

Good Shepherd CWL Minutes, January 16/2020
Educate, Engage, Empower
2019-2020 National Theme "Care for our Common Home"
Loneliness

Attendance: Audrey Rychel, Marilyn Helmer, Dolores Rivait, Linda Belland, Jan Lesperance, Joan Daudlin, Tina McGaffey, Virginia Iaquinta, Virginia Brothers, Yvonne Zalger, Jeannine Beaugard, Louise Daniel, Elaine Murphy, Michelle Forde, Mary Ann Fathers, Bev George

Meeting opened at 1:15 with the League Prayer, a Hail Mary for intentions written in the intention book, a Hail Mary for Louise for return to good health.

Motion made by Joan to adopt November and December minutes, seconded by Elaine, all in favour, passed.

Spiritual Reflection: Virginia's reflection was on Family, and the homily Father Patrick Beneteau delivered on the Feast of the Holy Family.

Corresponding Secretary: Maureen, Thank you card from Pauline Episu-Maitre's family for the CWL honour guard.

Thank you card from Melba and Rene Bedard for the Mass on the loss of her mother.

Information and thank you card received from Courage of Freedom for donation against human trafficking.

Thank you and information from Iris House.

Windsor-Essex Right to Life, newsletter

Mass card for the CWL from Roy and Virginia in thanksgiving for Christmas gift.

Birthday card circulated and signed by members for the occasion of Mary Mason's birthday.

Treasurer's Report: Marilyn reported running balance of 2315.98

Committee Reports

Membership: Yvonne, reported we now have 75 paid members.

Communication: Marcie, reported by Audrey. Marcie will submit an article about our activities for the League Lingo. Marcie will prepare the Spring newsletter for distribution in May.

Community Life: Mary Ann Fathers, because CWL does not send donations to Development & Peace, it was suggested the money that is set aside should stay local. A motion made by Mary Ann, to use the \$66.75 in the fund, plus top it to \$70.00 to purchase MacDonald gift cards to be given to Street Help, seconded by Yvonne, all in favour, passed.

Health: Jeannine, provided explanation about SAD, a seasonal disorder caused by lack of natural daylight, during the winter months. Women are four times more affected than men, adults between 18 and 30. Some of the symptoms, out of sorts, irritable, less energy, trouble concentrating, increased appetite, weight gain, less interest in usual activities. What helps, exercise, get some sunlight, balanced diet, bright light or phototherapy.

Khrista Boon will be the guest speaker at the February 20 meeting, subject chair exercises, and fall prevention.

Old Business

Christmas meeting & party. Bev reported 33 attended. Pizza from Pizza House was delicious, salad prepared by Linda and Elaine, great. Fun was had by all. Money raised for charities \$850.00.

New Business

Approval of Budget

Motion made by Marilyn to approve budget, with changes, seconded by Jeannine, all in favour, passed.

Installation of Officers postponed. Due to the fact of Louise's absence because of health issues, an election will be held to try to fill the position of president and president-elect. Audrey will set the date with Denise Masse. More information will follow by email to all members.

Volunteer for February snacks, Marilyn

50/50 Lucky winner of \$17.00, Maureen

Next meeting: February 20, at 1:00

Motion to adjourn the meeting, Maureen seconded by Elaine, all in favour, passed.

Meeting closed with Vocation Prayer at 2:30

P.S. There has been a change since these minutes were prepared. The nomination/election for President and/or President-Elect will take place in April after our members have returned from winter vacations.