CORNERSTONE



"A growing community called to know Jesus Christ and make him known in the world by our presence."

Sunday Services

May, 2013

8:00 a.m. - Holy Communion Said service

9:15 a.m. — Traditional/Choral Holy Communion. Kids are invited to join the God Squad for children's worship, crafts and games. Nursery care also available.

11:00 a.m. – Praise Music Holy Communion. Kids are invited to join the God Squad for children's worship, crafts and games. Nursery care also available.

Other Services

9:45 a.m Wednesday – Eucharist and Bible Study 2:00 p.m. Thursday – "Seniors' Afternoon Out" Service and Social

9:30 a.m. to 11 a.m. Sunday – EPIC, for youth aged 10 to 18

Inside this issue:

- Messages from Father John and Father Craig
- My Mother's Hands
- Nurses' Week
- April Town Hall
- Pentecost Party ...and more!

Summer edition deadline: Tuesday, May 28, 2013 Please send submissions to: cornerstone@stpaulshk.org



A message from Father John What are those cameras in the church for?

To webcast our services has been a difficult decision for me. I have to admit that I believe it is more important to attend Church than to watch it

on the internet. However, the fact remains that we have to find new ways of reaching out and inviting participation.

One of the main strengths that we have at St. Paul's is our liturgical worship. I believe that we are truly blessed and offer a blessing to those who come regularly and those who join us occasionally. I am convinced that we have faithful and energetic expressions of God's love every time we meet and worship together.

When I began my ministry 28 years ago, we were having conversations about membership in the Church. Was someone who came to church once a year really a member of the parish? Normal attendance was seen to be at least once a week or maybe twice a month. Needless to say, after 28 years we are still asking the same questions. Many of our parish come once a week for worship, while others come once a month.

The fact remains that when people are given the opportunity they are blessed by being connected with our weekly services. There are many reasons why people cannot attend each week: sickness, travel, time commitments etc. Our hope is that via the use of webcasting we will be able to keep more people connected.

In addition, our webcasting can connect our weddings and funerals with family members unable to attend the services. I believe that this will expand our ability to serve families in their time of need or celebrations.

If you have any thoughts or concerns, please contact me so we can address the issues.

Smile, you are on Camera!

Fr. John



From the desk of Father Craig Comfort for those who mourn

Wonderful news to those who mourn for they will be comforted. *Matthew 5.4*

For the last three years, St. Paul's has been developing a means to further our ability to speak the love, care and hope of God into the grief that people have experienced.

With the support of the pastoral care team, we continue to proclaim in word and presence the care and hope of eternal life in Jesus Christ at the funeral. We also have initiated a second level of care to those experiencing loss. This care comes in the form of "Memorial Prayers".

These prayers are offered at the 40 day to two month period after a loved one has died. Through a phone call and letter we welcome people to join St. Paul's in prayers of remembrance and faith. Because of the great need for bereavement care we have had others join us in this good work. Rev. Dr. Bill Prentice and Rev. Kevin Flynn (Director of Anglican Studies at St. Paul's University) have offered a great deal of insight and encouragement.

We are very thankful that the people of St. Paul's have furthered our understanding in how to show the love of God to those facing loss. The Town Hall and the questionnaires have given us new focus and direction. We can't do this work alone! People like Cheryl Teeter at the Champlain Hospice Palliative Care Program are providing excellent resources for the whole community to draw on as well.

As Rev. Kevin Flynn has written, "The Christian community stands in solidarity with those who are being (Continued on page 3)



One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother inquisitively and asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me unhappy, one of my hairs turns white."

The little girl thought about this for a while and then said, "Momma, is that why ALL of Grandma's hairs are white?"

Submitted by Janet T

(Continued from page 2)

baptized at the beginning of their lives, and so it continues to do in bidding farewell to that beloved child of God at the end. Jesus himself wept for the death of his friends and he feels our sorrows no less than he feels our joys. ...The Christian community stands with those who mourn at the funeral, offering a public gathering in which to lament. At the same time, this service (Memorial prayers) holds our departed loved ones before God, confident of the sure and certain hope of resurrection."

Let us continue to proclaim the hope the resurrection in the face of pain and suffering. And let us witness to the love of Jesus Christ in our outpouring of love for those facing loss!

And they will know we are Christians by our ... Love.

In Christ, *Fr. Craig* +

My Mother's Hands

by April Forsberg

A Note from the Author: Women everywhere wake up one day, horrified that they have become their Mothers. It occurs to us that, even if our mothers have passed away, they are still teaching us their values – because now we have their maturity to see, understand – and act upon – what they knew so well. Here is a tribute to mothers, in humble thanks.

'Working hands' she called them, as she rubbed out the pains

In hands strong and wide with bulging blue veins.

Young hands made for caring, sent to make bullets and planes,

Not made for modelling, displaying or high-fashion strains.

The knuckles were swollen – arthritis, you know, Brought on by hunting, wood-chopping, and shovelling snow.

Pretty nails? Not a one, but short-filed and bare; But we kids knew we'd find comfort there.

Her hands worked for others for ninety-plus years When they finally slowed due to blindness and fear. They raised a family, cows, baby rabbits and pups -Hauled water, cold-scrubbed laundry, washed cast-iron and cups.

Seems like just the other day, I donned her gloves in a slow, particular way

To see thready tendons making their painful splay.

Asked out loud why these digits didn't obey my commands And came face to face with my Mother's hard working hands.

Just as gnarled as hers but without the years

Of service and caring – but now to work in more modern spheres She's prepared me, I think, now that I understand Why I have not beautiful, but plain, working hands.



rabbit-hunting 1936



Just for fun...

A parishioner climbs to the top of Mount Sinai to talk to God. Looking up, the parishioner asks the Lord, "God, what does a million years mean to you?"

God replies, "a minute."

Next the parishioner asks, "God, what does a million dollars mean to you?"

"A penny," God replied.

"God, can I please have a penny?"

"In a minute."

Submitted by April Forsberg



Granny extravaganza plant sale and garden show

Saturday, May 11, 2013

Our 7th annual plant sale, will be held on May 11 at the home of Judy and Bob Laughton (5 Colville Ct., Kanata). Their beautiful spring garden will be a delight to see. The event runs from 9:00 a.m. to 1:00 p.m., rain or shine.

Again this year, perennial plants from members' gardens will be on sale. In addition, creative garden art, outstanding raffle prizes, exclusive gift cards and many uniquely hand-painted birdhouses and tea-cup bird feeders will be on sale as well. New this year we will be featuring gently-used jewellery. Someone's castaways will be another's treasured piece.

If you haven't been to one yet, plan to come. It's fun, energizing and you get good perennials at great rates. All of the profits go to helping grandmothers in Africa who are dealing with the nasty fallout of AIDS. I know you will enjoy this event and the friends you will meet and the beautiful plants you will make part of your personal colour parade at your place.

See you on May 11! *Margaret Terrett*



Ultreya! Cursillo is alive and well

As the Lay Director of the Ottawa Anglican Cursillo Movement, I would like to keep you informed of the following Cursillo news:

The 118th Women's Weekend will be held November 7-10, 2013 with Wendy Fitzpatrick as the Lay Rector.

The 119th Men's Weekend will be held Nov 28 – Dec 1, 2013 with Hans Postuma as the Lay Rector.

There will be TWO SUMMER ULTREYAS at Andrew Hayden Park in Ottawa.

The First Summer Ultreya will be held on Wednesday, July 24, starting at 7:00 p.m. with Circle of Blessing providing the music.

The Second Summer Ultreya will be held on Wednesday, August 21, starting at 7:00 p.m. with Derek Reid, Joanne Minish, Laura Barkley, Susan and Ken Delmage providing the music.

Make sure you clear your calendars for the above times. Please feel free to share the above information with anyone you feel may be interested. If you have any questions about Cursillo, please either contact me at jackbarkley@persona.ca or your Cursillo Parish Rep. Please visit our website <u>www.oacm.ca</u> for further info regarding Cursillo in the Ottawa diocese.

Ultreya,

Jack Barkley Lay Director,Ottawa Anglican Cursillo Movement

The chickens are coming! Friday, June 7, 2013

Mark your calendars! The St. Paul's Chicken BBQ is coming up on Friday, June 7. Not only can you and your family and friends enjoy a delicious half-chicken dinner, there's also the wonderful home-made coleslaw to look forward to.

Watch your bulletin to see when tickets go on sale. *Mathias Joost*



If you are relaxing in the sun this summer & have time to do some knitting, please keep in mind that the homeless are in need of warm scarves & hats for the coming winter! We will be collect these for **Hugs For The Homeless** in mid-September.

Thank you & happy knitting! *Janet Tonks*

The God Squad needs you!

Thank you to all our teachers — your efforts are appreciated. Our God Squad is growing, which is GREAT news, but means that we need more help! I am looking for a few teachers to cover the months of May and June at 9:15 and 11:00. Please contact me or Fr. Craig if you are interested.

Summer is coming, and we need people to share the Love of God with our wonderful children. I will be creating a sign-up sheet shortly — please put your name down for one Sunday during the summer.



Zdena Harder <u>zeeharder@rogers.com</u>, or 819-360-7834.

FWYC Camping Weekend July 12-14, Fitzroy Harbour

St Paul's FWYC invite families (*with youth or young children*) to join them for the annual camping weekend at Fitzroy Provincial Park July 12 to July 14, 2013. If you can't come for the weekend, join us Saturday for all or part of the day!

Please call Rheal or Elisabeth at (613)726-9287 for details. Space is limited to 50 people, so please call early to reserve for your family.



What difference can I make to the **Kingdom of God?**

July 5-6, 2013

How does the Great Commission involve me? How can I be empowered by the Holy Spirit as a witness to the Lord Jesus Christ?

The board members of Anglican Renewal Ministries will be offering a School of Renewal Ministry on these subjects and more, Friday evening July 5 and Saturday, July 6 at St. Paul's. Watch the bulletin and next Cornerstone for more details!

ARM's mission is "to help people discover the fullness of their life in Jesus, in which they experience the release of the Holy Spirit and his gifts for ministry. Come and hear what the Holy Spirit is saying to you!

For more information about Anglican Renewal Ministries and some inspiring reading (including an article by our own Father Craig, please feel free to take a copy of Anglicans for Renewal magazine. Copies are available on the table in the Narthex, or from me.

Alison Stortz

Billets needed

July 3-10, 2013

The Anglican Renewal Ministries board members will be travelling to Ottawa from all over Canada to offer a School of Renewal Ministry at St. Paul's and attend their annual board meeting.

Billets (bed and breakfast) will be needed for the visiting ARM board members during the week of July 3-10, particularly from July 7-10 for the board members who are attending General Synod. Transportation issues can be handled separately.

If you can provide lodging for a single person or married couple during that time period, please contact me.

Alison Stortz 613-599-7176 or email dstortz@magma.ca

National Prayer Breakfast June 4, 2013

The National Prayer Breakfast is an annual ecumenical event offered under the auspices of the Speakers of the Senate and the House of Commons. The Prayer Breakfast is a celebration of freedom of religious expression, particularly the Christian church, we are blessed to have in our great and free country. Events will be held at the Westin Ottawa, 11 Colonel By Drive.

Monday, June 3, 2013

Reception: 6:00pm Dinner: 7:00pm Speaker: Ben Heppner, Canada's finest dramatic tenor Cost: \$65 per person

Tuesday, June 4, 2013

Breakfast: 7:30am to 9:15am Speaker: Eric Metaxas, Author of the bestselling books: *Bonhoeffer:* Pastor. Martyr. Prophet. Spy and Amazing Grace Cost: \$60 per person

For information please contact us at 613-995-9098 or email colin.mayes.a3@parl.gc.ca To purchase tickets online, please visit www.canadaprayerbreakfast.ca

Ed Papazian

Liona Boyd in Concert May 11, 2013



Cathedral Arts, the arts programme at Christ Church Cathedral Ottawa, will present To Canada, with Love, Two Voices, Two Guitars featuring Liona Boyd, "Canada's First Lady of the Guitar," accompanied by Michael Savona, on Saturday, May 11 at 8:00 p.m. at the Cathedral, 420 Sparks Street.

Support for ALS Canada – The concert will raise awareness of and financial support for the work of ALS Canada (www.als.ca).

Purchase Tickets Online: www.cathedralarts.ca

Information: (613) 567-1787 or info@cathedralarts.ca

Suggestions from the April Town Hall

Next Town Hall will be June 18, 2013

Thank you to everyone who came out on April 16 to discuss some issues of interest to our church and our community. The ideas that were generated at that meeting were made available for further comment by the parish on Sunday, April 21. The questions that were presented for discussion and some top responses were:

- 1. How can St. Paul's be a more welcoming presence in our community?
 - Talk to new people at coffee hour and introduce others
 - Make sure we can identify newcomers
 - Direct contact from church
 - Advertise activities
- 2. How can St. Paul's support those in our community who are experiencing grief and loss?
 - Extended support groups for families
 - Companionship
 - Letters, cards, phone calls, and gifts
 - Provide services (food, driving, etc)
- 3. What other topics would you like to discuss at a future meeting?
 - Develop strategies to involve children/youth and retain adult membership
 - Make use of social media
 - More regular outreach projects

Many excellent suggestions have been made. Some, such as "provide a guest book" have already been implemented! All have been recorded and will be brought to Parish Council for further discussion and action.

You'll notice, however, that the #1 suggestion of how St. Paul's can be a more welcoming presence is not something that the "church" as a corporation can implement. It's up to each one of us as individuals to commit to enhancing the life and work of St. Paul's. So, here are some suggestions that came out of the Town Hall for each of us to consider:

1. Talk to new people at coffee hour and introduce others. The thought of finding a "new" person can be daunting (what if the person has been at St. Paul's for 30 years and I say "Are you new to the church?" How humiliating...) What would happen if each of us went up to someone that we didn't know and said, "Hi. I don't think we've met. I'm _____." It doesn't matter if they are new to St. Paul's or not — now they're a friend.

- 2. Invite pew neighbours to meet for coffee. This doesn't necessarily mean in the Hall, or even on Sunday.
- 3. Bring a friend to church. There is a National Bring a Friend to Church Day in September, but any Sunday will do!
- 4. Talk about church outside of St. Paul's. Concerts, social events, outreach programs, etc, can all be good topics of conversation.
- 5. Wear nametags. This can be difficult for some (especially the forgetful types, like myself), but please try. For those for whom this is impossible, please consider putting extra effort into #1.

The next Town Hall meeting will be held on Tuesday, June 18. Topics will be announced in early June. Please mark your calendars and plan to attend. We on Parish Council appreciate your participation in the discussion and value your input!

If you have any questions about the Town Hall or Parish Council, please feel free to contact me.

Alison Stortz

613-599-7176 or email dstortz@magma.ca



Hallowed be Thy Name

by Douglas Beyer (2001), submitted by Ray Brule

One joke that has been told in many different forms is the story of the two drunks in a hotel who are looking for the bar. They open a door to what they thought was the bathroom but instead it was an elevator shaft. The first one stepped in and fell down to the floor below with a thud. His friend peered down into the darkness and called, "Are you all right?" A voice below responded, "I guess so, but watch that first step. It's a long one!"

There is more in that story than the obvious humor. First steps are always "long ones," regardless of the occasion. The way you begin something affects the shape and direction of all that follows.

Notice that the Lord's Prayer begins with three petitions concerning God and his interests and concludes with three petitions concerning our needs and concerns. The order is important. Our first consideration is *thy* name, *thy* kingdom, *thy* will, and then, give us, forgive us, lead and deliver us.

The first step is not us and our needs, but God and his grace. We begin by saying, "Our Father which art in heaven, hollowed be thy name." Prayer begins with worship, and worship begins with reverence.

One of our priceless family treasures is an annual tape recording we made of our children growing up. When one of our daughters was about four years old and learning to say the Lord's Prayer we recorded her saying, "Our Father who art in heaven, how would it be thy name?" How would it be thy name, indeed!



The name of God was so reverenced by the ancient Jews that they refused to pronounce it even when they read the Holy Scriptures. Instead of saying the name of God, they said "Lord." This continued for so many centuries that they even forgot how to pronounce it. "Yahweh" is the scholar's reconstruction of the ancient holy name of God.

WE WORSHIP GOD BECAUSE WE FEAR HIM

Our modern age has almost forgotten the ancient concept of the fear of God. Fifty years ago H. Richard Neibuhr accused the social-gospel movement of misrepresenting the Christian message: "A God without wrath brought men without sin into a kingdom without judgment through the ministrations of a Christ without a cross."

Most people prefer a "Superman God" who flies in when we need him and is never in the way. Elizabeth Burrows in her poem, "God a la mode," writes:

They tell me God is very great, Immeasurably deep and high; I want a simple, friendly God Above a near and tender sky; I want him to be wise, and not Too much more wise than I I want a God who takes away My sins, as soon as done or said, A God who gives me what I ask, Of cake, as well as daily bread And lets me take him out at night And pat him on his head!

Our generation has lost a sense of fear, of awe, of reverence for the Lord God Almighty. Instead, we have created for ourselves idols of a safe, tame God which has little resemblance to the God described in Hebrews 12:25-29. "If those did not escape when they refused him who warned them on earth, much less shall we escape who turn from him who warns from heaven...Let us show gratitude, by which we may offer God an acceptable service with reverence and awe; for our God is a consuming fire."

CORNERSTONE May, 2013

(Continued from page 8)

A "god-fearing man" used to be an honored title, but now it sounds quaint, if not downright morbid. At the risk of seeming to be out of step with the times, I propose we take another look at the fear of God before we consign it to some dark forgotten corner of a theological museum. It has been around a long time, not just in the Old Testament, but in the words of Jesus. "I tell you, my friends, do not be afraid of those who kill the body but cannot afterward do anything worse. I will show you whom to fear: fear God who, after killing, has the authority to throw into hell. Yes, I tell you, be afraid of him!" (Luke 12:4-5).

God is dangerous to the unrepentant person. Just as iodine destroys germs, just as light destroys darkness, not because they are in a furious temper about it, but because it is their nature to do so, in the same way, God's presence means instant death to all that is contrary to his nature.

The fear of God keeps the love of God from becoming saccharin sentimentality. To teach the love of God without the fear of God makes the cross absurd. It is to know that Jesus died without know why he died. It is like talking about penicillin without mentioning bacteria.

If the fear of God is the beginning of wisdom (Psalm 111:10) the love of God is its conclusion. We worship God not only because we fear him, but also....

WE WORSHIP GOD BECAUSE WE LOVE HIM

It is the love of God which keeps the fear of God from becoming pagan superstition. There is an old legend of a woman who was discovered carrying a burning torch in one hand and a bucket of water in the other. When asked what she was doing, she replied, "With this torch I will burn down the mansions in heaven, and with this water I will quench the fires of hell so that people will love God for his own sake, and not for the desire of mansions or fear of fire."

She has a point. We worship God primarily because we love him. To know him is to love him.

You ask me why I love the Lord? Well, friend, just let me say, Life wasn't worth the living Till the Savior came my way.



You say I miss so much of life: Yes, friend, praise God I do! I miss the sin and sorrow Which was all I ever knew. I miss the days spent seeking joy, The nights so full of fears; I miss the heavy burden That I carried through the years. But, friend, I wouldn't have them back For all that you could pay Life wasn't worth the living Till the Savior came my way.

When you know God, you will love him. And when you love him you will serve him. One of the definitions the dictionary lists for the word "love" is "nothing, no points scored, as in keeping score in a tennis game." Does your service record in the kingdom of God reveal that to be the definition of your love? Does your record say, "Look, Lord, you haven't scored any points." Are you even in the game?

To know God is to love him. And to love him is to serve him.

I wouldn't work my soul to save, For that the Lord hath done. But I would work like any slave For the love of God's dear Son.

We worship God because we fear and love him. Those who don't worship neither fear nor love God and neither can they pray, "Hallowed be thy name."

A salute to nurses Nurses Week, May 6-12, 2013

by April Forsberg

Remember the movie My Big Fat Greek Wedding? Mama is instructing her daughter to find her real place in the family as the unsung leader. "The husband," she said, "is the head of the family. But you are the neck... and where the neck leads, the head will follow."

So it is with nurses everywhere. These tireless women and men are the unsung heroes in every doctor's office, clinic, emergency room, maternity ward, operating theatre and floor management team across Canada. Always present: caring, overseeing progress, bringing assistance to people in need, however large or small. The Nurse knows what to look for, what to do to give immediate aid, when to call for the doctor, and when to just offer a friendly ear and solace. A nurse's patient contact is always based on training, experience and trust, and most of us have at one time or another benefitted from all three.

At age three, I loathed going to get shots. The doctor's nurse, a large, happy woman firmly in control, held faith in the "surprise" injection. She'd point to some distraction on the wall, and when eyes were averted, she'd exclaim, "One, two, three, kootch!" and jam the needle wherever it needed to go. It was always a surprise, but it rarely hurt. She was immediately forgiven, and young patients were immediately rewarded with a hug or a kiss. She remained Nurse in Power for 29 years, and was well loved. The Kootch and Smooch approach was a novelty. But it worked.

All nurses apply a personal form of ministration to their duties. Beyond medications, this may include holding a hand, wiping a brow, providing a friendly ear and an open heart. Schedules often rob nurses of days off, family time, and even cut vacations short, all in the name of service to others. It's why nursing is called "the noblest profession."

If you know a nurse, are married to one, or related to one – give them a hug. May 6-12, 2013 is Nurses Week, so let's give these deserving individuals the recognition they deserve. We at St. Paul's will be offering prayers for nurses all of the month of May, and in a special way on May 12^{th} – the anniversary of the birth of Florence Nightingale. We'd be honoured to have you join us in honouring our irreplaceable nurses.

Lily of the Valley

by Paul Lawrence Dunbar

It has always amazed me how many nurses we have at St. Paul's. And yet we don't often stop and give thanks to God for their healing Ministry. *Lorna Brule*

At the time this was written, the flower of the Miami Valley Hospital School of Nursing was the Lily-of-the-Valley and Paul Lawrence Dunbar has just been a patient at the hospital. This was his tribute to the students.

Sweetest of the flowers a blooming In the fragrant vernal days, Is the Lily-of-the-Valley With its soft retiring ways.

Well, you chose this humble blossom, As the Nurse's emblem flower Who grows more like her idea Every day and every hour

Like the Lily-of-the-Valley In her honesty and worth -Oh! She blooms in truth and virtue In the humble works of earth.

Though she stands erect in honor When the heart of mankind bleeds, Still she hides her own deserving In the beauty of her deeds.

In the silence and the darkness, When no eye may see or know, There her footsteps shod with mercy and fleet kindness, come and go.

Not amid the sound of plaudits, Not before the garish day; Does she shed her soul's sweet perfume, Does she take her gentle way.

But alike her ideal flower, With its honey-laden breath; Still her heart blooms forth its beauty In the valley shades of death.



The gardens are calling!

It seems that Spring has finally Sprung, and wedding season is just around the corner!

As the gardens grow around St. Paul's, they create a welcoming, natural beauty for visitors, neighbors and our regular worshippers. To help us nurture God's natural beauty, we invite you to take ownership of one of the gardens to tend. There is garden display in the Narthex and one of us will be there to answer any questions you may have.

Please, bring your gardening tools and join us: *Mary Seal, Marion Allen, Betty Dukes, and Gordon Ripley*



Quilts, quilts, and more quilts

St. Paul's Church has a Quilt group which meets Tuesday mornings for fun, fellowship and, of course, quilting.

Some of the group are new to quilting, while others have been stitching for many years and any profit made from the sale of our quilts is given to the work of St. Paul's Church. At the moment we have several baby quilts available @ \$40 each, as well as one queen size quilt, and you can see them hanging in Rutter Hall. If you check out the speciality boutiques for hand quilted items I know you will find our prices very reasonable.

If you are looking for a quilt for a baby gift, and don't see one that catches your eye, we do have a good selection of panels for you to choose from and we will gladly quilt it for you.

If you would like a quilt made to order, just come over any Tuesday morning with your ideas and we will be pleased to discuss it with you. If you cannot come to the church on Tuesday, please contact the church office at 613-836-1001 and we will be in touch.

Nancy Moxley



Paul's Agora

Do you have something you would like to sell, trade, or give away?

There may be someone in our parish looking for that very thing!

Simply send your ad to: <u>cornerstone@stpaulshk.org</u>

For Sale – Electronic Organ

Full size Baldwin (Encore) electronic organ. Excellent condition. Best offer. Pull out all the stops! Call Ed or Elaine, 613-836-6119.

Looking to Rent – 3 bedroom home in Kanata

Prefer bungalow, but will consider all options. Desired occupancy 15 July. If you know of anything in your neighbourhood, please contact Bill or Heather Colls at 613-226-6813. Or, send an email to:

<u>Heather.colls@rogers.com</u>, or william.colls@rogers.com



