

# EVENING LECTURES

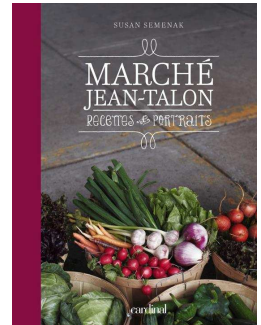
Note: Everyone is invited and admission is free. Reservations are not taken for any lecture.

## MARKET CHRONICLES: STORIES AND RECIPES FROM MONTREAL'S MARCHÉ JEAN-TALON WITH SUSAN SEMENAK

Wednesday, February 8

C : 7:00 p.m. to 8:30 p.m. – in English and in French

Gazette food reporter Susan Semanak has written a book dedicated to the Jean Talon market and the people who work there. Learn where the food is grown locally, who has the best selection of certain products, and then taste an appetizer made from one of her wonderful recipes. Just like the market, this *Montréalais* conference will be given in English and in French.

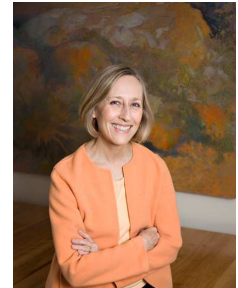


## GILLER AWARD WINNER - ELIZABETH HAY DISCUSSES ALONE IN THE CLASSROOM

Wednesday, February 15

C : 7:00 p.m. to 8:30 p.m. - in English

Scotiabank Giller Prize-winning author of Late Nights on Air, Elizabeth Hay has written another national best-seller. The author will discuss her story which involves a Saskatchewan school principal, a murder mystery, and a journey into the human heart. Wine and cheese will be served.



## DISCOVERY SERIES: WORLD OF PERFUME BY NORMAN CARDELLA

Wednesday, February 22

C : 7:00 p.m. to 8:30 p.m. - in English with bilingual question and answer period

Could you tell the difference between Chanel No. 5 and Shalimar? By presenting over twenty perfumes from his collection, Norman Cardella will demystify and educate you on one of the finer things in life. Please do not wear perfume to this event. Men and women most welcome.



## COPING STRATEGIES FOR CAREGIVERS OF DEMENTIA PATIENTS WITH DR. L. MAZZELLA MD

Wednesday, February 29

C : 7:00 p.m. to 8:30 p.m. - in English

Dr. Loraine Mazzella, in association with the McGill Centre for Studies in Aging, will share effective techniques to help you cope with the difficult task of caring for a loved one – in particular someone with dementia.

## DE L'EAU FRAÎCHE WITH THE DAVID SUZUKI FOUNDATION AND ECO POINTE-CLAIRE

Wednesday, March 7

C : 7:00 p.m. to 8:30 p.m. - in French

In association with Eco Pointe-Claire and the Montreal David Suzuki Foundation, a discussion on the various challenges involved in ensuring that our water ecosystems are healthy.

## STOP TELLING YOURSELF TO EAT LESS AND EXERCISE MORE: A DIFFERENT APPROACH TO ACHIEVING A HEALTHY MIND AND BODY WITH CLARE LORD

Wednesday, March 14

C : 7:00 p.m. to 8:30 p.m. - in English with a bilingual question and answer period

During Nutrition Month, consultant in the field of eating disorders, Clare Lord, will share a strategy for overweight and obese men and women who wish to shed unhealthy pounds. Understand the emotional aspects of eating and learn practical ways to make peace with food, with yourself and with your body.



## THE TITANIC: THE 100<sup>th</sup> ANNIVERSARY WITH ALAN HUSTAK

Wednesday, March 21

C : 7:00 p.m. to 8:30 p.m. - in English

Alan Hustak is an esteemed expert on the most famous sinking of all time. He will be giving a lecture on the Atlantic Ocean over the grave-site of this doomed ship on the actual 100<sup>th</sup> anniversary, April 15<sup>th</sup> 2012. This is your chance to hear his commentary on the ship, the people, and the Canadian connection.



## PATAGONIA: ICEBERGS, GAUCHOS AND RAINBOWS WITH IAN MACDONALD

Wednesday, March 28

C : 7:00 p.m. to 8:30 p.m. - in English

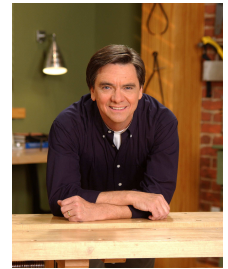


Trekking to Argentina and Chile, Ian MacDonald encounters spectacular mountains, icebergs floating in freshwater lakes, and gauchos in vast open spaces. Join him as he journeys from Buenos Aires to stunning Iguazu Falls.

**THEY DON'T MAKE HOUSES THE WAY THEY USED TO – AND THAT'S A GOOD THING! WITH JON EAKES**

Wednesday, April 4

CH : 7:00 p.m. to 8:30 p.m - in English with a bilingual question and answer period  
Canadian home improvement guru and CJAD personality Jon Eakes is a nationally respected expert in home renovation. Jon will focus on the technical and aesthetic aspects of renovating and maintaining your home. Bring your questions. Coffee will be served.



**STRATÉGIES POUR LES PARENTS - L'AUTISME ET L'ASPERGER WITH KATIA ELKOUBY**

Wednesday, April 11

C : 7:00 p.m. to 8:30 p.m - in French with a bilingual question and answer period  
St Justine Hospital's Katia Elkouby specializes in autism. She will discuss strategies for parents to encourage positive behaviours in children diagnosed with verbal or non-verbal autism or asperger's syndrome.

**LA RÉPUBLIQUE TCHÈQUE WITH CAROLINE PAUL-HAUS**

Wednesday, April 18

C : 7:00 p.m. to 8:30 p.m. - in French

This republic is hauntingly beautiful with its medieval castles and lush countryside. It boasts not only spectacular Prague, but also Olomouc, nicknamed "The Pearl of Bohemia".



**INVESTIR POUR LA RETRAITE EN CES TEMPS INCERTAINS WITH RONALD MCKENZIE**

Wednesday, April 25

C : 7:00 p.m. – 8:30 p.m. – in French

More than 60% of Quebecers do not have a pension plan from their employer. If they wish to have a decent retirement, they must rely on their own personal savings. Let Ronald McKenzie, professional journalist and contributor to Bel Âge Magazine and the website Conseiller, explain how to manage risk in your investments and how not to lose your shirt.