



ONTARIO PROVINCIAL COUNCIL
OF THE CATHOLIC WOMEN'S
LEAGUE OF CANADA



ON-LINE NEWSLETTER

January 2016 Edition

Featuring the Hearst and Timmins Dioceses and the Communications Standing Committee

ONE HEART
VOICE
MISSION

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Pauline's Ponderings...

Happy New Year

This weekend we celebrated the baptism of Jesus at the river Jordan. During this time we are invited to recall our own baptism and call to service. As part of the beginning of this new year, it is good to reflect on being a baptized Christian in relation to the Extraordinary Jubilee Year of Mercy proclaimed by Pope Francis. Through our baptism we are called to continue the work of the Lord sharing our gifts with others.

National executive has chosen a sub theme *One Heart, One Voice, One Mission: Palliative and Hospice Care*. His Eminence Cardinal Collins has asked us to implore governments to provide excellent ethical palliative and hospice care as the answer to ends of life care. To that end we are preparing sample letters that can be used as part of our action plan. Watch for these to be posted on the provincial website in the near future.

Over the Christmas season members of the provincial executive have faced a variety of personal tragedies in their lives. I ask that you keep the provincial council in prayerful support over the next few months as together we journey.

Cheers and ttfn...



**The February issue will
feature the Thunder Bay
Diocesan Councils and the
Organization Standing
Committee.**

Stay tuned!



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Hearst Diocese was very fortunate to have a CWL member and her husband represent us at the World Meeting of Families in Philadelphia this fall. Nancy Bouvier and her husband Normand as well as Pierrette and Chuck McDonald from Hearst were impressed with the keynote speakers over the four day period.

Following each address they were presented with options to attend a variety of breakout sessions.

As the Congress came to a close, they prepared for the crowds at the Festival of Families and the Papal Mass. After waiting for 5 hours they were able to see the Pope as he whizzed by in his Pope Mobile.



Pictured left to right Normand and Nancy Bouvier from Transfiguration Parish, Cochrane, with Pierrette and Chuck McDonald from Hearst.



Genevieve Sexton from **St. Theresa's CWL, Geraldton**, is seen placing a dove on the annual Tree of Life. Doves are purchased during Advent in memory of deceased family and friends or for special intentions. The Hearst Diocesan Council took on two projects this fall. Each council participated in the annual Terry Fox Walk, raising almost \$5000. Our second project was to encourage councils and members to pray for autistic children and their families.

It was a pleasure to be introduced to our new Hearst Diocesan Spiritual advisor, Father Cyrille at our fall executive meeting. We enjoyed his homily "Knowing God in Chaos".



St. John the Baptist Council, Longlac, hosted a Christmas supper and invited members of **St. Theresa Council, Geraldton**, for an evening of fellowship and fun. Pictured above are the two Presidents, Lynn Olenik and Lillian McPherson.

St. John the Baptist Council, Longlac, collects pop can tabs year round for the March of Dimes to make wheelchairs. Pictured are CWL members Carmel Boulanger and Dorothy Sullivan.





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Timmins Diocese

St. Anthony of Padua Council, Timmins, supports the "Yo Mobile", which is a non-profit group that goes out each weekend from October to March to provide, warm clothing, hot drinks and food to the homeless. The ladies from the council get together the 3rd Friday of every month to make and donate 100 sandwiches to this worthy cause. Pictured left to right are Mario Dussault, Lynda Bernardi, Annette Kelly, Evelyn Curtis, Peggy McInnis, Yon Guilmette, Paulette Piquette.

Ladies from **Holy Trinity Council, Englehart**, took advantage of an opportunity to attend a workshop led by the indigenous women on the Matachewan, First Nation Reserve. The finished products were stencilled, deer hide change purses. A Potluck Lunch was shared with everyone present, along with interesting conversation and laughter. A very enjoyable time was had by all. In the front row from left to right - Shirley Gravel, workshop leader Bertha Cormier, Claudette Black, Emily Bos. In the back row, from left to right - Sylvia Bos, Wilma Peeters, Pauline Brassard, Paulette Desilets, Frances Freeman and Marie Black. A second group attended another workshop and several follow up sessions and made moccasins.



An Advent Memorial Service is held each year by the women of **Holy Name of Jesus Council, Kirkland Lake**, for deceased members and spiritual advisors, followed by a social time which provides an opportunity to visit with family members and reminisce. Family members of the deceased are invited to the prayer service, during which they light a candle and add a red rose to the vase in memory of their loved one. Pictured left to right are Timmins Diocesan President, Linda Watchorn, Judy Vermette, Ann Glosney, Sofia Szulgar, Jean Rivard.



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Communications Standing Committee *Anna Tremblay*

What is the Internet?

The internet, also known as "the Net," is a worldwide system of computer networks in which users at any one computer can get data from any other computer. The internet is self-sustaining and is used by hundreds of millions of people worldwide.

There are literally hundreds of search engines on the internet but my personal favourite is Google, a crawler-based engine, meaning that it has software designed to "crawl" the information on the internet and add it to its database. Google has the best reputation for relevant and thorough search results.

Google's home page is clean and simple. There is more than one option on Google's home page. You can search for web sites, images, comments in discussion groups, news, shopping sites and more. This is a picture of the Google home page.



Figure I-1: Google Home Page

Web – The default search engine

Images – Searches for images, maps, graphics, photos, or drawings

Video – Searches for short video files on the internet



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News – Searches for information gathered from thousands of news sources worldwide

Maps – An interactive map tool featuring driving directions

More – Additional search tools including:

- **Books** – If you're looking for text from a specific book, type in the name of the book (in quotes), or if you're looking for books about a particular subject, type in "books about xxx".
- **Shopping** – Searches for products for sale on line.
- **Groups** – Searches for information, opinions, and recommendations from user groups.
- **Even more** – dozens of additional search tools.

"I'm Feeling Lucky" – this button takes you instantly to the first search result returned for any query. For instance, if I type in peanut butter I go straight to Wikipedia's peanut butter page. It's basically a shortcut so you can bypass the search engine results page.

How to Google Search

1. Just enter a word, multiple words or a phrase and hit "enter". Google will come up with results that contain all the words in the search bar. Google doesn't care about capitalized words and will even suggest correct spellings of words or phrases. Google excludes common words such as "where" and "how", and since Google returns results that include all of the words you enter, there's no need to include the word "and", and in "milk and cookies". You can enter **milk cookies**.
2. If you want to look for web sites that contain just "milk" or just "cookies" you can use "OR" as in **milk or cookies**. If you're searching for the exact phrase you would enter **"milk and cookies"** including the quotes.
3. Try to be as specific as possible – instead of **cars**, try **Chevrolet Impala**.
4. If you're searching for a specific quote, type in **"give me liberty or give me death"**. Google will search for the entire phrase just how it appears in between the quotes.
5. Use common words, such as "and", "not" and numbers ONLY if you want them included in the search. Google excludes them otherwise. If you want them included, use a phrase search by putting quotations around your search query, or include the common word by putting a space and a plus sign right in front of it. For example, if you are looking for the season five DVD of "I Love Lucy", type in **"i love lucy dvd season +5"**.
6. Exclude unwanted results. If you want to narrow down your searches, place a "-" (minus sign) in front of words you want to avoid. For example, if you're searching for "three stooges films" but don't want any films starring Shemp, you would type in **three stooges films - shemp**

Adapted from Senior's Guide to Computers www.seniorsquidetocomputers.com/internet.asp



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Christian Family Life **Rosanne Sogan**

Seniors! Ontario is home to about 1.5 million seniors – 40% of Canada's seniors. By 2028 the number in Ontario will double.

Here is some information that may be of great benefit to you if you have a low to moderate income. By going to any of these websites below it will inform you of what you may be eligible to receive. You can also obtain a book from the Ontario Government that lists all of these and more directed specifically to seniors. ***A Guide to Programs and Services for Seniors in Ontario*** is FREE of charge!

- **Ontario Trillium Benefit (OTB)** – The OTB combines the Ontario Sales Tax Credit, Ontario Energy and Property Tax Credit and Northern Ontario Energy Credit. 1-877-627-6645
www.ontario.ca/trilliumbenefit
- **Ontario Senior Homeowners' Property Tax Grant** – Up to \$500 for each eligible household to help offset property taxes if you own your own home. www.ontario.ca/seniortaxgrant
- **Low-Income Energy Assistance Program** - Up to \$500 in emergency assistance for your electricity bills (\$600 if your home is heated electrically) and \$500 for gas bills.
www.ontarioenergyboard.ca/OEB/consumers
- **Ontario Electricity Support Program** – The program provides low-income consumers with a monthly on-bill credit to reduce their electricity bill. The monthly credit will depend on how many people live in your home and your combined household income. www.OntarioElectricitySupport.ca

Tax Credit for Caregivers – Caregivers may be eligible for this and other benefits found in the CAREGIVING section of *A Guide to Programs and Services for Seniors in Ontario*.

Property tax relief for seniors or people with disabilities – For information, please see the HOUSING section of *A Guide to Programs and Services for Seniors in Ontario*.

Pensions and Other Benefits - Contact Service Canada for information about the **Old Age Security (OAS)** Pension program or the **Canada Pension Plan (CPP)**. When you call, make sure you have the number that appears on your OAS or CPP payment, your Social Insurance Number or the number on your Old Age Security card. You can find this information at the bottom of one of your cheques. If you don't have a chequing account, ask your bank for this information. Service Canada 1-800-277-9914 TTY: 1-800-255-4786
www.servicecanada.gc.ca

Old Age Security (OAS) Pension - If you are 65 years of age or older and have lived in Canada for 10 years or more after turning 18, you can apply for the OAS pension which provides monthly benefits to eligible Canadians. You don't have to be retired to receive the basic OAS pension, but you must apply for it. If you are a low-income senior, you may be eligible for other benefits as early as age 60. For more information, see the section on International Benefits *A Guide to Programs and Services for Seniors in Ontario*.

Guaranteed Income Supplement (GIS) - If you are a low-income senior living in Canada who receives OAS pension benefits, you may qualify for the GIS as well. The amount you receive is based on your annual income or the combined annual income of you and your spouse or common-law partner. You must apply for this benefit and renew it every year.