

# THE PANDEMIC DIARY



FEBRUARY 2022

VOLUME 2, ISSUE 2

## President's Message

Sisters of the League,

February!! The month dedicated to love and to heart health! The month our Council completes one year of publication of our Pandemic Diary! We have truly come such a long way communicating with each other and I hope we can continue to do so. I strongly encourage you to send in something if you haven't already, be it an article, recipe or pictures. Let us proudly weave it all into our Council mosaic.

National has a new CWL theme for us "**Catholic and Living it**" with the beautiful accompanying stained glass image. Let us integrate this beautiful theme into our daily lives.

Thanks to all who have renewed their membership for 2022. Please do so if you haven't already.

We need you!!

Thanks to all who participated in the Instructed Vote sent out to all Councils by National.

On behalf of the Executive, I would like to

- welcome our newest member Christina Vidot
- extend our heartfelt condolences to our Sisters May D'Souza and Theresa Merkley on the sad loss of their spouses
- congratulate our Sister Nina Fernandes on becoming a Grandmother

This edition has all we promised you was coming. Cathy Taylor brings you her column **'Did you Know'** featuring 4 cute hedgehogs. Meet them. Brigitte is introducing us all to a new concept of recycling, the internet rage of **'Up-cycling'** which is not just repurposing items but rather creating something

new from them. Mary Fuller has an interesting word puzzle and Diane has some minion wisdom for us. Shirley has something to say about hearing loss while Theresa Merkley shares some pics from past CWL events. Check them out to see who you recognize.

Please join the St.Patrick's online Prayer Group to pray for Ukraine on Ash Wednesday. And let us begin our Lenten journey heeding Pope Francis's advice.

God Bless!

*Ramona*



**CATHOLIC AND LIVING IT**



## Pope Francis's Message for Lent 2022—*Sow Seeds of Goodness*

The Pope chose to focus on a theme taken from **Galatians 6: 9-10**

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity, let us do good to all.

Lent is a favorable time to **seek out** – and not to avoid – those in need; to **reach out** – and not to ignore – those who need a sympathetic ear and a good word; to **visit** – and not to abandon – those who are lonely. Let us put into practice

our call to do good to all, and take time to love the poor and needy, those abandoned and rejected, those discriminated against and marginalized.

Do not grow tired of praying. **"We need to pray because we need God.** Thinking that we need nothing other than ourselves is a dangerous illusion."

"Let us not grow tired of uprooting evil from our lives," he added, underlining the importance of fasting and asking for forgiveness in

the sacrament of penance and reconciliation.

Christians must **resist "concupiscence,"** the tendency to sin, which is a weakness that leads to "selfishness and all evil ." One sign of such weakness, he said, is an **addiction to "digital media, which impoverishes human relationships."** Lent is an opportune time to cultivate healthy communication and face-to-face encounters.



What am I going to do for Lent?

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## ARMCHAIR TRAVELOGUE *with Barbara Azzopardi*

As we look back to February 24, 2022, and we have prayed for the people in both Ukraine and in Russia (I always pray for the innocent men, women and children everywhere) and for our local and global leaders to get a clue of what they're doing and with God's leadership to do better, where do we want to go? Since this is supposed to be about our travels and believe me, most of us have been more than blessed, we are aware that the world is full of wonderful people and sights to see. God has blessed us with a world with the most amazing different types of landscapes – mountains, lakes, forests, deserts, plant and animal life on land and underwater. Every day new species are being discovered. I can't get enough of all the nature programmes that show us things we haven't seen before.

Right now all we see is what most of us would call 'dead' – bare, grey/brown trees, lots of snow, garbage lying around, no flowers, not much sunshine, cold, cold and more cold. But let us collectively think about how it's going to look in a few months. The snow's gone, the rains have washed away the last bits of dirt on the roads, the grass is starting to turn green, the buds are coming out, the early spring flowers are starting to push out of their winter nests. The birds are coming back and we wake up to their chirpings early in the mornings. Spring is in the air! The air has a new and fresh scent to it and we get to open our windows for much needed fresh air. If you're lucky, hang your laundry out to dry and forget the dryer for a bit. You will soon hear lawn mowers, see kids on bikes, more people

walking and pot holes will get filled. You will want to go get new flowers for the garden and even start planting vegetables. Ramona, I know you will be especially busy. I will get my canoe in the water and take many road trips to nowhere special. Who wants to finally get to St. Jacobs or go down to St. Lawrence Market? Now's the time to get out of the house and get reacquainted with the neighbours and your neighbourhood. Take a treat to a neighbour you haven't seen all winter long and have a chat. In spite of the horrible things happening around us, let's take some time to rediscover what's good about where we live and make someone happier just by saying Hi!

## DID YOU KNOW ..... *with Cathy Taylor*



Macki & Mucki

Macki and Mucki are the children of Mecki and Micki. They are a group of **hedgehog dolls** famous in Germany. The hedgehog is a figure in a Brother Grimm's tale of the Hare and the Hedgehog from the 19th century.

In the 1960's Steiff, a German producer of plush toys produced Mecki and Micki who were considered old friends to many Germans who grew up in the 1950s and 1960s. Steiff obtained exclusive rights to produce German superstars in the form of hedgehogs and the first Steiff Meckis were produced.

turn of the century they worked with the Michelin Tire Company to produce the "Tire Man" in felt. Interestingly, another collaboration that began in the early 1930s was between Steiff and the Walt Disney Company with the production of Mickey and Minnie Mouse.

Macki and Mucki belong to Brigitte who kindly shared their story with us.



Mecki & Micki

Mecki and Micki are famous German toys dressed in workers' clothing of the late 19th and 20th century and were first designed by the artist Ferdinand Diehl as mascots for a magazine called HorZu which covered radio and television news.

Steiff has a history of partnering with companies to produce logos and mascots as collectables. At the



## HEALTHY LIFESTYLE TIPS *with Shirley Inniss*

Hearing is a gift which must not be taken for granted. Occasionally, we may experience a decrease in hearing. Some of the causes may be simple, such as buildup in the auditory canal. Easily removed by flushing at the GP's office if hearing loss is remarkable. Q-tips are not the best due to the fact that small pieces of cotton are left behind as the weeks go by, resulting in an ear infection as well as having to be removed instrumentally by your GP, followed by treatment with prescribed ear drops.

Hearing loss may occur as we age and is reported to be more common than we think. One in every three people over 65 live with hearing loss (from the WHO). Signs of hearing loss include

- people seem to be mumbling
- the inability to hear certain sounds or the ends of sentences
- hard to hear in restaurants and other noisy settings as well as outdoors

**Hearing tests are free** around the city. Hearing Aids, custom made and now invisible, are even offered for trial. These hearing aids the smallest available, fit inside the auditory canal, and are easy to remove. They adapt automatically to sound so there is no need to adjust settings.

There is a lot more to hearing, but that's for another chat.

## WOMEN OF THE BIBLE *featuring SARAH presented by Brigitte Daniel*

Sarah, also known as Sarai, is the wife of Abraham.

God instructs Abraham to leave his home for a land God had in mind and promises Abraham that he would make him a great nation and bless him:

**Genesis 12 2:3**

Abraham obeys God and along with his wife Sarah, his family and their possessions, headed to Canaan. There is a terrible famine in Canaan so Abraham and Sarah go to Egypt.

Abraham tells Sarah to tell everyone that she is his sister instead of his wife. He fears the Egyptians would see Sarah, a beautiful woman and kill him to take her as their own. **Genesis 12:11-13**

When Sarah is summoned by Pharaoh she tells him that Abraham is her brother and Pharaoh lavishes gifts on Abraham. Soon, Pharaoh and his family are affected by plagues and realizes that he was deceived by Sarah and tells them to leave Egypt.

Sarah and Abraham return to Canaan. Many years pass and they are still unable to bear children. Sarah decided to offer her slave/maid Hagar to Abraham as a wife and have a child with her. **Genesis 16:2**

Abraham agrees and made Hagar his second wife. Trouble starts between the two women after Hagar becomes pregnant. Sarah starts to mistreat her, so Hagar leaves.

The angel of the Lord found Hagar and told her, "Go back to your mistress and submit to her. I will increase your descendants and they will be too numerous to count. You are now pregnant and will give birth to a son and name him Ishmael". Hagar returns to Abraham who was 86 and gives birth to a son and names him Ishmael. **Genesis 16:7-12** (ESV)

When Abraham was 99 years old, God tells him that Sarah will have a son and call him Isaac. Sarah became pregnant and had a son and they named him Isaac. Isaac became the father of Jacob and God's promise to father a nation would be realized.

## PRAYER FOR UKRAINE

God of Mercy,  
We pray for Ukraine.  
For all of humanity distorted by war.  
For all the lives lost, homes seized and peace broken.  
May the Spirit of comfort and compassion envelop all who dwell in fear.  
May the Spirit of wisdom and humility enliven our global leaders.  
May we affirm the dignity and rights of all.  
May we seek peace. Amen.



## UPCYCLING *with Brigitte Daniel; a DIY PROJECT HEADBOARD using Styrofoam*



*I created this headboard from a piece of Styrofoam that would otherwise have been discarded. It is simple to make and very rewarding!*

### Materials:

- 1) A large piece of Styrofoam/insulation, approximately 2 to 3 inches in thickness, cut to the desired height and width for a headboard using an exacto knife. If using smaller sheets, they can be glued or taped together to the desired size.
- 2) Enough Padding and material to cover all sides of the styrofoam with at least six to ten inches of both for overlapping on all sides and some of the back.
- 3) Buttons to cover with material as well as some additional old buttons (size of a quarter)
- 4) Cording for trimming.

- 5) Long needle and strong thread to attach buttons, tacks/pins, glue.

### Instructions:

- 1) Glue on padding to the front of the Styrofoam. When dry, turn over and glue six inches of padding around all four sides and onto the back.
- 2) Place the material, right side down on a hard surface. Then place the headboard onto the material making certain the padded side of the headboard is on the material. Apply some glue around the width side and carefully pull the material over the edge and onto the back. Glue at least ten inches of material over the top and onto the back. Repeat this on the

other three sides. Ensure the material on the front is smooth. After the glue has dried and the material is secure, stick some tacks into the material glued to the back of the styrofoam.

- 3) Cover the buttons with material as instructed on the package. Then place a long strong piece of string through the loop of the button and with a long needle push it through the material, padding and styrofoam. Use an old button for the back and put the string through the holes, pulling them tightly and tie them with several knots. This will make a dent in the material on the front giving it a professional look. Continue placing as many buttons as you like to finish your project.



# WORD PUZZLE

WITH MARY FULLER

What **nine letter word** in the English language is still a word when eight letters are removed one by one?

Take a few minutes to try and come up with a nine letter word that fits the bill, then watch the attached video by copying & pasting the link in your browser. Link below arrow.

In case you cannot access the video, we will print the answer next month. Good Luck!!



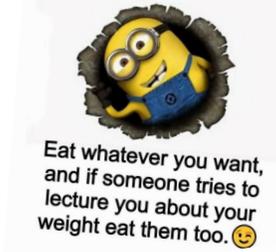
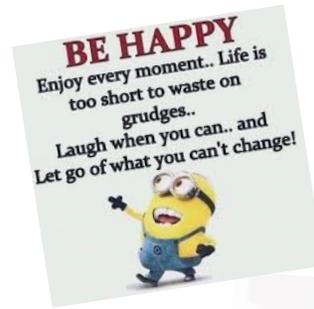
<https://mail.google.com/mail/u/0?ui=2&ik=5cf7171d71&attid=0.1&permmsgid=msg->

*Birthday wishes to all our Sisters for February!!*



# JUST FOR LAFFS

WITH DIANE



**Upcycling is the new Recycling!!** It is the art of creating something new out of something old. Check out Brigitte's project on Pg 3. A hard copy of instructions are available should you need one. If it inspires you to try your hand at something, please do share with us. We can feature it in the Newsletter. Contact Brigitte at 905-279-1228.

- ### OUR WINNERS
- ◆ **SCATTEGORIES**  
LUCY DILELLA
  - ◆ **OLDEST PANTRY ITEM**  
TAMMY CHESKES
  - ◆ **VALENTINE CRAFTS**  
MAGALY VASQUEZ, JOANN MCAULEY, GAYLE DZIS, RAMONA DA CUNHA



Our Parish Cookbook Fundraiser is ongoing with books for sale at the Church office. Please spread the word among family and friends.

**DOWN MEMORY LANE WITH THERESA MERKLEY**

