

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

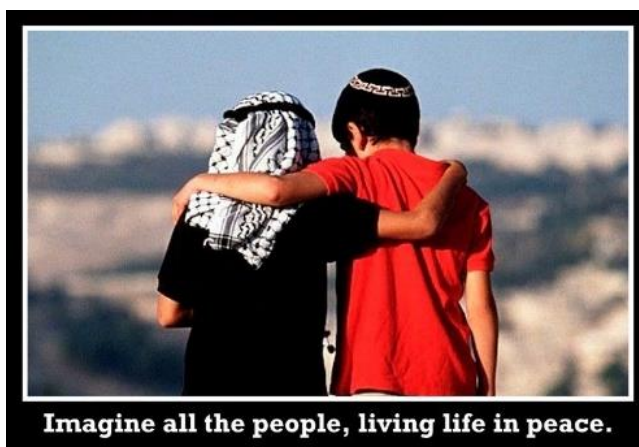


## **NOVEMBER 2023 NEWSLETTER**

### **NOVEMBER WILL BE EXCITING!**

Get ready to enjoy November with three fascinating services. Know people who are interested in recycling, saving Fairview Forest, and the power and joy of stories ... and much more? Please let them know about LUUC's November program! We'll end the month with a Sunday Café featuring our beautiful Lakeshore Community Choir. Christmas music, coffee, croissants, and COMMUNITY – what a terrific combination. See you there!

- ~ **Nancy Schmidt**



**Imagine all the people, living life in peace.**

***You may say I'm a dreamer  
 But I'm not the only one  
 I hope someday you'll join us  
 And the world will live as one.***

***~ John Lennon***

**November 5, 2023 - 10:30**      **From sustainable development to ecological transition: how can it be achieved locally.**

*Our Planet, Our Lives Series*

**Sandrine Tessier**

**Hybrid Service**

Sandrine Tessier will speak about GRAME's efforts to help our society change and improve recycling and waste management. (GRAME is an Environmental Non-government Organization based in Lachine.) Sandrine will discuss the importance of partnering with like-minded organizations using innovative approaches to environmental and energy management, including accessing geothermal energy for heating buildings and encouraging producers to refund deposits for glass and plastic bottles and jars to encourage consumers to return them.

**Service Leader** – Gary Spiller

**Musician** – Kerry-Anne Kutz

**Zoom Host and Technician** - Oddbjorn Taraldsvik

**On site Greeters & Refreshments** – Sara Kreps, Nancy Schmidt

**THERE WILL BE A POT LUCK LUNCHEON AFTER THE SERVICE**

**Special Treat: Mandy and Peter will perform a tango during the meal!**

**REMEMBER TO PUT YOUR CLOCKS BACK ONE HOUR**

**November 12, 2023 - 10:30**

**Activism and Social Motivation**

*Movers & Shakers Series*

**Genevieve Lussier**

**Hybrid Service**

Genevieve Lussier will share the environmental concerns of saving Fairview Forest and to how best to serve our citizens.

**Service Leader:** Paul Sullivan

**Musician** – Kerry-Anne Kutz

**Zoom Host and Technician** - Oddbjorn Taraldsvik

**On site Greeters & Refreshments** – Christina Bassett, Milda Graham



**November 19, 2023- 10:30**  
*Our Planet, Our Lives Series*

**The Power of Story**  
**Carol Rowan**

**Hybrid Service**

Carol Rowan will explain how stories help us understand others and ourselves. We engage with stories everyday. Some are told by friends and neighbours, some we read, and some we watch. In this talk, Carol will invite us to consider the power of story, by questioning: What do stories do? Why do stories matter?

**Service Leader** – Susan Czarnocki

**Musician** - Kerry-Anne Kutz

**Zoom Host and Technician** - Oddbjorn Taraldsvik

**On site Greeters & Refreshments** – Christina Bassett, Milda Graham

**SPECIAL CONGREGATIONAL MEETING FOLLOWING THE SERVICE**

This meeting of the congregation will take place immediately following the Sunday service with two items on the Agenda:

1. To elect our LUUC LAY CHAPLAINS for 2024
2. To vote on a proposal from the Board of Directors on how to honour the memory and commitment of Margaret Godbeer through her bequest gift of \$32,463.

**~ Sheila**

**November 26, 2023 - 10:30**  
*Sunday Café*

**Christmas Music**  
**Lakeshore Community Choir**  
**Host - Kerry-Anne Kutz**

Our Lakeshore Community Choir will be singing wonderful songs for the Christmas season! We'll invite you to sing along as well so bring you voices. Freewill offering.

**Coordinator** – Paul Sullivan

**Technician** - Arshia Malekshahi

**Greeters** - Sheila Laursen, Nancy Schmidt



## NOTES FROM THE PRESIDENT



I can't believe how quickly the Autumn months are passing! I have been waiting for the glorious red leaves to arrive, and while they are beginning to show, my yard is already piled high with yellow leaves.

Autumn has been passing rapidly for our congregation too, with interesting and engaging Sunday services, and each month ending with a musical Sunday Café. Our hard-working Sunday Services committee members are now in the process of finding presenters for January, and beyond!

October set a strong pace. Rev. Richard Gilbert encouraged us to remember that “We are all more human than otherwise”. The **Abbott Family** musicians had our toes tapping with joyful music as Dorothy Latta shared the inspiring story of the creator of the Grameen Bank on Thanksgiving Sunday. The following week, **Steven Rosenstein** engaged adults and children alike about precious gifts of nature, and then a potluck luncheon and Fall Fair had those in attendance learning how to dance the Tango, and some Greek dancing from experts. It has been wonderful to welcome children to LUUC on Sundays, and they have enjoyed their time with **Christina**, **Queendaline** and Steven Rosenstein (aka Captain Catalyst).

We welcomed **Rev. George Buchanan** back to his “home” congregation as he had grown up at Lakeshore Unitarian Church on Cedar Ave. in Pointe Claire, and he reminded us to “Love your neighbour as yourself”. The Sunday Café for October welcomes our “own” member and very talented musician, **Rob Lutes**, who will be sure to have us enthralled. After the Café, we will be able to stock our larders with healthy and hearty homemade soups made by LUUCers to be prepared for the colder months ahead!

It takes many “hands, hearts and heads” to make our congregation's programs and services happen. We have been grateful for the extra support provided by technician Oddbjorn, book-keeper Darcy, office and online secretary **Selina**, social media consultant Anik, SE coordinator **Christina** and musician **Kerry-Anne** (with back-ups Matthew Russell, **Dori Abbott** and **Nancy Schmidt**!)

Looking ahead in November, we will be equally busy! In addition to our Sunday services and the Café, we are hosting a public presentation by Dr. Maureen Mayhew of her years working with Médecins sans frontières on November 6, organizing the annual Child Haven fundraising event on November 18 at the Unitarian Church of Montreal, and holding our Annual Election of Lay Chaplains on November 19. At that special congregational meeting, we will vote on a proposal from our Board of Directors on how we can best honour **Margaret Godbeer's** memory following receipt of her bequest gift of \$32,463 for our congregation. We welcome everyone to gather, to celebrate and to Make a Better World...

~ **Sheila Laursen**

## YOU ARE INVITED TO MONTREAL'S 28th CHILD HAVEN FUNDRAISER



**AFTERNOON TEA & EASTERN BAZAAR**  
**SATURDAY NOVEMBER 18, 2023 - 2 P.M. - 4 P.M.**  
 at the Unitarian Church of Montreal  
 5035 boul de Maisonneuve O, Montreal, H4A 1Y5  
 close to the Vendome Metro station



Child Haven children  
 love mango  
 season!

Tickets - \$25 per person for Afternoon Tea with sandwiches, sweet treats and of course, exotic teas!

### Also on the menu:

- Greetings from Rev. Fred, Bonnie and Robin Cappuccino
- A virtual tour of the Child Haven Homes with Tour Guide Robin Cappuccino
- A performance by the Lakeshore Community Choir, conducted by Kerry-Anne Kutz
- A video performance by Child Haven children with wonderful songs and dances
- Silent auction at [www.32auctions.com/ChildHavenMontreal2023](http://www.32auctions.com/ChildHavenMontreal2023)
- Bazaar tables of treasures from India, Nepal, Tibet and Bangladesh
- A special appeal to raise funds for the Child Haven Needs List

Buy your \$25 tickets at <https://childhaven.ca/> and link to the Montreal event  
 To give a donation to Child Haven, use the “**Donate**” button on the website.

Contact Sheila Laursen 514-697-4195 or by email at [sheila.laursen@bell.net](mailto:sheila.laursen@bell.net)  
 if you can't attend in person and wish to see part of the program on Zoom



## **LUUCERS ON THE GO!**



**Mandy and Peter** are newcomers to LUUC – and talented newcomers at that! They have been attending regularly with their two young children.

At our Fall Fair, they surprised us with a lively rendition of the T-a-n-g-o! – complete with all the swoops, flair and gracefulness of that South American dance. There will be a repeat performance at the November 5<sup>th</sup> Pot Luck Luncheon!

Below: more dancing at the Fall Fair – this time Greek.  
~ **photos by Gary**



## **SARI AND CHRISTOPHER HELP ACTION REFUGIES MONTREAL EXCEED ITS FUNDRAISING GOAL**



**Dear Friends:**

At the last minute I received an extra donation that brought up our combined contributions up to \$1940 from \$1840! This means that the campaign raised \$34,404!

Best wishes and many, many thanks for your generous contributions!

~ **Christopher**

## **NANCY AND JOHN SCHIMDT TOUR THE UNITED KINGDOM**



Well, their smiles say it all ... **John and Nancy** had the trip of a lifetime as they made their way through Scotland, England, and Wales for a month, starting Sept. 12.

If people are interested, Nancy would be delighted to offer a slideshow of the highlights of their amazing trip at a future date.

*Yes, please Nancy – we would love that.*

**~ ed**

## **FUNDRAISING CONCERT**



Dear Members of LUUC;

The Festival de la Voix is preparing for its 11<sup>th</sup> edition which will take place in 2024. We are planning a beautiful fundraising concert in order to help us raise the significant amount of money necessary to present the concerts and workshops in 2024 which include ten “Nikamu Mamuitun” (Songs That Unite Us) concerts for five Lester B. Pearson high schools.

For our fundraiser this year, we are thrilled to present the world renown soprano Karina Gauvin and her equally remarkable collaborator, pianist Michael McMahon in concert on **Sunday, November 12, 3:00 p.m. at St. Columba-by-the-Lake in Pointe-Claire**. Italian desserts provided by the wonderful Nadia di Lauro!

I hope you can join us. Speak to me about tickets or you can order them on-line. Thank you very much.

**~ Kerry-Anne and Michael**

"The biggest challenge or biggest crisis knocking on the doors of humankind is fear and intolerance."

**~ Kailash Satyarthi**



## LUUC PHOTO SHOOT

The intrepid group of six “pic-hunters” met at a trendy Lachine café, late afternoon, Friday 20<sup>th</sup> October – “**and was there honey still, for tea?**”. They were both photographers and walkers – “**but all good folks and true!**” – seeking the joy of Nature, and peaceful exercise.

After a week of gloom and rain, the gods humored them and the clouds broke up, aided by brisk winds and scudding weather. Apart from a monopod camera, the cellphone cameras were busy with a plethora of photo-tidbits. Light-hearted banter helped to propel our heroes on their artistic quest – “**all along the Lakeshore.**”

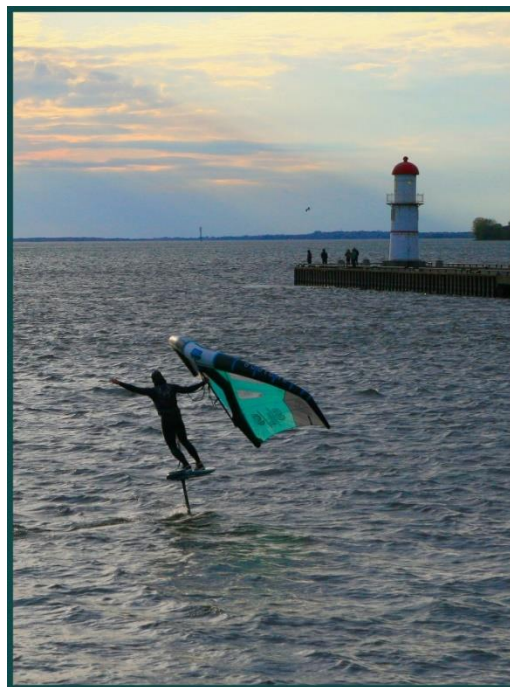
“**Oh, frabtuous day, Caloo Calay!**” – they chortled in their glee.



(above, shot by **Selina**)



**Tony, Selina, Daniel (Gary's friend), Gary & Michael**  
(Shot by **Lynette**)



(Shot by **Michael**)

PS. Michael has accepted to coordinate and produce lasting production results for the shoot, idc.

~ **Michael**



## WHAT GOES AROUND COMES AROUND



**Sheila** presented **Rev. George Buchanan**, our speaker on October 22<sup>nd</sup>, with a print of Pointe Claire village, painted by his mother. George was a member of our congregation when he was a young, and his parents were very active in the church at that time. His mother, Connie Buchanan was a talented artist, and Lloyd Wood, another prominent member of our church, purchased this picture. When Lloyd died several years ago, Sheila was given the picture, which she presented to George on the occasion of his being our guest speaker. ~ (photo shows Sheila and George, with a slight glimpse of **Irene**)

## TWO DEDICATED LADIES



**Toni** and **Sari** practicing their choir music down by Lac-St-Louis.

## **SARI GOES A-PLANTING**

When I was riding on the bike path at the John Abbott College, I stopped to see what a group of students were doing. They told me that they were planting a micro forest – three different native trees per square meter! To my delight, I was invited to participate. The whole experience made me joyful - it really brightened my day!



Above left: Sari planting a red pine.

Also: a view of the micro forest. When each tree is prepared for planting, fungi granules are rubbed all over the root base. The fungi will grow and serve to connect the root systems of all the various trees. Fascinating!



A landscape architect is working with John Abbott College to produce this 200 sq.m. micro forest, and an indigenous garden that will be realized next year. Only native plants are involved. “This method of afforestation was developed by the Japanese botanist and plant ecology expert Professor Akira Miyawaki, and draws inspiration from nature’s ecosystems to create 100% organic, dense and diverse pioneer forests in as little as 20-30 years.

“Miyawaki forests grow 10 x faster, are 30 x denser and contain 100 x more biodiversity. Since they’re quick to establish, maintenance-free after the first two-to-three years, and can be created on sites as small as 3 sq.m, Miyawaki forests are viable solutions for cities looking to rapidly build climate resilience.”

Do click on the following for more details of this fascinating project,

<https://www.sugiproject.com/blog/the-miyawaki-method-for-creating-forests>  
<https://www.creatingtomorrowforests.co.uk/blog/the-miyawaki-method-for-creating-forests>

*~ Sari*



## SOME OF SARI'S MANY INTERESTS



**Nabil** and his friend are in front of the fence that prevents people from entering Fairview Forest. (*We will hear more about this forest on November 12<sup>th</sup>.*) The boys were with me to celebrate the 150th Saturday that people have been demonstrating the planned razing of the forest by Cadillac-Fairview in Pointe Claire in order to build three 25-story condos.

Nabil has played in the forest a couple of times in the past - it's a shame that, due to the fence, we cannot explore the woods as we have previously done.



The bushes and milkweed plants that you see on the left are on the "green roof" of the Ecocentre building in Lachine, run by GRAME. (*We will hear more about GRAME on November 5<sup>th</sup>.*)

The address of GRAME is 735 Notre-Dame in Lachine- well worth a visit!!

I went to a medieval concert on this green roof before going to the 150th Saturday celebration.

~ **Sari**

**Selina's** Very Important Newsletter Submission:

**Where do you learn how to make a Banana Split?**



*Sundae School*

## CARING

**Gary Spiller** will be our Caring person for November and December – you can contact him at **438-927-6257** or at **gary.spiller@yahoo.com**



**Maud** was in good spirits when visited by **Gary** at the Bayview.



Dear Computer Literates,

This is **so** me!!!

I need some caring –

I have been trying to redeem some of my 100,000 air miles – all to no avail-

~ ***your faithful ed.***



## THE POPPIES



In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

~ John McCrea

## SOMEWHERE OVER THE RAINBOW WITH YOGA



**Milda** reports:

A spectacular finish to our outdoor session lead by yoga teacher **Usha Thorne**. It stopped raining just in time for the class, and as we ended in a meditative state, we looked up to this incredible rainbow right in front of us! - isn't Mother Nature spectacular and her timing was divine!

The next yoga session -Yoga with **Usha**- first class is on Saturday Nov 11th at 4pm in the cozy 2nd floor of the hall.

Namaste,  
**Milda**

## LUUC WILL BE COLLECTING NON-PERISHABLE FOOD AGAIN



Once again, we will be collecting non-perishable food items on a weekly basis. There is currently a great demand for pasta sauce, fruit juice, cereals, canned tomatoes and white rice. Those, or other items such as tinned fish would be happily received to add to local Food Bank shelves. There will be a basket for donations in the LUUC lobby each Sunday.

~ **Sheila**

## FALL FAIR POT LUCK LUNCH

There was a very tasty 'new' recipe at the pot luck lunch last month – *a sweet potato tortilla*. **Mandy** has kindly shared her recipe with us.

### **Sweet potato tortilla**

- 3 med sweet potatoes
  - 1 med to large onion
  - 3 large eggs
  - Olive oil
  - Optional- cider vinegar, Cajun spice
  - Salt
  -
1. Turn on broiler
  2. In a medium saucepan, put peeled and chopped sweet potatoes in boiling water until they can be pierced by a fork but are not completely mushy.
  3. Meanwhile, put diced onions in frying pan that can go in broiler (cast iron works well) with olive oil on medium. Cook until only some of them are starting to caramelize, but most are just transparent. Add a bit of Cajun spice, more oil, if needed, and the drained sweet potatoes, Stir and cook for a few more minutes. Add a few drops of cider vinegar. Salt to taste.
  4. Remove onion and potato mixture from stove. Put it into a large bowl and mash it with a fork or a potato masher. Beat three eggs in a separate bowl and add to the mixture. Add salt to taste. Mix well. return mixture to heated and oiled skillet on low heat. Heat about 10 minutes uncovered 10 minutes with a cover.
  5. Add some olive oil to the top and put it uncovered in the broiler for 2 minutes or more. Watch carefully, so it doesn't burn. The top should be firm. Remove and double check w a fork that it has been cooked thoroughly.

Thank you, Mandy!

~ **Nancy S**

**Nancy** says: I can confirm it will be a staple at our house from now on.

## NOVEMBER 5<sup>TH</sup>





A Very Happy Birthday to our November LUUCers

Justin Murphy on November 4<sup>th</sup>

Nancy Schmidt on November 5<sup>th</sup>

Rob Lutes on November 6<sup>th</sup>

Dori Abbott on November 11<sup>th</sup>

Ariel Amstutz – on November 13<sup>th</sup>

Emalyn Frost on November 13<sup>th</sup>

Jose van Amerogen on the 14<sup>th</sup>

Jasmine Murphy on the 16<sup>th</sup>

Paul Sullivan on the 25<sup>th</sup>

**FILMS showing at Union Church, 24 Maple, Ste. Anne's – Friday November 3rd,  
7:00 p.m**

**She Said** Drama/Biography (2 hrs 9 min) 13 wins and 41 nominations. 'She Said' is based on the very true story about the journalists Megan Twohey and Jodi Kantor who together broke one of the most important stories in our generation - a story that exposed Harvey Weinstein's history of abuse and sexual misconduct, shattering decades of silence around the subject of sexual assault in Hollywood. Featuring Carey Mulligan & Zoe Kazan, and Ashley Judd as herself.

Trailer: <https://www.youtube.com/watch?v=i5pxUQecM3Y>

As we are still living with COVID, we encourage people to wear a mask when circulating. When lining up for soup and bread, we ask that you keep a space between each other. If at all concerned for your health, please wear a mask yourself. We are aiming at limiting it to 30 participants, so please reply if intending to come ([sahawker13@gmail.com](mailto:sahawker13@gmail.com)). First come, first served.

**NEW PASSPORT OFFICE**

**Francis Scarpaleggia**, our Member of Parliament, reports that a new passport office has been opened at 2400 Sources Boulevard, Suite 106, Pointe Claire, H9R 0E9. The offices at Fairview are closed. The new location is accessible by bus and close to the future REM station at Sources.

## SUNDAY CAFÉ



I came home happy after the musical morning yesterday. As I drove along the Lakeshore, the trees were glorious, rust, brilliant orange, pale yellow and old gold, all shades of brown and green and red – and above, a gaggle of honking geese were vee-ing across the sky.

It was so nice to see 45 people attend the Sunday Cafe with **Rob Lutes** providing his incredible music. Several newcomers were in attendance to enjoy the wonderful vibe and hospitality – and in such a nice setting. **Paul and Nancy** had decorated the hall to look warm and inviting. It

was a happy success.

~ ed

**Please note that Rob has a new address: 12 boul St Jean, Pointe Claire H9S 4Z1. Kindly alter your directories.**

## SOUP AND BAKING SALE



Just a quick note as we go to press – to let you all know that our sale did very well - realizing **\$316.50**.

Many thanks to the cooks and bakers who provided so many delicious-looking soups and scones, muffins and cakes. We had a wide variety of soups – and they all went very quickly. Thank you all for helping make our mini-mart a success.

## MONTREAL'S BLACK ROCK



The Black Rock Monument commemorates the deaths from typhoid of 6,000 mostly Irish immigrants to Canada in 1847-48.

We have had members of the Montreal Irish Monument Park Foundation talk to us on the possibility of having this rock moved from its present position (in the middle of a main road in Pointe St Charles,) to a more suitable nearby park-like location. Do click below to learn more.

~ ed

<https://montrealgazette.com/news/local-news/montreal-is-a-step-closer-to-getting-a-park-to-mark-irish-mass-grave-site>



## PLEASE NOTE CHANGE OF DATE!

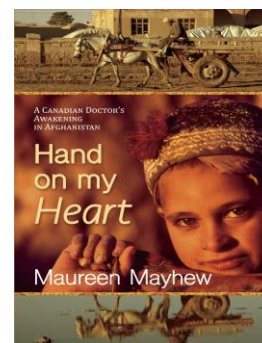


Now **MONDAY NOVEMBER 6, 2023** - 7:30 p.m.  
with

**Dr. Maureen Mayhew**

**Lakeshore Unitarian Universalist Congregation**

**5065 Sherbrooke St., Lachine H8T 1H9**



### **FROM MONTREAL TO AFGHANISTAN: A journey of healing**

Author and physician, Dr. Mayhew will recall her time in Taliban-occupied Afghanistan and talk about her personal journey as a professional woman during that time.

Everyone is welcome to attend this free public presentation arranged by the Lakeshore Unitarian Universalist Congregation, in cooperation with the Quebec Association of Geography Teachers and Summerlea United Outreach Committee.

There will be time for discussion, questions, and refreshments following the presentation.

**PLEASE NOTE** – Clio Bookstore in Pointe-Claire Plaza has copies of Dr. Mayhew's book, "Hand on my Heart". If you purchase a copy of her book there (for \$26) in advance and bring it to this presentation, she will be pleased to sign your copy. A portion of the sale price will go towards the support of three Afghan refugees in Pakistan. The author will also have a small number of books available for purchase at the event.

For more information, contact **Sheila** at 514-697-4195

### **DATES TO REMEMBER:**

**November 3<sup>rd</sup>** – film at Union Church – see page 15

**November 5<sup>th</sup>** – Pot Luck Luncheon with special dance presentation – see age 2.

- Put your clocks back one hour – see pages 2 and 14

**November 6<sup>th</sup>** – lecture by Dr. Maureen Mayhew - see page 17.

**November 12<sup>th</sup>** – Kerry Anne's concert – see page 7

**November 18<sup>th</sup>** - Child Haven Tea - see page 5

**November 19<sup>th</sup>** – Congregational Meeting after church - see page 3.

## **ON THE GO AND NEED TO KNOW**



**NEW DELHI** – India's greenhouse emissions rate dropped by a faster than expected 33% in 14 years as renewable energy generation rose and forest cover increased, according to two officials privy to latest assessment made for submission to the United Nations. India's average rate of reduction in emissions increased to 3% annually in the period 2016-2019, from just about 1.5% in the period 2014-2016.

~ **David Suzuki report**



**CANADA** - When I first came to Canada in 1956, the Suez Canal trouble was raging in the Middle East. Along came Lester B. Pearson, a Canadian diplomat - (and future Nobel Peace Prize recipient) - with a solution that worked: the Peacekeepers. Canada's reputation in the world soared and remained high for many years. Oh, for another Mr. Pearson to help solve this current vicious Middle East crisis, someone wise enough to stop the useless slaughter, the ceaseless bombardment and prevent war from spreading in that troubled region, before the whole world is on fire.

~ **ed**



**WASHINGTON – chaos in the Capitol** - On September 26<sup>th</sup> the Speaker in our House of Commons was obliged to resign. Within a week another speaker was installed – no fuss – and life returned to normal. About the same time, our friends to the South also found themselves Speakerless, but seemed unable, unwilling, or incapable of appointing a new one. Meanwhile all U.S. Government business was put on hold. They have finally settled on an election denier.



**LONDON – The Felix Project** – King Charles is concerned about food waste in these difficult financial times. He has donated 800 freezers and fridges to food banks in an effort to counter this problem. Felix Project boss Charlotte Hill says, "At Christmas we see a huge increase in surplus donations, yet unfortunately in previous years we have had to turn down tens of thousands of kilos of food. The new fridges and freezers will enable us to store more food, which can be drawn on later down the line at times when donations dip, as

well as reducing food waste." The £1m fund includes a "substantial personal donation" from the King, a grant from The Prince of Wales's Charitable Fund and donations from a range of funders, according to the charity.

~ **B.B.C.News**

## **WELCOME TO LAKESHORE**

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

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

### **HOW TIMES HAVE CHANGED**

