

**Kuuf Links**  
**June 2010**



Seeking Spirituality  
Practicing Community



With Freedom of  
Religious Thought

**UNITARIAN UNIVERSALIST FELLOWSHIP OF KAMLOOPS**

***Kuuf Links***

# Wendy's Words of Wisdom

As I write these words, I am focused on the future.

I am preparing to attend the Canadian Unitarian Council annual conference and business meeting in Victoria.

The CUC annual gathering is one place where congregations give and receive sustenance for their work in the world – i.e. to offer hospitality to the stranger, to challenge injustice and oppressions, to befriend the earth – as they break bread with their religious sisters and brothers.

“Preparing” for me means looking over many e-mails and notes about business items to be decided, and which non-business workshops I will be attending. Also, as a nominee for the CUC’s nominating committee, I will be meeting with the current committee to learn more about the job.

For one full morning, I will be the on-call “minister in residence” for the conference. Several ministers are taking turns with the role. It is a relatively new idea, and what it does is to offer a ministerial presence for 15 hours a day, in case someone needs a listening ear, or some personal spiritual sustenance.

Following the annual meeting, the UU



Ministers of Canada (UUMoC) will be meeting at Queenswood, a Victoria retreat centre managed by a Roman Catholic religious order (Sisters of Saint Anne).

During that 4 day period, we will be considering, among other things, our involvement and response to the business which has just been conducted at the CUC. Particularly, with regard to social justice issues, we will ask ourselves, “What is our most useful role as a body of ministers?”

We will also have time for spiritual practice, and for collegial conversations, and even some silliness, I’m sure! Laughter is good medicine. We hold short worship services at the beginning and end of each day, and I will be co-leading one of those services. So for all of that, there is preparation to be done - of reading, planning, and organizing.

The UUMoC annual gathering is one place we can give and receive sustenance for our work as ministers. We exchange ideas, interests and enthusiasms, and we witness to and share worship with others who “get” this broad and deep and amorphous calling.

By the time you read this, all of the above will be history, in the sense that every moment we live becomes history as soon as we have lived it. The gift, it seems, is in appreciating every moment. Time to get my hands back into the soil of my garden, and be present to the Present.

*Shalom, Wendy*

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**The Unitarian Universalist Fellowship of Kamloops**

will meet on Sunday, June 6 and Sunday, June 27th at the Valleyview Community Centre on Park St. in Kamloops .

For information on the June 13th and June 20th gatherings, please see inside.

*We are a welcoming community, believing in the dignity of every individual and in freedom of religious thought.*

Contact us by phone : 250 - 374 - 5594.

E-Mail to  
uufellowshipkamloops@gmail.com

Website : [http:// www.uukam.bc.ca/](http://www.uukam.bc.ca/)

## Wendy's Whereabouts

Wendy's telephone in Kamloops: 250-819-5777

e-mail: wmcniven @ telus.net

### My schedule for June 9 to 13:

Wednesday, June 9th : Evening – meeting about growth

Thursday, June 10th : Noon – meet with local area clergy

Thursday evening – Board Meeting

Friday, June 11th noon – Munch with the Minister

Friday late afternoon – leave for Sorrento

Saturday, June 12th and Sunday, June, 13th : at Sorrento Retreat

— Other meetings and visits will be filled in as they come to my attention.

— There is time on Thursday during the day, and Friday morning, if you wish to schedule a visit or a meeting with me.

— PLEASE e-mail or telephone to arrange time with YOUR minister, if you would enjoy a visit, or wish to talk with me about anything.

**Summer:** CUUL school in Saskatoon – Rev. Wendy will be on staff – July 22 to 25.

**August 28<sup>th</sup> – Planning Day** – All are invited – we will talk, work, and play with ideas for the coming church year and how we want to express ourselves. Pot luck lunch, the day is hosted by the Stefaneks – bring your bathing suit and your good ideas!



**September 9<sup>th</sup> to 12<sup>th</sup>** – Rev. Wendy will be in Kamloops and leading Sunday service.

### Test Your Knowledge !

1. Name 3 founding members of the UUFK.
2. Name the person who can sing and do sign language at the same time.

1. Three founding members of the UUFK are Janet Kusler, Enid Damer and Jim Gordon.
2. Andrea is the person who can sing and do sign language at the same time.

### Answers to "Test Your Knowledge!"

## SORRENTO — 2010

### "Beginning with Ourselves"

The UUFK is hosting the Sorrento Family Retreat this year : June 11, 12, 13th.

This retreat weekend is a long-standing tradition shared with our Kelowna UU friends.

The theme this year is "*Beginning with Ourselves*".



The schedule for the Retreat, with information on the Workshops which are being put on, was in the May issue of "Kuuf Links".

**TO REGISTER :** The Registration form is available on our website : <http://www.uukam.bc.ca/>

**OR,** you can contact H. Stefanek at 250 - 573 - 3506 if you need a copy mailed out to you.

**LAST DAY TO REGISTER** for the 2010 Sorrento Retreat is June 4th .

**BURSARIES** are available to help with the cost of the weekend. Please talk to Joan G. or Heather S.

There will be a Worship Service at the Sorrento Center, starting at 10:30 a.m..

There is **NO COST** to attend this Sunday Service. However, there **IS** a charge for the meal which follows. IF you plan to stay for this, — or **any other meal** on a "drop-in" basis, **please let Heather S. know by June 7th.**

### To get to Sorrento Centre.

Drive on Hwy 1 to Sorrento.

As you enter the village, there's an Anglican? church on the right side. The turn off to the Centre is on the left opposite the church, Passchendaele Rd. . Past the motel is the entrance to the Centre, on the right. It is well signposted.

We are the only users that weekend, , so no worries about getting into the wrong group!

Heather S.

# Upcoming Services

## JUNE

**June 6th : Chalice Circle** : “ *Gratitude*”  
10 a.m. at the Valleyview Hall

This will be the last Chalice Circle of our church season, so it is a good time to reflect our blessings and accomplishments.

*The questions:* -what are you grateful for from this past season, both in the church community and personally?

--how do you express your thankfulness to others? How do you like to receive other's gratitude?

-do you practice gratitude regularly? In what form? What are the benefits?

-what do you take for granted that you need to appreciate as a blessing?

*“Gratitude for the gift of life is the primary wellspring of all religion, the hallmark of the mystic, the source of all true art.”*  
Joanna Macy

**June 13th** : SORRENTO Service : “*Act Your Age*” led by Rev. Wendy McNiven. **10:30 a.m. at the Sorrento Retreat**

This will be an intergenerational exploration of what it means to be the age you are, and how it matters to the rest of us as we interact with you.

All are welcome to attend at no cost: 10:30 am (not 10:00) at Sorrento Centre. If you wish to stay for lunch, please book the meal ahead: there is a cost for lunch. (See Page 2)

**June 20th : Paganism 101** : “*Where do we go from here?*” **ALL WELCOME!!!**

**6pm at Arne's place** - Wolf Ranch, 5509 Shuswap Rd in Pritchard  
Please call Arne for directions 1-250-577-3717, AND TO RSVP IF YOU PLAN TO ATTEND. Pot luck dinner - bring item to share with the group, also your own plate, cutlery, drink , etc.

In this 10th and last session, participants will discuss the Moon and spell making from the homework in Session 9 ; discuss the use of divination tools from the homework in Session 9 ; reflect on all they have learned and discuss “What does it mean?”.

“*What does it all mean?*” the group will explore how to integrate and use the knowledge they've gained over this course.

There will also be a discussion on how to live more mindfully on the earth, and how to decide for ourselves what's really important. Participants will create and share the vision of the world they'd like to build and live in

**N.B. To prepare for this session, please see the “Quiz” on Page 8 of this Newsletter. Also, you do not have to have been a member of the Paganism 101 group to be welcome.**

**June 27:** “*Annual Flower Communion*” led by Rev. Wendy McNiven 10 :  
00 a.m. at the Valleyview Hall

This annual tradition is an intergenerational celebration of community. Please BRING A FLOWER to contribute to the common bouquet.

There will be a “*Coming of Age*” ceremony for

Amberley , with her mentor - Janet, at this service.



## July and August

Sunday Worship Services are not held during the months of July and August. However, during the rest of the year the Services are held on the second and fourth Sundays of the month.

Services on the second Sunday of the month are presented by Rev. Wendy McNiven; the fourth Sunday of the month is lay lead. Our Fellowship is blessed with Rev. Wendy McNiven but equally blessed with lay members who prepare meaningful homilies which are relevant to the inquiries and development of this Fellowship.

***The Worship Committee thanks the Fellowship members who offered the Services this past year.***

On occasion, visiting ministers and speakers are invited to give a Worship Service. An example of this is a proposed visit by Rev. Stephen Atkinson of Vancouver's North Shore Unitarian Church. We are currently planning this visit for September 26th.

The website for his church is <http://www.nsuc.ca/>, if you are interested in learning about him and his Church.

## SEPTEMBER

**September 5** : “*Annual Homecoming and Water Communion*” : Co-Presented by Joan Gordon and Enid Damer.

This is the time for sharing a significant spiritual experience represented by a vial of water. Please bring the symbolic vial of water to the Service.

**September 12** : Worship Service led by Rev. Wendy McNiven

**Sunday, September 19th** : No details available at press time.

**September 26:** *Worship Service* led Rev. Stephen Atkinson of North Shore Unitarian Church

# Getting to Know You.....

*This month featuring H. Stefanek.*



I'm sure the fact about me that everyone knows, obvious from my accent, is that I was born in England. I was an only child, and spent my early years living with my parents and grandmother in a big house with extensive grounds on the outskirts of Maidstone, in the county of Kent.

My father was a partner in the Golden Boot shoe shop, a more-than-200 year old family business which is still in the Martin family, today run by my cousin and his son.

I attended a private school near our home, where on my first day in Kindergarten I sat next to a girl called Lynda, who remains my best friend to this day. When I was 11, my parents sent me to a girls' boarding school at Bexhill-on-Sea in Sussex. The school was located on a cliff overlooking the sea, and in late spring and early fall we would cross the pebbled beach to swim in the cold English Channel.



*Heather in one small part of the luxurious grounds which she and her husband, Mitch, have nurtured since moving to Barnhartvale in early 1990's.*

The family moved to Bexhill when my father became semi-retired, but I continued as a boarder until I graduated in 1966. (Sadly, the school closed down that year as well, the result of a change in philosophy of the Brits as to the importance of a private school / segregated education.

On leaving school, I followed the example of both my parents, who had served in the armed forces during the war, and decided to join the WRNS (Women's Royal Naval Service). After an initial training in Portsmouth, I spent time at Naval Air Stations in Culdrose, Cornwall and Yeovilton, Somerset as a Radar Operator. In those days, naval women did not serve at sea, nor did they have much opportunity to travel abroad. Nowadays the WRNS no longer exists; as with most armed forces worldwide, women are considered equal to, and as capable as, men.

After a three year stint as a Wren, I returned to Bexhill and worked for a time in the tax collection office of the Inland Revenue Service. However, I soon got bored with a desk job and longed to be travelling, so after a year of working as a hotel receptionist in both London and Edinburgh, I started to work overseas. For three summers I was on the island of Ibiza, Spain, where my parents owned a villa. Year one I was a travel rep in a hotel, meeting and assisting tourists as they arrived. The following 2 years I worked for a local car rental company. In the winter seasons I worked in a hotel in Austria as a

waitress/chambermaid. These jobs enabled me to become fluent in Spanish and German, as well as to learn to ski.

At the age of 25, I applied for a one year work visa to Canada, and arrived in Vancouver in June 1974. I found a place to stay — a small room in a house with a shared bathroom and a couple of other lodgers. I soon got a job at the CIBC as a teller. A couple of months later, while walking in Stanley Park with a female friend, we met a young man by a water fountain. Turns out they were next door neighbours. I was introduced to Mitch, and the rest, as they say, is history!

I broke the news to my parents that I wouldn't be returning after my visa expired, and that I was getting married! We were wed in New Westminster at Queen's Avenue United Church on February 21, 1976. Our first home was in Abbotsford, where our first daughter, Tori, was born. With my parents' encouragement, we moved to England in late 1978, where we soon purchased and ran a pub in Shropshire. It was hard work, as we served meals and offered bed-and-breakfast as well.

When I became pregnant again, we opted to return to Canada. Maclean was born in Abbotsford, and when he was only 3 months old, we moved to Osoyoos to take over as co-owners of a motel. Unfortunately this enterprise was short-lived due to a partnership breakdown. We moved to Delta and both of us continued to work for the bank while our family increased with the addition of our youngest daughter, Courtenay.

Continued on Page 5.....

## UU Kids' News — by Anne Neave

May marks the conclusion of our UU Kids Program for this year. This month we explored the meaning of gratitude and different ways of expressing it. The children prepared and took home a booklet of mealtime graces to share with their families. Of course we practiced first saying grace with pizza! Many thanks to the Allen household for coming to the rescue and delivering hot pizzas.

Our second session this month explored the meaning of religion and faith homes. We focussed on Islam and told the story of Mohammed, Mecca and the famous holy place, the Kaaba. Through role play, we learned about tribal division and the disputes surrounding the rebuilding of the Kaaba and how Mohammed's wisdom solved this problem. We talked about the value of a faith home and how we view our UU home.

This was the last time to use the portable labyrinth which has been a focal point for opening and closing rituals each session. Many thanks go to Joan and Wendy L. for the many hours they spent preparing the portable labyrinth. The children learned how to use a labyrinth on a small scale and in April used the big labyrinth in Riverside Park.

As June approaches, we all look forward to the Sorrento Retreat weekend with the children's program being organized by Norah.

At the end of June, our last service will be an intergenerational Flower Communion. We encourage everyone to bring a flower to share at this conclusion to our church year.

*Anne Neave, Children's Program Co-ordinator*



**UU Kids role-play bringing the sacred black rock to the east corner of the Kaaba in Mecca, part of our "Mohammed's Story" session.**

### ***Getting to Know..... H. Stefanek (con't)***

My father's death in 1989 triggered another move back to England, this time to support and care for my mother. We had hoped to repeat our previous adventure there, but prices had soared and we were unable to find anything we could afford. The children enjoyed attending school, and liked wearing their school uniforms! After a year we returned to Canada, only to discover that real estate in the lower mainland had risen sharply too, so when a position as instructor in the tourism department at Cariboo College was advertised, Mitch took it. We moved to Kamloops and bought the house in Barnhartvale that we still live in, the longest time I/we have lived anywhere. I have had the luxury of being "retired" since we moved here, only now I am collecting pensions - yes, I actually get a UK pension, too!

Several year sago I decided I needed the challenge of being a post-secondary student, for the first time in my life, so I enrolled in the Horticulture program at OUC. \*\*\* (see note below) I love gardening, photography, reading, wine-making and any craft I can do with my hands - sewing, knitting, cross-stitch, collage etc. And of course I take great delight in being Nana to my sweet little grandson Evan, who keeps me on my toes.

I enjoy the community, activities and challenges that our UU Fellowship offers, and look forward to continuing in spiritual explorations with you all, my UU family.

***Sincerely, H. Stefanek***

***\*\*\* NOTE: for newcomers to Kamloops - Cariboo College became Okanagan University College (OUC), which then became Thompson Rivers University (TRU)***

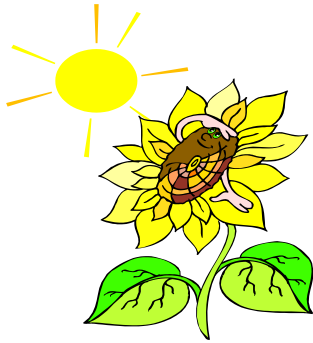
## Growth and Planning

### “How Shall We Grow?”

*“Growth is not only about numbers. It is also about spiritual growth and that we have all done from having professional ministry, through meaningful, in-depth worship services, through innovative religious education, through our opportunities for sharing our deepest selves, through our connection and caring of each other, through singing and having n together.”* Joan Gordon, President, UUFK

On Wednesday, June 9th, please join President Joan in an exploration of ideas on how to further promote the visibility of the UUFK in the community and to attract people with what we have to offer.

The discussion will take place in the KUC Reading Room, and will start at 7:30 p.m. Please let Joan know if you are going to be there.



### Planning Day for the 2010/2011 Church Year

On Saturday, August 28th, UUFK'ers will get together at the home of the Stefaneks to talk, work, and play together.

The focus of the day is to discuss ideas for the coming church year and how we want to express ourselves.

However, in true “UU style”, lots of fun will be also be on the agenda! There will be a Pot Luck lunch, and a chance to dip into the pool which graces Mitch and Heather's

gorgeous grounds!

Please let Joan G. or Heather S. know if you will be there.

**Bring your bathing suit and your good ideas!**



## Choir & June's Volunteers

### UUFK Choir

The choir dates for June are the Wednesday the 9th, 16th and 23rd, plus Margaret will be at church for the Flower communion on June 27th.

Choir is being held on Wednesday nights until the end of June from 6 - 7.

When we start up in the fall, a suitable day will be determined. Everyone is invited to join in the choir.

Jim has reported from Victoria that we did get our “Sharing Our Faith Grant” of \$1,500.00 for the choir!!



### Volunteers for June

#### June 6 : Chalice Circle

Set up - Jim & Joan

Take down - ??

Greeter - Jan

Coffee - Enid

#### June 13 : Sorrento Center Service

Service is to be held in Sorrento, starting at 10:30 a.m.

#### June 20th : Paganism 101 at Arne's

Service is at Arne's in Pritchard, starting at 6:00 p.m.

#### June 27 : Flower Communion

Set-up - ??

Take-down - ??

Greeter - Pat

Coffee - Christine

### No Summer Camping Plans Yet?

Check out the *BC Wilderness Cap* on Kootenay Lake — [www.nwscan.org](http://www.nwscan.org)

The campsite is open from July 1st - August 31st.

## President's Message

*The church is perhaps one of the few places left where we can meet people who are different than we are but with whom we can form a larger family.*

*Henri J.M. Nouwen, theologian*

It is sixteen years since we had our first meeting back in 1994. We are currently 30 members and many friends strong, but when you consider that Kamloops has a population of 80,000 people, proportionately that is not very many.

Unitarians are estimated to be .7 of 1% of the population. Using that calculation, a 30 member congregation may draw from a population of roughly 5,000 people. That leaves us a few hundred people short.

Don't get me wrong. I don't want a congregation of a few hundred people. I don't believe that *bigger is better*. I actually prefer the *small is beautiful* concept, which indeed we are. But we could be a little bigger without harming our 'beautiful smallness', don't you think?

It's not that I think we haven't been growing. We have. Nine new members in the past year and a half exceeds the ten percent growth per year that experts say we can expect.

Growth is not only about numbers. It is also about spiritual growth — and that we have all done from having professional ministry, through meaningful, in-depth worship services, through innovative religious education, through our opportunities for sharing our deepest selves, through our connection and caring of each other, through singing and having fun together.

Our church has also matured, and that is a form of growth. We have clear mission and vision statements, well functioning committees, a strong children's program, joyous giving and participation, strong social outreach that brings our faith out into the world. We know how to make guests and visitors feel the warmth and welcoming of our community.

The UUKF is in pretty good shape. Certainly, we are ready to open our doors and arms to those people who want freedom of religious thought, a place for their children to grow and learn in a safe, loving community and a group that shares common values and goals.

On Wednesday, June 9<sup>th</sup> at 7:30 at the Reading Room, I am hoping several interested people will join me to explore ideas of how to further promote the visibility of the UUFK in the community and attract people with what we have to offer. Please let me know if you wish to participate.

*Yours in friendship and faith,*

*Joan*

## Planks from the Board

The UUFK Board of Directors' meeting this month focused primarily on finalizing old business and reviewing updates from our various committees.

Tuula H. has agreed to attend this year's Cool School conference in Saskatoon, and Rev. Wendy and Jim G. will be attending the ACM as delegates for our congregation.

Our Fellowship choir is learning the art of singing from the ground up with the help of Marg, our choir director, and Janet K., who has consented to be our choir coordinator. In addition, the board is exploring ideas for advertizing both our ministerial services and our Fellowship.

Since Sorrento is a go, the Board has made arrangements for the Valleyview Hall reservation to be cancelled on Jun 13th and 20th, — so please be aware that there will be no services on those days.

In the interest of protecting the safety of our members, it was decided to extend our insurance coverage to include anyone driving for a church function.

Finally, the Board will be conducting a telephone survey of members for feedback and suggestions in preparation of next year's planning session in August.

The June meeting of the Board on Thursday, June 10th at the KUC Reading Room. It will start at 6:30 p.m.. All Are Welcome!

*Submitted by Christine Hammonds,  
Secretary to the Board*



## For the Kids — and for U & U!

A cd of 17 songs for children, written and performed by Kamloopsians Norah Ashmore and Roxanne Hall, is available for sale to you.

Most of the songs have a theme of caring for the environment.

Cds sell for \$10.

A perfect gift for your children or grandchildren!

Contact Mitch or Heather to place your order. 250-573-3506 or email [mitchhez@shaw.ca](mailto:mitchhez@shaw.ca)



The sale of these CD's is a fund-raiser for the UUFK.

# An "Eco-Quiz"

*NOTE : People's thoughts about these questions will form part of the wrap-up session for Paganism 101 (on June 20th at Arne's). If you are going to that session, please spend some time with this, and bring your results.*

*If you're NOT going, take the quiz anyway!*

*Think of the results of this quiz **less** as something you're failing at, and **more** as something to investigate. In fact, take everything that way.*



1. Trace the water that you drink from precipitation to tap.
2. What sort of soil is predominant in this place? What "soil series" is it?
3. Name five native edible plants in your region and their season(s) that they are available.
4. How long is the growing season in your zone?
5. What was the total precipitation in your area last year (July-June)?
6. Name five birds that live in your area. Which are migratory and which are year around residents?
7. What is the land use by humans during the past two centuries? (The narrower the better: you learn more from the history of a city lot than from a larger area.)
8. Where does your garbage ultimately go?
9. From what direction do winter storms generally come in your region?
10. What primary geological event/process shaped the land where you live?
11. What species have become extinct in your area?
12. When do the deer rut in your region, and when are their young born?
13. What spring wildflowers are consistently among the first to bloom where you live? Which trees?
14. Name five grasses in your area. Are any of them native?
15. What are the major plant associations in your region? (A plant association is a group of plants that normally grow in the same ecological zone, such as the Tallgrass Prairie.)
16. How recently was the Moon full? (Specify the date for which you respond.)
17. What kind of energy do you primarily use? Where does it come from?
18. Where is there "wilderness" in your bio-region?
19. What are the primary sources of pollution?
20. What are the major "natural" sounds you are aware of in any particular (name it) month or season?

*This questionnaire was adapted by Chas Clifton from "Where Are You At? - A Bio-regional Quiz" by Leonard Charles, Jim Dodge, Lynn Milliman and Victoria Stockley,*

## Test Your Knowledge !

1. Name the person(s) who come(s) from the farthest East and who come(s) from the farthest West.
2. Name 10 school teachers and former teachers in our Fellowship.

For the answers, turn the page upside-down.

## Answers to "Test Your Knowledge!"

1. Penny B. (east) ; Eleanor H. and Eleanor G. (west)
2. 10 teachers and former teachers are : Eleanor H., Enid D., Anne N., Christine H., Penny B., Wendy McN., David C., Carole G., Pat McN., Norm W.

## “Flexitarianism”

### “Meatless Monday”

“Meatless Monday” is not an original idea. Residents of cities in Europe and North America have been trying for several years to cut greenhouse gasses by eating one vegetarian meal a week. The Agriculture Organization of the United Nations finds that *“...livestock accounts for 18% of worldwide greenhouse gasses, more than emitted by all forms of transportation combined, and is a leading cause of deforestation and water pollution.”*

It is **Sir Paul McCartney** who is spearheading the movement in Britain. He is quoted as saying, *“We thought cars were the villain of the piece, but it appears that livestock produces more.”*

This movement has broad backing from climate change scientists who argue that meat, apart from presenting such risks as heart disease, obesity and E.coli, is a wasteful luxury. *“...we're going to feed ten times as much grain to cattle to get a kilogram of meat compared to if we just ate the grain ourselves.”*

It isn't just CO2 that is the problem. Cattle generate even more methane, a greenhouse gas 20 times more potent than CO2. *“Vast lakes of manure dot the North American heartland, steaming nitrous oxide into the air, while antibiotics fed to our sick, grain-fed cattle ooze into our waterways.”* Not a pretty picture!

Many people in our Fellowship are vegetarians but for those who are not, I'm urging you, and your friends, to become **“flexitarians.”**... a vegetarian who occasionally eats meat. Cookbook authors are writing books such as *“The Flexitarian Diet”* by Dawn Blatner or *“Almost Meatless”* by Tara Desmond and Joy Manning.

My information comes from the March 29th issue of “Macleans” magazine. I was aghast at some of the facts and figures and decided that “Meatless Monday” could be a contribution to cutting greenhouse gasses. I myself don't eat much meat anyway, but if we **all** set aside one day a week, we could make a small difference. And that difference can only grow bigger.!

I have one last task for you. Those who build their meals around meat often wonder what they can eat as a substitute. Would each of you who supports “Meatless Monday” bring a recipe to church during June? I'll test the recipe and share it with others and, perhaps, use them for a column in the **“Seniors' Connector”**.

*Cheers, Enid*

## Changes to “Kuuf Links”

### “Kuuf Links” will be changing

Starting in September, your UUFK Newsletter, **“Kuuf Links”**, will be produced EVERY SECOND MONTH.

There will be a September edition, and then one in November..... Continuing on a bi-monthly basis throughout the church year.

For those months for which a Newsletter is NOT produced, the monthly calendar will still be available to keep you informed of upcoming Services, events, etc..

If, between editions of “Kuuf Links,” you need information about our Fellowship and what is happening, please go to our new, very attractive website at <http://www.uukam.ba.ca/>

I would like to take this chance to express a warm “Thank You” to everyone who helped in the production of “Kuuf Links” over this past year. In particular, I would like to thank those of you who were willing to share of yourselves in the “Getting to Know You” series. I have reason to believe that many of your fellow UUFK'ers thoroughly enjoyed “getting to know you” in this way. (I know that I certainly did!)

This series, as well as other feature articles which you are familiar with, will continue in our bi-monthly format.

HAPPY SUMMER TO YOU ALL!

*Sincerely,*

*Penny*



UUFK Victoria Day Walk along Tranquille Creek took us to a beaver dam.

# Lunches , Book Clubs & Other Things

## UUFK Summer Picnic

The annual UUFK Summer Picnic will be held on at the Riverside Park. We start to gather around 3 p.m., and generally “hang out” until 7 — after which we migrate over to the “*Music in the Park*”.

This is a Potluck picnic. Bring your contribution to the meal, as well as your lawn chairs and sun hats!!

The picnic is held in and around the outdoor kitchen — which is a building behind the tennis courts and close to the rose gardens.

LOOK FOR THE UU BANNER!



## Morning Book Club

The Morning Book Club will meet on Thursday, June 24th at the home of Anne N.. This will be a Potluck gathering starting at 11 a.m..

Bring your book selections for next year.

New participants are welcome. Talk to Gerda, Anne, or Kay if you are interested.



## Evening Book Club

*Please check with Wes or E. Damer for the details of the June Evening Book Club's plans for June.*

*New members are wanted!* Please talk to Enid or Wes for more information.

## UU Men's Lunch

*Nando's Flame Grilled Chicken*

*1180 Columbia Street West, Kamloops,*

*(250) 434-6214*

*[Same mall as Red Robin's and Winners - corner of Columbia and Summit]*

*on Thursday, June 17th.*



## UU Women's Lunch

*In June, the Women's Lunch will be a Picnic in the Park. It will be on June 21st, starting at noon, at the Riverside Park. Use the parking lot by the rose gardens / tennis courts.*

*Bring your own lunch!*

*The 21st is “Summer Solstice”, so let's make this a celebration of Summer!*

## UU Women's Retreat

The Vancouver Island UU Women's retreat will be held at the Bethlehem Retreat Centre in Nanaimo on the weekend of September 17 to 19, 2010.

For further information about the weekend and registration contact Janice Hocking at [tjhocking@shaw.ca](mailto:tjhocking@shaw.ca) or phone 250-390-1332.

The retreat is limited to 20 and early registration is advised

Keep your used postage stamps - Enid takes them for a charity.

Also the aluminum pull tabs from pop and beer cans go to Kamloops United Church. Put an envelope or two on the fridge and throw them in as you go!

## Munch with the Minister

Friday, June 11

Noon - 1:30 p.m.

KUC Reading Room

ALL ARE WELCOME!

