

Provincial Council of Women of Manitoba, Inc. Newsletter



November 2012

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Provincial Eating Disorder Prevention and Recovery Program Waiting List Reaches 1.5 Years to Receive Treatment! – Elaine Stevenson, Alyssa Stevenson Eating Disorder Memorial Trust

The PCWM has written to the Hon. Teresa Oswald, Minister of Health regarding the current and dangerous waiting list of over 1.5 years for disordered eating and eating disorder services at the Provincial Eating Disorder Prevention and Recovery Program (PEDPRP). I also want to be clear that PCWM is in no way critical of staff at the PEDPRP. The PCWM have incredible respect for the excellent services that the staff delivers at this program located at the Women's Health Clinic, but the waiting list has become unmanageable.

Since March of 2012, I have been alerting the Ministry of Health in regards to the ever increasing demand for eating disorder services in Manitoba and in particular the waiting list problem at the PEDPRP when it was at 6 months. The situation has become intolerable and we are very concerned about the continued deterioration of the mental and physical health of those waiting for services. I have been involved in the advocacy of and the development and delivery of eating disorder services in Manitoba for over 22 years and this is the worst I have ever seen for those requiring intensive disordered eating and eating disorder services by specially trained staff.

The extreme danger being that long waits for eating disorder treatment can result in those requiring services to become extremely distraught and depressed that they have finally been convinced to get help but they have to wait well over a year to obtain it. In addition, quick deterioration in physical and mental health is not uncommon for eating disorder clients. E.g. Electrolyte imbalances resulting in heart and kidney failure, extreme depression and the possibility of increased suicidal tendencies.

Many of those currently waiting for treatment could be taken off this waiting list if an Adult Eating Disorder Day Treatment program existed. Currently adult meal support programming only exists one day a week at HSC. In addition, the PEDPRP could enhance delivering eating disorder services by the addition of two extra staff, greater utilization of Telehealth and the training of more service providers especially for eating disorder services for rural and northern Manitobans.

It is recommended that the Minister of Health:

- Institute urgent interim measures to manage the current and recurring problem of eating disorder treatment waiting lists for the PEDPRP
- Deal with the recurring problem of long waiting lists for eating disorder services in Manitoba by consulting with current Manitoba Eating Disorder Service Providers and the Provincial Eating Disorder Network
- Consider allocating funding for the establishment of an Adult Eating Disorder Day Treatment program for those suffering from eating disorders in Manitoba that require intensive daily treatment. This would result in a reduction on waiting lists for treatment at the PEDPRP.

PCWM has written to the Minister urging immediate steps be taken to reduce the waiting lists. PCWM and CWW will continue to keep members updated on this urgent health care issue.

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September PCWM Meeting



Photo by Robert Barrow. Courtesy of the Winnipeg Arts Council.

PCWM's first general meeting on September 27th provided a wonderful opportunity to begin our focus on the most vulnerable in our society. Hope McIntyre's play, *Empty*, based on the true stories of food bank users, was a compelling, and sometimes heart wrenching, exploration of the human side of poverty. All in attendance applauded the hard work and dedication brought to the performance by this amazing group of artists.

The work is owned by The City of Winnipeg under the WITH ART COMMUNITY ART PROJECT as administered by the Winnipeg Arts Council Inc. Created in partnership with the First Unitarian Universalist Church Food Bank and Winnipeg Harvest. Produced with the support of the Winnipeg Foundation.

An International Experience: Seeing Health at Every Size® Movement Grow – Lindsay Mazur, Women's Health Clinic

In the months leading up to the 16th International Congress of Dietetics and the 2nd International Critical Dietetics Conference, my dream of learning from and connecting with international colleagues to support my continued advocacy work with Health at Every Size® became a reality. After two successful grant applications and an online fundraising website, I was going to Sydney, Australia. I attended the following events:

- The 2nd International Critical Dietetics Conference, Sept. 1-2nd (<http://www.criticaldietetics.org/>)
- A meeting of the International Health at Every Size® Team Project, Sept. 3rd (<http://internationalhaesteam.wordpress.com/>)
- The "Well Now" Facilitator Training through Well Founded, Sept. 3-4th (<http://www.well-founded.org.uk/>)
- The 16th International Congress of Dietetics (ICD), Sept. 5-8th (<http://www.icd2012.com/>)

Upon reflection of the events, the following themes emerged:

HAES® and Critical Weight Studies/Science are Growing

Canada appeared to be a clear leader of the Critical Dietetics movement internationally and an important aspect of Critical Dietetics is critical weight studies/weight science. Health at Every Size (HAES®) is a practice approach using knowledge from the critical weight

science literature, which focuses on health not weight. At ICD, I was inspired to see an overfilled room while Canadian dietetic leaders Jacqui Gingras and Jennifer Brady along with a UK leader and founder of Well Founded, Lucy Aphramor take on the topic, "Catching up and moving ahead – Critical weight studies for dietitians". I also had the opportunity to attend a meeting of the International HAES® Team Project, a group of enthusiastic international practitioners, educators and researchers interested in moving HAES® from theory to practice. Finally, along with four others, I had the privilege of taking the "Well Now" Facilitator training- a course designed to help "adults who want to feel better about food, eating and their bodies." One of the take home messages of the course was the importance of **self compassion** in helping people take care of themselves. I hope to start running these "Well Now" groups through Women's Health Clinic in the new year. As the focus on weight, weight loss and "obesity" continues, we will see an increase in weight loss dieting, weight cycling, weight stigma, increased body weights, disordered eating, eating disorders, and more ill health for all which is why advocacy is so important to promote health for all people of all sizes.

Grassroots advocacy to promote HAES® are spreading awareness

International grassroots initiatives to promote HAES®, promote health in a holistic way and to prevent eating

disorders that I learned of were anti-dieting (weight loss dieting) protests at parliament in the UK organized by www.endangeredbodies.org and adopting regulations for “weight control and slimming” ads through the Advertising Standards Authority, a petition in Australia to stop popular weight loss/dieting company- Jenny Craig’s CEO from speaking to educators of girls on “women’s health” gained significant media attention, a counter campaign in the USA called “I Stand” in response to the “Strong4Life” anti-childhood obesity stigmatizing ads, raised enough funds to produce counter billboards with taglines such as, “We stand for healthy happy children, no matter their size”, “Shift the focus away from weight” was the top-voted submission in the *National Dialogue on Healthy Weights* led by the Public Health Agency of Canada and we can not forget our local initiatives such as the PCWM adopting a HAES® resolution in May 2012.

Women’s Health Clinic is a Leader

After networking with international colleagues, I was humbled to discover that the organization in which I work, Women’s Health Clinic in Winnipeg, is unique not only Canada but in the world. Our clinic seems to be the only community clinic to have HAES® as part of its core value

statements for the entire clinic. Our doctors, dietitians, nurses, health educators, volunteer facilitators all work within this approach.

Final Thoughts...

In closing, I would like to extend an invitation for those interested in learning more about Health at Every Size® and/or Critical Dietetics to please visit the websites above, as well as contact me at lmazur2@womenshealthclinic.org or (204) 947-2422 ext. 517. The Association for Size Diversity and Health (www.sizediversityandhealth.org) is a professional organization promoting HAES® that you can join. Critical Dietetics also has a FREE open access journal that you can sign up for through their website at <http://www.criticaldietetics.org/>. Finally, you can also join the conversations on Twitter (#haes) and Facebook. Thank you for the opportunity to share my experiences with you.

Acknowledgements:

I would like to acknowledge the Canadian Home Economics Foundation (<http://chef-fcef.ca/>) and the Winnipeg Foundation (<http://www.wpgfdn.org/>) for their financial contributions and also to family and friends who supported me through a personal fundraising website.

Reproductive Justice: Equal Access Now! Pan-Canadian Day of Action October 20 2012 <http://oct20rjday.wordpress.com> – Marilyn McGonigal

What is PCWM’s position on Pro-Choice?

NCWC resolutions support the 1988 S.C.C. Morgentaler decision that abortion law is unconstitutional (the Supreme Court found that s. 251 of the Criminal Code of Canada violates a woman’s security of the person under S. 7 of the Constitution), and takes the position that abortion is a medical matter between a woman and her doctor. NCWC policy is automatically Provincial Council’s position.



October 20th was declared the National Day of Action for Reproductive Justice. On October 10 the Women’s Health Clinic gathered a group of women to plan an action. It was decided to send a letter asking the Minister of Health and Minister responsible for the Status of Women to meet with us to discuss a public campaign to inform and support women who are accessing birth control and other sexual and reproductive services in their communities, and to improve access to these services in remote areas of Manitoba. Women were invited to sign the letter at WHC on October 20 and about 25 signatures were gathered.

I am also collecting names of women who support the letter (or the proposed action) and have received a number of responses. This support will be mentioned to the Ministers at the meeting, which has not yet been scheduled. If you want to add your name, call (204.452.2820) or email me (mmcgon@gmail.com).



Every year, around International Women's Day – March 8 – a meeting happens in New York at the United Nations. Women, and some supportive men, come to talk about issues affecting their lives, and to try and influence the governments of the world to make policies that would recognize their equality and human rights. Because NCWC has ECOSOC status, we can attend these meetings, although it is limited. We can't sit in on the formal government meetings that are negotiating documents, but we can try to influence our own Canadian delegation and we gain much from the interaction with other NGOs. NCWC has had strong representation at these meetings – Muriel Smith and Cathy Laidlaw Sly attended. I've been fortunate to represent NCWC at the last 5 meetings.

The fifty-seventh session of the Commission on the Status of Women will take place at United Nations Headquarters in New York from 4 to 15 March 2013. The priority theme: **Elimination and prevention of all forms of violence against women and girls** – very important, and the review theme is the **equal sharing of responsibilities between women and men, including caregiving in the context of HIV/AIDS**. The emerging issue theme has not been determined, although there is a strong push from India, supported by the U.K. that it be Widowhood.

Attending the CSW means - you don't get much sleep; you walk a lot; you meet amazing women from all parts of the globe; you see first hand the strength of women and you realize you can, by working with others, make a difference. If you are interested in being part of the NCWC delegation to the CSW, please let me know. Everyone has to pay all their expenses, but there are apartment hotels close by. Because of the construction currently going on at the UN, you can't always get to the sessions you want, but there are always interesting sessions you can go to.

The NCWC blog for the CSW is up and running – at <http://csw57.blogspot.ca/>. It will keep you current on the preparations for the meetings, and you can sign up to be notified of new postings. It's the next best thing to being there!

I look forward to hearing your comments, and sharing the news of the CSW with you – and just maybe, seeing you in New York!

Mary Scott
Convener, United Nations



The National Council of Women of Canada is a member of the Women, Peace and Security Network – Canada (WPSN – Canada)

WPSN – Canada works to promote and monitor the efforts of the Government of Canada to implement and support the United Nation Security Council Resolutions on women, peace and security; and provides a forum for exchange and action by Canadian civil society on issues related to women, peace and security (broadly interpreted).

Did you know, October 29th was the 12th Anniversary of Security Council resolution 1325? You can see an excellent 30 minute documentary, *Side by Side – Women, Peace and Security*, on this at <http://tinyurl.com/8pm9uvo>.

To see more about WPSN – Canada, go to <http://wpsn-canada.org/>

Provincial Council of Women of Manitoba
Semi-Annual Meeting November 17, 2012
Wolseley Family Place 691 Wolseley



- 9:00 am Registration
- 9:30 am Welcome and President's Remarks Sharon Taylor, PCWM President
- 9:40 am Housing: Needs and Issues Identified by PCWM summer interns
- Alberta Johnson: PCWM Summer Intern*
- 10:00 am Housing: A Question of Justice and Equity
- Christina Maes Nino: Social Planning Council of Winnipeg and Coalition on Housing*
- 10:45 am Break
- 11:00 am Housing: Provincial Plans for Action
- Jill Perron: Representative of Manitoba Housing and Community Development*
- 12:00 pm Lunch.
- 12:30 pm Housing: Taking Action
- Grace Karpinski: Habitat for Housing Women Builders*
- 1:15 pm PCWM Semi-Annual General Meeting
- 2:00 pm Adjourn

\$20.00 admission includes lunch

Contact PCWM at 204-992-2751 or pcwm@mts.net to confirm your attendance

National Aboriginal Women's Summit (NAWS 111) – Mary Scott

Manitoba hosted NAWS 111, a national summit, November 1 and 2, 2012. The first summit took place in Newfoundland and Labrador in 2007, and the second was held in the Northwest Territories a year later. The earlier summits included grass roots and community participation. Their focus was on ending the violence and exploitation of women.

The official summit in Manitoba included representatives from provincial governments and the federal government. Although provinces sent political representatives, the federal government did not. National organizations were invited to attend, but were not involved with the planning. Local organizations and individuals were included by invitation only.

The Manitoba Coalition on Missing and Murdered Indigenous Women decided to organize a **Shadow Event**



Mary Scott and Grand Chief Shawn A-in-chut Atleo

at the same time as NAWS 111, to hear what actions women thought needed to happen. It was called Sounding Our Voices and open to all. Over 150 people attended and registered, and position papers are still being accepted. The three main Manitoba First Nation organizations, Assembly of Manitoba Chiefs (AMC), the Manitoba Keewatinowi Okimakanak (MKO) and the Southern Chiefs Organization (SCO) co-hosted and supported this event in cooperation with the Manitoba Coalition for Missing and Murdered Indigenous Women. The Grand Chief Shawn A-in-chut Atleo was present and supportive.

I attended, as an observer, and was impressed with the work that went on. Many ideas were expressed as to what the tasks might be for an Inquiry. A report is expected, which will be very useful. The groups talked about addressing root causes of violence, and increasing prevention.

From the event, the AMC, SCO, MKO and coalition of Missing and Murdered women will develop action plans to take forward based on recommendations. Together, they will work with National organizations including the Assembly of First Nations and the Native Women's Association of Canada to implement these action plans while respecting protocol, cultural and regional values.

Our Aboriginal sisters are well organized and articulate on matters that affect them. Missing and murdered Aboriginal women are the top priority of Aboriginal people. The Criminal Justice System is not within their power to direct or control and does not have an adequate response to this issue. Much more must be done by non-aboriginal communities and leaders to bring an end to violence against Aboriginal women and their families.

Universal Periodic Review – Barb Toews

Canada's turn to work on the Universal Periodic Review, something that the Human Rights Council does in Geneva, is coming up for the second time. Before Canada submits their official report, NGOs can submit their observations and recommendations, and many NGOs do so on a wide range of Human Rights issues. Canada's review is scheduled for the period April 22 to May 3, 2013.

Mary Scott was asked to play a lead role with an individual from the Canadian Federation of University Women, and the report is a result of that collaboration. Marilyn McGonigal provided input to the section on Aboriginal women, as did the Assembly of Manitoba Chiefs, and the Native Women's Association of Canada. The Boards of NCWC and CFUW reviewed and approved it. Shelagh Day from FAFIA and Dennis Lewicky from the Social Planning Council were also consulted. The link for this report is: <http://www.ncwc.ca/pdf/UPR.pdf>

The sections on *Housing and Homelessness* and *Poverty and Economic Security* in this report fit in exactly with the common concern expressed by our federates in interviews conducted this past summer. See Alberta Johnson's report in the September 2012 newsletter.





LEAF Manitoba
presents
NO MEANS NO
YOUTH EDUCATION PROGRAM



LEAF Manitoba is the Provincial Branch of LEAF (Women's Legal Education and Action Fund), a national voluntary sector non-profit organization which advances the equality of women and girls in Canada through legal action and education based on the *Canadian Charter of Rights and Freedoms*.

LEAF Manitoba is pleased to offer the **No Means No Program** to students in **grades 6 – 9**. No Means No is a legal education workshop that teaches students about their rights and responsibilities related to sexual assault and consent.

This exciting workshop is delivered by **trained Facilitators** in a series of **3 one-hour sessions** delivered in your classroom. These sessions examine the concept that "no" actually means no and that there is no such thing in law as implied consent to sexual assault. These issues are explored through a variety of creative, interactive activities that address power imbalances, gender stereotypes, and their connection to violence in relationships:

Session 1 – Violence and Power

Session 2 – Gender Stereotypes

Session 3 – Sexual Assault

Here's what some past participants have said about our program:

"It gets the kids engaged and thinking about real issues that they are dealing with now or very soon" ~ Grade 7 Teacher ~

"I learned that you should not assume, or stereotype people by their looks, or the way they act. And No Means No!" ~ Grade 8 Student ~

"Openness and understanding with the students allowed them to feel comfortable with discussions." ~ Grade 8 Teacher ~

Some of the schools that have participated in our No Means No workshops are:

Ecole St. Norbert
Immersion
R.B. Russell High School
General Wolfe School
Churchill High School
A.E. Wright
St. Adolphe
Grant Park
Kildonan East

This workshop is available at no cost with the goal of making these learning opportunities affordable for your school. For more information about our program or to book a workshop, please contact LEAF Manitoba at (204) 453-1379 or leafmb@mymts.net

Sincerely,

Youth Education Team
LEAF Manitoba



LEAF Manitoba
301 - 960 Portage Ave
Wpg, MB R3G 0R3

Ph/Fax: (204) 453-1379
leafmb@mymts.net
www.leafmb.ca

Continuing Our Support for Our Aboriginal Sisters – Mary Scott



The whole issue of the missing and murdered Aboriginal women and girls has been something Councils of Women have been struggling with for some time. We became increasingly aware of it, thanks to the work of the Native Women's Association of Canada (NWAC), and the Sisters In Spirit campaign. The first phase of the Sisters In Spirit initiative began in 2005. The primary goal was to conduct research and raise public awareness of the alarmingly high rates of violence against Aboriginal women and girls in Canada. The report released in March, 2010 *What Their Stories Tell Us*, provided evidence that 582 Aboriginal women and girls have gone missing or been murdered in Canada. We know that number has increased since that report.

In June, 2011, an historic Joint Declaration was signed, between the National Council of Women of Canada (NCWC), the Assembly of Manitoba Chiefs (AMC), and the Native Women's Association of Canada. Members of Council signed the Joint Declaration, and are now supporting local community initiatives to raise awareness of this tragedy. In June, 2012, NCWC unanimously passed a strong resolution urging more action and adopting as policy "that the cases of the missing and murdered aboriginal women be solved quickly and the systemic violence against Aboriginal women and girls be eliminated". There were 172 Vigils held across Canada on October 4th, to honour the lives of missing and murdered Aboriginal women and girls and support families who have been tragically touched by the loss of a loved one to violence.

What else are we doing? And what more needs to be done?

- In Manitoba, we are a member of the Coalition on Missing and Murdered Indigenous Women. There are many organizations participating, with representation from the Metis community as well as First Nations. The coordinating work is done by the Assembly of Manitoba Chiefs, in particular the Women's Committee. I've been pleased to be invited to be part of the Coalition, representing NCWC, along with Marilyn McGonigal, representing Provincial Council of Women of Manitoba. The Coalition promoted the October 4th Vigils, and also the October 18th Day of Action (sending postcards/petitions calling for an Inquiry).

- The interesting project I am working on now with the Coalition is the upcoming meeting called *Sounding Our Voices* November 1st, and 2nd. This is a Shadow Event, held at the same time as the National Aboriginal Women's Summit 111 (NAWS 111). Although NAWS 1 and 11 both included grass roots women, the organizers of NAWS 111 have political representation and government departments, not groups like those in the Coalition, or even families that have been directly affected. So the local women are organizing their own meetings!! It will be interesting, and I have volunteered to help in any way I can, and will be an observer.
- Every 4 years, there is a review by the Human Rights Council of a country's Human Rights record. It is called the Universal Periodic Review (UPR). A review of Canada was done in 2009, and the 2nd review will be done in early 2013. Non governmental groups or NGOs can submit a report before the official review, and NCWC along with the Canadian Federation of University Women (CFUW) completed a joint submission. One of the major sections is on violence against women, in particular Aboriginal women, and urging action on the part of Canada in a number of areas, including an integrated RCMP/ provincial police services and First Nations police; a national inquiry; support for the CEDAW Committee to be invited to Canada to investigate; support for affected families, and the recruiting and training of aboriginal

(continued on page 9)



Signing the Joint Declaration between the Native Women's Association of Canada, the Assembly of Manitoba Chiefs and NCWC, June 2011

Women Gathering – “A new way of doing things” – Marilyn McGonigal

Women Gathering started in April this year. At every meeting so far new people attend which is wonderful but many cannot attend regularly scheduled meetings due to other commitments. WG will start setting meeting dates on rotating days of the week and rotating weeks of the month so everyone can attend more often if not all the time. More importantly, to progress in our work we decided to focus on networking and sharing information through the Web site and our Facebook, Twitter and email networking tools. Our purpose - in development – is stated on the Web site as follows:

“As discussed at the last few meetings, we are moving towards positioning ourselves as trackers of government actions that erode hard-fought rights of women as well as a hub for women's groups and organizations across the province to create a powerful network that supports one another.”

Watch for the next meeting date on the Web site. Everyone Welcome!

The following connections are also worth a look. You can choose to participate and send information or respond to what is there. It is a new way of doing things and as one who remembers the obstacles to reaching out to women throughout the province in the 70's women's movement; I see these tools as the solution we never dreamed possible. Assuming, of course, I can learn to navigate and participate!

<http://womengathering.org/>

E-mail Jann Ticknor at info@womengathering.org

<HTTPS://WWW.FACEBOOK.COM/WOMENGATHERING>

TWITTER: <HTTPS://TWITTER.COM/WOMENGATHERING>

WOMENGATHERING [tweet@womengathering](https://twitter.com/womengathering)

Our Aboriginal Sisters *(continued from page 8)*

women to provide legal aid to women from their communities, including on domestic violence and property rights; and review its legal aid system to ensure that aboriginal women who are victims of domestic violence have effective access to justice. You can see the whole report at <http://www.ncwc.ca/pdf/UPR.pdf>

More needs to be done. There is an excellent Resource Guide on the NWAC web site – and I encourage you to read it – and follow some of their suggestions. There is a section for Advocates and Campaigners; a section for those Assisting Families; and another for Teachers and Educators. Check it out at <http://tinyurl.com/cqoop7v>. **Let us stand with our Sisters In Spirit!**

Pictures from PCWM's July 2012 Gala



News from National – Denise Mattok

This month we are very proud to announce a 'first'. Together with the Canadian Federation of University Women (CFUW) we made our first submission to the United Nation's Universal Periodic Review. In the words of one of our Board members an "impressive document indeed"! The U.P.R. involves a review of the human rights record of all 192 UN member states. It is undertaken every four years and Canada's review will take place in 2013. Our submission was written by Mary Scott, our UN Convenor, who worked with Tara Fischer, CFUW's Advocacy Co-Ordinator. You can find the document posted on our website <http://www.ncwc.ca/pdf/UPR.pdf> and on NCWC's Facebook page. Thank you Mary and Tara for the excellent work done over a very short time line.

All eight members of the Board will be meeting in Ottawa, on November 16 to 18th. It will be a full agenda. Some of the topics we will address are fundraising, we are not meeting our targets, the Constitution and Bylaws to ensure we will be in compliance with the new legislation and we will start preparing for a smooth transition for the incoming 2013 Board.

We have three Convenor of Standing Committee positions vacant currently, Global Affairs, Justice and Legislation and Youth. Please let me know, at NCWC@magma.ca, if you have an interest in one of the vacant positions or can suggest a member whom you think would be a good Convenor. 2013 is an election year, don't hide your talents and interests. We need your contribution to invigorate Council. Recycling is commendable but not the recycling of officers.

As your Local Council holds an interesting event or meeting please make sure there is a camera present and I hope someone to write a description which can be published in our Newsletter or on our website. We all need to know what's happening in other Councils and to share our creative ideas. Remember too that we have Celebrating Women prints, at a discounted price, which make wonderful gifts to speakers and can be easily framed by someone who is handy. The Prince Albert Council has just purchased five "Raising the Glass Ceiling" prints. They will be given as gifts to speakers for the Leadership and Mentoring workshop they are holding.

Ottawa Council, on a crisp sunny day Person's Day held their annual "Tea with the Famous Five". They met at the statue of the brave five holding a tea party to plan to petition England for recognition of Canadian women as persons. The event took place on Parliament Hill. Liberal M.P. Judy Sgro provided tea and cookies this year, and spoke at their event and was accompanied by other Liberal politicians.

On October 26th Calgary Local Council commemorated one hundred years of activity and achievement with a reader's play written by Nancy Millar followed by a high tea and a silver service. Vice-President Carla Kozak represented National Council. The Calgary Council has just published a comprehensive history written by Lillian MacLennan, "The Do'Gooders", to mark the event. Unfortunately for us it's also a sad occasion as it signals their closing. However we wish them well and hope it's au revoir, not adieu!

CAC Manitoba Holiday Fundraiser

Decorate your home during this festive season with a beautiful holiday door swag, and support the work of CAC Manitoba at the same time! We are selling door swags for \$30.00, which includes delivery right to your door.



Get your order in early! The deadline is November 23rd.

To order, call Lori at [204-452-2576](tel:204-452-2576) or e-mail us at cacmb@mts.net

Membership – Maxine Balbon

Membership renewal is ongoing. Please check that you have renewed your membership with PCWM for 2012-2013, and send your cheque with the membership form to PCWM, 204-825 Sherbrook St., Winnipeg, MB R3A 1M5. Please call 204-992-2751 to have a membership form sent to you.



Provincial Council of Women of Manitoba, Inc.
 204 - 825 Sherbrook Street, Winnipeg MB R3A 1M5
 Phone: (204) 992-2751 Fax: (204) 975-3027
 Or E-mail: pcwm@mts.net

Thank you for your interest in the Provincial Council of Women of Manitoba, Inc. It is now time to renew your membership for the upcoming year. This membership year runs from April 1, 2012 - March 31, 2013. To renew your membership, please follow the steps outlined below:

- 1) Fill out the form below.
- 2) Send the completed form, along with a cheque payable to The Provincial Council of Women of Manitoba, Inc. to:
 PCWM – Membership Chair
 204 - 825 Sherbrook Street
 Winnipeg , MB R3A 1M5

Membership Form – PLEASE PRINT CLEARLY

Please indicate whether you are applying to be an Individual or Federate member:

Individual member - Name _____
 Mailing Address _____
 Phone Number _____ Email: _____

Federate member – Name of Organization: _____
 Name of Contact Person: _____
 Mailing Address _____
 Phone Number _____ Email: _____
 Federate Phone # and E-mail (if applicable): _____

May we send newsletters, articles and notices by e-mail? Yes No

May we share your contact information with the PCWM membership? Yes No

MEMBERSHIP FEES:

Please check applicable amount:

- Federate Members (April 1, 2012 – March 31, 2013): \$40.00
 Individual Members (April 1, 2012 – March 31, 2013): \$20.00

Would you like a receipt for this payment? Yes No

*****Please make your cheque payable to the Provincial Council of Women of Manitoba, Inc and send it along with your membership form.**

The Provincial Council of Women of Manitoba, Inc. is committed to protecting the privacy of our members. The contact information of our membership is only circulated between members of the Provincial Council of Women of Manitoba, Inc. and is not made available to any outside groups or individuals.

PCWM Calendar of Events | November 2012 to June 2013

Board Meetings

Begin at 5:30 pm, Room 212 (Kitchen) at SMD unless otherwise indicated **(NOTE CHANGE IN TIME)**

Thursday – December 6

Thursdays – January 3, February 7, March 7, April 4, May 2, June 6

General Council Meetings

Saturday **November 17, 2012** | Semi-Annual Meeting

Upper Lounge, Wolseley Family Place, 691 Wolseley Avenue

Thursday, **January 17, 2013** | 7:00 pm, Room 202 SMD | PCWM Council General Meeting - Program TBA

Friday, **February 15, 2013** | 11:00 am – 2:00 pm | PCWM Federate Round table – location TBA

Thursday, **March 21, 2013** | 6:30 pm – 202-3 SMD | PCWM Resolutions Meeting

April or May, 2013 | PCWM AGM - TBA

Community Information

Manitoba Association of Women's Shelters | Breakfast with the Guys

November 15th, 7:30 to 9:00 am | Winnipeg Convention Centre

"Breakfast with the Guys" | Keynote Speaker – Jackson Katz, Ph.D. | Tickets – \$100 |

Book online: www.eply.com/MAWS-Breakfast | For more information: nikkicoordinator@maws.mb.ca or 204.381.2902

Learn what you can do to make a significant difference towards ending domestic violence.

Manitoba Association of Women's Shelters | Jackson Katz Workshop

November 15th, 10:00 am to 2:00 pm | Winnipeg Convention Centre Presentation Theatre

Strategies for inspiring men and boys to be allies in gender violence prevention | Tickets \$30 including lunch

To register and for more information: email nikkicoordinator@maws.mb.ca or 204.381.2902

Prairie Women's Health Centre of Excellence | Third Annual general Meeting

November 16th at 11:00 am (registration) | Greenwood Inn | 1715 Wellington Avenue | Winnipeg

Tickets \$20 | Contact Pamela at p.chalmers@uwinnipeg.ca or 204.982.6630 | Website: www.pwhce.ca

Lunch, AGM and Ceremony, presentations on new research

MATCH Manitoba | Anna-Celestrya Carr's presentation of The Men's Banner Project

November 26th at 5:30 pm | Wolseley Family Place, 691 Wolseley Avenue | Winnipeg

Recognizing the International Day for Elimination of Violence against Women, and the International Campaign to stop

Rape and Gender Violence in Conflict areas, MATCH MB invites you to join them for Anna-Celestrya Carr's presentation of The Men's Banner Project where men promise not to use their hands in violence against women. For more information contact: Helen 204.895.8108.

Manitoba Branch of the Consumer's Association of Canada (CAC Manitoba) | 65th Annual General Meeting

November 29th at noon (registration 11:30 am) | Topic: "Consumer's Online"

Community Financial Counselling Services Board Room (Room 516) | 294 Portage Avenue | Winnipeg

For more information or to register, call Lori 204.452.2576 or email cacmb@mts.net