

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

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PRESIDENT'S MESSAGE

Happy New Year. As we begin a new year, I send all good wishes to you and your family for a healthy and prosperous year.

Last year, was eventful as MCW members worked diligently on resolutions and membership; we especially thank those members who worked on those committees. Our Woman of the Year luncheon was especially successful, where 200 guests attended and paid tribute to Mrs. Margaret Trudeau. Our 125th anniversary was celebrated with a lunch held at the Forget Mansion. Culmination of the year ended with a holiday celebration where members came together to hear and learn about one another's traditions and celebrations.

The Woman of the Year 2019 has been chosen and the nominee is author and National Affairs writer Ms. Chantal Hébert. The exact date and time of the function, which will be held at the Mount Stephen Hotel, will be announced at a later date.

We urge you to attend our monthly meetings and also ask you to encourage new members to join us. Our first meeting of the year (February), our guest speaker will be the Honourable Marlene Jennings. The information is written below.

- Shirley Gyles - President

SPECIAL MCW HOLIDAY LUNCHEON Lunch will be served at 12:00 noon on February 7, 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: sagyles@sympatico.ca.

HONOURABLE MARLENE JENNINGS

Speaker February – Black History Month – February 7, 2019

Our guest speaker for February 2019 will be the former Liberal MP and Parliamentary Secretary the Honourable Marlene Jennings. Mrs. Jennings represented the City of Montreal's Notre-Dame-de-Grâce-Lachine riding in the House of Commons from 1997 to 2011. At the time of her election in 1997, Marlene was the first Black woman from Quebec to be elected to the Canadian Parliament.

During her 14-year tenure as Member of Parliament, Marlene served as Parliamentary Secretary to a number of ministers, including the Minister for International Cooperation, the Solicitor General of Canada, and the Prime Minister with special emphasis on Canada-U.S. relations. During that time, she also served as deputy House Leader

Marlene's involvement in politics was always fueled by an insatiable desire to help, and she saw politics as one of the most efficient ways to bring about the meaningful change she wanted to see in her community. That sense of involvement had manifested itself in other ways, notably in the form of her advocacy on employment equity for women, aboriginal peoples, and ethnic and racial minorities and the volunteer work she has done in many community associations.

Marlene is a recipient of the Jackie Robinson Award for Professionals, awarded by the Montreal Association of Black Business Persons and Professionals.



Hon. Marlene Jennings



CHANTAL HÉBERT

Woman of the Year

MCW Woman of the Year 2019 is **Ms. Chantal Hébert** who is an author, the national affairs writer with the Toronto Star and a guest columnist for L'Actualité. She is a weekly participant on the political panel at Issue on the CBC's The National as well as Radio-Canada's Les Coulisses du pouvoir on television and Gravel le matin on Montreal radio. Ms. Hébert began her career in Toronto as a reporter for the regional newsroom of Radio-Canada in 1975 before moving on to Parliament Hill for Radio-Canada radio. She has served as parliamentary bureau chief for Le Devoir and La Presse.

A graduate of Glendon College, York University, Hébert is a Senior Fellow of Massey College at the University of Toronto and holds honorary degrees from a dozen Canadian universities. She is a recipient of two Asia-Pacific media fellowship (Malaysia and Japan) and the 2005 recipient of the APEX Public Service Award.

In 2006, Chantal received the Hy Solomon award for excellence in journalism and public policy as well as York University's Pinnacle Achievement Bryden Alumni award. In 2012, she was appointed to the Order of Canada. Her second book: *The Morning After*, dealing with the 1995 Quebec



UNIVERSITY WOMEN'S CLUB OF MONTREAL

February Black History Month Meeting

Date: Wednesday, February 13, 2019

Theme: Women from Here and There

Speaker: **Dominique Fontaine**

Presentation Title: Haitian Women Artists:

Perspectives from now and then

Dominique Fontaine is a curator and Founding Director of aPOSTeRIORI, a non-profit curatorial platform – researching, documenting, developing, producing and facilitating innovation in diverse contemporary art practices. Fontaine graduated in visual arts and arts administration from the University of Ottawa (Canada), and completed De Appel Curatorial Programme (Amsterdam, the Netherlands). Her curatorial projects include *Here We Are Here: Black Canadian Contemporary*, MBAM and ROM, 2018; *and- in. the light of this.* _____ *Dineo Seshee Bopape*, 2017, Darling Foundry; *Repérages ou À la découverte de notre monde ou Sans titre*, article, 2016; *Between the earth and the sky, the possibility of everything*, Scotiabank Nuit Blanche Toronto 2014; *Images, Imageries, Imaginaires* – International Photography Exhibition of the World Festival of Black Arts and Cultures, December 2010, Dakar (Senegal); *“Forms and topographies: African Cityscape in flux”*, 2009, Thessaloniki Biennale (Greece).

SPECIAL HOLIDAY LUNCHEON PARTY

On December 6, 2018, over 50 guests attended a special holiday luncheon party. Members of different faiths from MCW Federates shared stories and spoke about their various traditions and celebrations. In addition, attendees were asked to each bring one dry food item to be given away. The donated items were given to a needy charitable organization.





A LOOK INSIDE MONTREAL'S NEW, PET-FRIENDLY HOMELESS SHELTER

A luxury hotel, it's not. On the third floor of the 103-year-old Greystone Ross Pavilion, hospital rooms abandoned when the **Royal Victoria** moved to the **Glen site** four years ago have been outfitted for a new clientele: people with nowhere else to sleep on cold winter nights — and their pets, as well. Montreal's newest emergency shelter opened Tuesday night. Thirty-one people stayed there the first night, and 62, the second — no pets, so far. MUHC *Titres du jour*

MCGILL SCIENCE GROUP TAKES AIM AT PHARMACIES FOR SELLING 'QUACK' FLU REMEDY

A McGill University science communication group is taking aim at a commonly available homeopathic flu remedy and questioning why pharmacies continue to sell what it calls "quack remedies." A survey of 150 Montreal pharmacies conducted last month by the McGill Office for Science and Society found that two-thirds of them stocked *Oscillococcinum* despite the fact that the product "does not work (and) cannot work according to scientific knowledge," reads a publication on the office's website.

MUHC *Titres du jour*



THE TEAPOT 50+ CENTRE WIN A TRIP OF A LIFE TIME RAFFLE

The Teapot 50+ Centre is holding a fundraiser to help support the cost of operating our bus. Our bus used to support individual who reduced mobility. Last year, the bus was able to support 28 individuals and provided 628 shopping services. Moreover, our bus is used for our monthly trips, which helps reduce the social isolation of our seniors. 79 individuals participated on trips.

We encourage you to support this fundraising event by purchasing raffle tickets for you, your friends and family. Tickets are \$10.00 each, three for \$25.00. and may be purchased directly from The Teapot by calling 514-637-5627 or via MCW and The Teapot member Joan Macklin. The drawing will take place on Wednesday, July 10, 2019 at 6:30 p.m. during The Teapot's Annual Family Picnic.

Prizes include:

- Grand Prize – Air Transat flight valued at \$2,000.00
- 2nd Prize - \$500.00 in cash
- 3rd Prize – Weekend at the Mock's Hill Inn valued at \$500.00
- 4th Prize - \$80.00 in restaurant gift certificates

Thank you for supporting The Teapot 50+ Centre and helping us provide transportation to the seniors of Lachine.

Differences Between Flu and Cold

The flu is a respiratory infection that spreads easily. It is caused by the influenza virus. This virus circulates each year in Québec and elsewhere in the world. In Québec, it mostly spreads during the end of the fall to the beginning of the spring. The duration of the flu season may vary. As such, it may start earlier or later and last shorter or longer depending on the year.

The flu and cold are respiratory infections. Because they have similar symptoms, they're often confused. However, a cold is more prevalent and banal than the flu. Flu, in turn, can be very dangerous. Symptoms and their severity may vary with age and health status. If You Have Symptoms you may contact a nurse with questions anytime at [Info-Santé 811](#).

Symptoms	Flu	Cold
Fever	<ul style="list-style-type: none"> • Common • Temperatures between 38 °C and 40 °C (between 100,4 °F and 104 °F) • Sudden onset 	<ul style="list-style-type: none"> • Absent or mild
Cough	<ul style="list-style-type: none"> • Common • Sudden onset 	<ul style="list-style-type: none"> • Common • Mild or moderate
Headache	<ul style="list-style-type: none"> • Common • Sometimes intense 	<ul style="list-style-type: none"> • Rare
Aches and pains	<ul style="list-style-type: none"> • Common • Sometimes intense 	<ul style="list-style-type: none"> • Rare • Mild
Fatigue	<ul style="list-style-type: none"> • Common • Intense • Duration: A few days, sometimes longer 	<ul style="list-style-type: none"> • Common • Mild
Nausea and vomiting	<ul style="list-style-type: none"> • Common in children • Rare in adults • Often accompanied by diarrhea and abdominal pain in children 	<ul style="list-style-type: none"> • Rare • Mild
Runny nose or nasal congestion	<ul style="list-style-type: none"> • Rare, more common in children 	<ul style="list-style-type: none"> • Common
Sneezing	<ul style="list-style-type: none"> • Rare 	<ul style="list-style-type: none"> • Common
Sore throat	<ul style="list-style-type: none"> • Common 	<ul style="list-style-type: none"> • Common

MCW PROGRAMS 2018 – 2019

February 7, 2019 –
Hon. Marlene Jennings
Black History Month

March 7, 2019 –
Anthony Housefather

April 4, 2019 – Maylissa
Human Trafficking

May 16, 2019 - AGM

WOMAN OF THE YEAR 2019

Announcing MCW
Woman of the Year
2019, well- known writer
and journalist

Ms. Chantal Hebert

Exact date and time to
be confirmed.

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 Membership 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>**

NOTICE TO ALL MCW FEDERATE MEMBERS

It appears that some members of your organizations may be unaware that they are members of MCW/CFM by virtue of their membership in your organization.

Please do encourage your members to attend our meetings as this will provide an opportunity to learn what other organizations are doing, share your organization's priorities and to make contacts. Thank you for continuing to share the MCW monthly Bulletins with your membership and also please inform us of your activities so that we can help promote your initiatives.