



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



ON-LINE NEWSLETTER

February 2024 Edition

Featuring the Pembroke Diocese and OPC Recording Secretary

Here I Am Lord, Send Me

Isaiah 6:8



Linda's League Letters

My Dear CWL Members,

In looking over the calendar for February, several important events caught my interest. The month of February is recognized as Black History Month to honour the legacy of Black people in Canada and our communities. This year's theme is Black Excellence: A Heritage to Celebrate; A Future to Build.

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This year is a leap year, so February has 29 days. The way I remember leap years is that they are the ones divisible by 4, except at the year at the turn of the century. Why do we have leap years? The scientific answer is that it takes the earth 365 and ¼ days to revolve around the sun. Since a year is only 365 days, we add an extra day every four years to catch up to where we need to be.

Individual days in February are also recognized. February 2nd is Groundhog Day. Living in Canada, we know how long winter will be whether the groundhog sees his shadow or not. February 14th is Valentine's Day. This year it is also Ash Wednesday, the start to Lent, a day of fast and abstinence.

Did you know that February 17th is Random Acts of Kindness Day? Rather than doing kind deed for just one day, perhaps instead of focussing on just penance during Lent, we might consider doing kind deeds for others, both family and strangers for forty days. Here are a few suggestions:

- Visit a senior
- Write a letter and mail it
- Write a positive message on a sticky note for others to find
- Be a friend to someone lonely
- Be an active listener
- Be kind to people in the service industry
- Share a recipe
- Let someone merge into traffic
- Give an encouraging smile
- Cook a meal for someone
- Donate blood
- Donate to a shelter
- Support a local business
- Compliment the first three people you talk to today
- Greet strangers that you meet
- Be kind to yourself

Let's find ways to make the world **BEE** a little brighter with our simple kind gestures, our words and actions.

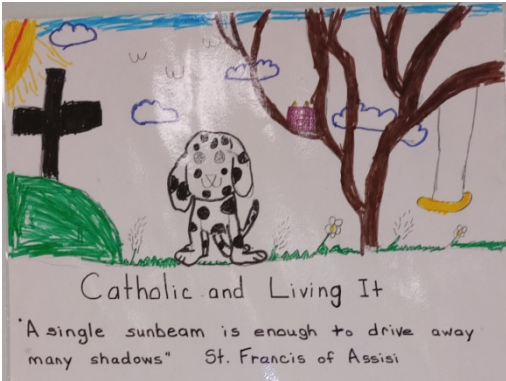
Blessings,
Blessings,



Linda Squarzolo



A Year in the Life of Pembroke Diocese



Pembroke Diocesan AMM 2023: Delegates from across Pembroke Diocese gathered on May 13 at Our Lady of Lourdes Parish Hall and Church, Pembroke, for the 102nd Pembroke Diocesan Annual Meeting of Members. Grade 5 students from adjacent Our Lady of Lourdes Catholic School created artwork to decorate the hall reflecting the National theme *Catholic and Living It!*

Wilma Vanderzwaag, First Vice-President and Chair of Spiritual Development represented provincial council. She received a warm welcome from delegates. Along with her mascot, she explained attributes of the bee that members can emulate by means of an alphabet acronym.



Keynote speaker for the day was Patrick Sullivan, Catholic speaker and author, who resides in nearby Barry's Bay. He spoke on evangelization and captivated delegates with his images of the shepherd, the sheep, the wolf, and the sheep dog. The first three images were easy to identify but the sheep dog, less so. Patrick explained that the sheep dog, with his eyes and ears always on the shepherd, can be each one of us, called by our faith to help keep the sheep in the fold and bring back the ones that have strayed.

The day concluded with a mass and reaffirmation ceremony of executive officers and Spiritual Advisor.

Pembroke Delegates at Provincial Convention 2023



Pembroke delegates joined the festive mood in Cornwall on banquet night.

On the Monday evening, Pembroke Diocese presented its skit "Letters from Home", a narration of fictional letters based on real CWL events and interspersed with a chorus to the tune of "Oh, My Darling Clementine".



Pictured is President Annette Chaplin's "Travelling Mary" display for the convention's Tuesday afternoon workshop session. Several councils across the diocese have been active in bringing Travelling Mary to their local schools.

Day of Reflection, September 23, 2023: Our Lady of Fatima Council, Renfrew, was host to the annual Diocesan Day of Reflection. The focus was reconciliation. Participants gathered in a circle for the presentation. Drummers from Bonnechere Algonquin First Nation, a community within the Algonquins of Ontario, sang, drummed, and explained aspects of their culture. The women are part of the Bonnechere Inodewizen Abinodjinish Kikinamagan (BIAK) program that brings Indigenous teachings to children and families through the EarlyOn Education Program, a part of the County of Renfrew Child Care and Early Years Division.



Also presenting was Dr. Emilie Pigeon, Assistant Professor at Our Lady Seat of Wisdom College, Barry's Bay. Dr. Pigeon spoke on Ojibway and Catholic spiritualities and their similarities including such aspects as the belief in one creator, a flood story, belief in a spirit in all things, existence of good and evil, life after death, and a strong prayer life. Her presentation was based on the work by Daniel F. Jerome, Anishinaabe elder and knowledge keeper with whom Dr. Pigeon has worked.

The afternoon offered time for the Sacrament of Reconciliation and concluded with a Memorial Service for Deceased Members. Everyone left with a painted rock, compliments of Our Lady of Fatima host council who took up the challenge of the "Kindness Rock Project".



Fall Diocesan Meeting, October 28, 2023

Rainy skies were left outside and replaced with sunny smiles of hosts for the meeting, members of Our Lady of Sorrows Council in Petawawa. Several workshops were scheduled during the day. One was presented by Bernie Mortimer, President of Our Lady of Fatima Council, Renfrew and Carol Sulpher, President of St. Francis Xavier Council, also of Renfrew. The workshop gave an explanation of the new League structure and lessons learned in the transition from the old to the new. It was of great help for councils who are transitioning to the new structure.



Bernie Mortimer (above left) and Carol Sulpher (above right) explaining how their councils approached the new structure.



Louise Rockburn, Diocesan Education and Health Chair, presented a workshop on the new **Resolution 2023.01 Combating Textile Waste in Canada**. Louise gave us a concrete lesson in textile recycling by sharing a chart outlining "eco friendly, somewhat eco-friendly, and not eco friendly" fabrics and passing around a number of pieces of clothing so it could be determined from the fabric label under which "eco" category the garment fell. Members left with a new awareness of the place of textiles in the circular economy and more conscious of things to be aware of when purchasing clothes and other material goods.

Diocesan President: Connecting and Mentoring



President Annette brings greetings to Our Lady of Sorrows Council, Petawawa, at their Annual Christmas dinner. Meeting members and sharing her love of the League is an important part of the President's role.



The June Banquet at St. Therese Council, Temiscaming, was a packed event and included not only the council's annual dinner but also the Ceremony for Reception of New Members. Shown on the left are the council's newest and youngest members, from left to right Diana Foster, Sarah Ekdawl, and Julie Page. Their smiles are a good indication of the warm reception these young women received upon joining the League. As you will see in a following piece, recruitment and involvement in Temiscaming council

can start at a very young age. To top off the celebration, Diocesan President Annette was invited to lead a Unity Outreach workshop. Unity Outreach workshops have been a great way to meet councils on their home ground, hear their concerns, and figure out how best to nurture and encourage a council's growth and development.



President Annette celebrates with St. Francis Xavier Council, Renfrew, at their Annual Pins Dinner on June 13, 2023. Pictured with Annette is Johanna Mathieu, who was one of the many pin recipients honoured that evening. Johanna received the Maple Leaf Service Pin for her many years of service as Secretary for the council.

St. Teresa's Council, Temiscaming, QC



Eighteen members of St. Theresa's Council held a touching Memorial Service for deceased members on November 13, 2023 led by Faith Chair Janet Clayton and Spiritual Advisor Fr. Cyril

Okebanama. All deceased members were remembered in the council's Book of Life but, in particular, four members who had died in the last two years. Yellow roses were placed in a vase for each of these four members and a few words were said in their honour. A single white rose was also displayed by a loving CWL sister and a loving family member.



Temiscaming Council, once again, led another successful Pyjama Tree project at Christmas. Seventy-six pairs of new pyjamas were collected for children under the age of twelve. The council worked in collaboration with the two primary schools, the two daycares, the social workers at the Health Center, and the local Family Center to determine the community's needs. A Christmas tree was set up in the post-office and decorated with tags giving details on gender, age, and size of pyjamas needed. Parents had previously given consent to their child receiving the pyjamas. Only the council's Service Chair was privy to the names and details so she could ensure the pyjamas met the size and age criteria and that they were delivered before Christmas. Seen in the photo are Service Chair Madeleine Lemieux and six year old helper, Ellina Ouellette, President Louise Rockburn's granddaughter. President Louise says it's never too early to start recruiting.

Immaculate Conception Council, Bryson, QC



Bryson Council hosted sister members from St. Anne's, Calumet Island, QC, and St. James, Portage du Fort, QC, in celebration to honour Our Lady of Good Counsel.

Eighteen members received service pins ranging from sixty-five to five years at a mass concelebrated by Father Michael Coyne, Diocesan Spiritual Advisor, and Fathers Michael Goring and Basil Tanguay, Parish Spiritual Advisors. A reception followed the mass in the parish hall.



St. Michael’s Council, Douglas

Member Angela McEachen is shown as she shares her Memorial card album with LM Sheila Bielawski at a monthly meeting of St. Michael’s Council. The album contains a multitude of memorial cards of Angela’s own family, parishioners, and community members. It was received with much interest and a possible project for other members looking for a way to remember and pray for their loved ones in a compact and easily

transportable form.

Education and Health Chair Terry Cull, presented the Gr. 4 class at St. Michael’s School, Douglas, with their own copy of the Bible. Each year, the new Grade 4 students and any new student to the school is given a Bible to keep.



Terry also helped organize volunteers for the reading program at St. Michael’s School. Volunteers read with children from Junior Kindergarten to Grade 3 in a “one on one” setting. Volunteer and CWL member, Anne English, is shown reading a story with one of the Kindergarten children.



Members participated in the “Bee Compassion Into Action” Challenge with a focus on Homelessness. Pictured are some of the team with a poster board of articles from local news media. Members learned about the local situation and how various groups and local governments were working to come up with solutions. They also learned that homelessness can affect anyone regardless of age or economic situation

including women and children fleeing domestic abuse. In response, members and parishioners collected personal items for Bernadette McCann House, the local women’s shelter in Pembroke. A monetary donation was also given to the shelter.

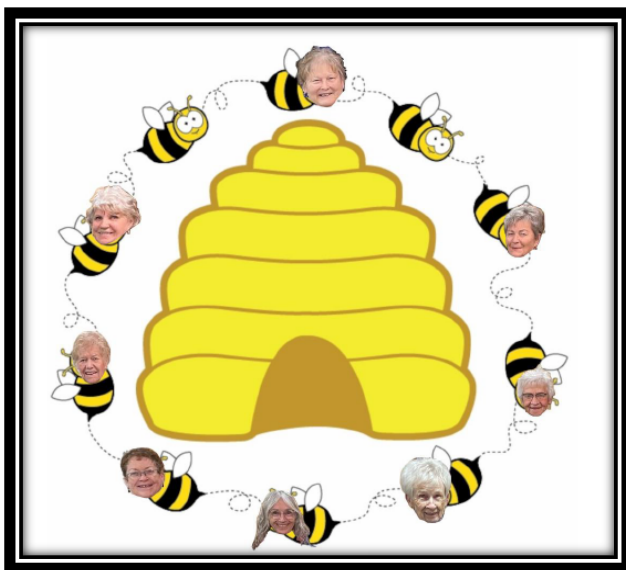
St. John Chrysostom, Arnprior



Pictured are members displaying some of the milk bag mats made by the group. This ongoing project includes participation of ladies from other churches in the community. It's an ecumenical endeavour that everyone enjoys.

The council led other activities over the year including the collection of 780 pairs of socks for the food bank, a Pyjama Board at Christmas for Teachers Against Poverty (TAP) where approximately 100 pairs of pyjamas were collected. The council also assisted their Spiritual Advisor, Father Dan Kelly, with his dinner event at Christmas by contributing to and helping to fill 80 gift bags for needy children.

The council led other activities over the year including the collection of



St. Lawrence O'Toole Council, Barry's Bay took up the "Bee Compassion into Action" Challenge, formed a team called the "Barry's Bay Bay-bees", and began a path toward Truth and Reconciliation. In particular, they connected with members of the local Algonquin community of Pikwakanagan, about half an hour's drive from Barry's Bay.



The team made a warm and meaningful friendship with Jessica Levesque, Registered Early Childhood Educator and member of the Indigenous EarlyOn group in Renfrew County that provides Indigenous teachings, cultural instruction, and drumming with off-reserve Indigenous and non-indigenous children and families. Members learned how Jessica shared her culture at one of the local schools on Orange Shirt Day.



Jessica also explained to the team the importance of drumming and singing in the Algonquin way and shared how to make a wreath from natural flora. While making the wreath, members learned about the Seven Grandfathers Teachings, and how they represent the moral pillars of the Algonquin people: Humility, Bravery, Honesty, Wisdom, Truth, Respect and Love. Jess happily answered any questions the group had. To end the workshop, the team returned to a circle and sang and drummed one last time. This

was an important and successful first step in bridging the two communities.

Sacred Heart of Jesus Council, Corbeil Celebrates its 25th Anniversary



Members gathered in celebration of their council's 25th anniversary on January 20, 2024. Louise Rockburn, Diocesan Education and Health Chair represented Diocesan President Annette Chaplin for the occasion, bringing greetings and best wishes and reminding members to take a second look at their archives to see all of the good works they have accomplished over these past twenty-five years. The celebration began with a mass and was followed by dinner. Pictured above on the left are members of the council with Spiritual Advisor Fr. Tim Moyle and Deacon Tim Foster. Pictured on the right are three founding members of the council, from left to right, Laurette Taillefer, Helen Vaillancourt, and Nicole Giroux. For a council located at the far reaches of the diocese, these members have a great record for attending meetings and participating in all of the various League programs and workshops that are made available to them.

Recording Secretary

Eleven common punctuation mistakes

1. Misplaced apostrophes

You don't use apostrophes to make words into plurals. But you do use them:

- To show possession (the *person's* house), except in the case of pronouns. In this case, there's no apostrophe (it's not *her's*, but *hers*).
- To stand in for missing letters in contractions (have not = *haven't*.)

2. Misusing "it's"

Apostrophes show possession, but there's a huge exception: Its and it's.

To say something belongs to *it*, you say *its* without an apostrophe, as in *its house*. *It's* with an apostrophe always means *it is*.

3. Incorrect quotation marks

People seem to think that quotation marks can go anywhere, but, of course, they can't. Here's when to use quotation marks:

- To set off exact language that comes from someone else, or from media like a book or play.
- Around the title of an article, movie, play or some other kind of media.

4. Putting periods in the wrong place

The right place is *inside* the quotation marks, not outside, as in:

They said, "See, this is where the period goes."

It's the same if you're quoting a book or a line from an article. (One note: To complicate matters, in the UK and Canada, it's correct to put periods outside.)

5. Putting commas in the wrong place

Many people think commas should be sprinkled liberally throughout a sentence, like putting croutons in a salad. But commas aren't supposed to be scattered in sentences without rhyme or reason.

These are the right places for a comma:

- In dates, dates, addresses, titles and numbers.
- After an introductory clause.
- On each side of a clause that isn't essential to the meaning of a sentence.
- On each side of a nonessential description that applies to a nearby noun.
- To set off the name of someone you're addressing directly.
- After each item in a series in a sentence.

6. Using semicolons like commas

Semicolons might look like a fancier comma, but they're used differently and not nearly as often. Among the most common ways to use a semicolon:

- To join two complete but closely related sentences.
- In-between two related sentences when the second sentence starts with words like "however," "therefore," "besides," "furthermore" or "for instance."
- In place of a comma when there's a long list of items in a series or a list that already contains commas.

If you're still not sure when to use a semicolon, you might be better off just skipping it entirely. As writer Kurt Vonnegut once said, "Do not use semicolons ... All they do is show you've been to college."

7. Putting two spaces after a period

Back in the old days of typewriters (and early computers), there was a hard and fast rule: Two spaces after a period.

Times have changed and so have spaces. It's one space now. Period. Use two and you look like you're from the Ice Age.

8. Using ellipses

Ellipses (...) are the three dots that come in between words or at the beginning or end of a sentence. They're normally used to indicate a missing word or thought, or to show hesitation, change of mood, or a thought trailing off.

9. Using too many dashes

Lately, more people punctuate with dashes instead of the more standard comma or period. That's fine, but only if you don't overdo it to the point of annoying your audience.

Use dashes to set off a particularly important detail or to interrupt a thought. Don't use a dash with a comma — like this, which is incorrect.

10. Capitalizing too many words

Sometimes people capitalize a word to make it stand out. But not every word can or should be capitalized.

It's *right* to capitalize:

- The first word of a sentence.
- The first letter in a proper noun (like a name, day of the week, month, or holiday — but not seasons like spring).
- Most of the words in a title (you don't capitalize words like "the," "of" or "a").

11. Using too many exclamation points

It's great to be enthusiastic, and it's great to share your enthusiasm. But it's *not* great to overdo the exclamation points.

Most people we've spoken with say that one or two exclamation points in an email is the absolute maximum. More than that, and it begins to get on their nerves.

When in doubt, don't use them!

Submitted by Anna Tremblay, Ontario Provincial Recording Secretary

https://www.cNBC.com/amp/2022/05/31/sound-smarter-by-avoiding-these-punctuation-mistakes-that-irritate-people-the-most-grammar-experts.html?fbclid=IwAR0knMVUIj8SPHma2qNqipHgubEGQHix2Jqd_N_E_4z9buI2jtt6POmcMM

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Spiritual Development/Faith Pillar



There has been so much in the media regarding the Declaration *Fiducia Supplicans*, issued on December 18, 2023. The Catholic Women's League of Canada is guided and takes direction on all faith matters from the Canadian Conference of Catholic Bishops. Below is their statement regarding the pastoral blessings and a commentary by Bishop Baron. To help navigate our members through all the media regarding this issue, reading this could be a part of your spiritual component of an upcoming meeting.

Statement of CCCB on Vatican's Document Addressing Pastoral Blessings—December 19, 2023

With respect to the Declaration "***Fiducian Supplicans***" issued by the Holy See's Dicastery for the Doctrine of the Faith, the Canadian Conference of Catholic Bishops offered the following statement from Bishop William McGrattan, president of the CCCB.

"On 18 December 2023 the Dicastery for the Doctrine of the Faith released the Declaration *Fiducia Supplicans*, which responds to questions that had been raised regarding the possibility of offering blessings to persons living in irregular unions, including same-sex relationships. While explicitly affirming the Church's traditional understanding of marriage, *Fiducia Supplicans* allows pastors to bless people who freely request a blessing, seeking divine help to live in fidelity to God's will. The Declaration makes clear that such blessings must be directed to the persons themselves rather than their situation and that they must be spontaneously requested and are not ritual or liturgical actions.

The guiding principle in the Declaration is the fact that the request for a blessing represents an openness to God's mercy and can be an occasion for greater trust in God."

From Bishop Baron: "The document allows for the possibility of blessing those in irregular or same-sex relationships. Despite some misleading reporting in the media, *Fiducian Supplicans* in no way sanctions irregular bonds or changes the Church's teaching on marriage and sexuality. It further specifies that no liturgical blessings can be offered to those such unions, but rather an informal pastoral blessing. This latter benediction is a calling forth of the divine grace to help those who receive it to live more fully in accord with God's will and to enhance whatever is good, true and beautiful in their lives.

I believe that the declaration is very much congruent with the pastoral instincts of Pope Francis, who always wants to remind those who are living the Christian life in a less than perfect way that they are, nevertheless, loved and cherished by God. To all of Jesus' brothers and sisters, the Church should never fail to be a source of welcome, compassion and blessing."

Wilma Vanderzwaag
Ontario Provincial Spiritual Development Chair



Lent begins on February 14th and listed below are some resources that can help each member grow closer to Jesus.

cwl.on.ca-click on to resources then click prayers and check under Lent

loyalpress.com click on to Catholic Resources then click Liturgical Year and scroll down to Lent.

Check out the ccb.ca At the deadline date for this newsletter, there was no notice of Lenten reflections BUT there was for Advent so check in and see closer to February 14.

<https://praymoreretreat.org/>

<http://www.dailytvmass.com/40> Days of Lent – Virtual Retreat 2024

Each day starting on Ash Wednesday through Holy Saturday the Daily TV Mass presents 40 Days of Lent. These reflections will be available on this website, our YouTube Channel, Daily TV Mass APP and on our Podcast.

Our reflection leaders will be:

Cardinal Thomas Collins, Bishop Gerard Bergie, Fr. John Bertão, Fr. Obinna Ifeanyi, Fr. Pat Fitzpatrick, Fr. Michael Coutts, Sr. Ann Immaculée and Father Peter Turrone.

Register to receive these daily reflections

cwl.ca go to resources then click on prayers and/or workshops

***Check the Ontario Provincial Council website and Facebook page regularly for more opportunities to pray together with members from the province virtually.



Christian Family Life

Sub chairpersons: Angela Pellerin and Audrey Shelton

This month I'm providing a Christian Family Life 2024 Calendar of Events which includes most of the responsibilities of this standing committee.

Christian Family Life is responsible for Marriage and Family, Sanctity of Life, Vocations and ministry to youth, seniors, single, widowed, divorced, separated and disabled.

Please try to celebrate each in some special way.

2024 CFL CALENDAR OF EVENTS

February – the month of the Holy Family

The month of February is dedicated to the Holy Family. Feb. 2, we see the Holy Family go to the temple for the Presentation of Jesus. The family is together. The Holy Family. The Holy Family is the most perfect reflection of the love of the Trinity and sets before us the most perfect model of virtue for all Christian homes.

In the words of His Holiness Pope Leo XIII, "Nothing truly can be more salutary or efficacious for Christian families to meditate upon than the example of this Holy Family, which embraces the perfection and completeness of all domestic virtues."

How to celebrate: Pray with (or for) your family during this month. At the start of each day, ask Jesus, Mary, and Joseph for the grace to follow their example of love and selflessness.



World Day of Prayer for Vocations / Vocation Sunday/ Good Shepherd Sunday Sunday, April 21, 2024

This year celebrates the 61st anniversary. Promote vocations to the priesthood, religious life and diaconate with your prayers.

www.worlddayofprayerforvocations.com

Jesus, you are the Good Shepherd. You know each of us and call us by name. Help us to respond generously to your voice by opening our hearts to discern your holy will. We pray especially for those whom you are calling to serve the church as priests, deacons, sisters, and brothers.





Day of Prayer for Palliative Care the week of May 8, 2024

<https://www.cwl.ca>

With the legalization of medical assistance in dying (MAiD) in 2016 and the ever-changing restrictions to MAiD, which allow for more accessibility, it is important that members storm the heavens with prayer in support of palliative care.

That all Canadians have access to quality hospice palliative care, Lord hear our prayer.

Write, call or visit your MP and voice your opposition to MAiD.

Post Cards available on www.cwl.ca under resources/crest, stationery and other council supplies – Palliative Care 180 and 180A and Medical Assistance in Dying 185 A-E

26th Annual National March for Life

May 9, 2024

www.marchforlife.ca



The National March for Life, typically the largest annual protest on Parliament Hill, takes place in May to mark the Day of Infamy, when the 1969 omnibus bill passed under Prime Minister Pierre Elliot Trudeau, decriminalizing abortion. Pro-lifers rally in front of our Parliament building and march through downtown Ottawa, demanding that our elected representatives fight for the right to life of every human being on both ends of the spectrum. Continue to voice your concerns to government.

International Family Day

Monday, May 15, 2024

[Google - International Day of Families](https://www.google.com/search?q=International+Day+of+Families)



International Day of Families is a UN observance every 15 May. The day has been observed since 1995. It is a time to remember the crucial role the family plays in our world's cultures and societies.

For the past several years, the CCCB has used the **National Week for Life and the Family** as a key opportunity to propose ideas related to its national pastoral initiative for life and family. The annual celebration of the National Week for Life and the Family takes place in many dioceses across the country and always coincides with the United Nations' International Day of Families.

National AccessAbility Week May 26 – June 1, 2024



Established in 2017, this week celebrates and highlights some of the important initiatives aimed at creating an Accessible Canada. National AccessAbility Week begins on the last Sunday in May every year. This year, National AccessAbility Week will take place from May 26 to June 1. This week includes Red Shirt Day. Red Shirt Day of Action for AccessAbility and Inclusion is a day when people across Canada come together and wear red to create a visible display of solidarity: to show their support for disabled people and their families, celebrate the achievements of disabled Canadians, and to pledge their commitment to help create a fully accessible and inclusive society.



OPC Convention *BEE there!*

Sunday, July 7– Wednesday July 10, 2024

in Sudbury, ON

www.cwl.on.ca



World Day
for Grandparents
and the Elderly

World Day for Grandparents and the Elderly Sunday, 28 July 2024

<http://www.gcatholic.org/events/celebration/2024.htm>

Pope Francis inaugurated this World Day in 2021 to be celebrated by the universal Church each July, either on or near the liturgical Memorial of Saints Joachim and Anne, grandparents of Jesus, to help “treasure the spiritual and human wealth that has been handed down from generation to generation.”

National Convention Sunday, August 11-14, 2024

in Saskatoon, Saskatchewan

www.cwl.ca

<https://www.cwl.ca/saskatoon-2024/>



National Seniors Day

Sunday, October 1, 2024

<https://www.canada.ca> type National Seniors Day in search box, top right



This coincides with the United Nations International Day of Older Persons and is an occasion where members can celebrate the profound contributions of seniors in our homes, community, and workplaces. Encourage members and your council to acknowledge seniors and their vast contributions to society and show how much they are appreciated every day of the year.

Life Chain

Sunday, October 6, 2024

<https://www.campaignlifecoalition.com/life-chain>



Life Chain consists of pro-lifers standing at intersections across the country for an hour, silently praying for an end to abortion while holding signs with messages like: "Abortion kills children," "Abortion hurts women," "Adoption, the loving option," and "Life, the first inalienable right."

Feast day of St. Charles Borromeo

Monday, November 4, 2024



Charles Borromeo, the patron saint of bishops, catechists, cardinals, seminarians and spiritual leaders.

Known as the loving reformer, Charles Borromeo cared about people and wanted them to know that the Church of God cared about them, too. His changes and reforms in the way the Church was organized, changed the way that the Church listened to the people—all of them, not just the rich and powerful.

World Day of Children

November 20, 2024

This day is about celebrating children as active participants in their own lives and in their communities and active citizens who can and should meaningfully contribute to decisions that affect their lives.

<https://www.canada.ca> type National Child Day in search box, top right

.....Submitted by Betsy Currier, OPC Christian Family Life Chairperson

"Community Life & Truth and Reconciliation News" ...

"Human trafficking is an open wound on the body of contemporary society, a scourge upon the body of Christ. It is a crime against humanity."

(Vatican News – Address of Pope Francis on April 10, 2014)

International Day of Prayer and Awareness Against Human Trafficking **(2024 theme: "Journeying in Dignity: Listen, Dream, Act")**

February 8th is the feast day of St. Josephine Bakhita (Patron Saint of Victims of Human Trafficking) and *International Day of Prayer and Awareness Against Human Trafficking* (click this link for more information <https://preghieracontrotratta.org/>)

We should educate ourselves about this topic since it is so prevalent in society.

I read the *National Action Plan to Combat Human Trafficking* from Public Safety Canada (found using this link: <https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/ntnl-ctn-pln-cmbt/index-en.aspx>)

While some of the statistics may not be current, it is worthwhile reading.



There are several **resources** on the national website (accessible from the homepage www.cwl.ca). A resource that I recommend reading is:

Walking Together with Indigenous Catholic Women

(available using this link: <https://www.cwl.ca/wp-content/uploads/2023/11/646-Walking-Together-with-Indigenous-Catholic-Women-Resources.pdf>)

PURPOSE:

"Members of The Catholic Women's League of Canada are in a perfect position to be leaders in enhancing Indigenous relationships within the church and society because of the large membership of Catholic women, structure as an organization and focus on connectedness. Doing so would be in keeping with the League's core purpose, values and mission statement."

(Walking Together with Indigenous Catholic Women - page 2)

Submitted by 2nd V.P. & Community Life Chairperson/
OPC Truth and Reconciliation Working Group Chair Karen McDonald

ORGANIZATION / SPIRITUAL LEADER – Who me?

In the December newsletter, I introduced the idea of spiritual leadership and suggested that, as Executive members, we must provide **spiritual leadership** for our members. I encouraged you to check out this website (<http://www.iispiritualleadership.com/spiritual-leadership-2>). I didn't receive any feedback so still looking to receive any comments through the contact page on our website (www.cwl.on.ca) or through my email preselectopc@tbaytel.net.

This month let's explore the unique traits of spiritual leaders. The fruits of the spirit are a good place to start, found in Galatians 5:22-23, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. What a beautiful bouquet these fruits make to gift to one another as spiritual leaders and they are all free as long as we use the gifts we were given through the Holy Spirit from the sacrament of Confirmation.

Think about the leaders you are drawn to in the League. What are they doing that draws you to them, to the League? Do they take time to talk to you and listen to you, to be present to you and others? Do they reach out to the poor, the hungry, the marginalized? For myself, I remember the quiet, humble way of past national president Agnes Bedard and the story I heard from others of her stopping and getting down to talk to a man on the streets of Toronto, treating him as a human being, asking him his story and offering her prayers for him.

As Catholic faithful, we have the greatest example of spiritual leadership to look to, Jesus Christ. Philippians 2:3 *Do nothing out of selfishness or out of vainglory; rather, humbly, regard others as more important than yourselves, each look out not for his own interests, but [also] everyone for those of others.* Could anyone be humbler than our Lord? ... he gave his life that we might all experience God's love and mercy. As leaders, let us be present to others and experience a heightened awareness of the impact of words and actions on each member, different for each based on experiences and perspective. Discern important matters in your heart, in prayer, to affirm God's desire for the situation.

I am sure we all agree that spirituality, pause to reflect and pray, draws us all closer in communion with God. The closer we draw to our Lord, the stronger spiritual leader we will be. To teach us this, Paul wrote "Follow me as I follow Christ." (1 Corinthians 11:1)

Exodus 4:1-12 1 The Lord said to him, "Who gives one person speech? Who makes another mute or deaf, seeing, or blind? Is it not I, the Lord? Now go, I will assist you in speaking and teach you what you are to say."

The Lord does not call the qualified but qualifies the called. The only person suited to be a Christian leader is the broken person, the one who is humble, the one who trusts in God, and leads from her knees and her prayers. Pray in earnest, is God calling you to be a spiritual leader for your sisters in the league?

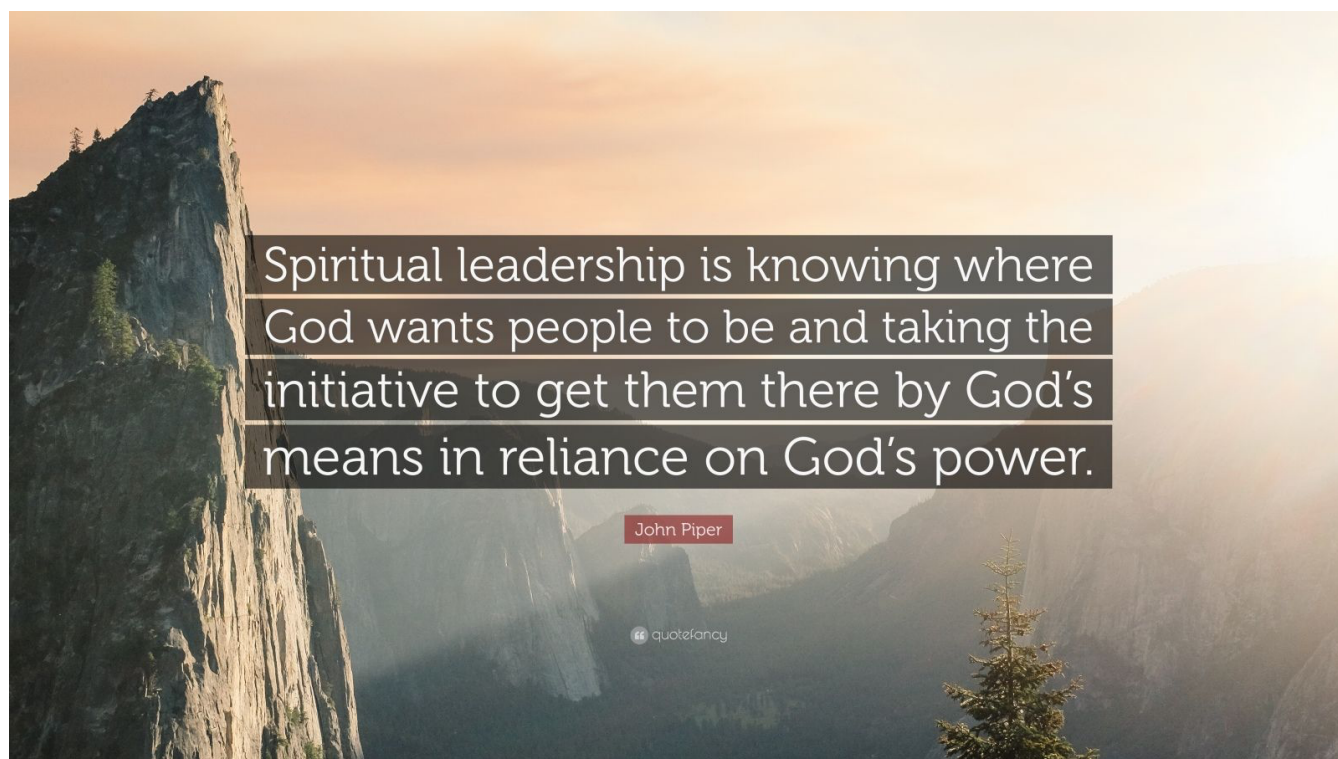
Upcoming League Development Zooms:

Want to see something on a particular topic, email preselectopc@tbaytel.net

Date	Time - EDST	Session Title	Presenter
Feb 19/24	7:30 PM	Calling all Members - to what?	Colleen Martin, Pres-Elect OPC
Mar 7/24	7:30 PM	What's your passion? How is St. Patrick an example	Colleen Martin, Pres-Elect OPC
Mar 18/24	7:00 PM	for Christians in today's world?	TBA
April 24/24	7:30 PM	What makes a team?	TBA
May 6/24	7:00 PM	Conflict Resolution	TBA
May 14/24	7:00 PM	Holy Spirit and Mary	Iris McNulty, Spiritual Chair, Toronto Archdiocesan Council

Did you miss the zoom on The Pillars – you can watch by clicking on the link and entering the passcode!

https://us06web.zoom.us/rec/share/lqjdQ3_G2y2WnvSy1zfr/oFyfaR3n_mD1Vi4TNR9oUTTxppwYEkLq-SqGxBcaGW4.XhnW2v3Xlt7uH13D **Passcode: +R?#y9cZ**



77th ONTARIO PROVINCIAL CONVENTION
(July 7 to 10, 2024 in the City of Greater Sudbury)

Updates from the 'Nickel Capital of the World'



*** IMPORTANT INFORMATION ***
Booking 2024 provincial convention hotel room(s)

Contact **Holiday Inn Sudbury** directly at:
1-705-522-3000 or **1-800-461-4822**

Block Code: **CWL**
(mention the convention is in July)
to get the convention rate of **\$155.00 per night plus applicable taxes**
* rooms have 2 queen size beds OR 1 king size bed *

Holiday Inn Sudbury
(1696 Regent Street, City of Greater Sudbury, ON)
<https://www.ihg.com/holidayinn/hotels/us/en/sudbury/ysbrs/hoteldetail>

FUN FACTS:

1. Locally known as the City of Lakes, Greater Sudbury contains 330 lakes, more than any other municipality in Canada.
2. Third largest French-speaking population in Canada outside of the province of Québec.
3. There are over 5,000 km of mining tunnels under the Sudbury area. Placed end-to-end, you could drive from Sudbury to Vancouver underground.

<https://discoversudbury.ca/about/sudbury-fun-facts/>

Sisters in the League ... consider yourself invited ... hugs await every attendee!

Submitted by Karen McDonald – Chairperson of 77th Ontario Provincial Convention

AROUND THE PROVINCE



Concerned Lay Catholics
invites you to monthly conversations
as we walk the path together towards a synodal church.

Nurturing Synodality Series

Why We Need a Synod in Canada

with Fr. Bill Burke



Fr. Bill Burke, a native of Main-a-Dieu, NS, has an MA in liturgical theology from the University of Notre Dame. After 29 years in the diocese, he was appointed director of the National Liturgy Office for the Canadian Conference of Catholic Bishops in 2006. In September 2013, he returned to become pastor of St. Marguerite Bourgeoys parish in Sydney where he has ministered ever since.

Sunday, February 4, 2024

from 3-4:30 ET (4 p.m. AT, 12 noon PT)

If you would like to suggest a topic, send it to us at concernedlaycatholics@gmail.ca



Or visit the events calendar on our website:
<https://concernedlaycatholics.ca/>





Ontario Provincial Council Pin

To mark the milestone of the 70th anniversary of the Ontario Provincial Council in 2016, an OPC pin was introduced. This pin is available to all current and former OPC executive members (elected or appointed)

The pins are \$10.00 each (includes shipping and handling).

Application forms are available at:

<https://cwl.on.ca/wp-content/uploads/2021/05/Application-Form-for-OPC-Pin.pdf>



Installation ceremony of our new Executive 2024-2025 with our Spiritual Advisor, Fr Francis Folleh - CWL St Joseph Parish Highland Creek



President – Mary Kelly
Past President/Historian – Therese Baduria
Vice President – Raffaella Civallo
Secretary – Marguerite Civallo
Treasurer – Neela Saldanha

Standing Committee Chairs:

Faith – Isabella Fernandez
Service- Tania Mascarenhas
Social Justice – Nancy Jane Martineau



**The Catholic Women's League of Canada
Toronto Diocesan Council**

Development Day 2024

**Theme: *Here I am Lord; send me
Putting Faith into Action***

Featuring



Morning Program:
10:00 a.m. – 12:15 p.m.

**Kathy Matusiak Costa, Executive
Director
of**

*Compassionate
Community Care*

***Kathy will highlight how Compassionate
Community Care will help members of the CWL
to:***

- Recognize issues vulnerable people may experience and support them in getting the help they may need to live fuller lives.
- Be an effective advocate for vulnerable seniors, as well as people with illness or disabilities.
- Work with CCC to provide visits and support to those in their area.



Afternoon Program:
1:00 – 3:00 p.m.

**Alex Schadenberg, Executive Director
of**



Euthanasia Prevention Coalition

***Alex will speak about Euthanasia Prevention
Coalition
and:***

- Give an update on the widening of MAiD for mental health, as well as other issues and cases in Canada and abroad.

Saturday, February 10, 2024

9:00 a.m. Live Stream Mass

**Reverend Father Liborio Amaral
Toronto Diocesan Spiritual Advisor**

Cost is a Toronto Diocesan Council Suggested Donation:

\$10 per Member or \$25 per Council

RSVP: Shaila D'Souza: shailaflavy@gmail.com

Please send cheques, payable to Toronto Diocesan Catholic Women's League to Shaila D'Souza, 35 Lilac Ave., Thornhill, ON L3T 5K1

Presidents, when submitting your RSVP, please provide the following information for each member attending from your Council:

Parish Council Name: _____

Region: _____

NAME	PHONE #	EMAIL

For inquiries: Kate O'Quinn, Toronto Diocesan Organization Chair
kateoquinn@yahoo.ca

Development Day 2024

Program

- 9:00 a.m.** Eucharistic Celebration (Live stream)
Rev. Fr. Liborio Amaral
Toronto Diocesan Spiritual Advisor, St. Mary Brampton
- 9:30 a.m.** Coffee Break (In your own home)
- 9:50 a.m.** Reconvene with Zoom Access
- 10:00 a.m.** Welcome/Introductions/Gathering Prayer
- 10:20 a.m.** Keynote Speaker, Kathy Matusiak Costa, Executive Director
Compassionate Community Care
- 12:15 p.m.** Lunch
- 1:00 p.m.** Reconvening Prayer
- 1:05 p.m.** Keynote Speaker, Alex Schadenberg, Executive Director
Euthanasia Prevention Coalition
- 2:30 p.m.** Next Steps, Putting Faith into Action
Mary Capobianco, Life Member, Ontario Provincial Council
Resolutions Standing Committee Chair
- 2:45 p.m.** Closing Remarks, Prayers

Learn how to provide effective support as dedicated volunteers and promote practical ways to reduce social isolation and loneliness, and how to improve quality of life and well-being within your communities.



**As we embrace our new theme this prayer will help us to say
“Yes send me.”**

Here I am Lord, send me.

Heavenly Father,

Through the ages, you have called many to serve you.

Abraham, Sarah and Samuel; Martha, Mary and Elizabeth,

As well as countless men and women throughout the ages.

All were different, and each brought unique gifts to your service.

Now today, we too hear your call to come and follow, to bring our gifts to your service.

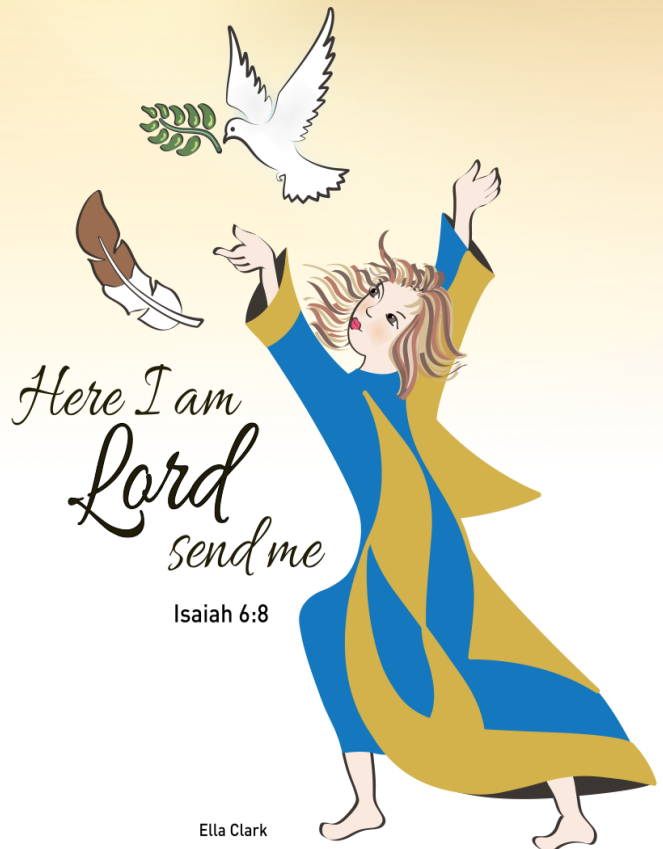
Help us, O Lord to make our reply, “Here I am Lord, Send me” with full and generous hearts,

in order that we may be your instruments in the building of your Kingdom.

We ask that you hear and answer our prayers through Christ our Lord.

Amen.

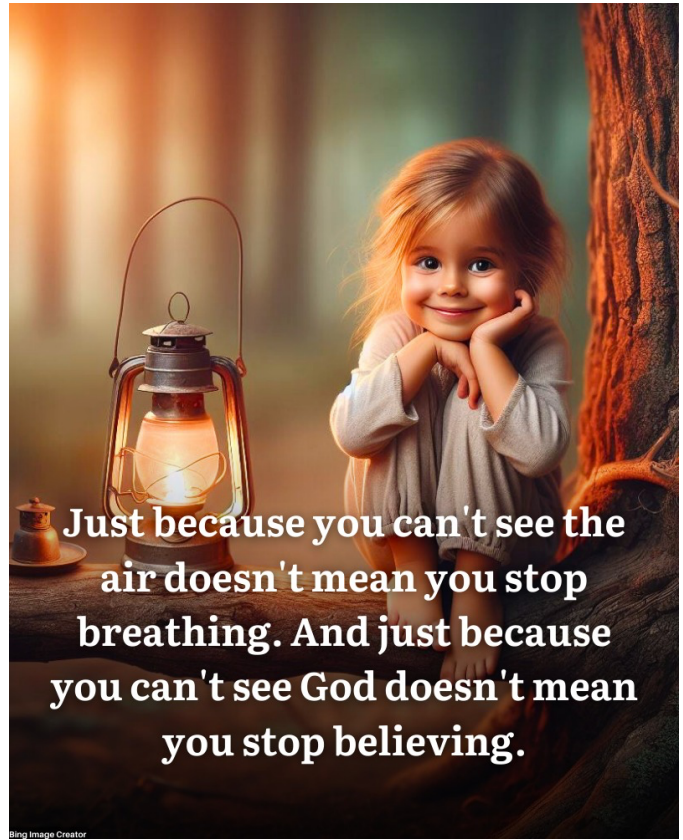
Bishop Wayne Lobsinger



The promotional material may be found on the national website;
https://www.cwl.ca/new-theme-update/?fbclid=IwAR3fYterATZaZSuOtwDjhHxt4YfChMbhcGrWomvQCiAuVgXuOXbBdWhd_-0



THOSE MOMENTS WHEN YOU
JUST CAN'T PUT YOUR
PRAYER INTO WORDS, GOD
HEARS YOUR HEART.



Just because you can't see the
air doesn't mean you stop
breathing. And just because
you can't see God doesn't mean
you stop believing.

Lent: A Season of Prayer

A DAILY BIBLE READING PLAN FOR THE LENTEN SEASON

<ul style="list-style-type: none"> <input type="checkbox"/> DAY 1: MATTHEW 6:5-13 <input type="checkbox"/> DAY 2: LUKE 1:46-55 <input type="checkbox"/> DAY 3: PHILIPPIANS 2:1-11 <input type="checkbox"/> DAY 4: PSALM 46 <input type="checkbox"/> DAY 5: JOHN 15:1-11 <input type="checkbox"/> DAY 6: LUKE 5:29-32 <input type="checkbox"/> DAY 7: 1 JOHN 5:14-15 <input type="checkbox"/> DAY 8: 1 KINGS 3:5-14 <input type="checkbox"/> DAY 9: HEBREWS 4:14-16 <input type="checkbox"/> DAY 10: PSALM 98 <input type="checkbox"/> DAY 11: ROMANS 12:9-21 <input type="checkbox"/> DAY 12: PSALM 51:1-12 <input type="checkbox"/> DAY 13: 2 CHRONICLES 7:12-16 <input type="checkbox"/> DAY 14: EPHESIANS 1:16-23 <input type="checkbox"/> DAY 15: JAMES 1:12-13, 16-17 <input type="checkbox"/> DAY 16: PSALM 27 <input type="checkbox"/> DAY 17: 1 CORINTHIANS 13 <input type="checkbox"/> DAY 18: 1 JOHN 15-10 <input type="checkbox"/> DAY 19: LUKE 18:9-14 <input type="checkbox"/> DAY 20: PHILIPPIANS 1:3-11 	<ul style="list-style-type: none"> <input type="checkbox"/> DAY 21: JEREMIAH 10:12-13 <input type="checkbox"/> DAY 22: PSALM 103:1-14 <input type="checkbox"/> DAY 23: JAMES 1:19-26 <input type="checkbox"/> DAY 24: PSALM 25 <input type="checkbox"/> DAY 25: MATTHEW 7:7-11 <input type="checkbox"/> DAY 26: 2 KINGS 20:1-6 <input type="checkbox"/> DAY 27: EPHESIANS 2:4-7 <input type="checkbox"/> DAY 28: PSALM 1 <input type="checkbox"/> DAY 29: EPHESIANS 6:10-20 <input type="checkbox"/> DAY 30: LUKE 15:11-24 <input type="checkbox"/> DAY 31: JAMES 5:13-18 <input type="checkbox"/> DAY 32: LUKE 22:39-44 <input type="checkbox"/> DAY 33: ISAIAH 40:12-15, 28-31 <input type="checkbox"/> DAY 34: PSALM 36 <input type="checkbox"/> DAY 35: MATTHEW 6:25-34 <input type="checkbox"/> DAY 36: JEREMIAH 31:17-19 <input type="checkbox"/> DAY 37: PHILIPPIANS 4:4-8 <input type="checkbox"/> DAY 38: JOHN 17 <input type="checkbox"/> DAY 39: TITUS 3:4-7 <input type="checkbox"/> DAY 40: PSALM 146
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Paddy's Passion

How to Prevent Car Theft (Tips from MacDougall Insurance)

Car theft is becoming a real problem in Ontario. With the advancements in technology and the value of vehicles being at an all-time high there is an increasing number of reported car thefts. To make matters worse the bad guys are becoming more and more sophisticated. Thieves are now able to break into and steal a vehicle in under 30 seconds. We want to reduce the likelihood that you are a victim to car theft with our tips below.

Idling Vehicles

Sure, car thefts are becoming more sophisticated however, in Canada, there is one easy way to ensure your vehicle does not get stolen as easily. Do not start your vehicle and leave it idling to warm up unless you are staying in the vehicle. Cold mornings often lead to drivers going out to start their vehicle to warm it up. Most of the time the driver leaves the vehicle and goes back inside while waiting. This is an easy target for vehicle thefts as they just need to get in and drive. Your own driveway is just one area, be cautious at gas stations, grocery stores, etc. The best practice is to stay in your vehicle while idling and at a bare minimum stay within a very close proximity and eyesight of your vehicle if you are leaving it idling.

Protect Your Keys

Vehicle keys have come a long way over the past several decades. Older vehicles may still require a key in the door handle to unlock and key in the ignition to start. Most vehicles can now be opened or unlocked through a remote key fob. Many vehicles can now also be started with the touch of a button. Keyless entry is becoming the new norm, but it has made stealing your vehicle easier for thieves.

Key fobs use a signal that contacts your vehicles computer what to do. This signal, when in the appropriate proximity of the vehicle, tells the computer what to do (unlock the car, start the engine, pop the trunk, etc) and the car responds. Unfortunately, the physical key fob is not the only tool that can be used to send those signals. Criminals are now using relay boxes to pick up signals emitted by a vehicle and your key fob. They can trigger the vehicle computer to unlock and even start the vehicle.

Keeping your keys in a safe place, whether they are older keys or new keyless entry fobs, is important to reduce the chance of your vehicle being stolen. Do not leave your keys in your car! If you have a key fob it is best to store them away from your vehicle or the front of your house (I know how inconvenient). If you want to go a step further you can store your keys in a [faraday bag](#) which isolates your fobs signal and prevents it from being copied.

Park in a Private Garage or Monitored Building

Obviously not everyone has access to a private garage or monitored parking lot or building. However, if you do have access to a garage, it greatly reduces the likelihood of car theft. Not only does it ensure that your vehicle is out of sight, it adds another barrier that potential thieves have to figure out.

Use Motion Activated Outdoor Lights

If you are parking your vehicle in a driveway or on the street it can be very useful to install motion activated outdoor lights and park your vehicle within the lights range. Certainly, these lights can be triggered by many different things such as animals. However, if a would-be-thief is attempting to steal your vehicle and lights from outside your home are automatically turned on they may flee the scene in fear of being caught. If you are parking your vehicle on the street, you may not have the option to have your own motion activated outdoor lights installed. If that is the case, try and park your vehicle in a well-lit area or near streetlights.

Install Security Cameras

Security cameras can be a good decision to install for many reasons. Not only are security cameras useful to protect your home, they can also be useful in protecting your vehicle. Visible cameras can deter potential criminals from committing a theft. If they do steal the vehicle, it can be useful to provide this information to local authorities to try and recover the vehicle. Many security cameras can now also alert you in real time about suspicious activities through your smart phone.

Protect Your Smart Phone

This is how far the technology has come but now many vehicles have custom built apps that can be installed on a smart phone. These apps can be used to control your vehicle similar to a key fob but without the need for one. They can unlock them, start them, and move from anywhere with data or WiFi signals. Why is this important? If someone gets access to your phone or is able to hack into the operating system they can control your vehicle as well. You should always have a password to protect your device so if someone gets your phone they cannot operate it without the password or pin. Using face ID or fingerprints is a further form of security.

Install a Tag Anti-Theft Device

Tag Anti-Theft Devices are used to quickly recover stolen vehicles. Several small Tag devices are placed throughout the vehicle in discreet places. The Tag solution does not use GPS coordinates for tracking your vehicle as they can easily be blocked by criminals. Instead, they use a highly robust and secure communication protocol that communicates to their own centralized monitoring system. If your vehicle is stolen, you contact the Tag team and they dispatch their own tracking team

Communication Sub Chair Paddy Fitzgerald Nolan

WELCOME TO LISA'S LIBRARY



If you would like to share one of your favourite books or a review to one of our picks, we would love your feedback please send an email to emmacwl4life@aol.com or lisafillinghamcwl@outlook.com.

Children/Teen:

We All Need Forgiveness

By Mercer Mayer

Join Little Critter® as he learns forgiving not only helps others—it makes him feel better too!

Since 1975, Mercer Mayer has been writing and illustrating stories about Little Critter® and the antics he stumbles into while growing up. Tommy Nelson is thrilled to bring this beloved brand to the Christian market with the Inspired Kids line of faith-based books featuring Little Critter.

In *We All Need Forgiveness*, Little Critter is glad he has such nice friends who forgive him when he makes mistakes. But when one of his friends accidentally does something that affects him, Little Critter gets upset and stays angry at his friend for a while. But Little Critter's pals teach him that saying "it's okay" helps the person who acted up—and it helps him feel better much sooner.

Just like Mama says, "As God forgives, we must forgive each other." Based on Matthew 6:14, Little Critter learns why forgiveness helps heal the one who does the forgiving just as much as the one who needs forgiveness.

Features & Benefits:

- Little Critter® brand has humorously portrayed issues kids face for almost 40 years
- Faith-inspired message shows kids how to develop a spirit of forgiveness
- Over 150 million Little Critter books sold

Amazon.ca and chapters.ca

Children's Prayer Journal – A Daily Practice of Mindfulness and Gratitude. Full Color Christian Journal for Kids, both boys and girls

By Carmeron JS Smith

If you are looking for the perfect gift for a fellow Christian parent or something for your own child to practice prayer and gratitude, look no further!

Children's Prayer Journal - A Daily Practice of Mindfulness and Gratitude is a full color journal designed to guide kids on the path of achieving a closer bond with our Lord Jesus Christ while staying engaged with colorful prompts (no more boring black and white kid's books!).

The colorful interior and cute designs will keep children engaged every step of the way:

- Alternating questions and an option to draw or write their answers will keep children engaged whether they use the journal once a week or once a day.
- Periodic practices of targeted gratitude prayers will break up the standard exercises. These pages will prompt your child to consider what brings them peace, love, and happiness.
- Develop your child's natural abilities of patience and spiritual reflection in a world where attention spans are diminishing at an alarming rate.

Alright enough sales pitch; "just the facts ma'am!":

- **Full Color** - Unlike so many children's notebooks these days, this one is full of color to keep your child engaged every step of the way
- **90 Pages** - Plenty of room for all of your child's mindfulness journaling without it being too big of a book that they feel completely overwhelmed.
- **Practical Size** - The 6.69" x 9.61" size for this journal is a good happy medium, not too big, not too small.
- **Gloss Finish** - Gloss finish results in a vibrant cover that is fingerprint-proof.

Amazon.ca

Adults:

Forgiveness: A Catholic Approach

By R. Hurd (Author)

In this book, Scott Hurd writes of the spiritual, psychological, physical, and social benefits of learning how to forgive and find peace. Drawing from his pastoral experience, Hurd examines how human weakness affects such things as our ability to forgive and reconcile, our capacity to trust, and how we cope when a plea for forgiveness is rejected by a person we have wronged.

Amazon.ca

Why All People Suffer: How a Loving God Uses Suffering to Perfect Us

By Paul Chaloux

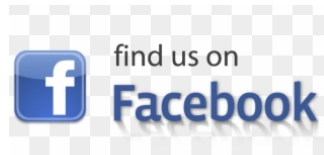
Suffering is one of the most challenging and inescapable mysteries of life -- even for the innocent. Thinkers have long been vexed by the idea that a good God permits suffering, and it has been a stumbling block for many souls striving to live lives of faith. But what if we've been looking at suffering improperly all this time? What if, instead of serving as evidence against God, suffering represented the very proof of a loving God?

In this transformative and enlightening book, Dr. Paul Chaloux -- adjunct professor of theology at the Catholic University of America -- demonstrates that suffering is not retribution from an angry, vengeful God but the saving action of a loving God who directs us away from evil and toward eternal joy in Heaven.

Educated in his own "school of suffering," Dr. Chaloux explains the four tasks of suffering that are essential in the economy of salvation and why, if suffering were to be abolished, no one would be saved. Using well-known stories from Scripture and the lives of the saints, he explains numerous other aspects of God's use of evil and suffering in His plan for our salvation, including:

- How suffering is not a punishment from God but a gift to the guilty and the innocent alike
- Why suffering is not evil but rather an "evil-detector"

- Why suffering needs to be harsh and persistent to protect and perfect us
 - How to recognize and respond joyfully to God's call in the face of loss, disability, injury, illness, and death
 - How we are acting as messengers of God when we witness to our own suffering
- Amazon.ca



For those of you who are on facebook we do have a dedicated page for the Ontario Provincial Council, please come and give us a like! I realize a lot of dioceses and councils have their own facebook pages which is a great form of communications. However, we don't always get to see everything you all posted and as your sisters in the league we would love to share in your joys and be there for you in your tribulations.

<https://www.facebook.com/cwl.on.ca>

If you would like me to share your news on the facebook page please email me at Emmacwl4life@aol.com. Make sure pictures are JPEG format ☺

Don't forget to check out our website regularly at www.cwl.on.ca the OPC executive will be sharing all the pertaining information to their chair there.

If you would like to post something in the newsletter please send an email to Madame President Linda Squarzolo presidentontario@gmail.com and cc myself at emmacwl4life@aol.com. We look forward to hearing from you.

...submitted by Emma Rose Rayburn OPC Communications Chair

