

MONTREAL COUNCIL OF WOMEN – LE CONSEIL DES FEMMES DE MONTRÉAL

PRESIDENT'S MESSAGE

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Bulletin Editor and
Layout: I. Godefroy

Fall has arrived and we are inundated with the beautiful changing autumn colours and falling leaves. It is the month when our clocks fall back in order to accommodate our shorter days. October is also Women's History Month in Canada.

Proclaimed in 1992, it is an annual declared month that highlights the contributions of women and girls to events in history and contemporary society. It is a time for Canadians to celebrate the achievements of these women and girls as trailblazers throughout our history. It is a time to learn more about their contributions that have shaped our way of life.

Our own fall meeting, which was purposely held in the evening commenced with much interest as we were both taught and entertained on the initial steps that one must follow to writing one's own memoir. Our guest speaker Mrs. Elizabeth Johnston, gave a fabulous and insightful presentation to our 40-plus attendees. If you missed it, she has planned a more in depth presentation on the 30th.

MCW is presently working diligently on membership and hope that you will all renew your membership forms and encourage your friends and associates to join as well. – Shirley Gyles

WOMAN OF THE YEAR AWARD (WOTY)**THURSDAY, DECEMBER 8, 2016****12 NOON****OMNI HOTEL, MONTREAL****BOOK YOUR TICKETS NOW!****Contact any Board member or WOTY Committee at 514-649-2648****MCW NOVEMBER LUNCHEON****November 3, 2016**

Lunch will be served at 12 noon.

Price: \$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



GUEST SPEAKER: Nadia De Riggi, Notary

My career as a notary: Find out about Nadia's career and learn the difference between a notary and a lawyer and the importance of having a will, a mandate, how to get it homologated and the duties of a power of attorney when a loved one loses her autonomy.

Do join us for this very informative presentation. New members and guests are welcome.

**MCW October Meeting
Elizabeth Johnston
Writing about your life**

On October 6, Elizabeth Johnston, author, professor and certified autography coach delivered a very insightful presentation on how to write about your life in three steps.

As I couldn't attend the presentation - much to my chagrin - I contacted Elizabeth to find out more about her and her workshops. Here is a summary of our conversation.

To write about your life, you need to ask yourself three basic questions:

- What is your wisdom or expertise that you can now share with the world?
- Who were you before you had this expertise or wisdom?
- How did you get there?

Elizabeth believes that many people want to write about their life but they feel they will not have the time or they will not have the expertise to do so. In her workshops and seminars, she dispels both of those myths and makes it easy for them to find and tell their stories. She wants to help people follow through on their creative dreams and provides them with the tools they need to succeed.



Elizabeth has taught creative writing for over 20 years both at university and CEGEP levels. She loves teaching. 'When I teach' she says, 'I am reminded that people have an endless capacity for creativity.'

Out of her years of teaching and studying the story form through exhaustive analysis of dozens and dozens of book reviews, she has developed her own writing system that she presents in her workshops and seminars.

Elizabeth believes that each one of us has lived important and noteworthy lives, and not sharing our stories with the world means that someone out there is missing out on some wisdom that could help them in their own lives.

For more information on Elizabeth Johnston and the services she offers, visit her website: ownyourcreativity.com.

Isabelle Godefroy

2016 WOMAN OF THE YEAR (WOTY)

The 2016 Woman of the Year Award luncheon will take place on **Thursday, December 8, 2016** at the OMNI Hotel in Montreal.

The focus of this year's award is on a woman who has made a special contribution towards the **prevention of suicide**.

You are encouraged to please nominate a woman who has made just such a difference in the lives of others. Nomination forms are available online at www.montrealcouncilwomen.org

Deadline for submissions is October 22, 2016

Everyone is welcome to join MCW in honouring and celebrating the accomplishments of an exceptional recipient.

Tickets are **\$ 60.00** and are available by contacting Isabelle Godefroy, Chair of the WOTY Committee at 514-649-2648 or by e-mail at isa.godefroy@gmail.com.

THREE FAITHS SHARE A ROOF – AND MORE

Welcome to Place de l'unité or Place of Unity, a recently renamed square next to the three houses of worship at a mini-mall on Nuns' Island. On the corner, the Catholic sanctuary of Sainte-Marguerite-Bourgeoys Church (a former grocery store), a few steps along a door identifying the as yet-unopened Chabad synagogue, part of the Lubavitch Hasidic movement, and then 11 short steps to the front door of the Al-Jazira Mosque.

At first they eyed one another warily. Then, they started to talk: the Rabbi to the administrator of the mosque, the administrator to a warden at the church. More conversations led to the realization they shared many common values.

Last year the Sainte-Marguerite-Bourgeoys parish bought four bells from a church that was ceasing its services. It wanted to install them in a new bell tower and sought support from Samuel Gewurz, a developer on Nuns' Island. Aware of the tensions always present between religious groups Mr Gewurz made two suggestions: first, that the bells be christened the Bells of Unity and second, he urged the three communities to work together to find a joint humanitarian project. This led to the founding of the Nuns' Island Collective for Unity. The administrator and his wife had already started collecting goods for Syrian refugees in their family garage and needed more space, The Rabbi quickly found a landlord who donated the use of a warehouse on the Island, Christian workers helped with staffing and the donation centre for Syrian refugees was launched in November of last year. It is a five-minute drive from the mall and busy with volunteers folding, sorting, hanging, placing the numerous donations.

I recently dropped off articles of clothing at the centre and was given a tour. I was amazed. Racks and racks of clothing sorted by age, size and season, dishes and kitchen articles, TV's, furniture, bedding, suitcases, school supplies, a small room with a prayer rug, a playroom for children and they can leave with the toy that caught their eye. Sponsoring groups bring the refugees to the centre, many of whom are professionals – e.g. pharmacists, dentists - I was told.

The three religious communities are jointly sharing the cost of sponsoring a Syrian family, yet to arrive in Canada, and have started offering French-language lessons for newcomers. There are cooking lessons and efforts to find refugees jobs.

And not forgetting the catalyst: a set of Bells. Workers have poured the concrete foundation of the new bell tower alongside the Sainte-Marguerite-Bourgeoys church and, if all goes according to plan, this December the four bells will be installed in the belfry and together they will toll for the first time over Nuns' Island and beyond. They will carry a message the world doesn't hear often enough.

You may read the full story in the Globe and Mail Saturday September 24 2016 "Followers of three faiths pray under one roof."

Marjorie Windeler

WOMEN'S ART SOCIETY OF MONTREAL



The Women's Art Society of Montreal invites you to become a member of our group, where you can connect with like-minded people who enjoy the arts. We gather bimonthly on Tuesdays at the McCord Museum from 1:30 to 2:30 PM to listen to great talks. Please look at our website for info: www.womensartsociety.com or call 514-495-3701.

November 1, 2016

The Women's Art Society of Montreal presents multidisciplinary Artist, **MARY ANN LACEY** - *Voice: Jazz to Speech Pathology*, from 1:30 to 2:30 PM at the McCord Museum, 690 Sherbrooke West. Non-members: \$ 10.00. www.womensartsociety.com or call 514-495-3701.

November 22, 2016

The Women's Art Society of Montreal presents Sunday Painter, **VITTORIO CANTA** - *Presenting Vita di Milano*, from 1:30 to 2:30 PM at the McCord Museum, 690 Sherbrooke West. Non-members: \$ 10.00. www.womensartsociety.com or call 514-495-3701.

Newcomers are welcome!



JOIN US FOR A VIDEOCONFERENCE ON Stress, Anxiety and Panic Attacks Throughout the Life Cycle

With guest speaker: **Dr. Camillo Zacchia, PhD.,**
Psychologist/Senior Advisor – Douglas Institute

This interactive videoconference will give you the opportunity to ask questions and learn about:

- **Stress versus anxiety**
- **Panic Attacks: Why are they so scary?**
- **What are the life cycle impacts as we age?**
- **How can we manage these?**



Community Health
Education Project
(CHEP)

Wednesday,
October 19, 2016
9:45am - 12:00pm

LOCATION:

Collective
Community Services
451, rue de l'Église,
2nd Floor
Verdun,
H4G 2M6

Healthy snacks will
be provided.

**LIMITED SPACE AVAILABLE
& REGISTRATION IS
REQUIRED**

CONTACT INFORMATION:

RUTHPELLETIER613@

GMAIL.COM

1 450 455 5982



You are cordially invited to attend

A SPECIAL AWARDS LUNCHEON

Saturday, November 12, 2016

Bistro méditerranéen Table 09

(formerly Restaurant Le Chambertin)

9 Place Frontenac, Pointe Claire H9R 4Z7

Free parking; Buses 200 and 202

www.table09.com; 514-695-0620

Awards will be presented to the winners of our scholarships and bursaries and they will share their projects and plans with us. We will also recognize a women's shelter in our community. **All proceeds will go to the Zonta Club of Montreal's scholarship and bursary fund.**



Keynote Speaker: Wanda Bedard, Founder, 60 Million Girls. Wanda established this public foundation in 2006 which is completely volunteer-run and invests in education projects for girls in the developing world. She is the recipient of several international awards for humanitarian work, including the Queen Elizabeth II Diamond Jubilee Medal in 2012.

Topic: *"Education for girls in the developing world — bridging the divide"*

Tickets: \$60 **Cash Bar:** 11:30 am **Lunch:** 12:00 noon

Enjoy a delicious meal with a complementary glass of wine in friendly and pleasant surroundings.

All are welcome!

Reservations are a must by **Wednesday, November 9**

RSVP by email zcmcommunications@gmail.com or by **online registration**

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



University Women's Club of Montreal Inc.
 Club des Femmes Universitaires de Montréal Inc.

UWCM Dinner Meeting

Many governments use food as a political weapon against their own citizens. Drawing on her recently published book, *State Food Crimes*, Prof. Howard-Hassmann will describe the contemporary cases of North Korea, Venezuela and Zimbabwe, and discuss how current international law can or cannot be used against the individuals who perpetrate these crimes.

Wednesday, November 16, 2016

Cocktails: 6:00 PM

Dinner: 7:00 PM

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

Speaker: Dr. Rhoda Howard-Hassman, recently retired from 13 years as Canada Research Chair in International Human Rights at Wilfried Laurier University.

Newcomers are welcome.

Tickets: \$31.04 Members - \$50.00 Non-members
Contact by November 10: 514-935-2431 or 514-934-1362 or e-mail: uwcm@uwcm.com.



University Women's Club of Montreal Inc.
 Club des Femmes Universitaires de Montréal Inc.

UWCM Dinner Meeting

'Sex, Drugs and Foul Language: Writing for Young Adults'

Young Adult (YA) literature is booming. YA author Monique Polak will discuss the YA world: What distingues YA from literature for adults? Why are more and more adult readers drawn to YA? Monique will also share tips on how to hook YA readers.

Wednesday, December 7, 2016

Cocktails: 6:00 PM

Dinner: 7:00 PM

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

Speaker: Monique Polak, the author of 19 novels for young adults as well as one non-fiction book of family history, is a two-time winner of the Quebec Writers' Federation (QWF) Prize for Children's and Young Adult Literature. She was also the 2016 CBC Montreal-QWF inaugural writer in-residence. Monique has been teaching English at Marianopolis for 32 years and is a frequent contributor to the Montreal Gazette.

Newcomers are welcome.

Tickets: \$31.04 Members - \$50.00 Non-members
Contact by December 1: 514-935-2431 or 514-934-1362 or e-mail: uwcm@uwcm.com.



Anglican Church Women
of the
Diocese of Montreal
Commemorate

**The National Day of Remembrance & Action on
Violence Against Women
on**

Tuesday, December 6, 2016

Holy Eucharist at 12 noon
Christ Church Cathedral
635 Ste-Catherine ouest

Celebrant: The Revd Shirley Smith

Homilist: TBA

Mark your calendars / Details to follow

Light refreshments following the service in the Cathedral's Baptistry

**BIENVENUE À TOUTES ET À TOUS !
EVERYONE WELCOME!
We look forward to seeing you!**