



St. Luke Cedar Hill

www.stlukesvictoria.ca

"a beacon in the community, illuminating
many ways to encounter God"

The Prescription



Summer 2024

St. Luke's Rector: The Reverend Daniel Fournier

Editors: Sharon McMillan and Barb Prescott

Cover photo by Sharon McMillan

(All unattributed pictures in this edition are from websites that offer free photos for non-commercial use.)

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We embrace the knowledge that the Lək'wəŋən and W̱SÁNEĆ peoples are the original custodians of the lands on which we gather. Their traditions are a blessing that can open our hearts and minds, and they are bearers of ancient wisdom that can give us hope.

From the Editors

Sharon McMillan and Barb Prescott

Welcome to this Summer 2024 issue of **The Prescription**. Thank you to everyone who sent in pictures and articles for this issue. We are always happy to receive your contributions! We also appreciate feedback and suggestions as to what you would like to see included in **The Prescription**. The submission deadline for the Fall edition of **The Prescription** is **Friday, September 20th**. Please keep sending us your articles, photos, poems, and other creative endeavours at

prescription@stlukecedarhill.ca or communications@stlukecedarhill.ca.

Meliorism

Sharon McMillan included the definition of meliorism at the bottom of the Editors' page and, to tell you the truth, this isn't a word I knew or had ever used. But what a fitting word it is to describe what we as church members aim to provide as Christ's disciples here on earth and work with the community to provide positive changes.

St. Luke's presently reaches out to the local community in a number of different ways. Working with the Shelbourne Community Kitchen is, of course, one of the ways we connect with our local neighbourhood. In particular, we connect through the Kitchen's garden, which is behind South Island Centre. Please plan to come for a tour on Thursday, July 18th at 3 pm so see what is happening in the garden. A sign-up sheet is in the church. See more information on page 22.

Another way that we reach out to the community is through an annual donation to the Greater Victoria Performing Arts Festival (GVPAF) for a vocal award in the area of sacred or spiritual music. The Oak Bay Men's Choir won this year's award. (*See their note of thanks on page 8.*) Erika Pryer (now Simpson) received this award as a teenager and came to sing for us at St. Luke's as an award recipient. Read more about Erika on page 23.

St. Luke's Prescription provides a way of building our St. Luke's community through sharing our stories – whether stories of those resting in St. Luke's cemetery or stories of our present parishioners. When I hear the stories of past parishioners, I think of all the people who have been a part of St. Luke's in years past, and how we are building on the legacy left to us. It's interesting to think that this Parish of St. Luke and St. Luke's community have had an impact on so many people through the nearly 165 years St. Luke's has been in this community. How can we move forward to continue to have this impact in the future?

In our discerning how to move forward with our redevelopment process, let's think of how St. Luke's can contribute to positive changes and improvements in the community around us. Please read Brenda's **Words from the Wardens** for an update on the redevelopment process. We are presently in a discerning phase, to discover our next steps to move toward, and think about St. Luke's place in this local community. What can we offer with our present buildings through continuing to open them to rentals? What could this property provide to the local community in the future? What are our hopes and dreams for St. Luke's and this property? We've seen how God worked through so many people at St. Luke's in the past. How will God be working in our St. Luke's community in the future?

Summer Blessings, Barb



MELIORISM
(noun) mel·io·rism /'mēlyəˌrīzəm/
the belief that we can contribute to positive change and improve the world through acts of love, creativity, compassion and kindness

From the Rector's Desk

June is...

by the Rev. Daniel Fournier



Dear Friends,

Every year, late June is a strange time in some ways for our family. It is a month of celebrations and anniversaries. Let me list some. On June 21, Joan and I were married. On June 24, Joan was ordained Deacon. On June 26, our family moved from Edmonton to Northern BC, all this taking place in 1996. On June 20 the following year, Joan was ordained a Priest. On June 28, I was ordained a Deacon and the following year on June 29, I was ordained a Priest. So yes, lots of anniversaries in June. This year is even more to be specially marked as on June 28, I celebrated 25 years of ordained ministry.

It is a great privilege to be able to serve in the church of Christ, and particularly in this expression of the church, as an Anglican priest. It is a great privilege to be allowed to journey into peoples' lives to celebrate births, baptisms and other sacraments such as marriages and to journey with parishioners in their final days. It is a privilege to journey with parishioners in their moments of celebration as well as moments and times of struggle. To be honest, there is no other calling like this and it is a calling that I never ever take lightly.

Not to say that this ministry is an easy thing. There are days that you wake up in the morning, so lifted to face the adventures of the day and there are days that can be hard - hurting and downright difficult days when you need every ounce of strength and faith to persevere. However, as one person jokingly said this work is hard and you won't get rich doing it, but the benefits are out of this world (ha ha). Yet I am reminded by the gospel passage for today (June 27 Matthew 7: 24-27):

24 Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. 25 The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had its foundation on rock. 26 And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. 27 The rain fell, and the floods came, and the winds blew and beat against that house, and it fell - and great was its fall!

This passage reminds me of the very core focus of what my ministry is. For if my ministry is not rooted in firstly, love of God, and love of neighbour, then what is it really rooted in? It is my starting place and my ending place in all that I do and is the source of my call.

So, I thank God first, daily, and depend on God's strength as I continue in my ministry. And the best part of all this is that I get to exercise this ministry amongst the most wonderful people I have ever served... you.

God bless you as you encourage one another in your faith journeys.

Peace

Daniel +



'Everyone who hears these words of mine and acts on them will be like a wise man who built his house on rock.'

Words from the Wardens

by Brenda Morgan



Buzz, buzz, the sound of bees around one of the bushes outside reminds me how equally busy we have been at St. Luke's in the last few months, since our last **Prescription** at Easter.

I'd like to start by bringing you an update about Redevelopment. Since the last **Prescription**, there has been some change. Our application to CMHC (Canada Mortgage and Housing) for a grant for feasibility studies was turned down. We are back to the proverbial drawing board. We have decided to spend time refining our vision for what we would like our parish to be. Meanwhile, we should focus on the heritage church we already have. Besides the physical changes we could make, e.g. accessible washrooms, we should enrich our use of the church by encouraging more activity. Our thoughts should go beyond the programs of the past that no longer reflect our current situation. New ideas should include bringing our neighbours through our doors and expanding our notion of "church" by taking church to the community. The church is the heartbeat of any redevelopment endeavour we move towards. It is our centre from which everything flows.

That is not to say we should change all our traditions, nor to imply we have been sluggish or dull in the last few months. On the contrary, the Easter season offered us some magnificent church services. Thanks must be given to all those who organized and participated in these events. You outdid yourselves and made us all proud to be part of St. Luke's. In listening to the animated readings and the sublime music, the talent in our church was obvious and notable. The flute, the trumpet, the singing, the bell-choir, the reading voices, all were uplifting and inspiring.

Our Reflections Services continue to offer serenity. Some years ago, when we developed a new vision for St. Luke's, we hoped to offer a variety of ways to develop spirituality. These services offer something unique and can certainly be counted among our successes.

The Spring Fair was yet another success. As a fundraising event, we made a very respectable amount. More than just the money, we came together as a community. Besides us, other users of our buildings either helped or brought in friends to help too. Carol Turnham, the convenor, used her inimitable talents and energy to make this a fun and successful event. Thank you, Carol. To all the others who helped, your work was so appreciated. Thank you all. *(See article and pictures on pages 11-14.)*

The cemetery continues to give opportunities to remember: Barb Prescott arranged for the Old Cemeteries Society to offer a historical tour of the cemetery, with a special focus on important women buried at St. Luke's. Our own Heather Simpson gave a presentation about her mother, Marina, who rests there. We have many interesting connections made over the long history of our church. Thank you to both Barb and Heather for continuing to keep alive all those memories. *(See article and pictures on pages 9-10.)*

The wardens are happy to report that the SORT initiative (**S**ort out stuff, **O**rganize spaces logically for dedicated storage, **R**euse or recycle to stay as environmentally friendly as possible, **T**oss out what cannot be recycled) has worked its way around the premises. We have cleared the church basement and repurposed areas of the church hall. We have more renters now than ever before, and that is because we were willing to sort through what we had stored for years to make room for other people. It's a win-win for all concerned. Our vigilance to avoid collecting things we don't immediately need

must continue. Hoarding is antithetical to our mission and vision. Letting-go is part of growing, as we find new ways to experience “church”.

A case in point is the planned re-purposing of one of our pews. For years, it was used traditionally in the sanctuary. Then to make room for the livestreaming table, it was moved into the church basement, where it has languished, collecting dust for the last few years. The new plan is to rescue the pew by painting it for outdoor use as a bench. It will offer a resting place for any who want to sit quietly somewhere near the church. It’s a way of taking something from our church outside, to remind us that the notion of ‘church’ should not be confined to four walls.

Please pray for inspiration for a new vision for our premises. A collective prayer will surely be heard, particularly if it is accompanied by a willingness to be accepting and inclusive and go beyond the familiar.

The wardens wish you all a pleasant and reinvigorating summer. Blessings to all.



The Long Reach

by Brenda Morgan

I have recently had occasion to marvel at the long reach of the internet, but on closer inspection of this incidence, was it the Holy Spirit at play? I’ll let you decide.

About a week and a half before Pentecost, I was forwarded an email sent to our parish office from a parish in Florida. The parish administrator who made contact was looking for permission to use a work of art that was made by me and now owned by St. Luke’s. It was a photograph of the Pentecostal altar frontal I made a few years ago, the one we use in our church. The administrator there had been trolling the web to find something appropriate to use on a large screen for their Pentecost service, and she came across my work.



I was astonished. I wrote back asking for more details about who they were. The church, called Immanuel, is in Destin, Florida. Immanuel Anglican Church is affiliated with the Anglican Mission in America (AMiA), an Anglican Society of Mission and Apostolic Works (a group of churches separate from the Anglican Church of Canada and the Episcopal Church of the United States). I gave them permission to use the image providing they acknowledged me as the artist and St. Luke’s as the current owner of the work. I sent them the article I wrote explaining

my process which was originally published in *The Prescription* and then in *Faith Tides*. Besides the screen, they used the image on their bulletin and included a short summary of my process in way of an artist statement. They sent photos of what they had done. They treated everything with utmost respect, and it was all done beautifully.

A series of emails went back and forth as the administrator and I started to discover more about each other and our respective churches. It turns out that the parish administrator corresponding with me had a family connection in Washington State and had lived for a while not far from here. We found we both shared other common ground, in our artistic work, in our beliefs and in the problems our churches face.

While the church in Destin seems to have a younger congregation than ours, it seems there too they have the problem of fewer coming to church these days. Rev. Daniel recognised the name of the church when I told him about it. He said he knew it because one of their past priests was a famous rock star, the bass guitarist of the band, Kansas, one of the leading rock bands of the 70's and 80's.

When asked how she found us, she said she did a search for "abstract Pentecost art" and the photos from **Faith Tides** came up. I think **Faith Tides** had a link to St. Luke's.

What a wonder-filled world we live in! Technology can be used for ill, as we so often hear and warn our children about, but here is an example of the story of the Holy Spirit having an equally long reach. The title of that set of altar frontals is "Inspired to go Forth"—which indeed it has.

Our Pentecost Frontal in Florida

St. Luke's beloved Pentecost Frontal has been enriching an Anglican congregation in Destin, Florida!

Front page of the Immanuel Anglican Church bulletin, in Destin, Florida



Note from the Immanuel Anglican Church bulletin

ABOUT TODAY'S SERMON SLIDE

The lovely Pentecost altar frontal was created by artist Brenda Morgan for St. Luke Anglican Church in Victoria, British Columbia, Canada. She titled it "Inspired to go Forth". Brenda is also the people's Warden at St. Luke and has created three other frontals for various liturgical seasons. Among much symbolism in the artwork, the ichthys (Christian fish symbols) are used here to depict the early Apostles and Christians.

Inside Immanuel Anglican Church



MAY 2024
19

The Day of Pentecost

BE FILLED
WITH THE
HOLY
SPIRIT
Continuously



Dates to Note: July through October

Date	Event
Fridays: July 12, 19, 26, and August 16, 23, 30	The Parish Office is closed. Neil is on vacation
Saturday, July 13	Cemetery Cleanup: 9 – 11:30 am
Thursday, July 18	Shelbourne Community Kitchen Garden Tour: 3 pm
Sunday, July 21	Communion Services at 8 am and 10 am 10 am Service: We welcome our friends from LCC for a combined worship service this morning. Coffee Time in the Hall after the 10 am service.
Monday - Friday, July 22 – 26	The Amazing Journey 2024 Summer Day Camp: 9 am - noon. Camp is being held at Church of the Cross this year
Sunday, August 11	Communion Services at 8 am and 10 am Music at the 10 am service led by Tapestry, St. Luke's Music Group
Sunday, August 25	8 am Service: Communion Service at St. Luke's No 10 am Service at St. Luke's this Sunday. St. Luke's is invited to LCC for a 10 am combined service.
Sunday, September 8	Communion Services at 8 am and 10 am Back to School Brunch after the 10 am service Reflections Service: 7 pm
Friday, October 4	Fantastic Friday (aka Messy Church): 4:30 - 6:30 pm
Sunday, October 6	Blessing of the Animals Service: 2:30 pm
Sunday, October 13	Thanksgiving Sunday: Communion Services at 8 am and 10 am Trumpeter and Bell Choir at the 10 am service. Reflections Service: Time TBA
Sunday, October 27	No 8 am service this Sunday. Celebration Sunday and St. Luke's Patronal Festival: 10 am service, followed by lunch

Unless otherwise noted, Sunday services are at 8 am and 10 am.

Coffee Time in the Hall follows most of the 10 am services.

No Coffee Time in August.



Your Support is Always Gratefully Received...

Contact the Parish Office if you would like to help
as a Reader or Liturgical Assistant **with keeping the grounds tidy**
or by donating to the Altar Guild for flowers

Financial support of St. Luke's is always welcome.

Make an extra financial donation to St. Luke's by:

- **Cheque or Cash** (collection plate, mail it, drop it off at the hall, or have it picked up)
- **E-Transfer** (from your bank account)
- **Credit Card** (Canada Helps)
- **PAR** (Pre-Authorized Remittance Program, also called automatic debit)

Visit the **Donate** page at the website (<https://www.stlukesvictoria.ca/donate>) for more information about making financial donations.

The Studio

article and photos by Linda Beltrano



There is a new room in our Hall – “The Studio”. Over the past several months, what was the Sunday School Room has been cleaned out and painted (thanks to Heather Simpson and Sharon McMillan). A new art studio has been set up and I have become St. Luke’s artist in residence. With over 30 years of art experience and a graduate of the former Victoria College of Art, I welcome you to come down to ‘The Studio’. You will find me on site Tuesday and Wednesday afternoons from 1–3 pm.

Recently, St. Luke’s artists, Jane Palliser and I, along with SuSan Gurd Jensen participated in the local Scattered Artists Spring Art Show. Over 150 people came to our Ascot Drive location. It was an outdoor showing and even though it was a windy, rainy weekend several of our St. Luke’s supporters came to see our work and provided encouragement. We would like to thank you for supporting us at The Studio and for coming out to the show. Your support is greatly appreciated.



A growing body of scientific evidence reveals that art can improve both physical and mental health. Everyone is encouraged to make a practice of art by either doing or simply viewing art. Art is seen as central to the human experience and a basic human experience that goes back to the caveman and well before the development of the wheel.

Most of us at some time have picked up a colouring book or doodled on a scrap of paper and may have gone to a museum or art gallery. We are very fortunate in Victoria with over 400 artists. You don’t need to have studied art or spent hours in a studio. The art you are making doesn't have to be perfect. It is the process, not the product, that is important. Did you know that 45 minutes of any kind of art could lower stress?

If you are interested in finding out more about art and maybe you have always wanted to explore your hidden talents, come down and talk to me. I am always available Wednesday from 1-3 pm or at coffee time on Sundays.



Come and have fun
exploring the artist
within you!



Busy Bees of Buildings and Grounds

The Buildings and Grounds team has been busy! Brett Simpson, son of our Rector's Warden, Heather Simpson, undertook the work to replace the old and dangerous deck that was at the side of the old Rectory building, now used by South Island Counselling. There is now an attractive and, more importantly, solid set of new stairs. Thank you, Brett!



Photos by Heather Simpson and Barb Prescott

Thank You from Performing Arts Festival Winners

Oak Bay Men's Choir



St. Luke's Church
3821 Cedar Hill Cross Road
Victoria, B.C.
V8P 2M6

June 10, 2024

To whom it may concern,

On behalf of the Oak Bay High School choir program, I would like to thank the members of St. Luke's Church for the generous financial donation given to the 2024 Greater Victoria Performing Arts Festival. The Oak Bay Men's choir received your award in the Sacred or spiritual choral class. The Greater Victoria Performing Festival benefits school choirs in the region, your financial assistance to this organization is acknowledged and appreciated.

With thanks,

A handwritten signature in blue ink, likely belonging to Steven Price.

Steven Price
Performing Arts Teacher

NOTE: Recreated from scanned image for purposes of legibility

A Cemetery Tour

Featuring the Stories of Women Resting in St. Luke's Cemetery

by Barb Prescott

The sun came out in the afternoon of April 21st for a cemetery tour sponsored by the Old Cemeteries Society and organized by Yvonne Van Ruskenveld and Barb Prescott. The tour included family stories and reminiscences by ten volunteers. Family members shared memories and pictures of their great-grandmothers, grandmothers, and mothers.

Thank you to all those who shared stories of their family members and other interesting women resting in St. Luke's Cemetery. Below is a list of the speakers and the family members and other interesting women whose stories they told:

Christopher Barclay: his great-aunt, Margaret West

Claudia Berry: her grandmother, Elizabeth Berry

Rodger Craig: his grandmother, Ursula Jupp

Barb Prescott, St. Luke's Volunteer: Clara Morry and the Mystery Box

Joanne Sanderson: her grandmother, Annie Palmer

Heather Simpson: her mother, Marina Westhaver

Yvonne Van Ruskenveld, Old Cemeteries Society Volunteer: Mehetabel Sankey and Leonie Staveley

Hu Wallis and Rona Archer: their grandmother, Rona Hatt Wallis

John Wheeler: his great-grandmother, Sarah Bradshaw

The camas were out in the Garry Oak meadow at the north end of the cemetery, which added to the beauty of the day.

An article about the tour was also included in the [May/June 2024 Stone Cuttings Newsletter](#) from the Old Cemeteries Society (page 10). More pictures can be found at the [News page](#) of St. Luke's website.



Photos by Rona Archer, Sharon McMillan, Barb Prescott, and Dana Starcher

Cemetery Tour, April 21, 2024



St. Luke's Spring Fair 2024

by Carol Turnham, Convenor

Photos by Carol Turnham, Barb Prescott, and Sharon McMillan

Another very successful Spring Fair was held on April 27th, from 10 am-3 pm, which raised a total of \$7,288.05 on the day, which was more than recent years. More money came in after the Spring Fair, from the Silent Auction and other areas, bringing the total to \$7,462.10.

We extended the Spring Fair by an hour this year, but decided later that it didn't make an appreciable difference to the proceeds. So in future years, we will end the Fairs and Bazaars at 2 pm. The usual publicity was done, and the crowds were steady despite the drizzly weather.

We invited the **"Come and Get It"** food truck to provide food at the Spring Fair. The truck was parked between the garage and plant stall. It provided convenience that customers appreciated. A percentage of the proceeds (\$125) was donated to the Shelbourne Community Kitchen, which St. Luke's also supports.



We altered the layout in the auditorium for this Spring Fair. Chairs were stored on the stage behind the curtains, and the stage was not used for sales. The usual Jewellery, Jams and Jellies, Antiques and Collectibles, Linens and Needlework, and Crafts and Creations were located around the perimeter of the room, with Home Baking in front of the stage.

In the center of the room was a large rectangle of tables which featured the new idea of Garden Art, a few Floral Arrangements, Greeting Cards, Bric-a-brac, and the Silent Auction. In the Sequoia Lounge were the Vintage and Specialty Clothing and Accessories. Downstairs the Books, Records, Puzzles, and Tapes shared the Preschool space with the Toy Stall. The men sold the White Elephant indoors and out, and the Plant Stall was outside too, as usual, an arrangement that worked well.

We were concerned about having enough helpers, but in the end it worked out well. Many friends contributed their help which was much appreciated.

Our thanks to Sandra who provided coffee etc. in the kitchen for the workers. Our sincere thanks to all for their generous contributions and hard work, from the set-up team on Thursday evening to the sorters, sellers, money counters and take-down crew. Help from **Baron's Organization International** was much appreciated for their heavy-lifting skills during the cleanup. Most leftovers were taken to the Salvation Army, with some going to the Habitat for Humanity ReStore. Extra plants were given to the Gordon Head Plant Sale.



Again, my sincere thanks to all who helped to make this Spring Fair such a success. It has been a pleasure working with you!







Baron's Organization International Canadian Order of Knights

This group helps St. Luke's with clean up after our two large fundraising events, the Christmas Bazaar and the Spring Fair. Their connection with our parish is through Karrie-Anne of the wonderful Island Metis organization who use the hall kitchen to prepare nutritious meals for their children's programs. Karrie-Anne's husband, Rob Barr, attends St. Peter and St. Paul's in Esquimalt. St. Luke's is very grateful for their support!

Baron's Organization International (BOI), an order of Canadian Knights, is a registered non-profit society that regularly participates in community events in support of other community groups. BOI operates on Canada Forces Base Esquimalt, providing short-term volunteers on behalf of the Commander of Maritime Command Pacific (COMD MARPAC).



photo by Sharon McMillan

Billie Niblock's Remarkable Rhodo and Magnolia

text and photos by Merry Hallsor



Magnolia tree

Marjorie (Billie) Niblock is one of the St. Luke's parishioners I visit in her home. This spring Billie's magnolia and Prince Charles rhodo were spectacular. Her Prince Charles rhodo is huge and tall and gives her great pleasure as she planted it 30 years ago.



Prince Charles Rhododendron



Prince Charles Rhododendron

Genessa's 2024 Adventures

article and photos by Genessa Poilievre



First of all, I want to thank everyone who has given me their cans, bottles and other refundables, as well as their hard-earned money to help fund my trips. The cost of my trips totalled \$2,200. With your help, and several of my paper route customers, as well as family and friends, I have raised \$1,230 with more still coming in. I, along with my parents, greatly appreciate your support.

Let me tell you about my musical adventures...

From May 10th-17th, I was on a California Coastal Tour with Island Ukuleles. The first day, we did three concerts and our bus broke down between the second and third. We managed to coast to our third venue but it would go no further. We ended up staying in Bremerton at the Olympic College, rather than continuing the additional 4½ hour drive we had intended down to Springfield, Oregon. A replacement bus was driven down from Comox, arriving at 2:00 am.

In the morning, we headed out on our new bus for Crescent City, California. We had to miss out on Six Flags Amusement Park, which wasn't that bad with all the other fun things we had planned. As we drove,



we rehearsed on the bus. BUT, we only made it to Eureka, California, before the new bus broke down on us. It was Mother's Day Sunday, yet six mechanics came out, with their families, to help fix the bus and get us back on the road. We gave them a concert to thank them. Our hosts for that night, a church in San Leandro where we had a concert scheduled, were also disappointed, since we didn't arrive there until 10:30 pm - much too late for the concert.

On the Monday, we visited San Francisco, Alcatraz and went to a Giants vs Dodgers game at Oracle Park (formerly Candlestick Park). Tuesday we got up, made our lunches, and went next door to give a concert at the Elementary School. The music teacher forgot to tell the school so we were a bit of a surprise and ended up performing for just the primary grades, but they seemed to enjoy it. Then we drove through the redwood forest to Santa Cruz where we had our lunch and visited the boardwalk. We were looking forward to going on the rides there, but they were closed due to short-staffing issues. Instead, we had the options of mini-golfing, bowling, or an arcade. My friends and I chose the arcade. I earned enough tickets to get myself a squishy toy. We stayed at the Veterans of Foreign Wars Hall that night.



On Wednesday, we drove to the Monterey Bay Aquarium where we explored Fisherman's Wharf and the Aquarium, then gave a concert at the Aquarium Research Centre. My favourite part was playing in a make-believe kelp forest (made of plastic and wood). We returned to the Veterans hall where we gave another concert for the Santa Cruz Ukulele Club, most of whom were seniors. Thursday we started heading for home, traveling back north to Eugene, OR, once again rehearsing on the bus as we drove. Friday was also a long day of driving - driving home. When we arrived at the Coho dock in Victoria, I was greeted by both my parents when I came out of Customs. What an exciting sight to see!



After three days of rest at home, I headed off to Vancouver with the grade 8 band for three days and two nights. We performed once per day – at three different Elementary Schools (K-7). We played Laser Tag (I won), visited the Vancouver Aquarium (where I bought myself a 30" dolphin stuffy for my birthday) and lastly, went to the Orpheum Theatre to watch Abba. We also went to a couple of shopping malls for food and shopping.

It was a very busy two weeks, but it was fun. I won't be continuing with band next year but I am excited for my future Island Ukuleles Tours.

My last adventure is Pacific Jamboree, a week-long Scouting adventure at our own Camp Barnard in Sooke from July 6th to 13th. There will be close to 3,000 Scouts and 1,000 volunteers at the camp for 8 days. Our Patrol is looking forward to going to Wild Play, rock climbing, tree climbing, leather craft, raft building, axe throwing and visiting the Adventure Zone. I am looking forward to Wild Play the most.

Thank you all again for supporting my activities.



"Here are the News"

article and photos by Ray Lett

Can anyone remember CBC Radio news reports from the Yukon in the 1970's and 1980's that began "Here are the News..."? They were from Edith Josie, a Gwich'in First Nations resident of Old Crow in the western Yukon. Her very distinctive reports always began with *"Here are the News"*, a delivery style reflective of her translation from Gwich'in into English. Edith commented on local events such as *"Even now the spring has come cause it is daylight around 11 o'clock pm. Pretty soon we won't use light for nighttime. Everyone glad to see plane every day. Even the same plane come in one day, they all have to go down to see what is going on and what come in on plane."*

I may have mentioned previously that, while a student at the University of British Columbia, I worked in the summer for a Canadian mining company. In 1975, my boss decided that the company should carry out a reconnaissance of the Yukon to decide on areas for more detailed mineral exploration. So in July of that year, a small team comprised of a university professor, a student, the helicopter pilot, a mechanic, and myself started visiting various locations by helicopter to examine geology and collect samples.

From one camp, we flew west towards the Yukon-Alaska border and, because we were low on fuel, stopped at the Village of Old Crow. A Gwich'in Elder, Stephen Frost, met us at the airstrip and agreed to sell us helicopter fuel. The bill was \$186. It was then that we discovered Stephen would only accept cash for the fuel and that we had no money. (Credit cards were less common in the 1970's and there was no internet.) A hasty search revealed two rather dog-eared \$100 travellers cheques in my wallet and the problem of the fuel payment was solved.



Old Crow



Old Crow Anglican Church



Stephen Frost, Old Crow

After re-fueling the helicopter, we flew north through the British Mountains, along the Firth River to Herschel Island on the Beaufort Sea. Returning to Old Crow for more fuel, I walked through the village with Stephen while our pilot was re-fueling. We passed one home where an older Gwich'in woman was sitting on her porch. I smiled and waved and she returned my greeting. Walking on, I remarked to Stephen that I'd listened to Edith Josie several times on CBC Radio and asked if she was well. "You just met her," he replied.

For the record, Edith Josie was born in Eagle, Alaska on December 8, 1921 and moved to Old Crow at age 16. She was a Canadian writer, best known for her column *Here Are the News* about Old Crow life, published in the Whitehorse Star and syndicated to newspapers around the world. Edith was awarded the Order of Canada in 1998 and died in 2010 at the age of 88. She posted a brief autobiography at <https://www.oldcrow.ca/edith.htm>



Firth River – Herschel Island

One of St. Luke's Amazing Women

Rona Wallis, "Nana Rona"

by Rona Archer and Hu Wallis

as told at St. Luke's Amazing Women Cemetery Tour on April 21, 2024

Rona Archer: I'm Rona Archer, and this is my brother Hu Wallis. We are grandchildren of Rona Wallis, and we're here to tell you how amazing our Nana Rona was.

Born Rona Alexandra Hatt, she was the youngest of 12 children born to a shipbuilder and his wife in Nova Scotia in 1901. Rona was 4 years old when her father died, and her mom moved with a dozen children across the continent to Vancouver.



*Rona Hatt at UBC
about 1920*

Finished high school at age 15, Rona began studying at UBC. The tuition at that time was \$18. Though she really wanted to go into nursing, that option was not available at UBC at that time. She had enjoyed chemistry class during her first year, and a friend suggested that she enroll in chemical engineering. She looked at the syllabus and decided it looked interesting.

That is how in the fall of 1918 she found herself the only woman registered in chemical engineering at UBC. Though she'd grown up with five brothers, Rona found it rather intimidating being surrounded by young men, especially as they did not take kindly to having a girl in their midst—a girl who was frequently ahead of them academically despite not having taken the needed prerequisites in high school.

They regularly played tricks on her—moving the pins that held her drawings still when she was working on blueprints so that she would have to re-do assignments; locking her out on the roof of the building so she couldn't get into the classroom during a work period, allowing them to catch up to where she already was. She used to laugh when she talked about it and call them "rascals"! She didn't laugh as much about the discrimination she faced from some of her profs, but she didn't let it stop her either.

Engineering in those days included courses on coal engines and forging, so she shoveled coal into the boilers along with the men in her class. A 1919 *Vancouver Sun* article, in which she was dubbed "the Lone Flower in a field of men", expressed amazement that a woman could do this.

She could, and she did, and after four years in engineering, she received her Bachelor of Applied Science in Chemical Engineering from UBC in 1922, becoming the first female graduate of the Faculty, and the first known female chemical engineer in Canada.

Following her graduation, she worked in UBC's chemical engineering storehouse—washing test tubes, the only chemistry related job she could find—and that is where she met her future husband Doug Wallis, also a UBC Chemical Engineering grad. In later years, she taught high school part-time in Victoria, helped Doug with his marking, and contributed to chemistry education in the province by re-writing the British Columbia Grade 12 Chemistry correspondence course.

And, my brother, Hu, has more to tell of our Nana Rona...

Hu Wallis: You've heard about Rona as an exceptional woman in academic and professional life. She also supported her husband Doug in his role as a department head at Victoria High School, and there were many other facets to her life. Her sons were born in the 1920's in Cumberland and Comox, where her husband worked first as a miner, then as a teacher, as there was little work for Chemical Engineers in those years. They moved to Victoria when he won a teaching job at Vic High and lived a few blocks from the school.

During the Depression Years of the 1930s, like many women of the era, Rona mastered canning and preserving vegetables and fruit for her family, and in the summers she canned salmon on a woodstove at the family cottage near Comox. In the years following WWII, Rona and Doug bought property on Cedar Hill Road, with the idea of farming hyacinth bulbs, which were in short supply during the war and immediately after. Within a few years, European supplies were again plentiful, and their plans shifted to building a retirement home with large gardens on their acre and a third property. During that period, she and Doug co-wrote a science textbook, which was used widely in the BC school system.

Our childhood memories of Nana and Grandad were of visiting them in their large garden property – 1/3 lawn and flowers, 1/3 vegetable and fruit garden, and 1/3 pasture and trees. They had fruit trees, berries of several kinds, and quantities of vegetables – green and root. And chickens and pheasants. Their days were spent gardening 6 to 8 hours a day. In the summer, they alternated between their garden in Saanich and their cottage in Comox. Food preservation began to shift from canning to freezing, but there was far too much for any one freezer. They gave away hundreds of pounds of potatoes, carrots and apples – enough to feed both sons and their families of five children each (16 people) for the winter.



The wedding of Rona and Doug's younger son Alan to Shirley Johnson (both of whom are buried at St. Luke's). Their elder son Jack and his wife Dorothy, who was matron of honour, are also in the photo as are Shirley's parents. In order from left to right: Jack, Dorothy, Rona, Doug, Alan, Shirley, and the Johnsons.



*Rona and Doug
in the late 1950's or early 1960's*

At family dinners, they would proudly say that everything on the table was from the garden, from the vegetables and chicken to the marionberry wine, and including the fruit served for dessert. Rona and Doug were heavily involved in their community, hosting bridge and square dance clubs, and increasingly involved with St. Luke's in their retirement years.

As a young adult, I lived with Rona and Doug when I first moved to Victoria and was privileged to develop an adult relationship and appreciation of what a strong

and mutually supportive relationship they had. Rona was both a woman of her times, fending for her family, and a woman ahead of her times, breaking barriers that she hardly acknowledged at the time. It has been mainly after her death that her most unique accomplishments have been recognized.

Some further notes from Hu: Jack and Dorothy's ashes (Rona and Hu's parents) are scattered at Rona and Doug's second home at Kye Bay, now in its 5th generation of Wallis family ownership. Shirley Wallis was a member of St. Luke's Altar Guild and is remembered by present members of the Altar Guild. *(She and her husband, Alan, are resting in St. Luke's Cemetery in Row B Plots 52A and 52B.)*



Rona and Doug's 50th wedding anniversary celebration in October 1974. From left to right: Alan, Doug, Dorothy, Rona, Jack, and Shirley

Family photos in the article were submitted by Rona Archer and Hu Wallis



Editors' Notes with comments from Doug Wallis (Hu and Rona's cousin) about the stained glass window: Rona Wallis's life is also commemorated by a stained glass window in St. Luke's Church. The St. Paul window is dedicated: "To the glory of God and in loving memory of Rona Alexandra Wallis 1901 – 1982." Its inscription reads: "So Faith, Hope, Love, abide these three. But the greatest is Love." Rona died on July 10th, 1982. Her remains are interred in St. Luke's Cemetery in Row O, Plot 17B and her husband's remains are beside hers in Plot 17A.

Rona's husband, Hubert Douglas Wallis, commissioned the window in 1983. The verse of scripture chosen to be on the window is one which shows Rona's approach to life, and one which her grandchildren had the pleasure of hearing directly from her.

All Dressed Up With Somewhere To Go The Savilles

Rick and Noreen Saville attended the RCMP Veterans' Association National AGM in Edmonton, June 6-8, 2024. While Rick was "working", Noreen took part in some sightseeing tours including the Fort Saskatchewan historical site and Canada's largest outdoor market in St. Albert. They attended a dinner and dance on the last evening where an Elvis impersonator and band provided the entertainment. Rick is wearing his red serge blazer worn for ceremonial occasions.



Photo from Rick and Noreen, who look FABULOUS!



Annual General Meeting 2024

An Evening to Remember

by Ray Lett and Kim Cummins

On June 11th over 50 people gathered at Lutheran Church of the Cross for the Shelbourne Community Kitchen Society's 2024 Annual General Meeting. Before the meeting, the Kitchen held their second annual Member Dinner: an appetizing buffet meal that showcased recipes from the previous year's Food Skills Programs. The menu included Chicken Adobo (an authentic Filipino dish), falafel and tahini sauce, rice pilaf, salad, and tortilla soup (called Sopa Azteca). The Member Dinner was sponsored by Sysco Foods and Gordon Food Services, and expertly prepared by Chef Mark Davie and the Kitchen's summer staff team (funded through Canada Summer Jobs). With festive decor, a photo booth complete with funny props, and lively music, the Member Dinner was a wonderful opportunity for the community to enjoy a meal together before proceedings began in the sanctuary of Church of the Cross.



Photo by Dean Kalyan

The Annual General Meeting highlighted the Shelbourne Community Kitchen's many achievements, challenges, and innovations from 2023, and celebrated the tremendous contributions of our many dedicated volunteers. Clarice Dillman (Board Chair) led the proceedings with ease and humour, Cathy Flikweert (Treasurer) reported on the financials, and Kim Cummins (Director of Operations) reviewed the organization's programs and impact from the year. Together, Clarice and Kim shared Phase 2 construction updates of the much-anticipated commercial kitchen and exciting details of the organization's plans for the remainder of 2024. In addition, Clarice shared that the organization had worked with Scale Collaborative to expand The Kitchen's staffing plan and created a business plan in coordination with the strategic plan to promote long-term sustainability.

During the meeting, Kim reviewed the Food Skills, Garden and Pantry Programs in detail noting that in the past year the Omnivore Acres and St. Luke Cedar Hill gardens had contributed 4,224 kg of fresh produce to the Food Skills and Pantry Programs. Tyler Akis, Program Coordinator, managed the distribution of 31,893 kg of food as 3,899 grocery orders to 678 homes in the Capital Region. Kim concluded by praising the many volunteers who had worked hard to deliver the Food Skills and Pantry

Programs in an alternative location at Lutheran Church of the Cross while the renovations were in progress.

Following approval of the financial reports, Directors Lisa Richardson and Jason McMillan, who were leaving the Board, were thanked by Clarice for their service. New Directors, Bruce Winter, Jennifer Byrne, and Rae Franklin were elected to the Board for the 2024 to 2025 term joining Ann Baty, Cathy Flikweert (Treasurer), Nicole Kilburn, Ray Lett, Linda Campbell, Helen Marzolf (Secretary), Donald Storch, and Clarice Dillman (Past Chair). The Annual Meeting concluded with a thoughtful reflection from Clarice on her term as Chair, with much gratitude expressed by the leadership team and attendees. Clarice will now hold the Past Chair position for one year, helping to support the new board members and Bruce Winter, new chair, through the transition.

Garden Tour!

July 18th, 3:00 pm at Cedar Hill Gardens, St. Luke's Church



A Tour of the Cedar Hill Garden to see its progress and potential

Meet us at Cedar Hill Garden (3821 Cedar Hill Cross Rd) in the parking lot at 3 pm on July 18th to see what we have in store for summer gardening. Over the past three years, the partnership between St. Luke's and The Kitchen has flourished in the form of fresh vegetables and herbs that have greatly impacted the way The Kitchen operates. Enjoy a refreshment as you hear about what is growing and what we have planned for the coming months!

Congratulations to Erika Simpson!

As a teenager, Erika Pryer (now Simpson) received an award for vocal performance in the sacred music at the Greater Victoria Performing Arts Festival (GVPAF). This award was donated by St. Luke's and Erika came to sing for us at St. Luke's as the award recipient.

Through that experience, Erika became a member of St. Luke's. Erika continues to grace us with her beautiful voice at special services. She has recently graduated from UBC with a Masters in Music, majoring in Opera. Well done, Erika!



The Circle of Life

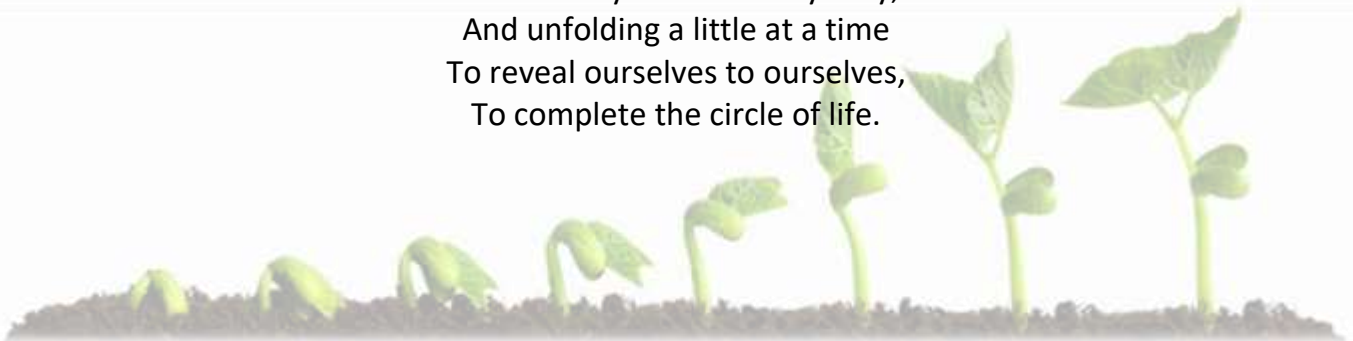
*by Joan Jolson**

In death there is decay and dust,
This dust again becomes alive,
By nurturing the seeds the wind has sown,
From charred trees and flowers blown.

The rains from heaven
Drench the dry land in time,
Making the soil more malleable
To allow the seeds to form their roots.
To stand tall again,
To respect the circle of life.

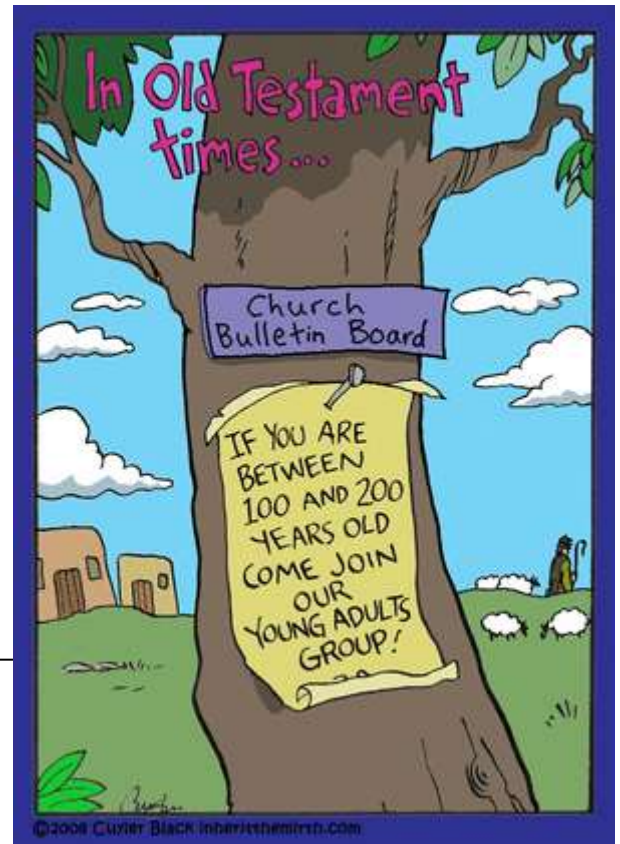
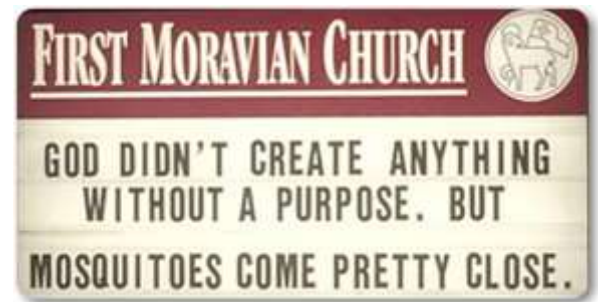
The sun radiates the warmth and light
Needed to help the plants to grow
Just as we need nurturing in our lives.
We may look barren like the desert at a glance
But the seeds of our being are still sprouting inside us.

Ever increasing, so that we may stand tall in our lives
Assured in what we are doing.
But listening to that still, small voice inside us
Put there by the Great Mystery,
And unfolding a little at a time
To reveal ourselves to ourselves,
To complete the circle of life.



**Joanne Jolson's mother, Joan Jolson, wrote poetry throughout her life.
We are pleased to be able to share her poems with you.*

Humour



How to Avoid Mixing Your Metaphors

It's not rocket surgery.

First, get all your ducks on the same page.

After all, you can't make an omelette without breaking stride.

Be sure to watch what you write with a fine-tuned comb.

Check and re-check until the cows turn blue.

It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans:

You can always burn that bridge when you come to it.

if you follow where I'm coming from.

Concentrate! Keep your door closed and your enemies closer.

Finally, don't take the moral high horse:

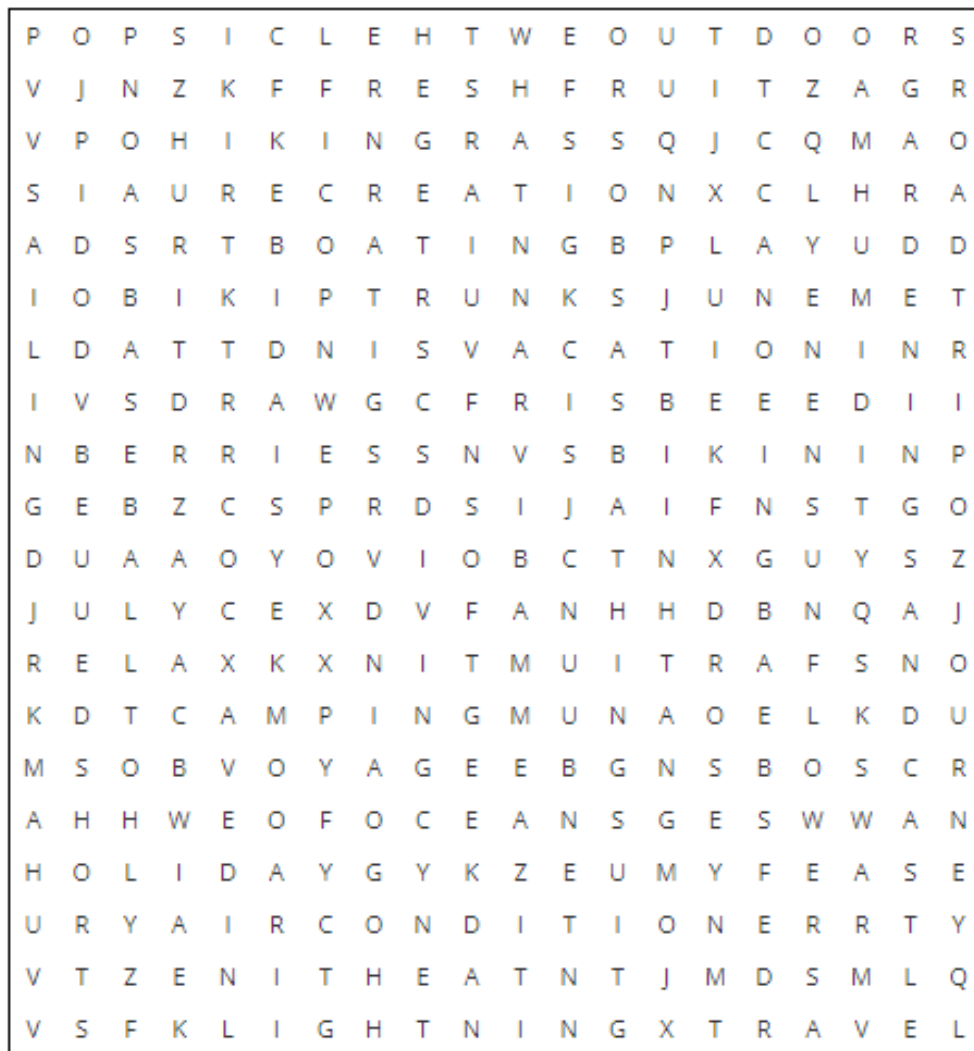
if the metaphor fits, walk a mile in it.

Brian Bilston



Word Search Puzzle

Summer Word Challenge!



Solution on the last page

air conditioner	Frisbee	picnic	sweltering
backpacking	gardening	play	swimsuit
baseball	grass	popsicle	tan
bathing suit	heat	recreation	thunderstorm
beach	hiking	relax	travel
berries	holiday	road trip	trip
bikini	humidity	rose	trunks
boating	journey	sailing	vacation
camping	July	sandals	visit
canoeing	June	sandcastle	voyage
daisy	lightning	seashore	warm
diving	muggy	shorts	watermelon
ease	ocean	sightseeing	waterpark
fan	outdoors	summer solstice	zenith
flowers	outings	sunflower	
fresh fruit	park	sunscreen	

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Word Search Solution

