

Connections

Justice * Compassion * Belonging



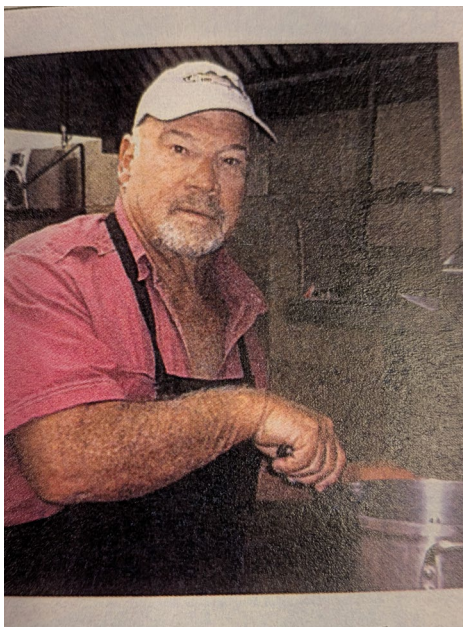
PHOTO BY GARY BENDIG ON UNSPLASH

Before Rev. Anne was ordained, she spent many years writing articles for magazines such as *Canadian Living*, *Chatelaine* and *Readers Digest*. She also published five books. Here's a story about small towns and kindness, originally published in *Readers Digest* in 2011.

My Goose Is Cooked... also fried, sautéed and pureed

In 2010, I moved from downtown to Lucky Lake, Saskatchewan (population 295) to serve as a minister in The United Church of Canada. Coming from the city I was alarmed to learn that my new home's unofficial motto was, "Lucky Lake. We're not the middle of nowhere. But you can sure see it from here."

I've quickly come to love the prairies. The northern lights and big-screen sky are breathtaking. In the fall, the sky above is full of snow geese who use our town's tiny lake as a stopping point on their annual migration. Twice daily they lift off the water and fly to the newly harvested fields, feasting noisily on grain the combines left behind. Swooshing wingbeats and honking fill the air.



If the arrival of snow geese is a sure sign of autumn in our town, so are the annual Shaughnessy Fall Suppers, named for and presided over by a man with a personality as lusty as the geese themselves. Shaughnessy is a brawny, handsome man with an Irish love of life. He spends half the year operating fishing charters in the Everglades and half in Lucky Lake, hunting, fishing, swapping stories and making us all feel, just by his being here, that we're the centre of the universe.

Shaughnessy isn't his first name. Few know his first name. But everyone knows Shaughnessy. Everyone has a tale to tell of his boisterous exploits and outright kindness.

Just before it's time for him and the geese to head south, Shaughnessy puts down his shotgun, straps on an apron and gets to work at the local bar. Each Tuesday evening for four weeks he dishes out a different delicacy alongside salads, freshly baked buns and pies made by our local women. A jug on the buffet table collects donations for local charities.

Close to 300 people crowd in for each weekly supper. The menu changes but always features goose. We've feasted on savoury goose cutlets, fragrant goose meat loaf, chili and spaghetti with tangy goose sauce. The food rivals that of any big-city restaurant, but with a family atmosphere. Children romp between the tables, folks

Continued on next page

SEPTEMBER
2026

INSIDE THIS ISSUE

Rev. Anne Hines	1
Chair of the Board	2
Renovations	3
Dr. Anton Yeretsky	4
Summer Students	4
Kate and Kevin	5
Revival Service	6
Chautauqua Muskoka	7
UCW Care and Support	8-9
Elders' Service	10-11
COMING EVENTS	12
Ladies' Night Out	13
55+ Programs	13
Church Garden	14
Ho'oponopono	14
Urban Garden & Food	15
Our Church Dishes	16
Campfire Singalong	17
Looking Back	17
Elaine and Roy Dulmage	18-19
Marjorie's Injured Bird	19
Pet Bereavement	20
Meditative Walkers	20
Music at HVUC	21
Remembrance Day	22
LIFE EVENTS	22
OUR SPONSORS	23-30
PHOTOS	30

YEE HAW- PLEASE JOIN US!

WELCOME BACK BBQ

Sunday, September 20
11:30 a.m. to 1 p.m.

BLUEGRASS MUSIC WITH THE
INCREDIBLE BARREL BOYS!
FREE BBQ, GAMES AND MORE.
BRING THE FAMILY!

Humber Valley
UNITED CHURCH
76 Anglesey Blvd. | In the heart of Etobicoke | 416-231-2263 | hvuc.ca

Humber Valley
UNITED CHURCH



As we begin the fall season at Humber Valley United Church we welcome future thoughts of what our august congregation and community can accomplish.

We are looking forward to a capital campaign to mark our 75th year in 2027.

Of course we have capital needs for the building, funds to sustain our wonderful services

and programs, fellowship opportunities and faith-based outreach to our community and those in need everywhere.

However, I think some special attention should be paid to youth programming or providing safe spaces for youth to gather, enjoy quiet time or music or games or whatever their interests other than screens. Our building and potential programming can facilitate this.

I welcome each of us to think of a project, program or idea which engenders passion, or caring in you, that you might wish to participate in, champion or fund. Please bring those thoughts to the Ideas Project that will accompany and be an Integral part of the 2027 75th Anniversary Campaign.

If you see a need or have an idea, please write to me, call me or speak to me when you see me. That way we can begin to put together things that personally enhance the giving spirit of our church community as it reaches

out to the community beyond our walls. Those needs and ideas can be sponsored as single projects, and can be carried forward by a small group.

In the current transition occurring in civil society, people are required to move from a failing or dying industry to a new vocation. This requires education or training or time to find. We can see these needs among our family, friends and acquaintances. I personally see needs in the arts as well as in scientific research communities. Government funding will decrease in those areas, as government moves to support different current needs.

That shifts the obligation and opportunity to the private sector. Perhaps our church building, our outreach funds, our people and our energy can help during this transition.

Small theatres, music groups, university or college professors' research projects — we should try to support any ideas or leads you have. That support could be through use of our building, our community communications, our outreach funding, our time or our energy.

Thanks for taking time to think, time to speak about your ideas with me or with any board member. I am hoping we make the campaign a success in inclusivity, raising people up and bringing the joy of participation to our wonderful caring church community, which is rooted in justice, compassion and belonging.

May God help us to find our best selves and show us the best way to share all our talents. Here's to a wonderful fall at HVUC!

Sharon Dowdall

My Goose is Cooked — *Belonging*

Continued from page 1

linger over coffee, chatting about hunting and harvest. Shaughnessy regularly bursts from the kitchen to greet the men and flirt with the women. We love every minute of it.

It's easy to wish the warm, sunny months would never end. But winter will come and go, as will the clouds of snow geese shattering the stillness of our little prairie town, reminding us of the passing of seasons. Harvest time will again bring rewards for hard work done. And this lucky former big-city girl will look forward to celebrating among friends, eating goose cooked by caring hands.

Reverend Anne Hines



Seeking Your Stories!

Editor Colleen Isherwood would love to hear from you.

Contact her at 416-844-1519 or colleen.isherwood26@gmail.com.



Stairs and Doors Refurbished, Elevator Upgrade Starts Sept. 21

We have a date! The current date for the elevator upgrade project to start is Monday September 21, 2026.

This project will take between two to three weeks to complete, and the elevator will not be operating during this time period.

This date and timeline will be communicated to the congregation and tenants so that everyone is aware of this project and that the elevator will not be available during this upgrade project.

Please let me know if you have any questions regarding this project and the time lines.

The pictures below, show some work we had done on the staircase on the north side of the church.



BEFORE



AFTER

In another project this summer, all the wooden doors were sanded down and re-stained. The re-stained doors have met with approval.

"I wanted to say how fantastic it is to have the doors on the Anglesey side sanded and refinished," said Nancy Roper. "They were gorgeous when they were new but in the last few months I thought to myself, 'isn't it sad that they didn't stay that nice.' So you can imagine my delight when I saw that someone was working on them."

Allan Orr, allanjorr@gmail.com



This photo shows our beautiful re-stained doors. The complementary floral arrangements are courtesy of Heather Rutledge.



The OTHER Humber Valley United Church in Newfoundland!

On their Newfoundland trip David and Kathy Kitchen had the opportunity to go by the other Humber Valley United Church near Deer Lake, NL.



We are thrilled, and privileged, to welcome our new Director of Music, Dr. Anton Yeretsky who has been providing music leadership at Humber Valley's Sunday services for a while. In addition to being a guest musician, he has produced and performed in several concerts in our Sanctuary. Anton is working closely with Reverend Anne and the Worship and Music Committee to plan and deliver a variety of music in support of our worship services.

Anton is a virtuoso violinist who is also proficient on the piano and organ — in addition to being an internationally acclaimed conductor known for his dynamic presence and deep musical insight. Anton has conducted in some of the world's most prestigious venues, including the Wiener Konzerthaus, Wiener Musikverein, Shanghai Symphony Orchestra Concert Hall, Opera Marseille, and the Shanghai Oriental Art Centre.

Anton brings together old-world mastery and a modern, forward-thinking approach. Currently he is Music Director and CEO of the Great Lakes Philharmonic, which has performed at Humber Valley and other venues in the city. And he is also a passionate educator who has enriched the careers of some very talented young artists.

Anton was born in Ukraine and educated in Vienna. He came to Canada as a refugee after Russia attacked Ukraine. He has experienced war, turmoil, displacement and loss, and is enjoying his new life in Canada.

Anton can be seen around the church many days. His office is on the lower level right under the Sanctuary. He just has to climb the stairs for quick access to the Sanctuary piano!



Be sure to say hello to our very talented and very friendly new Director of Music.

Susanne Hynes



Hawaiian Meditation "Most Powerful," says Reverend Anne

The words to the ancient Hawaiian prayer called Ho'oponopono consist of four simple phrases, but Rev. Anne Hines, who has practised many different kinds of meditation, says she finds this the "most powerful."

About 50 people gathered in the Humber Valley Sanctuary on Tuesday, September 15th to experience Ho'oponopono, repeating the four phrases with periods of silence interspersed throughout the hour-long session. Our newly-appointed Director of Music, Anton Yeretsky, played a recorder, drum and triangle to simulate ancient Hawaiian music, which has a vocal range of just three notes.



On Valley Voices, Kate and Kevin

On June 28, following a service led by Kate Brown, we held a farewell party for Kate and Kevin Curnock, recognizing that although Kate is no longer employed by Humber Valley Church, she will still be leading Valley Voices when practices resume on Sept. 30. Here is a sample of some of the tributes from that day.

Valley Voices is more than a choir — It is a group that bands together to help others. It is a group that sings “We Hold You In Our Circle” in three-part harmony at the end of our practices. Valley Voices is a very special place, and Kate and Kevin are at the heart of it.

Colleen Isherwood

We were blessed to have Kate AND Kevin and their family (Foster, Jayne and David) at our church for more than four years. Three magnificent concerts. A fantastic wedding that we will never forget. Dozens of senior's home visits. 120 choir rehearsals. Even more church services. Many theatre outings and other get-togethers. And an inspiring summer of Art Church that healed our congregation.

Nancy Roper

Long before inclusion and social justice became common jargon, you were already living these values. You challenge barriers not because it is trendy but because it is your moral imperative. You speak for the voices that are ignored and stand by the excluded.

Vaughan Stoyka (Devon's Mom)

Thank you for everything you have done for me. I just want to thank you for supporting me throughout and always believing in my voice. Thank you for helping me find it. (Devon then gave a beautiful rendition of "The Wind Beneath My Wings.")

Devon Stoyka

I came to your choir and I never felt so good. You open up my life and I do love singing. God brought you to me. I needed this and you came to the hospital to see me at the rehab. Your dog came up and cuddled with me. And you know, I've got to go in again for my other knee. I hope you'll come again!

Josie Mullins

I want to say thank you very much for all your passion and love for all of us. Thank you for your fantastic voice, for your musicianship and for your support. You are an amazing friend and you are a fantastic musician.

Anton Yeretsky

Kate, I wouldn't be here if it wasn't for you. I don't mean here today; I mean every day that I have been at this church. I came to this church thanks to Nancy [Roper], and then I stayed because of you, so this shows what you're doing to people. You just bring them into your circle, into your family, into your life, into your love and into your heart. I'm so grateful for everything that you have done. I can see what you're doing for everyone else as well. ...You just have a light inside of you that you share with everyone and I think it's the greatest gift of all. I'd also like to say thank you to Kevin for all he has done as well.

Amélie Halary

To Kate, To Kevin, and to a magnificent future, both with us and on your way to other things, and for us on our way to other things. The fun we're going to have going forward is wonderful. We have been blessed by the gifts of Kate and Kevin for the period that we have had them and we hope to have a little bit of them coming back-and-forth as things change in the future. Blessings, Peace, and Love to you all.

Sharon Dowdall



Old Fashioned Revival Service on June 26 — *Belonging*

The Old Fashioned Revival Service on June 21 was lots of fun, complete with a Strawberry Social in the middle of the service. Thanks for your creativity Anne, and all your hard work to make the sign and gather the hats and choose the songs and write the script etc. And who knew that Anton could play down home country music on his violin?!!





Above: The Song Circle. Left middle: Nancy, Marley and Sally Roper at Theatre in the Woods with "Choir, Choir, Choir". Bottom: Maggie's Wake.

Over the past few years, members of our 55+ group have gone to Chautauqua Lake in New York State to visit an adult education and cultural community that originated in the United States in the late 19th century, combining lectures, arts, music, and recreation. The Chautauqua Institution is a permanent 750-acre community in western New York that hosts a nine-week summer season of arts, education, and religious programming. They all had a wonderful time, and some attended again this year.

But Chautauqua has expanded to include modern festivals that continue the tradition, including Muskoka Chautauqua in historic Windermere Village, which was held August 7-16. This year, some of our Humber Valley 55+ members decided to give this festival a try for a few days.

Events included Choir! Choir! Choir!, Visual Notetaking, a Song Circle with Caroline Marie Brooks, Maggie's Wake (a contemporary folk roots band) and Big Band Music.

We picnicked in the centre of Windermere with a spread provided by Janine Murray, and had another wonderful (pet friendly) meal on the terrace at Windermere House. Will we go again next year? I think so!!!



Colleen Isherwood



Church Family a Big Help During My Knee Replacement

Unit 7 UCW led the church service on August 16. As part of the service titled "We Care and Support," Colleen Isherwood spoke about her knee replacement experience.

I'd been limping around with osteoarthritis in my left knee for several years, but by mid 2025, it was so bad that I could only walk totally straight-legged, which was very slow, or with my left knee totally bent, which was fast, but very awkward!

Finally, I was eligible for a left knee replacement, and my appointment was set for early in the morning of October 20th. There was a lot of prep involved. St. Michael's hospital recommended all kinds of equipment, some of which was quite pricey. Everyone told me to get in shape by exercising before I had the operation. And almost everyone told me that a knee replacement had a longer, more painful recovery than hip surgery. Just what I needed to hear...

Feeling a little daunted, I got in touch with my friend and former neighbour, Sally Jo Martin. We had tea at The Dryden House, where she was working for Sleeping Children around the World.

Sally Jo has had two knees replaced, and she did a few kicks to show just how flexible her new knees are! Then she gave me advice on which equipment to use and offered to lend me some of hers. I left feeling far more optimistic about the coming operation.

Early in the morning on Operation Day, my husband, Steve, came with me for moral support. By noon, Steve and I were ready to go home — yes, they let me out the same day — and my family pitched in to help. Our son, David, took the day off work to drive us home, bearing soup and focaccia from his wife Alexandra. Michael and Kevin both called to see how I was doing.

By then Susanne Hynes had sent out a note to our Unit 7 women and the assistance kicked into high gear. The food that arrived from Unit 7 volunteers was phenomenal. Steve and I didn't have to cook for a week! There was soup, lasagna, sandwiches, muffins and meatballs. The meatballs came from Gayle Taylor. These were not your average, ordinary meatballs. They were huge! Each meatball was a meal in itself. Gayle sent eight of them. And my husband loved them!

Aside from managing the pain with medications and cold therapy, driving was a problem. I had to get to physiother-



Josie and I had special treatment — we got comfy chairs to sit on during Valley Voices Practices after our knee replacements.

apy. It wasn't far — I went to two places: Triangle Physiotherapy across from Cloverdale, and later Integral Health at Royal York and Summitcrest. My friends from Unit 7 pitched in to drive me there and pick me up an hour later. It was a nice opportunity to chat one-on-one with members of Unit 7. And gradually, physiotherapy went from being excruciatingly painful to something I could do with ease.

One of the bonuses was that there were four of us who had our knees replaced around the same time — me, Josie Mullins from Valley Voices, Liz Boehmer from Unit 7, and Steve's childhood friend, Guy Bull. We would all commiserate and compare notes, which was extremely helpful!

I had visitors too — Kate Brown came to visit with her two "therapy dogs," Wally and Ernie Sanders, bearing Craig's Cookies, which are very tasty!

And then, a few weeks before Christmas, I started going back to my normal activities. I could drive the car. I could walk without being stiff-legged or staggering. And it was time for me to help out. Gary Halpenny was next up for the knee replacement, and I lent him my cryo-cuff for cold therapy, and talked to him about my experiences.

They say it takes a village, and in my case, it was a very caring and resourceful village. When I think about God and Love and Church, it's this type of ministry that comes to mind.

Colleen Isherwood



Shining Waters Seeks Volunteers

Shining Waters Regional Council is an administrative and decision-making body of The United Church of Canada that connects, supports, and oversees local faith communities, serving communities from Georgian Bay to Lake Ontario. As Shining Waters continues to discern and shape its future, they invite members across the region to prayerfully consider how they might share their gifts in service.

They are currently seeking individuals with passion, vision, and a commitment to the ministry of The United Church of Canada to serve in a variety of leadership and committee roles. Whether you are an experienced regional volunteer or someone looking to become involved for the first time, there are meaningful opportunities to contribute to the life and work of the Regional Council.

Shining Waters Regional Council is currently recruiting new members for the President Elect position. Shining Waters is currently engaged in the development of a regional strategic plan that will build on our vision as contained in the Regional Policy, its priorities as defined in the review of ministry and funding priorities and with Toward 2035. The President-Elect/President will have a key leadership role in helping the regional council to live into this strategic plan.

For information contact: Shining Waters Regional Council, The United Church of Canada. Toll Free: 1-888-747-9063, Ext. 2. Direct Phone: 249-489-2002. Email: jmaltby@unit-ed-church.ca

Psalm 151

All that I am, my Lord
I owe to you
I am your lamb

On paths of darkness
I walk with Thee
I fear not, as we talk

Lead me through days of barren
My God, I will go
I'll not want, my faith is in Thee so

You are my Lord, you're all I need
You are my God, I am your seed
All through my life
You carry me
My soul, I give to Thee

All that my eyes see
I see through You
My God, my eyes are a gift from Thee

All of my strength
I owe to you
You are my Saviour, true

The giving of Thy heart
I give through You
My Lord, that which I do

You are the light of my life
You are the soul of my heart
T'is by You, only You
I make it through this life

Gayle Taylor



Brian Thomson:

**I am content with
what I have,
little be it or much.**

These words have become woven into my life. I heard them as a child from my mother at bedtime. Years later, my brothers and I chose these words as the epitaph for my father.



Some of you may recognize them as part of The Shepherd Boy's Song, which first appears in *The Pilgrim's Progress*, a book written in the 1600s by English writer and preacher John Bunyan. We hear echoes of David, in the 23rd Psalm: "The Lord is my shepherd, I shall not want." And of Paul, in Philippians 4: v11-13:

"...I have learned to be content with whatever I have... I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all these things through him who strengthens me."

The Bible tells us the terrible crucible in which such contentment was forged. And let us remember John Bunyan himself wrote *The Pilgrim's Progress* while in prison for refusing to give up his non-conformist preaching.

To reach the Celestial City, Christian, the main pilgrim in Bunyan's story, must cross the Valley of the Shadow of the Death and before that, the Valley of Humiliation, where he defeats Apollyon, "the angel of the bottomless pit" of Revelation v9:11.

What a juxtaposition: A shepherd boy's sweet, pastoral song, very near the spot Christian earlier made torturous battle with the angel of the abyss. The Valley of Humiliation is Bunyan's stark reminder of Christ's rejection, humiliation, his suffering, his death on the cross, and his ultimate victory.

As I absorb these Biblical roots, my father's epitaph acquires deeper meaning. Of course, his trials in life did not compare with those of David, or Paul, or our allegorical pilgrim. Yet these words of contentment — born of love — somehow connect him with them, with us, and with our Lord.

Brian Goodman:

**Put all your trust in the Lord
And do not rely on your own understanding.
Think of him in all your ways,
And he will smooth your path. Proverbs 3: v5-6**



Have you had a time in your life when things just didn't work out the way you wanted or expected?

Was it a goal, a job, or a relationship? You felt disappointed, perhaps even devastated. Then time passed: hours, days, or maybe weeks. Then, it hits you, the results were more favorable than those you desired. Perhaps even a disaster averted. Life's coincidences can be quite fortuitous.

Was someone — God — watching over you? Today, people use many terms for God, such as Creator or the Great Spirit in Indigenous traditions. For me, God is spirit, and each of us carries a spirit within us. That spirit is an energy, power or a kind of electro-magnetism of the universe. What matters is our awareness of, and openness to, that mystery. When making a decision or solving a problem, we often say, "Listen to your gut," "Trust your instinct," or "Go with the flow." Perhaps it is not truly randomness. Some paranormal experiences are difficult to understand. And this is where we trust the mystery of the spirit and not our own understanding.

My readings of Eckhart Tolle's book *A New Earth* (book Power of Now) has also been influential in my adoption of Proverbs 3: v 5-6. Some of his key takeaways are: learning to live in the moment, non-resistance, nonjudgement, and acceptance of events (it's not being passive). Particularly I'm thinking of judgments we make, especially of events and of individuals, because in most cases we truly do not know how things happened or what is going on within the head or life of an individual. At most times nonjudgment is best unless we fully understand.

The 'stoic reserve clause' essentially means undertaking any action while calmly accepting that the outcome isn't entirely under your control. This takes the form of a caveat such as 'Fate permitting' or 'God willing'. This underlines my take on 'trust' and not relying fully on one's understanding.

And that is a quick summary of a portion of my thoughts on Proverbs 3: v 5-6. May God's blessings fall upon each one of you.



Nancy Roper: "I hope you'll dance."

For seven years surrounding the year 2000, I was a volunteer at Camp Oochigeas, which is a camp for children with cancer. Camp was AWESOME and EXHAUSTING at the same time – every minute of every day was packed with FUN, FUN, FUN. A guest speaker at a fundraising gala once said that coming to camp was part of the campers' treatment plan – "Surgery, a little chemo, a little radiation and two weeks at camp each summer". A doctor said that the campers made more progress in two weeks at camp than they did in six months of traditional rehab.

The entire camp, 60 children and 60 counsellors, met at the flagpole each morning (after Polar Dip!) for "Thought for the Day" followed by a fun camp grace and then breakfast. One of the inspirational quotes that has stuck with me for all these years was from a notable song from the year 2000 that was sung by Lee Ann Womack. It was called "I Hope You'll Dance". My favourite quote is: *"And when you get the chance to sit it out or dance, I hope you'll dance"*.

That was definitely the theme at Ooch, as we helped the kids to pack as much life as possible into each day ... both for the campers who were catching up and re-joining the real world after their illness, but sadly also for some who were counting down to the end of their days. No one sat on the sidelines. The camp motto was, "You've only failed if you've failed to try." Counsellors knew they should be interacting with campers at EVERY moment of the day. Kids tried things they never dreamt they could do. Parents were shocked when their kids got home and were totally changed by their camp experience.

So as you live your life, think about the Ooch Campers: Don't sit on the sidelines – go out and join the fun. Make a memory! WE HOPE YOU'LL DANCE!

** "Camp Oochigeas" is now known as "Campfire Circle"



Bruce Boyd: Amazing Grace/John Newton



How many of you remember the recording of "Amazing Grace" as played by the Pipes and Band of the Royal Scots Dragoon Guards? It was very popular back in the '80s and for that reason, many people thought of it as a Scottish hymn. It is definitely not! It was written by an Englishman, John Newton, and there is an incredible background story I want to share.

Many of you may have heard that John Newton experienced a powerful conversion during a violent storm at sea. That is true but there is much more to the story.

John Newton was born in 1725, the son of a sea Captain and his very religious wife. During his early years he was profoundly influenced by his Mom. What she taught was religious principles and religious hymns. Tragically his mother died when John was only 11 years old.

In 1736, John was pressed into the Royal Navy, where he forsook his mother's teaching and became a real hellion, constantly insubordinate and subject to brutal punishment. His father rescued him and arranged that he be returned home aboard a ship bound for England. That ship endured a violent 11-day-long storm, but finally limped into port in Ireland. It was during this storm that John's Christian values were re-awakened, "a wretch was saved".

It is a popular misconception that it was during that storm that he wrote "Amazing Grace". In fact, the hymn, while profoundly influenced by his miraculous survival and conversion, was not written until many years later.

Paradoxically, after his apparent awakening, Newton continued his life at sea and actually captained slave ships for several years. In 1754, he suffered a seizure and was forced to retire from his life at sea. It was only at that point that he sought to become a clergyman.

He wrote the words to "Amazing Grace" in 1772, but he did not write the music that we know.

While the hymn remained popular in Britain, it was really in the southern States that the now familiar tune emerged. It has been suggested that the melody was based on an indigenous West African song, sung by the poor wretches, crammed below decks while being transported across the Atlantic. Those singing it probably had no idea that the words were written by a former slave ship Captain.



Save The Dates

Sun., Sept. 20: Welcome Back BBQ with Blue Grass band, "The Barrel Boys." 11:30am to 1pm.

Sat., Oct. 3: Shredding Day, 9am-12pm.

Wed., Oct. 21: Ladies' Night Out, Fabulous Fall Fashion Show (UCW Fundraiser).

Fri, Oct. 23: Symphony of Shadows/Immersive Halloween Experience, Great Lakes Philharmonic, 7:30pm.

Fri., Nov 6: Remembrance Day Concert/Fundraiser with Great Lakes Philharmonic, 7:30pm.

Fri., Nov. 13: Trish and Paul Dance Party.

Sun., Dec. 13: Handel's Messiah, Christmas Songs, Fundraising Concert—Great Lakes Philharmonic, HVUC, 4pm.

Mon., Dec. 14: Daytimers' Christmas Music/Celebration.

Shredding Day fast approaching

HVUC Shredding Day is back on Saturday, October 3, 2025, from 9am-12pm.

Get your boxes and bags of papers ready now. Our annual Shredding Day is coming up fast. Do yourself a favour: Decluttering gives you such a sense of achievement. Tell your friends. Your friends will appreciate the opportunity to get rid of their confidential documents safely, securely, and at a bargain price.

Most of our customers smile when they pay for their shredding, and tell us they feel much lighter once they are rid of all that extra paper.

Spread the word. The more people we have, the more successful we will be. If you know someone who is in solo practice or has a small business, such as the person who prepares your taxes, or your hairdresser or dog sitter, let them know about shredding day. They can't beat our prices. But tell them now, so that they have time to get their papers ready.

Volunteer. We need people to direct traffic, lift boxes from cars to the large shredding bins (max weight is 35 pounds), calculate prices (there is a cheat sheet), or handle cash and e-transfers. It's a fun way to contribute to the church and only takes a half-day of your time. Contact Joan Belford (jbelford1967@gmail.com.) PS. Volunteers get coffee and treats!

Questions? Call 416-231-2263, extension 39. Your message will be returned.

Joan Belford

YEE HAW- PLEASE JOIN US!

WELCOME BACK BBQ

**Sunday, September 20
11:30 a.m. to 1 p.m.**

**BLUEGRASS MUSIC WITH THE INCREDIBLE BARREL BOYS!
FREE BBQ, GAMES AND MORE.
BRING THE FAMILY!**

Humber Valley
UNITED CHURCH
76 Anglesey Blvd. | In the ♥ of Etobicoke | 416-231-2263 | hvuc.ca

DRIVE-THROUGH SHREDDING DAY

**Saturday, October 3, 2026
9am-12noon (Rain or Shine)**

Humber Valley United Church | 76 Anglesey Blvd

*** Secure and Confidential ***
You can watch your papers being shredded!

Bring your paper in any bag or container

No need to remove staples or paper clips

Cash, cheque, debit or credit card accepted.

Please enter the Parking lot from Hartfield Road ONLY

**1-2 boxes
\$18 each**

**3+ boxes
\$15 each**

Humber Valley
UNITED CHURCH

For more information:
hvuc.ca
416-231-2263, ext. 39

Funds raised support charitable endeavours



COMING EVENTS — *Belonging*

YOU DESERVE A Ladies Night Out

WED. OCT. 21. 2026. 6:00PM **\$40**

Fashion Show by Haven Boutique | Lite Bites
Vendors | Bake Sale | Glass of Wine/Punch
Silent Auction

Proceeds benefit UCW Charities
Ticket Line: 416-231-2263x39
hvuc.ca

Humber Valley UNITED CHURCH
76 Anglesey Blvd | Etobicoke

Calling all women! Grab your gal-pals and come out for an evening of fun, food, fellowship and fashion at the annual UCW fundraiser – ‘Ladies Night Out’.

Starting at 6pm there will be a mix ‘n mingle time with friends old and new while you enjoy a complimentary glass of wine or punch, bid for bargains at the Silent Auction table, pick up homemade goodies at the Bake Sale and peruse the Vendor table. Follow up with a delicious meal in the Hall and be entertained with a Fabulous Fall Fashion Show presented by Haven Boutique.

All this for a ticket price of only \$40. Available now. Call the ticket line at 416-231-2263 ext 39 (after 4:30pm) or see Jill Kershaw on Sunday mornings.

Seating is at tables of eight. Book a whole table and bring friends, ask a couple of friends or come solo.

If you can volunteer to help with any number of tasks — can contribute baking and preserves to the Bake Sale, have connections for items for the Silent Auction, can suggest businesses or individuals who might advertise in our Sponsorship Booklet — contact Linda Grass lgrass@rogers.com or Carolyn Whiteside cwhiteside35@rogers.com.

Fall Fun and Fellowship: 55+ Programs This Autumn!

As the leaves begin to change, our 55+ program is bustling with vibrant opportunities to stay active, connected and inspired. This fall, we are thrilled to offer a diverse lineup of weekly fitness and arts programs tailored just for you. Whether you want to stretch, dance, or make some noise, there is a space for you here.

- **Mindful Movements:** Find your balance and flexibility with Chair yoga, QiGong, and Tai Chi- perfect for all mobility levels.
- **High-Energy Fun:** Get your blood moving with Drum Fit, Line Dancing and Zumba.
- **Make Joyful Music:**



Discover the rhythm of fellowship by joining our Handbell Choir (no prior experience required).

Mark Your Calendars: Our Fall Daytimers Luncheon Series

In addition to our weekly activities, please join us for our monthly Daytimers luncheons. Each event pairs a delicious meal with fantastic guest speakers and entertainment. Daytimers takes place at Humber Valley United Church the last Monday of each month.

- **September 28:** Guest speaker Tammy Hepditch will present a highly practical seminar on How To Build An Estate Binder, helping you organize your important documents and legacy pieces for peace of mind.
- **October 26:** Local expert Liz Earley will join to present a fascinating look into the world of Bee Keeping and the vital role bees play in our environment.
- **November 30:** We will wrap up our fall season with a lively performance featuring the wonderful musical stylings of Elderberry Jamboree!
- **December 13:** Christmas Daytimers.

So, bring a friend, try something new, and let’s grow together in body, mind and spirit this season!

Jenny Terwoord
Email jenny@hvuc.ca



A Weed-Whacker's Challenge

Special thanks to Magnus for his incredible hard work cleaning up the front ornamental flower bed, as well as doing other outdoor church chores this summer.

This one weed was his tallest challenge but even it had to succumb.

Custodian Drew Grass became quite fond of this impressive giant and really wanted to save it. The only spot to relocate it to seemed to be at the back of the flower bed by the kitchen door.

On closer inspection that turned out to be a window well, so the invasive monster had to go. We have been doing some research to determine the name of the weed, but no luck so far.

Drew can tell you his theory of a common name, but we would be interested in the official identification if it reappears next spring.

Now that the hard work has been done, Carolyn Whiteside is looking for a few volunteers to join her 'Weed Whackers Workforce' to spend a hour or so each month keeping the weeds out while they are still small. Contact cwhite-side35@rogers.com or call 416-231-1771

Carolyn Whiteside



Thank you, Ava, Magnus and Taylor!



Valerie's Urban Garden Food Creation Workshops

Valerie Wood will be holding more Urban Gardening Food Creation Workshops this fall. Come learn, chop, create, taste, and enjoy! \$10.00 per person, per session. HVUC Hearth Room 12pm-1:30pm. Register by emailing Valerie Wood, valerie@ert-cpr.com. All are Welcome!

Monday September 14th, 12pm — COMPLETED

"Summer Vegetable Soups alla Instant pot"

Hot and cold summer veggie soup creations with fresh no-knead herb-infused bread.

Thursday October 22nd, 12pm

"Apple-fest"

Apple Butter, Apple Sauce, Apple Cider
Everything Apple!!

Thursday November 12th, 12pm

"Winter Vegetable Soups alla Instant pot"

Hot and cold winter veggie soup creations with fresh no-knead herb-infused bread.

Valerie Wood



Learning How to Make Tea

This photo was taken by Drew Grass in June, at the end of our session on Tea-making, led by Valerie Wood (far left), as part of the 55+ programming. We were outside because all other rooms in the church were already full, with other activities. We had the perfect outdoor setting!

Nora Cutcliffe

Basil Fest Enjoyed by All

Basil Fest was put on by Valerie Wood (Judy and Murray Smith's lovely and ooooh so bright daughter). It was held on Tuesday, August 3, 12-2pm in the comfy air-conditioned Hearth Room.

Approximately 12-14 of us attended and enjoyed many appetizer type presentations. It was also Valerie's birthday that day and we celebrated her with a carrot cake deliciously iced (with cream cheese frosting) made by Judy, as well as an always-yummy ice-cream cake.

It was a fun and educational high-energy day!

Judith McIntyre





Indestructible Apple Blossoms!

Have you ever stopped to wonder about the dishes we are using at Humber Valley United? We seem to take them for granted and probably just consider them handy and old fashioned. Who even wants pink and off-white dishes any more? Well, we do have pink and green tablecloths to match them!

Our dishes, the Apple Blossom pattern, were manufactured in England by The Grindley Hotel Ware Co. Ltd., established around 1908 in Tunstall, Stoke-on-Trent, by William Harry Grindley. The business was known for heavy-duty, highly durable earthenware and "super vitrified" china designed to resist chipping and cracking in commercial kitchens. Their products were exported internationally to North America and Australasia. You will still find Grindley dishes, in various patterns, in established clubs, hotels and even in prisons.

In Toronto, Grindley china was retailed by Cassidy's. I still remember the Cassidy's warehouse outlet on North Queen. We bought the set of 36 wineglasses that we bring out for parties there. Founded in Montreal in 1801, Cassidy's was historically recognized as Canada's third-oldest company, outlasted only by the Hudson's Bay Company and Molson. The 199-year-old company entered receivership and officially closed in 2000. Grindley produced our dishes expressly for Cassidy's as you can see by the mark on the bottom of each plate and saucer.

The pink bowls, also produced in England, are from J.&G. Meaken's high-durability "Vitresol" Hotelbilt Pastels line. The pink dishes came from St. Luke's when the two churches joined together.

These dishes have adorned our tables at weddings and funerals, at church suppers, and at fundraisers and celebrations. They were washed and dried with abandon at Mistletoe Luncheons when we served more than 100 people at each of three sittings. They have since gone in and out of our dishwasher innumerable times and have not faded or cracked even with the dishwasher's more caustic detergent. In the 70-plus years we have been using them, how many of our pink, off-white, and green dishes have we broken or lost? Very few!!! That is value. A number of years ago it was decided that since we don't need so many of those dishes we could share the value and a large set was donated to Camp Scugog for their events.



Next year Humber Valley United will celebrate its 75th anniversary. The west wing that houses Steed Hall is part of our earliest heritage. And those Apple Blossom and Hotelbilt Pastels dishes are also an important part of that early heritage. We are so grateful to the ladies who in the early 1950s had the foresight to buy such durable china. The dishes have served us well and we expect will still be there 100 years from now.

Every time you eat from them you can celebrate the fact that so many Humber Valley people before you have also enjoyed a meal from our indestructible Apple Blossoms. And those Apple Blossom and Hotelbilt Pastels dishes are also an important part of Humber Valley's and St Luke's early heritage.





Campfire Singalong attracts 24 people, plus one pooch

When I tallied the number of attendees at the August 17th Campfire Singalong, using photos and videos of us singing "Kumbaya," I came up with 25 attendees including Marley, my dog! We sang lots of favourites, including "Five Foot Two," "I'd Like to Teach the World to Sing," and of course, "Kumbaya". This is the sixth annual singalong put on by Beverley Conner and Colleen Isherwood. We had four musicians leading the group — Joanne Stenerson and Beverley's son GR on guitars, Beverley with her ukulele and Colleen on vocals.

Congrats and thanks to all for your work to put the event together, host and lead it, and clean up afterwards.

Nancy Roper



Looking back...



A wonderful photo showing our Men In Black in 2002. From left: David McNaught, Bruce Deans, David Wilkes, Jim Koziak, Rein Peterson, Murray Smith and Bill Badke. Unfortunately, Murray Smith is the only one of these handsome gentlemen who is still with us. But the Men In Black continue to serve at many church events. Photo courtesy of Cathy Wilkes.



Roy and Elaine with family at their son's 50th birthday.

My father, Bill Edwards, and my mother, Elta Edwards, built a house on the last lot available in Princess Anne Manor in 1961. My sister, Nancy, went to Richview Collegiate and I went to Victoria College at U of T.

After looking at a couple of churches, my mother decided to go to Humber Valley United Church. My father didn't go to church as he found religion in nature, but he supported my mother and the church.

Mum was soon in the choir with Raymond Gould and she stayed for many, many years. Choir members like Melba Watts and the Goulds became personal friends. Mum was always in the Festival of Song each spring.

My father died in 1964. He was 56 and my mother was only 49. I was at Teachers' College when he died and then went on to teach mostly primary grades until we had our daughter.

Nine years later, my Mom met Lloyd Pearson and had over 25 great years with him. Although he was an Anglican, he started at Humber Valley United Church and joined her in the choir.

Roy and I met when we were working for the summer at Wigwassan Lodge on Tobin Island in Muskoka. Roy was a bellhop and I was a chamber maid.

Roy's father was an ordained Baptist minister, but his main career was teaching philosophy at McMaster.

Roy and I were married at Humber Valley in 1968 by Dr.

McMurray who was Minister Emeritas at the church; Rev. Steed was on holiday. Roy was a Baptist, but he became a United Church member. My sister, Nancy, was married by Arthur Steed.

We got married the same year as Cathy and David Wilkes and we went to Bride and Groom school together at the church. The next year, the four of us were asked to coordinate the Bride and Groom school, which we did.



Roy and Elaine's Wedding.

We have two children, a daughter and a son. Our children were christened, confirmed, and attended Sunday school at Humber Valley. My daughter was in the Junior Choir and took piano lessons with Raymond Gould.

Roy was a chartered accountant working in corporate tax.

Roy and I went camping in a tent for 48 of our first 50 years of marriage, but now we rent cottages with our family.

Roy and I both helped teach Sunday school. Roy was a leader of the Beavers with Sally Jo Martin, Steve McCorquodale and Jay Haddad. He has been an usher and an elder and he is part of the "Men in Black", helping at



Roy serves Ina Anthony and Margie Horner as one of our Men In Black at Bids 'N Bites.

Continued on next page



Continued from previous page

special events. I was a greeter for several years and I help occasionally with Daytimers.

We were in the Couples Club for many years and made long-lasting friendships at the various fun events in people's homes and at the church. We were also in the Bridge Club.

We both enjoy the services with Rev. Anne and Anton.

Elaine Dulmage



The "Getting to Know Our Church Friends" series of articles is coordinated by Nancy Roper in memory of her Dad, Norm Roper, who died in June 2020. Norm loved visiting with people and hearing their stories. He never forgot the things that people told him, always remembering to ask how a special event had gone or checking in on people's children and grandchildren, etc.

Marjorie's Little Injured Bird

Marjorie Little and Nancy Roper keep in touch to share the highlights of their weeks. Marjorie had a FANTASTIC experience with a small but beautiful bird on her balcony in the latter half of August. Here is the description of the event that she shared with Nancy.

Just after getting up this morning, I heard a "thunk" and thought "Oh no! I hope a bird didn't hit the window."

I ran to look and saw a small bird writhing around like it was having seizures. I ran for a bathrobe and out I went.

By then, the bird was totally still, but when I picked him up there was a slight movement. I lifted him onto my hand and one of his feet grasped my finger. I sat in the chair and over the next 20-plus minutes we communed together.

At first, I had to keep him from somersaulting forward, but he gradually settled and most of the rest of the time he spent taking cat naps (for want of a better phrase!).

Eventually, he began to move his beak and started responding to my whispers by turning in toward me.

Then he shifted up my arm, bundled himself together and flew up onto the balcony railing. He stopped for a few seconds and then flew off, looking so strong.

I just sat there, so grateful for the experience. I have never held a bird like that. What a blessing.

I had no glasses on but I was somehow able to see such fine details about his feathers, eyes and tail. If I had not known he was in my hand, I don't think I would have sensed him there because he was so light weight.



I had no phone and no longer have bird books, but his entire head and back was a beautiful green with a buff belly and wings of black and yellow. I am assuming he was a male because he was so colourful. Maybe he was some kind of finch? Or warbler? I have googled and don't see it. Have you any idea what it might be?

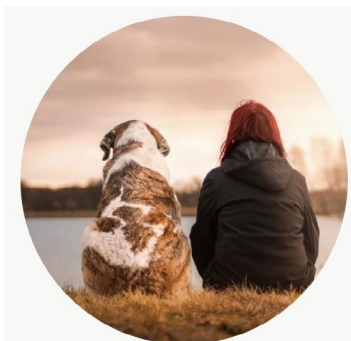
I hope and pray that something just as wonderful happens to you today. Keep your eyes and ears open.

Marjorie Little

Note: Kyle at Wild Birds Unlimited suggested the bird might be a juvenile or female goldfinch or a warbler, which is in keeping with Marjorie's suggestion. A web search came up with an endangered bird called an Acadian Flycatcher that can be found in Ontario (shown above).



Pet Bereavement Support Group



Drop In Pet Loss and Bereavement Support Group

Online: Fourth Tuesday of the Month
In Person: Second Tuesday of the Month

Thank you to Carol Bruce who helped the Pastoral Care team locate a pet bereavement support group for people who have lost a beloved pet.

It turns out that there are several available in the city if you search the internet. Some cost money and some are free.

We visited a no-charge group led by “The Growth and Wellness Therapy Centre”. They welcome attendees of all ages who have lost a pet or anticipate losing a pet. Attendees are welcome to attend as often as they need to and for as long as they need to.

At the session we attended, the session leader welcomed the group and told the story of when she lost her pet some years back. Attendees were then invited to talk about their own pet if they chose. The leader then opened the session for discussion. She closed off with comforting words.

This group offers two sessions each month, one in-person at their location near Bayview and Eglinton and the other via Zoom / phone. Sessions are normally on the 2nd and 4th Tuesdays of the month, but check the calendar on their website since sessions are sometimes shifted to accommodate the session leader. They ask people to sign up via email / phone by the morning prior to the session – if fewer than two people sign up then the session is cancelled. There is also a maximum number of attendees, so sign up early to ensure you get a spot.

Here is the link to read about the Pet Loss and Bereavement Group:

[Pet Loss and Bereavement Group — The Growth and Wellness Therapy Centre | Leaside Toronto In Person Therapy and Wellness](#)

Note that they also offer a no-charge group for Chronic Illness and Chronic Pain: it runs on alternate Thursdays via Zoom/phone. Here is the link for details: <https://www.growthwellnesstherapy.com/chronic-pain-illness-support> If you are experiencing difficulties in either of these areas,

you may also be interested in using some of the resources available at our church:

- Visiting with Rev Anne
- Requesting a Stephen Minister via Lynn Manning or David Lang
- Requesting a Prayer Group entry via Nancy Roper

It is interesting to note that there is research from Maynooth University in Ireland that indicates that more than one in five people (21%) found their pet’s death to be the most distressing loss they had ever experienced, even more so than the death of a human loved one.

Nancy Roper

Our New Mascot



The 55+ Meditative Walkers meet every Tuesday morning at 9:30am by the duck pond in James Gardens. We find a focus and then walk through the gardens south to Lambton Woods or north along the Humber River.

Since May, we have been watching a gorgeous blue heron: earlier on the other side of the river by Lambton Golf Course – but now the bird has moved into the duck pond.

Such a commanding figure, in the water, on a log, or on the bridge. The local ducks show him (her?) respect. And we are so thrilled that we have appointed him as our new mascot.

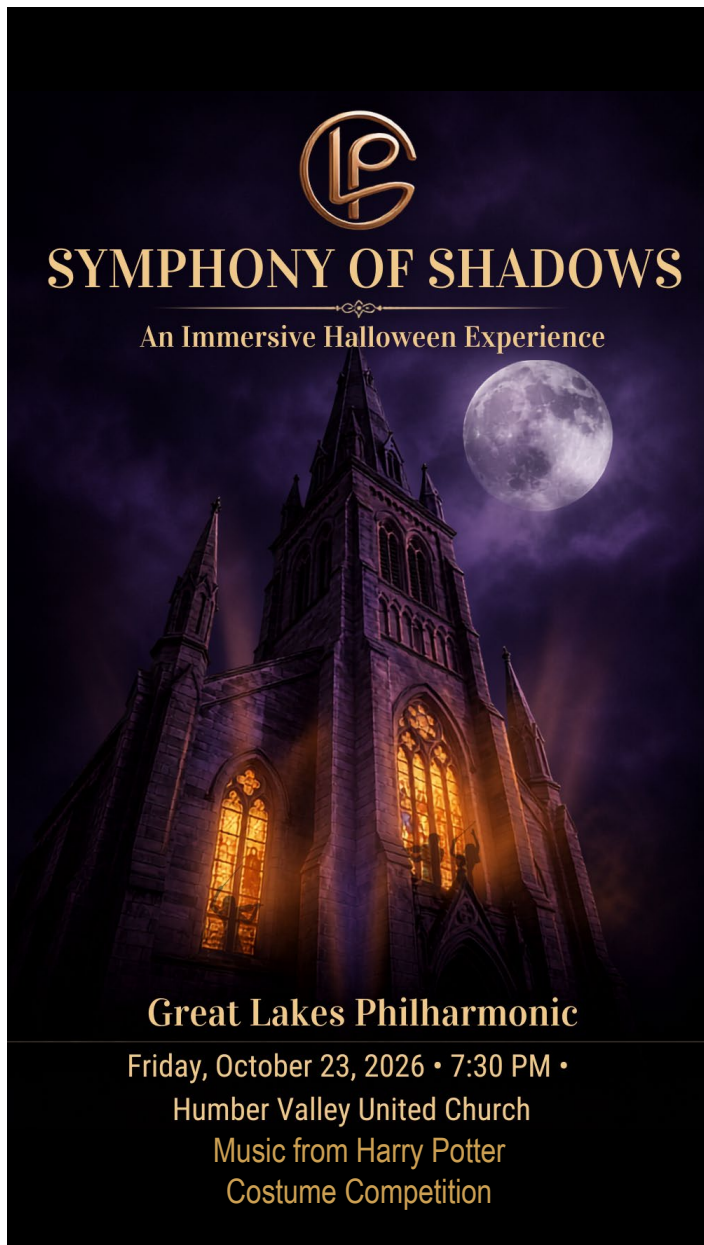
Of course Lambton Woods is well known to bird watchers. In winter and summer we see woodpeckers, red winged blackbirds, cardinals, nuthatches, chickadees, egrets and, of course, geese.

You are welcome to join us any Tuesday – we walk rain or shine, snow or fog. Meet by the pond by 9:25am.

While we have been joined by a few new walkers this summer, we have been missing our cottagers.

After the walk we meet again in the James Gardens gazebo marvelling at the flowers and sharing stories about our walks and our lives.

Susanne Hynes




SYMPHONY OF SHADOWS
An Immersive Halloween Experience

Great Lakes Philharmonic
Friday, October 23, 2026 • 7:30 PM •
Humber Valley United Church
Music from Harry Potter
Costume Competition

A Remembrance Day Concert

An evening our community gathers to remember together

FRIDAY, NOVEMBER 6, 2026 • 7:30 PM
Humber Valley United Church, Etobicoke, ON



Amelie Halary, Soprano
Anton Yeretsky, Conductor

Come, Sing.
Valley Voices
COMMUNITY CHOIR

Wednesdays 7:00-9:00pm
Plans to start Sept. 30, 2026
Fun, Uplifting Music



Do you love to sing?
Everyone is welcome to join Valley Voices
Community Choir! No audition is required.
Just show up and you will be warmly welcomed.
We have loads of fun performing locally
under the professional direction of Kate Brown.

Humber Valley United Church, 76 Anglesey Blvd., Etobicoke hvuc.ca




Rejoice!
Handel's Messiah and
Songs of the Season

Great Lakes Philharmonic
Humber Valley United Church

Sunday, Dec 13, 2026 | 4:00 PM



How Should We Mark Remembrance Day?

Written shortly after Cpl. Nathan Cirillo, 24, was shot at the National War Memorial in Ottawa, October 22, 2014.

How should we mark this Remembrance Day, we who have never known war?

How do we know what's the right thing to say, or just what the poppy stands for?

Why do our throats swell and eyes sting with tears when the Last Post rings out in the air?

We did not suffer. We felt no pain. We simply were not there.

How can we feel what the young recruits felt as they raced from the farm to enlist,

Worried the war would be won 'fore they got there; worried the sport would be missed?

What is a Silver Cross mother to us, who never sent children to fight?

How can we think we might know how she felt, as she cried through the long, lonely night?

How can we know how the families fared, with no help and their crops unattended,

Left to roll bandage and drink pots of tea, with their plans for the future suspended?

How could my uncle, recalling that war, find a spring in his step once again,

Forgetting the mud and the deaths and the gore, remembering his bond with his men?

In more recent times, we have sent soldiers off where it's hot and there's sand in the air,

We knew they faced danger, we knew soldiers died, but, to us, it was still "Over There".

Then all at once, peace of mind disappeared. Our government seat was invaded.

Not from afar, these attackers were ours. Our sense of complacency faded.

And now that the blinders are gone from our eyes, we ask what and where, why, and how?

Who were they? What caused this? Is this the new way? And, most of all, what to do now?

Do we honour a soldier because he was shot, or was downed on the street with a car?

No, it's not how he died; it's the fact he enrolled. He's a hero because he was there.

We ask how a God who is loving and just, could stand by as the devil rejoices.

But then we remember, God gave us Free Will. And it seems that we've made some bad choices.

So on this Remembrance, we ask once again: "Do we know what it's really about?"

When we next bow our heads and we say our Amen, let us pray that we never find out.

Joan Belford, November 11, 2014

John (Jack) Wilson Raymond November 5, 1927 – August 8, 2026



We are sad to inform you that Jack Raymond, a long-time member of Humber Valley United, has passed away. His funeral was held at HVUC on August 25, 2026.

Jack passed away peacefully at his home in Toronto, after what he called 98 wonderful years. An unfailingly positive, curious and loving husband, father, brother, son, grandfather, great-grandfather and friend.

Born in Fergus, Ontario Jack loved and excelled at any sport he tried, with a particular passion for lacrosse, which he carried on at University College, University of Toronto, playing, managing and coaching the team back to its pre-war glory before going on to play semi-professionally.

Jack married Enid Ferrier in 1953. There was nothing more important to Jack than Enid and his three daughters; Marilyn, Patricia and Janet.

He was predeceased by Enid and Patricia. He is survived by his loving daughters Marilyn and Janet; sons-in-law David Rider and Gord Nixon; his sister Anne Hersh and brother Matt Raymond; his grandchildren, James de Gorter (Michaela), Katie Barker (Adam), Andrew Rider (Meghan), Sarah Rider, Gord Rider (Robyn), Matthew Rider (Olivia), Jackie Gowdy (Simon), Trish Nixon (Tobias) and Tim Nixon (Tori); and seventeen great-grandchildren, along with many nieces and nephews. He was also predeceased by his sisters-in-law Mary and Marg Raymond and Shirley Ferrier, and his brothers-in-law Graeme and James Ferrier and Colin Hersh.

Curious About What Your Home is Worth?

THE NUMBER MIGHT SURPRISE YOU!

The real estate market has shifted dramatically in recent years.

Even if you're not thinking of selling right now, knowing your home's current value can open up new possibilities:

- Tap into your home equity
- Plan for the future
- Downsize, upgrade, or relocate with confidence
- Refinance or invest

As a professional real estate agent and area expert, I'd love to offer my services to you when you're ready to make your next move. I know you have many choices when selecting a real estate agent. I'd be honoured for the opportunity to see if we'd be a good fit.

Philippa Van der Vliet

Philippa Van der Vliet

Sales Representative,
Designated Seniors Real Estate Specialist®  **SRES**

philippa.vandervliet@sothebysrealty.ca

416.574.9601

Send an email to:

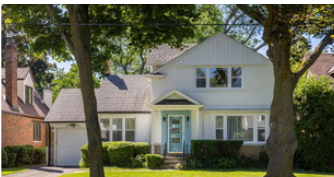
philippa.vandervliet@sothebysrealty.ca

To receive a complimentary, no-obligation full market analysis using current data, comparable sales, and neighbourhood trends.



I am honoured to serve *my community*.

RECENTLY SOLD



37 Hilldowntree Rd

RECENTLY SOLD



259 The Kingsway - 609

FOR SALE



23 Edenbrook Hill

FOR SALE



2B Fairway Rd

Ashley Shaw
& ASSOCIATES

Sotheby's
INTERNATIONAL REALTY

Canada

ashleyshawandassociates.com | sothebysrealty.ca

E.&O.E. Sotheby's International Realty Canada Brokerage is Independently Owned And Operated.

Scan to learn more.



Retirement Apartments, Full-service Retirement,
Assisted Care, Memory Care Suites and Long-Term Care



**BOOK
A TOUR!**

Looking for a supportive and welcoming place to call home?

We offer a vibrant
senior living community
nestled in Etobicoke.

Experience **life**
at
our *Village*

Call **Marta** or **Karleigh**
416-235-0201x 6858
schlegelvillages.com



The Village of
HUMBER HEIGHTS

2245 Lawrence Ave West, Etobicoke

FOR ALL YOUR DENTURE ✨ NEEDS



Canadian Dental Care Plan Accepted

OUR SERVICES

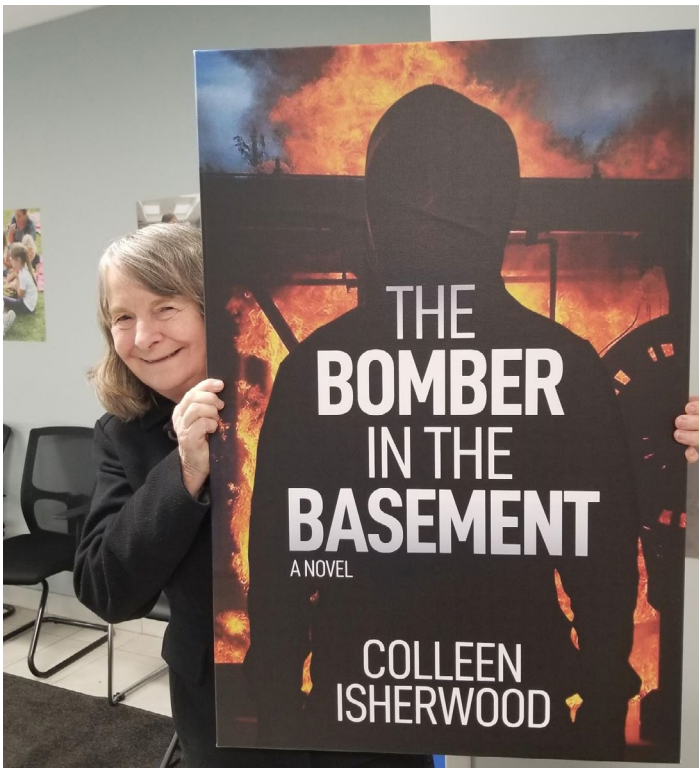
- ✓ **Digital Denture**
- ✓ Complete Denture
- ✓ Partial Denture
- ✓ Implant-Retained Denture
- ✓ Immediate Denture
- ✓ **Emergency Repairs**
- ✓ Reline & Rebase
- ✓ Annual Checkup

BOOK NOW

416.878.9353

3101 Bloor St. W. Suite 206
Etobicoke, ON M8X 2W2

StonegateDenture.com



**NOW AVAILABLE AT AMAZON.CA
OR FROM [COLLEEN ISHERWOOD](https://www.colleenisherwood.com)**

David L. Hynes

B.Sc., B.Ed., J.D.

Barrister, Solicitor & Notary

**Specializing in
Wills, estates and real estate transactions**

Suite 602
10 Four Seasons Place
Etobicoke, M9B 2B1

Tel. 416 639-1905
Fax. 416 639-1470
david@hyneslegal.ca

Place your Business Card Here.

**If you would like to advertise
in Connections Newsletter
Contact Colleen.Isherwood26@gmail.com**



A PLACE TO
try new things.

DELMANOR
Inspired Retirement Living™

BOOK YOUR TOUR TODAY!

Prince Edward 416-233-0725 | Prince Edward & Dundas
West Village 416-777-2911 | Bloor & Dundas

DELMANOR.COM



**SCAN HERE or call
to book a tour!**

Faibish & Ferrier

— Real Estate —

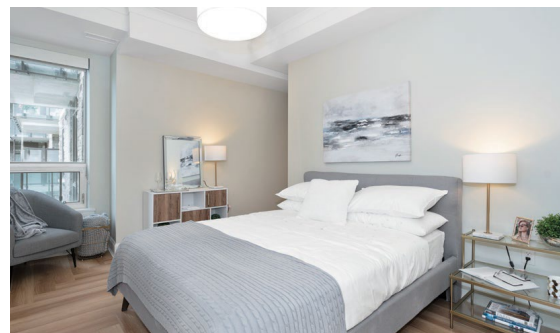


HEATHER **ALLY** **BERT**
FERRIER **JERICO-Faibish** **FAIBISH**

— Sales Representatives —

*A Lifetime in
Humber Valley,
Part of a
Great
Neighbourhood!*

T (416) 319-4888 | O (416) 236-1871 | hferrier@gmail.com | ferrier.ca
Royal LePage RES Ltd., Brokerage | 3031 Bloor St. West, Toronto ON



Your Perfect Day Awaits

At Parkland on Eglinton West, you'll discover a vibrant community that promises quality, service and choice. From welcoming amenity spaces to daily activities, menu options and more. Thoughtfully designed, expertly constructed, and beautifully decorated, Parkland is a place you will be proud to call home. With a full continuum of Independent and Supportive Lifestyle Options, you can live your best life among friends.

**Lifestyle Apartments | All-Inclusive Lifestyle | Assisted Living
Memory Care | Enriched Care**

Book a tour with us today!

Contact Abigail or Pawan at **416-997-2647**

4650 Eglinton Ave West, Etobicoke, Ontario
experienceparkland.com/oneglintonwest



ParklandTM
LIFESTYLE RESIDENCES
ON EGLINTON WEST

Turner & Porter

FUNERAL DIRECTORS

Don't know where to start?
Seems overwhelming?

A middle-aged man with grey hair, wearing a light blue button-down shirt, stands with his hands raised in a shrug, looking directly at the camera with a slightly confused or overwhelmed expression. He is wearing a gold watch on his left wrist. The background is a collage of legal and financial documents. Visible text on the documents includes "ATTORNEY", "PROPERTY", "PHYSICIAN'S DIRECTIVE ON LIFE SUPPORT", "Last Will", "the Trust", "size of", "en years", "s of", "STE", "of", "d", "PO". A silver pen lies diagonally across the top left of the image.

It is our pleasure and privilege
to help you with Your Estate Planning.

Let's start a conversation 416-767-3153
turnerporter.ca

Paragon Physiotherapy & Wellness



Keeping You Active & Pain Free

WWW.PARAGONPW.COM
paragonpwto@gmail.com



REAL ESTATE GROUP



KELLERWILLIAMS.
REFERRED URBAN REALTY,
BROKERAGE
INDEPENDENTLY OWNED AND OPERATED

Helping Seniors
Thrive



CALL US FOR A FREE CONSULTATION - 416 580 2596

Downsizing?

LEARN:

- ✓ Where you can go
- ✓ How long it will take
- ✓ How to get your home market ready

Robin McDonald - Broker
Katherine Stevens - Sales Representative



WWW.ONWARDREALESTATEGROUP.CA

SRES



The Isherwood family — Julie, Mark, Chris, Frank, Steve and Colleen — enjoyed a day of wine tasting in Niagara with HVUC's own Sandra Lawrason as tour guide. Tom McCavour, Colleen and Steve's nephew, chauffeured them all in an eight-passenger van. In this photo, they are pairing wine with chocolate at Konzelmann Winery. The tour finished with a delicious dinner at Inn on the Twenty in Jordan Station.



Humber Valley had a baptism on August 2. Reverend Anne is shown here with moms, Reyna and Claudia, and baby Asher.



Members of the Monday Memoir group met in June for lunch to celebrate the summer break, and were hosted by Susanne Hynes at her lovely mile-high home.

The group has convened again this month to fill more pages of memories.

From left: Sally Jo Martin, Donna McCorquodale, Carolyn Booth, Carolyn Whiteside, Susanne Hynes, David Dallimore and Judith Dallimore.

Carolyn Whiteside

Humber Valley UNITED CHURCH

76 Anglesey Blvd.,
Etobicoke, Ontario M9A C1
Telephone: 416-231-2263

Website: hvuc.ca

Email: info@hvuc.ca

Facebook: facebook.com/humbervalleyunited-church/

Managing Editor

Colleen Isherwood

Contributing Editor

Nancy Roper

Published by Humber Valley United Church



Minister: Rev. Anne Hines

Music Director: Dr. Anton Yeretsky

Church Administrator: Julie McMillan

Seniors Program Coordinator: Jenny Terwoord

Bookkeeper/Accountant: Anita Wakeman

Supervisor of Custodians: Zoran Mrkovic

Custodian: Comfort Bemah

Custodian: Drew Grass

Room Bookings Coordinator: Julie McMillan

AV/Technical Coordinator: George Turnbull