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# THE HANDSHAKE



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United Church AOTS Mens's Club

NATIONAL NEWSLETTER

Spring, 2004

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## Devotion

by Gil Reashore

**Hymn [VU #151]** Lift High The Cross

**Must Read Scripture: Luke 13: 31-35 {Key Vs.34}** “O Jerusalem, Jerusalem! The city that murders the prophets. The city that stones those sent to help her. How often I have wanted to gather your children together but you would not let me.”

**Opening Prayer:** Dear Lord, be beside us as we journey through this Lenten season. Scan our souls, cleanse our hearts, renew within us that positive spirit, and help us to hear Jesus' call to herald your call. Have our hearts understand, as Christian Men, we are yours, and that we need to live our lives in the light of eternity. Amen.

**Lesson:** We pick up the story where God sent his Son, Jesus Christ, to the people to stir within them an alternate way. It was the fulfilment of a promise made years earlier to Abram in the barren lands of the desert. Jesus is now in the very heart of his ministry of grace and love. This great ministry is meant as a gift from God to his believing people.

There are many in Jerusalem among the elite and high society who do not like the kind of language this young man associates himself with. But Jesus saw the Pharisees as Herod's messengers who would report to him. They urged him to leave because they wanted to stop him from going to Jerusalem. He speaks the truth, but they are words of encouragement to the peasant peoples of the land. They see his entry into Jerusalem as a threat to their families and their lifestyles. Jerusalem was Israel's largest city and the nation's spiritual and political capital, and Jews around the world visited it frequently. And let's not forget, Jerusalem had a history of rejecting the prophets sent by God and it would reject the Messiah just as it had rejected his forerunners. That said, Jesus says: “Tell the fox I am coming anyway.”

Put yourself there! What about your lifestyle? Would you want it put in jeopardy by some radical? I wonder. At the same time, there were some who liked what Jesus was saying and they honestly came to warn him that Herod wanted to kill him. We must not forget also, that Jesus had, on occasion, eaten at the table of Pharisees and liked many of their ideas. He may have hoped to gain some of their trust for the cause of the Kingdom. Jesus gives a passion-filled lament to Jerusalem. “O Jerusalem, Jerusalem, you have killed the prophets and stoned those sent to you, how often I have longed to gather your children together, but you are not willing.” Have things changed much? Is there a willingness to hear Christ's call today?

As Christian men, promoting Christian Fellowship and Deepening Spiritual Life, we must remain faithful to the new commandment that Jesus gave us at that last supper with his disciples: “You must love each other just as I have loved you. If you love each other, everyone will know that you are my disciples.” {John 13:34} Words for all to remember as we go about in the service of the Lord to encourage others to pursue Him as Saviour.

**Closing Prayer:** Dear Lord, have us to dig deep down within ourselves as we commit to follow Jesus and lead others towards the cross. Empower us with the Holy Spirit as we touch the lives of others who are struggling and suffering. Strengthen us to be a blessing to one another and to all people, glorifying you in everything we do and say, through Jesus Christ our Lord. Amen.

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# A.O.T.S. What's In A Name?

submitted by Jack Cleave, Grace United, Sarnia, ON

*(Editor: This article appeared in the Newsletter of Grace United Church in October, 2003. Thanks, Jack, for sharing it with the Handshake)*

The letters A.O.T.S. are the first letters of Jesus' statement in St. Luke's Gospel, Chapter 22, Verse 27 (R.S.V.P.): "I am among you as one that serves."

The aim of A.O.T.S. is :

(a) to be an arm of the Church reaching out in Christian Fellowship to all men

(b) to deepen the spiritual life of men

(c) to encourage and promote effective Christian Service

(d) to give encouragement and practical assistance to work among the youth of the church and community.

The organization was started by Dr. H.W. Riggs. He was on a return trip to Vancouver from a Kiwanis Convention in Toronto and the idea came to him: "Why not have a Christian Service Club?" He brought the idea to the men of Kerrisdale Methodist Church (later Ryerson United) and the idea took off.

Clubs sprang up in other Vancouver churches and into the western United States. It was open to all men in the community regardless of their church affiliation. This was taking place in 1923, two years before the United Church came into being. It took 20 years before the movement got over the mountains. The men of British Columbia hired a retired Y.M.C.A. Director as an executive secretary to bring the message to the rest of Canada in the 1940's. By that time, the organization was established as a United Church function.

In 1959, the organization's name was changed. There were two men's groups in the United Church and

a conference was held to bring the two groups together. We became officially recognized as "United Church A.O.T.S. Men's Clubs." U.C.A.O.T.S.M.C.

Besides the work that the clubs do in their local churches, we have three national projects:

"The Harry Colnett Fund" is a university scholarship for someone in the food science course that commits to going overseas after graduation to assist in the increasing of food production in the third world countries.

"The Hospital Fund" is to assist hospitals to accomplish tasks where other funds are not available.

"The Youth to Camp Project" is to encourage local clubs to send under-privileged youth to camp.

This is a brief rundown on the history of U.C.A.O.T.S.M.C. Anyone who would like more information on A.O.T.S. can find two books on the history of A.O.T.S. in the church library.

Our local club meets on the 4th Sunday of the month for a breakfast meeting at 8:00 a.m. It is open to all men of the community whether they attend church or not. We are active in National, Provincial and Western Ontario projects. Our two major activities are a fall dinner we put on and a spring sale of fertilizer to raise money. We also invite our lady partners to a dinner once a year and put on the odd dinner for a special occasion.

We welcome all men to share in our Christian fellowship at our Sunday morning breakfasts.

## Reg Cooper sends Greetings

November/03

Hello to Everyone

It was delightful to read the Handshake.

Yes, I suffered a heart attack and stroke on September 5th. I have no pain, just inconvenience. Having to learn all over again to walk, to speak, makes one humble. Good thing probably.

I have had lots of visitors from the To. Conference, the Legion, the Masons. I once was active in all of these - 60 years in all; twice Central V.P.

I wish all in the National AOTS good luck and good work. Saying hello to National members - Ernie in Newfoundland, George Bishop in Newmarket, Jim and Layton in Toronto.

Hope you can decipher this. I am disgusted with my handwriting. I am getting a keyboard this week.

Keeping this scribble to a short bit, but love to all. Best wishes. Hope to be home this year but it's not so bad here. Have my own room - and all the comforts of home. Lucky me.

Reg Cooper.

# AOTS - 80 Years of Service!

by Kenneth Lane, Recording Secretary

*In years gone by, the recording secretary presented a detailed report on the actions of the National Council at the end of the year. This is not my mandate but I would like to quickly summarize our Anniversary Year of AOTS, as of November 30, 2003.*

## In Memoriam

In the past year, the following National Executive members and National Life Members have been summoned to a greater life above:

Arnold Field - Western Vice President and THE HANDSHAKE editor

Keith MacFayden - Membership & Fellowship chair

Gary Wilson - Spiritual Life & Leadership chair  
Rev. Karl Zurbrigg - National Life Member

## This year we accomplished:

80 years of Service for Christ - Our Anniversary

A new Vision for AOTS

A successful Biennial at London - hosted by David Morris and 4County AOTS, London Conference

New Handshake Editor - Ernest Dixon, Elliot Lake, ON

New AOTS Pamphlet - You Were Asking About AOTS - in colour

Establishment of Regeneration Committee - chaired by George Bishop

National Hospital Project - Western- Blood Pressure Monitor for Moose Jaw Hospital

National Hospital Project - Central - Oxymeters for St. Joseph's Manor, Elliot Lake

Harry Colnett Scholarship - to Michael Renbick

Better AOTS website - [www.aots.ca](http://www.aots.ca) - more information and Handshake on screen

More Observer On Tape subscribers

250 Youth to a Summer Camping Experience.

## National Awards:

President's Man - to Jim McKibbin

D.R.Poole Memorial Trophy - Holy Trinity AOTS, Elliot Lake, ON

David Sherwood Trophy - Grace UC AOTS, Sarnia, ON

Donald Williams Trophy - Youth to Camp

Holy Trinity AOTS, Elliot Lake, ON - trophy and \$500.

St. Paul's AOTS, Stirling, ON - plaque and \$150.

Consecon/Carrying Place AOTS, ON - plaque and \$150.

Jack Bush, Stirling, ON - certificate of appreciation

## National Life Memberships

Arthur Mann, Duncan, BC

George Bishop, Newmarket, ON

*These are some of the accomplishments of this past year but do not reflect the effort and work of individual clubs and conference areas in their Service for Christ - much too much to summarize at this time.*

## We Still Must Accomplish:

National Council Vacancies

Eastern Vice President

Conference Representatives for Maritimes, Montreal-Ottawa, Saskatchewan, Alberta, and Native Circle

Archivist

## On the "books" but not finished

Music Bursary Guidelines - C & S Committee

Individual Membership Pamphlets - Membership & Communication Committees

2005 and 2007 Biennial Conference sites

Colnett Scholarship Applications - C & CS Committee

Eastern Region Hospital Project, 2003

AOTS Representation on Church courts and General Council

2004 Annual Meeting - site and date

Updated pamphlets on hospital projects

National music bursary competition

*Our new Vision Statement stresses our involvement in establishing a NEW CLUB in every church. We have a real challenge and a lot of time and work to accomplish this goal - work on it!!  
Every Day is important in our Service for Christ, "As One That Serves"!*

# Keeping Pace with the Times

## An Experiment that is working for the AOTS in Red Deer, Alberta

by Jim Roberts

The Gaetz United Church AOTS Men's Club in Red Deer, Alberta had a fine beginning in the years that the National AOTS enjoyed great fellowship and work across Canada. But as time has gone on, many men's groups have suffered from attrition and inability to attract new members. Such was the case with our club. Combining with other groups in nearby communities was impractical as there were too few that remained and the distances that had to be covered were simply too great, especially here in the West.

But members of the Red Deer Club did not want to give up until every avenue had been explored. One of their yearly events was to have a Christmas program to which the member's wives and friends were invited, and the turnout and the fellowship experienced led us to believe that we might establish more frequent events of this kind. For a short while the club had some meetings that included others; now every meeting is one that includes women and visitors.

We realize that there will be those who will say that we no longer have an AOTS group - but this is simply not the case. Let us see why:

**First:** The membership is based on the regulations of the AOTS constitution. We have a paid up membership that is not large, but is very active.

**Second:** The Executive is made up of the members of AOTS who have directed the club's many programs and activities.

**Third:** Nearly every program includes a pot-luck supper - and who would deny that we depend upon our women to see that we are well fed!

**Four:** Our activities have remained the same over the transition period, as they were in the earlier times - indeed they have increased in their variety and enthusiasm.

The net result has been that attendance at our monthly meetings has increased substantially averaging about 60 people at our meetings, and we have had on a number of occasions, 150 or more. And the AOTS Club is now second only in strength and activity to the Christian Education program of Gaetz United Church.

The question may be asked, "To what do you owe your success? Is there anything different that you do?" Well, let's take a look at what makes our group vital and enthusiastic.

◆ Every successful group has to have strong and creative leadership. We have been fortunate in Red Deer to have leadership in our group of outstanding men who have carried the meaning of "As One That Serves" with the dedication of the One from whom this phrase has come. And none of us would hesitate in nominating Don Campbell as one

who has exemplified creative and productive ways of keeping us on track.

◆ We have an executive with men who have carried out their obligations both diligently and cheerfully.

◆ Every program has the same format as in earlier times- A Pot Luck Supper followed by hymn sing; a devotional; and a program - and no more business than is absolutely necessary!

◆ The persons who have attended the monthly meetings have been treated to programs and events that have been topical, informative and entertaining. Every year they have put on a special program celebrating something of the past and present in music, verse and storytelling, and have enlisted people both from the congregation and the community in their endeavours. This event has had great support from both the community and the congregation.

◆ Every year, the Executive plans a suggested program for the year which includes a few fund raising events, and have contributed to the finances of the church. Such events have been Pancake Brunches, Soup and Sandwich lunches, and a special meal prepared by the men at harvest time. Members of the club have also looked after garden plots, the care and maintenance of the church grounds and other tasks.

◆ The variety of programming has been one of the highlights of the organization's monthly meetings, and have had people coming back again and again.

Some are related to travels and experiences abroad - e.g. "a teacher in Manchuria", "The experiences of women in a Japanese POW Camp by daughters of a Missionary", "A trip to Antarctica", and many others to Brazil, Ungava Bay, and the Amazon. As well, experiences that are close to home (but not in the prevailing culture) have been presented by a former teacher of a Hutterite colony, as well as a member of the Moslem community who helped us understand something about the Koran and the Islamic faith.

Because many of us are seniors, a number of programs over the years have dealt with aging, pharmaceutical and health care and how we might "age gracefully." We feel that if the group had not widened its membership at monthly meetings, we might well have suffered the fate of a great many clubs and organizations across church and community. We are grateful to a loyal band of men who had a vision that we could do better and forward the motto "as one that serves" in a fashion acceptable to God, Church and Community.

**Ms. Jenna Templer of Windsor, ON has been awarded the Harry Colnett Scholarship of \$1,000. Full details in the Fall Issue of The Handshake.**

## In Memoriam

### Gary Wilson

(June 7, 1940 - October 26, 2003)

#### AOTS Service for Gary Wilson

Members of AOTS played a significant role at the Service of Thanksgiving and Celebration of the life of Gary Wilson, who died on October 25, 2003. He had been a member of the Consecon/Carrying Place United Church AOTS club for 43 years.

Gary was just 20 years old when the club was formed and he is among the elite group of Charter Members. To say he was a willing worker and always ready to help would be far short of the impact Gary has had on AOTS, both locally and nationally. He served every executive office locally (more than one term) many positions regionally, and on the National Executive where he was Secretary. Most recently, he was Chair of Spiritual Life and Fellowship, where he was serving at his passing. The impact of Gary's passing will be felt by the local club, the Bay of Quinte Conference and the National Office of AOTS for a long time to come.

Those of us in AOTS who had the opportunity to know and work alongside Gary, know how seriously he took up the challenge of the club's acronym AOTS. It comes from Luke 22:27 where Jesus asked the question of his disciples, "Who do you think is the greatest, a person who is served or one who serves? Isn't it the one who is served? But I have been with you as one that serves."

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## Memo

**To:** All Central Region Conference Representatives

**From:** Keith Elliott, Vice President, Central Region

**Re:** *National AOTS Hospital Project*

February 7, 2004.

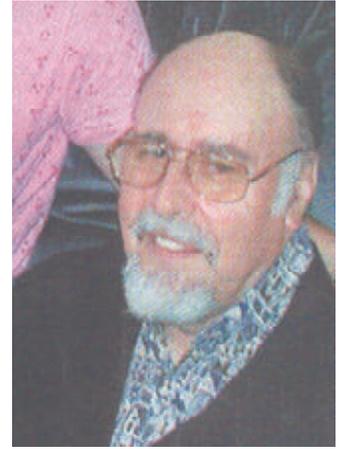
There is \$2,500 available from National annually to purchase a piece of medical equipment for a hospital within the Central Region.

I would like each conference representative to inquire if there is any equipment needed in a hospital located in your conference area.

I would appreciate receiving your response as soon as possible. I look forward to hearing from you.

Many thanks.

Gary was also active in the community. Preserving history was an interest of his and he was involved with the Seventh Town Historical Society in Ameliasburgh, the Loyalist Parkway Heritage Committee, and the Ameliasburgh Fair. He served as drummer in the Trenton Citizens Band and was a member of the Marine Modellers Club.



In his spare time over eight years, he completed an Elizabethan galley from 1588.

Although he contracted ALS in his latter years, he never lost faith in God. In an interview, he said: "I wasn't devastated (by ALS) because of my faith in God. My belief is, God is still in control. He has promised that. He'll see us through."

Gary's final award (and reward) was given when his spirit returned back to the One who gave it and we are confident that he was welcomed with the familiar words: "Well done good and faithful servant."

His volunteer work in the community was recognized (posthumously) when he was awarded the Trenton Lion's Club Val Carswell Volunteer Service Award. It will be accepted by his wife, Carol.

Gary worked for Domtar for 37 years. He is survived by his wife, Carol, and children Jennifer, Brent and Brad.

Rest in peace, Gary, Your service to our Lord and Master will long be remembered.

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**Central Canada Round Up**  
**April 23, 24,25**  
**Jackson's Point, Ontario**  
**Theme: "Maintaining Faith**  
**in a Changing World"**  
**Rev. Ed Bentley**  
**Theme Presenter**  
**Youth Program, workshops,**  
**Music by the Watsons**  
**Hosted by Bay of Quinte AOTS**

## Editor's Comments

by Ernie Dixon

Thanks for making my task easier this time. I appreciate it when material comes in early, since I am not the speediest typist in the world.

It was good to hear from some clubs that we haven't heard from in a while. I hope this can be expanded. You don't need to be an expert writer, nor does your club have to have done something spectacular. Just answers to those old questions: who? what? when? where? how many? Personally, I like reports like the one from Don Mannell in Harrow. His report is short but had a lot of information in it.

Being so near to Easter, I thought it appropriate to have the Devotion on the front page. I don't have any set rules about what should go where in the publication. That's probably obvious with this location of an editorial. It just happened that this space was available when the layout was completed.

Here are a couple of suggestions. (1) Please make sure that you **identify yourself**, your club, and, in the case of pictures, the people in the pictures. That was what I was trying to achieve with that form I issued last

summer, but only one person has used it, so I guess it wasn't a popular idea. Anyway, I don't care about the form, just the information.

(2) We do have deadlines. They were agreed upon by the Executive at the Conference Call Meeting in February and they are:

**March 15 for the Spring Issue and September 15 for the Fall Issue.** We intend to adhere to them, so anything received on September 16 will not likely make it in the Fall Issue.

Here is a reminder: The Editor's address is

Ernie Dixon,

26 MacFarlane Rd.,

Elliot Lake, ON P5A 1L1

Telephone: 705 - 848 - 2670

e-mail: [edixon@onlink.net](mailto:edixon@onlink.net)

It seems that everyone wanted pictures in this issue. I hope they turn out well. Incidentally, when you send pictures, would you indicate whether or not you want them returned.

I sure have a lot of requests, don't I? Never mind, together we will continue to improve the Handshake!

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## Celebrations

### Gerald Brooks Celebrates 100 years!

December 3, 2003, was a special day for St. Paul's United Church AOTS in Stirling, ON, when they hosted a dinner to celebrate the 100th birthday of one of their members, Gerald Brooks. Gerald joined the AOTS in the sixties and is now an honorary member. He was born in Hillier Township in Prince Edward County to farming parents.

He married Florence Helen Green and they had two children. Gerald and his family moved to a farm on the River Valley Road, in Sidney Township, in the late 1940's. His son, Glen still lives on this farm, while Gerald now resides at Stirling Manor. Gerald has enjoyed many hobbies including wood carving and needle point.

At the dinner, Craig Watson paid a musical tribute to the leadership that Gerald has given through the years.



Standing behind Gerald Brooks (seated) are (L - R) Monte Moorcroft, Craig Watson and Jack Bush.

# Riverview Health Centre Celebration

by Harry Burdon, Honorary President

In January, 1925, Riverview Presbyterian, Rosedale Methodist, Anglican and Baptist churches of the Fort Rouge area of Winnipeg provided leadership for Sunday Morning Interdenominational worship services at the Winnipeg Municipal Hospitals.

Following the Winnipeg Polio Epidemic, a need came to make these services available to these patients. In September, 1953, AOTS men took up the challenge to meet this need.

On September 14, 2003, a special evening celebration was arranged to honour this project and recognize three gentlemen who have been participating for the full 50 years.

Murray Kerr, Past National UCAOTSMC Honorary President and a significant worker in Manitoba AOTS has represented Westminster United for the entire 50 years.

AOTS National Chairman Ernie Orpin started at Westminster before he moved to Windermere and then to Donnelly United. Since the new building with its dedicated worship centre was opened in 1997, Ernie has missed few Sunday mornings being at Riverview to place the residents/patients in their preferred seat. He is missed and questions are asked about his well being when not there.

Jim Duncan was originally a member of Riverview but moved to Rosedale at the time of his wedding. Rosedale and Riverview are now Churchill Park United. As a member of the area churches serving the hospitals, Jim has also been involved with visitation and other programs

We were proud to be able to have Jim, once an active AOTS man on our honour roll.

A curved glass plaque was presented to the three 50-year men on behalf of AOTS District Council and Riverview Health Centre by Harry Burdon.

Oxford United Church, which recently closed, had been a long time participant in the

Sunday Wheeling. Their choir regrouped and provided special music for the Celebration Service. Their long term co-ordinator of wheelers was honoured by District Council as a re-supply of the Anthology of Faith large print song books were dedicated in her memory.

As the Oxford Church congregation found new places of worship, we strengthened some of the participating congregation crews and have re-activated two other congregations.



Left to Right: Ernie Orpin, Harry Burdon ( co-ordinator of the volunteers), Jim Duncan and Alan Kerr, who accepted the honour on behalf of his father, Murray.

## Minnedosa AOTS celebrates 50th Anniversary

by Harvey Douglas

The Minnedosa United Church AOTS Men's Club held its charter night in May, 1953. Some of the charter members were Fred Charles, Newton Clark, Clayton Searle and Dr. H. Reeker. The motto of the club is to help the youth of the church and the community. Over the years, the club has supported, and continues to support groups such as Boy Scouts, Girl Guides, Pathfinders, Birtle Presbytery Youth Camp. In addition, individual youths have received support with specific needs.

The Club celebrated its 50th Anniversary on October 3, 2003. Over 100 people sat down to a lovely roast beef dinner, complete with trimmings, and an ex-

cellent dessert, all prepared by the men. The Pathfinders, the Girl Guides and some of their mothers served the dessert, tea and coffee and cleaned up.

The gathering was entertained for 30 minutes before dinner by the Cameron Connection, a very talented singing group from Minnedosa. Then a new group of five called "The Fyre in the Byre" took to the stage after dinner and entertained for about thirty five minutes playing Irish tunes. Mr. Don McKenzie completed the program with a short speech about A.O.T.S.

Visitors included fellows from Brandon Central United Church and the Winnipeg AOTS Council.

# Special Activities

## Toronto Conference Fall Rally, 2003

by Richard Deitriche

This year it was decided to invite the ladies because of the general interest of the topic, "There is Hope" based on the 38th General Council Meeting of the United Church of Canada in Wolfville in August, 2003.

Rev. Emmanuel Kwadwo Ofori of Ghana Methodist Church in Weston (Toronto) and a number of his congregation led us through a lively time with their songs and drums.

The Wright family from Trinity Newmarket led us in music and song and were supported by an AOTS Men's choir.

We were honoured to have Central Vice President Keith Elliott and his wife in attendance this year.

Rev. David Iverson, past General Secretary of the Division of Mission in Canada and Senior Leadership Team (SLT) from 1995 until 2002 was the theme speaker. In developing this theme he asked, "How do we account for the hope that is in us - Jesus Christ?" He used a life analogy to white water rafting: - Rest in the calm spots - there are more rapids ahead.

- Don't steer away from the rocks; lean into them. Even though the water is moving faster there, it is moving ahead.

- Never stop paddling.

- Always wear a life jacket - the waters are raging.

As of September, 2003, David accepted a call to St. Margaret's United Church in Kingston, Ontario, in the Bay of Quinte Conference.

Six workshops were presented based on reflections from General Council Commissioners.

1. The Practice of Walking with Others // The Church and Residential Schools.

2. That We May Know Each Other // Judaism // Challenging Islam phobia.

3. The Value of Life // Genetically Modified Foods // Human Cloning - Latimer Case.

4. Despair is the Spiritual Condition of the 20th Century - United Church, the Road Ahead - Leadership in the Church.

5. Gambling Dollars.

6. Same Sex Marriages.

Each workshop was led by a Commissioner from General Council. Group discussions and "Feedback" were lively and well received.

Past President George Bishop was presented with a "National Life Membership" by Richard Deitriche (National Membership & Fellowship Chair) and Keith Elliott (National Central Canada Vice President). A well deserved award to a true gentleman and a great promoter of AOTS.

Jim Patterson, Financial Development Officer for the Toronto United Church Council spoke about the financial need at all the church camps to upgrade the water equipment to meet the new Ontario Water Regulations. To date \$85,000 was still needed to complete the total project costing over \$120,000.

Jim McKibbin, President of the Toronto Conference Council, presented Joe Martin, president of Trinity Newmarket AOTS, with the Toronto Conference "Club of the Year" Award, much to the delight of the host club. A Continental Breakfast was served by the host AOTS Club and lunch was served by the UCW Ladies of Trinity Newmarket. Both were well received and no one was left hungry.

The seventy men and women in attendance ended a very successful Rally with Worship and Communion in the Chapel.



**David Iverson,  
Theme Speaker**

## From Church Bulletins

*Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come and hear Bertha Belch all the way from Africa*

*The peacemaking meeting scheduled for today has been cancelled due to a conflict.*

*Don't let worry kill you off - let the Church help.*

*Potluck supper on Sunday at 5:00 p.m. - prayer and medication to follow.*

**Breaking the Ice**  
**Manitou Conference Men's Retreat**  
by Kenneth Lane

The 5th Annual Retreat for the men of Manitou Conference was held on February 20 to 22, 2004 at Camp Norland on Deer Lake just north of Verner. This annual event was started by the men of North Bay, but now extends to the men of Manitou Conference. This event has been held at Yesterday's Resort, north of Parry Sound for several years, but a change of ownership and accommodation cost of that facility necessitated a relocation this year.

Forty-four men met in fellowship under the theme, "Visions and Dreams" with Rev. Dr. Jim Sinclair, Executive Secretary of General Council, as the theme facilitator. The movie Hunter "Patch" Adams was shown and the comparison of sections of the gospel of Mark were discussed, stressing dreaming the dream and then reaching out to make the dream a reality. Many visions and dreams to improve the life of people were discussed, with those relating to our preservation of the environment and improvement of our health system being very prominent. The weekend discussions provided much "food for thought" and certainly widened the understanding of the subjects discussed in session.

This weekend not only features a great theme but provides a deep fellowship for men. Any weekend is only complete with good fellowship, great food and inspirational theme addresses. This weekend was certainly a great time of fellowship and inspiration and the men of the planning committee were thanked for such a well planned event. The Sunday service is unique in that it is planned by all the men participating in the weekend, with small groups formed to plan each part of the service, including music and choir. It is surprising what results, with these different group presentations leading to the Feast of the Lord's Supper. Imagine such a weekend with this fellowship, spiritual renewal, good food and great scenic location (even with the fresh snow that made arrival driving a little tricky) - all this for the weekend price of \$130.

Join us next year as we celebrate the Breaking The Ice in Manitou Conference. Although this event is not planned as an AOTS retreat, it is attended by AOTS and non AOTS men who join together in Spiritual Renewal for the weekend.

***A Partial List of the Dreams and Visions compiled at the Round-Up:***

*Wind Generation - Lake Nipissing and north shore.  
Reinstate nocturnal water heating.  
Bring young people into our churches.  
Beads of Hope - medication for 3rd world for HIV and AIDS; vision is a cure for AIDS.  
World Population Control through education. That denominational boundaries would be inclusive and that barriers would cease to exist.*

**Benediction that Albert read to close our Sunday Morning Worship Service at Breaking the Ice**

submitted by Tim Robertson

*Eternal God and Spirit among us  
You call us to fulfil our visions  
of which we cannot see the ending,  
by paths as yet untrodden,  
through perils unknown.*

*We thank you for the friendships we made  
and the visions shared this weekend.*

*Give us faith to go out with courage,  
not knowing where we go,  
but only that your hand is leading us,  
and your love supporting us. Amen*

**Bay of Quinte Conference  
AOTS holds Annual Round-up**

The Bay of Quinte Conference AOTS 44<sup>th</sup> Annual Round-up was held November 1<sup>st</sup>, 2003. The Bay of Quinte Conference consists of fourteen (14) clubs in the areas of Napanee, Belleville, Stirling, Prince Edward County, Trenton, Colborne, Port Hope, Peterborough, Lakefield and Oshawa.

This year the event was held at Wellington United Church and was chaired by President Keith Elliott.

As 2003 marks the 80<sup>th</sup> Anniversary of the National A.O.T.S., particular emphasis was placed on the history of individual clubs, and this was accomplished by each club preparing a display of their club's activity and history. These exhibits were on display in the sanctuary at Wellington United Church throughout the afternoon and evening on November 1<sup>st</sup>. During the afternoon portion of the program, Ken Lane, National Recording Secretary gave a talk on the history of AOTS and presented each Club with a booklet summarizing that history. George Bishop, Immediate Past National President, also addressed those in attendance and urged everyone to support AOTS as much as possible.

Dinner was prepared and served by Wellington UCW to 112 members and guests including a number of National A.O.T.S. Executives. Following the dinner, Craig and Betty Watson led everyone in a lively singsong, and this was followed by an enjoyable evening of entertainment provided by Ken and Ann Clark.

This Round-up marked President Elliott's fourth and last year as President of the Bay of Quinte Conference AOTS and in his concluding remarks he thanked all member Clubs for their support and co-operation during his term as President.

Blake Gieg, a member of the Consecon/Carrying Place A.O.T.S. Club was nominated, elected and installed as the incoming President.

# Minutes from the Executive Conference Call, Feb. 8, 2004.

**In Memoriam** - In memory of Gary Wilson, the donation to the Hospital Fund of \$100 has been made.

## Church and Community Service :

- (1) **Harry Colnett Scholarship** - 2004 applications were being readied for circulation to universities.
- (2) **Youth to Camp** - Clubs sponsoring youth to a summer camp were encouraged to get their long overdue reports on the 2003 camping experience sent to Mark Browning.
- (3) **Website:** Mark reported that the website had been upgraded and that more information was on line and links to the United Church web were improved. That website is <http://www.aots.ca>

## Biennial Convention

Tentative plans are that the 2005 Biennial will be held at the University of Victoria August 5 - 7, 2005. Hosts will be the Vancouver Island AOTS Clubs.

## Membership and Fellowship

Richard Dietriche commented on his circulated report and suggested that "ways of opening doors" to get men into the organization was most important. He noted that, at the next Central Round Up in April, some time will be allotted to workshops that will promote ideas on attracting men to our organization and service for Christ.

## Regeneration Committee

George Bishop reported that ideas developed by the committee would be presented at the Central Canada Round Up and would be the basis for discussion and workshop. He indicated that a National Men's ministry will be developed in the United Church and AOTS will be part of this ministry that will involve all areas of men's work, retreat planning, etc. for the church.

## National Council Vacancies:

Eastern Vice President - looking for someone from the Maritimes Conference.

Newfoundland & Labrador Conference Representative.

Conference representative for Saskatchewan.

Conference representative for Alberta.

Everyone is requested to make suggestions and/

or nominations for the vacant positions.

## Motions:

Bishop/Orpin: that we accept the Bay of Quinte offer to host the 2007 Biennial Convention in their area, with thanks. Carried.

Elliott/Bishop: that the application for a National Life Membership for the Rev. Lloyd Short be approved. Carried.

## Financial Information

by Ernie Arpin

Summary of Income and Expenditures for the year ended December 31, 2003.

Operating Income	
(Dues, Second Mile, etc.).....	\$28,180.96
Project Income	
(Hospital and Colnett funds).....	\$ 4,675.21
<b>Total Inome.....</b>	<b>\$32,856.17</b>
<b>Expenditures:</b>	<b>\$31,006.91</b>
Operating expenses.....	\$21,506.91
Hospital Fund Outreach.....	\$2,000.00
Regeneration Committee.....	\$3,000.00
	\$26,506.91
Project Disbursements:	
Hospital Fund.....	\$ 4,500.00
	\$31,006.91
<b>Net increase for the year.....</b>	<b>\$1,849.26</b>

## Balance Sheet Summary As at December 31, 2003

### Assets:

Current Assets.....	\$22,792.07
Investments.....	\$103,326.22
Total Assets.....	\$126,118.32

### Liabilities and Equity

Current Liabilities.....	\$20,262.91
Equity, December 31, 2003.....	105,855.41
Total Liabilities and Equity.....	\$126,118.32

Detailed Financial Statements and information are available from the National Treasurer upon request.

# Linking Past and Present

## The National AOTS Hospital Project

by Kenneth Lane

### Historical Background

The National AOTS project was originally designed as an outreach project for the men of AOTS to reach out in service to purchase much needed equipment and/or provide training for the outpost hospitals operated by the United Church of Canada.

Our first project was the purchase of a cardiac defibrillator and monitor (\$10,390) for the Baie Verte Peninsulas Health Centre at Baie Verte in Newfoundland and Labrador Conference. Incidentally, this unit was used at time of delivery to save a man's life. In the following years, our projects focused on the United Church Hospitals in Western Canada and with the guidance of Dr. Donald Watt and Dr. Peter Newberry, several units of equipment and financial assistance for upgrade training of native staff were provided. Examples of this outreach are:

- purchase of a brain scan ultrasound Furopter (\$10,000) to Winch Memorial Hospital
- purchase of Oximeyer automated coulter counter (\$112,000) to Bella Coola General Hospital
- support for education of two Native Canadian staff (\$14,000) at R.W. Large Memorial Hospital - one in administration and one in maintenance.

AOTS started this outreach in 1983 and over the years some \$160,000 has been donated to such outreach projects.

### Current Practice

In more recent years, the provincial authorities have taken over the operation and administration of hospitals across Canada. The Province of British Columbia was perhaps the last to take operational and financial responsibility for the United Church hospitals in their area. Our National AOTS project was then revamped so that all regions of Canada would be covered by our

project and so supply needed equipment and/or training to some of the smaller hospitals in the three regions of AOTS coverage - The Western Region, the Central Region and the Eastern Region - with approximately \$2,500 allotted yearly to each region.



Dwight Smith, Past President of Holy Trinity AOTS and Ken Lane, National recording secretary, present St. Joseph's Manor RPN Lynda Jackson and administrator Susan Clayton with a cheque for \$2,000.

**In 2003, the Western Region** chose to honour the memory of Arnold Field, our late Western Vice President and editor of THE HANDSHAKE, by presenting a cheque for \$2,500 to the Moose Jaw Union Hospital for the purchase of a DinamapXL Vital Signs indicator - a one-stop centre for the testing of pulse, heart rate and oxygen level.

**In 2003, the Central Canada Region** chose as their project, the purchase of portable oxymeters for St. Joseph's Manor, a 64 bed extended care senior residence in Elliot Lake, Ontario. This residence, which is full to capacity and has a large waiting list, services a large area and a large retirement community. Senior citizens often suffer from a lack of oxygen in their blood and so are susceptible to fainting and falling. These portable oxymeters are invaluable to the health care staff to provide care of the senior residents of this facility.

### Central Region Recent Hospital Projects

2002 - Vital signs monitor to the North Hastings Health Centre in Bancroft, Ontario

2001 - Patient Lift sling to Sunnybrook Health Centre in Toronto

2000 - Fax monitor hook up for the hospital in Matheson, Ontario.

Your individual and Club support of the National Hospital Project will assure that this type of community outreach is carried on by our organization.

# Who's Doing What!

## St. Andrew's United, Chatham, ON

by Abie Heersma

St. Andrew's United AOTS was saddened with the loss of two of its valued members last summer: Life Member Ron McNaughton and President Glenn Smith. Ron was known for his total dedication to the club, and he exemplified its motto: "As One That Serves." He could always be counted on to serve coffee or tea at various functions; was a great visitor, ticket seller; and helper at Barbecues, Pancake Suppers, Loonie Lunches and other events. Glenn, with his wit, his dedication and his ability to bring outstanding speakers and programmes to our Sunday Breakfast Meetings, helped to raise the membership of AOTS to 28. Both men will be sorely missed. The Club has donated \$50 in memory of each of them to the Church's Music Fund.

Sam Matsujo, a former president of St. Andrew's AOTS has agreed to fill in as President for the remainder of Glenn Smith's term, i.e. till the end of December, 2003.

Thanks to Dave Gillespie and a host of helpers, the AOTS was able to raise over \$2,700 in 5 Charity Barbecues at Zehr's North Maple Mall this summer. Thanks also to many in our congregation who came out to enjoy a hot dog or sausage with pop.

The members of AOTS voted to donate \$1,000 towards the Church Deficit. They also helped to send a Youth Representative to National Council in Nova Scotia.

To find out more about the charitable work, programmes, and fellowship of the AOTS men's club at St. Andrew's United, Chatham, ON, you are invited to join with us for Breakfast on the first Sunday of every month at 7:45 a.m.

## Harrow Malden AOTS

by Donald S. Mannell

We had a very successful season selling a ton of Christmas Cake. The club reports a very successful Ladies' Night on Feb. 12 for their Valentine's Party with 57 persons in attendance.

The bad news is that the workshop operated by the club for many years and which has given training in wood working to many youths was destroyed by fire on Friday, February 13. The shop is on church property in Harrow.

## First United Church Men's Club

Salmon Arm, BC

by Ken Proctor

The Handshake has been received by a few of our members that have become members of AOTS, and enjoy reading what other groups and the executive of AOTS are doing. Many articles are of interest and contain good suggested ideas to bring to our group.

We are contented to stay as Men's Club and not join AOTS. We have a membership of 36 and meet on the second Saturday morning for a breakfast meeting, which is prepared by ourselves. We have four teams and each team has a monthly responsibility for preparing breakfasts and coffee hour Sunday next.

We respond to various needs of our community and church. Most recently we originated a Habitat for Humanity affiliate in our community, which has taken off and hopefully, we will build our first home for a fortunate family this coming year. Some of our members assist the Church's Thrift Shop. We assist the Building Committee of our Church in various projects that need to be done. We also assist our camps both financially and physically.

We have a service for those people who need transportation assistance to travel for medical assistance to larger centres or other appointment requirements. There is a taxi service for all who need transportation to all church activities. The Men's Club covers half the cost for this service.

Our group has volunteered to host the "2005 BANFF MEN'S CONFERENCE." We invite all AOTS members that may plan being in our area at that time. This conference is well known and is held annually, with various United Church Men's Groups hosting the event. It is always held the third weekend of October. This coming year is our 50th anniversary and the Edmonton, Alberta men will be hosting. A good time will be had by all that attend. Place: The Banff Centre. Great place to center your mind, body and soul. Fellowship is GREAT.

Plan Ahead

Attend the Banff Conference

Third week of October

2004 - 50th Conference

## **Minnedosa AOTS**

by **Harvey Douglas**

The Minnedosa men are having another active year - monthly meetings - pancake supper in November and again in March - sponsoring the Cub and Scout program again and preparing to help the church make renovation to the kitchen and washrooms. The men are looking forward to helping the youth camp program, participating in the Bowl For A Kid's Sake, and to make donations to other worthy causes they support annually.

On November 5, 2003, the Minnedosa group held a regular supper meeting with 14 in attendance. Following a delicious supper prepared by three of the club members, Mark George, second in command from the Canadian Forces Base Shilo, Manitoba, presented a very interesting 30-minute talk on the history of the base at Shilo. Mark spoke about when it started and how it had served as base for 60,000 men before and during the first world war, 25,000 men during the second war and some of the expectations for the future. The men of the club felt that this was a good time to remember and to learn about the contribution made at Shilo.

Our annual "Neighbours Night" was held on Friday, January 30. The men prepared a lovely roast beef supper with all the trimmings. Eight of the TADD group (Teenagers Against Drunk Driving) came and served the meal and washed the dishes while we were entertained by a Swiss family who immigrated to the Minnedosa area 14 years ago. They talked a little about their home land, what they had done for a living, how come they settled north of Minnedosa and how much they appreciated the willingness of their neighbours to accept them and help them settle in Canada. They then showed a short film on the trains in Switzerland. It was a very successful night.

On Friday, March 5, the club held the spring Pancake Supper and raised nearly \$600. These funds are to be donated to the Church Kitchen and Washroom Renovations.

On Saturday, March 6, several of the club members got together and cooked supper for 52 Choir members who held a Presbytery choir workshop at Minnedosa. This is the second year that the choir has had us do a supper for them.

On Monday, March 8, the Kitchen and Washroom renovations started. Elgin Hall and a lot of volunteers started demolition. The church has hired a local carpenter, electrical and plumbing contractor to do the

rebuilding. Elgin will be spearheading the work for the church and the men's club will be providing volunteer labour as much as possible. Everyone involved so far has had a great time and work is progressing well. The men are looking forward to continuing their catering services from the new facility.

## **Manitoba - NW Ontario**

by **Charlie Klein**

We are fortunate to once again have four active men's clubs in the greater Winnipeg area. All clubs and members are busy with various activities which include monthly meetings, pancake suppers, roast beef dinners, spaghetti suppers and a host of other fund raising ventures in their various clubs.

Participation in the Sunday Services at Riverview Health Centre has been excellent under the guidance of Harry Burdon and Ernie Orpin. Each Sunday over 50 resident patients are moved from their rooms down to the Chapel for Worship and then returned to their rooms. All this is done by Club and Church volunteers on a weekly basis. Co-operation from resident chaplain, Rev. Glenn Horst, is greatly appreciated. Glenn attended at our last District Council supper meeting and gave an exceptionally informative talk on conditions and work at the centre which keeps residents feeling more comfortable during their stay.

Minnedosa Club (our rural Manitoba mainstay) held their annual 'Canadian Neighbours' Dinner evening on Friday, January 30. Unfortunately, due to very severe weather conditions, no one from Winnipeg District Council was able to attend. However, Ray Cox advises that a pleasant fun filled evening was had by all.

It is most encouraging to hear from members across Canada during the telephone conference calls and know that AOTS is thriving in so many areas. We look forward to meeting again at the end of March.

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*A mother mouse was out for a walk with her five babies when a big cat suddenly appeared. The little ones hid behind their mother who stood her ground and began to bark loudly: "Arf! Arf!" This frightened the cat which turned and fled. Turning to her offspring, the mother mouse said: "Now children, that should teach you the value of knowing a second language."*

# Oak Bay AOTS Annual Report for 2003

by William H. Magee

During the year, the AOTS men's club of Oak Bay United Church suffered the sad loss of member Norman Helland. A Memorial donation in his name was sent to the Heart and Stroke Foundation.

A Life Membership in the local AOTS was awarded to long-time member Bruce Martin.

The club met nine times for general meetings, typically on the third Monday of each month except July, August and December. The Executive met ten times, usually on the first Tuesday of the same months and also in December. The Executive consisted of Don O'Coffey, President; Bill Magee, Secretary; Jack Swanston, Treasurer; and Ken Adsett, Daryl Anderson, John Reid, and George Stewardson.

At the general meetings, Clara Knight Associates regularly catered the dinners. Devotionals were offered by Roy Jones, Bill Magee, Yawn Baess, Jan Maandag (of Duncan AOTS), Ted McCannel, Arnol Ranneris. Programs were given by:

Cheri Crauss, speaking on Financial Planning  
Bruce Martin, using a video of the United  
Church Mission in downtown Vancouver  
Dr. Ned Djilali, discussing Alternate Energy  
Sources

Norman Truswell, describing the work of the  
Canadian Red Cross

David Attwood, showing magic tricks to a father  
and sons meeting

Dr. Patricia Roy, exploring the history of Trans  
portation in British Columbia

Dr. Bill Bell, offering a slide show on  
Zimbabwe, with emphasis on the Bonda  
Mission in the Eastern Highlands

Dr. Ingrid Friesen, speaking of Memory and  
Ageing.

The June General Meeting started with dinner at the Cherry Bank Motel and continued with a tour of the Old Quadra Street Burying Ground, conducted by Bill Magee.

The Duncan AOTS attended the April meeting and members from Oak Bay attended the Duncan AOTS in November.

We held two Garage Sales during the year - one in Spring and one in the Fall. From them we netted over \$14,000. From this money we established a Bursary Fund and from this fund, we granted two bursaries of \$500 each to assist two long time mem-

bers of Oak Bay United Church with their university expenses.

Ken Adsett organized a Worship Service conducted by the club on Sunday, August 3. Ken also organized the manning of the Salvation Army Kettle at the local Thrifty Foods store on December 2 and 3.

In addition to the donations mentioned above, the AOTS gave funds to Camp Pringle, the Observer Tape Fund, the Naramata Centre, and Clara Knight (for hospital transportation).

The annual Christmas Dinner was held December 12. Clara Knight Associates catered a turkey dinner and Bruce Martin and Associates presented the program. Wives of former members were guests of honour.

## Trinity United Club Events

by Richard Deitriche

### Christmas Activities

**Christmas Breakfast Meeting** - Trinity AOTS Men's Club held their annual Christmas breakfast meeting at Cousins Restaurant in Newmarket, ON. Even though it was a brisk, cool morning, 19 members and 2 guests were in attendance. At this meeting, we divided up the moneys we raised over the year to go to various groups and organizations.

A new recipient this year was the Trinity ladies LAMP project. **The LAMP - Lunch At My Place** - project feeds over 70 less fortunate people every Tuesday. Our AOTS club assists in serving and in the clean up afterwards.

**Christmas Dinner** - 139 people who otherwise might not have had a Christmas Dinner were served at Trinity. Our AOTS club purchased four 25-plus pound turkeys; our own Harold Lorenz and Bob Lasalle cooked them; other members helped with peeling potatoes, setting up tables and helping the Ladies of LAMP serve the wonderful meal.

### More Church Bulletin Announcements

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

Low Self Esteem Group will meet Thursday at 7 p.m. Please use the back door.

Weight Watchers will meet at 7 p.m. at the First Presbyterian Church. Please use large double door at the side.

## Duncan, BC AOTS

by Ian G. MacPherson, Secretary

With a new Executive elected in January, 2004, the President is an Ordained Minister, Rev. Marv Fowler, and it is believed that this is only the second time in the history of AOTS that this has occurred. (I stand to be corrected, of course.)

The 2 Skits Nights mentioned in our last newsletter were a smash hit. The Roast beef dinner received a rave review, only eclipsed by the standing ovation which was given for the

Skits and other entertainment which followed. Both nights were completely sold out and resulted in a great fund-raising event. One of the skits that nearly brought the house down was a solo by the Rev. Jim Ware, our Minister Emeritus. Appearing on stage in a wheel chair



Rev. Jim Ware, bricklayer

with bandages round his head, hands and feet, relating the story of the bricklayer who was repairing a chimney when the hod of bricks came down hitting him on the head as he went up on the pulley, and so on up and down with ever increasing injuries!! Members of the UCW participated in several skits and the evening ended with the AOTS Choir on stage singing popular songs. This popular event is planned to take place again this coming Fall.

A Burns Night Dinner, complete with haggis of course, was another successful venture this January. Again, an overflow crowd resulted in a most successful financial return. This was probably due to its being planned for the Friday instead of the Saturday, when all the other Burns celebrations were on.

Assisting the local Scout Group and sending kids to camp are two of the other many activities with which the members are involved.

We continue with our inter-club meetings with the only other club on the island, Oak Bay, the next visit being planned for May 17. Our own club meetings continue to enjoy an average attendance of 39 members.

## Open Doors, 2004

by Richard Paul Deitriche

The year 2004 is a year of opportunity. We have placed before us a number of open doors.

Revelation 3:7,8 *These are the words of him who is holy and true, who holds the key of David. What he opens, no one can shut, and what he shuts, no one can open. I know your deeds. See, I have placed before you an open door that no one can shut.*

What kind of doors stand before us this year?

### 1. A door of opportunity for service.

Our community has many families that are experiencing hardships. Some are financial, and some are health issues. Some families are experiencing divorce and separation. What can we do this year? I believe that we can be an influence in our neighbourhoods. We can reach out to the hurting and let them know that someone cares.

### 2. A door of opportunity for growth in AOTS.

This can be the year of growth for the AOTS club. Growth in number has not been seen in very many places, but we can become magnets to attract other men looking for a place to fellowship.

### 3. A door of opportunity for personal growth.

This year can and should be a year of personal growth. It is time to take a few risks. Learn something new this year. Learn to use a computer, or learn something about photography. There are many areas of interest for us to pursue.

### 4. A door of opportunity for growing spiritually.

This should be a year for growing closer to God. Take that time to spend with him and let His love become more real in your life.

### Prayer

Father, please help us to walk through the doors of opportunity that you are giving us this year. Help us to see the possibilities. Help us to look at life through your eyes. Help us, Lord, to draw closer to you.

In Jesus Name. Amen.

# In Lighter Vein!

Background: Harvey Douglas sent this piece in with the following notation: "The Central United Church men asked Rev. Laird Russell-Yearwood to advertise the Thursday lunch meeting at Church last Sunday. The attached is what he read. Thought the fellows across Canada might find his monologue interesting."

## Central United Church AOTS Luncheon as recited by Rev. Laird Russell-Yearwood

[This monologue is an adaptation of "de Wedding" (source unknown) inviting all men to Central United Men's Group monthly luncheon.]

Whenever I attend an AOTS Luncheon, everybody wants to know what we had to eat, what the guys wore, who was there and everything about the lunch. Well, let me tell you about the last lunch we had at the church. David Howell, the assistant minister was there - he had on a nice suit - double breasted, don't you know, cost fourteen dollars- it was made for his father when he got married.

It fit David very well, too, all except the jacket and pants - they were a little tight. They were all right when he stood up, but when he sat down, he sort of stood up. Where his waist is supposed to be, there was a safety pin holding him together.

The minister, what's his name, was there, too; with that silly smile on his face. It's not that he's really happy to be there; he just likes showing off his nice teeth; both of them - the one on top is silver and the one on the bottom is brass.

While Ivan was saying the blessing, everybody was crying - I cried myself - I couldn't help crying when I looked at Ivan! Oh, all the guys were crying. Harvey Douglas, who's deaf as a post, said he would have cried too, if he could have heard what Ivan was saying.

Everybody in polite society comes to the men's luncheons: Cliff, Dr. Bob, Russ, Kris, Mac, Gordon, Laird, Ivan, Scott, Gordon, David, Ray Coxe, Harvey and Lloyd.

Poor Gordon came straight from the curling rink to the last luncheon. Oh, that poor man, he has all the complaints of the season. He has explanatory rheumatism and hardening of the arterioles. The poor guy enjoys poor health indeed, but now he complains of feeling better.

Some of the guys are very clever and use such big words. Cliff and Dr. Bob got up and recited a recitation and Scott sang a beautiful song, "On the Tail of the Lonesome Swine" or something like that.

And Mac said to me, "Ain't he got a beautiful voice? Would you believe me - before that boy had an operation on his neck, he couldn't sing a note? But the doctor took out his utensils, and now ain't he got a lovely voice? What do you think of his execution?" "I'm in favour of it," says I.

One thing that always happens at our luncheons is that when someone yells 'soups on' guys like Gordon, Kriss and Lloyd all rush for the table. Oh- like locusts they are - I've seen it myself as I'm usually at the table first. Dr. Bob, who just arrived from down the road, sat next to me at the last lunch and thinks he knows everything about etiquette.

But when they set a whole chicken in front of him, he thought it was all for him. I said, "You aren't going to eat that chicken all alone, are you?" "Oh, no" he says, "I expect they'll bring some potatoes to eat with it."

And do we have some lovely meals at the luncheons. Once we had chicken in castor oil, and lobster à-la-lymburger, and green tomatoes in surprise, but it was no surprise to me, I've eaten lots of green tomatoes before.

After the last lunch, poor Kriss Larsen fainted dead away! Who was he trying to kid, he just didn't want to help with the dishes.

Anyway, the guys all gathered round to help out - Dr. Bob gave him an enema to get him moving again and they poured cold water over his face and his complexion came off.

When Ray said he was taking a holiday, we all started throwing things at him for good luck; a tomato hit me on the back of the neck- it was one of those cowardly tomatoes, the kind that hits and runs - it ran all the way down my back.

Then we threw old shoes at Ray - one of them struck me on the backside - it hurt something awful - Ivan's foot was still in it.

Well, that was enough for me - I went back to the office - but I want to tell you this - the next men's lunch at the church is this Thursday at noon - I'll be there - you'll recognize me because I'll be wearing a suit of armour and carrying a white flag.