



# The Pandemic Diary

October 2021

Volume 1, Issue 7

St Patrick's CWL, Mississauga

## President's Message

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Sisters of the League,

It's October!!

The month of beautiful foliage, cozy apparel, favourite chilly weather recipes, "Thanksgiving" and Halloween. And most importantly, the month of the Holy Rosary!

This month, we have Andrea presenting a beautiful article on the Rosary of our Blessed Mother. She invites you to **join the St Patrick's online prayer group every Monday evening** for an hour of blissful prayer.

Brigitte continues with her series on "Women of the Bible" featuring Elizabeth.

Visit **Manitoulin Island** with Charmaine Menezes on the Armchair Travelogue. Nancy has us discovering more about the **"Angels Among Us"** and Shirley Inniss wears a traditional outfit from the island of St. Lucia *which she sewed herself!*

Cathy Taylor shares her CWL journey at St Patrick's in "Reflections of a CWL Sister".

Mary Fuller contributes a healthy, delicious, homemade **Sauerkraut** recipe she makes every year.

Our puzzle expert Cathy Cerasani has come up with a **crossword** puzzle for all you enthusiasts out there. And Diane has some more humour for you.

We have some beautifully crocheted, fashionable shawls up for **Silent Auction**. Call Cathy Taylor to place your bid. Details on Pg 4.

Send us one of your recommended **household tips**. This month we have one from Brigitte. Check it out!

In commemoration of the 100th Anniversary of the CWL in Toronto, our Council is excited to be putting together a **Parish Cookbook for Christmas**. We invite you to send in a recipe with a short background story. Perhaps it is a traditional recipe or is a family favourite. You can even send us a video demonstration of your recipe and a picture of the chef! We are going to include it all. Let us make this a cookbook with a difference!! We also invite you to

send in a design for the cookbook cover. A prize will be awarded for the best design selected.

All entries must have your name and phone # and should be preferably emailed to our official email address

[stpatrickmis.cwl@gmail.com](mailto:stpatrickmis.cwl@gmail.com)  
OR

dropped off at the Church office, attention CWL.

The deadline for receiving entries is **November 15th 2021**. Please call Ramona 647-739-0005 or Brigitte 905-279-1228 or Cathy Taylor 416-617-1193 or Barbara Azopardi 416-500-0851 if you have any questions.

We look forward to hearing from you!

God Bless!

*Ramona*

## Our Lady of the Rosary by Andrea Tjioe



The Catholic Church designates October as the Month of the Most Holy Rosary of the Blessed Virgin Mary. During this month, the faithful venerate the Blessed Virgin Mary, especially under the title of Our Lady of the Rosary.

Many of our CWL members join the **St. Patrick's On-Line Prayer Group each Monday evening** for the recitation of the Holy Rosary, meditating upon the Mysteries of Joy, of Light, of Sorrow and of Glory of Jesus and Mary. With the Hail Mary, we invite our

Blessed Mother to pray for us, and she joins her prayer to ours.

Our Lady always grants our request, because what Mary asks, she always receives. Jesus can never say no to whatever His Mother asks for. Silently, we tag a name of a family member, a friend, a member, a loved one or an aborted baby to each Hail Mary and we ask our Blessed Mother for healing, comfort, peace, protection and reconciliation.

**"To pray the Rosary is to hand over our burdens to the merciful Hearts of Christ and His Mother.** (St. John Paul II)

So I encourage you dear sisters to join if you haven't already. Please contact the Church office to have the Zoom link emailed to you.

## Armchair Travelogue with Barbara Azzopardi

featuring **Manitoulin Island** with Charmaine Menezes



It's time to find out where one of our CWL sisters went this summer. Charmaine, her husband and another couple drove about **3.5 hours north of Tobermory**, parked their vehicle in the vast belly of the Chi-CheeMaun, the huge ferry that plies the waters of Lake Huron 3 times a day to Manitoulin Island and back. They went upstairs to the decks where you can freely walk around, (yes with your mask on), have a snack or just sit outside and enjoy the 2 hour trip north to South Baymouth on Manitoulin Island. You pass by other boats, seabirds and lots of islands. The water looks so inviting and even though it is cold, you may even wish you could stop awhile and go for a swim. Once there, they explored the areas just off the main highway such as Providence Bay which has a beautiful wooden boardwalk along the coast, drove through Misery Bay, Britainville, Long Bay and into Gore Bay. You can continue driving west to Meldrum Bay (about as far west as you can go but you would need to stay a few extra days).

Manitoulin is the largest freshwater island in the world and is an **Ojibwe word meaning 'spirit island'** for the Great Spirit or Gitchi Manitou whom the indigenous peoples believe

made his home here. He created the bluest, most sparkling waters, the whitest most fluffy clouds, the most fertile fields, the greenest forest and put them all here on this very special island.

Charmaine and her party waited for a whole 1.5 hours to get something to eat at Mum's Restaurant due to the large crowd and its popularity. Charmaine said it was well worth the wait. They came to Manitoulin Island because everyone raves about the nature and the history of the island. They really enjoyed standing behind the water falls of **Bridal Veil Falls** which was really cool. The famous '**Cup and Saucer**' hiking trail is not far off from the water falls. Then it was off to Little Current which is at the north-east end of the island. From there you can drive north to Espanola which is a gorgeous drive in itself but they continued to drive back to South Baymouth as they had to catch the ferry back to Tobermory. On the way to South Baymouth, you can stop off at the **Ten Mile Trading Post** for some interesting native arts and crafts.

The view from their parking lot looks down, down and east over the many islands that dot the horizon. The waters are so clear and blue that you could pull up a chair and just watch for hours but then you would miss your boat ride. Also on the ride south you pass by **Manitouwaning** which is the first European settlement on the island. This is the resting place for one of the original ferries operating in these waters called the SS Norisle. It is no longer safe for people to walk through and I heard that Tobermory wants to sink the ferry for scuba diving enthusiasts. This will make for quite an attraction for scuba divers and fish alike!

You need to visit Manitoulin Island as it is very special and you don't need a lot of time to do this. Charmaine and family took a 3 day holiday and really enjoyed this little vacation during our Covid summer.

Copy and paste the link below in your browser to see more pics.

<https://photos.app.goo.gl/RtZmbFrw2EdoyNcA>

## Angels Among Us presented by Nancy Macera

1. What does the Greek word for angel (*aggelos*) mean?
2. What animals had their mouths closed by an angel, saving Daniel's life?
3. Whose donkey could see an angel in the road but he could not?
4. When the apostles were imprisoned by the high priest, at what time of day did the angel release them?
5. What was the name of the angel who appeared to Mary?
6. Who was the first person recorded as being visited by an angel?
7. How did the angel of the Lord first appear to Moses?
8. In the book of Revelation, how many angels were given trumpets?
9. What does Psalm 78 describe as the food of angels?
10. How many angels appeared with the disciples as Jesus ascended to heaven?



**TRIVIA ANSWERS:** 1. Messenger 2. Lions 3. Balaam 4. Night 5. Gabriel 6. Hagar 7. The burning bush (flames of fire within a bush) 8. Seven 9. Manna 10. Two

## Women of the Bible featuring Elizabeth presented by Brigitte Daniel

Elizabeth was descended from a long line of priests and of the daughters of Aaron. She was a respectable woman married to Zechariah and they were people who walked in all the commandments of the Lord. She was also a cousin of Mary the mother of Jesus.

Elizabeth was barren, unable to have children and past child-bearing age. When Zechariah was in the temple offering incense to the Lord, the angel Gabriel appeared to him saying that he and Elizabeth would become parents and name the baby John.

Elizabeth kept herself in seclusion for 5 months while pregnant. She said "The Lord has done this for me...In these days he has shown his favour and taken away my disgrace among the people".

A few months later Elizabeth bore the son she had always hoped for. A common practice at this time was to name a first son after his grandfather. However, Elizabeth's extended family decided the baby would be called Zechariah, after his stricken father. Elizabeth contradicted them and said his name was to be John.

Elizabeth's son grew up to be John the Baptist, who ministered before the Lord in the spirit and power of Elijah. He was the prophet who prepared the way of the Lord, fulfilling Malachi's prophecy.

When John was seven years and six months old, Elizabeth died.



*And, blessed is the fruit of your womb*

## Reflections of a CWL Sister..... Cathy Taylor

I recall being at mass, and a lady would speak about the CWL from the podium, and ask any members at the mass to stand up. Together they would say the League prayer. I thought it was a nice idea, but life was busy with 2 young children.

Then after my Dad died and my Mum developed Alzheimers, life was even busier, and more challenging. People would say hello and have a quick chat on the way in and out of mass but I didn't really know many of them, or even their names! On different occasions a lady would say to me 'you should join us' and I thought it was a nice idea but didn't know how involved I could be.

Finally in 2012 I joined the CWL as a member. Initially I helped out with

activities whenever I could, then I was asked to run for one of the Chair positions, which I did. Seeing the time and talents that all these amazing women shared with the parish and those in need, I thought it was the least I could do.

I enjoyed learning more about our faith as Catholic women as well, and getting to know other CWL members from other parishes. I felt like I finally had some sisters in faith, to confide in and to counsel me along life's journey - in fact I was wishing I'd joined much sooner. The spiritual support I found gave me strength and peace to manage the challenges that continued to face me.

Especially with my Mum having Alzheimers, I no longer had my best friend and confidante to rely on, and go to for advice or suggestions. The CWL members of different ages and generations were a great support to me.

Then I was asked to run for President. What!?? Who me?? Kay Marks and Karen Lawless assured me they would be there for support and so would the rest of the Executive. It was then I recall trusting that **'God doesn't call the qualified, he qualifies those who are called'** and so I held my head up high and said sure.

Thank you ladies for being such a gift to me and my family.

With God's grace I trust that I'll be able to continue to be part of such a lovely sisterhood and serve God's people as he calls us to.

## Talent Showcase featuring Shirley Inniss

Shirley is wearing the **National outfit of St. Lucia called the Madras or Jip or Jupe**. The name is derived from the Madras fabric used in the costume.

- The origins of this dress lie in the pre-emancipation days of the island.
- It consists of 5 pieces namely a white cotton blouse, an ankle length lace trimmed petticoat, short outer skirt of Madras material, a scarf pinned to the shoulder and tucked into the waist and lastly, a headpiece folded into peaks. Shirley isn't wearing the headpiece in this picture.
- The costume is traditionally worn on Independence Day, National Day and Creole Day. It is also worn when dancing the Quadrille, which has been adopted by the country as the national dance.

Shirley proudly sewed this traditional outfit herself. She has worn it for many cultural programs, the latest being for the St. Patrick's Cultural Diversity Presentation for Peel.



## Homemade Sauerkraut by Mary Fuller

Sauerkraut is a recipe known for requiring elbow grease — namely, about a half-hour of pounding. The purpose of the pounding is to draw out its juices in order to submerge all the cabbage in brine. **The alternative to pounding is salt and time!** The salt will pull the cabbage juices out of the cabbage leaves.

### Ingredients

1 head cabbage, medium size that feels dense inside

1 tablespoon unrefined sea salt

### Equipment

Quart size mason jar, with metal band and lid or fermenting cap that fits the jar.

Yields about 1 quart. **Optional:** Quadruple the recipe and make it in a 1-gallon stoneware crock.

Remove the outer leaves of a medium head of cabbage and discard (or compost). Cut the head in quarters and remove the core. Chop/shred cabbage by hand or with a food processor. Combine all ingredients in a medium-size mixing bowl. Taste; add more salt if desired.

Cover with a tea towel and leave to sit at room temperature for 1/2 hour while the salt helps pull the juices out of the veggies. Stir and check to see if liquid is being released. **Optional:** Pound a few times with a potato masher or meat hammer (or kraut pounder) to make sure it is getting juicy. Leave for another 1/2 hour if desired, or proceed.

When the mixture is juicy, transfer to a clean quart-size jar. Transfer in small amounts and pack down tightly before adding more. Leave 1-inch space at the top of the jar. Put on lid and band and screw tightly. Allow to ferment at room temperature for three to seven days.

In the first 24 hours, open the jar and press down firmly on the ingredients a few times to make sure the mixture is fully covered by brine (it will continue to be released over time). If there isn't enough brine even after 24 hours, add a bit of salt water (1/2 cup water with 1/2 teaspoon sea salt). It is a good idea to keep a towel under the jar in case of liquid leaking out. If the mixture does leak, open the jar and remove some cabbage (but not juice if you can help it) to lessen the volume in the jar.

Fermentation may proceed faster at very warm temperatures or if cabbage pieces are small. Burp jar daily (unless using an airtight jar or vessel), even keeping the jar on a towel to catch seeping liquids. Also daily, if cabbage mixture has lifted in jar and has created air pockets in the mixture, press the mixture back down to remove air holes. Skim off any mold or fuzz that develops on top (everything beneath the brine should be fine).

The mixture will be bubbly, and the vegetables will soften. Stop the fermentation when you like the flavor and texture. Transfer to the refrigerator or cool storage. **Repack carefully each time you serve.**

Keeps many months. Serve cold as a side dish, with eggs for breakfast, or on a sandwich.

## Silent Auction!!!



We have 2 of these absolutely gorgeous crocheted shawls up for Auction! Be sure to place your bid with Cathy Taylor (416-617-1193).

The bidding starts at \$20 and will proceed in \$5 increments. The deadline for placing bids is **November 15th 2021**. The highest bidder wins the shawl.

Proceeds go towards the CWL.



## St Patrick's Parish Cookbook

In commemoration of the CWL 100th Anniversary, St Patrick's CWL invites **ALL** parishioners to share in creating a Parish Cookbook for Christmas. Send in a recipe that has a special meaning for your family. We would like to include a picture of the chef, a short story behind the recipe and even a video demonstration if you can.

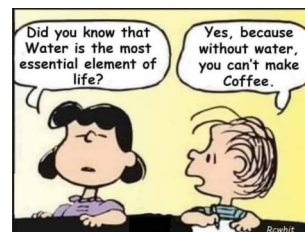
We also invite all artists to send in a design for the cover of the book. A prize will be awarded for the best one selected.

All entries should include your name and contact phone number and should preferably be emailed to the CWL official address [stpatrickmis.cwl@gmail.com](mailto:stpatrickmis.cwl@gmail.com) OR dropped off at the Church office ATTN CWL. **Recipes will be collected until November 15th 2021.**

Contact Ramona da Cunha 647-739-0005 OR Brigitte Daniel 905-279-1228 or Cathy Taylor 416-617-1193 or Barbara Azzopardi 416-500-0851 if you have any questions.

## Diane's Pundemic Corner

Maybe if we start telling people that the brain is an app, they'll start using it!



## Brigitte's Household Tip

To ensure all your cutlery is being used regularly, place a washed spoon or fork or knife at the bottom of the pile in the cutlery drawer, not on the top.



NEVER APPROACH A BULL FROM FRONT, A HORSE FROM THE REAR, OR AN IDIOT FROM ANY DIRECTION.

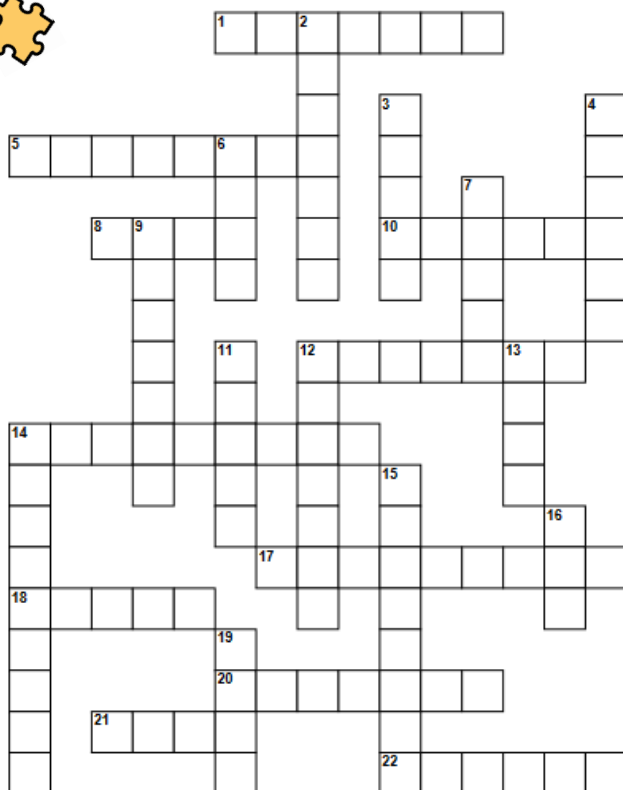


## A Blessing of Gratitude

Be grateful for all your experiences for all in life serves a purpose. There is a blessing in all that did or did not happen. There is a blessing unfolding at this very moment. Listen to your heart and follow its wisdom. Be mindful, for the journey is as important as the destination.



Birthday wishes to our CWL Sisters for October



## ACROSS

- 1 USA
- 5 Having many colors
- 8 October gem stone
- 10 Sailor
- 12 Gathering of ripe crops
- 14 October flower
- 17 Eve of All Saints Day
- 18 Darkest Color
- 20 Tenth month of the Gregorian calendar
- 21 Not warm
- 22 Eight-legged invertebrate that spins a web to catch insects

## DOWN

- 2 Travel for the purpose of discovery
- 3 Water vapor frozen into ice crystals
- 4 Color between red and yellow
- 6 Autumn
- 7 American Indian corn
- 9 Large, roundish, gourdlike orange fruit
- 11 Juice pressed out of apples
- 12 Day on which ordinary business activity is suspended
- 13 Large vessel built to carry people or goods through deep water
- 14 Shrub growing in marshy ground with tart red berry
- 15 Italian navigator and explorer
- 16 Ocean
- 19 Precious yellow metal

**Across:** 1.America 5.Colorful 8.Opal 10.Seaman 14.Calindula 17.Halloween 18.Black 20.October 21.Cool 22.Spider  
**Down:** 2.Explore 3.Frost 4.Orange 6.Fall 7.Maize 9.Pumpkin 11.Cider 12.Holiday 13.Ship 14.Cranberry 15.Columbus 16.Sea 19.Gold