

The Catholic Women's League of Canada
Manitoba Provincial Council

EDUCATION & HEALTH



DATE: September 1, 2017

Communique #1

Inspired by the Spirit, Women Respond to God's Call

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

I hope that you all had a good summer and are all rested up and ready to tackle the rest of the year.

During my two years as chairperson for Education and Health I would like to focus on how we as the CWL can help the Catholic schools in our province.

Mission Statement

It is the role of Catholic Schools;

- to nurture the faith, values, traditions and beliefs of the Catholic Church,
- to assist parents as the primary educators of their children,
- to assist every child in reaching their full social, academic, emotional and spiritual potential,
- to foster the development of leadership and service to others including matters of justice and peace,
- to foster respect for all human life and all of creation.

In St Boniface Diocese the schools are: Christ the King school, Holy Cross school, St Alphonsus School, St Boniface Diocesan High School, St Emile School, St Gerard School, and St Joseph the Worker School.

In Winnipeg Diocese the schools are: Gonzaga Middle School, Holy Ghost School, Our Lady of Victory School, St Augustine School, St Charles Catholic School, St Edward's School, St Ignatius School, St John Brebuef School, St Mary's Academy, St Maurice School, and St Paul's High School.

In the Ukrainian Archeparchy the Catholic school is: Immaculate Heart of Mary School.

In Keewatin-The Pas Diocese: Let's not forget our sister in the north, I don't have a list of schools and couldn't find a list on line, so I am hoping that they will send me a list if they have one so I can share it with everyone.

I would suggest that you get in contact with the school that is nearest your council and ask them what we can do to help, if we don't ask we will never know.

The other thing that I would like to address in my two years is the home care situation in Manitoba. It is need of an upgrade and I am hoping that if we put our heads together we could come up with a way to help fix it, for it is quite broken.

With the closure of three of the six emergency rooms, the changes will see emergency rooms at Seven Oaks Hospital and Victoria Hospital converted to urgent care centres. The emergency room at Concordia Hospital will be closed and the hospital will focus more on transitional care for the elderly and physical rehabilitation

The three remaining emergency-room hospitals, Health Sciences Centre, St. Boniface Hospital and Grace Hospital, will be given more surgical beds and expanded mental health services.

Here are the criteria for giving blood:

- **Age:** There is no longer an upper age limit. If you have donated before and are over 17 and would like to book, give us a call! If you have never donated before, you can start donating at any time after your 17th birthday. It's always the time to start Giving Life.
- **Cancer:** For most types of cancer, you can donate 5 years after your treatment is complete and you are cancer-free. These include breast, prostate, colon, thyroid and uterine cancer. And for skin cancer such as squamous cell or basal cell, you can donate after treatment.
- **Flu Shot:** Getting the flu shot no longer means you can't come in on the day of your shot
- **Zika:** Travelers to locations outside of Canada, the continental U.S. and Europe have a waiting period of 21 days after their return home before donating blood.
- **Travel:** There is other travel that can mean you can't donate but don't assume, you might be ok to donate! **(for the last two for more information go to blood.ca and check out the travel criteria)**
- **Medications:** While taking some medications means you can't donate, most are ok. Most common medications, such as ones used to treat high blood pressure, high cholesterol, or depression are all ok.
- **Donation Interval: Females** - Female donors must now book their next appointment 84 instead of 56 days out to protect their iron levels.
- **Hemoglobin Test: Males** - Male donors are required to measure 130 g/L on the hemoglobin test (an increase from the previous 125 g/L)

Always remember that I am here to help you in anyway, if I don't know the answers I will try and get it for you as fast as possible.

May our Lady of Good Council guide you.

The Catholic Women's League of Canada
Manitoba Provincial Council

EDUCATION & HEALTH



DATE November 14, 2017

Communique # 2

Inspired by the Spirit, Women Respond to God's Call

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

Sorry for the delay for getting my communique out, but here I am. Looks like the snow is here to stay, mind you I just came in from a walk with my dog and it is quite nice out there, wouldn't mind if winter weather was like this.

The National Council is suggesting that we focus on Mental Health this year, last year we for focused on palliative care and they say we should still do so with the twelve hours of prayer as well. Here is a statement from the CMHA:

The Canadian Mental Health Association (CMHA) in its submission to the Canadian Institute for Health Research has stated that MAiD (euthanasia) for psychiatric patients should remain illegal. The reasons for the stance taken by CMHA can be found by following the weblink <http://alexschadenberg.blogspot.ca/2017/09/canadian-mental-health-association.html>

Along with my communique I will send the latest communique from our National E&H chairperson, Fran Lucas.

Great News! We heard many well-expressed presentations about why Bill 34 is so important and necessary. It took over 3 hours to hear everyone but shortly afterwards the committee of MLAs approved the bill as it stands! The bill will be voted on in the House. We need to give thanks to the Lord for His faithfulness and for helping the presenters. This bill has received Royal Assent and is now **law**.

Catholic Schools in Manitoba

For decades prior to Manitoba's becoming a province in 1870, education was provided by religious denominations both Catholic and Protestant. Funding for the schools was provided by a combination of tuition fees and grants from the Council of Assiniboia, the Hudson's Bay Company and the supporting churches.

One of the first statutes passed by the Manitoba legislature in 1871 was an Education Act, which continued the arrangement that existed prior to 1870 and provided for Catholic denominational schools supported by Catholic taxpayers and Protestant denominational schools supported by Protestant taxpayers with provincial grants shared proportionally by the schools.

In 1871, the population of Manitoba was approximately 11, 000 about equally divided between French-Catholic and English-Protestant Manitobans. Over the next 20 years, there was a dramatic increase in population to 152, 000 only 15% of which was Roman Catholic.

In 1895 they were ordered to be all public schools. They petitioned the government and got a bill to restore the Catholic schools but it didn't go to the third reading before the election and therefore wasn't passed, nor was it brought up again with the new government.

In 1896 Prime Minister Laurier and Manitoba Premier Greenway reached a compromise which would provide a limited amount of time for religious instructions. This did not allow Catholic schools to share in public funds or relieve Catholics of supporting the new public schools.

Post 1890 the schools were owned and run by religious orders and staffed by them. They relied on funds from the parishes and tuition from the parents. The development of Catholic Schools was encouraged by the Archbishop of Saint Boniface. By 1950 lay teachers were hired.

In 1965 provision was made for private schools to get some help, such as textbooks purchases, transportation, and access to shops and home economics programs in public schools.

In 1974 the Catholic community along with the Jewish and Mennonite communities and other denominations formed the Manitoba Federation of Independent Schools (MFIS). They wanted to get funding from the Provincial government. On June 12, 1990 the Department of Education and Training (Manitoba) agreed to increase grants to qualified independent schools to a maximum of 80% of operating grant provided to the public schools.

Many schools closed in the 1970's for financial reasons. The student population in the 2000's stands at over 5000 students in 19 schools that remain in the province. Three schools are owned by religious orders: St Mary's Academy (Sister of the Holy Name of Jesus and Mary), St Paul's High School (Jesuit) and Immaculate Heart of Mary School (Sister Servants of Mary Immaculate) while Gonzaga Middle School is associated with the Jesuits. St Boniface Diocesan High School is owned by the Archdiocese. There are 14 parochial schools owned by parishes. They are all incorporated separately and have a Board of Directors.

St Augustine School in Brandon, the only Catholic school outside of the city of Winnipeg, is not independent and does not charge tuition as the staff are employees of the Brandon School Division (Public) through an agreement negotiated in 1967.

As you can see Catholic schools have a long history in Manitoba. They have survived and flourished through the sacrifice and dedication of religious orders, bishops, pastors, parishes and parents who built and continue to operate them.

Here is a list of schools in Manitoba:

Archdiocese of Saint Boniface: Christ the King School, Holy Cross School, St. Alphonsus School, St. Boniface diocesan High School, St. Emile School, St. Gerard School, and St. Joseph the Worker School.

Archdiocese of Winnipeg:

Gonzaga Middle School, Holy Ghost School, Our Lady of victory School, St. Charles Catholic School, St. Edward's School, St. Ignatius School, St. Mary's Academy, St Maurice School, St. Paul's High School.

Ukrainian Archeparchy:

Immaculate Heart of Mary School.

Blood services:

As you know that blood services have cut back on rural blood donation sights. The reason I got when I asked about it was that it was mainly for cost savings. Here is a break down on how long blood last after donated, red blood cell – 42 days, Platelets – 7 days, and Plasma can for frozen for one year, but not everyone can be a platelet donor. The blood has to be split up for use in 3-day after gathering, so when they have an out of town donation sights, that is one day and that only leaves two more days. When the blood is received it has to be tested and then processed. I was asked to pass on that they are short blood donations for the week of December 18th. They are about 300 appointments short for their target. Please pass this on to all your members and ask them to pass it on with their families and friends.

May Our Lady of Good Council guide you in all you do.

The Catholic Women's League of Canada
Manitoba Provincial Council

EDUCATION & HEALTH



DATE February 23, 2018

Communique # 3

Inspired by the Spirit, Women Respond to God's Call

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

It is hard to believe that it is the end of February already, pretty soon spring will be here and flowers will be blooming. Festival du Voyageur and the Olympics have come to a close and it is time to get ready for the conventions that are coming up in the near future.

I am hoping that you are still helping out the Catholic schools in your area and elsewhere. I would like you to please help out the Catholic School of Evangelization in St Malo, they have a winter camp and a summer camp for children and young adults.

Their mission: We are LEADER in the NEW EVANGELIZATION, We invite young people to know and follow JESUS.

They do this by leading, inviting, forming and encouraging. They were formed in 1992. They could use your help, please consider making them one of your charities that you contribute to this year.

12 Hours of Prayer for Palliative Hospice Care: is once again an initiative councils are encouraged to undertake. Mental health is the national focus for 2018. Each standing committee has been asked to tie mental health awareness into its messages or activities. The Canadian Hospice Palliative Care Association (CHPCA) is holding a Hospice Palliative Care Week from May 6-12, 2018. Specific activities have yet to be announced. Per council post evaluations from last year's event, the League's annual initiative is slightly changed in that members are encouraged to participate May 6th – 12th in line with CHPCA. Consider choosing a day that best suits your members. More information will be launched to the national website in two stages on February 28th and on March 9th.

May 1-7, 2018 is Mental Health Week: Encourage members to promote an activity during this week. Last year's postcards to send to the federal government with a response request on what action it will take are available to print at www.cwl.ca under the Resources tab/100 Series: Crest, Stationery and Other Council Supplies, item 177 Mental Health Postcards.

As I mentioned in the email that I sent out the other day, the blood services is in need of blood, so please donate if you are able and if you are not then please let you friends and family know. Remember there is no upper age limit to donate.

7 Reasons Why Connection With Self and Others is So Important

As per Margaret Paul, Ph.D. at Huffington post

* * *

1. Connection to the self allows us to be fulfilled by who we are. Failure to do this creates a black hole the "becomes like a vacuum, trying to pull love from others."
2. If we are in a state of abandoning ourselves (ie. the black hole), we likely attract others who are in the same boat. "We cannot fill up another person." Once you fill yourself up with love, then you can share love with others.
3. Disconnection from self can lead to depression. Sometimes this leads us to feelings of social isolation as well. Remember: people in strong communities are connected with others BECAUSE they are "connected with themselves and take responsibility for their own feelings."
4. When we are disconnected from ourselves we are disconnected from our most valuable asset: our internal compass. When this leads us astray, we can get stressed which has large physical health implications.
5. Avoiding connection could mean that we're seeking something out to fill that space. But we are the only thing big enough and good enough to fulfill that role!
6. Disconnection from self leads us to be our own bully. Trade violence to the self, whether verbally, emotionally, or physically, and turn it into compassion.
7. Personal fulfillment and connection with the self lead to a life of creativity, joy, and passion. Connection with ourselves prevents boredom with life, and creates opportunities far greater than we ever could imagine.

Our Lady of Good Council pray for us.

The Catholic Women's League of Canada
Manitoba Provincial Council

EDUCATION & HEALTH



DATE September 4, 2018

Communique #4

Inspired by the Spirit, Women Respond to God's Call

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

I hope you all had a great summer break and are refreshed and ready to start the fall and winter session.

Here I am trying to write up my communique, while babysitting my 4 year old and 5 year old grandsons. I am up for the challenge, I think. They just remind me how important it is for me to take care of myself and to keep on exercising.

Well the conventions are all over, the National was quite a success. I hope that you were able to enjoy them. I took in two of the workshops on Tuesday morning, Trafficking and Homelessness. They were both very informative.

In trafficking, I was surprised to learn how many boys and girls ages 12 to 14 who are being brought into the sex trade in Canada. We all believe that we live in a safe country, but it is happening here right now. I encourage all of you to go the Joy Smith Foundation website and see how we can all help to stop this horrible thing from going on any further.

We have a lot of homeless people in Canada and in Winnipeg. We listen to someone from Siloam talk about the Exit Up program that launched in 2014, to help people ages 18 to 25 to get job and housing after they leave Child services. She also spoke a bit about what is all done there from feeding the poor to giving them a bed to sleep in at night. They also have clothing programs and education program, medical care, and dental.

Palliative Care

The Canadian Conference of Catholic Bishops (CCCB) has participated in the public consultation on palliative care coordinated by Health Canada which is in response to the passing of Bill C-277- *An Act providing for the Development of a Framework on Palliative Care in Canada*. It is report on what come out of the conference they had with Health Canada. There are now 105 health care facilities across Canada, either self- or parent-governed by 43 Catholic healthcare organizations, which accounts for

13,738 healthcare beds in Canada. These facilities are supported by 19 dioceses and 14 Catholic sponsors, spanning 6 provinces and 27 health regions/authorities. If you want to learn more, go to their website and put palliative care into the search, then select **CCCB Participates in Health Canada's National Consultation on a Palliative Care Strategy for Canada**, here is a letter in pdf that you can open and read.

The 12 Hours of Prayer for Palliative Care is in May 2019, never too early to start thinking about it.

Mental Health

Please continue to advocate for youth suicide prevention initiatives, and support and treatment for youth dealing with mental health illness challenges, with postcards that available on the website, and also go to the "Right by You" campaign for a wide variety of valuable resources. This to support resolution 2015.01 Increased Early Access and Intervention to Children and Youth Mental Health Services. Let us keep things going on this until the government comes up with a real good solution.

Catholic education

Catholic education continues to be struggle with continual attempts to weaken or eliminate it. Please let's support our Catholic schools so that we always have Catholic education.

Did you know that 2 out of 5 Canadian adults, that is nearly 9 million people, are unable to read well enough to perform daily tasks.

Environment

Our planet is still having a big problem with pollution. It great to see that some large and small restaurants have banned the use of straws, which a step in the right direction. What can we do at council level to help with this problem that we have? We can stop using Styrofoam cups, stop using plastic bottles, bringing our own cloth bags to the store for our groceries instead of using plastic ones, and re-purposing as much as possible, to name a few. There is lots of information on line if you are in need of some help with this, from making you own cleaner to making your own shopping bags out of old t-shirts.

This year 6 women benefited from scholarships.

May Our Lady of Good Council guide you

The Catholic Women's League of Canada
Manitoba Provincial Council

EDUCATION & HEALTH



DATE October 15, 2018

Communique # 5

Inspired by the Spirit, Women Respond to God's Call

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

While I am sitting here composing my communique, the snow is falling out side my window, and i am sure blessed to have the furnace on and the warmth of my prayer shawl.

One of the questions that came up at the meeting with the Manitoba provincial council yesterday was, "can you donate blood after smoking cannabis?" Well the answer surprised me when I looked it up, yes you can. Marijuana users can donate, but they have to wait at least 12 hours after. The high will not be passed on to the blood transfusion recipient. On the topic of donating blood, here are the date that are the most helpful for the rest of this year: Monday October 22nd, Saturday October 27th, Monday October 29th, any Monday, Wednesday and Friday in October and November, and the Last two weeks of December (17th – 31st). Don't forget to use our number CATH011269.

On Saturday October 27th there is a symposium on Euthanasia "License to Care not License to Kill". It being held at the Best Western Plus Winnipeg Airport Hotel, 1715 Wellington Ave. from 9 a.m. to 4 p.m. The keynote speaker is Hon Nick Goiran, Liberal MP, Western Australia and also six other speakers.

The night before on the 26th they will be also screening Fatal Flaws: Legalizing Assisted Death at 7 p.m. The cost is \$50.00 (includes lunch). Also remember that the Euthanasia Prevention Coalition (EPC) is now a national voluntary fund.

On the Canadian Conference of Catholic Bishops (CCCCB) web page you will find a write up on "The right of safe drinking water." It is sad to see that there are people living here in Canada that don't have access to safe drinking water. This is something that we should get behind and start writing our member of the Provincial and Federal government to get this solve as fast as possible. Please go on line and read what the Bishops have to say on this topic.

Please remember to help out the Catholic schools in your areas and keep them in your prayers. May our Lady of Good Council bless you.

The Catholic Women's League of Canada
Manitoba Provincial Council

Education and Health

Date February 28, 2019



Communiqué #6

Care For Our Common Home

TO: Diocesan Presidents (for information and forwarding to Parish Councils)
Diocesan Chairpersons of Education and Health
CC: Provincial Executive (for information)
CC: National Chairperson of Education and Health (for information)
FROM: Doreen Howe, Provincial Chairperson of Education and Health

Well spring is on the way, only 20 more days to go. Winter seemed like a long and cold time to go through but we can make it, so:

HOLD ON TO...

YOUR SENSE OF SELF. [As we cycle through jobs](#), relationships and years, we tend to change roles the way we change clothes. We get good at wearing multiple hats—a professional hat, a partner hat, a mom hat, a friend hat—but the parts of ourselves that aren't put on for the benefit of others can get lost. Who are you when you aren't playing a role, when you're feeling free and untethered from rules and social restrictions? That self is the self you need to guard closely.

YOUR SENSE OF COMMUNITY. A community can be a group at work, at church or on your street. Whatever it is, plugging into a population of people reminds us we're part of a larger whole. Contributing to that community assures us just how vital we are—an essential spoke in a wheel that keeps turning something larger than we're turning.

YOUR SENSE OF SPIRITUALITY. Spirituality is defined not by religion but by some sense of magic or wonder—or the divine. In those moments of childlike marvel, we find healthy perspective, inspiration and restoration. Yet, spirituality is the first thing we skimp on when time gets tight. It can be as simple as a walk in the woods or a short meditation or prayer, but attuning to the awe-inspiring is food for the soul.

YOUR SENSE OF PURPOSE. You likely know precisely what you need to do every second of every day. You have your weeks and months mapped out and accounted for with military precision. You have a to-do list as long as your arm. But why do you do all that you do? Why do you return work emails while laundering hockey jerseys and raising funds for the (fill in the blank) charity? A sense of meaning ignites motivation, fuelling our efforts. Without it, we're automatons, sleepwalking through our lives.

YOUR SENSE OF HUMOUR. Sometimes, life is hard; sometimes, it's intense. But it doesn't need to be—not all of the time. If we can laugh at ourselves, our situations, our human foibles, the rest is so much easier. [A good laugh can heal hurts](#), lift spirits and help centre and reconnect us with what's worth holding on to in life.

I went to CHAM workshop on Ethics Education on Suffering workshop at the St Boniface Cathedral. They had two speaker: Dr. Christine Jamieson Ph.D. (Ethics), M.A., L.Th., B.Th. Concordia University, Montreal. On “The Gift Given by Those Who Suffer” She explored the gift given by those who are “marked” through the affliction of physical and mental illness, or of disability and how we experience the unique transformation that is only possible through our encounter with the one who suffers illness or is disable.

The other speaker was Katarina Lee, JD, MA, BA Ethicist, St. Boniface Hospital on the “Value of Suffering” Katarina Lee discussed end of life issues and their interaction with the notion of suffering as well as how the Canadian cultural shift towards Medical Assistance in Dying has devalued suffering. Katarina also spoke on society’s ability to appropriately address suffering, the philosophical reasons for suffering, and the benefits and limitations of palliative care.

Dr. Jamieson said that we have to stop labelling physical and mental illness in a different way and to realize that they have something to offer to society. She talked about generic modifying of fetuses could go wrong because it makes those who have mental or physical disability feel like they are not wanted in this world because people would like perfect children. She also said that we have to learn to listen to them by asking them how they feel instead of thinking they are suffering because of their illness.

Katarina Lee told us that the meaning of suffering is the state of under going pain, distress, and heart ship. There are two ventures of life, high and low, courage and justice. The key themes that she spoke about was endurance, resilience, patience, compassion, innovation, and enter-connected. She said that the most common thing that she hears from the people who are suffering is that they don’t want to be a burden on anyone. When it comes to euthanasia that is one of the reasons that people will opt for it. If we show the person caring, compassion and empty, that there is palliative care for them, all these things help in the process of suffering and death. There is two time in your life that you could feel like you are burden on someone, when you are a baby, which you probably wouldn’t realize if you are, and when you are elderly.

We only donated 169 of our 200 unit of blood in 2018. I left our goal at 200 and hoping that we can reach or surpass this amount this year. If any of your friends or family donate please ask them to use our CWL number CATH011269. It doesn’t matter if they are members or not, anyone can donate using our number.

It’s the time of the year when our catholic schools are registering for the next school year. Please keep them in your prayer, also please keep in touch with them to see if there is any way of helping them out. The same goes for catechism and the youth groups in our parishes, ask to see how your council can help them out. It is so important to make sure that parish continue to support the children and youth of our parishes with value education.

Did you know:

- that cattle farming is the main cause of deforestation in the Amazon
- the average serving of meat represents many times the greenhouse gas emissions of the average serving of fruits, vegetables and grains.

With lent coming let's try and eat less meat and more fruits, vegetable, and grains to help the environment, because every little bit helps.

Blessings and may our Lady of Good Council be with you all during the lent and Easter season.

You learn to speak by speaking,
to study by studying, to run by
running, to work by working, and
to love by loving.

St. Francis de Sales