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Kate Brown's Reflection on Music is in the Air

"Make a joyful noise unto the Lord!"
Psalm 100 KJV

After a lifetime of singing, performing, and then directing professional musical theatre, I have to say some of my absolute BEST experiences leading music have been this year with our very own Valley Voices Choir.

When I think back to meeting with our choir committee at the beginning of the year, we had fourteen members. Over the course of this year, one of the greatest ways I see the Spirit of Love at work in our church is by the way our choir has grown exponentially- we have seventy people on our roster, and new people are coming every week. Last week two



beautiful young people walking by the church heard us singing and came into the choir to ask if they could join and be part of whatever was happening inside! One of them turned out to be a young woman who is the granddaughter of Jack Berryman!

Valley Voices has been bringing people to worship with us. Choir members from the wider community have experienced such warmth and a sense of belonging, that they then have come Sunday mornings. Some have joined in leading worship, are participating in our 55 + programs, and have volunteered to help in the kitchen when we are supporting funeral services. People of many faiths have joined us, and we welcome all.

I said to our choir when we started that we will exist as a place where we can all come together on Wednesday nights at 7pm and lift our voices together. Sometimes in our 'performance oriented world' we are taught that unless we have 'a

"Bring a gift of laughter!
Sing yourselves into His presence!
For God is sheer-beauty,
all generous in love,
loyal always and ever."

Psalm 100, The Message

good voice' we have no business singing! I reject that! Music is the universal language and it's one we can all learn!

Also, coming out of COVID, when we haven't been allowed to sing, it's been SUCH A GIFT to all be together lifting our voices in unity. We start every rehearsal with a



Page 2 Music is in the Air: From the Editor's Desk

The theme of this issue is Music is in the Air. And I should add — Music is on the Agenda and Music is in Our Hearts. We, at Humber Valley, have had discussions, meetings, and committees trying to deal with complaints, suggestions, praise, and innovations for our music programs for many years!

Music has always been an integral part of worship in our church. We started with a singing Minister, Rev. Arthur Steed, and have had a number of very talented music directors including Deb Bradley and Raymond Gould. They brought their talents and their joy to our worship services. Our music program is now led by a new generation of very talented people, Drew, Sara, Jeff, Lucas, Dave, Rod, Riley, and Kate, who have brought us a different way of expressing our faith through music.

The music program at Humber Valley has changed during our time of transformation. Some may feel that we have lost the variety we used to have. We have responded to this by starting the very successful choir, Valley Voices, and by offering Hymn Sings (now Afternoon Vespers) to bring more variety into our sacred and popular repertoire.

Nicole Percifield sang Somewhere Over the Rainbow at Jack Berryman's recent celebration of Life. It struck me that this is one of the songs Valley Voices loves to sing. It also struck me that this was one of Jack's favourite songs and his daughters told me that they played it for him on his last day. When my son was so sick so many years ago I used to sing I'm looking over a Four Leaf Clover to him. It comforted me and delighted him. Music is so much a part of us and we remember our favourite songs even when little else is left to us. Music is in our hearts.

This issue is filled with items about our very active church and music is featured in many of them. I hope you enjoy the read.

We love to hear from you. Please send your comments and suggestions to Susanne or Colleen.

Susanne Hynes



This From the Editor's Desk has been revised from its original version.

Continued from page 1

blend of "When the Saints Go Marching" in and "Swing Low Sweet Chariot" and I watch as both long-time Humber Valley choir members and people who are new to singing in a choir all raise their voices together It is a beautiful sight to behold!

Valley Voices represents something beyond music. It has



all ages and levels and demographics represented. We have our wonderful Jonah, a 16 year old pianist and musical prodigy who accompanies us every week, our professional guitarist and amazing musician Jeff who drives from London because he loves the creativity and fun and acceptance and JOY that is the Valley Voices.

It is not unusual for spontaneous dance parties to break out during songs. People all linger at 9pm when we finish, Jonah continues to play and people have spontaneous sing

and share about their week.

I have had people reach out to me who have never been to Humber Valley before to tell me how much this community means to them people who struggle



with depression and loneliness and find the winter months long; people who have just moved to the area and are trying to find community; people who have lost their spouses and singing just makes them feel good; people whose choirs had shut down over COVID; and some people (ahem looking at my dad and Kevin) who have never sung in a choir before, and had no idea how GOOD singing would make them feel!

We have started taking all the love and joy we experience on our Wednesday night rehearsals into the WORLD! We have started singing at retirement residences, and the communities we visit are floored when we show up with alongs around the piano, as others laugh and sip on a drink thirty plus members! We articulate at the beginning of the



visit that we aren't there to perform for them, but to include them in the joy we experience each week of singing together. I think to a person, every single Valley Voices member who has ever sung with us at a retirement home would agree that while our intention was to be a blessing for our audiences in retirement residences, the experience of singing with residents - sometimes doubling and tripling the number of voices of our usual group - has resulted in US being so blessed as well.

There were residents dancing to "Sweet Caroline" and reaching out their hands, breaking out in spontaneous dance parties to "Da Doo Run Run". Two ninety year olds celebrating their 70th anniversary this year sang "I can't help falling in love with you" to one another. A nurse approached me to say that her non-verbal patient who hasn't said a word to her in two years, started loudly singing along with us and she tearfully told me how moving it was to see.

Music is the universal language, deep speaks to deep. It resonates us with us emotionally and even the act of singing, or being in the presence of live music actually changes us physiologically and releases feel-good chemicals. Before I wrote this article, I asked a few people from the choir why they love music. One person said they love the poetry of lyrics, one said they loved the way music makes them feel, and still another couple said they love the joy of being part of something "greater than ourselves", one person said it's been a beautiful experience to hit different chords all together on our final 'hmmmm' creating a sound as a group that we could never accomplish alone... the feeling of accomplishment when we work together as a group to accomplishing a new rhythm or difficult harmony.

Music is a great connector. Drew Brown has a music label called "Hymns for the Architect". Before I had met Drew

in person, I had been doing yoga at home to his album and found his music so comforting and calming. I reached out to him by email to thank him for his music and the way it was saving my life during COVID...only to find out HE was the music director at the church I was joining!

One of my most profound and beautiful memories of choir this year was the song that Drew introduced us to "Crowded Table" which we sang together on Pride Sunday to celebrate being an affirming church. "I want a house with a crowded table, and a place by the fire for everyone..." Drew said "The song is about creating a bigger table that has space for all people to grow in Christ and community. Our goal for our church is transformation that is multigenerational in nature. Whoever you are, wherever you're from, whatever you've done or perhaps left undone, whoever you love, however you identify, you belong here."

Music is always beautiful, but I think it is most beautiful when it's full of love.

We are gearing up for our final performance of the year called "Seasons of Love" on Sunday June 11 at 7pm. There will be a silent auction and a sparkling reception and profits from the show will go towards supporting our beautiful refugee family. It will be a musical cabaret showcasing our joyful choir and some wildly talented professional musicians joining us. Ultimately it is an opportunity for people to come and sing with us; to raise our voices together and be part of something greater than ourselves! Hope to see you all there!

Xoxo Kate





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Easter Reflection

Easter is many things.

- It is the first long weekend holiday of spring in Ontario.
- It is a fine occasion to get together with family to share a meal.
- It isn't really about gifts. But gifts are given: mostly flowers and chocolate in the form of eggs and bunnies.
- It used to be the day you went to church wearing your new spring dress and bonnet; wearing your winter boots and coat since the snow wasn't yet off the ground.
- It is the Sunday when we at Humber Valley make donations to the church in memory or in honour of someone — symbolized by potted daffodils under the altar.
- It is a time for reenacting family traditions. In our family we decorated boiled eggs on Easter Saturday. Just about everybody has an Easter egg hunt.
- It is a time for early spring flowers. If Easter is late enough in the year there is a bouquet of pussy willows and forced forsythia, if not, and maybe also, a bouquet of tulips and daffodils on the table in my home.
- At Humber Valley United, we make sure the sad spent Christmas/winter arrangements are removed from the outside planters. To celebrate the season we plant daffodils, pansies, hyacinths and primula with a background of pussy willows in their place.
- It is a pagan time of rebirth and fertility: hence the eggs and the bunnies and the flowers. Winter is done and summer is on the way; a festival celebrated in many cultures.
- It is the celebration of the resurrection of Jesus Christ.

The resurrection is the mysterious central belief of Christianity: that Jesus died on the cross on Good Friday and two days later, in the early morning of Easter Sunday he came back to life. To experience the joy of Easter Sunday, you really have to experience the despair and pain of the cross on Good Friday.

That a king dies and is resurrected is an ancient belief in

both Egyptian and far eastern mythology. A part of that belief is that his followers share the body and the blood of the king in order to inherit his strengths and virtues. (See: "The Golden Bough" by James George Frazer)

I have such feelings of ambivalence about this narrative. To me the most important parts of my Christian faith are the teachings of Christ. And the fact is that the Bible and its teaching is a thread deeply embedded in our civilization. Indeed, the stories in the Bible also reach into the teachings of the Egyptians and the far eastern religions. It gives me such comfort that these stories and teachings have been shared by people for thousands of years. They have comforted and inspired and been made meaningful to diverse people in different times and many places. There is great power and wonder in this. It is not something we should lose — these connections to our past — because it informs our future.

So I always go to church on Good Friday and Easter Sunday. Some years I am moved to tears. Some years I leave the church empty. Some years I have left angry because the service didn't fit my expectations.

Some of the finest music ever written explores this story and evokes its massive emotions. Some of the deepest thought and most heartfelt teachings have explored the crucifixion and resurrection.

That we reenact this story is a testament to our journey of faith. We are trying to understand it. Do we need the literal truth? Do we need to experience the loss and the joy to help us live our lives? Are we enriched by sharing the reenactments with other people? Maybe each year we feel and learn something different.

On Good Friday we leave the church in silence.

On Easter Sunday we leave smiling and chatting with everybody ready to get home to share a meal in celebration with our friends and families.

Easter is a central tradition in our lives.

Susanne Hynes



Happy Spring HVUC: From the Desk of the Chair of the Board Page 5

What a busy time we have had. Every week at HVUC is humming. This past week is a good example: Daytimers, UCW preparation for Bids and Bites, Bids and Bites, the beautiful celebration of Jack Berryman's life, and the AGM. What a week – some people almost never went home from church.

The board has been busy discussing at meetings and in retreat our new "North Star." The working concept will be introduced to the congregation for broad congregational input before finalizing how we move forward. As you know, the congregation has the decision-making responsibility in the United Church; the board just acts on behalf of the congregation.

I want to thank Ron Crago and Ruth Johnson who have served their terms and will be leaving the board as of June 30, 2023. I am sure both will continue to share their gifts with the church and community in other ways.

Welcome Constance Crosby as a new trustee. I also want to welcome Wilma Crago and Sara McCallum to the board. The board looks forward to your wise counsel and input into discussions and decision-making.

I also want to thank Brian Goodman who is stepping down from his position as Clerk of Session. Brian has led the elders and diligently and with grace been in this position since 2017. Thank you, Brian, for your leadership. We will be looking for a new Clerk of Session. If this position is of interest to you, please contact Brian.

I want to thank Dennis Schettler for his years of service to the Humber Valley Foundation. He has been the chair for more than 10 years. Murray Smith has offered to take on the position of Chair of the Foundation. Cathy Wilkes will be joining the Foundation's Board.

Thank you to everyone who chairs or is part of committees, teams, and small groups and to the people leading our inspiring programs. Thank you to each of you who are sharing your gifts in your own ways with our community and church. As a follow up to the AGM, I want to thank our ministerial and lay staff for all their efforts on behalf of the church and community: Trevor, Drew, Kate, Kelly, Anita, Janet, Anne, Beverley, Claire, Michelle, Licia, Amalia, Hakim, Zoran and Dragan. I also want to thank our volunteer musicians for continuing to share their time and gifts with us: Sara, Jeff, Rod, Dave, Riley, and Lucas.

We are also striving to be one church family together – not the "old" guard and the "new" guard – but "one" guard. We will continue to strive for variety in our programming to address the needs and interests of all ages and family situations. We will continue to provide a wide variety of music options as part of this programming (e.g., Daily Bread, 55+, Children and Youth) and, in concert with our Director of Music and the other members of the ministerial team, in our worship services.

I welcome your input. Please do not hesitate to reach out to me with your comments, criticisms, suggestions, and stories.

See you at church or online.

Deb Turnbull

Where are we going?

This is what excites me most. What drives us... fuels us... propels us for the future? These are the questions we need to be asking. They're big questions. They're essential questions.

Who do we need to be in this moment of history?

Are we agile enough to be who Spirit is calling us to be?

The board is in a process of intentionally listening for Spirit to speak around these questions.

And a big part of that will be hearing you. So please be prayerful for our church.

What is our North Star? What is the light we're seeking to follow?

"Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit! gives birth to spirit. You should not be surprised at my saying, $You^{[2]}$ must be born again. The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit." -John 3

May we follow God into the adventure.

Trevor



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Overall revenue/sources of funds have increased by \$10,612 (+9.3%) during the first three months of the year.

The increase in revenue is due to a combination of stronger envelope giving, higher rental income, and an increase in fundraising.

While revenues have increased year-over-year, expenditures have decreased by \$22,961 (-12.7%).

This decrease is mainly in building expenses due to bringing custodian services back inhouse.

Payroll expenses are up year over year. One factor is the full year impact of the salary of the Director of Inclusion & Engagement. Secondly, payroll once again includes the salary for the daytime custodian now that the cleaning of the church has been brought back inhouse.

The congregation should be aware that all of the church staff have had their hours and compensation reduced in 2023. These reductions were implemented in the first quarter of 2023.

Finance

Source of Funds	2023	2022
Par Givings	38,765	38,508
Envelopes/Stock Donations	25,736	22,052
Use of Church	38,651	34,149
Trustees	3,600	4,749
Other	18,548	14,779
Subtotal Operating Revenues	125,299	114,237
Government and Other Grants	0	450
Subtotal Funds available		
for Church Operations	125,299	114,687
Receipts for Grants and Special Holdings	48,060	22,256
Total Sources of Funds	173,359	136,942
Expenditures		
Payroll	103,606	99,517
Worship and Music	2,022	5,467
Building Expenses	28,962	59,226
Office	5,416	4,603
Insurance and Bank Charges	6,101	5,682
Regional Assessment	7,361	5,259
Other	4,606	1,282
Total Expenditures	158,074	181,035
Grant spending and Transfers of HF	48,060	22,256
Total Uses of Funds	206,134	203,291
Operating Deficit	(32,775)	(66,348)

Despite increased revenue and lower expenses, HVUC is still running a deficit for the first three months of 2023.

The good news is that the deficit is only half of what we were facing this time last year. (\$32,775 deficit for 2023 compared to \$66,348 deficit for 2022).

We are making sound progress in getting the church to an improved financial position.

The Stewardship and Finance committee would like to thank everyone for their continued support of Humber Valley United Church.

Together we will grow stronger.

Allan Orr

Easy Ways to Donate:

- NEW Pay by debit or credit in the church office
- Send an e-transfer to finance@hvuc.ca
- Contact Kelly in the office to have your envelope picked up by a volunteer
- Drop off an envelope in the church office door mail slot, weekdays 9-4pm
- Leave an envelope in our secure outdoor mailbox from which mail is collected regularly
- Contact Anita to pre-arrange regular withdrawals (PAR)
- Donate with your credit card via <u>Canada Helps</u>



We are the Church Together

70th Annual Meeting, April 30, 2023



Deb Turnbull called the Annual Meeting to order after the Sunday service on April 30. The meeting began with "Happy Birthday to You" sung by all for George and Audrey Turnbull whose birthday is unforgettably on Tax Day in Canada.

Nancy Roper was awarded the Fred van der Vliet award for Innovation. Pippa and Andrea presented her with a plaque. Pippa's tribute can be found on page 10.

Two members of the Board are leaving after the end of their terms of office: Ron Crago and Ruth Johnson. We thank them for their service.

The members of the new Board which will take office on July 1, 2023 are:

Current Directors with remaining terms:

Deborah Turnbull

Constance Crosby

Mary Moffat Johannson

Gail Cook-Bennett

Alexa Barkley

Directors elected for two year terms:

Allan Orr

Erin Billowits

David Kitchen

Wilma Crago

Sara McCallum

Our two regional representatives for Shining Waters, Wilma Crago and Gail Hamblin are remaining in office.

Gary Halpenny gave the Trustees Report. Constance Crosby was nominated and elected to this body.

Erin Billowits gave an update about our refugee family and a video of Haroon, the father, was shown.

George Turnbull and Pippa Van der Vliet will be cochairs of the REDI committee under the mentorship of Karen Ashforth.

Reports from Committee and Board chairs are available in the 2022 Annual Report. There were no questions regarding these reports.

There was a discussion about the music in Sunday Services.

Allan Orr presented the annual financial report and the 2023 Budget was approved.

Murray Smith presented a report from the Humber Valley Foundation. Cathy Wilkes was elected as a new director on the Board of the Foundation.

The meeting adjourned after a closing prayer at about 1:30 pm.

Susanne Hynes

This edition of *Connections* would normally have been published on the last Friday of April.

It was decided to delay publication by a week so we could bring you the results of the elections/ acclamations at the Annual General Meeting and to report on the first Bids 'n' Bites event since the beginning of the COVID pandemic.

Because we are such an active church community and because we have so many excellent contributors, this May edition of *Connections* is the plumpest ever — 38 pages.

Afternoon Vespers

Music at Humber Valley is in a new phase. Gone are the choir gowns and the formal way of singing hymns from *Voices United* and *More Voices* accompanied by organ and piano. In are new sacred songs accompanied by guitar and drums. Gone is: Thursday night choir practice. In is: Wednesday night choir practice with popular songs and about sixty singers from the church and the wider community.

Humber Valley United is putting its Sunday service in a contemporary space led by Drew Brown. Wednesday choir is practising music in a lighter vein and singing in retirement residences (to great acclaim) and in church at special services, led by Kate (Miss Energy Plus!) Brown.

And we are also offering people the chance to sing the old familiar hymns in a service of stories and music. On three Sunday afternoons we are offering Vesper services of stories and familiar traditional hymns.

Our first Afternoon Vesper Service was held on March 5. It was themed for the Lenten season. The sun was streaming into the church through the gorgeous stained glass windows, in contrast to the chancel screen that was unlit in deference to the season. There was a great group of singers from Valley Voices and a great congregation. Stories were told and hymns were sung. You can still see this service on our YouTube site. Everyone left happy especially after having some goodies in the Hearth Room.

Vesper Services will be held three times a year: during Lent, in the early summer, and during Advent. Send requests for favourite hymns to Susanne Hynes.

See you on May 28 when John Derksen will be playing the piano and organ to accompany the singing.

Susanne Hynes





Welcome to Humber Valley Karen Valle

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I was born in Toronto. My parents Dave and Faye Christie were also born in Toronto coming from an Irish and Scottish background. I was the middle child between older brother David, an accountant, who sadly died of a stroke in 2010 and younger brother Donald, who works for the City of Milton. I went to Emery Collegiate for High School and then Humber College for Business.

Growing up I had a very loving and supportive family. My parents started us in church at a very young age. My grandmother, who played the organ at her church, taught me many hymns. I sang in the church choir for many years.

I enjoyed school and became involved in many sports like swimming, track and field, volleyball and basketball. I also was involved in music, playing Marian the Librarian in The Music Man in grade seven. I played the cello from grade seven to thirteen and later played the flute in a community band.

When I was about 10 years old, I attended Pioneer Girls' Camp for two summers where I learned to enjoy camping, sailing and canoeing. I also loved sitting around the fire singing camp songs. Once a week we would canoe across to the boys' camp which was a lot of fun.

After school I accepted a job with Royal Bank of Canada and I recently retired after 42 years of service. During my tenure at the bank, I did several different jobs, from working downtown in Business Services to working at the branch level in customer service. I enjoyed helping clients with their banking needs and at the same time learning all about them and their families. I also did a number of fund raising events for different charities and other community service work.

I met my husband, Nick (a Civil Engineer), at a disco in my early 20's. We both loved dancing and travel. We married two years later and took many cruises together to Alaska, the Mediterranean and the British Isles.

Our daughter, Catherine, was born in 1984. We lived in Woodbridge where she attended school until grade eight. With her passion for dance, she attended the Etobicoke School of the Arts and Toronto Dance Theatre. It was her intention to pursue a career in dance, however after her father passed away in 2005 from cancer, she lost her joy for dance. Having witnessed all her father endured during his illness, she decided to enter the medical field and become a nurse. I call her my dancing nurse. She has worked at Toronto General Hospital for the last 15 years, with 10

years in the ICU. She worked there during COVID19 which was a very difficult time for all healthcare workers.

Today my daughter lives in Etobicoke with her partner, Jack, and their two precious children, Elise who is 6 years old and Nick who is 4 years old.

After my retirement in 2020, I moved to Etobicoke to be closer to my daugh-

ter and her family. I can walk to my daughter's house in 10 minutes. My days are busy with my grandchildren and visiting my 91-year-old Mother in the nursing home.

I love animals and I have a Golden Retriever dog named Sadie and a Siamese cat named Sophie. I enjoy reading in the evenings with them both by my side.

In October 2022, I heard about a community choir starting up called Valley Voices. I decided to attend the first rehearsal, not knowing what to expect. I met the most amazing person, Kate Brown, choir director, and many other wonderful people. I enjoy the music and our involvement in the church and the community.

At the same time that I joined the choir, I was longing to join a church and Kate invited me to attend the HVUC Sunday morning service. I was welcomed with open arms by everyone. HVUC is like a family with so many kind and caring members. Trevor's messages are amazing and they give you a fresh new way of looking at who Jesus is and the world we live in today.

I have since joined some of the 55+ activities and Unit 7. I feel so blessed to be part of this community and I feel that God has led me to you.

I look forward to the future. What HVUC has taught me so far is to continue to be kind and compassionate to all people. Maybe this is a small way we can all help the world to be a better place.

Karen Valle





Connections Good Things Growing with 55+

Spring is here and we're enjoying so many activities with our 55+ programs!

Nature, art, walking and community have been the feature of our spring program. We've been out and enjoying the spring weather at walking meditation and exploring some new activities with our Cloverdale Mall Walkers and Art Hive and visits to Westmount Art Gallery and Toronto Botanical Gardens.

Community Care kits have provided much needed nutritional support for seniors at Mabelle Arts and Room to Grow Foodbank.

We were pleased to welcome our friends and neighbours from the Newcomer Cooking Lab to the Humber Valley Kitchen to bake cookies for the Iftar food gift bags.

Kits for making cards at Syme Woolner Neighbourhood and Family Centre brought fun and creativity.

Isn't it wonderful to see new things grow!



Anne Pietropaolo







Connections

Music is in The Air

Observations: During the winter I had the exceptional opportunity to sing as a participant with the Hart House Chorus. What an exhilarating feeling reaching for the high notes, in German, of Beethoven's Symphony Number 9, The Ode to Joy and Mass in C — in Latin.

It was during these rehearsals and the subsequent performance with a full orchestra that I came to the realization one cannot think of anything other than the music - all concerns, thoughts, troubles melt into the total concentration of notes.

It is also a wonderful fact that music is the first thing babies and little children notice/ learn and the last thing elderly people forget. My babies danced and sang, my mother could sing all the anthems in church in spite of dementia.

So, friends, keep the *Music in the Air* whether dancing, singing or listening. It is the life of the soul.

Try it, notice how the spirit makes even a good day better.

Respectfully submitted.

Judy Smith



The Great Hall at Hart House was standing room only for the performance. Both Judy and Constance Crosby sang in the choir.

Playing Catch with Dad

Some of the happiest times I had as a lad, Were when I played catch behind the village firehall with Dad; We would toss a baseball back and forth while talking a lot, I usually pitched and he caught.

Mom usually brought us cookies and cold lemonade, Which we gratefully consumed while resting in the shade; Dad told me about Babe Ruth, Ty Cobb, and Shoeless Joe Jackson,

"Baseball", he would say, "should always be fun".

Although my childhood years flew by far too fast, Our ritual of playing catch continued to last; Whenever my family and I returned home for visits, Dad would get out a baseball and two well-worn mitts.

Playing catch with Dad was like stepping into a time-machine, And being transported back to where I had once happily been; Life's complexities seemed to evaporate for an hour or so, As I pitched and Dad caught my every throw.

Our topics of conversation ranged far and wide, I often sought Dad's advice which he would readily provide; Mom still brought us cookies and cold lemonade, Which we gratefully consumed while resting in the shade.

A serious illness forced Dad to play catch no more, He died when he was only sixty-four; Dad had been vigorous and active almost to the end, Gone was my father, mentor, and best friend.

Dad remains with me every day of the week, In my mind and heart, I still hear him speak; Playing catch with Dad was more than throwing a baseball, It was about a father helping his son stand straight and tall.

Jack Berryman

April, 2008

This poem was read by Sean Maddeaux at Jack's Celebration of Life at Humber Valley United on April 27, 2023. Sean loved to play baseball with his grandfather.



Connections Nancy Roper—Congratulations

Editor's note: This is the tribute to Nancy Roper that Pippa Van der Vliet delivered during the presentation of the award at the Annual General Meeting on April 30, 2023.

2023 is the 10th anniversary of presenting the Fred Van der Vliet Award for Innovation and Creativity! This award was started in my dad's name because of his creative and innovative ideas, and his energy and desire to promote his projects to fruition for the betterment of HVUC. He was always thinking and planning! Dad was assertive in bringing his ideas forward. While Some people thought he was too unconventional, his ideas often led

to significant and positive changes at our church.

Like my dad, the recipient of the award this year is a super, out-of-the-box mega action oriented, creative person! She is so passionate about our church, our community, every member here AND each person that walks in the door for the first time. The 2023 recipient of the Fred Van der Vliet Award is - NANCY ROPER!

It's hard to know where to start in showcasing Nancy's creativity! One of Nancy's greatest contributions to Humber Valley was her innovative idea to begin writing a series of biographical articles for Connections, in her father's honour, after Norm's death on June 12, 2020, just months into the pandemic. Nancy first interviews, then writes the stories of long-time members of our congregation. As well, as new people come into our church, Nancy interviews and writes articles about them. This is a wonderful way of introducing new people to all of us and giving us the opportunity to get acquainted. This has become a treasured column in each Connections newsletter.

Nancy has also kicked off another new series in Connections about coincidences that is so interesting and entertaining to read. There hasn't been an issue of Connections for many years that Nancy has not contributed to. Nancy comes to church and events with her camera and documents our life here. She is such a talented and creative story teller and photojournalist!

Wearing several hats, Nancy also loves to bake and she has found the most creative way to blend her genuine love and interest in people and their life events in what my

> mom has come to call her "cookie ministry".

If Nancy finds out about a special event coming up, she bakes and decorates an enormous cookie to encourage and celebrate that person! A recent example of this at HV is the cookie for Sophie Barkley and her robotics team who competed in the US; another was baked for Kevin Curnock for his run in the Boston Mara-

thon. The cookies was shared with our community choir, Valley Voices. This is brilliant, really, because people find out, through the sharing of the cookie, about the person and get to join in the congratulations and excitement, bringing everyone together!

Nancy has made cookies for Christmas and Valentines fundraisers here and she also makes Halloween cookies for the Girl Guides' annual fundraiser. Nancy bakes her creations for retirements, milestone anniversaries, and she even baked a cookie for a Serbian refugee family to celebrate their getting their Canadian citizenship!

This particular award is for innovative and creative ideas that have furthered the life and work at Humber Valley, and Nancy is clearly a very strong recipient! I must, though, touch on Nancy's compassionate nature and humanitarianism too.

For a number of years, Nancy has been a one-person welcoming team at our church! When she sees someone new, she introduces herself and makes them feel welcome. She then introduces them to many others and Nancy follows up with our new friends afterwards to ensure they feel comfortable here. As well, Nancy's pastoral care is exceptional. She so often makes meals and delivers her treats to people and she stays to chat as it's important to Nancy to ensure she has made people feel

Continued on next page

like they are valued people of our community. She values friendships and she is excellent at building relationships.

Nancy is a blessing to us at Humber Valley, but also to her entire community. She is an environmental advocate and she has been recognized with a community service award for work with her neighbours to save many trees that a developer had proposed to cut down.

There is so much more to say about Nancy's huge heart and genuine caring. On a personal note, I recall Nancy being a cheerleader for me when I was a SPARK, which is the first level of Girl Guides, in grade 1! Nancy encouraged me then and she has never ceased showing interest in my

life. I am not the exception though, as Nancy continues to show the same interest in all the girls that went through Sparks, Brownies and on.

Everyone, please join me in congratulating and celebrating Nancy for sharing her love, her spirit, and her exceptional creativity with us at Humber Valley, year after year!

Píppa Van der Vlíet

Maundy Thursday

On Maundy Thursday we gathered in the darkened narthex where Jeff played beautiful music on his guitar and then moved to the darkened Hearth Room for a Seder meal, a station where we washed each other's feet, and a station where we meditated on the question:

It's your last night to be alive. What do you do? Who do you spend it with?















Bids 'n' Bites is Back

The Luncheon and Games in Steed Hall



It takes months of planning. It takes an army of United Church Women baking and making sandwiches. It takes brave women canvassing local businesses willing to support our church and the charities we support.

It takes designing and distributing flyers and advertising. It takes selling tickets and assigning tables.

There are people who shop for the food, the napkins, and the decorations.

It takes decorating Steed Hall to make it pop and shine. It takes setting the tables with Humber Valley's heritage dishes. We've had those cups and plates since the fifties. They were used by our mothers when they came to Bids 'n' Bites and other church events.

It takes a bunch of people wrapping door prizes. It takes a small group to set up the Silent Auction, keep the bids coming and take in the funds raised from the bids.

It takes hours of hard work making sandwiches, cutting off the crusts, counting them to make sure there are enough (an average of eight pieces per person). You should see the kitchen when its all done — spotless and neat and tidy.

It takes great bakers and ladies with a good eye to prepare the plates of squares and cookies. It takes patience and cooperation to get all that food ready to serve without tripping over each other. Oh, and don't forget getting the coffee urns ready and the tea carafes pre-heated.

It takes the handsomest HVUC guys dressed in black to wait on the tables and pour the tea and coffee.



It takes really hard workers to do the clean up — all those dishes, all those table cloths \dots

It takes a lot of work and a cheery spirit on the part of our custodial staff to make sure the place is ticketty boo and all the equipment is in place. And then to put it all away again to make the Hall ready for the next day's activities.

It takes an army of volunteers to create a community event that has been building relationships, creating fun, and raising funds for our church and helping community charities. Bids 'n' Bites brings people in.

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50+ Years a Community Highlight



The Silent Auction in the Hearth Room

People have been coming to Bids 'n' Bites for close to fifty years. They come with friends. They come to see everyone and catch up. They come for a great lunch and some fun and to win prizes. They get dressed up.

This was the first Bids 'n' Bites since the pandemic began in 2020. But we didn't forget; we remembered how to put on this great community event. And once again we got the support of the community. We hoped we'd get at least thirty tables of four and ended up selling 39 tables.

Bids 'n' Bites used to be all about ladies playing bridge. We've opened it up to anyone who wants to get a table of four to play any game. Most still played bridge but there was a table of Scrabble players. And the table that seemed to have the most laughs was playing Euchre.

So what did people have to say about it?

"It's so great to see everyone again."

"Oh, I forgot to bring cards."

"There was such a buzz!"

"What an amazing event."

"The sandwiches were as good as ever."

"Steed Hall looked so good."

"I didn't have trouble finding a parking spot."

"Humber Valley is such an amazing church."

"See you again next year."

"See you again on Sunday."

"My feet hurt."

The UCW would like to thank all the volunteers, the people and businesses who donated door prizes and Silent Auction items, the church staff, and the community for their support.

A few people need special mention: Linda Grass, Sally Jo Martin, Jill Kershaw, Lorraine Pearsall, Carolyn Whiteside, and Lynn Manning and the kitchen crew.

so the really big question is "Who Won?"

And the answer is "We all did!"





Susanne Hynes



Sweet Beverley

For Bev Conner, on the occasion of her retirement from 55+ With gratitude from the Daytimers Team

To the tune of "Sweet Caroline"

Where she began
We can't begin to knowing.
We only know she came on strong.
Started in Fall, then Fall became the Winter.
Who'd have believed she'd stay so long?

Hands, busy hands, Making crafts, making links, making friends.

Sweet Beverley!
We're so glad you came along.
We hope you'll see
How we'll miss you when you're gone.
We'll miss your ..

Creative flow,
Magical inspirations
Stretching the brain we seldom use.
Making us LEAP,
Challenging with the Book Club,
Bringing your friends to In The News.

Warm, you're so warm, Reaching out, touching me, touching you.

Sweet Beverley
You have cast a magic spell.
Your energy
Has rubbed off; we're Ageing Well.
We wish you..

Sweet Beverley
May your music keep you strong.
Wh'rever you may be,
Here's a hug to take along.

Sweet Beverley

Toan Belford





Church Connections in Unexpected Places!

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Coincidences – (Part 6 in our series)

Have you ever witnessed an event where you said "What was the chance of that happening"? If so, then this series of articles is for you! Send us your stories (via nancy.roper@sympatico.ca), and we'll print them in an upcoming newsletter.

Paul Roper picks a church for his wedding via Google

The Roper family is tiny, but we have one cousin who lives in Streetsville. His name is Paul. 15-20 years back, Paul

was engaged to be married. He and his fiancée were searching for a church for their wedding and stumbled upon a church in Central Etobicoke that seemed nice. When they came to visit, Paul felt that the church seemed very familiar: and eventually connected the dots that it was his grandparents' church (Charlie and Janice Roper) and that his Mom and Dad had been married there. What a lucky



google search! Photo: Paul with his parents

Mary Jean Affleck – Side by Side in the Newspaper with Roper's Friend Judy

In January 2022, the Ropers went to a funeral in Markham for a long-time family friend named Judy. Judy's family had made lovely displays with photo albums, artwork and other memorabilia in celebration of Judy's life. Among the

items was a newspaper clipping: Judy had been selected for the "Lives Lived" column in the Globe and Mail. Her family had cut out the entire article which included 2 other folks who were also being remembered. To our surprise, one of them was Mary Jean Affleck, a long-time Humber Valley Church member, who passed away in December 2021.



King's Day in Holland

Lynn Manning and Dale Smith booked a cruise on Holland America to celebrate their 40th Wedding Anniversary. A week before the cruise, Lynn was reading the fine print and discovered that one of the dinners was a "King's Day" celebration on this Dutch cruise line and passengers were

encouraged to wear orange. Hence Lynn began a quest to find something elegant and orange for the occasion.

After brainstorming at UFOs, Lynn and Nancy decided to

make "Marble Necklaces", a pattern that the Ropers had used for their millennium New Years Eve dinner on December 31, 1999. The necklaces are made with a long skinny tube of sparkly fabric that is just wide enough to insert a marble on the inside and a bead on the outside, until the desired number of "marble bumps" are made.



Lynn and Nancy gathered supplies from Dollarama followed by a search of all the craft supplies in both basements in order to make the necklaces for Lynn and her best friend, Marie, in time for the trip. They also found orange pouffs for Dale and Marie's husband to ensure they were festive as well.



Take a peek at the necklaces for both the Millennium and King's Day, and the happy BFFs:

Now to extend the fun: Scott Roper and his wife, Sandy, are continuing their retirement trip and are currently in The Netherlands. One morning this week (April 27), they were surprised to wake up and see a flood of orange in the street. They ventured out to see hundreds of market booths filling every sidewalk, selling all sorts of orange items. In



the afternoon, the booths were replaced by a massive street party, with everyone sporting orange. Yes! It was King's Day!

Nancy Roper



Russell Cameron Boyd

Russ Boyd, our late friend, member of HVUC, was born in Toronto in 1924 to Bill and Annie Boyd who emigrated from Glasgow, Scotland. Russ joined the Navy and served for a brief time during WW2. He met and married Alma and began his career in advertising in the newspaper business where he continued his entire working career, primarily as the National Sales Manager in Ontario for the Vancouver Sun and Province which company ultimately became part of Southam Press. Russ enjoyed his office —of many years — at One Yonge Street in the Toronto Star building overlooking the Toronto Harbour.

Alma was a minister's daughter. Russ had great admiration for his father-in-law and church played a central part in the family's lives.

Until Alma's death 11 years ago, Russ and Alma still met with the Couples Club of Eglinton United Church, which they joined as newlyweds in 1950. These couples met once a month for over 50 years. The couples grew into families as births were celebrated, and then into extended families as weddings and grandchildren arrived. Throughout the years, as spouses, the couples became a support for the widowed members. There were both happy and sad times shared by these original 20 couples, but per Russ' daughter Catherine, they were a close-knit, supportive group. There were many family picnics and adventures but most of all many laughs and wonderful memories of treasured friendships.

Russ and Alma had 3 children: 2 sons and daughter, Catherine, who lived closest in Oakville. So independent Russ was happy to have his car and be able to drive wherever he wanted to go. It was a blow to him when he was no longer able to drive in his 98th year.

Russ and Alma were active members of St. Luke's United Church and although apprehensive of the change, they were so appreciative of the warm welcome they received at Humber Valley Church and the new friends they made.



Humber Valley United and Russ's neighbours were very thoughtful of him. In later years they kept a closer eye on Russ. He was still driving at his 97th birthday, until the doctors said he could not drive any more. Russ was entirely capable of living on his own which he did in the family home on Princess Anne Cres. He was helpful to neighbours as they were to him, taking lots of meals to him in later years. Russ kept up his property and grew tomatoes, rhubarb and apples in his backyard, even in his final year. These he shared with neighbours and others. There was never a weed to be found in Russ' lawn. On Russ' later (90+) birth-

days, neighbours, and some church friends, gathered each year at lunchtime on his front lawn to mark the impressive milestones. There were balloons and large displays on his lawn noting the respective milestone birthday. Russ loved it!

Russ will be missed especially by his family: his three children, son-in-law, four grandchildren and one great grand-daughter; also by his neighbourhood and other friends and Humber Valley United Church folks. Russ was especially fond of Deb Turnbull who was good to Russ and often delivered *Connections* and Daytimer lunches to him.

Those that knew him will miss his booming voice and wise-cracking ways. He loved nothing better than playing practical jokes or greeting someone with a joke or two.

I was Russ's elder for several years. I thoroughly enjoyed my visits with him and I dare say Russ always welcomed my visits. Until about the last year Russ continued in remarkably good order even as he passed age 97. At age 95 you could see him riding his bicycle in the neighbourhood. He lived in the same home which he and Alma bought some 40+ years ago, and he continued to personally look after his house and property remarkably well.

Bob Kinnear

Connections



Ruth Elliott Boake July 1, 1929 - February 20, 2023

Visitation, and a funeral service and reception took place at Humber Valley United Church on March 3 and 4, 2023.

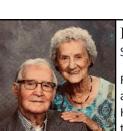
Ruth and her daughters were long time members of Humber Valley and very active in the Festival of Song. View obituary



Rev. Walter Ridley

1930-February 27, 2023

View obituary



Rod Mortimer

September 4, 1922 – March 6, 2023

Rod came 'to the end of the road' at the age of 101.

He will be greatly missed by his daughters, sons-in-law, grandchildren, greatgrandchildren, friends, staff and residents of Bough Beeches, members of Humber

Valley Church, and the Kiwanis. He was known by all as a gentleman – one who embodies 'joie de vivre'. View obituary



Janet Carscadden

- March 22, 2023

It is with sadness that we announce the passing of Janet Carscadden in Burlington Vermont, daughter of Joan and Roy Carscadden, on Wednesday, March 22, 2023.



Otto Harry Reinhardt

May 2, 1938 - April 15, 2023

A private family interment to take place in Leamington, Ontario at a later date.

View obituary



Michael Nemeth

April 15, 1941 – March 20, 2023

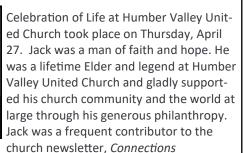
It is with sadness that we announce the passing of Michael Nemeth, father of Christina Nemeth on Monday, March 20.

View obituary



Jack Harry Berryman

September 19, 1936 - April 19, 2023



View obituary.



June Nichol

— March 20, 2023

As June requested, following a private interment, she will be laid to rest at Prospect Cemetery, Toronto, in a family plot, where she will be reunited for eternity with those whom she loved throughout life.

Memories and condolences may be added at this link.



Dennis Schettler

— May 5, 2023

Dennis died peacefully, surrounded by his family. He will be sorely missed at Humber Valley United. Details will follow as soon as they are known.

Our deepest sympathy to Joan and family.



Seniors' Advisory Group comes to Humber Valley

On Wednesday afternoon April 12, we were delighted that our Etobicoke Centre Member of Parliament, Yvan Baker, held one of his regular Seniors' Advisory Group meetings at our church for the first time. These meetings are open to the public and focus on information and issues of particular interest to seniors living in Central Etobicoke. When he was our MPP, Yvan Baker held similar sessions at other locations.

The meeting on April 12th featured a fulsome presentation on the work of the local Etobicoke Support for Seniors (ESS), a non-profit organization. Yvan Baker introduced Allison Coke, the ESS CEO, who gave the presentation and answered the many question from the audience.



At the beginning of the session, Anne Pietropaolo, our Humber Valley Seniors Coordinator, gave a brief welcome to the large crowd which filled Steed Hall. Anne referred to the work that our church is doing related to seniors, some of which is complementary to that of ESS and which may offer future collaboration opportunities.

For many of the people attending the meeting, this was their first visit to our church so it was a wonderful opportunity to welcome them and also to provide them with copies of our spring 55 Plus program guide.

David Dallimore

Friends & Faith

"The Friends & Faith group last got together for a paint night in March. Licia is an excellent coach and she made it a lot of fun. As she says "no artistic talent needed"! Through the evening we did discover that our own Constance Crosby does indeed have an artistic bent! She tells us it's from her years of Art History courses, but we recognized her talent for what it is!



Our group gets together monthly on either the last Thursday or Friday evening of the month.

ALL FEMALES ARE WELCOME to join us any month, any time! We extend a special invite to any and all new ladies at Humber Valley. Please come and spend an evening with us!



Contact Andrea Ostvik-Van der Vliet for information and details 416-231-8948

Andrea Ostvík-Van der Vlíet

Outreach



Youth Without Shelter

HVUC continues to provide nutritious food for the residents at YWS. UCW groups provided nutritious lunches in March and April. Delivery of COBS bread from our win of the Dorothy Ley Hospice hike last June is very much appreciated. The chef uses the raisin loaves for bread pudding and French toast. Sounds delicious!

We also rely on donations to the YWS fund at the church to support our monthly cheques for \$250 to cover the cost of Sunday dinners for the 45 residents. Please assist with amounts large or small designated to Youth Without Shelter.

A recent conversation with a staff member encourages our members to volunteer in other ways. Would you like to paint a room, help with the vegetable garden started by Valerie Wood last season, provide needed items for hygiene kits? Contact any member of the Outreach Committee for more information.

Thanks to all who help to provide a safe and supportive place for young people in need.

Outreach Committee at HVUC - Barbara Clarke, Sally Jo Martin, Lynn Manning, Sylvia and Henry Cohen, Beryl Finlay, Michelle Christie.

Play Dates with Grandparents

Play dates with Grandparents met on the morning of April 8th. The children had fun decorating Easter houses and then we went over to the Humber Valley park for some outdoor time. If you are interested in joining us next time please contact Kathy Kitchen or Cheryl Drake.







A Favourite Poem

Editor's Note: The Monday Memoir Group sponsored by the 55+ Program has been meeting for about three years. Donna, as our leader, gives us prompts that bring our memories flooding back. Not long ago we were challenged to write about a favourite poem. This is Donna's memoir. How could we not share it when our theme is Music in the Air!

Hope

Hope is the thing with feathers

That perches in the soul -

And sings the tune without the words

And never stops – at all-

And sweetest in the Gale is heard-

And sore must be the storm

That could abash the little bird

That kept so many warm

I've heard it in the chilliest land

And on the strongest sea

Yet never – in extremity –

It asked a crumb – of me.

Emily Dickinson

I can spend a few hours with Emily almost any time, but I have found her poetry deeply comforting when I am most distraught. I have three copies of her collected works on my bookshelf, one with small watercolour plates accompanying some of the poems. The New York Public Library edition is more academic and biographical. However, I just grab whichever one comes to hand and dig in.

I was surprised to find that Google says that "Hope is the thing with feathers' may be Emily Dickinson's most popular poem. I thought it might be A Bird Came Down the Walk or A Narrow Fellow in the Grass, poems often found in public school anthologies. Because I Could Not Stop for Death or I Heard a Fly Buzz when I Died would also be top contenders, I thought. But, no, everyone loves that reminder that "hope springs eternal within the human breast". Hope is like a bird that lives in our heart, our soul. It seems so frail, so soft and vulnerable but birds are amazingly strong, aren't they? It amazes me to see how they withstand the elements with their tiny bones and soft feathers. How do they fly so far without succumbing to exhaustion and starvation? They are truly miraculous.

And so, I think, is hope. No matter how dark the day, how hurtful the situation, somehow we manage to carry on, keep flying, tuck our heads under our wings and withstand the deluge. We hope for a better day tomorrow, next week, next year ... sometime. And so we carry on. This poem and many others by Emily Dickinson have helped to keep me going; they feed that little bird that lives within my soul.

Donna McCorquodale





It was with great sadness that we recently learned of Jill Diane Filion's resignation from her current Music Support role at Humber Valley. Jill has been active in the music program at our church for some fifteen years and will be a great loss.

Jill started singing in the church choir in 2008 as a last minute substitute for Valerie Mero Smith, the choir alto soloist at the time but who was unable to sing because of her pregnancy. Later, Jill became the permanent choir soprano soloist alongside the other five soloists and choir members under the direction of Paul Chant, our Minister of Music at the time.

Paul soon recognised Jill's great musical talents and asked her to play for summer services in Steed Hall whilst he was on vacation. Over the years at Humber Valley Jill not only performed regularly with the senior choir, but has also led the children's choir and performed dances and musical entertainment for Daytimers and other church concerts and events and has also played for church services the Pastoral Care Team provided for several of the local retirement homes.

When Paul Chant left Humber Valley in 2018, Jill took over the musical reins as the Director of Music. She very ably rehearsed choir members and soloists and played for regular worship services, weddings and funerals and also took on the leadership of the Handbell Ensemble. She quickly learned about the intricacies and techniques of handbell playing.





In addition to assuming this important musical leadership role, Jill took the initiative and enrolled in organ lessons so that she could accompany worship and other services on our magnificent Allan organ. Jill also played for the monthly Saturday morning hymn sings and was able to include organ accompaniment

All of this demonstrates to me the wide

range of Jill's musical talents. Her first love was dancing and at one time she had considered a career in ballet. Until recently she taught voice at Sheridan College and continues to adjudicate singing competitions. She has performed professionally in musical theatre, opera and concerts. Jill's musicality seems to know no end and her musical tastes are very eclectic. From my experience in working with her in the handbell ensemble not only did she display her deep musical knowledge and abilities but also her cheerful disposition, her endless patience during rehearsals and her wit and humour. In short, a great leader and an accomplished and polished musician.

On behalf of all who have appreciated Jill's musical contributions to Humber Valley, I would like to wish her all the best in the future with grateful thanks for the high musical and personal standards which she displayed.

David Dallimore





What Music Means to Me

Music has been part of who I am for as long as I can remember. I cannot recall a time when it was not important to me, nor conceive of a time when I will not have music in my life. When I look around me, I see music being a major factor in the lives of many people I know. So when I thought about what music has meant to me, I tried to think of instances in which music directly influenced my life's direction.

Perhaps the first instance was when I was two years old and my brother was born. He was quite ill as an infant and spent a few weeks in Sick Children's Hospital in Toronto, while my Aunt stayed in Tottenham with me. Apparently, I used to toddle around singing snatches of what I heard on the radio. When my parents finally arrived home with the still-unnamed baby, I am told I met them on their way in, with a big bouquet of flowers, singing "Open the door, Richard". Yes, his name is Richard.

When I was 4 or 5, my parents noticed that when they took me to any home that had a piano, I would crawl up on the piano bench and start to pick out a tune. After consulting with the local authority - a member of their Bridge Club who played piano -, my parents bought a piano and started me on piano lessons. This was no small undertaking, as the nearest piano teacher lived 5 miles away in Beeton, and I had to be transported there weekly. When I started lessons, my mother didn't drive. My dad would have to take time off from the Creamery to take me over. If he got too busy, sometimes he would send one of his employees. More than once, I arrived at my piano lesson in a cream truck. I believe my piano lessons were a driving factor (pun intended) in my mother eventually getting her license.

I took to the piano right away, and was cruising along in my lessons until one fateful day when my progress came to a stunning halt. It was the habit of my piano teacher to play for me the piece we were learning that week. One day when I was playing the selection for her, a breeze came through the open window and blew the page over. I kept on playing the same tune. It was then she realized that I could not read a note, and was playing simply by ear. Needless to say, her technique for teaching sight reading changed that day.

I did not grow up in a musical family. Though we had the prerequisite 50's stereo in our living room, I did not grow up with classical music wafting around the house. Both my parents had nice voices, but apart from singing in church,

they rarely used them. When I progressed a little with my piano lessons, my parents would have me play some short classical selection for their guests; then my dad would say "That's nice, Joan. Now play Turkey in the Straw."

Part of taking piano lessons was the yearly recital. All the teacher's students were dolled up in their Sunday best to play for the assembled parents and fidgety siblings. It was then I found out that I am plagued by paralyzing stage fright. A later piano teacher used to have me perform pieces that were 2 or 3 grades below my current level, in the hopes this would result in increased confidence in myself, but it never worked. I think I mucked up every piano recital I was ever in. Stage fright is still a major obstacle for me to any public performance.

As young children, my brother and I used to fight a lot, but when we got to High School, music became a bonding factor. We were the only kids in town who were interested in music. I studied violin in High School, which I later regretted. You have to be pretty good on a violin before you can make a sound anyone would ever want to hear. In addition, it is not something you can play in a marching band, so you do not get to star in the football half-time shows. Nevertheless, it did get me into the school orchestra, and playing for the annual high school musicals is probably what started my unending affection for musical theatre. In the long run, I think it led me to "Our Iceberg is Melting".

When I got to university and had to leave the piano behind, I tried something new: singing. I joined the University of Toronto Chorus and started truly learning, for the first time, about classical music. My conductor was none other than Lloyd Bradshaw, the husband of our own Marnie Bradshaw. Singing with the Chorus demanded effort and discipline, but what a thrill it was for me to hear the harmonies that resulted.

During my first years after graduation, I was in a "Who needs the Church?" mode, and did not have much music in my life. My friends and I would sing at campfires and the occasional karaoke bar, but that was about it.

In 1973, fresh from Graduate school with my Master's Degree in Public Administration, I moved to Winnipeg to join the Provincial Government. Though I was thrilled with my new job, I did not know a soul, and I was desperately lonely. On a whim, I tried out for the Sweet Adeline Ladies barbershop chorus. It was one of the best moves I ever made. Not only was the singing more technically challenging than

I had expected, the chorus members were warm and funny and welcoming, and I soon made new friends. In addition, the chorus went away to competitions, which required costumes and choreography and bus trips, and provided lots of exciting adventures.

Back in Toronto, I persuaded my parents to let me have "my" piano moved to my apartment. Having been moved three times since, it is now truly mine; however, I rarely play, as the arthritis in my hands makes me play so badly that I can't stand listening to myself. However, I have truly benefitted from being part of the Humber Valley United Church Choir. That group has led to marvelous adventures in Paris and Rome, but more importantly, to some close friendships. When I think of the future without it, I am bereft. I don't know how I am going to get my future music fix. Anybody want to start a "girls group" with me?

Joan Belford



Gardening with Frank Kershaw

We are so fortunate that Frank Kershaw, who is an expert and widely respected horticulturist and who is also a member our church, gave two gardening talks within a month to two Humber Valley groups.

Frank's first presentation was to the Men's Group meeting on March 27th. Women were also invited to attend and consequently the Hearth Room was completely filled by the audience which enjoyed looking at some of Frank's large collection of colour slides he has taken of beautiful gardens he has visited in Toronto and other parts of Canada. Frank's commentary on the intricate aspects of the design and upkeep of the various gardens shown was very much appreciated by the audience and led to several discussion questions.

Frank was also the speaker at the Daytimers meeting held on Monday April 24th. The theme of this presentation was garden recycling. Again, Frank drew on his extensive collection of personal colour slides to show some interesting pictures of the imaginative ways that some gardeners have been able to recycle discarded items such as metal tractor seats, old fence posts or old canoes into flower gardens and landscape designs. He made us realise that the sky is the limit as far as incorporating used items into garden displays and thereby saving them from going into landfill.

As I listened to and watched Frank's two presentations, I was reminded of the words from a famous poem by Dorothy Gurney – "One is nearer God's heart in the garden than anywhere else on earth".

David Dallimore

On March 5 we celebrated Cathy Robert's

90th Birthday

with a gorgeous cake.

Happy Birthday Cathy from all your friends at Humber Valley



Vintage Vinyl

Valley Voices, our Humber Valley based community choir, Parkland on Eglinton retirement home on March 14, and Delmanor on March 28. Our singalong show, dubbed Vintage Vinyl, featured hit songs from the 1930s to the 1990s.

"That turned out to be so much fun yesterday," said Joan Belford after the March 14 performance. "The Parkland residents just loved Kate. They were all astonished by her energy (as we all are!).

"Peter and I stayed for supper at the invitation of Wendy MacBeth. Several residents recognized me as being from the choir, and told me how much they enjoyed it. Some wanted us to sing longer, and all want us to come back."

The choir's talented pianist, high school student Jonah Schwartz, was on hand to accompany us at Parkland.

Jeff Kahl, a member of Drew Brown's band, played the guitook our show on the road in March, with performances at tar for the performance at Delmanor. Once again, we sang favourites and have been asked to come back for a return engagement.

> Future plans also include a return to Kipling Acres on May 24.

Valley Voices also sang in Church on Easter Sunday, and look forward to performances on Mother's Day and Father's Day, as well as our Afternoon Vespers service on May 28.

We are also practising hard for our Seasons of Love performance on June 11.

Colleen Isherwood



Aphorism: a short, pointed sentence that expresses a wise who wants to buy a car. or clever observation.

The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog, but only kindness will make him wag his tail.

If you don't have a sense of humor, you probably don't have any sense at all.

Seat belts are not as confining as wheelchairs.

A good time to keep your mouth shut is when you're in deep water.

How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?

No one has more driving ambition than the teenage boy

There are no new sins; the old ones just get more publicity. No one ever says "It's only a game" when their team is winning. - Go Leafs Go

I've reached the age where 'happy hour' is a nap.

The trouble with bucket seats is that not everybody has the same size bucket.

Do you realize that, in about 40 years, we'll have thousands of old ladies running around with wrinkly tattoos?

Money can't buy happiness, but somehow it's more comfortable to cry in a Mercedes than in a Honda Civic.

After 60, if you don't wake up aching in every joint, you're probably dead.

Life isn't tied with a bow, but it's still a gift.

Contributed by Liz Guthrie

Connections

Lenten Cans

Thank you to all who brought in Lenten Cans or made donations in support of the Lenten Can campaign. We have raised about \$2200.00, for which we are very grateful. It's not too late. If you still have a can hanging around your home, or would like to contribute, please bring your can or donation to the office at your earliest convenience.

Shredding Day

We are already getting inquiries about when we are going to have another shredding day. The answer is: Saturday, October 14 (the first Saturday after Thanksgiving.) In this time where identity theft is becoming more and more common, you can help protect yourself by making sure that any identifying information about yourself and/or friends and family is securely destroyed. That includes not only high-profile items such as medical papers and income tax records, but bills, sales receipts with your credit card information on them, and emails that have yours or other people's email addresses. I keep two containers near my computer: a larger one for regular paper, and a smaller one for anything I would not want to see on the front page of the Toronto Star. Occasionally, I empty the small one into a banker's box in my laundry room. It's not a big effort, and a small price to pay for security. Let your friends know this is coming; they will thank you later.

church, involved in lots of good causes and offering lots of great activities. But we recognize that some of the things we do are starting to feel like "same old, same old".

We would like to make sure this church is relevant to all our congregation. We know that you recognize that a church needs operating funds, and we wondered what type of activity or event would make you want to buy or contribute.

What kinds of activities do you like to do in your spare time – active sports, concerts, nature hikes? What kinds of products do you regularly use – do they need to be environmentally safe, or sustainably-sourced, or healthy? Is there a specific cause that you would like to support – environment, safe water, social justice? If you don't have a lot of spare cash right now, but lots of ideas, would you be willing to participate in our Fundraising Committee? Would you prefer to do a time-limited volunteer activity, such as a weekend build for Habitat for Humanity?

We are always open to new ideas, and would especially like to hear from people new to Humber Valley. Please feel free to email me (jbelford@pathcom.com) or talk to me at church about any ideas you have.

Joan Belford

Upcoming Events

The HVUC Fundraising Committee has several things coming up in the fall, including a showing of the film Saint Judy, in which Rev. Trevor and Marisol were involved as producers, and a cheese sale in which you will be able to purchase individually selected blocks of cheese. We are contemplating another Garden Party this summer, or perhaps a Barbecue. Keep an eye on KIT for more updates.

Old Fogeys looking for New Ideas

Are you new to HVUC? The HVUC Fundraising Committee would like to talk to you.

Some of us who have been at Humber Valley United Church for a long time think it is a great





Seasons of Love - a Musical Cabaret

Seasons of Love is a musical survey of highlights from the 1800's to present day, and was created by our own Kate Brown. Using a combination of photo slides and music, Kate takes us through some of the best-known songs of each era.

Our Valley Voices Community Choir forms the base of the show, which will also feature a live band, a children's chorus, and some of Kate's professional theatre friends. We can confirm that Cary Shields, who performed in Rent on Broadway, will appear. Stay tuned for updates on other musical guests. What's more, for some of your favourite pieces, the audience gets to sing along.

Some of you may not know that Kate has a background directing professional musical theatre. We are so fortunate to have her skills and energy at our church.

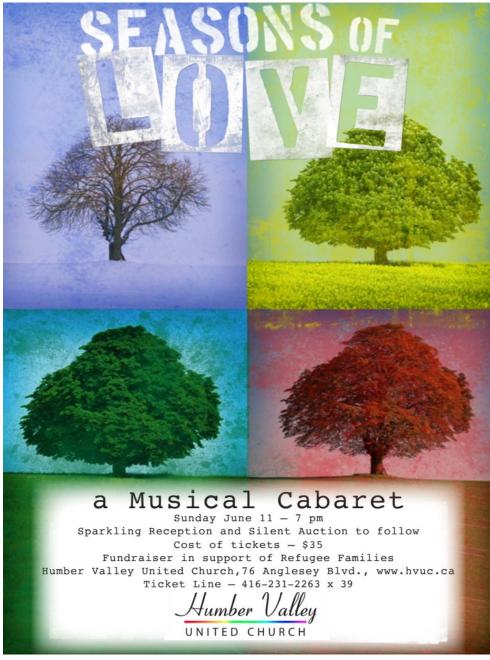
We are excited to have several different church groups working together to bring you a special musical presentation at 7:00 PM Sunday, June 11. The Valley Voices Community Choir, the HVUC Refugee Committee, the HVUC Fundraising Committee, and the Men in Black will all be involved in what we hope will be an entertainment highlight of the year, as well as a major fundraiser.

Sparkling Reception

Following the show will be a "sparkling reception" in Steed Hall. (As we all know by now, when Deb says "sparkling", she means "wine".)

Silent Auction

While enjoying the refreshments, you will have an opportunity to bid on some enticing Silent Auction items, and participate in a short Live Auction emceed by the hilarious Orr brothers. Auction items will include tangible items such as original artwork and theatre tickets, as well as special events, such as dinner for 6 prepared by a professional chef, or a weekend at a cottage.



Do you have a skill or talent you could contribute? Please contact Deb Turnbull (dtgbc01@gmail.com) or Erin Billowits (erin@vintagefitness.ca)

Proceeds

The proceeds of the evening will support both our refugee family and the ongoing activities of the church. Tickets will be available soon. Watch KIT for details.

Joan Belford

Share a Medal and a Hug

Running this year's Boston marathon was very grueling for me. Nothing went right and I finished more than 30 minutes slower than my goal time. As far as marathons go, this one was painful.

Post-marathon, after showering and changing (and maybe a little bit of moping), Kate and I were leaving the hotel for dinner and realized that all of the other athletes in the lobby were wearing their finisher's medals. I had forgotten that this is a thing. I quickly ran back up to our room to get my medal and put it around my neck.



We went back to the marathon course to cheer on the back-of-packers as they turned onto Boylston. If you haven't done this before, I highly recommend it. It's one of my favourite parts about marathons. These runners respond to every clap and every cheer, often pumping their fists in thanks.

After what we thought were the last of the runners, we went out for Mexican dinner. The server saw that I was wearing the finisher's medal and gave us complimentary churros, which were delicious.

As we walked home from dinner, the streets were being cleared of barricades and stands. The scaffolding around the finish line



was being torn down. Officially speaking, the race was over. And then we noticed one lone runner powering down Boylston to the finish. Her shirt read "Tayla. This is my first marathon." Her race was not over.

Nearly eight hours after she had started in Hopkinton, Tayla put one foot in front of the other, driving towards the finish line. Her family cheered for her and Kate and I joined in, running along beside her. We were buoyed and inspired by her perseverance. She crossed the finish line, her arms raised in celebration. Her 26.2 mile journey was complete.

At about the same time, the thought crossed my mind that the organizers may not have any medals left. (I did not know at the time that the BAA typically gives every finisher a medal, regardless of their time.) I just had this feeling, seeing everything already being packed up, that she may

not get a medal. And my subsequent thought was this: Tayla 100% deserves a medal. I decided that I would give her mine.

Kate and I walked past the finish where Tayla was hugging her family. We approached her and congratulated her (which would have been impossible earlier in the day, be-

cause spectators are strictly separated from runners by fencing and police).

Tayla was beaming. Her joy and pride were infectious and it was impossible not to smile in her presence.

"Congratulations," I said. "You are amazing." Tayla confirmed there were no more medals. "This one is yours," I said, and I took the medal from around my neck and put it around hers. Tayla initially protested, but I had already decided and firmly replied: "This is your first marathon. You have run for nearly eight hours. This medal is yours."



We shared a big hug and it was not lost on me that this was the best I had ever felt at any marathon. Tayla wore the medal with pride. Kate and I practically floated back to the hotel.

Kate subsequently posted the story on social media, and to my surprise, it was widely shared. The story was even on the news!

Since then Tayla and I have received an outpouring of love. It has been such a heartwarming week. And after my own grueling marathon, this whole experience is exactly what my heart needed.

My hope is that people will be inspired to make a point of staying late or coming back to cheer for those athletes finishing later in the race; runners who have worked just as hard as the athletes at the front of the race, for longer.

Thank you Boston! Thank you marathoners! Thank you Humber Valley United Church family for your support!

Kevín Curnock AV team member, HVUC



International Women's Day



HVUC's UCW Units 6 and 7 have a long-standing tradition of holding joint meetings in February and March every year. International Women's Day is always March 8, and with our meeting the evening before (Tuesday), this was an opportune time to learn

about and celebrate the social, economic, cultural and political achievements of women.

The theme for 2023 was "Embrace Equity" - challenging gender stereotypes, calling out discrimination, drawing



attention to bias, and seeking out inclusion though collective activism. Our presentation focused on bringing the international focus down to the personal level and on women we have observed in our own lives and histories making a difference.

Many examples of ways to celebrate and recognize IWD2023 were given on the IWD website and in addition to wearing purple (originating from the Women's Social and Political Union in the UK in 1908), having party cupcakes with flags and balloons, we acknowledged the many financial and concrete contributions by Humber Valley's UCW, past and present, to local and United Church charities supporting women and children (Ernestines and Women's Habitat, Youth Without Shelter, Camp Scugog, etc.) We also support and encourage each other by working together on fundraising projects, learning together, worshipping and praying together - all through both tears and laughter.

International Women's Day was marked for the first time in March 1911 with huge parades held uniting the suffragist and socialist causes. In 1975, the United Nations marked IWD and in 2001, the IWD website was launched to increase mainstream awareness and provide resources. It also serves as a significant vehicle for charities, with 100% of donations going directly to charity. It is now an annual mainstream moment, marked by millions worldwide.

The day also marks a call to action for accelerating gender parity by focusing on examples where there has been progress. The 7 missions of IWD2023 are to elevate, advance, celebrate, and assist:

- 1. Women Forging Change
- 2. Women at Work
- 3. Women and Technology
- 4. Women Creatives
- 5. Women's Empowerment
- 6. Women's Health
- 7. Women and Sport

A number of women in our group spoke about the experiences and advancement of women within their "spheres of influence" and this provided personal insights in how far society and institutions have come in our lifetimes and ways in which we can go forward to improve/inspire women's lives in the future.

The evening ended with small group discussions based on short questionnaires asking which MOVIE (actor), BOOK (author), SONG (musician) would they recommend to celebrate/educate/inspire women.

Some of the responses are listed below:

- 1. **MOVIE** (actor) Betty White, Jane Fonda, Meryl Streep, Katharine Hepburn, Sarah Polley (Women Talking). CODA, Gone with the Wind, Hailey Berry, Helen Mirren, Little Women, Julia Roberts, Throat Song, Hidden Figures
- 2. **BOOK** (author) Margaret Atwood, Michelle Obama, Hilary Clinton, Invisible Woman Data Bias in a World Designed for Men, Maya Angelou, Running Towards the Danger (Sarah Polley), The Good Earth, Clara Hughes, Ruth Bader Ginsberg, The 100 Years of Lennie and Margot, Educated, Lucy Maud Montgomery, Maya Angelou, Paid For (Rachel Moran), Toufah (Toufah Jarrow)
- 3. **SONG** (musician) Celine Dionne, Ani DiFranco, Dolly Parton, Tina Turner, Joni Mitchel, Anne Murray, Joyce Donato, Deantha Edmunds, I am Woman (Helen Reddy), Joan Baez, Adele, Loretta Lynn, Alanis Morissette, Superwoman (Alicia Keys)
- 4. Is there a woman (alive or dead) who inspires YOU? My mother, Hilary Clinton, Jane Goodall, Yu Gwan-sun (South Korean Freedom fighter/protester), Ruth Bader Ginsburg, June Callwood, Eleanor Roosevelt, Michelle Obama, GG Michaelle Jean, Nancy Pelosi, Anne Pietropaolo, Gail Hamblin, Deb Turnbull, Rosa Parks, my sister,

Queen Elizabeth II, Hazel McCallion, Jean Augustine, Maria Currie, Viola Davis, Mother Teresa, Maya Angelou.



The evening ended with a challenge:

- to think of some way in which we could inspire the women in OUR sphere of influence by;
- recognizing and thanking someone we admire;
- offering support to a woman who might need a helping hand;
- reading quotations written by women;
- listening consciously to music written or performed by women
- supporting a woman-led business; or
- making a donation to a charity working towards the social, economic, cultural and political advancement of women.

In honour of IWD2023, Unit 6 made a contribution to the Toronto YWCA to celebrate its 150th Anniversary as the largest multi-service women's organization to break down barriers that hold women back from achieving equity and safety.

Catherine Ireland



Mark your calendars for Sunday May 28th. Right after the Sunday morning gathering, we will do our very own famous, satellite Hike for Hospice – ONE LAP AROUND THE CHURCH.

For over 30 years, Humber Valley United Church and the Dorothy Ley Hospice have been community partners, bringing exemplary and much needed palliative care services to the residents of Etobicoke.

This will be our seventh annual satellite Hike for Hospice at the church. It's a "satellite" Hike because the main Hike happens simultaneously on Sunday morning at the Hospice site.

This year's Dorothy Ley Hospice awareness campaign at HVUC will begin on May 7th. Your Hike for Hospice team leaders will bring you updates and information about the Hospice and this year's Hike. Watch for it on our HVUC website, in our weekly Keeping in Touch, during Sunday morning announcements and by visiting with us during Sunday morning coffee & cookies.



And don't forget to wear your "hiking" shoes on Sunday May 28th!

Ron Crago

for your Hike for Hospice Team

For a virtual tour video of the Dorothy Ley Hospice, go to the website, <u>dlhospice.org</u>, and click on the red arrow of the tour video (not the green Take a Virtual Tour box).





Congratulations Sophie

World FIRST Robotics Championships

Congratulations to Sophie Barkley who has just returned from the World FIRST Robotics Championships (April 19-22) in Houston, Texas.

FIRST stands for "For Inspiration and Recognition of Science and Technology". It is an outstanding organization that engages students from around the world in fabulous hands-on learning, not only for STEM



(Science, Technology, Engineering and Math) but for so many other areas including business, PR, project management, fundraising, negotiation, strategy, collaboration, outreach etc.

Sophie's team is "Inverse Paradox" (Team #1325), a community team that meets in Mississauga near Square One.

They had a notable season, winning the Gold medal at the University of Western Ontario and McMaster University, the Silver medal at Georgian College and 9th place at the Ontario Championship. They also won the Autonomous Award at Georgian College and the Excellence in Engineering Award at UWO, McMaster and Provincials.

Then they went on to do wonderfully well at Worlds.

There are 8 fields at Worlds that are named after famous people in the STEM world. Each field had approximately 75 robots competing this year. Sophie's team competed on the "Daly field which is named after Marie Maynard Daly who did important research relating foods to medical conditions. She also worked to include minority students in medical school and graduate science programs.

After the seeding matches, Sophie's team was the 6th pick among the 78 teams on the Daly field which is remarkable. They made it through to match 9 of the 14- match double-knock-out playoff. Their season ended in in a heart-breaking 206 to 207 point loss. To put that in perspective, the scores in the final match on the Daly field were 198-210 and 175-202 – so given different pairings, Sophie's team would definitely have been in the running to win the Daly field.

In the overall final among all 8 fields, there were 15 matches, so 30 scores, and only 7 of the scores were higher than Sophie's 206. So with different pairings, the world silver medal would have been within their reach. But at Worlds, you need an awesome robot, an awesome team, and you need all the stars to align in order to get to the overall finals on the Einstein field. Apparently, this wasn't the year that Sophie's stars aligned!

Sophie's role at Worlds was the leader of her team's Scouting group. She ensured that there were 6 team mates watching every match, recording the capabilities of each of the 6 robots that were playing. She made sure the results were collated so the team could make a "pick list" for "Alliance Selection" where the 4-robot alliances were formed for the finals.

When you see Sophie, ask her about her experience: She's

sure to have stories about her 30-hour bus ride each way. She will have seen 600 different robots each designed to accomplish the same thing but in so many different ways – Sophie will be able to tell you which designs worked well and which designs to avoid going forward! Sophie had the chance to meet 10,000 super-smart students from around the world. Had time permitted, there were also educational seminars, a university / scholarship marketplace, and



an "Innovation Faire" where the sponsors engaged with the students to show their wares.

To learn more about FIRST in general, watch this 3.5 minute video: What is FIRST Robotics Competition? | FIRST (firstinspires.org)

To see an overview of this season's game that the robots were designed to play, watch this 2.5 minute video: 2023 FIRST Robotics Competition CHARGED UP presented by Haas Game Animation - YouTube

To see Sophie's robot in action, watch this 2 minute video of their final match, with a notable score of 206-207: Match 9 - Daly Division 2023 - The Blue Alliance

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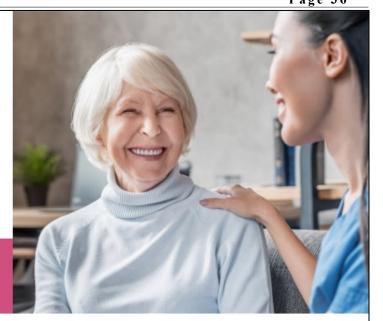
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Connections

Vision Statement

Humber Valley United Church is a place where everyone belongs.

Just as God rejoices in the goodness and diversity of creation,
we celebrate the richness that diversity brings to our church.
We open our hearts and community to all people, respecting differences,
honouring uniqueness, seeking social justice, and growing in mutual love.

In Christ, persons of all sexual orientations, gender identities, economic status, races, ages, cultures and abilities are welcomed to participate in the full life of the church including membership, leadership, the Lord's Supper, baptism, marriage and funeral services.





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