

MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

Newsletter, March 2022

Volume 65, Issue 7

**General Meeting
Monday, March 14**

Via Zoom

Guest speaker

Cinthya Leyva Mancilla

**Owner/Manager of Les Jardins Tierra
Viva**

Topic:

**Rewards and challenges of
community-scale farming**



7:00 – Join your MLUWC friends for
some chit-chat

7:30 – Start of business meeting

8:00 – Guest speaker

**Information on speakers and Zoom
sign-in
will be sent shortly**

PRESIDENT'S LETTER

As I write this, it is cold and there is still lots of snow on the ground. However, March is just around the corner, with its promise of spring and warmer temperatures. This year, March will also see the removal of many Covid restrictions. After two years, I think most of us are ready to emerge from our cocoons slowly and carefully and rejoin the human race! March 13th Daylight Saving Time returns when our clocks will “spring forward” one hour – a sure sign that the change of seasons is upon us.

March 8th is International Women's Day – an opportunity to celebrate the historical, political, and cultural achievements of women. The theme this year is Break the Bias: *Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that is diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #BreakTheBias.*

For the gardening enthusiasts among us, March is a time to plan and design vegetable plots and flower boxes and start plants and flowers from seed. So, this month's speaker is very apropos. Cinthy Leyva Mancilla, a woman, an immigrant, and a farmer who owns and manages Tierra Viva Gardens, will speak to us about the rewards and challenges of being a Quebec farmer.

Along with our Quebec sister clubs, we will be participating in an ecological footprint challenge organized by the Advocacy Committee of the CFUW Quebec Council. It will be a chance to examine and understand which of our actions impact the environment. More details to follow.

Take care and stay healthy,

Jane Cowell

PROGRAM

Monday, March 14

General Meeting

Remotely via Zoom

Guest Speaker : Cinthya Leyva Mancilla

In honour of International Women's Day, Cinthya Leyva Mancilla, owner and manager of Les Jardins Tierra Viva in Mirabel will speak about the rewards and challenges of community-scale farming.



BIOGRAPHY

Cinthya Leyva Mancilla is the owner and manager of Les Jardins Tierra Viva, an ecological community-scale farm located in Mirabel. She is originally from Mexico and holds a Bachelor's degree in Agriculture and Environmental Sciences as well as Master's in Plant Science from McGill University.

Cinthya did not come from a farming background but has always been fascinated with nature and loves cooking. She credits a 2009 internship at the organic farm Croques-Saisons in Lingwick, QC with sparking her inner passion for farming.

In 2014 she started Les Jardins Tierra Viva on leased land in Saint-Jacques-le-Mineur. For four years Cinthya worked the farm mostly on her own, growing her team as the farm grew. In 2018 she purchased 8 acres of land in Mirabel where the farm now produces a variety of fruits and vegetables as well as fresh eggs. Tierra Viva sells its products directly to consumers from June to October at the Saturday morning Valois market as well as through online sales.



tierraviva.ca

www.facebook.com/jardinstierraviva.ca

NOMINATING COMMITTEE

Report from the Nominating Committee:

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

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

Report from the Nominating Committee:

Executive Positions to fill 2022-2023 (so far)

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

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

Linda Sestock: lsestock@royalleepage.ca
Past President

ADVOCACY

At our February 3rd meeting, the Committee decided to work closely with the West Island Women's Shelter to help them with some of their present needs in the running of the Shelter.

We are in contact with the person in charge and are trying to finalize their priorities. We are aiming for a Spring collection. We will keep you updated with the progress.

Patricia DuVal, Mary Vlahos

CFUW NEW

International Women's Day event with the Afghan Women's Centre of Montreal & CFUW

Mon. March 7, 11am-1pm EST



To celebrate International Women's Day, CFUW is co-sponsoring the [Afghan Women's Centre of Montreal](#) virtual conference on **Monday, March 7th from 11am to 1pm EST**. Collectively, we will learn about the current crisis in Afghanistan as well as identify and implement actions that will alleviate the increasingly precarious plight of Afghan women. Not only will we be joined by influential guest-speakers from across the world, we will also be honoured by the testimonies of witnesses currently living in Afghanistan. This event is FREE to all with translation available in English, French, and Dari. Share widely!

[CTRL+Click here to register](#)

CALL FOR NOMINATIONS FOR ALL CFUW BOARD OF DIRECTORS POSITIONS FOR THE 2022-2024 BIENNIUM

If you are interested in the national CFUW organization, this is your chance to be a bigger part of it, as well as to meet interesting women from across Canada.

The Nominations Committee invites applications for all CFUW Board of Directors positions to serve in the 2022-2024 Biennium. **The nomination period is April 1 – April 28, 2022.** Any member who is qualified and interested in any VP Board position is invited to submit an application with a nomination from a Club and a resume.

Elections for Board Positions will take place at the AGM in August 2022. Nominations from the floor will be accepted. Details about this procedure will be sent out with AGM material.

Questions on the nominations process should be submitted to the Nominations Chair, Pat McCutcheon, at mccutcheon1675@gmail.com.

Patricia DuVal and Mary Vlahos

In recognition of #DataPrivacyDay we would like to share the pictured advice with you regarding your passw... See More

First job title: **STOP**
Favorite food: **GIVING**
Favorite color: **PEOPLE**
First pet's name: **YOUR**
First child's name: **PERSONAL**
Favorite restaurant: **INFO**
Where are you from: **TO**
Favorite singer/band: **GUESS**
Street you grew up on: **YOUR**
First type of car you had: **PASSWORDS**
Favorite teacher's name: **AND**
Your mother's maiden name: **SECURITY**
One unpopular opinion you have: **QUESTIONS**

Bill 96: An Official Opposition Amendment Guarantees the English-Speaking Community Access to Health Care Services in Their Language

QUEBEC CITY, February 3, 2022. —The right for each English-speaking person to obtain health care and social services in their own language will be strengthened from now on thanks to the relentless work carried out by the following Official Opposition critics: Protection of the French Language, Ms. Hélène David, Relations with English-Speaking Quebecers, Mr. David Birnbaum and Justice, Mr. Gaétan Barrette.

Indeed, during the detailed study of Bill 96, *An Act respecting French, the official and common language of Quebec*, the Official Opposition tabled and adopted an important amendment guaranteeing the English-speaking community the right to obtain health care and social services in English.

“The amendment that we proposed clearly demonstrated that for our political party, it is possible to protect our French language without threatening the rights of the Quebec’s English-speaking community.”

-Hélène David, MNA representing Marguerite-Bourgeoys and Official Opposition Critic responsible for the Protection of the French Language

“Thanks to our determination, we have ensured English-speaking Quebecers access to health care services in their own language from the Magdalen Islands to Abitibi. It’s historic!”

-David Birnbaum, MNA representing D’Arcy-McGee and Official Opposition Critic for Relations with English-Speaking Quebecers

“From now on, pursuant to our amendment, the right to receive health care and social services in English will benefit from additional protection.”

-Gaétan Barrette, MNA representing La Pinière and Official Opposition Critic for Justice

Catherine Dostie
Press Secretary
Cabinet of the Chief Official Opposition Whip
581 999-6434
catherine.dostie@assnat.qc.ca

Thank you Renate Sutherland for providing a copy of this important resolution

QUEBEC COUNCIL ADVOCACY COMMITTEE

Dear members of the Montreal Lakeshore University Women's Club,

As promised and as announced, here is the challenge being presented to us & to you by the Quebec Council Advocacy committee as a fun but also informative exercise to help us become more aware of our ecological footprint. The Ecological Footprint is the only metric that measures how much nature we have and how much nature we use.

All 6 Quebec clubs will be taking part and we thought that a friendly competition might encourage you all to participate. We will count and compare the number of respondents in each club, and the club with the highest participation will be honored.

To complete the questionnaire, please click on <https://www.footprintcalculator.org/> and answer the questions using the criteria below:

- You may choose the language of your choice.
- Base your answers on your consumption/situation from March 1st 2021, to February 28th 2022. FYI, the exercise can be repeated if you wish.
- Some frames contain a link below the text that states **Add details to improve accuracy**. Adding more detail paints a better picture.
- When you give the size of your home, do not include the basement. If you have more than one home, you should add the appropriate square footage.
- If you buy carbon credits or trees to offset your footprint, you may take that into consideration.
- The time of completion is estimated at 15 minutes.

Once you have completed your ecological footprint calculation, note your score (the number of earths required to support your lifestyle). Then click on <https://forms.gle/R4oeGi2bJvXGee9CA> and enter your score. This process will ensure the confidentiality of your results.

We will announce the winning club (with the most participation) and the average number of planet earths the group requires to support its lifestyles, at the April 23rd Quebec Council of CFUW meeting and through your club channels of communication.

The deadline to reply is April 21st.

If you have any questions please contact me at Johanne.raoul@videotron.ca or at (514) 207-5328, or myself.

Thank you in advance for your participation

Jane Cowell and Linda Sestock

66TH SESSION OF THE COMMISSION ON THE STATUS OF WOMEN (CSW66)

The United Nations (UN) Commission on the Status of Women is the principle global intergovernmental body dedicated to the promotion of gender equality and the empowerment of women. CSW66 will take place 100% online **from 14 to 25 March 2022** under the priority theme, “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.

Given the virtual nature of the CSW66, GWI members who would like to participate in the CSW66 are required to create an Indico account **CTRL+ [HERE](#)**, then register for the CSW66 session. GWI will approve members only; **non-members will not be admitted to the GWI registry**. Proof of membership will be required before approval is granted. **GWI members can register for the CSW66 sessions until 28 February 2022**. Approved registrants will receive direct email communications about CSW-related activities, events, and updates leading up to and during the session.

The **CTRL+[NGO CSW Forum](#)** is the civil society side of the CSW66. The Forum is free and runs parallel to the official UN CSW66 session. The Forum will be held 100% virtual this year. **Registration for the Forum is now open and is free. CTRL+ [Click HERE](#)** to register for the Forum and its hundreds of parallel events hosted by leading women and girls’ experts and those who are on the grassroots level around the world. After registering, GWI invites you to watch this **CTRL+[participant's video](#)**.

GWJ CSW66 PARALLEL EVENTS

Resilient, Full Access to Women's Healthcare: Redressing Gender Inequalities of Climate Change

Women's Global Health Working Group call to action exposes the socioeconomic determinants of health and challenge barriers to access to health by mandating advanced capacity building, high leadership diversity inclusion and development of professionals in all aspects. **The parallel event will be held on 15 March 2022, 9-10:30 am Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://ngocsw66forum.us2.pathable.com/meetings/jMHczovXDf6RRqSGz>

Gendered Dimensions of Corruption and Its Impact on Gender Inequality

GWJ, in cooperation with the Women's United Nations Report Network, will present expert panelists including the UN Office of Drugs and Crime, Transparency International, and U4 Anti-Corruption Resource Centre, who will address the gendered dimensions of corruption and the unique ways women experience corruption. **The parallel event will be held on 18 March 2022, 8-9:30 am Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://us02web.zoom.us/meeting/register/tZYqdeyurz8uGNUeV9wreiVJzx7j8lg--S>

Forced out by Climate Change? Proactive Planning in North America

The panelists address humanitarian and gender-specific concerns faced by the climate migrants and aim to arrive at potential remedies under refugee law and humanitarian practices on the care and well-being of refugees on their journey to safety and resettlement. **The parallel event will be held on 22 March 2022, 11-12:30 am Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://ngocsw66forum.us2.pathable.com/meetings/9BJDpDB324aieC2AY>

Climate Crisis and Education: A Woman's Voice Included

To describe the global climate situation as it relates to education, GWI representatives from five diverse regions will share their future perspectives as GWI young women concerned about eco-anxiety among young people. GWI experts on the role of education in the current teaching on climate crises and environmental migration regarding women and girls will be presented. **The parallel event will be held on 22 March 2022, 4-5:30 pm Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://uso2web.zoom.us/meeting/register/tZMscuCqjjsvHdohv6TxFCByCGPnfEk9bMti>

A Case Study of Climate Change and Inequalities in One of the Richest Counties in the USA

The panelists will describe structural inequities created by public school funding that left so many students unable to connect to their classes in context to communities facing extreme weather due to climate change, poor working conditions, lack of broadband, and low academic performance. **The parallel event will be held on 23 March 2022, 7-8:30 am Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://ngocsw66forum.us2.pathable.com/meetings/riudva9n7HHaxKSuK#/?limit=10&sortByFields%5B0%5D=isPinned&sortByFields%5B1%5D=lastActivityAt&sortByOrders%5B0%5D=-1&sortByOrders%5B1%5D=-1&uid=jHLFxPBXXp3ugQvRQ>

Young Women and Climate Action: Educating a Climate Conscience Generation

GWI YMN will present a panel of experts to share their views based on research on the role of young women in contributing towards climate action as well as on how education plays a vital role in raising a climate-conscious generation. Experts will also provide highlights of actions already taken and recommendations for the future. **The parallel event will be held 24 March 2022, 8-9:30 am Eastern Daylight-Saving Time. Register in advance for this meeting:**

CRTL+<https://uso2web.zoom.us/meeting/register/tZopc-CtrDoiGdxSbYFZGLJwBile-HJJsgNx>

Mariam Ishak
Graduate Women's International (GWI) Representative

MLUWC SCHOLARSHIP FUND

Scholarship Fund

Canada Helps Promotion

Canada Helps is promoting Monthly Donations and they are offering to give \$20 for every new monthly gift of \$20 or more.

\$20 per month is \$240 a year. Some of you already give \$200 or more a year. This might be an easier way for you to support the Scholarship Fund by donating on a monthly basis rather than doing it only once a year.

This special promotion of an extra gift of \$20 from Canada Helps is only for the month of March so don't delay. Sign up to provide a monthly donation of \$20 or more for the MLUWC Scholarship Fund.

Thank you.

Gilda Martinello
Chair, Scholarship Fund

FUNDRAISING COMMITTEE

We are pleased to confirm that our **In-person Games Day** will take place on **Friday, April 22, 2022, from noon until 3:00 p.m. in the Community Hall at Cedar Park United Church, Pointe Claire.**

The cost of the event will be \$25.00 per person. A small snack box will be provided to all participants along with a hot and/or cold beverage. Details regarding registration will follow under separate cover.

The Fundraising Committee is also trying to arrange a Zoom Fundraiser later this month with a guest speaker. Details to be confirmed shortly.

I would like to take this opportunity to thank all those who so generously supported our **Scholarship Fundraising Drive** which began in September 2021 and has now come to an end. We do, however, continue to welcome all donations. Should you wish to contribute to the Scholarship Fund, credit card donations are accepted online through www.canadahelps.org 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)

SCHOLARSHIP DONATION FORM

Donation Form

MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation

☐

Company donation

☐

For: In Memory

☐

or In Honour

☐

In Memory/In Honour

☐

Please complete the following:

Honouree Name: _____

I enclose my donation of \$ _____

Notification Information:

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

Name: _____

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

Address: _____

Donor Name: _____

City/Prov. _____ Postal Code _____

Address: _____

City/Prov. _____ Postal Code _____

Email: _____

Send to:

MLUWC Scholarship Fund

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

You can also make secure online donations using your credit card through CanadaHelps.org.

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

Thank you for your support!

INTEREST GROUPS

PICKLE BALL GROUP (NEW)

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

OUTDOOR ACTIVITY GROUP (NEW)

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

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 menu.

Given the loosening of government restrictions with regards to COVID and dining indoors, our first outing is planned for April 28, 6:30 p.m. at La Verità Restaurant in Dollard-Des-Ormeaux. Details to follow.

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

BOOK DISCUSSION I

Our March book club choice is "**The First Actress**" written by, C.W. Gortner. This book is historical fiction, about Sarah Bernhardt. Melanie Benjamin, writer for the **New York Times**, **describes** the work as a "luscious historical novel full of period detail": I'm sure we will have fun discussing the life of this French actress on March 9th at 1 p.m. on Zoom, or, maybe in person. More details to follow.

Marg Nicoll- Griffith and Judy Kelley

BOOK DISCUSSION II

Book Club II will meet on Zoom Thursday, March 17 at 1 p.m. Gilda Martinello will review "**The Night Watchman**" by Louise Erdrich. The novel is inspired by the life of Erdrich's grandfather who motivated the other members of the Turtle Mountain Reservation to resist the Indian termination policies of the 1940's - 1960's.

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

DUPLICATE BRIDGE

Unfortunately, we have decided to cancel duplicate bridge until the autumn,

Jane Quail and Ginger Brossard

EVENING BOOK DISCUSSION I

Evening Book Club 1 will be meeting on Zoom on Tuesday, March 8 at 7:30 p.m. We will be reviewing the book **"The Four Winds"** by Kristin Hannah. Hope to see you all there.

Linda Ricketts

EVENING BOOK DISCUSSION II

The evening book club will be discussing the book **"Henna Artist"** by Alka Josh. We will continue to meet on Zoom for now. On March 15 at 7 p.m. we will be discussing this good read. Remember, there is always room in our book club for new members. Happy reading!

Luhan Wahbeh

EXPLORING WORLD CULTURES

We will meet via Zoom on Thursday, March 17, 2022, at 7:30p.m. ***Sally Gurekian and Carolina Soulie will present on Portugal.***

Zoom information will be forwarded prior to the presentation.

Sally Gurekian/Linda Sestock

FRENCH CONVERSATION

French Conversation is meeting on Zoom on March 18 at 9:30 a.m.

We have already booked this session on the MLUWC Zoom account with Nancy Acemian.

Janet Anderson

MYSTERY BOOK CLUB

Our voyage around the word continues as our group will be reading a book set in Russia: "**The Winter Queen**" by Boris Akunin. The novel takes place in Moscow, May 1756. The police investigate the apparent suicide of a young, aristocratic student. Joanne Fraser will review the book and we will meet via Zoom on Wednesday, March 9 at 1:00p.m.

Gilda Martinello

NETWORKING GROUP

The next networking meeting will be held on Wednesday March 23 at 7p.m. at Studio 77. Cost is \$20.00. For more information, please contact [**lsestock@royallepage.ca**](mailto:lsestock@royallepage.ca)

Linda Sestock

TRAVEL GROUP

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

Maria Korab-Laskowska mariakorab@gmail.com

WEST ISLAND WALKS - MONDAY MORNINGS

The walking group took a break due to Omicron, but now that things are re-opening, it's safe to get back to our Monday morning walks. **Our first walk of 2022 will be March 7th**. New walkers are always welcome - just send me an email at jane.cowell.poitras@sympatico.ca to be put on the mailing list.

Jane Cowell-Poitras

WINE APPRECIATION GROUP I

Despite the on and off lockdown we have been experiencing this year because of COVID-19 the Wine Appreciation Group I has been meeting regularly in person and on Zoom. There were outdoor gatherings in the summer and a few in-person gatherings in the fall. It was very different and difficult to arrange themes for Zoom meetings, but everyone was happy to choose their own wine and introduce each other to some of our favourites. We are looking forward to more in person gatherings in 2022.

Anne Howard, Wine Appreciation Group I

CONDOLENCES



We offer our sincere condolences to **Renata Bagga** who lost her husband.

Arun Chandra Bagga

October 22, 1943 - February 1, 2022



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.

Free West Island Women's Forum Workshop!

Wednesday, March 16, 7:00pm
Free / On Zoom

FREE WORKSHOP!

SPEAKERS:
Wanjira Njenga, Adventurer
Liane Berry, Maison LI-BER-T

WORKSHOP:
Ann Papayoti, Discovering Joy in Your Life

WEST ISLAND WOMEN'S FORUM

**WEDNESDAY
MARCH 16
7pm ON ZOOM**

Register today!

<https://docs.google.com/forms/d/e/1FAIpQLSciPQG6e4oeUQHj31zDKKfGfd46LI73AqWklQfnreVv5uQr3g/viewform>

Join us as we mark International Women's Day during this engaging and informative webinar. This is an opportunity for our community to come together. We will welcome **Wanjira Njenga** who will tell the tale of climbing Mount Kilimanjaro. Our other speaker will be **Liane Berry**, who provides women with a safe housing alternative after completing an addiction treatment program, empowering them to become self-sufficient through learning, leadership, companionship, and service. Both speakers will focus on this year's theme of "A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated."

The evening will conclude with a workshop -Discovering the Joy in Your Life - facilitated by **Ann Papyoti**. Especially these days, discovering joy in your life is incredibly important.

During this workshop, we will examine the ways that we can find joy in what we do and how this can connect us with others in our community. Finding motivation, defying expectations, and discovering new challenges will help us all reach new heights in our lives.

This event is organized by the West Island Women's Centre with the support of the Montreal Council of Women. We hope that you can join us for this wonderful event!

Send a virtual card to an Adolescent or Young Adult with cancer

Write a heartwarming note to an Adolescent or Young Adult with cancer and help break their feeling of isolation.

You can make an impact by writing a heartwarming note to an AYA with cancer and help break their feeling of isolation.

It is a simple three-step process via our website:

1. Select an image from our gallery
2. Write your message
3. Click send

Each unique card will brighten the day of a young person we serve.

Visit the website below for more information

[CTRL+Click here to learn more](#)

[Virtual Card Selection - VOBOC FOUNDATION](#)

Celebrating 9 seasons of outstanding musical artists



Vox Aeterna presents

LIVE concerts—Festival de la Voix 2022, 9th Edition



Ranee Lee, Le Chœur de chambre du Québec, Imani Gospel Singers, Steel Rail

Sat. March 19-Sun. April 10, various dates, times and venues

Dorval, Beaconsfield, Pointe-Claire, Hudson, Westmount

The beauty of the human voice

February 2022 - Festival de la Voix returns with LIVE concerts and workshops. **Vox Aeterna** is proud to celebrate the ninth annual [Festival de la Voix](#), promoting live music, Canadian composers and musicians, and professional and emerging artists in seven eclectic concerts and four exceptional workshops, as well as special presentations for high school music students. From **March 19 to April 10** in the West Island (Dorval, Beaconsfield, Pointe-Claire, Hudson) and for the first time in Westmount, **Festival de la Voix** Founder and Artistic Director [Kerry-Anne Kutz](#) welcomes people from all over the city to explore, enjoy and celebrate the beauty, versatility and power of music and the human voice.

**Prestigious Award Winners | Returning Favourites | Family Concerts | Choirs
| Workshops**

Kerry-Anne Kutz is ecstatic to bring performers and audiences together again, “Many of the invited festival guests have waited two years to perform live. This chance to prepare, to join musical colleagues, and to play their music is of utmost importance to our artists; to all artists,” she stated.

This year's diverse mix of styles and voices includes shows like **CHORALISSIMO!** highlighting two superb choirs—[Le Chœur de chambre du Québec](#) directed by Robert Ingari and **L'Ensemble Phoebus** men's choir directed by Roseline Blain; the **Grand Concert** featuring mezzo-soprano **Florence Bourget** with harpist **Valérie Milot**, and [Sainte-Anne Singers](#) & [Philomela Singers](#) directed by Margo Keenan; **Oliver Forest** and the authentic spiritual music of [Imani Gospel Singers](#); **They Sing Everything!** with energetic, emerging talents singing Broadway, opera and pop; a show dedicated to seniors—**Dark Divas** by acclaimed vocalist, actor, songwriter [Ranee Lee](#) sharing songs from the great voices of the African American vocal tradition including Billie Holiday, Sarah Vaughan and Ella Fitzgerald; [Steel Rail](#) playing their special blend of 'folkgrass' music; and the **Concert Vox Aeterna** featuring soprano **Frédéricka Petit-Homme** and Montreal's first culturally diverse symphony orchestra, [Ensemble Obiora](#), bringing a new voice to classical music in Canada. The festival also offers school concerts, an invaluable way to encourage children to engage with live performance. This year it's the musical ensemble of Les Fusiliers Mont-Royal.

Kutz acknowledges how important it is to have so many culturally diverse singers and instrumentalists performing the music of such a wide variety of composers and world-renowned artists, "We are addressing a vital need to see diversity on stage. Ensemble Obiora, Ranee Lee, Imani Gospel Singers and our workshop clinician Dr. Claudel Callender are examples of the presence of the high calibre of black musicians in our community."

From Brandyn Lewis, artistic director of Ensemble Obiora, "We are thrilled to be making our first appearance at **Festival de la Voix** which always features such talented artists. This concert will provide an opportunity for us to expand our repertoire to include music for voice, and to program unfamiliar works by composers of colour whose contributions have gone unnoticed."

Robert Ingari is the director of Le Choeur de chambre du Québec, part of this year's **CHORALISSIMO!** concert, "The 17 members of the choir and pianist Carmen Picard are delighted to finally be able to share the stage together and impart our love for new music composed to beautiful French texts. Our evocative program, rich in colour and harmony, will showcase the talents of all our members, some of whom will also play an instrument on stage. Long live singing and long live **Festival de la Voix!**" he declared.

Outstanding workshops on offer this year are Breath and the Basics of Good Singing with [Dr. Claudel Callender](#) focusing on alignment, breath, vowels, phrasing and falsetto; Acting and Physicalizing Text with Centaur Theatre Artistic Director, [Eda Holmes](#) concentrating on portraying the lyrics in the song by exploring mental and physical flexibility, spontaneity, and the many emotions evoked; Songwriting with JUNO Award-winner [Connie Kaldor](#), touching on the main elements of rhythm, melody and lyrics, and culminating with a new song; and Advanced Choral Techniques with choir master [Philippe Bourque](#) working on tone production, phrasing and performance practices for a number of chosen pieces. Workshop scholarships are available upon request to those in need, particularly teenagers and young adults who don't have the opportunity to study privately.

Festival de la Voix is unique—including [concerts](#) and [workshops](#) for people of all ages, from grade school to senior citizens. The festival's mandate is to bring various communities together to celebrate music and the coming of spring.

Festival de la Voix 9th edition, March 19-April 10, 2022

Complete festival program, dates, venues and [artist bios](#) at www.festivaldelavoix.com

[Tickets](#) for matinee and evening shows range from \$20-\$30

Workshops: \$30-\$40

For further information: (514) 758-3641 info@festivaldelavoix.com

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If you would like to film a rehearsal or interview Festival de la Voix Artistic Director,

Kerry-Anne Kutz or any artist: Media Contact- Janis Kirshner (514) 287-8912

jkirshner@sympatico.ca

Vox Aeterna is a non-profit organization dedicated to the support of music in the community; its main production is the Festival de la Voix de Montréal. Vox Aeterna creates performance possibilities for young Quebec artists, promoting live Canadian music and encouraging the development of burgeoning musicians.

Festival de la Voix is very grateful for the generous and sustaining support of Mécénat Musica, Heritage Canada, Azrieli Foundation, the municipalities of Dorval, Beaconsfield, and Pointe-Claire, PME-MTL, Rideau Funeral Home, GerontoLogis, and many private donors.

**So technically Moses was the
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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

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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.

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March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Coffee Time 10:30 a.m. Zoom	3	4	5
6	7 West Island Walks	8 Evening Book Club I 7:30p.m.Zoom	9 Coffee Time 10:30 a.m. Zoom Book Club I 1:00p.m.(TBA) Mystery Book Club 1:00p.m.Zoom	10	11	12
13	14 West Island Walks General Meeting 7:00 p.m. Zoom	15 Evening Book Club II 7:00p.m.Zoom	16 Coffee Time 10:30 a.m. Zoom	17 Book Club II 1:00p.m.Zoom Exploring World Cultures 7:30p.m. Zoom	18 French Conversation 9:30 a.m. Zoom	19
20	21 West Island Walks Executive Meeting 7:00 p.m. .Zoom	22 Travel Group 7:00p.m.Zoom	23 Coffee Time 10:30 a.m. Zoom Networking Studio 77 7:00 p.m.	24	25	26
27	28 West Island Walks	29	30	31		

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 Ankorn and Jane Edwards (Many thanks)

April Newsletter Deadline: March 18



