



The Catholic Women's League of Canada

MEMO

DATE: October 5, 2018

FROM: Faith Anderson, national chairperson of education and health

TO: Parish chairpersons of education and health

CC: Parish presidents, diocesan presidents, provincial presidents and life members (on request)

Bursaries

There is a change to the national bursary fund in 2019. United States courses may be pursued if the program is not available in Canada. This may widen the opportunities for members.

Environment

Waste Reduction Week in Canada October 15 – 21, 2018.

Each day is dedicated to a particular facet of waste reduction. October 18 focuses on plastics. Visit Waste Reduction Week In Canada <https://wrwcanada.com/en>

Some plastic facts:

- Since the 1950's 8.3 billion tons of plastic has been generated around the world and only 23% of those plastics have been recovered or recycled. It is estimated that an additional 12 billion tonnes of plastic will be lost to disposal by 2050.
- 700 species of marine animals are threatened because of ocean waste.
- 1 billion single-use plastic bags are handed out in Canada each year.
- Canadians throw away approximately 57 million single-use plastic straws everyday – more than 2 billion each year.
- Canadians use approximately 2.5 billion litres of bottled water each year.

At the 2018 G7 Summit, the *Oceans Plastic Charter* was signed by leaders of Canada, France, Germany, Italy, the United Kingdom and the European Union. These countries are committed to move toward a more resource efficient and sustainable approach to the management of plastics. Visit g7.gc.ca/wp-content/uploads/2018/06/OceanPlasticsCharter.pdf for more information.

Mental Health

- **Mental Illness Awareness Week October 1 – 7, 2018.** World Mental Health Day is October 10, 2018. Review Resolution 2015.01 Increased Early Intervention and Access to Children and Youth Mental Health Services available on the national website cwl.ca. Write letters to government leaders and inform members on the need for youth mental health services. Youth Mental Health Canada indicates that wait lists for youth in a mental health crisis are one year and more for support and services.
- **Autism Awareness.** October is Autism Awareness month. Resolution 2004.08 Treatment of Autistic Persons calls for governments to address the needs of autistic persons by providing adequate funding for diagnosis, early intervention and treatment, and family support systems. What can members do? Write letters to federal and provincial/territorial ministers of health asking them to address the needs of autistic persons, and educate council members on autism.

Palliative Care

The Euthanasia Prevention Coalition offers an 80-minute DVD documentary entitled *Fatal Flaws: Legalizing Assisted Death* as well as *The Euthanasia Deception*, a 52-minute DVD documentary featuring powerful testimonies from Belgium, Canada and beyond of lives devastated by the false ideology of “mercy killing”. Brochures offered for purchase are *Protecting People From Euthanasia & Assisted Suicide* and *Fatal Flaws*. Visit epcc.ca for more information or to order copies.

Resolution 2016.02 Eating Well With Canada’s Food Guide

In 2016, the federal government held open consultations about the needs and expectations for a revised Canada Food Guide. Part 1 of the new dietary guidance policy report for health professions and policy makers consisting of general healthy eating recommendations will be released in 2018 and part 2 will be released in 2019, consisting of the new dietary guidance policy report consisting of healthy eating patterns (recommended amounts and types of foods).



Faith Anderson
National Chairperson of Education and Health