

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



OCTOBER 2024 NEWSLETTER

The month of October brings bursts of blazing colours to our deciduous trees – to remind us of their beauty before they fall back to the earth. This month also brings Thanksgiving, a time to gather together for fall harvest food and festivals. These gifts of nature remind us of the many gifts we receive from the earth - and help us reflect, with gratitude, for the many blessings of life.

Wiser people than I have found perfect ways that express those blessings:

“The thankful heart opens our eyes to a multitude of blessings that continually surround us.”
James E. Faust

“Wear gratitude like a cloak, and it will feed every corner of your life.”

Rumi

“We should just be thankful for being together. I think that’s what they mean by Thanksgiving, Charlie Brown.”

Marcie, A Charlie Brown Thanksgiving

We hope that the Sunday services we have arranged for October will help each of us to consider the blessings that surround us every day, and that we will be inspired to create some blessings ourselves.

LUUC Sunday Services Committee



October 6, 2024 - 10:30 a.m.
Our Planet, Our Lives
Hybrid Service

The Recycling Conundrum
Sari Kelen

We devote this service, in the spirit of caring for the Earth, to sharing 'best practices' for recycling. Sari Kelen will share her findings. Bring your questions and your ideas! We will share our accumulated knowledge!

Service Leader - Paul Sullivan
Greeters: Chris Bassett, Jane Edwards
Refreshments: Jose Van Amerongen & Nancy Schmidt
Technician - Oddbjorn Taraldsvik
Zoom Host - Gabor Matyas



October 13, 2024 - 10:30 a.m.
Healthy Body & Spirit
Hybrid Service

A Spiritual Checkup: How Are You Doing?
Rev. Richard S. Gilbert

Several years ago, I developed a "Spiritual Check-Up," an adult religious education program that consisted of some rather provocative questions on the state of one's soul – or psyche – as some of us would say.

With all our concern for our physical health these days, it might be interesting to assess our spiritual health as well. What are the "symptoms" of healthy spirituality?

Service Leader - Paul Sullivan
Greeters: Gabor & Kathy Matyas
Refreshments: Carlos Ochoa & Nancy Schmidt
Technician - Oddbjorn Taraldsvik
Zoom Host - Heather Fraser Fawcett

HAPPY THANKSGIVING

October 20, 2024 - 10:30 a.m.
Movers & Shakers
Hybrid Service

**My Journey with Triple Negative Cancer
 and Why I Turned my Diagnosis into a
 one Woman Show**
Tracey McKee

Tracey McKee is a former broadcaster and current educational leader whose life was turned upside down when she was diagnosed with triple negative cancer, a rare and aggressive form of cancer.

Instead of quietly dealing with the impact of this diagnosis, McKee shared her journey and her experience in interviews, in a blog, and into a one woman show.

Service Leader - Irene Hausknost
Greeter: Jose Van Amerongen & Ann Bernstein
Refreshments: Sara Kreps
Technician - Oddbjorn Taraldsvik
Zoom Host - Gabor Matyas

October 27, 2024 - 10:30 a.m.
Sunday Café

Nadia Di Lauro

Born and raised in Montreal's Little Italy, Nadia Di Lauro loves to perform jazz! Nadia will sing the classics you love and original pieces to make your Sunday morning sparkle.

Host - Kerry-Anne Kutz
Table Greeter: Nancy Schmidt
Kitchen: Christopher Thomson & Sari Kelen
Technician - Oddbjorn Taraldsvik
Zoom Host - Gabor Matyas



NOTES FROM THE PRESIDENT



There is a Longing

There is a longing among all people and creatures to have a sense of purpose and worth.

To satisfy that common longing in all of us we must respect each other.

In the olden times, man and creature walked as friends who carried the beauty of the land in their hearts.

Now each one of us is needed to make sure the salmon can find a place to spawn and the bear cub a tree to climb.

There is little time left and much effort needed!

~ Chief Dan George

The past two months have been difficult ones as you are most likely aware. Members serving on our Board of Directors are elected for a 2-year term at the Congregational Electoral Meetings held in April each year.

Board members serve voluntarily to “carry out the wishes of the Congregation as duly voted upon at general meetings, and on behalf of the Congregation, shall have general charge of its property, the conduct of all its activities and control of its administration, except as restricted by law or other articles of this By-Law.” (By-Law #17)

In doing so, Board members are tasked with making decisions that respect our By-Laws, manage our resources wisely, and reflect our Unitarian Universalist values and principles.

Over the past several months, we faced serious challenges and conflict over procedures that were taken as outlined in our current By-Laws and Responsible Membership Policy. Your Board of Directors and our Responsible Membership Committee gave full attention and their best efforts to address two serious complaints, lodged by one member’s family.

The decisions that resulted were contested, and a meeting with the Board was requested by the family to arrange an in-person meeting with all Board members, to be given a chance to be heard. That meeting took place on Monday September 16, at the church. There was a full and open discussion over 2 1/2 hours, with time for everyone to speak and to be heard.

Following that meeting, the five Board members reviewed the requests from the family to change its decision regarding the complaint to the Responsible Membership Committee and the decision to post the Administration Coordinator role publicly.

~ continued/...

The Board agreed unanimously to not change its decision on the Responsible Membership complaint. To address some of the concerns expressed in the complaint, the Congregation has set up a committee to review and update the Responsible Behaviour Policy, to be presented to the congregation before the Annual Meeting in 2025. Police checks have been requested for several people attending LUUC, particularly for those directly working with our children.

The Board decided unanimously to post the Admin. Coordinator job description on public platforms, and this has begun. The previous incumbent would be eligible to apply if desired, and would be guaranteed an interview. The family involved are invited to participate in all activities of our congregation and will be welcomed if they do.

~Sheila Laursen, Nancy Schmidt, Susan Czarnocki, Paul Sullivan & Gary Spiller

A WORD FROM OUR TREASURER

Half-way through...



For the LUUC treasurer, October is like June — the mid-point of the year. I bet that this comes as a surprise to you. But that's what happens if you make May your January! With summer being a low activity time, we are really just getting into the thick of it. So, it seems worthwhile to point out that there are just three months left in the 2004 tax year, October, November and December. A bump-up in your LUUC donations now brings a boost in your charitable deductions for 2004 – to your benefit in April. And to the benefit of projects that we undertake to strengthen the sum of positive actions in our community.

Your Treasurer

Susan



LUUC Spiritual Exploration October's Theme: What is Fashion?

1. "Design Your Outfit!"

Our SE kids will draw patterns, shapes, and designs to reuse t-shirts or jeans and create one-of-a-kind pieces to foster artistic expression and communicate through art.

Principle 7: We care for our planet and all life that shares it with us.

2. "Slow Fashion!"

Our SE kids will explore "slow fashion" (as opposed to throw-away fashion!). They'll explore how slow fashion helps the environment, and they'll be invited to bring their favorite slow outfits and create costumes. With a fun photoshoot or a mini fashion show at the end, they'll showcase their special and unique sense of fashion.

Principle 1: Each and every person is important.

3. "Fashion Changes!"

Our SE kids will dress up in outfits inspired by different time periods. They'll learn about Victorian dresses, 80s neon looks, or futuristic fashion, etc. They'll learn how clothes reflect society as it changes.

Principle 3: We accept each other and learn together.

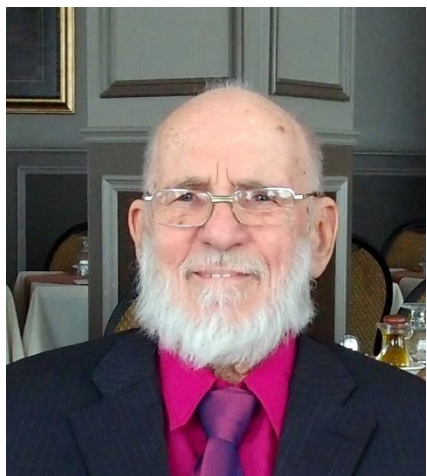
4. "Dress in your Halloween Costume!"

Our SE kids are invited to come in their Halloween costume, join in a Halloween Candy Scavenger Hunt and learn about the history of Halloween. LUUCers of all ages will be invited to come to the service in costume to celebrate the holiday spirit.

Principle 8: We work to build a loving community that treats everyone fairly, whatever their appearance or group.



FRED COMES TO LUUC – AND INSPIRES WITH LESSER MIRACLES AND GREATER MIRACLES



Fred Cappuccino gave an inspiring talk to LUUC on September 22. He noted that all of us have a divine spark within us that can help us grow into our full potential.

Fred encouraged us to engage in the struggle to uphold sanity, decency, tolerance and justice.

We have in this congregation something so unusual, something so precious – an energy of healing music, an environment of loving-kindness. We have to share it. Let us proclaim to our anxious neighbours that there is hope for a better society. Let's proclaim from the housetops that there is love in the world – there is love.

Thank you for your positive message of healing Fred - both for our congregation and for our nation and our neighbours.

Let us work to increase our understanding of different views to help us grow and achieve our potential.

~ Gary Spiller



Rev. Fred has left the building

RAINBOW SLIPPERS

PHOTO OF THE YEAR!

Fred's sartorial preferences are legend! – but his footwear on September 22nd was priceless! - the **Rainbow Slippers**:



Fred, Kerry-Anne and Sheila enjoy the pot luck luncheon together.



Bonniema, Milda and Fred as they left the church on Sunday 22nd, after Fred's inspiring talk. .

WHAT A WONDERFUL SERVICE!



We at Lakeshore were privileged to hear **Rob Lutes'** talk on :*Amazing Grace*: on Sunday September 15th. We sat in awe of his knowledge, musical ability and presentation skills. We often talk about wanting services that are more spiritual – not always knowing what that means. Well, Rob's presentation was certainly the real thing - everyone I spoke to was touched in some way. You can view the service again - and read LUUCer's comments below.

~ **ed**

<https://drive.google.com/drive/folders/1lg7FIMUOeplhm2koY5e1UDiYoNpub3o>

Sari wrote: On September 22nd, Rob Lutes spoke to us about the history of the moving song, "Amazing Grace". Rob's research for his concerts and presentations is incredible! We learned about William Walton who wrote the music to this song, but also about John Newton, who wrote the words.

As part of Black History Month in my music classes in elementary school, I taught "Amazing Grace". John Newton had worked on ships carrying enslaved Africans for many years. My students learned how much these people suffered, being bought and sold with no regard to their well-being or loved ones. Many died on the ships before reaching their destinations.

John Newton was left behind in Africa by his crew. He lived for eighteen months as a slave-owned servant. His father, a non-serving captain, sent a ship, "The Grayhound" to find him. On Newton's return to England he joined the ministry, having realized how terrible his life had been. He had an epiphany about the people he had been transporting and trading. Feeling like a "wretch", he was moved to write the words to "Amazing Grace". His legacy lives on in his song. The year he died, 1807, was the same as when the Slave Trade Act was passed, banning the trade of enslaved people on British ships.

Mahalia Jackson was famous for her rendering of the song, followed by Judy Collins. Thank you, Rob, for your wonderful exposé of the history of "Amazing Grace", the famous song that touches many people in their time of need. ~ **Sari**

Hi Rob, I know accolades make you uncomfortable, so this email is meant to make you uncomfortable. What an amazing presentation you made yesterday at church. The few bars you played and sang made my heart stop for a minute, and at my age I don't give them away frivolously. Best, **Paul**

I found your presentation "Amazing Grace" very interesting, since it is one of my favourite Hymns. **Dori**

~ *continued/.....*

Rob gave us a big slice of North American slave-holding history at the September service, and we all attentively 'chowed it down'. I am sure that we will all be hearing 'Amazing Grace' from a very different perspective from now on! ~ **Susan**

Rob, you did an AMAZING job! You have the special gift of connecting with the audience.
~ **Kathy and Gabor**

Rob: "Amazing Grace" has such a poignant and varied history. I was fascinated. Great presentation, ~ **Nancy S.**

Fascinating to hear + see the evaluation of *Amazing Grace*, thanks **Rob** – **Chris B.**

ALSO adding to the morning's enjoyment was a duet by **Dori** and **Sari** on their recorders - they played "Gavotte" by G. Frideric Handel - with joyous spirit . ~ **ed**



Dori and Sari played their recorders



RIDE FOR REFUGE CAMPAIGN – SATURDAY 5 OCTOBER



The UCM and Lakeshore UU Congregation as well as supporting United church partners were overjoyed to be able to bring this August Afghan refugees Laila, Enjila and Dawood Senkandari from Islamabad to a new home in Montréal. This is - by far - not the first time our churches have helped bring refugees to Québec. A vital part of the ecosystem of organizations that help and support refugees as well as host organizations is Action Réfugiés Montréal (ARM), a critical source of intelligence and guidance about the refugee and hosting process.

ARM has held for a number of years, as its sole public fundraiser, an annual bike - and walkathon. **Christopher Thomson**, a member of both Lakeshore and UCM, has for a few years now been organizing a small team to bike or walk in the Fall for the ARM campaign Ride for Refuge. Would you be interested in joining on bike or foot Christopher and **Sari Kelen** as a Member of Équipe / team Christopher et ami.e.s ? Or would you like to encourage one of the riders or walkers with a financial contribution? In either case, please go to this Quick link and join and / or contribute:

<https://ride.w-ith.me/Christopher> Our heartfelt thanks for any level of participation or support you can give.

- Christopher Thomson

UPDATE ON NICK'S FLOODED SALON



One of our new young LUUC members, **Nicholas Gavin Rocheleau**, has had a rough August.

Salongo (www.salongo.ca), Nick's hair salon in Vaudreuil was flooded. To add to the problem, Nick also sprained his wrist.

On September 14, **Nancy Schmidt** dropped by **Nick's** salon, **Salongo**, with best wishes from **LUUC**. It was still being renovated after the flooding. The reopening date is now **Saturday, November 23**. (9-5 will be operating hours and wine and goodies will be served from 6 - 9 p.m. There will be discounts and a raffle

for products or gift cards).

Salongo: 514-425-3421, Salongomtl@gmail.com, 201 Saint-Charles Ave., Vaudreuil-Dorion. Here's wishing Nick and the rest of the team an amazing year! **~ Nancy S.**

**YOU ARE INVITED TO MONTREAL'S 29th CHILD HAVEN
FUNDRAISER
AFTERNOON TEA & EASTERN BAZAAR
SATURDAY OCTOBER 19, 2024 - 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**

Tickets - \$30 per person for Afternoon Tea with sandwiches, sweet treats and of course, exotic teas! Buy your ticket(s) in advance at <https://www.childhaven.ca/>

Also on the menu:

- * Greetings from Rev. Fred, Bonnie and Robin Cappuccino
- * A virtual tour of Child Haven Homes with recently returned Robin Cappuccino
- * A special musical performance with Kerry-Anne Kutz
- * A new video on Child Haven Homes and the story of a little girl
- * Silent Auction and Bazaar tables of exotic treasures from India, Nepal, Tibet and Bangladesh
- * An opportunity to give donations for things of the Child Haven Needs List (see here - <https://www.childhaven.ca/GiftCatalogue/GiftCatalogue.html>)

Go to <https://www.childhaven.ca/> & link to the Montreal event to buy your ticket(s). Donations beyond the ticket price will be gratefully received to support the work of Child Haven International. Just use the “**Donate**” button on the website.

Contact Sheila Laursen 514-697-4195 or by email at sheila.laursen@bell.net by October 17 if you can't attend and wish to join part of the event on Zoom

LUUCers HAVE FUN AT THE SUNDAY CAFÉ



What fun we had at the Sunday Café on September 28th Musician. **Craig Girardin** taught us how to crash on the drums, bang on sticks, and shake/shake on the Maracas – to make a cacophony of sounds – until we were good enough to accompany his powerful voice singing the Banana Boat Song. It was fun! Fun! Fun!... and the croissants and coffee were good too. ~ (photo by **Milda**)

OWLS



LUUC supports the McGill sponsor an Owl Program where children and their families will have an opportunity to release an owl banded during fall migration.

Help support McGill Bird Observatory's research on Northern Saw-whet Owls by sponsoring one of the owls banded during fall migration from - September 26th – November 6th.

[Click here to Sponsor An Owl !](#)

SARI RECYCLES



"For years I have been collecting information on recycling and composting because I wanted to initiate a change in habits. Last year I learned about Eco-Quartier Lachine and was able to print beautiful PDFs of posters they sent me. I used them as part of my presentation on food waste, recycling, household waste, hazardous waste and polystyrene.

I'm not stopping now, as I am driven to help people cut back on the huge amount of garbage our society produces. Here is my letter thanking my district counselor for his collaboration in my workshop."

Dear Mr. Ryan Young,

Thank you very much for assisting me during my workshop on recycling and composting! It was an impressive turnout! I was able to demonstrate what can be recycled, how to wrap up food waste destined for the brown bin, and what to do with hazardous materials and styrofoam. We learned to fold and stack cardboard boxes before putting them in the recycling bin, and to never put

garbage, or plastic of any kind, in the brown bins.

With the support of my landlord, and you, our district counselor, I feel privileged that I can reach my goal. It was very good that you spoke to everyone at the end of the workshop. Coincidentally, the City's Environment Fair was on Sept. 14th, and we encouraged people to visit.

Everyone appreciated the twenty-five countertop compost bins you brought. They liked the games and activities and the prizes they won. Soon my landlord will have laminated the three big posters, of which one had been borrowed by the town for two weeks. These posters will be mounted in the laundry rooms of the three Maple Apartments. People can consult them and/or the website: [cavaou](http://cavaou.com)?

The landlord's assistant offered that she and I go together to all the apartments to show the people who missed the workshop, to tell them the basics. One of these is: No plastic of any kind should go in the brown food waste bins. All food should be wrapped in newspaper or paper bags and placed in the brown bins, then tied with cotton string.

Will you kindly ask the other counselors if they would please pass this information on to the public? It was a milestone for me to present this workshop! I hope that the city will join me in my endeavor: the more that people put food waste in the brown bins and clean containers in the recycling bins, the less garbage there will be.

Charlotte Kelen

AFGHAN SIBLINGS - HOPES, FEARS AND FRUSTRATIONS



You have probably read in the news recently that in response to the large number of newcomers who arrived in Quebec this year (the 3 Afghan siblings are among the small number of approved refugees in that category), the Quebec government has responded by 1) demanding that new immigrants must be able to pass a French test in 6 months and 2) has cut substantial funding to the already overwhelmed Francization classes created by its

Ministry of Immigration, Francization and Integration!

The result? At the end of August, we registered Laila, Enjila and Dawood for full-time French classes offered by the Quebec government. We were told that the next session of classes would begin September 30, and we should be contacted by September 25. The classes are given by Gerald Godin CEGEP at a new facility at Galerie des Sources. On September 25, we checked by phone with the MIFI department of Quebec - and were told that while the siblings had received letters confirming that they have been accepted for such classes, there is NO chance they will be in a class this year - and maybe not in 2025 either! We were told that the September classes are already full - and the November session will be filled first with people who have been on the waiting list since 2023!

Our wonderful Language & Work subcommittee will not be deterred! Susan Hawker has volunteered to begin tutoring the siblings about once a week, beginning September 26 - and some others have said they could help that way too. Meanwhile, the siblings are using DuoLingo on their phones, which they started to do while still in Pakistan. And the subcommittee is checking out any and all other possibilities for classes in person or online - full time or part time - that will help these wonderful young people be able to communicate in the language of Voltaire (or at least function in Québécois!).

All 3 siblings are eager to learn, communicate and get jobs! Laila has accounting skills, Enjila has Business Management skills, and Dawood wants to be a truck driver. If you have any ideas that might help, please let subcommittee member Christopher Thomson know. (cthompson683@gmail.com).

Their desire to work is even stronger now as their parents are in a very vulnerable state. When the Taliban really took over in 2020, the whole family had to flee Afghanistan. The parents were brought to Denmark as refugees (the mother had worked as a cook for the Danish consulate in Kabul). Denmark would not take the children as they were all 18 years or older. Two older brothers fled to Germany. The remaining 3 siblings - Laila, Enjila and Dawood were flown to Pakistan using visitor visas.

In Denmark, the parents tried their best to comply with Denmark's "rules" for refugees they support - they must take Danish classes, they must do volunteer work, and they must seek and be interviewed for work. Denmark provides a monthly basic allowance to refugees who comply.

Just weeks after the arrival of the 3 siblings in Montreal, they learned that their parents were told by Denmark (after being there 4 years) that they would be returned to Afghanistan. The letter stated that they were not able to fulfill all conditions of their refuge there (they had taken Danish classes and could communicate in that language, and they had served as volunteers in the community. Neither were able to find work although they were interviewed for jobs.)

The parents were flown back to Kabul with just one week's notice. They have no home there; they are trying to stay hidden from the Taliban, and they have no income. A cousin gave them temporary shelter in her home with only 2 bedrooms for the 2 adults and their 6 children. They could not stay long there.

An appeal was sent out to the wonderful West Islanders who had contributed to keeping the 3 siblings safe in Pakistan for 3 1/2 years. That appeal raised \$750 Cdn in September and was sent to the parents in Kabul. With that support, they have been able to find and rent a small and safe place while we explore other long-term options of finding a sponsorship group to bring them to Canada. We hope that one day, we will see these parents reunited with their 4 children (and 4 grandchildren) now living in Montreal....

~ Sheila Laursen

FALL DUGNAD – (CLEAN-UP) – NOVEMBER 2nd.

Please mark your calendars: We will need some volunteers between 10 am and 2:00 pm to help do some general cleaning as well as help organizing our church office in preparation for the new church year.

Even a couple of hours would be a great help. Contact **Paul Sullivan** for free lunch tickets at plsullivan43@gmail.com



FALL WEATHER MEANS FRUITCAKE SEASON IS ON ITS WAY!

Baking-friendly weather is back and the holidays will soon follow!

Along with other LUUC “elves” I will be shopping, chopping, mixing, blending and baking during the month of November to create delicious dark or light fruitcakes “to order” for you to enjoy, or to give as gifts!

This homemade fruitcake has become a traditional treat for many families and friends to enjoy over the holiday season – and you don’t have to spend hours making it yourself! All profits support our LUUC fundraising efforts. Prices for 2024 are the same as 2023 (best bargain to be found!):

1 lb - \$16.00

2 lb - \$30.00

3 lb - \$40.00

Please contact me (514-697-4195 or sheila.laursen@bell.net) to place your order and specify light or dark fruitcake in the size you prefer.



SOUP POT CINE



Merging Waters (24 Maple, Ste-Anne-de-Bellevue) has three upcoming soup-pot cinema evenings: Friday October 18th, Friday November 22nd, and Friday December 13th. Come enjoy homemade soup in good company. Suggested donation \$10

On Friday October 18th at 7:00pm, we are planning to show ' **The Phantom of the Open**' (not Opera), The heart-warming true story of Maurice Flitcroft, who

entered the 1976 Open despite never playing a round of golf before. The extraordinary story of an ordinary man, THE PHANTOM OF THE OPEN is an uplifting and moving comedy drama about pursuing your dreams and shooting for the stars, no matter what hand you're dealt, starring Mark Rylance and Sally Hawkins. Trailer: <https://www.imdb.com/title/tt12572040/>

CARING



Jose van Amerongen is the Care Person for September and October. You can reach her at 438-462-0305 or friedajose@gmail.com

Nancy Graham has a new telephone number – please make a note in your Directories.

514-466-6608



HAPPY BIRTHDAY TO OUR OCTOBER LUUCers

Damian Sanchez-Rooker on October 5th

Christine Wooley on October 6th

Luna Santos-Deschamps on October 8th

James Sisley on October 9th

Dori Abbott writes:

Did you know that **Peter Abbott** joined the Unitarian Church in 1954 and I in 1955? We are probably the oldest Unitarians except for Fred!

.....and still going strong! – good for you **Dori** and **Pete**!

A MOUSE ABOUT THE HOUSE



On Friday afternoon, September 20th my student Michael arrived for his lesson and wasted no time in telling me there was an injured mouse at my front door.

I found a beautiful little grey mouse, unable to keep himself upright because of an injured back leg. He looked at me with his lovely big eyes and put his head down on the hard pavement. I ran to get him some water and a few pieces of cheese and went on to teach two lessons. After the second lesson I checked on the little mouse. He seemed to like the cheese but it was covered with ants which were also crawling on the mouse's feet. I brushed them away and decided I couldn't leave him on the pavement any longer. He seemed almost lifeless and without any strength.

I found an article about caring for an injured mouse on the internet. It suggested the mouse was probably in shock and needed to be kept warm and in a quiet place. I knew he wouldn't be able to jump out of an enclosure as he was completely unable to walk. I found a wash basin and placed a soft warm towel along the bottom. I gently lifted him in with gardening gloves so as not to stress him. He didn't move or try to avoid me.

I covered him with a cloth dish towel and placed a shallow yogurt container lid with water near him. The article suggested I give him grated carrot so I added another container with grated carrot and a few more pieces of cheese. I kept him on the dining room table, in the dark and spent the night and next day whispering when close by so as not to wake or frighten him. Our beautiful dog Hunter was very understanding and cooperative!

The next morning, he was completely covered by the dish towel but I could see that he had eaten most of the carrot, some of the cheese and had drank some water during the night. I changed his water and gave him sunflower seeds and more cheese. He slept the entire day but ate some of the things I'd left for him. I was worried but planned to take him to the Eco Museum first thing Monday morning to ask for their help.

I bought some apples later Saturday and grated one of them to give him, again changing his water. That evening I was just about to leave for a concert at the Salle Pauline Julien. I checked on the little one to see if he was safe. I was surprised to see him up and eating the grated apple. As soon as he saw me he came toward me and stared up at me with those beautiful brown eyes. Then to my surprise he began to run around and around the basin, leaping as high as he could, trying to find his way out of there!

He seemed full of energy and though not perfectly balanced, he was fairly stable on that injured leg. It occurred to me that leaving him there on the dining room table might not be the best idea. He seemed to have regained his strength and was raring to go!

I brought his enclosure back outside the front door where I'd found him, tipped it slightly and watched him scamper off, a little lame but managing quite well. I'm still worried about him but am so happy he came to stay for a day!



~ Kerry-Anne – AKA - The Mouse Whisperer

YOGA IN THE PARK

Yoga practice is this Saturday October 5th at 4pm, lead by **Usha Thorne**, pictured below as she prepares to guide us at the Pine Beach Park in Dorval. We will take a break for Thanksgiving weekend and will return shortly after with another mini session. (If the weather does not cooperate, we have the cozy 2nd floor of the hall :)

Please contact **Milda** to be added to our group email for dates, locations and reminder sanskritsoccermom@gmail.com



MILDA GOES TO LEIPZIG FOR STUDY

I stayed in student residence for the month of August for my scholarship to attend the Summer Sanskrit program at the University of Leipzig. I explored the cobblestone streets - so much to see in Leipzig!



At my summer language program in Leipzig we performed theatre and chanting in Sanskrit which was later shown on TV in India.



~ photos from Milda

CAROL ROWAN REMEMBERS



Remembering the children and families from the many First Nations, Inuit and Metis communities whose lives were forever changed by the residential school system;

As a reminder to listen carefully to the ideas, policy direction, languages and stories voiced by First Nations, Inuit and Metis people;

And act accordingly, from a place of generosity and love;

We solemnly hang this ribboned banner at our front door.

~ at Beaurepaire Qc.

VOLUNTEERS

Sheila writes:

I received this interesting (and sobering) article from a friend about the trends in volunteerism in Canada....<https://thephilanthropist.ca/2023/09/why-we-need-a-national-conversation-about-volunteering/>

I think we see this within our LUUC community - but I was able to reply to my friend about more "hopeful" updates in the West Island:

Most high schools (public and private I think) have a Community Service component of several hours of volunteering that is mandatory before graduation built in to their curriculum

The West Island Table held its 3rd annual Youth Volunteer Fair last weekend with about 12 community groups that welcome volunteers from 12 - 17 year-olds into their activities. About 49 people attended (youth and parents).

I will be welcoming volunteer help at the October 19 Child Haven Afternoon Tea from **Gabor and Kathy's** grandson **Keenan** and his friend Theo, and from **Cormac Lutes** - their time there will be accounted by me for them to present at school.

ON THE GO AND NEED TO KNOW



BRITAIN – bravery - Meet Kuno the military dog who has been awarded a special medal, the highest award an animal can receive for bravery in the army. While British troops were under attack in Afghanistan, Kuno, who is a Belgian Malinois, wore specially designed night vision goggles and ran through terrorist gun fire to help the soldiers with their mission. As both of his legs were shot, Kuno became the first UK military dog to be fitted with custom-made prosthetic limbs. (*Bless his generous heart.*)



POLAND – illuminations - This gorgeous 100-meter track, showing a glowing bike path near Lidzbark Warminski was unveiled last week to help nighttime cyclists get from A to B. The bike path illuminates at night thanks to blue luminophores, a synthetic material that emits light after being charged by the sun. The color blue was chosen for the path because the engineers thought it would best suit the local scenic landscape.



on google

OTTAWA – home at last – Almost a couple of years ago I reported that Karsh's ***Roaring Lion*** original portrait of Sir Winston Churchill, was stolen from the Chateau Laurier in Ottawa. It has now been found, in Italy – having been purchased from Sotheby's, unwittingly by an art collector for 9,000\$. The portrait has now been returned to Canada and an Ontario man faces multiple charges including forgery and trafficking in stolen property. Surprisingly, the CBC reporter Paul Hunter was instrumental in finding it – do read his story



NEWFOUNDLAND – cow cuddling - Chloe is a working dairy Guernsey cow. She weighs about 1,200 pounds. So when she sits, she tends to stay sat down for a while - making her an excellent cuddler. She is a rising star at Lester's Farm Chalet in St. John's, N.L., Jim Lester's farm hopped on the cuddling trend in early August, and his time slots have been pretty well sold out ever since. For \$20, you can get 20 minutes with the animals, all overseen by staff. It's a small business boost for the farm — it certainly gets more people in through the doors.

WELCOME TO LAKESHORE

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

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

BOARD MEMBERS:

PRESIDENT: Sheila Laursen 514-697-4195

VICE PRESIDENT: Gary Spiller 514-697-6257

TREASURER: Susan Czarnocki 514-773-1117

SECRETARY:

DIRECTOR A: Nancy Schmidt 514-626-0826

DIRECTOR B: Paul Sullivan 514-457-1793

S.E. FACILITATOR: Christina Koulouris

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

Paul Sullivan 514-457-1793

OFFICE & ONLINE

ADMINISTRATOR: 514-637-6974

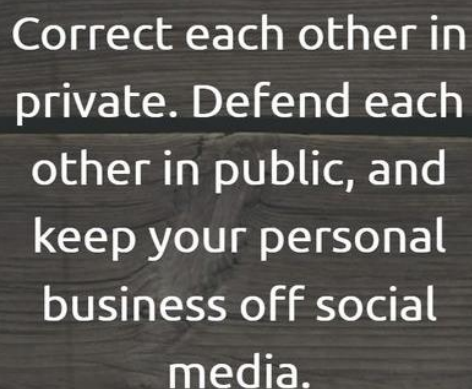
Lakeshoreluuc@gmail.com

NEWSLETTER EDITOR/ Heather Falconer 514-505-4206

ILLUSTRATION ARTIST: miss.heather.falconer@gmail.com

NEWSLETTER DEADLINE: **OCTOBER 24th 2024**

OUR WEB-SITE: LUUC.org



Correct each other in
private. Defend each
other in public, and
keep your personal
business off social
media.

HAVE A HAPPY AND SAFE HALLOWEEN

