

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

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PRESIDENT'S MESSAGE

Greetings,

I trust that everyone had a chance to celebrate in some way, International Women's Day, observed on March 8; celebrations were kept across Canada for the entire week. Hundreds of women marched through downtown Montreal highlighting the gains that Quebec women have made over the decades nonetheless emphasizing that more work needs to be done, to ensure women are equal partners in society. When we see the many struggles that women over the world are still going through, we still consider ourselves in Canada, to be a very lucky minority.

Also on March 8, Montrealers were invited to take part in an important conversation at McGill's Faculty of Law where, among other activities, a panel discussion addressed issues related to the National Inquiry into Missing and Murdered Indigenous Women and Girls. The Montreal Alouettes were not to be left out of the women's day celebrations as they highlighted two inspirational women in their organization: assistant general manager of football operations Catherine Raiche, and Annie Larouche, Montreal Alouettes Foundation and cheerleading squad director.

Our MCW meeting this month was quite full, as the morning session commenced with individual, federate and board members, participating in review discussions of the Resolutions submitted from the National. After lunch, attendees listened to a presentation from Ms. Mylène Freeman who was the New Democratic Party Member of Parliament in the riding of Argenteuil-Papineau-Mirabel in Quebec from 2011 to 2015. Ms. Freeman kept everyone attentive with her address detailing her experience during the elections of 2011 and 2015; this from the point of view of a woman candidate running for an opposition party, as well as what it is like to be a female Member of parliament.

Most would agree that MCW as we go forward is doing so at a steady pace. – Shirley Gyles, President

MCW APRIL MEETING - Thursday, April 6, 2017, at 6:00 PM.
Les Jardins du Canal, 2700 Rufus Rockhead, Montreal

150th ANNIVERSARY of CANADA

Join us for what promises to be an informative and fun evening. Enjoy tantalizing food from across our great land and participate in a short quiz on the history of Canada. In addition, we will be screening *Quilt of Belonging*, a film that shares the story of making an immense collaborative art project: a 120-foot-long textile mosaic.

Do join us to celebrate another milestone in Canada's history. There will also be door prizes!
New members and guests are welcome.

A light supper will be served at 6:00 PM followed by the presentation at 7:00 PM.

Price: \$10:00 per person, payable at the door. Please advise Shirley Gyles if you plan to attend at: [450-672-7081](tel:450-672-7081) or e-mail: sagyles@sympatico.ca

Celebrating an Inspirational Life Cheryl Braganza 1945-2016



Family, friends, and admirers from most corners of the globe gathered on February 25, 2017 at the Unitarian Church of Montreal to honour Cheryl Braganza. They all came to pay their respects and expressed their gratitude at having met such an extraordinary person at some point in their life.

The unique service of moving personal sharing and recollections by the family and close friends was enhanced by a mixed selection of musical performances from beginning to close by special artists Jennifer Gasoi, Angela Bardosh, and Matt Herskowitz, after welcoming and opening words by Rev. Diane Rollert, with meditation and prayer.

Cheryl's three sons Carlos, Andre, and Miguel Da Costa Frias together lit the chalice and candle of Remembrance, a solemn tribute to their Mother.

Next, to accompany the words and music and prayers, a video montage of Cheryl's old family photos was presented. From child to student, to traveller, musician, young wife and mother, from suburban housewife to hip urban jazz-band leader, to her valiant struggle with health the past 12 years, some pictures really do speak a thousand words and will linger on and on.

The actual service closed with Cheryl starring in her last recorded cinema vérité *My Last Message*. There was barely a dry eye in the church by this point.

After closing words, the Minister and the musicians, and Cheryl's final caregiver and attendant vocalised the *Happy Song*, a tune used in hospital to cheer everyone up at times.

Cheryl's family and kind contributors were all generous with their times and sharing a fine repast for all the attendees, a much needed and deeply appreciated reception in Phoenix Hall, after the heartfelt emotions of the celebration.

Both rooms were full with Cheryl's works including paintings, greeting cards, ceramics and bookmarks.

Like Chagall, Cheryl Braganza represented music and colour, musique et couleur....Adieu.

Mary Lennon – Arts, Culture and Heritage

Want to help preserve and promote Cheryl's creative legacy, donate at:

<https://www.gofundme.com/cherylbrazanza>



Why I ran: Mylène Freeman's experience as a young woman in politics



Mylène got elected as NDP MP for Argenteuil-Papineau-Mirabel in 2011 at the young age of 22. She had had very little political experience prior to that and had cast her first ballot when she was 20.

So why and how did she get recruited to run in the Federal elections? And why did she agree?

The NDP has a policy – the equity policy – whereby the riding associations are required to prove that they have sought out women, visible minorities and other groups underrepresented at the House of Commons to run for nomination before a candidate can be chosen. Therefore they identify potential female candidates early on.

Because of her work at McGill's Women in House program and being a McGill Alumni in Political Science, Mylène was approached to run and eventually accepted hoping to make a difference in people's lives. However she chose a riding – Argenteuil-Papineau-Mirabel – where she thought she would not be elected. It didn't quite go according to her plan. She did get elected in 2011 and after three years of hard-work she even became appointed as Official Opposition Spokesperson for the Status of Women and Chair of the Women's Caucus

She also hoped that by accepting to run she might encourage other women – young women – to do so as we need more women in politics.

Why? First of all because having a diversity of representatives brings different perspectives, creates a more fulsome dialogue and consequently better policies for everyone.

To have a meaningful diversity, claims Mylène, we need to make sure that we are talking about all women: black, disabled, First Nations, single-parent, immigrant, Trans, etc.

According to the UN, for women to have a real effect on policies, there needs to be a third of them represented. Currently in Canada, women's representation in the House of Commons is at 26%. So we are not quite there yet, even though we are up 1% from the last election.

During her time on Parliament Hill, Mylène did notice a difference between female and male MPs.

Women are more likely to experience some workplace harassment. For instance, she was described as 'furnishings' to the leader because she was often in the background during his speeches.

Female representatives are also often the targets of hate mails and hate speech via social media which provide people with the necessary anonymity to make direct threats and be extremely violent.

Another aspect that might discriminate women on the Hill is parenting. There are no reserved spaces for mothers to take care of their young children. What's more, as women are still the main caregivers of the family, when unexpected votes are called, mother MPs may have some difficulty to attend at the last-minute especially if the father does not have access to a substantial leave.

Mylène also realised through her own experience that being a young woman she was less valued, she had less opportunities and that she had to work harder to gain some recognition.

In spite of all these challenges and the violence that women may be facing, Mylène is advocating for more women to seek political office, women who will demand better policies that will benefit and empower all women.

She also calls for more support towards women who run as it is very often an exhausting experience.

She believes too that hateful speech in all its forms should be discouraged and denounced and instead openness, respect and gender equality should be fostered.

Isabelle Godefroy – Executive Vice-President

The Auxiliary of the Montreal General Hospital

Art Exhibition & Sale
Features paintings by Ingrid Harrison and
other Montreal artists

April 18, 2017 - Vernissage - \$ 20
5:00 - 8:00 PM

April 19, 2017 - Show and sale continue
9:30 AM - 4:00 PM

1650 Cedar Avenue, Montreal, H3G 1A4
Livingston Hall, 6th floor MGH
 Tel: [514-934-1934](tel:514-934-1934) ext. 43009
mgh.auxiliary@muhc.mcgill.ca

Valentine's at the Auberge Madeleine

This past Valentine's Day, my husband and I visited the Auberge Madeleine in Montreal, an endeavour we have chosen to do for several years.

With three dozen gift bags of chocolate hearts and wee items in tow, we went there and were lucky with our timing as we were able to meet some of the staff personally, and wished them all greetings and good wishes from the MCW, as they are doing amazing work to help women in difficulty and have been one of our Federate Members for years.

Those of you dear readers who are familiar with the work of this shelter will understand why, when staff is so busy and involved, they cannot always attend our regular luncheon meetings. However they do try to keep up with news of MCW through our communications and by the grapevine.

For those of you who enjoy interesting and informative newsletters from charitable endeavours, the publication of Auberge Madeleine, with news from Micheline Cyr, Director, and a stanza of poetry from Anne Fourquier, will be of interest.

For more information, please visit their website:
www.aubergemadeleine.org, or call 514-597-1303.

Mary Lennon – Arts, Culture and Heritage

WOMEN'S ART SOCIETY **OF MONTREAL**



The Women's Art Society of Montreal invites you to become member of our group where you can connect with like-minded people who enjoy the arts.

We gather bi-monthly on Tuesdays at the McCord Museum from 1:30 to 2:30 PM to listen to great talks. Plus other activities. Men are welcome.

www.womensartsociety.com or call 514-495-3701.

Tuesday, April 18, 2017

The Women's Art Society of Montreal presents National and International Award Winning Jazz & Blues Vocalist, DAWN TYLER WATSON - *Life, Love and the Blues*, from 1:30 to 2:30 PM at the McCord Museum, 690 Sherbrooke West. Non-members: \$ 10.00.
www.womensartsociety.com or 514-495-3701.

Tuesday, April 25, 2017

The Women's Art Society of Montreal presents Visual Artist and Concordia Professor of Painting and Drawing, CAROLINE LINDSAY HART - *Rock, Paper, Scissors: A Painter's Perspective*, from 1:30 to 2:30 PM at the McCord Museum, 690 Sherbrooke West. Non-members: \$ 10.00.

www.womensartsociety.com or 514-495-3701.



Go to our website:
montrealcouncilwomen.org
and click on the facebook icon on the top
right-hand corner.

Looking forward to sharing with you!

The McGill Women's Alumnae Association

AGM & NETWORKING BRUNCH

Saturday, May 13, 2017

11:00 AM - 1:00 PM

Omni Hotel,

1050 Sherbrooke St W

The MWAA invites you to its Annual General Meeting followed by a brunch where you will have the opportunity to engage in some professional and personal networking. You will also hear from guest speaker Monique Jérôme-Forget who will speak about: The only way to ensure the success of our society is through the full and equal participation of women in the global economy. As women we deprive ourselves of talent, innovation, and fulfillment by not realising our potential. Our presence is essential to the world's wellbeing.

Cost: \$40.00

RSVP/ Pre-register: February 28, 2017 to April 30, 2017

Contact: Event Registrar at montreal.registrar@mcgill.ca

Online: <https://www.alumni.mcgill.ca/aoc/events-travel/EventDetails.php?id=MzE5NDE=>



Celebrating 100 years of passionately supporting
Children, Healthcare and Women in Canada and Israel

The Shoshanim Chapter is selling their signature

Passover Baskets

Each basket contains Kosher for Passover food and an assortment of gift items that everyone will love.

Makes a wonderful gift for family, friends,
business contacts and more!

Order early before
we sell out!



\$50 each

FREE DELIVERY

ORDER DEADLINE March 27
or while quantities last.

To order, call 514-933-8461

Email: info@montreal.chw.ca

Order online: www.chw.ca/chw-centres/montreal/events/

Include your children or grandchildren as Mini-Matzohs
on the attached honour scroll (\$5/name)

Movie Night

Join us on **Wednesday, May 17 at 7pm** for a CHW Movie Night featuring "Once in a Lifetime (Les Héritiers)," an inspiring true story of a teacher's perseverance and the enduring impact of the Holocaust in transforming future generations.

French film with English subtitles. Early-Bird Ticket until April 30th - \$20 / Ticket \$25 (partial tax receipt)

Call **514-933-8461** to reserve your ticket.



Children
Healthcare
Women

Nurses' Council of CHW Montreal

HEALTH FORUM

“It’s About Choices: Exploring End of Life Decisions”



Guest Presenters

Dr. Manny Borod

Director of the Division of Supportive
and Palliative Care Program
at the McGill University Health Center

Dr. Bessy Bitzas

PhD Nursing, Head Nurse, Palliative
Care Unit and Herzl Family Practice
Centre at the Jewish General Hospital

Tuesday, April 25 at 7:30 pm

Cote St. Luc Aquatic Center
5794 Parkhaven

Ticket: \$30

(includes a partial tax receipt and refreshments)

**For tickets, call 514-933-8461
or visit www.chw.ca/health_forum2017**



CHW Children
Healthcare
Women

Le conseil des infirmières de CHW Montréal
vous invites à un

FORUM DE LA SANTÉ

“Un question de choix:
une exploration des décisions de fin de vie”

*Présenté par

Dr. Manny Borod

Directeur de la division des programmes de
soutien et de soins palliatifs au centre
universitaire de santé McGill

Dr. Bessy Bitzas

Infirmière Doctorat, Infirmière Chef au
Centre Palliatifs et le Centre du Médecin
Familiale Herzl, Hôpital Général Juif



*Les présentations seront en anglais

Mardi le 25 avril à 19h30

Centre Aquatique de Cote St. Luc
5794 Parkhaven

Frais d'entrée \$30

(Comprend des rafraîchissements et un reçu fiscal partiel)

**Pour acheter les billets, appelez 514-933-8461
ou visitez www.chw.ca/health_forum2017**

Montreal Lakeshore University Women's Club (MLUWC)



Member of the Montreal Council of Women

HOSTS

SPRING FUNDRAISING – “TRUNK SHOW”

International Image & Style Consultant – Kathryn Mademann (Km²•Style)

PRESENTS

“A Closet Full of Clothes & Nothing to Wear!”

- Discover your personal style
- Highlight your best features with fashion that compliments
- Discover tips for that spring & summer closet makeover

**PROCEEDS TO BENEFIT
MLUWC SCHOLARSHIP FUND**

Buy your tickets today! / Special price of \$35.00

To reserve tickets, please call: (514) 683-5685 or (514) 637-9598
or email: mluwc.fundraising@gmail.com

Our Evening Schedule . . .

6:30 pm - 7:00 pm	Welcome/Refreshments
7:00 pm - 8:30 pm	“Style Me Now” presentation
8:30 pm - 9:00 pm	Wrap Up

Looking forward to meeting you on . . .

Wednesday, April 26th, 2017
Beaconsfield Golf Club
49 Golf Ave. Pointe Claire, QC, H9S 4N6

A fabulous evening not to be missed! **Everyone is welcome!**



The Coloured Women's Club

Founded 1902 • Member of the Montreal Council of Women

PRESENTS IT'S ANNUAL...

Spring Hat Rose Tea



Sunday May 7, 2017 - 3:00 pm - 6:00 pm
COTE DES NEIGES COMMUNITY CENTRE
6767 Cote des Neiges Road, Montreal, Quebec

Join us for a sophisticated afternoon of stories and music, while sipping tea and savouring fine delicacies, all served on our authentic Royal Albert, bone china!



Spring Hat Competition

Great Prizes to be won.



Guest Speaker: Penny Rankin



Entertainment: Yolande Spooner

Tickets: **\$25.00** in advance and **\$30** at the door

Salon Rayshell 514-481-2635
L. Grant 514-696-7944

B. Simmons 514-488-3284
S.Gyles email: sagyles@sympatico.ca





The Coloured Women's Club

Founded 1902 • Member of the Montreal Council of Women

Invites you to join us on our 7-day cruise and 2-night stay in

Hawaii

visit the USS Arizona Memorial at Pearl harbor (Honolulu), and the Punchbowl Crater, the Haleakala Crater, world's largest dormant volcano (Maui), the lava formations of Volcanoes National Park, the Akaka Falls, the Hawaii tropical Botanical Gardens (Hilo), the coral reefs (Kona) and many more fascinating and exciting experiences.

June 1st to June 10th, 2017

PRICE: \$3,999 (Double Occupancy)

INFORMATION: S. Gyles • tel.: 450-672-7081 • Email: sagyles@sympatico.ca



Montreal Council of Women

Thursday, APRIL 6, 2017 at 18:00



CANADA 150
1867-2017

150TH ANNIVERSARY CELEBRATION OF CANADA

LES JARDINS DU CANAL
2700 Rufus Rockhead, Montreal
(across from the Atwater market)

Join us for what promises to be an informative and fun evening. Enjoy tantalizing foods from across our great land and participate in a short quiz on the history of Canada. In addition, we will screen an inspiring presentation on "Quilt of Belonging". This monumental artwork, Canada's most comprehensive 120' long textile art project, is the work of volunteers from Victoria to Newfoundland to the Arctic Circle. From across Canada, participants were invited to contribute their talents and ideas, reflected through the prism of their cultural backgrounds. The range of materials is astonishing from sealskin to African mud-cloth, from embroidered silk to gossamer wings of butterflies.



Do join us to celebrate another milestone in Canada's history.
New members and guests are welcome.

A light supper will be served at 18:00 followed by the presentation at 19:00. Price: \$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

<http://montrealcouncilwomen.org/>

Special door
prize to be
won!