
Catholic Women's League of Canada



Calgary Diocesan Newsletter

November 2010

From the President's Desk
Annamaria Matsui
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Today is a good day...

As I write my article today, the flowers are still in bloom in my yard and I'm still able to wear my Capri's (aka pedal pushers). I am forcing myself to begin preparing my garden for the cold winter days ahead. I am planting the bulbs that will sleep until the spring awakens them in all the glory. We too are preparing ourselves but for us it is for the Advent season. I look forward to seeing many of you at the Diocesan Advent Retreat hosted by Sacred Heart Parish in Calgary on November 27. We are most fortunate to have Bishop Henry guide our minds and hearts.



While we prepare ourselves for Advent, many councils should be preparing for elections. Ladies if you have completed your 2 year term as president, someone should be in the wings to replace you. Being president is not a life term. It is time to seriously discuss with your council new members for your executive and definitely someone to allow you to become the mentor that you have earned the right to become. It is the understanding that if your council is smaller than the number of chair positions available in the handbook, you will not be able to have new executive members. My original council was a parish mission. All of our members in our mission council were on the executive. Each of the executive took their turn as president, treasurer and secretary with everyone being a convenor. However, many councils have a healthy membership and have the potential for a new executive. With prayers and with the knowledge that, if you step down, others will step up. God will equip the called.

Now too is a good time to celebrate your members (certificates of merit, membership anniversary pins, Maple Leaf pins to name a few). Were you aware that your Spiritual Advisor should have a "Spiritual Advisor" pin? Did you know that there are anniversary pins of 5 & 10 years to recognize their commitment to the League?

If you did not read last month's newsletter, you may not be aware of the discussion surrounding the per capita fees at the National convention. Next year, at the 2011 National convention, a motion will be made to raise the per capita fees by \$5.00 in 2012. The Fall edition of The League magazine will give us more information pertaining to why they feel the need to raise the fee. I will be mentioning this each month so that no one misses this important information. Raising fees is always a

difficult decision and should not be taken lightly. If we could grow our membership nationally, it would mean more funds going to National and they would not need to raise the per capita fees.

President Elect / Organization
Suzanne Sherry
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As the fall days set upon us, may we continue to rejoice in the wonders of our world and the good things our Creator has provided. Even though Thanksgiving is now behind us, it remains so important for all to give thanks continually for the endless gifts He continues to pour out to us; gifts we must share at every opportunity. In particular, the gift of time and talent is very much in need in all of our councils.

As we approach the end of a year, many councils are seeking to find members who are willing to let their name stand on the executive. I urge you all to pray fervently and listen carefully to hear if indeed **the Lord is calling you to serve**. There is no question that your time, talent and skills are needed by your council – perhaps even by the regional council or the diocesan council. Pray about it and know with complete faith, that if He brings you to it, He will see you through it. Trust that God is with you every step of the way and the rest will follow!

Our membership drive should be underway. Keeping in mind our mission statement ***“The Catholic Women’s League of Canada is a national organization rooted in gospel values calling its members to holiness through service to the people of God”***, should be the driving force to encourage women to join us. All the work that we do, we do for the glory of God. Therefore, all of our fund raising to help the poor; support birth right; development and peace; feed the hungry; adopt-a-family; support women’s and men’s shelters; St.Vincent de Paul Society; youth groups; and the multitude of other organizations within our community, church, and the world at large; all of these works become a prayer! Our Lord commanded us to “Love one another as I have loved you”. What better reason to join an organization? At the same time as sharing these good works, we find fellowship and build relationships with each other and those we serve.

I wish you all a successful membership drive and remind you about the Father Walter Krewski awards that are available for your increased membership. You will find the criteria posted on the web site as well as the information sheet distributed through the presidents’ envelopes at the fall work shop. If you did not receive your envelope as yet, it should arrive in the mail soon. Also posted on the web site is the criteria for the Belette Guerin award. Please remember to submit the names of your members who received service awards indicating exactly which award they received. Then, look for their names on display in the Service Awards Binder at Diocesan Convention.

Please take the time to complete all of the annual reports – even if you do not have a full executive. The work you do falls under each of the chair headings and should be reported as such. You have all worked so hard, take the time to let us know

what your council has accomplished. I look forward to receiving your reports by the Dec.15th deadline and thank you in advance for your cooperation.

I hope to see many of you at the annual Diocesan Advent retreat at Sacred Heart Parish in Calgary on November 27th. As women of Peace and Hope may we continue our journey together centered on Faith and Justice. God Bless you all.

<p style="text-align: center;">Treasurer Anna Glynn amglynn[at]shaw.ca</p>

November Newsletter:

Since I missed the October newsletter, I had better make up for it this month. I was on a cruise to Alaska where, by the way, the weather was beautiful - high 20's to low 30's. While Calgary during that time was cold and wet, we were poolside soaking up the sun.

However, back to reality, and straight to the Fall Workshop which was held in Rockyford. What a lovely place. And the drive to Rockyford, early in the morning at sunrise was, to say the least, VERY bright since we were travelling east for a while.

The Workshop was well attended and hopefully those in attendance found it worthwhile. Each of the Diocesan Council members gave a workshop pertaining to their position. Since there will be three positions to be filled it hopefully encouraged some of you to consider taking a step up to the Diocesan Council.

I for one will complete my term as Treasurer and have really enjoyed my time here. A great group of ladies to work with, lots of exciting events to attend, lovely people to meet and the work is not exactly overwhelming. A knowledge of Simply Accounting would be very helpful.

At the Workshop I enclosed in each President's Package an information sheet for all treasurers. I hope you found that helpful and if you have any questions please do not hesitate to call me.

A couple of issues that arose at the Workshop were about the "Pennies for the Poor" and also "Celebrate the North". Parish Councils are invited to still continue to collect the Pennies for the Poor and that money can be forwarded to me and will then forwarded to Sister Maria Goretti in Burundi.

Celebrate the North is a fund set up by the Diocesan Council some years ago to help our fellow CWL sisters in the North. Any donations can also be sent to me and I will send them on to the Mackenzie Diocese.

The new project "Nickels for the North" is a new undertaking by Provincial and is also meant to help our sisters to the North so it is up to each council to decide which they would like to support. Nickels for the North can be sent directly to Provincial as it is apart from what we do in our Diocese.

Last Saturday I again headed to Rockyford – this time for a Regional Meeting and as each of the Parish Council Presidents read their report I was amazed at how much work these ladies do in both their parish and community. What would the Church do without women???

The ONE ROCK CONCERT which was held in Rockyford this past August was a huge success with over 1400 people in attendance. That is overwhelming since this was the FIRST ONE. Pity we didn't see anything in the Carillon since this was an undertaking by our Diocese. The Rockyford CWL ladies were in full attendance of course and, along with the Knights of Columbus, looked after a number of areas including the hamburger stand. As hosts of this event they were kept very busy but kudos to all of them. Hopefully this will become an annual event.

Also the PALIO in Strathmore, again an event sponsored by the Diocese, was a successful event and again the CWL was in full attendance there. Too bad not all parishes were there to cheer on their parish horses. Would like to see more coverage in our diocesan newsletter, the Carillon.

Also did you know??? I copied this from the president's report from St. Mary's CWL in Beiseker. *"Back in the early 1970's the CWL Council at St. Mary's sponsored a Vietnamese family, at that time they were known as 'boat people'. They lived in our parish, being looked after by CWL and then moved to Calgary for employment reasons. The family got in touch with us and indicated their wish to return to share an update and express their appreciation for CWL's support at that time, as they felt they had never been able to do it properly. Their wish was to come on Sunday for Mass and do a presentation on how our support had been the only means of survival at that time they came to Canada and how much it affected their lives then, and ongoing to this date. This was arranged and they gave an update as to how their lives have progressed and how they did not feel they would be where they are today without the help and support of St. Mary's CWL. At this time they also presented us with a very large monetary donation. This was followed by a lunch which they supplied and hosted for any members that were involved at that time. We were truly blessed that day to have them return and share their story. They presented a true testament to the works of the Catholic Women's League."*

WOW ladies. This just blew me away. Congratulations to St. Mary's CWL, Beiseker for a job well done. God bless you.

Spiritual Development
Sharon Malec
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Everyday I begin my Food Studies Classes (Home Economics – Cooking) with a reading and a reflection. In the spring I picked up a book ,*Words of Life 2010*. Today the reflection was about the patience of a baker.

1. Read Luke 13: 18-21.
2. Meditate about it.
3. Then read it again aloud so that you hear it.

Every time you read the scriptures, follow a method that will help you to understand them as they were written. We read our scriptures conceptually not literally as do some other faith traditions.

My mother in law baked her own bread until one month before she died. She also prepared the bread for communion as she was of the Ukrainian rite. My mother made bread. Oh how, I remember the Orange Raisin Bread and Buns. It was a recipe that she was taught by her grandmother. My grandmother (father's mother) taught me to make bread at her side in the kitchen. Today I have taught my daughters how to make bread. Have you shared your special recipes with your children and grandchildren?

The bread we bake is bread, blessed and broken for our family by our hands. Jesus compared the kingdom of God to baking bread.

As Advent approaches, we need to remember to give to those who are less fortunate. Remember to teach our children the value of being a servant as Jesus displayed throughout his life.

***Lord, help me trust that my small acts of kindness
will rise with the leaven of your love.***



Christian Family Life
Jeannette Kostynuk
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Thank you Rockyford for being the perfect host for our successful and informative Fall workshop. It was a pleasure meeting many of you there and I hope you enjoyed your day.

Pray for **Father Mario Basque** from Drumheller who is our incoming spiritual advisor. May we welcome him with open arms, gentleness and understanding as he learns his new duties with the Diocesan CWL. May the Holy Spirit bless him, guide him and give him the wisdom and courage.

Thank you **Father Vargas** for the countless hours, the devotion and spiritual guidance you imparted with our CWL. We wish you success with the new projects you have undertaken for Sacred Heart Church.

Lord bless all our **priests** which we are so fortunate to have in our midst as they do God's work in our communities. Bless our **seminarians** our future priests.

National Family Week's theme this year was "**Families Connecting Through Stories**". What a great way to involve grandparents. Our elders are the legacy of our generation. They are our historians. Their culture, traditions and religion are passed on to our families. They impart encouragement, positive attitudes, share work ethics and principles all for our good and the good of our children. We need to acknowledge the valuable contributions of seniors to our families and communities. Appreciation of our elders must be taught and passed on to our youth by our example of care, respect, love, acceptance and honour. They deserve this dignity of life.

World Youth Day is in Madrid, Spain in 2011. Each council should encourage their Youth in their parish with prayers, donations, and fundraising help to allow some young people to attend.

L.E.A.P (Love, Everlasting, Always Present) is a team of young adults who are excited about making a difference within the world. They have visited parishes, schools, youth groups across Western Canada giving talks, performing drama, leading Youth rallies and retreats. They have worked in the Diocese of Calgary with the youth ministry. Their ministry needs help both with prayers and **financial support**. If your council would like to help please call 780-736-3656 or email byron@leapministries.ca

Action Items for the month of November

- ❖ It is important that each Council be members of a Pro-Life group to help preserve the sanctity of life. Actively participate in groups as Birthright Int. Care-in-Dying, Alliance for Life, Catholic Health Assoc., COLF
- ❖ Please sign up for Alberta Pro-Life Newsletter on line at: www.albertaprolife.com
- ❖ Support Life Chain, 40 days for Life, March for Life when they are in your area or city.
- ❖ Keep abreast of the Euthanasia issue – go to www.epcc.ca for the Euthanasia Prevention Coalition newsletter
- ❖ We need to improve the care of our aged and dying. It is a government incentive to improve our Palliative Care - go to website www.chpca.net (Canadian Hospice Palliative Care Assoc.)

Please note the National Voluntary Pro-Life Fund was \$12,135.52 and the National executive recommends the money be donated to the Canadian National Palliative Care Assoc.

- ❖ A very touching item from the Vancouver Sun for you to **Google - St. Paul's Angel's Cradle**
- ❖ **"Bearing the Brunt: How the 2008-2009 Recession Created Poverty for Canadian Families"** - Alberta lost 68,000 jobs between Oct./08-Oct./09, food prices increased 4.8% in 2009 compared to core inflation of -0.1%, prices for meat, fruits, dairy and vegetables all increased more than 5%. For more facts **Google - "Bearing the Brunt"**.

Our Lady of Good Counsel, pray for us!

Past President / History & Archives
Judy Look
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Welcome to November...the weather is changing and we are all hunkering down for winter - wondrous winter with its blanket of snow giving us a clean slate to write our story again.

October presented to me two major events that had a significant impact. First, I attended the World Union of Catholic Women's Organizations 100th Anniversary assembly in Jerusalem. Their theme for the past four years was – "You will be my witnesses" Acts 1:8. Four hundred and ninety seven women from sixty countries in the world came together to celebrate, report, share and set new goals for the next

4 years. I have heard about WUCWO for years but really have not given it a lot of thought. Yes, I supported it with donations and prayer but I did not fully appreciate its importance in the grander scheme of things. That now has changed for unless we as the women of the world decide **to work together** there will never be peace. We as mothers and grandmothers know better than anyone the preciousness of life and we have to speak truth to power"You will not use our children for political gain". We must love our sisters by listening to their stories, respecting their lives and joining together in a bond of peace. It is very significant that this assembly happened in the very place that the "greatest peacemaker" was born, walked, taught, was murdered, rose again and returned to his Father. It is also significant that it was in Israel where the devil seems to be working overtime convincing the three major civilizations to hate each other...the Christians, Muslims and Jews.

The second event happened on the way home from Jerusalem. The movie on the plane was INVICTUS. If you aren't familiar with the movie it tells the story of Nelson Mandela and the South African Soccer Team after he became president. It is a story of overcoming the impossible and it is centered around the poem "INVICTUS". This poem gave Nelson Mandela the courage to face each day while he was imprisoned. As president he realized that he had to pull the country together and knew that winning the World Cup in soccer would do that. He gave a copy of the poem to the captain of the soccer team and he challenged him to motivate his players to do the impossible. The end of the poem states: "I am the master of my fate: I am the captain of my soul". So what is the connection between the Assembly and the movie and why am I sharing these two events with you. We are called to do the impossible...to bring peace to the world. We can do this as the Catholic Women's League if we start getting over our own differences and remember that we are called to build the kingdom of God. As you all know in some parishes memberships are dwindling, CWL is a hard sell, the same people do everything all the time; executive positions are hard to fill and often we are down on ourselves because we feel we have done our share. For some of us CWL is becoming an impossible challenge and are prepared to shut down our councils. Some of our councils are hotbeds of dissension. We criticize each other, we shut out members who have new ideas, and we do not welcome the stranger. We must change all of that. We must refocus...we must learn to work together for the greater good. If we believe that through our baptism we have become members of a group of people who are called to be kingdom builders, and if we are rooted in the belief that Jesus is the master of our fate and the captain of our soul then we must attempt the impossible. We must become women who place love at the forefront of everything we do. We must stop our whining and replace it with prayer. We must welcome each person into our midst with open arms and recognize they are companions on the journey. We must agree to disagree and we must treat each other with dignity and respect. We must invite the stranger to join us. We must be collegial in our planning and invite others to share our work for after all Christ did that with his twelve apostles. In changing our focus from ourselves to the people we are called to serve we become true witnesses to the Gospel and our councils and communities be they here or abroad will thrive. We must join with the women of the world and become masters of our fate, captains of our souls rooted in Jesus Christ.

Many of you are getting ready for elections and inviting people to join your executives. I suggest you root this in prayer and before you talk to someone ask the Holy Spirit to bless your words. Remember to send in all of your changes to the Diocesan Secretary.

Presidents I hope you have written your story for your archives.

Have a wonderful November and remember that "This is the day the Lord has made; let us be glad and rejoice in it."

Communication
Jan Vander Heyden
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I too would like to thank Rockyford for a wonderful day! It was nice to see old friends and meet new ones.

I also attended the Lethbridge Regional meeting in Foremost. It was a very good meeting that was well attended. Congratulations to Kathy Tratch as the new chair.

Top 7 Ways to Communicate Effectively

By [Pablo Golub](#)

According to Dale Carnegie, author of the book *How to Win Friends and Influence People*, 85% of success on the job is due to one's ability to lead people and personality. Only 15% of success is due to one's technical knowledge (18). Therefore, the ability to communicate with people is vital from engineering to business, and is essential in increasing your success tremendously. For this reason, having proper communication skills is not something you should leave to chance in your business career, as well as in your personal life. So following are seven ways/tips that will help you to succeed in communicating with others.

1. Have self-worth

Self-worth is analogous to self-confidence. The better you feel about yourself (i.e. the more you think you're worth), the more confident you're going to be. With self-worth, you can get what you want out of every conversation. Without self-worth you'll be stuck in small-talk. In order to get what you want out of a conversation, you must give the other person a chance to believe that you're worthy of their time and effort.

2. Get interested in other people

People have two stations which other people can listen to, WIFM (what's in it for me) and WIFO (what's in it for others). WIFM is boring for people to listen to. Most people are interested in themselves. People want to be flattered, and you can do this by letting the other person talk about him or herself, by changing the channel to WIFO.

By changing the channel to WIFO, you have just led the person to feeling good about themselves. Since you were the one who made them feel good about themselves, they will be indebted to you and will want to pay you back by helping you out with what you wanted them to do for you.

3. Open up a person's heart

You can do this five different ways...(1) Ask open-ended questions that really get the other person talking a lot. How was your day/weekend/week? What are your hobbies? What do you think of this town? If there is one wish you could wish for, what would it be? The last one might really get them thinking. Don't limit yourself to just talking about the weather. Ask questions that make them think, that they would be interested in answering, as they feel good about themselves sharing their life with someone. In this case, you! Warning: Don't just shoot many questions in a row without sharing a little bit about yourself. Doing this may make them feel uncomfortable, as they think you're like a police officer or detective trying to solve a crime.

(2) Compliment them! However, be specific; don't just say you look nice. That doesn't mean anything, but if you say, "you have a beautiful dress, it really compliments your skin color," then you have a genuine compliment. (3) Ask a person's name when you first meet them and remember it. From then on, address them by their name at all times. (4) Smile, you can never smile too much. (5) Have a good sense of humor.

4. Listen at least two times more than you talk

You have two ears and one mouth for a reason. Therefore, you should listen twice as much as you speak. To show that you're listening effectively, you must ask follow-up questions. A follow-up question shows the other person that you're listening, and perhaps equally important extends the length of the conversation in a good way. For example, somebody tells you they love to hike. Ask, why do you like to hike? What is it like to hike? I was interested in hiking; could you give me some basic advice on hiking? By showing you listen, and by extending the conversation, you really open up a person's heart.

5. Diversify yourself

Learn about sports, dancing, even television shows, etc. This gives you subjects to talk about, as well as chances to meet new people. In cases such as dancing, where

you meet people as you perform the activity, you're actually killing two birds with one stone. You get the chance to meet new people, plus the chance to diversify yourself, as well. It also gives you status, essential for getting the most out of any conversation. For people are more attracted to somebody who is diversified, and has a lot to talk about. Being diversified is an important commodity for anyone to have.

6. Understand that your worth never changes

Follow along...In my hand I am holding a check for a million dollars. I crumble it up. It's still worth a million dollars. I step on it, it's still worth a million dollars, I start rubbing it on the floor with my shoe, and it's still worth a million dollars.

You are worth a lot more than a million dollars. In fact, your worth is immeasurable. Therefore, there is no such thing as 'rejection' as you're always worth the same no matter what. Nobody can reject you because nobody can change your worth. Moreover, don't be afraid of something (rejection) that doesn't exist. Take risks, ask for what you want, and eventually you will get what you want.

7. Follow the step-ladder to success

Imagine wanting to become the heavyweight champion of the world. First you have to beat, the lower-ranked fighters, then the contenders, and then finally rise up to face the champ. In order to face the champ you have to take those three steps in the order stated in the previous sentence. If you would try to face the champ before the contenders/lower ranked fighters, you'll be "too green," or immature as a fighter in order to be able to hurt the champion. Follow these steps in order (i.e. lower-ranked fighters, contenders, and champion), you won't be guaranteed success but you'll give yourself your best chance. Same goes with conversational skills. First you have to approach your second or third choice of date, before you're able to gain the courage to face the 'champion,' your top choice date. You have to first be able to interact with fellow employees, and lower-level managers, before you can learn to deal with the CEO. Again, just like in boxing, you won't be guaranteed success, but you'll give yourself your best shot.



**Education & Health
Janet MacPhee
janetmacphee[at]shaw.ca**

Days of note in November:

November 5 -11 Veterans' Week - encourages Canadians to pay tribute to Canada's veterans and to uphold the principles of peace and freedom for which they fought.

CATHOLIC EDUCATION SUNDAY
NOVEMBER 7, 2010

Catholics in Alberta will celebrate Catholic Education Sunday, a time to stop and think about the gift that Catholic Education is to our entire Catholic Community of Faith. On this day, Bishop Henry has invited all parishes within our diocese to participate in an annual fund-raiser by having a second collection at their weekday masses. The proceeds being designated as follows: 80% to the local Catholic School District, 10% to St. Mary's University College in Calgary and 10% to St. Joseph's seminary, Edmonton. Thank you for your support in helping to sustain Catholic Education in our province.

November 14 - 21 Restorative Justice Week - aims to promote awareness and increase conversation about restorative justice as a theory and practice.

November 20 National Child Day - celebrates two historic events for children: the adoption of the United Nations' Declaration on the Rights of the Child (1959) and Convention on the Rights of the Child (1989).

November 20 Sir Wilfrid Laurier Day - marks the birth in 1841 of Sir Wilfrid Laurier, the first Prime Minister of French descent.

Health issues this month:

For the Youth - Obesity - As multiple factors contribute to young people becoming overweight and obese, it is obvious that these factors cannot be changed immediately. Some of the initiatives provided by the government are:

- 1) a revised Canada's Food Guide
- 2) a \$5 million contribution to help fund the renewal of ParticipACTION.
- 3) the Children's Fitness Tax Credit
- 4) Canada's Physical Activity Guides

1) the website: www.healthycanadians.gc.ca - a one-stop shop for healthy living information

Locally what are the things that we can do? Some suggestions are:

- Support breakfast/lunch programs at schools - studies show that eating a good breakfast helps a child (and adults) maintain a healthy weight and helps a child to be attentive at school.
- Provide families with information on the Canada Food Guide and the Physical Activity Guide.

- Donate winter clothing (jackets, boots, toques, mittens) so that children are able to play outside regardless of the weather.
- Encourage your community to offer assistance to families so that children can participate in local sports programs.

Unfortunately child poverty still exists within our country. This makes it difficult for children that live below the poverty line to eat well and to participate in local sport programs. As the CWL has been active in presenting resolutions regarding child poverty, continue to write to your members of parliament on this matter.

For the Mid-Age - Menopause - as I mentioned last month, this month I will briefly discuss some of the possible long term effects of menopause.

Studies have shown that cardiovascular disease may increase in women that are post-menopausal. Discuss this with your doctor especially if you have a family history of it, have high cholesterol, high blood pressure or diabetes. To lessen this effect, do not smoke and exercise regularly.

Thinning of the vagina and vulva areas - the skin of your vagina and vulva becomes thinner with menopause. Your vagina also loses its ability to produce as much lubrication during sexual arousal. Generally these changes can be helped by using gels during intercourse.

Urinary tract problems - there may be an increase of bladder infections after menopause. Discuss these with your doctor to make sure that there is not another underlying cause.

Weight gain - the hormonal changes make you most likely to gain weight around your abdomen (the good old "muffin top"). This weight gain can be countered with increasing your exercise level (if you can) and watching what you eat and drink.

Mood swings - generally caused by fluctuation hormones and is one of the most mis-understood symptoms. To counteract mood swing increase your exercise level and work out at least three times a week. If you feel that depression or more psychological disorders seem to be more prevalent you should consult with your doctor for treatment.

Osteoporosis is another long term effect of menopause. Please see below for more information.

Hormone replacement therapy is one way to treat the symptoms of menopause and to help women go through menopause. Discuss treatments with your doctor.

For the Mature-Age - Osteoporosis - treatment and prevention.

Osteoporosis does not develop overnight. You can lose bone mass steadily for many years without experiencing any symptoms or signs of the disease until a bone fractures. For this reason, osteoporosis is often called "the silent thief" - literally stealing our bone mass without giving us any indication whatsoever. If osteoporosis

is first diagnosed at the time a fracture occurs, it is already fairly advanced. Early detection of bone loss, therefore, is critical in preventing osteoporotic fractures.

Medical testing is important in the diagnosis of osteoporosis. The test is known as Bone Mineral Density (BMD) test and measures the density of your bones. This test can tell you whether or not you have osteoporosis and how likely you are to develop it in the future. Discuss with your care giver if you should have such a test.

To cut your risk for osteoporosis:

- get 1200 mg of calcium a day - either with a supplement or with the foods you eat and drink
- exercise at least 30 minutes per day three times a week
- don't smoke
- eat a diet low in fat
- limit salt and caffeine intake (there is evidence to suggest that calcium loss is increased by the consumption of excess salt and caffeine)
- increase your vitamin D intake (over 50 years of age between 800 and 2000 IU recommended per day)

Treatment: Drug treatments - For individuals with osteoporosis, there is now a variety of drug treatments available. The primary aim of drug treatments is to reduce fractures. You and your physician need to review the drug treatment options, assessing the risks and benefits each offers and choosing the best treatment for you. You may also need to explore several treatment options, because each person is different. Some people respond better to one drug than another. Some people have side effects on one and not another. (Any side effects should be reported to your doctor immediately.)

Cost may also be a factor. Provincial drug plans may cover certain drugs only for certain patients. The important thing is to find a drug treatment that works for you. No matter what drug therapy you choose, remember that a diet rich in calcium and vitamin D is required to maintain healthy bones.

Environment: The new fall campaign for Development and Peace is "Bottled Water Free Zone", Water for all. This fits in well with promoting more ecologically sound practices to protect our environment.

Work to create bottled water free zones: Encourage cities, provinces and federal institutions to become bottled water free zones. Invite your MP, your MLA, municipality, school board or diocese to create bottled water free zones in all public institutions where clean tap water is available. Let's work together to keeping water available to all. Visit the Development and Peace website (www.dev.org) for more information and to sign their on site pledge.

With the Christmas season around the corner, please be aware of toy recalls that have recently occurred. The website from Health Canada (www.hc-sc.gc.ca) lists recalls for consumer products.



4th Annual Women's Advent Retreat

sponsored by the CWL Calgary Diocesan Council

**“Centered in Faith and Justice:
Who We Are and Where We Are Going”.**

Presenter: Bishop Fred Henry

**Saturday, November 27, 2010 9:30 AM - 3:15 PM
Sacred Heart Church, 1307 - 14th Street SW, Calgary
\$20.00 (includes lunch)**

*An opportunity for all women of the diocese to come together for prayer,
personal reflection and dialogue, as we prepare to renew our relationship with
Jesus through the holy season of Advent.*

Registration Deadline November 20, 2010

For more information call Janet at 403-288-6448 or 403-620-5773

To register complete form and send with your cheque or money order to:
**Diocesan CWL,
Janet MacPhee, Suite 303-690 Princeton Way SW, Calgary, AB T2P 5J9**

***Please Note: Cheque or Money Order to be made payable to:
CWL Calgary Diocesan Council***

Name: _____

Address: _____ City: _____

Postal Code: _____ Telephone: _____

Email: _____

Are you a CWL member? yes no (check one)

If yes, what council do you belong to? _____

If no, what parish do you belong to? _____

Upcoming Events

Retreat in Hanna beginning Sunday, October 31st at the 10:30 Mass and continuing November 1st and 2nd at 7:00 pm. This retreat will be led by Bishop Cooney.

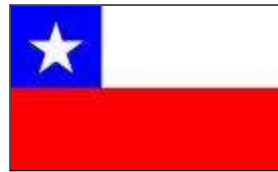
Parish Turkey Supper in Rockyford Friday, November 5th starting at 6:00 pm. Everyone welcome.

Parish Turkey Supper in Picture Butte – Friday November 5th from 5:00pm-7:00. Everyone welcome.

Holy Spirit CWL Christmas Craft Sale - Saturday, [November 13, 2010](#), \$2.00 admission Holy Spirit Church 10827 24 Street SW, Calgary - 10:00 - 3:00 p.m.

For all those who love Christmas Craft sales, this is our 19th annual sale. We have over 60 vendors, all with hand-crafted items for Christmas, etc. For more information contact : Gail Poshtar 403 281 7666 or Marilyn Schafer 403 214 3310





Spread the Word about the CWL sponsored Business Fair, St. Bonaventure, Calgary, in the Parish Hall, Saturday, October 23 - 9:00 a.m. - 4:00 p.m.

**A WARM WELCOME TO CHILE FESTIVAL DAY
 "How Many Loaves Have You?"
 Saturday November 13, 2010**

**World Day of Prayer
 Preparation in Calgary**

9:30 a.m. Welcome
 10:00 a.m. – 3:00 p.m. Workshop

**The Anglican Parish of Christ Church
 3602-8 Street SW, Calgary, AB.**

The day includes:
 Chilean Speaker
 and inspiring ideas for worship and
 World Day of Prayer supplies.

Please bring a brown-bag lunch and a \$5.00 donation at the door is suggested to cover costs.

Key Host Persons: Come with your WDP committee members from the churches in your area to hold your first WDP meeting here.

Sponsored by the Women's Inter-Church Council of Canada

For further information contact in Calgary: Kathy Chapman at 403-287-1590, kachappy@shaw.ca OR Women's Inter Church Council Members: Lynn Smart at lsmart@sympatico.ca, or Marilyn Fortin at mfortin1@bell.net.

