



EMMANUEL FAMILY NEWSLETTER

395 Lakeshore Drive
North Bay, Ontario P1A 2C5
705-472-1806

Minister: Rev. Roni Beharry

Organist: John Henderson

Secretary: Sheila Durand

Office Hours: Wednesday—Friday

9:00 am — 1:00 p.m.

Chair of Council: Bev Carmichael

Envelope Secretary: Sherri Pinder

From the Pastor's Desk

January 2019

Dear Congregation,

Mother Teresa once said, that most of us cannot do great things but we can all do small things with great love.

Most of the congregation here at Emmanuel live their faith in this way, doing small things with great love. When more of us choose to do the small things we can, the ripple effect can be amazing. As many in our congregation age, the opportunities for leadership increase.

Some of you may feel called to join the worship committee, or help with visitation, or serve on the finance team. You may have gifts for working with children, why not talk with Janie Clayton or myself, and get signed up for a Sunday or two? Your passion maybe outreach to younger families. Our nominations committee will be looking for new persons to serve our church. We hope to confirm these roles at our annual congregational meeting on February 24th.

On February 24th, we will of course discuss the budget and it would be good if we can discuss our priorities for the next five years, and some proposed actions. I've recently encountered a helpful definition of vision "a picture of the future fueled by passion". I am hoping that we can discern the trajectory to which we are called. I've been praying to this end, and I hope we can engage in this work together.

Someone wiser than me, once said that the church can be the hope of the world. It will require the help of each one of us. God wants to perform signs revealing God's abundance? Will you leave the periphery and join in? We are the hands and feet of Christ. God blesses obedience with abundance.

In Christ's Service,
Rev. Roni Beharry



A few Dedicated Items from Your Church

In upcoming newsletters, you will find pictures and available information on items located around our church. These items have been 'dedicated' or 'donated' to Emmanuel throughout the years.



Communion Chalice dedicated to Emmanuel United Church 'In Loving Memory of Jed Hill' was presented by his wife Eva Hill.



Communion Service dedicated to Emmanuel United Church 'In Loving Memory of Herbert Newman' was presented by his wife Mable Newman.



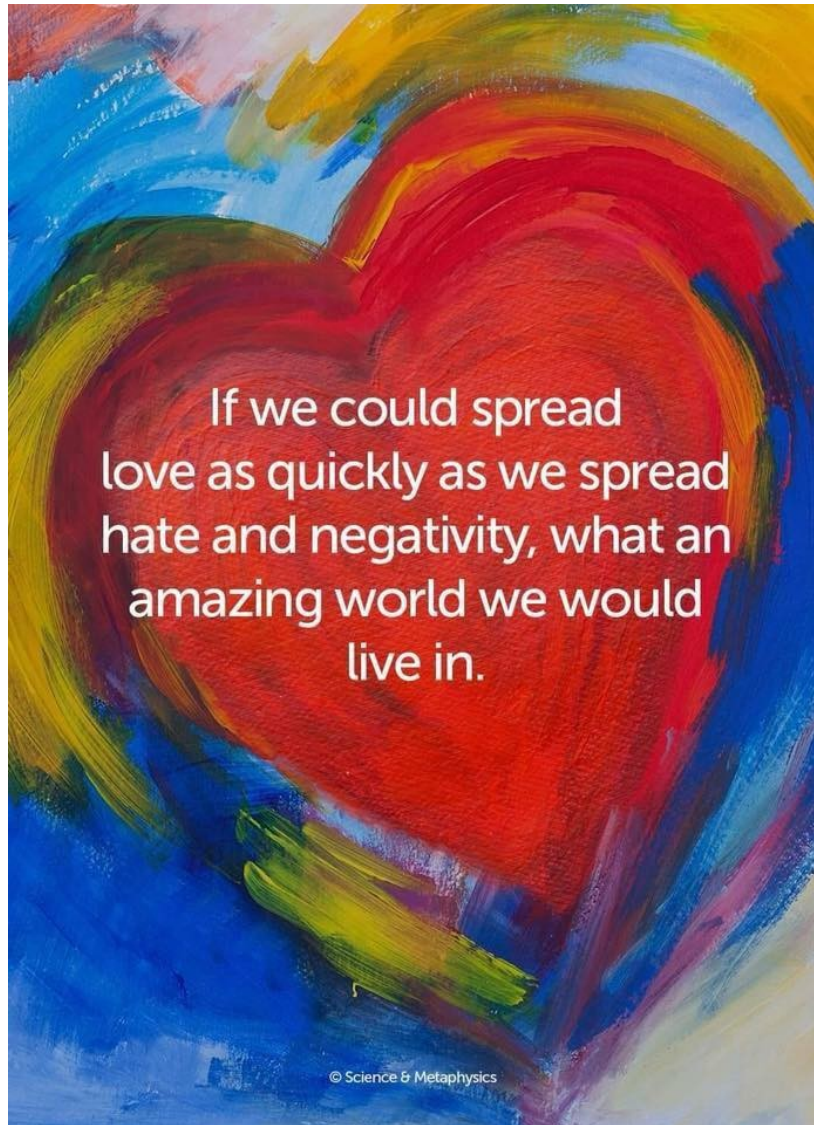
Both Mr. Hill and Mr. Newman were faithful, hard working, long time members of Emmanuel United Church.

Save this date **Sunday February 24, 2019**

This is the date of our annual congregational meeting.
Will you be able to join us?

Preceding the meeting lunch will be provided by the
CL&W Committee. Come out, enjoy lunch, stay for
the meeting to learn what our church plans for the
coming year.

Congregational Meeting





Valentine's Day facts and superstitions

Every February 14th people around the world exchange gifts, chocolates and romantic greetings for a day set aside for lovers. Many traditions are followed, all in the name of St. Valentine. Still, people may not understand why such customs are upheld.

Much of the history of Valentine's Day and St. Valentine himself is shrouded in mystery, and much of what's widely accepted is inaccurate. To set the record straight, here are some facts about the holiday.

- * Valentine's Day is believed to have originated from a celebration in Rome during the fifth century. This celebration paid tribute to St. Valentine, a Catholic priest. Other historians surmise it was a way to "Christianize" the pagan holiday of Lupercalia, which was a fertility festival. Included in the traditions were boys and girls drawing names from a box and exchanging gifts.
- * The Catholic Church acknowledges at least three different saints named Valentine or Valentinus.
- * All of the stories surrounding St. Valentine -- whether they are disputed or not -- paint him as a sympathetic and heroic individual.
- * Valentine's Day greetings have been popular from the Middle Ages onward, though they have been usually verbal in nature.
- * The oldest known written valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt.
- * Valentine's Day is celebrated in the United States, Canada, Mexico, the United Kingdom, France, and Australia.
- * Valentine's Day and Mother's Day are the most popular holidays to give flowers.
- * According to Hallmark, women purchase 85 percent of all valentines.
- * Candy was among the earliest Valentine's Day gifts and remains a popular gift today.
- * Some tales suggest that the type of bird a girl watches on Valentine's Day predicts her future husband. A bluebird indicates a happy man, while a sparrow indicates a poor man.

* In Medieval times, girls consumed unusual foods on Valentine's Day in the belief it would make them dream of their future husbands.



Outreach Mission and Service

Happy news to report: our food cupboard is full and overflowing!

After a news article appeared in October we have received a tremendous amount of support from throughout the community. In addition to a most generous \$3,000 donation from our soon to be new neighbours, Caisse Populaire, we have been given donations from: The North Bay Food Bank, The Gathering Place, St. Peter the Apostle Church, Omond Memorial Church, West Ferris Community Mixed Darts, Legal Aid of North Bay and District, LIPI as well as gift cards from individuals for Giant Tiger, Independent Grocers and Loblaws. Our thanks and appreciation are extended to one and all who have given a little or a lot. We are grateful and are making plans as to how we can better serve those who access our food cupboard.

Last, but certainly not least, we express our sincere thanks and appreciation for the organizational skills extraordinaire of Karen and Dalton Carmichael who volunteered their time to put away donations and get our small space in order. Breve.



Crissy Green, Norm St. Amour, Bernadette Degagné, Julie Breton, Leyda Lajambe, Chairperson of the church's Outreach and Mission, Pam Zygmunt, Reverend Roni Beharry, Valérie Séguin, Julie MacDonald.



ANNUAL WORLD DAY of PRAYER

You are invited to attend The Annual World Day of Prayer Service on Friday, March 1, 2019 at 2 p.m. at St. John's Anglican Church.

This year's service has been prepared by the Women of Slovenia.



ELDER ORPHAN



Have you heard the term “**elder-orphan**”? This is a newer term used to describe a Senior Citizen who has no spouse, no family and is on their own, often isolated from social contact.

Unfortunately, this is very common for older people-many are absolutely alone with no close person to call in an emergency, for medical needs or just for companionship. I am often asked, ‘how does this happen—how can someone have no-one’?

If you are widowed or single, never had children, your siblings have passed away or there were none, your parents and other relatives have passed away—you may have outlived most of your friends or they are sick in long term care, you may be estranged from some family...or just one of the people over 90 years of age and there just isn’t anyone you know left living, or well in your city.

We forget that these folks are negotiating all the same issues each of us deal with; groceries and weather and tight budgets, transportation needs, housing needs, clothing needs and medical appointments, holidays and weekends and illness...and loneliness.

If you know a Senior who is very alone, include them when you can, perhaps look in on them occasionally, give a cheery wave, offer to take them somewhere, or just pop by for a few minutes to chat and maintain connection to them.

Please remember Seniors in need and include any Senior you know who is alone and isolated...we will all be old someday.

Wouldn’t you want someone to remember and include you!



*This article was written by Michelle Ferrara Director of Community Relations
New Village Retirement Residence Stoney Creek ON.*



UNITED CHURCH WOMEN

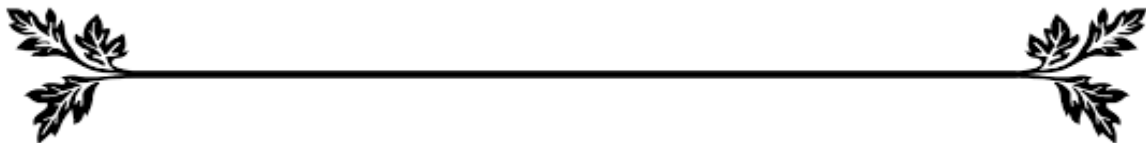


Attention Ladies

You are invited to join Emmanuel United Church Women for our Annual Ladies' Luncheon on Tuesday, February 12, 2019 at 11:30. This year we will be going to "Sugar Daddy Cupcakes & Catering" at 540 Lakeshore Drive. Rides are available. Please see or call Norma Deller 705-472-0892 by February 3 to check the menu and place your prepaid order (approximately \$20).

Attention Ladies

Emmanuel United Church Women has decided to disband by June 30, 2019 when Brenda Cote's term as president is finished. Doreen McLuhan will continue as the contact for funeral receptions. Nancy Lourie offered to be the contact for requests for catering and Linda Shillington agreed to continue to lead Bazaar decorating. Thank you to these ladies for continuing their leadership and thank you to everyone who has supported our efforts since the UCW was formed in December, 1962. At that time, there were 125 Charter Members in



Gift Card Promotion

We have done 3 gift card orders totalling \$14,420 providing a contribution to EUC of \$596.40. Understandably orders were down in January. We are asking you to look at these cards as more than "gift" cards. You can use them for your everyday spending. Buy your groceries, gas, hardware, eat out. Whatever you spend normally with cash, debit or credit card you can now use these cards and give a little back to EUC without any tables to set up, dishes to wash or cookies to bake.

Thank you for your support so far. Tina

THE HOLE TRUTH: FIVE FACTS ABOUT NORTH BAY'S COLD WAR-ERA BUNKER



An Introduction to the Underground Com-

By the late 1950s, the Cold War was well underway. The North Atlantic Treaty Organization (NATO), joining Canada, the United States and much of Europe in a mutual defence agreement, was organized in 1949 and the Warsaw Pact was formed in 1953 between Soviet nations for much the same purpose. Tensions between the two groups were mounting, especially between the USSR (Russia) and the United States.

Canada, in alliance with the United States, now found itself geographically in between these two superpowers at a time when the threat of nuclear war was a genuine fear. The new possibility of a Russian plane flying into the Arctic airspace made Canada especially vulnerable and important.

The North American Air Defense Command (NORAD) was formed officially on May 12, 1958, as a way to create a joint Canadian-American response to the threat of Russian aircraft flying into North American airspace. It was only shortly after this that the search began to find a suitable location for building a subterranean operations complex, capable of withstanding a nuclear blast and continuing its air defence operations. North Bay was selected as the location for an operations centre for a large part of Canadian airspace.

After four years of construction, this Underground Complex (UGC) was declared operational on October 1, 1963, and operated 24 hours a day, 7 days a week for 43 years non-stop. This major construction project, technological advancement and critical defence establishment is celebrated in this virtual exhibit.



“**The Hole**” is the local nickname for the **NORAD** North Bay Underground Complex, a bunker built in the 1960s to withstand a Soviet nuclear attack. During the Cold War, Canada and the United States built a series of supercomputers — called **SAGE** — meant to allow the two countries to coordinate their military response in case of attack.



Why North Bay?

North Bay had several things going for it. It already had an airbase. It was a hub for rail, telecommunication and highway networks. The granite of the Canadian shield made for perfect nuke-resistant armour and nearby Trout Lake could provide enough water to cool the complex.

Other than the computers, what was down there?

In addition to housing the SAGE computers, The Hole was meant to support 400 people for a month in the event of nuclear war. It had a cafeteria, medical facilities, a gym, a chaplain’s office, a barber shop and countless meeting rooms. It could withstand a four megaton blast (267 times more powerful than the bomb dropped on Hiroshima). It wasn’t dependent on the civilian power grid for its energy. In case of a power outage, two banks of 194 batteries would run the base until a generator could take over. Roughly 700 civilian and military personnel worked in The Hole in shifts.

Wait, so how big was this thing?

The Underground Complex had two parts.

The Main Installation, where most of the work happened, was a three-story, figure eight-shaped building, built inside a cave that was 131 metres long, 70.1 metres wide and 16.5 metres high (or, as they would have measured it when it was built: 430 feet by 230 feet by 54 feet). The Power Cavern, which provided life support and utility services, was 122.23 metres (401 feet) by 15.24 metres (50 feet) by 8.23 metres (27 feet).

The complex was 207 metres (680 feet) underground and was accessible by two tunnels. The north tunnel was just over two kilometres long and came from the air force base. The south tunnel was 980 metres long and came from the city of North Bay.

Why did it close?

The facility actually still exists, but by the early 2000s, The Hole’s computers were out of date and the threat of nuclear war no longer seemed imminent. There was no longer a reason to maintain the expensive facility.

In 2006, NORAD’s Canadian facilities were moved above ground, to North Bay’s new Sgt. David L. Pitcher building.

So what’s there now?

Right now, The Hole is largely used for storage. In 2012, it was used for the filming of The Colony, a post-apocalyptic sci-fi film starring Bill Paxton and Laurence Fishburne. Proposed uses have included turning it into a home for Canada’s audio visual archive and making it a museum.

NORAD .. North American Air Defense Command
SAGE .. Semi-Automatic Ground Environment

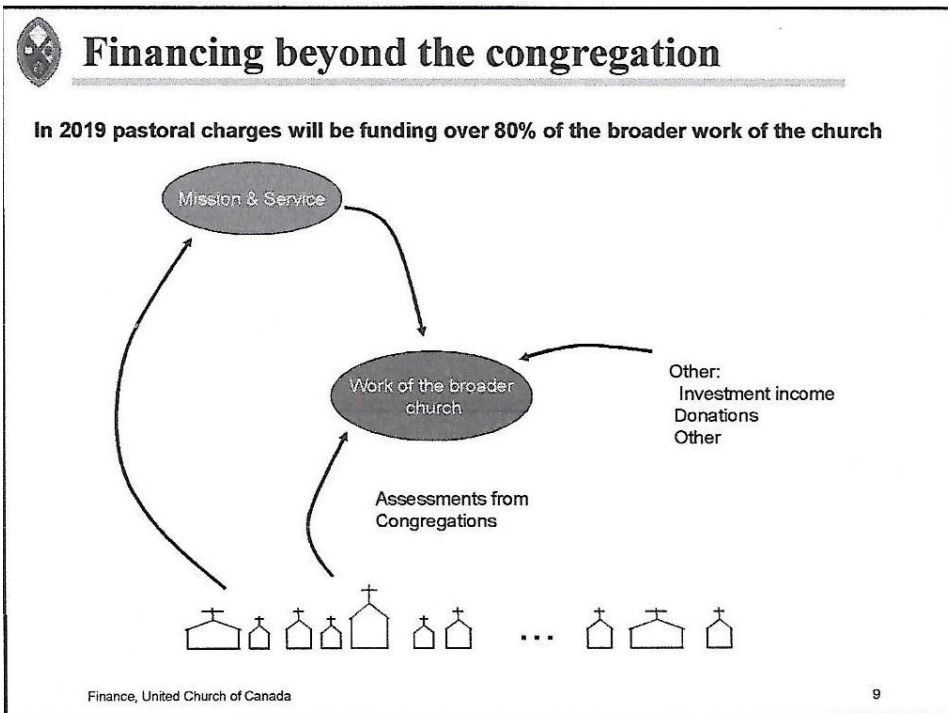
More information is available on the internet<http://aerospace defence.wixsite.com/ugc50/home>



\$ and Sense

At our meeting Jan. 16, 2019, Rev. Gord Roberts, at our request, provided insight on “transition—3 yr” funding for UCC from EUC. A copy of the 17 page “New Funding Model—An Easy to Share Summary” (October 2018) was provided and is available through the church office. It is important for you to know how your personal “treasures” (offerings) serve UCC so that they can serve you as a member of one of their congregations (Emmanuel).

The graphics below were used in a UCC ‘webinar’ on Nov. 27, 2018. The graphics show how UCC plans to generate revenues.



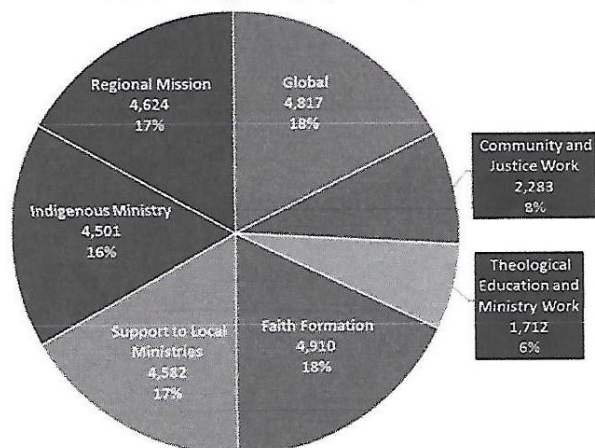
“Financing beyond the congregation” and how they plan to use this money in pursuit of their mission.

“Mission and Service Narrative Budget View”



Mission & Service Narrative Budget view

2019 Preliminary Mission & Ministry Program
Pie Chart Costs (\$000's) - \$27.4 million



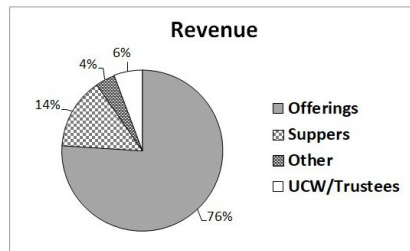
All involved with this radical/logical change are struggling to understand their role in this process. It will take faith and conviction to effect this change. Your finance Committee will attempt to keep you informed so that your offerings have meaning for you.

With changes that occurred Jan. 1/19, you now support UCC (our parent church) through an “assessment” (local church expenses) plus voluntary (mission and service) offerings (forwarded monthly); but can also pay toward the mortgage (mortgage fund) which is a UCC—Ventures In Mission loan. Mortgage fund offerings historically exceeded our commitment; however in 2018 your offerings need to be supplemented (local church expense).

2019 will bring new challenges. Preliminary estimates indicate our offerings will be 76% of Emmanuel’s resources but represents only 63% of projected expenses. The budget is based on estimates provided by your Committees for their areas of responsibility. Finance completed the task and included figures where none were provided. The projection indicate there would be a \$24,978 shortfall unless more revenues are generated or expense deferred.

Emmanuel needs to grow and should be relevant to the needs that exist if we are to succeed in our mission to be a “welcoming and caring faith community”. The budget you approve at Emmanuel’s Annual Congregation Meeting (February 24) will be an indicator.

Revenue (\$127,945)



Revenue

Offerings	\$97,276	76%
Suppers	\$18,311	14%
Other	\$5,058	4%
UCW/Trustees	\$7,300	6%
Total:	\$127,945	

Unfortunately the expenditure circle was larger by \$736,62.



Please consider your resolution for PAR and our non-supper supper is soon approaching.

Bon appetite!

EUC Finance Committee

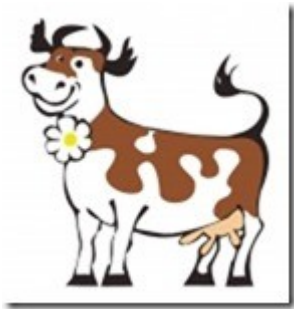
Finance Committee Message ...

Annual Non-Supper Supper

Watch for letters coming to your home in February with an invitation to experience our famous Non-Supper Supper. This will be the 10th anniversary of our gourmet event and we hope you will join us in imagining the perfect meal with absolutely no work at all. Previous events have raised over \$2,000 a year which is comparable to one monthly utility bill in the winter months. All proceeds go to sustaining the warmth you experience spiritually as well as physically at Emmanuel.

Snowbirds may "pay forward" or make a last minute reservation on their return; however, preferred seating goes to those who book early.

Beef Supper Meeting



It's That Time of the Year Again.

Bert Passmore Hall has been booked for 7 pm on Sunday, February 10 and Sunday March 10 for planning meetings and Friday, April 26 for the Annual Beef Dinner. That means that there is lots of room for new folks to join the Supper Planning Committee and we welcome your input. Please come and see what all needs to be done to get ready for our guests.



BECOMING A GRANDMA

a new book by Lesley Stahl

You know Lesley from the 60 Minutes Program -she is a life long journalist still working at age 76! This past year, Lesley was invited to speak at the Annual Women in the World Summit in New York City, on the topic of becoming a Grandma in today's world...it's a little different than our Grandmother's world; and adding the cultural, socioeconomic, world views -it's not the same experience for everyone. The very fact that a woman of such prominence, working past her mid-seventies, felt there was a need to do research on this topic and publish a book about it is significant-oh how far we have come! The best quote: **"The elderly are the only increasing natural resource in the entire world"**, as said by Linda Fried, dean of Columbia University's school of Public Health. We are a natural resource and very important to the future generations, upon which we can have immeasurable influence-this is huge! The book details the many emotional, physical, financial benefits to both grandparents and children-and-given that the world has changed so much, Lesley included very positive research into children with no grandparents who connect with other elderly people-the benefits to each was nearly the same. This book is a winner with many positive messages about aging, ageism, and Grandparenting

COMMUNITY PAGE

Have you ever found yourself wondering where to donate items when you no longer have need for them? Things like eye-glasses; shoes; pop cans; pop can tabs, batteries.



Eye-glasses: Most Optometrists know how to recycle used eye glasses which you can drop off at their office, or, bring them to the church and put them into the box on the shelf in the Narthex. Lions Clubs International also collects eyeglasses—and hearing aids—and sends them to be reused or recycled. If you have access to a computer, check out the [Canadian Lions Eyeglass Recycling Centre](#).

Shoes: gently used shoes—from your closet, to Bioped Clinics, to the feet of those who really need them. Bioped Foot Clinics collect used shoes to help change the lives of the less fortunate. Shoes can be dropped off at Bioped, 320 Airport Road, North Bay. Just think there is a good possibility that your used shoes could be worn by someone in a far away country, like Haiti or other far away countries.



Batteries: There is a lovely box in the Narthex of our church where you can safely dispose of used batteries. Batteries should not be put into the garbage as some of them contain harmful chemicals. Or, you can take them to North Bay Hazardous Waste on Patton Street.



POP CANS/ALCOHOL CONTAINERS: These are items that are collected by North Bay and District Fitness Cardiac Club and then turned in for cash. This money is used to assist with costs the Cardiac Club incur throughout the year. Dr. J. Andrews and two nurses meet with club members weekly to offer tips on Heart Health and cardiac disease and how to cope. Contact Dalton Carmichael (705-472-5444) for further information.



Pop Can Tabs: Did you know that those little tabs on pop and other cans can be collected, donated to the Rorab Shrine Club to be added to other pop can tabs toward the purchase of a wheelchair? Collect a bag of them, then put it onto the shelf in the Narthex where it will be picked up and taken to the Shrine Club to be added in with other pop tabs.

BE PREPARED!

The Boy Scouts motto: be prepared-is one I think of often. Our parents and loved ones are aging with changing health conditions, age-related physical, mental, emotional issues as well as income issues, multiple changing medications evolving medical conditions, changing social connections etc. Are you prepared? So many folks are making decisions in crisis as opposed to when we can sit and have the conversations, learn about our parents and their wishes, determine what is working in their daily lives. Do you have 'the lists' of Dr. and Specialist and Pharmacy names, of medications, final arrangements, bank/lawyer/accountant, important papers, names and phone numbers of close friends, clubs and activities. Do you know who are the power of attorney's for both property and healthcare-where are the documents? It's too late after an incident or health crisis to realize you simply don't know. My suggestion is to have the conversations and get organized before you need to have the info at your fingertips...here are some good tools to help:

The Senior Organizer (book) available on Amazon or at www.hcibooks.com

Why Wait? By Carolyn A. Brent (book) available at www.harlequin.com

Peace of Mind Planner by Peter Pauper Press, available on Amazon

Get It Together by Melanie Cullen, available on Amazon



Daylight Saving time

March 10



Change your clock and change the batteries in your smoke alarm and your carbon monoxide detector.



First Day of Spring

March 20

St. Patrick's Day

March 17, 2019



SCENT-SITIVE ... Scented products can aggravate health problems for some people with medical conditions. Please, in consideration of others, please do not wear scented products. Your cooperation is appreciated.



Important:

Next newsletter will be available on March 31st. All submissions and articles required prior to 2:00 p.m. March 24th.

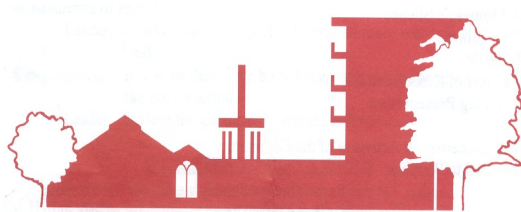
If you no longer wish to receive the Emmanuel Newsletter, please contact either the church office at 705-472-1806..or.. Karen Carmichael at 705-472-5444 or by e-mail to carmichl@efni.com

Visit our website at www.emmanuelunitednorthbay.ca

Comments, concerns and suggestions are always welcome.

**If you no longer wish to receive the
Emmanuel Newsletter, please contact the
church office at 705-472-1806 to have your
name removed for the mailing list.**

Thank you, editorial staff.



Emmanuel United Church

395 Lakeshore Drive

North Bay, ON. P1A 2C5