

## MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

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Bulletin Editor and Layout:  
-S. Gyles

**PRESIDENT'S MESSAGE**

The month of March brings us, Women's International Day and daylight saving time; spring is on the way. March was also the month for MCW's special Resolutions meeting, where a number of resolutions were discussed and worked on by MCW members at large, approximately 25 attendees in total.

The guest speaker for the afternoon was Anthony Housefather who is MP- Chair of the Commons Standing Committee on Justice and Human Rights. Housefather spoke about surrogacy and human trafficking. He was engaging and open when speaking about the situation in Ottawa and in the press. It was also interesting to hear about the work that the justice committee actually does.

Our next meeting in April will also focus on human trafficking, when speaker will be Maylissa Luby, a social worker, working with young women.

On another note, the NCWC AGM and conference will be held in Winnipeg, Manitoba from June 16 to June 19, 2019. More information is available on their website: <http://www.ncwcanada.com/>- S. Gyles, President

Lunch will be served at 12:00 noon on April 4, 2019 at the cost of \$10.00 per person, payable at the door. The address is: 2700 Rufus Rockhead, Montreal.  
Please advise S. Gyles if you plan to attend at: [450-672-7081](tel:450-672-7081) or e-mail: [sagylessympatico.ca](mailto:sagylessympatico.ca).

## MAYLISSA LUBY – SOCIAL WORKER

### Speaker – April 4, 2019

(La Sortie, The Way Out...Human Trafficking and Exploitation in Montreal and Beyond)

MCW guest speaker for our April meeting will be Maylissa Luby, who is a social worker for La Sortie, a non profit organization that helps women leave the sex industry. As a survivor of sexual exploitation herself Luby brings hope and inspiration that a full life is possible. She has been teaching at risk youth about sexual integrity for over ten years. Her passion for sexual healing has brought her back to Quebec to help women heal and redefine their identity.

A wife of fifteen years and a mother of three girls, Maylissa as a public speaker brings knowledge of real life experiences to mobilize and empower people to help women realize their true worth.

Maylissa's talk will surely be one not to missed. – D. Chartier



Maylissa Luby

## A Reflection on Our Recent Speaker Marlene Jennings

On February 7th, the Montreal Council of Women was honoured to welcome Marlene Jennings to our lunchtime gathering and monthly meeting. The first black woman from Quebec to be elected to Parliament in the history of Confederation, represented the riding of Notre-Dame-de-Grâce - Lachine from 1997 to 2011. She was also one of the few parliamentarians with a physical disability, having become temporarily partially blind in early 2010.

Marlene Jennings spoke to us about her professional parcours, and most importantly, the need for us to be aware of racial blind spots across our institutions. Energetic and engaging, she described what I've come to learn as unconscious bias, far more prevalent than conscious prejudice in the ways it permeates through our organizations and society. She provided us with a couple of recent examples of blind spots: first, with Montreal's very own musical prodigy and teacher, Daisy P. Sweeney, who upon her death in 2017, the City's then, Mayor promised to dedicate a city street in her name. A year later, the City reneged on its promise and instead notified the family that a patch of grass, described by some as a dog run, would be named after the talented and devoted Sweeney. Following the uproar that the news generated as well as months of negotiations with the City, a more appropriate and respectful park was approved by Sweeney's family. A second example Jennings offered, was that of our newest \$10 currency designed to commemorate civil rights advocate, Viola Desmond. The new bank note, first of its kind in Canada with a vertically oriented portrait is rejected by thousands of cash machines across the country who have not been updated with the costly and necessary software.

Such tribute failures are symptomatic of a deeper disregard and remind us of how our blind spots narrow our vision and unintentionally, our capacity to make decisions that are aligned with our conscious values.

The truth is, our brains are hardwired to make assumptions. We all have unconscious biases related to race, gender, religion, etc., and while there is no shame in having blind spots, it is imperative to identify them, to own them, and to adjust our behavior in order to compensate for them. And so, I encourage all of us to delve deeper in exploring our assumptions, to challenge the normative scripts, and to seek out the unfamiliar. And perhaps soon enough, we can *all* be a little more included and a little more respected. Because a little, goes a long way. - *Maya Volpato*

THE  
**EMBRACE  
AMBITION**  
SUMMIT

THINK TWICE. THINK INCLUSIVELY.

### 10 WAYS TO COUNTER UNCONSCIOUS BIAS AS AN INDIVIDUAL

- 1. IDENTIFY YOUR BIASES**  
Take the Implicit Association Tests and learn about the different types of biases.
- 2. PAY ATTENTION TO LANGUAGE**  
Be mindful of what you say and how you say it.
- 3. QUESTION YOUR THINKING AND CHALLENGE YOUR ASSUMPTIONS**  
Flip the script. Would you draw the same conclusions if this scenario involved someone of a different gender or race?
- 4. MAKE FRIENDS**  
Proximity shatters stereotypes. Seek diversity in your friendships and interactions. Volunteer at an organization working with people not in your circle.
- 5. SPEAK OUT**  
Hold yourself and others accountable when unconscious bias surfaces.
- 6. DON'T BE DEFENSIVE**  
Just listen. The use of the words: discrimination, oppression, racism, heterosexism, male privilege, etc., are not personal criticisms.
- 7. AVOID GENERALIZATIONS**  
Catch yourself when you use them and ask yourself if the statement was true.
- 8. USE VISUALIZATION**  
Imagine positive images of a group you tend to be biased about.
- 9. LISTEN TO SOMEONE ELSE'S STORY**  
Exercise empathy.
- 10. RAISE YOUR CHILDREN TO EMBRACE DIVERSITY AND EQUALITY**  
We can create a better world.

#EMBRACEAMBITION



MONTREAL COUNCIL OF WOMEN / LE CONSEIL DES FEMMES DE MONTRÉAL  
SINCE 1893 / DEPUIS 1893

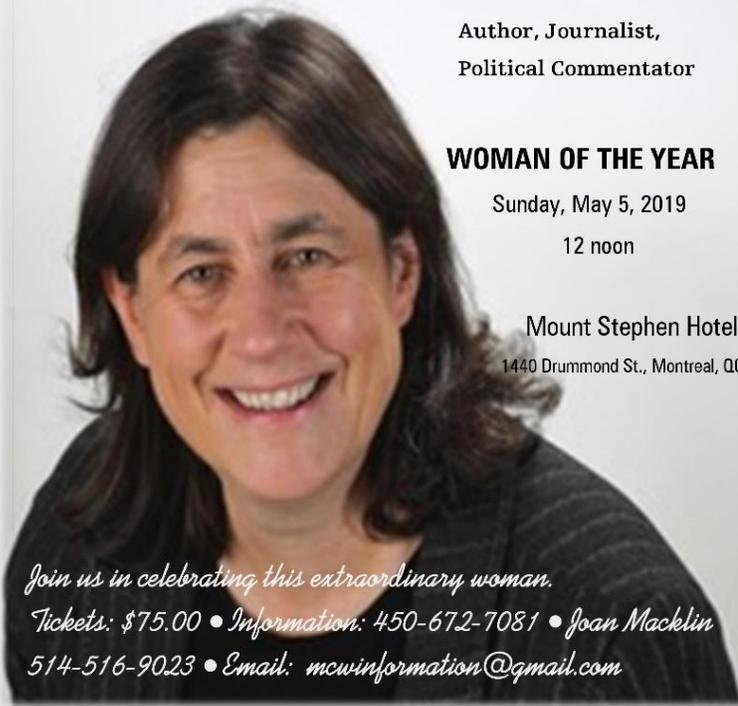
## CHANTAL HÉBERT

Author, Journalist,  
Political Commentator

### WOMAN OF THE YEAR

Sunday, May 5, 2019  
12 noon

Mount Stephen Hotel  
1440 Drummond St., Montreal, QC



*Join us in celebrating this extraordinary woman.*

*Tickets: \$75.00 • Information: 450-672-7081 • Joan Macklin  
514-516-9023 • Email: mcwinformation@gmail.com*

MONTREAL LAKESHORE UNIVERSITY WOMEN'S CLUB  
**MLUWC**

**B I N G O**  
*Bonanza*

Campagne de financement de nos bourses annuelles d'étude  
Amenez un voisin ou un collègue à cet événement!

Vendredi, le 12 avril entre 19h à 22h 

AvH ÉCOLE INTERNATIONALE ALLEMANDE  
218, rue Victoria, Baie D'Urfé, H9X 2H9

Pour obtenir des billets @ \$25 visiter  
[www.mluwc.com](http://www.mluwc.com) ou téléphoner 514.837.9598

AU PLAISIR DE VOUS VOIR!

Fundraiser supporting our annual scholarships  
Bring a neighbour or colleague to this fun event!

 Friday, April 12, 2019 7:00-10:00 P.M.

AvH GERMAN INTERNATIONAL SCHOOL,  
218 Victoria, Baie D'Urfé, H9X 2H9

To obtain tickets @ \$25 visit:  
[www.mluwc.com](http://www.mluwc.com) or call 514.837.9598

WE LOOK FORWARD TO SEEING YOU!

Avec support de la  Sauvetage Baie D'Urfé With support from the Baie-D'Urfé Rescue Squad

## Lori Weber – My Books & Writing for Kids



**LORI WEBER**  
Author and College Teacher



Quebec **SPEAKERS SERIES**

**Date:** Tuesday **APRIL 16, 2019**

**Place:** **E.M.S.B**  
**6000 Fielding Avenue**  
**H3X 1T4**

**Time:** **5:30 – 6: 30 light supper:**  
**Check with security for Room**  
**7:00 p.m. Speaker**

**COST:**

- for DKG members: 15.00\$
- for non-members: 20.00\$
- for students: 10.00\$

**R.S.V.P:**

- Erika Sebaldt 514-489-2760
- or email  
[erika.sebaldt@bell.net](mailto:erika.sebaldt@bell.net)

### Ovarian Cancer Dr. Gilbert

For the past 26 years, Québec Science Magazine has continued a tradition: each fall, a jury of researchers and journalists select the 10 most impressive discoveries made in Quebec over the previous year and invites the public to vote for their top choice. This year, a new test for endometrial and ovarian cancers has been chosen by readers with almost a third of all votes cast in the 2018 Discovery of the Year contest.

Together, uterine and ovarian cancers are the third most commonly diagnosed, and the third leading cause of cancer deaths among women. They are also usually difficult to identify at an early stage. Their cure rate has not improved much in the last 25 years. However, hope is on the way thanks to an early detection test called PapSEEK, developed by a team from the Research Institute of the McGill University Health Centre (RI-MUHC), led by Dr. Lucy Gilbert, Director of the Gynecologic Oncology at the MUHC and a professor in the Department of Obstetrics and Gynecology at McGill and Dr. Kris Jardon, a researcher and gynecologist-oncologist at the RI-MUHC. This work was done in collaboration by researchers at Johns Hopkins University School of Medicine.

Currently, there is no reliable screening test for these cancers in women who do not have symptoms. Even when symptoms do appear, they are vague and make diagnosis difficult.

The PapSEEK test is non-invasive and consists of the genetic analysis of a cell sample taken from the uterine wall. The procedure, which is similar to the Pap test done during gynecological examinations, detects the presence of mutations in ovarian and endometrial cells.

To date, 18 genes have been associated to a significant degree with cancers of the uterus and ovaries. They make it possible to identify abnormal cells at an early stage. By comparing samples obtained from patients who had previously been diagnosed with cancer with those from healthy women, the researchers were able to detect up to 93 percent of cases of uterine cancer and 45 percent of cases of ovarian cancer, without any false positives. A first for a non-invasive technique. The team published its findings in the journal Science Translational Medicine. The PapSEEK test may be available within a few years if research progresses steadily. – B. Destounis

# IT'S my DAY!

Saturday, April 13, 2019  
**NOVOTEL MONTRÉAL AIRPORT**  
 2599 boul. Alfred-Nobel,  
 Ville Saint-Laurent



**A DKG QUEBEC EVENT**

DKG QUEBEC, a Canadian provincial organization of DKG International is proud to support teachers through various activities such as the IT'S MY DAY conference, and the DKG QUEBEC SPEAKERS SERIES.

DKG provides funds for scholarships, grants and awards for teachers and student teachers, and promotes excellence in education, as well as professional and personal growth of women educators.

[WWW.DKGQUEBEC.COM](http://WWW.DKGQUEBEC.COM)

## Wellness Event for Teachers



# Programme

It's My Day is not a fund raiser.

It is an event to offer a day for people in the field of education sponsored by **DKG QUEBEC**. It is a day for those in education to find new ways to take care of themselves. It is a day to refresh, recharge and reclaim.

We ask MCW individual and federate members to share this with as many people as they know working in the education field.

The brochure has all the necessary details.

We also have an It's My day email if you have questions. [itsmydaydkg@gmail.com](mailto:itsmydaydkg@gmail.com)

Registration is easy just link on to:  
<https://www.eventbrite.ca/e/its-my-day-wellness-conference-for-educators-tickets-53886561155>

## ZCM WELLNESS WORKSHOP



**Date: Sunday, April 7, 2019**  
**Time: 11:30 am – 2:30 pm**

**ZONTA CLUB OF MONTREAL**  
 cordially invites you to our  
**EXPLORING WELLNESS WORKSHOP**  
**YOGA/REIKI INSTRUCTOR**



**Ruth Wani**

*“Relaxation Techniques for Daily Life”*  
 at Les Jardins du canal

Breathing techniques, Yoga movements, Q&A  
 (Bring a yoga mat if possible)

**Location:** LES JARDINS DU CANAL (apartment complex)  
 2700 rue Rufus Rockhead, Montreal, PQ H3J 2Z7  
 (behind Atwater Market, Lionel-Groulx metro)

**Tickets:** \$25.00 — light refreshments and nutritious snacks

**Parking:** FREE parking

**RSVP:** Reservations a must by Thursday, April 4 by online registration  
 click on link: [Registration Form](#)

**E-mail:** [zcmcommunications@gmail.com](mailto:zcmcommunications@gmail.com)

**Info:** For more information contact Kiran Omar 450-936-2240 or  
 Mickey Wemecke 514-630-0138 or by email above

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



**MCW MEMBERSHIP DRIVE**  
**- GET INVOLVED! -**  
 For a chance to win 2 Tickets  
 to the 2019 Woman of the  
 Year Luncheon!

Every member can participate.  
**SEIZE THE CHALLENGE!**

The Montreal Council of Women Members  
 hip Committee has set a goal of  
 increasing our Federate membership by  
 30% and our individual members by 10% for  
 the fiscal year 2018 - 2019.

A membership drive has been organized in  
 order to achieve the goal. This goal cannot  
 be attained without your participation in  
 identifying potential members and inviting  
 them to join the Montreal Council of  
 Women.

For each Federate organization that joins  
 by your recommendation, you will have  
 three chances in the draw to win two  
 tickets to the Woman of the Year luncheon.  
 For each individual member who joins, you  
 will have one chance.

Should you identify a Federate and/or an  
 individual who is showing interest but you  
 need individual assistance to "clinch the  
 deal", please do not hesitate to contact  
 Joan Macklin, our Membership Secretary  
 at 514-516-9023.

To our Federate members, we ask that you  
 advise your members as they are all  
 eligible to win! Contest begins now and  
 closes March 31, 2019. **GOOD LUCK!**  
<http://montrealcouncilwomen.org>

The Women's Art Society of Montreal presents:

**April 16, 2019:** Visual artist, G. Scott MacLeod  
 29 Days on the Reykjanes Peninsula, Iceland – One of  
 the world's last natural wonders.

**April 30, 2019:** Artist/educator, Deena Dlusy-Apel will  
 speak about her work and the importance of social  
 consciousness

From 1:30 to 2:30pm at the Unitarian Church of Montreal,  
 5035 de Maisonneuve West. Nonmembers \$10. New  
 members welcome - men also.

[www.womensartsociety.com](http://www.womensartsociety.com) or 514-495-3701



**SENIORS  
ACTION  
QUEBEC**



A Seniors Network.....

For Seniors.....

By Seniors.....

**SENIORS ACTION QUEBEC ANNOUNCES THREE(3) UPCOMING CONFERENCES THAT WILL BE OF INTEREST TO SENIORS, FAMILY MEMBERS, CAREGIVERS, HEALTHCARE PROFESSIONALS, STUDENT NURSES AND DOCTORS, URBAN PLANNERS, ARCHITECTS ETC**

**April 9<sup>th</sup>**  
**Responding Positively to Life's Changes:  
 Caregivers Finding Balance.**  
**Deadline: Registration and payment must be received by March 27<sup>th</sup>**

**May 3<sup>rd</sup>**  
**Housing: What's Next?**  
**Deadline: Registration and payment must be received by April 25<sup>th</sup>**

**June 13<sup>th</sup>**  
**Geriatric Healthcare Professionals and  
 Seniors Talking Together About Senior's Needs.**  
**Deadline: Registration and payment must be received by May 30<sup>th</sup>**

**Registration Fees: Includes Coffee & Muffin on arrival,  
 breaks and lunches and any printed materials.**

**General Admission: Cost is \$60.00 per conference**

**Seniors 65+ & Students: Cost is \$35.00 per conference.**

**To Register contact: Ruth Pelletier**

**[ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com)**

**[www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)**

**Conference dates:**

**April 9<sup>th</sup> - Living Positively Through Life's Changes: Caregivers Finding Balance**  
 Ramada Plaza Montréal, 6445 Boul. Décarie, QC H3W 3E1

**Deadline:** Registration and payment must be received by **March 27<sup>th</sup>**

**May 3<sup>rd</sup> - Housing: What's Next?**

7655 Décarie Blvd. Montreal QC. H4P 2H2

**Deadline:** Registration and payment must be received by **April 25<sup>th</sup>**

**June 13<sup>th</sup> - Geriatric Healthcare Professionals and Seniors Talking Together About Senior's Needs.**

Ramada Plaza Montréal, 6445 Boul. Décarie, QC H3W 3E1

Following Lunch you are invited to stay for Seniors Action Quebec's Annual General Meeting.

**Deadline:** Registration and payment must be received by **May 30<sup>th</sup>**

**REGISTRATIONS:**

**GENERAL ADMISSION: \$60.00 per person per conference**

Indicate total of registrations \_\_\_\_\_ Conference date(s): \_\_\_\_\_

**SENIORS 65+ and STUDENTS: \$35.00 per person per conference**

Indicate total of registrations \_\_\_\_\_ Conference date(s): \_\_\_\_\_

Please complete one form per person and email to:

[ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com)

Should you have any questions feel free to contact me.

Ruth Pelletier – Conference Organizer  
 450-455-5982

**Mail cheque & copy of registration by the  
 Deadline to:**  
 Seniors Action Quebec,  
 1857 de Maisonneuve Blvd. W., Suite 304,  
 Montreal, Quebec, H3H 1J9

**The Auxiliary of the  
 Montreal General Hospital**

**Fundraising Event - Card Party Luncheon**

**April 23, 2019; 11:30 am to 3:30 pm**

**1650 Cedar Avenue, Livingston Hall**

**Invite your friends and reserve your table  
 for lunch, bridge, other games or mahjong.**

**Door Prizes and Parking Passes \$55.**

**RSVP before April 12, 2019 to The Auxiliary  
 office E6.219; 514-934-1934 ext.**

**43009; [mgh.auxiliary@muhc.mcgill.ca](mailto:mgh.auxiliary@muhc.mcgill.ca)**

**Montreal Lakeshore University  
 Women's Club (MLUWC)**

**hosts their Scholarship Fundraiser**

**Bingo Bonanza**

**Friday, April 12, 2019**

**from 7:00-10:00 PM**

**AVH German International School  
 216 Victoria, Baie d'Urfé H9X 2H9**

**Tickets \$25.00**

**Visit [www.mluwc.com](http://www.mluwc.com) or call**

**514.637.9598**