

**LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION**  
**5065 Sherbrooke Street,**  
**Lachine, QC. H8T 1H9**  
**514 - 637- 6974**



## **JULY/AUGUST 2023 NEWSLETTER**

### **LIVING OUR UU PRINCIPLES AND VALUES**

Enjoy Community, Stimulating Ideas

## **Come Get Connected!**

**Fall 2023** 

Three thoughtful series followed by coffee, dessert, conversation ...

<b>Healthy Body &amp; Spirit Series</b>	Sept. 10, Oct. 1, Oct. 22, Dec. 3
<b>Movers and Shakers Series</b>	Sept. 17, Oct. 8, Nov. 12, Dec. 10
<b>Our Planet, Our Lives Series</b>	Oct. 15, Nov. 5, Nov. 19
<b>Plus!: Sunday Café With Music</b>	Sept. 24, Oct. 29, Nov. 26, Dec. 17

Also available on Zoom.

**Youth & Children's Activities, Beautiful Music, Choir, Garden**

Lakeshore Unitarian Universalists  
 10:30 a.m. Sundays, inclusive, freewill offering, welcoming!  
 5065 Sherbrooke St., Lachine, QC H8T 1H9  
[www.luuc.org](http://www.luuc.org) [lakeshoreluuc@gmail.com](mailto:lakeshoreluuc@gmail.com) 514 637 6974  
 Visit Lakeshore Unitarian Universalists on Facebook Bus Stop: 195

Made with PosterMyWall.com

*Fall 2023*

## *Sunday Café With Music*

*Sunday Sept. 24, Oct. 29, Nov. 26 & Dec. 17  
 10:30 a.m.*

*Getty Stock  
 Come with friends,  
 make new friends,  
 enjoy coffee, tea, delicious treats  
 and beautiful performances.*

**Cost: Freewill offering**

Hosted by: Lakeshore Unitarian Universalists  
 5065 Sherbrooke St., Lachine, QC H8T 1H9 Bus Stop: 195  
[www.luuc.org](http://www.luuc.org) [lakeshoreluuc@gmail.com](mailto:lakeshoreluuc@gmail.com) 514 637 6974  
 Visit Lakeshore Unitarian Universalists on Facebook

Also on Zoom, upon request!

Made with PosterMyWall.com

There is a great excitement at LUUC – Our Board and its Committees are working hard during the Summer to present a whole **New Look** for us in September. Meanwhile have fun and enjoy the sunshine. (The “Getty Stock” message on the Café poster is temporary).

## **WHO DOES WHAT – AND WHO TO CONTACT AT LUUC 2023/2024**

**Sheila Laursen** - President, Liaison with Lay Chaplains, Denominational Affairs, Membership & Growth, member of Mutual Aid Fund and Liaison to Newsletter Editor

**Gary Spiller** - Vice-President - Social Action, Children & Youth, Caring Committee, Board member to Responsible Membership Committee

**Susan Czarnocki** - Treasurer - Mutual Aid Fund, Social Events, Liaison to Knitting group and Fundraising

**Milda Graham** - Secretary - Official Minutes for Board and Special Congregational Meetings, Liaison to the Administrative Secretary

**Nancy Schmidt** - Director A - Publicity & Communications, Sunday Services, and Greeters & Refreshments

**Paul Sullivan** - Director B - Property and Facilities, Liaison with NAM

## **LET'S GATHER IN THE SUMMER – BACKYARD BBQs BECKON**



We have two backyard BBQs to attend this summer. So, bring along your chair and food to share – and let's party. **Starting at 4:30 pm**

**Saturday July 22<sup>nd</sup>** at **Susan Czarnocki's** house – 30, 52<sup>nd</sup> Avenue, Lachine. H8T 2W9. Join **Susan** and the fireflies in her fairy-like garden for a fun evening with your LUUC friends. 514-773-1117.

**Saturday August 26<sup>th</sup>** at **Nathalie Hainaut's** house – 2130 Thorncliffe, St. Lazare, J7T 2G9. Join **Nathalie**, her family and her menagerie – including *Bear* in her lovely garden for more LUUC fun. 514-433-8577 [nathaliehainaut@hotmail.com](mailto:nathaliehainaut@hotmail.com)

## **AGM AT LUUC – JUNE 29<sup>TH</sup>, 2023**

We began our AGM on June 29<sup>th</sup> with a lively pot luck supper. When the meeting started, **Sheila Laursen**, our President, noted we had had a very challenging year:

1. Our attendance numbers were disappointingly down - about 10 from pre pandemic times, despite a good program of speakers;
2. No one in the congregation was able to take on the treasurer's job on a full-time basis;
3. It was difficult finding a SE Director. **HOWEVER**, we now have Emilia - an excellent Director, but to date no children have returned to the building. (see page 7).

But hope springs eternal in every LUUC heart.

The Board had a big re-think and are working out new ways of looking at programming. This, of course, involves a bigger dip into our investments.

**Paul** and **Nancy S.** explained their new approach to programming – which will involve added costs for publicity.

The Board have hired a bookkeeper to assist **Susan Czarnocki** with the finances. There was a lively discussion on the proposed budget – but, after explanation, all agreed that spending the extra money was essential.

The AGM Report for 2022/2023 is an excellent document – and well worth reading. Everyone in our Congregation has a part to play – and everyone does. If you have not received a copy, do call **Selina** in the office – and she will send you one.

One of the last events of the evening was the auctioning off, by **Selina**, of one of **Margaret Godbeer's** treasures. Margaret's brother Ken gave us a rather splendid travel rug – pure wool – with a colourful Scottish-plaid type design. Gary was the highest bidder– and the money raised will go to one of Margaret's favourite charities.

The evening ended with a delicious **Sari Cake** – topped with strawberries and cream.



**Thank you Sari – you are the B-E-S-T-!**

## REFLECTIONS OF AGM FROM DORPET

1. Sitting at the farthest distance from the microphone, we older members missed a lot of the discussion points. So, just a few impressions we had:
2. Better financially that we rent rather than own church premises.
3. Most young people are not interested in formal church attendance.
4. For ongoing advertising we should emphasize "Unitarian" is not a restrictive religious organization. Freedom concerning different human social or political opinions are the positive platforms for attracting the "next generation!" ~ **Peter Abbott**



**Nancy S.** and **Paul** explain their new ideas for the Autumn programming – to a rapt audience.

It will involve an aggressive advertising approach – in which it is hoped all of us will participate in one way or another, as we distribute the flyers shown on page 1.

*Photo by Caitlin*



Here is **Paul** – the Bard of LUUC – reading an Ode to **Christopher** – (in a dubious Scottish accent) while **Milda, Nancy G.** and **Toni** look on.

NB: Unfortunately Christopher was not there to enjoy the performance.

*Photo by Gary*



## THE GREAT STRAWBERRY SHORT CAKE



Toni



Paul



Selina



Kerry-Anne



Rev. Heather



Ed



Susan



Milda



Nancy G



Jose



Gary



Gabor



We all enjoyed your short cake  
Sari - thank you.

***Photos by Sari***

## IN MEMORY OF MARGARET



A gathering of 20 friends, colleagues and neighbours took place on June 10 at the newly installed memorial bench to remember and honour **Margaret Godbeer**. The bench in Dorval's Jean-Paul Bernier Park has special meaning as it is where Margaret and her brother Ken played as children, with their family home nearby.

Those attending shared special memories of Margaret, and spent a few moments sitting on her bench under a lovely maple tree. One of Margaret's bridge club friends wrote, "I think it is wonderful to have such a bench in such a place as Jean-Paul Bernier Park, where her memory can live on. I definitely intend to visit the park and take a minute to sit on the bench and think fondly of Margaret and her passion for Bridge."

Thanks to donations totalling \$1,000 to honour Margaret, there will also be a tree with a plaque in Margaret's name near Dorval's Sarto Desnoyers Centre and 2 raised bed wooden planters near our other gardens in the back yard of the NAM where LUUC meets.

*~ Sheila*



## OFF TO THE BIODOME THEY GO!!!



Emilia and friends

Our trip to the Biodome on July 2nd was truly wonderful! There were 18 of us, including seven children and eleven adults.

Children's squeals of surprise and delight excited us all as we entered the Antarctic region via a tunnel of wet, cold and slippery ice! We saw penguins and seabirds, including a puffin. It was wonderful to see the kids wound up over the sights of the Maple Forest. Here, we saw fish, huge and small, acrobatic otters and a beaver. In the humid Tropical Rainforest we saw crocodiles, boa constrictors, the tiniest of tropical forest frogs, a tamarind, a sloth and bats; a lynx, and eider ducks. The upper St-Lawrence River had its own special sights: deep and dark water with massive rocks; birds splashing in the water and taking off to the highest elevations.

**Emilia's** organization of the event was amazing. She had foreseen and prepared for every detail. While we waited for the tastiest pizzas, **Steve**, our friendly "Captain Catalyst" biologist friend, provided his expertise and activities to appeal to the children's innate curiosity. **Gary** brought water from home (tap water in re-used bottles). The children made cardboard cut-out racing cars and exulted in the joys of rolling and stretching slime. **Milda** and I spoke with a mother who brought her three sons, and I spoke with a father who had brought his seven-year old daughter. Both parents had found the Biodome event on Facebook. **Emilia's brothers and parents** attended and it was lovely to see them again! **Nabil** quickly made fast friends with the younger of the two boys.

Thank you, Emilia, for your incredible planning, and thank you to all who came! ~ **Sari**



Captain Catalyst and Nabil



Emilia, Sari, Capt. C. and the children

## CHRISTOPHER HAS A BIRTHDAY



**Kerry-Anne, Jose, Sheila** (standing) **Gary, Birthday Boy Christopher, Toni and Susan** help **Christopher** celebrate his birthday on June 10<sup>th</sup> at a pleasant sidewalk café in Lachine.

## YOGA CONTINUES



Your Body Will Thank You 🙏

Yoga Sessions continue Saturday afternoons outdoors by the waterfront at Pine Beach Park, contact Milda Graham for details. (514)296-9369 [sanskritsoccermom@gmail.com](mailto:sanskritsoccermom@gmail.com)



## OLIVIA GRADUATES



We first met **Olivia** when she was a little girl – now she is a beautiful woman ready to take on the world. She is the daughter of **Catherine Forbes** and **Ogden Gavanski** – Catherine writes: “Our youngest **Olivia** just graduated from her nursing program. It was an incredible challenge to get through the program during the Covid restrictions, but she did it! We are all so proud of you — Congrats Luli! 🎓👏🎉”

“But! Yes, there’s a but... She has decided that she’d rather be a teacher (!) and will be going into McGill’s education program in the fall (another 3 years of schooling!) 🤔👩🏫 You never cease to amaze us, Lu. I ❤️ U my darling girl!! Congrats to all you future nurses — the world needs you!! (And teachers too of course 😊)”

## FATHER’S DAY PICNIC AT LUUC



...and the Ladies of LUUC sang to the Dads of LUUC, led by **Kerry Anne**, (front left), **Kathy, Selina, Nancy G, Nancy S, Sheila, Jose, Chris, Rev, H. Susan, Sari and Toni.**

**Gary says:** Great to see everyone today. Many thanks to the LUUC ladies from all the men for a delicious lunch and wonderful songs. It was truly a Father’s Day to remember!

## LAKESHORE COMMUNITY CHOIR CONCERT ON JUNE 11<sup>th</sup>



*Photo courtesy Sari*

Our choir performed one of its best concerts, with a repertoire that required dedicated study and practice. I feel that the choir did exceedingly well. We were very, very happy and so was Kerry-Anne! Under her direction, we worked very hard and pulled off a dynamic and stirring performance.

Our repertoire was: Si on chantait ensemble, Scarborough Fair, Four Strong Winds, Dirait-on, The Rainforest Song, Wood River, So Small a Thing and With One Voice. Each of the songs was a gem. With One Voice is the newest composition written by one of our choir members, a professional flutist who teaches at Concordia University. We even sang an encore, Va Pensiero by Verdi, from his opera Nabucco! I don't know if anyone in our choir has ever sung in Italian, but we sang it with the intricacy that Kerry-Anne demanded of us.

Here are comments from two of the choir members:

"Thank you to all for a wonderful year, and the effort you put into our final performance. We really did come together and sound great."

"It's great to hear that people really enjoyed our singing! We even had a bit of a standing ovation!!! Yay!"

It took us from September to June to prepare for this concert. We are very fortunate to have had the professional pianist, Michael Woytiuk, as our accompanist, and especially appreciative of Kerry-Anne's ability to bring out the best in us! We look forward to next year's repertoire and spring concert!

~ **Sari Kelen**

## SHANNON THOMSON

I would like to show recognition for Shannon Thomson! She is the choir member who composed "With One Voice", her newest and absolute jewel of a piece. She is a professional flutist who teaches flute, composition and jazz at Concordia University. We are lucky that she's singing in our choir! Already we have sung four or five of her beautiful pieces.

"With One Voice" is a modern piece with an uplifting message. For example:

"Voice of ages voice within us  
calling forth through all creation  
Joyous moments, time of sorrow  
Hear us as we sing with one voice"

and

"...for everyone, for everything,  
life extends through generations.."

At first glance the piece looks complicated with changing rhythms and pitch. The harmonies are quite modern: right at the end, unexpected dissonances are resolved in a gentle dénouement that brought us to a beautiful resolution.

I spoke with Charles Ellison, Shannon's husband, also a musician.

After the concert he told me that the piece was designed to be learned fairly quickly. I could see why, as there is a progression of the notes. He said that the composition is "a matter of conceptual design". It shows "honesty and the capacity to articulate that honesty", and that this honesty "reflects her humanity, her love for people and for God. This piece is an example of her ability to communicate and to make a difference in the world". Lastly, Charles told me, "It's the core of your makeup as a human being. It's a piece for the people by one of the people."

Having practiced so very hard, we were *really* pleased that we sang "With One Voice" well.

Thank you, Shannon, for your beautiful music!

~ **Sari**





## **SARI - OUR ROVING PHOTOGRAPHER**



As you can see, **Nabil** loves soccer. He attends Ecole du Grand-Chêne, Pierrefonds.

**Sari** says, "I spent the afternoon on June 19th at Nabil's school, where activities were planned to celebrate the end of the school year. Here he is about to play soccer.

"When he saw me, he ran to give me a big hug! I had as much fun as he had!"

Nabil's elder brother and father will be reunited with him and **Patience** later this summer, after a forced absence due to immigration delays.

~ **Sari**



**Sari** surprised me with a Strawberry Picnic – on a beautiful sunny day – on a swing! - so kind!

I "*got into the wars*" when gardening a couple of weeks ago – and fractured my arm. The doctors at Lakeshore assure me that it is mending nicely – and after a bit of physio – I'll be as right as rain - (whatever that means). Many thanks to you all for your kind wishes, cards, phone calls and offers to help. Much appreciated.

~ **ed**

***for each other....***

## **OUR CAREGIVERS**

### **Caring Committee for the Summer**

**Dori Abbott** will be our Caring Committee "go to" person during the months of July & August – you can contact her at 514-695-4421 – [dorijabbott@gmail.com](mailto:dorijabbott@gmail.com)



We wish our friends and LUUCers a very Happy Birthday– and we hope to see you during the summer at one or more of our events.

**July 3rd – Adam Frost**

**5th – Karli Warren**

**8th – Ofie Spiller**

**12th - John Schmidt**

**13th – Huntly McNiven**

**19th – Monique Riedel**

**August 6th - Maud Bonnier**

**7th – Alba Santos-Deschamps**

**7th – Rachel Parsons**

**11th- John Foulds**

**19th - Susan Czarnocki**

**21st – Gabor Matyas**

**23rd – Margot Barclay**

**25th – Heather Falconer**

**27th – Susan Hawker**



## HOUSING FOR THE MILLIONS



Canada's population has recently grown to 40,000,000 – wow that's a big number! The increase is mainly due to immigration – Stats Canada assures that we need more immigrants to fill the job market and help pay for the retirement of all those Baby Boomers. We have plenty of room in this vast country – but where to house them all is the biggest problem. Affordable housing in the big cities is not easy to find.

**Nancy S.** suggests that we take a look at these two articles. Proposed Lachine development "Lachine-on-the-Lake": [Lachine-on-the-lake to take inspiration from European neighbourhoods | Montreal Gazette](#) and Article on Vienna's successful approach to housing: [Vienna's Affordable Housing Paradise | HuffPost Impact](#)

## FROM TABLE DU QUARTIER



4 ways to save on groceries.pdf

**Sheila** sent this useful article from Table de Quartier Sud

## A PLEA FROM FRIENDS OF THE ENVIRONMENT



Please do not cut your trees, tree branches, hedges or shrubs until fall! We are in the middle of nesting season and bird breeding season is in full swing.

Nests are well concealed and hard to see - on purpose! Birds have great ways to stay hidden.

From **Susan Hawker's** facebook page.



## ON THE GO AND NEED TO KNOW



**COLUMBIA – a happy miracle** - Four children, aged 1 to 13 survived a plane crash in the Amazon Rain Forest that killed all the adults aboard, including their mother. These amazing children survived the many hazards of the Amazon for 40 days before they were found and rescued by volunteers from the indigenous Mury people – who undertook a large and complex search operation. When found, the children were alive, but hungry and weak – they remain in hospital. The President of Columbia has honoured the rescuers with medals. The

children's knowledge of the forest as well as the phenomenal courage of the eldest child have been credited for keeping them alive.



**COLUMBIA – a hero** - Wilson is a Belgian Shepherd special forces search dog that played an integral role in locating the four children. He found baby bottles that the children had discarded, which was one of the first clues that they had survived. Wilson found the children and stayed with them until the rescuers arrived – then disappeared into the Amazon. There is now a search on for this heroic dog. (*Al Jazeera*)



**POMPEII – a discovery** - A still-life fresco discovered recently in the Pompeii archaeological site looks like a pizza, but it's not, according to experts, as the key ingredients needed to make Italy's iconic dish — tomatoes and mozzarella — were not available when the fresco was painted some 2,000 years ago. Considered a national treasure today, pizza generates a total annual revenue of \$16.4 billion in Italy from

tourists. (*Associated press*)

**MEANWHILE CANADA IS ON FIRE!** - over 400 wild fires blazing - causing choking air conditions all over North America.

**MOSCOW SURVIVES A MUTINY** – what are Yevgeny Prigozhin's chances of a ripe old age?

**TITANIC CLAIMS 5 MORE VICTIMS** – 111 years after she sank! - once again the latest in marine transport is claimed by the ever-almighty sea. ~ **ed**

## WELCOME TO LAKESHORE

5065 Sherbrooke Street, Lachine, Qc. H8T 1H9 (514) 637-6974

**MINISTER EMERITUS:** Rev. Fred Cappuccino 613-527-2829

**BOARD MEMBERS:**

<b>PRESIDENT:</b>	Sheila Laursen	514-697-4195
<b>VICE PRESIDENT:</b>	Gary Spiller	514-697-6257
<b>TREASURER:</b>	Susan Czarnocki	514-773-1117
<b>SECRETARY:</b>	Milda Graham	514-296-9369
<b>DIRECTOR A:</b>	Nancy Schmidt	514-626-0826
<b>DIRECTOR B:</b>	Paul Sullivan	514-457-1793

**S.E. COMMITTEE FACILITATOR:**

Caitlin Berry 289-937-1625

**LAY CHAPLAINS:** Kerry-Anne Kutz 514-758-3641

Paul Sullivan 514-457-1793

**ADMIN. SECRETARY** Nathalie Hainault 514-637-6974

[Lakeshoreluuc@gmail.com](mailto:Lakeshoreluuc@gmail.com)

**WEBMASTER** Christopher Thomson 514-634-5916

**NEWSLETTER EDITOR:** Heather Falconer 514-630-4206

[miss.heather.falconer@gmail.com](mailto:miss.heather.falconer@gmail.com)

**ILLUSTRATION ARTIST:** Heather Falconer

**NEWSLETTER DEADLINE:** **August 24<sup>th</sup>, 2023**

**OUR WEB-SITE:** [www.LUUC.org](http://www.LUUC.org)



I want to thank **Sari Kelen** for her many contributions to this newsletter – both articles and photos. Sari's very involved with most aspects of our church life ~ ed

