

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

In this issue

President's Message
March meeting
Luncheon
Page 1

Women's mental health
across the Life cycle
Page 2

Cheryl Braganza –
Invitation to creative
memorial
Page 3

Federate
Announcements
Page 3 -8

Bulletin Editor and
Layout: I. Godefroy

PRESIDENT'S MESSAGE

With the holidays and our first meeting of the year over, we are once again on schedule. Three months have passed since our last monthly meeting and two months since our Woman of the Year luncheon. We thank the WOTY committee for their hard and always dedicated work as we paid tribute to **Monique Séguin, Ph.D.**, a professor in the department of psychology and psycho-education at *Université du Québec en Outaouai,s*, for her outstanding work in Suicide Prevention. It was a lovely and memorable afternoon.

It should also be noted that February's meeting speaker was another interesting woman, Dr. Maria di Tomasso who spoke to a full room of people about, "women's mental health across the life cycle." Yet another interesting topic which drew a number of thought-provoking questions from the audience.

Abroad, the world continues to be in turmoil, and closer to home, our southern neighbours are no exception. With the new sworn in President, life is somewhat anxious and we are all sitting on pins and needles as we await to see what the next exchanges will be. Almost every day since the inauguration, there have been notable disapprovals one after the other. Both women and men from all over the world marched in solidarity and hundreds of Canadian women and men went down to the United States to participate in the "Women's March", while still thousands of others marched at home. In fact, we will, alongside our feminist Prime Minister, continue to support in unity. - *Shirley Gyles - President*

**MYLENE FREEMAN**

2011 NDP MP for the riding
of Argenteuil-Papineau-
Mirabel

**WHY I RAN, AND IS THERE
REALLY A DIFFERENCE
BETWEEN MALE AND
FEMALE CANDIDATES**

GUEST SPEAKER, MARCH 2 MEETING

Mylène Freeman will address her experience during the 2011 and 2015 elections from the point of view of a woman running for an opposition party as well as what it is like to be a female MP.

**Please join us for this informative presentation.
New members and guests are welcome.**

MCW FEBRUARY LUNCHEON

Lunch will be served at 12:00 noon on March 2, 2017 at the cost of \$10.00 per person, payable at the door. The address is: 2700 Rufus Rockhead, Montreal.

Please advise Shirley Gyles if you plan to attend at: [450-672-7081](tel:450-672-7081) or e-mail: sagyles@sympatico.ca

Women's mental Health across the Life Cycle February 2, 2017

'Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and fro from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher up on our to-do list.'

Dr. Maria Di Tomasso started off her presentation with this quote from Michelle Obama encouraging women to take care of themselves. She then went on to provide the audience with a definition of mental health that focuses on the positive aspects of a healthy life rather than on the diseases. Dr. Di Tomasso described mental health as a state of well-being in which every individual realises her or his own potential, can cope with the stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Up until the 1980's, the first female mental disorder being diagnosed was hysteria. It is only recently that women's mental health has been studied more seriously and that hysteria is no longer recognised as a female mental disorder.



Advertisement for hysteria treatment in the 1800's

Each stage in a girl's or woman's life presents its own mental health challenges. In their childhood, girls need to build good mental health habits. Families, schools, and educators have a role to play in helping these young girls develop mental wellness. Positive role models are extremely important for that age group especially so when we know that half of the mental illnesses develop before the age of 14.

Adolescence is a time of rapid physical and personal growth. Changes in hormone levels affect the mood of teenage girls who may be at a higher risk of depression, anxiety and even suicides than boys.

While movies and magazines depict unrealistic images of how girls should look, eating disorders such as anorexia or bulimia are very prominent among teenage girls in western culture.

As women get older, they might develop mental illnesses unique to their gender such as premenstrual dysphoric disorder (PDD), which is more severe than premenstrual syndrome (PMS) and can lead to severe depression and stress; anxiety or depression occurring during pregnancy or the year after birth known as perinatal depression or even postpartum psychosis which can create poor attachment to the baby. According to research, 15 to 20 % of women will experience some kind of depression or mental disorder related to pregnancy; and later in life perimenopausal depression which is due not only to hormonal changes but to life events happening at that time in a woman's life – children leaving the home, parents dying, etc.

Women are more likely than men to suffer from mental disorders. Why is that? Dr. Maria Di Tomasso mentioned a few factors, but mostly, she said, women were more likely to seek help than men which made it easier to detect. Hormonal changes may be partly responsible but environmental differences are too. For instance, women are often placed in an unequal position of power compared to men; they are often overworked having to bear the brunt of doing household chores as well as having a regular job. Women tend to earn less and suffer from poverty. They are also more exposed to traumas and abuse than men. All these factors account for a higher rate of mental disorders such as depression, anxiety disorders, phobias and PTSD, amongst women.

As women get older, they are also more likely to develop Alzheimer's dementia – 23 – 41 % higher rate. At age 65, a woman has one chance in 6 to develop Alzheimer's. The fact that women live longer is certainly one of the risks factors but also the fact that most caregivers are female, reporting higher levels of stress and burden than male caregivers, leading to anxiety and depression, which in turn puts women at higher risks of dementia.

Dr. Di Tomasso ended her very informative presentation on a positive note with some recommendations for optimal aging. She insisted on the importance of positive thinking, social and physical activity, learning to manage stress and lifelong learning to activate brain neurons.



Dr. Maria Di Tomasso, MD, FRCP is a Certified Psychiatrist from McGill and Yale Universities where she is working as an Assistant Professor and a Lecturer, respectively.

Isabelle Godefroy

Cheryl Braganza 1945-2016 Invitation to Creative Memorial

Our mother, Cheryl Braganza (www.cherylbraganza.com) passed away peacefully in December after a 12 year battle with multiple myeloma cancer and is survived by three children, Andre, Carlos, and Miguel. A creative memorial is planned for her birthday, February 25, and friends and family are invited to attend.

There will be live music by singer Jennifer Gasoi, who recently won a Grammy for Best Album, Matt Herskowitz (Grammy-nominated jazz pianist), and more.

1. Funeral/Memorial Info

Date: 11:00am, February 25, 2017

Address: Unitarian Church of Montreal, 5035 Boulevard de Maisonneuve O, Montréal, QC H4A 1Y5

2. Confirm your attendance

We expect you to let us know **ASAP** if you will attend, as we may have to change locations if there is not enough space. Click here to confirm your attendance and to share your contact info: <http://evite.me/JFQ3gcHdBa>

3. Please donate to:

The Cheryl Braganza Memorial Fund will be used to preserve and promote Cheryl's creative legacy: <https://www.gofundme.com/cherylbraganza>

4. Share your "Cheryl" story, photos and videos

If you have any videos of Cheryl (or photos), please send them **NOW** to inspired@cherylbraganza.com, so we can show them at the funeral/memorial. We'd also like to know the story of how you met Cheryl or how she inspired you. These stories will be published on her Facebook page and website, and added to our archives.

If you have any ideas on how to make this day special, or if you would like to volunteer to help organize the day, please let me know.

I realize that many of you may not be able to travel to the funeral/memorial. I have written a new obituary below so that you may share in part of her beautiful life story.

Sincerely,

Miguel Da Costa Frias (her son)
miguel@foridic.com



University Women's Club of Montreal Inc.

Club des Femmes Universitaires de Montréal Inc

UWCM Dinner Meeting

Brenda Shanahan, MP for Châteauguay-Lacolle, has been a long time active member of UWCM and is 'coming home' to talk about life on the Hill. For several years, Brenda has been an advocate for improving education for girls and women and the defense of human rights. In her first term as an MP, Brenda served on the Special Joint Committee on Physician Assisted Death. She is now Member of the Committee on Public Accounts and Member on the Committee on Governmental Operations and Estimates.

Newcomers are welcome.

Wednesday, March 15, 2017

Cocktails: 6:00 PM

Dinner: 7:00 PM

**Atwater Club, 3505 Atwater Avenue,
Montreal, H3H 1Y2**

Speaker: Brenda Shanahan, MP, holds an MBA from the John Molson School of Business at Concordia University and a Bachelor of Social Work from McGill University

Tickets: \$31.04 Members - \$50.00 Non-members
(glass of wine included)

Contact by March 9: 514-935-2431 or 514-934-1362
or **e-mail:** uwcm@uwcm.com.

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, March 14, 2017

The Women's Art Society of Montreal presents Interior Designer, **ARLENE MCGIBBON** - *Home as Canvas*, 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, March 28, 2017

The Women's Art Society of Montreal presents Sculptor, **ZOYA NIEDERMANN** - *Reflections in Bronze*, 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.

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



Go to our website:

montrealcouncilwomen.org

and click on the facebook icon on the top
right-hand corner.

Looking forward to sharing with you!



MARK YOUR **CANADA 100** CALENDAR!

**MONTREAL COUNCIL OF WOMEN WILL
CELEBRATE THE 150TH ANNIVERSARY OF
CANADA ON THE EVENING OF APRIL 6,
2017**

Join us for what promises to be an informative
and fun event.

Enjoy tantalizing foods from across the
country.

An amazing DVD entitled "Quilt of Belonging"
will be screened.

More details to follow.



Quebec

Presents



KATE ARTHUR,
Kids Code Jeunesse

“a not for profit dedicated to bringing computer programming to children across Canada”

- mentor & coach with **Technovation** an international app competition for girls.
- involved with **Compucorps**, a charity dedicated to training youth with tech skills

“LEARNING to CODE in the CLASSROOM”

Date: MARCH 21, 2017 THURSDAY

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

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

7:00 p.m. Speaker

COST:

- for DKG members: 15.00\$
- for non-members: 20.00\$
- Students:10:00\$

R.S.V.P: Members RSVP to your Chapter Presidents by phone or e--mail.

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

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

www.gammaque.weebly.com;

facebook : [dkg gamma province quebec](https://www.facebook.com/dkg.gamma.province.quebec)



Centre des Femmes West Island
West Island Women's Centre

11 Rodney, Pointe-Claire
Quebec H9R 4L8
Tel: 514.695.8529

Time for Two drop-ins.

The West Island Women's Centre, an agency supported by Centraide, offers 'Time for Two', a weekly stories and arts/crafts program for families with children from birth to 5 years.

Come enjoy a good storybook and fun art projects with other families in your community. This activity is **free!** Join us Tuesdays from 10 am to 1 pm at St. John Fisher Church, 120 Summerhill Avenue, Pointe-Claire.

Drop by anytime!

For more information about this activity or about the courses offered by the West Island Women's Centre, please call 514-695-8529 or email womenscentre@wiwc.ca. Visit our website wiwc.ca

Free workshops for recent immigrants.

The West Island Women's Centre is offering 'New Connections and the Quebec Workplace', a series of free workshops for women new to Canada that offers tips and strategies for finding a job. Topics covered include employment, networking, and the basics of CV writing and discovering the local community of the West Island. Participants will receive practical information and will share their experiences.

The workshops take place on Thursday afternoons from 1 to 2:30 pm for four weeks starting on February 2.

The program is offered in collaboration with Sources Adult and Career Centre, located adjacent to Riverdale High School. The entrance is located at 5080 Sources Blvd, Pierrefonds. Meetings will be held in Room 155. To register for the program or for more information, please call the West Island Women's Centre's Outreach Line at 514-781-8529 or e-mail outreach@wiwc.ca.

Free support groups.

For more information, please call the West Island Women's Centre's Outreach Line at 514-781-8529 or e-mail outreach@wiwc.ca. Space is limited. Meetings take place at the West Island Women's Centre, located at St. Columba-by-the-Lake Church, 11 Rodney Ave., Pointe-Claire. (Please use the Vincennes Ave. parking lot entrance.)

INTERNATIONAL WOMEN'S DAY



Date: Saturday, March 18, 2017

Time: 11:30 am – 3:00 pm

ZONTA CLUB OF MONTREAL

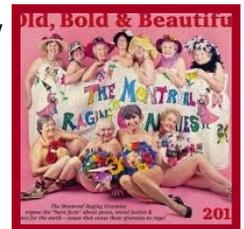
cordially invites you to our

ANNUAL INTERNATIONAL WOMEN'S DAY LUNCHEON

GUEST SPEAKER

The Montreal Raging Grannies

"The Montreal Raging Grannies rage where and when the issues get hot, and whether they are welcomed or not!"



Location: Marriott Montreal Airport In-Terminal Hotel

Bijou Resto | Bar

800 Place Leigh Capreol, Dorval, QC H4Y 0A4

(with your pass, take Bus 747 directly to the door)

Tickets: \$60.00 — meal, glass of wine, door prizes

Parking: **FREE parking for 4 hours**

Cash Bar: 11:30 am — 12:00 pm

RSVP: Reservations of tickets a must by **Tuesday, March 14, 2017**

Email: zcmcommunications@gmail.com and by online registration

Phone: Mickey Wernecke 514-630-0138 or Yvonne Quintyn 514-683-4213

SPONSORS



Restaurant Montreal Airport
Marriott In-Terminal Hotel
www.marriott.com

Zonta Club of Montreal
www.zonta.org
Montreal@ZontaDistrict2.org

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!**