



cfuw
MLUWC

Newsletter, May 2025

Volume 68, Issue 9

Celebrating over 65 years of Friendship, Advocacy and Education

ANNUAL GENERAL MEETING

IN PERSON EVENT
WEDNESDAY, MAY 14, 2025

La Serenata Restaurant
3541 Saint-Charles, Kirkland
6:00pm-9:00pm

Meet our 2025 Scholarship recipients

- **6:00pm:** Supper
- **7:30pm:** Scholarship Recipients & Business Meeting
- **8:00pm:** Guest Speaker
Nathalie Cooke
English Professor, McGill University
Tastes and Traditions

Registration required

PRESIDENT'S MESSAGE, NANCY ACEMIAN

As the Easter weekend wraps up, the winter coats and boots have been cleaned and tucked away in the Acemian household. It's time to welcome Spring—a season of renewal and hope, something we can all use amidst the uncertainty and chaos in the world around us.

With my presidency coming to a close at the AGM this May, I want to extend my heartfelt thanks to all the Board members. Your time, effort, and dedication have made a significant difference in the well-being of the MLUWC and have certainly made my role easier. It is because of your commitment that the club continues to thrive. To those stepping down this year, like me, —best wishes as you begin new adventures.

A special thank you goes to **Jane Cowell** and the nominations committee for their hard work in filling most of the upcoming vacancies. I know it hasn't been easy— I've heard more than once that "it's like pulling teeth"! While we all value our well- earned "me" time in retirement, the club truly relies on fresh energy and new ideas each year to keep moving forward. To those who have stepped up to join the Board—thank you. You won't regret it. It's a rewarding experience and a wonderful way to meet new people and build lasting friendships.

Lastly, I want to thank all of you—our members—for the trust you placed in me to lead the club and for the kind words of encouragement along the way. I look forward to enjoying our events together from a new perspective—sitting among you instead of standing at the podium.

Wishing you a beautiful summer, and I hope to see many of you at the June MLUWC/Beaconsfield event!

Warm regards,
Nancy Acemian



PROGRAM



Nathalie Cooke is English Professor at McGill where she teaches, explores and writes about the evolution of literary and culinary tastes. She has served as Associate Dean of Arts, of McGill Library, and Associate Provost of the University. Her publications focus on the evolution of literary and culinary taste. In addition to publishing articles on topics ranging from Montreal in the culinary imagination to riddling menus of 1800s Britain, she is editor of **“What’s to Eat? Entrées in Canadian Food History (2009)”**; co-editor of **“The Johnson Family Treasury: Household and Medicinal Receipts, 1741-1848”** (2015) and Catherine Parr Traill’s **“Female Emigrant’s Guide: Cooking with a Canadian Classic”** (2017). Nathalie recently co-authored **“Canadian Literary Fare”** (MQUP; Gabrielle Roy Prize, 2023), an exploration of food scenes in Canadian literature, and her illustrated book on menus, **“Tastes and Traditions”**, has just been published by Reaktion Press, London.

What stories can menus tell us today?

We will come to menus belatedly, after the dishes have been washed up, so to speak. In her exploration of ways in which menus matter, Nathalie Cooke keeps at least two audiences in mind: diners of the menus’ moment and we who look at menus from distances spanning years, even continents and linguistic divides.

In her new book, Cooke uses menus as peepholes tempting us to glimpse meals once enjoyed by royalty and rogues, those celebrating a special occasion or perhaps sampling a new culinary sensation (like the ‘ideal brain tonic’—that’s Coca-Cola to you!).

Join us for an appetizing exploration of why menus matter.

Sonia Serfaty,
Chair, Program Committee

HOSPITALITY

The Hospitality Team looks forward to seeing everyone at the **Annual General Meeting on Wednesday, May 14, 2025**

Sally Gurekian
Hospitality

CFUW & MLUWC ADVOCACY COMMITTEE

We will be voting on the following proposed CFUW Resolutions at our May AGM:

1. Addressing Period Poverty and Menstrual Inequity in Canada
2. Expanding Access to Sexual and Reproductive Health Services
3. Safeguarding 2SLGBTQ+ Rights
4. The Violence Link: Advocating for Awareness and Animal Safekeeping for Individuals Fleeing Domestic Violence
5. Equitable Phase-Out of Fossil Fuels
6. Archiving Select CFUW Adopted Resolutions
7. Housing as a Human Right and Social Good

For the details of these Resolutions simply <CTRL+Click> on the item of interest in the above list of resolutions.

CFUW's AGM will be held virtually from July 11-13. Any member may attend. Registration details will be on the CFUW website.

MLUWC members who want to participate at a national level can apply to be members of the National Board or Committees.

CFUW's weekly newsletter has this information as well as news of events being held by other CFUW Clubs across Canada, including many virtual events.

You can sign up for the newsletter at <https://cfuw.us12.list-manage.com/subscribe?u=8efb82640cb8bc1fd889b4668&id=c38dba3032> .

ADVOCACY COMMITTEE



Thank you for your generous contributions of sleepwear to be donated to the Women's Shelter

Patricia DuVal
Mary Vlahos



Graduate Women International (GWI) will be holding its 35th Triennial General Assembly and Conference in Lusaka, Zambia, from 11-13 September 2025.

Registration for this landmark event will open soon. Stay tuned for updates on the GWI website and social media platforms.

Submitted by Pat Duval

Vous êtes invités !

le samedi 10 mai 2025

10 h à 16 h

Esplanade PVM à Place Ville Marie

Ensemble, nous tissons le changement—une maille à la fois.



You're Invited!

Saturday, May 10th 2025

10 am to 4pm

Esplanade PVM at Place Ville Marie

Together, we're crafting change—one stitch at a time.

notabenecourage.ca

May 5
Red Dress Day



SCHOLARSHIP DONATION FORM

Donation Form

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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!

Supporting Female Students Since 1958



INTEREST GROUPS

Participation in interest groups is a privilege of membership in MLUWC, a chance to get to know other members better while sharing a mutual interest and enjoying some time together.

Interest Group Coordinator
mluwc.interestgroupchair2@gmail.com

TECHNOLOGY AND ZOOM



Please note the email address to use for requests. If you have any technology or Zoom requirements, kindly direct your requests or queries to **Tamara Colbeck** at : **mluwc.techno@gmail.com**

WEBSITE

Pursuant to Quebec Law 25 on the protection of personal information which came into force in September 2023, you will find a cookie permission screen on the MLUWC website.

BOOK CLUB I

We will be reading something to set us up for summer ... **"Meet me at the Lake"** by Carley Fortune. This book was a contender in the 2024 Canada Reads competition. Our meeting will be at Orian's on Wednesday, May 14 at 1:00pm.

Judy Kelley

BOOK CLUB II

We will be meeting on Thursday, May 22, 1:00pm at Maureen's home. The book for May is **"Cutting for Stone"** by Abraham Verghese. Maureen will also review the book.

Ina Lessard for Susan Pick Vadivel

BOOK CLUB III

We will meet at the home of Heather Hamilton on Tuesday, May 6 at 2 00pm. We will be discussing "**Horse**" by Geraldine Brooks. It is loosely based on the real story of a horse deemed to be the best racehorse on turf in American history and his young trainer.

Janet McKelvie

BOOK CLUB IV

We will meet on Wednesday, May 21 at 1:30-300 pm at the Pierrefonds library. Due to the unavailability of the group members in April, we were unable to review the "**The Secret Book of Flora**" by Patty Henry. We will review this book in May. We are looking to enlarge. Our group, new members are always wanted and welcomed. Happy reading!

Luhan Wahbeh

BOOK CLUB V MYSTERY BOOK CLUB

We will meet later than originally scheduled. Our meeting will be held on Wednesday, May 28 at Janet Ankcorn's home at 1:30pm. Our book for May is "**The Queens of London**" by Heather Webb. We are also going to vote on our books for next year.

Gilda Martinello

COFFEE TIME



Coffee Time 2025 will continue on Wednesdays at 10:30am starting in mid-September via Zoom. No reservations required. A topic of conversation is suggested for each week in the invite that is sent out on Monday by either Joyce Schaaf or Marianna Newkirk, co-hosts. It is a chit-chat group where we share laughs and opinions from the comfort of our homes. Hope to see some new faces. **Visitors to Coffee time are always welcome. We meet by Zoom every Wednesday at 10:30 and have a different topic to discuss each time.**

Joyce Schaaf and Marianna Newkirk

DINNER CLUB

Our Dinner Club is a dynamic group of approximately 52 MLUWC members, who enjoy dining together and sharing wonderful meals at restaurants in and around the West Island. We average between 15-24 diners an outing.

We meet the fourth Thursday of the month at 6:00pm for dinners and 12:00 or 12:30 p.m. for the luncheons. As your interest group leaders, we will inform you of the date, time and location of that month's restaurant and request confirmation of your presence. We will also call and reserve the restaurant, arrange preferred seating, method of payment and review the menu.

In April our ladies enjoyed a lovely luncheon at the Grill Sélect, a Persian and Greek restaurant in Kirkland.

Our next gathering will be on Thursday, May 22, 2025. An invitation will be distributed shortly to Dinner Club members with the chosen restaurant and to request that they confirm their presence.

We welcome any MLUWC member. Should you wish to join our group, please feel free to contact us.



Group leaders
Sally Gurekian
Victoria Pinnell

FRENCH CONVERSATION

French Conversation meets on Zoom on Friday, May 16 at 9:30am.

Janet Anderson

JAUNTERS

Tuesday, May 20 there will be a guided tour of the **Espace Verre** near Griffintown, Montreal, being organized by Nancy Acemian. You can let us know anytime if you intend to join us that day at: (nacemian@videotron.ca).

On April 4, thirteen Jaunters enjoyed a trip into early Spring countryside near Rigaud, to the Sucrerie des Gallant. The buffet offered a wide variety of delicious, maple-cooked traditional dishes, served up in the spacious light-filled dining room. The pretty woodland setting, cheerful staff, and good company, made for a happy experience that we may repeat next year!



Jaunters visit to Sucrerie des Gallant (April)



Visit to then Montreal Museum of Fine Arts, Joyce Wieland Exhibit
Pat Jones

LET'S PLAY GAMES

This group meets the 2nd Tuesday of each month from 2:00pm to 4:00pm from September to May. We take turns hosting the gathering.

There is always room for more players! If you want to be added to the mailing list, contact Nancy Acemian at nacemian37@gmail.com.

Nancy Acemian



NETWORKING

April Networking Meeting



Linda Sestock



Jeannie Trubiano, Photographer

**Linda Sestock,
Networking Events**

Outdoor Pickle Ball

New season starting May 16!

The ice-skating rink boards are down at Drummond Park in Beaconsfield and the nets are up!

Never heard of pickle ball? Never tried pickle ball? Don't worry we are not competitive at all. We spend too much time laughing at ourselves. Just to show you how silly we can be, have a look at the picture on the right (taken by S. Ledent) a couple of years ago.



We meet on Fridays at 9:30am at Drummond Park weather permitting. An email is sent out every Wednesday/Thursday asking those who want to play that week to respond. If you want to be on the list of people who get the email, please let me know at nacemian37@gmail.com with the subject line *Pickleball*

If you don't have a racket, don't worry. Many of us have 2. Just let me know in your email so we can make sure we have enough rackets.

Hope to see you on the court,

Nancy Acemian



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

Attend our In-Person Event May 27th, 2025!

It's time to connect in person! We're organizing a very special event for an expert discussion on **"YOUR RIGHTS, Notwithstanding."** A Zoom link will also be available for those unable to attend in-person. This will be the Task Force's first major in-person event. We look forward to meeting you!

Comité Spécial
Task Force  sur la politique linguistique
on Linguistic Policy

COME TO OUR IN-PERSON EVENT
**YOUR RIGHTS,
NOTWITHSTANDING**
Expert Panel Discussion



Join us if you care about rights,
freedom and democracy in
Canada

TUESDAY, MAY 27, 7:30 PM
Doors open at 7 PM
St. Thomas High School Auditorium,
111 Broadview Avenue, Pointe-Claire

Registration is required

Streaming will be available for those
that cannot attend in person.

For more information and to register, go to
www.thetaskforce.ca



Our condolences are extended to the Filipino community for the tragic loss of life



**Filipinos in Montreal
mourn with
Filipino community
in Vancouver, BC**

*We express our deepest condolences
with thosed affected by the indident
at the Lapu-Lapu Day Block Party on
April 26, 2025.*

*We call for swift justice and demand a
thorough, transparent investigation.*



. COMMISSIONER OF OATHS

Do you know the role of a Commissioner of Oaths?
It is an individual who is empowered to certify the oath or “solemn affirmation” of a person upon documents such as diplomas, birth certificates and other records.

If you need this service, please contact
Jennifer Ferguson (between 9am and 5pm)



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Joyce Schaaf

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Newsletter Editor: Maria De Wolfe mluwc.newsletter3@gmail.com

Thank you to proofreaders Jane Cowell and Janet Ankorn.

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 let me know at mluwc.newsletter3@gmail.com.

September Newsletter Deadline: August 15

This is the last newsletter for this year. Thank you to all contributors

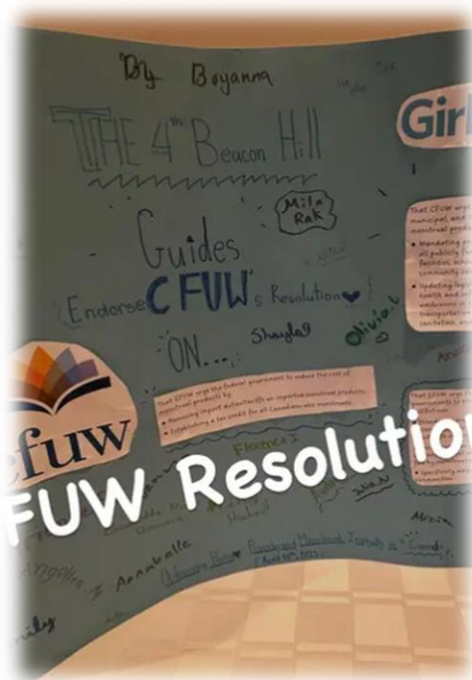
Wishing you all a safe and restful summer



DDO SENIOR'S DAY



Linda Sestock and Halina (Suava) Slawska with Sally Gurekian
Also present and not pictured: Luhan Wabeh, Jennifer Jessop and Connie Ellis



Thank you to the **Beaconsfield Girl Guides** for studying our CFUW proposed resolution on "addressing period poverty and menstrual inequity in Canada"

2025						May
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Advocacy	2	3
4	5	6 Book Club III 2:00pm	7 Coffee Time 10:30am	8	9	10 You 're Invited Place Ville Marie See Page 4
11 Happy Mother's Day	12	13 Let's Play Games 2:00pm	14 Coffee Time 10:30am Book Club I AGM La Serenta restaurant 6:00pm	15	16 French Conversation 9:30 am	17
18	19	20 Jaunters Espace Verre	21 Coffee Time 10:30am Book Club IV 1:30pm	22 Book Club II 1:00pm Dinner Club 6:00pm	23	24
25	26	27	28 Coffee Time 10:30am	29	30	31

Happy Mother's Day!

