

# Wendy's Words of Wisdom

May / June 2011



Seeking Spirituality  
Practicing Community



With Freedom of  
Religious Thought

*Kuuf Links*

UNITARIAN UNIVERSALIST FELLOWSHIP OF KAMLOOPS

*"What the world needs is people who have come alive."*

Sheila is a young adult who educates people about blood-borne infections and sexual health. She is very well-informed and current in her knowledge about how certain viruses, particularly HIV-AIDS and Hepatitis C, are passed between one person and another. She is passionate about her work, and skilled in conveying information to her clients in attention-grabbing ways. Her "clients" include nursing students, people in drug rehabilitation programs, any schools that will have her, university classes, youth groups, members of the Okanagan Rainbow Coalition, and lots of others.

Sheila told me about attending an all-candidates meeting this week, preparatory to the federal election of May 2<sup>nd</sup>. It was a kind of meet-and-greet format. Sheila was able to cruise among the candidates, asking pointed questions about how their parties would fund more prevention measures to slow

***If a person feels called to do something....they often can do the work almost tirelessly, needing fewer incentives and rewards to keep going.***

the spread of blood borne pathogens. For example, a recent study has shown that Vancouver's supervised drug injection clinic, "Insite", is definitely reducing the number of drug overdoses, and reducing the number of people incarcerated for drug abuse. "What", she asked each, "would your party do to support – or shut down- this centre? What is your policy?"

I am impressed with someone like her having the clarity and presence to ask questions of politicians, in a respectful manner and without backing down from her subject. This takes confidence based in a good knowledge of her subject.

I am also impressed with the clarity of her "calling" to do the kind of work she does. If a person feels called to something (whether they name it as a "calling" or not), they often can do the work almost tirelessly, needing fewer incentives and rewards to keep going, and hungry for more learning, more ways to be effective. It makes them *come alive*.

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## The Unitarian Universalist Fellowship of Kamloops

meets on Sundays at the Valleyview Community Hall on Park St. in Kamloops during the months of September through June. (starting on the Sunday after the Labor Day weekend. )

For details on individual Sunday schedules, please see inside, or go to our **website** at [www.uukam.bc.ca](http://www.uukam.bc.ca)

*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  
[uufellowshipkloops@gmail.com](mailto:uufellowshipkloops@gmail.com)

## Wendy's Whereabouts

### Wendy's Words (continued from page 1)

This is how Sheila seems to be.

We don't always recognize a calling in ourselves. Sheila is lucky, perhaps, to have found one at such a young age. Maybe we only find the things that really call to our hearts and souls after many years of life. Maybe we know what we feel called to do or be, but the opportunity is not available to us. Maybe, it is something we're already doing.

What is it that calls to you? What is it that evokes your passion, or your compassion, or your fascination, with little or no effort?

Civil rights leader and theologian Dr. Howard Thurman is attributed with these words: *"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs are people who have come alive."*

Shalom, *Rev. Wendy*

### Use your minister well!

If you would like to spend some time with me for any reason – personal conversation about something, an idea related to church functioning, a committee meeting, participation in a project – Please Ask!

I can be reached most reliably through e-mail, but also on my cell phone when I am in Kamloops or at home in Kelowna  
**Note :** that I do NOT check my cell phone very often except when I'm in Kamloops.

While in Kamloops in May, I will be staying at the home of Gerda and Bob Morrow. In June, I will be with the Stefaneks.

Please let me know if you would enjoy a visit, or wish to talk with me about anything. We can meet in the UU Reading Room, (2nd floor of KUC) , at your home, or somewhere else.

I will look forward to seeing you at the *"Munch with the Minister"* sessions, which are held on the Friday of my weekend in Kamloops. Bring your own lunch. Tea will be provided. EVERYONE WELCOME!

#### Minister's schedule at time of writing

**Ministerial Relations committee** – Friday afternoon May 6<sup>th</sup>, June 10<sup>th</sup>

**"Munch with the Minister"** – Friday noons May 6 and June 10

**Lay Chaplaincy Support Committee** 10:15 Friday May 6<sup>th</sup>

## UUFK Garage Sale

### UUFK Garage Sale Fundraiser

**When : Saturday , May 7th**

**Where : Jan. G.'s house in Valleyview**

As you declutter your home, basement, garage or shed, please keep and store re-saleable items for the Valleyview Community Garage sale in May. Our Fellowship will be taking part in it as a fundraiser.

One week before the sale, Jan will receive your items and store them in her garage. (This means anytime after the May 1st Sunday Service. )

Think about how you can volunteer the day before, on May 6 (sorting and pricing items, etc.), and on May 7, to set up and take down the displays.

E-Mail Jan, or call her, for more information



### Other Dates to Note

**May 1 :** Ordination of Antonia Won in West Vancouver – May 1 – you are invited (ask Rev. Wendy for details if interested in attending this ceremonial event.)

**May 20 - 23, 2011 :** Toronto – *CUC Annual Conference and Meeting* . The 50th Anniversary of the CUC will be celebrated.

**June 24—26th :** Sorrento family weekend, with the Kelowna Unitarians

**July 14-17, 2011 Nanaimo, BC—** (Bethlehem Retreat Centre) CUUL school – Leadership Development

**Costs :** \$549 for the first participant from each congregation & \$499 for subsequent registrations (it is recommended that the congregation support 50% of the cost of each registration) This fee includes accommodation, meals, and all activities for this live-in program.

*"Unexpressed gratitude .....  
.....is like wrapping a gift but not giving it!"*

# Upcoming Services

## MAY

**May 1** : Worship Service : *"Song Circling Around the Earth"* . Led by the UUFK Choir and Music Director Marg W. 10:00 a.m.

Your very own UUFK choir will be presenting the worship service on Sunday May 1. Song Circling round the Earth will lift your spirits and your voice in song. We will offer new choir pieces as well as our favourite hymns for all to sing. Come and sing for the Living and the Loving of Life.

**May 8:** Worship Service : *"Wounded Words"* led by Rev. Wendy McNiven. 10:00 a.m.

This topic is chosen by the person who "purchased" (at our goods and services bid night auction) the right to pick a sermon subject. Enid has asked me to talk about some of the churchy words that don't entirely work for us as UU's. For example, what is "salvation" to a UU, if anything? What is "prayer" or "divinity" or "faith"? I think there are ways of using these words that can be helpful for us, and in tune with our values and beliefs.

This day's plate-offering will be given to Heifer International, a cause in which our children's group is involved, unless individuals designate otherwise.

**Sunday School** : *"We Love to Discover"*

Service Co-ordinator : Gerda M.

**May 15** : Chalice Circle : *"Wounded Words"*. 10 a.m.

This will be a follow-up to Rev. Wendy's sermon from May 8th .

**May 22** : Worship Service : *"The Gifts of Parenting"* . Led by Christine H., Bruce M. and Enid D. 10:00 a.m.

These Kamloops Fellowship members explore and develop the theme through their experiences and perceptions. Christine discusses "thoughts that go through a parent's mind as they prepare for parenthood" and reads a text entitled 'How Parenting Civilizes Us'. Bruce focuses on "I thought I knew it all until I became a father: what my children have taught me." Enid shares "looking back at my family over the past 50 years, remembering each of our three children as they arrived in our household, and growing with them until they were ready to leave the nest, I have come to see the truth in Kahlil Gibran's statement, 'your children are not your children!'." Join us and kindle your own thoughts, memories and gifts.

**Sunday School** : *"Love in our Congregation"* (Note : This will be the last day of Sunday School for the season.)

**May 29** : Social and Environmental Action Service : *"The Why and How of Eating Sustainably"* ( aka "Eat Your Way to Health and Wealth!") ) 10 a.m.

Why eat sustainably? How can we respect the Earth with our food choices? Food preservation: save \$ and have fun! (future community-building events) Local food guide – where can I get good stuff grown/raised in our area?

## JUNE

**June 5** : Adult Education Program : *"Simplicity Within our Church."* Led by Mitch S. 10 a.m.

Similar to the format used in the recent "Simplifying for Wellness" program, this will be an opportunity to explore the questions : "What is important to us?" "Why are we here?" "Does our mission relate to what we do?" "Who do we worship at our Sunday services?"

**June 12** : Worship Service : *"Flower Communion"* led by Rev. Wendy McNiven. 10 : 00 a.m.

This will be an Intergenerational service, i.e. the children will be invited to stay for the whole hour. It is a service that has become a tradition in this congregation, a celebration of community and diversity, with flowers as symbols of our beauty. BRING A FLOWER to add to the common bouquet.

**June 19** : Chalice Circle : *"What is worshipful to you?"* 10 a.m.

What kind of things inspire you in worship services? What do you look for in a service? What ideas do you have for topics for speakers?

**June 26** : : Worship Service to be held at *Sorrento Retreat Centre.* Led by Rev. Linda Weaver Horton of the Kelowna Fellowship. 10 a.m. Transportation is available.

## SEPTEMBER

**September 4** : There will be NO service at Valleyview Hall on this day. Instead, everyone is invited to meet at the Labyrinth at noon for a *"Welcome Back"* Picnic.

Please bring a chair or blanket, plate and cutlery, a drink and a pot luck food item. There will be an opportunity to renew acquaintances, share a meal and then enjoy some quiet meditative time as we walk the labyrinth together. This replaces the usual Summer Picnic in Riverside Park.

**September 11** : *Worship Service* led by Rev. Wendy McNiven. 10 a.m. @ the Hall.

**September 18** : *Chalice Circle* on the theme of Wendy's sermon. 10 a.m. @ the Hall.

**September 25** : Worship Service : *"World Rivers Day"*, 10 a.m. @ the Hall

This service will honour this idea as we bring our water samples collected over the summer to share at the Water Communion. This will be an Intergenerational Service.

## *Getting to Know You.....*

*This month featuring Anne N.*



I'm an early baby boomer, born in Nanaimo in 1948. My parents were both teachers, as well as my maternal grandmother - maybe that's why my sister and I became teachers! My mother was the first school district teacher in the province for children who were home-bound by long term illness. My father taught cabinet and furniture making and boat building at the high school. He was always filling the house with the sound of machines and the smell of fresh sawdust.



I like to think that I inherited my love of cooking, sewing and piano playing from my mom, and my organizing and writing skills from my dad. My parents also introduced my sister and I early on to various elements in nature, especially wild flowers and sea creatures. Many camping trips to provincial, national, and state parks in Canada and the US provided a wonderful look at the natural world. My family attended many evening programs at various parks during my childhood and, later on, Roland and I did the same for our children.

My religious upbringing began in the United Church, my mother's family church. Early on there was some dispute and my sister and I were transferred to the Anglican Church, which was the church that my dad grew up in. Later on at university I attended the Anglican Church on campus occasionally. That was a revelation, as the minister's sermons were geared to a university audience and were actually Relevant!!

From 1965-1970, I attended UBC and earned a Bachelor of Home Economics degree, followed by a year of teacher training. Somehow I missed all the hippy-dippy, flower power, ban-the-bomb stuff, though I did like singing hootenanny songs in the common room of the student residence. I enjoyed Dance Club every day at noon where we learned ballroom and Latin dances.

I came to Kamloops in 1970 where I taught Home Economics at Brocklehurst Junior Secondary and Kamloops Secondary for 19 years. Some of my more outstanding memories of this time are: the Great Chili Disaster of 1972, during which my class made six canning kettles full of chili for "Cabin Fever Days" — the chili burned and was inedible, so the vice-principal buried it in a big pit in the school yard!; the time I accidentally set the roof of Kam High on fire with a barbeque (it was Not my fault! Really!); and the time we stuffed floor cushions with foam chips which flew all over the room and stuck to the walls!! I don't think I was popular with the janitors that day... Seriously though, I had a wonderful career teaching foods and nutrition, international cuisine, clothing and textiles, family studies, decision making, and housing and design. The students were usually motivated by the activity-based courses, and we had a lot of fun learning together.

Sometime in the 1980s I realized that life didn't have to necessarily revolve around my job, so I decided to get back to nature by joining the Kamloops Outdoor Club. This was a happy decision as I met my future husband, Roland, while hiking and camping with the club. We are one of about 18 couples who met in the club and married.

Other interests over the years have included studying various languages. I am fluent in Esperanto, the International Language, have traveled extensively using the Esperanto network of B&Bs, volunteered as publicity coordinator and daily newspaper editor for the 1984 World Congress in Vancouver, and continue corresponding with friends in many countries. I have also sung with Kamloops Choristers since 1982, so I figure I am one of the Golden Oldies! This has been a wonderful musical adventure! This year, the choir is traveling to Choirfest 2011 in Prince George, where the choir will perform as a "core choir", giving support to all the other choirs in a massed choir concert focusing on operatic choruses.

A couple of years ago I joined the Kamloops Naturalist Club and, since they needed a treasurer, I volunteered for that position, thinking "How hard can that be?" Well it was, and I only survived because Roland helped me out of many a book-keeping crisis! However I have thoroughly enjoyed being with a group of experts in the natural world, who also are environmentally active.

Once I finished being treasurer, the newsletter editor and I dreamed up yet another thing to keep us busy - editing a newspaper column. This has evolved over the past four years into Nature Kamloops, printed once a month in the Kamloops Daily News. Club members have been very generous in contributing wonderful articles and photos for this column, and fulfilling the club mandate "to promote the natural environment".

I was first introduced to the Unitarian philosophy by an American Esperantist in the 1970s. After watching the local newspaper for

*Continued on Page 7 .....*

# UU Kids' News

## Mystery Buddy Party

Our Mystery Buddy program wound up on April 10 with a luncheon during which adults and children met their buddies. Some had guessed correctly who their buddy might be, but others had a big surprise! Thanks to Andrea who made those delicious cupcakes for dessert!

## What's Coming up in May and June?

Because we were unable to offer these sessions in March, we are pleased to run them again in May!

**May 8 - *We Love to Discover*** - In this session participants explore our fifth Source, which "counsels us to heed the guidance of reason and the results of science." In children's language, reason means we listen to what others say, pay attention to what we ourselves see, hear, and feel, and try to figure out what is true. The story "Dinosaur Bones in New Jersey" shows how the use of reason and science led to the knowledge that the earth is older than the Bible implies, and human life much newer. Participants explore reason and science as means to answer one of the ultimate religious questions, "How did we get here?" Remember to bring your **Heifer Project ark banks today!**

**May 22 - *Love in Our Congregation*** - The session focuses on the fourth Source of Unitarian Universalism, expressed in children's language as "Jewish and Christian teachings which tell us to love all others as we love ourselves." Jesus called on his followers to live in service to those in need; this service strengthens community. Children hear a story of Jesus' life and explore the concept of community.

**June 12 - *Flower Communion*** - This is our annual end-of-year service for all ages. Please bring a flower to exchange during the service.

**June 24-26 - *Sorrento Family Retreat*** - Plan to celebrate the end of school and the beginning of the summer holidays with a weekend retreat at the beautiful Sorrento Center on Shuswap Lake. There will be a daily children's program and plenty of time for exploring the woods and beach as well as evening campfires with marshmallows and singing! Please check the registration information listed elsewhere in this newsletter.

## Family Spaghetti Dinner

The planning for another fun family evening is just starting! Stay tuned for the date and details via e-mail and phone.



*Lily shows her technique in decorating a wooden treasure box during the "We are Loved, Flaws and All" session.*

## "Simplifying" — a Reflection

This is from April on my Witches calendar! I think it fits in as a continuation of the Simplicity Course and Circles, and leads into our upcoming garage sale. *Heather S.*

### CLEARING THE CLUTTER by Tess Whitehurst

*"In spring, the world is in bloom with fresh, sparkling, effervescent energy: it's natural to want our homes to be in bloom too! Spring-cleaning allows us to let go of the old while welcoming in beautiful new conditions – in our homes, and in our lives.*

*The reason we are able to work magic is that we're aware that there are numerous levels of reality, and that they all affect one another. It's our ability to intentionally work with this awareness that manifests our desired results. For me, there's no magical act more powerful than the simple act of clutter clearing. Clutter in your home represents stagnant, stuck, and generally unwanted "stuff" in your life, such as relationships that no longer serve you, small frustrations, and limiting and/or negative beliefs. Releasing clutter liberates you, lightens your load, clears your mind, and lifts your spirits.*

*Keep in mind that the more clutter you've accumulated, the greater an act of courage it might entail to get yourself motivated. The longer you hold on to "stuff", the more you tend to define yourself by it (e.g., my financial problems, my childhood issues, my junk in my messy closet). That's why it's always hard to let go. ...."*

# Planks from the Board

Mitch was appointed secretary on March 25.

An excellent workshop was presented by Reverend Karen Fraser Gitlitz to the board on April 9<sup>th</sup> at Janet Kusler's home. Here is a brief summary of the workshop:

Boards hold responsibility for program, strategic planning and fulfilment. This is done both informally and formally. The board's main charge of awareness is that we keep sensitive to what stalls us from doing or acting upon the decisions we make as a board.

Dennis Bullen has completed and installed our new storage cupboard at the hall.

There will be a Fall Gathering in October to be hosted by Kelowna Fellowship and assisted by Kamloops fellowship. Volunteers are welcome and needed. Contact a board member before September to help out in the preparation and hosting.

Joan Gordon is looking for a person to volunteer as Chalice Circle Coordinator.

Jim Gordon has prepared a submission on the efforts made to build the Labyrinth in the Park and has submitted it to CUC in time for their 50<sup>th</sup> Anniversary.

The Loonie Auction was very successful, bringing us several hundred dollars.

We will again be in the Peace Walk on April 30<sup>th</sup> starting around 11:30 at the Farmer's Market. We will have our banner. Come add your voices in the cause of Peace.

The Board is still looking for volunteers and items for the garage sale to be held at Jan Greenwood's on May 7.

The May 8 collection is earmarked for the Heifer Project, unless otherwise indicated on your donation envelope.

There will be no service on June 26<sup>th</sup> as that is the weekend of the Sorrento Retreat. Contact Mitch and Heather if you would like to attend. Information will be sent out as soon as it is available from Kelowna Fellowship or you can check the Kelowna website. Jim and Joan Gordon have agreed to transport people to Sorrento on Sunday morning for the service. Contact them direct.

Joan Gordon is looking for volunteers to staff a station at TRU on September's Open House. Fraser, Christine and Shannon were suggested? Interested? Contact Joan.

A "**Great Green Transportation Tuneup**" will be held by the Social and Environmental Action committee between September 26 and October 1<sup>st</sup>. Kudos to them, too, for getting their picture in the BC Hydro province wide magazine.

Rev. Wendy has offered to lead a "Worship Service Leading" workshop in the fall. One possible outcome would be to begin to create a few services that could be led by a group of three to four people each. .

The summer picnic will be held at the Labyrinth this year on September 4 starting around noon. Bring your own picnic and join the fun.

There will be NO service September 4 or Christmas Day. Submitted by Mitch S., Secretary to the Board



**Pictured here are the members of the 2011 / 2012 UUFK Board of Directors**

**Front Row (left to right) : Michelle K., Rev. Wendy Tuula H., and Jan G.**

**Back Row (left to right) : Mitch S., Jim G., Dennis B., and Joan G.**

**Absent from Photo : Arne R.**

# UUFK Committee Chairs and Members

In our Fellowship, many people contribute to the work that makes us strong and vital. Below are listed the Chairs and Members of the various Committees.

Please feel free to join one or more of these Committees, as YOUR input is valued and appreciated!

**Lay Chaplain Support** - Kay T., Chair; Members : Judy T.; Lay Chaplains: Janet K.

**Ministerial Relations** - Janet K., Chair ; Members : Carole G.

**Care and Concerns** – Enid D., Chair; Members: Eleanor H.- social ; Heather G, Bob T.

**Sunday Service** - Heather S., Chair ; Members – Arne R., Christine H., Gerda M. ;  
Joan Gordon - Chalice Circles

**Communication**- Members: Roland N. – newspaper publicity; Gerri M. – phoning ;  
Janet K. – incoming messages ; Penny B. – editor of newsletter ; Anne N. – website/advertising

**Music Team** – Anne N., Bruce M. , Kay T. , Colene P.

**Adult Religious Education** – Mitch S., Chair ; Members : Heather A.

**Finance Committee** – Tuula H. , Heather G., Roland N. , Jim G.

**Membership and Growth** – Joan G. , Chair ; Gerda M. , Tuula H. , David C.

**Children’s Religious Education** – Anne N. Chair ; Heather A.

**Social and Environmental Action** – rotating chair – Jim G. , Gisela R. , Chris Pyett, Jan G., Anne N., Pat M.

## *Getting to Know You* ..... continued from Page 4

signs of a Unitarian church for many years, I finally spotted an announcement for the inaugural meeting at the Kamloops Art Gallery in the spring of 1994. So, for the past 17 years I have been a member of our fellowship. I have enjoyed the many wonderful opportunities to be creative, explore spirituality, and engage in environmental and social action. Being UU forms a huge part of my life!

Following out of a David Suzuki Nature Challenge public workshop that our fellowship organized, a community group called Pesticide Free Kamloops came together to work for a ban on cosmetic pesticides. I worked on this for three years along with Jan G. Eleanor H. and others from the community, and spent a lot of time trying to convince City Council to ban the use of pesticides for cosmetic purposes on lawns and gardens. Although I feel the eventual city by-law, which still allows companies to spray lawns with pesticides, is totally inadequate, I think that at least people are much more aware of the issue, and in my neighbourhood there are many more natural looking lawns (i.e. not perfect!) than there were before.

In between all this activity, Roland and I raised our two children - Heather is now at UVic completing a science degree in Biology and Fraser is finishing his second year of Bachelor of Tourism Management program at TRU. Our family has traveled extensively, scouting out new places to take groups with our company. I think the most awesome places our family has visited so far have been Antarctica and the Galapagos Islands. My favourite place nearby is our family property near Wells Gray Park. There I like to identify butterflies, photograph flowers, identify animal prints in the snow, and make use of the dark skies for viewing the constellations ( up to 45 so far!).

And that has led me recently to the Kamloops Astronomical Society, which has been working hard to set up a small observatory next to Stake Lake. We are hoping to acquire a Dark Sky Reserve designation for this recreational area - and are just embarking on this interesting process.

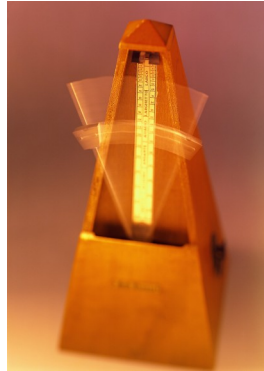
What keeps me engaged in and enthusiastic about life? The love and support of my family, learning new things, getting out into nature, helping others, working for the environment, and being part of our UU community. I have enjoyed this talk with you, and hope to learn about You in future newsletters!  
*Anne*

# Sorrento 2011 and other Upcoming Events

## *Sorrento 2011 The Rhythm of Life Friday, June 24 — Sunday, June 26*

Join the Kelowna fellowship at Sorrento on beautiful Shuswap Lake for our annual retreat, June 24–26, when (we hope!) the weather will be perfect for a weekend lakeside getaway! This year our theme is “*The Rhythm of Life*”.

Explore the rhythms of music, dance, movement and life itself in inspirational workshops, and of course enjoy the ever popular variety show and campfire sing-along! There will also be many opportunities for fellowship, relaxation, and FUN – including “The Big Sing” community event in Sorrento on Saturday afternoon.



This is a great opportunity to make a deeper connection with our friends in the Kelowna community, but it is also open to guests from congregations as far as Vancouver and Victoria; invite your friends from other communities to share this wonderful weekend with us.

Registration forms will be available on the UFK website through the Sorrento link. Early bird registration ends on May 20, but late registration continues until June 16.

You do not want to miss this wonderful weekend!!

*Vancouver Island Unitarian Committee  
Family Summer Camp  
“A Moving Experience”*

**When** : August 5, 6 and 7, 2011

**Where** : George Pringle Camp,  
Shawnigan Lake, BC

**Who** : Programs for children, youth  
and adults

**How** : email John Soer at  
mbservice@telus.net or visit

[www.unitariancongregations.org/viuc](http://www.unitariancongregations.org/viuc)

## **Canadian Unitarian Council Annual Conference and General Meeting**

**When** : May 20—23, 2011

**Where** : Toronto

Please let Rev. Wendy know if you are interested in attending this.



## **Canadian Universalist Unitarian Leadership (CUUL) Development School**

This is the “full” CUUL School, which some of our members, such as Joan and Tuula, have attended.

**When** : July 14-17, 2011

**Where** : Nanaimo, BC (Bethlehem Retreat Centre)

**Costs** : \$549 for the first participant from each congregation & \$499 for subsequent registrations (it is recommended that the congregation support 50% of the cost of each registration) This fee includes accommodation, meals, and all activities for this live-in program.

Please let Rev. Wendy know if you are interested in attending.

## **UNICAMP**

Make this a summer to remember and experience your Unitarian Universalist Camp and Conference Centre in southern Ontario. This beautiful camp, located in Southern Ontario, belongs to all Unitarians and like-minded people.

### **CHILDREN’S CAMPS**

Just a reminder that there is still space in children’s camps that run the first three weeks of July. Please check our website at [www.unicampofontario.ca](http://www.unicampofontario.ca) if you’ve not visited Unicamp before.

**FAMILIES AND INDIVIDUALS** - Unicamp is the perfect place for families to meet and August is our month for families and individuals.

If you are coming to Toronto for CUC’s ACM, why not include a visit to Unicamp. We will be open the week after the conference.

Please contact Wanda Gordon, Administrative Manager for Unicamp for information, questions and to register. [admin@unicampofontario.ca](mailto:admin@unicampofontario.ca) or 519-822-6353.

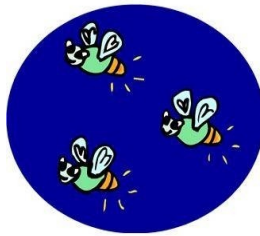
See our WebSite at [www.unicampofontario.ca](http://www.unicampofontario.ca)

# Social and Environmental Action News

The Social & Environmental Action Committee has been busy as always. Congratulations to Christine H, who won the Meatless Monday draw prize this month. Thanks to the many volunteers who came to help sort food at the two recent Food Bank events.

Committee members have been networking with like-minded members of Kamloops 350 in the planning of **"The Great Green Transportation Tune-Up"**, a week of activities highlighting sustainable transportation that will take place Sept. 26 to Oct. 1, 2011. Watch for more details!

Did you know that the UU **"Power Up to Power Down"** challenge was featured in a provincial magazine? There's even a photo of **"Captain Power Smart and the Lightning Bugs"**! There we are, on page 7 of the Spring 2011 issue of **Team Power Smart**, which goes to all households registered with Power Smart.



Hopefully the 14 families who signed up for the UU Power Smart challenge are starting to see results on their hydro bills. Our household has achieved major savings just by replacing a lot of light bulbs with CFLs and putting in a few power bars by our computer, stereo and TV to eliminate "phantom draws" when those appliances aren't in use.

A word of warning: I made an unpleasant discovery when I went back to the BC Hydro website this week. After signing up for Team Power Smart and doing my power audit in December, I apparently neglected to click on the "Start Now" button, so my 10% challenge hadn't actually begun yet. I hope the rest of you did this before you made your improvements. Now I have even more incentive to conserve energy!

Upcoming events to be aware of:

## **36<sup>th</sup> Annual Walk for Peace, the Environment & Social Justice**

Saturday, April 30<sup>th</sup> at the downtown Farmers' Market Activities start 10:30 am, walk starts at 12 noon

**Kamloops Food Policy Council presents urban designer Darrin Nordahl** speaking on the food-producing potential of urban public space Wednesday, May 4<sup>th</sup> at 7 pm in the TRU Clocktower Theatre. *"Improve the condition of cities, and you improve the human condition."*

## **SEA service on May 29<sup>th</sup>: The Why and How of Eating Locally aka "Eat Your Way to Health & Wealth!"**

Why eat sustainably?

How can we respect the Earth with our food choices?

Food preservation: save \$ and have fun! (future community-building events)

Local food guide – where can I get good stuff grown/raised in our area?

Please ask if you have any questions about these events or about your Power Smart progress. We look forward to talking to you! Respectfully submitted, *Gisela R.*, Member UU-SEAC

## **Local, Organic Food Production**

If you are looking for sources of locally grown, organic chickens and other meats, here are some suggestions:

1) From members of our Fellowship: David and Carole. They raise free-range organically-fed chickens, which are butchered in July and October. The chickens cost \$4.25/lb. David and Carole also sell lamb (and can procure 4-H lamb for you) and apples. Phone: (250) 579 - 5982

2) Terry and Cindy sell chickens. They live in Cherry Creek and will deliver. Phone (250) 314—1007.

3) The "Chop 'n Block", which retails chickens.

4) Organic meat can be had through "Dandy Meats": Andy B. and Dana R., who have a cow-calf operation at Pritchard, behind the store. They also have a custom meat-cutting shop, and are a source of turkey, pig and chicken. Delivery by arrangement. Perhaps you've purchased from them at Farmers' Market? They received Organic certification in Dec. Dandy Meats: Andy B. at 577-3810



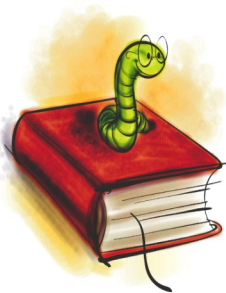
# Book Clubs, Lunches and other things

## Morning Book Club

Generally, the A.M. Book Club meets on the third Thursday of the month .. The location changes each month.

**May 19** - 10 : 00 a.m. The Year of Finding Memory by Judy Fong Bates. TNRD 1 c. Host - Mona B.

**June 16** - 11 a.m. choose next year's books . Host : Anne N . Potluck Lunch to follow.



## Evening Book Club

Generally, the P.M. Book Club meets on the last Friday of the month at 7:15 p.m.. The location changes each month.

The next PM Book Club meeting is on May 27, 2011 7:15 PM Book: Composing a Life by Mary Catherine Bateson Host: Host : TBA

June 24, 2011 7:15 PM Book: "The Bishop's Man" by Linden MacIntyre Host: TBA

**Anyone wanting to join or seeking info. can phone Enid at 250 372 9207.**

## Women's Retreat



The 14th Annual Vancouver Island Unitarian Women's Retreat will be held at Bethlehem Retreat Centre in Nanaimo, BC on the weekend of September 16-18, 2011. The cost for the weekend is \$225.00 before August 19 or \$240.00 after this date. Space is limited.

The featured workshop will be Opening Our Hearts Through Story led by storyteller Margaret Murphy from Nanaimo.

For further information or to request a registration form, please talk to Rev. Wendy.

## UU Women's Lunch

The May UU Women's lunch will be at the Victorian Oriental at 1138 Victoria St., near the Lamp Post store. This will be Thursday, May 12, around 11:45 a.m. A Dim Sum experience?

Please let Eleanor H know if you can attend. Please reply by Tuesday, May 10 , so that numbers can be collected for a reservation.

June's lunch will be a picnic/brown bag lunch at the Labyrinth in Riverside Park on Wednesday, June 1 at noon. Eleanor H. Let's welcome June at this special place in the Park!

But if the weather is really poor, we will meet at Eleanor's apartment instead. Corner (almost) of 5th and Nicola.



## UU Men's Lunch

The UU Men's Lunch for May will be held on Tuesday, May 17th at the Lynx's Grill on West Columbia Street.

## Munch with the Minister

Bring your brown bag lunch, and come and join Rev. Wendy and others for a friendly and lively discussion.

"Munch with the Minister" is held from noon until 1:30 p.m. on the Friday of the week during which Rev. Wendy is in Kamloops. The group meets in the UU Reading Room,

Join us in March on Friday, May 6th (noon - 1:30 pm) and in June on Friday, June 10th (same times) .

ALL ARE WELCOME!

