



# THE ROCK



Anglican Parish of  
Caversham Saint Peter,  
Dunedin, New Zealand

May 2017—Eastertide

## Windows project under way

**T**he project to rehouse selected stained glass windows from Holy Cross St Kilda at Saint Peter's is well under way, with the rededication this month of the Woodhouse Memorial Window, now re-mounted and installed in the Link.

Holy Cross parishioners joined the 10.30am Service on 7 May. Their Vicar, The Reverend Jan Clark, read a dedication prayer and during communion a group of choristers from Holy Cross sang *Glory to thee, my God, this night* by Thomas Tallis and *God: Lord and Saviour* to a tune by Orlando Gibbons.



Top to bottom: Jan Clark offers a dedication prayer; standing room only for the dedication ceremony; Holy Cross choristers sing during communion.

Top to bottom: Members of the congregation during the 10.30 Solemn Sung Eucharist on 7 May.

PHOTO'S: INFORMATION SERVICES OTAGO LTD.

## Warden in Japan



People's Warden Kate Paterson rings the Bell of Peace in Hiroshima during a recent visit to family in Japan.

PHOTO.: SUPPLIED.

## Rock printer wins

**A** recent *Otago Daily Times* report says Dunedin Print Ltd had two successes in the Pride in Print Awards; a gold medal for industry development and creativity in the promo folder category and a highly commended for industry development and creativity in the Christmas card category—the only two categories the company entered.

Dunedin Print is also known for printing *The Rock*. Congratulations to 'our' printer.



More online at  
<http://www.stpeterscaversham.org.nz/>  
on the Services page:  
Video of the entire Service

In the photo. gallery:  
+ photo's and videos of the rededication including Kevin Casey describing the restoration and reconstruction  
+ removal of windows from Holy Cross

# Saint Peter's People



## Kevin Casey's story

As told to Michael Forrest

**K**evin was born in Dunedin sixty-nine years ago, one of seven children. He attended St Francis Xavier Primary School and Christian Brothers High School (which later became St Paul's High School). His father was a builder by trade. Kevin married Carole and they lived at first in Waldronville, then in Australia for two years before settling in Mornington. They have a son and a daughter.

Kevin spent thirty years working as an A-grade mechanic and had his own business before turning to stained glass. He was drawn to this because he had loved its beauty and colour since childhood

when he was 'obliged' to go to church. His parish church was St Francis Xavier's, which had no stained glass at all, but sometimes the family went to St Joseph's Cathedral where there was plenty of it and its colours fascinated him as a child. He is entirely self-taught—he learnt to paint on glass at home and has constructed many intricate Tiffany lamps. His son was apprenticed to him in his garage-owning days and now, for the last two years, Kevin has been training his daughter to be a stained glass artist.

At Leadlights & Lamps Ltd Kevin is currently working on the Law Courts refurbishment, where he has 109 windows to build and also 125 small traceries to construct (the originals were badly damaged by indiscriminate sand-blasting during a previous refurbishment, no-one knows exactly when or by whom). At the end of this project Kevin hopes to hand the reins on to his daughter.

Another facet of Kevin's skills is the re-enameling of vintage car radiator badges,

for which he uses a small kiln. He has done over 3,000 of these, with many of his customers coming from the North Island and even further afield though he has never advertised—it has been word-of-mouth.

Cars are a big part of Kevin's life. This includes owning and restoring vintage cars, which he has been interested in since he was a boy. He has a 1929 Nash and a



Kevin Casey at work remounting the Woodhouse Memorial Window in March.

PHOTO: INFORMATION SERVICES OTAGO LTD.

1941 Cadillac coupe in his triple garage and used to have a 1928 Cadillac convertible. He has always enjoyed writing and has written numerous articles for the Vintage Car Club magazine

the last six years. He edits the magazine of the Otago Classic Motoring Club, of which he is a founder-member, and chairs the committee which runs Dunedin's annual Autospectacular.

Somehow Kevin also finds time for his large garden, which has a big pond. He is always doing some project. A very busy man and a most talented one. We are lucky to have had him work for us at Saint Peter's. 📧

### *The Articles of Religion*

ISSUED BY THE CONVOCATION OF CLERGY OF THE CHURCH OF ENGLAND IN 1571

XI. Of the Justification of Man.

We are accounted righteous before God, only for the merit of our Lord and Saviour Jesus Christ by Faith, and not for our own works or deservings. Wherefore, that we are justified by Faith only, is a most wholesome Doctrine, and very full of comfort, as more largely is expressed in the Homily of Justification.

## Letters

I have just received a reply from a friend which answers my question! [letter, April 2017-Ed.]

"I loved the introductory music so much I wrote a letter, at some tender age, to 2YA and got a polite response letting me know it was the Bach Magnificat. I have loved this piece ever since. As with you, it was one of my earliest musical influences."

Best wishes,  
Miles Golding  
Harpenden, United Kingdom.

## Letters

The Rock welcomes letters to the Editor. Letters are subject to selection and, if selected, to editing for length and house style. Letters may be :

Posted to : The Editor of The Rock,  
c/- The Vicarage, 57 Baker Street,  
Caversham,  
Dunedin, N.Z. 9012

Emailed to: [TheRockEditor@stpeterscaversham.org.nz](mailto:TheRockEditor@stpeterscaversham.org.nz)

### Ask The Vicar

For answers to questions doctrinal, spiritual and liturgical.  
Write to: Ask The Vicar, c/- The Vicarage as above  
Or email: [AskTheVicar@stpeterscaversham.org.nz](mailto:AskTheVicar@stpeterscaversham.org.nz)

### ASK THE VESTRY

Questions about the secular life and fabric of the parish may be:

Posted to : Ask The Vestry, c/- The Vicarage as above  
Emailed to: [AskTheVestry@stpeterscaversham.org.nz](mailto:AskTheVestry@stpeterscaversham.org.nz)



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# SCOTTISH WINTER

By Ian Condie

**W**inter in Scotland tends to be

harsher than in New Zealand and in the days before the motor car was so widely owned, it was not uncommon for country roads to be blocked, sometimes for several days and for villages perhaps only three or four miles apart to be isolated from one another.

In one such village there lived a small businessman named—let us say—Jimmy McBeth. He was in fact the owner of the little local

garage or repair shop though he had interests and friends throughout the neighbourhood. But he also had a more than usual liking for and appreciation of whisky. Alas, when he found himself simultaneously in the presence of good company and good spirits, he was inclined to lose interest in more mundane matters such as the weather.

One bleak cold morning he informed his wife that he had to drive down to the nearby village on a matter of urgent but unspecified business and setting off through the slowly drifting snowflakes he duly reached his destination but, alas, his business took longer than was wise and when Jimmy set off homewards he could get no further than half way owing to a combination of snowdrifts and



Scottish antifreeze.

PHOTO: PINIMG.COM.

blurred vision and loss of the co-ordination required to drive a motor car. But he was lucky, he was rescued by his recent business partners who, having parked him next to a warm fire with suitable medication to hand, thought it would be the decent thing to do to telephone Mrs. McBeth, who would no doubt be worried about her husband's safety, and allay her fears.

The elected spokesman duly got the lady on the line and painted a dramatic picture of huge snow drifts and how her husband, ever anxious about his wife had, in spite of all advice, set off to drive home but had been almost buried in a drift. It was at this point the spokesman's sense of humour overcame his acting ability and he said, "Don't worry, we wrapped him up well and drained his radiator so he'll be fine 'till morning."

This was not received in quite the right spirit. The McBeths had been married for many years and the lady's tart response before she rang off was, "well that's a right pity ye did that for he'll have been full of antifreeze." ☹️

## Death of Stalwart

Bruce Moore, a staunch supporter of Saint Peter's and regular at the 10.30 Service, died in Dunedin this month.

An obituary will appear in *The Rock* next month. ☹️

## The Frolicsome Friar



"No, I don't think they use batteries."

SOURCE: WWW.HOWTOGEEK.COM.

## Did You Know?

The tiny holes found in numerous brands of crackers are there to help steam escape from the cracker dough during the baking process. If the holes are too close together, the cracker will end up being extra dry and hard; if they are too far apart, parts of the cracker will rise and form undesirable little bubbles on the surface.

## Church Ladies with Typewriters

- ◆ Pot luck supper Sunday at 5pm. Prayer and medication to follow.
- ◆ The church will host an evening of fine dining, entertainment and gracious hostility.

## Apology

In last month's item about the new vestry Kate Paterson's name was incorrectly spelled. We are sorry for that. ☹️

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# Nutritious

## Getting the best from your vegetables



PHOTO: 2.BP.BLOGSPOT.COM

By Alex Chisholm

A recent article in the *Otago Daily Times* by Margot Taylor profiled the research carried out by University of Otago Consumer Food Science senior lecturer Dr Miranda Mirosa and Master of Science student Francesca Goodman-Smith.

They investigated the optimal conditions for keeping vegetables fresh and discovered that some of the trusted methods of good storage practice actually shortened the shelf life. Their research found for instance that storing carrots in an airtight container lined with paper towels will help them last up to 10 times longer and wrapping your cut avocado tightly in cling film will help it last 4 times longer.

Avoiding food waste is increasingly important as vegetables are expensive and about 47,000 tonnes of edible vegetables were thrown out each year in New Zealand reported. Almost a third of the foods New Zealand households waste by Zealand comprises vegetables.



PHOTO: HEALTHYLEO.COM

The research aimed to provide definitive vegetable storage information for the New Zealand context. However in order to monitor the rotting vegetables during the study Miss Goodman-Smith had to spend "many many days" in a giant fridge. Not the most comfortable of research environments.



Order on-line @ [www.unclejoes.co.nz](http://www.unclejoes.co.nz)

## The Happy News about Vegetables and Fruit

We have always known that fruit and vegetables are an important item in our diets—accompanied for some of us by echoes from childhood about eating carrots leading to curly hair (unfortunately not true) and an apple a day keeping the doctor away (maybe something in that!).



"...those [eating extra fruit and veg's] showed an improvement in their psychological well-being..."

PHOTO: 1.DAILYMAIL.CO.UK

However some new findings from research carried out at the University of Otago point to something really interesting and the following notice appeared on the Nutrition Department's home page.

### Happiness is Raw Fruit and Vegetables

Tuesday, 28 March 2017

Researchers at Otago University (including Human Nutrition's Dr Louise Mainvil) studied the psychological benefits of an intervention to increase fruit and vegetable consumption. The results provide initial proof-of-concept that giving young adults fresh fruit and vegetables to eat can have psychological benefits even over a brief period of time.

CITATION: CONNER TS, BROOKIE KL, CARR AC, MAINVIL LA, VISSERS MCM (2017) LET THEM EAT FRUIT! THE EFFECT OF FRUIT AND

VEGETABLE CONSUMPTION ON PSYCHOLOGICAL WELL-BEING IN YOUNG ADULTS: A RANDOMIZED CONTROLLED TRIAL. PLoS ONE 12(2): E0171206. DOI:10.1371/JOURNAL.PONE.0171206

So what did they actually do? They recruited 171 low fruit and vegetable (FV) -consuming young adults, (eating less than 3 combined servings FV per day), aged 18-25. Participants were randomly assigned into a diet-as-usual control, or were given a voucher to buy their own FV and a third group was given two additional daily servings of fresh fruit and vegetables (carrots, apples or oranges and kiwi fruit) for 14 days. Interestingly this group tended to eat them raw, while the voucher group cooked theirs. Only those participating in the group given the FV showed an improvement in their psychological well-being. This is was a short term study but the positive results suggest that larger studies are warranted.

In addition an observational study with 12,000 adults in Australia, the HILDA study, found that increased fruit and vegetable consumption over 2 years predicted greater 'happiness gains' and increases in life

(Continued on page 5)

# In Saint Peter's Garden



By Warwick Harris

## Pestilence-stricken multitudes

The autumn working bee tidying up unsightly and dead summer growth and weeds in the borders of Saint Peter's garden brought to mind the phrase in Shelley's *Ode to the West Wind* the "pestilence-stricken multitudes". The wind that day was still shuffling fallen leaves around, although many had blown to untidy heaps in sheltered places.

Then, about half the leaves had fallen from the oaks and elms along Baker Street. This suggested the futility of raking up leaves at that time. But the usefulness of clearing leaves from lawns in need of mowing and removing those smothering plants in garden beds, together with the motivation of tidiness, predominated. So, leaves were raked up and piled in corners of the garden where they will transform from litter to humus and eventually become soil organic matter.



Shelley was not quite right in seeing autumn fallen leaves as victims of a pestilence. Instead, fallen leaves are part of a natural cycle important for the survival of



chlorophyll from the leaf blades (or lamina), through the stalks (or petioles) for storage in the shoots and roots of plants. With the breakdown of green chlorophyll, the yellow and reds of carotene and anthocyanins are revealed as the leaf colours of autumn. These yellow and red pigments have more essential roles in attracting pollinators to flowers and dispersing seed from ripe fruit.



deciduous trees and shrubs in climates colder and with more distinct shifts of seasonal temperature than our warm-temperate climate. Very few native New Zealand plants are deciduous and none stands out for the beauty of its autumn leaves.

So, what causes leaves of deciduous woody plants to change from green to yellow and red in autumn? Their leaves contain three

As the transfer of essential elements from leaf to stem advances, a layer of cells (called the abscission layer) develops across the petiole. This makes a weak band of tissue which allows leaves to break off and fall as litter.

Plants monitor the approach of winter principally by sensing the reduction of day-length, so largely, autumn leaf fall occurs irrespective of temperature and water availability. That is why deciduous trees which come from low latitudes much closer to the poles than ours still shed their leaves in autumn here. One thing which confuses them is street lighting. Often trees will have leaves



PHOTO'S OF AUTUMN AT SAINT PETER'S: DEIRDRE HARRIS.

pigments, green chlorophyll essential for photosynthesis and growth of plants, yellow carotene and red anthocyanins. When weather is warm and water is not limiting, chlorophyll captures light for energy from the sun to drive photosynthesis which combines carbon dioxide with water to produce the carbohydrate essential to plant and animal life, ourselves included.

While there is warmth, light and water, photosynthesis proceeds. When these factors become limited photosynthesis closes down and plants move the key elements of

a street light but be bare of leaves on the other side.

No doubt people will still consider fallen autumn leaves a pestilence as they rake them off lawns and gardens and unblock leaf litter filled guttering. For them, the last line of Shelley's *Ode to the West Wind* may provide consolation.

"If Winter comes, can Spring be far behind?"

## Happy News

(Continued from page 4)

satisfaction. Those with the largest increases in fruit and vegetable consumption reported the greatest gains in well-being. However the opposite effect where greater happiness or life satisfaction lead to people increasing their fruit and vegetable intake was not found.

### References:

Light shone on keeping veges fresh | Otago Daily Times Online News <https://www.odt.co.nz/news/dunedin/light-shone-keeping-veges-fresh> Thursday, 11 May 2017

Mujcic R, Oswald A J. Evolution of well-being and happiness after increases in consumption of fruit and vegetables. *American Journal of Public Health*. 2016 Aug; 106(8):1504±10. doi: 10.2105/AJPH.2016.303260

# A GRIZZLY BEAR EXPEDITION

(Continued from page 8)

although I do not enjoy small boats this was by far the exception. At the head of the main section of the Bute River we were taken by two small buses to a nicely prepared “cultural room”. Here our Indian hosts gave us a talk on their culture, conservation efforts, the climate which could get down to minus 40 degrees in winter and the Grizzly Bears. We were told at all times to keep



**The Sky Train— driverless.**

together in a tight group, when out of the bus, as any bears in the vicinity would see us as one large group. Drawings of the size of a man compared to that of a Grizzly Bear were quite impressive. After the talk we were taken by bus to several viewing platforms inside wire fences on the banks of the river where salmon were heading upstream to spawn. From these platforms we saw bears across the river wading in and catching large salmon. We were told they gorged themselves day and night prior to hibernation. At one point just before we re-entered our bus, towards the end of the expedition, a big Grizzly came out of the river just below us with a large salmon in its mouth. We were within six metres of it but fortunately it was down



**A relatively common sight in Vancouver— gardens on roof tops.**

a steep bank and could not charge us. It watched us as we stood perfectly still trying to photograph it. Our eyes met but fortunately it was more interested in its meal than in us!

On the 102 Km return journey we saw a large colony of Elephant Seals on one of the headlands and our captain stopped the vessel several times for us to view a number of Orcas (whales). These we were told by our young female guide, who was studying them, were a mother and three young which had

been in the area for some time. Our very knowledgeable wildlife guide told us she also doubled as the vessel's deck hand. A rather highly qualified deck hand I would think!

We returned to Campbell River half an hour late but we had enjoyed a fabulous day. The weather had been perfect with sun and no wind and in all we viewed 13 Grizzly Bears.

The Indian guides were excellent and we saw wild life, in the wild, that I never expected to see when I left home.

Our flight the following day from Campbell River back to Vancouver was smooth with no wind shear experienced on landing!

We had two full days left in Vancouver and on the last day we purchased a day pass which let us travel extensively on the Sky Train. This train was interesting as it commenced in the underground, coming out and riding on a railway built high above the traffic giving a wonderful view of the city of Vancouver. Another interesting feature was that it did not have a driver and was fully computer controlled. This was my first experience of a driverless train. As it was electrically powered it accelerated quickly, travelled fast and smoothly with very little noise.

Canada is a lovely friendly country, very similar in lots of ways to New Zealand but ever so much larger and with a different climate. Vancouver has one of the most stable climates in Canada we were told, their grass grows and flowers bloom all year around as the temperature does not vary much.



**Two grizzlies with salmon.**



**“watching us while we were watching him”.**



**Bear with salmon in the Bute River.**

Our flight back to New Zealand the following day left Vancouver on time in the late afternoon and was smooth and comfortable. We lost a day on our return journey and landed at 4.30am a little ahead of the expected time. A

7.30am flight to Dunedin had us back in the City by 9.30am.✈️



**Our aircraft waiting on the apron at Vancouver airport to take us home with around 75 000 litres of fuel on board for the 13 hour non-stop flight (Photo taken through the Maple Leaf lounge window).**

## Regular Services

(for variations consult *The Pebble* or our website)  
All services are held in Saint Peter's unless noted otherwise

### SUNDAY:

8am: Holy Communion according to the Book of Common Prayer  
10.30am: Solemn Sung Eucharist  
5pm: **first Sunday of the month only** : Evensong and Benediction followed by a social gathering in the lounge.

### THURSDAY:

10am: Eucharist

### FIRST THURSDAY OF EACH MONTH:

11am: Eucharist in the lounge of Frances Hodgkins Retirement Village, Fenton Crescent

## Special Services

Contact The Vicar to arrange baptisms, weddings, house blessings, burials, confessions and other special services.

### Parish Contacts:

#### VICAR:

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#### CHURCH WARDENS:

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#### AND PARISH CENTRE MANAGER:

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# Vestry Notes

By Alex Chisholm,  
Vestry Secretary

At the May meeting the following items were of note:

- ◆ Dunedin Roofing has completed work on the Bell Tower roof
- ◆ Stewart Construction is making good progress with the repairs to the ceiling of the middle bedroom in the Vicarage. The birds' nests have been removed
- ◆ The arrangements to purchase the defibrillator are being finalised
- ◆ There were no Health and Safety issues this month
- ◆ The Vestry will not meet in June while Father Hugh is on retreat
- ◆ Planning is underway for a lunch, along the lines of last year's, after the Patronal Festival Services on Sunday, 2 July. ☑

The biggest  
communication problem  
is we do not listen to  
understand.  
We listen to reply.

## For your diary

- Saturday, 3 June** : Pentecost Vigil Service and shared meal at 6pm  
**Sunday, 11 June** : a concert of British art songs at 2pm. Tickets \$10, proceeds help finance the installation of the Woodhouse Memorial stained glass window  
**Tuesday, 27 June** : Fellowship meets at The Planetarium—afternoon tea  
**Sunday, 2 July** : Patronal Festival and parish lunch outing  
**Saturday, 15 July** : Celebrity Organ Recital. John Linker, the music director at the Christchurch transitional Cathedral  
**Tuesday, 25 July** : Fellowship Winter Christmas Dinner—details to be advised  
**Tuesday, 22 August** : Fellowship visit to Toitu Otago Settlers Museum then afternoon tea  
**Tuesday, 26 September** : Fellowship Afternoon tea at Glenfalloch  
**Tuesday, 24 October** : Fellowship meets at The Christmas House—afternoon tea  
**Tuesday, 7 November** : *Caversham Lecture*. Dr Andrew Geddis discusses our current legal and human rights in the light of recently enacted surveillance and counter-terrorism legislation  
**Sunday, 12 November** : Armistice Day Service at 10.30am  
**Tuesday, 14 November** : *Caversham Lecture*. Professor of Biomedical ethics Grant Gillett on the theme of soul making, soul keeping and curating the soul  
**Tuesday, 21 November** : *Caversham Lecture*. Rachel Zajac, University of Otago psychology department, specialist in forensic psychology. *Wrongful Conviction—what goes wrong when wrongful convictions occur*  
**Sunday, 26 November** : Feast of Christ the King. Archbishop David Moxon presides and preaches  
**Tuesday, 28 November** : Fellowship Christmas lunch at St Barnabas  
: *Caversham Lecture*. Archbishop David Moxon. *The current state of Anglican Roman Catholic relations*  
**Tuesday, 5 December** : *Caversham Lecture*. Dr Margo Barton. *Citizen Stylist project*

# A GRIZZLY BEAR EXPEDITION



PHOTO'S: RON McLEOD.

By Ron McLeod

**D**uring our tour of Canada we talked to a gentleman who was interested in seeing Grizzly Bears catching salmon in the rivers somewhere in Canada. He thought this might be possible on Vancouver Island and since we were going to have a week available in Vancouver before flying home we became very interested in seeing this ourselves.

After arriving back in Vancouver following the Alaskan cruise [see *The Rock* last month] we decided to find an information centre to see if a tour was available where we could view, preferably close up, Grizzly Bears in the wild, feeding on Salmon, prior to their hibernation. Unfortunately no one in the information centre on the water front, a walking distance from our hotel, knew of any such tours. We tried a travel agent and they too were unable to help. Back at the hotel I decided to try the Hotel's Concierge services. After two days and hours of waiting, as they were all very busy, a flight to Vancouver Island, accommodation at Campbell River and a place on a Grizzly Bear Expedition was organised. The flight left at 10.15am the following morning from the South Terminal of the Vancouver Airport and the expedition was set down for the following day. The plane which flew us to Campbell River was almost full with 19 passengers but

so small that we had to bend over almost double to get to our seats. The co-pilot knelt in the aisle to speak to us. The 35 minute flight was quite smooth until close on landing when the small plane was thrown around the sky with wind shear as we came in to land. The young lady pilot managed to control the aircraft at the last moment and after a bumpy landing we had arrived at the township of Campbell River. To this day I have not seen the river but the township was small and pleasant with normal shops (not just tourist ones) and a nice climate most of the year our taxi driver



Airport entrance at Campbell River.

informed us.

The following day, after breakfast we walked from the Coast Discovery Hotel where we were staying to the assembly point for the Expedition. This was a small shop at one end


of the main street in Campbell River. Twenty of us gathered here and "signed our lives away" (so if we were injured we could not claim back on the company providing the tour as there is no ACC in Canada). We were then walked across the road to a small vessel tied up at the wharf. Even though this vessel was registered to take 40 people it was not much bigger than a small fishing vessel.



"not much bigger than a small fishing vessel".

It was however powered by a large twin jet unit and once out of the harbour went quite fast. We travelled North at speed for two hours back to the mainland of Vancouver before heading 26km up the Bute River. Lunch was filled rolls served while stationary about half way across to the mainland on a flat sea. This trip was very exhilarating and

(Continued on page 6)



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Justin Welby  
The Archbishop of Canterbury

“In 2002 I was a parish priest in the middle of England, near Coventry. The Bishop of Coventry sent for me, which is always very worrying if you're just a junior priest, and he said: "I've got a job for you. I want you to go to Coventry Cathedral and help run the international ministry of reconciliation there".

He said "there's good news and bad news: you'll have to spend up to two weeks a month in war zones—and we can't pay you". And my wife said that was such a crazy offer it could only be God so we'd better do it. So we did it.”



More online :

Read a transcript of the Archbishop's opening remarks at:  
<http://www.archbishopofcanterbury.org/articles.php/5865/archbishops-speaks-with-young-people-in-israel-about-reconciliation>

On Friday 12 May, the final day of his 10-day visit to the Holy Land, the Archbishop of Canterbury spoke with Jewish and Arab young people about reconciliation.