



# The Catholic Women's League of Canada

## MEMO

**DATE:** March 26, 2018

**FROM:** Fran Lucas, 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)

Following member input this memo comes in a different format. It will serve to remind members of an issue or fact, educate them on a new item and challenge them to tell others what was learned regarding a vast array of items associated with education and health. This “did you know” approach is an attempt to bring awareness to the following statements and to share them with others.

### **DID YOU KNOW:**

- ❖ The national focus for all standing committee chairpersons this year is mental health?
- ❖ The Canadian Mental Health Association's Mental Health Week is May 7-13, 2018?
- ❖ Exercise improves mental health?
- ❖ National bursary applications are awarded once a year with submissions required to be postmarked by May 31<sup>st</sup>?
- ❖ Bursary donations have been added to the national voluntary fund form?
- ❖ World Catholic Education Day, designated by the Vatican, is May 10, 2018?
- ❖ Earth Day is April 22, 2018 and this year's theme is *End Plastic Pollution*?
- ❖ Resolution 2015.02 Ban the Use of Plastic Microbeads in Personal Care Products was presented to the federal government and a law was passed? Microbeads are identified as a toxic substance under the *Canadian Environmental Protection Act*. Effective July 1, 2018 microbeads are banned in shower gels, toothpaste and facial scrubs. Effective July 1, 2019 microbeads found in natural health products and non-prescription drugs will also be banned.
- ❖ The average Canadian throws away 100 kilograms of plastic a year?
- ❖ Plastic accounts for 80-90% of ocean pollution?
- ❖ Lack of clean water in Indigenous communities in Canada is still problematic? The federal government is committed to ending long-term drinking water advisories by March 2021.
- ❖ Councils are invited to pick a day from May 6-12, 2018 to hold “12 Hours of Prayer for Palliative Care”?

- ❖ The World Union of Catholic Women’s Organization (WUCWO) reaches out to the League on a regular basis to carry out research and to share actions taken in various areas?
- ❖ “Five times as many women die from heart disease as from breast cancer”, “Heart disease is the leading cause of premature death for women in Canada”, and “Every 20 minutes, a woman in Canada dies from heart disease”?
- ❖ “In 2012, about 8.1 million individuals, or 28% of Canadians aged 15 years and older, provided care to a family member or friend with a long-term health condition, disability or aging needs”?
- ❖ Exposure to radon, a colourless and odourless gas, is the second leading cause of lung cancer? Get your home tested.
- ❖ The League will receive a lifetime Xaverian Patron award from St. Francis Xavier University for the funding of Coady International Institute?
- ❖ “According to data from the UNESCO Institute for Statistics (UIS), about 263 million children, adolescents and youth worldwide (or one in every five) are out school – a figure that has barely changed over the past five years”?
- ❖ There are over 30 current resolutions pertaining to health and environment that members and councils can work on?

Which of the above statements can you take action on?

“Have confidence and strong faith that God will assist you in everything.” (St. Angela Merici)



Fran Lucas

National First Vice-President and Chairperson of Education and Health