

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

## PRESIDENT'S MESSAGE

I hope that you have all enjoyed a relaxing and enjoyable summer with family and friends and perhaps some travel as well. I would like to welcome you all back as we start another rewarding year at MCW. For my part, I have spent many hours gardening and enjoying a very Zen environment among the flowers. It has been a rainy, hot summer and we now seem to be subsiding into the cooler days of summer as autumn nears, and we all welcome a new season with much anticipation.

I look forward to seeing many of you at our first meeting of 2014 – 2015 as we start the year off with a special Federates' Day event on September 4. At this time, we will hear about the issues facing Montreal from a representative of Montreal City Council. Your input is invaluable at this event as we look to the future and determine how the Montreal Council of Women can better respond to your needs and to the needs of the community. The first meeting is certainly filled with promise: the promise of renewing old friendships, the promise of better things to come, the promise of sharing a vision for the future.

I was fortunate to represent the Montreal Council of Women at the 2014 National Council of Women of Canada (NCWC) held in early June this year in Ottawa. A number of our members also attended the AGM which was stimulating and informative. More information on the AGM can be found in an article elsewhere in the newsletter.

Next year, we are privileged to be hosting the NCWC AGM in Montreal and hope that many of you will participate in the proceedings. We have already started making arrangements for the AGM and are pleased to announce that it will be held May 21 – 24, 2015. We will share more information with you about the AGM in the coming months.

Please help make Federates' day a real success by attending in force and bringing along new members. We look forward to your participation in making plans to forge ahead and make a difference. - *Chitra Chopra, President*

### FEDERATES DAY (Individual Members included) Thursday, September 4, 2014 – 10:00 am – 3:30 pm

#### FEDERATES' DAY

THURSDAY, SEPTEMBER 4, 2014

10:00 a.m. – 3:30 p.m.

Welcome and Introduction

Speaker - Representative from the City of Montreal  
Issues facing the community and women in Montreal

Strategic planning session

Round table discussions among federates  
SWOT analysis (Strengths, weaknesses, opportunities and threats)  
What MCW can do  
Issues facing women  
Advocacy possibilities  
Community outreach  
New directions  
Lunch

Strategic planning reports

Federates' activities, issues and connections

Wrap-Up

#### National Council of Women of Canada AGM 2014

The 2014 NCWC AGM was held in Ottawa this year from June 6-8, 2014. The common program focus for the years 2013 - 2015 was "Women's Mental Health: Shining a Light on Mental Health and Stigma". The NCWC motto is the Latin *Altior* meaning *higher/deeper* and is also embedded in the NCWC logo.

In addition to my representation of the Montreal Council of Women, the following members of MCW also attended the AGM: **Eleni Bakopanos, Druse Bryan, Sandra Cohen-Rose, Elizabeth Hutchinson and Marjorie Windeler**. Most of these members also have a position as NCWC conveners. It was good to see so many of our members at the AGM!

In addition to the usual business proceedings including reports from the NCWC Board, Conveners, Provincial Councils and Local Councils, and of course the financial report, there were also policy development presentations. During the proceedings, NCWC had suggested moving to **Burinot's Rules of Order** to govern the meetings but since this had posed problems last year, it was decided that **NCWC would continue to be governed by Robert's Rules of Order**.

*(continued on page 2 – see AGM 2014)*



### MS BARBARA KAY

WRITER AND  
NATIONAL POST  
COLUMNIST

GUEST SPEAKER  
MCW AGM - MAY 15

During our Annual General Meeting (AGM) held in May, MCW was privileged to have as guest speaker, **Ms Barbara Kay**, who is a writer and **National Post** columnist.

Ms Kay's very informative discourse, focused on violence against women, not only domestic violence also referred to as "Intimate Partner Violence" but "honour killings" which are usually cultural. Barbara stated that the only thing that these two forms of violence have in common is the suffering of the victim. Domestic violence is virtually always between sexual partners and honour killings mainly involve father/parent violence against their daughters.

She compelled the audience to think about the term "honour" and the context that is being used to describe, basically murder. Ms. Kay stated that, "Westerners are confusing honour with morality." "Honour and morality are not the same thing, although sometimes honour is consistent with morality and sometimes it is not."

**Ms Kay** has co-written a book with **Ms Aruna Papp**, a riveting memoir entitled, "*Unworthy Creature: A Punjabi Daughter's Memoir of Honour, Shame and Love*", which tells of untold stories of oppression, injustices and acts of violence against women.

Members left the meeting either wanting to read or buy a copy of the book. Ms. Kay, fortunately did have a few copies on hand— *S. Gyles*

(Continued from page 2)  
AGM 2014

**Five resolutions** were presented that had been distributed earlier to all members for feedback and voting. Resolutions 1-4 were carried with minor changes and resolution 5 on sugar content in processed foods was defeated. There was no emergency resolution but there was **one resolution update** on curriculum of medical faculties pertaining to elective early termination of pregnancy. This was adopted without change.

A previous proposal had been presented on switching to **resolutions in plain language format** to make writing resolutions easier. After due discussion it was decided that both the existing format and the plain

language format would be acceptable for submission of resolutions. The Resolutions convener will convert the format so that members would be presented with resolutions in both formats.

Gracia Janes, President of the **NCWC Education Fund** presided over a session on mental health. Presentations were made by **Dr. Heather Stuart**, Bell Mental Health and Anti-Stigma Research Chair, Queen's University, spoke about the **nature and nurture of stigma**; and by **Dr. Catherine Gilbert**, founder of **Our Harbour/L'abri en ville**, a group that helps women who had mental health issues with integration back into society.

Eleni Bakopanos represented Bonnie Stamos Destounis, Chair of the **NCWC Development Organisation**, who was unable to attend. On behalf of the NCWCDO, Bonnie had organised presentations by one group and an individual whom the organisation supported. The group "**Our Kenyan Kids**" was represented by **Carolyn Matheson and Beth Kent** who explained that this was a charitable organisation working with children in Kenya and provides education, food, medical and sanitary supplies, aid for starting cottage industries to provide sustainable growth for the kids. NCWCDO also supports a **student from Afghanistan, Maryam Sahar**, from the Kandahar Institute of Modern Studies where she learned English and computer skills. Maryam now studying at Carleton University has the lofty goal of someday becoming the president of Afghanistan.

There were also opportunities to meet other members from across Canada, have interesting discussions, share ideas and learn how other Councils function. This was a productive learning experience and members were very much looking forward to coming to Montreal next year to participate in AGM 2015. — *Chitra Chopra*

## HOLD THESE DATES!

**May 21 - May 24, 2015**  
**NATIONAL COUNCIL OF WOMEN**  
**OF CANADA (NCWC) AGM**

**The MCW will be the hosts for the annual National Council of Women of Canada AGM, which will be held in Montreal from May 21 to May 24, 2015 at the Omni Hotel in Montreal. A number of events are being planned. PLEASE STAY TUNED.**

## MEASUREABLE DIFFERENCES

I was born in 1961, obviously, a very interesting year. In January the British intelligence uncovered the biggest Soviet spy network since WWII. Robert Noyce patented the Integrated circuit in April and by August construction of the Berlin Wall was completed. 'How to Marry a Millionaire' was the first movie to become a TV series while Yuri Gagarin became the first man to travel in space by orbiting earth in Vostok I for 89.1 minutes followed later by Alan Shepard of the United States. John F. Kennedy was the U.S. President and the Pulitzer Prize was won by Harper Lee and his masterpiece 'To Kill a Mocking Bird'. Eggs were .30 cents per dozen, ground coffee .85 cents per pound and gasoline was sold at .27 cents per gallon.

While 92% of Canadian families were married at the time, the rate has been declining since to about 60% in the 1980s and even lower to about 48.5% by 2006. Our personal pigeon holes, however, were much as they are today. Single, married, separated, divorced or widowed except for those of us who lived in Quebec. We had started our 'Quiet Revolution' and were beginning to form and live in common law arrangements.

The Civil Code of Quebec recognizes common law relations as 'de facto' unions, allowing all the rights and responsibilities of married or civil unions to these spouses. In 2006 almost 30% of all Quebec families lived in common law arrangements which counted for 44% of all such unions nationwide. That same year, 149,236 marriages took place in Canada while 5% of the population was going through a divorce. Statistics Canada confirms that there were 1,414,060 single parent families across the country accounting for 15.9% of all families of which 1,132,290 homes were headed by their mothers. As well, fully 54% of all our children were in some kind of childcare.

We know some of the consequences of divorce and much is written about its contributive causes. While men between the ages of 20 and 60 are said to be six times more likely to suffer from depression as a result of separation or divorce, 43% of women face substantial decreases in household income but yet, are less prone to depression. Draw your own conclusions!

While more than 1/3 of Canadian marriages will dissolve before their 30th anniversary, 'Family Law' provides specific guidelines not only for separation and divorce but also for issues such as custody and access, child and spousal support, protection orders and guardianship trusts. Consequently dare we say? Our children have begun to resemble vast migrating tribes, fragile chameleons, helpless in the face of these seemingly protective laws, routinely changing their homes, likes and dislikes, their friends and their characteristics, their only constant, the need to move, to please, to camouflage their own true selves and emotional needs.

I admit that as an adult I could never hope to be as adaptive to my changing circumstances as they are. Many of them are my heroes! What kind of role models are we then, while we somehow hope to teach them the fundamental importance of progress, development and self-actualization? At the start of this school year, loving care of our children remains our most important and unchanging homework to date. *-Nadia Baraghi, Convener  
Health, Child and Family*

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## WOMAN OF THE YEAR – CALL FOR NOMINATIONS 2014

The '2014 Woman of the Year (WOTY)' is an **Aboriginal** woman who has made an outstanding contribution to Aboriginal women's causes.

In 1987 Sophie Economides, life member of MCW, and the late Kay Aksich, established an annual award to be presented to a woman who has made a significant contribution to society. The award recognizes a woman who has promoted the advancement of women and the equality of women. She has initiated actions, programs and projects that have made a significant contribution to the betterment of Canadian society.

The Montreal Council of Women (MCW) publicly recognizes and honors one exceptional woman who has made a significant contribution to society in a particular area. She is a woman who by her daily actions, her strength of character or her professional path, enriches the community and contributes to the advancement of all women. She is an exceptional woman who serves as a role model for young people, inspiring others to excel.

The Women of the Year award (WOTY) luncheon will be held in Montreal at the **Omni Hotel on November 28th 2014 at noon.**

### Regulations:

- A nomination may be submitted by a Federate member or an individual member of the MCW. Each candidate must meet the evaluation criteria and her nomination must be accompanied by a completed nomination form and information which clearly illustrates why the candidate meets some of the evaluation criteria.
- The WOTY Committee examines the dossiers and recommends 3 nominees to the MCW Board
- The Board of Directors selects the Women of the Year and announces the results to all candidates and publicly announces the 2014 WOTY on November 15th, 2014.
- The 2014 WOTY will be honored at the MCW WOTY luncheon at the Omni Hotel on Friday November 28, 2014. *(Continued on page 4)*

(Continued from page 4)

### Procedure

The nomination packages must include the following:

1. Completed and **signed nominating form**.
2. Curriculum vitae or **biography and/or volunteer and community achievements** or projects.
3. **Fits the criteria** below
4. **Two letters of support** about the candidate's activities or achievements
5. **Deadline for submission October 30, 2014**

### Eligibility Criteria

- Contributed to a social cause, prevention of violence against women
- Contributed to helping Aboriginal women, through training, community education or alternative teaching
- Made an important contribution to Aboriginal society through her community activities.
- Through her actions and initiatives contributed towards the prevention of violence against women.
- Been a role model, and a source of inspiration and motivation for aboriginal women and girls
- Impacted Aboriginal society



### CHERYL BRAGANZA

**Cheryl Braganza** is a painter, pianist, and poet born in Bombay, India. Before immigrating to Montreal in 1966, she spent a year in Rome, Italy studying Art History and Languages (French/Italian), followed by four years of

classical music studies at Trinity College of Music in London. In Montreal, she took sculpture courses at l'Ecole de Beaux-Arts.

In 2008, Ms Braganza was voted Montreal Woman of the Year by the Montreal Council of Women and in 2013, Cheryl became President of the Women's Art Society of Montreal, an organization founded in 1894 to integrate women into the arts.

In celebration of their 10<sup>th</sup> anniversary, **Elansart (English Language Arts Network)** conducted an interview with Cheryl and posted on their blog. The following is an excerpt

from Elansart blog interview:

EB: What first attracted you to the visual arts?

CB: I was very shy growing up and felt it was not my place, especially living on the Indian sub-continent (and as a female), to express or vocalize my feelings and was often afraid of being ridiculed. I found that through sketching or painting, I could express myself in a way that nobody noticed and yet that gave me a great deal of personal satisfaction.

EB: Why did you choose painting specifically?

CB: I knew I had a special talent for realistic drawing when I was in elementary school. Painting seemed like the next step up. I enjoyed the immediate visual impact of color and the hours of silent introspection

EB: What are you aware of any reoccurring themes in your work?

CB: Yes, women. Nearly all my paintings feature women. I can empathize with them. I understand their struggle and their joys. I still feel we live in a male-dominated world, with rules made by men for men. Even



The Healing Cloak

though things are changing, it will be decades before we are on an equal footing. Women are finally beginning to speak out and stand up for their rights, which is uplifting.

EB: What, for you, has been your greatest artistic achievement?

CB: I don't believe I can answer that as there have been several. Every time I complete a painting and see its impact on others, it feels like my greatest achievement. My "Nirvana" paintings, "Crescendo", "The Pain of Illiteracy" and "The Healing Cloak" are some of my stellar works.

For more of Elansart interview with Cheryl, go to: <http://elanartsblog.tumblr.com/post/87308683386/10-questions-for-elans-10th-anniversary-cheryl>

To see more of Cheryl's art pieces go to her website at: [www.cherylbraganza.com](http://www.cherylbraganza.com)

University Women's Club  
of Montreal Inc.

Club des Femmes Universitaires  
de Montréal Inc.



UWCM

**EVENT:** Getting to know us!  
Come meet our members and find out about our various interest groups running in 2014- 2015

**DATE:** Wednesday,  
September 17th, 2014

**TIME:** Cocktails: 6pm  
Dinner: 7pm

**PLACE:** Atwater Club  
3505 Ave. Atwater  
Montréal, H3H 1Y2

**REGISTER IN ADVANCE:**  
**Email:** uwcm@uwcm.com  
More information can be found at [www.uwcm.com](http://www.uwcm.com)



Dr. Reena Natenberg  
Associate Professor of Piano

Mrs. Marilyn Berger  
MCW Board of Directors

**THANK YOU**

MCW wishes to thank **Dr. Reena Natenberg** for the stellar piano concert she performed for our fundraiser. We also wish to thank Marilyn Berger, Reena's aunt, for making this all possible. Marilyn is the Membership Secretary for MCW.

Dr. Reena Berger Natenberg, Associate Professor of Piano, Pittsburg State University

Email: [rnatenberg@pittstate.edu](mailto:rnatenberg@pittstate.edu), [reenarb@yahoo.com](mailto:reenarb@yahoo.com)

Tel.: 620-719-6226

Visit: [www.reenabergernatenberg.com](http://www.reenabergernatenberg.com) for more info.



Sunday, September 7, 2014

[ovariancancerwalkofhope.ca](http://ovariancancerwalkofhope.ca)



Dimanche 7 septembre 2014

[randonneecancerdelovaire.ca](http://randonneecancerdelovaire.ca)

On September 7<sup>th</sup>, Ovarian Cancer Canada will hold its annual signature event – the [Ovarian Cancer Canada Walk of Hope](#) – a fundraising and awareness event being held in more than Canadian cities simultaneously.

In **Montreal**, the Walk will mark its 11<sup>th</sup> edition at **Parc Angrignon** (boulevard des Trinitaires, Ville LaSalle); the event is coordinated by Lauren Vaupshas and Jo-Ann LaVallière.

Please join us and support the cause. Thank you for encouraging the countless volunteers contributing to the undertaking and success of the event!



Sunday, September 7, 2014

[ovariancancerwalkofhope.ca](http://ovariancancerwalkofhope.ca)



Dimanche 7 septembre 2014

[randonneecancerdelovaire.ca](http://randonneecancerdelovaire.ca)

Le 7 septembre prochain, Cancer de l'ovaire Canada tiendra son activité phare annuelle – la [Randonnée de l'Espoir de Cancer de l'ovaire Canada](#) – un événement de collecte de fonds et de sensibilisation qui a lieu simultanément dans plus de 45 villes canadiennes.

À Montréal, la 11<sup>e</sup> édition de la Randonnée aura lieu au Parc Angrignon (boulevard des Trinitaires, Ville LaSalle) sous la coordination de Lauren Vaupshas et Jo-Ann LaVallière.

Joignez-vous à nous et appuyez la cause. Merci d'encourager les nombreux bénévoles qui contribuent à la réalisation et au succès de l'événement!

**Women's Art Society of Montreal**

The Women's Art Society of Montreal begins its new season on September 16, 2014

At 1:30 pm at the McCord Museum with a presentation by Helga Schleeh, artist-teacher on "Art as a Litmus Test for Life". Check the website [www.womensartsociety.com](http://www.womensartsociety.com) for the exciting roster of upcoming events. Membership is \$60 for the coming year. We welcome you to our Meet & Greet on Tuesday, September 30<sup>th</sup> from 11.30 - 3 pm at Le Nouvel Hotel, 1740 Rene Levesque.

**BUY YOUR TICKETS TODAY!**



Join us as we celebrate the **30<sup>th</sup> Anniversary of the Tel Hai Bridge and Mahjong Luncheon**

Wednesday, September 10, 2014  
at Elm Ridge Country Club

851 Cherrier, Ile Bizard

Lunch 11:00 am - 11:45 am / Bridge 12:00 pm



- Ticket Donation Categories:
- Play with a Pro \$250 (2 tickets)
  - Sponsor \$136 (1 ticket)
  - Patron \$100 (1 ticket)
  - Donor \$75 (1 ticket)
  - Friend \$60 (1 ticket)



Everyone is welcome to play!  
Duplicate Bridge Players  
Rubber Bridge Players  
Mahjong Players

**NEW!!!**  
Register online  
<http://bit.ly/SKDKMh>

CALL 514-933-8461 to reserve your seat today!



**CHW Montreal invites you to an Art Soirée**

This red carpet event is a new twist on our fabulous art auction of years past. The CHW Art Soirée will take place at Galerie de Bellefeuille with a silent auction featuring all your favorite artists (plus new ones to discover). Enjoy an elegant evening of cocktails and discover the gallery's extensive collection of over 1000 works of art. The best part is that the proceeds of the silent auction and a percentage of the sales that night will support CHW's projects for Children, Healthcare and Women.

Join us on

**October 1st at 7:30 pm at Galerie de Bellefeuille**

1367 Greene Avenue, Westmount

Tickets are \$75 (partial tax receipt) Champagne and amuses-bouche will be served.

Canadian Hadassah-WIZO - Montreal Centre  
Greene Ave Suite 910  
Westmount, QC H3Z 2B8

Tel: 514-933-8461  
Email: [info@montreal.chw.ca](mailto:info@montreal.chw.ca)  
Web: Canadian Hadassah-WIZO - Montreal Centre

**The Coloured Women's Club**  
Founded 1902 • Member of the Montreal Council of Women  
is proud to host

**A Dinner Gala – Tribute IN HONOUR OF**  
*Dr. Trevor W. Payne, C.M.*

**SATURDAY, OCTOBER 18, 2014**  
Cocktails at 6:00 pm  
Dinner at 7:00 pm

**OMNI HOTEL**  
1050 Sherbrooke St. W., Montreal, QC H3A 2R6  
Come and celebrate the achievements of one of Canada's finest virtuosi

Cameo appearances by  
**Dr. Oliver Jones** and  
**The Montreal Jubilation Gospel Choir**

The evening includes entertainment by guest performers  
**Skipper Dean & Vintage Soul**

DR. OLIVER JONES

THE MONTREAL JUBILATION GOSPEL CHOIR  
[www.jubilationchoir.com](http://www.jubilationchoir.com)

MR. SKIPPER DEAN

Tickets: \$135.00 • Information: 450-672-7081 • 514-488-3284 • 514-696-7944  
Email: [sagyles@sympatico.ca](mailto:sagyles@sympatico.ca) • All proceeds go to the CWC Scholarship Fund

**MCW HOSTESS GROUP REQUEST**

We are looking for MCW Federate member groups who would be interested in providing a luncheon at one of our general meetings during coming year, starting in September. If your group could help the MCW by providing a lunch for one of our meetings, please contact Frances Gregory, Hostess Group Convener Telephone 514- 935-1674. Thank you.

**MCW Article and Announcement Submissions**

The next issue of **The Bulletin** will be in October 2014. Please submit your articles, announcements and photos by the 15<sup>th</sup> day of September via email to: [bulletin@montrealcouncilwomen.org](mailto:bulletin@montrealcouncilwomen.org)