



# The Pandemic Diary

January 2023

Volume 3, Issue 1

## President's Message

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### Prayer of Thanksgiving *with a twist!!*

Loving Creator, we asked for **strength**, and you gave us difficulties to make us strong.

We asked for **wisdom**, and you gave us problems to solve.

We asked for **prosperity**, and you gave us purpose and brains to use.

We asked for **courage**, and you gave us fears to overcome.

We asked for **patience**, and you gave us situations where we were forced to wait.

We asked for **love**, and you gave us troubled people to help.

We asked for **justice**, and you called us to be just and to lead with integrity.

Lord, we have received nothing that we asked for or wanted. And yet, we received everything that we needed.

For this, we give thanks; we give thanks for everything that we have received from You in 2022.

In this New Year of 2023, we will once again, ask for Wisdom, Prosperity, Courage, Patience, Love and Justice. Amen.

Sisters of the League,

Happy New Year!! We begin our third volume of `this Newsletter. Hurrah! And it's January again. Time to set new goals, organize our homes, plan a vacation... the list is endless. But amid all the chaos, let us stop for a moment and try something different. Thank the Lord everyday for the gift of a new day (Andrea sent in this beautiful prayer with a twist that is so meaningful). Compliment someone, try a new coffee or a new recipe (we have Mary's **Pineapple Upside Down Cake** and Susan's much sought after **Bagel Dip**) for a great start!! Try **WORDLE**, Cathy Cerasani's new puzzle idea, get a new houseplant, take a bubble bath.... all these simple activities are actually recommended for January.

This month has been busy. We have started clearing up

the storage room and organizing shelves, and cupboards. The next goal is to archive our Council's history by keeping relevant documents only, a daunting task indeed. But well begun is half done. I'd like to thank Bill and Karen Lawless, Lucy DiLella, Maria Correia, Rose Galati, Cathy Taylor, Mary Fuller and Shirley Inniss for their assistance. Check out pics on Pg 4. We need more volunteers to complete this task. Do contact me if you can spare some time.

Our Council is hosting the **Mary Matthews Public Speaking Contest on February 12th 2023 at 1.30pm at the Parish Hall**. A big thank you to Barbara Azzopardi, Andrea Tjioe, Lucy DiLella and Avril Cardoso for their efforts to pull this together. Please come out and support this event.

This month Barbara's travelogue takes us along an incredible journey of love with a heartwarming story by Rose Galati. Nancy introduces

us to some New Year traditions around the world and Shirley gives us wellness tips. Check out a poem created by Artificial Intelligence!!

We are having a Council election this year and I encourage you all to ponder Andrea's message below and come forward to help our Council thrive and grow. Small roles, small steps by each one leads to giant leaps by Council as a whole.

God Bless!

*Ramona*

### Message from 2023 - 2025 Election Chair - Andrea Tjioe

Here are a couple of challenging questions to ask yourself as a member:

**What does the CWL mean to you? What would you lose or miss most if our Council ceased to exist tomorrow?**

A Council cannot exist without a Leader AND her team of executive officers/sub conveners. Our Council will be hold-

ing a much overdue Election of new Officers, at our March General Meeting. Under the new structure of Officers, besides the lead officers, ie. **President, Vice-President, Secretary and Treasurer**; there will only be **3 Standing Committee Chairs – Faith, Service and Social Justice**. Yes only 3, BUT each of these 3 Standing Committee Chairs can only exist and function successfully with its own team of sub-conveners.

Nomination packages have been distributed to all the members, via email, snail mail and also available for pick-up by the Parish Bulletin Board. Every member has special gift(s) and/or talent(s) that you can offer our Council as a whole. That being said, when you receive the Nomination Form – please do put your own name, hopefully under any of the position(s) listed or at the bottom of the Nomination page with your offering of gift(s) and/or talent(s).

## Changing Hearts and Lives by Rose Galati (as told to Barbara Azzopardi)

I met Rose at our last CWL general meeting (the most amazing women meet here so please come out and meet the other wonderful women!) and she told me about her two incredible daughters both born with disabilities and equally incredible husband, Dominic. Rose and Dominic will be married 50 years this August and are the parents of Maria and Felicia, truly the most precious gifts from God and Rose has so many amazing stories to tell. Some of you know who these girls are but I don't. Rose wanted to recount a story for all of us on how good and gracious God is and how he takes care of her and her family. Felicia, now age 48, is living at home surrounded by her loving parents and support family from Nepal. Maria is in the presence of her loving Jesus as she died at age 19 back in 1998 due to complications of her physical condition. Her funeral Mass was both a tragedy and a celebration. She was gone from sight but definitely not from mind as her family and the young people from both school and community, her friends, celebrated her life. Rose knows that these young people are different because they knew her daughters. One young man who went to school with Felicia, recently visited the family and told them that knowing Felicia has made him a better person and he believes with all his heart that he is a better father because of knowing her. As an aside, Rose, Felicia and the family are all travelling to Cuba for a well-deserved vacation and another opportunity to touch hearts on the

trip. Please pray for them that they will have an amazing and trouble-free time. Rose told me one incident in particular about the Pool that she and Maria were in while on vacation in St. Petersburg, Florida in 1997. Rose always remembers this pool with such wonder and the realization again of what gifts her girls are to her and to others. Remember the story of the pool from Bethesda as told in John 5:1-4. Just like Jesus meeting the man who couldn't get into that pool to be healed, Jesus met Rose and Maria in that pool in St. Petersburg. You see that while Maria was wheelchair bound on earth, she **walked** when she was in the pool with her mom. Others in the pool at that time, came out of the water and Rose wasn't sure why. A woman there explained that everyone could see that something very special and unique was happening and they all got out of the pool to take in this moment. This woman said that she had to be on the deck to watch as she was so nourished with the vision of Rose and Maria in the pool. Rose was reminded once again of just how special her daughters are and what a gift it is to be their mom and dad. Every day is a new adventure and people's hearts are transformed if they take a moment to interact with Felicia. Rose insists that taking her daughters out into the community and to be fully involved at school was so necessary and everyone who comes into their sphere is changed forever. The principal at their school shared with Rose just how much the students loved and were loved by these two girls. Maria and Felicia

were some of the best teachers the other students had in learning how to be sensitive and caring to others.

Rose herself, taught students for many years, took loving care of her dad in his old age, spent many hours loving and taking care of many other elderly folks besides still loving and caring for Felicia and her husband, Dominic. Rose wants us to know that people in wheelchairs or with other types of disabilities are just as unique, special and worthy of love and attention as 'normal' people, maybe more so. Their souls are unblemished by the trials and temptations of life and have so much to share with others.

Lord Jesus, please help each of us to become more aware and open to receiving your love and passing it on to those who don't yet know you. Lord Jesus, thank you for Maria and Felicia and for Rose letting us know today just how special and what gifts our children are and how much we need to tell them so. Amen



## New Year Traditions Around the World with Nancy Macera

- 1) In Spain, as the clock strikes midnight on New Year's Eve, people eat one of these at each of the 12 chimes.
- 2) In which country do people wear polka-dots and eat round fruits on New Year's Eve for prosperity in the upcoming year?
- 3) In Japan, shortly before midnight, and one just after midnight on New Year's Eve, Buddhist temples ring their bells a total of this many times to welcome in the Gregorian New Year on January 1<sup>st</sup>.
- 4) In this country they eat *Kransekage*, a "wreath cake" comprised of concentric rings of cake layered on top of each other?
- 5) In Romania, people toss these into rivers on New Year's Eve.
- 6) In this US City, a countdown to midnight is done with an elevator.
- 7) In Columbia, people wear this colour of underwear to bring them good luck.
- 8) In Ireland, it is customary for a single girl to sleep with this under her pillow on New Year's Eve to help her find her future husband (perhaps in her dreams at least).
- 9) The name of the Scottish tradition where the first person who crosses through the threshold of your house after midnight on New Year's Day should be a dark-haired male if you wish to have good luck in the coming year. Literally translated meaning is "*first footing*."
- 10) In this country, salt is sprinkled on the doorstep to promote both peace and prosperity throughout the new year.

Answers: 1. Grapes 2. Philippines 3. 108 4. Denmark 5. Coins 6. Seattle 7. Yellow 8. Mistletoe 9. Hogmanay 10. Turkey

# America's Test Kitchen's Pineapple Upside Down Cake

presented by Mary Fuller

Makes one 9 –inch cake and serves 8 to 10; Total prep time around 1 hour 20 mins plus cooling time. Needs a 9 inch cake pan with 3 inch sides to avoid overflow in oven.

*Fresh pineapple is what sets this cake apart. If using canned pineapple however, use thoroughly drained chunk style pineapple rather than rings. If making one of the variations, only fresh fruit can be used. Do not substitute low fat/non fat milk in this recipe.*

## Ingredients

- 12 tablespoons (1 1/2 stick) unsalted butter, softened
- 3/4 cup packed light brown sugar
- 1 pineapple (4 cups) peeled, cored, cut into 1 inch chunks
- 1 1/2 cups all purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 2 large eggs, room temperature
- 1 large egg white, room temperature
- 1 teaspoon vanilla extract
- 1/3 cup whole milk, room temperature

## Method

- Adjust oven rack to lower middle position and preheat oven to 350 deg F.
- Place 4 tablespoons of butter in cake pan and melt in the oven , 3-5 mins. Remove pan from oven. Stir in brown sugar, pat down mixture evenly at base of pan with wooden spoon, arrange pineapple pieces in a single layer, set aside.
- Whisk together flour, baking powder and salt in a bowl. Beat remaining 8 tbsps of butter and granulated sugar using electric mixer, medium speed until fluffy, 3-6 mins. Beat in eggs and egg white, one at a time, scraping down bowl if necessary. Beat in vanilla. Reduce speed to low, beat in 1/3 of flour mixture, 1/2 of milk, repeat with remaining flour and milk until thick

batter forms. Stir with spatula to ensure well combined. Drop mounds of batter over pineapple, smooth top, tap pan on counter to settle batter. Bake until wooden skewer inserted into centre comes out with few crumbs attached, 40-50 mins. Rotate pan halfway through baking.

Cool cake on wire rack for 10 mins. Loosen from pan with paring knife, place inverted platter over cake, flip onto platter and let cool completely, about 2 hours. To avoid soggy cake, ensure pineapple well drained. Pat dry if fruit extra juicy.

Variations include **Peach or Nectarine Upside Down** (with 4 peaches or nectarines pitted and sliced 1/2 inch thick instead of pineapple) or **Plum Upside Down** (with 5 plums, pitted and sliced 1/2 inch thick , instead of pineapple).

## Susan Macera's Bagel Dip

### Ingredients:

- 2 cans flakes of ham
- 500 ml mayonnaise
- 1 container of sour cream (500 ml)
- 2-3 tablespoons flakes of onion
- 2 tablespoons of dill (dried)
- 8 bagels (assorted)
- 1 round Italian bread

### Preparation:

Mash 2 cans of flakes of ham and add mayonnaise, sour cream and stir everything together. Then add the flakes of onion and dill and mix well. Put it in a container with a lid, sprinkle dill on top and refrigerate until ready to use.

### When ready to use

Put round bread on a big tray and cut out an opening and scoop out the inside of bread to create a big bread bowl. Cut bagels and place around the bread and then pour dip into bread bowl. **EAT AND ENJOY!**

## Cathy Cerasani's Puzzles



**What is wordle ?** The wordle game is a simple word game that asks the player to guess a randomly selected 5-letter word over six attempts.

**How to play wordle?** You begin with 5 blank squares. Put in a word. I recommend starting with the word **ADIEU**. It covers most of the vowels and is a good bet. After each guess, the letters

in the word will be highlighted in the following colors: **Green** ( correct letter , correct position), **yellow** ( correct letter but wrong position) or **gray** ( wrong letter, not in word) Players will guess from top to bottom until the end of six attempts. If the player guesses the keyword within six attempts, then wins. If you can't guess in six attempts, you lose!

This is a fun game, keeps your mind sharp and improves your vocabulary.

You can play it for free without downloading it. Copy and paste link below in your browser. Good Luck!!

<https://wordleunlimited.org/>



Ex if the word is **ABATE** , my first guess would look like this.

## NEWS IN PICTURES



Storage  
Room  
Clean up

**Bingo Night**  
Our very happy winners of the evening!!



**Tribute to Anna Minarik**



Anna Minarik, our Council's long standing member of 36 years, sadly passed away on December 28th 2022. 'Queen Mom' as she was affectionately known, she entertained us with her regal costumes and graceful smile on many an occasion. She faithfully visited Senior Homes over several years on behalf of the C.W.L. She loved receiving our Newsletters and her son would read them to her. So we thought it befitting to remember Anna in a farewell tribute.

## Plan ahead...February Observances

- February 2: Groundhog Day
- February 3: National Carrot Cake Day
- February 4: National Homemade Soup Day
- February 6: Pay a Compliment Day
- February 7: National Send a Card to a Friend Day
- February 9: National Pizza Day, Read in the Bathtub Day
- February 11: National Don't Cry Over Spilled Milk Day
- February 13: Galentine's Day
- February 14: Valentine's Day
- February 16: Do a Grouch a Favor Day,
- February 18: National Drink Wine Day
- February 20: National Love Your Pet Day
- February 22: Be Humble Day, National Margarita Day
- February 23: National Banana Bread Day
- February 25: Let's All Eat Right Day
- February 26: Tell a Fairy Tale Day
- February 27: No Brainer Day
- February 28: National Chocolate Souffle Day



### A Poem created by A.I (Artificial Intelligence)

Oh Catholic Women's League,  
Founded in faith, steeped in tradition,  
A beacon of strength and grace within St. Patrick's Parish.



Guided by the teachings of the Church,  
We come together to serve and support,  
To uplift and empower,  
To strive for justice and peace.

With hearts full of love and dedication,  
We stand united in our mission,  
To bring light to the world and to our community,  
St. Patrick's Parish, our home.  
May it always be a place of warmth and acceptance,

### Wellness Tips by Shirley Inniss

Hello ladies another New Year filled with great expectations. At this time it is a good idea to address some of our individual plans.

Here are a few ideas to start the new year:

- First, more frequent visits to the Blessed Sacrament enhances the day.
- Second, good use would be to plan a massage or a quick visit to the spa, if available helps with serene relaxation, and if too costly, a simple bubble bath in your tub at home works well. A quick visit to the manicurist, add a pedicure if able to.
- Visit with friends, plan a coffee meeting or a Zoom coffee meeting to keep in touch.
- Walks with friends are also good to keep in touch with each other. Great ideas are shared. Don't worry if you can't fulfill your plans.
- Be patient with yourself and enjoy every day.