

PANDEMIC SPECIAL EDITION

EDITORIAL

Life has dramatically changed since our last newsletter. None of us could have predicted at Christmas time that our lives would permanently be on hold.

I was doing laundry during the third week of my self-isolation. Seeing my laundry basket filled primarily with pajamas, I realized that I had not gotten dressed too often in the preceding weeks! The exception was Zoom meetings, where I ensured I was dressed, coiffed and made-up!

I felt lethargic and sluggish all the time. Even though I am retired, my pre-pandemic life was very busy with activities and volunteer work taking up about twenty hours per week. I found it so strange to be just sitting around the house! I decided that something had to change!

I started with small steps - getting dressed early in the morning and after a coffee, going out for a walk. Seeing as it was still dark, I was unlikely to meet anyone either in the elevator or on the sidewalk. Upon my return (and another coffee!) I started keeping office hours – paying bills, responding to emails, writing reports, checking Facebook – and every day I tried to send an email to someone I had not heard from for a while. I

am also making phone calls to older people who are alone from different organizations I am involved with.

When office hours were completed, I started preparing dinner...and of course, dessert. I would then clean up the kitchen, run the dishwasher, sweep or vacuum, touch up the bathrooms and, if needed throw on a load of laundry. I started to realize that with small changes each day, I had a lot more energy!

Afternoons and evenings are devoted to things that make me happy – reading, knitting, crochet, computer games, TV and baking! I decided that I need to reward myself to maintain my mental health! Especially in times of pandemic and isolation, playtime is important! Since I am an early riser – I am usually up and at it between 4:30 and 5 a.m. – I also have a short power nap most days!

I hope you are all well and safe. Let us know how you are coping with this strange life we are all experiencing.

Take Care,

Jane Cowell-Poitra

PANDEMIC NEWS

We are hoping to put out a newsletter a couple of times per month to keep in touch during this difficult time. Send us your news, tips, articles & jokes. Submissions can be sent to :

jane.cowell.poitras@sympatico.ca Next deadline: May 14th

CONDOLENCES

Our sympathies are extended to Laura Dixon and her husband Terry Jones on the death of Laura's mother Mona Corrinne Dixon at the Sunrise Residence in Dollard des Ormeaux on April 20, 2020. Due to the current situation, the memorial service and interment will take place at a later date. In lieu of flowers, donations to the Lakeshore Civitan Club would be appreciated.



Summerlea member, Carolyn Davis, passed away on April 16, 2020. Our condolences to her son Malcolm Andrews, her daughter Lynn Andrews and her family and friends. A celebration of Carolyn's life will take place when circumstances permit at JJ Cardinal Funeral Home in Dorval. Donations in her name would be welcomed by Omega Community Resources, 600 Avenue de l'Église, Dorval, QC H9S 1R3.

Thank you to Nansi Harris for submitting this poem:

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced. Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

— [Kitty O'Meara, *And The People Stayed Home*](#)



Kathleen O'Meara, pen name Grace Ramsay (1839-1888), was an Irish-French Catholic writer and biographer during the late Victorian era. She was the Paris correspondent of The Tablet, a leading British Catholic magazine. O' Meara also wrote works of fiction where she explored a variety of topics from women's suffrage to eastern European revolutions. wikipedia.org

This poem appeared in her second novel Iza's Story about the struggle of Polish patriots against Russian, Austrian and German occupation. The book compares the Polish-Russian situation to the Irish-British situation and praises the revolt of a small nation against a great neighbour.

GIRL GUIDE COOKIES



Girl Guide Cookies Please note that we will not be receiving Mint Girl Guide cookies this fall, however, we do have some in stock right now. If anyone would like to reserve them for when we return to the church, they are \$5.00/box and can be reserved by emailing Sinclair at sinclair.m.harris@gmail.com
Thank you, Sinclair & the Girl Guides

PANDEMIC COOKING

In talking to lots of people during this time, it would seem that everyone is dealing differently with the question of meal preparation. Now that life has slowed down, are you cooking more? Are you trying out new recipes? Or Baking bread? Or has cooking become a chore? Are you looking for something easy to make? If you have a recipe an idea you would like to share? Please submit it for our next edition! **Here is a super-easy, nutritious recipe that my 93-year-old father makes all the time. If you live alone, it will make 4 dinners!**



Tom's Easy Stir fry

- 1 Onion, chopped
- 1 lb. extra-lean ground beef
- 1 cup of basmati or other long-grain rice, cooked according to package directions
- ½ package of frozen Asian vegetables
- Stir fry sauce to taste (we like VH Orange-Ginger)



In a large fry pan, over medium-high heat, sauté the ground beef and onion until the beef is thoroughly cooked. While the beef is cooking, make the rice in a separate pot. When the beef is cooked, drain off any fat. Stir in the rice and stir-fry sauce. Simmer for 5 minutes. At the very last minute, add the Asian vegetables. Cook until they are warmed through but still crisp. Serve and enjoy!





Pandemic Bag of Tricks

I still tend to buy food as if I still have a family at home!

So, at the start of the pandemic, I had a well-stocked pantry and freezer. So, I decided to start eating up that food before purchasing any more! This also has the added advantage of spending less time in the grocery store too, because I am only buying eggs, cheese, milk, bread and fruits and vegetables

I know only too well, how it can be hard to get excited about that bag of dried lentils or the can of chickpeas! But in this age of technology, there is an app for that! Using these apps you simply type in the ingredients you DO have, and, miraculously, recipes using those ingredients appear! Here is an article that can help you get started:

<https://www.escoffieronline.com/top-apps-for-finding-recipes-for-ingredients-you-already-have/>

Do you have any tricks you would like to share? Submit them by May 14th.

Pandemic Reading



We have lots of time to read during the shutdown. Unfortunately, however, our libraries are closed at a time when we need them the most! The exception to that rule are online services, but unless you were already using online libraries, it may be difficult – if not impossible -to set them up

on your devices while the libraries are closed.

Yes, you can order hardcover and paperback books from www.amazon.ca or <https://www.chapters.indigo.ca/en-ca/> - but there is a cost involved.

If you are prepared to read on your iPad or computer, 5,000,000 free books, including many bestsellers, are available from the ZLibrary:

<https://z-lib.org/>

My Book Club recently read the bestseller *Where the Crawdads Sing* by Delia Owens and I found it at this site when the wait at the Library was too long! Even if you don't find the book you are looking for, there should be plenty of titles to pique your interest.

Some other titles I have read of late that I enjoyed

- Lady in Waiting by Anne Glenconner
- The Gift of Forgiveness by Katherine Schwartznegger Pratt
- Martha Stewart's Organizing
- Front Row at the Trump Show by Jonathan Karl
- Lilac Girls by Martha Hall Kelly
- Before We Were Yours by Lisa Wingate
- The Meatless Monday Family Cookbook by Jenn Sebestyen



Many thanks to Dawn Boyes who kindly submitted some items for our Smile Corner:

Lockdown began on March 25th at midnight...and now is extended through May 3rd.

It's exactly 40 days from the 25th of March to the 3rd of May.

QUARANTINE

The Latin root of the word "quarantine" is "forty".

So what does the Bible say about 40?

The flood lasted 40 days.

40 years Moses fled Egypt.

40 days Moses stayed on Mount Sinai to receive the Commandments.

Exodus lasted 40 years.

Jesus fasted for 40 days.

Lent is 40 days.

40 days for a woman to rest after giving birth.

A group of theologians think the number 40 represents "change"

It is the time of preparing a person, or people, to make a fundamental change.

Something will happen after these 40 days. Just believe and pray.

Please know that during this "quarantine", rivers are cleaning up, vegetation is growing, the air is becoming cleaner because of less pollution, there is less theft and murder, healing is happening, and most importantly, people are turning to God Almighty.

The Earth is at rest for the first time in many years, and hearts are truly transforming.

Remember we are in the year 2020,

and $20 + 20 = 40$ 🙏

You know you are getting old when a recliner and a heating pad are your idea of a hot date!

I just tried to make hand sanitizer – and it came out as rum and coke. Amazing!

Just seen a burglar kick in his own door. I asked him, “What are you doing?”
He replied, “Working from home.”



Just back from our cruise. Had a great time.

