

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

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PRESIDENT'S MESSAGE**HAPPY NEW YEAR!!!**

As we begin another MCW interesting year, there is much to learn, much to do in and much to discuss as we remain in the throes of our mental health topics and interests.

When asked to describe mental health, one of our board members responded with the following: "Mental health is interpreted differently by everyone and is a uniquely personal part of our journey. When it goes well, we rarely think about it and when things happen to shake us up, we struggle to understand and to cope. I would define mental health as shifting gears at high speed while adjusting to whatever the new reality might be."

Our guest speaker, Ms. Harris mentioned that in speaking about mental issues we should speak about and address mental "health" as everyone has mental health as opposed to the less affirmative terminology of mental "illness".

Don't forget the culmination of our 2018 year which is our Woman of the Year Luncheon where we will have the opportunity to hear and to pay tribute to Mrs. Margaret Trudeau.

- Shirley Gyles - President

MCW FEBRUARY LUNCHEON will be served at noon, on February 1, 2018 at the cost of \$10.00 per person, payable at the door. The address is: 2700 Rufus Rockhead, Montreal. Everyone is welcome

MCW MEETING – FEBRUARY 1, 2018
Lynn Harris -GUEST SPEAKER

Lynn Harris, B.Ed., M.Ed., is a Family Peer Support Worker at the Jewish General Hospital's Psychiatric departments. She is an educator with diverse teaching experience as a workshop leader, elementary school teacher, gifted-education specialist, pre-school Director, Educational Technology Coordinator and Family Peer Support Worker. A wife, mother, daughter, sister, aunt, niece and friend, Lynn wears many hats as she volunteers with AMI Québec and McGill University, sharing both time and expertise in different capacities. A life-long learner herself, you can catch up with Lynn at Toastmasters, swimming, bicycling, running, skating, skate-skiing, hiking or snowboarding.

Mrs. Harris will be speaking about Family Peer Support and how AMI-Quebec reaches out from within the hospital to support Caregivers."

Families with a loved one suffering from a mental illness rarely speak out about their situations. Stifled by the pain, the stigma or a sense of embarrassment, it's hard to see a light at the end of the tunnel. But there is a light. A shining one. Lynn will share how AMI-Québec works within the JGH to support Carers of those challenged with mental illness.



Lynn Harris

ANNUAL FORUM – CONCORDIA UNIVERSITY

"November 23rd 2017 marked the first day of the international 16 days of activism against gender based violence which began in 1999 after a United Nations General Assembly decreed that as the International Day for the Elimination of violence.

Statistics tell us that in spite of such efforts, one in three women will experience physical, sexual or emotional abuse in her lifetime, leading to health issues that affect all of society; anxiety, drug and alcohol addiction, depression and chronic diseases that often lead to a shorter life expectancy.

This year, having made mental health our focus, the board of the Montreal Council decided to participate in an annual forum held at Concordia University's engineering building, where other organizations as well as some of our federates had booths with information to make people become more aware and to offer options that empower those who need it.

Our booth was well attended and we met with people from all walks of life; students, survivors of domestic violence, curious passers-by, women who have started their own organizations to help others, as well as local community groups who work closely with those who are marginalized.

The overall experience was a very positive one. One woman who approached our booth recounted how a few years ago she and her children had escaped from a violent household. Today, she is half way through her university studies, has started her own non-profit organization to help women in similar circumstances and her children are thriving. One happy ending with hopefully many more to come." - Ingrid Berzins

MCW PROGRAMS 2018

February 1, 2018 - Lynn Harris -Nulman

Lynn is a Family Peer Support Worker at the Jewish General Hospital's Psychiatric departments. She is an educator with diverse teaching experience as a workshop leader, elementary school teacher, gifted-education specialist, pre-school Director, Educational Technology Coordinator and Family Peer Support Worker.

March 1, 2018 - Jason Finucan

Jason is a professional business speaker, consultant and expert on the stigma surrounding mental illness. He founded **stigmaZero** to open people's minds up to the reality of stigma surrounding mental illness.

April 5, 2018 - Jillian Ritchie

Jillian is a former Community Outreach Coordinator for Ami-Québec and more recently, she is the Manager of Networks and Community Health Services, CCS Montreal. An advocate and warrior in reducing stigma, she promotes education and awareness around mental illness.





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

is honoured to pay tribute to

MARGARET TRUDEAU WOMAN OF THE YEAR

Saturday, April 21, 2018

11:30 am - Lunch: 12 noon

Mount Stephen Hotel
1440 Drummond St., Montreal, QC



Join us and celebrate this remarkable woman.

Tickets: \$75.00 • Information: 450-672-7081 • 514-516-9023

Email: mcwinformation@gmail.com

SOIRÉE CONFÉRENCE
FEMMES DE COEUR, FEMMES DE TÊTE
ET FEMME DE TOUS LES DÉFIS!

L'honorable Liza Frulla, C.P.,
Directrice générale de l'Institut de tourisme
et d'hôtellerie du Québec (ITHQ)

PRÉ-VENTE (Avant le 17 janvier)
65\$ (rég. 75\$) membres
75\$ (rég. 85\$) non-membres

DATE
Mercredi 18h00
24 janvier 2018

LIEU
À L'ITHQ, 3535, rue Saint-Denis, Montréal

WOMEN'S ART SOCIETY O F M O N T R E A L



Tuesday, February 27, 2018 : The Women's Art Society of Montreal presents: Montreal based musician and composer MICHAEL MARTINO, "A Journey Through Music and Life:" 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 or [514-495-3701](tel:514-495-3701)

NCWC RESOLUTIONS 2018 (Resolved)

1. WOMEN AND PRECARIOUS EMPLOYMENT/ NON STANDARD WORK

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy the need for Canadians to have an adequate income to support themselves, their families and the Canadian economy; and

Resolved #2 that NCWC urge the Government of Canada to take immediate action to develop policies to rectify the discrepancies between the standard employment model and "non-standard" employment with the objective to end precarious work and bring fairness to workplaces; and further be it

Resolved #3 that NCWC urge the Government of Canada to examine, through gender-based analysis, the over-representation of women in non-standard work and employment across broad industry groups; and

Resolved #4 that NCWC urge the Government of Canada to encourage the provinces and territories to review practices in their jurisdictions related to precarious employment.

2. CITIZENSHIP EDUCATION FOR NEW CANADIANS

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy the protection of new Canadian women and girls from unlawful practices that prevent their natural enjoyment of childhood and adolescence, and that affect the learning process leading to healthy adulthood; and further be it

Resolved #2 that NCWC urge the Government of Canada to protect new Canadian women and girls by promoting and enforcing Canadian laws that allow a natural childhood and adolescence, in particular by:

- a. reforming the citizenship study and testing program to include, among other things, human rights information about Canadian laws against female genital mutilation (FGM), early and forced marriages, polygamy, sexual assault, "honour killings" and helpful universal health coverage, family planning and abortion service; and
- b. promoting the role of education for all children through to high school graduation, post secondary education and training to permit successful entry into adulthood; and further

Resolved #3 that NCWC urge the Government of Canada to amend the short title of the current law Zero Tolerance for Barbaric Cultural Practices, changing "barbaric cultural" to "harmful" in accordance with the United Nations Security Council Resolution 1325 "Women, Peace and Security" and the Sustainable Development Goals for 2030.

3. CITIZENSHIP FOR IMMIGRANTS AND REFUGEES

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that women and girls be protected by law from underage, forced or fake marriages, and that Canada's laws for citizenship assist in protecting women and girls and their children; and further be it

Resolved #2 that NCWC urge the Government of Canada to:

- a. take appropriate action to protect women and girls from underage, forced or fake marriages, and re-establish the two years living together in Canada with the spouse, common-law partner and conjugal partner prior to becoming a Canadian resident, and establish an exception to this rule in the case of any kind of abuse (verbal, physical or mental) giving an abused person and his/her children the right to move out of the common living space without losing the right to become a permanent Canadian resident and to be protected under Canadian law as other Canadian residents.

4. RECONCILING WITH CANADA'S ABORIGINAL PEOPLES

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy to acknowledge the rights of Canada's Aboriginal peoples, and support the recommendations of the Truth and Reconciliation Commission report; and

Resolved #2 that the NCWC urge the Government of Canada to implement the 94 recommendations of the Truth and Reconciliation Commission without delay, and to report at least annually on progress; and

Resolved #3 that the NCWC urge the Government of Canada to prioritize those recommendations that address the human rights of Canada's Aboriginal peoples, for example, water, sanitation and hygiene (WASH), housing, education and health services; and further

Resolved #4 that the NCWC urge its members to move toward reconciliation with Canada's Aboriginal peoples both as organizations and individuals.

5. THE PROTECTION OF RELIGIOUS LEADERSHIP AND ASSEMBLAGE OF PERSONS MET FOR RELIGIOUS, MORAL, SOCIAL OR BENEVOLENT PURPOSES

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that the fundamental right of religious leaders and assemblies of worship be protected by direct provision of the Criminal Code of Canada; and further

Resolved #2 that NCWC urge the Government of Canada to retain and strengthen provisions of the Criminal Code of Canada protecting religious rights of all religions, and of the principle of protection of assembly for moral, social and benevolent purposes; and

Resolved #3 that NCWC urge its federates to be vigilant in identifying any incidents of differential treatment of religious groups and activities protected by these provisions, and advocate for fair and equal treatment of all religions in their practice and assembly.

6. NATIONAL SCHOOL FOOD PROGRAM

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that there be a national school food program providing breakfast and lunch for both elementary and secondary schools; and be it further

Resolved #2 that NCWC urge the Government of Canada to institute a national school food program providing breakfast and lunch for both elementary and secondary schools that:

- a. increases the consumption of healthy foods and decreases the consumption of unhealthy foods
- b. teaches children about nutrition and health
- c. prepares food using safe food handling practices
- d. provides food in culturally appropriate ways
- e. does not expose students and families to stigmatization
- f. accommodates health sensitivities

UPDATES

1. UPDATE: ELIMINATING INDIAN ACT DISCRIMINATION

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that all differences in the Indian Act regarding the status and rights of Aboriginal women when compared to Aboriginal men be eliminated; and

Resolved #2 that NCWC urge the Government of Canada to consult with interested parties and amend the Indian Act to eliminate all the sex-based inequities instead of doing it piecemeal.

2. UPDATE: FEMALE GENITAL MUTILATION

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that girls be protected from female genital mutilation in Canada and from being sent abroad for the procedure; and be it further

Resolved #2 that NCWC urge the Government of Canada to protect girls from female genital mutilation in Canada and from being sent abroad for the procedure by:

- a. tracking and reporting cases of female genital mutilation
- b. taking proactive measures to prevent the practice
- c. charging and prosecuting those suspected of the offence.

3. UPDATE: SEWAGE TREATMENT / WASTEWATER FACILITIES

Resolved #1 that the National Council of Women of Canada (NCWC) add as policy that sewage treatment and wastewater facilities comply with federal regulations; and be it further

Resolved #2 that NCWC urge the Government of Canada in collaboration with provincial, territorial and aboriginal governments to:

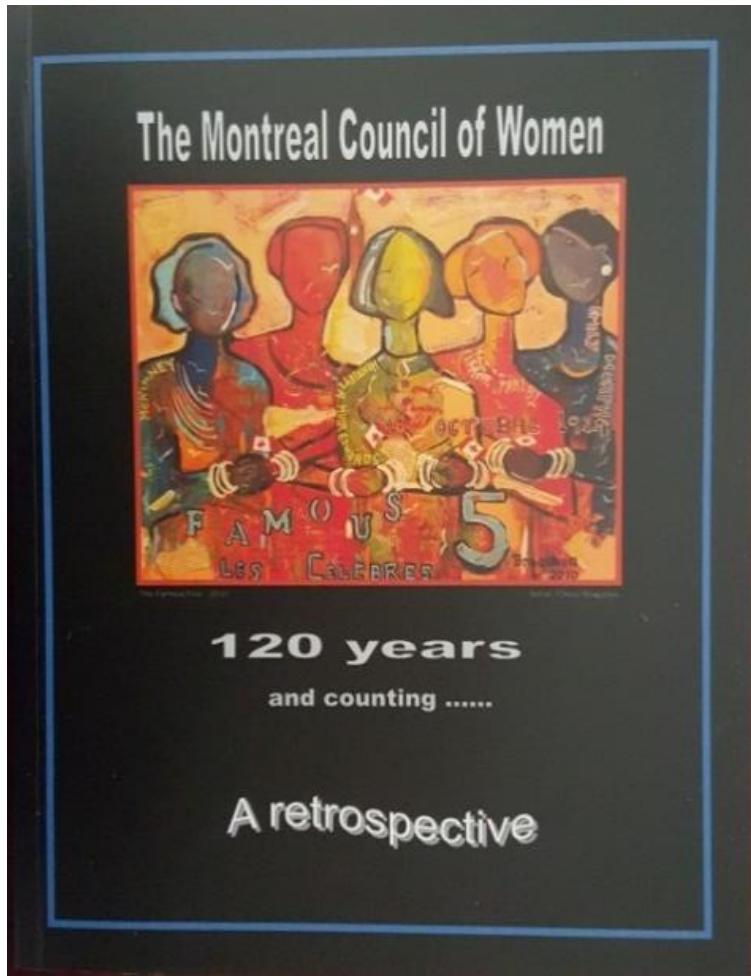
1. Shorten the timeline for compliance with federal regulations for wastewater treatment and management;
2. Ensure sufficient funding for upgrading sewage treatment plants;
3. Specify that a definite portion of money given to municipalities for infrastructure be applied to waste water upgrades;
4. Monitor the results; and be it further

Resolved #3 that NCWC urge the members of the International Council of Women to work with their respective Governments to ensure adequate treatment of waste water.

4. UPDATE: LONG-TERM STEWARDSHIP OF NUCLEAR WASTE

Resolved #1 that the National Council of Women of Canada (NCWC) adopt as policy that nuclear waste not be abandoned, but be safely stored above ground, under human control using good stewardship practices, over the foreseeable future; and be it further

Resolved #2 that NCWC urge the Government of Canada to ensure good stewardship of nuclear waste through its safe storage above ground under human control over the foreseeable future.



MCW 120TH ANNIVERSARY BOOK

The MCW book, "The Montreal Council of Women, 120 Years and Counting... A Retrospective", is a kaleidoscope of the various women's organizations that have been formed in Montreal over the past 120 years. The cover, beautifully designed by well-known, accomplished artist, the late **Cheryl Braganza** offers a panoramic view of some of the city's oldest groups, a treasure trove of information relating to these women. Copies are \$20 each. This treasure chest of information can be purchased by sending an email to info@montrealcouncilwomen.ca, or contacting B. Destounis email: bdestounis@videotron.ca or S. Gyles, email: sagyles@sympatico.ca.

MONTREAL COUNCIL OF WOMEN

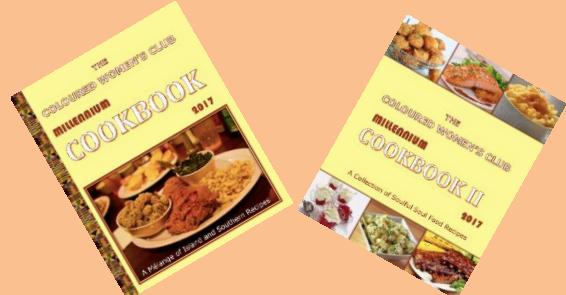
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(*REVISED)

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