

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

## PRESIDENT'S MESSAGE



## MOVING FORWARD, ONWARD AND UPWARD

By the time this bulletin finds its way into your inbox Thanksgiving will have passed, Oktoberfest will be underway with both the Federal election and Halloween still to come. While enjoying turkey, beer and children dressed up in costumes are fun, I trust you will all also be encouraging friends, family and neighbours to get out and vote. Whoever the winner, we, along with our sister federate members of the National Council of Women (NCWC), must continue the work of representing, defending and advocating for the rights of women and families - and by extension the communities in which we find ourselves. This is, in fact, our "raison d'être" - a bonus being the friendships we develop and the experiences we share along the way.

Pausing for a moment to look back, I wish to take this opportunity to thank Maria Peluso and the team that put together our successful all candidates panel. No matter the outcome of the election, this event did highlight many areas where both values and concerns are clearly shared, which in turn is helpful in building ties between us all. It is when we work together that we are most effective in serving those we represent. Doing so also helps us move **FORWARD** and **ONWARD** with strength.

As the temperature cools down, it is important we remain active. Please refer to p. 2 to see how you can help the MCW move **UPWARD** by contributing to our committees, joining our Board, referring new members and nominating next year's WOTY. If you have a topic that you would like to share, please contact our Bulletin Editor. Finally this month, I encourage you all to attend the November meeting organized by our Convenor on Seniors, Miranda Potts.

**Penny Rankin - President**

## SAVE THE DATE: HOLIDAY GATHERING

**Thursday, December 5, 2019**

Get ahead of your holiday planning and register early for our popular festive holiday luncheon. This year we will feature traditional goodies representing the many cultures we embrace as a community. A sign-up sheet will be available at our next meeting on November 7th. The cost is \$15 which includes a glass of wine!

The MCW holiday luncheon will also commemorate the National Day of Remembrance and Action on Violence Against Women by honouring the 30th anniversary of the 1989 Ecole Polytechnique de Montréal massacre.

Holiday event reminders will be sent out during November. The deadline to register will be **Friday, November 29th**. Please note: cash or cheque is required upon registration.

We hope to see many of you there!



## NOVEMBER 2019 ISSUE

## Page 1

- President's Message
- Save the Date

## Page 2

- MCW Call to Action  
Environment Convenor  
MCW Board  
WOTY Nominations

## Page 3

- A Recap of the All  
Candidates Panel

## Page 4 to 5

- Community Adverts

## Bulletin Editor

Linda Monteiro

\*\*\*

Please send your bulletin contributions before the 10<sup>th</sup> of the month to [mcwbulletineditor@gmail.com](mailto:mcwbulletineditor@gmail.com)

Thank you.  
Enjoy your bulletin!



## NEXT MCW MEETING

**November 7, 2019**

## SENIOR OUTREACH &amp; MEDICATION SAFETY

Speakers:  
Miranda Potts  
with guests pharmacists  
Jona Destine &  
Markinson St-Martin

2700 Rufus Rockhead  
Lunch at noon.  
Presentation 1-2 p.m.

## MCW CALL TO ACTION

### SHOWING UP FOR THE ENVIRONMENT

from the Environment Convenor

The environmental crisis has commanded a lot of attention - some might say it has become the 'hot' topic of the year. The awareness of this crisis has recently been made even more visible given the extensive media attention directed to both scientific announcements and declarations as well as the activities of the public spurred on by activists in the form of numerous demonstrations happening in cities, towns and communities across the globe. Greta Thunberg's school strikes for climate change were instrumental in rallying an estimated 500,000 people on September 27, a historical record for our city. This extraordinary gathering of like-minded and concerned citizens highlights the fact that Montreal is a community that is ready for change.



Some of the most pressing issues include pollution through plastic, farming/livestock, carbon emissions and fossil fuels. How does this impact our lives and the lives of our fellow Canadians? Simply said, unless significant changes are made to our lifestyles, we will reach a point where the effects of global warming from human activities could be irreversible, hence the importance of acting now!

We are looking for members to join the environmental committee and be involved in the changes we want to see. If this cause speaks to you and you would like to be part of our commitment to tackling these issues, please contact [Cassandra Singelakis](mailto:Cassandra.Singelakis@gmail.com) at [Singelakis12@hotmail.com](mailto:Singelakis12@hotmail.com).

A little step you can help us take is to bring your own water bottles (non-plastic) to future meetings!

## ATTENTION MCW FEDERATES AND INDIVIDUALS JOIN THE MCW BOARD

The Montreal Council of Women's AGM will be held on May 21, 2020. As Chair of the Nominating Committee I would like to know if you or anyone in your organization would be interested in holding a position on the Board of MCW. MCW is a coalition of many organizations and we believe that having representation from a broad cross-section of our membership helps in better serving the greater community- in fact, we are required to have a minimum of 5 federate groups represented on the Board at any one time.

Positions include both executive and committee chair positions.

We hope that you personally consider joining the Board and/or ask your membership if anyone is interested.

I look forward to hearing from you. Please feel free to contact me with any questions around openings and terms of office, etc. Thank you!

**Joan Macklin**, Tel.: 514-516-9023  
Chair, Nominating Committee

## WOMAN OF THE YEAR

How fortunate are we to be surrounded by so many incredible Canadian women? Look around, take stock.

It's time to send in your Woman of the Year nomination! This year, once again, we will celebrate a very special Woman of the Year at our annual luncheon.

### Please note the following WOTY eligibility criteria

She must be a woman who has:

- contributed substantially to society - as a volunteer, professionally or both.
- contributed to helping girls, women, and families through training and education, awareness raising and/or advocacy.
- been a source of inspiration and motivation for women and girls
- opened doors for other women

### Procedure

The nomination packages must include the following:

1. A completed and signed nomination form.
2. The curriculum vitae or biography and/or volunteer and community achievements/projects.

Please send all your information to: [MCWinformation@gmail.com](mailto:MCWinformation@gmail.com)

The deadline for submissions is November 1<sup>st</sup>. Please submit ASAP!

## A RECAP ON THE ALL CANDIDATES PANEL

With the launching of 2019 Federal Election, The Montreal Council of Women (MCW) hosted an All Women's Candidates Panel to help its community with the issues that matter most to them and make a more informed vote.

The panel event took place on Oct. 3, 2019, at our Rufus Rockhead location.

Organized by VP of Government Affairs, Maria Peluso, the event included the participation of NDP Candidate, Zahia El-Masri, Conservative Candidate, Mariam Ishak, Liberal Party Candidate, MP Alexandra Mendès and Green Party Candidate, Alessandra Szilagyi. The panel was expertly moderated by Christina Paylan, JMSB graduate and Researcher of John Molson Women in Business.

Candidates then proceeded to introduce themselves and briefly present what constituents should expect of their party if elected.



*Maria Peluso, VP Government Affairs*



*Guest Candidates from left to right: Zahia El Masri, Mariam Ishak, Alexandra Mendes and Alessandra Szilagyi.*

building more affordable housing with an emphasis on developing gender-based community services. Conservative Candidate, Mariam Ishak proposed improved foster-care services for children and young adults living in homelessness as well as better housing for seniors. Alexandra Mendès, Liberal MP standing for re-election, shared party plans to negotiate with provinces and continue to develop a \$5 billion housing investment. Finally, Alessandra Szilagyi, referenced the Guaranteed Liveable Income as a solution to poverty and asserted the Green's promise to further subsidize existing community organizations.

Despite being competitors, what stood out for many of those present was the tone of the event that was dominated by a genuine commitment to party lines as well as a respect for each other and, moreover, for the seriousness of the issues being discussed.

The MCW would like to thank everyone who attended and helped make this event a success, especially our guest candidates and moderator. You are triumphant women and your personal and political achievements make us proud as fellow Montréalaises.

The program then shifted to a series of hard-pressing questions that had been submitted in advance by MCW members. These questions covered a range of issues that included but were not limited to Indigenous rights, gun control, abortion, affordable housing, pharma care, immigration, job creation, low-income families, homelessness, the environment and fossil fuels & pipelines.

As to specifics, it should be noted that certain issues suggested more commonality than might have been expected. Regarding low-income families, single mothers and homelessness, NDP Candidate, Zahia El-Masri referenced plans on



*Christina Paylan, Panel Moderator*

### Dates of Note for the Month of NOVEMBER

While there are a number of important issues that are recognized internationally during the month of November there are two that connect directly with our founding mission.

Please take note of the following links:

**20 November** [Universal Children's Day \(A/RES/836\(IX\)\)](#)

**25 November** [International Day for the Elimination of Violence against Women \(A/RES/54/134\)](#)



The DKG QUEBEC  
**Speakers Series**



**November 18, 2019**

**THE ART OF CITI-ZEN-SHIP**  
TRANSFORMING YOUR RELATIONSHIP WITH CHILDREN  
AND YOURSELF IN THE PROCESS



The challenge of teaching cannot be overstated. It is neither art nor science and workshop after workshop has not changed the overwhelming challenges teachers face. This workshop brings the art and science of finding yourself in a healthier state of mind so you can create a healthier state of mind and space for your class. With the ever changing demands of the job, teachers can learn to rediscover the joys of teaching and remember why they entered the profession. Learn to breathe! Teaching can be easier, healthier than you thought. This workshop is a passion project. I am on a mission to help teachers find their sanity in a professional world that may sometimes be overwhelming. You are greater than you think you are. Let me show you.

**Peter Chan**

Peter Chan is a keynote speaker known for sharing wisdom through humour and engagement. He is an award-winning teacher celebrating 20 years in education, author and change agent.

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

**Date: Saturday, November 16, 2019**  
**Time: 11:30 am – 3:00 pm**

**ZONTA CLUB OF MONTREAL**

invites you to join us to celebrate our  
**ANNUAL AWARDS LUNCHEON**

**KEYNOTE SPEAKER**

**Brigitte Carbonneau**  
General Manager  
Cirque du Soleil

“Dare to take the challenges”

Come enjoy a pleasant afternoon and a delicious meal to honor and celebrate women’s achievements. Awards will be presented to the winners of Zonta scholarships and bursaries, and they will share their projects and plans with us. We will also recognize with a donation an organization in our community that works to aid women at risk. All proceeds will go to our educational programs.

**Location: Bistro méditerranéen Table 09**  
9 Place Frontenac, Pointe Claire H9R 4Z7  
(with your pass, take buses 200 or 485)  
[www.table09.com](http://www.table09.com)

**Tickets:** \$65.00 per person; includes one free glass of wine or soft drink

**Parking:** FREE parking

**Cash Bar:** 11:30 am—12:00 pm

**RSVP:** Reservations of tickets a must by November 12  
Click here to register: [Online.Registration.zcmcommunications@gmail.com](http://Online.Registration.zcmcommunications@gmail.com)

**Email:** [zcmcommunications@gmail.com](mailto:zcmcommunications@gmail.com)

**Info:** Dr. Dolly Dastoor 450-656-2036 or Renate Sutherland 514-695-1970

91 Years  
celebrating  
Montreal Women

Zonta Club of Montreal  
[www.zonta.org](http://www.zonta.org)  
Montreal?ZontaDistrict2.org



**UWCM**  
Guest Speaker:

**Cora Tsouflidou, Founder of Cora restaurants**  
Topic: "Chez Cora: a Quebec success story"



Tuesday, October 15th at 12:30 p.m.  
Victoria Hall in Westmount

4626 Sherbrooke St West (near Lansdowne Ave.) # 24 bus

Free for members; \$10 for guests (men and women). Press is welcome. A light sandwich lunch is served from 11:15 to 12:20 for \$8; tea/coffee and cookies (by donation)

Info:

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



**Barbara Lewis**  
Vocalist

**UPCOMING MONTREAL PERFORMANCES**

MUHC fundraiser, Red Ribbon Night 2019 –  
Rialto Theatre, Nov. 7, 6-9PM.

Barbara Lewis Annual Christmas concert - Victoria Hall,  
Dec. 15, 2PM

For information, visit

<http://www.barbaralewis.com/blog/concerttalk/>



## WIN TWO 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.

**Contest begins now and closes March 31, 2020.**

Good luck!

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



FEMMES AVERTIES

WOMEN AWARE

**16 days of Activism 2019 - Kiosk Reservation**  
**16 days of Activism Against Gender based Violence**

The 2019 edition of the International Campaign of 16 days of Activism Against Gender based Violence will take place on **Thursday, November 25, 2019** from 9 am to 3 pm, in the EV Atrium at Concordia University located at 1515 St. Catherine / corner of Guy.

You are invited to come and share your information on the work you offer against violence. If you would like to participate, please register before October 16, 2019.

Participation includes:

- 1 kiosk
- 1 table
- 2 - 4 chairs
- Divider for posters
- Special Wi-Fi access code for the day
- Electrical outlet (upon request)
- Setup at 09:00 am.

If you have any questions or concerns, please do not hesitate to contact us on 514-908-9014 or 514-825-4521

We thank you for joining us to share and Speak Out against injustice and violence!

## 13 Easy Ways You Can Help The Planet

1. EAT LESS MEAT



2. EMBRACE SLOW FASHION



3. BREAK UP WITH PLASTIC



4. FLY LESS OFTEN



5. RECYCLE



6. PLANT A TREE



7. BUY PRELOVED



8. REDUCE FOOD WASTE



9. COMPOST



10. RIDE OR WALK MORE



11. INVEST WISELY



12. START CONVERSATIONS



13. HAVE HOPE



@thegreenhub\_

**SAVE THE DATE**

**CHW ART AUCTION**

Honouring the talented artist

**John Barkley**

**Tuesday, November 5**  
**7:30 pm**  
**at Kandy Gallery**



Tickets:  
\$125 per person  
\$75 under 35 years old



**For tickets, call 514-933-8461**