognize Diana and the generous gifts received from friends and family, the Scholarship Fund proposes to offer a one-time \$1,000 bursary to a female student at John Abbott College. The remaining money donated on behalf of Diana Nevins will remain in the Scholarship Fund. Since this motion was approved by the Executive, a membership vote will take place at the November General Meeting



FUNDRAISING COMMITTEE

Our **Fundraising Committee** met in September to discuss possible fundraising events to meet this year's Scholarship Fund objective of \$12,000.00

Given the current COVID-19 restrictions, it was agreed that there would be no Fall Fundraiser 2021.

In lieu of an event, we will conduct another **Scholarship Fundraising Drive** which began in **September and will continue until March 2022.**

As was the case last year, our members were very supportive and donated 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 appreciated.

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.

We are also pleased to announce a Spring Fundraiser, with the return of the much loved **Games Day**, to be held on **Friday, April 22, 2022**. Details will follow closer to the date.

Members of our Fundraising Committee for 2021-2022 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

For: In Memory or 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

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

Our dining 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 and 20 diners an outing.

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 members of the date, time and location of that month's restaurant and request confirmation of their presence. They also call and reserve the restaurant, arrange preferred seating, method of payment and review menu.

An email from the Program Chair was sent to the membership regarding Interest Group Registration. If this sign up was missed for Bon Appétit, please e-mail me directly.

It should be noted that the Bon Appétit Club will not be dining together until the current restrictions associated with COVID-19 in restaurants are eased.

Group leader: Victoria Pinnell (vpinnell@gmail.com)

BOOK DISCUSSION I

Our November meeting will be held on Zoom, November 10th at 1 p.m. Judy will invite and send out the link with any late information.

We have two books to be reviewed, "**Five Little Indians**" by Michelle Goodman, accompanied by "**21 Things You May Not Know about the Indian Act**", by Bob Joseph (non-fiction). Our discussion will be an exploration of current Indigenous issues and stories stemming from residential schools. Judy is the discussion leader.

I hope you are all enjoying this lovely fall weather- a true "Indian Summer".

Marg Nicoll- Griffith and Judy Kelley

BOOK DISCUSSION II

Book Club II will meet on November 11 at 1 p.m. Joanne Fraser is reviewing “**Agent Sonya**”, the true-life story of the woman code-named "Sonya" who, in the 1940s, became a high-ranking communist spy.

Susan Pick Vadivel

COFFEE TIME

Welcome to **Coffee Time** on Wednesdays at 10:30am 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

Evening Book Club 1 will be meeting via Zoom on Tuesday, November 2nd at 7:30 pm. to discuss the book “**The Rose Code**” by Kate Quinn.

Linda Ricketts

EVENING BOOK DISCUSSION II

We will be meeting via Zoom on November 16 at 7:00pm. The book we will be reading is “**Before the Crown**” by Flora Harding.

Please note: There are only five people in the book club and we would love to have new members.

Luhan Wahbeh

EXPLORING WORLD CULTURES

The November meeting may possibly be a restaurant outing depending on interest and suggestions.

An email will be forwarded to EWC members to confirm interest.

We will not have a meeting in December; however, looking forward to January when **Jennifer Ferguson** will present on "**Quebec's North Shore**" via Zoom
New members are welcome any time.

Sally Gurekian/Linda Sestock

FRENCH CONVERSATION

French Conversation is meeting on Zoom on Friday November 19 at 9:30 am. We have already booked this session on the MLUWC Zoom account with Nancy Acemian.

Janet Anderson

KNIT & CHAT

Knit & Chat group usually meets around 1:00 p.m. on the last Saturday of each month. Next one is set for October 30th. When weather permitted, we have met in person either in a park or in someone's backyard. If someone would like to join the group, they will be considered "spares" & join only if we are a few for that Saturday. With the cold weather fast approaching though, we may start meeting at each other's home but with a limited number.

Tina Tessari

MYSTERY BOOK CLUB

Our November read is "**Daughters of Night**" by Laura Shepherd-Robinson, a mystery set in 1782 London.

We are meeting on Wednesday, November 10 at 1:00 via Zoom. Janet Ankcorn will be reviewing the book.

Gilda Martinello

NETWORKING COMMITTEE

The networking group will be meeting in person at Studio 77 at 7pm on Wednesday November 24th. \$20 cover charge includes wine and snack (any proceeds will support the MLUWC Scholarship Fund). RSVP lsestock@royalpage.ca by November 22nd.

More information can be found on the MLUWC website events page or on our facebook page.

Linda Sestock

TRAVEL

The Travel group meets (the 4th Tuesday of the month.
I will send the Zoom link and more info by email to the members of the group.
The Travel group has room for new members and is looking for a new leader.
If you need more info, want to join, or present something, please contact me.

Maria Korab-Laskowska

WEST ISLAND WALKS - MONDAY MORNINGS

We meet every Monday morning at 10 a.m. in different parts of the West Island. There is no obligation to come every week - you just show up at the designated spot for that week when you can. All are welcome! To put your name on the mailing list, send an email to jane.cowell.poitras@sympatico.ca

Jane Cowell-Poitras



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) and note that it is for the Community News page.

Ladies' Lunch Fundraiser

The Forest and Stream club will be hosting Terry Mosher as the guest speaker at the ladies' lunch on December 8th. This is the day we will be supporting the charity, Share the Warmth. Attendees should bring an item of non-perishable food or an unwrapped toy. Terry will have signed copies of his new Covid book to sell (\$30), all profits to Benefit the Lachine Hospital.

Please contact Janet Ankcorn to make your reservation.



MONTREAL COUNCIL
OF WOMEN
CONSEIL DES FEMMES
DE MONTRÉAL

Penny Rankin, past president of the Montreal Council of Women presented an informative session entitled "**Trafficking and Children: No Safe Space**". To view this presentation, visit the MCW website (montrealcouncilofwomen.ca) and click on **Events** and then click on **Past**.

Maria De Wolfe



A VIRTUAL **Saturday, November 13, 2021**

ALL ARE WELCOME!

Invite a friend! Join us to celebrate young women's accomplishments and to recognize a local women's organization'

Come enjoy a pleasant morning and a fascinating talk about the journey of life Ms. Vicki Boldo and Ms. Amelia Puddifer

RSVP on-line by November 08, 2021

ON-LINE REGISTRATION: Click: [REGISTRATION FORM](#)

DETAILS - ZONTA ANNUAL AWARDS EVENT

Date: Saturday, November 13, 2021, 12:00-1:30

Place: Zoom (link to follow by email soon)

Registration: On-Line link: [REGISTRATION FOR ZONTA AWARDS EVENT](#)

Tickets: \$15.00

Donations: All proceeds go to our educational programs

RSVP: By Monday, November 8, 2021

Guest Speakers (1):

Ms. Vicki Boldo

Indigenous activist; Bishop's University Special Advisor indigenous student support; Research Advisor; ANQ reg'd Naturotherapist; Coach, Motivational Speaker/Cultural facilitator
Board Director National Sixties Scoop Healing Foundation

Topic: "Miskasowin-A Cree/Metis Path to finding One's Place within the Circle"

Ms. Amelia Puddifer

Owner and director of Prestigious Ski instructor school;
Director-General of the Eco-centre in
Domaine St. Bernard, and supervisor in the
Federal Government Environmental Department;
President of the Mont Tremblant Rotary Club

Topic: "Leadership: Women aren't just great at Maths & Science

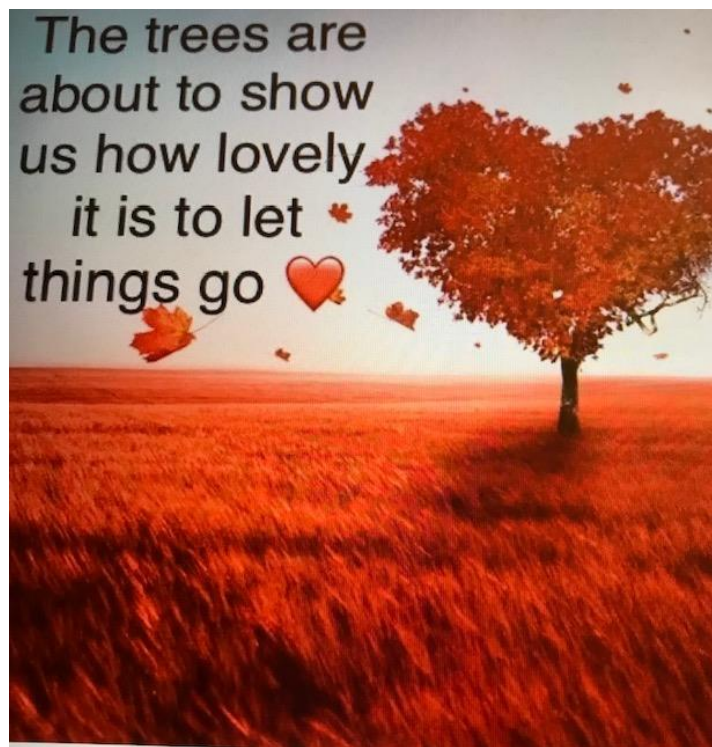
ZONTA ANNUAL AWARDS EVENT

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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November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 W.I.Walks 10:00 am	2 Evening Book Club 1 Zoom,7:30pm	3 Coffee Time 10:30,Zoom Book Club1 1:pm Zoom Mystery Book Club 1pm zoom	4 Advocacy 7:30pm, Zoom	5	6
7	8 W I. Walks 10:00:am General meeting 7:00pm Zoom	9	10 Coffee time 10:30,Zoom	11 Book Club II 1pm Zoom	12	13 Zonta Awards Dinner Noon Zoom
14	15 W.I.Walks 10:00am Executive Meeting 7:00pm Zoom	16 Evening Book Club II Zoom 7:00pm	17 Coffee time 10:30am Zoom	18	19 French Conversation 9:30am Zoom	20
21	22 W.I.Walks 10:00 am	23 Travel group TBA	24 Coffee time 10:30, Zoom Networking Group 7:00pm	25	26	27 Knit and Chat 1:00pm
28	29 W.I.Walks 10:00am	30	1 Coffee time 10:30, Zoom	2	3	4

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)

December Newsletter: Deadline: November 12

