



February 2020 Edition

Featuring the Diocese of Thunder Bay and
OPC Recording Secretary Joanne Hough

"Care for our Common Home"



Colleen's Communications

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Greetings,

Ah February... the winter is in full swing and we long for warmer temperatures and a thawing of our bones. Do we long for the warmth of Jesus' arms wrapped around our hearts? Do we strive to be like him as we, and so many others, struggle to make our ways through this complex secular world we live in?

On February 26th we will begin our Lenten Journey for this year with Ash Wednesday. Lent symbolizes Jesus' journey of 40 days and nights fasting in the Judean Desert while being tempted by Satan. May I suggest that, rather than give something up for Lent, we give more of ourselves to each other. Put down your phones. Have a conversation with your parents, your children, your neighbour. Spend time together. Say the Rosary.

"Remember that you are dust, and unto dust you shall return." Genesis 3:19

The provincial executive met January 30th to February 1st in Toronto. I am in awe at the work being done across the province. You are all servant leaders and living your faith through service and social justice. Well done!

Yours in faith,

Colleen

Recording Secretary

I have had the experience, too many times to count, of attending several meetings in a week and trying to remember a good idea that was presented. I find myself from time to time, having had an idea that there is a job I needed to do, but the details for some reason are muddled! Where do I turn? I turn, to the minutes and reports from the meetings. Without minutes, an opportunity could be missed, and a task could be left unfinished.

So much of meeting time is spent brainstorming, commenting, planning and problem solving. The enviable task of bringing order to the time we use to puzzle out the best solution as a group goes to the recording secretary.

The role of recording secretary is one of multi-tasking. She must take notes, listen to the discussion, and determine what needs to be recorded for future reference.

What are some of the ways we can make the tasks easier for this valued member of the team?

- Respect timelines. If you have an item for the agenda get it to the president in time to be placed on the agenda.
- Complete your reports and provide them to the secretary in advance of the meeting.
- Go paperless. Electronic reports save time and paper!
- Provide a biography and share a summary of the guest speaker to the recording secretary prior to the meeting.
- Proof the minutes of previous meetings and provide suggested amendments to the secretary prior to the meeting.

Acknowledge the ways in which the recording secretary contributed to your Council. A few kind words, a willingness to assist and an appreciation of the time the recording secretary commits to the Council go a long way!

A good recording secretary needs the patience of Job, the adaptability of a chameleon, the hope of an optimist, the courage of a hero, the gentleness of a dove, the grace of God and the persistence of the devil!

Thank you for all you do!



- Submitted by Joanne Hough
OPC Recording Secretary

An "Eye on Education and Health"

It's time to think about some spring cleaning *for your health*! Clean out clutter and expired goods to make yourself healthier.

(adapted from www.slice.ca and www.lifehack.org)

- **The kitchen sponges**

Studies have found that the kitchen sponge is the "germiest" thing in the average household. Sponges pull the germs inside of them, and as they stay at room temperature any bacteria in them will thrive. Wash cloths hold far less germs and putting them through the washing machine often will help to kill bacteria.

- **Plastic cutting boards**

Bacteria can grow in the cuts and grooves on a plastic cutting board, and it is very difficult to clean away once it is there. Wooden chopping boards are a great alternative as antimicrobial wood kills bacteria.

- **Antibacterial soap**

According to a report from the Food and Drug Administration, antibacterial soap is no more effective than normal soap – and it may even be dangerous. The active ingredient in antibacterial soap can have negative health implications such as thyroid dysfunction, asthma, and there are growing concerns that antibacterial soap is linked to antibiotic resistance. Stick with warm, soapy water!

- **Loofahs**

Loofahs get used to lather up your favourite body wash and scrub off dead skin cells, and often don't even get a chance to dry out before they're being used again. This moist and creviced environment is the perfect breeding ground for bacteria, fungus and germs, which can enter your system through small nicks and scratches in the skin. To avoid skin infections ensure you dry out your loofahs in a cool, dry place (not in the shower) and replace every three to four weeks. And, don't share!

- **Plastic containers**

Old plastic containers made from clear, hard plastic that are stamped with "7" or "pc" can be dangerous to your health. They contain BPA, a harmful synthetic compound that can leach into food. Replace them with glass containers. P.S. The same goes for plastic water bottles!

- **Commercial Cleaning Products**

Replace store bought cleaning products with natural ones for better air quality, non-toxic surfaces and a cleaner environment. Vinegar and three per cent hydrogen peroxide sprayed one after the other has recently been deemed as effective, if not more, than using chemical bleach on surfaces.

- **Air fresheners (solids, plug-ins and sprays)**

Unless they're all-natural essential oils, air fresheners contain numerous cancer-causing and endocrine-disrupting chemicals that can have serious health implications, such as early puberty, allergies, and breathing difficulties.

- **Old furnace filters**

Air filters can accumulate around 40 pounds of dust, which it will then recirculate throughout your house. This can aggravate allergies and asthma, and sometimes very old air filters will grow mold. Replace furnace filters every 90 days, not just for better air, but for energy efficiency too.

- **Frayed toothbrush**

Old, frayed toothbrushes gather bacteria. Replace your toothbrush every three months to help maintain a healthy mouth and after any bout of illness.

- **Food leftovers**

After three to four days in the refrigerator it is time to eat leftovers, freeze them or throw them away. Listeria grows in food at fridge temperature, and it is linked to meningitis and miscarriages, and of course, food poisoning.

- **Expired Sunscreen**

Expired sunscreen doesn't work, so ditch it! End of story.

- **Old mascara**

Liquid make-up can harbor germs, and every time the mascara wand touches your face you add new bacteria to the mix. Throw away your tube after 3 to 4 months of use to keep your eyes safe from infection.

- **Old lip balm or lip gloss**

A moist lip balm tube is filled with bacteria from your mouth, and if your mouth is cracked or cut you may get a mouth infection. Try to replace your lip balms or glosses every 6 months after opening.

- **Makeup sponges**

You should wash your makeup sponge with warm soapy water after each use and allow it to dry completely before using again. You'll cut the chances of breaking out and reduce the risk of skin infections too. Ideally, you should throw out makeup sponges every month, but if you're using expensive ones you may try to extend its lifespan to three months.

- **Old running sneakers**

Running shoes experience serious damage every time you exercise in them, so make sure you replace your pair every three to six months. As they wear down, they lose cushioning, so your feet and muscles take most of the force, meaning you are more likely to suffer from running injuries in the future.

- **Ill-fitting, worn out clothes**

Not only do your old clothes take up physical space, but they take up emotional space in your life too. People often lose or gain weight but hold on to their larger or smaller sizes 'just in case'. Keeping these clothes around can put an enormous amount of pressure on you, so do yourself a favour and get rid of clothes that don't fit or that you haven't worn for a couple of years.

Old, stretched out bras could be bad for you. When bras lose their elasticity, they can impact your posture, making larger chested women experience back and shoulder pain. The lack of support can also accelerate sagging of the breast tissue.

February is Heart & Stroke Month!

Heart disease and stroke kill 31,000 women in Canada annually, but most women are unaware of the threat.

Women are under-aware, under-researched, under-diagnosed, under-treated, and under-supported in their recovery. Symptoms in women are different than in men: our blood vessels are smaller, we tend to experience chest discomfort, shortness of breath, fatigue, indigestion or nausea, back or neck pain rather than the “crushing” chest pain that men experience. Carry baby aspirins (81 mg) with you and if you experience chest pain, chew two and call 911.

More women die of stroke, women have worse outcomes after stroke, more women are living with the effects of stroke and women face more challenges as they recover. Our bodies are not the same as men's and stroke affects us differently at different stages of life. The risk of stroke is higher during pregnancy. As women's bodies adapt to menopause, stroke risk increases again. Elderly women are especially vulnerable: they are the most likely to have a stroke; their strokes are the most severe; their outcomes are the poorest; and stroke can put an end to their independence.

F – Face	Facial Drooping: ask the person to smile and see if one side of the face is drooping
A – Arms	Arm weakness: Ask the person to raise both arms
S – Speech	Speech difficulty: People having a stroke slur their speech or have trouble speaking at all
T – Time	Time to call 911! Clot busting drugs must be given within the first three hours after symptoms to be most effective.

- Submitted by Betsy Currier, OPC Education and Health Sub-Committee Member

Thunder Bay Diocesan Council



St. Peter's CWL Parish hosted a living Rosary in October 2019 with members from all City Councils participating. The rosary was recited in many languages including English, Italian, Slovak, Polish, French, Swedish and Hungarian to name a few.

A Fellowship Gathering followed in the Church Hall.



- Submitted by Pauline Krupa, Life member



St. Andrew's Parish Council celebrated their 70th Anniversary. Members pictured with Diocesan President Maria Bertoldo and Diane Skinner, Council President.

St. Dominic Parish Council collected 85 bags for the HUG project along with monetary donations all of which were gratefully accepted by Faye Peterson Transition House and Beendigan. Pictured from left is Emma Lovis, Elizabeth Sacino, Carol Ann McLean, Wanda Perozik, Linda Burella and Alma Ongaro.



Our Lady of the Way is a small rural CWL Parish Council. For the H.U.G. project, they collected warm hats, socks, mitts and neck warmers for men, women and children. This project was done in participation by the entire parish by placing a donation box at the back of the church. The donated items were taken to the local food bank, where they were displayed for people to take. The project was very well received, and they plan to do it again.

St. Joseph Parish Council, Dryden, ON

Rosa and Lucy received the Maple Leaf Service Pin.

From left to right:

Lorraine Wyder, CWL President.

Rosa Capovilla, Lucy Notte and Past President Lisa Shaw.



Fun at the CWL Christmas Dinner as the executive performed the 12 Days of Christmas for 59 ladies of the parish.



The Catholic Women's League of St. Agnes Parish, Thunder Bay celebrated their 70th Anniversary in October.

Past President Alice Uvanile and current President Joyce Ilkka received Provincial Certificate from Diocesan President, Maria Bertoldo.



St. Anthony of Padua Parish Council was pleased to deliver two large bags full of warm winter socks to the Salvation Army Community Services Centre. These much-needed items were donated at our December Christmas lunch along with non-perishable food items for a soup kitchen.

St. Patrick's Cathedral CWL



A Service for deceased members was held on Sunday, November 10, 2019. During the 10:30am Sunday liturgy, members celebrated the lives of the 6 League sisters who had returned to their eternal home. Members of the families participated in the service and the parish was able to share in remembering these wonderful women.

On Sunday, May 26, 2019, St. Patrick's Cathedral CWL Council held their regular CWL Gathering was held at Hogarth Riverview Manor. Members held their regular gathering at the long term care facility to share with their League sisters what has been happening with the League and to participate in a wonderful prayer service created by Juliano Brusadin. There was a time for learning, a time to share in a fun activity and a time to socialize with yummy treats.



On Sunday, January 26, 2020, Msgr. P. Stilla invited some of the children and a member of the children's liturgy team (who is also a CWL member) to help with the blessing of the statue of St. Anne and the child Mary that was donated by the council.

VALENTINE'S DAY - NOT A CELEBRATION FOR EVERYONE

Loneliness is a state of mind often created by disassociation with others. However, because loneliness is a state of mind, being physically alone is not a necessary nor a sufficient condition to experience loneliness. One can experience a lonely state of mind while being with people at work, at home or even in a marriage. Income, education, gender and ethnicity don't necessarily protect you from loneliness, and it is contagious.

<https://www.uchicagomedicine.org/forefront/health-and-wellness-articles/what-is-loneliness>

I read online that February 14th is the second largest card-giving day of the year, just after Christmas. As we approach this day, think about how it will impact those who suffer from loneliness and try to make celebrations inclusive.

Take a few minutes out of your day to call individuals from your circle that you know do not have a special someone to wish them Happy Valentine's Day.

Tuck a Valentine's Day card into the mailboxes of neighbours you know are alone.

Donate small Valentine's Day cards to your local hospital or long-term care facility to include on client trays. You scrapbooking ladies can make wonderful little cards at a small cost - particularly you cricket keeners who can create cutouts digitally.

Go ahead.... dare to make someone's day a little brighter!!



- Submitted by Collen Martin, OPC Christian Family life



Dollars and Sense of League Membership

For annual dues of \$20 to \$30 per year, you get a super bargain. This compares favourably with other organizations. No weekly or monthly dues, either!



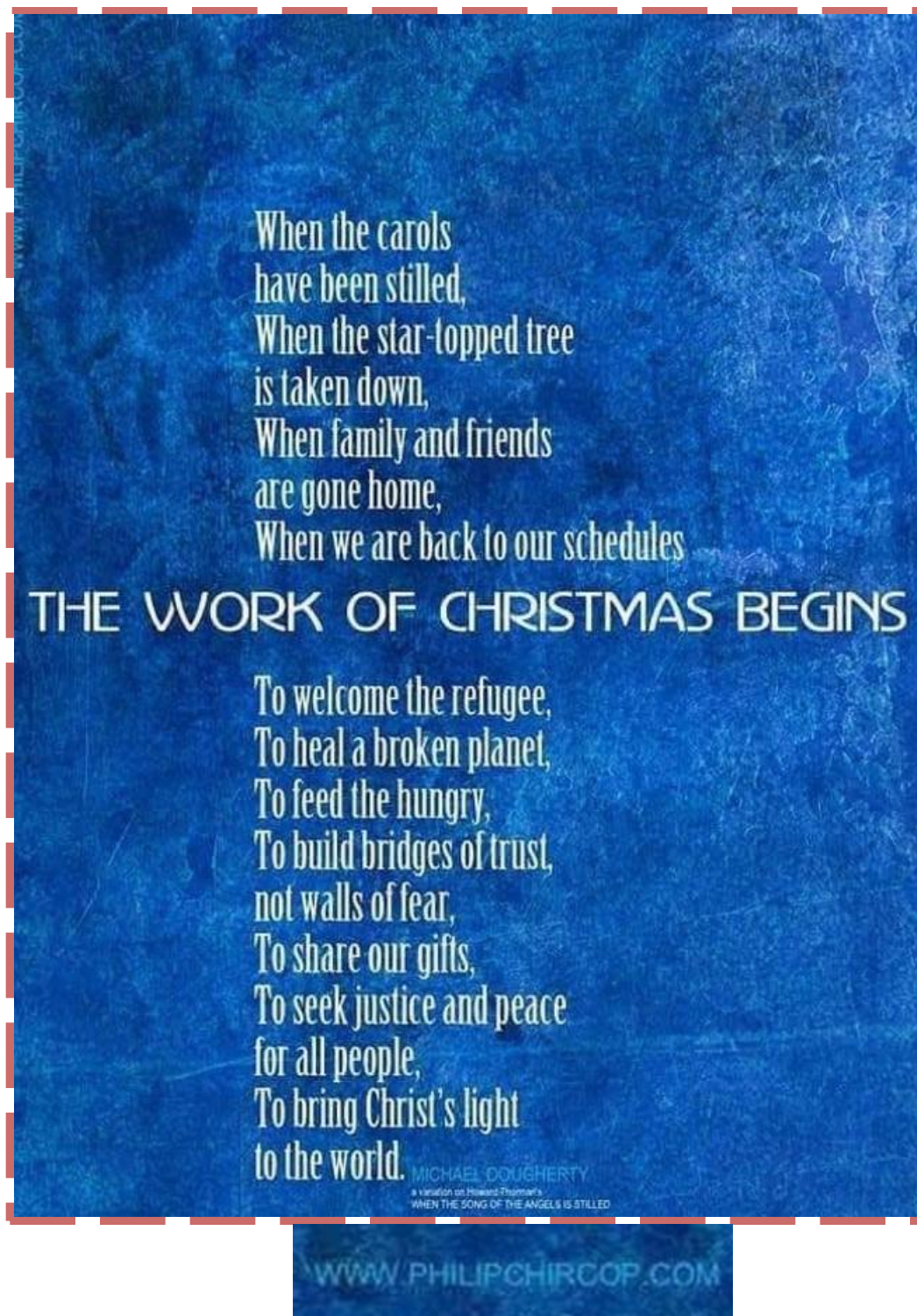
You receive many benefits:

- ❖ Receive three issues of *The Canadian League* magazine with articles about current and long-standing issues and concerns, with action plans and solutions.
- ❖ Identify, interact and become friends with other like-minded Catholic women who share similar values.
- ❖ Provide service to the people of God in your parish, especially when personal finances are limited.
- ❖ Make a real difference by group financial support of parish projects (\$1,909,538 in 2018).
- ❖ Give and receive emotional support in times of personal and family trial, illness and bereavement.
- ❖ Evangelize by making your parish a more welcoming community by donating baked goods and other items to welcome strangers.
- ❖ For an additional fee, you have opportunities to attend and help prepare development days, conventions and retreats to develop your spirituality.
- ❖ Join your efforts with other CWL members across Ontario to donate funds and raise awareness to help needy people in our communities, in the province and abroad. Projects include support for the homeless, reaching out to the lonely and "Care for Our Common Home".
- ❖ Earn further graces by answering God's call.

- Submitted by Glenda Klein a member of the Organization Standing Committee.

(This article is an adapted version of Glenda Klein's submission, originally written for *The Catholic Register* January 2009 Edition, when she was serving as the Treasurer for the Ontario Provincial Council.)





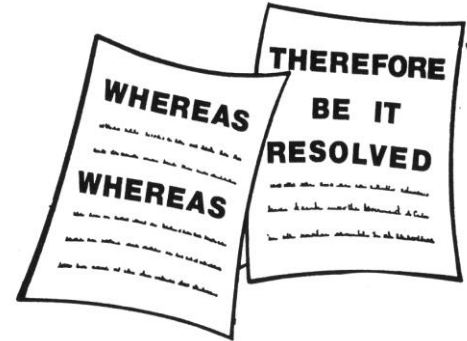
- Submitted by Anna Tremblay, OPC Administrative Assistant



RESOLUTIONS

Hopefully many members participated in the national survey regarding MAID by the deadline of January 27, 2020.

In reviewing resolutions from the past, there are two resolutions that would be of tremendous assistance for individuals and families facing terminal illnesses or end of life stages, if these resolutions were to be adopted by government. Many who may feel there is no other alternative than medically assisted death, may choose a different path and perhaps stop themselves from thinking that euthanasia gives them dignity in dying and keeps them from being a burden to their family.



The two resolutions are:

2016.04	Amend the Canada Health Act to Identify Palliative Care as an Insured Health Service
2016.05	Amend the Canada Health Act to Include Home Care as an Insured Health Service

Full details on both resolutions are on the national website. There are action plans with each resolution that every CWL member is encouraged to do.

- Submitted by Wilma Vanderzwaag, OPC Resolutions Chair



Awards

Bellelle Guerin Award

Kathy Levesque, Visitation Parish Council - Comber Essex, London Diocese

Kathy Levesque has served 34 years with the CWL. She first joined the council at Annunciation Parish in Stoney Point and after it dissolved she joined the St. Joachim Council. Kathy helped to amalgamate the councils of 4 churches with other members of the St. Joachim Parish Council. The aforementioned council became Visitation Parish in 2005. Kathy was co-President with Yvette Gaudette. Kathy has served in various positions including President, Treasurer, Past President and the list continues. She served on the Diocesan Council for two terms and continues to help when asked and if able.

Kathy has a very strong faith, her beliefs in the Church and mainly in God and the Blessed Mother. She helps with the needy by driving them to the hospital especially members of the council who are sick. Kathy is on the funeral committee and is a lector at Sunday Mass. She also says CWL prayers at the funeral home for our dear sisters who have passed away. Along with Kathy's faith being so strong, she has a strong support and love of her family and her second family is the CWL. One can go on about her abilities but her actions speak for themselves.

Kathy's love of the League, demonstrated by her words and actions, is an inspiration to other council members. Visitation Parish Council is very proud of her and will continue to love her along her journey.



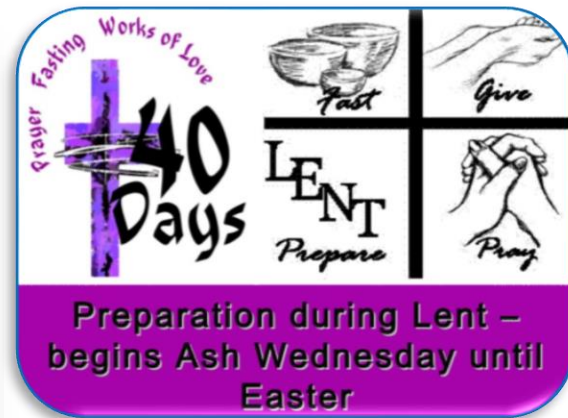
Kathy Levesque with Denise Masse,
London Diocesan Communications

Nancy Sylvestre, Visitation President, Rebecca McCarrell
Diocesan President, Kathy Levesque and Marie-Theresa
Lamphier, Ontario Provincial Treasurer



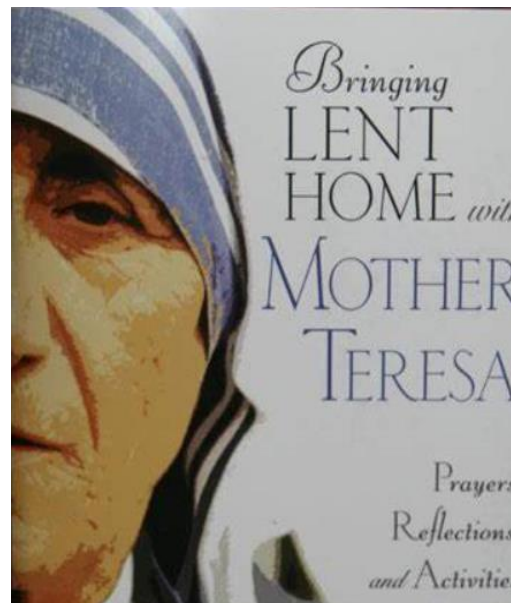


Lent is close at hand, and the first thought that comes to mind is: Prayer, Fasting, and Almsgiving, here's something to ponder:



The significance of the 40-day period of Lent is based on two episodes of spiritual testing in the Bible: the 40 years of wilderness wanderings by the Israelites after the exodus from Egypt (Numbers 33:38 and Deuteronomy 1:3) and the Temptation of Jesus after he spent 40 days fasting in the wilderness (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13).

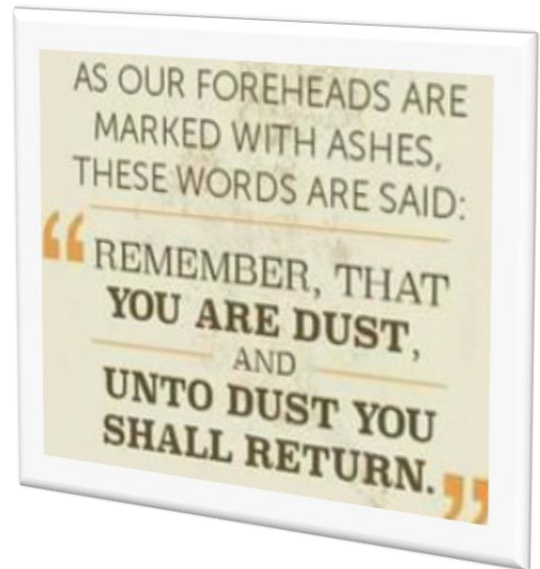
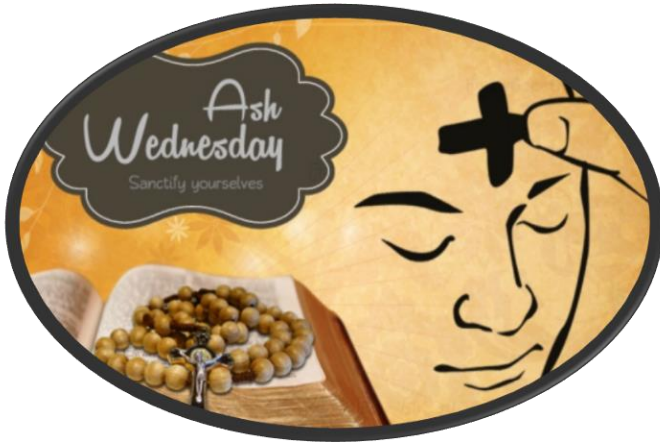
A great book to read..





for

Thought



DIE TO OUR
WORLDLY DESIRES
— AND —
LIVE IN CHRIST

PAPAL HONOUR

On Saturday January 11, 2020 at the 4:30 pm Mass, Msgr. Pat O'Dea, Spiritual Advisor of the CWL Toronto Diocese, was presented with a papal scroll by His Eminence Thomas Cardinal Collins, Archbishop of Toronto in recognition of being named a Monsignor by Pope Francis. After Mass everyone were invited into the parish hall to congratulate Msgr. Pat.

