

# PANDEMIC DIARY

Volume 1, Issue 1

February 2021

## St Patrick's CWL, Mississauga

### Points of Interest

- [Food Fundraiser](#)
- [Armchair Travelogue](#)
- [Lenten Reflection](#)
- ["Pundemic" Segment](#)

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### President's Message

Sisters of the League,

In these unprecedented times, reaching out to one another is of the utmost importance. Though we cannot meet in person, we can share thoughts and ideas and what better way to achieve that than through a newsletter! Hence the creation of the "Pandemic Diary", our Council's first (and hopefully not last) newsletter.

I am excited about this new venture and invite you to send in any suggestions you may have to make this a platform where we can learn new things, have a laugh and support each other. Perhaps you would like to start a small home business and need a helping hand, so, advertise in the newsletter. Or you have household items you have no further

use for but can still be repurposed or reused by someone else. Donate them by advertising in the [Buy Nothing](#) segment we intend to start.

The [Food Fundraising](#) section promises to be exciting! Once every month, we plan to have a menu of various homemade food options which are reasonably priced. We would appreciate your support by placing orders of any item you might like. They will be packaged and ready for you to pick up. Details will be outlined upon placing the orders. Here's an opportunity to [skip the dishes](#) and try out different recipes from some of our very own talented chefs!

The [Armchair Travelogues](#) by Barbara Azzopardi are sure to delight as is the "Pandemic"



humour segment featuring our very own Diane Ouellette. The "cook and bake" segment will feature recipes you send in. I encourage you to send in a video clip of yourself demonstrating the recipe.

So... let's see where the newsletter takes us. The possibilities are endless but we need YOU to make them happen!

*Ramona*

### Messages from the Executive

#### Membership Corner

- ◆ Have you renewed your membership for 2021 yet?
- ◆ Do you attend our virtual Zoom monthly general meeting on the second Wednesday of every month?

- ◆ How can you assist us with our members who have no internet access?
- ◆ Are you in contact with certain member(s) on a regular basis?
- ◆ Any ideas on how else we can stay connected with

our members?

Please send me an email ([a\\_tjioe@yahoo.com](mailto:a_tjioe@yahoo.com)) or call (416-525-3893) with your feedback.

[Andrea Tjioe - Organization chair](#)



## ARMCHAIR TRAVELOGUES by Barbara Azzopardi

Due to COVID 19 and not being able to travel as my husband and I normally do, I have been delighted to travel within 3-4 hours away from home and have discovered many local gems. Last weekend I took a few hours out of my day to drive west and ended up near **Hamilton**. Did you know that the Hamilton area is home to more than **100 waterfalls?**

I found **Webster’s Falls** on the Spencer River quite by accident after driving on Crooks Hollow

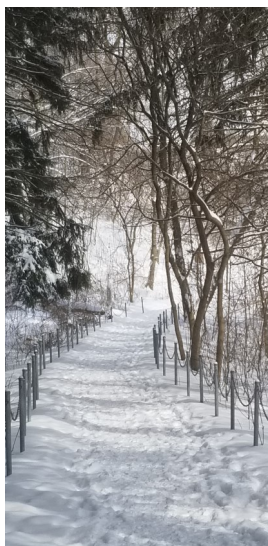
Road. What a cool sounding name and the road was equally enticing. Webster’s Falls was all coated in ice, huge icicles and ice towers. There was a large flow of water which surprised me especially since this is only January.

There’s a beautiful stone bridge across Spencer’s Creek at the top of the waterfalls. You can go visit but reservations are supposed to be necessary. I parked for free and there was no one there to question me.

So don’t stop exploring as there

is so much to see right outside our front door!!

If you’d like to share any of your travel experiences with us for upcoming issues of the Newsletter, please contact Barbara at 416-500-0851 or [bc.azzopardi@gmail.com](mailto:bc.azzopardi@gmail.com)

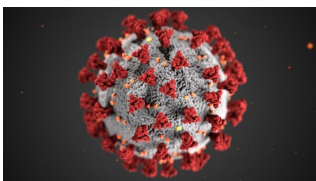


## Recharging your ‘inner battery’ in Mississauga

What do you do to charge up your inner battery especially when it’s cold outside with lots of snow around? I get outside. Did you know that Mississauga has some great places to go for walks anytime of the year? Today I ventured over to **Riverwood** (just west of Mavis on Burnhamthorpe), donned my snowshoes (not necessary), grabbed my camera and walking poles and thoroughly enjoyed the freshly fallen snow on the

walking trails down by the **Credit River**. There were a few other hardy types with their cameras, their dogs or just by themselves also getting that much needed fresh air and quiet in the woods. I love the winter to go for walks as there are no bugs, no bad plants such as poison ivy and a new noxious plant, the very poisonous Hog Weed. If you brush up against these plants you are in for a whole lot of pain for quite awhile. There

are so many great scenes for photos or just meditating. Bird feeders are set up for the many doves, cardinals, sparrows, squirrels and deer that live in the woods and a family of ducks were enjoying the fast flow of water over the rocks in the Credit River. They were **river rafting!** Don’t let the winter keep you indoors all the time. Even a short walk around your neighbourhood will help you recharge your inner battery!!



Recognize me???

### Messages from the Executive—Shirley Inniss

With the COVID pandemic raging, Peel still in lockdown until March 9th 2021 and vaccines yet to be widely available to the public, the only protection we currently have at our disposal is social distancing and **wearing a mask**. It isn’t enough to be seen wearing a mask. It must be worn and handled properly or it defeats the purpose of protecting oneself.

We are indeed proud to have our very own Shirley Inniss working the front line at Mt Sinai hospital. She shares this video about proper usage of masks.



<https://youtu.be/mmZo9eMRT9U>

## Lenten Reflection

We invite you to journey with Chalice this Lent!

We may not be travelling far right now, but we have an unprecedented opportunity to connect with the Chalice community worldwide! From **February 25 to March 25**, we welcome you to share more deeply in our mission "to bring Christ to the poor and the poor to Christ" by accompanying our sponsor sites in prayer.

The mission can be experienced in two ways:

1. Weekly 'live' 45-minute Prayer Gatherings (Thursdays at 11:00am Atlantic Time).
2. At-your-own-pace through a weekly email update – including video reflection and prayer intentions from our sites, with an opportunity to interact on ChaliceChapels.ca



Register in advance for this meeting:

<https://zoom.us/join/zoom/register/tYpd-qsqTosHtGYWlpLL-5c8tUzRcMRUnUq>

To find out more, contact :

Andrew with Chalice's Prayer Ministry at

[AndrewHachey@chalice.ca](mailto:AndrewHachey@chalice.ca)



Or contact Cathy Taylor who has volunteered with CHALICE and can help with your queries at

[ctaylor1724@gmail.com](mailto:ctaylor1724@gmail.com) or 416-617-1193

**DO YOU WANT TO FAST THIS LENT?**  
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

**“Come now, let us set things right, says the Lord: Though your sins be like scarlet, they may become white as snow; though they be red like crimson, they may become white as wool” (Isaiah 1:18).**

Forgiveness is there for the taking; waiting for us. In this verse, God is assuring us that forgiveness is inevitable — scarlet and crimson can become white as wool. All we have to do is go to God and ask him to “set things right.”

## BROWNIES!! ONE BOWL!! By Ramona da Cunha

### Ingredients

- 140 grams salted butter, melted
- 200 grams granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 200 grams melted milk chocolate chips
- 100 grams all-purpose flour
- 25 grams unsweetened cocoa powder (optional)

- 1/2 teaspoon salt
- Chopped pecans or walnuts (optional)

### Method

- Preheat oven to 350 deg F
- Pour melted butter into a mixing bowl. Whisk in sugar, eggs and vanilla
- With a rubber spatula, stir in flour, salt, cocoa and melted chocolate chips (melt in microwave or over double

boiler) and nuts

- Pour into parchment lined baking pan
- Bake at 350 deg F for 20-25 mins. Cut into squares when cool.
- Enjoy the chewy fudgy, chocolate squares.

**Bon Appetit!**



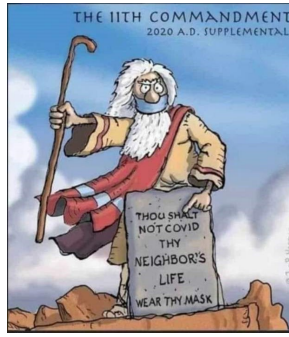
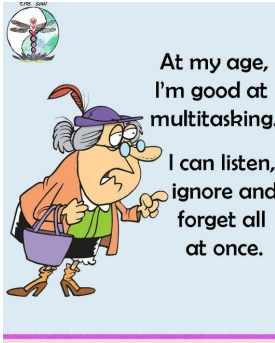
<https://youtu.be/PePkWqF1P3U>



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## PUNDEMIC CORNER!!

Featuring Diane Ouellette



A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle of a Rooster , and I can't figure out how to get started."

Her neighbor decides to go over and help with the puzzle.

She lets her in and shows her the puzzle spread out all over the kitchen table.

The neighbor studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

"Missing pieces?"

She takes her hand and says, "Relax, dear. Let's have a nice cup of tea."

"And then," she sighs, "let's put all the Corn Flakes back in the box."

## ADVERTISEMENTS



### Brand new Foamtread slippers

- ◆ Size 7 (2pairs)
- ◆ Size 7 1/2 (1 pair)
- ◆ Size 8 (2 pairs)

**\$10 a pair; Please contact Ramona 647-739-0005**

## CWL FOOD FUNDRAISER

### Skip the Dishes!!!

Every month, we will feature a different set of food items for sale prepared by our own CWL members. This month it's Cathy Taylor, Barbara Az-zopardi and Ramona da Cunha who have kindly volunteered. These items are freshly prepared, homemade, reasonably priced and packaged for take away. The sale will be a **ONE DAY Sale** only!! So please place an order as soon as possible. Your support of this venture would be much appreciated as we may have to cancel an item if we get less than 10 orders in total for it.

- ◆ Please contact **Peggy Kennedy 905-279-5608** anytime between **11am-1pm or 3pm to 5pm** latest by **Thursday, February 25th 2021** to place an order.
- ◆ The items will be available for you to pick up on Saturday, February 27th 2021, details to be outlined upon ordering. **Cash only** will be accepted. Please bring the exact amount with you.

If anyone would like to volunteer their culinary expertise for next month, please contact Ramona da Cunha ([647-739-0005](tel:647-739-0005))

### FOOD ITEMS FOR SALE

- ◆ **Carrot and ginger soup (\$5 for 500 ml ( 16oz ) container**
  - ◆ **Banana bread loaves (\$5 for a mini-loaf size)**
  - ◆ **Chocolate Chip Cookies ( \$5for 8 cookies)**
- OR**
- ◆ **Dinner for one Combo (\$15; Soup, Shepherd's Pie and Chocolate chip cookies)**

**Bon Appetit!!**