



The Don Heights Bulletin

www.donheights.ca

December 2021

Volume 67 Issue 4

Sunday Services

Join us on Zoom <https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlFR2xFMW9UWEjTDIOZz09>
Dial in 647-374-4685 OR 647-558-0588 Meeting ID: 833 995 2710 Password: 1111

December 5 at 10:30 am

Environmentalism and the West

Presenter: Terri Palmer

Service Leader: Glenn Tarver

Music: Don Heights Singers



Everybody says they are an environmentalist these days, but what does that mean? Westerners, especially North Americans, pollute disproportionately to our numbers. What should we do differently? Will we do it? And when?

Biography on Page 2

ACSA/FPM Collection

December 12 at 7:00 pm

Don Heights Christmas Service: *The Last Straw* by Frederick Thury; Illustrated by Vlasta van Kampen

Music Director: Sheila White

Service Leader: Janis Daly

Featuring: Don Heights Singers

For you, your family and community, a beautiful Don Heights Zoom service is planned for 7 pm.

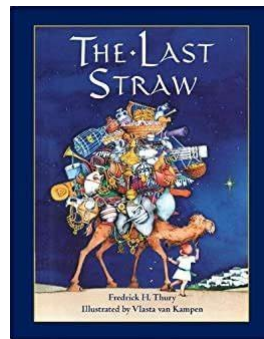
Suitable for ages junior to senior.

The Last Straw, a Canadian children's story, seasonal music and songs to warm your soul are on the programme.

Sign on as early as 6:30 pm using the regular Don Heights link.

Invite visitors.

Bring guests.



Biographies on Page 2

December 19 at 10:30 am

Rural Women Cultivating Change: Many New Directions on the Horizon

Presenter: Kate Green

Service Leader: Lorna Weigand

Music: Jovan Stojkovic

So many things have changed in our world in the last two years, and that is true for SeedChange as well. **Kate** has been deeply involved in the new six-year program in East Africa and will share about the excitement and challenges of that work.

Also SeedChange has had deep involvement in emergency food programming in Central America during the COVID-19 emergencies of the last 18 months. Added to that a growth in the work here in Canada: Sovereign Seeds and Farmers for Climate Solutions joined the Canada-based field program. Please bring your reflections and questions for **Kate** on the past and present of SeedChange/USC Canada.



Biographies on Page 2

December 26 at 10:30 am

A Conversation on a Beach: New Year's Eve 2021

Presenter: Linda Schofield

Service Leader: Linda Schofield

Music: Rob Sutherland

Does the universe know it's a new year?
Does the solar system, or the earth
or the ocean?

We think we do and calculate our life accordingly.



Biography on Page 2

Sunday Services (continued)

December 5 - Terri Palmer lives in Toronto and works as a professional writer. She has many degrees, including her recently received Master of Divinity, and is glad of all of them. Terri would like to get back to volunteering at the Toronto Humane Society, where she worked with "behaviour cats," meaning angry, depressed, anxious, fearful, withdrawn, asocial or unsocialized cats. She married a Scot in 2003 and still thinks that's awesome. In the future, she wishes to move into the non-profit sector.



December 12 - Sheila White, a born Unitarian, is Music Director at Don Heights and leader of the Don Heights Singers open choir.

Frederick Thury, the youngest of 14 siblings, served as Artistic Director of York University's Vanier College Productions for over twenty-five years. He was originally commissioned to write the story for "**The Last Straw**" by the Toronto Children's Chorus, which performed the piece with musical accompaniment and subsequently recorded it for the CBC. Mr. Thury's works for children's theatre include **One Potato Too**, **The Technicolour Wizard** and **Behind the Wrinkles**.

Mr. Thury lived in Toronto. He passed away in 2006.

Vlasta van Kampen studied at the Ontario College of Art and Design. She began a career combining studio work, workshops in schools and libraries, teaching at various Art Colleges and being an at-home-mom. She was a busy lady, managing to juggle all of this and nurture two very fine, creative children. **Vlasta** has won many awards and has illustrated 39 children's books.



Aside from books she has done way-finding signage and paintings for Parks Canada and two commemorative stamps for Canada Post. She has had three 'One Woman Shows' and been a part of many 'Group Shows'. She has also served on a jury for The Governor General's Award for children's book illustration. A large body of **Vlasta's** work, "Rockanimals", has been purchased by The National Library of Canada and is now in Ottawa as part of their archives and art collection for children. She currently works from her wonderful, bright studio, in the delightful, small rural town of Cobourg, Ontario. She delights in developing animal characters and situations that will make the viewer smile. Her art is storytelling in great detail and each painting is rendered in rich, saturated watercolours.

December 19 - Kate Green has been a Program Manager at SeedChange/USC Canada for more than 25 years, supporting partners in Nepal, Timor-Leste and now Ethiopia/Kenya and Tanzania. Driven by a passion for seed saving, she's also been an active contributor to Canada's seed movement, serving on the board of Seeds of Diversity from 2012-2017 and now volunteering with the Ottawa Seed Library. Kate has degrees in history, rural planning and food security from Queen's, the University of East Anglia (UK) and Ryerson University. In her time off, she enjoys camping and paddling as well as keeping an eye on her small organic garden.



Jovan Stojkovic moved to Canada with his family in 1993 and began musical instruction at the age of ten. Soon, he found a great affinity for classical music and began to compete and perform in festivals such as the Lions Music Festival and Kiwanis Festival. During his two years of graduate studies he saw the greatest number of live performances, including art song interpretation, solo recitals, chamber music and local concerts in Montreal. Jovan is currently performing across southern Ontario and teaching regularly from his home in North York.



December 26 - Rob Sutherland has been playing piano and organ for almost 50 years, encompassing all styles of music, including classical, jazz, new age, rock & roll, Latin and more. He was a recording artist for Solitudes Record Label during the 1990s. During this time, he composed, arranged and recorded the music for four CDs. The first CD entitled, *Serenity*, achieved Gold Status.



UU A to Z with John Sproule

December 21 from 7:00 pm to 8:00 pm
J is For Just UUs

Don Heights Unitarian Congregation

Don Heights is a resilient, welcoming community of diverse individuals, promoting love, reason and freedom in religion, fostering lifelong spiritual growth and acting for social justice and the environment.

...a caring, creative and joy-filled congregation.

18 Wynford Drive, Suite 102
Sunday Services, Suite 103
Toronto, ON M3C 3S2
Phone: 416-444-8839
Email: office@donheights.ca
Web: www.donheights.ca

Board of Directors

President – Glenn Tarver
Treasurer – John Sproule
Secretary – Janis Daly

Board Members

Peter Lister
Susan McAlister
Judy Newman
Jane Robson
Paul Standish

Caring Liaison
Rosemary Wood

Lay Chaplains
Florence Ivany
Sheila White

Editorial Committee
Sharyn Devine
Gert Montgomery

Music Director
Sheila White



Indigenous Land Acknowledgement

We acknowledge that we gather on the traditional lands of the Anishinaabe Mississauga, the Haudenosaunee, Ojibway/Chippewa, and Huron-Wendat peoples.

This territory was the subject of the Dish With One Spoon Wampum Belt Covenant, and is also covered by the Upper Canada Treaties.

As a congregation, may we strive to help heal the wounds of our past and our present, in the essential and ongoing work of reconciliation.

Grapevine



Marzena (Mary) Bachtin
1952- 2021

It is with great sadness that we share the news that Marzena (Mary) Bachtin passed away suddenly, in her sleep, on Thursday November 18th.

Mary joined Don Heights in 2013 and was regularly in attendance on Sunday mornings, prior to Covid 19. She often contributed very insightful comments during our question period. She served on the Board of Directors and was involved in other committees.

Mary was an Employment Advisor with Woodgreen Employment Services, and she taught at the Newnham Campus of Seneca College.

Mary leaves a mother in Poland and a sister in Australia.

Her very close friend Edward Kuhn attended Don Heights with Mary from time to time. He would like to have a Celebration of Mary's life at some point, when Don Heights is open for gatherings.

Most of you probably know that there was a bad fire in the home of Lorna and Ron Weigand. Fortunately they and their daughter's family got out safely, but there is extensive damage to the home. It sounds as if it will be about six months before all repairs can be done. As I write this, Ron and Lorna are in a hotel, but they hope to be able to rent a house or apartment until they can move home.

I was speaking to Vi White, who moved into Christie Gardens Retirement residence earlier this year. There are quite a few Unitarians living there, and they have regular meetings and sometimes join First Unitarian services on Zoom.

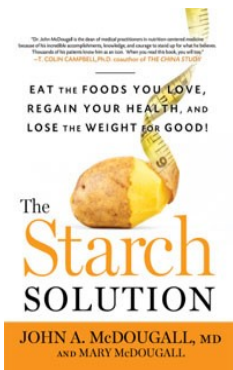
Thank you to all those who sent messages, soup and other treats, as I recover from a bad fall. The second cast on my left arm should be removed in early December. It has definitely slowed me down - a mixed blessing for Matthew!



Connie Upton on her 101st birthday, with daughter Lucy Sanford.
May we all look this good at age 101!

~ Rosemary Wood

Whole Foods Plant Based Eating



If you are interested in learning about a whole foods, plant based way of eating that is good for you and good for the planet, join us for the Toronto Starch Solution Zoom get together, the first Friday of each month, using the regular Don Heights Zoom link. For more information about the details and benefits of this way of eating, start by going to drmcDougall.com. Dr. McDougall's whole program is available for free on his website.

Our next gathering will be Friday, December 3 at 7:00 pm eastern time. Hope to see you there.

~ Judy Newman

Amnesty

Except for last year, we have always participated in Amnesty's annual event in December by sending individual postcards to prisoners of conscience that Amnesty has specifically indicated needed encouragement in their struggles against oppression. This year, because of the uncertainty and the newness of in person attendance at Don Heights, the event will be held in January. We have the biographies of twelve people who need our support. We will overcome the logistical issues.

~ Linda Schofield

Don Heights Christmas Sharing

Another year of COVID-19 and we are carrying on with our Christmas giving traditions. Much of the work of the Charitable organizations we have chosen to support remain ever more important to the people they assist. We are figuring out exactly how this virtual opportunity for Don Heights seasonal givings will work.

Our choices for giving are through the Don Heights Co-operative Christmas Card designed for many years by Robert Bray with the funds sent to SeedChange - formerly USC Canada. The Don Heights Mitten Tree has been our way of giving to the North York Women's Shelter and we also like to be particularly generous with ACSA and Flemingdon during this season. Thank you for your generous gifts to some of these groups for 2021. Please send your donations to John as early as you can in December clearly indicating where your gift should be directed. It is easier for the treasurer and book keeper and office administrator to complete the financial reports for the year 2021 if donations do not arrive too close to the end of the year.

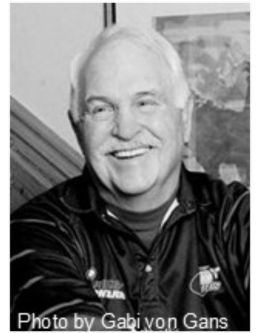
If you would like to give a special Christmas gift to the Toronto First's Refugee Support Program, specifically for mattresses for the family that is arriving in Toronto on December 13, 2021 that would also be most appreciated.

Please give generously this month by sending your donations to Treasurer@donheights.ca.

~ Lorna Weigand

President's Message

Unfortunately and with much regret, given ongoing COVID-19 uncertainties, the Board has decided to further postpone the reopening of Don Heights for in-person Sunday services. Our current situation of Zoom-only services will be extended until the end of December. If between now and then things improve, the Board will consider revisiting this decision. Our next Board meeting is December 14. This will again be an agenda item.



Don Heights Bulletin - The Board of Directors has voted to discontinue our monthly Bulletin. This was a necessary budget decision. Production costs over recent years have averaged \$8,000/year. This is no longer sustainable for our small congregation. We will enhance our weekly eNewsletter to include additional information. Members on-line will continue to receive our eNewsletter. It will also be posted on our web site. Important messages from the Board or from the President will be emailed separately, or sometimes included with the eNewsletter and also mentioned during Sunday announcements. This Bulletin is, therefore, our final Bulletin.

Recording of Sunday Services - The Board of Directors has decided that only the presentations of our Sunday services guest speakers will be recorded and posted on our web site. The rationale is as follows:

- eliminates the time and costs of editing out parts of a service
- avoids requirement for consent of members for inclusion of personal reflections expressed during Joys and Concerns or in dialogues with presenters
- allows members to speak freely without concern that their comments will be posted and accessible on the internet.

~ Glenn Tarver



**Bill's Coffeehouse
and Open Mic***

**Saturday, December 11
Zoom Doors Open at 7:45 pm
Featuring Ric Page**



Ric Page is a songwriter/singer/guitarist/bassist/pianist in the jazz/rock/pop/folk genre. Ric has been singing since third grade and playing guitar for more than 50 years. He has performed in many bands and toured the Eastern Seaboard and Canada for 10 years during the 70's & 80's.



A breast cancer survivor, he took the negativity of that experience and turned it into music with a message. His CD, entitled "Tales From The Big C", is on all major streaming platforms.

Unitarian Principle

Justice, equity and compassion in human relations.

Keep up with events at Don Heights by regularly checking our online calendar. Our website is www.donheights.ca

December 2021

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Join us on Zoom Meeting ID: 833 995 2710 Password: 1111 Dial in 647-374-4685 OR 647-558-0588 https://zoom.us/j/8339952710?pwd=R0k0ZXI3WlFR2xFMW9UWEdjTDIOZz09						
* = Adult Program ACSA = Agincourt Community Services Association FPM = Flemingdon Park Ministries The weekend of January 8th and 9th, 2022, Don Heights Unitarian Congregation will again participate in the ACSA Out of the Cold COVID Program.			1 10:00 am to 3:00 pm Office Open 7:00 pm * Virtual Coffee Hour	2 4:00 pm * Don Heights Singers	3 7:00 pm * Toronto Starch Solution	4
5 9:45 am * Meditation Practice Service - 10:30 am Environmentalism and the West <i>ACSA/FPM Collection</i>	6 10:00 am to 3:00 pm Office Open 11:00 am * Publicity Committee 7:00 pm * Multifaith Spiritual Dialogue Circle: Light	7	8 10:00 am to 3:00 pm Office Open 11:00 am * Sunday Services Committee 7:00 pm * Virtual Coffee Hour	9 4:00 pm * Don Heights Singers	10	11 7:45 pm Zoom Doors Open * Bill's Coffeehouse & Open Mic featuring Ric Page 
12 Service - 7:00 pm "The Last Straw"	13 10:00 am to 3:00 pm Office Open January Calendar Content Deadline	14 7:00 pm * Board Meeting	15 10:00 am to 3:00 pm Office Open 7:00 pm * Virtual Coffee Hour	16 1:00 pm * Social Action Discussion 4:00 pm * Don Heights Singers	17	18
19 9:45 am * Meditation Practice Service - 10:30 am Rural Women Cultivating Change: Many New Directions on the Horizon <i>SeedChange Collection</i>	20 10:00 am to 3:00 pm Office Open	21 7:00 pm * UU A to Z J is For Just UUs	22 10:00 am to 3:00 pm Office Open 7:00 pm * Virtual Coffee Hour	23 January Calendar Published	24 	25 
26 Service - 10:30 am A Conversation on a Beach: New Year's Eve 2021	27 	28	29  7:00 pm * Virtual Coffee Hour	30 11:30 am * Men's Discussion Group	31 7:15 pm * Women's Group 	 Out of the Cold January 8-9, 2022