

Richard Wagamese Service

KUUF LINKS
Mar. / Apr., 2015



Seeking Spirituality
Practising Community



With Freedom of
Religious Thought

Kuuf Links

Our February 15, 2015 service *Aboriginal Pain and Recovery*, was led by Richard Wagamese, Canadian author, journalist and storyteller. These pictures show a part of the service when Richard shared items from his sacred box.



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UUFK Annual General Meeting Celebration Dinner and Talent Show

On SATURDAY, March 07, 2015, at Valleyview Hall, we will have our Annual General Meeting. Start time will be 3:00 p.m.

Dinner, provided by the Board, will follow at approximately 6 p.m. Following the dinner we will have a Talent Night Show.

Dennis has sent an email asking all the members to come up with a "Talent" for a Talent Night Show. Please send him your proposals and what the length of your portion will be. Sabrina will be there if you need musical accompaniment. You will need to get that in ASAP so we can find the music score if you do not have it.

You don't have to do a music number -- anything can work, like reading your favorite poem or a passage from a book. Comedy is always good. Can you tell a joke or two, play a musical instrument, tap dance? Every one of us has a talent, so do not be shy -- this is for the good of the fellowship.

We hope you will all be able to make it. The Board members will be cooking you dinner, showing their appreciation, to you the members, for letting them do the business of the Fellowship. Please come and enjoy this fantastic event and bring your - Talent- to join in and experience how great this small but mighty group is.

Men's Lunch:

The next UU Men's lunch will be on Wednesday, March 11th @ Shanghai Mandarin Restaurant, #14a – 1315 Summit Drive. Phone: 250-828-0571.

The April Men's lunch will be on Wednesday, April 8th @ Central Station Pub, #126 – 4th Avenue. Phone: 250-372-3388. Wes

Women's Lunch:

The next UU Women's Lunch will be at 11:45 am, Friday, March 20th @ the Stock Pot Café, #7 – 970 Laval Crescent.

12 noon Friday, April 17th, Anne will be preparing lunch for everyone at 2068 Sifton Avenue. Many people signed up and paid \$10 each during the bid night. Anyone else wishing to come should RSVP to Anne and bring \$10. All the proceeds go to the Fellowship.

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Upcoming Services

March 2015

March 1 – *Towards Peace of Mind* led by Rev. Samaya Oakley. Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. Many people living with mental illness experience stigma as well as discrimination – some people have been denied adequate housing, health insurance, and jobs due to their history of mental illness – and most recently been denied entry into another country. This service will examine the social implications of mental illness and how our principle of justice, equity and compassion in human relations intersect.

March 8 – *Contemplative Meditation* This will be a time of meditation and stillness, with readings and music.

March 15 – *Are We Hard-wired for Spirituality?* led by Rev. Dawne Taylor. Join theologian, Dawne Taylor, as she explores our propensity for spirituality, the beginnings of the world's major religions, and emerging evolutionary spirituality.

March 22 - Chalice Circle. Join our discussion circle as we revisit themes presented by our guest speakers this month.

March 29 – *The World of Elizabeth Fry* led by a speaker from the Elizabeth Fry Society will introduce us to the work of this organization in Kamloops.

Also, at this service, we will take donations to Lizzy's Closet. This volunteer run program is offered to provide free, quality clothing to low-income women. Lizzy's Closet provides a space for women to access quality, gently-used clothing and some hygiene items at no cost to assist with employment, education, and legal needs. Donations of new or gently-used, quality clothing for women, as well as hygiene items are most welcome.

SET-UP team for March = Buzzards

IMPORTANT NOTICE - Please provide your own coffee and refreshments for Meditation and Chalice Circle Sundays.

April 2015

April 5 – *Easter* led by Janet and Colene.

April 12 – *Contemplative Meditation* This will be a time of meditation and stillness, with readings and music.

April 19 – *A Celebration of Light* led by the choir.

April 26 - Chalice Circle led by Madisun. Join our discussion circle as we revisit themes presented by our guest speakers this month.

SET-UP team for April = Canaries

Ministerial Search in Progress

We are searching for a special minister! On January 18 at a special meeting we voted to move ahead with the search for a Unitarian minister to serve a "developmental" contract on a quarter time basis. We discussed concerns about funding, about our goals for the contract, and about our dreams to have someone who lived in our community. A notice is going out through our networks inviting applications for a minister who can help us clarify our identity and purpose as a religious/spiritual community. I look forward to keeping you updated on our search process.

Janet, Ministerial Support Committee

Winter Warm – Up Donations

Thanks to Heather A. & Wendy W. for their donations and being in the picture! Isn't it great the way the bag reinforces the message?

Photo by Gisela



February 1st Service by Bill Sundhu



Thanks to Gisela for her comments and pictures on the excellent February 1st presentation of *Human Rights: The Idea of Our Time and a Personal Journey* by Bill Sundhu.



December 21, 2014 Banner



Social & Environmental Action Committee (SEA)

CIL - Getting informed, connected and inspired to make changes!

The Fresh Outlook Foundation's first CommUnity Innovation Lab (CIL) was held in Kamloops February 3-5. Anne, Gerri, Janet (for UUFK), and Gisela (for BCSEA) attended. The request to hold a CIL in our city came from Kamloops City Councillor, Donovan Cavers. In the fall of 2014 community members were invited to attend a planning meeting for the conference – Eleanor and Gisela attended.

The goal of a CIL is to inspire community conversations for sustainable change, helping us to get informed, connected, and inspired so we can get busy making our community healthier, happier, and more prosperous.

Following are reports from our participants on the 3 days of the conference:

Tuesday, Feb. 3 - Workshops & Tours - reported by Gisela

9 am – 3:30 pm: Vibrant Solutions for City Centres (tour of downtown plus workshop)

Within the context of making public spaces vibrant and well-used, making transportation work for those who drive cars as well as those who don't, and improving communities through greater social interaction and connectedness, Gil Peñalosa's commentary demonstrated that while each city is unique, the dynamics within them are common. Highlights: people won't cycle if there is a great bike route for only part of their journey – they need to feel safe the whole distance; closing schools forces a more car-centric lifestyle; City Council's job is to advocate loudly on issues which affect the future health of the city, even when it may not be within their direct mandate. By presenting multiple examples of cities that have transformed their street life through making pedestrian and cyclist-friendly improvements (plowing sidewalks before roads, for example) and making public spaces friendlier and busier, Gil inspired all those present to view city planning as a social justice issue. By creating infrastructure suitable for 8 year olds and 80 year olds, we can create a healthy city for all. Check out this TED talk: (17 mins) <https://www.youtube.com/watch?v=vKfuSdQDTA8>

7 pm – 9 pm: Integrating & Celebrating Western & First Nations Values & Successes

Attendees were treated to a panel discussion of what is working well with First Nations partnerships. Great emphasis on building personal relationships: trust is paramount. Each partner has to want to be at the table, and they need to take the time to walk with each other. First Nations are frequently taking a lead role in environmental stewardship.

Morning, Feb. 4 - Healthy Environment - report by Anne

Regenerative Sustainability - a UBC Experiment.

The keynote speaker was Dr. John Robinson, Canada's 2012 Environmental Scientist of the Year. We learned how UBC is transforming its campus using the concept and emerging practice of regenerative sustainability, where human activity simultaneously improves environment and human well-being. He began by explaining why sustainability is limited by its negative storyline – harm reduction, mitigation, cutbacks, sacrifice. The problems to this scenario are that it is not motivating, it doesn't go far enough, it is mostly environmental and scientific. Regenerative sustainability on the other hand looks from less bad to more good, from reducing damage to creating benefits. He has been using the UBC campus as a sustainability testbed. Some of the challenges have been – institutional cultural change required between the academic world and the operational world on campus, an energy challenge to eliminating fossil fuels but allowing no new electrical lines to campus, and aiming for 33% reduction of greenhouse gases by 2015.

The UBC Centre for Interactive Research on Sustainability (CIRS) was developed in response to the challenge of creating a more sustainable built environment. Its intention is to be an internationally recognized research institution that accelerates the adoption of sustainable building technologies and sustainable urban

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development practices in society. Research within the Centre engages issues related to, and which shape, sustainable buildings and urban development patterns. The CIRS building is an innovative design, aiming at all water coming from the sky, all liquid waste treated on-site, all heating and cooling from the ground/neighbours/sun, all light from the sun, etc. All quite fascinating!

(Read more about it online at <http://cirs.ubc.ca/>.)

Short presentations

Following on the advice from the fall planning session these were seven minutes in length and each was required to have a visual presentation along with the speech. I did not take notes on these - the presentations were very fast given the seven minutes' restriction and my writing hand couldn't keep up! - but all of them were about the innovative ways that a community could deal with a environmental problem.

- *Fostering Healthy Environments in BC – Tetra Tech
- *Secwepemc Cultural Heritage; Conservation, Education and Management
- *Integrating Wildfire Management with Local Energy Production – wood waste to rural heat
- *Collaborative Planning for Moose and Watershed Values – Fraser Basin Council
- *Implementing a Regional Growth Strategy through Collaborative Action – Regional District of North Okanagan
- *Salmon Arm Landfill: Turning Waste to Resources – Columbia Shuswap Regional District
- *First Nations Collaborating for a Healthy Environment – Ministry of Forests, Lands and Natural Resources

Walk-About Table Talks

We had an opportunity to share ideas in the Grand Hall on various issues related to environmental protection, climate action, smart growth, and zero waste.

Afternoon, Feb 4 - Healthy People - report by Janet

Of main interest for me was Keynote Speaker Milton Friesen of Cardus “ a think tank based in Hamilton Ontario...dedicated to the renewal of North American social architecture.... We work to enrich and challenge public debate through research, events, and publications, for the common good.” from their website www.cardus.ca.

He began by talking about growing up in a farming family in Grande Prairie, northern Alberta – a family that could trace its roots in farming back hundreds of years. Yet today – only ONE member of that family is still on the land. We are migrating, en masse, into cities.

So how do we gauge the health of cities: He told a story of two American cities, Youngston, Ohio and Allentown, Pennsylvania. Both were born and thrived on coal and steel – flourishing with World War II and dying in the 1970s. Youngston looked, on paper, like the one who should adapt better to change – a younger demographic, more educated, with tight connections between economy and civic structure. Those who were the economic leaders were also the city leaders. But – when change was demanded of them, there were too few people doing too much, with an inability to agree and cooperate on a direction forward. [that made me pause and think of UUFK!]

Allentown, in contrast, had quite disparate networks – the civic leaders and economic leaders were in different groups. Those disparate networks, when introduced to each other, had the capacity to create new ideas and new visions. That city, when they could see that their old ways were dying, developed alternative economic possibilities.

So what's to be learned – that SOCIAL INFRASTRUCTURE makes a huge difference to outcome AND that social infrastructure is typically INVISIBLE. We cannot see who knows who.

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How do you gauge how well a city is doing if you take economic and population growth OFF the table. How do you assess how well people collaborate, innovate, engage, connect. A simple answer is, we don't know how to assess that. We are much better with assessing PHYSICAL infrastructure – roads and sewers - than we are with assessing social infrastructure. Yet, it is the connections between people, the degree and depth of relationship that is a major determinant of health.

Social poverty – people who don't have intimate connections, friends, someone to talk in meaningful conversation about whatever they want to talk about – have the SAME ODDS OF DYING as smoking, heart disease, and obesity. Yet our social values of individualism and self sufficiency contribute to that social poverty. People go to work and come home and go to work. The number of people living in ONE PERSON households is increasing.

Friesen quoted a book entitled “In the Neighbourhood, saving America one sleepover at a time” about a man who went back in his 50's to the affluent neighbourhood he grew up in. He was shocked to find that there were no connections between neighbours. A murder-suicide on the street was not even remarked upon. And so he set out to get to know his neighbours – by showing up on their doorsteps with a sleeping bag under his arm, asking if he could have a sleepover! because as a kid, he remembered that having a sleepover was a fast way to learn what actually went on behind closed doors. Interestingly – some people said yes! and invited him in. The author closed with the observation that we come to a point in our lives where we realize that all the stuff we accumulate and the success we have in our careers is not enough. We are still lonely.

In concluding Friesen posed the question: how DO we connect with others. He suggested we name the inadequacies in our communities, we ask “what now”, we set our intentions while he noted that intentions in and of themselves were not enough, we join a club, we introduce ourselves to a neighbour, we shut off our electronic devices and we make choices that are GENERATIVE. From my perspective – a brilliant talk!

There were other speakers offering snapshots of their projects. I particularly liked the concept of “co-design” which is asking the community or neighbourhood what they would like to have happen rather than waiting for a builder to offer a plan and then reacting to it. The example offered was Robson Square in Vancouver which has a skating rink – right in the middle of the city! – not something a developer is likely to propose, but which has become a vibrant part of the community. Part of the process in co-design is that all participants have to propose a solution. You can't just oppose something – “I don't want a high rise” - that just means there is a “hole” in the plan. There needs to be a positive solution that people can vote on.

This wasn't the type of material I expected when I agreed to attend this session on “healthy people” – but I was stimulated to take the ideas and translate them into OUR community. To ask of us – what are our generative choices, how do we broaden our networks and strengthen our social infrastructure.

Thanks to the SEA for organizing our attendance.

Walk About Table Talks

We had an opportunity to explore ideas in the Grand Hall with other participants around issues to do with social resources, food security, sustainable mobility, and cultural abundance.

Thursday, Feb. 5 - Healthy Economy – report by Gisela

Morning session highlights

1. Michael Shuman: Pollinating a Healthy Entrepreneurial Economy

This was a fantastic presentation that highlighted the “bigger bang for your buck” that we get by supporting local businesses. Much more of our dollar stays in our community, providing multiple benefits. This video covers some of the same ground: (45 mins):

<https://www.youtube.com/watch?v=xkAw4jv8hUY>

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2. David LePage: The Happy Economy --- Exploring Social Enterprise & Social Purchasing
Social enterprises + Social Purchasing = Happy Economy

There is a shift going on with the way that we measure success in business. In addition to looking at traditional indicators like quarterly financial statements, risk management, etc, we are starting to look at social impacts and outcomes. The combination of financial returns on investment and social services provided by the company is called “blended value impacts.” Each of us can use what we already spend (existing purchasing) to create added value by choosing suppliers that share our values and provide social benefits. More info here: <http://buysocialcanada.ca/>

Afternoon:

There were a few short presentations, but the main part of the afternoon was spent supporting individuals working on their own “action maps.” This was an opportunity to examine what is necessary to make your own “desired action” a reality, and take advantage of the other brains in the room to help bring it about. Who do you need to talk to? What can others contribute? What are the milestones?

Celebrate Earth Hour

Celebrate Earth Hour, March 28, 2015, 8:30-9:30 pm

The City of Kamloops Sustainability and Energy Management teams are going to host a free family movie night at Interior Savings Center in celebration of Earth Hour. The first movie will start at 7:30 PM with the doors opening to the public an hour prior to show time. Earth Hour is an annual global event hosted by World Wildlife Federation and supported provincially by BC Hydro. Individuals are encouraged to show their support for the fight against climate change by conserving power. In its eighth year, Earth Hour broke global records, mobilizing hundreds of millions of people to call for action on climate change. Over 162 countries and territories, and over 7,000 cities and towns participated, creating magical lights off moments in every continent of the planet. The symbolic hour has grown into the world’s largest grassroots movement for the environment, with activities and initiatives throughout the year.

This year's Earth hour is Saturday, March 28 8:30 to 9:30 PM. The Earth hour movie night will be held to help educate residents on ways they can reduce and limit energy use as well as provide them with tools to help conserve energy, such as LED nightlights and tire pressure gauges. Participants are being encouraged to turn down the thermostat, turn off the lights, unplug their electronics, and bring the whole family to the free movies that will be shown on the video score clock at ISC. Last year's Earth hour free movie night at ISC was attended by over 455 residents.

So what could we do as a UU community to celebrate Earth Hour? For sure it would be fun to get together by candlelight as a group. What would your vision be for an evening event like this? Let Anne know, and we will organize an event!

Unitarian Universalist Fellowship of Kamloops Strategic Plan

Compiled and written by: Pat McNamara and Barbara Bowmar

Note: This plan is derived from information provided by the Fellowship members and friends through a series of planning meetings held in the fall of 2014.

STRATEGIC PLAN GOAL # 1 (Short Term Goal: To be completed by March 31, 2015)

PREAMBLE: Whereas the Unitarian Universalist Fellowship of Kamloops is located in the Valleyview Community Hall each Sunday. Whereas this location is considered a good location for the present needs of the Fellowship, but requires a more efficient use of the facility in order to reduce or eliminate the use of the stairs and to make Sunday Services less difficult to set up.

GOAL # 1: To make the existing facility at the Valleyview Community Hall more efficient for the use of the Kamloops Unitarian Universalists Community.

ACTION PLAN:

STEP 1. Set up a committee/team to review any problems that may exist in terms of organizing Services (i.e. Set Up, Storage, Cupboard Space, etc). Consider needs of “set up” Teams.

STEP 2. Develop a list of changes to be made in order to resolve stated problems. Deliver to Board within 1 month.

STEP 3. Board appoints Action Team to complete changes within 3 months. A review of this Goal will be completed annually until the goal is achieved or removed by the Strategic Plan.

STRATEGIC PLAN GOAL # 2 (Long Term Goal: To be completed within 5 years.)

PREAMBLE: Whereas the Unitarian Universalist Fellowship of Kamloops, B.C. foresees a need for a facility that will enable full time use of that facility by the UUFK Community. This facility may be a rental space or a purchased property.

GOAL # 2: To move the Kamloops Unitarian Universalist Fellowship to a location that will allow full time use of the facility by the UUFK Community.

ACTION PLAN:

STEP 1. A committee will be established to implement the action plan of this stated goal. This committee will include the Board Treasurer, and at least three other volunteer members. It will meet regularly over the course of a year, and report its findings, annually, to the UUFK Board and the UUFK Community beginning with the 2016 Strategic Planning Day and continuing each Strategic Planning Day until the Goal is achieved or removed from the Strategic Plan.

STEP 2. A “Statement of Criteria” will be developed by the “Action Plan Committee” (Policy by which this Goal will be guided). This Policy will become a framework policy upon which a move to a new facility will be considered (may contain criteria such as membership numbers, financial situation, etc). This Policy will be approved by the Board, and approved by the UUFK Community at an AGM or EGM.

STEP 3. The Committee (Action Plan Committee) will initially determine a realistic budget based on current contributions of what is “affordable” annually for either a rental or purchase space. This amount will be brought to the UUFK Community for approval at an AGM or EGM

STEP 4. Given the approved financial parameters, the Committee will begin a search for rental/purchase opportunities that best fit the “Statement of Criteria” Policy.

STEP 5. The Committee will report its findings to the Board and seek approval from the membership at an AGM or EGM. The UUFK Community will guide and support the direction of the Committee until a facility is selected by a vote of members at an AGM or EGM. A review of this goal will be completed annually until the Goal is achieved or removed by the Strategic Plan.

Unitarian Universalist Fellowship of Kamloops Strategic Plan continued

STRATEGIC PLAN GOAL # 3: (Short Term Goal: To be completed by September 1, 2015)

PREAMBLE: Whereas the Unitarian Universalists of Kamloops have identified a need to develop a framework to care for one another in a more systematic way in order to ensure that each/all will be cared for.

GOAL # 3: To develop a “web of care” – an over-arching framework that will facilitate the way UUFK members care for one another: how we identify a need, who will take responsibility to respond, and how we can involve each member of our community.

ACTION PLAN:

STEP 1. To develop a Committee/Team to examine existing, informal, processes of caring as well as to examine the mandate of the Care & Concern Committee/s, to clarify the role of Lay Chaplains. Report findings of our existing “web of care” to the Board by February 28, 2015

STEP 2. Examine “best practices” from other UU Communities, and review comments formulated during the UUFK 2014 Fall Strategic Planning & Visioning. Develop a position paper that outlines suggestions for a new “web of care” to begin in September, 2015. This paper will be presented to the Board by June 30, 2015, and reviewed by the UUFK Community for approval at the 2015 Strategic Planning session.

STRATEGIC PLAN GOAL # 4: (Long Term Goal: To be reviewed after 3 years.)

PREAMBLE: Whereas the Unitarian Universalist Fellowship of Kamloops, B.C. views strong worship services as fundamental to the success of its commitment to the principles and that members value the contributions of both Unitarian ministers and lay members to this endeavor:

GOAL # 4: To provide the Unitarian Universalist Fellowship of Kamloops with Unitarian ministerial leadership for its worship services and to support, encourage and develop the ability of lay members to present worship services

ACTION PLAN:

STEP 1. An Extra General Meeting will be convened and presented with a motion to strike a Committee to search for a Unitarian minister.

STEP 2. Upon the success of the motion, the Committee noted above will be struck within one month and will report its findings and recommendation(s) to the membership within one year.

STEP 3. An EGM or AGM will make a decision on the recommendations of the Committee.

STEP 4. Upon achieving a covenantal contract relationship with a Unitarian minister, that minister will, among other duties, support the work of the Worship Committee and lay members who wish to present worship services.

STRATEGIC PLAN Goal 5: (To be reviewed after three years.)

Whereas the Unitarian Universalist Fellowship of Kamloops wishes to have a governance structure that will allow for full participation of its members, which conducts its business in a transparent fashion and is respectful of the time, energy and financial commitments made by its members.

GOAL 5: To ensure that the bylaws of the Unitarian Universalist Fellowship are consistent with provincial requirements and meet the needs of the membership and further to review the conduct of its governance processes on a regular basis.

ACTION PLAN:

STEP 1. Appoint a committee to review the current bylaws, to solicit input from members and present suggested revisions to an AGM or EGM. To be completed within six months.

Unitarian Universalist Fellowship of Kamloops Strategic Plan continued

STEP 2. To review current Board and Committee structures and to suggest revisions that take into account the size of the Fellowship and the time and energy that members are willing to commit and current organizational thought for non-profits. Completed within three months.

STEP 3. To review the mandate of current committees with a view to appropriateness, possible amalgamation or reorganization of committees. Completed within three months.

STEP 4. To issue an invitation to all members to attend regular meetings of the Board and committee meetings with the exception of in camera meetings. Members who wish to add an item to a Board of Committee meeting agenda will be asked to give the chair of the meeting one week's notice. Ongoing.

STEP 5. To make minutes of Board and Committee meetings available in a timely fashion to members. Ongoing.

N.B. Please note that Strategic Plans are living documents. At the upcoming AGM, the Fellowship members will be asked to approve only the goals contained in this document.

*In any given moment we have two options: to step forward into growth or to step backward into safety.
Abraham Maslow*

Planks from the Board (February 15, 2015 Meeting)

A Ministerial Search Committee has been established.

Three members will review the bylaws and report recommendations by April 30th.

The Celebration Dinner, hosted by the Board, is planned for 6 p.m. March 7th at Valleyview Hall.

The AGM is March 7th at 3 p.m. Notice of meeting to be sent out by February 21

The Board will be recommending the election of a four person board with greater autonomy given to the committees to deal with the running of the Fellowship.

The Board will investigate the hiring of an administrator to ease the burden on members. Funds have been pledged to cover the expense.

The Strategic Plan which reflects the results of the planning meetings held in the fall, will be distributed to members and friends prior to the AGM.

Respectfully submitted

Barbara Bowmar

Succinct Statement of UUism

I found this succinct statement of UUism on the CUC website. I like it, especially the last sentence! Could be material for an elevator speech here! -- Anne

Unitarian Universalism (UUism) is a liberal religious faith grounded in the principle of covenant. UU communities come together in covenant of our shared principles. Our beliefs are diverse, and we walk our paths to spiritual discovery and truth together.

Unitarians are united by values rather than belief in one set of creed or dogma. Our values include acceptance of one another, compassion, and a commitment to justice and equity. We believe in exploring the mysteries of life, we believe in ethical living, we believe in living out our spirituality in this world by working for peace, justice, equality, democracy, and respect—for one another, as well as for the interdependent web of life, of which we are all a part.

We believe that it is not who or what you believe in that is important, but rather, how you live your life.

CUC Celebrates Supreme Court Decision on Assisted Dying

Posted on [February 6, 2015](#) by [CUC](#)

The Canadian Unitarian Council (CUC) applauds the Supreme Court's decision to uphold the right of the irreversibly-ill individual to choose the time of their own death, a decision that supports the wishes of the majority of Canadians. We are pleased with the outcome and unanimous decision of today's Supreme Court ruling.

The CUC has a long history of advocating for the recognition of the right of death with dignity and holds a deep belief that this is a human right. Resolutions dating back to 1973 have guided us as through our involvement at every level of appeal as intervener with the Taylor and Carter cases. Tim Dickson, the Vancouver lawyer who has represented the CUC pro bono throughout the multi-year process, states, "This unanimous decision by the Supreme Court to allow medically assisted dying is unprecedented and ground-breaking. It will bring comfort and relief to the many Canadians who have an irremediable illness and their families. We are honoured to have been part of this historical moment."

Vyda Ng, Executive Director of the CUC, expressed appreciation for the Supreme Court judges in making this courageous decision. She said, "This decision by the Supreme Court affirms that compassion is alive in Canadian courts, and that concerned and determined citizens can bring about change for the public good." She continues, "The CUC looks forward to the day that this becomes fair and equitable legislation across the country, and we will continue to work to make sure that legislation becomes good practice, with careful safeguards in place. We are grateful to all who have been committed to this cause – to those who have gone before – to make this possible. "

The principles of Unitarian Universalism affirm the worth and dignity of every person, the right of conscience, and the justice, equity and compassion in human relations. Directed by these principles in 2014, the Unitarian Universalist Ministers of Canada (UUMOC) affirmed, as a matter of religious principle, the right of individuals who are terminally-ill to make choices for themselves in the manner and timing of their death.

Book Club News

March 19 – 419 by Will Ferguson
Leader/Host – Colene

From internationally bestselling Canadian travel writer Will Ferguson, ... comes "419", a novel both epic in its sweep and intimate in its portrayal of human endurance. From Canada to sub-Saharan Africa to Lagos City, lives intersect and worlds collide as a criminal cartel scours the internet, looking for victims. (from Amazon).

Colene would like to invite anyone who has read the book to join the club discussion at her house, even if they don't usually attend. It is a very interesting book dealing with the Nigerian "scams" as well as other items of interest.

April 16 – Canadian Country Poetry.
Leader/Host – Mona

Following on the reading of "Swann", Mona suggests a look at Canadian country poetry.

Here are some books to start with: *The Poets of Canada*, edited by John Robert Colombo; *Popular Canadian Poems and Songs*, edited by the same editor and *The Old Red Shirt; Pioneer Poets of British Columbia*, edited by Yvonne Mearns Klan.

Or choose other Canadian poetry if you have favorites. Choose poems that appeal to you and that you want to discuss.

Happy Chicken Eggs

Some of you may know that Roland and Anne have been acting as farm egg distributors for a number of years, currently picking up eggs at Schilling Farm in Darfield and delivering them to 5 families in addition to their own. These eggs are locally produced, all revenue goes directly to the farmer, and the chickens are raised cage free with access to the outdoors and nesting platforms in the barn. They think it's a great deal for them and for the chickens!

Consequently, they were pleased to hear that on December 26, 2014, a land-mark decision in animal welfare in North America was made in California. *(from LA Times Dec 26, 2014) Starting in January 2015 all of California's 15 million egg-laying hens must be freed from the cramped, restrictive battery cages that have long been used on most egg farms. In the future, they will have enough space to stand up, lie down, turn around, and spread their wings without touching another bird. Though they are no doubt unaware of it, they have waited more than six years and four lawsuits for the extra space. Proposition 2, which passed in 2008 by a landslide 63.5% of the vote, also covers gestating pigs and veal calves, but there are few pig and veal operations in the state, so the law's biggest effect is on the hens. A separate law requires all out-of-state egg producers that sell to California (which gets about a third of its eggs from farmers outside the state) to comply with the same housing standards for hens.*

With Easter approaching and eggs being the symbol of the season, this seems like a good time to review the egg labels in the grocery store, which can be confusing. Here is a summary from Chatelaine magazine, April 20, 2011:

1. **Conventional eggs:** These eggs often don't have their harvesting practices labelled, and are usually the least expensive. In conventional systems, four hens are typically housed in each two-square-foot battery cage in barns containing thousands of birds. This makes them prone to injury and infection, so they receive antibiotics daily, as well as hormones to increase egg production. Their feed is unregulated, so they're often fed leftover animal by-products mixed with grain. Battery cages are banned in the EU and are often the subject of animal-rights debates.
2. **Free-run eggs:** Free-run hens are not confined to life in a cage, but are allowed to roam the floor of the barn. They are still densely packed into these barns with no required outdoor access. Free-run hens eat the same feed as conventionally raised hens, and are given antibiotics and hormones.
3. **Free-range eggs:** Free-range hens must have access to the outdoors for the majority of the year, with a roost area for resting. Their feed can't contain antibiotics or hormones, and the roosts must have at least two square feet per hen. The government does not regulate free-range egg farms, so you must trust the farmers. Some farmers call these eggs "antibiotic-free" or "naturally-raised."
4. **Pastured eggs:** Pastured hens are kept in cages with at least two square feet per hen. The structure containing the hens is moved to different areas of the grass daily so the hens can forage for at least 20 percent of their food. They are also not allowed to be fed antibiotics or hormones in their supplemental feed.
5. **Organic eggs:** Hens must be raised from birth on organic feed that contains no hormones, pesticides or genetically modified organisms. In Canada and the U.S., eggs labelled organic not only mean hens' feed is free of additives and animal by-products, but that they are provided with nest boxes and given access to outdoors (weather-permitting). In Canada, the standards also stipulate minimum space requirements and that perches and dust bathing materials must be provided.

From Gerda & Bob's Reader's Theatre & Buffet Supper

One of the Bid Night items was Gerda and Bob's Reader's Theatre and Buffet Supper. They provided a sumptuous buffet, the scripts brought out the ham in all of us, and a good time was had by all participants!



CONTACT US

The Unitarian Universalist Fellowship of Kamloops meets on Sundays at the Valleyview Community Hall (2288 Park St.) in Kamloops, B.C. during the months of September through June. (Services start on the Sunday after the Labour Day weekend.) Services are usually at 10:00 am @ Valleyview Hall. For details on individual Sunday schedules, please see the details on the newsletter Upcoming Services page, the monthly calendar, or go to **our** website: www.uukam.bc.ca

We are a welcoming community, believing in the dignity of every individual and in freedom of religious thought.

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