

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL



2020 EYES ON THE FUTURE - Penny Rankin, MCW President

New years and new decades often underscore feelings of hopeful determination. In the last century what both began and ended with desperation (WW1 and the Great Depression) somehow still managed to be called the "Roaring 20s". It is my hope as President of the MCW that this second decade of the 21st century will be

marked by steadfast progress in tackling the numerous issues that limit the equality and peace we seek for all in our city as well as influencing similar outcomes well beyond our civic borders. Roaring may be glitzy and glamorous but is not always the best path forward. MCW's strength in daring to work towards realizing such goals comes in working and knitting together our collective talents.

Over the next few months you can expect to note changes in our media presence as well as receiving updates that include a document outlining our action plan as we enter into this next decade. Please keep up to date by following us on Facebook as well as our website: www.montrealcouncilwomen.org where past editions of the Bulletin and other details are available.

In this February issue you will find a number of articles and notices- including details about our guest speaker **Dorothy Alexandre**, who will be joining us on February 6th as we mark **Black History Month**.

Of particular interest to many (whether you attended or not) is a recap of last month's holiday event which highlights the address that was given by guest speaker **Marie-Josée Potvin** and includes the poem she wrote to mark what was a solemn commemoration of the 30th anniversary of the December 6th 1989 Polytechnique Massacre. Access to the **Diversity and Unity Presentation** that was shared that day and photos of the luncheon will be soon available on our website so be sure to log in. Thanks again are extended to all who attended and provided the excellent food at that event.

In early December, an email notice was issued to all regarding a **Special Meeting** called to consider proposed increases in dues as well as adding a membership category for full-time female students (effective May 1, 2020). The small dues increase will allow MCW to better engage and work in what is an increasingly complex and digitalized world.

Finally, and of deep sadness to all who knew her- is a tribute to Board member, mentor and friend **Ingrid Berzins Leuzy**, who died on December 23rd. She will be and is missed.

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Bulletin Editor

Linda Monteiro

Please send your bulletin contributions before the 10th of the month to

mcwbulletineditor@gmail.com



NEXT MCW MEETING

Celebrating Black History Month with Dorothy Alexandre- President of the Conseil des Montréalaises

Thursday, February 6th, 2020 2700 Rufus Rockhead - Lunch \$10

Doors open at 11:30. Lunch will be served at noon and lecture will begin at 1:00 p.m.

Dates of Note for the Month of February



- 6 February**
- 11 February**
- 20 February**
- 21 February**

- International Day of Zero Tolerance to Female Genital Mutilation
- International Day for the Elimination of Violence against Women
- World Day of Social Justice
- International Mother Language Day



WOMAN OF THE YEAR LUNCHEON 2020

will honour

SHEILA GOLDBLOOM

Member of Order of Canada & Chevalier de l'Ordre National du Quebec

with a LIFETIME ACHIEVEMENT AWARD

for being an outstanding advocate for women's rights for over 50 years

Sunday, April 26, 2020, 11:30 a.m. - 3.00 p.m.

Mount Stephen Hotel, 1440 Drummond Street, Montreal, QC

Tickets \$75.00 per person (cash bar available) Reservations required before April 15, No tickets at the door.

Information Online Registration will be available soon. mcwinformation@gmail.com

Renate Sutherland 514-695-1970 renate.sutherland@bell.net

Dr. Dolly Dastoor 450-656-2036 dollydastoor@sympatico.ca

JOIN US TO HONOUR THIS AMAZING WOMAN

CELEBRATING BLACK HISTORY MONTH

with DOROTHY ALEXANDRE

February 6, 2019, 2700 Rufus Rockhead

Lunch \$10 - 11:30 – 2:00 p.m.

Register at mcwinformation@gmail.com



Active in her community for the past 15 years, **Dorothy Alexandre** uses her pen and voice to build bridges between people of different backgrounds. She is the President of the Conseil des Montréalaises, which advises the Montreal municipal administration on matters related to the status of women and equality.

A communications entrepreneur, Alexandre organizes events and moderates panel discussions on social issues in relation to women, youth, the media, diversity, citizen engagement and entrepreneurship. She is also a speaker and consultant who works with non-profit organizations, public and parapublic (partially funded,

operated, or owned by the government) institutions and private companies. One of her passions is to produce socially engaged digital content.

She is the director and narrator of the audio documentary Uptown, Le Podcast, which shares the voices of some 50 people who live in the borough of Côte-des-Neiges. The goal of this ethnographic storytelling project is to break down stereotypes about the immigrant population who live in this Montreal neighbourhood and to showcase the rich cultural mix of residents. Alexandre also takes great pleasure in being a mentor to young people. A former radio host, Alexandre worked for seven years as a journalist and researcher for Groupe TVA, a Quebec television network.

Black History Month is observed across the country every February and provides Canadians with an opportunity to share and learn about the experiences, contributions and achievements of peoples of African ancestry. The Ontario Black History Society with the support of MP Jean Augustine-the first Black woman elected to Parliament- introduced and won the support of the Canadian government in December 1995. Black History Month was officially observed across Canada for the first time in February 1996.

For more information:

<https://www.thecanadianencyclopedia.ca/en/article/black-history-month-in-canada>

In celebration of
INGRID BERZINS LEUZY

November 5, 1950 - December 23, 2019



It is with a deep sadness that we share the news of the death of Ingrid Berzins Leuzy. A dedicated and talented member, Ingrid served on the MCW Board as Convener on Health.

Beyond and including her cherished family roles as wife, mother, grandmother, sister, daughter, and mother-in-law, Ingrid also poured her wisdom and strengths into her friends and colleagues. She was a generous mentor whose encouragement could give wings to courageous endeavours and healing to the broken.

We are joined in our mourning by a myriad of friends and family from across the globe- but especially by those who knew and loved her best...by her husband Vincent Leuzy, daughter Corinna Groenendaal (Robin Heijl- son of member Sandra Heijl) and Antoine Leuzy (Kerstin Heurling)...and her grandsons Leo and Oliver Heijl.

Author and documentary film producer, Ingrid's professional life was marked by a determination to raise awareness and work towards ending domestic violence and violence against women. This passion was further consolidated by her voluntary work with the MCW and Women Aware.

In lieu of flowers, please consider a donation to the Oncology Department at the Jewish General Hospital or the Multiple Myeloma society. In the official obituary it quotes Ingrid as having lived by the motto: "Every day is a gift" to which we add, "she was a gift to all privileged to have known her."

A **Celebration of Ingrid's Life** will be held on Friday, April 10th at the Mont-Royal Funeral Complex at 1297 Chemin de la Forêt, from 12:00 PM - 2:00 PM.

RECAP OF THE HOLIDAY LUNCHEON

Text and photo by Beverley Colquhoun

On Thursday, December 5, 2019, the MCW held its annual Holiday Luncheon which commemorated the 30th anniversary of the "December 6th Massacre at the École Polytechnique de Montréal."

President Penny Rankin introduced special guest speaker, Marie-Josée Potvin, a survivor of the 1989 shooting. This was the first public speech she had ever given about the experience, which took her 15 years to seek help for. She gave a deeply moving speech sharing her feelings and the following poem:

*They died for a cause
 We didn't know we could die for
 They died in a war
 Existing only to the aggressor
 They only wanted to live
 Live to the fullest
 Live without limits
 Live to grow tall
 We owe it to them to make such a life possible
 We owe it to them to ensure all can grow tall
 We owe it to them to remember*

We commend Potvin for her courage and are extremely grateful that she spoke to our members to commemorate this anniversary, a day we will never forget and forever grieve. We also thank her daughter, Emmanuelle, for assisting her mother with a ceremonial tribute to each victim by reading out each name and asking us to take a moment of silence to remember each woman.



Following lunch, MCW members of different faiths spoke about their traditions and celebrations. It was interesting to listen to each speaker describe the various histories and practices of her religion, and it was especially remarkable to hear about the common values that all faiths share.

We wish to extend our deepest gratitude and thanks to our guest speaker, the speakers from different faiths and the members who provided us with a fabulous lunch. This was a very memorable MCW Holiday Luncheon.



WIN 2 TICKETS TO THE WOTY LUNCHEON

For each new federate member who joins the MCW, you will obtain 3 chances to win the Woman of the Year luncheon tickets. For an individual member who joins the MCW, you will have 1 chance to win the contest. All members are eligible. Good luck!

Contest begins now and closes March 31, 2020.

For additional information, please feel free to contact Joan Macklin, VP Membership at 514-516-9023 or jmacklin@videotron.ca



Women's Canadian Club of Montreal

Invites you to its upcoming lecture on
Refugee Protection

by Marina Sharpe, Ph.D. and lawyer
expert on international human rights and its role in
protecting refugees

Tuesday, January 21, 2020, at 12:30 p.m.
Victoria Hall, 4626 Sherbrooke St W.

Men and women are warmly invited; fee is \$10.
Optional sandwich lunch will precede the lecture 8\$

Info: Carolyn Roper, Publicity (514 932-4005) or
Kim Cavener, President (514 887-0113)

The Boutique at
St. George's Church
at 1101 Stanley Street
(facing Windsor station)
will be having
a closing sale on



**Thursday, February 6, 2020
from 11 a.m. to 2 p.m.**

**Come and take advantage of this as we have
ladies & Men's clothing,
Household articles, pictures
jewellery and many other items.**

**Everything must go as we must make way for
renovations**

Need info? Call church office at 514-866-7113

Do you have an event you would like to be advertised?

MCW federate members can advertise for free in our newsletter. Contact us with your event information before the 10th of the month preceding your event.

We recommend pictures and logos to make your ad stand out. Please keep in mind the size of your advert (1/4 page is preferred). We also appreciate documents in word format so that they may be modifiable for sizing issues, namely legibility.

We are happy to advertise non-federate members for a small donation.

Contact mcwbulletineditor@gmail.com



Date: Sunday, February 16, 2020

Time: 11:30 am – 1:30 pm

Place: Les Jardins du Canal

ZONTA CLUB OF MONTREAL

cordially invites you to our

EXPLORING WELLNESS WORKSHOP



Ruth Wani

Yoga/Reiki Instructor

“Relaxation Techniques for Daily Life”

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
(across street from Atwater Market; metro Lionel-Groulx)

Tickets: \$25.00 — light lunch included

Parking: Parking on street or at Super C parking lot nearby

RSVP: Reservations a must by Wednesday, February 12 by online registration. Click on this link: [Registration Form](#)

E-mail: zcmcommunications@gmail.com

ZCM WELLNESS WORKSHOP

The DKG QUEBEC Speakers Series



DKGQUEBEC.COM

February 18, 2020

Time: 5:30 – 6: 30 p.m.: light supper 7:00 p.m.: **Speaker**

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

Cost: Members: 15.00\$ non-members: 20.00\$ Students: 10:00

PLEASE JOIN US TO SUPPORT WOMEN & CHILDREN & OUR DKG EDUCATIONAL PROJECTS

Find us: www.dkgquebec facebook: [dkgquebec](https://www.facebook.com/dkgquebec)

RSVP to Erika Sebaldt 514-489-2760 or email erika.sebaldt@bell.net

THE ASPECTS OF HOLISTIC WELLNESS



Sharon Davidson

Sharon Davidson is the founder and owner of "Be-well", with 25+ years of experience in Canada providing uniquely designed holistic wellness programs, wellness services for the community, corporations, and individuals. Sharon is a Holistic Wellness Consultant and Educator, Holistic Health Promotion Expert, Spiritual - Soul Empowerment Coach, and Reiki Practitioner. She is very passionate about helping people make conscious choices to be well holistically.

People have different versions of Holistic Wellness. In this presentation entitled "The Aspects of Holistic Wellness" you will find out about the six aspects of holistic wellness we need to address, and you will also walk away with some great doable tips that you can use to incorporate wellness in your busy life. What a great way to begin the New Year!

**PROFESSIONAL INTERNATIONAL HONOR SOCIETY OF KEY WOMEN EDUCATORS.
LEADING WOMEN EDUCATORS IMPACTING EDUCATION WORLDWIDE**