

Provincial Council of Women of Manitoba, Inc. NEWSLETTER



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NOVEMBER 2008

Empowering women to improve the quality of life for themselves, their families and society
Honourary Patroness - Her Honour Ms Lenore Berscheid

President's Message

By Maxine Balbon

As the trees bare and the leaves are bagged we have yet to have a killing frost, so flowers still bloom. The Provincial Council was visibly blooming as the busy months of September and October passed. This paper is full of activities that are of interest and to be noted.

As spearheaded by Mavis Taillieu and Leanne Rowatt, PCWM's Elizabeth Fleming, Colin Craig of the Canadian Taxpayers' Federation, Rita Emerson of MORN, Salonge Garson, Diana Traverse, Toni Lightning and myself attended a meeting with Eric Robinson, Minister of Culture, Heritage, Tourism and Sport on September 9th to ask him to remove Bill 31, The Freedom of Information and Protection of Privacy Amendment Act. If passed, race-related clauses 7 and 8 in Bill 31 would prevent Manitobans from accessing information from the provincial government that involves band councils and other aboriginal groups. When he was not in agreement, the same group met with Bonnie Mitchelson and Leanne Rowatt of the Conservative Caucus to discuss strategies for stalling or eliminating the Bill. On September 23rd a press release was published and Mavis Taillieu read out a petition in the legislature.

Regrettably PCWM received Karen Sharma's resignation from the board and duties as communications person doing our newsletter, programs, posters and annual report. We want to wish her every success in her new job and all the opportunities that it affords her. She has expressed a wish to remain a member of PCWM.

Thank you to Elizabeth Fleming for her work representing the PCWM in organizing the Right to Know events of the week of September 29th to October 3rd. It was a most successful and informative week, and we hope that you were able to take in some of the events.

I wrote a letter to Karen Dempsey, NCWC President, on behalf of the joint Resolutions Committee asking her to write a letter to the federal government, the Premier of British Co-

lumbia, and the Mayor of Vancouver requesting that a plan be adopted to address the potential problem of human trafficking at the 2010 Olympic Games in Vancouver.

I attended the Birthing Project, a collaborative artwork created by artist Judy Jennings and the Manitoba Maternity Care Action Network through the WITH ART program. It was a stunning display of birthing artwork done on glass, and truly a tribute to the Birthing Project. Mary Scott continues to represent PCWM on the Birth Centre Planning Group.

The PCWM general meeting of September 18th at Success Skills Centre featuring Bev Suek speaking on Housing for Senior Women, was well attended and sparked some lively discussion. Thank you to Peggy Barker for organizing the program and to all those that came out. A copy of Bev's powerpoint presentation is on the PCWM web site.

PCWM, Council of Women of Winnipeg, the University Women's Club of Winnipeg and the Peace Alliance of Winnipeg sponsored the All Candidates Town Hall held on October

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Empowering women to improve the quality of life for themselves, their families and society

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6th, in the Kildonan East St. Paul Riding at Red River Community Centre. There was a good turnout with lots of discussion by each of the 5 candidates present. The four topics posed by these organizations were regarding Canadian troops in Afghanistan, reproductive health, a pan-Canadian Early Learning/Child Care system, and the youth justice act. Thank you to Elizabeth Fleming and Mary Scott who represented PCWM in organizing this lively event.

Plans have begun for the 60th anniversary of the PCWM in 2009. Mark your calendars for the date of June 11, 2009 for an event coming up at Government House. More news will be forthcoming in the New Year.

available at the semi-annual meeting, and you can also purchase them by phoning PCWM at 992-2751 or e-mailing pcwm@mts.net with your order.

The search for suitable office space is ongoing. Thank you to committee members Mary Scott and Elizabeth Fleming for their tireless pursuit of possible locations. A number of possibilities have come to the board and once a decision is made you will be informed. In the meantime the e-mails, phone calls, and mail are being picked up and distributed on a regular basis.

Mary Scott, Arlene Draffin Jones and I attended the Women's History Month in the Rotunda at the Manitoba Legislative Building, on the theme Taking the Lead: Women Who Have Made a Difference in Manitoba. The new PCWM display purchased in early fall was set up and many women stopped to look at the display and ask questions.



I hope that you take note of the upcoming events in the community as noted in the newsletter, and I will look forward to seeing many of you at the semi-annual meeting.

Maxine Balbon

I replied to a letter from Myrna Driedger, MLA, on behalf of the PCWM thanking her for her initiation of Bill 236, The Domestic Violence Death Review. As a consequence the Minister responsible for the Status of Women, Nancy Allan, established a committee to review deaths resulting from domestic violence. We look forward to learning more about the committee and the parameters of its work.

I would like to invite you to come out to our semi-annual meeting on November 15th at Wolseley Family Place at 691 Wolseley Avenue. Registration begins at 9:30 a.m. The topic will be food security, and promises to be informative and interesting. Please see the poster for registration at the back of this newsletter.

The HERSTORY Calendars are once again available this year for sale at \$15 each. They will be

Maxine Balbon at the All Candidates Town Hall Kildonan St. Paul on October 6th, with Kevan Bowkett, Green Party; Ross Eadie, NDP; Educard Hiebert, Independent; Lesley Hughes, Independent; Jordan Loewen, Christian Heritage Party. Terry MacLeod Moderator.

Plan now on attending the Semi Annual meeting on November 15th!

- **Confirmed speakers include David Northcott, Paul Chorney, Jessica Paley, a representative from the Harvest Moon Society, and Rev. Susan Tough**
- **Topics will be the global, national and local picture on food security with an emphasis on the effect on women**
- **All are welcome—do encourage others from the community to what promises to be a very worthwhile day—the food will be special too!**

“Firm the Foundation” - National Council of Women of Canada

Media Release

For immediate release (You will hear more on this from PCWM President, Maxine Balbon in the near future)

National Council of Women of Canada Celebrates 115 Years of Service

On October 27th, 1893, at a public meeting in Toronto, over 1,500 women joined forces to form the National Council of Women of Canada (NCWC), knowing that by working together and speaking with a united voice, they would be much more effective. Looking back over the last 115 years, NCWC has played a pivotal role in advancing the status of women in Canada.

In the 1990's, the Government of Canada recognized NCWC as having National Historic Significance, and in 2005 Parks Canada and the Historic Sites and Monuments Board of Canada formally unveiled a plaque to this effect in Allan Park in Toronto, site of that first NCWC meeting.

One hundred and fifteen years later, our mission continues to be: "To empower all women to work together towards improving the quality of life for women, families, and society through a forum of member organizations and individuals".

Today NCWC represents many thousands of Canadian women from extremely diverse backgrounds, through our membership which consists of 17 Local Councils, 24 Nationally Organized Societies, and 5 Provincial Councils. Some of the issues that we are currently focusing on include: advocating for a National Water Strategy and a National Energy Strategy; reform of the Employment Insurance system; and the need to maintain and strengthen one-tier universal health care.

"This is a pivotal time in history for women in our country," said President Karen Dempsey. "There is still much more work to be done, and most importantly, we have to be vigilant to ensure that what we have accomplished is not "undone."

To commemorate this historic occasion, we have launched the NCWC Firm the Foundation Fund. Monies raised will enable the Council to continue their efforts on behalf of women, families, and society. For information, please call 1-613-232-5025, email ncwc@magma.ca and visit our website at www.ncwc.ca.

Canadian activist Maude Barlow has been appointed as the United Nation's first senior adviser on water issues, a role she hopes to use to establish water as a human right and to convince Canada to "change its shameful position" on the issue. Barlow, chair of the citizens' advocacy group Council of Canadians, will work with the current president of the UN General Assembly, Miguel d'Escoto Brockmann.

"This is a wonderful opportunity to advance a more democratic and transparent method of policy making around water at the global level than now exists," Barlow said in a press release. "Water is a commons, a public trust and a human right." Barlow said there's "growing momentum" in the international community for water justice but will focus some of her attention on her home country.

"I also plan to take this opportunity to get the Canadian government to change its shameful position, and to finally join the international community in recognizing water as a human right," said Barlow.

D'Escoto extolled on Barlow's ability to "combine humanitarian vision with a practical approach to problem solving" and has expressed support for her crusade, calling water a "human right as basic as the air we breathe."

Barlow holds six honorary doctorates and has written or co-written 16 books. She is also co-founder of the Blue Planet Project, a group that works to protect fresh water from trade and privatization around the world.

The United Nations estimates 42,000 people die every week from diseases related to bad water and poor sanitation.

With files from the Canadian Press

FOOD FOR THOUGHT

Thinking about food means thinking about where we live and how much money we have. It also means thinking about our cultural background, our health, and in some cases, our livelihood.

Food is something that all of us deal with every single day. Many people in Manitoba make their livelihoods from it. Whether we grow it, buy it, cook it, or just eat it, there's more to food than just the taste.

The following facts relate to the state of Manitoba's food system:

- The average food item travels over 2,000 kilometers, from the farm where it was grown to its final destination - our tables.
- It costs more than \$12 to buy a four liter carton of milk in many northern Manitoba communities.
- In the past 20 years there has been a 28.4 % decrease in the number of Manitoba farms.
- 42,373 Manitobans, half of whom are children, use food banks every month.
- In Manitoba, an adult Aboriginal person is 3 to 5 times more likely to have diabetes than the general population.
- Obesity increases the risk of chronic disease such as diabetes, heart disease and arthritis.

Try this experiment: The next time you're about to eat a meal ask yourself:

Where did this food come from? How much did it cost me and how much went to the person who grew the ingredients? How much time went into processing, packaging and preparing it? Is this food good for me? Why did I choose to eat this particular food?

What Is Food Security

Food security is a situation where all of us have access to safe, culturally acceptable, nutritious food. We need to be able to access, understand, and pay for foods that are good for us and our communities. Food security has to do with:

- Keeping local farmers and harvesters on the land.
- Taking time to choose, cook and eat foods well.
- Having healthy food choices available in communities and schools.
- Governments and policies that guide food systems, from field to table.
- Our relationships with our families and communities.
- Caring for our environment and the people within it.

Food Security in Manitoba

Since 1948 people all over the world have been talking about food security, and so have people in Manitoba. In 1992 the Registered Dietitians of Manitoba produced their own food security action plan. In 2001 a group called Food Secure Manitoba formed and held a conference on food security. In 2004 Winnipeg hosted a national Food Security Assembly, where participants decided they wanted to talk to other Manitobans about food and food security.

A seed of an idea was planted, and before long the Manitoba Food Charter began to grow.

Creating the Manitoba Food Charter In the past year over 70 groups of people from all walks of life and all parts of Manitoba got together to talk about food. Many Manitobans were consulted, including:

- the people who buy food.
- the people who grow food.
- the people who sell food.
- the people who regulate food.

The thoughts and opinions of these people were put together in a one-page document called a food charter.
(see next page!)



You will have a chance to sign on and hear more about this on November 15th....

The Manitoba Food Charter emerged from Manitobans' common vision for a just and sustainable food system. The Charter provides vision and principles that will guide and inform all levels of government, businesses, non-profit organizations, communities, families and individuals in planning, policy development, programs and practice in mutual effort toward food security and community development. It was drafted through broad public consultation and is to be endorsed by Manitoba food system stakeholders.

CURRENT SITUATION Manitoba's food system has both strengths and weaknesses. Our province has a significant and diverse agricultural sector and many Manitobans can access the food that they want. However, agricultural communities are challenged by an increasingly urban and globalized economy. Many northern, inner-city, and low income women, children and men have difficulty accessing quality food. The nationally ratified Human Right to Adequate Food has not been realized. Rural, urban and northern communities are disconnected. Not all of our food is necessarily nutritious, not all information about our food is complete or accurate, and much of our food travels long distances. There has been a loss in food knowledge and skills and an increased reliance on fast and highly processed foods. There is growing interest in and widespread concern about Manitoba's food system and a desire for increased coordination and leadership on the issues facing it. The Manitoba Food Charter is testimony to Manitobans' willingness to collectively and constructively engage in meeting these challenges.

VISION *A just and sustainable food system in Manitoba is rooted in healthy communities, where no one is hungry and everyone has access to nutritious food. It is an economically viable, diverse and ecologically sustainable system to grow, harvest, process, transport, and distribute food while minimizing waste. A just and sustainable food system in Manitoba means:*

- * Farmers, fishers, harvesters, processors and distributors generate adequate incomes using sustainable practices;
- * Respect for the traditional hunting, fishing, trapping, gathering, and conservation practices of First Nations, Inuit and Metis peoples, within sustainable limits;
- * A sustainable balance between fair international agricultural trade and diverse vibrant production for local markets;
- * Healthy relationships between producers and consumers in urban, rural and northern Manitoba communities;
- * Province-wide availability of a variety of nutritious and affordable food through accessible retail outlets and food service operations and the economic means to obtain sufficient daily food for health and dignity;
- * Well-grounded confidence in the quality and safety of our food; and
- * Easy access to understandable accurate information about nutrition, food composition, the ways food is grown, preserved, processed, purchased, and cooked, and how to minimize waste.

WE, THEREFORE, DECLARE our commitment and intent to work in partnership towards achieving a just and sustainable food system in the province of Manitoba. We recognize that this commitment has real implications for our policies, programs and practice. Our willingness to make this commitment indicates our sense of collective and personal responsibility for the present and future ecological, economic and social well-being of Manitoba.

Signature _____

Food Security a Political Problem

UNITED NATIONS, Oct 28 (IPS) - Although commodities prices have decreased over the last three years, the number of the world's hungry has kept increasing. Nearly one billion people are now food insecure, according to the U.N. Food and Agriculture Organisation (FAO). The estimate stood at 925 million at the beginning of 2008, but FAO updated the figures in September, adding 44 million more. Half of the hungry people are farmers cultivating small lands of less than two hectares, Olivier De Schutter, Special Rapporteur to the U.N. General Assembly on the right to food, told the press here.

"In many cases, states are unable to protect their producers from import surges," said De Schutter. "The real problem of hunger is not linked to insufficient food being produced or available, the real problem is that large segments of the population do not have the purchasing power to buy the food which is available," he said. The food production in Africa and Latin America is expected to decrease by 20 percent in 2080 according to the Peterson Institute. These, "most food insecure regions are those most threatened by climate change," de Schutter said.

"The constitution of food stocks at national, regional and local scale is the most evident solution to guarantee decent income, to regulate prices volatility and to limit the impact of speculation," De Schutter told IPS referring to Bangladeshi Prime Minister Fakhruddin Ahmed's proposal to create a food bank.

ATTIC TREASURES SALE

at the PCWM Semi-Annual Meeting November 15, 2008 Wolseley Family Centre

New and gently used items are welcome. Call 992-2751 for more information and if you can help with the sale table.



Not For Sale Trade Show

Where: Menno Simons College 215-520 Portage Avenue

When: Nov. 5, 2008; 12:30-1:30 p.m.

Not For Sale Trade Show

Where: St. Paul's College Hanley Hall

When: Nov. 6; 11:30 to 1:00 and Nov. 6; 7:00 to 9:00 pm

National Council of Women of Canada Development Organization Call for NCWCDO GRANT APPLICATIONS

Established by the National Council of Women of Canada in 1985, the NCWCDO is a Registered Charitable Organization. NCWCDO is dedicated to the support of projects, in Canada and in developing countries, which are directed to educational and social welfare programs to improve the quality of life for women and their families. The funds help to empower women, at the same time, it provides opportunities for NCWC's provincial and local councils and federates to become aware of the global conditions (and actions) for women and children. The objectives of NCWCDO are:

- To advance literacy and basic education and provision of skill training for women and girls in third world countries and Canada, and when deemed necessary, provision for accommodation and meals during prescribed periods of training.
- To contribute to the general well-being of all members of a designated community through specific projects such as wells in third world countries to provide for pure water; a social or cultural facility to be available for recreation, health clinics, crafts, and adult education including health, nutrition and sanitation.

Applications are welcome from councils and their federates or groups that meet the above criteria. Grants are modest (each around \$1,000 – \$1,500) depending on amount of money raised each year.

For more information or to obtain an application form call Sally Thomas, Secretary, NCWCDO at 257-5064 or email: saladann@mts.net **Deadline for applying is January 30, 2009**

Northern Healthy Food Initiative Evaluation by Natural Resources Institute, Dr. Shirley Thompson

Many families in Northern Manitoba lack access to nutritious foods, particularly fruits and vegetables. Problems associated with food access in remote communities include limited selection of perishable foods, expensive food prices, escalating transport costs, uncertainty of travel with winter roads not freezing over, high poverty rates, and a decline in use of country foods. The Northern Healthy Foods Initiative (NHFI) was created in 2004 by the Manitoba provincial government to implement priority recommendations from the Northern Food prices Report (2003) using multi-sectoral approach. NHFI assists Northern communities to build capacity in local production of food for local consumption, choose nutritional foods, implement strategies to lower the cost for healthy foods, leverage funding for projects, and create food based economic development opportunities. The NHFI, through four community-based organizations, has focused primarily on remote and semi-remote Northern communities and mainly on four of the six program components related to increasing healthy food access: 1) community gardens; 2) greenhouse pilot projects; 3) school nutrition, and 4) food preservation including freezer loan project, cold cellars, drying and food preservation workshops. The other two components, were 5) food fused businesses including 'direct-guy' grocery system, and 6) increasing use of federal food mail subsidy are still at the preliminary stage. Shirley Thompson at the Natural Resources Institute, with several graduate students, Manitoba Food Charter and Manitoba Health and Healthy living have received funding from the Institute of Nutrition, Metabolism and Diabetes of the Canadian Institute of Health Research to evaluate the program in 15 northern Manitoba communities in 2009-2009.

Many Northerners have stated that to live a health life in northern, rural, and remote communities, individuals need to practice sustainable local food cultivation and harvesting practices. Community members recognize the need to improve "food security" and have requested the re-invigoration of local vegetable gardening as a first priority." The NHFI Grow North project re-introduces vegetable gardening to provide a substantive local source of food in remote communities. An estimated 272 gardens were grown in 2007 and the NHFI expanded to 27 communities. Northern greenhouse pilot projects have established schools as teaching, training, and meeting sites for starting and raising plants for gardens. As well, school nutrition projects provide culturally appropriate nutrition, agriculture/harvesting and cooking education, as well as increasing the availability of nutritious food by provid-

ing nutritious lunches and snacks. A direct-buy grocery system is being developed to enable northern residents to purchase at Winnipeg market prices with a small transportation cost. Use of the federal food mail subsidy, previously under-utilized in Manitoba, is being encouraged. Finally, the freezer project, which involves loans to low income families, aims to enhance capacity to bulk buy and store country foods. These strategies have the potential to significantly improve access to affordable, nutritious food in northern communities, thereby improving food security, healthy living, and preventing chronic disease.

Promotion of healthy living and chronic disease prevention are predicated on the ability of individuals and communities to make healthy choices. Having access to nutritious affordable food is one of the conditions required to make such choices possible but is unavailable to low income people due to lack of fresh fruit and vegetables and high costs. Food insecurity is linked with broader food related health problems, such as obesity and multiple chronic conditions, including heart disease, diabetes, and high blood pressure and is reflected in differing dietary patterns such as low intakes of fruits and vegetables. Although household food insecurity rates for the general population in Manitoba average 9.4%, they reach much higher levels in households in sub-population groups such as the lowest income adequacy quintile (55%), social assistance recipients (62%) and Aboriginals off-reserve (33%), according to Health Canada (2007). The Canadian Community Health Survey 2.2; Nutrition Focus Study (CCHS 2.2) excluded First Nation reserves in its Canadian-wide study but it is reasonable to expect that food insecurity rates would be even higher in northern First Nation reserve communities than off-reserve, as these provide non-supportive food environments which proved a health disadvantage to Aboriginal communities. This health disadvantage is visible with Manitoba's First Nations population having doubled the premature mortality rate compared to all other Manitobans; life expectancy for First Nations people is about eight years less than all other Manitobans (males 68 versus 76 years; females 73 versus 81 years).

Archibald and Grey (2000) point to the underlying shortages of affordable, nutritious food, as well as infrastructure, and employment as the cause of the health 'crisis' among Aboriginal people: **"Provide people with proper housing, water, sewage, jobs and the means to provide adequate food and health statistics would improve."** (Quoted in Kino 2002, 12) These social determinants of health related to social, economic, political, and environmental circumstances determine health and illness: "The social conditions in which people live powerfully influence their chances to be healthy. Indeed, factors such as poverty, food insecurity, social exclusion and discrimination, poor housing, unhealthy early childhood conditions and low occupational status are important determinants of most of disease, death and health inequalities between and within countries." (WHO, 2004.1) (thank you to Shirley Thompson for permission to print this article)

DATES ANNOUNCED FOR ADDITIONAL PRE-BUDGET CONSULTATIONS

An additional series of public meetings designed to give Manitobans an opportunity for input into the 2009 provincial budget have been scheduled, Finance Minister Greg Selinger announced today. The first consultation in this series will be held on Oct. 30, from 7 to 9 p.m. at the Red River Region Bilingual Service Centre in St-Pierre-Jolys (a bilingual meeting with simultaneous translation). Additional public meetings will be held at the following locations:

- Tuesday, Nov. 4: 7 to 9 p.m., Good Neighbours Senior Centre, 755 Henderson Hwy., Winnipeg;
- Thursday, Nov. 6: 9 to 11 a.m., Assembly Hall, St. Matthew's Anglican Church, 641 St. Matthew's Ave, Winnipeg; and
- Thursday, Nov. 13: 7 to 9 p.m., Canteen, Commonwealth Air Training Plan Museum, Brandon Municipal Airport, PTH 10, Brandon.

Manitobans can also share their views by writing the minister at Budget Consultations, Room 103, Legislative Building, 450 Broadway, Winnipeg, MB R3C 0V8

We are all consumers. And we all have the right to be informed, which is why the Consumers' Association of Canada (Manitoba) is holding free, informative speaker sessions at its Consumer InfoCentre all year:

November 19 at 7 p.m.: Fair Trade
Learn about the global impact of purchasing fair trade products and what you as a consumer can look for.

January 21 at 7 p.m.: Energy Conservation Made Affordable
Find out more about Hydro's Lower Income Energy Efficiency Program.

February 11 at 7 p.m.: Food for Thought
Learn about the Manitoba Food Charter, the consequences of your food purchasing choices and more!

April 15 at 7 p.m.: Home Reno Pitfalls
Renovating your home? This session will detail what you need to know about renovations, contracts and related frauds.

For more information, contact the Consumers' Association of Canada (Manitoba): 218 Osborne Street South
Winnipeg, MB R3L 1Z3
(204) 452-2572 or toll-free 1-888-596-0900

Report from the Mental Health Ad-hoc Committee — Co-chairs: Beverley Goodwin & June Menzies

We are pleased to report that funding for the DVD Project has been acquired from the Winnipeg Foundation (\$15,000.00); the Assiniboine Credit Union (\$5,000.00) and a Donor (\$300.00). We are grateful to Sr. Johanna Jonker of Micah House, Centre for Social Justice for actively supporting these efforts.

Work will commence within the next couple of weeks after a brief delay due to the Federal Election.

"A Voice of Our Own" is intended to give 'voice' to family and natural supports of mentally ill persons who have experienced exclusion from the process during recovery of a 'loved one'. This project will endeavour to address the issue of STIGMA – bringing into the open (light) the need to approach mental illness and treatment as natural medical/therapeutic treatments and not as "the poor cousin of the Canadian Health System". Our goal is to go public with the DVD, making the product available to Federates, other organizations and members of the community.

Two of our members attended the Winnipeg Regional Health Annual Meeting. The guest speaker was Dr. Harvey Chochinov who spoke to the Dignity and the essence of medicine: the A,B,C, and D of dignity conserving care. I quote from his analysis: "The notion of dignity conserving care, while emerging primarily from palliative care, applies across the broad spectrum of medicine."

It is encouraging that Canada Post has undertaken launching a historic stamp choosing mental illness and mental health as its "Cause of Choice".....

The concept for the commemorative stamp issued for mental health is based on a report co-authored by Michael Kirby, Chair of the Mental Health Commission of Canada. This report; entitled "Out of the Shadows at Last: Transforming Mental Health, Mental Illness and Addiction Services in Canada," is a blueprint for transforming mental health services in Canada and focuses on the **lack of knowledge, compassion, and services that prevent mental health patients from receiving the care they need.** "Their plight is not being heard; nobody's listening (Excerpts: J Paley, Editor, The Sensitive Scoop)

Please refer any enquiries to: Beverley Goodwin @ beverley_goodwin@hotmail.com

Introducing out newest, and youngest, member of the Board — Tanya Tran

We are pleased to welcome Tanya to our Board and to the position of the PCWM Youth Convener. This is a new position, and an important one, to encourage youth participation, and to learn from them about issues affecting the youth of today.

I'm in grade 11 at Garden City Collegiate. In July 2008, I participated in the Shad Valley's science, technology, and entrepreneurship enrichment program at the Lakehead University with some of Canada's talented youth. I had the opportunity to get a taste of university life as I spent a month living in a beautiful university campus setting surrounded by natural woodlands and lakes. I attended inspirational lectures on topics from fibreoptics, electrophoresis, cardiovascular disease, to stories about a diabetic man climbing Mount Vinson Massif in Antarctica. Besides attending lectures, I participated in interactive and skill building workshops such as Lego Serious Play, a teambuilding activity that encourages businesses to build their group's identity from lego pieces and familiarize themselves with the strengths and weaknesses of their team members.

Furthermore, I went camping at the beautiful Sleeping Giant (formation of mesas) and explored the rich Canadian culture in Thunder Bay at the Old Fort William Rendezvous. My most memorable experience would be participating in Shad Cup, a competition hosted at all 12 Shad Valley host campuses where teams had to invent a product to the theme "Design with Conscience". There were so many creative ideas and I was grateful to have had the opportunity to work with youth who were passionate in improving local and global issues. Shad Valley was truly a wonderful experience and the journey was full of self-discovery and growth.

Consider this.....

The holiday season is quickly approaching, many Canadians will spend enormous sums of money on holiday gifts. More specifically, according to Visa Canada's 8th annual gift-giving survey, *Twenty-two million Canadians plan to spend an average of \$930 on gifts this holiday season!* In total, it is projected that Canadians will spend \$20 billion on gifts this holiday season! North Americans are examples of over consumerism. The stats for the amount that youth spends are more astonishing, as today's technology encourages youth to keep up with the latest devices. It is important for Canadians this holiday season to purchase their gifts with a conscience, and consider some alternative ideas to gift-giving such as fair trade, local, charitable donations, and even home-made. *Tanya Tran*



Tanya Tran at the Lakehead Shad Cup competition

Westwind Roundtable Innovations in Treatment of Eating Disorders

September 26 -27, 2008 – Inn at The Forks

Contributors (L.Peterson, S.Gander & E.Stevenson)

Approximately 70 delegates from across Canada and the United States gathered at the Inn at the Forks to learn and discuss the latest research and methods for treating eating disorders. This year's Westwind Recovery Centre's annual eating disorder convention again featured a distinguished line up of expert speakers.

A disturbing trend noted was the prevalence of young children presenting with eating disorders and needing treatment. Discussion ensued on the "hostile social environment" that many are trying to recover in, especially with the preponderance of media imaging promoting thinness at all costs. Eating Disorders have the highest mortality rate of any mental illness.

Determining Outcome Measures – *Dr. Craig Johnson* (Dir. Eating Disorders Program Laureate Psychiatric Clinic and Hospital, Tulsa, OK. and Clinical Professor of Psychiatry, University of Oklahoma Medical School) The focus of this presentation was on the results of several clinical trials on the factors associated with treatment outcomes of individuals with eating disorders and on how these results are being used to determine consistent measures of treatment outcomes. Key messages included:

- o the importance of treating to recovery by providing levels of care and a step down treatment model (in-patient; graduated out-patient, etc.);
- o Importance of family-based therapy;
- o recovery is best determined when the length of treatment is based on individual need rather than on a standard length of treatment; and
- o Co-morbidity complicates recovery hence need to treat the underlying condition (e.g., anxiety, depression, etc.)

Obsessive Compulsive Disorders and Eating Disorders – *Dr. Ted Weltzin*

(Medical Director of the Eating Disorders Program at Rogers Memorial Hospital) This sessions covered similarities in symptoms between obsessive compulsive disorders and eating disorders and the importance of a good assessment to determine one disorder from the other. The speaker shared the work that Rogers Memorial Hospital is doing in treating individuals where OCD preceded the development of an eating disorder.

Readiness for Change – *Dr. Ovidio Bermudez* (Dir. Eating Disorders Program Laureate Psychiatric Clinic

and Hospital, Tulsa, OK.

Dr. Bermudez reviewed models for determining readiness for change and stressed the importance of developing a therapeutic alliance with clients to support readiness and promote change. The speaker highlighted that capacity to change is unlikely in individual malnourished from an eating disorder due to the serotonin changes in the brain (weight restoration influences readiness).

Carol Peterson (Research Associate and Assistant Professor, Eating Disorders Research Program, University of Minnesota) gave an interesting presentation on **Assessment of Eating Disorders**. She discussed the value of assessment data in research and clinical practice. She provided examples of semi-structured interviews and questionnaires that are both useful and accessible (many are now available on the web). Carol stressed the importance of the therapeutic relationship and discussed other strategies to enhance the accuracy of the assessment information.

Dr. Jillian Croll (Director of Research and Community Education Emily Program an Eating Disorder Treatment Program in Minneapolis/St. Paul area) gave a dynamic presentation on **Creating Harmony in the Treatment Team**. She reinforced the importance of using a holistic approach to promote recovery. She discussed the usefulness of the treatment team (she particularly focused on the client, dietician, therapist, and physician) and explored both the challenges and solutions to developing an effective team.

Dr. Jim Mitchell (NRI/Lee A Christofferson Prof. and chair of the Dept. Of Clinical Neuroscience) reviewed the research on **New Technology in the Treatment of Eating Disorders**. He presented European research findings on eating disorder prevention and interventions using computers, the internet, and PDAs. He shared the usefulness of these approaches for individuals with eating disorders and their families. He highlighted the advantages (e.g. accessibility, anonymity, inexpensive, limited geographic barriers, etc.) and the disadvantages of these methods (e.g. absence of nonverbal cues, inappropriate behavior, lag time in responding, may delay needed face to face contact, etc.).

For more information on the Westwind Eating Disorder Recovery Centre – visit www.westwind.mb.ca or call 1-888-353-3372.

For more information on Eating Disorders and Community Resources visit the Manitoba Healthy Living website at (<http://www.gov.mb.ca/healthyliving/ed/index.html>)

Upcoming Events

November 3—6

Violence Against Women 365 International Poster Exhibition will be touring Manitoba in October and will be displayed in Winnipeg from November 3rd to 6th at the main auditorium of the Union Centre, 275 Broadway Ave. The display will run November 3rd 12:30 - 8p.m. and November 4th, 5th, 6th from 11 a.m.- 8 p.m. with special evening and lunch events each day.

November 7

Annual Crime Prevention Month Breakfast on Friday, November 7th, 2008 at 8:00 a.m. at the Hotel Fort Garry Provencher Ballroom, 222 Broadway at Garry Street, Winnipeg, Manitoba.
Guest speaker: Constable Elsen J. Sutherland, Investigator - RCMP Calgary NWR Immigration and Passport Division on the topic "Human Trafficking - The Modern Day Slavery."
Tickets \$30.00 per person (\$25.00 MCJA members) . Contact Staci Bailey, Board Member - MCJA 794-8908 or staci_bailey@sacorrections.ca

November 12

Lunch and Learn—The Men's Resource Centre: Challenging Masculinity through Support Services for Men, with Chad Smith, Social Worker, The Men's Resource Centre. Doors open: 11:30 am; Presentation 11:50-1:00. Concourse Level, 155 Carlton St. RSVP 945 6281

November 13

Launch of Stop Sex with Kids Campaign, noon to 1:00, various locations thru out the province. Approximately 400 children and youth are being sexually exploited on the streets of Winnipeg each year. (Statistics include only visible sex trade exploitation). **Could you help out by handing out literature that day, for an hour? PCWM is supporting this campaign. You would be provided with the materials, and even a t-shirt!** If so, please contact PCWM at pcwm@mts.net, or phone 992 275, or call Mary Scott at 888 2996, e-mail mary_scott@shaw.ca.

November 19

Friends of the Canadian Museum for Human Rights is hosting an afternoon information session on November 19 at the Fairmont Hotel so that donors can 'walk through' the Museum and discover what it will mean for our community. Please invite people to see exciting images of what is envisioned for the Museum, including the use of technology and how stories will be told. 4:30 to 5:30 p.m. Fairmont Hotel – East Ballroom ~ Light refreshments will be served. RSVP: vtetrault@friendsofcmhr.com

December 3

Immigrant Women's Association of Manitoba Inc. Offers Diversity Late Lunches on Wednesdays. First in the Series is December 3rd, 2008 from 5:00 pm to 7:30 pm Topic is Cross Cultural Communication and Trivia Game presented by Dr. Xiaoyun Wang Associate Professor I H Asper School of Business \$15.00 includes a cultural meal. Please join Immigrant Women's Association, Inc. Caribbean Spice Restaurant 613 Sargent We encourage early registration For ticket inquiries, please call Beatrice Watson at 477-1588, Monica Singh 895-9058; Pat Hervo at 475-6921

Provincial Council of Women of Manitoba CALENDAR FOR 2008-2009

- January 8th, Board Meeting. Newsletter Deadline
- January 15th General Meeting, 7:00
- February 5th, Board Meeting
- February 21st Round Table (A Friday, from 11:00 to 2:00 p.m.)
- March 5th Board Meeting
- March 19th General Meeting (Resolutions) 7:00
- April 2nd Board Meeting. Newsletter Deadline.
- May 17 or 24th Annual General Meeting

Disclaimer: The opinions expressed by contributors are their own and do not necessarily reflect or represent the views of the Provincial Council of Women of Manitoba, its members or federates.

Guest Editor: Mary Scott

Deadline for submission for next issue: January 8th, 2009

Submissions may be e-mailed to the editor at pcwm@mts.net

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Empowering women to improve the quality of life for themselves, their families and society

Provincial Council of Women of Manitoba. Inc.

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pcwm@mts.net phone (204) 992-2751

Semi-Annual Meeting

PRESENTATION & DISCUSSION ON

Walking the Food Talk

WITH

Special Luncheon Speaker, Reverend Susan Tough

Susan participated in the 100 Mile Diet

Panel & Speakers

**“The Local Story of
Food Security in Manitoba”**

**Saturday, November 15th,
2008**

Registration: 9:30 am Program: 10:00 sharp

Wolseley Family Place

691 Wolseley Avenue

Winnipeg, MB

* Fully Accessible Building

**\$18.00 Registration Fee: Includes Continental Breakfast
and Lunch**



Registration Form

Please note: Registration for this event ends on November 12, 2008

Name: _____ Organization/Federate: _____

Address: _____ Postal Code: _____

Phone Number: _____ E-mail: _____

Do have any dietary requirements: _____

Registration Fee: \$18.00 Please send cheque or money order with registration form, payable to:

Provincial Council of Women of Manitoba, Inc.
630 Westminister Avenue Winnipeg, MB R3C 3S1