



Newsletter, November 2018

Volume 61, Issue 3

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| <p>GENERAL MEETING</p> <p>Monday, <u>November 12, 2018</u> at The Karnak Shriners' Temple 3350 Sources Blvd., DDO</p> <p>Coffee – 7:00</p> <p>The Meeting will start at 7:30 sharp</p> <p>Guest Speaker: Colin Rose, M.D., Ph.D, Practising community cardiologist and retired professor, McGill University</p> <p>Topic: Cardio-metabolic Disease and Lifestyle</p> <p>Please see page 2 for more details</p> | <p>PRESIDENT'S MESSAGE</p> <p>We are having a true Fall this year and winter feels like it will be making an early appearance.</p> <p>Despite the cold weather, the MLUWC had a warm welcome in DDO for the Bowser & Blue Scholarship Fundraiser. Congratulations to the Fundraising Committee for all of their hard work and thank you to all of the members who supported this wonderful event.</p> <p>It was a pleasure to hear our Scholarship Recipients at our October meeting, including past recipients Jennifer Ferguson and Catherine Cherry. So nice to know that the money we raise and give out helps to encourage such wonderful students.</p> <p>October was a busy month of networking at local fundraising breakfasts. This gives us a chance to talk to local government representatives about the MLUWC and also about other causes dear to the club. The Advocacy meeting was at full capacity this past month with new and returning members and they are hard at work</p> <p>At the November and December meetings we will be collecting gift cards for CARE Jeunesse. Our Christmas raffle recipient will be the West Island Citizen Advocacy.</p> <p>Remember to save a seat for a new or newish member at our monthly meetings and do not forget to reach out and make them feel a part of our great community.</p> |
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NOVEMBER GENERAL MEETING

Monday, November 12

Cardio-metabolic Disease and Lifestyle

Dr. Colin Rose will speak about cardio-metabolic diseases which are a spectrum of metabolic derangements, such as high blood pressure, diabetes and atherosclerosis that are directly related to lifestyle choices that kill and maim millions of people per year. Treatment of these diseases by surgery and drugs is expensive and largely futile in terms of life expectancy. For example, the USA spends far more than any other developed country on its medical system but has the lowest of any measure of health. This talk will explain how the individual's environment can cause disease and describe current recommendations to optimize habits to prevent and treat cardio-metabolic disease.

Devi Di Guida

Chair, Programme Committee

FUNDRAISING COMMITTEE

This year's fall fundraiser was a tremendous success! Bowser and Blue played to a full house of 300 patrons at the DDO Civic Centre with their lively revue of "***Laughter for the Soul***". A full report will be provided in next month's newsletter.

In the event that you were unable to attend the performance and you would like to support the ***MLUWC- Scholarship Fund***, a donation is always most welcome.

As requested by the membership, the raffle ticket sale for lovely gift certificates will be available at the monthly General Meetings.

Victoria Pinnell

Fundraising Chair



Québec Council of CFUW Clubs
Conseil québécois des associations de la FCFDU

INVITATION

Hello everyone, / Bonjour tout le monde,

All CFUW club members are invited to attend the Quebec Provincial Council AGM on Saturday, November 17, 2018 from 9:00 am to 3:30 pm

Tous les membres des associations de la FCFDU sont invités à participer à l'AGA du Conseil québécois, le samedi 17 novembre de 9 h à 15 h 30.

Breakfast / Petit déjeuner: from 8:30 / à partir de 8 h 30

Place / Lieu

TMR Curling Club

5 Montgomery Avenue

Ville Mont-Royal, QC

H3R 2B2

Cost \$35 per person / Coût : 35 \$ par personne

This includes: a continental breakfast, morning coffee break and lunch. Parking is free

Le coût inclut : un petit déjeuner continental, pause-café du matin, le dîner. Le stationnement est gratuit.

REGISTRATION FORM
QUEBEC COUNCIL of CFUW CLUBS Fall Meeting
Saturday, November 17, 2018

Name _____

Telephone _____ Email _____

Club _____

Club position, if applicable _____

Do you have any food allergies? _____

To reserve please return this registration form with a cheque for \$35 payable to UWCM Inc. by November 9, 2018.

Please mail your cheque to:

Dominique Racanelli
7340 de Roquancourt
Montreal, Qc
H3R 3C9

A confirmation by email at domrac@icloud.com of the number of members of your Club who will attend would be greatly appreciated before November 9. This will help us plan for the event.

FORMULAIRE D'INSCRIPTION
Conseil québécois des associations de la FCFDU
Réunion du samedi 17 novembre 2018

Nom _____

Téléphone _____ courriel _____

Club _____

Poste dans le Club s'il y a lieu _____

Avez-vous des allergies alimentaires à déclarer? _____

Votre inscription sera confirmée sous réception de ce formulaire dûment rempli et votre chèque de 35 \$ libellé au nom de UWCM avant le 9 novembre 2018

Veillez expédier votre chèque à :

Dominique Racanelli
7340 de Roquancourt
Montréal, QC
H3R 3C9

Veillez nous faire parvenir à domrac@icloud.com, d'ici le 9 novembre 2018, le nombre de membres de votre Club qui participeront à l'évènement. Ceci nous permettra de mieux planifier.

ADVOCACY

We are looking forward to a busy year with many new members and issues to work on. Preparations for the 16 Days of Activism have already started with the United Nations' Campaign to 'Orange the World', especially on November 25, the International Day for the Elimination of Violence against Women and the 16 Days of Activism are underway.

The Fall Advocacy Package has been received from CFUW:

Resolution 1: Fair and Non-Discriminatory Management of Refugees and Asylum Seekers

Resolution 2: Ending Youth Homelessness

Resolution 3: Equitable Access to Provincial Curricula and Social Justice Education for all Children.

Our next meeting will be held on Tuesday, November 6 at 3:30 pm at the TD Trust Bank on St. Charles.

Nancy Doray and Patricia Du Val

CFUW NEWS

The results of the Advocacy Survey conducted last year are in: [Click here for the advocacy survey](#).

The CFUW has also released the results of the Survey: "**Women in Universities: 25 years later**".

[Click here](#) to read the executive summary. These are the recommendations:

1. Implement a gender analysis of the university budget, infrastructure, programs and services.
2. Increase availability of campus child care services with drop-in capability and flexible hours (evenings and weekends).
3. A university-wide policy requiring the use of gender-inclusive language in all documents and media produced for the university.
4. A plan to ensure equal representation of women in all courses of study.
5. A Pay Equity plan which eliminates gender bias.

CFUW is now on Facebook

GWI NEWS

GWI “Peace through Education” Triennial and Conference

In 2019, all roads lead to Geneva, Switzerland as Graduate Women International (GWI) turns one hundred years old. As befits this occasion, GWI has planned a very special Graduate Women International 33rd Triennial and Centenary Celebration at the University of Geneva.

“We hope very much to see you at this once-in-a-lifetime gathering of graduate women from more than fifty countries. During the General Assembly, festivities, essential dialogue, fulfillment of constitutional requirements and a recommitment to our commonly held values and responsibilities will combine to set the stage for a strong, credible and vibrant GWI”,

Geeta Desai,
GWI President.

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 are in need of this service, please contact Victoria Pinnell. vpinnell@gmail.com

CONDOLENCES

Marilyn Gollan’s brother, Lorne, passed away on Sept. 27. Marilyn is a long-time member of our club and she and her sister, Gail, were very involved in the care of their brother right up to the end.

The members of MLUWC extend their sincere sympathies to Marilyn and her family.

ANNUAL AWARDS LUNCHEON



Date: Saturday, November 17, 2018

Time: 11:30 am – 3:00 pm

ZONTA CLUB OF MONTREAL

invites you to join us to celebrate our
**90th Anniversary at the
ANNUAL AWARDS LUNCHEON**

KEYNOTE SPEAKER

Julia Gersovitz O.C.
Architect, Director

Topic: "A Career in Architecture"



Awards will be presented to the winners of Zonta scholarships and bursaries, and they will share their projects and plans with us. We will also recognize a women's shelter in our community with a donation. All proceeds from the luncheon will go to the Zonta Club of Montreal's scholarship and bursary fund.

Location: **Bistro méditerranéen Table 09**

formerly Restaurant Le Chambertin

9 Place Frontenac, Pointe Claire H9R 4Z7

(with your pass, take buses 200 and 202) www.table09.com

Tickets: \$60.00 — meal, glass of wine, door prizes

Parking: **FREE parking**

Cash Bar: 11:30 am — 12:00 pm

RSVP: Reservations of tickets a must by **Tuesday, November 13, 2018**

Email: zcmcommunications@gmail.com and by [online registration](#)

For Info: Dr. Dolly Dastoor 450-656-2036 or Renate Suthedand 514-695-1970

*Enjoy a delicious meal with a complementary glass of wine
in friendly and pleasant surroundings*

Zonta Club of Montreal
www.zonta.org
Montreal@ZontaDistrict2.org



SENIORS LIAISONS

Seniors Liaisons is an ITMAV (Initiatives de travail de milieu auprès des aînés en situation de vulnérabilité) outreach project aimed at providing much-needed practical support to under-served, vulnerable seniors, **especially those in multicultural communities isolated by language and societal barriers**. The project is sponsored by the Ministère de la famille and run by West Island Citizen Advocacy (WICA).

The aim of the program is to identify and reach out to isolated seniors in the communities of the West Island, especially those limited by cultural or linguistic barriers. In order to reach these seniors, Seniors Liaisons has created a team of volunteer translators from diverse ethnicities that not only facilitate communication between the community worker and the senior, but help to build a trusting relationship that will allow the senior to feel less vulnerable to reach out for help.

Our help includes but is not limited to: navigating the health and social services systems, applying for affordable senior housing, government pensions, and legal aid, obtaining notarial services, providing emotional support as well as identifying and dealing abusive situations.

We invite you to contact our office if you know of any seniors who may benefit from our program or if you are interested in volunteering.

Mirella Castrechini
mcastrechini@wica-pcbo.com



'TIS THE SEASON

We will be collecting gift cards for CARE Jeunesse again this year at the November and December general meetings.

CARE Jeunesse will distribute the cards to help local youth aging out of foster care. Cards of any denomination for local drug stores, grocery stores, department stores, Tim Hortons, etc. are all suitable. (If you prefer, bring cash and we will purchase the cards.)

The Advocacy Group

MLUWC INTERN

Hello MLUWC members,

My name is Kyla Vernon-Clayton and I am this year's new intern! I am a student at Concordia University specializing in Human Relations with a minor in Education. I have always enjoyed working with children and youth, and in the past, I have volunteered for Big Brothers Big Sisters of West Island as well as Batshaw Youth and Family Centre. Recently, I developed an interest in women's rights and I was eager to learn new ways I can help women in the community. One of my first jobs as intern is to send all members the *MLUWC Volunteer Outreach Survey* to learn more about the other community organizations you support. I look forward to this experience and I hope to gain new insight into how I can contribute to the community!



mluwc.intern@gmail.com

**CONGRATULATIONS TO OUR SCHOLARSHIP RECIPIENTS:
THEN AND NOW**



From left to right: Jennifer Ferguson (1993-94 recipient), Xiang Zhang, Martina Rompala, Triana Gonzalez Sanchez, Catherine Cherry (1984-85 recipient). Absent: Natalie Delmonte

These are the scholarships they received:

Alberta Shearer Scholarship: Xiang Zhang
Margaret Manson Scholarship: Martina Rompala
Amy Williams Scholarship: Triana Gonzalez Sanchez
Corinne Thompson Scholarship: Natalie Delmonte.

REPORT FROM MONTREAL COUNCIL OF WOMEN (MCW) LE CONSEIL DES FEMMES DE MONTRÉAL

“A Voice for Women in Montreal” since 1893

With fifty members in attendance, the Montreal Council of Women celebrated its **125th Anniversary on Thursday, October 18 by hosting a CELEBRATION LUNCHEON at the Maison Forget House** (formerly the United Services Club), 1195 Sherbrooke Street West in Montreal.

The luncheon included a tour of the home and a special historical presentation by Lieutenant Colonel Bruce Bolton, The Black Watch (Royal Highland Regiment) of Canada and Executive Director of the Macdonald Stewart Foundation. The Foundation bought the house in 1975.

The Forget House remains one of the gems of the Golden Square Mile, built in 1885 for Senator Louis-Joseph Forget and his family. The Senator became one of the richest men in Canada and the first francophone to buy a seat on the Montreal Stock Exchange. After the death of Mme Forget in 1925, the children sold the house to the United Services Club in 1927. This private club founded in 1922 to serve veterans of the First World War- and later all members of the armed forces- continued to occupy the house until the club officially closed in 1994. Following the closure, the Macdonald Stewart Foundation began an extensive programme of restoration and rehabilitation of the house in 1995.

UPCOMING: MCW PROGRAMS 2018-2019

All MCW meetings are held at 2700 Rufus Rockhead, Montreal (near the Atwater Market)

On Thursday, November 1, 2018 the guest speaker will be **Nakuset**, Executive Director of the Native Women’s Shelter of Montréal: she is a Cree from Lac la Ronge, Saskatchewan. As a child, Nakuset was adopted by a Jewish family in Montreal and draws on her adoptee experience in her advocacy work for indigenous children in care. She is dedicated to improving the lives of urban Aboriginals.

LUNCH will be served at 12:00 noon at the cost of \$10.00 per person, payable at the door.

Please advise Shirley Gyles, if you plan to attend at: 450-672-7081 or e-mail;

sagyles@sympatico.ca

Thursday, February 7, 2019 - Black History Month- guest speaker will be the **Hon. Marlene Jennings**.

MCW has been working on a resolution, **“Funding for Day Centres and Shelters for the Homeless”**. Once approved it will be sent to the city of Montreal.

The Montreal Council of Women provides an important role as a voice for women in Montreal and surrounding areas. It publishes *an interesting monthly BULLETIN* and a website: <http://montrealcouncilwomen.org>

Frances Lortie and Renate Sutherland
MCW Representatives

COMMUNITY BREAKFAST

The Maxwell Seniors' Residence in Baie d'Urfe hosts a free Community Breakfast every Tuesday from 7:30 a.m.- 9:30 a.m. Everyone is welcome. An occasion to meet new friends!

SOCIAL BRIDGE AFTERNOON **TUESDAY NOVEMBER 13, 2018**

Come and enjoy an afternoon of bridge at the Forest and Stream Club

Come for Lunch at noon: \$42 – includes lunch, tea, coffee and cookies served all afternoon.

OR

Arrive at 1:30 pm for bridge: \$13 - tea, coffee and cookies.
RSVP: Janet Ankcorn by email

Make cheques payable to Janet Ankcorn.

LOOKING TO TRAVEL WITH SOMEONE?

Many of us enjoy travelling but do not have anyone to travel with. If you find yourself in this situation, please let me know and we can start a group where you can find a travelling companion.

Nicole Larocque (nicole_d_larocque@sympatico.ca)



THE LADIES' LUNCH AT THE FOREST AND STREAM CLUB

The annual Ladies' Lunch will be held on Tuesday December 4 at 11.30 a.m.

Please bring an item of non-perishable food or an unwrapped toy for Share the Warmth.

We will have a speaker from the ESPA salon in Pointe Claire Village:

Women's hour of interest with Nayri: Bringing your inner beauty out?

Tips and tricks; Holiday makeover; Taking care of your skin and reversing the aging process, etc.

There will be a 5-minute makeup application workshop and a 5-minute skincare regimen.

Cost of lunch \$42 (includes tax and service)

RSVP: Janet Ankcorn by email

Make cheques payable to Janet Ankcorn.

POTLUCK PARTIES

MONDAY JANUARY 14, 2019

Congratulations to Chitra Chopra on being the first to offer a brunch; she wins a copy of the Première Moisson book of brunch ideas . . . And her brunch is filled! So good to have a new idea proving to be popular.

Another new kind of evening event - a 5à7 - does have a couple of spare seats but all dinner and lunch spots are now taken.

There is still time to offer to host - and I know at least one member is thinking about it - so give one of us a call and those still waiting for a place to go on January 14 will love you for it!

Jeannie Hazel (514-426-1568)

Linda Ricketts (514-695-9908)

THANK YOU

RÉSEAU - SÉLECTION WEST ISLAND

For graciously hosting the monthly meetings of the
Executive of the
Montreal Lakeshore University Women's Club.



Please go to our website - www.mluwc.com

Click on the Facebook icon on the bottom right of the home page

We have over 256 likes! Remember to like our page and share it with your friends!



MLUWC MEMBERS

TRAVEL WITH SENIOR DISCOVERY TOURS

AND MAKE \$\$\$\$ FOR YOUR ORGANIZATION

FOR EVERY MLUWC MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO THE MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB. THIS MONEY CAN BE USED FOR FUND RAISING, CHARITIES....YOU DECIDE. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS. PLEASE ADVISE MARIA KORAB LASKOWSKA WHO WILL BE COORDINATING ALL BOOKINGS.

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INTEREST GROUPS

NEW INTEREST GROUP POSSIBILITY: One of our new members, Javiera Segovia, would like to start a new interest group on Art – not to visit museums but to create your own art. She is particularly interested in Drawing but would welcome others who are interested in oil or watercolour painting. This would not be a teaching group but a place where people would get inspiration from each other. You would need to bring your own supplies and equipment. The group could meet during the evenings or on Monday during the day. Javiera will try to find a place where the group could meet. If you are interested in this group, please contact Javiera directly at: javiera.segovia.caroca@gmail.com

BON APPÉTIT

Our first outing of the season was at Restaurant Casa Mare in Pierrefonds. It was a wonderful evening of good food and company. This month we visited La Serenata, a new restaurant in our repertoire. Thanks to Connie Ellis and Mary Vlahos who organized this evening for the diners.

We will visit Restaurant Elounda in Ville St. Laurent on Thursday, November 22 at 6:30 pm.

A new list of 2018-2019 restaurants will be forwarded shortly to Bon Appétit diners. Please feel free to join our dining club if you have not had an opportunity to do so. Everyone is most welcome. A \$5.00 contribution towards our Christmas raffle gift basket is requested upon registering.

Victoria Pinnell

BOOK CLUB I

Our next meeting is on November 14 at 1:00 pm, at Renata Bagga's in Beaconsfield. The book to be discussed is "The Story of Beautiful Girl", by Rachel Simon. Our reviewer is Nini. Please let Renata know if you cannot be with us.

Marg Nicoll-Griffith

BOOK CLUB II

On November 15 we will meet at Susan Pick's home at 1:00 pm. Susan will review Min Jin Lee's book "Pachinko". If you are unable to attend, or wish to receive directions, please contact Susan.

Hélène Quaid

DUPLICATE BRIDGE

Duplicate Bridge will be meeting Thursday November 8 at 8.45 am and Thursday November 22 at 8.45 am at Centennial Hall in Beaconsfield.

Jane Quail

EVENING BOOK CLUB

We will meet at 7:30 pm on Tuesday, November 27 at the home of Kathleen McGrath. This month's book selection is "The Home for Unwanted Girls" by Joanna Goodman.

Heather Hamilton

JAUNTERS

Visit the Cosmodome on Tuesday, November 13. The Cosmodome is a space science museum and education center located in Laval with free parking. Our tour will be from 10:00-12:00 followed by lunch at Elixor Laval, near the Cosmodome. There is a special lunch menu each day, served with soup and coffee for around \$15.00

Cost for the **tour**: \$10.00

RSVP: Judy Couillard by Tuesday, November 6.

Please e-mail her at coney@sympatico.ca or call Judy at 514-636-0530

Please indicate if you are willing to drive or need a lift, and if you will be staying for lunch. We will depart promptly 9:00 am from the Pte-Claire Plaza parking lot, as usual.

Directions to the Museum will be provided to those who are going on this jaunt.

Please note that we have added Judy and Joannes' cell phones. Should you be held up on the day of the jaunt, please let them know as soon as possible.

Joanne: 514-949-3931 Judy: 514-297-0930

Judy Couillard, Joanne Frazer, Suzanne Taylor and Joyce Schaaf,

MUSIC APPRECIATION

Music Appreciation members will enjoy two morning Montreal Symphony Orchestra concerts in November.

The first concert will be Thursday November 1 at 10:30 am, a Halloween theme with selections by Ligeti, Dukas, Liszt, and Bartok. The second concert will be November 29.

Members will meet Thursday November 22 at 10:00 am at Nancy Lloyd's home to prepare for the concert. Barbara Sauve will present Schubert's "Die Zauberharfe (The Magic Harp). Brenda Wisenthal will present Schumann's "Piano Concerto in A Minor, op 54" and Addie Ciebien will present Dvorak's "Symphony no, 7 in D minor, op 70." Refreshments by Susan Cruickshank.

Maria Cranker

MYSTERY BOOK CLUB

We are meeting on Wednesday, November 14 at 1:00 pm. Ina Lessard is hosting and she will review "The Good Liar" by Catherine McKenzie.

Gilda Martinello

TÊTE - à- TÊTE

Le prochain rendezvous du groupe Tête-à-tête sera vendredi le 16 novembre à 9:30 chez Renata Bagga. Nous sommes un petit groupe agréable et aimons parler français. Pensez à vous joindre au groupe. Vous serez les bienvenues.

Janet Anderson

WINE APPRECIATION I

We are meeting on Tuesday, November 20 at Eileen Ross's home at 7:00 pm. Please let Eileen know if you are unable to come.

Renata Bagga

Advertising space available.

Please contact: mлуwc.newsletter2@gmail.com

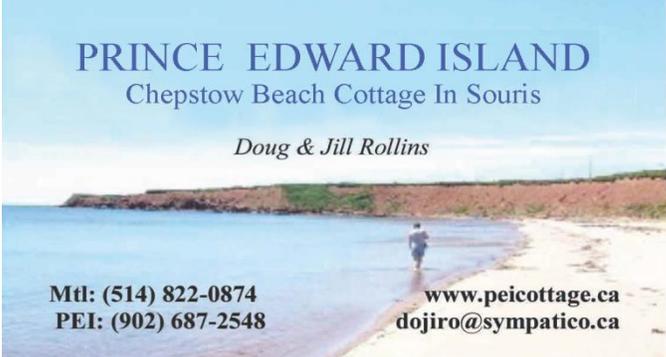


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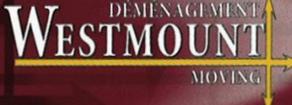


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NOVEMBER 2018

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|--|
| | | | 1 10:30 Music Appreciation concert | 2 |
| 5 | 6 | 7 | 8 8:45 Duplicate Bridge 1:00 Music History | 9 Newsletter Deadline |
| 12 7:00 General Meeting | 13 9:00 Jaunters | 14 1:00 Book Club I <i>and</i> Mystery Book Club | 15 1:00 Book Club II | 16 9:30 Tête-à-Tête |
| 19 7:00 Executive meeting | 20 10:00 Music Appreciation 7:00 Wine Appreciation I | 21 | 22 8:45 Duplicate Bridge 10:00 Music Appreciation 6:30 Bon Appétit | 23 |
| 26 | 27 7:30 Evening Book Club | 28 | 29 10:30 Music Appreciation concert | 30 |

Newsletter Editor: Gilda Martinello mluwc.newsletter2@gmail.com

Proofreaders: Jane Edwards & Heather Trump

Deadline for NOVEMBER submissions: Friday November 9, 2018.