

# MLUWC

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB

## Newsletter, November 2020

Volume 63, Issue 3

### General Meeting

**Monday,  
November 9, 2020**

via Zoom

### Guest Speaker

Nakuset,  
Executive Director at the Native  
Women's Shelter of Montreal,  
will share with us "The Resilience of  
Urban Indigenous people"

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

**7:30** – start of business meeting

**8:00** – Guest speaker

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

### PRESIDENT'S LETTER

I hope that everyone enjoyed their Thanksgiving weekend, despite our restrictions.

Did you know that I have replaced Jane Cowell Poitras as Regional Director for CFUW Quebec English Clubs. Jane held this position for four years and represented the Quebec Clubs at the National level. Being on the Executive Committee helps to see how we are connected throughout the Province and across Canada. But you do not have to be on the executive committee to be involved nationally. Have you joined the mailing list for CFUW? Did you know that there was a National Book Club? Check out the MLUWC Facebook and Instagram pages to see what other clubs are doing across the country.

Did you know that your membership includes access to the Montreal Council of Women? Check out their website for upcoming events. Participation is free. You can contact me for the password information.

Despite how COVID is isolating us, we are using tools, like Zoom, to stay connected across the country and across town. Our sister club downtown, the UWCM, is inviting us to their next online event and I hope that you joined the Quebec Council in October.

Thank you, Carole Newberry, for suggesting an informal weekly Zoom coffee drop-in. If you have any ideas you would like to share, please let us know.

Keep safe,  
Linda Sestock

## PROGRAM

**Monday November 9, 2020**

### **General Meeting**

*Remotely via Zoom*

Our guest speaker, Nakuset, will share with us "The Resilience of Urban Indigenous people". Nakuset will speak on her role as Executive Director at the Native Women's Shelter of Montreal and her advocacy work, particularly during the current pandemic and her work in the context of the recent death of Joyce Echaquan.

#### **Biography**

Nakuset, the Executive Director of the Native Women's Shelter of Montréal, is Cree from Lac la Ronge, Saskatchewan. She is also the co-director of Resilience Montreal, a low barrier shelter for men and women in the Cabot Square area of Montreal. She has three beautiful boys, Kistin, Mahkisis and Mahihkan, and was adopted by a Jewish family in Montreal. Nakuset draws on her adoptee experience in her advocacy work for Indigenous children in care and is dedicated to improving the lives of urban Indigenous people. An upcoming documentary titled "Becoming Nakuset" on her experience as a 60's Scoop survivor is set to premiere at imagineNATIVE film festival on October 21, 2020.



## Weekly Coffee Time

As agreed during the October 5 General Meeting, we now have a weekly MLUWC Zoom *Coffee Break*.

No registration required.

Come as you are with your favourite beverage!

**When:** Every Wednesday

**Time:** 10:30 a.m. (up to noon, max)

**Format:** No format, no specific topic, just a time to chit chat with your MLUWC friends.



## THINKING AHEAD TO CHRISTMAS...

As long as most members can remember, the MLUWC has had a special Christmas charitable activity. Each interest group leader collected an amount (usually \$3 or \$5) from each member. This money was used to purchase items for the group's Christmas gift basket. As a rule, these baskets reflected the theme of the interest group – for example, wine groups would make up baskets with wine and wine paraphernalia, the Bon Appétit group's basket contained restaurant gift certificates, bridge groups had baskets with playing cards, score sheets etc.

Each year, at the MLUWC Christmas Party, these baskets were raffled off, and at the end of the evening, a cheque for the amount raised (usually ± \$1,500) was presented to a representative of the charity that had been chosen by the Executive to be the recipient of our efforts that year.

Obviously, since we will not be able to meet in person this Christmas, we will not be raffling off baskets. That being said, the club Executive does not want to miss out on the opportunity to do good in the community at this difficult time.

The Executive has been very touched by the stories of food insecurity during this time of pandemic and how the West Island food banks have struggled to keep up with the demand. Therefore, we have decided to support the West Island Mission this year.

While there is absolutely no obligation to do so, we will be asking for your help. You may wish to consider donating the \$3 or \$5 you would normally contribute to each interest group leader, as well as the amount you would normally spend on raffle tickets. Like the raffle tickets and interest group donations, this donation would not be eligible for charitable receipts because the MLUWC is not a registered charity.

We will be sending you a separate email in a few weeks with all the details of how you can submit your donation. Since we normally donate about \$1500 to a local charity, the MLUWC will MATCH ALL FUNDS you donate up to \$1000. We thank you in advance for generosity and for helping to keep this tradition alive.

Jane Cowell  
Co-President

## MLUWC SCHOLARSHIP FUND

On behalf of the MLUWC Scholarship Fund we'd like to express a huge thank you to members and friends of MLUWC who have contributed to the Fund in 2020. We are very grateful to everyone who donated through CanadaHelps.org or sent a cheque, and the numerous members who declined a refund on Games Day tickets when that event was cancelled in the spring. We are also thankful to the guest speakers who chose to re-gift their honorariums to the Fund.

Since regular fundraising activities have been curtailed, we must rely on the generosity of donors to support the Scholarship program this year.

Secure credit card donations can be made at [canadahelps.org](https://canadahelps.org). Canada Helps is a safe and convenient way to make donations and you will receive a confirmation and income tax receipt right away. Donations by cheque can be mailed to: MLUWC Scholarship Fund, P.O. Box 383, Pointe-Claire, QC H9R 4P3. The Fund issues tax receipts for gifts of \$25 and more. We also accept gifts of financial securities. This option allows donors to avoid capital gains tax on the sale of the securities and also receive a tax receipt in the amount of the donation. Donation forms for regular donations as well as securities donations are found on the Scholarship Fund page of the Club's website.

We hope that you will consider making a contribution this year to help support students who may have to rely more heavily on financial aid to continue their educational endeavours. Stay well!

Heather Hamilton  
Chair, Scholarship Fund

Maria De Wolfe  
Chair, Scholarship Committee

# SCHOLARSHIP FUND DONATION FORM

## Donation Form

### MLUWC Scholarship Fund

Charity Registration Number 85457 5289 RR0001

Personal donation ☐ Company donation ☐

In Memory/In Honour ☐

I enclose my donation of \$ \_\_\_\_\_

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

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

Donor Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

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

You can also make secure online donations using your credit card through CanadaHelps.org. Visit [mluwc.com](http://mluwc.com) and click on

Donate to the Scholarship Fund.

For: In Memory ☐ or In Honour ☐

Please complete the following:

Honouree Name: \_\_\_\_\_

Notification Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Send to:

MLUWC Scholarship Fund

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

Thank you for your support!

## VIRTUAL TOWN HALL MEETING:

### SENIORS COUNCIL MEETING

#### SUMMARY

On September 8, Gregory Kelley, MNA for Jacques Cartier, held a virtual town hall to discuss Seniors Issues in the West Island community. Chitra Chopra and Renate Sutherland attended. Here are some notes from that meeting. There will be another meeting at the end of October.

#### KEY POINTS:

- Seniors in Homes:  
Seniors in isolation is a big concern – are there visitation guidelines for a 2<sup>nd</sup> wave?  
Lack of proper ventilation in seniors' homes – lacking modernization and dated.  
Psychological impact of pandemic has been devastating, especially for seniors who were already sick / awaiting surgery; seniors need assistance with home maintenance.  
Affordability, accessibility & adaptability are concerns regarding seniors' homes.  
Matching seniors with people who can step in if they need help; seniors need to know what doors to knock on.
- Caregivers:  
CIUSSS – Difficult to find proper resource person, public servants and health care professionals don't always understand needs / limitations of seniors.  
Existing orderlies very bitter about recruitment incentives for new employees; agencies unreliable and sloppy.  
Need to pay orderlies and nurses a living wage.  
Listen to people on the front lines and give them real power to improve their work environments.
- Accountability:  
Health care officials are not held accountable for deficiencies in care.  
Need enforceable standards, inspections and penalties; taxpayer capacity to pay is limited.  
Must make health care system accountable to users.
- QLP related:  
What is QLP doing for senior care?  
Disconnect between political messaging and reality on the ground.  
Government does not have the answer to every problem; need elected officials as facilitators.

- Other:  
Primary motive should not be profit maximization.  
Non-profits must jump through hoops to get project funding when what they really need is core funding.  
Why not pay family member for full-time care? Hiring outside caregiver depletes beneficiary's pension. Fear of reprisals if they complain about quality of care.

## MINUTES:

- Ventilation in CHSLDs - government invested money in the project, but how many residences will qualify and what is the plan? Heat is also important during the winter to aid in blood circulation.
- KATE COULTER, VILLA BEAUREPAIRE - how will family visits be managed during second wave? Residence received weekly E-mails about guidelines and now having conference calls. Took a long time to find proper resource person at CIUSSS. Felt like they were left to fend for themselves. SHQ not funding affordable housing projects for seniors
- SHEILA LAURSEN - What is QLP doing for senior care? Need affordable, accessible, adaptable housing and home care. Taxes increase (e.g. Agglomeration), pensions and other benefits never do. Use technology to supplement public services, provide additional support. Care for whole person, not just the problem they may have at the time. Expand Pointe-Claire's Aid for Seniors program to other municipalities and provide intergenerational connections.
- SUZANNE GAGNIER - Retired home respiratory therapist; mother was in long-term care and family was shocked at decline; families are relied upon to provide bulk of care but burning out fast; disconnect between political messaging and reality on the ground; need to pay orderlies and nurses a living wage
- JENNIFER BUTTARS - Congratulations for not allowing this issue to disappear; need for groups like this to do the strategic thinking that government may not have time for and planning disruptive changes that challenge the status quo; don't just throw money at the problem, listen to people on the front lines and give them real power to improve their work environments; change the design and configuration of seniors' residences; primary motive should not be profit maximization; government does not have the answer to every problem; need elected officials as facilitators
- RUTH PELLETIER - psychological impact of pandemic has been devastating, especially for seniors who were already sick / awaiting surgery; seniors need assistance with home



maintenance; public servants and health care professionals don't always understand needs / limitations of seniors

- TRACY PETZKE - Existing orderlies very bitter about recruitment incentives for new employees; agencies unreliable and sloppy - caregivers constantly have to fight to receive the care they are paying for; must make health care system accountable to users
- RENATE SUTHERLAND - seniors depend on structure and companionship, neither of which are being provided by agencies; budget determined by demographics and regional considerations
- ETTY ESTHER ZBILLY - cultural considerations play an important role in caregiving. Why not pay family member for full-time care? Hiring outside caregiver depletes beneficiary's pension. Fear of reprisals if they complain about quality of care.
- ROBERT MERCURI - health care officials are not held accountable for deficiencies in care; matching seniors with people who can step in if they need help; seniors need to know what doors to knock on; non-profits have to jump through hoops to get project funding when what they really need is core funding
- CHITRA CHOPRA - need enforceable standards, inspections and penalties; taxpayer capacity to pay is limited

#### **ACTIONS TO BE TAKEN BY MNA:**

- Promote accountability within the network.
- Ensure that the opinion of caregivers and seniors in homes are taken into consideration when legislation is being drafted.
- Ensure local CIUSSS' and CHSLD's have proper ventilation.

## **COMMISSIONER OF OATHS**

A Commissioner of Oaths certifies the oath or "solemn affirmation" of a person upon documents such as: diplomas, birth certificates and other records.

This is a free service. If you need a Commissioner of Oaths, please contact either:

Victoria Pinnell ([vpinnell@gmail.com](mailto:vpinnell@gmail.com)) or Jennifer Ferguson ([dd.ferguson@sympatico.ca](mailto:dd.ferguson@sympatico.ca))

## **ADVOCACY REPORT**

At the October meeting the Committee decided, once again, to support the Orange Campaign. This campaign starts on November 25 and ends December 10. It is 16 days of activism against gender- based violence. We will be asking several municipalities to light up their City Halls in support.

For the Christmas Season, we will be collecting gift cards for Care Jeunesse. For those of you who would rather not go out you can send a cheque and we will purchase them for you. Gift cards can be from Walmart, Dollarama, Subway, Tim Hortons, etc. and the amount is at your discretion. The cheques should be made to MLUWC.

Our next meeting will take place on November 5, 2020

## **CONDOLENCES**

We extend our condolences to the family of Mary Alison Hains Rowan, a long-time member of our club. Mary passed away on September 21.

We extend our sympathy to Margaret Vost and her family on the passing of her husband, Alan, who died suddenly on September 29, 2020.

Condolences are also offered to Jane Hamilton Weber and her family on the passing of her father on October 2.

We also send our sympathy to Nancy Lloyd, whose sister-in-law, Lise Bergeron, died suddenly on October 7.

## CFUW NEWS

**UNCSW Meetings.** CFUW is a non-government member of the UN. If you are interested in attending the United Nations Commission on the Status of Women's meetings in February 2021 as part of CFUW's delegation, the deadline for applications is November 8. Check on the National Website: [www.cfuw.org](http://www.cfuw.org) under Member Resources. Note that this may be a virtual event.

**CFUW Club Newsletters.** Do you want to know what other CFUW Clubs are doing? Links to some Club Newsletters are in the Club Action Newsletter forwarded to you by our MLUWC President.

**Elder and Long-term Care.** The pandemic has exposed deficiencies in the support systems for the elderly and those requiring continuing care and at this year's AGM CFUW passed two resolutions concerned with Elder and Long-Term Care. A strong Study Group is working on the topic and at the October Board meeting, the Board passed a motion to make Elder and Long-Term Care a national initiative. We know this topic is a concern for many of members and adopting an issue as a National Initiative gives CFUW a stronger voice when advocating or working with partners.

**Affordable Childcare.** This is probably one of the most important times for advocacy on behalf of women and girls. Last week, a request was sent to members to support our campaign for affordable, accessible, high quality childcare. We are asking Clubs and individuals to [support this campaign through writing or calling their local MP or MPP.](#) Women cannot return to the workforce when they do not have access to childcare and we want the Federal Government to keep the promises made in the Throne Speech .

**The GWI Mediation Report and the CFUW Strategic Plan.** The results of the Club Executive Survey have been returned and we are now about to begin consultation with the regional directors and with external organizations that interact with CFUW. As promised, we will continue to update you on a regular basis as to what is happening. We have agreed on a timeline for the Mediation Implementation Committee and all committee and sub-committee reports will be completed by February to report to the membership in March.

You can read the full information on these topics in the CFUW Club Action Newsletter or on the CFUW website.



## ***“A Voice for Women in Montreal” for 126 years***

### **AN INVITATION TO NOMINATE FOR WOMAN OF THE YEAR 2021**

The 2021 Woman of the Year will be awarded to an “Unsung Champion” who has made a significant difference in the lives of people during these unprecedented times.

#### **Eligibility Criteria**

Woman of the Year Award will be given to a woman who has:

- contributed substantially to society - as a volunteer, professionally or both in these unprecedented times, through her actions and initiatives, training and education/awareness raising and/or advocacy,
- has contributed to helping and supporting girls, women, families and community. been a source of inspiration and motivation for women and girls and the community.

The Nomination package must include:

- A completed and signed nomination form (available from Renate Sutherland)
- The curriculum vitae or biography and/or volunteer and community achievements/projects.
- Two letters of support about the candidate’s activities or achievements

#### **DEADLINE FOR SUBMISSION: November 30, 2020**

COMPLETE AND SEND TO: *Dr. DOLLY DASTOOR, CHAIR, WOMAN OF THE YEAR COMMITTEE*  
ADDRESS; 3765 MALO, BROSSARD, QC, J4Y 1B4 OR E-MAIL: [MCWinformation@gmail.com](mailto:MCWinformation@gmail.com)

**UPCOMING:** MCW General Meeting – Thursday, November 5, 2020 –Time (TBA)

**TOPIC:** “Seniors and Elder Abuse” with MCW Seniors Convener, *Miranda Potts*, Outreach Worker for Prevention CDN-NDG for the 55+ community.

You are invited to a Zoom meeting and must register

*(After registering, you will receive a confirmation email containing information about joining the meeting.)*

**For more information:** Renate Sutherland 514-695-1970 or email [renate.sutherland@bell.net](mailto:renate.sutherland@bell.net)

# ANNUAL AWARDS LUNCHEON



**Date: Saturday, November 14, 2020**

**Time: 11:00 am – 12:30 pm**

**Place: Virtual via Zoom**

**ZONTA CLUB OF MONTREAL**

**cordially invites you to**

**OUR VIRTUAL AWARDS EVENT**



**Dr. Gina Cody, PhD**

School of Engineering &  
Computer Science  
Concordia University

*The Three Stages of Life*

**Place:** In the comfort of your home virtually via Zoom

**Zoom link:** To be sent by email with confirmation of registration prior to event

**Tickets:** No charge

**Donations:** All proceeds go to our scholarship fund, See the address in the Registration Form via the link below.

**RSVP:** Reservations a must by **Wednesday, November 11** by online registration via our invitational email or the online registration form.

**Register:** Click here to register: [Registration Form](#)

**Info:** Contact Dolly Dastoor (450) 656-2036 or  
Coomie Gazdar (450) 671-8104 or  
by email [zcmcommunications@gmail.com](mailto:zcmcommunications@gmail.com)

**Note:** Come enjoy our annual celebration of women's achievements. Awards will be presented to the winners of Zonta scholarships and bursaries, and we will recognize an organization with a donation. Feel free to stay on after the event to celebrate and chat with us.

**Sponsor:** Zonta Club of Montreal  
[www.zonta.org](http://www.zonta.org)  
[Montreal@ZontaDistrict2.org](mailto:Montreal@ZontaDistrict2.org)





Please go to [www.facebook.com/MLUWC](https://www.facebook.com/MLUWC)

We have over 490 likes and 540 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 3000 points. However, recently a very generous person, who wishes to remain anonymous, donated almost 50,000 points. A very respectable amount that our Club can use for different purposes.

We would like to extend our most sincere thanks to this member and encourage others to follow her example.

Please contact either Connie Ellis or Mary Vlahos for more information.

## INTEREST GROUPS

## ADVOCACY

Our next meeting will take place on November 5, 2020 at 7:00 pm.  
You will be receiving an invitation to join Zoom a few days before each meeting.

Patricia DuVal and Mary Vlahos

## BOOK CLUB I

Our November book club meeting will take place November 11 at 1:00 pm, by ZOOM, hosted by Judy Kelley. We will be discussing two books, Seven Fallen Feathers by Tanya Talaga and Big Bear by Rudy Wiebe. I'm sure these two books will encourage a very good discussion, with indigenous issues so much in the minds of every one right now. Not comfortable reading, but important!

Marg Nicoll-Griffith and Judy Kelley.

## BOOK CLUB II

Our next meeting will take place November 19, 1:00 pm, when Gilda Martinello will review [A Long Petal of the Sea](#) by Isabel Allende. Her new novel follows two refugees from the Spanish Civil War, whose mock marriage gradually deepens into real love as they flee to Chile, set against a backdrop of war and upheaval. The meeting will take place virtually on Zoom. Please send regrets to H  l  ne.

Hélène Quaid

## EVENING BOOK CLUB 1

Evening Book Club 1 will be meeting on Zoom Tuesday evening November 3 at 7:30 pm., to get together and discuss the book *The Great Alone* by Kristin Hannah.

Linda Ricketts

## EVENING BOOK CLUB 2

We will be meeting on November 17 via Zoom at 7:00 pm to discuss Washington Black by Esi Edugyan.

## EXPLORING WORLD CULTURES

The next meeting will be on Thursday, November 4 at 7:00 pm to discover the food, wine and culture of the Basque region of Spain. You will be contacted shortly with more information about this evening.

Linda Sestock



### **MYSTERY BOOK CLUB**

Our next meeting will be on Wednesday, November 11 at 1:00 via Zoom. Ann Arial will review The Lost Man by Jane Harper.

Gilda Martinello

### **NETWORKING**

The MLUWC Networking Group will be meeting on Zoom, Wednesday November 11  
Guest speaker will be Taline Nalbandian and the topic is “Demystifying Social Media”.

Linda Sestock

### **PHOTOGRAPHY**

Our next Zoom meeting will be on Tuesday, November 10 at 2:00 pm.

Maria Korab-Laskowska

### **TETE-A-TETE**

French Conversation is meeting on Zoom (virtually) on Friday, November 20 at 9:30 am.

Janet Anderson

### **TRAVEL**

The next Travel meeting will be on Tuesday, November 24 at 7:30. Ian MacDonald will take us to Northern British Columbia, part of southeastern Alaska and the Yukon near Whitehorse.

Maria Korab-Laskowska and Ann Arial

### **WALK AND TALK**

Here's a picture of the Walk and Talk group which met Monday, October 19 practising social distancing:





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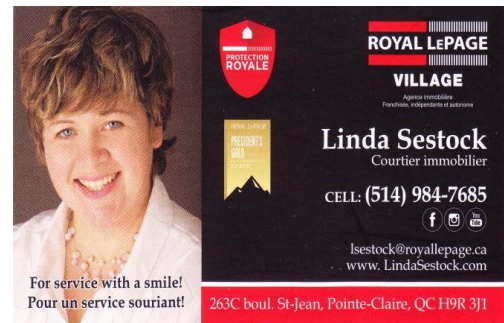
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## NOVEMBER 2020

| Mon                                  | Tue                                     | Wed  | Thu                               | Fri                                       |
|--------------------------------------|---|--|-----------------------------------|---|
| <b>2</b>                             | <b>17</b><br><br>7:30 Evening Bk Club 1 | <b>4</b><br>10:30 Coffee Break<br><br>7:00 Exploring World Cultures                                  | <b>5</b><br><br>7:00 Advocacy     | <b>6</b>                                  |
| <b>9</b><br><br>7:00 General Meeting | <b>10</b><br><br>2:00 Photography       | <b>11</b><br>10:30 Coffee Break<br><br>1:00 Book Club 1 and Mystery Book Club<br><br>7:00 Networking | <b>12</b>                         | <b>13</b><br><br>Newsletter Deadline      |
| <b>16</b>                            | <b>17</b><br><br>7:00 Evening Bk Club 2 | <b>18</b><br>10:30 Coffee Break  | <b>19</b><br><br>1:00 Book Club 2 | <b>20</b><br><br>9:30 French Conversation |
| <b>23</b>                            | <b>24</b><br><br>7:30 Travel            | <b>25</b><br>10:30 Coffee Break  | <b>26</b>                         | <b>27</b>                                 |
| <b>30</b>                            |   |  |                                   |   |

**Newsletter Editor: Gilda Martinello** [mluwc.newsletter3@gmail.com](mailto:mluwc.newsletter3@gmail.com)

**Proofreaders: Janet Ankorn and Jane Edwards**

**Deadline for December submissions: November 13, 2020**