

June 2023



*A little bit of summer
is what the whole
year is all about .*

John Mayer



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The Pandemic Diary

President's Message



It is my pleasure to greet you on this month of June as we embark on a summer which looks very promising.

As we look back on the events of the past month I would like to thank you for a warm welcome after my installation which was held after the 5 pm Mass on June 10th 2023 and presided over by Father John, our Spiritual Advisor. Cathy Taylor, Past President conducted the event and coordinated the exchange of pins. A candle ceremony followed as each executive member had their candles lit. The Potluck Party held after the Installation went very well with lots of goodies. The New Executives are now as follows.

President: Shirley Inniss.

Treasurer: Mary Fuller

Vice President: Andrea Tjioe

Faith Chair: Gayle Dzis

Service Chair: Lucy de Lella

Social Justice. Chair: Avril Cardoso

Past President: Ramona da Cunha

Communications: Nancy Macera

Parish Activities: Susan Macera

Our High Tea was a sweet success! The tables were colourfully decorated with tea cups and brightly colored floral centrepieces,. Pastries, scones, mini bundt and cup cakes were beautifully decorated and presented on three tiered plates. An array of sandwiches were served on platters. Tea was served at each table in teapots. A prize for the most original tea cup was chosen. The fascinator competition was won by a young lady who displayed a charming hat with a tiny parrot nestled in her fascinator! A gentleman with a smart Bowtie also won a prize. The highlight of the afternoon was live music provided by Jerry, a saxophone player . Check out pics on pg 4.

The CWL Wednesday held by The TDC on June 21st was very educational. We will share the information with you at the next meeting.

I would like to extend an invitation to other members to suggest any ideas they may have. We all are gifts to each other!

As for me I would like to encourage a deeper knowledge of our faith and awareness of the practical help of our Blessed Mother.

Short trips to close by shrines if members are interested?

Have a blessed and safe summer.

Shirley Inniss

They All Call It Canada by Alexander Muir

(presented by Nancy Macera)

Side by Side and step by step
Our fathers were marching along
They were building a road to the
future
With a spade and a smile and a song.

Out of the wildness and out of the
sand
Grew the land that we live in today.
Though the job to be done has barely
begun,
There is one thing I'm proud to say:

My country is my cathedral
The northern sky its dome
They all call it Canada
But I call it home!

The mountains, the lakes and valleys
Are friends that I have known
They all call it Canada
But I call it home!

From the Atlantic to the Pacific
From the pole to the U.S.A.
We're one united brotherhood

And united we will stay.

The people across the border
And far across the foam
They all call it Canada
But I call it home.

HAPPY CANADA DAY!

We're proud and free, thank you
God!

Reflections from Ramona Da Cunha, outgoing President and Shirley Inniss, our new President by Barbara Azzopardi

Here we are – at the end of June 2023! I wish to dedicate this column to our outgoing president – Ramona Da Cunha – whom I believe held a very unique presidency from September 2018 to June 2023. I'm sure that the years from March 2020 to spring 2022 and even beyond for many will leave a mark on us all. COVID.... Needless to say, we pray that we will never go through those difficult times again but I know that God himself took us through this 'valley of the shadow of death' and we are slowly coming out the other side. I offer up prayers to those still struggling with the effects of this horrible virus.

Ramona, we wish to thank you for all you did for our Council and I know that you wish to thank many ladies who gave you help as you stepped into your new role. You especially leaned on Gayle Dziz for her mentorship as she walked with you until you got your feet under you (along with Andrea Tijoe, Cathy Taylor, Nancy Macera, Susan Macera to name a few). Here is a list of some (I'm sure we are missing one or two) events that you inspired and with the help of all the ladies, made successful.

Our **Christmas Bazaar in 2018** was a wonderful event enjoyed by all. Father John asked our council to **host receptions for funerals** at our church starting in 2018 and everyone is eager to lend a helping hand at these difficult times. An **outdoor garage sale** was organized along with

the Knights of Columbus and everyone loved our strawberry parfaits. Yum! We celebrated our **65th Anniversary in November 2019** with an invitation to the Parish to partake of refreshments and had a **'Walk down Memory Lane'** slideshow.

Covid reared its ugly face in March 2020 and everything STOPPED. No meetings, no church, no congregating with anyone so we did what was needed. Ramona and Cathy Taylor inspired **drive-through dinner/dessert pick-ups** in a parking lot. People were more than ready to buy our food packages. We also had a **St. Patrick's Day Blarney Brunch** which was also a drive-through event and donated the proceeds to the Church.

Can you believe it! Our virtual and in-print **News-letter** begun in February 2021 is now in its 3rd year and everyone looks forward to all the so very interesting tidbits that we are all contributing. Let's keep it up ladies.

We had a **virtual Mother's Day Tea** in 2021 with ladies from other councils joining in also raising their tea cups from their homes. Who would have thought that this would even work! And this was followed by our first ever **Father's Day Terrarium Sale**. Our Council was **interviewed for the Catholic Register** issued September 2021 due to the beautiful 'Mary gardens' that were created and sold. Ramona was so proud of all the effort put forth by all. In order to celebrate the 100th anniversary of the CWL in Canada in December of 2021, you inspired the successful launch of the best **cookbook** ever!

We had an in-person **High Tea** last June 2022 and

an even better time was had a few weeks ago in June 2023. We held our first **Public Speaking Competition** in February 2023 after 3 years of silence! Thank you to Lucy and Avril in your enthusiastic participation in this school-wide event. We had a **2023 Mother's Day Raffle** with many beautiful baskets that were made by the ladies.

Ramona, we all appreciate your time, your talent and your love for the ladies in the CWL and in the parish. Thank you but don't go away any time soon as you now need to be a mentor to our new president – Shirley Inniss. I wish to give us all more insight into who Shirley is and what her plans are for us.

Shirley was born, raised and educated in St. Lucia and she has so many fond memories of her time at St. Joseph's Convent. She had great support from her teachers and was found to be gifted with a wonderful singing voice. Shirley's mom wondered if she wanted to explore a theatrical career but Shirley told her mom that I WANT TO BE A NURSE. So off to England she flew where she was trained and worked for many years as a nurse and midwife. Shirley eventually came to Toronto for what she thought was going to be a temporary adventure in her career but she found a husband and has two beautiful children. Her son, Edmund John, just got married in Greece to a wonderful young lady and her daughter, Barbara Louise Maria, who studied ballet for many years. Both of her children are also university graduates. Shirley was introduced to the Catholic Charismatic Movement as well as the Madonna House in Toronto which has kept her Catholic faith strong and vibrant. Shirley loves singing in the choir at St. Francis Xavier Church and spends lots of time at our various wonderful shrines throughout Ontario – Martyrs Shrine in Midland, Our Lady of Mt Carmel in Niagara Falls, St. Anne de Beaupre in Quebec to name just a few. Shirley has also gone on many pilgrimages over in the Holy Land as well as England, Ireland and Scotland to name a few. Shirley would like us to take some time to also participate in some of these pilgrimages as a group. She has a strong love for Our Lady and is really hoping to share this love with our Council.

Shirley is new to this role and is looking forward to hearing what we would like to accomplish over the next few years. Let's not be hesitant to give Shirley some new ideas that will help our council be stronger, more vibrant and attractive to ladies in our parish who haven't yet taken the time to see what we are about and have to offer. Ladies, we need to give Shirley the time and space to get to know us better and to really become a family that is there for each other. See everyone in September and have a wonderful, safe summer.

5 FIRST SATURDAYS DEVOTION (JUNE TO OCTOBER)



The First Saturdays Devotion, also known as the "Five First Saturdays" is a special request by Our Lord and Our Lady to make reparation for all the sins against the Immaculate Heart of Mary. Our Lady promised personal salvation if we fulfill the five consecutive First Saturdays.

St. Patrick's CWL are praying the Rosary at the grotto for 5 First Saturdays (June - Oct).

The first one was Saturday, June 3rd, after 8:15am Mass, we had close to 30 people. We prayed the Joyful Mysteries, Act of Reparation for the First Saturdays of the Month and Act of Consecration to the Immaculate Heart of Mary. Petra assisted us with song sheets. Our next Rosary will be Saturday, July 1, 2023

Sip On These 7 Facts About Tea presented by Ramona da Cunha

Besides water, no beverage is consumed by more individuals across the globe than tea. For millennia, this beloved drink has been favored by many cultures, from those in China who first cultivated tea to modern customers in quaint cafés. Here are seven refreshing facts about tea for those who want a dash of history and culture with their drink.

1. Teabags were popularized by accident

Around 1908, American tea importer Thomas Sullivan reportedly sent samples of tea inside small silken bags to his customers. His clients failed to remove the tea leaves from the bags as Sullivan assumed they would, and soon Sullivan realized that he'd stumbled onto an exciting new concept for tea brewing. He later reimagined the bags using gauze, and eventually paper.

2. The British Official Standard for the Perfect Cup of Tea

Use a porcelain pot and a ratio of two grams of tea per every 100 ml of water, brew for six minutes, maintain a temperature of 60 to 85 degrees Celsius (140 to 185 degrees Fahrenheit) when serving the tea, and add milk to the mug first if using tea that's already been steeped.

3. Herbal Tea Isn't Actually Tea

In order for a drink to be classified as tea, it must come from the *Camellia sinensis* plant, from which many white, green, oolong, and black teas

do. Herbal teas, however, are known as *Tisanes*, or more plainly infusions that incorporate various leaves, fruits, barks, roots, flowers, and other edible non-tea plants.

4. The World's Largest Tea Bag Was 551 Pounds!!

On September 20, 2014, in Jeddah, Saudi Arabia, the owner of a company called Rabea Tea unveiled a record-setting tea bag weighing 551 pounds and 2.56 ounces, earning it the distinction of being world's largest tea bag. Eight years later, also in Saudi Arabia, a company called Triple Nine Tea set the record for brewing the largest cup of hot tea — 11,604.28 gallons.

5. Besides Boston, several other U.S. Cities Held "Tea Parties"

Most of us are familiar with the *Boston Tea Party* in which colonists dumped chests of British East India Company tea into Boston Harbor as a protest against "taxation without representation". Many similar events took place along the Eastern Seaboard in the months that followed namely the *Philadelphia Tea Party* and the *Charleston Tea Party*.

6. Turkey Consumes the Most Tea per Capita of Any Country

Turkish individuals are particularly fond of black

tea, and they average three to five cups per day, which comes out to a staggering 1,300 cups per year! The Turks are so proud of tea as a foundation of their culture that in 2020, the country petitioned UNESCO to add Turkish tea to the organization's Intangible Cultural Heritage List. After Turkey, Ireland finishes second on the list of tea-drinking countries per capita, with the United Kingdom coming in third.

7. Cheese-Topped Tea Is Popular in Asia

Cheese tea is made as a cold beverage using green or black tea, and is topped with a layer of milk and cheese that's then sprinkled with salt. The drink is a relatively new invention, having originated around 2010 at nighttime drink stalls on the streets of Taiwan, though it's since boomed in popularity throughout Hong Kong, Singapore, Malaysia, Japan, and China.

Asia isn't alone, however, when it comes to incorporating cheese into their caffeinated beverages. Though it's not tea, a Scandinavian coffee drink called *Kaffeost* features cubes of dried cheese soaking up the liquid inside a mug of hot coffee. And in Colombia, locals add savory globs of melted cheese to a regional hot chocolate known as chocolate *Santafereño*.



Quinoa Chickpea Salad by Lucy Di Lella

This recipe has been adapted by me from the famous Jennifer Aniston's Salad.

Ingredients

- 1 cup quinoa, uncooked
- 2 cups water
- 1 cup chopped English cucumber
- ½ cup chopped parsley
- 1/3 cup finely chopped red onion
- 1 can chickpeas (540ml.) drained and rinsed
- ½ cup crumbled feta cheese
- juice of 1 lemon

- ¼ cup extra virgin olive oil
- sea salt and ground black pepper to taste

Directions

- Rinse and drain the quinoa. Then combine the quinoa and water in a pot.
- Bring to a boil then reduce heat and let the quinoa and water simmer covered for 15 minutes.
- Remove the quinoa from the heat, and fluff with a fork. Let it cool.
- Combine the cooled quinoa, cucumber,

parsley, red onion, chickpeas, lemon juice and olive oil in a medium bowl.

- Add salt and pepper to taste.
- Add the feta and mix thoroughly.

Can be served immediately but chilling for a couple of hours will enhance flavours. Keeps well in the fridge for 2-3 days or longer. Recipe can be doubled.

Bon Appetit!!



Installation Ceremony

Presentation of cake & flowers to Ramona in appreciation



Sunflower goggles??

Sandwiches

Salmon Pinwheels, Cucumber & Cream Cheese, Coronation Chicken, Egg salad

Assorted Pastries

Mini Cupcakes (Strawberry & Lime);

Mini Bundt Cakes (Lemon Blueberry, Rum, Apricot Coconut, Chocolate, Raspberry Ruby Slipper)

Tartlets (Lemon, Cherry, Strawberry Cheesecake Chocolate, Cannoli)

Carrot Squares & Apple Squares with Raisins

Scones Plain, Orange Cranberry & Raisin

Cookies Hazelnut Crescents, Thin Almond, Chocolate Espresso Amaretti, Sweet Marie Bars, Lemon Twists

Beverages Tea, Susan's Signature Punch, Lemon Water



Past President's perform Goan Folkdance for Ramona

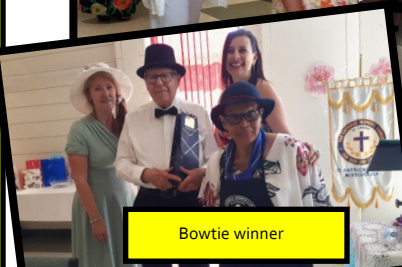
HIGH TEA HIGHLIGHTS



Bowtie winner



Fascinator Winner



Teacup winner

