

LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION
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514 - 637- 6974



MAY 2021 NEWSLETTER

LIVING OUR UU PRINCIPLES AND VALUES

The LUUC Sunday Services Committee enthusiastically embraced Paul Sullivan's suggestion of highlighting the UUA's monthly Worship Themes for 2020-2021. For the month of May 2021, the themes are *Story, Acceptance, Transcendence and Union*. We hope you will find those themes reflected in our Sunday Services.

~ Sheila Laursen

May 2, 2021 - 10:30 a.m.

ENGLISH-TO-ENGLISH TRANSLATION
Fredella Weil

From an early age I noticed that when my Stepdad would say something very random, I could usually track his train of thought and knew what he was referencing, often something very obscure, for example from a TV episode a week ago. My mom would wonder, "what on earth is he talking about", and I would explain "he's referring to that TV show from last week". He enjoyed playing these somewhat intended riddles and I was proud that I could solve them. I like to call this English-to-English translation.

Understanding how the other person thinks is a skill that has become invaluable as I move through phases in life.

Currently working as a Manager of People, I attribute my success to my ability to understand how people think. The easiest way to describe it, is always giving the benefit of the doubt, but also finding a way to locate the missing piece of the puzzle and always being ready to work through a problem together.

Service Leader - Susan Czarnocki
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Irene Hausknost & Nancy Schmidt
Joys and Concerns - Nancy Schmidt

May 9, 2021 - 10:30 a.m.

KEEPING UP WITH OXY AND NONAGENARIANS
Robin Cappuccino

HAPPY MOTHER'S DAY

I was very fortunate to be born to parents who love children. While this is perhaps not all that unusual, most if not all of us love children to some degree or another. What is perhaps more unusual about this particular set of parents is that they were inspired by that love to raise 21 children, 19 of whom were adopted from countries around the world.

They then followed that inspiration to create an organization that with the combined efforts of thousands of Canadians, provides loving care for 1,300 formerly destitute children in 7 Children's Homes in India and 1 each in Nepal, Tibet and Bangladesh.

At the ages of 88 and 93, they are quite a challenge to keep up with. In honor of Mother's Day and all the wonderful mothers among us, I will focus mainly on my mother but her story intertwines with that of my father, so I will speak about them both.

Service Leader - Kerry-Anne Kutz
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Irene Hausknost & Nancy Schmidt
Joys and Concerns - Irene Hausknost

May 16, 2021 - 10:30 a.m.

GOOD VIBRATIONS
Rabbi Sherril Gilbert

"The way to sing the song of joy is by seeing the good in all people, especially in ourselves. Each good point is one more note in the song of life." - Reb Nachman

The great hasidic master Reb Nachman of Breslov taught that the way to happiness is to find the good in others always. Furthermore, he wrote that finding points of goodness in everyone - including ourselves - creates new songs of joy in the world.

Join Rabbi Sherril Gilbert in this fascinating exploration of the relationship between goodness and song.

Service Leader - Christopher Thomson
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Shelly Bloomer & Nancy Schmidt
Joys and Concerns - Shelly Bloomer

ALSO ON May 16, 2021 - 1:00 p.m.ET

**SUSTAINING OUR LIGHT
CANADIAN UNITARIAN COUNCIL
CROSS-CANADA MULTI-GENERATIONAL WORSHIP SERVICE**

Now more than ever we need to be grounded in connection, in hope, and in love. As the cycles of the seasons teach us the gifts of the dark as well as the light, we still need energy - a spark - to fuel living into our aspirations and values no matter the season, the struggle, or the celebration. This Sunday service will celebrate how our UU faith and our connections are crucial to sustaining and amplifying that spark.

All are welcome to join us at our Sunday Worship Service.

The Sunday service will be live-streamed on Zoom at <http://bit.ly/NationalWorshipMay16> - Meeting ID: 885 0018 9706 Passcode: 595025 and will be closed captioned and on the [CUC's YouTube Channel](#).

May 23, 2021 - 10:30 a.m.

**UNIVERSALISM: LOVE THAT WILL
NOT LET US GO - OR OFF
Rev. Richard S. Gilbert**

In the first century BCE Rabbi Hillel was asked to articulate the whole of Jewish law while standing on one foot. I may have to shift feet from time to time, but Sunday I'll focus on the blessings and demands of Universalism.

As one born into that faith, I passionately believe that it is a religion desperately needed in our time. It is far more than "soft seats and no Hell," as an early Universalist minister said.

**Service Leader - Paul Sullivan
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Shelly Bloomer & Nancy Schmidt
Joys and Concerns - Nancy Schmidt**

THE HEAVENLY BLUE



You must have noticed the blue carpeted lawns on the West Island caused by the thousands of scillas that were recently blooming. This photo was kindly taken by **Sari** outside the old Hudson's Bay House in Ste. Anne's. I'll let you into a secret – at Fritz Farm, in Baie d'Urfe there is a charming little copse, complete with winding paths which was a riot of this heavenly blue – just divine! Give yourself a treat and enjoy a walk there. I've heard that a piliated woodpecker dwells within.

~ ed

May 30, 2021 - 10:30 a.m.

**DISMANTLING RACISM: WHAT WE NEED
TO KNOW AND DO
Dr. Myrna Lashley**

"Dismantling racism first demands an acknowledgment of its existence and must go beyond "I understand my privilege". It demands an internalization of how imperialism and colonialism have privileged some while disadvantaging others. It also means understanding the detrimental effect such privileging has had on the current living experience of everyone".

Dr Myrna Lashley, a cross-cultural trainer and Assistant Professor at McGill University will speak about her work with the SPVM and their current Police training initiatives.

Service Leader - Gary Spiller
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Susan Czarnocki & Nancy Schmidt
Joys and Concerns - Susan Czarnocki



WELCOME TO NEW LUUC MEMBERS

At its April meeting, the LUUC Board was delighted to approve applications for membership in our congregation from **Nirupam Silver** and **Milda Graham**. They have been with us for a while and already seem like "long-time" members of LUUC!

Nirupam demonstrated her commitment to LUUC by attending Sunday services all winter - from the beaches of Costa Rica - and she brightened and warmed our bitterly cold days with glimpses of flowers blooming and palm trees blowing in the wind.... We are happy to have you with us, from wherever you are, Nirupam!

Milda has not only shared her understanding and love of ancient eastern cultures and practices with us in Sunday services, she also has been leading several of us in healing Meditation and Yoga sessions on Saturday afternoons - first in parks safely distanced, and during the colder months, on Zoom. Thank you Milda, for helping us survive this pandemic by your calm presence and guidance...

Once we can figure out how, we will have a NEW MEMBER CEREMONY to welcome **Nirupam, Milda** and **Rachel Parsons**, who became a member earlier during these Covid months.

~ Sheila

PRESIDENT'S MESSAGE



Building Back Better: Writing a column the point of which is to be of 'immediate relevance' approximately 4 weeks before the readers will actually read it, always creates challenges, but writing for the May Newsletter in April is especially challenging. By the time you read this, the 'climactic moment' for LUUC will have passed – a new Board will have been elected, without any newsletter articles, or blogs or whisper campaigns to generate a dramatic 'mise en scene' or 'denouement'. The new Board will be meeting in May to layout the budget for 2020-2021 with pandemic restrictions still in place. The focus will be on 'la rentrée' in September. May and June is our period of transition. That means that now is a moment filled with many unknowns – high unpredictability. So, what can I

sensibly say at a time like this?

Well, let it be noted that it is the perfect moment for rethinking and imagining how could we do things differently – for taking stock and charting our future in a world that has experienced major disruptions – shaking up old patterns. Has all that shaking been of any real consequence? Are we now ready to embrace new things, or will we prefer to scurry back as quickly as possible to the status quo ante.

Is this our opportunity to “build back better”? What should we be doing to make a good transition?

To start this important process, I have put together a **questionnaire** about your reactions to the ZOOM Sunday services we have crafted since March. The point of this **questionnaire** is for each of you to indicate your 'gut reaction' to these experiences. I am not looking for a listing of 'problems' and 'solutions' – that will be covered in the second part of this process. For now, focus on the full subjectivity of your own experience as you answer the questions

The **questionnaire** will be emailed/posted to coincide with the mailing of the Newsletter, and hopefully prompt your quick reactions. A week later we will send out 'Part 2' – a sampling of how other UU congregations have been responding, with links to examples of services that you can view.

Please read about the options and make notes about what you think LUUC should be doing – and whether you would like to be a part of making your preferences become reality, by being part of an LUUC Transition Team. The ideal would be to have at least one meeting of volunteers before the AGM in June, to have questions and suggestions for discussion at the AGM, and to experiment over the summer. It's up to us.

~ Susan

FROM THE TREASURER



Hello once again from your treasurer. The Electoral meeting has come and gone and it appears that I am still the treasurer (not a long line up of volunteers for the position!).

Our fiscal year has ended and new one is beginning. I will be sending out pledge letters shortly. Could you please take a few minutes to look at the letter, fill it in and return it? Last year only 8 were returned 😞.

It is extremely helpful for us to have an idea when making next year's budget to have some idea of what kind of income we can hope for. We also need new members with fresh ideas on our various committees. We need your time and talent in addition to your financial support.

It has been a long 15 months with lots of uncertainty but we have weathered this pandemic quite successfully. Our weekly Zoom services have been amazing.

~ *Margaret Goodbeer*

* * * * *

Mice fighting over crumbs in subway station wins wildlife photo award



Titled "Station squabble," Sam Rowley's photograph of two **mice** apparently **fighting** over leftover crumbs in a **London underground** station was voted the **winner** of the Wildlife Photographer of the Year LUMIX People's Choice **Award**

IMPORTANT NEWS ON PAGE 24

CARING CORNER



For the months of May and June, your LUUC Caring Committee contact person is:

Constance Belanger - 514-542-3381 or by email at constancebelang@gmail.com.

We have a lot of Caring to do this month –

* **Jean Merrifield** is being cradled in the thoughts and hearts of all LUUCers as she is now in palliative care at the Lakeshore General Hospital. Jean's daughter Ann and her grandson have been able to be with her. A small planter with orange and yellow begonia plants from LUUC is on her bedside table, and our love accompanies Jean each day.

* **Toni Smith** is grieving the death of her husband, **Bill Riley**, who many LUUCers had the pleasure to meet over the years. Bill was an accomplished musician and lover of music. Our deep sympathy goes out to Toni and their family at this sad time.

* **John Foulds's wife Jeanne** was honoured at a lovely funeral service that **Paul, Isabella, Olivia** and **Sheila** attended. Paul shared these thoughts on that service: "... as we celebrated the funeral mass for John Foulds' wife, Jeanne, I was moved by his dedication to comfort her through those difficult times. The Mass is both a closing and unfolding of a person's life. It reminds us that our different religious perceptions are not sharp-edged walls that divide us into opposing groups, but are more like gentle streams that flow into one another toward a common sea." We hold John and his family closely in our thoughts and hearts.

• **Linda Kneeland** regrets missing our services recently as she is spending a lot of time at the hospital with her husband, whose bleeding ulcer is now being checked for more. Linda wrote "He also has severe dementia so I go in every day to keep his mind stimulated and also to try to alleviate his anxiety." We send you both our best wishes, Linda.

* **Berty Bindman** passed away April 9 at the age of 90. The Bindman's had been very active in our Church in its earlier years. Berty's husband **Bill**, was President of our church, and instrumental in hiring **Fred Cappuccino**. He also set up our Mutual Aid Fund for Lakeshore UU - which is available, interest-free, for any member of LUUC needing some emergency funds. So this family has left us with a wonderful, continuing legacy. Our thoughts are with their family.

• **Jane Atkinson**, a former member of LUUC before moving from Dorval to downtown, died recently. **Heather Falconer** noted that her married name was **Jane Smith** – and she was on the LUC Board when **Fred** was minister. ~ **Continued/...**

Heather shared some of Jane's very interesting life.... "In the 1930s her parents owned a popular road house on the main road to the sea from London – frequented by well-heeled young people – and in the war, by young American Airforce officers. Jane was shipped off to a boarding school in Canada during the war years. Her parents knew several prominent actors and when she returned to England, Jane had a very small part in a London play – but acting was not for her and she then attended a prestigious cookery school....."

UCM's Rev. Diane Rollert wrote, "It is with a very heavy heart that I write to let you know that **Jane Atkinson** passed away from a heart attack on Monday night, April 5, at the age of 91. Jane was a long-time member of our congregation who joined in the 1960s. She was an active, bright spirit to her very last day, playing ping pong with friends just a few days ago and delivering soup she'd made for the Caring Network on Friday.....She was a volunteer for many years at the thrift shop for NOVA in Ste. Anne de Bellevue, providing much needed items when we sponsored two Syrian refugee families... She leaves behind her sons Mark and Graham Smith, daughter-in-law Kathy and grandchildren Carolyn, Michael and David.

* **Rev. Heather Fraser Fawcett** has been learning to adapt to dramatic loss of her vision, while still counselling asylum-seeking people who had been victims of violence. She is also working with Rev. Shaun Fryday and members of the Beaconsfield United Church in preparing a series of Zoom support workshops for Nigerian refugees and those seeking refugee status here in Canada. We are looking forward to recommending this series to several Nigerian families we have been helping....

* **Derek** Prince is still in hospital - his mother **Sari Kelen** is able to visit him only once a week. We send our best wishes to him and hope that he will be well again soon.

* **Nabil Odutola** recently celebrated his 9th birthday! We first met Nabil two years ago. His "adopted" Grandma, **Sari Kelen**, brought him a gift and a birthday cake for him to enjoy with his hard-working Mom. Sari has tutored Nabil so well in French this year, that he is now able to be integrated into a regular school class for his age!



TO NABIL

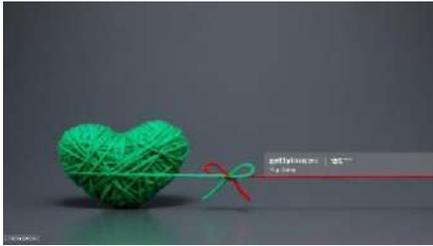
There once was a boy called Nabil
Who liked sledding down a big hill.

He and Sari, together
They sled in all weather

And for him it was such a big thrill

~ ed

THE KNITTING ROOM



As you know the Knitting ladies meet every other Tuesday – but the dedicated diehards also zoom in on the remaining two Tuesdays of the month. We are the only social LUUC group to gather these days – when once there were many. We find these meetings uplifting during these long and tedious covid months.

Years ago in the '70s, there was a Men's Group who met on a regular basis – but there was also a very passionate social actioner/woman's libber at the time, who insisted that there should not be an exclusive all-male club at LUC – women should be allowed to join in their activities. This did not go over too well with the men – unused as they were to such talk – and pointed out that there was a woman's sewing circle the ladies could attend. "Well, you join it!" said the woman's libber. Now this was too much for the men. They retreated – closed down their club – and never dared utter a murmur about men only again. "Phew!" said the women - they didn't want their sewing circle invaded by men. It was the one place each week where they could relax from their housework, husbands, chores, children and dogs and have a much-deserved bit of 'me' time.

~ Tales from the Knit Chicks

SPRINGTIME STORY TIME



Sunday night, from 8:30 until 9 o'clock, travel through story land while cuddled up at home in your cozy quilt or comfy PJs...

A true blessing is the spring season, with its natural powers of abundance and renewal, healing and hope. Living those magical moments—the translucency of delicate cherry tree blossoms under a pink moon—makes each day wondrous.

As we carry forth our all-ages story-time to its bitter-sweet conclusion (May 2nd: Harry Potter Day!), may we continue keeping rhythm with the inner child living within each one of us—that youngster who wishes open-heartedly each night on "the second star to the right".

Selina Ann's StoryTime: Meeting ID: 980 0908 1477 Passcode: 793710
<https://zoom.us/j/98009081477?pwd=3DRUIzbEtkdmxWVY9UTXJBN29JdGh4dz09>
Dial in (Montreal) [438-809-7799](tel:438-809-7799)

"Stay Gold", my dear dreamers,
~ **Selina Ann**

FEEDBACK FROM SUNDRY SERVICES

Your feedback is always important - here are some from our recent services.

March 28 service by Don Hackett on Don't Touch It! - Saving a Jackpine Forest

- **Kerry-Anne Kutz** - Thank you Don for the wonderful presentation and beautiful pictures. What talent you have for capturing such difficult to see wildlife. Unforgettable!
- * **Christopher Thomson** - Beautiful nature photos, sad human impact story. Nature areas are vital not only to people who visit them, but also to helping sustain biodiversity necessary to the survival of our world's ecosystems.

April 4 service by Paul Sullivan and others on Recovery and Renewal at Easter

- * **Toni Smith** - Thank you for the inspiring service, Paul!
- * **Charlotte Kelen** - Paul, I appreciate your relating of your early religious experience watching a play of the Passion of Jesus, in the desert. I can see the universalist aspect in what Jesus lived.

April 11 service by Cindy Blackstock on First Nations Education and Curriculum

- * **Susan Czarnocki** - It is Canada's greatest ongoing shame -- how does it continue since 1923..
- * **Sheila Laursen** - What an informative and important presentation - so much to learn for us - to follow up and continue our learning and to increase our understanding and our activism.

April 18 service by MP Francis Scarpaleggia on Protecting Canada's Freshwater Resources

- * **Gary Spiller** - Interesting presentation-it's clear that more oversight is needed to ensure that first nations water treatment systems are constructed, maintained and operated to Canadian standards
- * **Kerry-Anne Kutz** - Thank you Francis for your enlightening presentation and your thoughtful answers to our questions.

ARE YOU INTERESTED IN LEARNING MORE

Cindy Blackstock shared these resource links

- Spirit Bear Resources: <https://fncaringsociety.com/SpiritBear>
- Spirit Bear Plan: <https://fncaringsociety.com/spirit-bear-plan>
- 7 free ways to make a difference: <https://fncaringsociety.com/7-free-ways-make-difference>
- **Alanis Obomsawin's documentaries:** Hi Ho Mistahey (on Shannen's Dream), We Can't Make the Same Mistake Twice (on the tribunal) and Jordan River Anderson: the Messenger on Jordan's Principle: <https://www.nfb.ca/directors/alanis-obomsawin/>
- projectofheart.ca

continued/...



Books Cindy recommended:

- John Milloy "A National Crime"
- Spirit Bear and Children Make History
- Spirit Bear Fishing for Knowledge and Catching Dreams
- 21 things to know about the Indian Act, by Bob Joseph

Annelise Ogle recommended these books:

- The Marrow Thieves, by Cherie Dimaline
- The Outside Circle, by Patti LaBoucane-Benson
- Son of a Trickster, by Eden Robinson
- The Absolutely True Diary of a Part-time Indian, by Sherman Alexi (widely popular, but older and from a more American context)
- Indigenous Writes by Chelsea Vowel (super useful in understanding the many different aspects of these issues - very accessible and clear)

Eliane Ubalijoro recommended:

- <https://kahnawakepowwow.com/> (Amazing experience before COVID and highly recommend when it is safe again to attend this annual event)

Francis Scarpaleggia MP offered these sites about Canada's Freshwater:

- <https://thetyee.ca/News/2021/03/09/David-Schindler-Scientific-Giant-Fresh-Water-Defender/>
- <https://www.canada.ca/en/environment-climate-change/services/canadian-environmental-protection-act-registry/agreements/equivalency.html>
- <https://www.sac-isc.qc.ca/eng/1100100034879/1521124927588>

~ Submitted by Sheila



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TALKING TO MNAS ABOUT SENIOR CARE

On Thursday 8 April 2021, four members of the Lakeshore Social Action Committee, **Margaret Godbeer, Susan Czarnocki, Selina Ann Rooker-Sanchez** and **Christopher Thomson**, met on Zoom with Liberal MNAs M. Enrico Ciccone (Marquette) and Mme Monique Sauvé (Fabre; Official Opposition Critic for Seniors & Informal Caregivers) to discuss the challenges we see in the West Island in providing quality senior care, both in residences and at home.

We discussed the lag in Québec/Canada in percent of resources devoted to long-term care compared with other developed countries and the chronic understaffing of both institutional and at-home sectors, with related issues of education, pay and employment stability. The question of the future use of the Herron facility was addressed, with the difficulty for the public sector in matching the price the private owners of Herron might be seeking. It was felt that the Government's plans for new *Maisons des aînés* would not in itself address the most critical issue in the public health sector, that of staffing and training.

To complement the parliamentary work of the two MNAs, the latter strongly encouraged our group to use all available means to keep these issues live in the public eye, such as letter-writing to the Press and officials and social media posts. It requires a long-term effort to move the needle on these senior care needs.

We encourage everyone to reach out to their MNA and MP to express their concerns about the quality of services for seniors.

Here's a song about this issue by the Montreal Raging Grannies

https://www.youtube.com/watch?v=yVK_UnGGvYo&t=30s

~ Christopher Thomson and Margaret Godbeer

TO MARGARET

You must know our Margaret's a treasure
Who counts out our cash in good measure

She does good deeds all day
Her DNA's made that way

To know her is really a pleasure.

~ ed



JEAN'S GREEN PRESCRIPTION

My Doctor told me the other day
That instead of more tablets
He would give me a Green Prescription
Twenty Minutes of Nature per day
Looking at Trees
Admiring Flowers
Breathing fresh air
By the lake if possible
The Doctor said this will lower blood pressure
Release happy hormones
And give me a sense of rejuvenation
I feel younger just thinking about it!



~ *Gary Spiller*

HEY, HEY, HEY!! – THE WOMEN FOUND A WAY!



Jordan's population exploded when Syrian refugees flooded into that small, water-deprived country. Strict water regulations were enforced – with some people getting water access just once a week. Much of the plumbing systems are old and inadequate – and more than half the water in Jordan's network is lost through leakages and other losses – according to *Oxfam Canada*. Syrian women, mostly Muslim, are not allowed to be alone in their houses with a man who is not a family member – and as all plumbers are men –the pipes continue to leak. It seems a ridiculous situation to a Westerner – but that's the way it is.

So ... refugee women decided to take matters into their own hands – and – what else? - take up plumbing! Dressed in swathing robes that hamper their mobility, hijabs and burqas that restrict their vision – nothing will deter these intrepids – a group of 28 woman have trained to be plumbers. The ladies see this as an opportunity, not only as a solution for their leaky pipes, but also as a smart career move. I wish them lots of luck! - **ed**

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Update from Canada's Minister of Seniors, Deb Schulte

COVID-19 has created an environment that is ripe for fraud and cyber criminals are using the pandemic as an opportunity to profit. Canadians, including seniors, rely on the digital marketplace more than ever—using online services - and it's important that you have the [tools and information](#) you need to protect yourself from fraud.

Protecting yourself from fraud – stop and think

Slow down, scrutinize and stay informed to reduce fraud. If you get emails or text messages asking you to:

- Open attachments
- Follow links to unfamiliar websites
- Give sensitive, personal or financial details

Stop and think, it could be a scam. Don't click links or open attachments from unknown senders. Don't share personal information with them, like banking or credit card information. If you're not sure, ask someone you trust for help.

- If someone you meet or something you come across online seems too good to be true—it probably is!

Stop and think. Resist the pressure to act immediately. Use caution with anyone you meet online. If you're not sure, ask someone you trust for their opinion.

- Fraudsters may innocently drop requests for money into emails and conversations. They'll appear to be in very difficult circumstances and in desperate need of your help. They might also be pretending to be someone that you know.

Stop and think. Ask questions and be skeptical. It could protect you and your money.

- Service Canada will never make threatening phone calls of any kind. If you receive one of these calls, hang up and report it to [the Canadian Anti-Fraud Centre](#).
- Service Canada will never request your personal information or ask you to complete a financial transaction in an email. To learn more about how to spot a spoof, keep reading [here](#).
- The federal government is providing vaccines [for free](#) for all Canadians—any emails or text messages offering home vaccination kits or products that claim to treat or prevent COVID-19 are scams. Here is what you [need to know about COVID-19 vaccines](#).

The Little Black Book of Scams is a great resource. It describes 12 common scams and is in 8 different languages.

<https://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html>

~ submitted by Sheila

SUPPORT LOCAL ARTISTS AND FOOD SECURITY PROGRAMS AT THE SAME TIME!

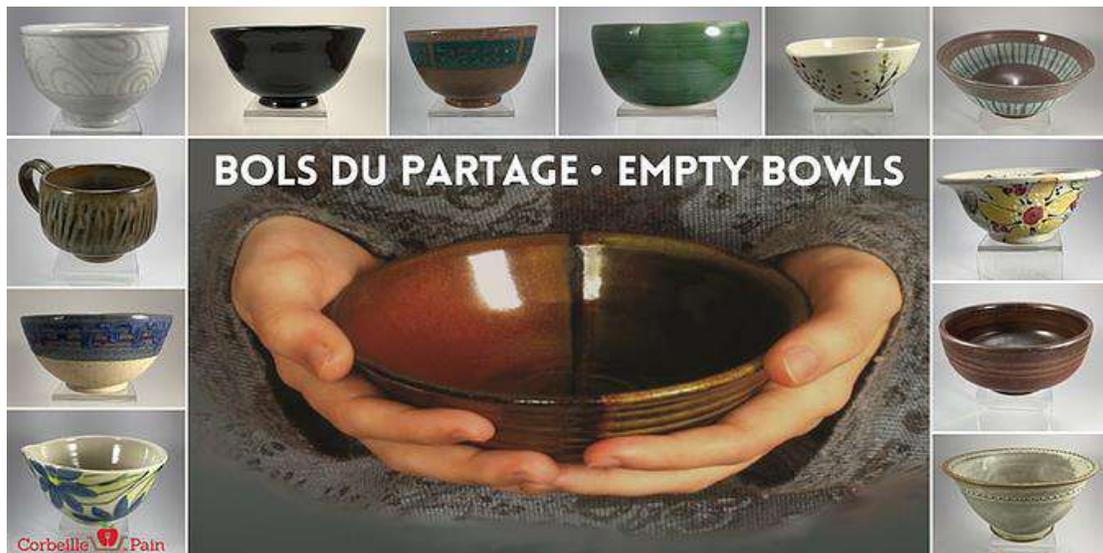
EMPTY BOWLS is an international movement and event series whereby local potters donate bowls to raise both money and awareness for a food security cause.

This annual West Island fundraiser, which was cancelled due to the pandemic in April 2020, will take place this year in a modified format, with two possible ways to participate.

Single bowl and soup \$25

OPTION 1: Online, between April 15th and 29th 2021.
<https://www.corbeilledepain.com/empty-bowls>

OPTION 2: *In person, on May 1st (the 8th, if there is torrential rain), we welcome all those who wish to come in-person to choose a bowl thrown by a local potter, along with a serving of frozen soup - vegetarian or non-vegetarian. The event will be in the parking lot of St-Columba-by-the Lake Church, 11 Rodney Ave, Pointe Claire H9R 4L8. Phone 514-849-5850 for more information.*



PLEASE NOTE THE FOLLOWING

Helene Cimon-Auer's new e-mail is: heleneecimonauer@icloud.com
Heather Falconer's new e-mail is: miss.heather.falconer@gmail.com
Ann Bernstein's (Jean's daughter) home: 64 Burns St. Beaconsfield, QC. H9W 3X4

LUUC SOCIAL ACTION COMMITTEE

Summary of Current Activities April -May 2021

LUUC SA Committee Members: **Gary, Sheila, Selina, Jose, Margaret, Christopher.**

All our Social Action activities are collaborative and we try to link social action with environmental issues. The three key issues are dismantling racism, improved care for seniors and environmental conservation and recycling.

Our focus on Dismantling Racism is on awareness raising. We enjoy spending time with seniors particularly those in Seniors Homes (RPAs) to combat their isolation and lack of contact with the general public. We take seniors on outings and bring them to the lake to enjoy nature. They appreciate the contact especially those that have no relatives or friends outside the home. They are keen to discuss current events and are advocates for environmental conservation and recycling programs. **Jean Merrifield** has called me several times during the past year concerned that styrofoam is not being recycled from the bins in her residence.

Environmental Report: LUUC Environmental Activities have been included in our Social Action Committee discussions, **Jose van Amerongen** has been storing bottles in her garage for eventual transfer to the LCBO in Hawkesbury where they will be recycled. Quebec has yet to establish a system for glass recycling although there is a pilot project in Ahuntsic Cartierville.

Sari Kelen has been active in efforts to protect the Fairview Forest from proposed condo development by Cadillac Fairview. She has participated in 16 of the 21 weekly Saturday morning demonstrations to date since October with signs saying "Save Fairview Forest". She has also been active in asking people to sign the petition to save the forest and in picking up litter (including discarded face masks) from the Reno-Depot parking lot next to the forest.

Christopher Thomson follows environmental issues regularly on (London) *The Guardian*. Recent articles quote A Cambridge study that estimates the value of nature, Land could be worth more left to nature than when farmed, study finds

Between 1970 and 2014, there has been a 60% fall in the numbers of mammals, birds, reptiles, amphibians and fish. That's a decline of more than half across all vertebrate populations in just 44 years. Studies have shown that effective pollination can increase the global value of crop production by US\$235-577 billion per year. Convincing reasons to protect nature globally and locally!

Earth Week (April 19-25) is celebrated worldwide with many local activities. There is a cleanup organized in Fairview Forest on Saturday morning starting at 10am on April 24 and Sunday afternoon 2pm on April 25. Meet at the Reno-Depot parking lot. **continued/**

Bird watching tours are organized at the TechnoParc in St Laurent Saturday April 24th 8-10am. Call **Gary** for details.514 697-6257

The big environmental news last week is that the Biosphere designed by the famous architect Buckminster Fuller will be restored as a Natural Science Museum for all ages. Montreal hosts the Biodiversity Convention Secretariat.

~ **Gary Spiller, Chair**

ALL RACES EQUITY

Gentle greetings to you this spring day. You are invited to explore three of the subjects that LUUC's ARE panel have discussed of late. LUUC's ARE panel is an informal group that shares material, visual or audio, with a united desire to internalize renewed understanding of culturally layered subjects; to express ourselves without fear of judgement; and to seek out ways to affect positive change in our day-to-day interactions with fellow citizens.

Cindy Blackstock, our guest speaker on April 11th, represents the **First Nations Child and Family Caring Society**. Listen to her short but powerful video here: <https://fncaringsociety.com/how-change-systemic-racism-canada> Thanks to Cindy, for her friendly and informative talk on the rights of First Nations' children. Remember the teddy 🧸 and the 🌸🌻🌺 planting this month!

Margaret Godbeer brought this powerful **nfb** film to the panel.
nīpawistamāšowin: We Will Stand Up

In 2016, a young Cree man named Colten Boushie captured international attention, raising questions about racism embedded within Canada's legal system... Sensitively directed by Tasha Hubbard, **nīpawistamāšowin: We Will Stand Up**, weaves a profound narrative encompassing the filmmaker's own adoption, the stark history of colonialism on the Prairies, and a vision of a future where Indigenous children can live safely on their homelands. Set yourself up with a coffee to watch the film here: <https://www.nfb.ca/film/nipawistamasowin-we-will-stand-up/> Thank you, Margaret.

Selina and Talia have been following David Suzuki's recent sharings, from his youth to nature's web to viruses and anti-Asian racism. You may view David's interview with CBC's Andrew Chang here: <https://www.cbc.ca/news/thenational/david-suzuki-on-why-climate-change-is-a-bigger-threat-than-covid-19-1.5963075> Happy recent 85th birthday to David Suzuki, our Canadian scientist legend!

You may contact the ARE panel facilitators, Selina and Talia, to join in the Monday night talks (8 to 9pm).

Selina Ann Rooker: selrook@gmail.com 🍷
Talia Sanchez-Rooker: talia.sr22@gmail.com

SOME THINGS ARE ABOVE AND BEYOND

Our LUUC Admin Secretary, **Nathalie Hainaut**, received a request recently for a copy of a wedding certificate - from 48 years ago! As these are official documents, we are obliged to keep them, and there are many boxes labelled by years of documents stored in a closet in our LUUC office. I am happy to report that with her husband to help lift down boxes, she found the one she needed. Nathalie reported that the files are well-organized so she was able to find the box and documents, scan and send them off to the person in BC who requested that help! Well done, Nat!
~ **Sheila**

ALSO: **Caitlin Berry** was the service leader for Francis Scarpaleggia's talk *Protecting Canada's Freshwater Resources*. **Caitlin** passed with flying colours and is now our new [star of the Zoom](#).

Kerry-Anne sang the song, *Watch, Learn and Listen to the Voices of the First Nations* with **Michael Cartile** drumming. **E-x-c-e-l-l-e-n-t!** Somehow **Kerry-Anne** manages to find just the right song each week to match the service. Many thanks **K-A**.

Selina read this poem so beautifully:

I Lost My Talk

I lost my talk
The talk you too away.
When I was a little girl
At Shubenacadie school.

You snatched it away:
I speak like you
I think like you
I create like you
The scrambled ballad, about my word.

Two ways I talk
Both ways I say,
Your way is more powerful

So gently I offer my hand and ask,
Let me find my talk
So I can teach you about me.

~ **Rita Joe**

IMPORTANT NEWS ON PAGE 24



A Happy Birthday to all our May LUUCers.

Shelly Bloomer on May 5th

Chris Bassett on May 6th

Constance Belanger on May 7th

Nirupam Silver on May 8th

Kathy Matyas on May 18th

Fredella Weil on May 20th

Traci Williams on May 21st

Sheila Laursen on May 23rd

Dan Amstutz on May 25th

...and May 27th is dear Olivia Gavanski's birthday. She is in her second year of nursing at the Ste. Anne Campus – and of course most of her instruction is on-line. Despite this covid disruption to her studies, she is doing well with her marks. Happy Birthday Olivia and have a lovely day!

Enjoy your special day everyone – stay safe – and have fun!

YOGA CLASSES

Every Thursday, from 4:30 to 5:30 p.m., I will be offering a free adapted Kundalini yoga class, coupled with meditation and/or yoga nidra. Perfect for those with physical issues who want to focus on well-being during these difficult times. Feel free to join at any time. For more information, contact **Traci Williams** at semantech@bell.net or 514-685-5038.

SPIRITUAL EXPLORATION



"Touchstones of familiarity and connection", was a thoughtful phrase voiced by Casey Stainsby during her LUUC Sunday service talk this past winter. She spoke of the types of comforting social routines that young people seek when they have been in social isolation for too long.

One such social touchstone arrives in virtual form this spring: **CazUUm & Ensemble** Youth and Young Adults (YaYA) convention. Members of the SE committee and the board are cheerleading this event, along with Casey, who is one of the event's principle organizers! All LUUC youth over 14 years old are encouraged to join in the social celebration and emotional healing embodied within this much-loved, national youth event.

Here is Casey's personal invite to our own stellar YaYA crowd:

Hello to my Lakeshore fam!

I want to make sure that you have our national Youth and Young Adult virtual conferences on your radar. Attending events like these is a really wonderful way to learn more about yourself, Unitarian Universalism, and to connect with amazing UUs across the country and beyond!

Take a look at the info below and reach out if you have any questions!
Take care!
Casey

CazUUm (ages 14-19 and adult advisors 25+)

CazUUm is the online counterpart to CanUUdle, the beloved annual national conference for Unitarian Universalist youth (ages 14-19) and their adult advisors.

When: May 14-16, 2021

Where: on Zoom

Who: UU Youth ages 14-19 and their adult advisors ages 25 and up

Cost: Sliding Scale, \$5-\$25-\$50

This year's theme is **Finding TreasUUre!** Activities will include

- youth-led worship,
- connecting in small groups,
- imagining the future of Canadian UU youth organizing,
- and of course, plenty of fun and games!

Registration is now open until May 9th!

[Click here for a whole lot more information and links to the registration forms](#)

Questions? Registration process, forms, age ranges, rules and safety: Casey Stainsby, casey@cuc.ca
Con program and logistics: Carter Mahoney, canuudle@cuc.ca

In the meantime, follow [@canuudle on Instagram](#) to meet the staff and get updates!

Ensemble (ages 18-35)

Ensemble is the online counterpart to Chorus, the annual national conference for Unitarian Universalist young adults (ages 18-35).

[Register for Ensemble](#) to gain access to all offerings of the CUC National Conference, plus special activities just for the YA community. There will also be opportunities to welcome in older youth who are joining the YA community through bridging events.

When: May 13-16, 2021

Where: on Zoom

Who: UU young adults ages 18-35

Cost: Sliding Scale, \$5 - \$150, or Pay What You Can

Registration: March 15 - May 9

This year's theme is Constellations: while we are forced to be apart this year, as individuals scattered across the country we form a constellation of community ...until we are together again, let us also recall this e e cummings line "this is the wonder that's keeping the stars apart/ I carry your heart (I carry it in my heart)."

More Information and Registration You can find all kind of information about young adult community events, and everything else you need to know about the CUC's National Conference: <https://sites.google.com/cuc.ca/cucconference2021/ensemble-ya>

Questions? For all things Ensemble, contact Ensemble Coordinator Micaela Corcoran at chorus@cuc.ca

For questions about the registration form or the rest of the CUC National Conference, reach out to Casey Stainsby at casey@cuc.ca

In the meantime, follow [@yayasofcanada on Instagram](#) to get updates!

Casey Stainsby

Youth and Young Adult Program and Events Coordinator

S.E. and inter generational activities:

The SE committee continues to be on the look-out for safe and engaging activities for our LUUC families.

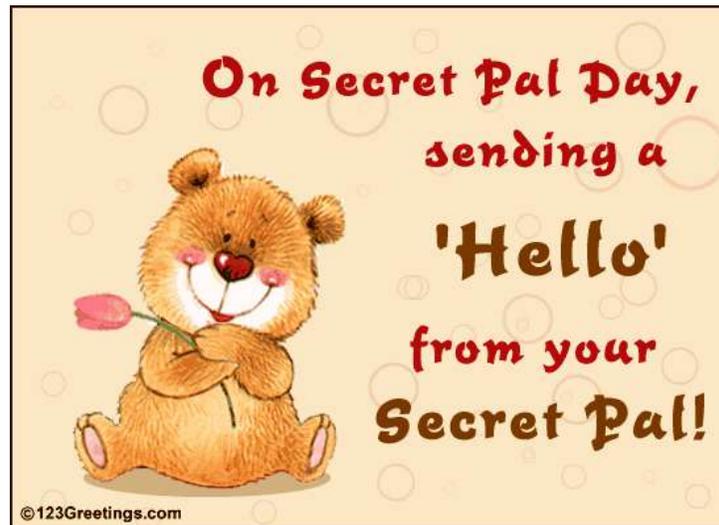
Did you know that, with the help of some LUUC Social Action members, we'll be planting flowers at the LUUC church in the near future? If you and your child/children enjoy gardening, we'd love to hear from you! This is a coordinated nature activity, inspired in

part by the Honouring Memories, Planting Dreams TRC "Heart Gardens" initiative. (Safe health alternatives from home are also available for this activity.)
<https://fncaringsociety.com/honouring-memories-planting-dreams>

Speaking of the Truth and Reconciliation Commission, who remembers Cindy Blackstock's friendly yet powerful talk about the rights of First Nations children a few weeks ago? Remember the Teddy Bear she held up that represents Jordan's principle at the Human Rights Tribunal? On May 10th, we can lend our support to Jordon River and so many more children in similar circumstances by sharing our caring on Bear Witness Day. <https://fncaringsociety.com/BearWitness>

The SE committee proposes to hold a "Teddy Bear's Picnic" via zoom on the afternoon (after school) of the 10th! Do reach out to us if your child is excited by this idea. You may find additional info through Cindy's FN Child & Family Caring Society, here: fncaringsociety.com

*** **



 **Secret Pals** postcard project hatched at Easter-time and is now off & runnin' 'til May 9th – Mother's Day! Only then will the secret pals' identities be revealed... any guesses thus far?

For now, all 18 pen-pal participants write under animal aliases: Snowy & Saw Owls; Lop Rabbit & Bunny; Rock Wallaby & Joey; White-Tailed Deer & Fawn; Shiba Inu & Puppy; Ragdoll Cat & Kitten; Pekin Duck & Duckling; Blue Dolphin & Calf; Unicorn & Filly!

Enjoy yourselves, Secret Pals!!

Selina Ann Rooker
and **Caitlin Berry**,
SE Committee facilitators

VOLUNTEER WEST ISLAND –

Latest volunteer opportunities April 2021

With the public health measures in place to respond to the pandemic, programs offered by the community sector and their need for volunteers are still very scaled back. Here are a few opportunities, while we wait for a gradual return of West Island programs and services:

If interested, please reply to this email or call (514) 457-5445, ext. 226

1. **L'Oeuvre Soupe Maison** in Lachine is looking for a volunteer cook one day per week to make hearty soups for their clientele living below the poverty line. Volunteers who prep food and wash dishes are already in place, so all you do is pull the ingredients together for a nutritious meal for 100 or so clients. Cooking experience requires, 18 years old and up.
2. **YMCA West Island Teen Zone** is looking for volunteers that would be able to tutor in various subjects for grades 7-11. Tutoring sessions can be held online or in person (with the proper PPE and Covid trainings put in place). Police background check required, ages 18 years and up.
3. The fiscal year for community organizations has come and with it the **Board of Directors** renewal process to fill positions when mandates expire. Several organizations are looking for business minded volunteers looking to get involved in advancing their mission and developing strategic vision and goals. If this describes you and you have relevant competencies and experience, let us know, we will provide you with a list of the organizations that have board positions to fill, as well as the job descriptions! 18 and up
4. **Big Brothers/Big Sisters West Island** is actively looking for volunteer mentors; male mentors in particular are in great need as they have up to 50 boys on their waiting list. A one year commitment is required. We know how key the role of mentor is in kids' lives. If you've ever come across a situation where you've felt "All this kid needs are support and to feel some love", know that there is a boy or girl that raised their hand and is waiting for you. Criminal Background check required, ages 18 years and up.
5. **Le Phare, Enfants et Familles** - In-home respite service: Volunteers are matched with a family and provide in-home respite services on a regular basis. Their role is to be a friendly, fun and entertaining presence for sick children and their siblings. Parents can thus take a few hours to rest or see to their other responsibilities. Training provided 18 years and older.

~ Submitted by Sheila Laursen

STOP THE PRESSES:

LAKESHORE SERVICE AUCTION

The date for our **LUUC Service Auction** has been moved to **Sunday, June 6th!** It will be held right after the service.

The deadline for offers to be included in the auction is **Sunday, May 23rd.**

Offer sheets are available for download at <https://luuc.org/events/service-auction-2021/>

Please email offers to Rob Lutes at roblutes33@yahoo.ca

Thank you for keeping this great LUUC tradition alive during this challenging time.

~ Rob Lutes

OPPOSING BILL 21

Dear friends of Coalition Inclusion Québec,

Our brilliant team of lawyers spent most of the day yesterday reviewing Justice Marc-André Blanchard's judgement regarding Bill 21. Like all of you, we wish that he had struck down the law in its entirety. But we feel very encouraged. We have always known that this would be a long legal journey, and that this would be but the first obstacle. We have decided unequivocally that we will appeal, and we know that this case is very likely to go to the Supreme Court.

As Justice Blanchard explained at the beginning of the trial, he would not be the last judge to decide on this case. He was clearly constrained by current case law, but he provided an excellent foundation for our appeal. He made it abundantly clear that this law violates human rights, that it is a moral imposition and that the use of the notwithstanding clause was excessive. The way in which he documented the case will significantly aid us in going forward.

We will continue to pursue our case in the courts on behalf of our plaintiffs and on behalf of all people affected by this unjust law. We believe in building an inclusive and pluralistic Quebec where everyone is able to pursue their dreams and make a contribution. We thank you for your continued support. In the coming weeks, you'll be hearing more from us as we prepare for the appeal.

In solidarity,

Rev. Diane Rollert

<https://montrealgazette.com/opinion/opinion-opponents-of-bill-21-have-reason-for-optimism>

WELCOME TO LAKESHORE
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NEWSLETTER DEADLINE: **May 24th, 2021**

OUR WEB-SITE: www.LUUC.org

HAPPY MOTHER'S DAY

