



Pandemic Diary



President's Message

Greetings Sisters of the League,

April has arrived and brings in its wake a fresh breath of Spring!! And the feast of our patroness, **Our Lady of Good Counsel (Mater boni consilii)** in Latin. It is a title given to the Blessed Virgin Mary after a painting said to be miraculous, now found in the 13th century Augustinian Church at Genazzano near Rome, Italy.

This month, inspired by our Blessed Mother, we thought we'd dedicate this issue to women. Brigitte Daniel starts off our new series **"Women of the Bible"** with her favourite character, Ruth. Another new series **"Talent Showcase"** features artwork by Sylvia da Cunha. And in yet another new series

"Reflections of a CWL Sister", we are honoured to have Irene Gabon. We look forward to contributions from you all in future editions.

Nancy Macera's **"Trivial Pursuit"** with Biblical heroines will get you scrambling to get your thinking caps on and Cathy's **Puzzle Corner** has something more to keep you engaged. Diane Oullette has more humour coming your way in the **Pundemic** section. Barbara Azzopardi's **Armchair Travelogues** take us to Banff and South Africa.

"The Eclectic Dahlia" is a new venture from Barbara Azzopardi's daughter, Vanessa. Check it out. You won't be disappointed! Agnes Carbonelli has donated some beautiful, knitted scarves which are on sale and a spectacular prayer shawl that we are auctioning. You do not want to miss an opportunity to bid on this!! Please check

out the last page.

Our **"Cook & Bake"** section features recipes for scones by Susan and Laura Macera which are absolutely scrumptious!

YouTube

Please check out YouTube. You will have to copy and paste links in your browser.

Our St Patrick's Day 'Drive Through' **Blarney Brunch fundraiser** was a huge success and we were able to donate 1000 shamrocks to Fr John for St Patrick's Church. A big "Thank You" to all you CWL sisters who worked so hard and helped make this a successful venture.

We will not be organizing a food fundraiser this month. Stay safe everyone!!!

Volume 1, Issue 3, April 2021

Special points of interest:

- Women of the Bible
- Reflections with Irene Gabon
- Talent Showcase with Sylvia
- Visit Banff and South Africa on the travelogue series
- Try Susan's scones
- Prayer Shawl Auction
- The Eclectic Dahlia

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Women of the Bible featuring Ruth by Brigitte Daniel

Being a widow myself, I always admired Ruth, a woman of the Bible. I chose to live my life more like Ruth which has given me a life worth living. Every day for me is filled with love and much happiness.

Ruth 1: 16

Ruth replied to Naomi **"Don't urge me to leave you or turn back from you. Where you go I will go and where you stay I will stay. Your people will be my people and your God my God"**.

The widow Ruth knows about loyal-

ty. She has chosen to stay by the side of her aged mother-in-law, Naomi, rather than return to a more comfortable life in her hometown. Even though this choice lessens her chances of finding a mate, Ruth keeps focused on the big picture. Her love for Naomi and her desire to be with Jehovah's people mean more to her than impulsively satisfying her desire for marriage.

Are you thinking about marriage? Then imitate Ruth. Look beyond your emotions and ask what

positive qualities you would bring to a future mate. For example, are you loyal and self-sacrificing? Do you conform to Godly principles, even when your imperfect flesh begs you to do otherwise? Ruth did not desperately seek a mate. However, in time, she found a husband who proved to be a mature man who shared similar qualities – above all, a love for God. The same outcome could be true for you...

Ruth and Boaz became the parents of Obed, who became the father of Jesse, the father of David.

Ramona



Armchair Travelogues with Barbara Azzopardi

How Beautiful are His Mountains!!!

Wow, wow, wow!!!! You are heading west from Calgary towards the majestic and grand Rocky Mountains around **Banff** for some time away from reality. Driving the narrow twisting roads away from the big city you can just start to make out the outline of the hills that will eventually turn into the mountains you have always wanted to see with your very own eyes. Then they come into full view and wow! They are tall, really tall and each one is really different than the one beside it. There are lots of trees, yes, but there are also lots of unique features that give these mountains their names. How can you get closer? Get on a helicopter and fly across the range into the interior. There are mountain goats on the top peak just lazing about! There are really deep and cold lakes from the melting snows of glaciers around you. There are valleys and peaks everywhere. The largest glacier around is in the Columbia Icefields, the **Athabasca Glacier**. You decide to work your way to the bottom of



Glimpses of South Africa with Ramona

The southernmost country on the African continent, South Africa has so much to offer by way of topography, natural beauty and cultural diversity. Cape Town on the Southwest coast is SA's second largest city after Johannesburg and has the flat-topped **Table Mountain** as an iconic landmark. A layer of clouds, called the "tablecloth" frequently cloaks the mountain's peak, but when the clouds clear, visitors can enjoy spectacular views of the city and the entire Cape Peninsula from the summit. The famous **Victoria and Alfred Waterfront** is another vantage point and buzzes with activity and musicians gathering to entertain people. **Cape Agulhas** is the southernmost point of Africa. The waters of the Indian and Atlantic oceans mingle and make for some rough currents.

Kirstenbosch Botanical Gardens are part of the Cape Floristic Region UNESCO World Heritage site hosting over 20,000 native South African plant species including SA's "**Fynbos**", a floral kingdom of plants. Sisal plants and giant aloes are seen almost everywhere in the Karoo, a semi-desert region of the cape. **Oudtshoorn** is the ostrich capital of the world. The ostrich egg fascinates me as



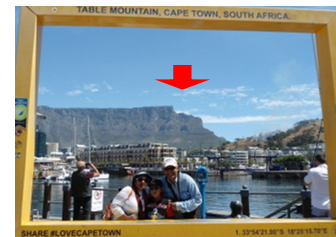
Trivial Pursuit with Biblical Heroines by Nancy Macera

1. Who is St. Joseph's mother?
2. She is often referred to as the mother of the human race. Often depicted near a 'fruit' tree, she represents God's promise to beget the one who would crush the head of the devil and redeem humanity from sin once and for all.
3. Abraham's wife, who by God's promise, gave birth to her son Isaac when she was 90 years old.
4. She is the cousin of Mother Mary and the mother of John the Baptist.

5. She is the sister of Martha and Lazarus, whom Jesus raised from the dead. She sat at Jesus' feet instead of being swayed to do housework or entertaining duties, which Jesus commended!
6. She is the wife of Aquila, a couple known for powerful ministry. Also, the first example of a renowned female preacher/teacher in early church history.
7. She is the one and only female judge named in the Bible who also had profound influence.

 YouTube

<https://youtu.be/5d8-EeToP8s>



apparently it's hard to crack if you step on it! Truly one of the most beautiful countries I have visited. Check out link below for more pics and descriptions.

<https://youtu.be/HOMdItXhYfU>

 YouTube

- Thanks to her leadership, Israel enjoyed peace for 40 years!
8. Moses' older sister who helped save him as a baby.
 9. She was bribed to entrap and uncover the secret of Samson's God given strength.
 10. Jesus saved her from being stoned and cast demons out of her. She repented her sins, became one of Jesus' most faithful followers and devoted her life to Him.

Answers on last page!

Reflections of a CWL Sister...Irene Gabon *(as shared with Nancy Macera)*

In 1969, Theresa Darrigo invited me to a CWL meeting at the old church hall where Father Howe was Pastor. At my very first meeting, I was elected Education Convenor. I organized Public Speaking Contests and arranged speakers during Education week with Jesse Flis, former Federal MP for Parkdale.

In the early 70's I loved becoming the Resolution and Legislation Convenor. One of my biggest accomplishments was **redrafting the pornography resolution** for more censorship. This was then presented at the Toronto Archdiocesan Convention. As a result of this, I was asked to join the Toronto Archdiocesan Council alongside President, Peggy Nastasiuk. I also returned to law school which enabled me to gain valuable information and resources toward this cause. For decades, I worked with

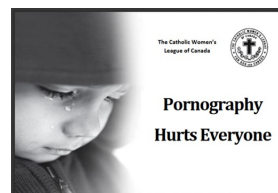
the League at the Provincial and National levels as Sub Convenor in resolutions. Any laws passed to protect children were the result of a team of players with the same goal.

I was pleased to be part of starting our first Newsletter, **receiving the Maple Leaf pin and a trophy from National.**

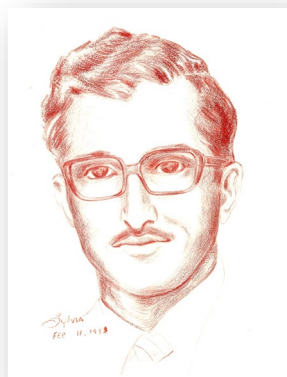
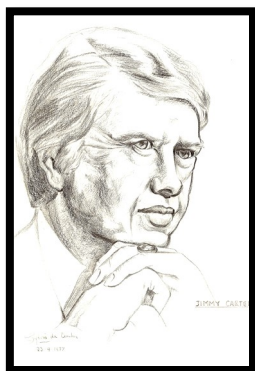
It was quite a journey of Faith and Action AND Catholic women who moved the boulders that obstructed the path on that journey. Yep, we did it. Together. Socially, the CWL filled my life as I was connected to and working with women of deep faith who practiced and lived it. For those times in my life, I will always be grateful. I more than appreciate what the League did for me at a time in my life when I needed a support system. Immeasurable!!

The CWL means something to those who have lived it and really it belongs to them.

St Patrick's CWL would like to thank you Irene for all your efforts especially in the fight against child pornography. Beginning with the **WRAP** campaign (White Ribbon Against Pornography) in 1988, **C.A.S.E.** (Canadians Against Sexual Exploitation) and **Pornography Hurts Everyone** in 2013, these efforts continue to rid our society of this plague.



Talent Showcase featuring Artwork by Sylvia da Cunha



You all know Sylvia as a professional soloist. She is also a talented commercial artist. Her special interest is portraits and sketches. She shares some of her work on our Talent Showcase.

Scones! Scones! Scones! by Susan & Laura Macera

Cheese & Chive

Ingredients

2 cups All Purpose Flour, 3/4 teaspoon Kosher salt, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1 teaspoon sugar, 1 cup of buttermilk, 8 tablespoons of butter (additional 1 tablespoon for brushing), 1 & 1/4 cup cheddar cheese, 1/4 cup chives

Method Mix all dry ingredients together (including the cheese and chives) in a mixing bowl. Chill buttermilk for 10 mins, add melted butter to it and pour into bowl with dry ingredients.

Preheat oven to 400 deg F. Scoop dough with spoon or ice-cream scoop onto parchment lined baking tray. Brush with butter. Bake for 10-15 mins until golden brown.

Strawberry

Ingredients

1 cup diced strawberries (blot dry with paper towel to remove moisture), 1 cup heavy cream, 1 stick butter, 2 cups all purpose flour, 1/4 cup granulated sugar, 1 tablespoon baking powder, 1/2 teaspoon salt

Method

Preheat oven to 400deg F. Chill cream in freezer for 10 mins, add melted butter to it and gently mix with fork to form globules or clumps. Add the butter/cream mix to the dry ingredients and incorporate until batter moves away from side of bowl (do not overmix). Scoop dough onto parchment lined baking tray with spoon or ice cream scoop and bake for 15 mins.

For Glaze

In a small saucepan, bring 1/4 cup granulated sugar, 2 tablespoons fresh lemon juice, 1 tablespoon butter to boil, then simmer for 4-6 mins until mixture begins to thicken. Remove from heat, brush baked scones with prepared glaze and return to oven for 3-5 mins. Remove and transfer to cooling rack. Enjoy!!

"I've developed a new philosophy... I only dread one day at a time."

Charlie Brown.

Here are 26 activities that do not require strenuous physical exercise:

1. Beating around the bush
2. Jumping to conclusions
3. Climbing the walls
4. Swallowing your pride
5. Passing the buck
6. Throwing your weight around
7. Dragging your heels
8. Pushing your luck
9. Making mountains out of molehills
10. Hitting the nail on the head
11. Wading through paperwork
12. Bending over backwards
13. Jumping on the bandwagon
14. Balancing the books
15. Running around in circles
16. Eating crow
17. Tooting your own horn
18. Climbing the ladder of success
19. Pulling out all the stops
20. Adding fuel to the fire
21. Opening a can of worms
22. Putting your foot in your mouth
23. Starting the ball rolling
24. Going over the edge
25. Picking up the pieces
26. Exercising caution!

Epic One liners

- ◆ Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- ◆ He who smiles in a crisis has found someone to blame.
- ◆ If I agreed with you..... we'd both be wrong!
- ◆ To steal ideas from one person is plagiarism. To steal from many is research.

Trivial Pursuit Answers

1. Rachel 2. Eve 3. Sarah 4. Elizabeth 5. Mary of Bethany 6. Priscilla or Prisca 7. Deborah 8. Miriam 9. Delilah 10. Mary Magdalene

We do hope you have enjoyed this edition of the Pandemic Diary. We welcome your contributions be it a recipe or travel adventures or perhaps items for our "Buy Nothing" section or fundraising. Please contact Ramona da Cunha at 647-739-0005.



This beautiful Prayer Shawl is up for auction. Bids begin at \$20. You are invited to place \$5 increment bids. Highest bidder wins!! The scarves are \$10 each. Please be generous as the proceeds go to our CWL. Contact **Brigitte at 905-279-1228** to place your bid on the shawl or purchase a scarf. **Deadline April 26th 2021, 8 pm.**



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Cathy Cerasani's Word Puzzle

You can create 540 words from **SPRINGTIME**.

Check out the website below to see how you match up!!

<https://wordfinder.yourdictionary.com/unscramble/springtime/>

