



The Catholic Women's League of Canada

MEMO

DATE: September 30, 2019

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)

ENCL: Water Challenge Pledge Report
National Bursary Fund Brochure

Welcome back after the summer hiatus. With autumn beginning, there is much to be thankful for. Members continue to honour and celebrate Mother Earth who provides for our daily needs. As promised, the “Water Challenge Pledge” report is attached. I am pleased and excited that members answered the call of *Laudato Si’ (On Care for Our Common Home)*, with more than 2,000 members participating in the pledge. It is never too late to make a personal pledge.

Catholic Education

If you reside in one of the lucky provinces that offer Catholic public schools, there is still an ongoing need to be educated and informed on this issue. Take time to contact the schools and become aware of any issues or immediate needs. Should you reside in a province that does not offer Catholic public school options, but have Catholic private schools, it is even more important the option of Catholic schools be preserved. These institutions need support—reach out and make the League a welcoming force in Catholic schools in your area. St. Mary’s University in Calgary has a CWL Chair for Catholic studies. Is there a way for your council to support Catholic education?

LITERACY AND CONTINUING EDUCATION

Coady International Institute

Individual and council contributions to the Coady International Institute national voluntary fund for the period July 1, 2018 to June 30, 2019 totaled **\$23,991.44**. Due to restructuring at the institute, the Diploma in Developmental Leadership Program is not offered in 2019. A motion was adopted at the 2019 national convention to disburse the funds collected to the Global Change Leaders program for this year. Global Change Leaders program is a seven-week education program offered by Coady Institute’s International Centre for Women’s Leadership. This program “enables women from developing countries to strengthen their leadership capacities in order to contribute to innovation and change in their organizations and communities” (coady.stfx.ca). Thank you for the ongoing support to Coady Institute.

SCHOLARSHIPS AND BURSARIES

The National Bursary Fund brochure has a new look and brings clarification to several areas. Members can apply in a variety of areas, i.e. attending courses, seminars, conferences, workshops and diploma

or degree programs, providing the necessary criteria is met. The national executive would love to support members expanding their knowledge and personal development. Please make members aware of this opportunity. Thank you to members and parish councils for donating to this fund, allowing more applicants to receive funding.

WELLNESS AND SICKNESS/DISEASE

Bell Let's Talk Campaign is Canada's largest corporate initiative dedicated to mental health. The national awareness campaign begins with Canadians sharing personal stories about mental illness. Bell donates five cents to Canadian mental health programs for each interaction on Bell Let's Talk Day at no cost to participants beyond what they normally pay the service provider for online or phone access. For more information visit letstalk.bell.ca.

Partners for Life program with Canadian Blood Services using the League's unique Partner ID (CATH011269) may be promoted to members. Did you know when donating blood you may direct the donation to several different groups, i.e. the League and Knights of Columbus? Some changes in eligibility have occurred that need to be highlighted.

- There is no longer an upper age limit.
- For most types of cancer, you can donate five years after treatment is complete and you are cancer free.
- While taking some medications means you cannot donate, most are okay.

Visit the Canadian Blood Services website, blood.ca for more information. Members are encouraged to make regular blood donations. Canadian Blood Services states, "It's something you can do today to ensure someone else is waking up healthy tomorrow."

ENVIRONMENT

Waste Reduction Week—October 21-27, 2019

"Each day during Waste Reduction Week has its own theme [i.e. plastics & packaging – October 24, Food waste – October 25 etc.]. Participants have the option to support areas that are most important to them or learn about a new issue" (wrwcanada.com/en/2019-theme-days). Visit wrwcanada.com for more information.

Although this week brings the topic to our attention, invite members to follow the mantra "**Reduce, Reuse, Recycle**" every day. What better way to *Care for Our Common Home*?

- Eliminate single use plastic (including plastic straws).
- Discontinue use of Styrofoam cups and plates.

Dr. Peter Baltutis, associate professor at St. Mary's University, Calgary, provided the following facts on plastic during his presentation at the 2019 annual national convention:

- Approximately eight million metric tons of plastic are thrown into the ocean annually.
- There are five massive patches of plastic in the oceans around the world, including one the size of Texas between California and Hawaii.
- Every minute, one garbage truck of plastic is dumped into an ocean.

Dr. Baltutis' presentation, "Living *Laudato Si'*: Practical Tools on How We Can Care for Our Common Home" at the convention challenged members to live simply. As councils resume activities this fall, members are encouraged to continue focussing on water in relation to *Care for Our Common Home*. Let us be true disciples and ensure a sustainable environment for children and the future.



WATER CHALLENGE PLEDGE

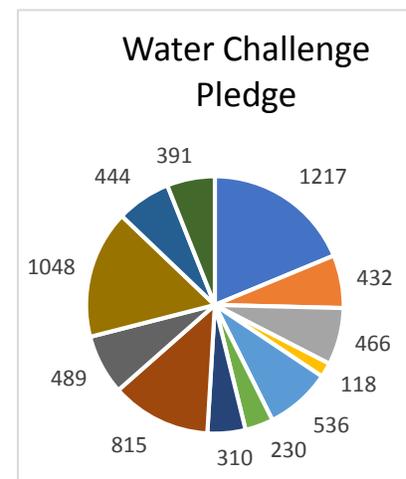
2019 FOCUS: WATER

REPORT

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.” – Mother Teresa

Congratulations to members who have taken the “Water Challenge Pledge.” The intent of the pledge was to help members become consciously aware of water used in the home. Thank you to the more than 2,000 members who responded. The breakdown of the pledges is as follows:

- 1,217** Turn the tap off while brushing teeth until time to rinse.
- 1,048** Use the washing machine and dishwasher only when fully loaded.
- 815** Take shorter showers.
- 536** Turn off the faucet until needing to rinse.
- 489** Use a low-flow toilet or place a container in the tank to reduce water level.
- 466** Fix drips or leaks.
- 444** Collect rainwater in a barrel for watering plants and gardens.
- 432** Do not flush the toilet every time.
- 391** Water outdoor plants in the early morning.
- 310** Take the car to a car wash that recycles the water.
- 230** Use pasta cooking liquid or other vegetable cooking water to water plants.
- 118** Place a bucket in the shower to catch water until the desired temperature is reached.



Some additional ways members pledged to conserve water:

- Explore and set up aquaponics home system to grow produce for family, using up to 80% less water.
- Grow drought tolerant perennials.
- Install drip irrigation and attach to water barrels.
- Save water by planting bushes instead of annuals.
- Use a low-flow automatic water system for outdoor watering.
- Use a soil moisture meter to gauge when watering is necessary.
- Use mulch in between garden plants to conserve moisture and to not water unnecessarily (xeriscape).
- Use passive hydroponics (Kratky Method) to grow produce/herbs.
- Use soaker hoses to keep water in specific places.
- Use water collected from a humidifier to water plants.
- Water lawns less frequently.
- Eliminate bottled water by having a reusable water bottle or using a water cooler.
- Keep pots on the balcony (apartment) to collect rain water.
- Save potato water for making soup or bread.
- Use a broom instead of a water hose to clean the driveway.
- Use leftover water from the Keurig to water plants.
- Use rain water and a pail to wash car and windows.

- Use rainwater harvesting techniques.
- Use river water to water plants.
- Use water from handwashed laundry for other jobs, e.g. floor washing.
- Encourage household members to take shorter showers.
- Use the pressure washer less often.
- Use a conservation shower head in the shower.
- When cleaning fruits and vegetables, do not let the water run.
- Educate—especially family and children.
- Endeavour to learn about the lack of clean water on Canada’s First Nation reserves.
- Pass on the 13 water conservation suggestions to adult children and grandchildren.
- Ask restaurant servers to put water on the table only if requested.
- Keep a pitcher of water in the refrigerator for cold water.
- Put ice cubes in the water glass.

- 💧 Lilly Schulz, **St. Andrew Parish Council** (Fraser Lake, British Columbia) commented, “This was a good opportunity for us to reflect on our water usage and think of ways we can conserve water.”
- 💧 Cheryl Harris, **St. Michael’s Basilica Parish Council** (Chatham, New Brunswick) stated, “Do all the items listed – each suggestion is excellent. Such a great and important cause.”
- 💧 Arlene LeBlanc, **St. Mary Parish Council** (Barrie, Ontario) indicated, “52 members at a general meeting responded by a show of hands which of the water conservation techniques they practised at home. It was an engaging evening as a lot of conversation was heard and for sure new information was learned during the undertaking of the survey.”
- 💧 Bev Katchmer, **St. Ann Parish Council** (Abbotsford, British Columbia) said, “Thank you for encouraging us to ‘care’ for our precious water supply.”
- 💧 Rose McCormick, **Precious Blood Parish Council** (Sault Ste. Marie, Ontario) reported, “Our council takes preservation of water very seriously and we want to do our part to preserve this necessary resource. We have had many discussions and encourage water preservation at every opportunity.”
- 💧 Marie Major, **St. Mary Parish Council** (CFB Gagetown, New Brunswick) stated, “We found this project to be a very worthwhile one and our members were very keen to participate.”

One additional comment stating, “We could have saved paper by doing an online survey/pledge”, was made. This comment is appreciated and such a format will certainly be considered for any future endeavours.

Members submitted numerous solutions to conserve water at home. Many good comments were made and while unable to mention them all, those listed reflect a good cross-section of member efforts to make water a priority. Please continue to honour the pledges made. If you have not yet started, there is no time like the present!

May Our Lady of Good Counsel bless your homes as you take one small step to *Care for Our Common Home*.

Faith Anderson
National Chairperson of Education and Health

In Pope Francis’ message for the World Day of Prayer for the Care of Creation he stated, “It is my prayerful hope that Christian communities may contribute more and more concretely helping everyone to enjoy this indispensable resource, in respectful care for the gifts received from the Creator, and in particular rivers, seas and oceans” (*Vatican News*, “Pope Francis: Care for water is urgent imperative”).