

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

## PRESIDENT'S MESSAGE

Fall is truly here with the beautiful changing foliage colours interspersed with rain storms. Can winter snows be very far behind? We are fortunate to be living in a climate with all these changes to regularly give us fresh perspective.

It was good to see so many of you, turn out to hear Teresa Edwards, of the Native Women's Association, speak to us about *Talking Rights: Aboriginal Women and the Right to Peace, Security and Freedom from Violence*. As October, women's history month continues, it is good to remember that the Norwegian Nobel Committee awarded the Nobel Prize Peace for 2011 jointly to three women, Ellen Johnson Sirleaf, Leymah Gbowee and Tawakkul Karman "for their non-violent struggle for the safety of women and for women's rights to full participation in peace-building work".

November will soon be upon us and brings with it a month filled with special days: November 25 is the *International Day for the Elimination of Violence against Women*; November 16 is the *International Day for Tolerance* and November 11 is *Remembrance Day*. In addition, our 2014 Woman of the Year luncheon is fast approaching on November 21 when we honour *An Aboriginal Woman Who Has Made an Outstanding Contribution to Aboriginal Women's Causes*. Teresa Edwards started us off in this direction with information and statistics about missing and murdered aboriginal women and the work of NWAC on empowering aboriginal women. If you know an aboriginal woman who fulfills the criteria for the 2014 Woman of the Year, there is still time to nominate this deserving woman.

In November, we will hear Suanne Stein, Chair of the Lester B. Pearson School Board speak to us about "How women think". This sounds like a very intriguing talk so, please, do look for further information in this Bulletin and join us to hear her speak.

School board elections are also taking place on November 2 and I urge you to exercise your democratic right and civic responsibility by voting. It seems that we may be in fear of losing the school boards as they exist today if there is insufficient electoral participation.

I look forward to seeing many of you at the November meeting and do share your membership by bringing a friend who might also appreciate all that MCW has to offer.

Enjoy the autumn colours! - Chitra Chopra, President

**The Woman of the Year (WOTY) 2014 is an Aboriginal woman who has made an outstanding contribution to Aboriginal women's causes. Deadline for nominations: October 30, 2014.**

**DOES THIS DRESS MAKE ME LOOK FAT? (MCW PROGRAM, NOVEMBER 6)**

We are very fortunate to have as our guest speaker in November, Ms. Suanne Stein Day, well known to many people in our community through her numerous associations and relationships. Presently, Suanne is Chairman of the Lester B. Pearson School Board after serving for nine years as an active volunteer and four years as the Commissioner for Kirkland West and Sainte-Anne-de-Bellevue. She has led the school board to its current standing as one of the top school boards in Quebec.

This is not all Stein Day is a self-employed Certified Management Consultant helping small businesses with their accounting and computer systems. She is on the board of both the Pearson Educational Foundation and the

Little Red Playhouse, a pre-school for high-functioning children on the Autism Spectrum, preparing them to enter kindergarten at the same time as their peers. She is also active in "Born to Read", the West Island Development Economique Board, the Quebec English School Boards Association and the Comite de Gestion Tax Scolaire de l'Île de Montréal.

We will be treated to a very interesting presentation every woman would want to hear!

**"Does This Dress Make Me Look Fat"** and Other Questions Women in the Public Eye Ask Themselves; this will be an intriguing and amusing look into how women's approach to situations are unique. – B. Destounis

### **By the pricking of my thumb, Something wicked this way comes....**

Dr. David Butler Jones, Chief Public Health Officer of Canada, tell us that "...the introduction of childhood vaccination has saved more lives worldwide, over the last fifty years, than any other public health practice ...", and "(it) is one of the best tools we have to protect the health of our children and avoid large scale disease outbreak."

Cholera, Diphtheria, Hepatitis (A+B), Shingles, The Flu, Measles, Mumps, Whooping Cough, Polio, Rabies, Smallpox, Typhoid, Yellow Fever and even Chickenpox are some of the deadliest and most contagious pathogens known to us. Over the long haul of history, uncountable lives have been lost because of them and entire cities and civilizations have been laid to waste, emptied of their human inhabitants.

To date, vaccination remains one of the safest tools of modern medicine. Even some types of Cancer are preventable through the miracle of newly developed vaccines. Yet we remain fearful of them and as parents we may choose not to subject ourselves and our children to them.

While it is unnecessary to frighten ourselves with predictions of doom and gloom by reciting specific disease related statistical mortality rates and global pandemics of catastrophic proportions, we should still take a closer look at the choices we make and the decisions that may well affect our own well-being as well as the health and safety of the communities we inhabit.

In Canada, the safety requirements for vaccines approved for sale are not only tough but stringent. Safety tests are mandatory by both the manufacturer and by the Bureau of Biologics and Radio Pharmaceuticals at Health Canada.

Regardless, parents are concerned and fearful about the side effects of the vaccines. They believe Autism and Sudden Infant Death Syndrome (SIDS) can be caused by vaccinating their children and infant babies. The Thimerosal issue is an example they refer to again and again.

They believe that immunizing children against multiple pathogens can overload a child's immune system and that many people still get sick despite vaccinations, so what's the use anyway? Why bother and do it at all?

It is true that no vaccine is 100% effective in that 10 - 15% of vaccinated individuals will not develop immunity to the disease. Unfortunately we won't know this until ....sad but true! Further, Canada's National Advisory Committee on Immunization states that "...there is no legitimate safety reason to avoid the use of Thimerosal containing products for children or older individuals." Researchers here and elsewhere have been utterly unable to see a connection-cause and effect-between this chemical ingredient used in vaccines and Autism or SIDS in children. Currently though, the only vaccine for young children containing very small amounts of Thimerosal is used against Influenza.

As for our extremely legitimate concerns over the side effect issues, Statistics show the implementations of these vaccines as the safest tools used to prevent serious outbreaks of deadly disease. Serious side effects are extremely rare in Canada, less than one case in one million doses of vaccines and then the symptoms range between mild temperatures or fever to soreness of the arm or affected area.

We must simply acknowledge that immunization has reduced the spread of otherwise fatal diseases to very low levels both in Canada and globally. But we must never forget that these deadly pathogens are still all around us and that the only barrier against their wholly destructive contagious nature is sustained and diligent vaccination.

- *Nadia Baraghi, Convener,  
Health, Child and Family*

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### **TERESA EDWARDS, BA., LL.B.**

Native Women's Association of Canada

At MCW's October 2nd meeting, we were very pleased to have as guest speaker Teresa Edwards, or "Young Fire Woman" (her traditional name). Ms. Edwards is Mi'kmaq from the Listuguj First Nations Band, though today she is raising her family in Ottawa while she works to advocate for the human rights and equality of Aboriginal women in Canada. She is a barrister, and works at the Native Women's Association of Canada (NWAC) as the Director of International Affairs and Human Rights. NWAC is the only nationally recognized organization in Canada that focuses on the rights of Aboriginal women. For over twenty-five years, Ms. Edwards has committed herself to forwarding the needs and rights of Aboriginal Peoples, with an emphasis on addressing the rights and equality of Aboriginal women both in Canada and abroad.

Ms. Edwards' presentation, "Talking Rights: Aboriginal Women and the Right to Peace, Security and Freedom from Violence," raised several troubling issues Aboriginal women and girls face, such as the high rates of missing and murdered Aboriginal women and the socio-economic experiences of Aboriginal women and girls in Canada. In her presentation, Ms. Edwards unpacked the history and influencing factors faced by Aboriginal women to help contextualize the issues. "We have to first focus on the impact of colonization, the Indian Act of 1876, and Residential Schools, which only closed in 1996, and the '60's Scoop," Teresa stated. The ongoing impacts of inter-generational trauma, particularly the impact of residential school experience are profound: forced loss of culture, language and traditional values, sexual abuse committed against students, and their resulting difficulty bonding with others and in forming relationships, lack of parenting and life skills, loss of self-respect and respect for others, and sometimes the use of drugs and alcohol to cope with painful memories. Of the Aboriginal women in prison, more than 40% have been to Indian Residential schools, and more that have been placed in

care or have parents who went to Indian Residential Schools. Aboriginal Peoples in the justice system are classified as higher risk and higher need. One out of three new female offenders in the federal corrections system is Aboriginal and a disproportionate number of missing and murdered women in Canada are Aboriginal.

The fallout of these troubling histories and experiences are many. Aboriginal women are eight times more likely to be killed than non-Aboriginal women. Rates of spousal assault are more than three times higher than non-Aboriginal women, and it is important to note that the spouse is not necessarily Aboriginal. Aboriginal women experience more severe and potentially life-threatening forms of spousal violence (54 %) versus 37 % of non-Aboriginal women. NCWC's research has shown that Aboriginal women and girls are more likely to be killed by a stranger or acquaintance. The research NWAC has conducted also identified that trafficking for the purposes of sexual exploitation is a grave concern for the Aboriginal female population as well: "Aboriginal girls and women are specifically targeted in this country to be trafficked in such huge numbers that it does not compare to other populations. The average age of girls being trafficked, are between the ages of 7 to 12 years old," stated Teresa Edwards.

Other key findings show a domino effect. Canadians have a limited understanding of Aboriginal Peoples, i.e. recent history and the impacts, culture and approaches to collaboration. This limited understanding leads to the lack of equal funding to programs and services for Aboriginal Peoples with other Canadians. And this inadequate response to the urban realities and demographics of Aboriginal Peoples and the piecemeal approaches means that interventions and alternatives for Aboriginal women fall far short of what is needed. However the current situation can be reversed by investing in Aboriginal women in Canada through skills and development, employment and education and opportunities to participate in the economy. By investing in Aboriginal women's futures, we also impact their families and communities. It has been shown that Aboriginal women contribute 90% of their income back to their families and communities.

A key recommendation would be to develop a comprehensive, national strategy with short, medium and long-term solutions that have been consistently identified over many years by Aboriginal women and their communities. Some of these solutions include the following:

1. Negotiate permanent, realistic, and at-parity funding levels for existing and new programs and services that impact on Aboriginal Peoples;
2. Improve curriculum in all schools to include in-depth training about Aboriginal Peoples, including the particular situation of Aboriginal women, to help reduce ignorance and racism;

3. Support Aboriginal organizations and communities to work with relevant federal departments and agencies and community stakeholders to develop a federal-wide policy to effectively monitor the implementation of best practices, measure successes, and progress to date; and,
4. Improve the lives of Aboriginal women and families by providing them with business and networking opportunities through business and entrepreneurship and by providing them with training, networking, skill-building and financial literacy. (Source: Teresa Edwards, "Talking Rights Aboriginal Women and the Right to Peace, Security and Freedom From Violence")  
– S. Gyles

### WOMEN'S ART SOCIETY OF MONTREAL at the McCord Museum

1.30 - 2.30 pm Members free. Guests: \$10

For more information

[www.womensartsociety.com](http://www.womensartsociety.com)

**Tuesday, October 28:** Women's Art Society of Montreal presents quilter ESTHER BRYAN "Finding a Place for All"

[www.quiltofbelonging.com](http://www.quiltofbelonging.com)

**Tuesday, November 11:** Women's Art Society of Montreal presents garden artist, PAT WEBSTER "Art in the Garden".

[www.glenvillagardens.com](http://www.glenvillagardens.com)

**Tuesday, November 25:** Women's Art Society of Montreal presents artist-printmaker, MYRNA BROOKS BERCOVITCH "Women's Work".

[www.brooksbercovitch.com](http://www.brooksbercovitch.com)

### MCW Article and Announcement Submissions

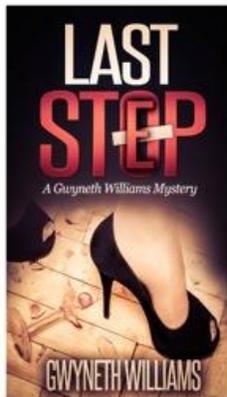
The next issue of **The Bulletin** will be in December. Please submit your articles, announcements and photos by the 10<sup>th</sup> day of November via email to:

[bulletin@montrealcouncilwomen.org](mailto:bulletin@montrealcouncilwomen.org)

**LAST STOP/LAST STEP**

by Gwyneth Williams

**Mair Verthuy**, our former President, Honourary Vice-President, Secretary, etc., etc. is happy to announce that she is publishing her first mystery novel later this month. Having spent many years authoring either, quite short texts for journals and newsletters or longer and more numerous "learned" articles in the academic world, she



has finally broken down and given in to her passion for mysteries. This first one will be available in e-book format on Kindle, Kobo, iBook, and possibly some others. It will also be available in paperback Amazon, Barnes & Noble, Ingram, Chapters/Indigo.

*Please note that she is returning here to her Welsh origins (Williams is her maiden name and Gwyneth one of her three forenames.) So, Dear Members, let us keep our eyes open for her book.*



The Shield of Athena Family Services invites you to its 10 Year Anniversary celebration of Athena's House; their emergency shelter for women & children victims of family violence.

The event will take place on Sunday November 30<sup>th</sup> at Le Windsor.

Cocktail & Exhibit: 4:00-5:30  
Dinner & Live Auction: 6:00-8:00

There will be several raffle prizes and one lucky attendee will win a wonderful door prize.

Admission is \$275

Money raised will support our shelter and services for victims of family violence.

For more information call 514-274-8117 or visit [www.shieldofathena.com](http://www.shieldofathena.com).

**MCW PROGRAM 2014-2015**

- **NOVEMBER 6, 2014** - **SUANNE STEIN**, Chair, Lester B. Pearson School Board
- **NOVEMBER 21, 2014** - **WOMAN OF THE YEAR** OMNI HOTEL
- **JANUARY** NO MEETING/ PROGRAM
- **FEBRUARY 5, 2015** - **Dr. CHARMAINE NELSON** - **BLACK HISTORY MONTH** - McGill Professor in Art history Communication
- **MARCH 6, 2015** - **TBA** - **INTERNATIONAL WOMEN'S Day**
- **APRIL 2, 2015** - **DIDA BERKU** - **ENVIRONMENT** - Counselor in the City of Côte Saint-Luc, Quebec and an Attorney at Law -environment
- **MAY 14, 2015** - **MCW AGM** - **DR. EPSTEIN** Professor Concordia - " **GET THE STOLEN ART BACK**" - **WARTIME THEFTS**
- **MAY 21 - 24, 2015** - **NATIONAL COUNCIL OF WOMAN OF CANADA AGM**

**Girl's education: innovation for impact.**

Annual fund-raising conference, preceded by a cocktail and silent auction

**Tuesday, November 4<sup>th</sup>**, from 6-9 pm  
l'Ermitage on the Collège de  
Montréal campus,  
3510 Côte des Neiges Road

**Guest Speaker:** Bev Carrick, Co-Founder and Executive Director of CAUSE Canada

**Tickets:** \$100

**Contact:** [www.60milliongirls.org](http://www.60milliongirls.org) or phone 514-933-6346 for tickets.

**Montreal Lakeshore University  
Women's Club**

presents

***The Montreal West  
Operatic Society***

Wednesday, November 12, 2014

7:30 p.m.

Dollard des Ormeaux Reception Hall  
12001 de Salaberry, Dollard des Ormeaux

*We invite everyone to join us for  
an exciting concert featuring  
renditions from several popular  
musicals.*

*The talented singers of the  
Montreal West Operatic Society  
have been entertaining audiences  
since their inception in 1940.*

*Refreshments will be served*

*The funds raised at this event by the  
Montreal Lakeshore University Women's  
Club will be used to provide scholarships for  
women in our community to continue their  
post-secondary education.*

***Ticket price: \$30.00***

**Ticket information available at:  
[mluwc.fundraising@gmail.com](mailto:mluwc.fundraising@gmail.com)**

**Mary 514-683-5685**



**Anglican Church Women**

of the  
**Diocese of Montreal**  
Presents

*A Service of Remembrance*  
on

**The 25th Anniversary of the  
Tragedy at the  
Ecole Polytechnique**

**Saturday, December 6th, 2014**

Holy Eucharist at 12noon  
Christ Church Cathedral

**Celebrant: The Revd Shirley Smith**

**Homilist: The Revd Canon  
Joyce Sanchez**

**Incumbent: Trinity Memorial Church**

**Deacon: Revd Merlyne Howard**

Light refreshments will be served  
following the service in the  
Cathedral's Baptistry

**BIENVENUE À TOUTES ET À TOUS  
EVERYONE WELCOME !**

**We look forward to seeing you.**



## 2014 AWARDS LUNCHEON THE ZONTA CLUB OF MONTREAL

*“Promoting the Status of Women”*

The Zonta Club of Montreal celebrates its 86th Anniversary, and we cordially invite you to join us at our annual Awards Luncheon.

Date: Saturday, November 22, 2014  
Place: Hotel Nelligan, 106 rue St. Paul Ouest, Vieux Montréal, Tel.514-788-2040

Registration & Cash Bar: 12:00 noon

Lunch: 12:30 p.m.  
Tickets: \$55 / person  
All proceeds go to our scholarship fund

We will honor the winners of the following Zonta awards for 2014:

*The Young Woman in Public Affairs Award, The Irene Nerrie Community Service Award and The Marjorie Smith Award for Studies in Nursing.* Additionally, we will recognize the work of a women's shelter.

**Suanne Stein Day**, Chairman, Lester B. Pearson School Board, will be our guest speaker for this occasion. She will present *“Does this Dress Make me Look Fat and Other Questions Women in the Public Eye Ask Themselves”* – an amusing portrait of how women uniquely face many situation.

Please reply by Monday, November 17, 2014 by email:  
zcmcommunications@gmail.com or contact Mickey Wernecke (514-630-0138) or Jeanie Trubiano (514-696-1175).

Please feel free to extend our invitation to family and friends.



## Association du Troisième Âge FILIA

On September 13, 2014 we held our 8<sup>th</sup> annual Walk-A-Thon. This event is realized to raise funds for the program “Meals on Wheels” and to raise awareness about senior issues. Last year we delivered over 4,000 hot meals to seniors. This year we had a great number of participants, Members, non- members, and many dignitaries.

We would like to thank all participants and sponsors. You may still make a donation payable to “FILIA” and mail it at 821 Ogilvy Avenue, Montreal, Quebec H3N 1N9  
For further information: 514 948-3021 [or\\_filia@bellnet.ca](mailto:or_filia@bellnet.ca)

Tax receipts will be issued for donations \$50.00 or more.

October 1<sup>st</sup> has been designated in 1990, by the United Nations the International Day for seniors. In Canada it is also celebrated as National Seniors Day. This day is to reflect and recognize the many contributions of seniors in social and economic development.

Seniors play an increasingly important role, through voluntary work, experience and knowledge and increasing participation in the labor market. Such contribution of seniors in society can only be ensured if seniors maintain a satisfactory level of health and a good quality of life. Society has a great obligation towards those people, not only for continuance, but also for reasons of sensitivity in a group of citizens who have become more vulnerable and in some cases weak.

The theme of the 2014 commemoration is “Leaving No One Behind”: promoting a Society for All.” If our ambition is to “build the Future We Want” we must address the population over 60 which is expected to reach 1.4 billion by 2030. This trend will have profound effects on countries and individuals.

As A general Director of the Organization “FILIA”, I am celebrating this day along with all of you. So we are living longer. Our challenge is to ensure that we are also living better. This is a great time to be a senior in Canada. Together, let's celebrate our seniors!!!*Joanna Tsoublekas, Executive Director*

## Woman of the Year (WOTY) Luncheon

Please join us in celebrating the 2014 Woman of the Year on Friday, November 21, 2014, at 11:30 a.m. at the Omni Hotel, 1050 Sherbrooke Street West, Montreal  
**For tickets:** Please contact Bonnie Destounis, Email: [bdestounis@videotron.ca](mailto:bdestounis@videotron.ca) or Tel. 514-262-1427. Thank you.

## MCW LUNCHEON

The luncheon for the meeting on Thursday, November 6<sup>th</sup> will be hosted by Beta Sigma Phi Society. The lunch will cost \$10:00 per person, payable at the door. It will be appreciated if you will advise Frances Gregory (514) 935-1674, e-mail: [frances.gregory@videotron.ca](mailto:frances.gregory@videotron.ca) if you plan to attend.

We are still looking for a Federate group who would like to host a lunch for the April 2015 meeting. If you would like to do this, please contact Frances. We also encourage the group to give a short presentation on their activities. - *Frances Gregory*

## Delta Kappa Gamma

Gamma Province, Quebec

Presents

### "Holiday Celebration"

**Rhonda Amsel, Psychology Professor, McGill University**

### "Amazing Therapy Dogs"



**Date:** DECEMBER 9, 2014

**Place:** E.M.S.B  
6000 Fielding Avenue

**Time:** 5:30 – 6:30

**Light supper:** McVicar Dining Room 4<sup>th</sup> floor  
7:00 p.m. **Speaker**

**COST:** - for DKG members: 15.00\$  
- for non-members: 20.00\$

**R.S.V.P:** Erika Sebaldt - [erika.sebaldt@bell.net](mailto:erika.sebaldt@bell.net)  
or 514-489-2760 or - [renaentus@bell.net](mailto:renaentus@bell.net)

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

## Delta Kappa Gamma

Gamma Province, Quebec

Presents



**Heidi Vormer, artist known as REMROV**

will speak on

### "Life with Autism and Art"

**Date:** January 15, 2015

**Place:** E.M.S.B  
6000 Fielding Avenue

**Time:** 5:30 – 6:30

**Light supper:** McVicar Dining Room 4<sup>th</sup> floor  
7:00 p.m. **Speaker**

**COST:** - for DKG members: 15.00\$  
- for non-members: 20.00\$

**R.S.V.P:** Erika Sebaldt - [erika.sebaldt@bell.net](mailto:erika.sebaldt@bell.net)  
or 514-489-2760 or - [renaentus@bell.net](mailto:renaentus@bell.net)

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