

SISTERS IN THE LEAGUE

SPRING - APRIL 2014 - ST. VINCENT DE PAUL COUNCIL, stvincent@sasktel.net

THE CATHOLIC WOMEN'S LEAGUE OF CANADA

Assiniboia Hosting the 91th Annual Regina Diocesan CWL Convention May 4 & 5

Assiniboia Regional Council will be hosting the 91st Regina CWL Diocesan Convention on May 4th to May 5th. The event will take place at St. George's Parish at 325 6th Avenue in Assiniboia. The day begins with registration and refreshments at 2 pm followed by mass at 5 pm with the Most Reverend Daniel J. Bohan presiding. Fellowship in the church hall will follow from 6:30 -7:00 pm. At 8 pm guest speaker Mary Deutscher will speak about exploring "Where have we seen the Lord" in abortion and end of life issues.

On Monday morning a continental breakfast will be served at 7:15 am at the church hall followed by morning devotion at 8:15 am. The formal part of the morning will begin with Mary Deutscher continuing her theme at 9:00 am. A refreshment break will be taken at 10:00 am. The business session will take place at 10:20 am and continue until 11:15 am at which time there will be a break to prepare for mass which happens at 11:30 am. In the afternoon Michelle Braden, the Archdiocesan Youth Co-ordinator will give a presentation at 1:45 pm. The day will wrap up at 3:15 pm.

APRIL 27TH CWL SUNDAY Brunch/ Bake Sale/ Raffle



Come celebrate the fun, faith & fellowship found in the League. Under the guidance of Our Lady of Good Counsel, Catholic women across Canada are united in faith, in action, and in outreach to our parish, our families, our community and our country.

The CWL sisters will be present at each of the masses that weekend proudly wearing their sashes. A table with information will be set up at the back of the church and new memberships can be purchased at that time.

We are looking for volunteers for working and preparing for the brunch and bake sale which will be served following the 9 am and 10:45 am masses. As well, contributions of homemade pies, cakes, cookies, breads and muffins are most desirable. This event is one of our major fundraisers and allows us to donate to our many charities.

The brunch is a free will offering. The baking is reasonably priced, and there are raffle prizes to be won! (We're looking for donations for prizes, too). Spread the word and come out and enjoy a great brunch with great fellowship!

MEMBERSHIP DUES

Memberships: The membership of our council stands at 162. We have 11 new members so far this year! **Membership dues (\$25.00) will be collected at meetings and events.** Membership dues are requested at the National office by January 31st of each year. The gift of a CWL membership would be a wonderful present for your mom, sister or daughter. Join almost 100,000 women doing fulfilling deeds while having fun. Please enclose a cheque or cash for **\$25.00** (clearly marked *CWL Dues*) in an envelope and put it in the collection plate, or give it to Organization Convenors, Fran Messer, Camille Goski, or Jean Woodard.

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*Catholic Women's League of Canada
For God, Family
And Country*



St. Vincent de Paul CWL Cares

Have you wondered where your fundraising dollars and efforts with CWL go? Here is the list of 22 different charities:

Birthright Regina Inc.
 Catholic Christian Outreach
 Catholic Family Services
 Chalice
 Coady Institute
 Development and Peace
 Envision
 ESK OMI Missions
 Family Place
 Marion Centre
 Missionaries of Charity
 Net Ministries
 Buy-A-Net
 Sask Pro Life
 Scarboro Missions
 Serena
 Sofia House
 Valley Native Ministry
 WCACYM – Western Canadian Association of Catholic Youth Ministers
 Teen Aid
 Weyburn Scholarships & Awards - WCS and St. Michael School

National Convention – Fredericton August 10 – 13, 2014

The excitement mounts as New Brunswick prepares to host the 94th Annual National Convention. The convention will be held at the Crowne Plaza Hotel with Eucharistic celebrations taking place at St. Dunstan's Church. Registration for the convention is due by July 14th, but you could get in on the early registration incentive by May 31st, with the chance of having your banquet ticket being refunded! Full details about the convention are available in the Winter 2014 edition of the League national magazine or by going to this website: www.cwl.nb.ca

New Executive:

At the January meeting a new Executive was presented for the upcoming year. It is as follows:

President: Sandra Marcotte
 Vice President: Vacant
 Recording Secretary: Velma Hoffman
 Corresponding Secretary: Lynne Garner

Treasurer: Fran Messer
 Past President: Marilyn Schuck
 Spiritual Development: Pat Wolensky
 Organization: Jean Woodard, Fran Messer, Camille Goski
 Christian Family Life: Tristan Crooks
 Community Life: currently vacant
 Education & Health: Judy VanBetuw, Cynthia Gecosala
 Communications: Wendy Pitre
 Resolutions & Legislation: Marilyn Schuck
 Sub-committees: Archives: Marilyn Schuck, Heather Fellner
 Lunch Convenor: Delois Sunde, Rose Loos



Back Row L-R: Tristan Crooks, Wendy Pitre, Camille Goski, Marilyn Schuck
 Front Row L-R: Pat Wolensky, Judy VanBetuw, Sandra Marcotte, Lynne Garner
 Missing: Fran Messer, Jean Woodard, Heather Fellner, Velma Hoffman, Delois Sunde, Rose Loos

Meetings:

Executive- Monday, April 14 – 7 pm – Slezak Room
 General – Monday, April 21 – Mass @ 7 pm meeting to follow
 Executive – Monday, May 12 – 7 pm – Slezak Room
 General – Monday, May 26 – Mass @ 7 pm– Reception of new members
 Executive – Monday, June 9– 7 pm– Slezak Room
 General – Monday, June 16 – Potluck Supper- 6 pm



CWL on the Co-op Deck – **Thursday, June 12** – We will once again be serving up burgers and hot dogs through the lunch hour and early afternoon. We thank the Weyburn Co-op for their generosity. Money raised will go toward our various causes. Volunteers are needed. Please help where you are able.

It's officially spring! Time to start thinking about spring cleaning. Being good stewards of our earth is made easier with natural products. The recipes below are from the David Suzuki Foundation and are quick to mix up with easy to find eco-friendly items, most of them already in our homes.

All-Purpose Scrub (A non-abrasive cleanser)

1 2/3 cups baking soda

1/2 cup liquid Castile soap

1/2 cup water

2 tbsp white vinegar

Pour into squirt bottle and shake before use. Rinse well.

All-Purpose Spray (For counters and floors)

1 gallon hot water

1/2 cup white vinegar

1/2 cup liquid Castile soap

1 tbsp borax

10 drops essential oil (optional)

Combine all ingredients and pour into spray bottle.

Glass and Mirror Cleaner

1/2 cup white vinegar

1/2 cup water

Pour into spray bottle.

TIP: Clean the waxy residue traditional brands leave behind with a 5% rubbing alcohol solution.

Liquid Laundry Soap

1 cup baking soda

1/3 cup coarse salt

7 1/2 quarts hot water

1 cup liquid Castile soap

Dissolve dry ingredients in hot water. Add soap and stir. Use 1/2 cup per load.

Stainless Steel Cleaner

1 tbsp olive oil

1 tbsp white vinegar

Drip olive oil onto rag. Rub surface to get rid of smudges. Drip white vinegar onto the other side of rag. Wipe and let dry.

All-Purpose Powder

1/2 cup borax

1/2 cup washing soda

1/2 cup white vinegar

Combine dry ingredients. Sprinkle onto surface. Scrub and chase with vinegar.

Carpet Cleaner

Baking soda
stiff brush
vacuum

Cover the stain generously with Baking Soda. Using the stiff brush, rub the baking soda into the carpet fibers. Let sit for one hour and then vacuum as usual.

Furniture Polish

2 cups warm water

2 tbsp olive oil

2 tbsp white vinegar (or lemon juice)

Pour into spray bottle. Shake well, spray, rub, and polish with rag.

Note: Since wood finishes vary, it is important to always do a test patch first.



On December 2, 2013 the CWL members gathered for their Christmas Social. The evening began with socializing prior to enjoying a wonderful turkey supper prepared by Josie Klein and her faithful group of volunteers.

Group Two was in charge of entertainment for the evening and gathered to sing a song titled "Christmas Bills" to the tune of "Silver Bells". Several trivia games were played throughout the evening which the ladies found entertaining and challenging to answer.



St. Michael School Encore Choir

Prior to the social raffle tickets were available for purchase and prize draws were completed that evening. As well there were other gift draws throughout the evening.



Sandra Marcotte, Deloras Malek, Jade Hayes, Joan Marcotte-Davies, Wendy Pitre, Bonnie Kaip, Doreen Plante, Renee Parsons, Ev Porte, Mona Maria Krumenacker, Irene Marcotte



Raffle ticket sellers: Audrey Rydzik, Alice Schneider, Deloras Malek, and Velma Hoffman.

Edna Franks from Envision Counselling & Support Centre Inc. came and gave a brief description of what Envision does and who they help. Sandra presented Edna with a donation of money and gift cards that had been gathered from the members. She was very appreciative of the donation.

Jean Janoski handed out Secret Angels for all the members there to exchange and then pray for their secret angel during Advent.



Jean Janoski

Marion Brown as Mrs. Claus

Sandra Marcotte presenting donation to Edna Franks of Envision Counselling & Support Centre Inc.



The St. Michael School Encore Choir consisting of students from grades 7-9 along with teachers Penny Leko and Judy Holyer entertained the members with a variety of songs and also had the members join in to sing along to Christmas carols. They did a wonderful job and were received with great enthusiasm.