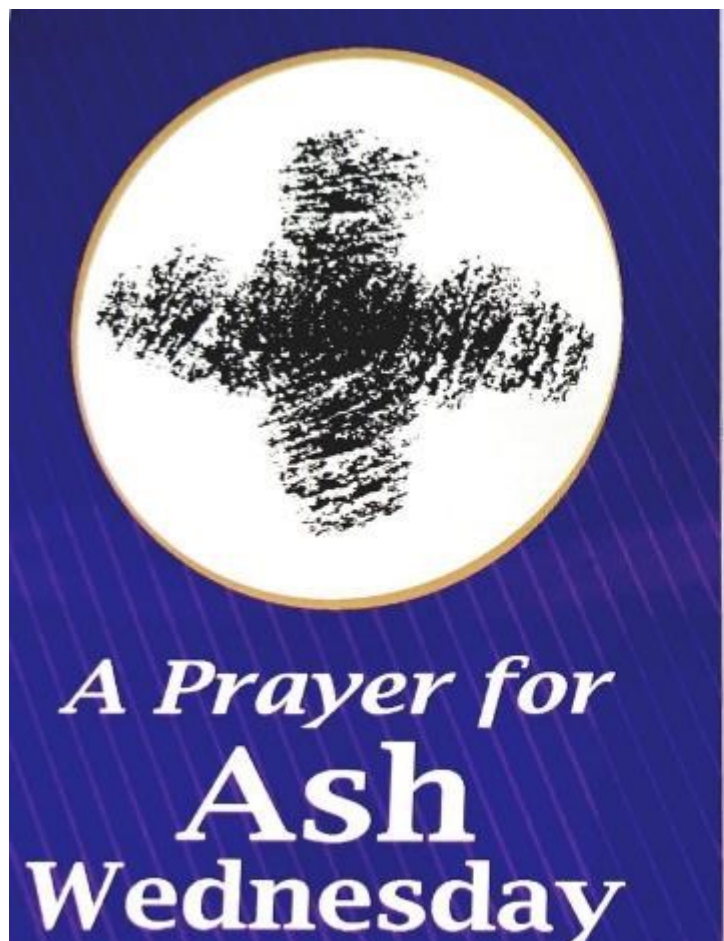




# Notre Dame de Lorette Catholic Women's League

**CATHOLIC**  
and **LIVING IT!**

February 2023



Merciful Father, Ash Wednesday marks the first day of the holy season, Lent. I ask that it be a time for reflection of myself and a time of renewal for my faith.

During these forty days, let me be aware of the needs of others and of our church. By self-examination, prayer and fasting, allow me to repent for the sins that I have committed and regret any sign of contempt that I have shown towards those who differ from me.

Let these weeks leading up to Good Friday and the glory of Your Resurrection show me how much You suffered for me and how much You love me. Grant that these ashes, remind me of my own mortality and the realization that only through You can I receive everlasting life.

*Amen.*

Our Spiritual Advisor  
Fr. Jorge Mario de los Rios Londoño

Our Members  
Lacey Bernardin, *Past-President*  
Megan Bernardin  
Lynne Bernier  
Susan Bernier  
Irene Bialek  
Valerie Bonnefoy, *Chair*  
Jacqueline Bouchard  
Lindsay Bouchard  
Jolene Capina  
Maryse Chartier  
Lucille Chay, *President*  
Crystal Chernichan  
Monica Chernichan

Rolande Chernichan  
Jaquelyne Cournoyer  
Patricia Danylchuk  
Adrienne Dennison  
Suzanne Desmarais  
Janine Durand-Rondeau  
Gisèle Falk  
Yvette Gregoire  
Constance Haas  
Chisom Omuruzua Ibeme  
Monique Jeanson, *Chair*  
Sue Johannesson  
Monique Johnson  
Delaney Kolowca  
Heather Kolowca  
Nettie Lambert  
Marie McCall

Madelyn McConnell  
Kathleen Messner  
Suzanne Moore, *Treasurer, Chair*  
Carol Mravinec  
Mary-Ann Novak  
Agatha Olayiwola  
Jennifer Opara  
Marcia Poirier, *Secretary*  
Jennifer Poitra  
Marie-Ange Prevost  
Mae Ross, *PPC rep*  
Faith Suttorp  
Jaclyn Suttorp  
Iris Swiderski  
Joanne Touchette  
Marilyn Toutant  
Sr. Anna Marie du Sacré Coeur de Jésus

# Lucille's



# Letter

Dear Sisters in the League & Fr. Mario,

Dears Sisters & Fr. Mario,

Were we not blessed with some beautiful weather in the early & middle parts of January? It certainly makes winter fly by no matter what is in store for us for the duration of the season. The days are getting noticeably longer and some friends have already been to T & T to buy seeds for spring planting!

You have all received an email about the instructed vote that we will address at our February general meeting. I hope you responded to the email as requested as we need to ensure all members have an opportunity to participate in this vote if they wish to.

Our membership dues for 2023 will be remitted to National office by the middle of February. If any of you still need to pay your dues, please send those monies to Suzanne Moore asap.

The provincial Day of Celebration will be held on Saturday, February 11<sup>th</sup> at St. Paul The Apostle Church, 2400 Portage Avenue from 9:30 am – 3:00 pm. There will be a morning presentation on COADY and an afternoon presentation on CNEWA. The CWL supports both these organizations so it is an opportunity to educate ourselves on their mandates. The cost is \$30.00 pp of which our council pays \$10.00. Please let me know if you are interested in attending and car pooling.

Lent starts on February 22<sup>nd</sup>! Development & Peace – Caritas Canada organizes their biggest fund raising campaign during Lent. The CWL has a long standing partnership with D. & P. Since 1969, CWL members have been encouraged to contribute 1% of the cost of all personal items they purchase to the National Voluntary Fund. For most members this would translate into approximately \$2.00/month. If all members across Canada donate to the 1% program, tens of thousands of dollars can be raised for D & P to support projects that improve the status of vulnerable women in the Global South. I will have brochures on the CWL 1% Program at our meeting. We could maybe plan a special D & P collection at our anniversary dinner in April.

As you are aware, ND Parish Council is hosting the CWL Provincial AMM on June 2 & 3, 2023. Would any of you be willing to billet a member in your home for this meeting? Please let a member of the executive know if you are willing to offer your home. We do not know at this time whether there will be a demand for this service but we want to be prepared.

Suzanne is collecting bras that will be delivered to Africa in the near future. Remember to bring them to our February meeting.



In January, we were reminded to look after our planet, even at our monthly meetings. So, please try to remember to bring your own coffee cups until we can locate the cups we used to use at Dawson Trail School.

Yvette Gregoire has decided to transfer back to ND Parish Council as her home council has now disbanded. Welcome back, Yvette.

I attended the winter diocesan meeting on January 21<sup>st</sup> where I reported on the activities of our council from September – January. It's amazing how much we have done when you see it itemized. We are AWESOME!

Have a great month. Happy Valentine's to all of you.

## NOTRE DAME DE LORETTE CWL HIGHLIGHTS OF 2022

In September, we hosted a Gourmet Poutine & Bevy night and silent auction. Many members donated items for the silent auction and donations were also solicited from local merchants. Our council had adopted a motion that 50% of the proceeds of the fundraiser would be designated for assisting Ukrainian newcomers to Manitoba. Our evening was a huge success and we were able to share \$2500.00 with the Canadian Ukrainian Congress.

Several years ago, our council "adopted a highway". Every year we continue to clean the ditches along our designated stretch of highway spring and fall.

Our council has actively supported vocations by making yearly donations of \$500.00 to the Good Shepherd Campaign. We have also officially adopted 2 religious Sisters as members of our council. We have paid for their CWL memberships for 2023.

*Lucille Chay*

## 2023 Pope's Intentions

### February 2023—For parishes

We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.



# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>What is the biggest blessing received or the most beneficial thing that you've ever done during Lent?</p>			1	2	3	4
5 Nettie Lambert	6	7	8 Holy Mass 6:15 CWL Mtg at Hall, 7:00	9	10 Maryse Chartier makes her first profession of religious vows	11 Provincial Day of Celebration (pg 9)
12 Marie-Ange & Roger Prevost	13	14 Happy Valentine's Day	15 Faith Suttorp	16	17	18
19	20 Louis Riel Day	21 Agatha Olayiwola Sue Johannesson Jennifer Opara	22 Ash Wednesday	23 Constance & Elwood Haas	24 Irene & Clarence Bialek	25
26	27	28	 <p>"As Lent is the time for greater love, listen to Jesus' thirst..He knows your weakness. He wants only your love, wants only the chance to love you." Saint Teresa of Calcutta</p>			



# 2022

## A YEAR IN REVIEW

### 2022 Spiritual Development Highlights



This year, we started learning about virtues, highlighting a session per month, followed by discussion

On the occasion of Fr. Mario's 25th anniversary of ordination, our members offered up spiritual prayers for him. These were combined into a Spiritual Bouquet and presented to him

Throughout the year, members joined in praying novenas with our Sisters in Christ.

*Monique Jeanson*

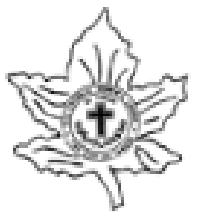
### 2022 Organization Highlights

This year at our anniversary celebration in May, five members received service pins

In September, we held our soup Sunday/recruitment Sunday and it was a success!

It was so good to be able to meet together in public again after two years of uncertainty. We were able to resume having lunches and gift exchange at our general meetings

*Lucille Chay*



### 2022 Christian Family Life Highlights

Our council co-hosted a baby shower with the Knights of Columbus for first time in three years; proceeds were brought to the Steinbach Family Resource Centre

Our council became informed about Life Culture's new initiative for surrendering infants- Hope's Cradle to be located at the Landmark Firehall.. We donated financially to the the project

Members attended Life Culture spring banquet and Walk for Life, featuring Alex Schadenburg, Executive director of Euthanasia Prevention Coalition

*Valerie Bonnefoy*



### 2022 Community Life Highlights

After near unanimous agreement, our council continued our ongoing commitment to doing highway clean-up twice a year.

Our council decided to participate in the national CWL food bank project and support the Tache Food Resource Centre. We were able to raise \$275 and donated over 100 pounds of food.

In response to the influx of immigrants from the Russian

aggression war against Ukraine, our council held a successful fundraiser to support Ukrainian immigrants to Manitoba. Our poutine evening and large silent auction were well supported.



*Lucille Chay*

### 2022 Education and Health Highlights

For the first time in the council history, we awarded a \$500.00 scholarship to a grade 12 graduating student, Miguel Sorin. He was the fourth and last member of his family to be awarded our scholarship!

Members were involved in teaching catechism

As part of our national voluntary funds, we agreed to donate funds to the CWL National Bursary Fund



### 2022 Communications Highlights

2022 was such a busy year, that we produced an extra edition of the newsletter in July.

After two and a half years of not being able to participate in meetings and activities, it became apparent that bulletin inserts to announce upcoming events became necessary. A list of bulletin inserts was submitted to the parish for publishing.

Our email continued to be the vehicle to connect and inform our members

*Suzanne Moore*



The Congregation of the Sisters of Holy Cross  
and the Chartier family happily invite you to  
the Eucharist on the occasion of the

# FIRST PROFESSION OF RELIGIOUS VOWS OF MARYSE CHARTIER

Saturday, February 11, 2023

2:00 p.m. (EST)

Casa de San José de Cluny Chapel  
Lima, Peru

Live transmission on Facebook  
You will receive the link for the livestream  
at a later date.

The celebration will be in Spanish.

We invite those unable  
to attend to accompany  
her with their prayers.



Thank you for  
your assistance  
and prayers.

¡Feliz Año Nuevo!

First, I would like to thank you for all the good wishes received from all sides. I hope you enjoyed the Christmas and New Year celebrations with family and friends.

On this side of the equator, on December 25, my sisters and I had dinner at the home of our "cousins", the Sisters of THE Holy Cross (not to be confused with the Sisters OF Holy Cross: I know, it's confusing.) At Christmas, Easter and the Feast of Our Lady of Sorrows (September 15), the members of the three branches of Holy Cross in Lima meet to pray and have dinner together. No matter what the feast, you can expect to be offered a glass of pisco sour and you will at least see a plate of rice. In any case, the sisters received us beautifully! My household also had the joy of celebrating the New Year's meal with Pueblo Libre. I was responsible for the turkey on Christmas Eve. Fortunately, I had a proven recipe last year and we enjoyed the result. I had also prepared a tourtière because, in my humble opinion,

Christmas is not Christmas without a tourtière!

You may recall that I started the month of December with an 8-day silent retreat. The theme of the retreat was "On the Way," inspired by John 14:6: "I am the way, the truth and the life." Throughout the week, we meditated on biblical texts on this theme, for example, the story of great pilgrims like Abraham, Jacob, and Mary of Nazareth. Thank you very much for your prayers that accompanied me, I felt it well, throughout these spiritual exercises.

Back in Lima, I attended the first profession of a classmate (see picture). However, the changes in the Peruvian political scene changed my plans to participate in the profession of other companions. Indeed, to get there, I had to pass through the downtown area, place of numerous demonstrations, especially following the attempted coup d'état and the removal of the now ex-president, Pedro Castillo. Demonstrations accompanied by acts of vandalism and highway blockades

and often repressed with excessive means by the forces of order (over twenty deaths among civilians) have shaken the south of the country in particular. The behavior of elected officials, who are each trying to protect their own interests, is not helping matters. The truce granted for the holiday season ended January 4. For now, the demonstrations seem to be going on peacefully. However, I do not believe that there will be true social peace without concrete actions to build a more just country.

Despite all this instability, there are still reasons for hope and joy. For my part, I have the immense pleasure of announcing that the Congregation has accepted my request for admission to the first profession of religious vows and that I will pronounce my first vows on Saturday, February 11 at 2 p.m. (EST) in Lima. The celebration will be transmitted live online, and you are warmly invited to attend. Please find the invitation attached. Thank you in advance for your thoughts and prayers.





## 2023 CWL Prayer Partners

This member		Is praying for this member	
Lacey	Bernadin	Adrienne	Dennison
Megan	Bernadin	Agatha	Olayiwola
Lynne	Bernier	Carol	Mravinec
Susan	Bernier	Chisom	Omuruzua Ibeme
Irene	Bialek	Constance	Haas
Valerie	Bonnefoy	Crystal	Chernichan
Jacqueline	Bouchard	Delaney	Kolowca
Lindsay	Bouchard	Faith	Suttorp
Jolene	Capina	Gisele	Falk
Maryse	Chartier	Heather	Kolowca
Lucille	Chay	Irene	Bialek
Crystal	Chernichan	Iris	Swiderski
Monica	Chernichan	Jaclyn	Suttorp
Rolande	Chernichan	Jaquelyne	Cournoyer
Jaquelyne	Cournoyer	Jacqueline	Bouchard
Patricia	Danylchuk	Janine	Durand-Rondeau
Adrienne	Dennison	Jennifer	Opara
Suzanne	Desmarais	Jennifer	Poitra
Janine	Durand-Rondeau	Joanne	Touchette
Gisele	Falk	Jolene	Capina
Yvette	Gregoire	Kathleen	Messner
Constance	Haas	Lacey	Bernadin
Chisom	Omuruzua Ibeme	Lindsay	Bouchard
Monique	Jeanson	Yvette	Gregoire
Susanne	Johannesson	Lucille	Chay
Monique	Johnson	Lynne	Bernier
Delaney	Kolowca	Madlyn	McConnell
Heather	Kolowca	Mae	Ross
Nettie	Lambert	Marcia	Poirier
Marie	McCall	Marie-Ange	Prevost
Madlyn	McConnell	Marilyn	Toutant
Kathleen	Messner	Mary-Ann	Novak
Suzanne	Moore	Maryse	Chartier
Carol	Mravinec	Megan	Bernadin
Mary-Ann	Novak	Monica	Chernichan
Agatha	Olayiwola	Monique	Jeanson
Jennifer	Opara	Monique	Johnson
Marcia	Poirier	Marie	McCall
Jennifer	Poitra	Nettie	Lambert
Marie-Ange	Prevost	Patricia	Danylchuk
Mae	Ross	Rolande	Chernichan
Faith	Suttorp	Sr Anna Marie	du Sacré Cœur de Jésus
Jaclyn	Suttorp	Susan	Bernier
Iris	Swiderski	Susanne	Johannesson
Joanne	Touchette	Suzanne	Desmarais
Marilyn	Toutant	Suzanne	Moore
Sr Anna Marie	du Sacré Cœur de Jésus	Valerie	Bonnefoy



### Suggestions for Prayer Partners:

Get to know your prayer partner, her life and her family

Call or send cards on birthdays and anniversaries, Christmas, Easter, etc

Let each other know when you need special prayers

Meet for coffee once a month (you could meet at the CWL meeting!)

Offer a Mass for the intentions of your prayer partner

Offer to pick her up for a CWL outing

Let your imagination go ....



# Manitoba's first infant surrender site set to open at rural fire station



Hope's Cradle in Landmark district is designed for parents or caregivers to surrender a newborn baby anonymously. Manitoba's first dedicated site where parents or caregivers can surrender a newborn baby anonymously is set to open at a rural fire hall, with more in the works.

While abandonment is rare, Hope's Cradle — a small hatch on an exterior wall at the fire station in Landmark — is designed for mothers who feel they have no other option. "It really is a last resort for women in very difficult circumstances," said Susan Penner, executive director of Life Culture, a Steinbach-based non-profit which set up the site. "If you save one life, it's already worth it."

Susan Penner, executive director of Steinbach-based Life Culture, and Hope's Cradle installation team members Zach Ronaldson, left, and Allan Ward stand next to the door of an infant surrender station at a fire hall in Landmark, Man. The goal is to prevent death or dangerous abandonment, with the hope it will never have to be used.

The station, known as a baby box or hatch in other countries, could become active on or around March 4, if there are no glitches during testing. After someone opens the door and places a baby in a bassinet, a silent alarm will alert the Rural Municipality of Tache's volunteer fire department.

Fire Chief Allan Rau said a member will monitor the baby on a live video stream, while firefighters and paramedics respond. The surveillance camera is pointed at the bassinet to ensure anonymity, he said. The box is temperature-controlled and ventilated. The door locks when it is closed. The person who leaves the baby is encouraged to take an envelope containing a medical information form for the baby, and details about their rights and post-partum care. It also has a guided letter if the person wants to submit a message to the child.

Police will be contacted if abuse is suspected,

said Penner. After being checked by medical staff, the baby will enter the care of Child and Family Services. The birth mother can seek to reclaim the child, said Penner.

Penner and Jordan Guildford, chief executive officer of Gems for Gems, which founded the Hope's Cradle initiative, do not believe there is any grey area when it comes to the legality of leaving a baby. They said it would be similar to surrendering a child in a hospital. "We designed this to be as humane and kind to the baby and mother as possible," said Guildford. According to the Criminal Code, a person who endangers a child through abandonment could receive a jail or prison sentence if convicted.

Manitoba RCMP deferred comment to the province. A Manitoba government spokeswoman said CFS staff are ensuring the program meets child protection legislation and practices. There is no legislation permitting or forbidding an infant surrender station in Manitoba, the spokeswoman said.

Life Culture pursued the initiative after a newborn girl was found dead in a garbage bin in Winnipeg in June. Charges, including manslaughter, against a woman identified as the mother were stayed. Penner contacted Gems for Gems, which opened the first Hope's Cradle at a fire station in Strathmore, Alta., in December 2021, and found a partner in Tache's fire

department. Life Culture collected \$20,000 in private donations to install the station in Landmark. Home to about 1,300 people, the community is about 25 kilometres southeast of Winnipeg.

Gems for Gems, a Calgary-based non-profit which helps domestic abuse survivors, is in talks to possibly open three more sites in Manitoba, said Guildford. She declined to reveal the locations. She would not say if a baby has been left at the Strathmore site.

In 2012, the United Nations Committee on the Rights of the Child called for a ban on baby boxes. It expressed concerns the practice could interfere with a child's right to know their birth parents. Penner and Guildford do not see access to adoption or family history being an issue in Manitoba. The province

declined to comment.

Prof. Neil McArthur, director of the centre for professional and applied ethics at the University of Manitoba, said the concept, which dates to medieval times, is more common in the U.S. states where abortion access is restricted. He said there isn't a lot of data on whether the sites are an effective means of preventing babies from death or being abandoned in other places.

That said, the sites aren't a bad idea because they could save a life, McArthur noted. He said the sites must be part of a larger system that protects vulnerable pregnant women and girls.

There are 134 active baby boxes in the U.S., according to an Indiana-based group called Safe Haven Baby Boxes. The organization, founded in 2015, said 23 babies have been safely surrendered at its drop-off locations. There are only a handful of sites in Canada, including three at Catholic-run hospitals — one in Vancouver and two in Edmonton.



The Angel's Cradle program at Paul's Hospital in downtown Vancouver began in 2010. There have been two drop-offs since then, but none in recent years, said Shaf Hussain, a spokesman for Providence Health Care, the hospital's operator. Vancouver police do not pursue the parents unless abuse is suspected, he said.

Paige Mason, president of the Abortion Rights Coalition of Canada, said the priority must be on efforts to provide more

resources to expectant mothers and address root causes such as poverty or domestic abuse. She doesn't want baby boxes to become normalized. "They should only be used in very extreme situations," she said.

Baby boxes in the U.S., where safe haven laws vary by state, are commonly affiliated with anti-abortion groups, according to Mason. While Life Culture opposes abortion, Penner said the initiative in Landmark is strictly aimed at helping women or girls in difficult circumstances. "This is not a political abortion debate," she said, noting people on both sides of the issue are supportive of baby boxes.

<https://www.winnipegfreepress.com/breakingnews/2023/01/29/manitobas-first-infant-surrender-site-set-to-open-at-rural-fire-station>

# Reasons to Talk About the CWL!

## CONNECTION

- 9 My Catholic Women's League council is parish-based yet connected to Canada's largest women's organization. How connected are you? You will meet women from your region, diocese, province and country by becoming involved in your parish Catholic Women's League council! Your place is among us!

## COURAGE

- 10 If you only knew the courage of Catholic Women's League members. In the 1920s, Winnifred Fulton travelled by horseback to start more than 30 councils. Today we continue to carry the message of faith, service and social justice to women across Canada and internationally. Pack your courage! Your place is among us.

## DIVERSITY

- 11 The Catholic Women's League welcomes women of all ages and diverse backgrounds. Throughout Canada, you will find Catholic women growing in faith, caring through a wide range of service, and seeking true justice for all. Did you know non-Catholics can become associate members? Want to make a difference but not sure how to get started? Your place is among us!

## FAITH

- 12 Catholic Women's League members know faith is important to women. Members are called to grow in faith, and to witness to the love of God through ministry and service. We are *Catholic and Living It!* Come grow with us!

## FAMILY

- 13 My Catholic Women's League is like family. Wherever you live in Canada, you can find or start a council in your parish. Sisters, mothers aunts and grandmothers are ready to share their wisdom. Catholic family values are abound at the Catholic Women's League. Come join our family.

## FRIENDSHIP

- 14 Catholic Women's League members build enduring friendships. We celebrate new members, anniversaries and special events along the way. Meetings, socials, projects and conventions create bonds of friendship. Meet new friends from your parish and beyond. Your place is among friends.

## FULFILLMENT

- 15 If you only knew... joining the Catholic Women's League will help you find fulfillment. This one-stop women's organization focuses on faith, service and social justice. Become active and involved in your area of interest. Your place is among us.





The Manitoba Provincial CWL Council  
invites you to  
The Provincial Day of Celebration  
Saturday, February 11, 2023

## My CWL

Place: St Paul the Apostle Church,  
2400 Portage Avenue, Winnipeg

9:30	Registration & Gathering
10:00 Presentation	COADY - Who they are and what they do! Via Zoom from Antigonish, Nova Scotia
11:00 CWL National	Domestic Violence Webinar
12:00	Hot Lunch
1:00 Spiritual Program	Led by Lucille Rossington, Spiritual Chairperson Manitoba Provincial Council
1:30 presentation	CNEWA by Janet Maclean, National Secretary- Treasurer
2:30	Closing and Evaluations
3:00	Departure

Contact Crystal Reiter at [cwlmanitoba@gmail.com](mailto:cwlmanitoba@gmail.com) if you have any questions.

**CATHOLIC**  
and **LIVING IT!**

## DOMESTIC VIOLENCE WEBINAR February 11, 2023

The Catholic Women's League of Canada  
is pleased to offer a webinar session on domestic violence.

### ***WE can Do Better!*** **Domestic Violence in Canada**

Presented by: **Pam Hadder**  
Community Coordinator, Willow Place



Pam is community coordinator and leadership team member for Willow Place Inc., Manitoba's largest and most utilized family violence shelter provider. The community coordinator facilitates partnerships and collaboration with a wide range of supports, including the sustainability of family violence prevention programming and improved awareness of issues.

Date: February 11, 2023  
Time: 11:00 a.m. CDT (Winnipeg)  
Cost: \$5.00 per registrant, proceeds to Willow Place

Register online at:

<https://attendee.gotowebinar.com/register/7033748934435605338>

This presentation is open to everyone, family, friends, neighbours, co-workers. **ALL ARE WELCOME.**

- It costs lives: approximately every 2.5 days, a woman in Canada is killed by her intimate partner ([Amelia Armstrong and Brianna Jaffray, Statistics Canada, 2022](#)).
- The toll on those who are harmed is significant. It's hard on those around them, too. Children who witness violence in the home have twice the rate of psychiatric disorders as children from non-violent homes ([Eve Bender, Psychiatric News, 2004](#)).
- It costs billions of dollars: \$7.4 billion to deal with the aftermath of spousal violence alone ([Department of Justice, 2009](#)).



## BOROKWONY WOMEN'S GROUP CHICKEN PROJECT



The Borokwony Women's Group is located in the Lemolo IDP Camp, and is KIDS Initiative's current project, aiming to create a sustainable income generating program. Beginning in 2022, KIDS provided the women with funds to purchase an incubator for chickens, and the supplies to build the facilities to house them. By hatching over 1,000 chicks every 21 days, the Borokwony Women's Group will be able to generate income for themselves in several ways - chicks are used for egg production or sold once mature, and others are sold to community members who want to start their own chicken project, all creating funds to purchase more supplies and rendering the project self-sustaining.

Through this sustainable project, the women are able to become more independent while providing food and income for their community. The Borokwony Women's Group Chicken Project works towards directly achieving 2 of the UN's Sustainable Development Goals: #1 No Poverty and #2 Zero Hunger.

<https://www.kidsinitiative.ca/programs/borokwony-womens-group-chicken-project>

# Resolution 2022.1 Enact Federal Legislation to Reduce Food Loss and Waste

Resolved, that national council of The Catholic Women's League of Canada in 102nd annual national convention assembled urges the federal government to enact legislation to reduce food loss and waste in Canada's agri-food, industrial, commercial and institutional sectors.

## **BRIEF: Enact Federal Legislation to Reduce Food Loss and Waste**

Food loss is edible food that is lost in food production, processing and manufacturing while food waste is when edible food is thrown away by grocery stores, hotels, restaurants and commercial institutions (HRI). In Canada, there is no legislation to prohibit food loss and waste (FLW) in the agri-food industry. Law can provide the fundamental principles and rights on which the Canadian agri-food system is built and the basis for delivering food security and nutrition to all Canadians (Rugarabamu par. 5). Legislation that specifically focuses on the industrial, commercial and institutional sectors could decrease FLW by an estimated 11 million tonnes or 32% annually (Gooch et al.; Nikkel et al.). This reduction would feed every Canadian for five months (Gooch et al.). Reducing FLW can benefit Canadians by reducing costs to consumers, driving change and efficiency and competitiveness within the agri-food industry, and protecting the environment by reducing greenhouse gas emissions and climate effects (ECCC).

FLW occurs because there is a lack of: government legislation; business infrastructure to address FLW; and cooperation and collaboration between different sectors of the agri-food industry (Gooch and Felfel). Other causes of FLW are that it is not a priority for businesses, and there are safety and liability concerns with food donations (Gooch and Felfel). However, there is federal government FLW policy in development (ECCC). The safety and liability issues of donating edible food has been addressed by the government of British Columbia with the development of criteria for both industry and charitable organizations to ensure food safety and mitigate liability (BCCDC).

The approximate \$49.5 billion cost of FLW to the Canadian economy represents around three per cent of Canada's gross domestic product (Gooch et al.). The annual FLW from the commercial sector comprises 58% of Canada's FLW at a cost of approximately \$29 billion (Nikkel et al.). However, this does not represent the true cost of commercial FLW. For example, if food production costs are accounted for (e.g., the cost of the use of land, water and energy) the cost of FLW is estimated to be over \$100 billion (Gooch and Felfel). Of the 11 million tonnes of commercial FLW, an estimated 8.8 million tonnes is avoidable and could be rescued (Nikkel et al.). Avoidable FLW occurs along the food chain as unplanned/post-processing FLW and represents the greatest opportunity to reduce it. The area of HRI provides the greatest opportunity for food rescue with currently 98% of its FLW being avoidable (Gooch et al.). According to Nikkel, other areas of potential food rescue include production and manufacturing where there are no attempts made for food rescue. Food processing and distribution are two more areas of potential food rescue.

Presently, the reduction of FLW is the responsibility of the federal department of environment and natural resources (ECCC). This has resulted in leadership to address the historical marginalization of FLW for the allocation of government time, funds and political capital (Gooch et al.). As stated in a 2019 report of the federal government on FLW, "All orders of government – federal, provincial, territorial, and municipal – have authority over matters that can directly or indirectly influence the creation of food loss and waste. This represents an opportunity to identify particular policy and regulatory barriers and levers that could reduce food loss and waste" (ECCC). "Law can provide a guiding framework that coordinates and drives change across agri-food systems" (Rugarabamu par. 6). Enacting legislation will advance the reduction of food loss and waste in Canada.





# Caritas Award Dinner



THE CATHOLIC  
FOUNDATION  
OF MANITOBA  
LA FONDATION  
CATHOLIQUE  
DU MANITOBA  
КАТОЛИЦЬКА  
ФУНДАЦІЯ  
МАНІТОБИ

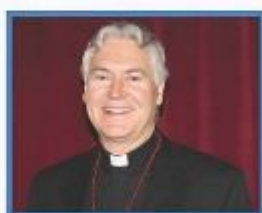
**April 27, 2023**

Petrus Hall | 2624 Inkster Boulevard | Winnipeg

**CREATING HEALTHY RELATIONSHIPS,  
ONE CONVERSATION AT A TIME**



**Caritas Award Honourees:**  
Janelle Delorme & Norma McDonald, CSC



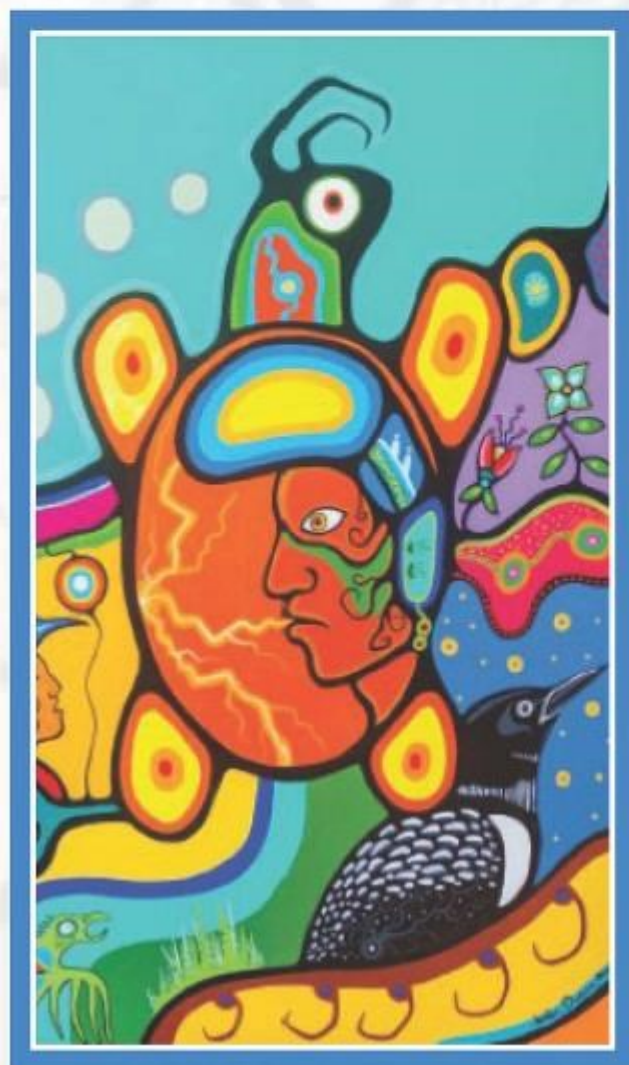
**Service Award :**  
Most Reverend Murray Chatlain,  
Archbishop of Keewatin-The Pas



**Charity of Choice:**  
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Tickets: \$100 includes a four course meal,  
entertainment and wine.

Tickets will be available for purchase on-line effective  
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or at 204-233-4268.







# Development and Peace

CARITAS CANADA



Dear friends,

We wish you peace, health and happiness as we begin 2023.

As announced last fall, Development and Peace — Caritas Canada is beginning a new campaign cycle this year. Encouraged by our Orientation Assembly in June 2022 and inspired by the October 2021 address of Pope Francis to the World Meeting of Popular Movements, we have chosen the theme **Create Hope** to guide our actions over the next five years. At the Orientation Assembly, our keynote speaker and guest of honour, Cardinal Michael Czerny, spoke along the same lines.



*"[...] today it seems there's a real scarcity of hope. So there's need for artistry, poetry, creativity. And that isn't just idle words or pretty words. That means changing the basic things that are leading to our hopelessness, and those are the selfishness and the self-centeredness that are built into our economic, social and political systems."*

— Cardinal Michael Czerny, in an interview at the Orientation Assembly on June 18, 2022

How can we create hope? By taking action! Because the best antidote to despair is action. We hope to mobilize our membership in creative ways to bring about the change we want to see, and with it, the hope of a better and more just world.

Under the broad theme **Create Hope**, you are being invited this year to **Stand for the Land**, in solidarity with our sisters and brothers in the Global South who are defending their homelands by protecting their land and water, the environment and human life. Through the pages of the Mini-magazine, you will be transported to Colombia and Honduras. In March, you will also have a chance to meet solidarity visitors from those two countries, as well as from Cambodia.

It is with great joy that we invite you to join the Share Lent campaign that Development and Peace has been organizing for over 55 years. This time of preparation for Easter is a time of fasting, prayer and almsgiving. Every year, Development and Peace invites Canadian Catholics to donate to the **Solidarity Sunday collection (March 26, this year)**. Your donations support projects that transform lives and communities!

To help us spread the word about the Share Lent campaign and to encourage donations during this special collection for Development and Peace, we have made several resources available, both online (therefore **easily printable**) and in print.

**This year, limited quantities of the following paper materials are available to order:**

1. **Poster Create Hope – Stand for the Land** (12" x 18") (limit of 2 per parish/school)
2. **Mini-magazine** (limit of 200) — **Keep it all year long, it can be used beyond Lent!**
3. **Prayer Card Create Hope** (limit of 200) — **Useful for the next five years!**
4. **Bilingual collection envelope** — with the Montreal head office's return address
5. **Bilingual collection envelope** — without the return address
6. **Solidarity jar sticker for the Solidarity Calendar** (while supplies last)



**To order**, complete the online form at [devp.org/sharelent/order](https://devp.org/sharelent/order) **by January 25, 2023**. Order early to ensure the availability of your chosen resources. Please allow three to five weeks for delivery.

# Eight Inspiring quotes revealing Pope Emeritus Benedict XVI's wisdom and vision

Pope Emeritus Benedict XVI's time as pope was short, but his impact was enormous. **His profound words continue to shape philosophy, theology, and the life of the Church and the world.**

Pope Emeritus Benedict XVI's vision can help the Church overcome critical challenges. Here are some of his most penetrating insights ...

## On understanding what people really need

"Seeing with the eyes of Christ, I can give to others much more than their outward necessities; I can give them the look of love which they crave."

## On the hope that lives beneath the hardest times

"If you follow the will of God, you know that in spite of all the terrible things that happen to you, you will never lose a final refuge. You know that the foundation of the world is love, so that even when no human being can or will help you, you may go on, trusting in the One that loves you."

## On the role of women in Christianity

"It is theologically and anthropologically important for woman to be at the center of Christianity. Through Mary, and the other holy women, the feminine element stands at the heart of the Christian religion."

## On responding to evil with hope and faith

"To have Christian hope means to know about evil and yet to go to meet the future with

confidence. The core of faith rests upon accepting being loved by God, and therefore to believe is to say Yes, not only to him, but to creation, to creatures, above all, to men, to try to see the image of God in each person and thereby to become a lover."

## On giving our lives to God without holding anything back

"If we let Christ enter fully into our lives, if we open ourselves totally to him, are we not afraid that He might take something away from us? Are we not perhaps afraid to give up something significant, something unique, something that makes life so beautiful? ... No! If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great. No! Only in this friendship are the doors of life opened wide. Only in this friendship is the great potential of human existence truly revealed. Only in this friendship do we experience beauty and liberation. And so, today, with great strength and great conviction, on the basis of long personal experience of life, I say to you, dear young people: Do not be afraid of Christ! He takes nothing away, and he gives you everything. When we give ourselves to him, we receive a hundredfold in return."

## On the purpose of true education

"The aim of all Christian education, moreover, is to train the believer in an adult faith that can make him a 'new creation,' capable of bearing witness in his surroundings to the Christian hope that inspires him."

On



## God's call to love wildly, generously, joyfully, and totally

"My dear young friends, I want to invite you to 'dare to love.' Do not desire anything less for your life than a love that is strong and beautiful and that is capable of making the whole of your existence a joyful undertaking of giving yourselves as a gift to God and your brothers and sisters, in imitation of the One who vanquished hatred and death for ever through love (cf. Rev 5:13)."

## On the need for beauty in our lives, homes, churches, and liturgy

"Beauty, then, is not mere decoration, but rather an essential element of the liturgical action, since it is an attribute of God himself and his revelation. These considerations should make us realize the care which is needed, if the liturgical action is to reflect its innate splendor."

[https://aleteia.org/2022/10/14/9-inspiring-quotes-revealing-pope-emeritus-benedict-xvis-wisdom/?fbclid=IwAR1AqmATYTZ7uaLuBqW3qA-YQMY\\_njzS6HqW4wCA1V\\_Hpd0uRyPFsJY5Ohk&utm\\_campaign=buffer&utm\\_content=buffer27d5d&utm\\_medium=soc](https://aleteia.org/2022/10/14/9-inspiring-quotes-revealing-pope-emeritus-benedict-xvis-wisdom/?fbclid=IwAR1AqmATYTZ7uaLuBqW3qA-YQMY_njzS6HqW4wCA1V_Hpd0uRyPFsJY5Ohk&utm_campaign=buffer&utm_content=buffer27d5d&utm_medium=soc)

## The Four times angels helped Benedict XVI



Pope Benedict XVI had at least four experiences with his guardian angel, which he himself spoke about. Fr. Fernando Cardenas, a priest specializing in angels, talked about these incidents in a video he.

The first time took place when Joseph Ratzinger was ill with diphtheria as a child. They said he wouldn't survive, but he

eventually recovered, and he attributed his healing to his guardian angel.

The second time was when he fell into a water tank near where he lived and managed to get out thanks to the help of his guardian angel.

Later, at the end of World War II, Hitler forced all young Germans into the Hitler Youth, and young Joseph was sent to an anti-aircraft unit. But as soon as he could, he fled.

He was sick with septicemia and at that moment ran into some soldiers. His situation was serious because deserting the army was betrayal of the fatherland. But because of his poor state of health they let him go and he

was able to get home. In his memoirs, Ratzinger says that it seemed that an angel was protecting him.

In 2009, already as pope, he was going to Castel Gandolfo on vacation with the intention of writing his work *Jesus of Nazareth*.

After arriving, he fell down, and his arm had to be put in a cast. Benedict XVI said that his angel allowed this fall, following higher orders, so that the pope could dedicate himself to rest.

## What the pope taught about angels

Journalist Vittorio Messori interviewed Cardinal Ratzinger when he was prefect of the Congregation for the Doctrine of the Faith and asked him about the invisible world.



Ratzinger answered with an analogy: when you see a person's eyes you can glimpse what's going on inside, such as whether that person is sad or happy. You don't see sadness, but by looking into a person's eyes you can glimpse something invisible.

Messori asked Ratzinger if he had seen his guardian angel, and he answered that he had not, that the way this relationship develops depends on the person's temperament, and that in any case people shouldn't only communicate with their angel, but communicate with God.

Regarding angels, Ratzinger said in a homily of the memorial of the three archangels (September 29, 2007) that we know from Sacred Scripture and Tradition that they are creatures (not gods) but their nature is to be in the presence of God and fundamentally oriented towards God. That's why most of the names of angels end with the root "el," which means God.

There's another important aspect of angels: they are messengers of God. Indeed, Benedict XVI says that angels can be close to us precisely because of their closeness to God. They come to stir up in us what we have forgotten or what is hidden within us: talents, virtues, gifts, good qualities, values ...

Angels come to move us so that all that God has given us may come to light. They come to help us have an encounter with ourselves.

Benedict XVI told young people to feel the presence of angels and to let themselves be guided by them. He encouraged married couples to have frequent recourse to the help of their guardian angels in order to grow in their constant witness of authentic love.

Let us join the angels to enter into communication with God.

[https://aleteia.org/2023/01/14/the-4-times-angels-helped-benedict-xvi/?utm\\_campaign=EM-EN-Newsletter-Daily-&utm\\_content=Newsletter&utm\\_medium=email&utm\\_source=sendgrid&utm\\_term=20230115](https://aleteia.org/2023/01/14/the-4-times-angels-helped-benedict-xvi/?utm_campaign=EM-EN-Newsletter-Daily-&utm_content=Newsletter&utm_medium=email&utm_source=sendgrid&utm_term=20230115)

## Nobel Prize-winning agnostic scientist says "The miracles at Lourdes are inexplicable"



*Faults those who "commit the error of rejecting what they don't understand"*

There are thousands of "inexplicable healings" reported every year at the Marian shrine in Lourdes, France, one of the most

visited shrines in the world. However, only a minute number of these "healings" are deemed truly "miraculous" by the Church; the criteria for such a designation are extremely rigorous.

Many people reject the whole phenomenon, unaware of the rigor of the Church's studies and uninformed about how the Church validates or rejects the thousands of "apparent miracles" presented for examination. For many people, the concept of "miracle" is just the talk of charlatans, lacking any scientific basis.

This attitude of certain "intellectuals" contrasts the respectful posture of certain prestigious professionals such as the French doctor Luc Montagnier, a recipient of the Nobel Prize in Medicine (2008), who among his various achievements, is credited with having discovered HIV.

A former director of the Pasteur Institute, this eminent scientist

offered his opinion on Lourdes miracles in a book, *Le Nobel et le Moine* (The Nobel [Laureate] and the Monk), in which he dialogues with the Cistercian Michel Niassaut.

When the conversation turns to the inexplicable healings in Lourdes and Brother Michel asks the doctor his opinion as a non-believer, Montagnier responds: "When a phenomenon is inexplicable, if it really exists, then there's no reason to deny it."

If the phenomenon exists, what's the point in denying it? It should be studied, not denied. Montaigner affirms that "in the miracles of Lourdes, there is something inexplicable," and he rejects the position held by some scientists, who "commit the error of rejecting what they don't understand. I don't like this attitude. I frequently quote the astrophysicist Carl Sagan, 'The absence of evidence is not evidence of absence.'"

Montagnier continues, "As far as the miracles of Lourdes that I've studied, I believe it really is something inexplicable."

"I don't have an explanation for these miracles," he adds, "and I recognize that there are healings that are not included within the current limits of science."

[https://aleteia.org/2017/02/18/nobel-prize-winning-agnostic-scientist-says-the-miracles-at-lourdes-are-inexplicable/?fbclid=IwAR2NKE8-bO9qHdsxr1e54x8tGTxtTYar6lfhwffPRQCbAmZM4spiOvbwSc&utm\\_campaign=english\\_p&utm\\_medium=aleteia\\_en&utm\\_source=Facebook#link\\_time=1487396009](https://aleteia.org/2017/02/18/nobel-prize-winning-agnostic-scientist-says-the-miracles-at-lourdes-are-inexplicable/?fbclid=IwAR2NKE8-bO9qHdsxr1e54x8tGTxtTYar6lfhwffPRQCbAmZM4spiOvbwSc&utm_campaign=english_p&utm_medium=aleteia_en&utm_source=Facebook#link_time=1487396009)



## Thief steals St. Michael statue from church, trips, and is injured by the angel's sword

A drunken thief was injured after falling on the sword of a statue of St. Michael the Archangel that he was trying to steal from a church in Monterrey, Mexico.

Local media reported that during the early hours of Jan. 14, Carlos Alonso, 32, allegedly went to the Christ the King Parish in downtown Monterrey to rob the church.

In the darkness, Alonso reportedly jumped over the fence in front of the church entrance, broke a glass door, and entered the church.

While trying to flee with a statue of St.

Michael the Archangel, the alleged thief tripped and fell on the angel's sword, seriously injuring his neck.

Some passersby saw the wounded man at the church doors and called for medical help.

Monterrey Civil Protection personnel arrived at the scene, cut the padlock on the main gate of the fence, and saved the would-be thief's life.

After stabilizing the injured man, the rescuers took him to a clinic to be treated and to get more information about the damage that may

have been caused.

It is expected that once he has recovered, the suspect will be turned over to the public prosecutor's office, and the punishment he could face for the damage to the church will be determined.

The statue of St. Michael the Archangel was unharmed.

[https://www.catholicnewsagency.com/news/253368/thief-steals-st-michael-statue-from-church-trips-and-is-injured-by-the-angel-s-sword?fbclid=IwAR2TuuPyNNYJBht3h61XiLq3D6YHH1H6pXZL\\_7nLEJnv3s-qDFUvgc0xSWE](https://www.catholicnewsagency.com/news/253368/thief-steals-st-michael-statue-from-church-trips-and-is-injured-by-the-angel-s-sword?fbclid=IwAR2TuuPyNNYJBht3h61XiLq3D6YHH1H6pXZL_7nLEJnv3s-qDFUvgc0xSWE)



Here's some Lent trivia to test your knowledge. The answers are BELOW.

1. How many days are there in Lent?
2. What was the original meaning of the word "Lent"?
3. What is the first day of Lent called?
4. What do we call the day before Lent begins?
5. What color vestments does the priest wear during Lent?
6. What prayer of the Mass is omitted during Lent?
7. What word is never said or sung during Lent?
8. What do Catholics abstain from eating on Fridays during Lent?
9. On what days are Catholics required to fast during Lent?
10. What snack originated during Lent because it contains only flour, water and salt?
11. What food was traditionally eaten the day before Lent begins?
12. What Irish saint's feast day takes place during Lent?
13. On what Sunday during Lent does the priest bless palms?
14. What event in the life of Jesus do the palms recall for us?
15. On what day during Lent does the Bishop bless holy oils for the year?
16. How many Stations of the Cross are there?
17. How many times does Jesus fall in the Stations?
18. Who helped Jesus carry his Cross?
19. When does Lent officially end?
20. What is the Triduum?



Answers  
1. 40  
2. "Spring"  
3. Ash Wednesday  
4. Shrove Tuesday, Fat Tuesday, or Mardi Gras  
5. Purple  
6. The  
7. Alleluia  
8. Meat  
9. Ash Wednesday and Good Friday  
10. Pretzels  
11. Hot Cross Buns  
12. St. Patrick  
13. Palm Sunday  
14. The entrance into Jerusalem  
15. Holy Thursday (or earlier in  
the week in some places)  
16. 14  
17. 3  
18. Simon of Cyrene  
19. At sundown on Holy Thursday before  
the beginning of the Mass of the Last Supper  
20. "Triduum" comes from the Latin word for three, and it includes the  
three holiest days of the Church year from sundown on Holy Thursday, through Good Friday and Holy Saturday, to sun-  
down on Easter Sunday.

Typical Catholics: I've been praying  
for so long and nothing's happening!  
St. Monica:



A priest goes  
to Heaven  
or a priest goes  
to Hell  
with a  
thousand  
people  
behind.

St John Vianney  
(1786-1859)



The LORD is my shepherd = **RELATIONSHIP**  
I shall not be in want = **SUPPLY**  
He makes me lie down in green pastures = **REST**  
He leads me beside quiet waters = **REFRESHMENT**  
He restores my soul = **HEALING**  
He guides me in paths of righteousness = **GUIDANCE**  
For his name's sake = **PURPOSE**  
Even though I walk through the  
valley of the shadow of death = **TESTING**  
I will fear no evil = **PROTECTION**  
For you are with me = **FAITHFULNESS**  
Your rod and your staff they comfort me = **DISCIPLINE**  
You prepare a table before me in the presence of  
my enemies = **HOPE**  
You anoint my head with oil = **CONSECRATION**  
My cup overflows = **ABUNDANCE**  
Surely goodness and love will follow me all the  
days of my life = **BLESSING**  
And I will dwell in the house of the LORD = **SECURITY**  
Forever = **ETERNITY**

# Test Your Catholic Knowledge

Answers below

## Vatican II

1. Two different popes presided over the Second Vatican Council.

- True
- False

2. How many documents were approved by the Second Vatican Council?

- A. 5
- B. 12
- C. 16
- D. 19

3. This future pope was the first since the council to have no role in it at all.

- A. Pope Francis
- B. Pope Benedict XVI
- C. Pope St. John Paul II
- D. Pope John Paul I

4. Of the following, which was not a theme of any document of the Second Vatican Council?

- A. Ecumenism
- B. Racism
- C. Bishops
- D. Scripture

5. Including the Second Vatican Council, how many ecumenical councils have been recognized by the Catholic Church?

- A. 7
- B. 15
- C. 19
- D. 21

## Could-be saints

1. Pierre Toussaint, a former slave in New York City, declared venerable in 1996, did this type of work, from which he gained a sizable income, most of which he gave away in charity.

- A. Carpentry
- B. Hairdressing
- C. Teaching
- D. Map making

2. Which author's daughter, who founded a community of Dominican sisters to care for terminally ill cancer patients with few resources, is a candidate for canonization?

- A. Mark Twain
- B. F. Scott Fitzgerald
- C. William Faulkner
- D. Nathaniel Hawthorne

3. Dominican Father Samuel Mazzuchelli, declared venerable in 1993, founded a variety of churches, including which following state?

- A. Texas
- B. Iowa
- C. Florida
- D. Pennsylvania

4. Father Edward Flanagan, founder of the Boys Town orphanage in Nebraska and whose canonization cause is underway, was played in the 1938 film "Boys Town" by which actor?

- A. Bing Crosby
- B. Spencer Tracy
- C. James Stewart
- D. Gregory Peck

5. Sister Blandina Segale, whose canonization cause opened in 2014, is known for her work in the American Wild West and is remembered for an encounter with which famous outlaw?

- A. Butch Cassidy
- B. Jesse James
- C. Billy the Kid
- D. Bronco Bill

## Mary

1. Which of the following is not one of the traditional Seven Sorrows of Mary?

- A. The Visitation
- B. Simeon's prophecy
- C. Flight into Egypt
- D. Loss of Child Jesus in Jerusalem

2. How many officially approved Marian apparitions occurred in France?

- A. 4
- B. 5
- C. 6
- D. 7

3. Formal approval has been granted to the apparition known as Our Lady of Good Help, which occurred in which U.S. state?

- A. Wisconsin
- B. Iowa
- C. Illinois
- D. Indiana

4. According to tradition, Mary revealed the Rosary to which saint?

- A. St. John the Apostle
- B. St. Jerome
- C. St. Dominic

D. St. Thomas Aquinas

5. In which Gospel do we hear almost nothing about Mary's life, but we do hear her speak?

- A. Matthew
- B. Mark
- C. Luke
- D. John

## Feast days

1. Which of the following days, according to the current general calendar, has a set date and is not dependent on the date of Easter?

- A. Corpus Christi
- B. Sacred Heart of Jesus
- C. The Transfiguration
- D. Immaculate Heart of Mary

2. On how many liturgical feasts during the year do we celebrate and honor the cross and Christ crucified?

- A. 1
- B. 2
- C. 3
- D. 4

3. The commemorations of saints most typically occur on which of the following?

- A. Saint's birthday
- B. Saint's baptism date
- C. Saint's death date
- D. Whatever is available

4. On the current general calendar, how many days during the year does the Church commemorate St. Joseph?

- A. 2
- B. 3
- C. 4
- D. 5

5. Which of the following apostles is not commemorated on the same day as another apostle?

- A. St. Bartholomew
- B. St. Jude
- C. St. Philip
- D. St. Peter

Vatican II	Could-be saints	May	Feast days
1. True	1. B	1. A	1. C
2. C	2. D	2. B	2. B
3. A	3. B	3. A	3. C
4. B	4. B	4. C	4. A
5. D	5. C	5. D	5. A





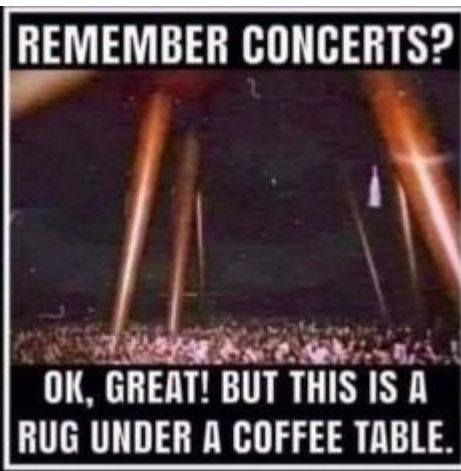
Imagine you're traveling and opening your passport at the airport and boom!!!!.....😱😱😱



Every time it snows, we get Cardinals in the back yard. Really freaks out the dogs.

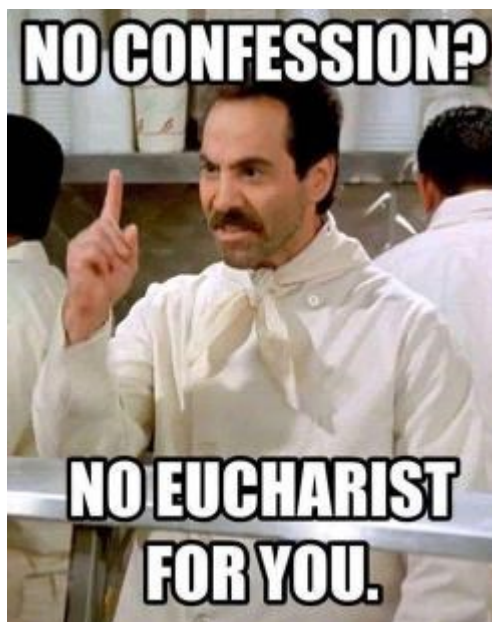


**IT WAS A GOOD DAY IN CLASS WHEN THE TEACHER ROLLED OUT THIS BIG BOY**



 Kendra Leigh  
@kendraaaleighh

For \$5 you can either get your girl approximately 2 flowers from a florist OR you can get her an ENTIRE costco rotisserie chicken. that's all im sayin. the choice is yours



A little imagination with olives, noodles, mozzarella, and you're no longer allowed to cook dinner.







Imagine the trouble she has trying to introduce herself in France 🤪



I honked at the car in front of me and this angry Alpaca popped out and now I'm not sure what to do



*You know, there are some things that you just never think of ..... like Mt. Rushmore from the Canadian side.*

