



**Notre Dame Catholic Women's League**  
*The CWL is the united voice of Catholic women expressing their values and Promoting dignity and justice for all*

*For God and Country*

**December 2017      Inspired by the Spirit, Women Respond to God's Call**

**Meetings – First Wednesday of Month    Sept-November/ Feb. – May**  
**Mass 7:00 PM    Meeting follows      Next meeting: Wed. February 7, 2018**  
**President: Linda Parker 204 482-6193      Membership: Crystal Reiter 204 785-1505**

**Passed in the Manitoba Legislature in Mid November**

**Bill 34 THE MEDICAL ASSISTANCE IN DYING (PROTECTION FOR HEALTH PROFESSIONALS AND OTHERS) ACT**

**Conscience-based objection – providing medical assistance in dying 2(1)** A medical practitioner or nurse practitioner may refuse to provide medical assistance in dying on the basis of his or her personal convictions.

**Conscience-based objection – aiding in providing medical assistance in dying 2(2)** An individual, including a member of a regulated profession, may refuse to aid in the provision of medical assistance in dying on the basis of his or her personal convictions.

**Professional regulatory body's rules cannot require participation** For greater certainty, a professional regulatory body must not

make a regulation, by-law, rule or standard that requires a member of the regulated profession to provide or aid in the provision of medical assistance in dying.

**No disciplinary proceedings 3(1)** The registrar or executive director of a professional regulatory body must dismiss a complaint about the conduct of a member of the regulated profession, or a part of such a complaint, if the registrar or executive director is satisfied that the complaint or part relates solely to the fact that the member refused to provide or aid in the provision of medical assistance in dying on the basis of his or her personal convictions.

**No adverse employment action 4** An employer must not take adverse employment action against an employee because that employee refused to provide or aid in the provision of medical assistance in dying on the basis of his or her personal convictions.

Thank –You Letter: Consider sending a Thank-you letter to our Provincial Government for the passing of the above Act which we have been lobbying for.

**Hon. Brian Pallister, Premier**

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450 Broadway  
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**Kelvin Goertzen Minister of Health**

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**Papal Intention for December – The**

**Elderly** – That the elderly sustained by families and Christian communities may apply their wisdom and experience to spreading the faith and forming the new generations

**World AIDS Day Dec. 1\***  
**National Day of Remembrance and Action on Violence Against Women In Canada**

**December 6\***

**Human Rights Day Dec. 10\***

## **Seasonal Flu**

To protect yourself and your friends and family from getting influenza (flu), Manitoba Health, is encouraging all Manitobans to get a free flu vaccine EARLY fall and EVERY fall.

For the 2017-18 season, an annual flu vaccine is especially important for those at increased risk

of serious illness from the flu, their caregivers and close contacts. This includes:

- People 65 years of age and older
- Residents of personal care homes or long-term care facilities
- Children six to 59 months of age
- Individuals with the following chronic health conditions:
  - An immune system weakened by disease or medical treatment
  - Cardiac or pulmonary disorders (ex: cystic fibrosis, asthma)
  - Neurologic or neurodevelopmental conditions
  - Diabetes and other metabolic diseases
  - Renal disease
  - Anemia or hemoglobinopathy
  - Obesity (body mass index  $\geq 40$ )
  - Pregnant women
  - Health care workers and first responders
  - Regular caregivers of children up to five years of age
  - Indigenous peoples

Manitobans over the age of 65 should also get a pneumococcal (Pneu-P-23) vaccine at the same time as the flu vaccine. Both the flu and the Pneu-P-23 vaccine are offered at no charge for people aged 65 and older as well as to some people two years of age and older who are at increased risk of pneumococcal infection. The Pneu-P-23 vaccine helps protect against pneumococcal disease, including a serious type of pneumonia, blood infections and meningitis. Most people need only one dose of Pneu-P-23 vaccine. Some people living with certain medical conditions require a second dose of Pneu-P-23 vaccine; talk to your health care provider to determine if/when a second dose is required. (cont'd on page3)

To get your free flu vaccine and/or Pneu-P-23 vaccine, visit your local public health office, nursing station, doctor's office, pharmacy, QuickCare Clinic, ACCESS Centre, or the nearest immunization clinic. Remember to contact your health care provider first to check for flu and/or Pneu-P-23 vaccine availability. Your local pharmacist can provide immunization services to people 7 years of age and older. Remember! Your local pharmacist can also provide immunization services to people 7 years of age and older. If you have any questions about seasonal flu or pneumococcal immunization: Speak with a health care provider or call Health Links – Info Santé toll-free 1-888-315-9257

*Congratulations to our President Linda Parker who recently celebrated her 75<sup>th</sup> Birthday!*

*i thank  
the Lord  
for you.  
happy  
birthday!*

*National Executive identify Mental Health as Priority for 2018*  
At its fall meeting the executive of the Catholic Women's League of Canada has identified mental health as the priority focus for 2018. Recognizing that mental health often has a causal link to poverty, homelessness, suicide,

human trafficking, prostitution and other forms of abuse against the dignity of persons, all standing committees were asked to consider how to shed light on the issue through prayer, ministry and outreach to those suffering from mental health issues, advocating for increased access to quality support services, and raising the awareness of members so they may be able to respond to those in need, Recognizing that the meeting was held on Treaty 1 territory and committed to learning more about Indigenous culture and the relationship between Indigenous and non-Indigenous peoples in Canada, members participated in a Kairos Blanket Exercise. Additionally, members of the national executive responded to an invitation from Fr. David Reilander, president of Catholic Missions in Canada, to accompany him on a visit to one of the missions, Fort Alexander, Manitoba, home to approximately 6,000 people of the Sagkeeng First Nation. The national executive gathered in celebration of the Eucharist at Saint-Alexandre Church, followed by a tour of the church and community, lunch and meetings with Chief Derrick Henderson of the Sagkeeng First Nation.





**Canadian Blood Services**  
it's in you to give

**Community Blood Donor Clinic**  
**Selkirk Recreation Complex**  
**Banquet Hall 180 Easton Drive**

**Tuesday January 2, 2018: 4-8**

Thank you to Wendy Smolinski who has graciously agreed to be the contact person for the blood donor clinic. If you are interested in helping out at the clinic as a volunteer please speak to Wendy. She can be reached by phone at 204 738-2427

### **Perogies**

Thank you to all our volunteers for their countless hours peeling, cooking, mixing, balling, rolling, pinching, more cooking and bagging in the latest CWL Perogy Bee! With your help we made and sold over 400 dozen. Fiona

All perogies have been sold and will not be available this weekend



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**Diocesan Spiritual Advisor** Father Michael Wollbaum, our current **diocesan spiritual advisor**, has almost fulfilled his 5 year term but due to his further continuing studies, he has asked the Archbishop for an early departure as our advisor. The Archbishop has accepted his request. Father Dado Parrenas was appointed by the Archbishop as our new spiritual advisor. The installation of Father Dado will take place at our Annual Diocesan Convention Mass on Friday, April 13<sup>th</sup>, 2018 at St. Michael's church in Gimli. Please join us

for this installation and say good bye to Father Michael and welcome to Father Dado.

### **Building on Foundation – The League of the Future Strategic Planning**

As the League approaches 100 years, throughout it's history adaptations have taken place when signs of the times indicated adaptation was necessary. Members are being called to do so again. Strategic planning was set in motion at the fall 2016 national executive meeting and a committee was struck with the understanding that the plan must address all levels of the League.

### **Promoting Mental Health Through the Lifespan:**

**Children and Teens** Resilience, meaning the ability to recover quickly from difficulties, toughness (en.oxforddictionaries.com), is one of the key words used in the promotion of mental health today. Believed by some to be a quality we are born with, it is in reality a learned skill set that requires nurturing throughout life. Where some people may appear to be more naturally resilient than others, they usually have learned coping mechanisms from their parents and/or significant others. Challenges will always occur and change as people reach each life milestone, however, by equipping them with the proper tools, children and teens may learn to navigate the challenges they will face throughout their lifespan. An excellent resource by Pediatrician Kenneth R. Ginsburg is *Building Resilience in Children and Teens: giving Kids Roots and Wings*, where he cites the "7 C's Model of Resilience" that can help children and teens develop resilience. They include:

**Confidence –Competence –Connection –  
“Character –Contribution –Coping –  
Control – “**

*Remember the Date*

Coffee Sunday 1<sup>st</sup> Sunday of the Month

**December 8** – Feast Day of the Immaculate Conception

**December 10** – Human Rights Day (UN)

**December 12** – Feast Day of Our Lady of Guadalupe

**December 25** – Birthday of the Christ Child  
Remember-no meeting in January

**January 18-25, 2018.** Week of Prayer for Christian Unity

**Feb 11, Apr 15, May 6\***KC Breakfast

**March 3 & 24** Sat. evening KC Fish Fry

**April 13 & 14, 2018** Winnipeg Diocesan Convention , St Michaels's Church Gimli.

**August 11 to 14, 2018** Manitoba Hosts **98th CWL Annual National Convention** If you would like to volunteer please mail Susan [cwl2018mb@gmail.com](mailto:cwl2018mb@gmail.com) or speak to Crystal.



*Have a Blessed Christmas*

**Saturday Dec 8/ Sun. Dec. 9, 2017**

**Bake Sale** We are in need of “baking” for the upcoming Bake Sale & this can be dropped off downstairs prior to mass

December 9 & 10. Proceeds go to support the Northern Missions.

**Rainbow Auction.** Donations of NEW items for the auction Dec 9 th/10<sup>th</sup> Proceeds going to our bursary fund presented to graduates who are members of Notre Dame Church. All items may be left downstairs in the kitchen with a note from whom they were donated. Thank for your support.

**Knights of Columbus Breakfast**

Sun Dec 9– 10 am to 1 pm.

**Funeral Lunch Reception Services:**

Most of you will know that many of the funeral lunch reception services are prepared and served by CWL members who volunteer their time. Currently Fiona Lawson and Sylvia Malis are sharing the job of coordinating. When families ask to use our service we call on our volunteers to purchase, prepare and serve food and clean up.

The baking is donated by our members with the help of parishioners.

Audrey Wasnie is doing the phoning for baking.

We cannot predict how often this service will be required so when called your time is often needed on short notice. Please do your best to help out so that the work is shared. We currently charge \$6.50 per person for lunches. Proceeds go back to our Cwl account into our health fund.

DECEMBER 5  
INTERNATIONAL  
VOLUNTEER DAY



# Thanks to Our Volunteers!

November was Meals on Wheels month and again our faithful stepped up to help deliver trays to those who have difficulty getting out.

### From our National President:

Advent is upon us, a time when we prepare to celebrate the birth of Christ so long ago and anticipate his return. As we light the candles on our advent wreath weekly, we need to focus on the four things God gives us through His Son's birth:

⊕ **hope** – the confidence that good will win over evil

⊕ **peace** – that assures His followers that He is in control even when it feels like nobody is;

⊕ **love** – that is beyond our understanding

⊕ **joy** – for He will deliver us

As you busy yourself with your plans for Christmas, take the time to pause, reflect and try to be a little more thoughtful. Make the

greatest gift you give this Christmas be yourself – your presence, your words of affirmation and / or gratitude, your patient listening for a friend in need – all the small kindnesses that make you who you are. I extend to each of you the wish that is in my Christmas card from DaySpring: “May the heart of Christmas—the love of Jesus, the joy of grace, and the peace of God be yours today and always! Blessed Christmas”

*Doreen Ladobruk*

Good Bye and God Bless: It is with great regret we share the resignation of Doreen Ladobruk. As she puts it Doreen is starting a new adventure in life. She is moving to Winnipeg to be closer to her son and daughter in law. We thank her very much for her time on the executive and the volunteer work she has done as minister of the word, at funeral lunches, making perogies, bake sales and all things cwl. You will be missed Doreen. Stay in touch and visit often. May our Lady of Good Counsel guide you on your way.



