

St. Luke Cedar Hill

The Diocese of British Columbia
Anglican Church of Canada

3821 Cedar Hill Cross Road
Victoria, BC V8P 2M6

A City on a Hill Cannot Be Hidden...

The Prescription

Anglican Life on Cedar Hill

Community

Youth Ministry

Caring Family

Summer 2015



Highlights of this Issue:

Report and Pictures from the Amazing Journey Summer Day Camp
Trips to Celebrate a Special Birthday and Anniversaries
Plans for St. Luke's Anniversary Weekend – September 19th and 20th

Rector: The Reverend Daniel Fournier
Associate Priest: The Reverend Donald Walls
Honorary Assistant: The Reverend Lyn Oldale

Summer Issue – August 2015



From your Editor – Ray Lett



Can a person's size be a disadvantage in life? A spontaneous answer to this question might be "yes", but as Malcolm Gladwell explains in his book, "David and Goliath", a physical disadvantage or a disability may actually be an advantage, if viewed in another way. Everyone is familiar with the Biblical story of David and Goliath (*Bethlehem Times News Flash - Shepherd boy slays a huge, armored warrior with a simple sling*). Malcolm's interpretation of the Biblical account places Goliath at a terrible disadvantage in that he expected to face a similarly armed Israelite champion after the custom of 10th century B.C. battles (*champion versus champion - survivor takes all*). Also, it is possible that Goliath may have suffered from acromegaly, a benign tumor on the pituitary gland, which caused unlimited production of the growth hormones and poor vision. Hence, the agile David inspired by God and crack shot with a sling (a lethal weapon often used by street fighters today) had no difficulty in stunning the static, sight impaired (and likely, puzzled) Goliath. A David and Goliath example, today, might be to assume someone is too old or mentally challenged to learn a new skill. Then to discover that, after training, they have a natural aptitude for that skill and ultimately become a trainer, helping people reach their full potential. For example, the Shelbourne Community Kitchen, supported by St. Luke's, trains people, many of whom have little past experience or skills in cooking. Having acquired these basic skills – who knows, some of them may become excellent chefs.

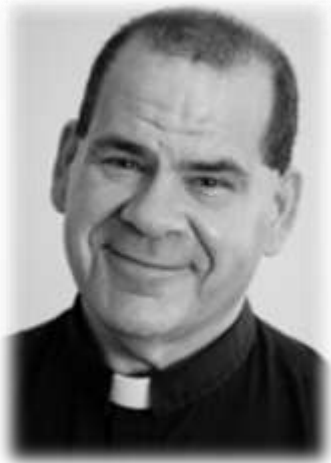
In this issue, the Rev. Daniel Fournier provides his reflections on the Amazing Journey Day Camp. Gillian Bloom, Vicki Sharp, and Bob and Lois George sent articles and pictures about trips to celebrate a milestone birthday and special anniversaries. A report and pictures from the Day Camp are included as well as updates from the CARE Team, Cemetery Committee and Anniversary Committee.

Thanks from me and from Barb Prescott, co-editor, to those of you who sent articles and our regrets if we've missed anyone's contribution. Remember, we may have to edit your articles for brevity and grammar, and we cannot include previously published material unless you have permission from the source because of copyright infringement. You can send material to the St. Luke's Church office (st.lukes@shaw.ca) or e-mail it directly to me at Raylett@shaw.ca. Text should be in Microsoft Word format if possible, and JPEG format photos (high resolution) are preferred.

Friday, September 25th, 2015 is the deadline for the Thanksgiving 2015 Prescription.

The Amazing Journey Day Camp from the Rector's Perspective

by *The Reverend Daniel Fournier, Summer 2015*



*The Reverend Daniel
Fournier*

Photo credit: Michael Zastre

It has now been more than a month since Lutheran Church of the Cross and St. Luke's shared in the experience of running our annual children's day camp. And even now I still find myself profoundly affected and moved by the experience that we all shared.

This year I was able to experience the camp from a totally different perspective. In all the years I had been involved in church life, as well as in camp life in various functions, I have never had the opportunity to experience what being a group leader or camp counsellor or anything of the sort was like. In the past I have done stations where various kids would come to the station I led. I have led music in camps; I have presided at services at camp, but never have I led a group.

Leading a group, along with Erika Pryer, gave me a whole new perspective on how things function as well as a grand view of the teamwork that takes place to make such a large production come off well. During that Day Camp week I was able to see within the group twelve young souls grow in faith and fellowship as they learned a little about the culture and ways of life that surrounded Jesus as he grew from infant to adulthood. If you have not yet had a chance to view the pictures from the Day Camp, please go to our parish website and follow the link to the Amazing Journey Facebook page.

It was indeed an amazing journey through that Day Camp week as I truly had a sense of traveling through the days, places, and stories of that week: like the Market, where we were introduced to ancient crafts and practices, or Joseph's Workshop where the children (and perhaps this priest) were instructed and led to make tool boxes. We also visited Mary's home where we were introduced to key biblical passages and the telling of Jesus' story.

Friends, I came out of that day camp experience so excited about the gifts that are so much in evidence here at St. Luke's and the gift of this relationship we share with Lutheran Church of the Cross. I know that we did find it a challenge to fill some of the positions and needed to customize the program so that the camp would function well (and it did). This is what I thank God for and what I experienced as the amazing part of the week. How incredibly blessed beyond belief we are that we can hold a day camp for 60 children and, by the grace of God and the gifts of the Holy Spirit, have it be such a successful camp. As one of the songs we sang at the camp says, "Great things happen when we come together, great things happen when we praise our Saviour."



*Daniel helping Charlie with his toolbox
Photo credit: Sharon Hallsor*

As Rector of St. Luke's, I want to thank all the volunteers from both our churches who tirelessly placed so much energy and love into making this camp function so well. The food preparers, the set-up and take down crew, the group leaders and station leaders, the organizing committee, the market and activities leaders. I especially want to say thank you to the respective church youth leaders, Sharon Hallsor and Janice Nelson, for their leadership and vision in keeping this going each year.

In addition....I would like to let our parishioners know about some news items and upcoming events that will be taking place in the next three months.

First of all, you will read in this issue of the Prescription about the exciting events taking place in our parish as we celebrate 155 years on the weekend of September 19-20. Part of the celebration of this weekend will be in our joy in sharing the good news of who we are and what has been happening at St. Luke's.

On that note, I would like to take this opportunity to challenge each one of us to share this good news with family, friends, neighbours, co-workers, etc. In past years we have held our Back to Church Sundays in late September. This Anniversary Weekend serves very much in the same way but with a far wider reach. You can call it Back to Church, Welcome Home, Homecoming Sunday, or Bring a Friend Weekend. The point is to make a commitment to share the good news of St. Luke's Church with one or many on September 19-20.

The second thing I wanted to bring to people's attention is that beginning in the new year, we will hold a once a month youth and family centred worship. This service will feature a different pattern of Eucharistic worship than the BAS with different texts and music than we have grown accustomed to at the 9:15 service. The planning of these services will be directed by a committee consisting of 4 or 5 including families, young adults and youth. This is in response to requests I have received to incorporate more contemporary worship on Sundays. More on this as the committee is developed.

Lastly, most of you are now aware that I will be taking my official holidays for this year beginning August 16th till September 16th. Joan and I will be traveling to Australia to visit Shannon and Shannon (our daughter and her husband and yes, they are both named Shannon) and our grandchildren, Isabelle and Eloise. We have only met Isabelle once as a baby and have never met Eloise (except through Skype).

I continue to thank God for the blessing of this parish I am so privileged to serve.

Deo grátias Daniel+

Gleanings from the Past

Submitted by Pam Gaudio

IMPROVEMENTS AT CEDAR HILL

"Improvements are underway in every direction at Cedar Hill. The Rectory is being enlarged and generally brightened up and a large windmill and numerous small buildings are being erected. On the church farm half a dozen new houses are going up, and will be occupied as soon as finished."

From: The British Colonist, July 10, 1891, p.5.

Guess Who?

We have three new “Guess Who” pictures from St. Luke's Church community members for you in this issue. Here they are:



“Guess Who” 1



“Guess Who” 2



“Guess Who” 3

Thanks to the Guess Whos for sending in these pictures! It's great to have this variety of pictures. We'd love to include yours in the next Prescription. So please sort through some pictures of your younger self and send us one.



And from the Easter Issue, did you recognize her smile and guess this is Vicki Sharp?

A Note from Vicki Sharp

Vicki writes: For many years I have sent cards to those who need a “lift” or greeting. But I need to hear from somebody/anybody as to who needs a card. Please advise me by phoning me at 250-598-7251 and leave a message or by e-mail (sharpv43@shaw.ca).

Vicki's note arrived in the CARE Team suggestion box. Her ministry of cards and notes to parishioners is an example of ways that we can care for each other. Please help with this important ministry by letting Vicki know about anyone you know who would appreciate receiving a card from St. Luke's.

TIME

By Joan Jolson

What is it?
Why is it so important to us?
Can or can it not be balanced?
Sometimes we get to our destination early,
sometimes late.

Why are we hurrying or delaying going to
our destination or doing our chores?
Is it because sometimes we do not read
our schedules or our calendars?

If we are early, is it wasted time
in our allotted time on this earth?
Or is it useful to allow us to reflect
on our world and our place in it?

Reflection takes time,
solitude and peacefulness.
Why doesn't our hectic world
allow us that chance?

Between work, meetings, families and all other
activities that take up our time
Where is the Peace and Solitude that we need
to be at Peace with ourselves and the World around us?

Can we go back in time? No, but time will
Allow us to reflect on our lives and its Purpose.
Peace within ourselves is needed.

Time is not vast for us. It is limited by our birth and our God.

Therefore take time in your busy lives
and reflect on what God has given us
to do for our family, friends, community and ourselves
in the time allotted to us on this earth.

Written November 14, 2014.

Recited by Joan at St. Luke's Pub Night, June 12, 2015.





Parish Council Members – June 2015

Sitting from the left – Genevieve Richards, Ray Lett, Bonnie Watkins, David Williams, Vicki Sharp, Rev. Donald Walls, Edith Jarrott

Standing from left – Rick Saville, Harry Felsing, Sharon Hallsor, Barb Prescott, Rev. Daniel Fournier, Marlene Mitten, Bill Ross, Lis Louwrier

Absent – Sandra Lindberg

Our thanks to Michael Zastre for taking this picture.

ST. LUKE’S 2015 PARISH COUNCIL

Rector’s Warden
Deputy Rector’s Warden
People’s Warden
Deputy People’s Warden

Marlene Mitten
Barb Prescott
Sharon Hallsor
Harry Felsing

Treasurer
Secretary

David Williams
Genevieve Richards

Synod Delegates

Sharon Hallsor
Barb Prescott
Genevieve Richards

Alternate Synod Delegates

Harry Felsing
Ray Lett
Marlene Mitten

Members-at-Large

Edith Jarrott
Sandra Lindberg
Lis Louwrier
Bill Ross
Vicki Sharp
Bonnie Watkins

*Draw your Church together, O Lord, into one great company of disciples, together following our Lord Jesus Christ into every walk of life, together serving him in his mission to the world, and together witnessing to his love on every continent and island.
We ask this in his name and for his sake. Amen.*

A Word from the Wardens – August 2015

by Marlene Mitten, Sharon Hallsor, Barb Prescott, and Harry Felsing

We always think that summer will be a quiet time with people away on holidays and less happening – but not this summer! We started the summer with our amazing summer camp, our Amazing Journey Day Camp. Sixty-one children and thirty-five adult and teen volunteers journeyed back to Nazareth to when Jesus was a boy. Look for a report and pictures on pages 14-16 and visit the Image Gallery at our website (www.stlukesvictoria.ca/imagegallery.htm) to view a slide show of pictures from the camp. Thanks to all the volunteers who helped with the camp and to the people who lent and donated items for the camp and provided bursaries. Your assistance in so many ways helped to make this camp such a success!



*Our Palm Procession at the April
Fantastic Friday
Photo credit: Barb Prescott*

Fantastic Fridays – Fantastic Fridays, held April 3rd, May 1st and June 5th, continue to be well attended with 76 people attending in April, 31 in May, and 78 in June. The April Fantastic Friday fell on Good Friday so we explored the Palm Sunday and Good Friday stories. In May our theme was Following Jesus, while the June 5th Fantastic Friday was a preview and early registration evening for our Amazing Journey Summer Camp. **Fantastic Fridays will continue in the fall on the first Friday of each month so mark your calendars with these dates: October 2nd, November 6th, and December 4th.** We hope to see you at a Fantastic Friday in the fall.

Our Spring Fair and Tea held on April 25th was again very successful raising a total of \$6668.81. Special thanks to Carol Turnham and Lois George for convening it.

Pub Nights – We held a Pub Night/Talent Night on June 12th which was well attended and enjoyed by parishioners from St. Luke's and Church of the Cross, members of St. Luke's Players, and our invited friends. Everyone appreciated the addition of the Talent Show and the variety of talents offered. We hope to feature another Talent Show at one of our next Pub Nights. Thanks to Marlene and Russ for organizing the Talent Show.

Garden Party at the Turnham's – Our thanks again to the Turnham Family for hosting the Parish Garden Party on June 27th. An added feature this year was a vintage fashion show which was enjoyed by all. The \$400 received in donations was given to the Shelbourne Community Kitchen. What a perfect afternoon we had in the Turnhams' beautiful garden! Please visit the Image Gallery at our website (www.stlukesvictoria.ca/imagegallery.htm) for more pictures from the Garden Party.



*A Quiet Spot in the Turnhams' Garden
Photo credit: Gillian Bloom*



The Vintage Fashion Show at the Garden Party

Photo credits: Gillian Bloom

Summer Projects – This summer has also been busy in terms of building and grounds projects. So far, the parking lot lines have been repainted (at a cost \$1340 plus GST); an emergency lighting system has been installed (\$2670 plus GST, \$2000 of which will be paid for by Thrifty Foods Smile Cards); a security system for the front door of the hall has been installed (\$2400 plus GST), and the hall and hallway have been painted (\$4350 plus GST). These projects total \$10,760 plus GST, less the \$2000 we will receive from the Thrifty's Smile Card fundraising. As well we plan to replace the furnaces in the church over the summer, which will cost an additional \$10,740 plus GST. Therefore, this will mean that we have spent or will be spending about \$20,000 on buildings and grounds improvement projects over the summer.

All of these improvements are necessary in terms of safety (the emergency lighting and the security system for the hall door), aesthetics (Doesn't the hall look great, freshly painted?) and upkeep (We would all be unhappy and cold if the church furnaces stopped working during the winter).

Thank you to everyone who has donated to these projects through the use of your Brown Special Purpose envelopes. **From the beginning of July through to Sunday August 9th, we have received \$2636 towards these projects, which covers approximately 12% of the costs.** Please continue to use the Brown Special Purpose envelopes to help pay for these necessary improvements.

Our 155th Anniversary Weekend – We have also been busy over the summer planning and preparing for our 155th Anniversary Weekend, September 19th and 20th. Please see the report on page 11 outlining the plans for this weekend of celebrations.

Also please refer to Dates to Note Table on page 10 for a listing of other events and activities for the fall.

May God be with you as you enjoy summer in Victoria or in your travels as you enjoy summer elsewhere.

Blessings, Your Wardens, Marlene, Sharon, Barb, and Harry

A reminder that your support is always needed for.....

The Regional Grains Program for Our Place – Our Place would be delighted to receive the “Grain” contributions you put in the box at the back of the church. Contributions are collected on the second Sunday of the month. Here’s the roster for the remainder of 2015:

Month	“Grain”
September	Spaghetti
October	Barley
November	Dried Split Peas
December	Dried Fruit

Also, consider helping with **Flowers for the Church** by making a donation to the Altar Guild. Please contact **Margaret Warden** at 250-477-1303 for more details.

And we always NEED New Volunteer Greeters, Readers, Sidespeople at all of our services. Please speak to the Rector, Ray Lett, or Barb Prescott if you are able to help in any of these ways.

Important Parish Dates to Note for September – October 2015

Date	Event
Saturday, September 19 th	Family Fun Day – 10:00 am – 1:30 pm
Saturday, September 19 th	Descendants’ Tea – By invitation
Sunday, September 20 th	Homecoming Service – 10:00 am
Sunday, September 20 th	Anything Goes! Concert – 2:30 pm Celebrating 155 Years of Music at St. Luke’s
Sunday, September 20 th	Special Evensong Service – 7:00 pm
Sunday, September 27 th	Floor Hockey in the Hall – 6:00 – 7:30 pm
Friday, October 2 nd	Fantastic Friday (aka Messy Church) – 4:30 – 6:30 pm
Sunday, October 4 th	Blessing of the Animals Service – 9:15 am Service
Sunday, October 18 th	St. Luke’s Patronal Festival Service and Dinner – 5:30 pm

Victoria Jindokai Karate ***by Ariel Louwrier***



Victoria Jindokai Karate, in conjunction with St. Luke’s, is offering karate classes twice a week from September 28th until December 21st, on Monday and Thursdays. Kids ages 6-12 train from 4:00 to 4:45 pm while 13+ to adults train from 4:50 to 6:00 pm in St. Luke’s Church Hall. Details at www.jindokaikarate.com/home.html or contact: info@jindokaikarate.com. Cost is a \$25 donation for all sessions inclusive.

Celebrating the Lives of St. Luke's Parishioners

by Lis Louwrier

This autumn, I will be interviewing various parishioners for a column called: *Celebrating the Living Church: The Lives of our Parishioners at St. Luke's*. We, at St. Luke's, have and have had a number of very interesting people attend our church. Many of these people have dedicated their lives to serving the church, the community, and Canada. It is important to hear about these people and celebrate them in our church family. We know many might like to hear their history, tales and spiritual journey through life. For others, it is an opportunity to know more about our fellow members in a respectful and positive way.

My first interview will be with Jim Cross, a long-standing member of our church. He has lived a very rich life.

If you would like to hear about a particular member of the church or if you have a story to tell, please contact me: Lisbeth Louwrier (louwrier@shaw.ca) and tell me who you would like to read about. I look forward to hearing from all of you.

Celebrations for our 155th Anniversary

by Barb Prescott

"I rode out this afternoon to Cedar Plains and held service in the house of a worthy Presbyterian.... Round about this spot are a number of small farmers, each owning land and gradually bringing their acres into subjection, most of them have only been [here] a year or so. By and by this wilderness will become a fruitful garden, these poor men will become substantial landowners, and we hope the Church of England, thus the first so to follow them into the bush, will be their adopted mother and the village church and school and pastor will find from them a willing support."
(NO BETTER LAND: The 1860 Diaries of the Anglican Colonial Bishop George Hills, Edited by Roberta Bagshaw. Victoria: Sono Nis Press, 1996, pp. 237-38.)

As noted in Bishop George Hills' diaries, the Parish of St. Luke Cedar Hill began in 1860 with the first recorded service at Cedar Plains (in the area now called Cedar Hill) held on September 17, 1860. This service was held in a farmhouse belonging to a "worthy Presbyterian" family, John and Jessie Irvine, situated on what is now the west side of Cedar Hill Road, just north of the present site of St. Luke's Church. To commemorate the beginning of the Parish of St. Luke Cedar Hill, we are planning a 155th Anniversary Celebration Weekend, full of events and activities, for September 19th and 20th.

Celebrating 155 Years **Sept. 19 & 20**

St. Luke Cedar Hill
Anniversary Weekend

Family Fun Day
Saturday 10 am - 1:30 pm

Homecoming Service
Sunday 10 am & Light Lunch

Anniversary Concert
Sunday 2:30 pm

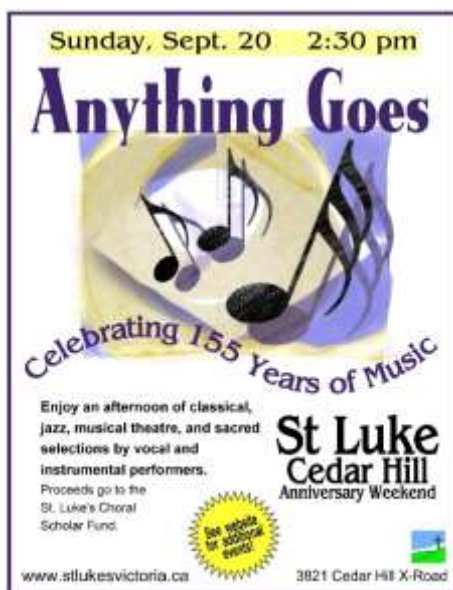
See website for detailed schedule!

www.stlukesvictoria.ca Cedar Hill X-Road at Cedar Hill Road

Saturday morning, September 19th, from 10:00 am – 1:30 pm will feature our Family Fun Day. Building on our successful Fun Days the last five years, we will be inviting the community to another Family Fun Day on Saturday, September 19th. Join in the fun in the parking lot with games, music, an obstacle course, arts and crafts, woodworking table, and free coffee, juice, hamburgers and ice cream. As a part of Fun Day, our neighbours across the street at Lutheran Church of the Cross invite you to a free Pancake Breakfast from 9:30 - 10:30 am. Our Family Fun Day is a great time to invite your friends and neighbours to come for a visit and find out about St. Luke's. Invitation cards will be available towards the end of August. If you have ideas, suggestions or expertise you can contribute to this event, please contact Sharon Hallsor, Barb Prescott, Marlene Mitten.

On Saturday afternoon descendants of people buried in St. Luke's churchyard, especially area pioneers, have been invited to a Descendants' Tea. This event is by invitation and all available spaces are presently reserved. If you have family members buried at St. Luke's and would like to be added to our descendants' list for future events, please e-mail the church office (st.lukes@shaw.ca) or phone 250-477-6741. Please provide your name and contact information as well as the name of your ancestor buried in St. Luke's cemetery and we will add your name to our contact list for future events. If you are able to assist with the tea, please contact Sylvia Van Kirk, Pam Gaudio, Sandra Lindberg or Carol Turnham. Carol is also looking for people who can help with modeling vintage clothing during the fashion show at the Descendants' Tea. Please contact Carol if you would like to help with this.

On Sunday morning, September 20th, at 10:00 am we will have a Homecoming Service and everyone is welcome! This will be an opportunity for you to invite anyone who has a connection to St. Luke's to come "back home" to St. Luke's. A connection could include being baptized, confirmed or married at St. Luke's or having attended Sunday School or other events at St. Luke's. Invitation cards will be available closer to then but meanwhile think about people you know with a St. Luke's connection. A light lunch will follow this service.



On Sunday afternoon at 2:30 pm a special concert will take place, entitled *Anything Goes!* St. Luke's Music Ministry Team and friends will present a variety show featuring a myriad of musical talent. Enjoy an afternoon of classical, jazz, musical theatre, and sacred selections by vocal and instrumental performers. Admission is by donation, with \$15 being the suggested donation. Proceeds will go to St. Luke's Choral Scholar Fund. As well as modern selections, the concert will include some historical touches as we celebrate 155 years of music ministry at St. Luke's.

The weekend will end with a special Evensong service at 7:00 pm. Please come and celebrate the 155th Anniversary of our Parish of St. Luke Cedar Hill by attending and by inviting others to attend these events and special services. For more information, please visit our website at www.stlukesvictoria.ca.

The Shelbourne Community Kitchen - An Update

by Ray Lett



May 9th Shelbourne Community Kitchen Annual General Meeting: Left to right - Colin Booth (Treasurer), Laura Cochrane (Chair) and Kim Cummins (Program Coordinator).

Photo credit: Ray Lett

The Shelbourne Community Kitchen is a collaborative effort of five community partner organizations: Lutheran Church of the Cross, St. Aidan's United Church, St. Luke's Anglican Church, Mt. Tolmie Community Association, and Camosun Community Association. Conceived in 2013 the kitchen, located at 3541 Shelbourne Street, is a neighborhood resource centre for those in the community who lack adequate access to healthy food. At the Kitchen small groups cook meals together, work in the community garden and access the food pantry.

On May 9th, 2015, the Shelbourne Community Kitchen Society held its first Annual General Meeting and elected the Directors to the Society Board. These Directors include Edith Jarrott and Ray Lett (yours truly) to represent St. Luke's. The Board Chair is Laura Cochrane, the Secretary is Janet Molnar and the Treasurer is Colin Booth. The Kitchen is very fortunate in having Kim Cummins who very ably coordinates the cooking training programs, pantry, gardens and other activities. On June 6th the Directors met to create an action plan to set future priorities for Kitchen Society governance, funding, sustainability and program support.



*Shelbourne Community Kitchen's New Location
3541 Shelbourne Street
between Cedar Avenue and Donnelly Avenue*

Volunteers are always very welcome, especially if you have cooking and/or gardening skills. If you would like more information, please speak to Edith or myself, visit the Shelbourne Community Kitchen at its website (<http://shelbournecommunitykitchen.ca>), on Facebook at <https://www.facebook.com/ShelbourneCommunityKitchen> or contact Kim Cummins, Program Coordinator, at info@shelbournecommunitykitchen.ca or at (250) 590-0980.

There is an urgent need for non-perishable food items to replenish the Shelbourne Community Kitchen Pantry. The demand is increasing and the stores are low. If you are able to help please contact Kim Cummins, the Program Coordinator, at info@shelbournecommunitykitchen.ca or 250-590-0980 to arrange a time for delivery of your food items. They will be very much appreciated.

The Amazing Journey Summer Day Camp

by Sharon Hallsor

Although it is true that our summer day camp is planned and led with the enjoyment and spiritual development of children in mind, in reality, the Amazing Journey Day Camp has come to offer so much more. We are successfully building community.

For the past four summers, Lutheran Church of the Cross has partnered with St. Luke Cedar Hill to create and implement a summer morning program for children aged 4 to 11 years old, to be held at the beginning of July. The location of the day camp alternates between the two church facilities from summer to summer. This year, the camp was held at Church of the Cross from July 6 to 10. We had 61 campers attend, and over 30 volunteers take active roles.

Our theme involved traveling back in time to 1st century Nazareth, when Jesus was a kid. We decided to give our annual day camp a name that could be used from year to year, and we have chosen to call it "Amazing Journey".

Our program included singing, active games, tasty snacks, building tool boxes at 'Joseph's Workshop', Bible stories at 'Mary's House' and

a variety of crafts and hands-on activities at the 'Marketplace'. Some of these activities included wool felting, dying cloth, planting seeds, beadwork, food tasting, Hebrew writing, clay oil lamps, and making olive oil scrubs. In addition, we arranged for a demonstration beehive with drones to hold and honey tasting, and a visit from month-old lambs for the children to pet and learn a little about shepherding.



Demonstration Beehive and Honey Tasting

Photo credit: Barb Prescott



Ben Practicing Hebrew Writing

Photo credit: Sharon Hallsor

The program proved to be vibrant, thought provoking and engaging for all involved. The children really enjoyed themselves and all our volunteers did a wonderful job to make this week a success. However, as it turns out, our Day Camp goes beyond a 5-day experience.

The older children view the Amazing Journey as a leadership opportunity. Many of our grade 4 and 5 students have expressed a commitment to return in future years as volunteer leaders. Some children have even requested certain roles they would like to fill. We have always had the good fortune to work with teenagers at our camp, but this year we had the added excitement of having 4 of our leaders be former campers from this program. The young children love the energy and insight of teens, but they also fully understand how these young people are modeling opportunities that will be available to them when they are in high school. They understand that they are a part of something larger than themselves and they want to play a role in that community, believing that it will still be there for them well into the future.

Just imagine for a moment, ten years from now, 61 youth aged 14 to 21 who want to serve in the name of Christ. It's possible. And wouldn't that be an amazing journey to be a part of!

Pictures from the Amazing Journey Day Camp

Photo credits for all photos on this page: Sharon Hallsor



Orange Caravan Group with Robert Zastre, Caravan Leader and former camper



Yellow Caravan Group with Keith Greentree, Caravan Leader and former camper



Green Caravan Group with Drew Simpson, Caravan Leader and 4th year volunteer



Purple Caravan Group with Elisabeth Hallsor, Caravan Leader and former camper



Blue Caravan Group with Erika Pryer, Caravan Leader and 2nd year volunteer

Seth McIndoe, Games Leader and former camper



In the Marketplace – Felting and Beading

More Pictures from the Amazing Journey Day Camp

Photo credits for pictures on this page: Sharon Hallsor, Tara Poilievre, and Barb Prescott

To view more pictures and a larger version of all the pictures, please see the slideshow link at the Image Gallery of St. Luke's website (www.stlukesvictoria.ca/imagegallery.htm).



Above – Making An Olive Oil Scrub, Singing and Dancing, Fun and Games

Below – In Joseph's Workshop, In Mary's House, Petting Lambs, Holding a Drone



St. Luke's CARE Team Report

by Barb Prescott

You may have heard us talk about St. Luke's CARE Team and wondered what is St. Luke's CARE Team? Who are its members? What is its role at St. Luke's?

During our Cottage Group meetings and our Parish Visioning Day last year, we identified pastoral care as an area where "our light could shine brighter." Since then a group has been working to put this idea into action. Last fall a number of parishioners attended the Pastoral Care Training Session given by counsellors from South Island Centre. From those attending this training session as well as others with a background or knowledge in this area, a team was formed. Members of the team are Rev. Daniel Fournier, Sandra Lindberg, Marlene Mitten, Rev. Lyn Oldale, Barb Prescott, Susanne Reul-Zastre, David and Sylvia Sinclair, Rev. Don Walls, Bonnie Watkins, and Rosemary Watts.

This team met for the first time on April 11, 2015 and we have met three times since. We discussed what the term, pastoral care, means to us. Pastoral care happens in the context of a Christian family caring for one another. We discussed key words for pastoral care we hope to implement for everyone at St. Luke's. People should know that at St. Luke's they are cared for, thought of, loved by, included by and important to God and all of us at St. Luke's.

After much discussion, we found a name for the group: **St. Luke's CARE Team**, with **CARE** standing for **Connecting, Active, Resources, and Education**. We recognized that an important starting place for this group is in the areas of education and resources. Members of the CARE Team are learning about resources available in the community so that we can help parishioners access the resources they may need.

At a recent meeting, we welcomed Shelly Olson, Case Manager for Home Support at Island Health. She provided us with a list of Services for Seniors (included below and on the following page) as well as a number of other resources which we will later summarize and include copies in our St. Luke's Library. This is an important area for the CARE Team: to be aware of the community resources that are available and let others know about these resources should they need them.

As the CARE Team works to further define our role, we thank you for all the suggestions you have provided in the suggestion box at the back of the church. We realized that our question about caring for each other was very vague and a number of your suggestions are what we might do to care for a friend or family member, rather than as a CARE Team member. For example, someone suggested that we could meet each other more often for meals, walks and other activities outside of church. Making these connections will strengthen our St. Luke's community but this won't be a role for the CARE Team. This is our own personal way of making friends and caring for each other. Likewise, personal care, such as helping with bathing, meals or shopping, would not be the role of a CARE Team member. One might do this for a friend or a family member. Or a CARE Team member could refer the person to the community resources available for this type of assistance. Please refer to the Services for Seniors list below.

As well as helping CARE Team members and parishioners become more aware of resources available in the community, another role for the CARE Team includes checking the connections parishioners have within our St. Luke's community to make sure that people are not falling between the cracks. Are people already part of a team or group which looks out for each other, such as the Choir or the Altar Guild? Who does not fall within any "team"? How do we look out for those people? Other possible roles for the CARE Team could include Lay Eucharistic ministry and visiting teams. The CARE Team would need to develop guidelines for these practices before we proceed. The CARE Team could also have a role in ministry amongst new parishioners.

Watch for more information in upcoming bulletins and Prescriptions as the CARE Team continues to define its role and to collect more information and resources to share with you.

SERVICES FOR SENIORS IN THE COMMUNITY

***Presented by Shelly Olson, Case Manager for Home Support at Island Health,
to St. Luke's CARE Team, June 25, 2015***



Home and Community Care of Island Health (formerly Vancouver Island Health Authority, VIHA) is a team of trained professionals who support people in their own homes. Our goal is to assist people to function at their highest level, as safely as possible, at home. Our team consists of RN's, Occupational Therapists, Physiotherapists, Case Managers,

Dieticians, Social Workers and Recreation Therapists. Together as a team, we provide services as necessary within our scope of practice.

Home Supports include:

- Support for Activities of Daily Living (ADL): dressing, grooming, bathing, medications and some meal and laundry support when tied to a personal care need.
- Arranging for caregiver respite.
- Helping people access needed levels of housing and care such as Assisted Living and Residential Care.
- Referral to other community services/programs including adult day programs, bathing programs, crisis intervention, grocery shopping and delivery services, hospice, meal programs, medical equipment, non-profit support groups such as the Alzheimer's Society, private home support agencies, safety and security, volunteers such as Capital City Volunteers, transportation including Pacific Companion, BC Transit Handy Dart Program, and Veteran's Affairs.

In addition to Home and Community Care, we have other health care teams we liaise with which are part of Island Health: QRT (Quick Response Team), Home First, SORT (Seniors Outreach Team), GOPC (Geriatric Outpatient Clinic), FLUC (Foot, Leg and Ulcer clinic), Pain clinic, BC Cancer Agency, Hospitals and Hospice.

Eligibility: Must be 18 years old or older and have lived in BC for minimum 3 months.

Cost: There is no cost for services provided by our team. There could be a cost for home support services depending on your level of income.

Who can refer someone? – Anyone – Self, family, neighbour, friend, doctor. Anyone who is concerned!

Abuse and Neglect – Home and Community Care is a designated responder under the Adult Guardianship Act, which gives us the responsibility and the power to investigate cases of reported abuse, neglect and self-neglect. Possible signs: person is isolated (haven't seen them around), dishevelled appearance (dirty clothes, poor hygiene), nutrition (client appears thin/frail), physical signs (bruising or unexplained injuries), or new person hanging around who is not family.

Referrals/Access: General Inquiries Line - 250-388-2273

What WE CAN'T Do – Housecleaning, driving, shopping, meals, errands, banking, gardening, maintenance and friendly visits.

What YOU (St. Luke's Parishioners) CAN Do – Assist with access to community programs – Navigating and coordinating. Be our eyes and ears in the community. If something doesn't look right, feel right or if you have any concerns, please call the **General Inquiries Line - 250-388-2273**.

A 45-year Wedding Anniversary Visit to Metchosin and Port Renfrew *by Vicki Sharp*

On June 18th, we packed up Treasure, our campervan, and drove to Weirs Beach RV Resort on William Head Road. At the entrance of the resort, owned by South Koreans, a very beautiful large Asian garden greets you where one can wander or just sit and enjoy.

Our site was number 2, ocean front, but behind us was the large lagoon. Upon logs, large turtles bask in the sun, kingfishers call as they fly back and forth and redwing blackbirds sing in the reeds. On the waterfront we were well entertained with the sail past of barges, sailboats and endless cruise ships, the majority of which docked at Ogden Point that we could easily see! Seals came and went as did the tides. Low tide gave hard sand for local joggers and us visitors to walk on. Next day (June 19), a 'land' wind blew all day, strong and a wee bit cool. Once the mist and clouds cleared from Mount Baker, we had a marvelous view of the mountain. In the afternoon, two girls walked two lovely horses down to the beach and walked them into the sea, which they seemed to enjoy. June 20th was our special day!! A 45th wedding anniversary! A glorious, relaxing day, a slight sea breeze and, to celebrate, I cooked a smashing dinner, with wine and Thrifty's chocolate cake.



Start of the West Coast Trail
Photo credit: Vicki Sharp

Next day (June 21st) we drove to Jordan River where we ate our picnic. Arriving at Port Renfrew it was too late to visit the Botanical Gardens, so we drove straight over the San Juan River bridge to the First Nations Pacheedaht Campground. Utterly beautiful! Our site was on the bank of the tidal Gordon River which flows into the ocean. Port Renfrew Marina is upstream so we had the enjoyment of watching the little boats coming and going and, in the mornings, leaving to fish in the ocean. Then a lovely surprise for us - discovering that the south entrance to the West Coast Trail was across the river from us when one morning we noticed a group of people with backpacks on walking out of the forest. They were waving their arms, then went to a tree and pulled a rope to raise a large orange ball up high. This is the signal for a boatman to come and collect them and deliver another group of hikers to start their trek.

One morning we watched five elk grazing in the estuary which is quite large. There were also kingfishers, eagles, mink, otter, a seal, white crown sparrows, many robins, hummingbirds, and bees plus salmonberries for us to dine on - pure nature! At low tide we clambered down the trail by our site to walk along the river side to the ocean beach where there was another surprise - a treasure trove of driftwood, mounds and mounds of it showing lovely shapes and colours all along this very long beach.

On June 25th we slowly packed up. As I was having my tea in my chair, watching the trail, camera on my lap there was a flap of wings and swoosh. An eagle hit the river and landed his big fish onto the rocks! I got the photo and kept on clicking to capture two crows which came down expecting to dine. The eagle flapped his wings so the crows flew off. Then a large otter came onto

the rocks also expecting to dine! The eagle shrieked and otter turned tail, also photographed. Then another eagle swooped down, picked up his fish and flew off to the far side of the estuary. What an exciting drama!



Breakfast! And fresh
Photo credit: Vicki Sharp



Get away!! That's MY Breakfast
Photo credit: Vicki Sharp

The next adventure was the Botanical Gardens Provincial Park. We walked down the wide and rocky trail to the beach from the parking lot. We delighted in the beautiful trails around us, walking for quite a while to the beach. One trail was the beginning of the Juan de Fuca Trail. Out on the beach, perfect low tide, we started to walk the sandy and pebbly beach over to the sandstone outcropping where the tidal pools have been forming for decades. Some of the pools were very deep, definitely over 40 cm, but only about 10 to 20 cm in diameter. There were very large pools with sea grass growing along with the marine life. We clambered around for a couple of hours, around a tall bluff to the next beach where red paintbrush was growing. On the second beach we rested on a log in the shade, ate our picnic and walked back to the parking lot. Driving back to Victoria, we treated ourselves to refreshments at the Coastal Kitchen in Port Renfrew - a must if you go to that area.

A Wedding Anniversary Holiday in Africa *by Bob and Lois George*

Have you ever thought of going on a safari? As we pondered about what we would like to do on the occasion of our fiftieth wedding anniversary we came across an article in the Toronto Globe and Mail about a train journey across South Africa ending in Zimbabwe (formerly Rhodesia) at Victoria Falls. As we prepared for our "special" holiday (over one year before) we then expanded our trip to include a safari in Botswana as well as the opportunity we would have along the way in South Africa. We avoided group travels, preferring to set our own agenda.

In May our plans became a reality as we flew to Cape Town via London to start part one of the holiday, three days visiting the city, the famous Winelands including the picturesque Stellenbosch and Franschhoek with their Dutch influenced architecture, and the southern coast to the Cape of Good Hope including a colony of 2000 endangered African Penguins (from a breeding stock of 2 in 1982).



Cape of Good Hope - African Penguins
Photo credit: Bob and Lois George



At the most SW Point of Africa
Photo credit: Bob and Lois George

Next, we boarded a fully restored vintage Rovos Train, The Pride of Africa, for the trip from Cape Town to Pretoria via the Hex River Valley and the Touws Escarpment host to hundreds of grape producing farms, which yield most of South Africa's grape harvest. The next day we found ourselves in Kimberley for a tour of the renowned diamond mine and the "Big Hole". We were warned not to attempt to remove even the smallest stone! Another overnight transit found us in the outskirts of Johannesburg and by noon we were in Pretoria, home of the Rovos Rail restoration yard to see the scope of restoration of some of the hundred year old train engines and cars. Then it was off for a great evening and African dining experience in one of the many first class restaurants with new friends we had met onboard the train.

Off again the next day for the second part of our train journey from Pretoria to Victoria Falls, through the goldfields of the Witwatersrand, over the Magaliesberg Mountains, and crossing into Botswana during the night. The next morning we found ourselves on the edge of the Kalahari Desert, a successful cattle ranching area and in the afternoon we stopped to visit a ranch specializing in the breeding of Brahman cattle. As we stood behind a six foot high steel pipe fence facing a most enormous bull, we were told that, given the right incentive, he was capable of leaping it at a single bound! The highlight on our final day, in addition to the scenery was an afternoon in Botswana at The Hyde in Hwange National Park where we were introduced – close up – to families of elephants, giraffe, Cape buffalo and zebra. Seeing them in their natural surroundings, unconcerned about our presence, made our trip a joy.



Hwange National Park
Photo credits: Bob and Lois George

Leaving the train at Victoria Falls we stopped for two nights at the Victoria Falls Hotel where on the first day we unwillingly shared our lunch with a cute vervet monkey and were able to walk the footpath, in the company of many baboons, facing the falls stopping at over a dozen viewpoints. The falls are known by local tribesmen as “Mosi Ou Tunya” – The smoke that thunders – and indeed it roars as in peak months an average of 500 million litres of water per minute cascades into the gorge. In dry season, one can walk much of the rock ledge. Our final night was passed on the Zambesi River, enjoying the sightings of crocodiles and hippos, and a gorgeous sunset.

The final part of our journey found us crossing from Zimbabwe to Botswana in a Land Rover to reach our final destination at the Chobe Game Lodge where we would spend three days alternating between game drives on land and river trips along the Chobe River. Unbelievable gatherings of elephants at the water’s edge provided wonderful viewing of their habits and frolics with week old youngsters demonstrating the skills they were learning under the watchful eyes of the matriarchs! There were unlimited viewings of impala, African buffalo, wart hogs, and a pride of lions who were more interested in snoozing than looking at us. The big male we saw gave us a slow once over then sauntered into the bush! The variety of birds was constantly changing and their colour and songs a pleasure to enjoy. We returned to Johannesburg airport for our return trip home, content that we had seen a part of our world too far for many to visit yet so familiar to many in view of the history of this land with memories of Nelson Mandela. The trip home was completed via a few days in London and Castle Combe in the Cotswolds.

Visiting Varadero, Cuba *by Gillian Bloom*

This past May to celebrate my 75th birthday, we arranged to meet my brother and sister-in-law (who live in England) in Varadero, Cuba. We managed to get a very good deal with Sunwing Vacations for two weeks all inclusive from Vancouver for \$1600 per person. I hadn't seen my brother for two years – the last time we met was in Las Vegas.

We were a little worried that he would not be allowed to fly as he had a stroke a couple of months before we were due to leave. But he was given the go ahead and it was so good to see him and to share the two weeks with him. We stayed at a lovely resort, Roc Arenas Doradas, consisting of eleven two story buildings, each with about 30 rooms grouped around an enormous free form pool. There was quite a lot of walking involved because the main dining room was in one direction and the beach in another. Many people asked what on earth we found to do for two weeks at an all inclusive and I have to say we had no problem! The beach was a long strip of white sand and although it was hot there was always a breeze coming off the ocean and one could sit in the shade under a palapa and still be warm.

The water was so inviting and never cold – delightful. There was excellent entertainment every night, one of which was a water ballet – very different! We took a couple of tours, one to go snorkeling and visit a zenote (an underground cave with a lake) and of course a visit to Havana. It was a two hour drive from our tourist area and a marked difference to what we had seen so far. Havana was in its heyday when Hemingway was around (and we visited some of his old haunts).

There are many beautiful old buildings but all are in dire need of restoration, which will probably happen a little more quickly now that relations are established again with the United States. However, I am glad we visited this lovely area now before the influx of American tourists.



*The Beach at Roc Arenas Doradas
Photo credit: Gillian Bloom*



*A Family Gathering
Photo credit: Gillian Bloom*

Thrifty Foods Smile Card Fundraising Program



Our Thrifty Foods Smile Card Fundraising Program application for this year was approved in May. We were approved for Smile Card fundraising of up to \$2000 to be used for emergency lighting.

How a Thrifty Foods Smile Card Works – Now that the application has been approved, we have received a series of Smile Cards keyed to St. Luke's. If you already have a Smile Card which is for St. Luke's, you are welcome to use that. Note that it has to be a special Smile Card which has been linked to St. Luke's Smile Card account. If you don't have a Smile Card, some are available at the back of the church.

To get funding for St. Luke's, take the Smile Card with you to Thrifty Foods when you go grocery shopping. Ask the cashier to load any amount you wish onto the card **before** paying for your grocery order. Pay for loading the card with cash, a debit card or credit card. Then pay for your grocery order with the Smile Card.

When the card is running low, load it again to continue to support St. Luke's every time you shop. There is absolutely no cost to you. Each time the Smile Card is "loaded" with a cash amount, Thrifty Foods donates 5% into St. Luke's Smile Card account. The account balance is paid out every 4-5 weeks.

Thank you to everyone who has started to use your Smile Cards. **To date we have received \$380.09.** Please continue to use your Smile Cards so that the funds from this program can be used to pay for emergency lighting.

Pauline Lukey's Eulogy – May 2015

by Dorothy Tait



Editors' Note: Parishioners attending Pauline Lukey's funeral service asked if the eulogy, which Dorothy Tait read at Pauline's service, could be included in the next Prescription. With thanks to Dorothy Tait, here it is.

Pauline was born to Henry and Ivy Lukey on March 28, 1926 in Gillingham, Kent, England. Henry and Ivy already had a son, Francis, whom they called Frank. Pauline was fond of her brother and missed him terribly when he died at age 23 during WW2. She missed getting his letters and grieved a lot for him over the years.

Wartime was hard for young people and Pauline like many others had to leave her home. She and her mother lived with relatives. She spent time living with her cousin Hazel whose daughter Fiona is here today.

Pauline trained as a nurse in London and also worked in a children's home. Her fellow students and work colleagues corresponded regularly over the years, a real tribute to their long-term friendship. After the war, Pauline came with her parents to live in Vancouver, later moving to the Island, where Pauline was a nurse at St Joseph's. She had many fond memories of working in Maternity.

Pauline was always increasing her knowledge and got her BA in psychology. Pauline became involved at Sir James Douglas, a school for children with Autism where individualized education was provided. She was also an early member of the Society for Children with Autism. She first met Ppinder at the school.

Meeting Ppinder was a whole new chapter in her life. Pauline decided to become a foster parent, providing support for her foster daughters, Frankie and Ppinder. She had many skills and was able to provide professional supports in a loving home.

Frankie has gone on to be a successful woman who works in the area of mental health. She is married to Shaun and they have a lovely daughter, Jorja. Pauline developed a bond with Ppinder's family and Pauline always wanted Ppinder to feel connected to her culture. A beautiful photograph of Ppinder in traditional dress was always where Pauline could see it. She had a very special bond with Ppinder. So in many ways Ppinder had two loving mothers.

Pauline and Ppinder enjoyed flying to Toronto to Autism Conferences. They also had fun going to Disneyland. Often in winter, they would take advantage of off-season prices to enjoy staying at nice hotels where Ppinder enjoyed swimming in the hotel pool. What Ppinder really enjoyed was room service. She would be quite excited to tell me about the man who came to take the dishes away.

Pauline advocated strongly for supports for Ppinder. She worked diligently to provide Ppinder with ways to communicate. Twenty-three years ago, I had the pleasure of meeting Ppinder and Pauline. I was part of the Community Support Team. My role was to assist in alternative ways to

communicate. Pauline and Ppinder were so successful in their communication that they eventually wrote a book together, *Now You Know Me Think More*. Through the ability to type words Ppinder was able to say her thoughts. The day before Pauline died, she told Pauline, "I love you very much." Her last words to Pauline were "Busy Pauline go to Heaven." This was such a beautiful thing for her to say to Pauline as she had always seen Pauline being busy and was allowing Pauline to go to her rest.

Pauline was a woman of faith and became an Associate Sister of the Sisters of St. John the Divine. Pauline was active here at St. Luke's. She felt at home here, as this was the church her parents attended. She loved the stained glass window of St. Francis, which was given in dedication to her brother, Frank, by her parents.

As time went on Pauline developed symptoms of dementia. She chose to live at Luther Court. This was an excellent choice for her. She attended devotions daily for as long as she was able often reading the daily reading. Pauline developed a deep rapport with Pastor Margaret Harper at Luther Court and they spent lots of time together.

Pauline enjoyed and appreciated her visits from Daniel. His visits were a great comfort to her. Pauline's faith never faltered; it just got stronger as time went on. Pauline felt safe and loved at Luther Court and she was loved by all who supported her there.

Pauline kept learning even as she was losing some abilities. First, she learned that she could trust Brenda to take good care of Ppinder. She told me what a blessing that was. She learned to trust the staff at Luther Court to care for her. After years of giving support to others, that was a big step. She always said she felt safe, loved and cared for. She trusted me to take care of her affairs and knew I would not forget to come and see her.

Pauline's legacy I think is the gifts she gave. She shared her home and heart with Ppinder and provided skills for her to communicate. Frankie has gone on to be successful in work and family life. I had the gift of her friendship and could trust her implicitly because she knew how to keep a confidence.

Perhaps her biggest legacy would be her faithfulness and great capacity for enduring love, whether for her brother Frank, parents or longtime friends and most importantly her love for Ppinder. Just as Pauline was a dear friend and a blessing to all who knew her, let us keep in mind the scripture from Hebrews 10:24: *Let us consider one another to incite to love and fine works.*

Cemetery Committee Report **by Barb Prescott**

Since the last Prescription, we have held Cemetery Cleanup mornings on April 18th, May 16th, June 20th and July 18th, with another one planned for August 15th. Information about these cleanups was sent to the Times Colonist and the Saanich News. In the months when the papers ran an article about the cleanups, we've received a great response from the community, with 25 people attending in June after an article on the Go Explore page of the Times Colonist. At some of the cleanups, we've had up to 14 community members as well as the 10-12 parishioners who usually

attend. You can tell from the pictures how much tidier the cemetery is looking as we move through the various areas to clean it. We are very grateful for all the help we receive, as it is a big job to keep the cemetery looking tidy and well cared for!



*Pictures from the May Cemetery Cleanup
Photo credits: Bentley Grigg*

The Cemetery Committee met on June 17, 2015 and will meet again at the end of October. At the meetings, we review the Cemetery Financial statements and discuss our plans for improvements and our ongoing maintenance needs.

Are you aware that St. Luke's has some vacant plots for cremated remains in the cemetery? Several options are available. Ground plots for cremated remains can be purchased at a cost of \$750 per plot. Columbarium niches for cremated remains are available at a cost of \$500. Opening and closing fees are \$75. If you are interested in purchasing a cremation plot or a columbarium niche, please speak to Bonnie in St. Luke's Office (250-477-6741) or to Daniel.

The Solution To Homelessness Is To Build Homes **by Kathy Stinson, Executive Director of the Victoria Cool Aid Society**



Editors' Note: Over the summer, St. Luke's is supporting financially and through our prayers the work and ministry of the Cool Aid Society, especially their work at the Rock Bay Shelter. Bob George, Chair of the Financial Outreach Committee, contacted Kathy Stinson, Executive Director of the Victoria Cool Aid Society, and obtained permission to include

this article, which had originally been included in the Times Colonist, in the Prescription. To date over the summer, we have received \$520 in directed donations for the Cool Aid Society. We hope that you will consider making a further donation to this worthy cause before the end of the summer.

Hundreds of homeless people are spending the night in Victoria's municipal parks and a city report says it costs more than \$600,000 a year to deal with the problem. City Council has quadrupled its housing budget, and some councillors talk of a temporary village for homeless Victorians. There's no denying that homelessness is again top of mind for the region. It's a burden which is

unnecessarily high for taxpayers, given that the solutions are more cost-effective, better for suffering youth, families and adults, and improve the quality of life for all of us.

There are different strategies to help homeless people, but the best one is “housing first.” Build homes, then everything else follows that important first step: medical care, a start on finding work, counselling, friendship, social activities.

The solution to homelessness is not complicated: Provide homes and where necessary, supports. Victoria Cool Aid Society has done a lot of this in the past, and we are focused on it now. As part of the Greater Victoria Coalition to End Homelessness, Cool Aid plans to build or repurpose 360 additional apartments for people who have become homeless.

Cool Aid now has 374 supportive housing apartments, provides health care for over 4,000 patients, emergency shelter for over 1,700 people annually, and diverse support services. It helps about 9,000 people annually with properties in Langford, Victoria and Saanich. In the last decade, Cool Aid has opened nine new buildings saving taxpayers money while building community and lives.

With community support Cool Aid will create 360 more homes for seniors and others who are homeless and vulnerable. The first building in our plan, Cottage Grove in Saanich, will provide 45 modest apartments for seniors, and we expect to start building later this year. Only 315 more to go!

What does all this cost? First, let’s examine the cost of doing nothing. Leaving someone homeless is expensive, with the most costly services being health care (emergency room and hospital beds), justice (security, policing, courts and jails) and emergency services, such as shelters. Let me illustrate. Imagine that you have a common cold but that you are sleeping in a park. What might be an easy ailment for someone with housing turns into a nasty pneumonia and you end up being hospitalized for a week.

Now consider that a day in the hospital costs almost as much as a month in Cool Aid housing and you can see how housing is not only the best solution for the individual and community, but also the most cost effective for all of us! Here are the numbers, plain and simple:

- Homeless: \$55,000 per person, per year in direct government costs. (SFU study)
- Emergency shelter: \$35,000/person/year in Cool Aid shelters.
- Modest apartment with supports: \$17,000 a person annually in Cool Aid housing.

The choice really is obvious: Build homes.

What an opportunity this challenge of homelessness presents the community. In this case, by doing the right thing for the most vulnerable citizens in our community, we can also improve quality of life for all and collectively save taxpayer expenses going forward.

Cool Aid’s plan to develop housing for men and women experiencing homelessness is simple:

- We are raising \$5 million from individuals, foundations and businesses – that’s you. So far, Cool Aid has raised \$1.5 million. We have \$3.5 million to go.

- Your contributions encourage local politicians to get behind the effort, like the City of Victoria's recent decision to add \$750,000 to their Housing Trust Fund. Between the Capital Regional District and local municipalities, we expect to see another \$5 million in contributions. Local governments have already committed \$787,000 towards our next building, Cottage Grove for seniors.



Artist's sketch of Cool Aid's Cottage Grove, a project approved by Saanich, which will open in 2016. The project will house 45 seniors who have been homeless.

- The lion's share will come from the province and other project partners – \$35 to \$40 million – to build or repurpose 360 modest apartments. We expect about \$4.8 million soon from the Province for Cottage Grove.

Together we can and must end homelessness, so that no one in our community remains homeless for more than a week or two. Let us know how you, your business or your organization can help. We'd love to hear from you.

To learn more about Cool Aid's plan to build homes, visit www.CoolAid.org/buildhomes or call 250-414-4781.

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