



## Nova Scotia Provincial Council

### Catholic Women's League of Canada

#### Communique # 3

**"Inspired by the Spirit, Women Respond to God's Call"  
(Together We Serve)**

**To:** Diocesan Counterparts (***For distribution to all parish councils***)  
**From:** Nova Scotia Provincial Education & Health Chairperson Sandy Mellish  
**Date:** ***Amended*** 02 October 2017  
**Copied:** Provincial President, Peggy MacNeil and Executive (for information)  
National Chairperson, Fran Lucas (for information)

Fall has arrived and winter is on the very near horizon. I trust everyone enjoyed our beautiful Nova Scotia summer. It passes so quickly. Most councils have returned to their regular scheduling of meetings. As we begin in earnest again, may Our Lady of Good Counsel watch over all our deliberations?

#### **Education**

Members are advised of National's decision to change the delivery method of their bursaries effective March 2017, ***PLEASE NOTE: (I have been further advised by National Chair Fran Lucas, that the intent of this change is not to limited the number of bursaries offered; but the delivery method only, meaning, regardless of the number of bursaries offered/available, all bursaries will awarded only once annually).*** Bursary applications are to be submitted with a postmark no later than ***31 May of any given year;*** with the follow-up decision to be announced by 30 June.

Due to dwindling funds and low interest rates, there is also a need for councils to consider funding the CWL National Bursary. If councils are interested in thrusting new life to this bursary fund, donations are encouraged and may be sent to national office.

I have connected with The Atlantic School of Theology to advise of Provincial Council's recent motion (June 2017 Provincial Convention) to raise the Marion Hipditch-Littlepage award to \$500.00.

#### **Health**

In the September 2017 Senior Living Publication, published free of charge by The Chronicle Herald, the front-page article entitled Reflecting on Laughter; states; "Laughter improves immune functions, increases oxygen to the body and brain, fosters positivity and improves interpersonal skills." We all love to laugh and to hear someone laugh can be contagious...let's be contagious and enjoy the benefits to our personal well-being. [1]

#### **Immunization**

With the onset of fall and consequent looming cold of winter, we typically spend more time indoors. Children and grandchildren have returned to the classroom where they are in daily contact with varying degrees of viruses which they so willingly share with all of whom they come in contact. Immunization is an effective way to ward off the many 'would be culprits' that are looking for the ideal host. Seniors, infants and anyone with an existing chronic health issue are particularly at risk; as are those who work within certain high-risk environments.

As a preventative measure, members in particular should be encouraged to ensure their vaccines are current. Particularly important are annual flu shots, pneumonia, and shingles vaccines. This is especially true for those of us over 50. When we take responsibility for our own health, we benefit the entire community. Please do your part.

***From our National Chairperson Fran Lucas;***

This year the topic of mental health through life stages will be a focus for this standing committee which will focus on children and youth, the middle years and issues of particular interest to senior populations as well as how immigrant and refugee populations may be affected.

We are asked to shed some light on the all too common subject of celebrity endorsement and the dangers of their misconstrued messaging. Speaking to the Alberta Public Health Association Annual General Meeting; Timothy Caulfield, a Research Chair in Health Law and Policy a Professor in the Faculty of Law and Public Health at the University of Alberta, to name a few of his designations says "celebrities have emerged as one of the most significant and influential sources of pseudoscientific blather." His new six part series on the subject airs on the Vision channel beginning 18 September.

Members are encouraged to tune into the series and to review a recent article (September 5th 2017) The Edmonton Journal [2 in which Professor Caulfield has given examples of celebrity endorsement and the underlying dangers of falling prey to anecdotal results which undermine scientific evidence. An example of which he gives is colon cleansers promoted by the likes of Madonna, Gwyneth Paltrow and Leonardo DiCaprio can actually do harm. IV drip therapy as a means of rehydration and vitamin infusion as promoted by Rhianna and multiple big-name athletes is unlikely to do harm however, Professor Caulfield warns it is not an effective means to achieve the desired result. Also, he points out that there is no data to support Kelly Ripa's and Victoria Beckham's claims about the benefits of an alkaline diet. In addition, the "cupping" that is used by such diverse people as Michal Phelps, Prime Minister Justin Trudeau, and Justin Bieber, and is claimed by proponents to ease pain and inflammation while helping blood flow and well-being, among other things, has no empirical data to support any to support any of these claims.

Moral of this story; "it is prudent to be at minimal, skeptical of celebrity endorsement" further, it is imperative that we arm ourselves with a knowledge base that will enable us to know and respond in kind to non-scientific based discrepancies.

Counterparts are asked log into the CWL National website to view and become aware of Education and Health Communique # 5 [3] from National Chairperson, Fran Lucas which details the results of resolutions proposed for adoption at the 97th National Convention in Charlottetown, PE. Of particular interest is the important subject matter of two resolutions. One submitted by Manitoba Provincial Council, on the subject of Multiple Chemical Sensitivity and Environmental Sensitivities (ES); and from our own Nova Scotia Provincial Council, on the subject of Banning the Marketing of Unhealthy Foods and Beverages to Children.

Sandy Mellish, Nova Scotia Provincial Chairperson

Ref [1] Halifax Chronicle Herald - Senior Living - September 2017

Ref [2] U of A Professor Timothy Caulfield ' The Edmonton Journal 05 September 2017

Ref [3] Fran Lucas, National Chairperson Education and Health - Communique # 5